



# Home Newsletter



**Glengara Park**  
A BEECHFIELD NURSING HOME

Summer 2022

## Welcome

2022 began with new hope and possibilities, considering the pandemic situation has fairly improved. The events and activities are more relaxed and enjoyable and at times accompanied by family members.

We have had a fabulous 6 months! Kindly go through our story and photos in the 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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# Activities team

Sadly, we had to say goodbye to our Activities Co-ordinator Toni. She has been with us for 2 years and made great changes around the place. Fiona is our new Activities Co-ordinator and our residents are already very fond of her. We also have a new Activity provider Eileen who joined us few months back.



## Fit for life

We are having regular in-house Fit for Life classes from our visiting Physiotherapist. There are many new residents in the house who are interested to attend them.

## Valentines Day

A lot of handmade decorations were made for Valentines day by our residents, including hearts and flowers. We had a lovely celebration with Chocolates and drinks. The staff donned red to make the occasion more special.

## Dog therapy is back!

After nearly 2 years, dog therapy is back at Glengara Park. Cassie the dog comes to our house every Wednesday afternoon for the therapy. The residents are a huge fan of her and get thrilled to meet her everytime. The residents who normally stay in their rooms benefit more from this therapy as without



### **Friday music!**

Friday music has become a regular activity. We have two musicians coming on alternative Fridays so that the residents get good variety of songs. We have also added Karaoke to our regular activities programme and we find the residents loving it. They take turns to sing their favourite songs in the microphone and enjoy listening to their voices in speaker. Music is proving to be a wonderful therapy time and again!

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

St. Patrick's Day preparations took a good two weeks to be made. Our residents were busy with making the crafts with us and we even had fun competition among us. We made leprechauns, rainbows, shamrocks, pots of gold and even St. Patrick himself!

We started the day with music by Brian. Later we watched the parade on TV and had a great party with food and drinks in the afternoon.

### **Easter Celebrations**

Easter began with decorating the house with our existing props. We have an amazing team of residents who always want to do more and as a result we ended up making more creative decorations. We did it together as big groups.

The chats and laughter while making the decorations made the whole house cheerful. We played Easter Bingo in the morning had music in the afternoon along with tea, cakes and hot cross buns. It is great that more residents want to come to the activity



# Even more activities!

We make sure to regularly update our Activities schedule according to the season, abilities and the interests of our residents. We have our usual ongoing activities like Painting, Pottery, Flower arranging, Aromatherapy etc.

Afternoon tea has become a great hit and there is a merry group of ladies who look forward to it and attend it every Monday afternoon. They have their requests for their favourite cakes for the tea and feel very excited when everything is made ready for them.

The residents look forward to a game of Bingo every week as we have introduced little gifts for the

winners. Its an activity that the residents are interested in and participate despite their abilities.

Our resident, Ursula, who is also an amazing artist, has created a lot of wonderful paintings during her stay here and we have it displayed in the sitting room.

We have also introduced a Rosary Prayer group on Friday evenings. There are good few number of residents who attend it every week without fail. We also continue with our fun games such as ring toss, parachute, beach ball games, chair yoga, etc., in the sitting room. The residents have taken a keen interest in colouring lately. It helps them to relax and they enjoy doing it in groups.



## Garden time & BBQ!

We spent many hours a week in the garden and also in the patio every week, now that the weather is good. We talk about flowers and share our different cultures in practices. We also have sing alongs with music and speakers.

We had a yummy Bar-B-Que session along with Pub lunch and music on a sunny day. The residents

enjoyed burgers, hot dogs, chicken wings, salad and ice cream. Brian, our visiting musician provided the music for us. It was also one of the resident's Birthday that day and we got to celebrate with them and enjoy the cake as well.



## Father's Day!

We had a celebration for Father's day with a lot of resident's in the patio, along with drinks from the pub. We had music and sing along with the party. The weather was great that afternoon and we stayed out for a really long time.



### **Cristela's retirement!**

Cristela has been working her for 21 years in Glengara Park. To recognize her years of service, we had a great Retirement party. It was organized and executed very well by few of our staff members.

There were a lot of mouth watering food items from the Philippine cuisine. It was a surprise for Cristela when she walked in the house. It was an emotional time for her and the staff as she was a great person to work with. We wish her all the best and a happy retirement life!

# Reasons to celebrate!

## **Resident's 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.

This time we discussed a few changes in the menu, according to the residents' needs. Also, summer outings were planned. Group trips to Powerscourt Gardens or Airfield estates were decided.



## **Summer outings!**

For the first time after Covid outbreak, nearly 2 years after, we went for our first outing with the residents. A lot of residents showed their interest in the outings so we had to plan it in groups. We went out with our 1st group on the 4th of July, to the Airfield estates.

We also invited the family members to join us to make the trip more enjoyable for our residents. We took a walk around the gardens, enjoying the variety of flowers, fruits, plants and the trees. We also visited the Airfield house and finally had a cup of tea and snacks before we left.

The residents were overjoyed and we found them talking about it the next day. We will be taking the next groups soon. Also we have Woolly farm visiting us on the 12th of July and we are very excited to visit the animals!

## **Birthday parties!**

We celebrated many Birthdays during these months and its always so much fun.



We hope you enjoyed our events, news and pictures.

**See you all in the next newsletter!**