



Viewpark Care Home Newsletter



Spring 2018 Newsletter



Spring

www.viewparkcarehome.com

After the Winter

Some day, when trees have
shed their leaves

And against the morning's
white

The shivering birds beneath
the eaves

Have sheltered for the night,

We'll turn our faces
southward, love,

Toward the summer isle

Where bamboos spire the
shafted grove

And wide-mouthed orchids
smile.

And we will seek the quiet hill

Where towers of cotton tree,
And leaps the laughing crystal
rill,

And works the droning bee.

And we will build a cottage
there

Beside an open glade,

With black-ribbed blue-bells
blowing near,

And ferns that never fade.

By Claude McKay



Welcome to the Spring Newsletter.

Staff News

We would like to welcome George Dickson who worked as a Support Worker in Abercorn Nursing Home. George has joined us as a Support Worker in Viewpark.

We would like to say farewell and all the best to Heather Gibson, Senior Carer who left us at the beginning of June. Heather has taken on a new role at a Care Home in North Berwick.

We would also like to say congratulations to Caitlin Blair who has recently been promoted to Senior Carer. Well done Caitlin!

Also, a congratulations to Kerry Ferrier, Support Worker. Kerry gave birth to a healthy baby boy on Saturday 9th June 2018. We look forward to meeting baby Dylan soon.





**One-pan salmon
with roast
asparagus**

Ingredients;

400g new potato

2 tbsp olive oil

8 asparagus spears,
trimmed and halved

2 handful of cherry
tomatoes

1 tbsp balsamic vinegar

2 salmon fillets

Handful basil leaves

Method;

1. Heat oven 220c/fan
200c/gas 7. Tip
potatoes and 1 tbsp
of olive oil into an
ovenproof dish,
roast potatoes for
20mins until
browning. Toss
asparagus in with
potatoes and return
to oven for 15mins.
2. Throw in cherry
tomatoes and
vinegar and nestle
the salmon amongst
the veg. Drizzle
remaining oil and
return to oven for
10-15 mins until
salmon is cooked.
Scatter over basil
leaves and serve.

Yoga Class

The home now has a regular yoga class on a Thursday morning. The residents are relishing the new challenge. Some residents have attended yoga classes before and find it great to be involved again. The yoga class is taken by a lovely lady named Lesley who is also a professional dancer.



Trisha completes the Moonwalk,.....

Trisha Smith, Deputy Manager, completed the Moonwalk on Saturday 9th June. The Moonwalk is a charity event where participants walk 26 miles overnight. The Moonwalk raises money for breast cancer. Trisha walked around the streets of Edinburgh with her daughter and completed the 26 miles in just over 8 hours. Well Done Trisha!





Facts about the Harp

1. The Harp is one of the oldest instruments in the world dating back to 3000bc.
2. The Harp is Ireland's national symbol and it also features on the Irish beer Guinness.
3. With a range on 1 to 90 strings per instrument, the Harp can be classified into 2 main categories; The Frame Harp and The open Harp.



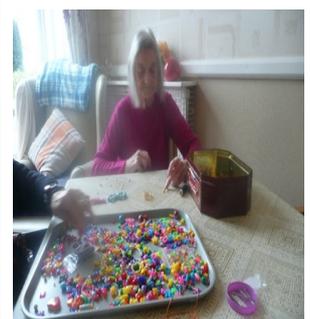
We Love Music

We do love our music in Viewpark. We have had recent visits from Margo Butterfly Music, entertainment with Maria, a harpist and her husband who played the organ came to perform, and our own Ian Watt gave us a little tune on the keyboard. Residents have also been enjoying watching concerts on DVD's, their favourite being Neil Diamond. The home has recently purchased more concert DVD's as the residents do like to have a wee dance and a sing a long.



Arts & Crafts

We continue on a regular basis participating in some arts and crafts. Recently the residents have enjoyed jewellery making, painting with watercolours, and also making items for events such as Easter and the Royal Wedding.





Trip to The Queensferry Crossing
Photos



Easter

The residents enjoyed a traditional lamb Easter Sunday lunch that was prepared by Jimmy the chef. All the residents received an Easter egg and Jimmy prepared some cakes too. Before Easter the residents got involved in making Easter bonnets and decorations for the home. The residents wore their Easter Bonnets as they watched the Easter Parade.





Birthday Celebrations

Resident who celebrated their birthdays since last newsletter are; Elizabeth Wilson, Jean Watson, and Elma Matthews. Residents celebrate their birthdays with a home made birthday cake within the home or with family. See a couple of pictures below of residents celebrating. Happy Birthday to you all!

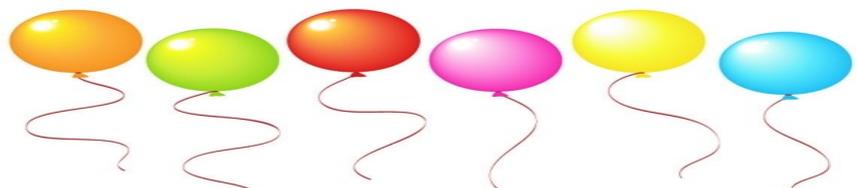


*Happy Birthday to you
Happy Birthday to you
Happy Birthday dear..
Happy Birthday to
you!*

★HAPPY★
BIRTHDAY!



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Barge Trip Photos



We enjoy being part of the Community

Towerbank School in Portobello had a near and far day. Residents went along and enjoyed the children singing. After the wonderful singing the residents were invited to the dinner hall to have refreshments. Tea, coffee, and home baking were on offer for all. The children gave residents fresh flowers when leaving the event. Thank you very much for having us Towerbank!



