



ST DOMINICS RESIDENTIAL HOME



DECEMBER 2018 Newsletter

All change for Autumn



Planted on last day of October, Mr Banning spent a long time watering them in, only for it to rain in torrents on the first day of November! Still, I am sure these new plants needed it. Have you seen how well they are doing. Even though our baskets and troughs are only refilled twice a year, we have so many lovely eye catching



displays. We hope residents and families are able to enjoy these lovely flower displays from their viewpoints within the home or as they walk through the gardens with staff or family on the odd good day!

The squirrels were also planting and had great fun they could bury nuts for problem by putting a stern reception. **So, let's hope**



very happy to see the new in digging out the plants so winter. Tracy solved the notice in the planter outside **they can read!**

Let's look back at Last Month

Brian Shaw came to wow us with his Remembrance Show. It was lovely to see Nana up and dancing. Once she was up she did not want to sit down and Ellie, one of our Activities Team, was exhausted by the end of his show!

We Shall Remember Them



Some of our Residents went to the Kelvedon St Mary's Church Service on Remembrance Sunday. By all accounts the church was full to bursting with residents of Kelvedon and several organisations such as the brownies and scouts representing the younger generations.



Kelvedon St Mary's Church was adorned with knitted poppies outside and a few days before Remembrance Sunday Gill, who is part of our Admin Team, kindly popped out and took some photos to show all the residents how lovely the Church looked.

Twilight the Owl Returns (Photo)

Twilight the owl was a big hit again and Kathleen felt it made her birthday even more special when Twilight arrived just as her cake was being brought in for the staff to sing 'Happy Birthday'. Twilight and her keeper could not have timed it better! We hope Kathleen's family and friends enjoyed the afternoon as much as she did.



'Come Alive' Children's Dance Show

In November Tracy took some of our residents to watch a dance show at the Witham Public Hall by the Aspire Dance Academy. Her granddaughter was in the show and the residents who attended were so pleased they went as they thought it was wonderful to see all the children performing so professionally. So many dance acts performed to all different music and themes and all so beautifully choreographed with great costumes. Pictured are the residents who went and a couple of the performers from the show.



Elvis is in the Building

We welcomed a new entertainer, Gary Graceland, into St Dominics, no other than Elvis, who introduced himself to all the residents before lots of singing and gyrating (just like Elvis). Elvis was a big hit. He had several residents up dancing as well as staff.



Busy Times at St Dominics - Crafts Galore, Creative Pastimes & Games

Lots of crafts, puzzles, baking and games were enjoyed by the residents with the activities' staff always there to lend a helping hand.



We take a look back at St Dominics' History



Please take a look at our website. Our galleries page now features the album "A Look Back" with original postcards showing St Dominics when it was originally the Dominican Convalescent Home run by the Nuns of the Dominican Order and led by Sister Mary.

Mr Banning, the Proprietor, tells us that the home had 17 residential rooms and 2 extra bedrooms for visitors. As money was tight, the nuns had to buy Army reject furniture for the rooms which were painted Army Green!

The vegetable garden was huge, with three gardeners employed. The nuns sold the vegetables to the local community.

In 1994, the nuns retired, and Mr Banning and Mr & Mrs Warwick bought the convalescence home and renamed it as St Dominics Residential Home.

A year later, four additional rooms were added to the bungalow section of the building, and Sister Mary was invited to officially open this for us. Mr. Banning remembers; Sister Mary drove down from the Midlands with another nun. Sister Mary loved her wine and even though she was driving back up the M1, she still had a few glasses on this occasion!

A tin hut (located where Rooms 12 to 20 currently are) known as the Guild Room, was hired out to villagers for parties and meetings and was later turned into a pre-school. The pre-school relocated to St Mary's Primary School ground.

More building work has taken place over the years and St Dominics now has 39 rooms. The home still engages in many events within the community.



Footnote: We would like to thank Lisa in our Admin Department for putting this history piece together and for updating our website. The Nuns had a great reputation with their Convalescence Home and we hope to emulate what they started and continue to improve on it.

Christmas is coming.....



As always, we have a fun-filled festive period lined up for you. Please take the time to look at the notice board in reception where you will find details of our December events, outings and entertainment.

Christmas Tree Festival

Over the last two weeks during our activities' craft sessions the residents have been decorating ornaments to adorn our entry into the Kelvedon Tree Festival. This is the festival's tenth year and entrants are invited to hang one tin decoration to reflect this ten year anniversary, along with decorations on their chosen theme.

