

St Dominics Residential Home

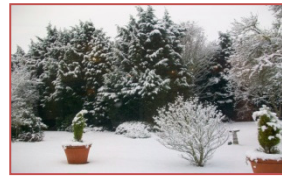
FEBRUARY 2010

NEWSLETTER



Edited by Vanessa Avery – Activity Co-Ordinator

Welcome to my February newsletter. Last month got off to a very white start when we had the heaviest snow for years. The temperature dropped to -27C in some areas - can you imagine that? Our residents were OK as they were all snug and warm in St. Dominics and enjoying the lovely scenery of the snow on the trees outside that looked like the Swiss Alps. A nice young chap came along one morning and built a wonderful snowman in the garden for the residents to admire. We also had some wonderful fresh sunny days and our resident Peggy and I have been taking strolls in the garden to lap up the fresh air. Lovely!!



And talking of air – February is here and love is in the air!!!! This month, we will be celebrating St. Valentines Day. Do you remember the day you first met your wife/husband? Was it on the bus, in the dance hall, in the park? And what were the little things you loved about your wife/husband that made you laugh? I love to hear your wonderful memories.

We have a great month to look forward to in St. Dominics! We have new entertainers, and lots of things to do this month, but first, let's reflect on what our residents have been doing over the past few weeks!

Art and Crafts Sessions

Have you noticed our wonderful flower displays on the dining room tables? Residents Pat, Mary, Marnie, Eileen and Ethel used their creative skills to assemble these delightful arrangements during our flower arrangement session.

Our residents also enjoyed our indoor gardening session. Pat, Ethel, John, and Ellen planted tulips and cress. They also prepared potatoes ready for planting into pots later on. We will also be planting more vegetables and herbs over the coming months.

Poetry

Our monthly poetry session last month was a huge success, with the quiet room bulging at the sides!! The residents loved listening to local lady Doris, who comes in to read her own poems to us. Our resident Mary told me that it was a really lovely morning. This month, we will be looking at romance and love poems!

Our Silver Surfers!

I am thrilled that our residents are coming round to our computer. Our 'Silver Surfer' resident John has been fascinated on how the internet can display so much information and John has spent hours on the computer just searching and finding out about his home town and lots of other useful information.



Derek Knights spent time on our computer helping me with this newsletter and learning how it is done. (You can see the front page of this newsletter on the screen in front of Derek!). Derek has now applied for the top editors' job!!!!!!



We need reporters for future newsletters! Is there any resident who would like to help me with obtaining news? How about Alma, or Mary? I'm sure there is somebody who would like to help – after all, this is your newsletter! Why not give it a try!



St. Dominics has purchased a “Scrabble” pc game so that residents can play scrabble on the computer anytime they wish. And talking of scrabble, I would like to thank Nicole's son Callum, who came in to sit with our residents Pat and Ethel to play scrabble. Ethel's daughter-in-law came along and also joined in the team. Callum also helps keep our grounds looking tidy during the winter months by sweeping up the leaves, etc., as part of his community section of his Gold Duke of Edinburgh Award. Well done Callum, and thank you.

We have advertised for volunteers to come in to sit with our residents in the lounge or conservatory and play card games, such as cribbage, or just have a chat.

Entertainment

Due to the bad weather, our “bouncy” Henry Webster was unable to come to help us work off our Christmas Pudding with his movement to music. We were, however, treated to an entertainer by the name of Billy Henry, who sang a lot of warm hearted songs made famous by Dean Martin, Tony Bennett and many more. Our residents (and carers) thought he was great, especially our resident Thelma who was up dancing around the lounge with me! Another resident, Pat, told me that she can't wait to have him back again. Well, Pat, I have booked Billy to come back this month, on the 15th of February (The day after Valentines Day!) so hopefully, he will have some lovely romantic songs to sing to us all!!!!

“Rocking round the clock!!”

Our fabulous entertainer Martyn Allen had us all swinging to rock and roll when he came. He sang a variety of Cliff Richard songs and our residents were swinging and rocking to the music! Our resident Thelma had me completely worn out as we danced the whole time Martyn was singing. Peggy was up dancing, Joan, Violet and Rosetta were swinging their hips and Pat joined in as well. It's been a long time since I did the twist and everybody joined in clapping and tapping their feet. It was such a lively afternoon and we were all glad of a cup of tea afterwards! Martyn said we are such a great bunch of residents and thoroughly enjoys coming.

New Menu System

Starting this month, each resident will be given their own menu to keep in their room. The idea will be that the resident will choose their meals from the menu, a copy will go to the kitchen, and the original copy of the menu will be left in their rooms for reference. A carer will be on hand to help those who are unable to see the menu or write. If any resident or family member have a query about how this is going to work, please speak to a member of staff who will be happy to explain it to you.

Sad Loss

It is with great sadness that Dennis Bonner passed away suddenly last month. Dennis was a very kind and quiet gentleman who liked his daily walks around the grounds of St. Dominics. He also had such a fantastic memory and would tell me all about Kelvedon when he was young. I will miss these stories and I am sure that he will be missed by all who knew him well. Our thoughts and prayers are with his family at this sad time.

We also would like to pass on our condolences to our resident Bunny, whose wife Joy passed away last month. Joy was a regular visitor to our home to see Bunny and she loved to join in our quizzes, games and also helped at our summer fetes, etc., Joy was an absolute 'joy' to have around and the staff and residents misses her sunny smile. Again, our thoughts are with Bunny, his daughter Gloria, and all the family.

Welcome to our home!

