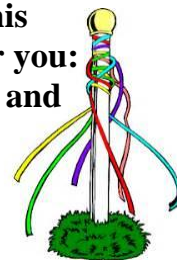


Hello and welcome to my latest newsletter. I've got a question to ask our beautiful ladies here in St. Dominics: Did you go outside first thing this morning to wash your face in the May dew? I ask because apparently, there is a old tradition saying that on May 1st, young girls used to rush outside into the garden to wash their face in the May dew to make themselves beautiful! It is thought that the dew had magic properties that would give them a beautiful complexion all year round. I thought about burying my face in the grass this morning but I decided to stick to my 'Oil of Olay' instead! I have another question for you: did you dance around the Maypole when you were younger? I did, and it was exciting and fascinating watching the colourful ribbons getting twisted around the pole making a beautiful pattern, but I didn't dance round the maypole on the village green but in my school playground. Did your school have a maypole in the playground? Here is an interesting fact: did you know that the tallest maypole is said to have been erected in London on the Strand in 1661; it stood over 143 feet high. It was felled in 1717, when it was used by Isaac Newton to support Huygen's new reflecting telescope.



Around this time of year, I am sure that many of our residents would have been out in their gardens doing weeding and planting. How many of you grew your own vegetables? I can hear lots of you answering "Oh yes, I did"! What did you enjoy about home grown

vegetables and did you all have big gardens to accommodate growing vegetables or did you grow a few vegetables in window boxes? Aching backs, sore knees, and rough hands were all part of working hard in the garden, but when our seeds and bulbs blossomed, and tasty home-grown vegetables were picked, it was always worth it. You may have noticed by now, that we have three new full sized raised 'flowering bed's in our grounds around the edging of our paving slabs. These are going to be

our wonderful 'sensory' garden for our residents, with plants that can be touched as well as aromatic fragrance flowers for smell, plants that will catch the sound of the wind, and of course, it's all going to be colourful.

Many of our residents and families may remember that St Dominics took part in the local Christmas Tree Festival in the village last year, and we had a lot of compliments on how beautiful and aromatic our tree was, as we represented it as our 'St. Dominics Sensory Garden Tree', so it's great that we can use our five senses all year round and not just Christmas!

Let's look back at last month's fun here in St. Dominics

What a fantastic afternoon we had when our favourite singer Martyn Allen came along last month. Martyn always sings songs that get us in the mood to get up and dance. Our Brenda was up showing us how 'rock and roll' is done by swinging her hips and her legs were going like a clappers! Barbara, Nana, June and Mary were also up showing us how to have lots of fun here in St. Dominics!

It is always nice to see a new face for entertainment here in St. Dominics, but we never know if they are going to be good or not unless we try them, do you agree? Well, we needn't have worried when on Easter Monday, we welcomed entertainer Susie M. to our home. Susie had us all singing along to 'the songs that we know' and Susie was so surprised to



hear us singing at the top of our voices; “You all ought to be in choir!!” she said! Susie had the most lovely voice herself and we had a few jokes and a wonderful smile throughout the afternoon, and she even went round to each resident and chatted with them before she went home. What a lovely lady she is!

Join in the fun!



St Dominics likes to encourage families and friends to come and join us in all kinds of activities, whether it is entertainments, art and crafts, or a quiz. Our volunteer Sandie brought along her grandchildren last month to join our residents in a game of scrabble and even colouring and the children enjoy themselves as much as our residents do. All families and friends are welcome to come and join activities anytime with their loved one here in St. Dominics so why not come along and have fun with us!