*This year we have chosen **Family** as our theme, with residents expressing their thoughts accordingly. This festival is held at St Mary's Church Kelvedon with the public viewing on Saturday 1st between 11am & 6pm, and Sunday 2nd between 11am & 5pm. Light refreshments will be available over that weekend and there will then be a simple service at 5pm on the Sunday to close the festival.*

A few of our residents will be going to the Church to view the trees on Saturday 1st at approximately 1.30pm.

Christmas Quiz

The 11th December brings our commence at 2pm. We always event, with families and staff may be overflowing as, for the decided on 'cash' prizes for the winners!!!



annual Christmas Quiz which will have a good turnout for this joining the residents. This year first time, Mr Banning has

Residents Christmas Party

16th December at 2pm

We hope you are able to join us for this year's Christmas Party. This is always a wonderful afternoon with such a warm atmosphere, where residents, families and staff get together to sing carols, get most of the quiz questions wrong and then console themselves with a glorious spread!!

Christmas can be a difficult time

If you are taking a relative home over the festive period, and are not sure if you, or they, will cope, please do come and have a chat with Charlotte Thomas, our Head of Care. We may be able to lend you equipment, such as cushions, and give you some advice over any concerns you may have regarding the resident going out during the festive period. We know this can be a busy and, sometimes, difficult time for families, bringing back memories of those no longer with us to join the celebrations, but we are here for the residents' and families and would be pleased to offer advice, guidance and support.



Meet our new Staff Member

Hello My name is Nicki and I have joined St Dominics as an Activities Assistant. A little bit about myself. I am happily married to Ray, who is a Driving Instructor and works for himself and we have been married for nearly 25 years.

We have three grown up children; Jamie, David and Jennifer. We live in Witham. In my spare time I enjoy socialising with friends and spending time with Family. We have enjoyed holidays together in the USA, Maldives and next year, Antigua.

I have experience with Activities, as I worked as an Activities Co-ordinator in a home prior to coming to St Dominics. I enjoy working with people and bringing fun and enjoyment into the care home environment. I am looking forward to getting to know all the residents and their families, and working with Kate and Ellie to plan some new and exciting activities for the coming months.

Residents' Birthdays this Month



7th December - Margaret V

8th December - Margaret B

18th December - Jean B

21st December - Joan P



Meet our Resident Renée

Renée told me she was born in Barking and grew up in Dagenham. She married Fred in 1955 and they enjoyed going to the Palladium together to watch Johnny Ray, Bobby Darin and Frank Sinatra.

Renée explained that she worked for Lloyds of London, that she worked there for ten years and left to have her first child, Janet, followed by her two sons, Tony and Michael. The family lived in Ilford, before moving to Witham in 1975.

Renée said her family is everything to her and she loves spending time with her children, their spouses and her two grandchildren.

Renée has enjoyed holidays to the USA. Canada and Europe and in later years worked as a volunteer in Farleigh Hospice shops.

Renée has not been at St Dominics for very long and we are so pleased she agreed to be interviewed by Nicki, one of our Activities Assistants, so we can all get to know her a little more.

Maldon Vintage Christmas Fayre

A trip to this years Maldon Christmas Fayre way to spend an evening. Residents enjoyed 50's theme as well as browsing the market listening to live music and the Big Sing something that is sure to be on the list again



was a wonderful the Rock 'n' Roll stalls and Choir. This is for next year!!

Tanya Honey Sings

As always, it was a Tanya Honey singing voice and dancing.



real treat to have regular entertainer singing for us. Tanya has such a lovely manages to get lots of people up and

Jeffs Clothes Show is coming to St Dominics on Monday 10th December at 2.30pm. Residents will be able to browse and buy. Staff are always on hand to assist but if any relatives wish to come along they are more than welcome. You may want to consider buying a clothing gift for Christmas - please liaise with Charlotte or their key worker.



Farleigh Hospice – Palliative Training



We are working very closely with Farleigh hospice, we feel that this is an exciting way forward with future care for our residents, our staff are receiving extensive training for end of life care so that they can be sure and confident that they will deliver, when required, the very best for all our residents.

We have had very positive feedback from the staff that have already attended these training courses and in years to come, working in partnership with Farleigh, we can be sure to have extremely well educated, caring and confident staff in this field.

Staff who took part in the training have also expressed that they now feel more confident about supporting families and carers of anyone with a life limiting illness, and at a very hard time in peoples lives it can be a difficult subject to approach.

