



St Dominics Residential Home



May Newsletter

We are proud to be Key Workers

Hello and welcome to our latest Newsletter. Well, here we are in the fifth month of the year. This month is one of the busiest times for the vegetable and flower grower. Now is a good time to prepare beds for planting by digging them over, weeding and adding compost. It is also a good time to consider planting some perennial flowers, which come back year after year. Do you enjoy gardening? Are you keen a gardener?

We have had a busy time here at St Dominics, we have been doing lots of Crafting to prepare for our forthcoming Wildlife Celebration theme day, many of our residents have helped to make cardboard butterflies, which were painted and once dried then attached to cut out 'doilies over the paint, for a butterfly wing effect. We hope our residents have enjoyed Easter and the Special Easter Church Service and other festivities that we have held in the home recently.



[Looking back in History to May 1979](#)

The Conservatives win the General Election by a 44-seat majority and Margaret Thatcher becomes the *first female Prime Minister* of the United Kingdom.

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

Arts and Crafts- We had a creative time making Easter Bonnets, our residents enjoyed making the Bonnets and they all looked beautiful once finished, as you can see from our photographs. Helga is proudly showing hers.



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. Many of our residents commented afterwards, how much comfort they gained from seeing Ken and being involved in the church service.



A Trip to the Angel Pub - At the request of some of our ladies. Our manager, Tracy and our Head of Care Charlotte took Sylvia, Joyce, Jean and Mary for an evening trip to The Angel Pub in Kelvedon for Supper. They all enjoyed a varied meal of their choice. This trip was enjoyed by all and a chance to relax and chat among friends.



Sensory Lounge Activities - We are certainly putting our new sensory lounge to good use. Many of our residents that are living with Dementia seem to enjoy this pretty stimulating environment with the brightly coloured wall art, lights and lanterns which are just some of the items in the sensory lounge.

Kidley Divey - We had an energetic morning with Gunni from Kidley Divey who brought hoops and tambourines as aids for armchair exercises. We had so many of our residents join in with holding the tambourines and singing along to the well-known classic songs, such as 'The Sun has got his hat on' and many of our residents joined in with the actions and managed so well. We also sang along to 'Down at the old Bull and Bush' and 'knees up Mother Brown' to name just a few. This is always a popular activity and it is always so heart-warming to hear so much laughter coming from the lounge.



A Trip to the Perrywoods - We had a delightful visit to Perry woods Garden Centre. Helen, Patricia, Eileen, Joy, Kathleen and our Activity Ladies, Nicki, Helen and Nicci all enjoyed the trip out. The weather was sunny but a little on the windy side, however we were all wrapped up. We headed straight to the café, for coffee and homemade Scones with Jam and Cream. We all chatted happily at the table and we were joined by Patricia's Son and Eileen's daughter. Joy said' The Scones were so filling and delicious, she would not have room for lunch'! We then browsed around the Garden Centre looking at the extensive selection of house plants, bedding plants and Shrubs. Helen was very knowledgeable and her artistic eye enjoyed the shapes and colours in the plants. A very enjoyable outing. How have they changed? Would you like to go on a trip – let us know if you do.



Easter Church Service - The Rev Simon Garwood came and conducted an Easter Church Service, which many of our residents attended and enjoyed taking part in. Our residents commented afterwards that this service gave them comfort and it was important to them to be involved at this important time in the church calendar



Grand national Sweep Stake - Many of our residents picked their horses names from the basket that our activity lady Nicci had organised. Their names were then written on the sweep stake board. Our residents enjoyed picking their horses and enjoyed watching The Grand National Race. Mary won the winning horse.

Good Friday - We decorated the dining tables in the conservatory with pretty Easter bunting, tablecloths and napkins. The handmade egg tree centrepieces looked lovely on each table. We hung Easter themed bunting along the windows and from the ceiling. We then started with our Easter themed Activities and played a 'Bunny Drive' game, this involved a giant inflatable dice. Our residents were then invited to draw the rabbit's body, once they had thrown the appropriate number on the dice. This was a new game and the hilarious bunny pictures, which created lots of laughter around the lounge. Jean M finished her bunny first and won an Easter Egg.



We then handed out an Easter Quiz and our residents were given time to look at the questions and take part if they wished too. We then read out the answers, this was a successful activity and enjoyed by all.



Sue, our cook, arranged for Hot Cross Buns during the morning coffee. In the afternoon, we had a biscuit decorating session,



our residents covered biscuits with butter icing and then placed chocolate buttons to look like lamb faces. The ladies really enjoyed this session and the toppings were a real temptation. Sue our cook had made Easter Nests and traditional Simnel cake. The weather was glorious, warm and sunny and many of the residents enjoyed Afternoon Tea outside in the sunshine.



