



## *Spring Gardens Newsletter*

### *Christmas 2016 Newsletter*



#### Love and Friendship

Love is like the wild rose  
-briar,  
Friendship like the holly-  
tree --

The holly is dark when  
the rose-briar blooms  
But which will bloom  
most constantly?

The wild-rose briar is  
sweet in the spring,  
Its summer blossoms  
scent the air;  
Yet wait till winter comes  
again

And who will call the  
wild-briar fair?

Then scorn the silly rose-  
wreath now

And deck thee with the  
holly's 's sheen,

That is when **December**  
blights thy brow

He may still leave thy  
garland green.

*By Emily Bronte*

### *Staff Training*

Even during the festive period staff have been encouraged and managing to keep up their studies on their SVQ's and distant learnings. Well done to all.

### *Staff News*

A warm welcome to our newest staff member Susan Lobban from Musselburgh and also Keith Cameron our new chef .

A big thank-you to all the staff who have worked extremely hard during the refurbishment in Spring Gardens and over the last year.



Cathy Ross



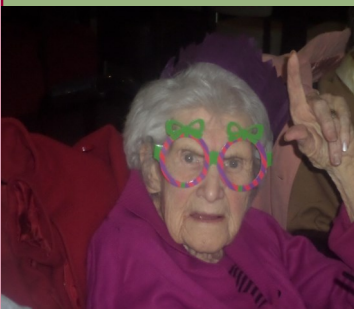
Robert Crabbe



Betty Graham and  
Elizabeth Jamieson



Sandra Duthie and Fiona



Nessie Rickis



## Activities

Once again the residents enjoyed a traditional Christmas in spring gardens with festive decorations, music and a full programme of activities.

Marias "Music for health" kick started us on the 1<sup>st</sup> and a visit from Avril on the 7<sup>th</sup> helped us to start looking forward to Christmas 2016. Along came our wee Visitots the following morning and the residents' spirits were starting to be lifted.

That evening the Lorretto Guitar Group came along and had everyone singing Christmas songs, carols and hymns. Week one was rounded up with a friendly visit from Margaret Mearns and she had all the residents singing and tapping their feet to her great choice of music.

Mark McCreadie visited the residents on Monday the 12<sup>th</sup> and was dressed up in a Santa Outfit. This more than anything pleased the residents. He had come prepared with a lot of new Christmas songs he had learned. After his performance Mark stayed on to have a chat with the residents and as usual a lot of reminiscing was enjoyed as well.

On Wednesday the 14<sup>th</sup> 16 of our residents appreciated and benefited from an outing to the Quay at Fisherrow for a festive Lunch. Some of the residents' loved ones came along to meet and join them. Good fun and food was especially enjoyed by all ..



Santa Alex and wife



The “Visitots” came along the following morning at 11am and what a delightful time everyone had. Our resident Santa (Alex Graham) was on duty to engage in conversation and hand out gifts to the wee ones who I hasten to add thoroughly enjoyed telling Santa what they wanted for Christmas. Rudi played hide and seek with him as well, and Freddy kept giving him his biscuits. Rachel warmed to Santa once she had her present and kept going back to talk to him. The residents anticipate so much to seeing the wee ones and they are very much cherished by them all.

The residents’ afternoon was enriched with a visit from a super duo from Music in Hospitals called “A Fyne Pair”. Everyone that could sing sang and the banter between the residents and performers was amazing.



Friday the 16<sup>th</sup> was a day to catch up with a Xmas TV movie. Freshly made Pancakes and syrup from our resident chef Kryz. Drinks and nibbles were enjoyed throughout that day as well.





**S**ixty seconds with this month's staff member  
**Eileen  
Rutherford**



Q. When did you start in Spring Gardens?

A. **1989**

Q. What is your favourite part of the job?

A. **Everything, Caring, being part of a team and helping people**

Q. What is the worst part of the job?

**When residents Passover after I have cared for them a long time also when work colleagues leave after working with them for a long time**

Q. What do you do in your spare time?

A. **Doing housework and also meeting up with friends for lunch**

Q. What kind of holidays do you like?

A. **Sunshine holidays in Spain and holidays in Yorkshire to visit my family**

Q. What is your favourite drink?

A. **Coffee/ tea/ Bacardi/Vodka (but not in that order) HaHaHa!!!!**

Q. What is your favourite food?

A. **Italian or Chinese**

Q. Tell us something we didn't know about you!

A. **I'm a good knitter!! I would have liked to have been a rock star (lol) I do really like Meat Loaf and Rod Stewart**



When the Pantomime came to the Home the festive atmosphere was lifted yet again. There was a lot of laughter from the residents who seemed to get right into the spirit of what Pantomime is all about. The odd naughty joke was well received by quite a few....Oh!..Yes it was!!!!

This day wasn't finished yet!!! As you know Christmas can bring a mixture of emotions and just before tea, along came Avril with the whole of the Sunday school children and their parents and other family members with their lanterns and more .....Christmas Cheer. The minister and the group sang Christmas carols to us and wished everyone a very "merry Christmas" A sense of togetherness was experienced and relished by one and all. Afterwards a lot of residents expressed how they love to see and hear the young ones singing. A few residents were tearful but in a joyful and heartened way.

At last Christmas  
Week...



Our theme for our afternoon tea on Monday 19th was "A cup of Christmas tea". The residents liked and enjoyed a fayre of sandwiches, homemade cakes and mince pies. The best china was out and the tables were set. Dorothy our fitness guru was our guest of honour and she and the residents took pleasure from listening to the "Cup of Christmas tea" story, before the Christmas quiz and singalong. "That was a nice afternoon. I thoroughly enjoyed myself. Thank-you for inviting me" said Dorothy before she left.





