



St Dominics Residential Home

September Newsletter



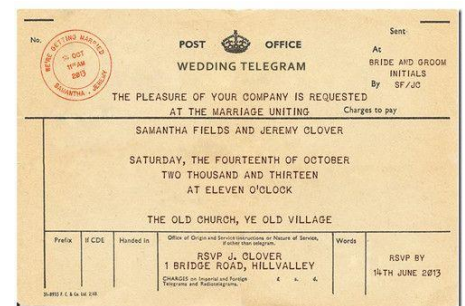
We are proud to be Key Workers

Hello and welcome to our latest Newsletter. Well, here we are in the ninth month of the year and this marks the beginning of autumn. Traditionally considered the month that marks transitions between seasons. We will soon notice the changing colour of the leaves, this is due to the falling temperatures in autumn, the chemical in the leaves that make them green (Chlorophyll) begins to break down, while other chemicals (including carotene) remain to give the leaves their yellow, red and brown colours. Our oak trees are starting to turn a lovely yellow. Have you noticed the cheeky squirrels running through the garden?

You may also have noticed we have a new part-time gardener, called Mark, to help Kevin and David who is making our gardens look even more immaculate.

Looking back in History to September 1982

After well over 100 years, the UK Inland Telegram Service closed. Telegram figures peaked after the first world war with over 100m sent annually, by the time the service closed the annual figure was down to less than 3 million. Did you send telegrams? Did you send them to celebrate joyous occasions such as weddings (like the photo here) and 21st birthdays?



Let us tell you what we have been doing in August

Garden Walks - We had a relaxing afternoon in the garden. Joan, Nora and Mary all enjoyed having a walk around the garden, looking at the beautiful flower pots, hanging baskets and watching the fish in the pond. It was such a beautiful day, warm and sunny. Our two sisters enjoyed a morning of sitting outside, having a visit, then staying to read the newspapers over tea and cakes.



Seaside Themed Day - We had a fun packed day with our seaside themed day.



Our Activity ladies dressed up in seaside themed costumes. We decorated the conservatory with Beach Hut bunting and Sea Horse bunting which our residents had decorated during craft sessions in the previous week. The tables had ocean blue table cloths with sea weed, shell and fish centre pieces. We also had seaside placemats and napkins. They really looked fantastic and the residents loved it.



We then threw a beach ball and our residents, who wished to join in caught it, and in the background we had Cliff Richard's 'Summer Holiday' playing. This was followed by a reminiscing chat of our residents recalling their favourite seaside destination in the UK. We used a giant map of the UK, attached to a white board, and the residents and staff marked on the map different places they had been to. It was a lovely way to reminisce about time spent at the seaside for days out and holidays.



We then gave out a written seaside themed quiz, to our residents who wished to participate. Obviously, we had fish and chips for lunch and home made lemon ice cream with sprinkles for dessert.



In the afternoon our residents enjoyed listening to our singer Chris, who entertained us with classics like 'Oh I do like to be beside the seaside'. Some of our residents sang and clapped along. We then served afternoon tea with delicious cupcakes, which were very tasty and had various seaside motifs on them. Many thanks to our chef, Sue, for all her cooking which was thoroughly appreciated by the residents. Such a fun day!

A trip to the Pub - We had a lovely afternoon at the Angel Pub. Tracy, Deborah, Charlotte and Nicki took Sylvia, Sybil, Joan and Joyce and we all enjoyed a cup of tea in the sunshine, whilst chattering together. It was a little windy so the residents were wrapped up, but when the sun came out it was pleasantly warm. A nice relaxing time for our residents to sit and chat with the staff.



Gentle Exercise with Kidley Divey - We had an energetic morning with Gunni, who brought tambourines and hoops, which many of our residents enjoyed using, for gentle exercise to music. Many also sang along to the familiar songs. We were certainly ready for lunch afterwards. It was a fun morning.



Australia Day - We had great fun on our Australian Theme Day. We decorated the conservatory with Aussie bunting and the tables with koala tablecloths, napkins and placemats with kangaroo centre pieces. The Activities staff were dressed in khaki shirts and green shorts with Aussie hats with corks on.



