



# St. Dominics Residential Home

## April 2018 Newsletter



### Spring has sprung....

Hello and welcome to our April newsletter and welcome to erm.....Spring!!! How many of you can recall having springtime starting with snow? In fact, it wasn't that long ago. Easter 1983 was the snowiest Easter, with Scotland, the Midlands and Kent getting up to 10cm of snow. It has been said that the earlier Easter is, we are more likely to get snow. Our staff made every effort to arrive on time for shifts and ensure the smooth running of the home during all the snowy days, we hope you kept cosy enjoying the snowy views of the gardens. Of course, we have also had some wonderful blue-sky days and can now start to enjoy the pretty spring-filled flower tubs adorning the gardens. Though, when we asked Mr Banning to pop out and take some photos he had to contend with early April showers!



Now come along and confess! Did you play an April Fool's joke on your carer this morning? What did you do? I would love to know! Did you know anybody who was a practical joker all year round? Did you know that April Fool's day can be traced back to the Roman festival of Hilaria held on 25<sup>th</sup> March and the Medieval Festival of Fools held on 28<sup>th</sup> December. Chaucer wrote of April Fool's day in the Canterbury Tales in 1392, in the Nun's Tale. So the fun goes back a long way!

### Let's Review Last Month

Easter falls at the end of March and the beginning of April this year and we have had great fun doing lots of activities in the run up to the Easter weekend, so please read on.

Brian Shaw came in late morning to rouse the residents with a pre-lunch show singing old favourites which the residents enjoyed, he interacted with residents and had them tapping their toes and singing along. Joyce C and Mary even had a sing-a-long with the microphone. All were ready for their lunch afterwards, staff included. Brian was a real treat singing all the songs we know and love. Another regular, Tanya, returned to sing and entertain our residents and they thoroughly enjoyed her routine. Tanya had everyone up dancing including Mary H, Nana, Dennis, Harry, Joyce, Geraldine, Margaret B and Gladys to name but a few!



The residents really enjoyed a game in the lounge of throwing a soft ball in the air and having to think of food and drink beginning with a letter of the alphabet. Everyone was doing incredibly well until we reached letters X, Y and Z - time for a cuppa we thought!

We have also had a different range of music playing at lunchtime. Classical music was chosen by Ruby, Queen was chosen by Cynthia and when we played Beyonce, she got a thumbs up too! The music is played at background level so the residents can still chat over lunch with others on their table and converse with the staff.

Ellie, Sue and Margaret have been busy helping the residents to craft Easter-themed activities from making Easter cakes, which were delicious and literally went down a treat, to making Easter bonnets. Doris, Jean L and Jean W made Easter cards. Doris and Jean L decided to give their cards to their daughters but Jean W decided Charlotte, our Head of Care here, deserved a card - how lovely. We hope you had a 'cracking' time! These activities will come to a climax over the Easter weekend with an Easter Egg Hunt for residents with the great grandchildren of residents and staff's children being their willing helpers to explore the home and gardens!



Finally, just a little about one of our newer residents, Geraldine, who recently attended a wonderful trip to London, taking in a West End Show, enjoying an amazing meal at a restaurant, as well as a visit to a museum. Geraldine stayed in a hotel with her family and thoroughly enjoyed her birthday treat - I am sure she was glad to get back to St Dominics for a rest!

### Life Stories – This Month, Let's Meet Our Resident, Bunty

*Bunty is one of our newer residents, having been with us only a few weeks. Actually christened Annette, she has been known as Bunty since childhood. Bunty was born in 1933 in Hartford, Cheshire, first daughter of Arnold and Gwen Eden. Bunty says they were a very close family, particularly after her younger sister Patricia (known as Trish) was born.*

*Bunty tells me how much she adored her father, 'a quiet, gorgeous man'. Her grandmother (her father's mother) also lived with the family for some time. Bunty went to school in Northwich, which was the salt-mining area, at the age of eleven, passing her entrance exam to Grammar School. On leaving school, Bunty started her nursing training at Addenbrookes Hospital in Cambridge. She studied for her SRN, sharing 'digs' with a friend. It was while she was living in Cambridge that Bunty met her future husband, Captain Paul Dickison. Paul was serving in the Royal Engineers. The couple married in 1955, starting their married life in army quarters in Camberley, Surrey. Bunty lived there whilst Paul was serving in Cyprus.*

*Their first daughter was born in 1958. Paul was posted to America and Bunty was fortunately able to accompany him. They were in America for two years before being posted to Kenya where their daughter Emma was born in 1960. In 1963, their family was completed with the birth of their son, Paul.*

*Settling the three children into boarding school in England, Bunty joined Paul on postings to Germany and again to Africa. Bunty and Paul bought their first house in Bures, Suffolk, while Paul commuted daily to his job with the M.O.D. in Whitehall, later moving to Leavenheath when Paul retired from the Army. Bunty had a great interest in amateur dramatics. Wherever she lived, she would seek out and join the local group. She also attended antique fairs and car boot sales in search of antiques she could sell on. Sadly, Paul died in 1998. After losing her husband, Bunty tragically lost her son Paul in an accident. Bunty was supported by her family and her many friends. The time came for her to sell their beloved home and downsize to a property in Glemsford, Suffolk. Bunty joined the croquet club in Sudbury and made some new friends. Bunty enjoyed many trips to the theatre. She loved gardening too. Bunty told me "I have been lucky. I have had a good and interesting life".*

Interviewed by Margaret Clover

## Physiotherapy/Exercise Sessions Twice-a-Month

We now have a qualified physiotherapist called Cameron coming in twice a month to work with a small group of residents, doing exercises to maintain suppleness and strength. Cameron is very friendly and encouraging, and his first sessions went down really well. Requests to join in are coming in thick and fast.

## What's on In April?

Thursday 5th April	2.30pm - 3.30pm	Holy Communion
Saturday 7th April	2.30pm - 3.30pm	Cameron takes a group for physio
Monday 9th April	3.00pm - 4.00pm	Martin sings and entertains in the lounge
Monday 16th April	All Day	1920's Theme Day
Thursday 19th April	2.30pm - 3.30pm	Kiddley Divey
Thursday 26th April	2.30pm - 3.30pm	Men at St Andrews Barber Shop Singers
Thursday 26th April	6.15pm - 7.15pm	Guides' Visit



## Birthdays In April

1st HARRY

3rd DOREEN

14th MARY



## Jokes

**Q. Why shouldn't you tell an Easter egg a joke?**

A. It might crack up!

**Q. How did the soggy Easter Bunny dry himself?**

A. With a hare-dryer!

**Q. How does the Easter Bunny travel?**

A. By hare-plane!

**Q. How does the Easter Bunny stay fit?**

A. Eggs-ercise and hare-robics!

**Q. Why did the Easter egg hide?**

A. He was a little chicken!



### Five Little Easter Eggs

Five little Easter eggs lovely colors wore,  
Mommy ate the blue one, then there were four.  
Four little Easter eggs, two and two you see,  
Daddy ate the green one, then there were three  
Three little Easter eggs, before I knew,  
My sister ate the yellow one, then there were two.  
Two little Easter eggs, oh, what fun!  
My brother ate the purple one, then there was one.  
One little Easter egg, see me run!  
I ate the last one, and then there were none.