The Christmas Party on Wednesday 21<sup>st</sup> was once again well organised with a lot of thought and preparation. The challenge to have fun creatively and provide the right atmosphere, was quite successful this year. Special thanks to the staff, friends and relatives who took part in “decorate a Snowman or Xmas Tree.” The pictures can tell the story of the fun that was had!!!!!! Once Again a delicious buffet was made and was immensely enjoyed by the residents and family members. Thank you to Krys for a lovely buffet table.

Thanks to my friend Ann Rolland I was able to establish and make contact with Kim Wong who has 2 daughters aged 15 and 18 and play the harp. Because the girls were on holiday from school they were able to come along and give the residents an hour long concert on Thursday 22<sup>nd</sup>. What a wonderful afternoon it turned out to be. The girls took it in turns to play the harp and enhanced the residents’ afternoon with a lovely mixture of Scottish, Christmas, classical and jazz medleys. After they finished they asked the residents if they wanted a try at the harp..

A few residents did and thought it was a wonderful experience.

There is quite a lot of preparation that goes into Christmas and we finished our events with a lovely peaceful candlelight carol service on Friday the 23<sup>rd</sup>. Our residents enjoy reflecting on

Christmases past and thinking about those no longer with us.. This years candlelight service was in our newly furnished sitting room and the ambience was created with soft lights, flameless LED candles and of course the lights from our xmas tree. They enjoyed singing carols and lighting a candle for their chosen loved one. A wee sherry and mince pie was well enjoyed afterwards and nice quiet conversation





## **At last Christmas day!!!!**

To the fabulous staff that worked over Christmas and made all the residents

Christmas special.....thank you so much, Santa Jodie, once again was adorably, affectionately amazing.

All the residents said how much they appreciated the staff making them feel particularly individually special and the attention that was given to them was exceptional.

Lastly the showstopper for Christmas was the Christmas dinner.

Describing words used from residents were....

Tasty...  
delicious...  
beautiful, full of  
flavour, lovely.

Thank you to Chef Keith for a Cracking Christmas Day Dinner







# Residents' Corner



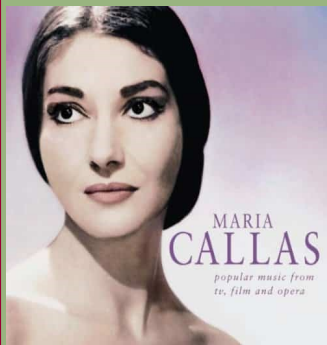
**T**his month's story is about Mr Douglas Crombie who was quite happy to tell me his lovely life story. Although Douglas has only been with us since August he told me how he really feels very settled in and amongst his New Family. Born in the Fountainbridge part of Edinburgh in 1935 he was an only son to Elizabeth and Robert Crombie. Douglas attended Tynecastle primary and High school. At the age of 15 he left school and got a job in the Co-op where he worked until the age of 50. After that he got another job working in the National Galleries as a warden until he retired at the age of 50. He met his partner Henry whilst standing in the queue at the ABC Regal in Lothian Road. They started talking about the film they were going to







# Residents' Corner



to see and decided to have a coffee afterwards. Douglas said "I had a wonderful and good life with Henry for 50 years and think about him everyday".

They enjoyed holidays abroad over the years. Spain was their favourite place and they would visit there for three weeks at a time to soak up the sunshine.

Concerts at the Usher Hall to see Maria Callas and Douglas' favourite ever singer Joan Sutherland.

Their family was their beloved pet dogs a Labrador called pippa and wee terrier whom Douglas can't remember the name of as he has memory problems.

Douglas told me he really likes when the Pet therapy comes in to visit as it reminds him of his wee dogs.

After our conversation Douglas said "I like being here at Spring Gardens as it is nice and homely and everyone has been so nice to me"





On the 1<sup>st</sup> Anna  
On the 2<sup>nd</sup> Chris Jennings



Hamilton



And on the 3<sup>rd</sup>

Norman Macleod



a star



a bell



a candy  
cane



a Christmas  
decoration



a Christmas  
tree



holly



a wreath



a stocking



a Christmas  
card



a present



a ribbon



wrapping  
paper



Christmas  
lights



Santa Claus



a sleigh



a reindeer



a fireplace



an elf





## JANUARY EVENTS

Monday 9<sup>th</sup> Library visit

Wednesday 11<sup>th</sup> Avril's singalong.....

3pm Read Aloud

Thursday 12<sup>th</sup> Maria's music for Health

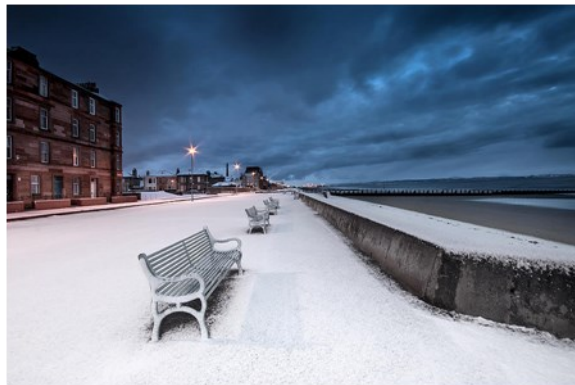
Wednesday 18<sup>th</sup> Golden Oldies outing at James Pringles

Wednesday 25<sup>th</sup> Special Rabbie Burns Lunch

2pm Neil Robertson singalong

(28<sup>th</sup> – 2<sup>nd</sup> February Chinese New Year)

Monday 30<sup>th</sup> January Special Chinese New Year Tea



*Mary*

**Mary Macleod**  
**Registered Manager**

*Maureen*

**Maureen Thomson**  
**Social Care Coordinator**