



# Viewpark Care Home Newsletter



*Autumn 2018 Newsletter*



## **Autumn**

[www.viewparkcarehome.com](http://www.viewparkcarehome.com)

### **Autumn Song**

Now's the time when  
children's noses  
All become as red as roses  
And the colour of their  
faces  
Makes me think of orchard  
places  
Where the juicy apples  
grow.  
And tomatoes in a row.  
And to-day the hardened  
sinner  
Never could be late for  
dinner,  
But will jump up to the  
table  
Just as soon as he is able,  
Ask fir three times hot roast  
mutton—  
Oh! The shocking little  
glutton.  
Come then, find your ball  
and racket,  
Pop into your winter jacket,  
With the lovely bear-skin  
lining.  
While the sun is brightly  
shining,  
Let us run and play together  
And just love the autumn  
weather.  
**By Katherine Mansfield**

Welcome to the Summer Newsletter.

### ***Staff News***

We would like to welcome Karolina Tkaczyc who has joined us as a Support Worker on nights. Shirley Gauld, Staff Nurse, who has been working mostly on nights for two years will not be working during the day. We also welcome Staff Nurse, Lesley Cowans who will start in December to cover the night duty.



### ***Staff Training***

Over the next few months staff will be involved in the following training;

- SVQ 2 & SVQ 3
- Fire Training
- Hearing Aid
- Moving & Handling
- Dementia Training
- Venepuncture





## Autumn Coleslaw

### Ingredients;

- Handful mixed seeds
- 4tbsp low fat natural yoghurt
- 3tbsp mayo
- 2tbsp Dijon mustard
- 3tbsp chopped parsley
- 1 grated celeriac
- 3 grated carrots
- Half red cabbage thinly sliced
- 2 thinly sliced eating apples

### Method;

1. Heat the pan and add seeds. Lightly toast on medium heat. When slightly brown, splash in tamari and toss seeds about. Pour out of the pan and reserve.
2. Mix yoghurt, mayo, mustard and parsley. Pour over veg and apples, toss through and season. Sprinkle over seeds and serve.



## *McMillan Coffee Morning*

Rosa Stevenson, Jean Watson and Janet Graham attended the McMillan Coffee Morning at Joppa Parish Church with residents from Abercorn Nursing Home. The McMillan Coffee Morning is an annual event that takes place to raise money for cancer charities. The residents made donations and had some coffee and cake. Cakes were also bought and taken back to the other residents back home.



## *Autumn Word search*

# Autumn

## WORD SEARCH

E	A	X	W	A	L	R	S	T	S	T	
T	K	W	Q	U	E	E	F	G	C	N	Y
F	B	O	O	T	S	F	A	E	I	D	L
H	A	E	A	R	C	I	L	S	K	A	I
M	F	E	O	E	A	P	L	S	C	S	E
A	W	H	H	E	P	U	M	P	K	I	N
S	I	H	K	A	R	B	E	T	P	R	D
E	A	A	N	E	Y	N	M	R	O	A	C
O	R	J	X	K	V	S	N	C	G	R	Q
H	L	E	A	F	S	C	A	R	F	I	O



SCARF  
TREE  
ACORN  
HAY

APPLE  
FALL  
PUMPKIN  
SWEATER

BOOTS  
RAKE  
PIE  
LEAF



## Halloween Facts

- The first lanterns at Halloween were believed to be made from turnips.
- The word witch comes from the old English wicce, meaning the wise woman.
- The largest pumpkin ever grown was in 1993 and was 836lbs.
- Halloween in Hong Kong is known as Yue Lan or the “festival of the hungry ghost”.
- Ireland is believed to be the birth place of Halloween.



## *Halloween*

We all had a “frightenly” good time for Halloween. In the morning we had some Halloween cake and coffee. In the afternoon we had a themed party with “terrifying” music while “dooking” for apples followed by a hot buffet. We had toffee apples to get our teeth stuck into and washed down with some “scarily” coloured mocktails. Then to finish of the day we had an evening of horror movies.



## *Keeping Active*

The residents continue to enjoy the exercises with Eileen on a Monday and attending yoga on a Thursday within the home. We also encourage for resident to get involved in other physical activities as in basketball (ball games), going out for local walks, dancing to music played via YouTube, and even going into the garden to help sweep up the leaves.





**Back Garden Photos**



*Cooking Sessions*

We continue to have regular cooking sessions with the induction cooking kit. We have lots of success stories, but we did have a disaster when attempting to make tablet! The residents found the failed attempt very amusing, everyone that was involved in stirring had very sore arms. We think we may try something a little easier next time.