Mmmmmmm



Our carer Ellie has been enjoying doing various activities with our residents recently, and one afternoon last month, she did Easter Chocolate Nests cakes during our Dementia Group afternoon. All was going well, helping our residents Doreen, Mary, Jean L, Brenda, and Margaret B to mix the melted chocolate with the shredded wheat etc., but what poor Ellie didn't anticipate was that our residents enjoy their chocolate so much, that they were eating the chocolate nests as they were mixing it in their bowls!! Brenda was really enjoying licking her chocolate fingers! We did manage to save a few 'nests' and these were decorated with small Easter eggs and marshmallows. Afterwards, we all reminisce about our childhood, and what sweets we could buy. The memories came flooding back about asking for 2oz of this and that, such as white mice, cough candy, dolly mixtures etc., that stood inside those big glass jars all lined up behind the sweet counter. Ellie made a list of our favourite sweets and chocolates so we can stock them in our newly renovated 'shop' by the lounge which will be opening very soon.



Continuing our Easter activities, our resident Nana helped me to decorate an 'Easter Tree' by placing coloured painted eggs on a large branch. Thank you for all the wonderful compliments we received on how beautiful it looked.

Springtime certainly came to St. Dominics on Good Friday when our Manager Tracy helped beautifully decorate our dining room and conservatory with Easter Bunny posters and brightly coloured bunting. The sun was shining through the glass and you couldn't help thinking 'Winter is now well and truly behind us'.

Easter Raffle

Our Easter raffle was drawn by Rev. Ken Thom on Good Friday after our Communion Service. The first prize was an Easter Hamper that was won by our resident Jean L. Our resident Jean W. won the 2nd prize of a large Lintz Easter Egg, and the third prize of a lovely cream and blue shopper bag went to our resident Helga. Helga was so, so pleased with her prize that she was speechless. Thank you so much to everybody for their support towards our raffle. We raised an amazing £70.50p which will go into our residents' amenities fund.



Phew..... Let's see what coming up this month

I am really pleased to say that Gemma's Farm animals will once again, be coming along on Saturday 27th May at 2.00pm. Over the past few years, this has been a huge successful experience for our residents, meeting a whole range of farm animals outside in our grounds. Gemma brings along her pony, sheep, rabbits, ferrets, and much more, for our residents to handle. (Anyone who can handle a ferret is much braver than I am!!). Gemma also brings animals along to meet our residents who are unable to leave their rooms so nobody misses out on this event. Please invite your families, children and grandchildren to come along, it really is a wonderful afternoon.



War Time memories

On Monday May 8th, we have a very special entertainment for you to enjoy. Your favourite singer Tania Honey will be coming in to help us celebrate this very special date – yes, it is the 72nd anniversary of V.E. Day and Tania will have a few surprises for us. Do please come along and enjoy a good sing-a-long together in the lounge at 2.30pm.

Going out

Our first trip of the year has come at last! On Tuesday 9th May, I have booked a small trip out to Perrywoods for a nice afternoon tea. The mini-bus leaves at 2.00pm and we will return back to St. Dominics by 4.30pm. As always, we will need wheelchair pushers so if any family member could help, it would be appreciated. Please let me know as soon as possible if you wish to come along.



Looking Good



As mentioned last month, we have a mobile clothes shop coming along on Wednesday 31st May at 2.00pm. Why not come and treat yourself to a nice new summer skirt, dress or even a new pair of shoes? Families and friends are also welcome to come along. All commission that we make on the afternoon will go into our residents' amenities fund.

Sad Loss

We are saddened to report that two of our residents, Betty and Olive, passed away last month. Betty had been a resident in St. Dominics for about six years, and was a well liked lady. Betty used to run the garage on the A12 just outside Kelvedon, and was well known in the village. Betty was a very sociable and out-going lady and would tell me about all the shows that she had seen in London's West End, (Betty told me all about The Black and White Minstrel Show at the London Palladium). Betty would join in singing when we had entertainments, and also enjoyed a dance or two. Betty will be missed by our residents in the lounge, and our condolences go to her family at this very sad time.

What can I say about our wonderful Olive? Olive was eccentric, independent and a beautiful person who was always cheerful. My assistant Margaret said she will mostly be remembered driving her little bright yellow buggy in the village! Olive was an excellent artist and would spend many hours painting in our conservatory when she first came here. Olive was also fun-loving and a high spirited lady who loved our entertainments and would wave her arms around with the rhythm of the music, and adored our entertainer Martyn getting down on one knee serenading her! Olive will be so missed by our staff and our residents, and our condolences go to her family at this very sad time.

