

St Dominics Residential Home

July Newsletter



We are proud to be Key Workers

Welcome to our latest Newsletter. Well, here we are in July and enjoying some lovely warm weather and our garden is looking its best. We recently took delivery of our summer flowers from



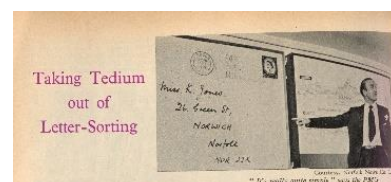
Poplars Nurseries and as you can see from our photos, our garden really is looking beautiful, with an array of colour and smelling sweetly. It is so nice for our residents to walk or simply sit with a good book and relax in.



It has been so nice seeing our residents in the garden, when the sun is shining enjoying spending time with their families or friends when they visit. In this warm weather we must all remember to keep hydrated. We are making sure our residents have plenty of cold drinks available to keep cool and comfortable.

[Looking back in History to July 1959](#)

UK Post Codes are introduced for the first time, as an experiment in the city of Norwich. Nowadays, if you do not have a post code, your letter is delayed as machines work by reading from the post code up. If there is no post code, the machine knocks the letter out for a postman to deal with it manually.



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

[Trip to the Angel Pub](#) - We had a relaxing afternoon at the Pub with Dennis, John and William. The men enjoyed chatting together and all enjoyed a beer in the sunshine, it was so nice to sit outside in the fresh air, although it was a bit cool, we made sure everyone was wrapped up. The activity ladies sipped water and we all enjoyed spending time together.



Film Afternoon We had a great afternoon watching the musical the Greatest Showman. Jean, Nora, Doris, Jane, Kathleen, Ron, Helga and Pauline all enjoyed watching this lively musical and singing along. The activity staff made sure there was plenty of hot and cold drinks with sweets and popcorn to enjoy.



Arts and Crafts for our 1950 Theme Day We had a creative afternoon cutting out record shapes in the conservatory to make bunting for our 1950's theme day we were organising. Margaret did so well in cutting out the shapes. Sylvia and Kathleen also helped cut out with the placemats, that we have made for our tables, which we will use for our 1950's theme day, which we are all looking forward too.



Cheese and Wine Day - We had a great time celebrating National Cheese Day. We distributed a written quiz all about Cheese and Wine. Our residents who wished to, had time to look and answer the questions and Nicci our activity lady read out the answers. At lunchtime, one of our choices for desert was a Cheese Board, with many varieties of cheeses on offer, such as, Mature Blue Stilton, Red Leicester, Wensleydale with Apricots or Cranberries, Feta Cheese and Double Gloucester with Chives and onion, to name a few - many of our residents enjoyed tasting all the cheeses we had on offer and the activity team were on hand offering wine or cold drinks, such as lemon, blackcurrant and other squashes to make sure everyone was kept hydrated.



Word Games Our Activity lady Nicci, wrote twenty-five familiar sayings on the white board. Our residents were asked to complete the sentences. Each resident who wished to, had a turn. This activity is always enjoyed and is particularly good for memory recollection and language skills.



Arts and Crafts for our Wimbledon Day - We had a great morning making and cutting out bunting for our Wimbledon Day. Pauline, Margaret and Kathleen did so well, in cutting out our bunting, which we will hang in our conservatory on our theme day. Sylvia helped make the centre pieces for our table decorations for our themed day.



Cup Cake Decorating - We had a great afternoon decorating the cup cakes our Cook Sue made. Mo, Bunty and Helen enjoyed observing Nicki our Activity Lady icing our cakes. We served the cakes for afternoon tea and they were enjoyed by all.



Rock around the 1950s - What a fantastic day we had! Our 1950's Day was such fun. We decorated the conservatory with pictures from that decade. We had Rock and Roll and Record bunting. On the tables we had placemats with cars from that era, the centre pieces on the tables were cardboard Juke boxes, that some of our residents helped to make. During the morning we had a 1950's 'name that face' that we showed to our residents in the lounge.



