



# Home Newsletter



**Beech Park**

A BEECHFIELD NURSING HOME

Winter 2021

## Welcome

Hello to all our families and friends, we are proud to introduce to you our first edition of Beechpark Newsletter. We hope that you all are keeping well and safe during this difficult time.

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# Hello

Hello to all our families and friends, we are proud to introduce to you our first edition of Beechpark Newsletter. We hope that you all are keeping well and safe during this difficult time.

We would like to share our news with you especially as you are missing the visits to your loved ones in the nursing home, and we want to reassure you that we are all keeping safe and well.

Without doubt all residents miss you in this challenging period, but we are keeping busy with lots of fun filled activities.

We hope this newsletter will give you an insight into our day to day life and activities.

Thanks to each and every one of you for your continued support and understanding in this tough time of COVID restrictions.

Please remember to protect yourselves also, use your hand sanitizer and masks which are so important.





# Staff News

We are delighted to share with you that staff nurse Nithin and his wife Blessy have welcomed their second baby in September, so a very busy household now!

Staff nurse Bibin is delighted that his wife Dincy and their son have joined Bibin to live in Ireland. We are also happy to welcome his wife Dincy to Beechpark as a new staff nurse in our team.

Another of our staff nurses, Alice is happy and celebrating as she has recently become a first-time granny! Alices daughter also got married, so two exciting events...

And our final piece of good news for the moment... our health care worker Teresa is expecting her second baby in June 2021... Welcome to our new staff Rovelyn and Dincy (staff nurses), Joanne and Sinead, (health care workers) to our Beechpark family..

Our activity team Patricia and Celina were very busy keeping up our spirits during the lockdown. Here are some of the events that have taken place over the months.



# A busy few seasons



## **EASTER**

We started our Easter time with stations of the cross on Good Friday. Easter menus were enjoyed on Easter Saturday and we arranged flowers in preparation for our Easter Sunday dinner. On Easter morning we watched a special Easter Sunday service on TV and then enjoyed a traditional Easter lamb beautifully prepared by our chef and her team. All residents received Easter eggs and we ended the day watching an Easter movie.

## **SPRING 2020**

Spring commenced celebrating valentine's day. We did lots of arts and crafts, making decorations and cards for residents to send to family members in advance of the day and then we had a good sing song and all our residents received a beautiful red rose and cards. Of course, we had plenty of chocolate also!

## **ST PATRICKS DAY**

For St. Patricks day we all dressed up in green and enjoyed games such as musical chairs and passing the parcel. The staff and residents had a fun filled day.





# A busy few seasons cont



## SUMMER

Our activity team and residents were very busy making our very own bird houses for the garden and paper flowers for our sitting room. We really enjoyed our arts and crafts. We took full advantage of the good weather in summer and residents enjoyed daily walks in the beautiful sunshine. We also had our fitness classes outside in the sunshine which was easy to keep the social distance in our large garden. Our physiotherapist Helen and GP Dr Rosemary Spillane continued their visits with us throughout.

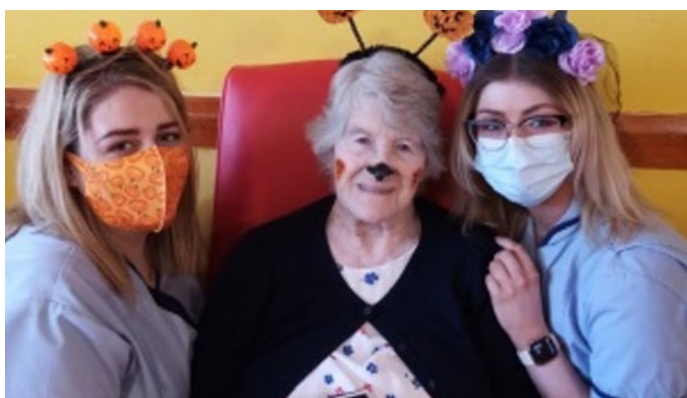


## AUTUMN

As autumn arrived and the weather was not too bad for September we took full advantage of it. We explored nature by enjoying our morning walks in the garden and getting fresh air. We did some berry picking and the fruits of our labour were used in our cookery classes.



# Halloween Fun



Halloween was another great celebration, fancy dress, face painting and sing songs together, Halloween movies with plenty of sweet treats. In the evening we enjoyed a Halloween Arts and crafts class followed by fun Halloween quiz used in our cookery classes.





# Remembrance Tree & COVID

In the month of November we always remember our loved ones who have sadly passed away, we made our own Remembrance Tree and hang all our deceased residents' names on it. We pray for them every morning at prayer time until the end of November.

During this challenging year of the COVID 19 pandemic We have learned more and more about technology and used it to keep in touch with each other. During Covid-19, we connected with Eddie, our Music man

through Skype. It was great fun singing, clapping and dancing with Eddie even if he was not with us in person

Within the nursing home we are keeping our social distancing in all areas and in sitting room and dining room we have adapted the layout to comply with the recommendations. Residents are encouraged and assisted with frequent hand hygiene and staff follow all infection control guidelines and protocols and all staff are routinely tested every fortnight for C19.



# Remembrance Tree & COVID cont

We continue to keep busy and each morning residents love to meet and greet, chat about local news and weather , play a few board games, saying our rosary (which is a most important part in our residents daily routine) and singing a few songs before dinner time. We also try and fit in our flower arranging early in the day so our arrangements can be brought into the dining tables for meal times. They make our dining tables so attractive.

In the afternoons games of Bowling/skittles continue together with Bingo. Everyone gets very competitive to win the game. Great fun even with social distancing...

And despite the challenges Audrey, our hairdresser ensures that all our residents continue getting their hair done so they are looking and feeling great!





## Sonas Session

Here in Beech Park we practice the Sonas programme which provides gentle cognitive, sensory and social stimulation. Our relaxation sessions which are both group and individually delivered provide meditation for our residents where they can focus on their breathing and body for short period of total relaxation. Our residents also look forward to Tuesdays Cookery class. We to make Apple tarts, iced buns, scones, tea bracks etc... as we are coming closer to Christmas we prepare all the fruit for mince pies and Christmas puddings..YUM..Yum... lovely smells of the fruit ,spices, orange & lemon juice and the Brandy of course...



## Letter Writing

During this difficult time, our residents were reassured by the lovely letters from the transition year students in Kildare Town. The letters are lovely and informative and full of stories about how COVID was affecting everyone, young and old. Our residents really enjoyed reading them and wrote back to the students straight away. It was great to see the residents were interested in putting their thoughts on paper which helped them to share their feelings which despite the different generations were common feelings. As Christmas approaches we have done some painting in the sitting room recently and the residents love the new colour... Tom is on standby to start the decorations any day now!.



From all of us and all residents, we can't wait to see you all and feel your warm hugs and kisses, but for now we send you our virtual hugs.... Stay safe everyone.....

**Bindu and all the staff in  
Beech Park Nursing Home.**