Easter Monday - What a great day we had. We played Pass the Easter Baskets



in the main lounge. Plastic Eggs were filled with either a Chocolate Egg or a forfeit question. We then played music and when the music stopped the resident could choose an egg. Our residents enjoyed the game. Everyone had a turn and the forfeit answers were interesting and sparked further conversation.



We then did the Easter Bonnet Parade. Our residents were invited to model the Easter Bonnet, that they had created in previous Craft Sessions. Kath, our team leader was our appointed Judge and what a difficult Job she had to do, but our winner was Barbara G, Iris came Second and our third prize went to Mary. We would like to say all our Easter Bonnets looked fantastic and we thank all our residents who each made a Bonnet. Our winners all received an Easter Egg.



During the afternoon our residents who wished to enjoyed flower arranging in the conservatory. We used faux red roses and greenery for our forthcoming St Georges Day. We then did Boys and Girls names on the whiteboard. We picked a letter and invited our residents to think of as many names beginning with the letter 'R'. This was a successful game and many names were written on the whiteboard.

St George's Day - We decorated the conservatory with St George's Day bunting



and flags. We had St George's tablecloths on the tables with artificial Red Roses as centrepieces on the tables. Each table had the St George's cross placemat or Red Rose emblem. We then handed out written quizzes to our residents, they had time to consider the questions and write down the answers. The answers were then read out



aloud. This was enjoyed by our residents, who liked the challenge of a good quiz. At lunchtime we did a Last Night at the Proms style sing along. We handed out song sheets and sang 'Rule Britannia' 'Land of Hope and Glory' 'Jerusalem' and 'I vow to thee my Country'. We batted red balloons around the tables. Everyone enjoyed the singing and the fun atmosphere it created.

During the afternoon we did an anagram and we made nearly one hundred words out of 'St Georges Day'. We also did some crafting with Air Dry Clay, we moulded and made snails for our forthcoming 'Wildlife Day'. The ladies enjoyed this social crafting activity. An enjoyable day.



Meet our Resident - Katie was born in Brentwood. She had an older brother called Bob and a sister Jessie. During World War II she used to recall hearing the doodle bugs and running for it, as when the sound stopped, they would hit the ground. When they went into the safety of a shelter, if at school the teacher would read Anna of Green Gables. Katie went to Chelmsford Tech as she passed the 11 plus exam. After School she went to work in Insurance. In those days, she would have experienced the smog. Katie married Bernard and they spent their honeymoon in Ilfracombe. They had two daughters Mandy and Jenny and the family lived in Brentwood. Katie always worked, when her children were little, she worked in the school Kitchens and when they were older she went back to work in Insurance. They enjoyed family holidays together, going to Isle of Wight and Butlins. Katie had a wide circle of friends and when her daughters had grown up, she and her husband enjoyed coach holidays together, going to Spain, Austria, Germany and various places in the UK. Katie has been at St Dominics for some time and enjoys regular visits from her family.

Meet our Staff Member - Jude was born at Hebden Bridge, West Yorkshire to parents Keith and Shirley, she has an older brother and sister and a younger brother. The family moved to Witham and Jude attended The John Bramston School. Jude enjoyed Sports at School, she played rounders and was captain of the team. She also played Table Tennis and represented her School in competing against other Schools. On leaving School, Jude got a job at a factory, processing meat, before deciding on a change of direction and started working as a Carer. She met her husband Colin, through mutual friends and after dating for a few years, they married at the United Reform Church in Witham. They soon welcomed their daughter Amy. Family life was a very happy time and they enjoyed many holidays abroad together. Jude enjoys gardening and spending time with Amy in her spare time. Jude has been at St Dominics for a while now and enjoys her job as a Carer.

What's Coming up this month

Wednesday 4th May

Friday 6th May

Wednesday 11th May

Wednesday 18th May

Friday 27th May

Trip to Marks Hall

Church Service

Kidley Divey

Wildlife Celebration Day

Film Afternoon

May Birthdays

We would like to wish Barbara, Pauline, Eileen and Iris a very Happy Birthday, as they all celebrate their special days this month. Our cook will be busy baking delicious cakes for them to enjoy.



How many words can you make out of this word?

CHALLENGING

Please let Nicki, Helen and Nicci know.

Jokes to make you smile....

Why did the Scarecrow win an award?

He was outstanding in his field.

Why did the Melon jump into the lake?

It wanted to be a Water- Melon

Why shouldn't you write with a broken pencil

It's pointless.



Thoughts to Read

Instead of worrying about what you cannot control, shift your energy to what you can create.

Start each day with a positive thought and a grateful heart.