

Abercorn Nursing Home Newsletter

Christmas 2016 Newsletter



Welcome to the Christmas and New Year Newsletter.

Staff News

Christmas is, as they say, a time of giving. It can provide staff with an opportunity to reflect on what they have contributed to the service here at Abercorn.

It is also a time when we receive. What memories, what benefits has the last year provided for our staff ?

Thankfully our staff team is settled with no leavers or indeed joiners. Our most recent start, Cher, has successfully completed her probation period and we welcome her as a permanent staff member.

Staff Training

The New Year is a time to look forward, a fresh round of training dates and opportunities await the staff and the cycle of mandatory training and review begins again.

Christmas

You know Christmas has arrived in Edinburgh when the traditional 40 foot Christmas Tree arrives in Jenner's on Princes Street.

The tree comes from The Duke of Buccleuch's estate in the Borders and for many years we have wondered how the tree is raised in the store ?





Christmas 2016

Mahogany light...

Hot chocolate steaming
on an autumn night
Filled with aromas of
sweet sandalwood
Sun sank slowly in
mahogany light

Your sepia-tinged
photograph placed in
sight

'Though faded now, test
of time has withstood
Hot chocolate steaming
on an autumn night

Reminiscing old days
breezy and bright
Gathering fresh fruits
from the walnut wood
Sun sank slowly in
mahogany light

Crème-caramel moments;
you held me tight
On carpets of deep russet
leaves we stood
Hot chocolate steaming
on an autumn night

Your brown velvet voice,
took me to new height
We carved both our
hearts in scented
rosewood
Sun sank slowly in
mahogany light

Hot Chestnuts roast in
amber firelight
I smiled at your face and
I understood
Hot chocolate steaming
on an autumn night
Sun sank slowly in
mahogany light



On the 1st of December Residents enjoyed an afternoon of hot chocolate and marshmallows which was a great success, Mrs Gladys Falconer, Mrs Rena Lockhart, Mrs Myra Dalglish, Mrs Eleanor Murray, Mrs Lesley Morisetti, Mrs Elizabeth Wilson, Mrs Mary Wood, Miss Betty Gill and Mr George McPherson all said it had been a lovely afternoon and we agreed that for our next Hot Chocolate day more marshmallows were required!



Mr John Banks, Mrs Lesley Morisetti, Mrs Mary Wood and Mrs Eleanor Murray enjoy our Music Quiz on a cold December afternoon before having afternoon tea.





Chris



Christmas

On Sunday the 18th of December we were visited by the Choir from Portobello and Joppa Parish Church, both residents and staff said it had been lovely with at least 20 members from the congregation singing a selection of Christmas Carols



Christmas 2016 (Continued)



Mrs Eleanor Murray celebrated her birthday on the 6th of December and enjoyed the birthday cake prepared by our chef.



Jim Mackie one of our volunteers who plays keyboard joined us on Wednesday the 14th for a Christmas singalong Mrs Lesley Morisetti, Miss Betty Gill and Mrs Gladys Falconer all enjoying Jim's visit.



On the 15th of December we had a visit from Maria, Music for Health with a mix of music, quiz and gentle movement Miss Mary McLean, Mrs Lesley Morisetti, Mrs Eleanor Murray, Mrs Mary Wood all enjoyed hitting the plates

Taken from outside the window Mr Bill Forbes, Mrs Ann Forbes, Miss Betty Gill, Mrs Gladys Falconer and Mrs Thora Stephens all loved the music and quiz from Maria.





Christmas 2016



Cranberry Sauce

450g fresh or frozen cranberries
225g granulated sugar
Finely grated zest and juice 1 orange
50ml port
50ml cider vinegar
Large pinch ground allspice
Large pinch ground cinnamon

Method:

Measure all the ingredients into a shallow saucepan. Bring to the boil and simmer gently for 10-15 minutes, stirring from time to time. Don't worry if it looks a bit runny as it thickens when it cools.

Serve warm or cold.

Christmas 2016 (Continued)

Our Christmas lunch outing this year was a return visit to Elginhaugh Farm on the 16th of December, we had a three course meal including a carvery and an option of Christmas pudding which was greatly enjoyed, all said was delicious and a local DJ provided the entertainment.



Mrs Catherine Robinson, Mrs Elizabeth Wilson, Mrs Mary Wood, Mrs Eleanor Murray, Mrs Gladys Falconer, Mrs Ann Forbes, Mr Bill Forbes, Miss Betty Gill, Mr George McPherson, Mrs Lesley Morisetti accompanied by Diane, Agnes and Kasia all enjoyed the afternoon out.





Christmas 2016



Mrs Mary Wood, Mrs Catherine Robinson and Mrs Lesley Morisetti



Mr Walter Taylor enjoyed the Panto



Mrs Ann Forbes husband Bill and Mrs Mary Hoggan at the Panto

Christmas 2016 (Continued)



A highlight every Christmas is the visit from Lakeland Production who bring the Pantomime to us. This year they presented Jack and the Beanstalk and all the residents praised the actors and Mrs Catherine Robinson said it was "super, I really enjoyed it "

Christmas Party 2016

On the 20th of December we had our Christmas Party where we enjoyed a buffet, refreshments and a visit from Santa!

Mrs Lesley Morisetti, Mr Bill Forbes, Mrs Mary Hoggan and Mrs Patricia Young were all delighted to receive their present from Santa (aka support worker Yas).





