

January 2010

Newsletter

Edited by Vanessa Avery – Activity Co-Ordinator



Welcome to my first newsletter of 2010. I would like to wish you all a very happy and prosperous New Year.



Christmas came a week early when we saw the first snow of this winter last month. Everybody said how beautiful our garden looked when we had the snowfall. The trees outside looked like the Swiss Alps

My assistant Margaret and I hope you all had a wonderful Christmas and that you enjoyed all the entertainment that was organised for you. We will look back over the past month later but first, do you ever wonder what other residential homes are like, especially the homes in



foreign countries? Well, you will be very interested to know that Mr. Banning recently visited a residential home in Phuket, Thailand. The home has 68 residents and 27 staff. This home is state run for the elderly and the



manager said that it has difficulty to obtain certain equipment. Mr. Banning asked what did they currently need and they said that they needed ceiling cooling fans for one of the dormitories, bearing in mind that the temperature is normal 30°C (90° Fahrenheit!). It is obviously uncomfortable without these cooling fans.



Mr. Banning then spent some time in Phuket town locating the correct fans and purchased five of them. The manager was very pleased and has now had them installed. We (St. Dominics) are now twinned with this home. The residents who can afford to pay privately are given their own one bed-roomed bungalow. Mr. Banning also saw the wonderful knitted items such as toilet roll and tissue box holders and baby dresses that they sell to help raise funds.



Kelvedon Christmas Tree Festival

We had an 'eventful' morning decorating our Christmas tree in the church for the festival. All went well until the tree

decided to lean over!!! Our volunteer June was left holding up the tree until our Tom came to the rescue. We put the finishing touches to the tree and it was looking spectacular with the wonderful hearts and doves. We all stood back admiring our work, walked away, then the tree tumbled over again!! Poor June was left to hold the tree up for us again, until Tom came to the rescue once more!!! By this time, the other people in the church were coming over to see if they can help! Talk of embarrassment!!!! Anyway, all went well in the end and our tree stood up straight and looked lovely for all to see. The following day was our residents outing to see all the trees entered in the festival and to watch St. Mary's School Choir sing carols. We had tea and cake afterwards, and a few of the residents stayed a little longer to join in the community sing-along. It was such a lovely afternoon and many of our residents told me that they were so glad we arranged for them to go to this wonderful festival. St. Dominics donated £100 towards this wonderful cause.

Our Christmas Entertainment

The following Monday, the St. Mary's School Choir came to us here at St. Dominics to sing carols to our residents. There were at least 25 children and they sang absolutely beautiful. Our resident Rosetta kept saying "lovely, lovely", and we all agreed with Rosetta. Many of our residents enjoyed singing along to all the carols with the children.



What did you think of our Storyteller Bernard? Wasn't he fantastic? He made us all laugh and 'groan' at his funny stories and riddles. I liked the story about the herd in the field that were frozen and this 'Christmas Spirit' came along and touched the herd and they were thawed

out by "Thaw a Herd" (Thora Hird!) Get it? Very funny Bernard!!!!

These were just a few of the long, long list of activities and entertainment that we had for our residents and Margaret and I and St. Dominics hope that you all enjoyed yourselves singing along with the pantomimes and entertainers!

Our Christmas Quiz

I couldn't believe that I got some moans and groans from the competitors who took part in our annual Christmas Quiz, saying that the questions were too



hard! OK, I must admit that I did try and push your intelligence a touch to far!!!! I always like the quick witted answers that come along with the questions such as: In the film 'It's a Wonderful Life', what happened when the bell rang? Somebody shouted out "A carer came"!!!! Well done to Eileen, Ellen, Pat, Anna, Roger and Stephanie who won the cash prize (chocolate money!!) and Nancy, Bunny, Judy, Gloria and her friend who won the wooden spoons!! Well done to all who took part in the quiz, it was a lot of fun.

Our Christmas Party

There was a wonderful turnout at our residents and family Christmas Party. There was a lot of chatting and laughing going on and it was a wonderful atmosphere. We all sang Carols with our lovely night carer Alison at the piano and Mr. Warwick singing



(mostly out of tune!) on the microphone. Mrs. Warwick and the staff were in fits of laughter which we tried to conceal from Mr. Warwick! Father David Reynish spoke of Christmas being a special time of year to remember those no longer with us and also of those who are serving in the war in Afganistan. Father David also said that he enjoys coming to St. Dominics every month for communion, and he was very pleased to see many of our residents at the Christmas Tree Festival and that the event was a huge, huge success! Father David said that the church is already planning next years' festival

Mr. Banning said a few words at the party – thanking all staff for their continuous support in St. Dominics, and especially thanked the kitchen staff – Carol and Lyn who had been on the go since seven o'clock that morning performing their normal duties of making breakfast and cooking lunch as well as getting the delicious buffet ready for the party. Well done girls!! Mr. Banning also thanked our Home Manager Jean, who has maintained the standard of our home and that we are proud to be one of 15% homes in the country to be awarded the standard of "excellence".

