

The Helping Hand

The River Meadows
Newsletter

April 2021

Welcome to our April Newsletter!

The daffodils have returned and so have relatives. It is lovely to see families back in the home. It's a refreshing change to the landscape of the daily goings on here at River Meadows. We are looking forward to bringing the social aspect back to River Meadows but lets not jinx it. Enjoy the latest news from River Meadows and the wonderful community connected to it.

Resources available at River Meadows

Art and Craft Materials
Magazines
Jigsaw Puzzles
Keyboard
Boardgames
Playing cards
Instruments
Twiddle muffs
Newspapers
Cd's
DVD's & DVD player
CD Players
2 libraries

The garden is always open! Feel free to access the courtyard any time.

Message from the Matron:

"We have turned a corner and are looking to move forward. It's lovely and quite emotional to see relatives back in the building. We are also looking forward to our second vaccination early April. Let's all keep our fingers and toes and eyeballs crossed for a return of our hairdresser and other outside services soon."



Use Skype, Facetime or Messenger to stay in touch with your loved ones. Please talk to Marisa to set it up

Staff News

We want to welcome Roy to the Night team. He will be working with us as a Health care assistant. Good luck with this bunch, Roy!

Our day carer Margaret has recently become grandmother for the first Time to a beautiful baby Girl. Congratulations Nanny Margaret!



This month we are saying good bye to Hayley and Emma from the Day team. We will miss them but wish both the best for their future endeavours.

FINGERS & TOES CROSSED!





IF YOU COULD GO BACK

by Reverend Rich Cresswell
(Vicar of Shawbury, Stanton
and Moreton Corbet)

If you could have your life all over again, what would you want to change? What might you do differently?

Obviously, I don't want to open up a whole can of worms here, but I think most of us have some regrets in life - maybe the amount of effort we put in at school... or the job opportunity we never took... or the one that got away!

Unless any of you have invented a time machine without telling me, none of us can go back and live our lives again.

But Easter allows us to give all our regrets and failings to God, to know that they are buried with Christ and that, if we put our trust in him, to rise to 'new life'. We find ourselves given a fresh start due to the loving actions of Jesus.

An Easter prayer:

Heavenly Father,

We praise you for the joy of Easter,
for the hope that Jesus' resurrection brings.

Help us to give our failings to you
and to live new lives in Christ.

Hallelujah - Christ is risen!

Amen.

From the Cauldron

Following a very productive and positive Residents Meeting in the beginning of March, our ladies in the kitchen are busy changing the current menu. In addition to the ideas exchange at the meeting, Nigella has started to visit residents individually to discuss meal changes and foods on offer. If she hasn't spoken to you yet, she will see you very soon.



Paul's Attic Antics

One of our favourite entertainers talks about his life and his tunes



Did you know that our Paul used to sport a mullet and a moustache?

He was also in a band in the 90s. He fronted successful band "Interlock". Interlock formed in 1992 and was active until 1997 supporting such famous acts as the Drifters, the Black Abbots and many more.

Sadly, when it got too busy in 1997 Paul eventually left to concentrate on his career as a Charge Nurse to support his family, working in both Shropshire Hospitals. The mullet got the chop in the new millennium.

Paul says, "I would have loved to have done the music, but now I am retired I get to live my dreams travelling and singing around Care homes."

He takes requests so get them ready for his return to River Meadows.

PS: Paul also plays guitar. Maybe we can convince him to do a little acoustic session?



EASTER

By Pam Roberts

As we celebrate Easter, we ponder over the life of Jesus and his great victory over death, and the punishment he took on the cross for the redemption of our sins, so that we can live a renewed life. At Easter time renewed life is bursting out all around us once more, as buds begin to swell, daffodils open their petals and the birds dash to and fro preparing their nests.



On the morning of the 3rd day after the crucifixion Mary Magdalene, one of Jesus' followers, stricken with grief, came alone to visit the tomb. Thinking she was talking to the gardener, she asked 'Sir, do you know where they have buried him?'. Then she heard her name, and turning round again, saw Jesus. This was the first of his many appearances, and Mary was the first to see him. Afterwards she ran off, anxious to tell the disciples her great news.

In the whole of his life, Jesus is associated with the poor, the sick and the marginalised. He did not arrive on the scene with pomp and ceremony to rescue his people, the Jews, from Roman rule as they had hoped. He was born in a stable or cave, with animals nearby because there was no room in the Inn at Bethlehem for his mother Mary to give birth. Perhaps he was wrapped in 'swathing bands' because there were no clothes for him.

Shepherds, tending the sheep, were considered the lowest rank in the social hierarchy. And yet they were visited by angels with the news of Jesus' birth. It was shepherds who came down to the town to deliver the angels' message, and they were the first to see the holy child. How wonderful is that? The family became refugees as they escaped into Egypt, from the wrath of King Herod who had heard the news and feared that the new Messiah, as he had been told, would become a threat to his throne.

Jesus grew up with his brothers and sisters in Nazareth while their father Joseph worked as a carpenter and builder to support them all. He suffered the same misfortunes as we might do. As he grew older he was referred to as 'Mary's son' rather than using his father's name which would have been normal, so one might guess that Joseph had died, or maybe because everyone knew that Joseph was not his father, it may even have referred to his apparent illegitimacy.

As the eldest son, in the event of Joseph's death, he would have become head of the family and responsible for their care.

It appears that his brother James, perhaps nearer in age, was close to Jesus and supported him, while the rest of the children were hostile to him at times, which can happen in any family.

In his miracles there is no distinction between rich and poor. They were for everybody, even for a Roman soldier. The first of these was when he went to a wedding with his mother, and the wine ran out. He asked for the barrels to be filled with water which he changed into wine, and so saved the reputation of the host.

At his trial, he could have been set free, but instead chose to die hanging from a wooden cross. In the scriptures to be 'hung upon a tree' was the worst and most shameful way to die, for the worst possible crimes. And so, he associates himself with all of us, however dire the circumstances, and values all equally; he was at one even with the criminal.

His triumphal rising from the grave to new life is what we celebrate by giving cards, chocolate eggs, Easter bunnies and a holiday to enjoy the awakening of Spring and New Life.

DATES FOR YOUR DIARY



2nd April - Good Friday
4th April - Easter Sunday
5th April – Easter Monday
7th April – Vaccination Day
23rd April – St. Georges Day/Shakespeare Day
29th April – Peter Rabbit Day
3rd May – May Bank Holiday
31st May – May Bank Holiday

A New Start

By Margaret Brown

I have searched in the morning mist
Found the pattern is the same.
When the old red hen is dead
The egg is born again,
Its shell so trembling, frail.
So creamy, dull and warm,
That, holding it
Gives me calm.
I have watched this season turn,
With catch of mist
And sighs of falling rain,
And think that
Now, hesitating,
I will start again.



Meadow Views

It's been quite wet out there lately and the sheep have been lambing away from the meadow which meant it was very peaceful these last few weeks.

Now Spring is in the air fledglings have been spotted by the bird feeders.

The best spots for a bit of Birdwatching are the River view lounge and the Library Corner on the East Wing.

Marisa can point you in the right direction if you are not sure where to go to get the best view.

Boccia News



West Wing won the Monthly cup in February. Congratulations West Wing! Both teams are so evenly matched, Marisa is considering introducing a relatives team when families are allowed back into the home properly.