



Home Newsletter



Beechfield Manor
A BEECHFIELD NURSING HOME

Winter 2021

Welcome

Welcome everyone to our autumn newsletter from Beechfield Manor Nursing Home. Autumn came with plenty of news to share and a lovely few weeks' welcoming back our great families and friends.

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 semi-isolation

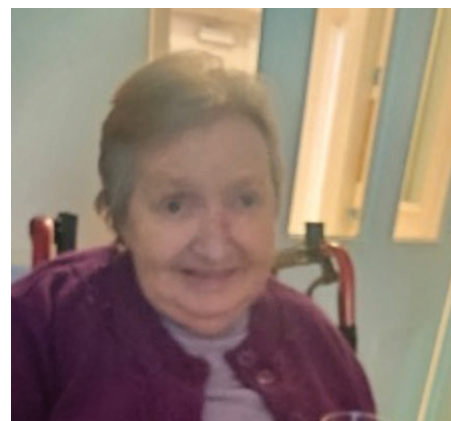
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Halloween Week

We had a big week with plenty of activities provided for all the residents across the nursing home, hosting a party for residents on each floor.



Baked with love

We have started baking again here at Beechfield and it is safe to say we have some great bakers here!



Birthday Celebrations

We have been celebrating plenty of birthdays!

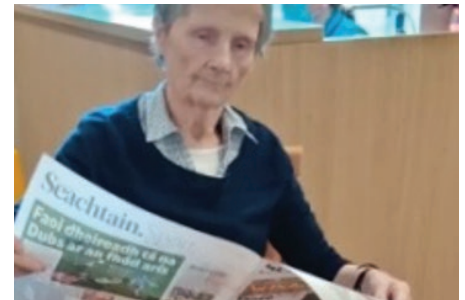


Barbeque day!

We even got to have a BBQ for each floor with dancing and lots of fun

Keeping Active

Balloon exercising, music, quizzes and lots more!



Newspaper reading, discussion class and Quizzes

Every morning, we like to update our residents with the current news in Ireland and around the whole world. As cognition is an important skill in order to maintain our wellbeing, we do two classes per week working with maths, mental games and crosswords.



Gentle exercises and balloon tossing

Gentle exercises and balloon tossing are resident favourites; we encourage the mobility of all our residents. We believe life is a dance. We are encouraging our staff and residents to follow this philosophy. No matter where we are, anytime is a good time.



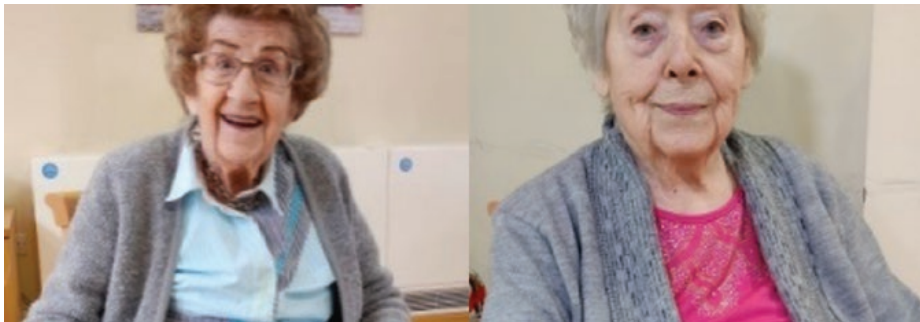
Music time

In Beechfield, we have some residents who love playing piano and singing along. Music is another important tool, used in our Home. We think, music can bring back multiple memories and increase our residents' quality of life. That is why we are always encouraging our residents to enjoy their favourite music, a big favourite of a lot of residents is the Dubliners.



Keeping Active

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Beauty therapy

The ladies of the house enjoy getting their nails manicured and painted. We also give the residents hand massages and have a hairdresser onsite to keep our residents hair looking great.

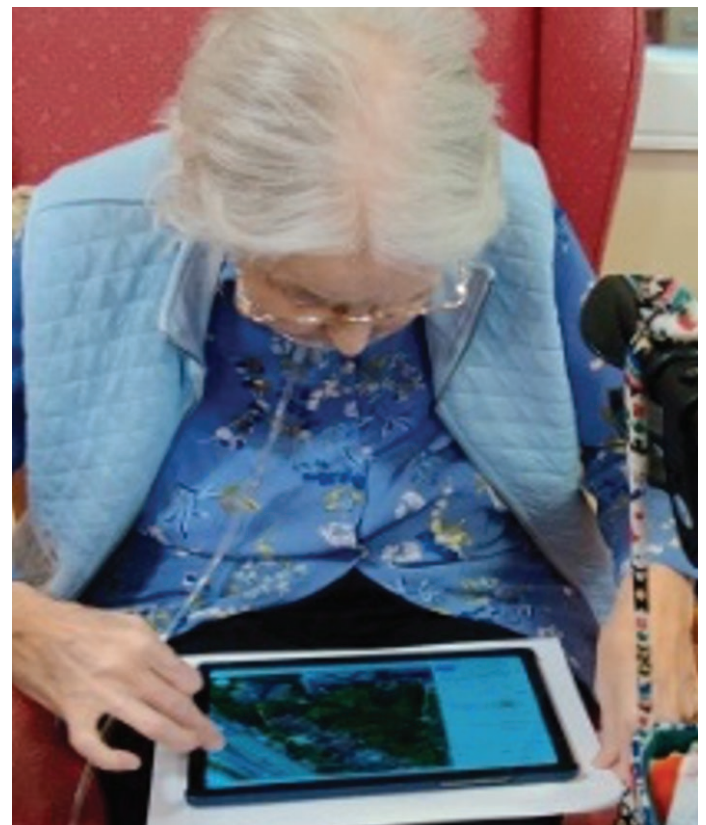
Computer training Classes and Board Games

During lockdown we have taught our residents how to use tablet technology to write emails, learn to use tablets and to help them even write emails to help them stay in touch with family and friends are some of the favourites.



Using our tablets.

To help our residents with communication to family and friends we purchased new tablets and some companies also donated some which have and continue to be so helpful for us.



Remembrance

Remembrance mass with families



We held a beautiful remembrance mass in the middle of November, with many of the families of residents who passed able to join via zoom. Some residents who had to say goodbye to a friend over the past year were able to attend to honour them and light a candle in their honour. Many staff were also present to help light a candle and honour our loved residents who are no longer with us.