



## St Dominics Residential Home



# February 2020 Newsletter

Welcome to our latest newsletter. It is amazing how quick times goes, already we are in the second month of the year. February, this year, is a leap year, so we will have 29 days in this month instead of the usual 28 days. Leap years occur every four years, leap days are needed to keep our calendar in alignment with the Earth's revolutions around the sun.



Traditionally the 29<sup>th</sup> is when a woman can propose to a man. Can you remember any unusual wedding proposals? The birth flowers for this month are the viola and the primrose.



### Let's look back....

Here are some historical facts for you about the month of February. We hope you enjoy reading about years gone by.

### Looking back in history to February 1958

Parking Meters appeared on the streets of London's exclusive Mayfair district. In 2008 time ran out for these meters as approximately 3,500 were uprooted from central London and then, of the 800 left, they were all gone by early 2009. They have been replaced by chip and pin and mobile phone technology. Groups of Parking Bays now feature a sign with a code that Drivers must text in, along with their credit or debit card details. So, no more worrying about change for the meter. What do you think of this? Technology has come a long way hasn't it?



### Let us tell you what we have been doing in January ....

A Quiz celebrating the New Year - We had a competitive afternoon answering a quiz. It was very enjoyable and we had residents, families and staff joining in.



Flower Arranging - Joan, Helen, Bunty and the activity staff



enjoyed a creative morning flower arranging. The flowers looked beautiful. We were able to use the finished flower arrangements to brighten our lunch tables. Do you enjoy flower arranging?



Arts and Crafts - We had an artistic morning making birthday cards for residents who wished to make them. Jessie, Bunty and Pat enjoyed making them and our activity Staff were happy to assist them. It is always nice to have a selection of birthday cards ready to give to family and friends.



Burns Celebratory Lunch - We had an enjoyable time celebrating the famous



Scottish poet Robbie Burns. The activity ladies dressed up in their Scottish tartan. We had Pipe major Trevor Sharp here playing the bagpipes. We were very fortunate to welcome the Chairman of Braintree District Council, here as our



guest Cllr Angela Kilmartin and her friend, Mrs Kerry Bloom.

Cllr Kilmartin joined in our procession around the home by carrying the haggis, the piper was playing the bagpipes, Mr Banning who carried the whisky and the activity staff carried the National Flag of Scotland. During lunch Cllr Angela Kilmartin 'addressed the Haggis'.



Our residents, who wished to, enjoyed a small dram of whisky and we had our usual beer or wine on hand too. For lunch we had haggis or savoury mince pie, neeps and tatties. For dessert we had pineapple sponge pudding or Arctic Roll.

We carried on the Scottish theme in the afternoon, by listening to the music of Scottish Piper Bands and doing a Scottish quiz together which was enjoyed by all.



Play your Cards Right - We had such a fun morning. We split into two teams and just like the TV Show the goal is to get across the board of five cards, by predicting whether the next card will be of higher or lower value than the last. Our two teams did really well and it was such a close call, but team A won, but team B were not far behind!



Skittles - We had an energetic morning playing skittles. Margaret, Doris Joan, John, Joyce, Barbara, Madge, Jean, Joyce and Sylvia all enjoyed playing and they were all very skilled. The activity staff were very impressed as quite a few of our residents managed to get strikes!



Reminiscence - We had such an interesting afternoon chatting and looking at various memorabilia. Joyce, Jean, Margaret B, Joyce and Bunty were all chatting to our activities' staff about their families, Childhood memories and their lives in their younger years. It was so nice to hear our residents recall their memories and it was a lovely light-hearted afternoon with lots of laughter.



Bingo - We had a great afternoon playing Bingo. This is a very popular activity and our residents really enjoy it. Well done to our winners, Joyce, Doris, Kathleen, Margaret and Joyce who all enjoyed the chocolate prizes!



Scrabble Afternoon - We did have a competitive time playing scrabble. Margaret, Doris, Madge and Margaret did so well and made some great words with their tiles. Our residents' vocabulary is quite extensive. So, the dictionary is kept nearby just in case it is needed which, at times, it was!



Film Afternoon - We had a relaxing afternoon watching Andre Rieu and his orchestra. Harry, Margaret, Kathleen and Ron really enjoyed watching and listening to his concert



[Meet our staff member](#) - Hannah our Head Chef, was born in Hertfordshire, to parents Anne and David she has one sister Jessica. She attended a private school, St Marys School in Colchester, her favourite subjects were English and music, she learnt to play the Jazz trumpet and played with her dad in the Dragon Jazz Band. On leaving school, she did a psychology degree and then around this time she met her partner Paul and had her three children Harley, Harriette and Madeleine. As her children were growing up, she realised she had a passion for cooking and went on to do NVQ 's training in food and catering.

Hannah went on to manage her own restaurant, which was very successful, after a long time though she decided to look for something different and started working at St Dominics in September 2018 as head chef. She enjoys cooking a variety of different dishes for our residents. We have had a variety of different themed days, Greek, Italian, French to name a few and Hannah has enjoyed cooking food from different countries for our residents to try, if they wish too. She loves her Job role here.



*Hannah is pictured with her colleagues at our Burns Celebratory lunch.*

[Meet our Resident](#) - John was born in London to parents Florence and John and grew up in Lewisham and went to school in Deptford, his favourite subject was football. When John left school he worked in a sports agency, he supplied book makers with horse racing results. He enjoyed his job and it was through working there he met Nan. They became friends and eventually married in Scotland. They settled into married life and had two boys. In his spare time, John enjoyed playing the Banjo in local pubs and singing Lonnie Donegan songs! As a family they enjoyed many holidays together. John has been at St Dominics for a month now and enjoys being here. He has regular visits from his family.

### [We welcome Louise to the Admin Team](#)

Following Gill's retirement at Christmas, we are pleased to introduce her replacement, Louise Mansfield. Louise is responsible for the admin of residents and so if you have any petty cash queries, Power of Attorney changes, change of address or telephone numbers etc, please inform Louise via her email, [louise@stdominicsrh.co.uk](mailto:louise@stdominicsrh.co.uk) or pop in and see her in the upstairs office. Her working hours are Mon-Thurs 10am to 4pm.



## What's on This Month

Thursday 6<sup>th</sup> February - Holy Communion at 2.30pm

Friday 7<sup>th</sup> February - We will be having a cockney day. Tanya our Pearly Queen, will be singing all those favourite cockney songs at 2.30pm.

Thursday 13<sup>th</sup> February - Gary singing at 2.30pm - Elvis tribute.

Friday 28<sup>th</sup> February - Kiddley Divey here doing gentle armchair exercise to music at 11am.

### Birthdays in February... Our cooks will be busy....

*Ralph and Margaret both celebrate their birthdays during this month. So, we wish them both a very Happy Birthday.*



### Finally, jokes to make you smile....

**Q** What did one hat say to the other?

**A** You stay here; I'll go on ahead.

**Q** When is a door not a door?

**A** When it's ajar.