The first prize of our Christmas Raffle went to our volunteer June who chose the meal for two tickets. There were many excellent prizes and congratulations to all the winners! The raffle raised £139.00 and the

sale of our Christmas Cards raised £29.10 which is fabulous! This money goes into the residents amenity fund.

Thank you, thank you, thank you!!!

Our staff and management would like to thank everybody for their wonderful and generous Christmas gifts for the staff. It is really appreciated. Thank you.

And another thank you....



The Lennox Children's Cancer Fund would like to thank everybody who supported the "Name The Cuddly Toy" Competition. We raised a total of £36 and the cuddly toy winner was our resident John's wife Jo, who picked the winning name of "Gabriel".

And another thank you.....

May I thank our "two Ronnies": Ron Homewood who plays the piano beautifully each day for everybody to enjoy, and Ron Attwod, who has given me a lot of pleasure by dancing with me over the past month during our entertainments. Thank you both very much.

Sad loss

We were saddened to hear of the news that our resident Nancy MacGreggor passed away suddenly a few days before Christmas. Our thoughts and prayers are with Nancy's family at this very sad time.

We also lost a very, very dear resident who has been with us for 12 years. Minnie Bowen passed away two days before Christmas and she will be so sadly missed by the residents and staff who have known her for many years. Minnie was always smiling and loved being with people in the home. Our thoughts and prayers are with Minnie's family at this very sad moment of time.

Welcome to our home

St. Dominics would like to welcome Mr. Graham Wheldon to our home. We hope that he will enjoy staying with us and that it won't be long before he makes a lot of friends



amongst the staff and other residents.

New look activities

Margaret and I will be looking at ways to bring in more different kinds of activities for all to enjoy, such as cribbage, bridge, etc., and we will be looking at bringing in more volunteers to sit with our residents. But we need your ideas!!!! Please help us to help you enjoy your pastime interests and hobbies by letting Margaret and myself know what you would like to do. Please do not think that it is too much trouble or time consuming, Margaret and I are here to help you enjoy your stay here at St. Dominics by doing what you most enjoy. We would also like to hear from any family member or friend who would like to share their talents with us. The first residents' meeting of the year will be held on the 18th January at 2.30pm to discuss your views and ideas.

We will be advertising for volunteers to assist helping with our activities and to join us on our future outings. If you or anyone you know is interested in becoming a volunteer, even for the odd hour once a month, please do not hesitate to contact us here at St. Dominics.

It's Panto time again!!

The local Kelvedon Players will be performing this years' pantomime called "Frankenstein - The Panto" at the local Kelvedon Institute on Saturday 30th January and 6th February. Margaret and I will be coming round to ask if any resident would like to go to see this comedy panto, and will be asking family members to help as wheelchair pushers.

Coming up in January

Come and join "bouncy" Henry to help us to get back into shape after the festive season with "Movement to Music" on Tuesday 5th January. We are also holding a "Men's Club" for our gentlemen here at St. Dominics on the 21st. Our regular entertainer Valerie Perkiss is unable to come this month, but do not despair, as your favourite entertainer Martyn Allen will be returning to give us a wonderful afternoon of singing and dancing on the 29th!

Your January Diary:

Tuesday 5th January **3.00 - 4.00** **Movement to Music**
with Henry **Wednesday 13th January** **10.30**
 Holy Communion **Monday 18th January**
 2.30 onwards **Residents Meeting** **Thursday**
21st January **11.00 - 12.00** **Poetry Session with Penny and**
Doris **Thursday 21st January** **2.00 onwards** **Men's Club**
(New!) in quiet room **Friday 22nd January** **3.00 - 4.00**
 Entertainment with Derek **Friday 29th January**
 2.00 - 3.00 **Entertainment with Martyn Allen**

Saturday 29th and Feb 6th **2.00 onwards** **Pantomime at The**
Kelvedon Institute

Birthdays in January



Tuesday 5th	Rosetta	Sunday 10th	Victoria
Sunday 17th	Bunny	Monday 18th	Helen
Tuesday 19th	Devon	Saturday 23rd	
Olive	Monday 25th	Lisa	
Monday 25th	Karen		Wednesday
27th Magdalena			

This months' brain game!

There's no need for me to tell you that it is absolutely freezing outside, so I decided to find some words all to do with the cold weather! Can you unscramble them?

Foklasewns
Mearfufs
Clice

Ropal reab
Lizbizard
Blawlons

Hilcly
Rippeyls
Wons

Timtens
Styorf
FracS



Happy New Year!