We then visited all the residents who preferred to stay in their rooms, we chatted and reminisced with them. We held a Quiz from that era which was enjoyed by those who took part. The residents then enjoyed a nice lunch in the conservatory with music from the 50's playing in the background.

This was followed by Barry who is a tribute artist for that era. He sang hits from the 50's and his costumes delighted the residents, there was lots of singing, clapping and arm waving. This was a thoroughly enjoyable day for us all and our residents enjoyed seeing our Activity Ladies dressed up in 1950 style clothes.



Gentle Exercise with Kidley Divey - We welcomed back Gunni from Kidley



Divey, who we haven't seen since before the pandemic. It was really nice to see her again. Gunni chatted to our residents before the exercise class began, so it was great to catch up with her again. It was an energetic morning, with hoops, which were used as props. She also brought a bubble machine, which blew out bubbles, whilst we were singing along to I am forever blowing bubbles, we also sang

classics like- It's a long road to Tipperary, pack up your troubles and other well known songs, whilst we did our armchair exercises. We were certainly ready for lunch, by the end of the session. Do you enjoy exercises to music?



Meet our staff member - Lucy was born in London and went to school in East London. After leaving school, she went to college and furthered her education. When she had completed her course, she decided to go into care and has worked at St Dominics for three years as a valued member of our House Keeping team. She enjoys her job role here. In her spare time, she enjoys swimming and spending time with her family.

Meet our Resident - Kathleen was born in Tiptree, she has two sisters and a brother. Kathleen attended Tiptree Heath Junior School, then went onto Maldon Grammar School. Kathleen had decided she wanted to be a teacher, so when she was 18 years old, she went to teacher training college for two years. After qualifying she went on to teach at a school in Colchester. Kathleen went on to become Deputy Head at Bilton Primary School in Rigby, Warwickshire and then became Head Teacher there. She stayed in Bilton until she retired.

Kathleen never married. After retirement she moved back to Goldhanger in Essex to be nearer to her brother and sister. Kathleen enjoyed walking her dog along the seawall. She was a member of the W.I. She was also a keen gardener.

Although Kathleen has no children of her own, she says she is blessed with one niece and three nephews, two great nieces and two great nephews.

Air-Fresheners – Prohibited Use within the Home

Please note, plug-in air-fresheners are prohibited within the home. Please do not bring in plug-in air-fresheners, phone chargers or such like to use within the home as they are a fire hazard. We have a robust, battery-operated air-freshener system which is more than adequate for the home. We recently had an incident where a plug-in air-freshener was found smouldering and was seen just in time. Please refrain from bringing in any plug-ins, they are not permitted.

Current Visiting

We continue to offer visits through a booking system on Tuesday and Friday. We are trying to accommodate all residents to ensure they see their families and friends. We do appreciate that visitors cannot always make their appointment to visit. Please ensure visitors inform us as soon as possible prior to the visit so that we can advise the resident and our staff are not chasing those not able to attend that week and wasting their time. As you can imagine, we are juggling as many visitors in as safe an environment as we can, but changes to timings are difficult on these days and there is often no additional capacity for change. On Wednesdays we aim to accommodate extra visits but capacity is limited.

What's Coming up this Month

Friday 8th July

Cream Tea

Wednesday 14th July

Kidley Divey

Tuesday 20th July

Australia Theme Day

Tuesday 27th July

Flower Arranging

Friday 30th July

Film Afternoon

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

July Birthdays

We would like to wish Sybil and Rowena a very Happy Birthday, as they are both celebrating their special day this month. Our chef will be busy.



How many words can you make out of the word?

Please let Nicki, Helen and Nicci know.

INDESCRIBABLE

Jokes to make you smile....

I had a Ploughman's lunch the other day.
He wasn't very happy.

I went to buy some camouflage trousers the other day.
But I couldn't find any.

I went into a butcher and I said, " I'll have a pound of sausages."
He said, " I'm very sorry sir, we only serve kilos in here.
I said, " Okay then I'll have a pound of kilos."

Thoughts to Read

Believe you can and you're halfway there.

Be not afraid of life. Believe that life is worth living and your belief will help create the fact.