



St Dominics Residential Home



November 2019 Newsletter



Hello and welcome to our latest monthly Newsletter. All Saints Day, Armistice Day, now more popularly known as Remembrance Day, and Bonfire Night, are all remembered in this month.

We have a special Remembrance Church Service being held at St Dominics during this month so we can remember all those who sadly lost their lives or fought during World War I and subsequent wars. We hope you will have a chance to view the poppies that we have decorated our conservatory with, as a tribute to all the brave men, women and children who sadly lost their lives during all wars or who have been affected by loss. The activity staff will be taking residents to church on Remembrance Sunday if they so wish.

The flower for the month of November is the Chrysanthemum. The word Chrysanthemum comes from the Greek words Chrys and anthemum, meaning golden flower.

Let's look back....

Here is an historical fact for you about the month of November. We hope you enjoy reading and remembering about years gone by...

Looking back in history to November 1954

Sir Winston Churchill became the first Prime Minister, to date, to reach his 80th Birthday, whilst still in office. Can you remember him as Prime Minister?



Let us tell you what we have been doing in October



Scrabble - As always, the competition was fierce and we are continually surprised by the scores that are achieved by our residents.

Gentle Exercise to Music - We had a fairly energetic morning doing gentle exercises. We always have great fun doing this and it is always an enjoyable morning. We use bean bags, hoops and do armchair exercises all to music. We are certainly ready for lunch at the end of the session!



Skittles - We had a skilful morning playing Skittles. Our residents are very good at this and many of them got them all down in one go! Impressive dexterity!

Wild Science – We had an afternoon visit from Wild Science. They brought a Chinese water dragon, snake, chinchilla and a Guinea pig. Our residents who wanted to be involved, enjoyed stroking them and holding them. We were given an informative talk about each of them by the lady who brought them. Very interesting and educational for our residents, their families and staff alike.



Word Games – As always, such a popular activity. Our residents and families really enjoy making words out of one word and we normally do so well and generally exceed over 200 words. One of the words from this month was provided on our Greek day. It was ‘Hephaestus’ the Greek God of Fire and proved most successful with our wordsmiths.



Joyce reaches 100 Years – We were all amazed and surprised that Joyce had reached her 100th Birthday as she just does not look old enough! Friends, residents and staff loved helping Joyce celebrate this milestone. The dress chosen during her ‘Make a Wish’ outing was the dress she wore for her birthday celebrations. Joyce thoroughly enjoyed her birthday party, thanking Mr Banning, and was thrilled to open her telegram from the Queen.

Lyn playing the Harp – We had a relaxing afternoon, such a lovely calming time with the gentle sounds of the harp playing in the background, whilst we enjoyed afternoon tea. Lyn played a mixture of tunes from classical, show tunes and modern music. It was so nice to hear people joining in and singing along to the well known tunes. Do you like the Harp? Did you ever learn to play an instrument?



Arts and Crafts - We have been making poppies in our craft sessions in honour of remembrance day, we hope you are able to enjoy and view the display in our conservatory. As mentioned earlier, our poppy collection box is located in our reception. We are pleased to support the Royal British Legion Poppy Appeal 2019 ensuring the unique contribution given is never forgotten.



Greek Themed Day - We had such a fabulous day. The activity staff dressed up as Greek Goddesses. We were very pleased to welcome Cllr Angela Kilmartin - Chairman of Braintree District Council who was at our home visiting and enjoyed meeting and chatting to our residents. We set the scene in the conservatory and had various pictures of Greek landmarks and the Greek flag on display.



We had Gunni here doing Gentle exercise with musical instruments and finishing with Zorba the Greek music which the activity ladies and Cllr Angela Kilmartin joined in and danced too, well sort of!!



We were then all ready for our Greek lunch which was Lamb Kleftiko or Moussaka and for dessert Greek Honey Cake or Greek Yoghurt with pineapple which was all prepared by our cook Hannah and it was delicious. Wine and beer was served and Mr Banning made sure glasses were kept topped up.

During the afternoon we enjoyed chatting and reminiscing about all things Greek and enjoyed Greek snacks during supper. A great end to a fun filled day!



