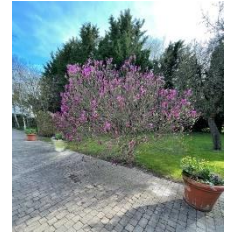




St Dominics Residential Home

August Newsletter



We are proud to be Key Workers

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 are managing to keep a comfortable temperature in the home, as we have fans going and keeping windows open. The Activity Team have been organising various themed days for our residents' enjoyment. They have recently enjoyed Rock around the 50's, which was very entertaining and we all stepped back into the 1950's with our Activity Ladies dressing up in that era, much to the amusement of our residents and staff, we certainly had fun and brought laughter in abundance.

[Looking back in History to August 1994](#)

Sunday Trading Act 1994 comes into full effect, permitting retailers to trade on Sundays, though restricting opening times of larger stores to a maximum of six hours, which must be between 10am and 6pm.

It is now commonplace to shop on Sundays, but can you remember how you used to spend your Sundays. Was it Sunday best clothes and a day of rest?

[Let us tell you what we have been doing in July](#)

Film Afternoon - We had a relaxing afternoon watching a 1950's Musical 'Gigi.' We served popcorn and sweets, to try and give a cinema experience. Our residents; Margaret V, Pauline, Mary, Helen L, Katie, Iris and Nora really enjoyed this old musical. Do you like musicals?



Arts and Crafts - We had a creative afternoon, cutting out decorations and bunting for our forthcoming 'Seaside Day'. Margaret V, Helga, Pauline and Mary enjoyed crafting and chatting about their memories of being at the coast and it was so nice hearing their stories from their younger years listening to them reminisce.



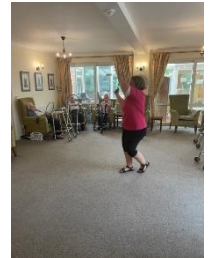
Word Game on the White Board - The idea was to announce towns or countries and foods beginning with the letter 'C' which were written on the White Board. Everyone who was in the main lounge, had a chance to contribute if they wished to. After an inspiring and rousing challenge, we finished up with a very long list and the activity was enjoyed by all who took part.



Gentle Exercise with Kidley Divey - We had a fairly energetic morning with Gunni. She brought hoops and tambourines which



were used as props. She also brought her bubble machine, which blew out bubbles, whilst we were singing 'I'm forever blowing bubbles'. We also exercised with big hoops, which was enjoyed by all. This is a very popular activity and many of our residents said how much they enjoyed this session.



Wimbledon Day - We spent the day celebrating this British Tennis Tournament. The conservatory was decorated with tennis themed bunting which had been made by some of the residents. The tables were decorated with cloths that resembled grass and the centre pieces were tennis racquet and tennis ball adorned with purple flowers, showing the Wimbledon colours.



We began the morning with Balloon Tennis in the main lounge which created lots of laughs and the residents displayed good skills. We then had a Reminiscence Game trying to identify photographs of famous tennis players from the past and present. We ended the morning with a Wimbledon themed quiz. Everyone enjoyed the activities especially as the Activities Staff, were dressed in tennis whites and caps much to everyone's amusement. Lunch was served with the opportunity to have a glass of Pimm's, the traditional beverage at Wimbledon. In the afternoon, delicious scones with strawberry jam and clotted cream were served for afternoon tea before our afternoon entertainment.



Chris Gordon, our singer, who sang familiar favourites from Cliff Richard, Frank Sinatra, The Beatles, Buddy Holly and many others. The residents sang and clapped along to the music and some even had a little dance. It was a very enjoyable day.

Meet our staff member - Gabbi was born in Harlow to parents Caroline and Duncan, she has an older sister Amanda. She went to School at Helena Romanes in Great Dunmow. At School she very much enjoyed athletics and cross country.

After school she studied childcare at College and received an NVQ level 2 in Childcare. She worked in a Nursery for two years, before deciding to change direction and work with young adults with learning disabilities, whilst there she achieved her NVQ level 2 in Health and Social Care.

Gabbi married her husband David during lockdown last year. They are now expecting their first child together.

Gabbi is a carer and has been at St Dominics for over a year and enjoys her job role here and is a valued member of the team. In her spare time she enjoys Arts and Crafts and catching up with friends and family.

Meet our Resident - Pam was born in Tilbury. She had two sisters Hazel and June and a brother Maurice who sadly died at two years old of meningitis. Her father was in the Merchant Navy and worked on the liners, sadly he died during the Second World War when his boat was hit by mines.

Pam went to Lansdown Road Primary School and later went to St Chads Senior School in Tilbury. After leaving school, Pam went to work in a Newsagents for a time, before deciding to leave and work for Woolworths. She met her husband Clifford while working in the shop, he worked for P&O Shipping. After getting married they had a son, Barry. Family life was a very happy time. Pam enjoys Gardening, Knitting and Dancing.

What's Coming up this Month

Thursday 5th August

A Day at the Seaside Theme Day

Wednesday 11th August

Kidley Divey

Thursday 12th August

Aussie Theme Day

Saturday 14th August


St Dominics' Crufts

Friday 27th August

Film Afternoon

Please check our Notice Board or speak to our Activity Staff for further details.

Visiting Policy from 1st August

We still need to Proceed with caution  but are intending to allow visitors into their family members room without an appointment, although advanced notice would be preferable and may avoid delays.

An LFT (test) will still be required to enter the home, Children 4 years and over will also need an LFT.

Visiting will be restricted to 2 visitors per day including children inside, children visiting outside will not be counted in the numbers or require an LFT.

If the weather is nice a garden visit should still be considered and is advised by the home.

Families are still encouraged to take their loved ones for outings and walks outside the home, these trips have been greatly enjoyed.

At no point will family members be allowed to walk around the home or enter any offices, laundry, communal areas or kitchen.

Visitor's toilets will still NOT be available. If you wish to consult with a member of staff, please make an appointment in advance.

The same rules will apply, be tested, escorted to the room, escorted out.

August Birthdays

We would like to wish Joyce and Bunty a very Happy Birthday, as they are both celebrating their special day this month. Our chef will be making cakes for both of them.



How many words can you make out of the word?

Please let Nicki, Helen and Nicci know.

COUNTRYSIDE

Jokes to make you smile....

When is a Door not a Door?

When it's ajar.

I went to a really energetic ' Seafood Disco' last week....

I pulled a mussel.

Last night I slept like a log.

I woke up in the fire place.

Thoughts to Read

"You do not find the happy life. You make it."

"To be the best, you must be able to handle the worst."