We then set up inflatable Kangaroo's in the main lounge, which the residents were asked to knock down, like skittles. We did four rounds of this and our winner Helga won a big bar of chocolate. To follow, we then did an Australian Quiz, which we handed out to our residents who wished to take part and our activity ladies then read out the answers. The Quiz was quite a challenge, to residents and staff, but we all enjoyed learning more about Australia. Nicki our Activity Lady then went to all the residents in their rooms, asking if they would like to join us in the lounge for activities.



At lunchtime our cook made a delicious Lamington Cake, which is very popular in Australia and in the background, we had traditional Australian folk songs playing. Everyone who participated enjoyed seeing the decorations and giggled at the Activity ladies in their costumes. A great day.

St Dominics' Crufts Show - What a fantastic afternoon for our very own Crufts. We took some of our residents outside and they were seated around a very big pen, so they were able to watch all the dogs that took part. Each Dog was brought into the Pen, to complete the Agility Course, this involved going over jumps, through a tunnel and attempting the Seesaw. They all displayed varying abilities which led to some very amusing moments.





The dogs taking part were provided by our competitive staff and we would like to say a big thank you to Lisa, one of our carers/cook staff, for keeping everything on track. We were all amazed how she had the dogs in the palm of her hand simply by treating them to carrots! This activity was dreamed up by Tracy, our Manager, and it was a superb afternoon for our residents, staff and their wonderful pets. All owners were awarded a bottle of wine for taking part and all dogs were supplied with numerous treats. A great way to spend a warm afternoon in our gardens.

Meet our staff member - Olivia was born in Kelvedon to parents Mark and Carol. She went to School in Coggeshall and her favourite subject was Science. After School she studied at Colchester Six form. Olivia attended university and obtained a masters degree in anthropology and worked as a Social Scientist, before deciding to retrain as a Nurse after her dad sadly passed away. She currently studies Adult Nursing at Anglia Ruskin University and plans to become a doctor or an Anaesthetic Associate.

Olivia has pets – two house rabbits, two rats and one cat. She enjoys walking, hiking, reading, rock climbing and swimming in her spare time.

Meet our Resident - Joan was born in Great Tey, Colchester, she has a twin sister called Jean. She also had two elder sisters called Eva and Iris. As a child, her grandad used to take her and her sisters Shoe Balling as they used to call it. At 14 years old Joan went into Domestic Service until she was 21 years old.

Joan met Cecil, who was a Butcher, as he delivered to the house, where she was working. They married at Great Tey Church and lived with Cecil's parents in Feering, after a time they moved into their own house in Coggeshall. Married life was a very happy time and Joan used to help out in the Butcher's shop, where Cecil worked regularly. In her spare time Joan used to make flower displays and enter local shows. She was also a keen Knitter. Joan and Cecil were married for 67 years.

Joan has been at St Dominics for a few years now and she has a great friend called Margaret, who she met whilst living in Coggeshall, who visits her regularly

What's Coming up this Month

Wednesday 1st September

Tea Dance @ Witham Public Hall

Wednesday 8th September

Kidley Divey

Thursday 16th September

Country and Western Day

Friday 17th September

Film Afternoon

Thursday 23rd September

War Museum in Maldon

Sponsored Dog Walk

Raising funds for Farleigh Hospice. September date to be confirmed.

Please check our Notice Board or speak to our Activity Staff for further details.

September Birthdays

We would like to wish Pam and Dennis a very Happy Birthday, as they are both celebrating their special day this month. Dennis is celebrating his 104th birthday!



How many words can you make out of the word?

INTERACTIVE

Please let Nicki, Helen or Nicci know.

Jokes to make you smile....

A man walked into the doctor, he said, "I've hurt my arm in several places"
The Doctor said, " Well don't go there anymore"

So, I rang up a local building firm, I said 'I want a skip outside my house.'
He said ' I'm not stopping you.'



Thoughts to Read

'The most wasted of days is one without laughter.'

'The wisest mind has something yet to learn.'