



St Dominics Residential Home December Newsletter



We are proud to be Key Workers

Hello and welcome to our latest Newsletter.

Well, here we are approaching the end of the year and during this month, we will celebrate Christmas. We do hope our residents enjoy the Christmas festivities that we have organised for this month. The Activity Team have been very busy with many of our residents during crafting sessions.



We have been busy making Christmas Cards with many of our residents. We have hand-crafted Christmas Tree decorations out of natural products such as pine-cones, wood slices and air-dry clay. The residents have also recycled products such as

wool to make Pom Pom garlands. These are to decorate a Christmas Tree, which we are entering into the local Church, Christmas Tree Festival. Our aim was to make a natural sustainable tree. This festival is an annual event and it is so nice viewing all the beautiful trees from our local community, which always look very pretty.



The Activity Team will be taking our residents who wish to go, to the Tree Festival for a private viewing before it opens to the public. We are taking our residents to the Church at 10am on Saturday 4th December and we have an hour to view all the trees in the church, so we are asking families if they can come to the home and take their relative, so that we can include as many of our residents as we can. Please remember to do a lateral flow test before coming to the home and upload it on the Government website. We do hope our residents' families can join us for this festive event. Please ring the home and ask to speak to the activity team, if you need further details. This is so we can keep our residents as safe as we can from Covid, but still enjoy the festival. Have you been to the Christmas Tree Festival? It is a beautiful event.

According to tradition you should eat one mince pie on each of the twelve days of Christmas to bring good luck. I wonder how many of us will be keeping up this tradition!

Looking back in History to December 1957

The Royal Christmas message is broadcast on television with the Queen on camera for the first time. Can you remember you and your family watching this on the television?



Let us tell you what we have been doing in November

Church Service - Rev Simon Garwood visited the residents and conducted a Service and offered Holy Communion to our residents who wished to have it. We gave out 'Order of Services' individually so our residents could follow the service and we sang three Hymns. Our residents really enjoyed seeing Simon and commented afterwards they gained comfort from his visit.



Arts and Crafts - We had a creative afternoon in the conservatory arranging faux flowers that had an Autumnal colour theme for table centrepieces. These are to replace the summer flower arrangements we had on our tables. Bunty, Barbara, Helen, Sylvia, Mary and Sylvia all enjoyed arranging the flowers in the oasis. Do you enjoy flower arranging?



Film Afternoon - We had a relaxing afternoon watching the great classic film Casablanca. Katy, Rowena, Helen, Sybil, Iris and Mo all enjoyed watching this classic film and staff made sure there was plenty of tea and cake for our residents to enjoy whilst they watched the film. We also got into the Christmas spirit with a viewing of 'Elf', the Christmas Movie, which made us all laugh.



Word Games on the White Board - We had a great morning doing an Anagram. We wrote the word 'Establishment' on the white board and many of our residents contributed words to make out of our anagram. This was a popular activity and we made 130 words. An enjoyable morning.



Pop up Shop - We set up a pop-up jewellery shop in the conservatory. This had a large selection of costume jewellery, which the residents could try on and then select any items they would like to keep. Our residents really enjoyed trying on different jewellery items and managed to match pieces they



wanted to keep. An enjoyable and successful afternoon and as the photo shows Helga is proudly wearing the necklace she picked from our selection.

Trip to the United Reform Church - We had an enjoyable time going to the URC Coffee Morning in the village. Helen, Joyce and Sylvia were pushed in wheelchairs by the Activity Team and we all enjoyed being outside in the fresh air, it was a little cool but we were all wrapped up with our coats on and it was a pleasant walk in the sunshine. We were all made to feel very welcome at the coffee morning and enjoyed chatting to all the volunteers and church members from our local community.



Armistices Day - Many of our residents sat and watched on the television on Armistice Day and saw The Duchess of Cornwall lay a cross amid the poppies at the field of Remembrance outside Westminster Abbey. At St Dominics we observed the two-minute silence in the main lounge.

The Activity Staff had decorated the conservatory with poppies and pictures of silhouette soldiers. The dining tables were laid with red tablecloths and serviettes with poppies on and at the centre of each table we had poppies as a centrepiece. We had also made a poppy wreath that we placed in the garden as a tribute to all those who lost their lives in all wars.



In the afternoon the Rev Ken Thom conducted a Special Remembrance Day Service, where prayers were said and we sang two hymns. Afterwards Ken stayed and chatted to our residents over a cup of tea. Many of our residents commented afterwards that the service was a great comfort to them and how they liked seeing our poppies as a tribute to all those who last their lives in all wars. It was a dignified and respectful day.



A Trip to Perrywoods Garden Centre -



We had a lovely morning visiting this Garden Centre. It was quite cold outside but with sunshine at times, but we were all wrapped up with our coats and scarfs on. We browsed the gift shop and then went into the Christmas shop, which had themed displays of Christmas trees and decorations.



It was magical seeing all the beautiful Christmas trees lit up. In the background festive music was playing, Sylvia Margaret and Madge all enjoyed the visit and brought back a plant from the Garden Centre.

Meet our resident- Margaret grew up in Harwich, Essex and had an enjoyable childhood. Margaret's sister Cynthia lives in Bedford. Margaret has a daughter called Conni who lives in Cyprus, but they have regular contact through facetime and phone calls.

