

July

St Dominics Residential Home

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July 2018 Newsletter

Hello and welcome to our July Newsletter, the weather is getting warmer, the flowers are at their best and have you noticed the duck that has been wondering around St Dominics' garden.

Let's review last month



Afternoon Tea Dance Outing

What a lovely afternoon we had this month when we took five residents to a tea dance at Witham Public Hall. Geoff Short and his band entertained us with many well-known songs, inspiring the dancers to take to the floor for a waltz, quickstep or cha cha cha. Helga couldn't get to the floor quick enough bringing floods of memories of her dancing days back, she did her best to try and teach both Ellie and Margaret but put us to shame with her lightness and ability. Geraldine and Nana also got up for a dance. We were treated to tea and coffee with delicate sandwiches, pork pies, sausage rolls and quiche's. All donated by Holts of Witham. We were given flags to wave along to the melody of the war time songs and were greeted by lots of smiling faces, everyone was very friendly and made us feel welcomed with it ending all too soon!



J & C Party Pets Return

On Monday 11th June we had the pleasure of a visit from James at J & C party pets. As he carried in several cages we were unsure of what to expect! Firstly, we saw a beautifully coloured bird called Keith, the Kakariti, with plumage of yellow, red and blue. Keith happily hopped onto the shoulders of many of our residents and chirped in their ears. Next came Smithy, the tortoise, who had a beautiful leopard print shell, with ridges to enable rain water to run off. James was very informative and explained that Smithy may live to be 100 years old. He was followed by Aphrodite, the Royal Python! James was amazed how many of our residents were happy to hold her. The fourth animal was a small and fluffy hamster, and lastly, a skunk called Woofy, who thankfully smelt wonderful!



Kelvedon Dance School

Kelvedon Dance School came to visit us on the 16th June and entertained us with various tap, modern and ballet pieces. The children who came along varied in ages from 7 years to 19 years old; and looked lovely in their leotards with carefully braided hair. The wooden floor in the activities lounge was ideal for the tap dancing, and their graceful moves were applauded by the residents. After refreshments, the dancers stayed for a while to chat to the residents and Barbara told them about her time learning to dance as a child. It was a pleasure to have the Dance School visit, and hopefully they will come again to perform for us.

Refurbishing at St Dominics

As we mentioned in the recent Residents' Meeting we have just refurbished the Quiet Room with new low backed arm chairs to enable residents and families to chat and play board games around the table. The cupboard under the television houses lots of board games and puzzles which you are most welcome to use during your visit. We have also set up a children's play area in the corner of the Quiet Lounge which will be updated with new toys and books from time to time. All residents' families and friends are welcome to use this room to visit. Please be advised, is a multi-purpose room and we do use it for training the staff and showing films to the residents, but more often than not it is free. If you are unsure, please ask a member of staff.

The Carer's office has also been redecorated and new cabinets with lockable keypads added in line with GDPR guidelines. Our staff are enjoying their new working environment along with our resident, Jean, who regularly joins the staff to help with their admin!

We are also in the process of giving our WC's and some of our bathrooms a revamp. We have chosen aubergine as the neutral colour for the lampshades, blinds and accessories with a warm creamy paint for the walls and added bevelled mirrors. Let us know what you think of the newly decorated rooms?

Arts, Crafts and Baking with the Activities Team



St Dominics' Fete – Saturday 25th August 2018 at 2.00pm

We are pleased to announce that our annual fete will be held on the Saturday Bank Holiday Weekend. We hope residents' families and friends will be able to come along and support the day and enjoy a visit with their relative. You will start to see posters regarding the fete around the home and a letter will be sent out detailing what you can expect on the day. If you would like to help out on the day or have any query regarding the fete please do not hesitate to ask us.

My Life Story by our Resident, Dennis

"I was born in September 1917 in Hackney, East London, during the war, and I had one sister, Muriel who came later. I remember I used to tease Muriel a lot by asking her puzzles she couldn't answer!

At 15 years old I won a scholarship to Hackney Technical Institute where I studied Electrical, Chemical and Mechanical Engineering.

I remember my first job was boring and repetitive; and was for a company making vacuum cleaners. It did, however, pay quite well!

In my spare time I tinkered with crystal radio sets and picked up signals from Droitwich on my aerial, so I wired my set to my sister's room so she could listen to music too, like the Harry Roy Dance Band.

Later on, I worked on a new project which meant it took me to the Radar Research Establishment and I worked there throughout WW2.

I wasn't interested in girls when I was young, my career was always more important. That was until I met Mary. Mary was a Land Army girl and caught my eye. She was 'the one', and we married on a cold day in March 1948, at Evesham Registry Office.

Mary wasn't keen on the idea of living with family, so I took myself off to a vehicle auction – and bought a bus!

We lived happily in our converted bus on a farmer's land, where we were 'independent and free as the wind'. Mary was a good cook and could make great meals on our two-burner stove, looking out onto the Malvern Hills.

Ours was a long and happy marriage, and we had two lovely daughters, Mary and Jane, and travelled around the country in our campervan, until we settled down in Tiptree.

After Mary died I lived at home until I finally moved to St Dominics, where I am very happy. I love the food here!"

Its lovely to read your reflections Dennis, thank you for sharing them.

Residents Celebrating National Rosé Day

We hope you all enjoyed celebrating National Rosé Day. It was lovely to see some of our residents, who do not usually drink wine, such as Ruby, trying the Rosé as they liked the colour. This then made us think we could introduce another drink to the residents, and one which is becoming very popular is Pink Gin. We shall be trying this during the next month or so.



Residents Celebrating their Birthdays this month

6th July Gladys

17th July Beryl



What's on this month?

Thursday 5th July Holy Communion Service - 2.30pm to 3.30pm

Our monthly Holy Communion is always a delight for us, listening to peaceful hymns and singing along too. This Service will be led by Reverend Ken Thom.

Monday 9th July Angela Dennis Entertains - 2.00pm to 3.00pm

We have a new entertainer called Angela Dennis, Angela plays a variety of old time music and we look forward to welcoming her.

Thursday 19th July Ray Bantz Chime Ringers - 2.00pm to 3.00pm

Ray Bantz and his chime ringers are coming back to entertain the residents by popular demand.

Friday 20th July Feering Singers - 2.00pm to 3.00pm

The wonderful Feering Singers are coming to entertain us again. The Feering Singers are a singing troupe who entertain to raise money for charity. They put on a great performance and interact with the residents.

Monday 23rd July Bernard the Storyteller - Afternoon

Returning by popular request of our resident Ruby, Bernard comes in to tell the residents a story through word and song. Our residents display so many emotions, he is a master of storytelling.

Meet our Manager - Tracy

Tracy Delannoy has been caring for residents at St Dominics for 8 years. Tracy joined our team in May 2010. Before coming to us Tracy was the landlady at the Three Horseshoes Pub in Felsted.



The Three horseshoes Felstead

Tracy came to St Dominics as a Health Care Assistant and has worked her way from Team Leader and Clinical Lead to Assistant Manager; she now cares for our residents as St Dominics' Home Manager. Tracy now has 3 grandchildren, 2 girls and 1 boy who come into the home often to entertain our residents. Tracy has a very large, close family who all live locally, they all enjoy family meals, parties, shopping trips and holidays together.

Finally, please try our [Summertime Quiz](#)

