

ST. DOMINICS' RESIDENTIAL HOME



December 2009 Newsletter



Edited by Vanessa Avery – Activity Co-Ordinator

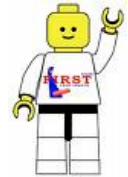
Welcome to my December newsletter. Are you looking forward to all the festive entertainment/activities that we have organised for you this festive month! Margaret and I thoroughly hope that you will join in the fun and enjoy yourselves because this is what Christmas is all about at St. Dominics. At the back of this newsletter, there is a complete list of what is going on so please, please come along and join in as many as you can.

Bright Young Things



Peggy, Dennis, Eileen, Marnie, Jean, Ellen, Georgina, Hilda and Olive enjoyed going to watch a musical called “Bright Young Things” at the local Kelvedon Institute last month. The show featured the local talented Feering Singers and featured songs dedicated to the “Bright Young Girls/Boys” of the late 1920’s, and our residents enjoyed singing along as well. Dennis later said to me that he remembers the Kelvedon Institute when it was a movie house, and recalls the man playing the piano along with the movie. Memories!!!

And talking of memories, have any of you been watching on the TV “James May Toy Stories”. It has brought back a lot of memories for me as I was actually very jealous of my brother having better toys than me such as Airfix and Meccano, whereas I had dolls!!! I had a wonderful afternoon talking to many of our residents about toys that they used to play with, and I couldn’t help wondering at the end of the afternoon that the toys we had stood us in good stead for the future. For example, boys had constructive toys such Meccano and Airfix so they could work ‘with their hands’ when the time came to get a job whereas we girls had dolls and baking sets, ready to be a housewife and mother!! What do you think? Mind you, I was a bit of a tomboy and played cricket and football with my father when I got the chance!



Residents Meeting

We had an excellent turnout at the residents meeting. The lounge was full to the brim!!! There were many subjects covered, including the menu that we provide at St. Dominics. Many of our residents said that they were very happy with the present menu but the supper menu just needed a few ‘adjustments’ so this was our main topic of discussion! Jean chaired the meeting and we had our Head Cook Lynn also present so the residents could tell Lynn what they would like to see on the supper menus. There were many suggestions such as smoked haddock, crumpets, vegetable lasagne, etc., and these will be put on future menus. Jean was also aware of the fact that many of our residents were forgetting what they ordered for their lunch/supper the day before, etc., Jean said that all residents will soon be having a weekly menu in their room which they can refer back to. This will be implemented within the next few weeks.

Our Picture Frame



Have you seen our digital picture frame that's standing in the corner of our front foyer? It is truly magnificent, with lots and lots of photos of our residents stored into it. The photographs change all the time, so when visitors come into the foyer, they can watch the frame and see what we do at St. Dominics. Fantastic!!

You are all brilliant !

I am absolutely astonished and amazed that despite our residents' lack of sight, movement in arms/legs, etc., that they can show us what they can do when it come to carpet bowls! Bunny, John, Georgina, Olive, Rosetta, Mary, Ron, Marnie, Ellen, Violet and Eileen are first class 'bowlers' and how they can hit the 'target' I'll never know!! Girls and Boys – you are fantastic - Well Done!



Our residents also put me to shame when the "bouncy" exercise man Henry Webster comes in, along with his gigantic balloon. I am shattered after a few minutes of stretching and kicking and I have difficulty keeping up with our residents who are having lots of fun at the same time keeping fit. Again, well done to all our residents! Henry's next visit to us was due on Tuesday 1st December, but unfortunately, he had to cancel this due to illness. Do not despair, as he will be returning next month to help us work off our Christmas pudding!!!!

"He's behind you!!

The first of our Christmas entertainment was Jack and the Beanstalk! Of course, we were very much looking forward to the talented Carole Laine to perform for us, but unfortunately, her baby Oliver had other ideas! So we were treated to another lady named Ruth. This was Ruth's first one-lady show and she said that she was a bit scared. She needn't had worried because she was very talented and jolly. There were very quick and clever costume changes and she had us all singing along to catchy well known songs such as Daisy, Daisy, Over the Rainbow, Happy Days are Here Again, and many, many more. She ended the pantomime with some well known Christmas songs to get us all in the Christmas Festive mood! It must be very difficult for one lady to do a pantomime such as this one, and my hat goes off to Ruth. She gave a great performance and the residents enjoyed her too.



