



# St Dominics Residential Home

## June 2018 Newsletter



Hello, and welcome to our June Newsletter. Hasn't the weather been lovely the last few weeks? Hopefully it will stay fine throughout June. Have you been enjoying the sun in the garden? Did you notice the new summer flowers Mr Banning has potted? I'm sure he could use some help keeping the garden tidy so we encourage you to get your green fingers out and help with the weeding and vegetable growing. Please let a member of staff know, as we have gardening equipment, gloves etc.



Some of you have been enjoying the fresh air in this lovely weather, by sitting under the tree in the garden. This spot is lovely because it allows you to sit in the shade, enjoying fresh orange juice and lemonade. Bunty and Jean are both determined to get a sun tan, rolling up their trouser legs at every opportunity! Ray also loves to sit in the sun. He likes a spot by the fish pond as he finds it relaxing.

### Celebrating 1<sup>st</sup> June

The 1<sup>st</sup> June is a special day celebrating not only one thing but two! The 1<sup>st</sup> June is known as National Doughnut day, which means we are all going to be enjoying delicious doughnuts. This day came to pass, in part, due to the efforts of a doctor in the military in the First World War who sought to brighten the day of the wounded soldiers by giving them a doughnut once they had been treated. After giving one to Lieutenant General Samuel Geary, who greatly appreciated it, he started a fundraiser which enabled the young doctor, Morgan Pett, to continue to provide doughnuts for his patients. This then encouraged the Salvation Army to send 250 volunteers to build huts filled with all sorts of luxuries, including doughnuts.

We are also celebrating National Say Something Nice day, and as my mother used to say "if you haven't got anything nice to say, don't say it at all." This day originated from America and is celebrated to set an example for our children, apologise to people we might have wronged or hurt, to stand up against bullying, unkindness or the lack of politeness. It also encourages us to say something nice to strangers such as a bus driver, care assistant or teacher. The creators of this day are hoping that one day every day will be 'say something nice day'.



## Let's review last month

### Ray Bantz Chime Ringers

At the beginning of the month we had a very pleasant visit from Ray and his Chime ringers, the group played lovely tunes, some of which we recognised and sung along to. The music was really relaxing and peaceful. Bunty especially enjoyed this entertainment and made sure she thanked them and welcomed them back again.

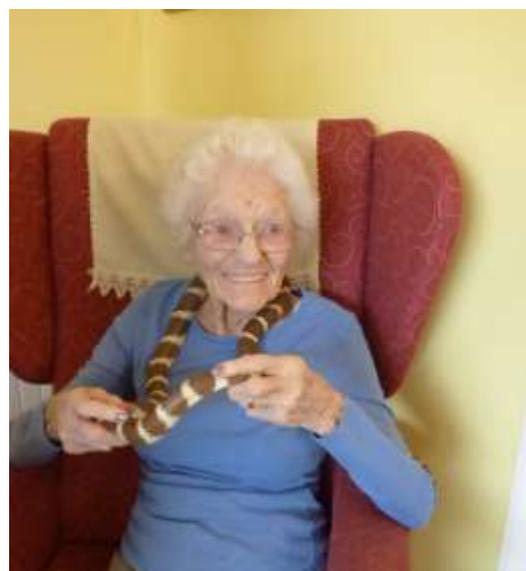


### Wild Science

St Dominics turned into a Mini zoo for the day when we had a visit from Wild Science, and the residents had a blast. It was surprising how brave our residents were, not only holding a Lion-haired rabbit and chinchilla, but also having a cuddle with a snake, bearded dragon and millipede! Jean especially liked the millipede, letting it crawl up her arm and chatting to it! Mary liked the bearded dragon, calling herself Auntie Mary when holding him, and a few brave residents even had the snake around their neck. Of course the staff got involved, giving our furry friends a stroke, and even having a cuddle with the snake and Bearded Dragon. It was a great show and not only did we get to hold these marvellous animals but also learnt a lot about them with Isaac giving us lots of information about each animal.



(ever noticed the word Science does not use the i before e except after c rule?)



## Paul SJ Fashion

We had a lovely shopping afternoon here at St Dominics with lots of fashionable items for our residents to choose from. Our conservatory looked like a Debenhams shop floor! Paul had brought in some spring and summer shades in cardigans, skirts, tops and trousers, and many residents enjoyed browsing the rails for a new piece to wear. Hopefully he will be returning later this year with his autumn collection, which I'm sure will include the rich colours of autumn.

## Shirley Anne returns

Shirley Ann treated us to all the old songs we love to sing along to, and the lovely tunes on her guitar in the background. A real treat for our residents, who had a lovely sing song and danced along to the music. Mary sang along the entire time, often being louder than Shirley herself.

## The Royal Wedding



What an exciting month we have had with the celebrations for the Royal wedding! St Dominics was decorated to fit the scene, with the decorations that were hand made by our residents. Meghan looked beautiful in her Audrey Hepburn inspired dress, and Prince Harry looked over the moon to see her walking down the aisle.



