



Home Newsletter



Glengara Park
A BEECHFIELD NURSING HOME

Summer 2021

Welcome

Summer 2021 has been great as expected after the long wait! It has brought us happiness and new hope.

Our Nursing Home has become bustling again with many visitors and our residents are happy meeting their friends and relatives. We are happy to share our special and happy moments with you through this newsletter and it will be a great source of information to know about our activities, stories and latest news in Glengara Park!

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Fit for life!

We have a Physiotherapist coming to our nursing home every Wednesday for our Fit 4 Life sessions, as they did before the pandemic hit. It is much easier and engaging for the residents to follow the exercises. Our in house Physiotherapist also engages our residents with exercises and walks on a daily basis.

Mobile musicmachine!

The musicians from the mobile music machine continue to visit us and give us the happiness of music. We now arrange the event in the patio so more residents can enjoy the music. It is our residents' most favourite and we all wait for them to visit us over and over again!



Fun Activities at Glengara!

Our activities are evenly spread over the weekdays and weekends. Few newly mentioned activities in the previous newsletter have become favourites and regular sessions during the summer. We regularly enjoy the Parachute game with beach balls, the Ring Toss game, Sensory activities, Music and Sing along, Arts & crafts, Painting etc.,

We are having regular sessions of SONAS and Imagination Gym with our residents and it helps them to stimulate their senses and also provide them relaxation during their journey through Dementia.



Gardening!

We have successfully found a beautiful spot and planted the baby plants in our garden. The sunflower seeds that our residents planted are growing beautiful and tall. During the summer, our residents made the most of the sunny days. They were taken out to the garden to enjoy the sunshine, weed the garden, and repot a few plants.

We also brought in a selection of herbs for our sitting rooms. The residents regularly check them and water them. Once overgrown, they are trimmed and given to the kitchen staff to add it in our meals. Isn't that nice!

Summer BBQ!

We had Bar-b-que parties often throughout summer and it was so much fun! The residents were taken to the patio and were served delicious burgers, sausages and chips. It's a great treat for the residents and the staff. Whenever possible we organize it right after the Friday music to make the whole day enjoyable!



Family and more

VISITS FROM FAMILY!

Our residents and ourselves have been enjoying having family and friends coming to our home. Now that the visiting time restriction has been lifted, they can spend time with their loved ones with no time limit. Few of our residents enjoy a short trip to the town with their family and also go for lunch with their family and friends.

We see a great change in our residents after all they have been through during the pandemic lockdown times.

VISITING ACTIVITIES!

We have resumed many activities that are conducted by visiting activity providers. Patrick visits us every Tuesday to conduct the Book club. Many new residents have joined it and are enjoying the activity. Robert, our visiting potter, is visiting us every Wednesday and it is great fun for our residents and they are exploring and making new additions for our pottery display.

William, our visiting musician, visits us every Friday morning to fill the house with live music.

Paula, our visiting Aroma Therapist, has started to visit us after many months. The residents in the sitting room and the residents in their bedroom get benefitted with lovely and relaxing aroma therapy massages and sessions. There is no doubt it provides relief and relaxation to them!

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.

There has been many great ideas provided by the residents that have been implemented effectively. One example, we are having delicious pancakes every week. Thanks to the resident's suggestion!



Beer & Tea

OUR OWN PUB!

That's right!! We have opened a pub for our residents in the patio. The idea was brought up by our Activity Coordinator after a Residents meeting. Our male residents voiced out that they were waiting dearly to visit a pub and have a pint!

