



St. Dominics Residential Home

February 2018 Newsletter

February is the month of LOVE! Do you remember your first love? How old were you when you met your 'first' love and was it romantic? This month, we are going to be celebrating St. Valentines and we would love to hear about when you first met your husband/wife. Was it love at first sight? Where did you meet? Oh, and do you remember those little sweets called 'Love Hearts' with those funny love messages on, such as "kiss me", "be mine forever", "marry me"! What message would you put on these sweets?



OUR RESIDENTS GIVE A HELPING HAND TO OUR FEATHERED FRIENDS

One of our favourite and most useful activities is when our residents' make bird cakes and lace up bird food on lengths of string. The birds need a helping hand in this cold snap. Once the hard work is done, it is a good bird-watching opportunity for residents who are sitting in the conservatory for breakfast



and lunch watching the birds eat their nutritious treats. As the days get longer in the coming months, the conservatory will be a popular place to watch what is going on in the garden in the early evening. At the moment, we are still having to put up with cold, damp, dark evenings, but our new and varied table lamps provide a warm and cosy feel. Roll on summer!



LET'S REVIEW LAST MONTH starting with **TANIA HONEY** & **RICHARD CATCHPOLE**



The dulcet tones of Richard Catchpole ring out the sound of New York and musicals. So relaxing is his music that you would think some of his audience were asleep but they soon applaud at the end of each song. We were lucky to also have Tanya come to entertain us later in the month with her entirely different approach to music, upbeat and enlivening, getting toes tapping and everyone singing along.

KIDDLEY DIVEY

We once again had a great song and dance and movement session with Kiddley Divey. Nana always enjoys this very much and so do all the other residents. Following a morning visit a few residents were left feeling sleepy afterwards and not really wanting to engage in an afternoon activity, rather preferring a nap! So, instead, we did some hand massages and painted some nails and the residents enjoyed a very relaxing pamper session.

ACTIVITIES IN THE LOUNGE

SKITTLES



We had some extra help in January with one of our fun activities when Jamie-Lee came to help Ellie set up and play skittles with our residents. Jamie-Lee made everyone smile as she always does! She is a



breath of fresh air and kept busy assisting with activities and interacting with the residents, she made their day. She enjoyed passing the ball (to Margaret as shown in the photo) as much as knocking all the skittles down herself. It's a real treat when children come into the home. Lots of us can remember running after our children, grandchildren or maybe nieces and nephews in the past and how much energy they seemed to have whilst we were trying to keep up with them!

BINGO AND HANGMAN



We had some fun when we played BINGO with Ellie and Charlotte calling out the numbers using a microphone to make sure everyone heard all of the numbers drawn out. I think either of them could get a job on Clacton Pier!



Another favourite game is HANGMAN, with Sue writing the letters on our flip chart. This is half way through the game. We had called out Y D T X R O and had SA PLE so far. Could you solve it from those clues?

The answer was  We can't give you more clues than that!

EXERCISE CLASSES

We found our exercise class to be a lot more fun with music and instruments. We thought we would put some of Kiddley Divey's fantastic ideas into our own exercise classes. We are even starting a class especially for our male residents this month. These classes will be held in the quiet lounge and there seems to be a lot of interest from our gentlemen residents. Our balloon exercises are lots of fun. Doreen Davies was joining in and her son was so enthusiastic that he joined it too!

LAUNDRY - UNNAMED AND UNCLAIMED CLOTHES

Possibly due to new clothes being given as, perhaps, Christmas gifts, but not marked with name labels, means we have lots of unnamed clothes in the laundry at the moment. Please can residents or their relatives ask if they can look and see if they can recognise any of the garments so that we can reunite the items of clothing with their owners!