*Upgrades around the Home*

Over the last few months we have had the living room and dining room redecorated and new curtains, lights fitted, and new chairs. The garden at the front of the home has been landscaped and the back garden has had all the paving upgraded. Everyone has said how wonderful it is and how much they really like all the work that has been done.



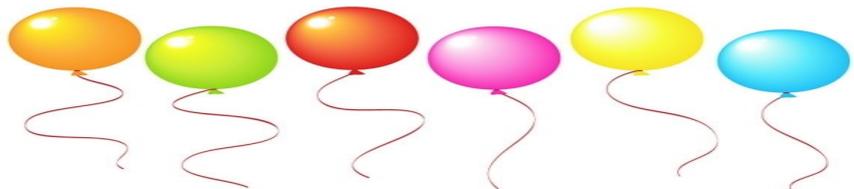


### *Birthday Celebrations*

Resident who celebrated their birthdays since last newsletter are; Marion Baxter, Janet Graham, and Marion Melrose. 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!

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





Poppy

O sweet scarlet poppy  
how strong do you grow

The earth has no filter  
flower I know

I see you in fields by  
roadside or lay-bys

Your seed is taken  
wherever the wind cries

And where they fall they  
make their sweet bed

And remind us all of Our  
Glorious Dead

They were found  
scattered among Flanders  
field

Where young soldiers  
lives gladly did yield

They speak of the horrors  
the hell of all war

The rivers of blood the  
guts and the gore

Sweet flower of the yield  
your legacy goes on

A symbol war of young  
lives that are now gone

O scarlet flower of  
delicate red

Reminder of our glorious  
dead.

By David Wood



*Remembrance Day*

A few residents got involved in making poppy decorations around the home for remembrance day. On remembrance Sunday the service was shown on the television in the lounge and the residents took part in the minute silence at 11am. This day is a day where everyone takes time to discuss what they know about the great war and time that they may have spent in the forces or family members who fought.



*Crossword*

1		2		3		4
	■		■		■	
5						
	■		■		■	
6						
	■		■		■	
7						

**Down**

- 1. Scam
- 2. Foreword
- 3. Adjure
- 4. Quisling

**Across**

- 1. Perspicacious
- 5. Inactivity
- 6. Idiom
- 7. Voter

Answers on last page.



## Drew's Poems

Drew Strachan one of our previous residents who died earlier this year was very interested in poetry and enjoyed 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.



We discussed with Drew we would publish his poems that cover the season the newsletter is covering. This time we will publish October, November, & December.

### October

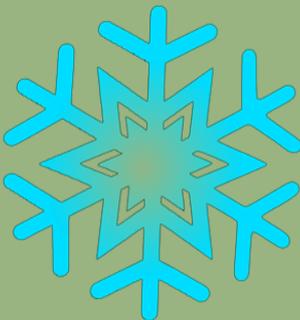
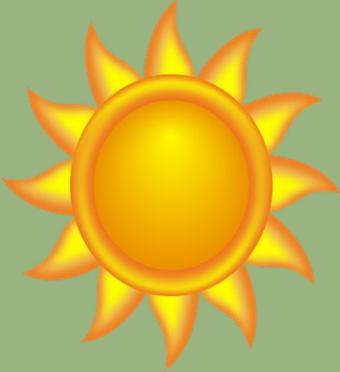
A clear licht on these shortening days  
The moor's ablaze wi'the low bricht sun  
Orange and scarlet like the warld was ablaze  
The summer birds head sooth on the run.

### November

Snell winds blaw doon frae Northern airts  
The land shrinks in tae it's winter bed  
Tups, loose, amang the skitterin' yowes  
The time o'year tae earn their bread

### December

The machair rests, a years work done  
Beneath a blanket o'thin white snaw  
Cooried in frae a weak pale sun  
Girdin' it's loins against the winter's blaw.





*Dates for Diary*

Scottish Ballet Cinderella—Thursday 13th  
December

Music in Hospitals—Friday 14th December

Christmas Party—Saturday 15th  
December.

*Also, there will be trips to Dobbie's, out for lunches and many more events/activities over the festive period. We have asked around the local community for choirs to come in a sing with the residents, dates to be confirmed.*



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

S	A	P	I	E	N	T
W		R		N		R
I	N	E	R	T	I	A
N		F		R		I
D	I	A	L	E	C	T
L		C		A		O
E	L	E	C	T	O	R

*Julie Scott, Yvonne Craig and Liz Blair*

*Activities Coordinators and Care Home Manager*

*Viewpark Care Home*