Our carers are learning about the choices that people have when they find themselves needing this type of care, the need for complementary therapy, bereavement support for relatives and staff.

The staff are now looking forward to the next session as they have found it to be a very interesting field to learn about, they all came from the training feeling inspired.

As a company we have the Gold Standard Framework accreditation for end of life care, but we now feel that being in partnership with Farleigh we can offer the experience and knowledge needed to provide the best of care for people to live a pain free life, with dignity and respect.

Now to lighten the mood, here are some Christmas Cracker Jokes

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| What happened to the man who stole an Advent Calendar? | He got 25 days! |
| What kind of motorbike does Santa ride? | A Holly Davidson! |
| What do you get if you cross Santa with a duck? | A Christmas Quacker! |
| What is the best Christmas present in the world? | A broken drum, you just can't beat it! |
| How did Scrooge win the football game? | The ghost of Christmas passed! |
| Who is Santa's favorite singer? | Elf-is Presley! |
| What do Santa's little helpers learn at school? | The elf-abet! |
| Why are Christmas trees so bad at sewing? | They always drop their needles! |
| Did Rudolph go to school? | No. He was Elf-taught! |

St Dominics' Events for the Festive Period



Thursday 29th November	Visiting Maldon Christmas Lights switch on	5.00pm - 9.00pm
Saturday 1st December	Residents to visit the Kelvedon Tree Festival	1.30pm onwards
Details of the event Saturday & Sunday 1st & 2nd December	Christmas Tree Festival at St Marys Church. St Dominics 'Family' tree. Refreshments, Choir, Service to close at 5pm Sunday	11.00am - 6.00pm 11.00am - 5.00pm
Sunday 2nd December	Marion Snook Christmas Dance Show	3.00pm onwards
Monday 3rd December	Decorating the Home & Christmas tree	10.00am onwards
Tuesday 4th December	Geoff Dukes Christmas Sing-Along	11.00am - 12.00pm
Wednesday 5th December	The Local Brownies will be singing Christmas Carols	6.30pm onwards
Thursday 6th December	Kiddley Divey Holy Communion/ Service with Rev Simon	10.00am - 11.00am 2.30pm onwards
Monday 10th December	Jeffs Clothes Show visits	2.30pm onwards
Tuesday 11th December	Christmas Quiz hosted by Mr Banning	2.00pm onwards
Wednesday 12th December	St Marys School Choir	2.00pm onwards
Thursday 13th December	Christmas Carols at Messing Primary School	9.30am - 11.30am
Friday 14th December	Brian Shaw's Christmas Show in the lounge	11.00am - 12.00pm
Sunday 16th December	Residents' Christmas Party	2.00pm - 4.00pm
Monday 17th December	Perrywoods Christmas Shopping Outing	11.30am - 2.30pm
Tuesday 18th December	Aladdin Pantomime in the lounge	6.00pm onwards
Thursday 20th December	Lunch out at the Railway Tavern	1.00pm onwards
Friday 21st December	Christmas Movie afternoon	2.00pm onwards
Monday 24th December	Christmas Service with Rev Ken Thom	2.30pm onwards
Tuesday 25th December	CHRISTMAS DAY - Presents from under the tree bought by key workers for the Residents	10.00am onwards
Friday 28th December	Bernard the Storyteller (Bold denotes changes)	11.00am - 12.00pm

We would like to take this opportunity to wish all residents, their families and friends, as well as all staff, a very Merry Christmas and a Happy New Year.



What to look forward to in the coming months

As you know, St Dominics is always forward thinking and planning and improving our activities and the way they are delivered, as well as thinking about how we can improve the environment for our staff; whether that be through offering additional training and development of their roles or their physical environment.

We now have a full complement of Activities Staff who are planning for lots of new and exciting activities. We have purchased a vehicle which is able to carry a wheelchair-bound resident plus one or two others. We are looking to improve our outings by being a little more spontaneous and can arrange to take a resident shopping, to a show or perhaps to visit a museum, for example, with limited notice.

We are always looking to advance our staff with additional training. We are also expecting to develop a Dementia Champion who will disseminate the latest training methods and good practice as regards Dementia. We hope to invite family members to take part in training sessions also.

We shall also continue to improve on the environment for our residents. We want our residents to have choice and be included in the decisions made within their home and look forward to discussing our ideas at our forthcoming resident meetings.