

St Dominics Residential Home

We are proud to be Key Workers

June Newsletter



Hello and welcome to our latest Newsletter. Her Majesty the Queen will become the first British Monarch to celebrate a Platinum Jubilee this year after seventy years of public service. A special extended Bank Holiday weekend this month will provide an opportunity for communities and people throughout the United Kingdom to come together to celebrate the historic milestone. The four days of celebrations will include public events and community activities, as well as national moments of reflection on The Queen's 70 years of service. Can you remember the Queen's Coronation? Did you watch the coronation on television? Can you remember your street party celebrations?

We are all looking forward to our own Platinum Jubilee celebrations at St Dominics culminating in a Platinum Jubilee Picnic on Sunday 5th June. As you can see from this photo, we have sprayed bottles royal blue and, using air dry clay, we moulded Her Majesty's head on to the side of the bottle, so we can use them as flag holders and as centre pieces for the tables during our Platinum Jubilee picnic celebrations as well as lovely flower carriages shown later in this newsletter. A singer is booked to entertain our residents and we hope to get this event started at about 1.30pm.



Weather permitting, we shall be having our residents' picnic outside in our gardens. This Platinum Jubilee Picnic is a celebration for our residents but we would like to invite a small number of families to enjoy the afternoon also. So, one or two guests per resident are invited to attend if this event takes place outside. Unfortunately, if we have to resort to having our picnic inside the home due to inclement weather then we shall be unable to accommodate any invited guests inside and it will be a residents-only event. Please let Tracy know if you would like to come along so that she can keep track of numbers of those wishing to attend. If you are coming, please bring a chair with you.

Looking back in History to June 1977

Silver Jubilee celebrations are held in the United Kingdom to celebrate twenty-five years of Queen Elizabeth II's reign, with a public holiday on the 7th June of that year.

Let us tell you what we have been doing in May

Church Service - The Rev Ken Thom from the United Reform Church, came and conducted a church service for our residents to attend if they wanted to. This was held in our main lounge and after the service, he offered Holy Communion to our residents who wished to have it. Those who preferred not to, had a blessing instead. Ken stayed and chatted to our residents after the service.



A Trip to Perrywoods Garden Centre - We had a nice relaxing time visiting this delightful Garden Centre. We had originally planned to go to Marks Hall in Coggeshall but we had to change the venue at the last minute as it was raining. Mary, Barbara, and Madge, plus Barbara's daughter and our activity ladies all enjoyed browsing around the shop, looking at all the delightful gifts and beautiful artificial flowers. We then had afternoon tea and cake, which was delicious. An enjoyable outing for our residents.



Trip out to Witham - We had a great morning travelling to Witham on the Bus. We took Patricia and Gwen in wheelchairs and we all enjoyed browsing around the shops. We then went to the White Hart Hotel and had a coffee. After our shopping spree we were all ready for a drink. It was a nice morning and our residents enjoyed looking around the shops and enjoyed the outing.

Kidley Divey - We had an energetic morning with Gunni from Kidley Divey, she brought tambourines and hoops as aids to use as we exercised, whilst we all sang along to the well-known classic songs. We also did the actions for 'The sun has got his hat on' which our residents managed to do so well, which is not easy particularly, when you are sitting down. We have a giggle at ourselves attempting to do the exercises, which is always done with good humour. This is a popular activity which helps to keep us fit. Do you enjoy exercising with Gunni?



Wildlife Celebration Day - We decorated the conservatory with wildlife bunting, grass effect table cloths and pretty centre pieces which had paper butterflies, bumble bees and artificial flowers on them. The tables had hedgehog serviettes on each place setting. We played balloon tennis as our physical activity for the day. We then did a Written Quiz in the main lounge all about wildlife. As the sun was shining, we took many of our residents outside who wanted to sit outside in the sunshine, obviously making sure sun cream was applied and wearing sun hats. We chatted and reminisced and covered various topics. An enjoyable day.



Arts and Crafts - We had a very pleasant afternoon making union



Jack flags and finishing the Jubilee flower Centre-pieces, which were our Activity Lady Nicci's idea, who with our residents' help created these beautiful table decorations. Mary, Sylvia, Gwen, Joan, Helen, Pat and Eileen all helped and enjoyed crafting and



chatting together. We all enjoyed reminiscing about our own memories of the Queen's Silver Jubilee many years ago. Can you remember celebrating previous Jubilees?

