

Spring 2024

ALBAN MANOR
NURSING HOME • ST ALBANS

Alban Manor Gazette

A Warm Welcome



Hello everyone.

A very warm welcome to our latest edition of Alban Manor Gazette. It is published on a seasonal basis to keep you updated with our news and events, so please keep a look-out in the reception area and on our website and Facebook.

What We Have to Offer

I know many of you are already familiar with, and very much part of the family here, about what is on offer at Alban Manor. A warm welcome to our regular readers and of course, a special welcome to those of you who have joined us recently. I would like to mention to you some of the facilities we have available here. The Home offers inviting and comfortable drawing rooms, Dickens Lounge and Austen Lounge. Our dining rooms are The George, Bar and Bistro, and The Victoria, Tearooms. We have the Olde Post Office, which is like a local general store, stocking many everyday items such as birthday cards, writing paper, sweets etc. Please let us know what you would like to see stocked in the shop. The Film-house, The Zen Wellness Centre, and The Orangery, all provide a different setting, for our residents to choose how and where to spend their day. We have beautiful secluded mature gardens, The Courtyard and The Cloisters, including a herb garden and an allotment. There are two salons for hairdressing and grooming needs, The Mayfair Salon on the ground floor, and The Chelsea Salon on the first floor. Please let Reception staff know of your grooming needs who will do their best to arrange it for you. Our medical facilities are dealt from The Faraday Pharmacy, and The Nightingale Pharmacy on the ground and first floor respectively. We have our beautiful resident dog Tokyo who provides lots of love and fun for the residents.

News

We achieved a food hygiene rating of 5 following our food hygiene inspection, which is fantastic as we continue to maintain our high standards. Our Chef is very amenable so if you would like to book a meal with a loved one, please let us know.



To all our Staff at Alban Manor



Spring Baby Match

- | | |
|-------------------|--------------|
| 1. BEAR _____ | A. KID |
| 2. DEER _____ | B. JOEY |
| 3. GOAT _____ | C. FAWN |
| 4. KANGAROO _____ | D. BUNNY |
| 5. GOOSE _____ | E. FOAL |
| 6. PLATYPUS _____ | F. CALF |
| 7. RABBIT _____ | G. POULT |
| 8. SHEEP _____ | H. CUB |
| 9. HORSE _____ | I. HATCHLING |
| 10. TURKEY _____ | J. PIGLET |
| 11. GORILLA _____ | K. KIT |
| 12. PIG _____ | L. GOSLING |
| 13. TURTLE _____ | M. LAMB |
| 14. SKUNK _____ | N. PUGGLE |
| 15. COW _____ | O. INFANT |

Match the animal with the name of their baby.

Busy Social Calendar

Spring signifies coming out of the darkness. We've tipped the balance from longer nights to longer days. There is even some science to the joy of spring. Research suggests that for many people, the extended daylight boosts mood, well-being and energy. As we all know eating in-season produce is always ideal, as it tastes wonderful, and spring is a great time to pick up old favourites and find new things to try. At Alban Manor we are looking forward to enjoying this season's notable events like St Patrick's Day, Mother's Day, Easter, Eid al-Fitr, St George's Day, May Day, International Nurses Day, and of course our change to British Summer Time as clocks move forward an hour on the last Sunday of March. We shall be celebrating these events in various of ways, so please keep a look out on the notice board and join us when you can.



In-House Activities

We have lots of activities in-house too. We have on offer the following: yoga, sing-a-longs, garden club, book club, film society, arts & crafts, current affairs, quizzes/ puzzles, bingo, religious services, mobile library etc. We have various professional entertainers coming to the Home too. Of course, no social calendar is complete without visits to our local sights such as our very own beautiful Cathedral in St Albans, local pubs, parks, and other places of interest, which we hope to visit whenever we can. We are always happy to receive suggestions for our social programme and will do our best to arrange anything you wish to see included. We also use our fantastic activities platform Oomph.

*Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.*

Robert Frost



Thank you to all residents and friends for your kind praises and appreciation of what we do at Alban Manor.