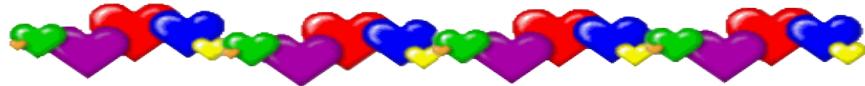


ST. DOMINICS RESIDENTIAL HOME

FEBRUARY 2012 NEWSLETTER



Hello and welcome to my latest newsletter. January always seems to be such a dull month doesn't it? February is starting off very cold with snow on its' way, but never mind, because love is in the air!!!! Do you remember your first love? I do, I was nine years old and he was sitting opposite me on the school bus and he kept smiling at me! How old were you when you met your 'first' love and was it romantic? This month, we are going to be celebrating St. Valentines and I would love to hear about when you first met your husband/wife. Was it love at first sight? Where did you meet? Oh, and do you remember those little sweets called 'Love Hearts' with those funny love messages on, such as "kiss me", "be mine forever", "marry me"! What message would you put on these sweets?



'Flipping Good'



We will also be holding a competition on how many times you can flick a pancake in the air and land it back in the frying pan and not on the floor (in one piece of course!). Yes, it is Shrove Tuesday on the 21st February and I will be bringing in pancakes and pans for you all to have a go! Last year, I remember our Ron being brilliant 'flipping' his pancakes in the air!

Have you ever wondered how residential homes are run in other parts of the world. Before Christmas, Mr. Banning visited a residential home in Thailand and he said it was a great experience. He also visited a school for disabled children. Read all about Mr. Bannings' journey in this newsletter.

Having fun in St. Dominics!

We started last month with an afternoon of entertainment with singer Shirley Anne. Isn't she great? Shirley gets everybody singing along with her and, of course, our residents Thelma and Betty were up dancing. It was lovely to have family members join in as well, such as Bill's daughter Helen and DC's daughter Sue. When it came to the end of the entertainment, Shirley said "Where are my backing singers?" Well, Margaret and myself along with Betty, stood behind Shirley and sang 'I Only Want To Be With You' with her, and what a show!! Shirley really enjoyed the afternoon with us, and Bill was still talking about it a week later!



Margaret and I booked an afternoon of entertainment for you by PD Entertainment called

"As Time Goes By". It was a one-man show and he took a nostalgic look back at songs we all know well, from the 1920's right up to the 1950's, with many costume changes to suit the era! I have never seen our residents laugh so much when he came out as 'The Laughing Policeman'! Our residents Joyce and Ellen had tears down their faces by laughing so much! (His jokes were funny as well!) He



even came out dressed as the Scarecrow, singing 'If I only had a brain' from the film "The

Wizard Of Oz". What a fantastic show he put on for us! We all had a wonderful afternoon singing along to our favourite songs, and Brian said later that he enjoyed seeing our residents and staff joining in the fun. He even wrote a letter to us the next day saying that we have a lovely home here. Isn't that brilliant? Margaret and I have booked Brian to return to help us to celebrate the Queens' Diamond Jubilee on Tuesday 5th June. Can't wait!



Tony Kent and his friend Colin came along to give us an astounding afternoon of music with their trombones! I was on my annual leave but I was told by my assistant Margaret they everybody had a wonderful afternoon listening to the melodies that they played.

And what did you think of The 3rd Kelvedon Brownies when they came along in the evening last week? Weren't they fantastic? The brownies started off in a circle in the middle of the lounge and sang their 'greeting' song, and showed us how it is done in other countries. They then sat down in the centre of the lounge and sang a song with actions and our resident Joyce was enjoying joining in the actions from her chair, (I even heard Jim and Bill singing along with them!) They entertained us for an hour with their wonderful songs and actions, and before the end, the Brownies joined a circle holding hands and sang a song about how important friends are, then ended with a 'Brownie' prayer. Bill gave a lovely "Thank You" speech to the Brownies for a fantastic show, and for their gift of bulbs that the residents received at Christmas, telling them that he remembers seeing his bulb in his room and told them "I said to the bulb 'if I feed, water and talk to you, will you grow nice and tall for me? And the bulb said: "yes I will" The Brownies laughed and thoroughly enjoyed listening to Bill. Our residents told me that they loved the evening, and the carers said they all went to bed happy!