We would like to welcome Mrs. Ethel MacMillan to our home. We hope that she is settling down nicely, and is making a lot of friends amongst our carers and residents.

We need more support!

When I took on this role as Activity Co-Ordinator, my initial idea at the time was to get families involved as much as possible with Activities with our residents, helping with art and crafts, joining in quizzes, and watching the entertainments with their loved ones here at St. Dominics. Outings are our residents' main enjoyment during the year as they look forward to getting out of the usual environment of the home. We are now a full capacity home of 38 residents and without the support of family and friends, many of our residents will miss out on these wonderful trips through lack of wheelchair pushers. This is where the importance of family and friends support comes in! Margaret and I appreciate that many families are at work during the week, so we will be looking at arranging as many trips as possible on a Saturday. Margaret and I will be booking this year's trips soon and letters will be sent to families to ask for support if they wish their loved one to go on a particular trip with us.



Many Happy Returns!!

On the 7th of February, one of our residents will be celebrating a very special birthday! Georgina will be 100 years young!!! Next month, we'll report on how her very special day went.

Making your wish come true!!

We will be resuming our "Make a Wish" scheme in March, as many of our residents normally like to wish for a day out and whilst the weather is still very cold and miserable, we thought we would wait until Springtime before we pick the next lucky resident to choose his or her wish!



Let's meet our resident Eileen:

Eileen Eady is one of our local ladies. Born in Kelvedon, Eileen was the eldest daughter of Maude and Sunny. Her sister Connie was born sixteen months after Eileen. Connie now lives in Glasgow and still visits Eileen when she can manage the long journey. Eileen attended St. Mary's School in the village, where she stayed until she was fifteen. On leaving school, she went to work at a laundry in Coggeshall. Eileen grew up with us husband-to-be Leonard, as he also lived in Kelvedon. Eileen and Leonard married when Eileen was twenty one and they moved into a house in St. Mary's Road, where their daughter Pauline was born. Leonard worked at Crittalls, who were then the leading window specialists, during the war. Later he worked at a ship yard in Wivenhoe and also travelled the country working at various power stations as a welder. For twenty years, Eileen worked for Scope, then known as the Spastics Society. She loved her job there, often travelling abroad taking the clients on holiday. She recalls trips to Amsterdam and Menorca. Talking of this reminded Eileen of a lovely holiday she had in Switzerland with Leonard. Eileen sadly lost Leonard five years ago. Eileen has three grandchildren and seven great grandchildren. One of her granddaughters Clare, lives with her family in Australia. They always visit Eileen when they come back for holidays (Clare joined Eileen on one of our trips last summer!). Eileen is able to speak to Clare via our 'Skpe' on our computer.

Eileen loves animals. She and Leonard always had pets and she fondly remembers a black and white dog they had, called Topsy.

Mr. Banning visit to Thailand!

Last month, I told you about Mr. Bannings' visit to a residential home in Phuket, Thailand. Mr. Banning said he also visited a special school for children with mental and learning problems. He took sweets for all 168 children there, and Mr. Banning said it was absolutely great to see their faces light up, and seeing them 'wai', that is, placing their hands



together and bowing their heads, which is the traditional way for Thai's to greet and thank you. Mr. Banning intends to go back to both places next year. I wonder if Mr. Banning would like to take some of our photos to show what our residents at St. Dominics do!



Looking ahead!

Next month, we are having a wonderful lively gentleman named Gary coming in to play musical bingo with us! It sounds a lot of fun and I can't wait! And coming up in April, we will be having Tina's Clothing coming back with lots of new spring and summer clothes for you to buy. Our Manager Jean will be on hand to model the clothes before you buy!!!!

Oh Yes He Is, Oh No He Isn't!!!!

Our residents Ellen, Dee, Ethel MacMillan, Pat and John watched the pantomime called "Frankenstein" performed by the Kelvedon Players at the local institute. It was an

excellent show and we will be taking more residents to see this pantomime this month.

What's coming up in February?

“Bouncy” Henry will be returning with his gigantic balloon and helping us to keep supple and fit with his exercises to music. We also have a new entertainer by the name of Marianne. She is a keyboard player and I know you will give her a nice welcome and help her along by singing to your favourite songs! Our new singer Billy Henry will be returning to sing some warm hearted songs to us as well.

February's Diary:

Tuesday 2 nd February	3.00 – 4.00	Movement to Music with Henry Webster
Saturday 6 th February	1.30 onwards	Residents outing to Pantomime in Kelvedon
Monday 8 th February	2.30 – 3.30	Music with Marianne, in the lounge
Wednesday 10 th February	10.30	Holy Communion
Thursday 11 th February	2.30 – 3.15	In-house Service with Sarah
Monday 15 th February	2.15 – 3.15	Entertainment with Billy Henry
Thursday 18 th February	11.00 – 12.00	Poetry with Doris and Penny

Birthdays in February

Wednesday 3 rd	Elizabeth	Wednesday 10 th	Elsie
Wednesday 3 rd	Lynn Simmons	Wednesday 17 th	Sharon
Thursday 4 th	Gill	Sunday 21 st	Hannah
Sunday 7 th	Georgina (100 years!!)	Saturday 27 th	Ethel



Finally, remember I mentioned that a snowman was built in our garden? Well, I couldn't resist a little caption to go with him:

“I've been here over a week now, and Derek, Alf, John, nor Bunny haven't thrown any scraps out for me – I'm absolutely starving!! Soon I'll be wasting away!!”

Can you think of any more captions? I would love to hear them.