Our residents had a peaceful morning watching the wedding in the main lounge and quiet lounge and joined in the celebrations with cupcakes, popcorn and a glass of Pimms. They loved it when little Jamie-Lee gave



out the beverages during the wedding service. Not only did we have the company of Jamie, we also had Skip, our local town bell ringer, who came in to tell us all about his job.

## Kiddley Divey And Tanya Honey entertain us

It was a real treat to see a couple of our regular entertainers. Gunni from Kiddley Divey got us all dancing and singing with her exciting exercise class. We always enjoy her entertainment but she does leave us exhausted! Tanya sang some peaceful tunes for us to sing along with. She has a lovely singing voice and she is always pleasant to listen too.

## Meet our Staff Member Chris

Chris Guy is one of our longest serving care staff here at St Dominics and will have worked here for 22 years in October. She is very popular with our residents and is known to be very helpful and kind. Chris lives in Witham and shares her home with her two precious dogs Lottie and Olly, who are looked after by her sister whilst she is working hard here. Chris enjoys the company of her sister and is lucky to live close to her. They both enjoy going on shopping trips and taking the dogs out together.



## Life story ..... My Life. BY Ralph

"I was born on 1923 in Colchester, the oldest child of Cecil and Lily. I had a sister called Joyce who was nine years younger than me. My Dad was a fitter on the boats at Parkston Quay, and Mum was a housewife, but I mainly lived with my Nan and Grandad who lived a few doors away from Mum and Dad. My Grandad was a barge skipper.

Leaving school at fourteen, I went to work as a turner, making lathes for Nicholson Brothers, even though I won a scholarship to St Helena School. Sadly the war scuppered that and I eventually finished my seven year apprenticeship at Paxmans, a local Colchester firm. I was called up for military service and was in the Royal Army Service Corps in the engineering section, so I was lucky that the furthest I went was Newcastle. I was called up again when the Korean war started and this time I was then sent to Preston - which was handy for dancing in Blackpool!

I met my wife Kathleen whilst working at Paxmans. She was working on a machine and I was inspecting her work. She was intelligent and pretty and caught my eye, and we married one week after the Queen in 1927 when we were 24 years old. Sadly our first son was stillborn but we went on to have a son called Christopher and a daughter Elizabeth. We loved to travel, Kathleen and I, and celebrated our 40<sup>th</sup> wedding anniversary in Russia when it was minus 17 degrees!

Another hobby we shared was sailing at Mersea and Christopher would go with us. One day our boat overturned, knocking me unconscious, and Christopher saved me for which he was awarded a medal.

Twelve years ago Kathleen sadly died. She had developed Alzheimer's and I had looked after her as long as I could. I lived independently for a while but after a couple of moves I came to St Dominics.

I'm a sociable fellow, but also happy in my own company and I do a lot of reading and watch TV. My family are fairly close by. I have two wonderful children and three grandchildren and I value the time I spend with them.... "

Interviewed by our Activities Assistant - Sue Pickles

## The Labour Club and The Angel Outings

We have started to take a handful of residents down to the Labour Club on Wednesday mornings for tea or coffee. Our residents have really enjoyed this short trip out, making new friends and also catching up with some old friends. Not only this, but a few residents enjoyed a lovely afternoon at The Angel, with a Shandy, a glass of wine or, if you are like Joyce, you can go straight to the hard stuff and have vodka and lemonade! We enjoyed bowls of crisps with our drinks..

Please let us know if you are interested in going on one of our outings as you are all welcome to come.



## Birthdays this Month

Doris Cole - 3<sup>rd</sup> June



## What's on this Month?

### **Witham Tea Dance - 1pm - 6<sup>th</sup> June**

Witham Public Hall are hosting a 40's Tea Dance. This will have tea, coffee and cake to enjoy whilst watching live entertainment by Jeff Short and his Musicians.

### **Holy Communion - 2pm - 7<sup>th</sup> June**

Our monthly Holy Communion is always a delight for us, listening to peaceful hymns and singing along too.

### **Dance School - 3pm - 9<sup>th</sup> June**

We are having a Dance School come in to show us their new dance skills they have learnt this year. We have had requests for dancers to come in from some of you residents and the dancers have been practicing hard to impress us all.

### **J & C Party Pets - 2.30pm - 11<sup>th</sup> June**

We always love visits from animals here at St Dominics and J&C Party Pets are going to bring some of their furry friends for us to all have a cuddle with.

### **Oliver's Nursery Trip - 1pm - 18<sup>th</sup> June**

There is a lovely strawberry tea room at Oliver's nursery. This is a lovely place to have tea and coffee, they also have a great shop to buy plants.

### **Kiddley Divey - 10am - 29<sup>th</sup> June**

We always enjoy our exercise class with Kiddley Divey putting fun into exercising.

## Jokes of the month

What did the pig say at the beach on a hot summer's day? I'm bacon!

Why do bananas use sunscreen? Because they peel.

What do you call a Snowman in June? A puddle

When do you go at red and stop at green? When you're eating a watermelon!

## Guess the celebrity

