



# Spring Gardens Care Home Newsletter



*Spring 2018 Newsletter*



**“It doesn’t matter  
where you go in  
life as long as you  
go to the beach”**

**Anon**



Carol, Kasia and Lynsay



Watching sports day



Out for a stroll

Hello everyone and welcome to our latest newsletter, the 3rd this year, all of which we trust has kept you informed of all the activities to date. We also hope you have been enjoying this unexpected good weather, with all this sun around we have been out and about even more than usual.

Our residents certainly don’t have to go far to enjoy a day at the beach, as you will see from the pictures, we have enjoyed everything on offer from dipping our feet in the water, watching people metal detecting, walking their dogs, children having fun and taking part in their school sports. We also met old friends, made new friends and appreciated the occasional ice cream or ice lolly.

As we approach the summer solstice we hope you will enjoy reading about what we have been up to since the last newsletter.

## **Staff News**

A warm welcome to our new support workers, Cher Hunter who previously worked in Abercorn Nursing Home, Gail Nisbet and Angela Jones who are both new to Spring Gardens and Abercorn Care Limited, welcome to the team!

Congratulations to Shelley Edmond who was recently promoted from support worker to senior care—well done Shelley!



Residents enjoying the Barge Trip



Seagull Trust Ratho Barge

So far we have had 2 trips on the Ratho barge and both times we have been extremely fortunate with the weather. The crew both times have been very helpful and kind and also very informative of the local knowledge. Just as well, as a few residents asked a lot of questions about the area. Our first outing was on the 10<sup>th</sup> May and the residents enjoyed an afternoon tea whilst aboard and everyone thoroughly enjoyed the day and were very complimentary and appreciative of all the scenery and wildlife.



Our 2<sup>nd</sup> trip was on 7<sup>th</sup> June and the weather was fantastic allowing us to sit outside the whole trip and enjoy a leisurely afternoon tea. The crew was Willie and Robin and they had wonderful stories to tell which the residents enjoyed. We saw 7 young cygnets which must have just been born earlier that week and also on show were some ducklings with their mother. The ladies enjoyed a wee singalong with Mary Phair who for 98 years old has an amazing repertoire. It was a pleasure to have shared such nice company on the barge trips.





*A sumptuous afternoon tea in the drawing room*



## *Afternoon Tea at Carberry Tower*



Thanks to a wonderfully generous donation we were able to indulge ourselves with a sumptuous afternoon tea in the glamorous surrounds of the estate Carberry Tower.

At a resident meeting it was wholeheartedly decided that some of this money should fund an extravagant afternoon tea. As Carberry Tower is quite near by it was the perfect option and what a great choice!!!

On the morning of the outing, staff and I helped the residents with their makeup and hair as well as their choice of outfit and everyone was delighted to be all dressed up for the day.

For those who aren't aware Carberry Tower is a mansion house set in 35 acres of landscaped estate parkland, it is owned by a private couple whose rich and deeply meaningful relationship with Carberry tower began during childhood.

16 of our 18 residents chose to attend and were taken by 2 mini buses as well as the company vehicle. We were welcomed by a very helpful manager and attentive staff who, escorted us up the stairs in the lift, through the library and into the drawing room where we sat on comfortable couches and chairs for our afternoon tea. They say that one of the great luxuries in life is a sumptuous afternoon tea in elegant surrounds.



A Carberry Tower  
Afternoon Tea



*Afternoon Tea at Carberry Tower*



We had what they boasted about, steaming coffees and infused teas, fresh homemade scones with fresh cream and jam, the finest selection of crustless sandwiches, opera cakes and other homemade delicacies, a fresh sorbet bringing a magnificent final flourish to the whole affair. And since indulgence is at the heart of every truly excellent afternoon tea, a chilled glass of prosecco. Past guests of Carberry Tower have been the Queen and the Queen Mother. It was a truly luxurious experience enjoyed by all!

Some of the residents went for a walk around the estate and others were happy just to sit outside in the glorious sunshine enjoying the stunning gardens.

What a wonderful day we had in lovely peaceful surroundings with an attentive manager and helpful staff.

At this point we would like to thank our own amazing team Kasia, Shelley, Sam, Lynsay for their kindness and helpfulness on the day, and Derek, Sheila and Linzi who helped the drivers. What a team!!



## May Day

*Ditty by Della Hodgson  
James*

May Day is coming  
when all will be gay,  
'Twil be fun and  
frolic  
all the live, long day.  
Flowers in the green  
woods  
in the orchard, too,  
Leaflets are growing  
everything so new.

May, May, May  
May, May, May,  
May, May, May  
Is that all that I can  
say

May day is coming  
May Day is here,  
the very happiest  
day  
of all the glad new  
year.

Call me early,  
Mother  
Call me early, pray.  
For we must crown  
the King,  
The King, and Queen  
of May.

## May Day Celebrations



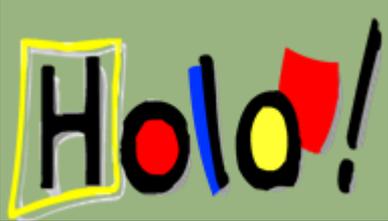
Once again in Spring Gardens we started the merry month of May with our traditional May Queen day with an afternoon tea and all the merriments and gaieties that it brings.

Elizabeth Jamieson was the chosen Queen and she relished and enjoyed all the fun and frivolities the day brought. We even managed a bit of dancing around the maypole with all thanks to Sheila and Brandon for helping decorate the room.

