



# Spring Gardens Care Home Newsletter



## Autumn 2018 Newsletter



### Ode to Autumn

John Keats

Season of mists and  
mellow fruitfulness,  
Close bosom-friend of the  
maturing sun;

Conspiring with him how  
to load and bless  
With fruit the vines that  
round the thatch-eaves  
run;

To bend with apples the  
mossed cottage-trees,  
And fill all fruit with  
ripeness to the core;

To swell the gourd, and  
plump the hazel shells  
With a sweet kernel;  
to set budding more,  
And still more, later  
flowers for the bees,

Until they think warm days  
will never cease,  
For Summer has o'er-  
brimmed their clammy  
cell.

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Welcome to the latest edition of our Newsletter. Once again it will be a fairly packed newsletter, with various articles for you to enjoy with lots of pictures as well.

They sometimes say time flies when you are having fun and we certainly have had fun this Autumn with lots of events for the residents to enjoy.

We are pleased to inform you, Helen Knight has now been promoted to Deputy Manager. We wish her every success in her new post.

### Staff Training

We continue to invest in all our staff by offering a variety of courses in order to ensure our staff are up to date with current best practice and allowed the best opportunities to develop and progress within the company. Along with mandatory training courses which all staff must complete to maintain SSSC registration, a new group of candidates are about to embark on the SVQ3.

### Resident Update

We would like to take this opportunity to extend a warm welcome to our new residents, Betty Hamilton, Alan Kemp and Joan Capocci. We look forward to getting to know you all.





**Carol & Kai**



**Elizabeth, Marion & Kai**



**Elaine with her dog  
Charlie**



### *Resident News*

As you all know our residents do so enjoy seeing pets about the home. Twice a month Marion (Pet Therapy) brings in her two dogs for the residents to pat and pet.



Norman is a cat lover and had his wish granted with a visit from Cleo.

### *Entertainment*

In mid September we were very fortunate to have been able to have had a memorable visit from two lovely Shetland ponies called Wilson and Eduardo from Therapy Ponies Scotland. They arrived on a bleak and miserable September morning and were suitably attired for their home visit by wearing their best leather trainers and shoes. They were led around all of the home and met the residents on the upper floor by going up in the lift!!

Everyone enjoyed petting and stroking the ponies and some even had the ponies resting on their heads or on their knees. Wonderful memories were made that morning and we will forever remember Wilson and Eduardo. The residents' involvement with the ponies was amazing and the comments delightful. The pictures, overleaf, speak for themselves.



*Resident News*



“Oh, they are so lovable”



“Can we keep them in the home?”



“When will they be back? It was heart-warming to have them visit”





As you are all aware, we do many varied activities in Spring Gardens and the lovely residents pictured below like to keep busy even on a cold day with a little flower power!



Check the finished result as you enter into the hallway.



*The Joy of Cooking*

*Kathleen West*

One of the things that I'm  
most proud of  
Since I was very young  
Is learning to cook and  
enjoying it so  
And what a pleasure it  
has become

It started with egg  
sandwiches for Dad  
He liked one when he  
wanted a snack  
He said mine were the  
best that could be had  
I was proud to do  
something back

Mom taught me to season  
everything just right  
And all the tips she knew  
The soups and gravies,  
and cakes so lite  
The casseroles and the  
Irish stew

I've fed all my family and  
friends that I know  
And catered parties and  
festivals too  
And the joy that I feel  
can't help but show  
I love to nurture people  
with food!

The joy of cooking is  
something learned and  
shared  
And it unites the young  
and the old  
A lifelong love that can  
only be compared  
To a treasure more  
precious than gold!



Team Natural Born Grillers!

The residents like their bacon or black pudding roll mornings and are always keen to get involved in preparing and cooking these. Check the notice boards for the next one as all family and friends are welcome to join us for a roll and wee blether. Quite often our Operations Director, Carole, turns up when we are cooking these. I'm sure she can smell the bacon from her office in Viewpark Care Home!



