



Abercorn Nursing Home Newsletter

Autumn



October Tapestry

Roses pink and crimson where the yellow flowers nod. Fading leaves of vine and creeper, amber, flame and red, glorious and lovely is the scene at Summers end, fruits and flowers and berries into glowing colours blend. This I shall remember when the days turn grey and cold: this gay October tapestry of beauty rich and bold.

Patience Strong



Autumn 2017 Newsletter



Welcome to the Autumn Newsletter.

Staff News

Since our last newsletter we have commenced our redecoration of both the dining area and back lounge. The carpet has also been lifted and new flooring will be laid and I wish to thank residents, relatives and the staff for their patience during this time and we will hold our relatives meeting in the very near future. We have wished a fond farewell to Staff Nurse Louise Doyle and wish her all the best but we are delighted to welcome Staff Nurse Patricia Smith to the role of Deputy Manager in Abercorn. Staff Nurse Alison Cavander has also joined us as a permanent member of staff.

Staff Training

Staff continue with mandatory training and recently staff have completed Fire Training with a specialist in Viewpark Nursing Home with scenarios being used that are relevant to Abercorn. Staff have also attended moving and handling training at the Thistle Foundation and there is a rolling programme of in house training with Social Care TV.



Autumn 2017



Chef Brian and his delicious pancakes

Pancake Recipe

Ingredients for Pancakes

200g Flour , 3 teaspoons of baking powder, 1 teaspoon of salt, 1 tablespoon of caster sugar, 300ml of milk, 1 egg and 50g of melted butter

Method

In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the centre and pour in the milk, egg and melted butter, mix until smooth. Heat a lightly oiled frying pan over medium high heat. Pour or scoop the batter into the pan, using approximately 4 tablespoons(60mls)for each pancake.

Autumn 2017



We joined residents from Viewpark to visit Portobello and Joppa Parish Church to participate in the coffee morning for Macmillan Cancer Support Mrs Kate Robinson, Rosa and Frances all enjoyed home baking and a chat.



Mr Joe McPherson, Mrs Lesley Morisetti, Miss Betty Gill, Mrs Mary Bell, Mrs Elizabeth Wilson, Mrs Kate Robinson and Mrs Eleanor Murray all tuck in when we warmed up a cold day by having an afternoon tea with Brian's legendary pancakes, a firm favourite with both residents and staff We enjoyed blueberry, plain with butter and jam and a new creation caramac very sweet but delicious.



Autumn 2017

Luminate October 2017

The month of October is the month of Luminate, Scotland's creative ageing festival running from the 1st to the 31st of October. This is its 5th year and the festival features many creative activities bringing all generations together and hopefully proving that we don't have to slow down as we grow older, one event which we were unable to attend was clog dancing perhaps a blessing in disguise!



Mrs Kate Robinson and Diane at the Luminate Tea Dance at the Festival Theatre along with Miss Betty Gill and Mrs Lesley Morisetti who both enjoyed the fayre and chatting to the Theatre staff



October 2017



Maria, Music for Health joined us on the 5th of October for an afternoon of movement, singalong and a music quiz. Mrs Kate Robinson, Mrs Gladys Falconer, Mrs Rena Lockhart and Miss Denise O'Donnell all joined in.



Fun With Costume at the Portrait Gallery is one of the workshops we enjoy attending and as we toured the Gallery Mr Joe McPerson was happy to try on a frill collar popular during the time of Mary Queen of Scots, Mrs Ann Forbes listened to the talk from staff.

On the 18th of October we welcomed a new entertainer to the home by the name of Darren and safe to say he was very well received with residents and we all enjoyed a singalong and some reminiscence with Darren.



Mrs Gladys Falconer had been reminiscing about walking along the prom and through Portobello with her husband Andrew, something that they did often as they lived locally and after wrapping up warmly we had a lovely walk and a cone on the prom.



October 2017



Wall hangings from Quilt and quilters display



Mrs Mary Wood admires one of the many quilts on display and she and Mrs Lesley Morisetti enjoy a rest and a welcome cup of tea and cake.



Mrs Eleanor Murray and Mr Joe McPherson enjoy the afternoon along with residents from Viewpark.



