



# St Dominics Residential Home

## August 2019 Newsletter



Hello and welcome to our latest Newsletter. Well, here we are in August and enjoying some lovely warm weather. It is so nice to see the sun shining. We have a lot to look forward to this month as it is our annual summer fete. We are very grateful and thankful for all the donations we have received for our bric-a-brac, tombola and for our raffle. Our staff have been very busy getting ready for the fete and the garden is looking very pretty. Hope we will see many residents' families and friends at the fete as possible, as it is always an enjoyable day, lets hope the sun will be shining that day.

Knowing this hot spell was coming we ordered 10 new fans for the home. During this recent heatwave our staff have been outstanding. We have seen kindnesses across all departments to each other with Pam and the kitchen staff offering cold drinks to all who entered the kitchen, Tracy our Manager ensuring plenty of ice was ordered to keep their drinks cool which Kevin, our Gardener/Handyman commented that he was very thankful for. Our stoic residents coped admirably as always – looking demure in sun hats and asking the staff to shut windows as it was drafty!

Did you know that the Anglo- Saxons called August the weod month, which means weed month as it is the month when weeds and other plants grow more rapidly?

Let's look back... *We thought we would put some historical facts for you to enjoy reading about the month of the newsletter we are in and, in this month, we are putting facts about the **England Cricket Team**. We hope you enjoy reading about years gone by...*

### Looking back in history to August 1953

The England Cricket Team, under Len Hutton, defeated Australia to win The Ashes for the first time in nineteen years.

We should also mention that the England Cricket Team recently won the World Cup against New Zealand. After a dramatic battle they won by one run. Well Done!



## Let us tell you what we have been doing in July ...

Men's Trip to Vintage Fair – What a lovely day we had at the vintage fair in Cressing. The sun was out, so we had plenty of sun cream and sun hats with us. It was a trip for the men and it was great seeing all those old cars and it brought back so many happy memories for them.



Harry had a photo next to the first car he brought, a Ford Anglia and he said it was great to see this car again! We all agreed what superb condition all these cars were in. There were also lots of stalls, with vintage clothes and lots of

people dressed up in 1950's style clothes, it was nice seeing all the ladies dressed up in the style of that decade, with the full skirts and dresses. Also, live music, there was even a couple doing the Jive and they were very good!



We had brought a picnic with us, kindly prepared by our cook Hannah and we enjoyed sandwiches, cake and lemonade. There was a cider stall, so Harry and John enjoyed a glass of cider each. It was very interesting browsing at all the stalls and looking at all the vintage cars. We finally ended the day with tea and cake in the tearoom garden and it was great to enjoy a drink and a chat about what we had seen during our day. We all had a fantastic day there.

## Exploring Kelvedon

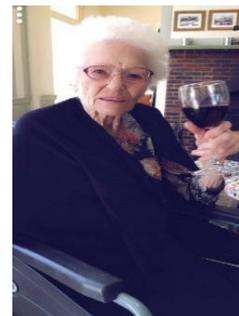
Joyce and Ellie went for a hunt around Kelvedon, ticking off all the places they came across. They both really enjoyed this. It was really interesting to find all the local items on our list. We stopped in the café and had a cup of tea. We managed to find everything on our list apart from a dog walker, we gathered it was too hot for the little doggies and will have to try again when it cools down.



Weekly Bingo- We had a fun morning doing Bingo. This is always popular and our Residents enthusiastically take part. We did three games and our winners enjoyed the chocolate prizes! Ellie attempted calling out all the different bingo names, but the residents decided they preferred it without, although we did have a laugh at some of the names.



[A Trip to the Angel Pub](#) - Ellie took Jean to the pub for a glass of red wine, which she likes and Ellie had a soft drink. Jean and Ellie chatted away to everyone in the pub who made them feel very welcome. They then walked to the Co-Op and bought ice creams and enjoyed one themselves on the walk back. During their walk back all the children from the local nursery came out and waved and introduced themselves to Jean. Jean said she really enjoyed going out with Ellie.



[Flower Arranging](#) - We had a creative afternoon flower arranging. We had ceramic pots which we put the oasis in, gave them a good drink and Doris, Sybil and Joyce made beautiful flower displays. We added foliage from the garden and they really looked lovely. We put them on each table in the conservatory. A productive afternoon!