Life Stories – this month, let's meet our resident Lesley

Lesley was no stranger to St Dominics when she arrived a few weeks ago. Lesley stayed with us for respite several years ago and then her husband, Alan, had stayed with us for a while in 2014. Lesley was born in 1925 in Australia. She spent her childhood and teenage years in Sydney with her parents and two older sisters, Sylvia and Shirley. Lesley's father was a Chemist by trade, opening his own pharmacy in Sydney after the war. Her mother loved singing and amateur dramatics. Lesley proudly told me of an Uncle who was very artistic and had received a Knighthood for his contributions to the Arts. When she was 23, Lesley, along with her sister Shirley, travelled to England and Ireland, mostly hitch hiking around them both. Lesley tells me that at this time it was every Australian young person's ambition to travel to England.

Alan was a Captain of a Merchant Navy ship. He happened to dock in Sydney and it was here that Lesley and Alan met at a tennis party. Alan returned to England to then be stationed in Conway, North Wales, where he taught navigation at the Navel College. Lesley came to England to join Alan and they were married in London in 1952. Alan was transferred to the port of Harwich to the Trinity House Pilot Service. His job was to bring the ships safely into harbour. Whilst living in Harwich, Lesley worked for the NHS at St Mary's Hospital in Colchester. She was secretary to the Occupational Therapist. She also volunteered as a driver for patients attending Harwich Hospital.

Lesley and Alan had two children, Elizabeth who lives in the village and John who lives in Australia. Lesley recently met two of her grandsons for the first time. Alan and Lesley moved to Kelvedon in 2006. Lesley and Alan enjoyed extensive travelling, visiting many countries until Alan sadly suffered a stroke. Lesley now enjoys outings with Elizabeth, be it home to Elizabeth's for tea and cake or Perrywoods, the local garden centre or The Angel, our local pub/restaurant, for lunch.

ELLIE AND SUE

You may be under the impression that the activities ladies just turn up and involve you in lots of fun games and quizzes but lots of preparation goes into the activities programme. Here is a glimpse of the two of them working out new things to do.



AND ON THAT NOTE.....RESIDENTS' SUGGESTION BOX!



Some of the best ideas to make improvements come from you, the residents! To that end, we have provided a suggestion box at the entrance to the lounge with forms which we invite you to fill out with your ideas for outings, activities, catering or maybe even hobby groups we could form. You may have other ideas too? The possibilities are almost endless. You can always ask a member of staff for assistance or just help yourself to a form to fill out.

JEAN WARNER'S TRIP TO THE ANGEL FOR HER BIRTHDAY

Jean invited her friend Joan, along with Ellie and Ashleigh, to celebrate her birthday at The Angel Public House. They all played Dominos and Jenga whilst enjoying a glass of wine. Jean and Joan used to play bowls together in the past so it was lovely to meet up again at St Dominics and remember the old days.





BURNS LUNCH

This year we were so lucky to have two pipers come to pipe in the Haggis and entertain us! They were both fantastic! The room was decorated by the care staff and the activities



staff and it looked amazing. The piper arrived playing his bagpipes and he led Lee, our chef, who was carrying the Haggis, along with Mr Warwick, who was bearing two bottles of whisky, and Mr Banning all around the dining room.



It sounded just brilliant! They then paraded around the rest of the home before heading back into the lounge, where the second piper joined in. Whilst lunch was being eaten, the pipers belted out all the best Scottish songs including I'll Take the High Road and Auld Lang Syne. Everyone was singing and clapping. Mr Banning ensured everyone had a wee dram of whisky so that a toast could be made to the Haggis. Mr Warwick read out the famous poem by Robert Burns and a great time was had by all.



WHAT'S ON IN FEBRUARY?

1st February	2.30pm - 3.30pm	Holy Communion
14th February	2.30pm - 3.30pm	Joanna sings to us
14th February	10.00am - 11.00am	Kiddy Divey entertains/exercises
28th February	2.30pm - 3.30pm	Men at St Andrews (tbc)

BIRTHDAYS IN FEBRUARY

6 Joan 25 Ralph 28 Margaret



FEBRUARY JOKES

- Q. Why did the man throw a clock out of his window? A. Because he wanted to see time fly!
- Q. What do you call a boomerang that doesn't work? A. A stick
- Q. What is the longest word in the English language? A. SMILES because there is a mile between the first and last letters!