

NEWSLETTE R

Spring 2020

VOL 1 ISSUE 11



Introduction

Let Veronica give you a sneaky peek of what to expect in our newsletter.

Have we got news for you!

Let Rhona fill you in on all the scandal!

Events

Suzanne discusses events which took place in Spring 2020.

INTRODUCTION

Firstly, I would like to thank everyone for their continued support over the last few months. I appreciate the grief you must all be feeling at this time. Mount Hybla is

not quite the same without you either and we are all looking forward to the day that we can greet you all back with a warm hug. In this season's edition of our newsletter the activity team will update you on all the activities that have taken place this year and adaptations we have made to our Programme due to covid19.



The 3 girlyies Suzanne, Rhona and Caroline keeping spirits alive during lock-Down 2020.

MOUNT HYBLA'S NEWS!

Staff News: Big congratulations to Staff Nurse Lijiah who welcomed a baby boy in May and also Clinical Nurse Manager Ciara who welcomed her second daughter Amber in March 2020. Also, not sure if 'there's something in the water' but we have 3 staff members that have recently announced that they too will be expect a Stork later in the year.

Sadly, Ashling our ADON had to postpone her wedding, but don't worry the weddings not off its been rescheduled for June 2021.

Big congratulations are in order for everyone; residents, staff and families for being able to keep covid19 out of Mount Hybla so far. Due to everyone's sacrifices and hard work we are so proud to remain a covid free home to date. All going to plan we do hope to reopen planned visits for families in phase 3 (29th of June) However we are awaiting further guidance on this matter.

Veronica has been busy shopping (online) and has purchased some lovely plants pots which residents and the activity team were busy planting over the last few weeks. We also have purchased more outdoor furniture so that we can make the most of this glorious weather.

'It's all about the hair', you might wonder how our residents are looking so amazing during lockdown, well we are fortunate to have not 1 but 3 qualified hairdressers that have been able to make the dos of the days.

During the lock down our call bell system on the first floor became problematic and we had to replace

it. All works have been completed and residents and staff have commented to Veronica that it is a much gentler sound.

Our Activity Programme has had major revamp due to current covid-19 restrictions. All high contact activities and therapies have been suspended for the moment. However, using a little imagination, we have been successful in creating a Programme that has something in it for everyone.

On Monday's residents enjoy 'Use it or Lose it exercise Class' with activity team

On Tuesday residents have been enjoying 'Book Club', with Residents from each unit selecting their own book

On Wednesday residents have been enjoying infection prevention information, each week we look at different aspects of the virus/pandemic and the methods we can all do to keep ourselves and others safe such as the importance of hand washing and social distancing, we talk about how the situation is impacting us and ways to look after our mental as well as physical health.

Thursday is 'creative day'. We have made beautiful sun catchers, door

tags, painted some new art pieces, made birthday cards and written and posted cards to family and friends.

On Friday we have a second exercise session with music and fun.

Saturday has become 'Big It up Bingo Day' with fun bingo and prizes ranging from chocolates to socks and scarfs!!

On Sunday Fr Denis was able to say Mass for us until the current restrictions began. Residents can watch Mass or religious service on Sunday at 11am on RTE and every weekday morning Residents can watch Mass on RTE news at 10.30am.

We have a fun trolley loaded up with an assortment of activities that Residents can do in their own rooms and the team visit the bedrooms in the morning encouraging residents to try a jigsaw, word search, crossword, a new book, DVD or painting.

We have had received many food and flower gifts over the last few months Krispy Kreame doughnuts and Lir and Butlers chocolates to name just a few... All I can say is when you see us next, we will have all gained a corona stone!

Keeping in touch with our loved ones, over the past few months we have kept in touch with you through technology, one positive thing to come out of covid19 is that we all have become more knowledgeable in the use of technology.

We are accommodated SKYPE or WhatsApp calls for many of our residents on a daily basis our resident. Some families have also availed of visits through window or outside in our sensory garden.



Ciara with Baby Amber and daughter Hannah



Lijiah with her baby boy

EVENTS

2020 events began with celebrating Chinese New Year on January 24th, residents enjoyed a Chinese banquet and some bubbly.

Also, in January Veronica presented to Mary's Meal a cheque to the value of €1135, which was some of the proceeds that we collected at our Christmas Fair 2019. The balance of the proceeds €640.05 was donated St Francis hospices in June.

On Feb 3rd we commenced our first Art Project with students from local secondary schools collaborating with some of our residents to develop new art work which was themed to portray a link between the generations, schools which were

involved included Mount Sackville, Castleknock Community College, Luttrellstown Community College and Loreto College. The art work is proudly hanging on our walls in main foyer.

Also, in February we celebrated Valentine's day celebrations began at 11am with Caroline and Marilyn baking with chocolate and lots of love. Afternoon was filled with tasting all the goodies we had prepared earlier.

In the evening musician Tom played some all-time Love classics that was received well by both residents and staff. If you were there, we hope you enjoyed it.

In March St Patrick's day was celebrated with Music, Laughter's and a little tippie for all to enjoy. We also marked Mother's Day on Sunday March 29th with all mums receiving a long -steamed Rose and a chocolate to acknowledge their special day.



TY students hard at work with Muriel and Dolores



Barbara receiving her Mother's Day Rose

In April residents enjoys Easter Celebrations which started with the stations of the cross on Good Friday and Easter egg hunt on the Saturday and dress to impress for Easter Sunday afternoon tea. All resident received a Large Lir chocolate Egg on Easter morning.

In April then the weather was nice we managed to organize some live music with musician Conal, in both Lavender and the sensory garden.



Suzanne and May entertaining us all during Easter



Social distancing with prosecco

***Hope you enjoyed the read,
from all the team in Mount
Hybla!***