Our Burns' Night Party

Wow, what a fantastic turn-out we had when we held our Burns' Night Party last Sunday. Our proprietor Mr. Warwick and home manager Jean greeted families and friends at the foyer with a glass of wine as they came in, then at 3.00pm our good friend and Scotsman



Tom McNally led the 'Addressing of the Haggis' ceremony with the piper playing the bagpipes. Our chef Adam followed with the haggis, Mr. Warwick with the whiskey, Jean with the Scottish Flag and young Mary Anne Cook with the Scottish Standard. They first went down the corridors so that our residents who were unable to leave their rooms could listen to the bagpipes, then they finished in the lounge where the 'addressing' took place. Afterwards, everybody was treated to a tasting of the haggis with 'tatties' and swede. (I could

see that by the way the plates were cleared that you all enjoyed the haggis!) Our residents and their families were thoroughly enjoying being together, chatting amongst themselves, and joining in with the sing-a-long of Scottish songs with Tom and the piper. It was such a lovely atmosphere and we got a lot of compliments on how much fun it was. The buffet was excellent and first class, and our kitchen staff Carol, Adam, Denise, and Ciel got outstanding compliments for their hard work. Well done guys!! Again, you did us proud! And a big thank you to everybody who helped to make this party very successful. I was later told that one of our residents (was it you Joyce!) tried to see if the piper was wearing anything under his kilt!! Shame on you Joyce!!!!!!!!!!

Residents' Fund

We made an amazing £218.82 from the sale of Christmas Cards and Raffle tickets over the Christmas and New Year period. My heartfelt thanks goes to everybody who donated towards our residents' amenities fund. Thank you.



Relaxing 'activity'!

Our residents got a lot of compliments when I put their pictures of birds up in the lounge which they had coloured on 'National Bird Day'. Colouring is a great way of relaxing and we also talked about our garden birds.

Going down Memory Lane!

We are asking our residents if they would like to take part in making up their very own "Our Memories" boxes. In these boxes, we are putting in childhood memories, war-time memories, pictures, news, photographs, etc., Our volunteer Sarah, who is helping me to organise this, said that it will be lovely to pass these boxes down to the residents' grand-children or great grand-children, to remind them of what life was like before the birth of computers and mobile phones, and this is where the families of our residents come in! We would like boxes or tins large enough to put copies of photographs etc., about shoe-box size. If you have any photos or mementoes which you could bring in, we could photocopy them for the boxes. It's a good chance to talk about them and bring back memories. Sarah and I started this off a few



weeks ago, and after an afternoon talking to our residents, we got on the subject of The London Palladium which Ellen said her mum and dad took her there when she was a child, and many of our residents said they remember seeing 'The Black and White Minstrels Show' and Tommy Steele at the Palladium. We got on to many different subjects - Betty said she remembers that she couldn't buy any nylon stockings so she had her friend draw a line up the back of her legs! These kind of memories mean so much and any kind of pictures and items that bring a smile back is

precious to us, so lets' get cracking on these memory boxes!!! We will also be doing a 'memory' collage in our art and crafts session.

This reminds me: Did you know that St. Dominics has its' very own 'memory box'? A couple of years ago, I collected items from our (then) residents, newspapers, photos, certificates, and much more, to put into this box. I even put a copy of my newsletter in this box as well. I called it 'Our Time Capsule' and this capsule was deposited in our loft in the new extension before the building work was finished. I got very excited about this as I know that our future generation will be able to look at what life was like here in St. Dominics when this box gets found.

Sad Loss

We were saddened to hear that our resident Betty's husband Dan passed away suddenly. Dan was a wonderful loving husband to Betty, and came nearly every day to visit Betty here in St. Dominics. When we had entertainment, Dan and Betty would get up and dance just like they did when they were young sweethearts and Dan joined us on many activities as well, but most of all, they enjoyed just sitting together holding hands in the conservatory. Dan made a lot of friends with our residents and staff here, and was well loved. Our heartfelt thoughts and prayers are with Betty and her family at this very sad time.



We would like to welcome Mrs. Violet Mason to our home. We hope she will be happy here, and we are sure she will make lots of friends amongst our staff and residents.

Clothes Party

We have a clothes party coming up in April, just in time for Spring. Jeff's Clothes Party has a selection of old and modern style clothes, including Monsoon. Please do come along on Thursday 12th April, at 2.30pm and treat yourself to something new to wear. Springtime is a lovely time of the year and it is nice to have a new look wardrobe as well.

Names!



May I pass a little message on to family and loved ones of our residents please.

We have a few lovely clothes in our laundry that has no names on and we are unable to place them to their owners. Could you please ensure that when you buy something new for our residents, that a name is clearly printed on the label, as it is a shame that they end up in the laundry waiting to be claimed.

