



# Home Newsletter



**St Gabriel's**

A BEECHFIELD NURSING HOME

Summer 2021

## Welcome

Hello to all of our dear families, summer is all about rebirth and renewal. The past year has been such an emotional time for the residents, families, and staff of long term care. With the changes of summer, we too are able to have a sense of renewal. We were able to welcome families back to see their loved ones with smiles, laughter, and tears of joy. This time rejuvenates us and gives us time to focus on sunshine and brighter days ahead.

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# Latest activities

In this most challenging time, we understand that Covid restrictions have made it difficult for both our residents and their families. Please know that we continue to look for new ways to keep our residents active, connected and engaged.

Get cosy and grab a cup of tea and enjoy reading about what we have been getting up to here in St Gabriel's.

## **Sensory garden**

We were privileged to be invited to join the opening of the sensory garden in the community of edenmore, it was our first outing after lockdown, residents enjoyed live music, light lunch refreshments, the sun was shining and residents enjoyed sing along's with other nursing home

residents that were invited also, even if it was socially distanced. The day was full of love and laughter in the air!

## **Aloha party & barbeque**

WE celebrated an Aloha party and BBQ for residents and staff, with spot prizes, the activity's team decorated the garden in full Aloha style with a mixer of fabulous cocktails, wines and other beverages that had been requested from residents, we also had a visit from a live musical singer, that sang popular songs, that all residents were able to sing along and dance to. We enjoyed BBQ food cooked by the lovely Mary and pat on the BBQ, we also enjoyed fruit cocktails, water melon, delicious ice cream and ice lolly's, these went down a treat in 24 degree heat. What a fantastic day from start to finish.



# Day trips!

## Day trips to Howth

Some residents enjoyed trips to howth, and a scenery drive around the cliffs with stop offs to view the beautiful sea view, a bus collected us, the journey to Howth was one to remember, with sing alongs and laughter, residents got of the buss at howth peer for a walk, we also sat down and enjoyed ice cream and more sing alongs, residents enjoyed the little things like children playing, people walking their dogs. The simple things we take for granted meant so much to our residents, it was a joy to see them smile, sing and really enjoy every moment.

## Day trip to St Annes park

We don't take the sunshine for granted here in St Gabriels, a last minute trip to St Annes park was planned due to the sun shocking us and appearing on a day we were expecting rain, residents enjoyed a walk around the beautiful rose gardens, admiring the beautiful grounds of St Anne's and all its nature, we found a perfect size bench beside the children's playground, residents enjoyed seen all the children play, and reminisced on their own children that size, it was amazing to hear and see the residents go down memory lane with lovely stories of their past, of course we enjoyed ice cream and sing along's also, it's what we do best.



# Shopping & hobbies

## **Shopping day and afternoon lunch**

Residents enjoyed a trip to Donaghmede, we visited Dunnes stores, residents admired the store, homewares, and gift departments, afterwards residents enjoyed afternoon lunch in Kay's kitchen, residents felt a great meaning of purpose on this particular day out, like we said before its the simple things we take for granted, that are residents love, this day was one of our favourites.

## **Some of our favourite hobbies**

We are delighted to welcome back the priest to do regular mass and prayer groups per week, in our beautiful chapel, this meant the world to our residents, also we have lots of new hobby's, here are a few to give you an insight that no matter what are circumstances with government restrictions are

residents will always be encouraged to engage in activities and most importantly have fun, residents have being enjoying golf competitions, gardening, planting strawberries and tomatoes, plum picking, reading groups, choir groups, art classes and many more fun filled activity's.

We hope you enjoyed a little insight into our lives here at St Gabriel's, we will continue to make, supporting our residents and families a priority. If there is anything that we can do to help or have any concerns about your loved ones activity level, please call us at 01-8474339

Thank you for your time consumed to read our newsletter, we look forward to see you all soon.