

# Brabourne Care Centre



**Opus Care**  
Ltd

We support and enrich our resident's lives throughout your stay with us

## THIS ISSUE

Visitor update

Latest News

Competition

Gardeners Corner

Nutrition advice

Employee focus

## Visiting Arrangements

We're happy to welcome new residents and visitors.

Restrictions have been eased for the number of named visitors. We continue to maintain an appointment and thorough testing system to keep everyone safe and are delighted to see more people able to join their loved ones for conversation and connections both indoors and in the garden.

## Olympics Roundup

Highlights from the Tokyo Olympics as Team GB bring home the medals and secure 4<sup>th</sup> place overall.

Jason Kenny claimed a sensational 7<sup>th</sup> career gold to become Britain's most decorated Olympian ahead of previous fellow cyclists.

Emily Campbell made history becoming the first British woman to win an Olympic weightlifting medal.

Sky Brown became Britain's youngest Olympic medallist at 13 yrs of age in the women's skateboarding.

We can all enjoy the Paralympics 24<sup>th</sup> August – 5<sup>th</sup> September.

# TOKYO 2020



## Genevieve's Message

Welcome to our latest newsletter

Follow our latest stories and photos on Facebook



Find us  
Brabournecarecentrekent  
and look for our Opus Care  
logo that you see at  
the top of this page

## COMPETITION

Can you finish these phrases?

Example - Actions speak louder ..... than words

Easier said .....

One Good turn .....

Variety is the .....

A friend in need .....

Where there's a will .....

The first correct answer handed to reception will receive a free hair consultation from Tina.

## Gardener's Corner

As the rain and warmth continue the garden is flourishing. There's lots of colour in the tubs thanks to Karen's hard work and the grounds are being maintained and cut regularly for everyone to enjoy. The lavender has just been cut as the bees have had their fill and the aroma is fabulous for all to enjoy throughout the home if they wish.



## Four Foods to Support Memory

**A good diet can encourage blood flow to the brain and support your memory — research from the Academy of Nutrition and Dietetics is finding the Mediterranean Diet may help keep ageing brains sharp!**

Here's what they recommend

*Be sweet on berries and cherries.*  
Especially dark ones such as blackberries, blueberries and cherries — all rich sources of anthocyanins and other flavonoids that may support your memory. Enjoy a handful of berries for a snack!

*Eat your veggies.*  
Enjoy plenty of vegetables, especially broccoli, cabbage and dark leafy greens.



*Work in walnuts.*

Well known for a positive impact on heart health, walnuts also may improve cognition. Snack on a handful of walnuts to satisfy midday hunger.

*Get omega-3 fatty acids.*

Seafood and fatty fish — including salmon, blue fin tuna and sardines — are some of the best sources of the omega-3 fatty acid. You can get DHA omega-3 fatty acids from fish oil, seaweed or microalgae supplements.



While there's no guarantee that these foods will help you remember where you put your glasses, over time they can support lifelong good health.

**Bon appetite!!!!**

## Our very own Hairdresser to our Stars

TINA TAPPENDEN



Tina is a regular friendly face around our home. She has many talents turning her hand to lots of activities as well as being hairdresser to our stars. She's been with us for 20 years and can be found in Brabourne on Tuesdays.

Fun facts about Tina:

Q: What's your favourite hair style to cut?

A: Short and slightly spikey with a little bit of texture around the face for softness

Q: Where did you train?

A: Women's World Canterbury

Q: Blue rinse or platinum blonde?

A: Platinum blonde

Q: Strictly Come Dancing or Match of the Day

A: Strictly Come Dancing

Q: Cream teas or cream cheese?

A: Cream Tea

Q: James Bond or Indiana Jones?

A: Indiana Jones

Q: Night in or romantic night out?

A: Romantic night out

Q: Frank Sinatra or Bing Crosby?

A: Frank Sinatra

Q: Kent or Essex?

A: Kent

Q: Diamonds or pearls?

A: Pearls

Q: Your favourite celebrity hairdo?

A: Julia Roberts

Q: What do you like best about your job?

A: I love the interaction I have with the residents; I enjoy listening to stories about family life and I enjoy making them look smart as it gives a sense of wellbeing and reminds them of their younger years. Coming to the salon to get their hair done is an outing and a social hub for us all.

Would you like to share your special memories with other residents at Brabourne Care Centre?

Please let one of the staff know and we'll share your story in our next newsletter