Continuing with the theme of Luminare we attended a show called "Step into the Parlour" at the Portrait Gallery where singer Michelle Burke and pianist James Ross gave a performance inspired by Michelle's childhood memories set in a parlour setting.

The following day we were at The Studio at Potterow for a We Can workshop which included lunch, exercise and an art class.



Miss Betty Gill and Mrs Lesley Morisetti chat to Janet and Marion from Viewpark



Lesley loves dancing and Miss Betty Gill studies her art work



October 2017



Doughnut Trivia

The largest doughnut ever made was 16 feet in diameter and weighed 1.7 tons! Per capita Canada has more doughnut shops than any other country. Adolph Levitt invented the first doughnut machine in 1920 .



Mrs Mary Wood



Mrs Kate Robinson



October 2017



Here in Abercorn we do enjoy an afternoon tea and one of our favourites is doughnuts so we decided to treat ourselves. Miss Denise O'Donnell, Mrs Eleanor Murray, Mrs Mary Bell, Mrs Gladys Falconer, Mrs Mary Wood,

Miss Betty Gill and Mrs Lesley Morisetti all said the doughnuts were delicious and it was clean plates all round. We look forward to National Doughnut Day next year!

Crafting in Abercorn

Our residents enjoy crafting in the dining room.



Mrs Mary Wood, Mrs Kate Robinson, Mrs Gladys Falconer, Mrs Eleanor Murray, Miss Betty Gill, Mrs Rena Lockhart and Mrs Lesley Morisetti enjoy painting Autumn leaves and making trinket boxes with a butterfly theme along with a glass of sherry and chocolate.



Margot, Butterfly music also visited and residents enjoying the singalong included Mrs Thora Stephens, Mrs Rena Lockhart, Miss Betty Gill and Mrs Lesley Morisetti.



Autumn 2017



Mrs Pat Young's granddaughter Lauren is currently training to be a beauty therapist and kindly joined us the day before Halloween to paint residents nails. Here she is with Mrs Kate Robinson and Miss Betty Gill.



Mrs Gladys Falconer and Mrs Eleanor Murray enjoyed tea and After Eight mints whilst they waited to go to "the nail salon"

Autumn 2017

Halloween



Diane joins Mr George McPherson, Mrs Lesley Morisetti, Miss Betty Gill, Mrs Gladys Falconer, Mrs Mary Wood, Mrs Eleanor Murray and Mrs Kate Robinson for a spooky afternoon tea with a Halloween quiz and chilling tunes.



Lisa and Martin from Viewpark visited us on Halloween Mr George McPherson, Mrs Gladys Falconer, Mrs Mary Bell and Mrs Mary Wood all enjoyed the afternoon.



November 2017

We have our hairdresser Audrey who visits every Wednesday morning leaving us with some very glamorous ladies



Mrs Lesley Morisetti



Mrs Eleanor Murray



Miss Denise O'Donnell



Mrs Gladys Falconer

Autumn 2017



On the 2nd of November we had a visit from the Cats Pajama's company with their production of High Society. Residents gathered in the front lounge and all said it had been a great show. Mrs Eleanor Murray, Mrs Rena Lockhart, Mrs Margaret Douglas, Mrs Elizabeth Wilson, Mrs Kate Robinson and Mrs Gladys Falconer all listen intently as the story is told.



Miss Denise O'Donnell and Mrs Rena Lockhart join in the music and dance when we were joined by Maria, Music for Health, we also enjoyed a music quiz and singalong. We also regularly welcome Bill Robertson on keyboard.



One of our first outings in our company car was to Musselburgh Harbour and Mr George McPherson said it was lovely to see the boats as one was called The Osprey which was also the name of a vessel he had skippered during the time he was working.



November 2017



On the 8th of November we had an outing to Aberlady Kirk to visit the display of 6000 poppies to mark remembrance and the 100th Anniversary next year of the end of World War One.