The Kelvedon Christmas Tree Festival

By now, you will have probably have heard that St. Dominics have taken part in this years' Kelvedon Christmas Tree Festival by sponsoring a Christmas tree. We are decorating this tree with hearts and doves, with simple loving Christmas messages written on, dedicated to our loved ones. Our tree will be on display, along with many others, in St. Mary's Church this coming weekend (5th and 6th December). There will be a performance by the St. Mary's School Choir and a community sing-along on the 5th, and I am hoping to take as many residents as possible to enjoy the festival. If any family member could help out on this occasion as wheelchair pushers, it would be so appreciated.

Our Christmas cards

Some of our residents have been extremely busy during our Art/Crafts sessions designing and making this year's Christmas Cards for sale. We were sold out within days and had to make more! All the money raised will go into the residents amenity fund.

Are we ready to party?

St. Dominics Christmas Party will be on Sunday 13th December starting at 2.30pm. We hope that many of the residents families and friends will be able to attend. Once again, there will be a Christmas Raffle, with lot of fabulous prizes. The first prize will be a Ferry Trip, the second prize will be a meal for two, the third prize will be a basket of fruit and there will be lots more prizes. The raffle tickets are on sale now for 25p each or 5 for £1. All proceeds go to the residents' amenities fund.



Our Fun Christmas Quiz



Of course, we can't let this year go by without our annual fun Christmas Quiz where teams of residents, staff and families battle it out to become the brains of St. Dominics!!! Mr. Banning has agreed to be our quizmaster again so there will be no cheating! There will be prizes for the winning team and a booby prize for the losers. The quiz will be on Wednesday 16th at 2.30. Come along and join us, the more laughs we have, the merrier!

Jean's Open Evening

Our Home Manager Jean will be holding her annual opening evening for families and friends on Thursday 17th December from 5.00pm to 7.00pm. There will be mince pies served with drink, and we will also be joined by the young Rainbows who are coming along to sing carols for us.

Christmas Lunch

Any member of the residents family or friends wishing to have Christmas lunch with them here at St. Dominics are very welcome to do so. There will be a nominal charge of £3.50 per head. This charge will cover the costs of the extra food, etc., Please let a member of staff know if you wish to have lunch here, and how many are coming, so that we can cater for enough people. It will also be appreciated that if you wish to take a resident out for Christmas Day, that you let Jean Dolmor know or a senior member of staff.



Thank you

Before I end this newsletter, I would just like to remind you that Christmas is all about thinking of others, such as your families and friends, soldiers fighting in Aghanistan, and so on. I would like to remind you of our "unsung heroes" of St. Dominics! Where would we be without our housekeepers Pauline, Lynn, Judy and Christine who keep your rooms tidy and smelling fresh, our laundry ladies Linda and Karen who keep your clothes clean and also smelling fresh!! Our gardener Tom who keeps our garden smelling fresh with flowers and newly mown lawns! Not forgetting our kitchen staff Ciel, Lynn, Carol and Stephen who provide us with lots of excellent meals. Our administrator Nicole, and her assistant Stephanie who hides behind mountains of paperwork to pay the bills on time, and of course our carers, who look after your needs. Last of all, let us thank Jean, our manager, who works so hard to ensure that your home is kept an "excellence" rated care home.



I would like to thank all the residents, families, staff and our volunteer June for their continued help and support that I have received over the past year. It is appreciated from the bottom of my heart and without this support, we would not have as much fun as we do during activities and outings. Thank you so much.

Birthdays in December :

Saturday 5 th December	Sandie
Tuesday 8 th December	Alma
Friday 18 th December	Eileen



Finally, I like looking at Christmas recipes and I came across a lovely one which I would like to share with you – try it for yourselves!!!



Recipe for Christmas All Year Long
Take a heap of child-like wonder
That opens up our eyes
To the unexpected gifts in life—
Each day a sweet surprise.
Mix in fond appreciation
For the people whom we know;
Like festive Christmas candles,
Each one has a special glow.
Add some giggles and some laughter,
A dash of Christmas food,
(Amazing how a piece of pie
Improves our attitude!)
Stir it all with human kindness;
Wrap it up in love and peace,
Decorate with optimism, and
Our joy will never cease.
If we use this healthy recipe,
We know we will remember
To be in the Christmas spirit,
Even when it's not December.

A few laughs for you for Christmas!!!

What happened to the man who shoplifted a calendar for Christmas? He got 12 months!!! How does Good King Wenceslas like his pizzas? Deep and crisp and even!!!



**ST DOMINICS WISHES YOU ALL
A VERY MERRY CHRISTMAS**