



ST. DOMINICS RESIDENTIAL HOME



OCTOBER 2009 NEWSLETTER

Edited by Vanessa Avery – Activities Co-Ordinator

Hello again! Welcome to my newsletter. Do you know what I like about this time of year? Harvest Festival !!! I love the decorations of fruits and vegetables etc., Although the tradition is to celebrate Harvest Festival on the Sunday of the Harvest Moon which is around the time of the autumnal equinox (22nd – 23rd September), the celebrations go well into October. I don't know about you, but I always like to find out how traditions started, and I was curious about how Harvest Festival came about, so there I was, sitting in the corner of our conservatory where the 'St.Doms' computer sits (and listening to our resident Ron playing lovingly on the piano!) and I typed in 'Harvest Festival' on the keyboard.

I was most interested to find that, although we have been giving thanks for successful harvests since pagan times, Britain only began celebrating Harvest Festival in churches since 1843 when the Reverend Robert Stephen Hawker invited parishioners to a special thanksgiving service at his church at Morwenstow in Cornwall, and this led to the custom of decorating churches



with home-grown produce for the Harvest Festival service, and singing the lovable hymns such as “We plough the fields and scatter” and “All things bright and beautiful” (my favourite hymns). In the earlier days, ceremonies and rituals at the beginning as well as at the end of the harvest were held, such as:



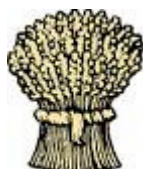
Church bells could be heard on each day of the harvest.

A corn dolly was made from the last sheaf of corn harvested. The corn dolly often had a place of honour at the banquet table, and was kept until the following spring.

The horse, bringing the last cart load, was decorated with garlands of flowers and colourful ribbons.

A magnificent Harvest feast was held at the farmer's house and games played to celebrate the end of the harvest.

**We are holding our own Harvest Festival Service on Thursday 8th
October at 2.30pm**



It is lovely to see that no matter how old we are, we, (the residents of St. Dominics) can get to grips with technology! Our resident Marnie's daughter sent some wonderful photographs through our e-mail and Marnie was ecstatic to see them on our computer screen. I would like to encourage more families, (especially the grandchildren who are the most intelligent when it comes to computers!) to e-mail to their love ones here at St. Dominics. If you have any concerns about sending e-mails etc., or speaking on the web-cam, our assistant administrator Stephanie will be sending out letters to families introducing herself, and explaining that she will be available to support our residents and families on our computer at any time. Our "Two Ronnies" (Ron Attwood and Ron Homewood) even gave our Wii game a try on the big screen in our lounge and thoroughly enjoyed it.



A LOT OF GOODIES!!

The shopping trolley is up and running again after a short break. You can buy your toiletries etc., and also treat yourself to a bar of chocolate!! No profit is made on these items.



Our residents' outings

Our residents Dennis and Marnie enjoyed an afternoon to the Mercury Theatre in Colchester last month to watch 'Round the Horne'. Dennis said it was excellent.

There will be a nice afternoon trip to Poplar Garden Centre this month. It's always nice to have a little ride out and have a look around the shop (and have a nice cup of tea as well!!).



"Hello Dolly"

We are also very excited to be going to the Witham Public Hall at the end of this month to see a show called "Hello, Dolly". Many thanks to all family members who have got in touch with us to say that they would love to come along and join us. It is going to be a great afternoon!



There is also a local musical show starring our local singing group "The Feering Singers" at the Kelvedon Institute on the 21st November 2009. If any family member would like to come along to this show, please let me know.

Also talking of our local Institute, the MacMillan Cancer Support held their annual coffee morning there, and Cissie, Dennis, Ethel and Ellen went along but the morning proved so popular with the local village residents that the hall was packed out and we were unable to move around, but we managed to have our coffee and then went for a walk round the recreation ground. I was told that the coffee morning raised about £1660 for the charity. My assistant Margaret wishes to thank everybody who gave their support.