[Gentle Exercise to Music](#) – We had an active morning doing gentle armchair exercise to music and it was good to see so many residents joining in and having fun.

[Holy Communion](#) – Thursday 4<sup>th</sup> July - with Rev Simon Garwood

[Cinema Club](#) - We had a nice afternoon with our residents watching Brief Encounter, it's a lovely film about a chance meeting, of two happily married people who fall in love, but face up to their moral courage and responsibilities. Do you like the old classic films? we think they are great.



[Wild Science](#) - We had Wild Science here with lots of small animals a Corn



Snake, Tree Frog, African Pigmy Hedgehog, Guinea Pig and a Rabbit. The residents who wanted to hold them, really enjoyed giving them a cuddle. They really were cute animals and even the snake was popular and a lot of residents commented on the snake's markings which were pretty.



[Brian singing](#) - We welcomed Brian back and enjoyed his show. He sang a variety of cockney songs and songs through the decades. It was nice to see the residents singing along and we even had some residents dancing in the lounge with staff. Great afternoon.



**Gunni - Kiddley Divey** – Another popular activity/entertainer returned in



the form of Gunni from Kiddley Divey. She brought balls and garlands and tambourines and she wore a grass skirt as the theme was beach and she even brought a beach ball. It was lovely to see so many people joining in and we were all singing songs to classics like – 'I do like to be beside the seaside' and other summer classic songs.



## **Wimbledon**

It has been a great two weeks watching Wimbledon and some of our



residents have enjoyed being in the quiet lounge watching the tennis. It was an intense afternoon as we watched the Wimbledon semi-finals. Some of the residents enjoyed this with strawberries and cream and a refreshing Pimm's went down a treat.



**Arts and Crafts** – We had a creative afternoon making a flower collage with Doris and Beryl. We spent quite a while cutting out the flowers and sticking them on card and the overall effect when we had finished was very effective. It was nice to see an array of flowers. An artistic and fun afternoon. Do you enjoy arts and crafts?



**Nails and Hand Massage** - Ellie has been busy with her nail and pampering



sessions at our nail bar. She has been cutting filing and painting nails on the ladies that have requested this. She has also been doing hand massages on request. This is not only for the ladies but for the men too.

**Relaxing in the Garden** – We have been enjoying this glorious weather and the activity staff have taken the residents, who wish to, out in the garden. The garden looks so pretty and the residents have liked being outside in the fresh air and we have all admired the beautiful flower pots in the garden. We have enjoyed afternoon tea outside and, of course, plenty of cold drinks to keep us all hydrated.

**Quiz Morning** - We had a competitive morning doing a quiz. It was a great morning and the activity staff are always impressed with the residents' vast knowledge and quick answers.



**Shopping Trip to Witham** – The Activity Staff had a great afternoon taking Geraldine and Jean on the bus to Witham shopping . We went into several shops to browse , but the ladies did not see anything they wanted to buy. We decided to go into the Valero lounge and Geraldine had a glass of white wine and Jean had a glass of red wine . We had a relaxing time and chatted non stop. We then went into Tescos to buy flowers for St Dominics, to brighten the reception area up. We then took the bus back to the home and we all enjoyed seeing all the beautiful flowers as we walked from the bus to the home. A relaxing afternoon.

**Cupcake fundraising for Alzheimers and Activity Fund** – We held a fundraiser afternoon and are grateful and thankful for all the cash donations we received for our Activities Fund and the Alzheimers Society. Also, thanks to all who donated cupcakes.



It was a very successful afternoon and we raised £160.00. Which will be divided equally for our activity fund and the Alzheimers Society It was fantastic to see so many people there. All the cupcakes looked delicious and many thanks again to all who supported our event.



**French Theme Day** - We had a fantastic French day. The activity staff dressed up in french style clothes, berets and striped tops and they even had a bunch of onions dangling. They decorated the conservatory into a french style café with red and white table cloths and accordian music in the background; setting the scene with the french flag and pictures of the Eiffel Tower and other french landmarks.



