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MESSAGE FROM PING

PING ZENG, DIRECTOR OF NURSING

In the past few months, the pandemic has posed unprecedented challenges to all of us, some of you may have experienced great grief, fear, anxiety and stress due to loss of loved ones, the visiting restriction, cocooning, and travel ban. At times it feels like our lives have been put on pause.

The good news is that we have successfully emerged from the pandemic with a collective effort from our dedicated care team, HSE, public health, families and the public. A sincerely big thank you to all of you for your great support.

We have resumed lots of activities both in-door and out-door, residents have enjoyed fresh air in the recent hot summer weather by walking in the garden. We've had sing-songs, quiz's, the ice-cream van visited, chair exercises, meditation, along with other in-door programmes such as prayer, hairdresser and one to one visit. The external short visits have also lifted mental health and psychological wellbeing for residents and their families. All of these have brought us a sense of normality back to our life.

The latest update on NPHET guidance has provided us encouragement for the near future, hopefully we will see you all soon.



TO OUR FAMILIES & FRIENDS..

First of all, the staff and residents of St Gabriel's nursing home would like to thank everyone for their continued support, love and compassion throughout these difficult months, and to those that grieve a loss of their loved one, we too grieve for you and with you.



With that said, we have been remaining as positive and optimistic (as usual) and activities have been in full swing. Due to recent restrictions there have been some change's; large groups for activities have become smaller, but don't fret! We make sure to include our resident's by doing this on a rotation basis; but we can assure you that all of our residents are involved, engaged and included.



And The Style Award award goes to.....

Mrs Kitty Stuart
Kitty looking amazing, cheerful and happy. This picture was recently taken of Kitty before she headed off for the garden to catch some rays 😊



THANK YOU FOR ALL YOUR SUPPORT (and presents)!!

ACTIVITIES

BY JOE MCCAUL

Activities have been back in full swing and our residents have been enjoying the benefits of the return of activities.

[Due to Covid 19 restrictions our residents have been enjoying:](#)

ONE TO ONE THERAPY – This is a resident centred approach where we spend some time alone each resident. We have tea, plenty of chats but most of all we make sure that the resident feels safe, comforted and their needs are met physically and emotionally.



Bingo again is played in smaller groups, but the residents love it. In fact, there are many benefits for playing bingo including concentration, improved listening skills, short term memory and it promotes socialization

GOOD NEWS

PRAYER GROUPS –



Sr. Maureen and Joe have been running prayer groups in the lovely chapel for our residents. This has been only

recently included, but the residents that attend have spoken about how much prayer gives them a sense of calm and comfort. As this is not a Mass, we base it on an opening morning prayer of inspiration for the day ahead, Sr Maureen will recite a decade of the rosary and some of our residents like to recite their own little prayer of meaning and purpose to them. Then the service is finished off by a hymn and reflection.

The residents of have also been busy getting to grips with our new IT Tablets. This gives them the opportunity to video call family, listen to music and play interactive online games and puzzles.



We would like to congratulate Niamh Conroy on the recent news that she is expecting a new arrival in November. Niamh is part of our household staff and we could not be happier to hear this exciting news.



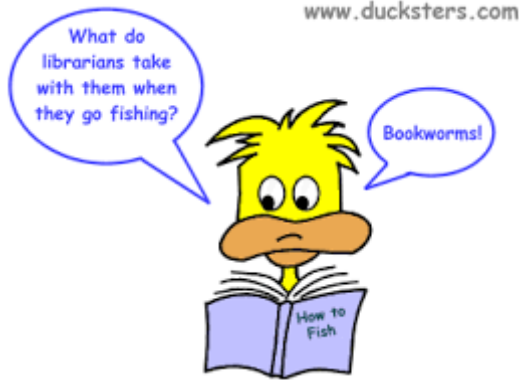
TIME FOR A GIGGLE

Laughter seemingly is the best medicine - right? Now more than ever we need to lighten the mood and give ourselves a bit of a giggle. Hopefully these jokes below will do just that 😊....

Last year, I replaced all the windows in my house with those expensive, double pane energy efficient kind. But this week, I got a call from the contractor complaining that his work had been completed a whole year and I had yet to pay for them.

Boy, oh boy, did we go around! Just because I'm blonde doesn't mean that I am automatically stupid. So, I proceeded to tell him just what his fast-talking sales guy had told me last year. He said that in one year, the windows would pay for themselves.

There was silence on the other end of the line, so I just hung up, and he hasn't called back. Guess he was embarrassed.



A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool... After catching his breath, he ordered a banana split. The waitress asked kindly, 'Crushed nuts?' 'No,' he replied, 'Arthritis.'

Two elderly women were eating breakfast in a restaurant one morning. Ethel noticed something funny about Mabel's ear and she said, "Mabel, did you know you've got a suppository in your left ear?" Mabel answered, "I have a suppository?" She pulled it out and stared at it. Then she said, "Ethel, I'm glad you saw this thing. Now I think I know where my hearing aid is."

RECENT BIRTHDAYS

Jackie Ryan recently turned the big 90. Jackie enjoyed her birthday with a pamper session, lots of presents and treats and some bubbly in garden with her family



Jackie, enjoying the lifetime of memories that her family surprised her with on her 90th

birthday recently



The funny, loveable and lively Peggy Norris on her birthday.