Margaret was happily married to her husband for 44 years and still misses him terribly. She used to work in a hospital as a care assistant and enjoyed the work very much. She also worked as a carer in the community. Margaret used to love driving and misses it know she can no longer drive. Margaret has been at St Dominics for a few years now and enjoys reading and taking part in various activities that are provided within the home.

Meet our Staff Volunteer - Maureen was born in Oxford and she had two older sisters Mary and Patricia. Maureen's mum was called Minnie and her grandmother's name was called Wilhelmina – known as Minnie. During the first World War, Wilhelmina was awarded an OBE for turning of gas boilers in a factory in South London, after the warning sirens went off. She was presented with the medal at Buckingham Palace by King George V. Maureen has five Children and is mum to Tracy, our Manager, and Deborah, our Home Supervisor. Her Grandson David works in the Kitchen and three of her Granddaughters, Ellie, Terri and Rachael also work at St Dominics. We are very grateful for all the help and support Maureen gives to the home and appreciate all the volunteer work she does within the home.



Donations to Charities

St Elizabeth Hospice

St Dominics made a donation of **£1,000** to the St Elizabeth Hospice in memory of our past Manager, Jean Dolmor, who passed away recently having received wonderful care from the hospice.

Run for Life

Last month we told you about Ellie Mooney taking part in the 'Race for Life'. We are pleased to report Ellie managed to raise **£500** for Cancer Research UK with Donations from Residents, Staff, Family and Friends.

Poppy Appeal

We are pleased to advise you that this year St Dominics raised **£50.68** for the poppy appeal by selling poppies to residents and staff.

Important Messages to Families, Friends, Advocates and Residents

Banking

Our last local branch for banking in Witham is shutting in January 2022. We shall now need to venture out to Braintree or Maldon branches to do our banking. During the pandemic lockdowns we accepted more bank payments and cheques since we were unable to accept visitors and thereby receive cash. However, we would politely ask that any petty cash payments being paid to the home, for the resident's use, are now paid in cash forthwith. Our providers of services such as Chiropody and Hairdressing are paid in cash. If, for any reason, you are unable to comply with this request, please contact us at your earliest convenience. Louise shall be mentioning this to you when discussing petty cash matters.

Entertainment and Visits during December

This year, we are thrilled to be able to offer the residents outside performers to come and entertain our residents. **Unfortunately, this year, the entertainment will be for our residents only.** Due to the new Covid-19 variant we are having to restrict visits to one per week with a designated time. Visits will continue in rooms and we shall try and have the resident in their room waiting. If a resident is taken out, instead of having a visit in the home, you must not take the resident to highly populated areas. Also, outside visits will mean that your relative will need to do a weekly PCR test plus further LFD tests during the week.



ST DOMINICS RESIDENTIAL HOME

Christmas Entertainment and Events for our Residents



Wednesday 1st December **10.00am** in the Lounge at St Dominics
Decorate the Christmas Tree. Please come and join us for a glass of sherry and a mince pie, and a sing-a-long to Christmas Songs and Carols.

Friday 3rd December **2.30pm** in-house service at St Dominics
Church Service in the Lounge and Conservatory

Saturday 4th December **10.00am** – Outing to St Mary's Church
Taking residents to a private Viewing of the Christmas Tree Festival*

Saturday 4th December **5.00pm** in the Lounge at St Dominics
Kelvedon Players singing Christmas Carols to entertain us

Wednesday 8th December **10.30am** in the Lounge at St Dominics
Christmas with Kidley Divey – movement to music

Thursday 9th December **2.30pm** in the Lounge at St Dominics
The Chelmsford Silver Band are coming to play for us

Friday 10th December **2.30pm** in the Lounge at St Dominics
We are excited to welcome Lyn the Harpist for a return visit

Sunday 12th December **All day Event** Residents' Christmas Party
We shall be entertained by Potty Patrick's Magic Show in the afternoon

Monday 13th December **2.30pm** in the Lounge at St Dominics
Chris comes to sing Christmas Songs to entertain us

Tuesday 14th December **2.30pm** in the Lounge at St Dominics
Mr Banning's Festive Quiz – come along and join a team

Thursday 16th December **2.30pm** in the Lounge at St Dominics
Nadine singing Christmas Carols and Songs and it's Christmas Jumper Day

Wednesday 22nd December **2.30pm** in the Lounge at St Dominics
Isabelle playing Festive tunes on the flute to entertain us

Friday 24th December **2.30pm** in-house service at St Dominics
Christmas Eve Church Service in the Lounge and Conservatory



December Birthdays

We have so many Birthdays to celebrate this month. Margaret V, Margaret B, Sylvia N, Kathleen, Jean, Joan and Iris P are all celebrating their Birthdays this month. We wish them all a very Happy Birthday, and we look forward to spending time with them on their special day this month. Our cook will be busy!



How many words can you make out of the word?

CHRISTINGLE

Please let Nicki, Helen and Nicci know.



Jokes to make you smile....



Thoughts to Read

"Do the best you can. No one can do more than that."

"It's never too late to be what you might've been."

We would like to wish our residents and their families a very Happy and Healthy Christmas and a very Happy New Year

