

# NEWSLETTE R

## Spring 2020

Hello everyone and Welcome to our latest edition of The Glengara Newsletter. We hope you are all keeping safe and well during these challenging times here and across the world.

We wanted to use this newsletter to bring a bit of positivity and keep you up to date on how we are getting on here in isolation. We don't like that word isolation and the team here are working hard to make sure the feeling of isolation is at a minimum while still following the guidelines recommended to us.

### **WE ARE ALL IN THIS TOGETHER.**

The activity team has seen a change in recent times and we welcome two new Members since many of you would have last visited the Nursing home. Brian and Toni have joined the team since April and have been working hard alongside Bonita

to help bring a bit of fun and Joy to the residents.



### **New Physiotherapist**

We are pleased to welcome Jithin to our team. Jithin started on Monday 25<sup>th</sup> May and will be here to guide us on mobility and the strength and fitness of our residents. It's so important to stay active especially in these times.



### **ONE TO ONE and ROOM VISITING**

In recent times we have had to take measures to reduce spread of virus and that sometimes meant that residents needed to remain in their room throughout the day. This was not a normal routine for the residents here as attending activities was very important to

their day. The Activity staffs has been working hard to make sure everyone gets to stay connected and room visits have become hugely important in this. a simple visit for a chat to stay up to date on what's going on while others might just like a hand massage or pamper session or just to listen to music and have that extra bit of company for a while. It has been a great time for out new activity providers to get to know all the wonderful individuals staying at Glengara. Plenty of wisdom has been shared by the residents on ways of surviving and getting through major world events of the past.

## Arts and Crafts

Brian and the residents have worked on a little revamp of our Seasonal Picture transforming it to represent the summer months. A lot of Hands went into painting this canvas and brought about lots of reminiscence of how we spent summers in the past! It has kept us very busy while we are cocooning.



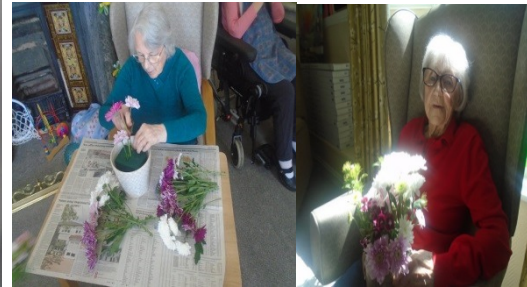
## We are all in this together Project.

So, despite the difficult times of late we are remaining strong here at Glengara and decided to show our strength in the form of a giant poster representing residents. Their hand prints in different colours represent individuality and bringing those together shows strength together. Along with Dove symbol of peace the Pointed star symbol of strength and home and the love heart hands showing togetherness through difficult times. And the four- leaf clover for good old - fashioned luck!



## Flower Arranging,

We look forward to this every week on a Thursday or Friday. The fresh flowers come in and we get to work all morning creating stylish and colourful displays for around the house. It has been one activity that has allowed us to connect with residents isolating in their rooms during this time as we can bring the flowers and pots to them to enjoy creating in their room.



## Birthday Celebrations, THE PARTY MUST CONTINUE!

We have had a number of birthdays as we have been cocooning here but it certainly hasn't stopped us from making the celebrations a special time. Any excuse for a party and a dance during these times and we are going straight for it! Here are a few of our more recent celebrations. Thanks to the kitchen the cakes are getting more delicious every time!





## MUSIC FOR THE SOUL

We have recently welcomed back our Musician Ciaran to play for us

here at Glengara but with bit of a twist at the moment. How does one bring music into a closed nursing home you may ask?

Well in partnership with The Care Team Activities Team and Ciaran along with His Guitar and Side Kick David (Husband of Betty English) we have managed to bring music to resident's bedroom windows on a Thursday or Friday. What better way to spend the afternoon than a private concert at your own bedroom window? For those few who have been coming out of their rooms to the living areas we have managed to bring music to them too and even a little dance or two with some of the residents. A few residents have even braved the outside on good weather days and had a private concert on the patio. All with social distance in mind of course!

It really has been a joy so far for us to hear live music back in the home.

It certainly lifts spirits!







## Let's go for a little walk....

With all this fine weather we have been having. It's a great opportunity to get fresh air and explore the nature around us here at Glengara. It must be said that as soon as the residents get past the door and into the sunlight their mood has been instantly lifted. It really is the simple things in life that mean the most! Simply bird watching, flower picking and sunbathing give us a sense of optimism and hope.



And don't forget the ice-cream!!



Finally, we want to wish everyone a pleasant summer period and here's

hoping with every day  
improvements and continued health  
we will overcome this Virus and  
look back on it as another piece of  
history. We would like to  
acknowledge all those who are no  
longer with us but are now at peace  
and watching over us all.

**WE ARE definitely ALL  
IN THIS TOGETHER.!**