In Flanders fields the poppies blow
Between the crosses, row on row
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

John McCrae (1872-1918)

November 2017

Aberlady Parish Church had poppies both to the front of the church where the display was 40 foot long and 11 foot high and children from the local school had also made poppies which were in the graveyard and surrounding trees. Inside the display continues and although the majority of the poppies were made by the Aberlady Craft Group there were contributions from all around the world. Knitting of the poppies started in January this year and acrylic wool was used to ensure they were not damaged by the weather, it certainly was a beautiful and thought provoking display.



Miss Betty Gill in the grounds of Aberlady Kirk, Diane, Julie, Miss Betty Gill, Mrs Lesley Morisetti and residents from Viewpark Marion and Helen all admire the display .



Miss Betty Gill and Mrs Lesley Morisetti



November 2017



Mrs Lesley Morisetti , Mrs Mary Wood and Miss Betty Gill all wrapped up warmly to enjoy a walk along Portobello Promenade on a sunny but cold afternoon in November.

BIRTHDAY LADIES



On the 8th of October Mrs Mary Hoggan celebrated her birthday



Miss Denise O'Donnell followed on the 15th of November

November 2017



Appropriately enough on Tuesday 14th of November we welcomed the “Tuesday Crew” a group of 4 volunteers from the Seagull Trust, the group who run the barge trip at Ratho. They are very popular in care homes all over the Lothians raising funds to ensure that the barge trips on the Union Canal can continue. All of our residents said they were great with Mrs Kate Robinson commenting that “they were the best show we have ever had” and we hope to welcome them back in 2018.



Miss Mary McLean, Mrs Mary Bell, Mrs Kate Robinson, Mrs Elizabeth Wilson, Mrs Lesley Morisetti, Miss Betty Gill and Mrs Mary Wood all had a lovely session singing and playing instruments including ukulele's, maraca's and tambourines.



Autumn 2017



La Traviata is the most famous opera in the world, it is based in Paris with the famous courtesan Violetta and her great love Alfredo. However, it is a tragic love story destined to come to a heartbreaking end with the untimely death of Violetta.



Life without love is a meaningless story.
Love is the answer, the power and the glory.
Love is the lamp on the untrodden road.
Lighting the way to the heart's true abode.

Patience Strong

November 2017

To finish off this Autumn session a few ladies requested to go to the showing of La Traviata at the Festival Theatre



Mrs Eleanor Murray, Mrs Lesley Morisetti and Miss Betty Gill eagerly await the start of La Traviata

To finish off this Autumn session we had a visit from Margo, Butterfly music and a slide show with David from Seagull Trust. The residents were fascinated to hear him speak about the barges used by Seagull Trust and to hear about their patron Princess Ann who receives regular up dates. They are about to enter a busy time as they commence the Santa cruises loved by both young and old.



Santa Claus getting his presents ready for the cruise on the Union Canal which is a great success with the youngsters and the Princess Royal, Princess Ann admires and takes great interest in the running of the Seagull Trust barges.



November 2017

Letter to Relatives

Once again we have continued with a busy and varied programme throughout Autumn and have so far managed a couple of trips out in our new company car including one to Aberlady Parish Church which is featured in our newsletter. December is so far looking like being a busy month and we begin in earnest next week with making Christmas cards and hope to begin our Christmas Carol practise resurrecting the Abercorn Angels. I plan to arrange a visit from the parishioners from St Phillips Parish Church to sing carols in the run up to Christmas and you are all welcome to come along to our Christmas Party on the 22nd. At the moment we are in the throws of our back lounge and dining room being decorated and residents are being very patient and are eager to hear daily update's on its progress. I am happy to report that it has not impeded our activities or visits from our regular entertainment and an afternoon tea is planned to celebrate its completion. As always your views and suggestions are welcome.

Warm Regards Diane
Henderson
Activities Coordinator

November 2017



Dates for the Diary

- 13th December - La Fayette storytelling session with the Festival Theatre in the Front Lounge
- 14th December - Christmas Service with Rev George Cruickshank
- 15th December - Pantomime in Abercorn 1pm Cinderella
- 22nd December - Abercorn's Christmas Party
- 28th December - Trip to Brunton Theatre for Pantomime Beauty and the Beast

Heather Hackland and Diane Henderson

Manager and Activities Co-Ordinator