Old Time Music Hall - The residents had an Old Time Music Hall sing-along in the lounge with a visiting singer Lillian Lace. She had everyone joining in clapping and singing along. She also did tunes from the 1950s and 1960s which the residents recognised and enjoyed . Do you enjoy music from that era?

Film Afternoon - We had a Friday afternoon film showing of the old black and white movie, The Bulldog Breed. This had familiar faces such as Vera Lynn with her famous singing voice. The tunes, clothes and hairstyles provided lots of reminiscence for our residents to chat about. It was so nice listening as they recalled their memories of years gone by.

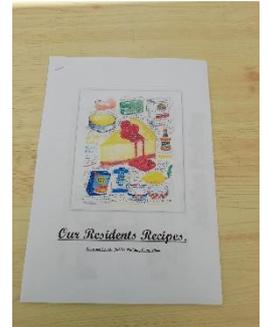


Exercise to Music - We played uplifting Mexican music in the main lounge. We handed out tambourines and maracas. Our Activity ladies demonstrated gentle exercise, which many of our residents did too. Everyone joined in energetically and clapped along to the music . An enjoyable energetic morning.



Recipe Book

Inspired by the recent Platinum Jubilee Pudding Competition which was headed by Mary Berry, we approached our Residents to ask for their favourite Recipes. These were Recipes that they used frequently whilst cooking for family and friends. They ranged from Steak and Kidney Traditional Suet Pudding to firm favourites like Lemon Curd tarts. Many of the recipes were desserts or sweet treats such as Margaret's Chocolate Beer Cake or Helen's Strawberry Delights. These recipes have been compiled into a small Recipe pamphlet. If any family members/friends of residents would like a copy of this Recipe Booklet, please request one. We look forward to seeing photos of your own versions of our residents' recipes.



Meet our Resident – Mary was born in Glasgow in Scotland, she had two sisters and two brothers. Mary was brought up by her father, as her mother had passed away when she was an infant. Mary travelled to England as a girl and lived with her sister in Dagenham, she had a job offer on the Isle of Dogs and this is where she met 'her Harry'. Mary and Harry enjoyed a short courtship and married in 1952 on Christmas Day. They set up home on the Isle of Dogs and had two handsome sons, Gary and Terry. Mary was a great cook and Harry loved his barbeque so between them we shared many happy days, making lots of special memories, especially when the grandchildren came along. She has two from her eldest son and one from her younger son. She has six great grandchildren. Mary was a great knitter when she was younger and made some lovely knitted dolls, which have remained in the family.

Meet our Staff Member - Shae was born in St Johns Hospital in Chelmsford to parents Helen and Rory, she has a younger sister called Mia. She attended Maltings Academy in Witham. After leaving School, Shae attended Chelmsford College and did a two-year Beauty Course and gained her NVQ level one and level two. Shae then decided on a change of direction and decided to go into Care. She worked in the community first, before deciding to work here at St Dominics. She has been here for just over a year and in her spare time enjoys shopping. Shae is a valued member of the care team.

Visiting Restrictions – we have eased restrictions and visitors will no longer be required to do an LFD test before entering the home. Visits, for the most part, will remain in residents' rooms until we feel it is safe to change this restriction.

What's Coming up this month

Friday 3rd June

Church Service

Sunday 5th June

Jubilee Picnic

Tuesday 7th June

A tribute to the Monarchy

Wednesday 15th June

Kidley Divey

Wednesday 22nd June

Lyn - Harpist

June Birthdays

We would like to wish Doris and Mary a very Happy Birthday, as they will both be celebrating their special day this month. Our cook will be busy baking delicious cakes for our ladies.



How many words can you make out of these words?

PLATNIUM JUBILEE

Please let Our Activities Ladies know.

Jokes to make you smile....

Why couldn't the leopard play hide and seek?

He was always spotted

Why is a football stadium so cool?

Every seat has a fan in it.

Why did the tomato turn red?

It saw the salad dressing



Thoughts to Read

Try to be a rainbow in someone's cloud.

Find a reason to smile every day.