



St. Dominics Residential Home



SEPTEMBER 2017 NEWSLETTER

Welcome to our monthly newsletter. We hope you had a wonderful time at our Strawberry-themed Summer Fayre along with your family, friends and our staff. Please read the full review below. We are always look at ways to improve, year on year, so if you have any ideas of new and different stalls we can consider please let Tracy, our Home Manager know. Some of our residents again enjoyed a couple of outings travelling out of the home by minibus and also enjoyed spending time in the garden between the showers this month!

St Dominics Strawberry Fayre

Our annual summer fete was very well attended once again and despite a few grey clouds threatening in the morning, we had a lovely sunny afternoon to enjoy the many stalls and activities set within the grounds of St Dominics. More than a dozen stalls including the popular tombola, book stall, bric-a-brac and cake stall as well as game stalls and competition stalls were set out in readiness. Once again, the activity stalls, soft toy and coconut shy were a great draw for children and the young at heart. Tracy's granddaughter, April, did her own risk assessment of the elephant fountain while she fished ducks out and judged, yes, it was wet!



New for this year was a very pretty and full plant stall with donations from local plant nurseries and plants grown by our own staff to sell. The few plants left over were planted in our flower borders, so there was no waste. Visitors to the raffle stall were very generous as the prizes of 'Dinner for Two' at The Blue Anchor, 'Voucher for Show Tickets' to the Mercury Theatre, fruit baskets, hampers, case of wine and a beautiful flower arrangement were well worth a punt. Some of these prizes were provided by St Dominics, some from sponsorship and some from residents' families which we are, of course, very grateful for.

Our fete can only run smoothly with good direction and forward planning and Tracy, Charlotte and Mr Banning held several meetings with our activities staff and volunteers to ensure the residents and their families had a smashing time and I don't just mean at the coconut shy!

Several residents' families, staff, and their families, as well as our volunteers, helped set up, man stalls and, hopefully, enjoyed participating in the afternoon as well. There was much laughter heard above the easy listening jazz music with Mr Banning successfully taking on the role of Wandering Spirit this year. Our catering staff once again made delicious strawberry cream teas and mouth-watering berry Eton Mess pots.

Our efforts raised a very respectable £896.78 for us to use towards residents' activities, entertainment and outings.

Joyce Clancy sees her 'great-grandson' via Skype

Joyce Clancy met her great-grandson for the first time on 8th August on a Skype call. This is where you can talk to someone and see them on a computer screen no matter where they are in the world. He is only 5-weeks old and lives in Australia so he is a bit too young to come over to see her in person just yet. It was lovely for Joyce to see him and chat to her family and for her family, in turn, to include her in what is a very special time for them all.



Visit from 'Twilight' the Barn Owl



On Monday 7th August, we were delighted to meet Twilight the Barn Owl. She was very popular with all the residents and enjoyed being stroked. She has a striking face and beautiful feathers. We learned that Barn Owls fly silently and Twilight is imprinted on her handler and so is very tame. She lives in the house but does have an aviary in the garden. Helga was a little tentative but Doreen Davies wanted a kiss. A few residents took turns in holding her on a thick leather glove.

Exercise Classes to Music

We hope you are enjoying your exercise classes with Ellie and Kelly. Our exercises take place in the lounge, set to music, chosen by our residents. We have purchased several aids including resistance bands and light beach balls which the residents are having fun using. The residents love engaging in this activity, which is aided by the music, and have fun whilst they are mobilising.

Coggeshall Flower Festival

On Tuesday, 29th August, our residents spent a lovely afternoon at St Peters Church in Coggeshall attending their annual Flower Festival. Our residents and staff thoroughly enjoyed touring the church, smelling and viewing the beautiful displays. They were then rewarded with tea and gorgeous homemade cakes. St Peters' community of helpers always make our residents so welcome and go out of their way to accommodate them that it adds to this wonderful afternoon outing.



Trip to Cressing Temple

Cressing Temple Barns is a beautiful setting with a lovely walled garden. We were really well supported by residents' families and staff pushing our residents around the gorgeous gardens. This was a new venue for us to explore and the residents thoroughly enjoyed exploring the gardens and then returning to the pretty tea shop for a lovely cuppa and a slice of cake. Our residents were very well received and looked after at Cressing Temple and we shall return to this venue next year. Our residents who attended the trip were chatting about their day that evening and the following day.