For lunch we feasted on coq au vin or quiche with salad and french bread. We had french wine at the table, which went down a treat! The residents enjoyed a french lesson given by the Activity Staff and Harry and Margaret were on hand to give the correct french pronunciation if the activity staff pronounced it wrong, which they



did!, so they were very grateful for that. We also had a french quiz which the residents really enjoyed and the activity staff were impressed with their french knowledge and speaking french so fluently and so well. It was lovely to discover your hidden talents!

**Make a Wish** - This is something we do in the summer months , where we put our residents names in a hat and pick out a winner! This month it was Joyce, who decided she wanted to go shopping to buy a dress . We went into Colchester on the bus , which was a nice experience as the bus driver was very helpful. We then had a browse around before going into a café for a drink, whilst planning our day.



We decided to go into Debenhams , where they do a free service, a personal shopper ,but in the end she couldn't find anything she liked. Next stop was Laura Ashley and there was lots of different styles of dresses that Joyce tried on but she decided on a pretty blue dress ,which looked so nice on her and really suited her, so she decided to buy it.

After that we decided to have lunch and we went into the Slug and Lettuce, where Joyce and Madge had scampi and chips, Joyce enjoyed a glass of white wine too and Madge had tonic water. Ellie and Nicki joined them for lunch. Whilst enjoying a leisurely lunch we chatted and we all said the food was delicious. We then got the bus back to St Dominics and we all agreed it was a lovely day and Joyce said she was so pleased to find her dress, and told us how much she had enjoyed her 'Make a Wish' day.



### **Meet our staff member – Amy**



Amy was born at the Colchester Maternity Home in Colchester to parents Robert and Louise, she has a younger sister called Jodie. Amy went to school in Thurstable School in Tiptree and her favourite subject was PE, in her last year she was a school prefect. On leaving school, she went to the Colchester Institute and gained a qualification in sport. Amy completed a Bachelor's Degree in Sports Therapy at Coventry University. Following this she went to the University of Essex and finished her degree in Physiotherapy last month. Amy and her partner Ben are looking to buy a house next year, where she is looking forward to having plenty of space to fill her house with Great Danes! In her spare time Amy and Ben enjoy going to the cinema and spending time with family. Amy has worked as a carer at St Dominics for about four years aiding her studies and enjoys her job role here.

## Meet our Resident – Peggy

Peggy was born in Maldon to parents Elsie and Stanley and moved to London, where she grew up. She went to school in Islington and her favourite subject was Art. After leaving school she worked in a London showroom in Hatton Garden selling antique silver wear, she enjoyed her job there. During the second world war, she and her family left London and returned to Maldon. She worked at Crittalls in Maldon for a period of time and this is where she met her husband Jack. They married at All Saints Church in Maldon. Jack joined the police force and was stationed in Romford. They soon welcomed their two children Pam and John and they all settled into family life and enjoyed taking holidays together as a family. Peggy has been a resident at St Dominics for a few weeks now and is happy here. She enjoys regular visits from her family.

## What's Coming up This Month

Holy Communion – On the first Thursday in the month.

Friday 2<sup>nd</sup> August – We will be taking residents who wish to go strawberry picking. Please see activities staff if you wish to go and any families who would like to come are very welcome too.

Tuesday 6<sup>th</sup> August - We will be having an Italian themed day, with Italian food to sample at lunch, a quiz about Italy and Italian music to listen to.

Thursday 8<sup>th</sup> August – Isabelle Liebman will be back here playing a mixture of classical, show tunes and Jazz on her flute.

Friday 16<sup>th</sup> August - Gunni from Kiddley Divey will be here doing gentle exercise to music

Saturday 17<sup>th</sup> August – We will be holding our annual summer fete from 2-4pm.

Thursday 22<sup>nd</sup> August – Tanya Honey will be here singing lots of popular tunes today at 2.30pm.

Tuesday 27<sup>th</sup> August – We will be taking residents who would like to go to the Flower Festival in Coggeshall. Please see activities staff if any families would like to come with us.

Wednesday 28<sup>th</sup> August – Jeff Dukes will be here singing lots of well-known tunes at 11am.

## Birthdays in August

**We would like to wish Joyce, Lesley and Bunty a very  
Happy Birthday**



Finally, a joke to make you smile ...

Patient – I've swallowed the film from my camera

Doctor – We'll just have to wait and see what develops!