St. Mark's Episcopal Church in Portobello had a fair and coffee morning that we attended. The residents enjoyed chatting to the other people that were there and also of course the tea and biscuits.





**Apricot & Crème
Fraiche Eton Mess**

Ingredients;

- 6-8 apricots halved
- 2 tbsp apricot jam
- 2 tbsp dessert wine
- 100ml crème fraiche
- 150ml natural yoghurt
- 1 tbsp icing sugar
- 8 ready made meringues

Method;

1. Place apricots, jam, and dessert wine in a saucepan. Bubble for 2-3 minutes until syrupy. Divide between 2 pots or jam jars, leave to cool, then chill until ready to assemble.
2. Mix the crème fraiche, yoghurt and icing sugar, then pour over the apricots and chill until ready to serve. Take the meringues and crumble over just before serving.



Drew's Poems

Drew Strachan, one of our residents, is very interested in poetry and enjoys writing poetry too. Drew wrote a poem in April 1996 named "The Machair's Year". The poem consists of 12 parts one for each month of the year. Over the next 12 months we will publish the months the newsletter is covering. This newsletter we are publishing April, May and June.



April

The Spring floors staun like yalla staffs

The maisies poke their nebs frae neath a stane

Whilst tadpoles wriggle frae their jeelie rafts

And grasses tak greenery frae April's rain

May

The cannoch grass gies softness tae the cutty's lair

And yowes wi' weans spread ower the Machair's
sweep

Revelling in the warm, myrtle scented air

While laverocks and heather bleaters sing and cheap

June

Warm west winds gently sway long luscious grasses

Sought by the kye wi' wet snuffling noses

Bricht Saxifrage, clover and grass of Parnassus

A thousand sweet floors collected for posies.



Daisy Time

See, the grass is full of stars,
 Fallen in their brightness;
 Hearts they have of shining gold,
 Rays of shining whiteness.
 Buttercups have honeyed hearts,
 Bees they love the clover,
 But I love the daisies' dance
 All the meadow over.
 Blow, O blow, you happy winds,
 Singling summer's praises,
 Up the field and down the field
 A-dancing with the daisies.

By Marjorie Pickthall

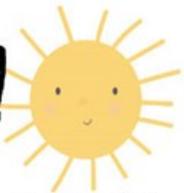


Trip to Newhailes

The sun was shining so we decided on the day to go out in the company people carrier for a wee drive. We ended up in Newhailes where we enjoyed a stroll around the National Trust area. The scenery was beautiful and to finish off the trip we had coffee and cake in the stable café.



Think Spring!



APRIL
 FLOWERS
 MAY
 SHOWERS
 SPRING



A I W S I S Z
 P F H P W H M
 R L O R J O A
 I O W S C R A C H W Y
 L W G N O E Q
 N E T G L R A
 M R W M J S S



HRH Prince Harry

Prince Henry Charles Albert David was born on the 15th September 1984 in St. Mary's Hospital London to Prince Charles, Prince of Wales and Lady Diana Spencer.



Meghan Markle

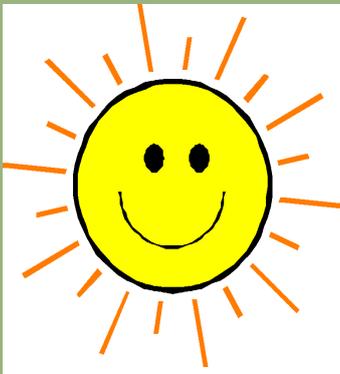
Rachel Meghan Markle was born on the 4th August 1981 in West Park Hospital Los Angeles to Thomas Markle and Doria Ragland.



The Royal Wedding

Prince Harry and Meghan Markle married on 19th May 2018 at 12 noon. The residents had a wonderful time watching the wedding on the television with a lovely cup of homemade soup. After the ceremony we had our own street party themed buffet, with wine and beer to toast the newly weds. The ladies had a choice to wear a fascinator or a little silver crown for the party.





5 things that make us happy.....

We went around the home asking 5 different resident and staff the 5 things that make them happy the most.....below are the responses.

Residents

Rosa—My Children, My Grandchildren, Dogs, My Childhood, & Friends.

Helen—Orkney, My Sons, Australia, Food, Watching TV.

Alice—Sunshine, My Friends, My Memories, My Mother, My Sisters

Millie—My Friends, Sunshine, Driving, My Husband, Pets

Nan—Dancing, Laughing, My Family, Travelling, Trinidad



Staff

Trisha—Gin, My Bed, My Grandchildren, The Dog, Holidays

Ashley—Shopping, Cinema, My Dog, My Friends, My Family

May—Money, Going out, Memories of Father, Sunshine, My Friends.

Caitlin—Food, My Dog, Driving, My Family, Sleep.

Michael— Football, Food, Trainers, My Family, Clothes.





Upcoming Events

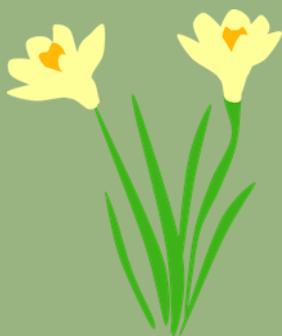
Fifa World Cup

14th June 2018–15th July
2018



Wimbledon

2nd July 2018–15th July
2018



Dates for Diary

Strawberry Tea Afternoon

Saturday 14th July from 2pm



Family & Friends Welcome



Please check weekly planners and notice boards for
upcoming events/activities.

*Julie Scott, Yvonne Craig, and
Liz Blair*

Activities Coordinators and Care Home Manager

Viewpark Care Home