

St Dominics Residential Home

April Newsletter

We are proud to be Key Workers



Hello and welcome to our latest Newsletter. Well, here we are in the fifth month of the year and enjoying some lovely spring weather. Our garden here at the home looks lovely, with pretty spring flowers in pots and our daffodils and magnolia tree blooming. This is such a nice time of the year when we can really make the most of our garden and enjoy being outside in the sunshine when the weather permits. We have had some warm sunny days. We have been making the most of the weather and taking many of our residents outside for a walk or for Coffee at the URC Church. It is so nice to be in the spring sunshine.



[Looking back in History to April 1926](#)

Queen Elizabeth II was born on 21st April 1926, during the reign of her paternal grandfather, King George V. Her father, the Duke of York (later King George VI), was the second son of the King. Her mother, the Duchess of York (later Queen Elizabeth the Queen Mother) was the youngest daughter of Scottish aristocrat Claude Bowes-Lyon, 14th Earl of Strathmore and Kinghorne.

This year Her Majesty Queen Elizabeth II will become the first British Monarch to celebrate a Platinum Jubilee after seventy years of public service. There will be street parties up and down the country and our nation will come together over a four-day Bank Holiday weekend in June to celebrate. An extensive programme of public events will mix traditional pageantry with cutting edge technological displays.

We look forward to celebrating her majesty's platinum Jubilee at St Dominics with an outdoor party, so our residents and staff can all come together to show our support and sincere thanks to her remarkable achievement of serving our nation, the realms and the commonwealth for seventy years.



Let us tell you what we have been doing in March

Arts and Crafts - We had a creative afternoon making Air Dry Clay Trinket Dishes. Pat, Mary, Eileen and Margaret all enjoyed rolling out the clay and then moulding it to the trinket dish and then taking it out and leaving it to dry. These have to be left to dry for a week and then we can paint them to get the desired look. This activity was enjoyed by our ladies and once finished will be given to them, as a little gift



for mothering Sunday.

Church Service - The Rev Ken Thom from the United Reform Church, came and conducted a church service for our residents to attend if they wanted to. This was held in our main lounge and after the service, he offered Holy Communion to our residents who wished to have it, those who preferred not to, had a blessing instead. Many of our residents commented afterwards, how much comfort they gained from seeing Ken and being involved in the church service.



Bingo - We had a great morning playing traditional Bingo. This is always enjoyed by many of our residents and especially our winners, Rowena, Kathleen, Helga and Margaret, who all enjoyed their chocolate prizes.



Word Games - We had a competitive morning in the lounge doing word games on the white board. We chose the letter 'S' and we invited our residents to think of food, drink and places beginning with that letter. This was a successful activity and our residents thought of seventy places and fifty different foods and drink.



Aqua Painting - We had an artistic time painting; this was particularly enjoyed by our residents who are living with Dementia. This involves painting with water and the picture appears and as it dries the picture disappears. It was a fun afternoon with lots of chatter and afterwards we had tea and cake, which was very much enjoyed by all.



Kidley Divey - We had an energetic morning with Gunni from Kidley Divey who brought scarves and tambourines as aids for armchair exercises. We had so many of our residents join in with waving the scarves and singing along to the well-known classic songs, such as 'The Sun has got his hat on' and many of our residents joined in with the actions and managed so well, considering armchair exercises were sitting down. This is always a popular activity and it is always so heart-warming to hear so much laughter coming from the lounge.



A Trip to the Pub - It was a beautiful sunny day. So, we wanted to make the most of the sunshine and decided to go to the pub. Sylvia, Marc and Mary really enjoyed the trip out. Our staff Nicki, Stephen and Rebecca accompanied them. We decided to go to the Angel Pub, which has recently been refurbished and we must say it looks very stylish. We all sat outside in the sunshine and chatted. It was a very relaxing afternoon.



Mothering Sunday - We had a fantastic afternoon celebrating Mother's Day. We decorated the conservatory with pretty bunting, which had little tea cups and teapots on. Soft pink tablecloths on each individual table with beautiful fresh spring flowers as centre pieces, serviettes with scalloped edges were on each table. Tea was served in fine china tea pots and cakes were offered on stunning cake stands. Families were seated with their relative on individual tables.