Christmas



You better watch out
You better not cry
You better not pout
I'm telling you why
Santa Claus is coming to town

He's making a list,
He's checking it twice,
He's gonna find out who's
naughty or nice
Santa Claus is coming to town

He sees you when you're
sleeping
And he knows when
you're awake
He knows if you've been
bad or good
So be good for goodness
sake

You better watch out!
You better not cry
You better not pout, I'm
telling you why
'Cause Santa Claus is
coming to town



Christmas 2016 (Continued)



Mrs Janet Owen, Mrs Thora Stephens and Mrs Myra Dalglish all receive their present from Santa whilst Miss Betty Gill, Mrs Elizabeth Wilson, Mrs Lesley Morisetti and Mrs Gladys Falconer all enjoy the buffet lunch.

In the afternoon residents enjoyed a refreshment and we ended our afternoon with Christmas Carols when residents, relatives and staff all joined in the singalong.



Christmas 2016



For Christ is born of Mary
And gathered all above
While mortals sleep, the
angels keep their watch
of wondering love
O morning stars together
proclaim the holy birth
And praises sing to God
the King
And Peace to men on
earth



Christmas 2016 (Continued)

On the 22nd of December we gave a warm welcome to Bruce Davies from Music in Hospitals who provided an afternoon of song and storytelling both Residents and staff enjoyed his festive visit.



Bruce serenades Miss Betty Gill, Mrs Catherine Robinson and Mrs Ann Forbes whilst Mrs Mary Wood, Mrs Thora Stephens Mrs Eleanor Murray, Mrs Mary Hoggan and Mrs Rena Lockhart all enjoyed a rendition of White Christmas.

Christmas Day Lunch



Residents gather in the dining room after a morning of visitors and opening their presents with support staff. They looked forward to their three course meal cooked by chef John. Residents all agreed it had been a lovely day and the meal had been delicious.





Christmas 2016



After the performance of Alladin we went to the Bistro in the Brunton and enjoyed afternoon tea and cake whilst we chatted about our afternoon, support worker Cher also joined us for the trip which was a great success.



Brunton Theatre

Christmas 2016 (Continued)

With the excitement and build up to Christmas behind us some of our ladies enjoyed a game of dominoes.



Mrs Rena Lockhart, Mrs Eleanor Murray, Mrs Myra Dalglish, Mrs Mary Wood and Mrs Lesley Morisetti all enjoyed the game and with prizes of chocolate to be won were eager to win!



Residents also enjoyed a visit from Betty Pottinger on the 27th of December.

Trip to the Brunton Theatre

On the 29th of December we had a trip to the Brunton Theatre to see Alladin followed by afternoon tea in the Bistro. Everyone said it had been a lovely afternoon and Miss Betty Gill said she had really enjoyed the day.



Mrs Mary Wood, Mrs Gladys Falconer, Mrs Ann Forbes, Miss Betty Gill and Mrs Lesley Morisetti arrive at the Brunton Theatre for the performance of Alladin and during the intermission we all enjoyed a tub of Di Rollo ice cream.



New Year 2017

Auld Lang Syne

Should acquaintance be
forgot and never brought
to mind ?

Should auld acquaintance
be forgot, and auld lang
syne

Chorus

For Auld lang syne my
dear, for auld lang syne.

We'll tak a cup of
kindness yet

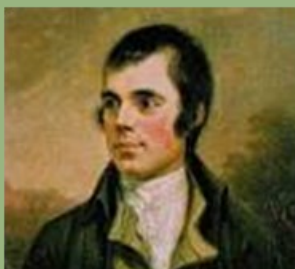
For auld lang syne

And there's a hand my
trusty fere

And gies a hand o' thine

And we'll tak a right
gude -willie waught,

For auld lang syne



New Year 2017

Residents welcomed in the New Year with a traditional Scottish lunch of Lentil soup and Steak Pie.



Mrs Mary Wood, Mrs Rena Lockhart and Mrs Catherine Robinson enjoyed a rendition of Auld Langs Syne. Mrs Gladys Falconer and Mrs Elizabeth Wilson wish each other a Happy New Year. Mr John Banks and support worker Kasia and Mrs Myra Dalgleish all enjoy the celebrations



We continued our New Years Day celebrations with a drink to welcome in 2017 and a Scottish medley





Letter to Relatives

I would just like to say a very Happy New Year to all our residents and relatives. We look forward to a new and varied programme for activities in Abercorn and plan to involve our residents in our focus group to discuss activities and outings for the upcoming year. We will continue with our favourites including a morning crossword and quiz and dominoes and games afternoon.

Weather permitting I hope to take residents out in the local area to enjoy the both the Daisy Park and Portobello Promenade I would also like to mention our new updated website which is well worth a look and our Newsletters can also be viewed there. I welcome any feedback or ideas from our relatives and hopefully we will do our best to accommodate any requests.

Warm Regards

Diane Henderson
Activities Co Ordinator



Dates for Diary

We intend to hold a focus group with the residents in the New Year to discuss what activities and outings residents would like to participate in this year. Some other dates have been arranged.

20th January	Margot Butterfly Music
25th January	Burns Day celebrations and afternoon tea
9th February	Maria Music for Health
3rd March	Curious shoes at The Studio, Potterrow

George McLaren and Diane Henderson

Care Home Manager and Activities Co-Ordinator

