



St Dominics Residential Home

March Newsletter



We are proud to be Key Workers

Hello and welcome to our latest Newsletter. We unfortunately have had some of our residents and a few staff go down with Covid-19, so our residents have been isolating in their rooms. The Activity ladies have kept our residents occupied, whilst they have been isolating in their rooms, wearing the required PPE with plenty of, Word Searches, Anagrams and Crosswords or just having a chat. We understand that it has been a difficult time for our residents, but our priority is to keep our residents and staff as safe as we can. We appreciate all visitors wearing additional PPE during this outbreak. We realise it was not easy to visit in this way but we were able to stop the outbreak relatively quickly.

Well, we are already in the third month of the year and can now look forward to the start of spring. This is such a lovely time of the year and it will be so nice to see the daffodils out and other spring flowers blooming. We look forward to seeing our residents enjoying our garden again and relaxing outside with a good book or just having a leisurely chat or walk outside in the sunshine.



[Looking back in History to March 1960](#)

The Grand National is televised for the first time. The winner is Merryman II.

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

Room Visits – During the outbreak Activities staff have been visiting residents in their rooms each day. We have worn full PPE when applicable and offered Word Searches, Puzzles, Anagrams, Quizzes and Crosswords. Many of our residents have enjoyed doing these as it has kept them busy, whilst isolating in their rooms. The care staff have ensured all residents are kept informed of what was happening and they also went out of their way to sit and chat to residents to reassure them whilst there were less visitors able to visit.



Trips to Kelvedon Village - The sun was out, so our activity ladies took many of our residents who wished to, into the village for a browse and a look around. Edna, Jean, Katy, Margaret, Pam, Helen and Joan all enjoyed being outside in the fresh air with the sun shining. We went to the park and it was lovely seeing all the flowers in pots on the way and Jean even spotted a Robin red breast up a tree.



Reminiscence - We had a nostalgic time talking and reminiscing with Jean who chatted about her working life and how much she enjoyed playing golf in her spare time. Joan talked about her love of flowers; Kathleen chatted about how much she enjoyed her job as a Headmistress. Helga talked about how much she used to enjoy ballroom dancing. It was so interesting to gain an insight into our residents' younger years and we so enjoyed listening, as they recalled their memories of years gone by.



Chinese New Year - We had a fantastic time celebrating Chinese New Year, it is the 'Year of the Tiger'. The conservatory was decorated with Chinese inspired decorations, which our residents helped to make, which included lanterns, fans and bunting. The tables had red tablecloths, serviettes and place mats, with oriental blossom centre pieces. We even had fortune cookies! It was very colourful.



Our activity ladies were dressed in Chinese Tunics and styled their hair in oriental styles. We had a gentle game of ping pong, which was great fun. We then played Chinese Instrumental music and did gentle Tai Chi stretching exercises. Our residents seemed to enjoy doing it and enjoyed the challenge. Helga was particularly graceful at stretching to the music. We then did an Anagram and made many words out of 'Year of The Tiger' At lunchtime we played melodic Chinese music and for Afternoon Tea our cook Sue made delicious cupcakes, which we all enjoyed. It was a fun day full of laughter, good food and different activities.



Word Games – When back in the lounge, we had a competitive morning doing a word game on the white board. The idea was to think of different food, drink and places beginning with the letter 'P'. Many of our residents joined in with this activity and they all did so well thinking of 24 different foods and drink and 23 places. Do you enjoy word games? We think they are great to do and certainly makes you think.



Balloon Tennis - We had an energetic time playing Balloon Tennis in the main lounge. So many of our residents joined in with batting the balloon, it was such fun and lots of laughter could be heard from the lounge. We had music playing in the background, that many of our residents were singing along to. This was a fun activity and also a great form of exercise.



Anagram in the lounge - We had a great time doing an Anagram. We wrote the word Aromatherapy on the white board and we managed to think of nearly 100 words. This is a very popular activity and it is so nice to see so many of our residents joining in with such enjoyment.



Arts and Crafts - We had a creative time making Air Dry Clay Daffodils for our St David's Day Table Vases. Mary and Margaret rolled out the clay and cut out the shapes. This crafting session was enjoyed by all. The results need to dry for a week and then be painted. Crafting and spectating of crafting activities is appreciated by many of our residents.