This was a delightful afternoon and it was lovely to see so many families that were able to celebrate Mothering Sunday here at St Dominics. We were so lucky with the weather and this event was possible as we were able to have the doors and windows open and we also had tables outside so families were outside too. We are, of course, very mindful of the covid restrictions we have in place and generally visits are in residents' rooms but as the weather was good and tables were placed separately.



We were so thrilled to be able to host this superb afternoon. We also know how much this was appreciated and enjoyed by families and residents alike. A wonderful afternoon.

St Patrick's Day - We had an enjoyable day celebrating the Patron Saint of Ireland. We decorated the conservatory with Irish flags and bunting. The tables were decorated with Irish themed settings. Our activity ladies were dressed as leprechauns to make our residents laugh as they did in abundance! We then did an anagram and the word was 'Irish Limerick' this was written on the white board and our residents were invited to make as many words as possible. This activity was definitely a brain teaser and, in the end, we made nearly sixty words. We then handed out a written quiz based on Ireland and many of our residents enjoyed taking their time to think about their answers, we then read out the questions and answers around the room.



At lunchtime we played Irish pub tunes to create the Irish atmosphere. In the afternoon we had a flutist and an Accordion player playing Irish tunes and Jigs in the main lounge. The tunes were very uplifting and many of our residents tapped their feet and clapped along to 'Oh Danny Boy' and 'Molly Malone' and many more. We then had afternoon tea with delicious cupcakes with Irish motifs, which carried the Irish theme nicely. An enjoyable day.



Meet our resident - Eileen was born in Hackney East London to parents Frances and Leonard, she has one brother Peter. When she was about nine years old the family moved to Ilford and after passing the eleven plus exam, she attended The Girls County High School in Ilford. She enjoyed the sports, Swimming Netball and Hockey during her School days there. After leaving School, she worked for an Insurance Brokers in Corn Hill. Around this time, she met her husband Peter whilst on holiday in Bournemouth, they started courting and after a couple of years they married at Barkingside Trinity Church. Once married Eileen changed jobs and worked for another Insurance Broker in the City and enjoyed her time there. After some time, she took a career break to start a family, she had three children Susan, Nicholas and Deborah. Family life was a very happy time and they enjoyed many happy holidays together. Eileen has been at St Dominics for a couple of months now and feels she is settled here.

Meet our Staff Member - Angie was born in Walthamstow in London. She grew up in Hertfordshire and attended the Cheshunt School, her favourite subject was cookery. On leaving school, she went to catering college for two years and shortly afterwards she met her husband, Colin. A few years later, they married at Feering Church and settled in the village. They soon had three children together, Emily, Rebecca and Matthew. Angie is an avid Spurs fan and her claim to fame is having dinner with Gary Mabbutt, who is a former England National. Angie is one of our Administrators who works in the office, she has been at St Dominics for a year now and enjoys her job role here.

What's Coming up this month

Friday 1st April

Church Service

Wednesday 6th April

Kidley Divey

Thursday 7th April

Trip to Perrywoods

Friday 15th April

Good Friday

Monday 18th April

Easter Monday

Friday 22nd April

St George's Day

April Birthdays

We would like to wish Helen, Sylvia and Helen a very Happy Birthday, as they all celebrate their special days this month. Our cook will be busy baking delicious cakes for them to enjoy.



How many words can you make out of this word?

ACHIEVEMENT

Please let Nicki, Helen and Nicci know.

An update on Zavion Steeve

As we reported on last month's Newsletter about one of our carers Maricel who had worrying news about her baby nephew Zavion Steeve, as when he was born, he developed breathing problems and was admitted to ICU for treatment. We are so thrilled to say that he is doing really well, feeding well and thriving. He is now a month old and going to have his first injections soon. We are all so pleased to hear that Baby Zavion is doing so well.



Jokes to make you smile....

What is a classical singer's big break?

An opera-tunity



Why was the computer late to work?

It had a hard drive!

Thoughts to Read

Positive thinking will let you do everything better than negative thinking will.

Find a reason to smile every day.

Our New Sensory Lounge

We are now able to offer a designated sensory lounge for our residents. This was our Manager Tracy's idea and she and our Head of Care Charlotte organised this room. It is a multi-sensory environment with lots of touchy and feely things to do for our residents who are living with dementia. It is so pretty with lots of wall art on the walls. We do hope our residents enjoy this delightful room. You can see from our photos that our resident Jean is enjoying the activities with the help of our carer, Luke.