Chatting with Margaret – this month, let's meet our resident Pamela

Pamela was the eldest of three siblings born to parents James and Cissy in Tilbury, Essex. Pamela's father, who preferred to be called Jim, was a Seaman. Unfortunately, his boat was blown up by a mine as they were coming in to dock during the Second World War. Pamela's mother was a full time mother and housewife whilst the children were young, but had to go to work as she had three children to bring up. Pamela and her family used to have dogs for pets, but never cats!

The war was on when Pamela was at school. The school was closed for most of the war, so Pamela used to go to the school to collect her homework. This was St. Chadds School in Tilbury. Pamela says her favourite lesson was P.T. and she loved country dancing!

Pamela left school on a Friday and started work the following day (Saturday) in a newsagent and tobacconist shop. Pamela worked in shops until she moved to Southampton, where she worked in an office. One of the places she worked was Woolworths, which Pamela enjoyed very much. When she moved to Marks Tey, Pamela worked in a newsagent again until it closed down. Pamela says she preferred shop work to office work.

Pamela was very close to her sister June, as there was only 18 months between them. They used to go everywhere together. Later on, when they went dancing, Pamela's mother would go along with them. They used to go over to Gravesend, and Pamela remembers one night they missed the boat home!

At the age of 18, Pamela met her husband Clifford when he came in the shop where she worked. He was in the Army at the time. They married when Pamela was 21. (Her mother wouldn't let Pamela marry until she was 21)! Pamela and Clifford had a lovely wedding and went to North Wales for their honeymoon. Pamela says she's never been on a long train journey before then! They have one son, Barry.

Pamela lived in Tilbury most of her life, but Clifford worked for the P & O Shipping Company so they had to move to Southampton where Clifford's job was based. (The boats changed to coming in at Southampton instead of Tilbury).

Pamela and Clifford were going to move back to Tilbury once they retired but Barry, who lived in Witham, found them a brand new house in Marks Tey, which was nice, as it was closer to Barry and his wife Jean. Sadly, Clifford passed away in 1984, and Pamela lived alone until she came to St. Dominics after she had a fall at home.

Pamela used to belong to Little Tey Church and loved to go 'out and about'! She loved music and used to play the piano. Pamela also loves reading the newspaper and magazines.



Welcome

Our residents and staff would like to welcome Eric to St. Dominics. We hope Eric will enjoy his stay here and make many new friends.



What's coming up in May

Our biggest event this month will be meeting Gemma's farm animals on Saturday 27th. Please invite your families and friends along to meet the animals too. As mentioned earlier, we have a trip to Perrywoods Nursery for an afternoon tea and cake. Please let Kelly or myself know if you wish to come along. Also, there's no better way to work off our Easter Eggs and goodies than inviting Gunni from 'Kiddley Divey' to come along to get us all fit and healthy for the summer! We also have a visit from the local Brownies this month.

Dates for your diary:

Thursday 4 th May	2.30 -3.30	Holy Communion/Service with Rev. Simon Garwood
Monday 8 th May	2.30 – 3.30	V.E. Day Entertainment with Tania Honey
Tuesday 9 th May	2.00 – 4.30	Residents outing to Perrywoods for afternoon tea
Friday 12 th May	2.30 – 3.30	Exercises to music with Kiddley Divey
Wednesday 17 th May	6.30 – 7.30	Visit by the local Brownies.
Saturday 27 th May	2.00 – 5.00	Gemma's Farm coming to St. Dominics
Wednesday 31 st May	2.00 – 4.00	Gemini Mobile Fashion Shop

Birthdays in May

Monday 1st May
Wednesday 3rd May
Friday 5th May

Barbara
Nana
Rozalia



This months' quiz: Can you name following famous faces and what do they have in common?



Answer: They were all born in the month of May.