Meet our resident - Enda was born in Stratford, London to parents Eleanor and Harry. She enjoyed her School Days; her favourite subject was English. After School she went to college and did Shorthand and typing, on leaving there she got a job as a secretary in London. Edna has a wide circle of friends and lots of cousins, who she used to meet regularly. She met her husband at the church dance. They enjoyed Ballroom dancing and regularly attended dances together. They married at the church in Gidea Park, just outside Romford. They had three children together, this was a very happy time and as a family they enjoyed many holidays together. Edna enjoys knitting and reading in her spare time. She has been at St Dominics for a few months now and is content here.

Meet our Staff Member - Rachael was born in Chelmsford to parents Deborah and David and is the youngest of four children. She attended school at Maltings Academy and enjoyed Art and Hairdressing. On leaving School, she worked in a Hairdressers for a while and then decided to go into retail, where she worked her way up to supervisor, she left as she went on maternity leave and very soon welcomed Isabella-Maia, who is now nearly four years old. Rachael has been working as part of our Housekeeping team, for about six months now and enjoys her job role here. In her spare time, she is currently learning to drive and is looking forward to when she passes her driving test. She also enjoys shopping with her daughter and travelling to new places.

Visits

By now, every family/advocate would have received a letter regarding the current visiting arrangements within the home. Whilst there is no restriction of the number of visitors to the home, we urge all families and friends of residents not to come all together, to stay away if they are feeling unwell, and to inform us prior to visits if their resident requires hoisting and assistance back to their room, especially at the weekends. Since all visits remain in our residents' rooms for the foreseeable future, it is a drain on resources to enable these visits and can be taxing for our residents also. So, families please ensure you speak amongst yourselves and co-ordinate visits where possible and limit risk. We shall, in turn, try to accommodate all requests for visits. Please be patient if you are required to wait before a visit as we may have health professionals visiting, poorly residents or an emergency happening all of which will take precedence to visits.

LFTs must be carried out, before entry into the home and confirmation uploaded and shown to a member of staff on arrival.

Maricel

Maricel, our carer, who has worked at St Dominics for many years had some worrying news recently. She is from the Philippines where her family live and recently her sister had a baby boy who, very soon after birth, developed breathing difficulties. Although her sister was in a private hospital, they did not have an intensive care unit, so the baby was transferred to a hospital in Manila, which is the capital of the Philippines, where they had an ICU unit.

Mr Banning, Management and St Dominics' Staff all wanted to help and support Maricel, as in the Philippines healthcare is very expensive and although citizens are entitled to free healthcare under the Philippine Health Insurance Corporation (PhilHealth), not all medical procedures are covered by the scheme and medical expenses are often paid for by the individual patient.

So, our manager, Tracy, arranged for a staff collection and, with the agreement of all staff, added a large percentage of the staff fund, to give the funds to Maricel to help her pay towards the medical bills at the hospital. Mr Banning arranged and funded a return flight with extra expenses to fly to the Philippines for Maricel to be with her sister and family.

Due to the pandemic Maricel had not been able to go home for more than two years so she was overwhelmed by the generosity of the staff, Tracy and Mr Banning, and was overjoyed to be returning home. Maricel is sending regular updates and we are so pleased to say that her baby nephew Zavion Steeve has been discharged from hospital and is at home with his family.



What's Coming up this month

Tuesday 1st March

St David's Day

Friday 4th March

Church Service

Wednesday 9th March

Kidley Divey

Thursday 17th March

St Patricks Day

Sunday 27th March

Mothering Sunday

March Birthdays

We would like to wish Joyce and Jean a very Happy Birthday, as they both celebrate their special days this month. We look forward to celebrating their birthdays with them and to a delicious slice of homemade cake by Sue, our talented cook.



How many words can you make out of this word?

CHARACTERISTICS

Please let Nicki, Helen and Nicci know.

Jokes to make you smile....

I wrote a song about a Tortilla.

Well actually, it's more of a wrap.

I have a fear of speed bumps

But I am slowly getting over it.



Thoughts to Read

We rise by lifting others.

All things are difficult before, they are easy.