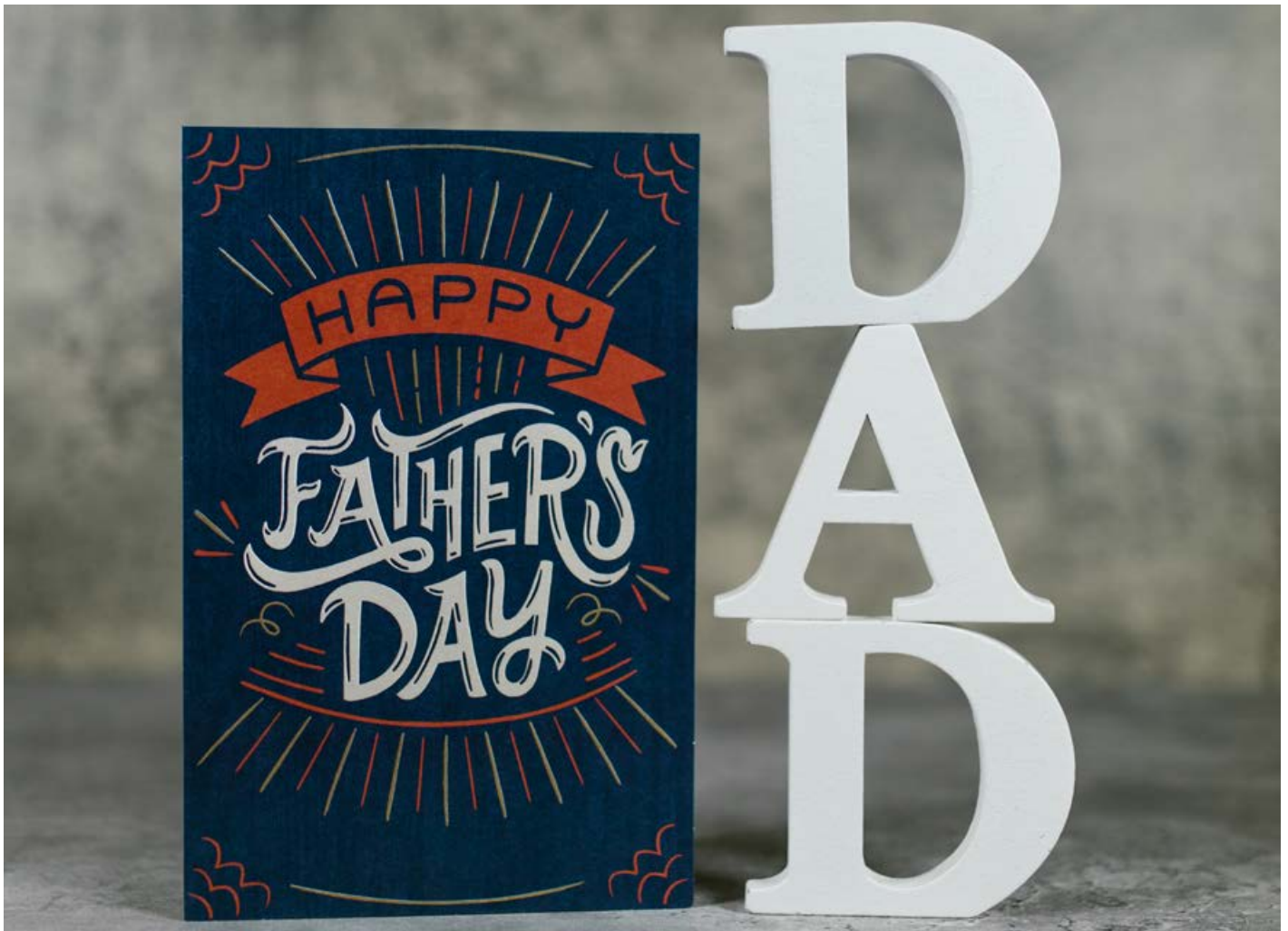
So, we planned to convert a storage shed in the patio to a pub. Toni managed to get a lot of pub properties after posting a Facebook newsfeed, donated from many kind people. Many items were donated to make the pub look like a traditional Irish pub. After a lot of planning and effort, the day finally came when our male residents had a great day visiting the pub and enjoying a pint and chat! It made their day and ours too!

This is a great addition to our nursing home and the residents can enjoy their drink, chat and food in the pub whenever the weather permits them all through the year! During the good summer days, we clubbed music from Mobile Music Machine and pub time for great fun!

AFTERNOON TEA!

Our residents, especially the ladies loved a chat during the sitting room tea times. So we thought of organising a weekly formal Afternoon Tea Party for our lovely female residents.

The ladies are taken to a nice private room in the house and are served delicious cakes, sandwiches, scones, tea and coffee. The residents are enjoying the session as they have fellow resident friends with comfortable chairs, lovely patterned china dishes and a great chat. family and friends. The tea party goes on for good few hours and they never get enough of it!



Father's Day!

We had a wonderful Father's Day celebration at our Nursing Home for all the lovely dads at our place! The men were invited to one of the sitting rooms with Father's day decorations along with a nice game of Football on the TV.

Lovely party food was served along with beer and sausages. The male and female residents enjoyed it equally and we all had a blast!





Birthday Parties!

We had many Birthday parties over this summer. The family and friends were able to join the residents for the parties and that's what made it more special. Few of our new residents celebrated their birthdays in the summer and it certainly helped them to make the place feel homely.