Silver Surfers

Last month, I had a couple of enquiries from families about our SKYPE. Due to unforeseen circumstances, we were unable to use SKYPE on our computer in the conservatory, but hopefully, the problems have now been sorted out and we should be up and running again. Please do not hesitate to ask anytime to use SKYPE, and of course, use the computer in the conservatory for the internet, e-mail, etc., as the computer is for our residents' use. For those of our residents who are wondering what SKYPE is, SKYPE lets you chat to your loved ones via the TV screen on our computer so you can see them as well as chat. (Gosh, this takes me back to the 1960's programme 'Thunderbirds'!). Also, if you would like to see how I get the pictures and photographs onto this newsletter, please come round and see, it really is very clever how much we can do with our computer! You can also access this newsletter on our website as well.



Elsie's 90th birthday

This month, our lovely resident Elsie will be 90 years young on Friday 10th February and she and her family are celebrating this very special day in the quiet room between 2pm and 4pm. Elsie has requested me to mention in this newsletter that all staff and residents are invited to pop in and have a glass of sparkling wine with her. We hope you have a lovely birthday Elsie, and celebrate in style!



Helping Hands!



I am on a mission! My mission is to help our resident Elsie's daughter Linda, who is chairwoman/trustee for raising funds for St. Josephs School for the Hearing Impaired in Sierra Leona. This school provides education and help to hearing-impaired children from ages 3 to 18 and funds raised will help buy extra audiology equipment such as hearing aids, batteries etc., for these children. Linda says this school also needs equipment such as exercise books, pens and pencils. The older children can work towards better education and jobs in this school, which they would otherwise denied because of their hearing loss. As our residents (and myself) know, wearing a hearing aid does wonders and I personally couldn't do my job without mine. Can you think of any ideas on how we can raise money to help these children have a better education? Please let me know.

Mr. Bannings' visit to Thailand

I mentioned earlier that Mr. Banning went to visit a residential home in Thailand. Read all about his experience:



Upon my recent visit to Phuket in Thailand, I, together with my friends visited the local old peoples' home. This is run by the State and they always welcome donations. As it was my friend Ken's birthday, his wife Ann (who is Thai), said that as Buddhists it is traditional to give to people in need on ones' birthday. So it was arranged with the home that we would provide and serve lunch for the 130 residents! We purchased in Phuket town 130 individually packed Muslim Chicken with traditional vegetables, and for sweet, there was ice cream.

Prior to us serving, the residents sang Happy Birthday to Ken in English and Thai.



The home only has a total staff of 20 for the 130 residents, so the residents are graded according to their abilities:

Grade A – Residents can look after themselves and assist with helping others, serving food, washing up, etc.,

Grade B – Residents are only able to look after themselves.

Grade C – Residents need full care.

This system works quite well. How would you rate yourself if you was in this home?

We also, on another day, visited the local disabled school. Normally, they have some 300 children whose ages range from 5 to 16 years old. We had agreed with the School that we would arrive at lunch time and provide traditional Thai ice cream served by the owner of the Ice Cream Shop, and then we handed out packets of sweets – each containing a chocolate bar/2 sweets, etc. So you can imagine how popular we were! And from our view point, it was great to see all their smiling faces.

I shall, on my next trip to Phuket, visit the school again.

Thank you, Mr. Banning, for this lovely contribution to this newsletter. My word, can you imagine St. Dominics with 130 residents in the lounge!

Diary for February 2012

We have a great activity month coming up, with lots of new things to do, and great entertainments for you. Our highlight is the amazing Geoff Short coming in to help us celebrate “St. Valentines’ Day” by singing your favourite love songs. We have an outing before then with some of our residents going to the local pantomime to see “Old Mother Hubbard” at the local Kelvedon Institute. Let’s see what else is coming up:

Saturday 4 th February	1.30 onwards	Old Mother Hubbard Pantomime at The Kelvedon Institute
Wednesday 8 th February	11.00	Holy Communion in the conservatory
Thursday 9 th February	2.30 – 3.30	Entertainment with Three’s Company
Friday 10 th February	2.30 – 3.30	Entertainment with Billy Henry
Tuesday 14 th February	2.30 – 3.30	Valentines’ Day Entertainment with Jeff Short
Friday 17 th February	2.30 – 3.30	Entertainment with Shirley Anne
Tuesday 21 st February		Pancake Day!
Friday 24 th February	10.30 onwards	Poetry with Penny and Doris
Monday 27 th February	3.00 – 4.00	Entertainment with Valerie Perkiss

Birthdays in February

Friday 3 rd February	Elizabeth
Wednesday 8 th February	Kelly
Friday 10 th February	Elsie
Tuesday 21 st February	Donna
Sunday 26 th February	Louise



This months’ quiz

As you know, this is the month for ‘love’. Below are words connected to Valentines’ day. Can you unscramble them?

- | | | | | |
|-----------|---------|---------|-------|------------|
| SEVOBLIRD | DUCIP | WERFOLS | SISK | CACHOTOLES |
| LINTEAENV | MANROCE | DEVOLEB | THREA | BEFAURRY |

