



Home Newsletter



Glengara Park
A BEECHFIELD NURSING HOME

Winter 2021

Welcome

We have been busy despite everything going on in the world with Covid 19.

We have adapted our activities in order to keep the days active and entertaining for the residents as much as possible.

We have been delighted to have our Pottery Class back up and running twice a week On a Wednesday afternoon and Friday Morning. This allows us to facilitate two smaller groups for Social distance. We have even managed to have some classes outside on good weather 1days.

In this issue

Halloween fun

Summer BBQ

Birthday celebrations

Aromatherapy



Plenty of activity



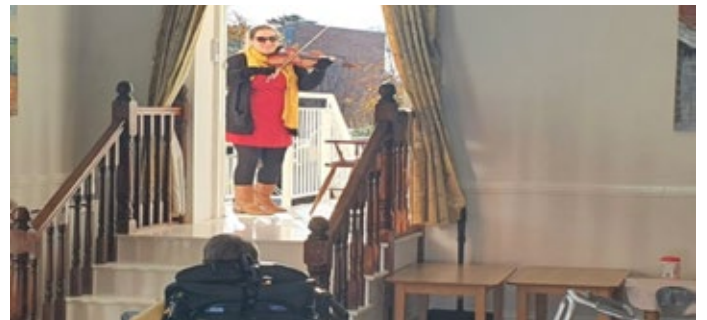
Fit for life

We have brought back our FIT FOR LIFE group exercises in recent weeks via Zoom on the big screen which is getting a great reaction so far.



Flower Power

We continue to hold our much-loved flower arranging every Thursday making use of the recently redesigned Multipurpose room to allow a nice group of us together and design nice Flower displays for around the house.



Weekly Entertainment

Fridays are our entertainment day with Music from Ciaran and David as well as other guest musicians including members of the RTE orchestra and a quartet on the patio.

We were lucky to be able to have the Traveling Music Machine who has been travelling around Ireland entertaining Nursing home residents all throughout Covid. They entertained us on Friday 6th of November at a distance outside which gave us a much-needed lift during the second lockdown.

We were lucky to be able to have the Traveling Music Machine who has been travelling around Ireland entertaining Nursing home residents all throughout Covid. They entertained us on Friday 6th of November at a distance outside which gave us a much-needed lift during the second lockdown.



Our backdoor terrace beside the sitting room has become a very handy spot for our musicians to perform for us while keeping the distance as much as possible.

We have also recently linked in with the Dementia friendly café via zoom with weekly entertainment such as songs from Tea Dance Tunes and poetry reading. It's great to connect with other folk around the country who have been cocooning at home during these strange times.



Summer BBQ

Not letting the events of this year prevent us from having a party, we all made a break for the terrace one lovely September afternoon to have a BBQ for staff and residents. We tucked into delicious food and drinks prepared by our great kitchen team. We enjoyed a mostly sunny afternoon while being entertained by William and his guitar. Later in the evening as it got chilly outside the residents enjoyed a chat and more food in the dining room. It was a very social event indeed!

Let's have a Party...

We celebrate everything here at Glengara and this year is no different.

We have so far celebrated international chocolate day. Everything was chocolate for the day finished off with Good Ole Willy Wonka and the chocolate factory for our Movie afternoon.



Plenty to celebrate

We had Mad Hatters Tea Party complete with crazy hat creations by the residents and staff. We drank tea from colourful china and sipped champagne and tucked into delicious cupcakes and buns. Right in the middle of the second lockdown came Halloween so we put on our favourite costumes and had a dress up day.

There were princes and princesses' witches and vampires not to mention all the pumpkins ghosts and bats flying around the house. Spooky indeed!



Aromatherapy and more

Residents Meetings

Min has been holding regular residents' meetings allowing the residents to have a chance to talk about Covid and its affect them and to voice concerns of issues about life in Glengara.

Revamp!

There have been lots of changes to the look of Glengara lately.

We have had a complete restyle in the sitting rooms with new carpet, paint, wallpaper and furniture. We have a dedicated space to display resident's art around the door so the masterpieces can take pride of place.

The reception has had an overhaul, with a new carpet and signage.

Our multipurpose room has been redesigned to allow for use as an extra sitting space as well as dining area and activity room.

Our bathrooms are getting a makeover also with fresh look tiling and new appliances.

It's all coming together and it's nice to see a style.

Aromatherapy

We have recently begun our own aromatherapy sessions for residents. This was part of the weekly programme before Covid came along, however the activities staffs have looked into products that we could use to have our own aromatherapy session along with hand massage and relaxation. We have also started diffusing essential oils in the living areas to creation a calming and pleasant environment as well as creating pleasant smells throughout the room. We have both a group session and a one to one session for residents who may stay in their room more.

There has been a good response so far to the programme.



Memorial service

On Wednesday 18th of November, we held our annual remembrance service for those who passed away over the year. This year like all things has been different and we needed to change how we held the service. We also wanted to make sure we could include all different faiths and beliefs so we decided against the traditional mass for this year. We set about designing a service to include poems reflections and songs that we felt represented what remembering

is about. It was great to get so many staff involved to help make the evening special. We were able to invite families via zoom which was much appreciated by them. Residents who could attend gave very positive feedback particularly the memorial tree and poems and songs of reflection. We hope to continue this type of service now and with hope that families can join us again in person in the future.



Christmas at Glengara

We are now organising our Christmas programme and this year things will be of course different than our normal plan but none the less we want to try and make things as festive and enjoyable as possible. We have been busy decorating the house for Christmas with the help of the residents. They have enjoyed watching the lights go up and the trees being decorated with festive colours. Some residents have even decorated the tree themselves and others have provided a sharp design eye. It was a good time to reminisce about Christmas traditions from the past. We've been having a number of crafty days making our own decorations and Christmas cards. The talents are endless here!

We have recently received a large number of letters and cards from local school students which we have enjoyed reading and hope to reply to them and stay in touch.

We have organised a number of zoom concerts for the month of December including a regular Wednesday morning concert from the National Concert Hall Tea Dance Tunes, Which is a great way to connect with other homes in Dublin and across Ireland. It's nice to enjoy a morning of festive carol singing.

We have organised a special Christmas Dinner for the 17th of December for residents with all staff planning to dress in Christmas style for the day.

Then that evening at 8pm we have a special concert for all live from Powers court House and Garden. Afiniti will entertain us from the comfort of our sitting rooms while we enjoy mulled wine and mince pies.

We would like to wish everyone a happy and safe Christmas and we hope to see you all in the New Year with All the fun and gossip from the Christmas period!