

## MONTANA CARE HOME

*WE AT MONTANA, TOGETHER WITH THE FRIENDS OF  
MONTANA ARE TRYING TO RAISE FUNDS TO TAKE OUR  
RESIDENTS ON DAY TRIPS IN 2016.  
WE PLAN TO VISIT PLACES OF INTEREST AND HAVE LUNCH  
AT LOCAL RESTAURANTS.*

*SOME OF THE PLACES WE HOPE TO VISIT ARE:*

***NOWTON PARK** - **FELIXSTOWE** - **ELY**  
**CLAIRE PRIORY** - **ABBEY GARDENS** - **KING'S COLLEGE**  
**CAMBRIDGE** - **VILLAGE PANTOMIME**  
**PLUS MANY IMPROMPTU TRIPS***

*We plan to raise much of the money for these trips through holding fund-raising events  
such as a 'bring and buy' sale, BBQs and curry suppers etc. but this will not be enough to  
cover the expenses for all these trips.*

*We kindly ask for your help in making up the shortfall.*

*All donations gladly accepted*

*A big thank you to all of you who have already contributed*

FOR MORE INFORMATION CONTACT: SR. THAYA MOSES TEL: 01284 787321

# **MONTANA NEWS**

*For residents, visitors and staff*

## **Spring 2016 newsletter**



**Dear Friends** *Welcome to the first newsletter of 2016. How time flies – it seems as though Christmas was only last week and here we are into the middle of February already! It was good to see so many of you at the residents' meeting on 2<sup>nd</sup> February and we had some very valuable feedback from you. We asked you for suggestions on places to visit and most were in favour of going to Felixstowe for lunch, Ely for lunch with a visit inside the Cathedral, Abbey Gardens for tea, and Nowton Park to see the daffodils. New places to visit will be Claire Priory and King's College, Cambridge. Dorothy got together with some other residents and came up with some more places of interest to visit and we are considering the following:*

*Needham Lakes – Long Melford Hall – Lavenham – West Stow Country Park*

*Dates will be posted on the notice board in the near future.*

*We will also be organising impromptu visits to local restaurants and garden centres.*



*There is a new exercise machine in the Quiet Room. You have probably seen Sr. Flora exercising on it. Everyone is welcome to use it. People can benefit from regular exercise and staying physically fit.*

*This machine can be used if you are in a wheelchair or independently mobile. If you are interested in having a go please ask one of the Sisters to assist you.*



***We bid Farewell to our lovely Sr. Linda ... who left Montana to return home to India on Wednesday 17 February 2016. We will all miss that Infectious giggle and bubbly laughter as she went about her duties. She certainly has joy in her soul! Multi-talented - she is also a first class cook – as those lucky enough to sample her delicious cooking will know.***

***It was a joy to know Sr. Linda ... and we all wish her a long and happy life.***



***Films are now being shown on Friday afternoons at 14:15. More contemporary films will be***

***shown and drinks (alcoholic and non-alcoholic) will be served at 14:00***

## GETTING INVOLVED IN HOME LIFE

*Several of our residents have agreed to participate in a 'mock' inspection of the Home and put together a report that highlights any issues that they feel we could improve upon at Montana – this could be about décor, safety, meals, facilities, activities etc. We hope to use this feedback to put right anything that needs changing and hopefully we will gain an overall *Outstanding* rating in the next inspection carried out by the Care Quality Commission. Thank you for this.*



***AND A BIG*** thank you to all our residents, their families and our hard working staff. As you all probably know by now, we did very well following the last inspection carried out by the Care Quality Commission - gaining an ***OUTSTANDING*** rating in Care and *Good* in every other category (safety, well led, responsive and effective). We could not have achieved this without your help ... therefore ....we thank the residents and their families for giving up their time to talk to the inspector, and for writing such lovely letters. And, last, but not least, we thank all of our staff for their hard work and the high level of care they provide throughout the year.



## ***GETTING TO KNOW MORE ABOUT LORNA ...***



# **As you all know**

***.... my name is Lorna .. but here are a few things you didn't know about me!! I am originally from Bornham-on-Sea in Somerset and moved to Bury St. Edmunds when my husband Kevin, who was in the Air Force, was posted to R.A.F. Honnington. We have lived here for the past 25 years. I originally trained as a 'Draughtsman' and worked for engineering firms and the Electricity Board before leaving work to have my two children.***

***I have two boys, both young men now, and much taller than me!! Liam is at Newcastle University in his final year studying archaeology, and Kieran is at York University studying Business Management.***

***I enjoy cooking, travelling and going to the theatre and cinema. I have also been a member of 'Barton Players' for the past 23 years. We put on an annual pantomime and Summer show which is great fun – I have even managed to rope in my long suffering husband into doing 'back stage' this year!! I know some you are coming to watch this year's production – I hope you enjoy it.***



## ***Birthday Celebrations - January's Children!***



**Betty cutting her birthday cake on 18 January – 93 years young!**



**Sybil celebrating her 90<sup>th</sup> Birthday with Sr. Kathy on 25 January**

**Remember, for those of you who wish to attend - a *Concelebration Mass* for**

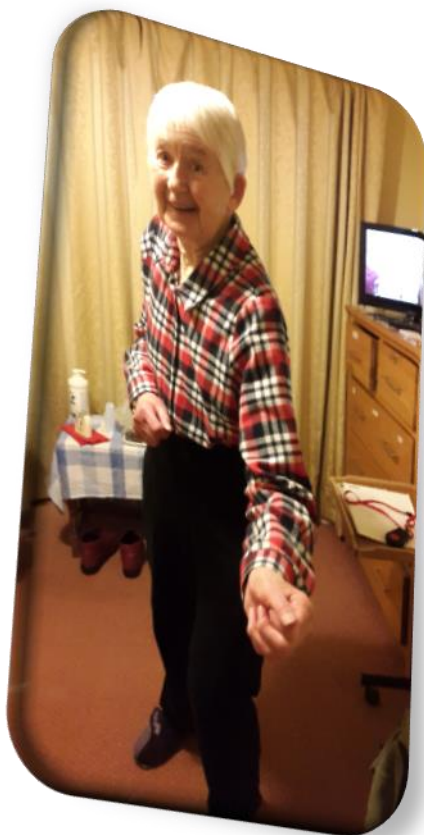


***Anointing of the Sick***  
**Friday of the month.**

***will be held in our Chapel at 11:00 am every second***

## **W**ELCOME TO MONTANA

**WE SAY 'HELLO' TO MARGARET WHO RECENTLY MOVED INTO MONTANA.**



**MARGARET IS A LADY OF MANY TALENTS, HAVING BEEN THE LADY CAPTAIN OF STOWMARKET GOLF CLUB AND PLAYING OFF A HANDICAP OF 10 – NO MEAN FEAT!**

**MARGARET ENJOYS DOING CROSSWORDS, PLAYING SCRABBLE AND BRIDGE. PERHAPS YOU BRIDGE LOVERS, AND I KNOW THERE ARE A FEW AT MONTANA, CAN GET TOGETHER AND GET SOME GAMES GOING. *Bridge is the most entertaining and intelligent card game the wit of man has so far devised.* - W. Somerset Maugham**



**And 'hello' to Sr. Catherine who moved here from St. Joseph's. Sr. Catherine enjoys playing bingo, scrabble and some quizzes. She likes to watch religious programmes, attending Mass and leading the Rosary.**