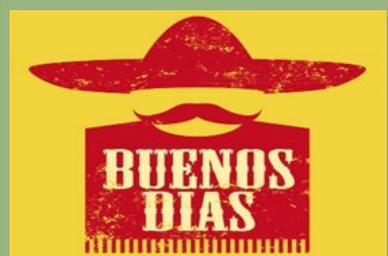




Did you know the 3 most common languages in the world are Mandarin Chinese, Spanish and English?



Michael and Spanish Chef Louis



### Lingo Flamingo



Residents were invited to a language taster session, there was the choice of learning either French, German, Spanish or Italian. During a consultation it was decided that Spanish sounded good, residents felt it also evoked memories of holidays to Spain and Tenerife. The course runs for 10 weeks at a relaxed pace allowing residents to enjoy learning a new language as well as having an insight into Spanish culture.

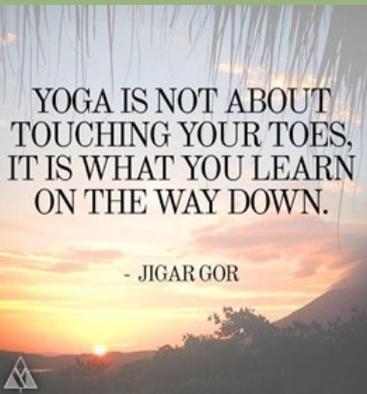
Currently 5 residents are now meeting regularly in the conservatory on Thursday mornings at 11 am. Their tutor is a lovely warm hearted young Spaniard called Javier. Following the class Javier spends time with Michael, who is fluent in Spanish and really enjoys the opportunity to brush up on his Spanish. To date the residents have been learning how to greet one another as well as discovering Spanish food and music.





# Kundalini Yoga Long Time Sunshine Song

May the long-time  
sun shine upon  
you,  
All love surround  
you,  
And the pure light  
within you,  
Guide your way on  
Sat Nam.



## Yoga with Lesley

The yoga group continue to make good progress and are going from strength to strength with their teacher Lesley. Lesley focuses on health and wellbeing and not about how much residents are doing, it is also a quiet time to enjoy meditation and music.

Like the Spanish group the residents enjoy the calm atmosphere of the conservatory however if the weather cooperates first choice would always be outside in the garden. Residents comment on how the class “helps with my breathing” and “feel it improves my mobility and strength”

In Kundalini yoga the class is completed with the “long-time Sunshine” song and the group are word perfect managing to inhale and exhale at the same time. Well done to everyone who takes part!





Mary and her Church Elder taking Communion in the garden.



Ella enjoying an ice cream



"I like dining al fresco!"  
**Helen.**



Carol setting the table



### Out and About

Meeting friends from our sister home Viewpark in Abercorn Park, enjoying the sunshine and people watching at the beach.





**Catching up with old friends**



A visit from Senior Carer Siobhan, her son Olly and baby Nala.



Siobhan and Olly introduce Nala to the residents.



***Out and About***

Watching the 72<sup>nd</sup> Annual Taxi Trade Children's outing and getting soaked!



***The Gardening Club***

The gardeners get to work planting some new additions to the courtyards raised beds.





## Meet the Staff

### Chiara Donadello—Support Worker

Chiara is from Vicenza, located in the Veneto region of Italy, in its own province (the *Provincia di Vicenza*). It's a medium-sized town, with a population of 110,000. There has been a settlement here right back into the depths of history and remains of the Roman town can still be seen.

Q1. How long have you worked in Spring Gardens?  
**10 Months**

Q2. What's the best part of your job?  
**I love the interaction with all the lovely residents and also my colleagues at work**

Q3. As a child what did you want to be when you grew up  
**My grandparents had a farm and I spent all my holidays and after school time there. I wanted to be a farmer like my grandfather**

Q4. What do you do in your spare time?  
**I love to meet up with friends and shop or eat out. I also love to read or watch Netflix**

Q5. Your favourite 3 course meal would be?  
**Avocado on toast with poached egg and salmon, proper Italian pizza and then cheesecake Hmm!!**

Q6. If you could visit one special place where would it be?  
**It has to be Italy. It's very special to me.**

Q7. Do you have a pet?  
**Yes. I have a Westie called Scott. My parents look after him in Italy, I miss him very, very much.**

Q8. Tell us something we wouldn't know about you!!  
**I was with my ex-boyfriend for 10 years and engaged to him for 4 of these years before we split up.**

Q9. What song would you sing at a karaoke?  
**I love listening to Madonna and my favourite song is "like a virgin" I would sing that!!!!**



## Upcoming Events:

Wednesday 27<sup>th</sup> June at 11am in the dining room  
"The Cabaret Boys"

Monday 16<sup>th</sup> July at 2.30 pm an Afternoon Tea with Margot Falconer

Thursday 19<sup>th</sup> July The Ratho Barge "Tuesday Crew" Guitar Group

Monday 23<sup>rd</sup> July 2.15pm in the Sitting Room Historian Roy Johnstone "Cuban Missile Crisis"

Thursday 26<sup>th</sup> July 2pm in the Sitting Room Music and song from Liz McEwan

Thursday 16<sup>th</sup> August Afternoon Sail with the Ratho Barge

Annual Strawberry Tea Saturday 14<sup>th</sup> July at 2.30pm

## Our day at the beach

Never ones to miss an opportunity to take advantage of the good weather, after all the beach is on our doorstep!



*Karen*

*Karen Bravin*  
*Registered Manager*

*Maureen*

*Maureen Thomson*  
*Activities Coordinator*