



# Home Newsletter



**St Gabriel's**  
A BEECHFIELD NURSING HOME

Summer 2022

## Welcome

Hello to all of our dear families, we are so happy to have everyone welcomed back visits without restrictions, the atmosphere feels like home again having residents' family and friends around each day - we have truly missed you all. We have been really enjoying ourselves lately and surely making the most of the sense of freedom we feel we have now, we lost out on a lot but no better people to make up for lost time. So, time to catch up on what we have been up to!

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# Latest activities

## **Valentine's Day & Chinese New Year**

We celebrated love on Valentine's Day, friends that become family, we enjoyed doing arts and crafts together, residents made cards and some sent them home to their families, residents enjoyed afternoon tea with cupcakes, tea & coffee while some residents enjoyed wine, residents enjoyed listening to poetry, we ended the day with one of our favourites things to do a good sing along.

We also celebrated the Chinese New Year that was in February, residents and staff celebrated with traditional Chinese food and beverages, the activity room was decorated in traditional Chinese style, lots of fun and great memories were made!

## **St. Patrick's Day**

St Patrick's Day was very exciting here at St Gabriel's, all staff wore St Patrick's day traditional colours and some even made the extra effort and painted their faces, we celebrated in style, residents dressed for the occasion with shamrocks they wore on their shirts/tops, some even had paddy's day glasses and flags! We had great craic in the afternoon when we all joined for a big paddy's day party, residents laughed and danced together with staff, we had a dance of with some of the staff, we all danced and sang the evening away, we all had great craic agus ceol.

Also on the 18th of March we celebrated recognition and remembrance of people that lost their life during covid, the local priest held a special mass in our chapel with candles for each residents and family member that we lost, also residents gathered in the courtyard and released balloons into the sky, a meaningful moment and day as family and residents expressed.



# Easter

## Good Friday

Residents enjoyed a prayer service held in the chapel by the priest and Sr Margret. Residents also had a visit from the local community with the easter bunny and the guards with easter eggs for each residents and staff.

## Easter Saturday

Easter Saturday the residents enjoyed a baking class, or shall we say a bake off residents got very competitive with their baking skills and very particular in the decorations of their cakes. Lots of fun was had and also not to mention the cakes tasted delicious too.

## Easter Sunday

Easter Sunday residents enjoyed having their hair done by the staff, while they dressed in their Sunday best, before they all gathered together in the chapel for an easter service held by the priest, residents are so grateful to have a beautiful chapel here in St Gabriel's and the generosity of our local priest and the sisters, that visit 3 times per week to say the rosary and also mass.

Residents have a great routine with regular prayer services and this also gives them a great meaning of purpose as they look forward to catching up with fellow residents after mass with their chats and cups of tea.





# Spring is in the air at St Gabriels ...

## Live Music

Residents have been enjoying a live singer every Saturday a regular weekend celebration here in St Gabriel's as I explained before no better gang to make up for all that lost time due to covid, the lovely and popular singer Brendan joins us on Saturdays with not only a beautiful voice but with beautiful stories of history behind the music he sings, Brendan is fantastic with are residents, we are so lucky to have such a talented and good person to make are weekends more enjoyable.

## Arts and craft

The act of making and crafting with your hands can improve your mood and engage your brain, keeping stressful thoughts at bay. On Wednesday's residents enjoy an art teacher coming to visit us, residents gather around engaging with each other and truly enjoy whatever the art teacher has in store for them to do, some weeks residents don't get to finish there work so all do be eager for her to arrive with there craft from the previous week to finish, lots of fun and lovely chats are always had at are art classes.



# Keep calm Summer is here!

The time residents' have all been waiting for is summer, good weather only means one thing days out together, so far some residents, have enjoyed days out to **St Anne's park**, are trips to St Anne's park are always a success and most importantly safe, residents enjoy a walk around the rose gardens, a sit down for a rest that always end in a sing along, we finish our day in the red stables with afternoon tea or coffee, some residents' will enjoy a sandwich while others have a sweet tooth and can't resist the delicious smell of the bakery, due to safety reasons we can only accommodate a certain amount of residents' to go on each outing at a time, as the safety of our residents' is a priority, all residents get a chance to go as the outing will continue once the weather is permitted.

We have recently enjoyed nurses' day and careers week celebrations here in St Gabriel's, staff and residents' celebrated all the hard work everyone has done here in St Gabriel's over the period of the week, each day was celebrated with a BBQ and spot prizes, another day everyone enjoyed delicious

donuts that were delivered from Crème Crisp, and tasty food that was ordered and arrived from Camille, coffee mornings with tea, coffee, orange juice and pastries, staff were also presented with certificates for all their hard work and dedication.

Our latest celebration here in St Gabriel's was a **multicultural party**, we celebrated all nationalities around the world, staff dressed in their traditional clothes as we have a variety of different nationalities that work here in St Gabriel's, staff also brought in some traditional foods, residents' dressed up for the occasion and truly enjoyed the experience of different cultures as we all got a chance to express our culture through dress, food, dance and sing along, we also had Brendan on the day to sing for everyone.

We had a surprise performance from an Irish dancing school of children who danced for residents and staff. What a fantastic day full of love, laughter and celebrating one another. The way it should always be - united as one!