



# St Dominics Residential Home

## July 2019 Newsletter



Hello and welcome to our latest Newsletter. Well here we are in July and enjoying some lovely warm weather. The garden is looking so pretty with all the flowers looking their best. Soon it will be time for the schools to close and for the children to enjoy their long summer holidays. The activities team would like to hear about your school summer holidays. Were you sent to work in the fields? Did you play in the streets? How did you fill your days before going back to school? We are sure everybody can remember the long summer holidays. Didn't they seem to go on forever! Remember to keep hydrated. We are putting in several new floor fans in the conservatory to help keep St Dominics cool.

### Let's look back.....

We thought we would put some historical facts for you to enjoy reading about the month of the newsletter we are in and, in this month, we are putting facts about the National Health Service. We hope you enjoy reading about years gone by...

### Looking back in history to 5th July 1948

This was the year the new National Health Service was started, not to a great fanfare and not with a massive expansion of hospital buildings. It had the same services as before but now the poorest members of society who had previously been unable to afford healthcare and had to rely on home remedies or the charitable nature of a doctor, would be able to now receive free, reliable treatment. The principles of the NHS were to provide a comprehensive service funded by taxation, available to all and free at the time of need. The National Health Service, abbreviated to NHS was launched by the then Minister of Health in Clement Attlee's post war government.



Please tell the Activities Team what you think of the NHS – has it been a good experience for you and your family?

## Let us tell you what we have been doing in June ...

### Men's Club



It was recently the 75<sup>th</sup> Anniversary of the D Day landings. The activities staff enjoyed an informative afternoon chatting about the D Day landings in Normandy France during the second world war. We looked at reprinted newspapers from June 1944 and one of our resident veterans shared his memories of that time. He talked about the inspiring speech given by the then prime minister Winston Churchill and how the D Day landings were delayed for 24 hours due to the bad weather, until finally General Eisenhower gave the go ahead for the invasion to take place.

Another resident told us, 'it was the beginning of the end of the second world war', as it had begun its campaign that would end the war in an Allied Victory. It was such an interesting afternoon and so nice to hear the memories from our residents as they recalled their own personal recollections of this time.



Scrabble Afternoon – We had a competitive afternoon playing scrabble. This is another very popular pastime which the residents enjoy and the activity staff and our volunteer sandy who kindly comes in and helps keep score are always impressed with the remarkable words that our residents think of. Wonderful to engage with our residents and keep their minds active and the staff on their toes!



Weekly Bingo- We had a competitive morning calling Bingo. This is always popular and our Residents enthusiastically take part. We did three games and our winners enjoyed the chocolate prizes!



Morning Coffee at the labour club in Kelvedon Village – The activities staff took Sybil and Joyce to the Coffee Morning in Kelvedon . It was a pleasant day ,a little cooler with a slight breeze , but nice to be out in the fresh air. and Joyce saw two friends there and enjoyed chatting to them and Sybil enjoyed chatting to us. We all enjoyed coffee, cake and a natter too.



Jeff's Clothes Afternoon – Always a popular afternoon . Jeff brought his latest collection of clothes, so our residents could browse and buy if they wish. There was certainly a lot of choice and the residents were able to try on and shop making personal choices.



Mens' Trip to the Angel Pub - We had an enjoyable afternoon taking Dennis and Harry to the pub for a nice chat and beer for the men and tea for the activity lady Nicki. It was lovely to chat and we were joined by Gill who works in the office. An engaging afternoon. Harry and Dennis both said they really enjoyed the trip out to the pub.

Gentle Exercise to Music – We had an active morning doing gentle armchair exercise to music and it was good to see so many residents joining in. We then did a singalong with many residents taking part. It was lovely to hear so much singing and we certainly had some fun, whilst exercising and singing.

Holy Communion – Thursday 6<sup>th</sup> June- we are pleased to welcome Reverend Ken Thorn to the home

Cinema Club - We had a relaxing afternoon watching a Vera Lynn film called 'One Exciting Night'. Jean, Joyce and Geraldine with one of our activities staff enjoyed the film and had tea and cake too.



[National Care Home Open Day 28<sup>th</sup> June 2019](#) - The theme this year was Arts and in celebration of this we had an Arts and Crafts session. We would like to remind all that we are keen to welcome local groups and prospective clients and their families on any given day to enjoy such activities.



[Reminiscence Afternoon](#) – We had a great afternoon reminiscing with the residents and the activity staff so enjoyed listening to them recall their own personal memories. It is always nice to listen to our residents talking about their younger years and hearing about years gone by.

[A relaxing Afternoon in the Park](#) – One of our activity staff took one of our residents for a nice leisurely stroll around Kelvedon and into the park. A tranquil afternoon and a lovely sunny day too.



[Gunki - Kiddley Divey](#) – Another popular activity/entertainer returned in the form of Gunki from Kiddley Divey. She brings balls, hoops and encourages the residents to take part in gentle exercise to music. It is lovely to hear so much laughter coming from the lounge.



[Make a Wish](#) - This is something we do in the summer months. We put all our residents' names in a hat and the lucky winner is picked. Mr Banning likes to be there and involved, so he can make sure that we are able to accommodate their wish or make suggestions if a resident is unsure. This month's winner was Joyce and her wish is to go shopping so Nicki will accompany her to Colchester and she intends to buy a dress for a special occasion later in the year.