Breast Cancer Campaign

St. Dominics always supports cancer research charities and on Friday 30th October, we will be having a "PINK" day in aid of Breast Cancer Campaign. We are asking all carers, staff and families who visit St. Dominics on the day to wear something pink. We will be asking for £2 for the privilege! and ALL the money raised will go towards helping beat breast cancer. So start sorting all your clothes now and wear something PINK (even the men!!) It will be a lot of fun!

Keeping Ourselves Fit

Last month we were all stretching our arms and kicking our legs when Henry Webster returned with his giant balloon! My assistant Margaret joined us for the first time and I had to laugh when she said "I'm absolutely shattered". I looked around at our residents and they were all moving and stretching and Margaret and I couldn't keep up with them!!!

We had our wonderful entertainer Valerie Perkiss singing to us and I had a lot of pleasure dancing with some of our residents.



Tony Winn entertained us one afternoon with his own songs that he had written, and played the guitar brilliantly, he also played the banjo as well.

The songs were what I would call the "country and folk" sound. Tell me what you thought of Tony. Tony appears with the Kelvedon Players in the annual pantomimes at the local Institute, and he told Margaret and myself that this years' pantomime is called "Frankenstein"!!! Can you imagine that? I said to Tony when he arrived that I saw him in last years' pantomime and I was in fits of laughter all the way through. When this years' pantomime arrive, I will book tickets for you to go and see it (if you're not scared of Frankinsein!).

How can I put this mildly?

I know you all hate that dreaded word at this time of the year, but dare I say that word? Well, here goes, wait for it! **CHRISTMAS!** There, I've said it! Phew!!!

Mr Banning, Jean and myself have agreed that the residents' **CHRISTMAS** party will be held on Sunday 13th December and invitations to families and friends will be sent out late November.

Yes, I know it is early to mention *Christmas* but it really is creeping up on us! We had a fabulous Christmas programme last year with something going on nearly every day! Margaret and myself have been working very hard to arrange this years' programme for our residents to enjoy. One of the things that had proved to



be very popular over the past few years has been our Christmas Fun Quiz, which involves teams of families and residents as well as our staff coming together. In order to give families time to arrange their work schedules etc., we have now set a date to have this fabulous quiz on Wednesday 16th December at 2.30pm in the lounge. Mr Banning has again agreed to be our quiz master.



Feeding our garden birds

During the coming winter months, it is very important that we feed our garden birds and our birds will not be going hungry thanks to our residents Marnie, Eileen, Bunny, Ethel and Nancy M. They were busy grating and mixing and stirring and getting mucky, all for the sake of our wonderful wildlife in our garden.

Making your wish

Congratulations to our resident Violet Demain who won this months' "Make a Wish". We have ordered a mini-bus to take her shopping to Freeport in Braintree.

What's coming up in October?

We have a very busy month coming up. We are starting with a sing-a-long with Penny and Doris from the "Feering Singers" who normally comes in to participate in our poetry mornings. Sarah is returning to give a Harvest Festival Service for us and we also have the fabulous Martyn Allen coming in to give us a wonderful afternoon of singing and entertainment.

Thursday 1 st October	11.00 – 12.00	Sing along with Penny and Doris
Friday 2 nd October	2.00 onwards	Residents outing to Poplar Nursery
Tuesday 6 th October	3.00 - 4.00	Movement to Music with Henry
Thursday 8 th October	2.30 – 3.15	Harvest Festival Service
Wednesday 14 th October	10.30	Holy Communion
Friday 16 th October	3.00 – 4.00	Valerie Perkiss entertains
Friday 23 rd October	2.00 – 3.00	Martyn Allen entertains
Friday 30 th October	All day	PINK DAY in aid of Breast Cancer
Saturday 31 st October	1.00 onwards	Hello Dolly musical in Witham

Birthdays in October:

Monday 5 th	Hilda	Thursday 22 nd	Joan
Wednesday 7 th	Tanya	Wednesday 28 th	Alice
Sunday 18 th	Kirsty S.	Friday 30 th	Nancy Goodchild
Tuesday 20 th	Dee		

Finally, Can you unscramble the following words to do with Harvest Festival?

GVNIIG	MYNSH	GONTONACREG
KATSHN	VALITFES	TESVRAH
STRUIF	SABNANA	HEWTA