



Home Newsletter



Glengara Park
A BEECHFIELD NURSING HOME

Spring 2021

Welcome

Covid -19 is still with us and we have adapted our Nursing home activities to suit the needs of our residents and to keep them active, happy, and entertained.

We have introduced many new activities and have organized many events that provide promising fun and relaxation.

After reaching a remarkable milestone of getting vaccinated and the prospect of summer approaching, it's just our excitement that is contagious!

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CHANGES IN THE TEAM!

Sadly we said goodbye to Brian. He will be missed but Toni has taken his role and we have welcomed Saranya, who has slotted in perfectly and has brought new ideas with her too. So, the Activities team now is Toni, Saranya and Bonita.

FIT FOR LIFE!

Fit for life Zoom session is going steady every Thursday and we have facilitated the telecast in both the sitting rooms to engage more residents. The residents love the sessions and get some good exercise. Our house Physiotherapist Jithin is organizing one of his classes by zoom too.



FLOWER ARRANGING!

Every Thursday we engage our residents with their favourite activity of Flower arranging. It is done in the multipurpose room and in the Sitting room. Also, anyone in their bedrooms who would like to do an arrangement, have flowers brought to them to make their own arrangement. The beautiful flowers do refresh our minds!



MOBILE MUSIC MACHINE

We had a wonderful time with the Mobile music machine musicians. The residents were thrilled to listen to live music, and they certainly lifted our spirits! Throughout the session the safety and social distancing were maintained. The next concert is on 10th May. This is certainly something special. The classical music, along with the most amazing singers. during these strange times.

SENSORY ACTIVITIES

Our sensory stimulation session is to indulge our residents to explore, enjoy and arouse their senses. We organize it by making small groups among the residents. They love it as they can share and observe while doing the activity, along with a nice chat. It's a great way also to reminisce!

PARACHUTE AND BALL FUN!

The cold weather did not permit us to have many outdoor activities. So, we brought fun outdoor activities inside! The ever-loving Parachute game, with beach balls, provide ultimate fun to the resident. The residents love doing it as a group and become excited and active while doing it, not to mention being competitive! With summer near us we are planning to enjoy it outside with sunshine and fresh air!



BOARD GAMES!

We have a variety of board games and we are planning to reintroduce games like Cards, Bingo, Puzzles, Monopoly, Snakes & Ladders etc., to engage our residents with, especially our male residents. The choice of what to play is with the residents when they want it. We have witnessed our residents involving so much in the game and enjoying it thoroughly.

CHAIR YOGA!

This activity is something new and is our humble attempt to entertain our residents and to provide them mild physical exercise to keep them active. This normally takes place in the Sitting rooms with relevant program telecast in the TV. The Activity coordinators help the residents who find it difficult to follow.

The residents follow the movements taught by the instructor, who efficiently mixes yoga and dance for our residents' favourite songs. We love singing along while doing the movements and its fun for all of us in the Nursing home!

We are continuing our classes with Pottery which is done by Bonita and Toni in the multipurpose rooms. The Aroma therapy program is continuing successfully and the response we receive for the group and individual sessions are amazing!

We also have our Painting, Arts & Crafts, crosswords and knitting activities as ongoing activities and they are all well received by our residents. Toni organises weekly SONAS sessions, which plays a huge part in stimulating the senses and relaxing our residents. We follow the social distancing guidelines in all our activities and make sure that our residents' safety is our priority. We are also planning many fun and meaningful activities outdoor for summer and hoping that it will be accepted and enjoyed by our residents.



Keeping busy

GARDENING

Our residents are helping us to make our garden more beautiful by planting Sunflower and Sweet pea seeds. We thought for a bit for fun that everyone has a Sunflower and we will see whose grows the tallest. We also planted Strawberries and a selection of herbs.

The nursery is in the sitting room for the residents to observe and water it when needed. It is so exciting to see the tiny sprouts coming out and we cannot wait to find the baby plants their proper place in our garden. We are enjoying spring the way it is!

MUSIC AND SING ALONG!

Our residents also enjoy playing musical instruments along with the sing along. The sitting room spreads

a whole positive vibe throughout the building during these sessions! The music by itself works as a Reminiscence therapy as it helps our residents, and us, to remember events, places, people, and relish in the memories for a while!

RESIDENTS MEETING

Min & one of the Activity Coordinators have been holding regular residents' meetings, allowing the residents to have a chance to talk about their needs at Glengara, making sure they are being met. Also, it's a great way to introduce new residents. The residents voice their opinion and choice of what they would like to do to enjoy their stay.



Vaccination & Family

VACCINATION

There is no doubt that prevention of Covid-19 virus outbreaks continue to be a focus for us all. It is wonderful that the residents and staff have been successfully vaccinated with both their doses of Pfizer BioNTech Vaccine. A wonderful team of doctors and nurses visited us and guided us through the process. It was a busy few days but worth it!

VISITS FROM FAMILY

Our residents have been missing seeing and meeting their family and friends due to the Covid-19 restrictions. Nothing that we do can match the happiness that they feel when seeing a member from their family.

Many residents enjoyed seeing their family members and speaking to them over phone during the window visits. The visits were effectively organized by the management and our nurses.

There was so much excitement in our residents' faces when they saw their family and friends. A lot of them saw their grandchildren after months and their feeling of content was immeasurable!

With the restrictions easing, we are starting to have few visitors per week to meet the residents in person. We are very happy that things are becoming normal again and our residents can have their families visiting them often!



Birthdays!

At Glengara, we never miss an opportunity to have fun and Birthdays are the BEST! It is remarkable to think that our residents have had a long life with amazing journeys, careers and life stories. We love to cherish it by making the best for their birthdays. Everyone's Birthday ensures a delicious birthday cake from our kitchen staff. Our Glengra family has many members in it, and we are never short of celebrations!





Special Days

VALENTINE'S DAY

Valentine's Day was a great day full of love. We had a wonderful tea party with pink champagne (non-alcoholic) and chocolate, along with cheese and crackers and other nice treats. A lot of dancing happened too and everyone was feeling the love!

MOTHER'S DAY

Mother's Day has never ceased to be special in our place. The celebrations began by special decorations in both the sitting rooms. The female residents, and also the men, had a wonderful Tea party in the evening with plenty of treats.

We made and gave all the ladies in the house a posy of flowers and they loved them!

Our residents received lovely cards and messages from their children and grandchildren that made their day more special!

St. PATRICK'S DAY

There is no denying that Paddy's day is one of the most anticipated and celebrated day in Ireland. Despite low-key celebrations all over Ireland, we still had a Blast!

The sitting rooms were beautifully decorated with green. The residents were happily getting involved during the party time.

We kicked off the morning with delicious green Mocktails and live Irish Traditional music with William Byrne. We made a day full of celebrations by watching old parades on the TV along with River dance. We had a great photo session with all the residents wearing their green props.