The lovely, caring and gentle Breege McGuinn



The legend Patsy Burch enjoying a pint of Guinness recently to celebrate another birthday in SGNH.

MINDFULNESS MEDITATION

“THE AWARENESS THAT EMERGES THROUGH PAYING ATTENTION ON PURPOSE, IN THE PRESENT MOMENT, AND NON-JUDGEMENTALLY TO THE UNFOLDING OF EXPERIENCING MOMENT BY MOMENT” JOHN KABAT-ZINN, THE FOUNDER OF MINDFULNESS-BASED STRESS REDUCTION.

For our residents, loneliness plays a massive factor for health problems such as cardiovascular disease and dementia. Throughout this current climate, there is no better way of benefitting our residents and staff’s mental health then by practicing mindfulness. Research has suggested that mindfulness meditation training is a promising intervention for improving the health and well-being for everyone that engages within it

Deep breathing: As we get older, our respiratory can begin to break down. Deep breathing is critical for the elderly to keep their muscles strong, their lungs elastic. This can be done in the space of 3 minutes. Just noticing the breath coming in and going out. When thoughts arise we learn to bring our awareness and attention back to the breath as this becomes our anchor.



Meditation: As we age, our focus tends to move elsewhere. We worry about bereavement and also our own death. Leaving our family and friends, this can lead to anxiety and overwhelming feelings of sadness. By practicing meditation it helps us to focus more, be more present and learn to accept reality as it is. This in turn can bring a feeling of comfort and relaxation which is our main reason for doing this.

Connection: As we become older we feel that we begin to lose control and independence in our lives. Some of us need caring, some of us move into nursing homes and some of us feel our quality of life is affected because of this. Mindful exercises can help us to feel more connected to our mind, body and spirit. This is so important for our residents for creating good health even as we experience the changes in our body.



HEALTH & MENTAL WELLBEING

EXERCISE

As we begin to get older, being active becomes more important to our life than ever. Here at St Gabriel's we encourage each resident to engage in some form of physical activity to improve their overall health and mental well-being. We like to remind the residents of the benefits that exercise has to our body and mind. Some may feel discouraged by aches and pains, or concerns about injuries or falls. This is all taken into consideration and to help put the residents' minds at ease all of our exercise therapy is monitored and done most from the chair. Becoming more active as we age has many positive benefits including a more energized mood, relieve stress and also helping to manage symptoms of illness and pain.

SINGING

We all know how much music makes us feel. It is a natural mood booster. It is known to release the 'happy' hormones endorphins, and increase our serotonin and oxytocin levels. Basically, this is all the stuff that makes us feel good and gives us a feeling of positive well-being which can last long after music therapy or an activity is done. The benefits of our sing-along are not only a good way for our residents to be more socially interactive, but it improves memory, lowers the risk of agitation and improves cognitive skills.



SUMMER WORD SEARCH



WELCOME SUMMER

C X A G H B E R C I T J D L M E R A F E
A A T E P A R T I E S V F X D G A D R B
M L E H J W K E B Y A E T L F E N I T B
P B M N T K E O Y T F O U Q I W X Z I E
I L D V I C E C R E A N R X S D W Y E G
H L P B O T C R P D L M E R K E F L I E O
G E F B U L A H O O P E L U T T J A W C
M O D H A O F L O P G O I B X I E H O T
W L F X F T J Z L A A W E S O B L D E C
K L M F I G O N X I Q J W E K E L A X O
Q Z B S P C A U G U S T Q I C E E L S E
V R G U H E D E E E R I K Y L O H S B E
D C H H X Y J T H C B A R O W E R L E E
P O F S I C L E S T T Y U M O T L E K C
E A X C C W E T Y E C I G N A E M I E F
S S T R N O X H E G E W O E V X D F A E
H T U S A E I O L T E T B I E E E Y M M
A B I S T O P F F Q W T M E R E T A Y U F
A B I N A O F G H A J M K L L Z C X C V
M Q W E L E T U C T I I O P E A M S O A
H I E L I C E A C T E N H M E O R W L E
E T Y E E C V I O P L O I O I F O O B I
E X H C V B Y F D B J T E B E J H K L E
I C E K K S E M O C W O H S F U Y C I E
I W H C O O E O U T E W E E S D L K I J

AUGUST
BEACH
BIKES
CAMPING
CARNIVAL
COOKOUTS
FIREFLIES
FIREWORKS
FISHING
FLIPPLOPS

FUN
HULA HOOPS
ICE CREAM
JULY
JUMPROPE
JUNE
MOVIES
PARADES
PARTIES
PICNICS
POOL

POPSICLE
ROLLERCOASTERS
SANDALS
SPLASH
SPRINKLES
SNOW CONES
SUNGLASSES
SUNSCREEN
SWIMMING
THEME PARKS
VACATION

New Residents

Can we put in a profile of new residents?

Frances Renwick and Patrick Redmond

NEW TO THE TEAM..

Puneet Mathur, Physio

Jonathan Buckley, HCA

Brandon Fay, HCA

Shauna Ryan, HCA

Elizabeth Murray, HCA

Pramila Poliah, HCA

Ciara Miller, Staff Nurse

We also have 5 new Nurses' coming to join us in July from India. It must be so hard to leave your family and friends and travel across the world, so please let us all make them feel really welcome.

Sruthy Manuel

Riya George

Merin James

Biji PV

Littymol Mathew