[Andrea's School of Dance](#) - Miss Hannah and Miss Andrea and their dancers from Kelvedon Dance School came and demonstrated some of their small numbers from their recent production entitled ' Once upon a time ' It was lovely to see them and we all enjoyed watching them dance . We were very pleased to give them a small donation as an appreciation and thanks for the dancers coming into our home and performing to our residents and staff their latest production so professionally and well. Our residents thoroughly enjoyed watching the dancing and complemented how professional the dancers were.

[Bernard - the Story Teller](#) - We welcomed back Bernard to the Home. Bernard told a very engaging and visual story to our residents. He not only tells us stories but sings and plays guitar as well. Always a popular and versatile entertainer and Ruby's favourite.



[Bon Voyage to Erika](#) - Erika relocated to the UK from Spain with her husband and has worked as a carer here for two years. We recently said a sad farewell to Erika and she is pictured here presented with some gifts from other staff. Erika was a well respected member of our care team and much loved by the residents. Due to her



husband's work commitments she is off to Vienna in Austria but she has promised to try and return to us. We wish her well.

[1950's Theme Day](#) – The residents had a fun day reliving the 1950s! We had a themed menu including a delicious meat pie made by Hannah our cook. We had visual props to set the scene and some of our activity staff dressed up in that era.



We welcomed our super Elvis impersonator, known to us as 'Gary', singing various popular tunes from the 1950's. He interacted with the residents chatting and singing and we had residents dancing with activity staff and singing along.

Mr Warwick, one of the directors of St Dominics, loaned us his bowler hat which Nicki modelled for the day. It was given to him by his mother when he was 21 years old after he had qualified to be a solicitor. The bowler hat came from a distinguished hatters called Dunn and Co in the Strand. His first job was working in the City of London for Allen & Overy Solicitors.



Do you have a treasured hat or piece of clothing that has real sentimental value to you?

[Richard Catchpole Playing the Clarinet and Saxophone](#) - Nice to see Richard and our residents enjoyed listening to the sounds of the Clarinet and Saxophone. Richard plays very well known tunes which the residents enjoy humming along to.

### Strawberry Tea Afternoon and listening to the Harp -

We had a wonderful relaxing afternoon enjoying Afternoon Tea , which was strawberry themed. Hannah our cook had made Strawberry Gateau and Scones and we enjoyed eating them , whilst welcoming Lyn here for the first time , she came highly recommended by one of our activity staff ,Nicki who knows her and we so enjoyed listening to her playing the harp , it was so relaxing to listen to hear her play and hear the wonderful sounds of the harp. Everyone really enjoyed the afternoon. Do you enjoy the harp?



Mens Trip out to Vintage Fair in Cressing - We are taking some of our male residents to a Vintage Fair at Cressing Temple Barns so we will report on that next month.

### Meet our staff member-Pam -



Pam was born in Scotland to parents John and Eleanor and has a twin sister Carolyn. She moved to Wickham Bishops in Essex when she was about ten years old and at age 11 years old she attended the Plume School in Maldon. She enjoyed cookery and drama. She trained as a hairdresser on leaving school and worked in a salon in Maldon. She then had two children Tabitha and Alfie, after having her children she decided to get a job in care and has worked at St Dominics for three years, firstly as a carer then as a Team Leader, before deciding to work in the kitchen alongside our other cooks Hannah and Sue. In her spare time she enjoys socialising with friends.

### Meet our Resident –

Barbara was born in Handsworth in Birmingham to parents Vera Violet and Sidney. When she was about five years old, the family moved to Solihull in Birmingham. She attended school in Warwick High School, her favourite subjects were History and English. After leaving school she attended secretarial college and learnt short hand- typing. She then got a Job as a private secretary and she enjoyed her Job very much. She met her husband Trevor as he was one of her crowd of friends and they married in church when she was 20 years old. They settled into married life together and soon welcomed three children and family life was a very happy time. Barbara has been at St Dominics for almost five years now and enjoys regular visits from her family.

## What's on This Month

Holy Communion – On the first Thursday in the month.

Friday 5<sup>th</sup> July – Wild Science will be here with a variety of small animals for residents to see or hold if they wish too.

Tuesday 9<sup>th</sup> July – Brian Shaw will be here singing and entertaining us with his 1940s Cockney Show.

Saturday 13<sup>th</sup> July – Marion Snook School of Dance will be here with her dancers performing her recent summer show.

Saturday 20<sup>th</sup> July – We would appreciate any cupcake donations to sell. If you are able to bake for us, please liaise before the day. We are holding a cupcake day today to raise money for the Alzheimers Society and our activity fund. Please come along as we would appreciate your support and you will be able to buy the delicious cupcakes we will have on sale.

Thursday 25<sup>th</sup> July – We will be having a French themed day with French music, food and activities. Our residents will be able to sample French food alongside their usual menu.

Friday 26<sup>th</sup> July – Gunni from Kiddy Divey will be here doing gentle armchair exercise to music. Always a popular morning. Families are always welcome to come and enjoy the entertainments with their loved one.

Families and friends of residents are always welcome to come and enjoy any entertainments within the home with the residents.

### Birthdays in July

Gladys and Beryl shall be celebrating their birthdays in July so we wish them both a very happy birthday.



How many words can you make from our word scrambler?

J D U P I L O W V M E A

### Finally, a joke to make you smile...

A husband and wife went to the check-in desk of a budget airline.

'Do you have reservations?' asked the check -in -clerk.

'Of course we have reservations,' said the husband,

'but we're flying with you anyway'.