Cllr Angela Kilmartin toured the Home with Mr Banning, visiting residents in their rooms, joining in with the activities arranged for the residents in the main lounge and then stayed to sample our Greek lunch, chatting with residents seated at lunch, displaying kindness, compassion, empathy and laughter towards our residents all through her visit. We look forward to welcoming Cllr Kilmartin back to the home soon.

Following Cllr Angela Kilmartin's visit, she sent the following uplifting comments:

As chairman of Braintree District Council, I was invited for a visit to St Dominics.

With colourful autumnal trees setting the scene outside the inside was immediately just as colourful and cheery.

Mr Banning and Nicole took me in hand and showed me this really nice home.

Armchair exercises, Greek dancing (kind of!), Greek moussaka for a friendly lunch and good chatter with Harry and Helga either side.

Staff, ALL the staff, were there for every resident for every need at all times. Impressive? Beyond impressive! This was English humanity at its highest level.

I greatly enjoyed my time with everyone.

Thank-you very much.

*Cllr Angela Kilmartin,
Chairman, Braintree District Council*



Meet our staff member- Tina was born in Upney Hospital in Barking to parents Val and Bob and grew up in Dagenham, she has one brother. Tina went to Dagenham Priory Secondary School and enjoyed Art and Home Economics. After leaving school, Tina worked in Argos in Ilford. Around this time, she met her husband, as he was one of her group of friends and a few years later they married in church in Dagenham. They had three children and family life was a happy time and they all enjoyed holidays together. Tina enjoys her job role as a carer at St Dominics and in her spare time she likes gardening and cross stitch.



Meet our Resident- Helga was born in Dusseldorf in Germany to parents Maria and Johann, she was an only child and very close to her grandparents and her immediate family. She enjoyed school and liked reading. On leaving school she met Bill at a local dance and they became friends. Bill was a soldier in the Royal Army Service Corp and after his time in Germany, he was sent back to England. Helga and Bill did not see each other for a year, but they kept in contact by writing letters to each other. Helga eventually moved to England and after a time they married. Married life was a very happy time and they soon welcomed their son Gordon. Helga and Bill loved dancing and they also enjoyed many happy holidays together as a family. Helga has lived at St Dominics for a couple of years now and is happy here. She has regular visits from her family.



Note to Families - PAT Testing All Electrical Items

Please ensure any electrical items brought into the home are PAT tested, by us, before use. Please alert the care staff to any new electrical items being brought in and used within the home such as chargers, fans, TV's etc. Staff will put it in the

Maintenance Book for Kevin to PAT test the item(s), stating their location within the home. A sticker will be applied once tested. Please only unplug any unnecessary plugs in rooms when items are not in use.

E-cigarettes/Vaping and charging of these devices is **not** permitted within the home.

What's on This Month



Monday 4th November- Brenda from Twilight Encounters will be bringing a Barn Owl, Tawny Owl and an African Eagle Owl to see us at 2.30pm.

Thursday 7th November—Holy Communion at 2.30pm

Friday 8th November – Brian Shaw will be here giving a remembrance concert and singing songs from that era at 2.30pm

Tuesday 19th November – Gary will be returning singing all your favourite 1960's hits at 2.30pm.

Thursday 21st November – Isabelle will be returning playing all popular classical, Jazz and showtunes on the flute and clarinet at 2.30pm.

Friday 22nd November- Gunni from Kiddley Divey will be arriving to carry out gentle exercise to music at 10.00am.

Tuesday 26th November - Tanya will be singing cockney songs as our pearly Queen at 2.30pm.

Thursday 28th November – A special remembrance church service today at 2.30pm.

We would like to mention in this month's newsletter, that another one of our residents, Ruby, will be celebrating her 100th birthday during this month. Her friend is organising a special get together for her and all the staff here at St Dominics wish her a wonderful birthday on her centenary. Ruby is a lovely lady and so interesting to talk to. Congratulations to her and she will be so pleased, we know, to get her telegram from the Queen!

Birthdays in November

Jean L, Kathleen, Ruby, John, Mary, Joyce C and Sylvia all have their birthdays in this month.

So, we wish them all a very happy birthday.

Finally a joke to make you smile..... Velcro- What a rip off!