This month we meet John

Kelly, one of our Activities staff, interviewed John who has been a resident here for five years and this is her summary as told by John. He was born in Swindon and then moved to Gloucester for work. John was a Civil Engineer for highways, structures and motorways. Over the years, John enjoyed playing several sports including skittles, ten-pin bowling, badminton, rugby and snooker. John is interested in Formula 1 racing, boxing and most sports except football unless it's a big game. John used to also enjoy country walks, taking in the scenery and wildlife as well as visiting country homes.

Unfortunately, John's father was killed during the Second World War when he was only 24 years old, when John was aged just one-year old, so he never got to know his father. John was then brought up by his mother until the age of 16, when she remarried. John married and had two sons, who he doted on and worked hard to give a good start in life to. John divorced his first wife when his sons were teenagers. John continued working within the construction industry and went on to meet his partner, Sheila, at the gym.

Following his first stroke, John and Sheila moved down to Essex to be near Sheila's family. Unfortunately, John suffered another stroke causing him to come into residential care. Luckily, he found St Dominics and has settled into life here. John has been at St Dominics for just over five years now and is a popular resident and thoroughly enjoys playing dominoes at the men's club on a Tuesday.

Finally, John and Sheila, recently attended the wedding of John's eldest son, which was quite some distance away. It shows John's tenacity that he made the journey and attended the wedding with Sheila and, by all accounts, had a smashing day. His son was overjoyed that John could be included in his special day.

Tania Honey entertains our Residents

On 17 August, Tania Honey returned to sing to our residents within the lounge. Tania was as popular as ever, interacting with the residents encouraging them to sing along with her. Our residents thoroughly enjoyed this entertainment with many of them getting up to dance with each other and our staff. Tanya is very kind and really does manage to include all the residents watching the entertainment.



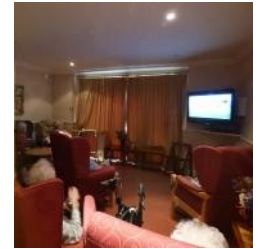
Kiddley Divey

The residents loved the latest session by Kiddley Divey, as did the many carers who joined in. All the residents had great fun putting on funny hats, glasses and flower garlands and then they were ready to interact with the music and exercise under the direction of Kiddley Divey. The residents were laughing and enjoying this session which is set to music which is stimulating and exercising whilst they are having fun.



Film Show Afternoons are a big success

"Film after Noon" are very popular with many of the residents. We have watched The Sound of Music and Mamma Mia and have a lot more films planned for the future. There is a real buzz in the home when its show afternoon with printed tickets, posters announcing the film and timings. The curtains are drawn, the chairs rearranged and refreshments, such as popcorn and wine, add to the cosy atmosphere. We have always had film afternoons but the residents are thoroughly enjoying this new take on this activity in our quiet lounge.



Dementia Training

Our staff recently took part in an interactive dementia course. For many of our senior carers it was a case of consolidating their knowledge, but for some staff in other departments it was helpful to reinforce their training and awareness. The proprietor and office staff attended and it was helpful as they were able to act upon purchasing additional aids for residents and care staff were able to think about making changes within the home to assist residents with dementia such as moving residents to a table away from the area of serving up lunch to a quieter environment.

New Resident

We welcome Eileen to St Dominics. Eileen has already been a great help, as she manned the bric-a-brac stall with Charlotte, our Head Of Care, at the fete and is a keen gardener.

Dates for your diary

Thursday 7th September		Holy Communion
Friday 8th September	2.30 - 3.30pm	Richard Catchpole
Friday 15th September	2.00 - 2.45pm	Nightingales
Tuesday 19th September	1.45 - 4.00pm	Outing to Millrace Nursery

Birthdays in September

Pam	6th September
Pamela	9th September
Dorrie	19th September
Dennis	21st September



We are pleased to celebrate all of our residents' birthdays but feel it only fair to mention that our beautiful, graceful Dorrie who will celebrate her 103rd birthday and our charming, talented dancer Dennis celebrates his 100th birthday this month. We know their families will lavish love, care and attention on them on their special days but we would like to add that we are honoured to be part of their lives. Congratulations to our centenarians, you do make life look so easy – we are in awe!

This months' Quiz – September themed

- a. What Is the birthstone for September?
- b. What is the flower for September?
- c. “But the days grow short, when you reach September” is a line from which famous song?

What's coming up in October

We are pleased to welcome the Kelvedon Players back on Sunday 1st October. They are such a delightful bunch and have us all singing along in no time.

We shall, of course, look forward to dressing up and having some spooky fun with the residents at the end of the month on Halloween.

Quiz answers: a. Sapphire b. Aster c. September Song (written in 1938)