Although the weather hasn't been too great the residents have still managed to wrap up warm and have their wee stroll on the prom either with staff or family.



## Visitots Halloween Visit

On the afternoon of Tuesday 30<sup>th</sup> October we welcomed a return visit from Zoe and the Visitots. We had a splendid Halloween visit with songs and dance not just from the wee ones but the residents as well. Kenneth, Betty, Carol and the mums danced to "Lets twist again" and had a fabulous time. Zoe and Rosie are now bringing their second babies for a visit and Alex is delighted still to sing and talk away to them.

### A Toddler's Fascination Melissa Irish

I remember just a  
small boy  
I'd see on most days,  
Getting out of the car  
I'd watch you walk away.

My nephew had an  
obsession  
Oh man why the high  
heels?  
I ask my little sister  
Hey now, what's the  
deal?

She tells me that she  
hides them  
And puts them all away,  
She tries to do it sneaky  
Hoping maybe they'll  
stay..

It's years now, those days  
are past  
We talk about it today,  
We'd laugh, because  
It' was just the noise  
they made!





**Skeleton Parade**  
**Anon**

The skeletons are out tonight,  
they march about the street,  
With bony bodies, bony heads  
and bony hands and feet.  
Bony, bony, bony, bones  
with nothing in between,  
Up and down and all  
around they march on  
Halloween.



**Resident News**

This year we celebrated Halloween with an afternoon tea party and an entertaining afternoon singalong with Jim Mackie.



Jim Mackie was 87 years old on his birthday and loves coming along to Spring Gardens with his own keyboard to play the old favourites for everyone.

A game of Halloween Bingo was enjoyed at the party and special thanks to Alan Kemp's family for helping the residents to play.





**Any Woman to a Soldier  
Grace Ellery Channing**

The day you march away  
let the sun shine,  
Let everything be blue  
and gold and fair,  
Triumph of trumpets  
calling through bright  
air,

Flags slanting, flowers fla  
unting, not a sign that  
the unbearable is now to  
bear,  
The day you march  
away.

The day you march away  
this I have sworn,  
No matter what comes  
after, that shall be  
Hid secretly between my  
soul and me  
As women hide the  
unborn  
You shall see brows like  
banners, lips that frame  
Smiles, for the pride  
those lips have in your  
name.

You shall see soldiers in  
my eyes that day  
That day, Oh soldier,  
when you march away.

The day you march away  
cannot I guess?  
There will be ranks and  
ranks, all leading on  
To one white face, and  
then the white face  
gone,  
And nothing left but a  
gray emptiness  
Blurred moving  
masses, faceless,  
featureless  
The day you march away.

*The War Singer*

We started the month of November by enjoying a small show from “Shoogly Road Productions” called ‘The War Singer’.

It’s a lovely love story from WW1 where a young 19 year old soldier called James meets the girl of his dreams whilst she was working as a singer in a nightclub. After a brief six hours together it is love at first sight.

Unfortunately he has to go and fight on the front line the following day. They confess their undying love for each other...the rest is continued in the storyline of the play! The residents had an amazing afternoon, sang along to every song and interacted with great enthusiasm.





## St Andrews Day

We ended the month of November with our St Andrews Day afternoon tea and had a few unexpected visitors turn up adorned with their tartan scarfs.

We scoffed some warm scones and indulged in delicious shortbread biscuits. The residents enjoyed wearing their pieces of tartan and a special mention to Joan and Carol who looked tremendous in their tartan skirts. To round up our terrific day we had a Chippy Tea from the local chip shop namely the “St, Andrews”.



Hannah, Joan & Nicola



Hannah & Lynsay



Betty & Elizabeth



Kenneth & Moira



Joan & Carol



New friendship—Helen & Ailsa



Surprise! Jimmy & Betty



Last word from Kenneth “I love it here. I’ve had a wonderful day and everyone is so good to me.”



Domestic Worker Steph



Support Worker Nicola



Support Worker Alice

### Staff Question Time

Support Worker Charise Hunter

Q1. How long have you worked in Spring Gardens?

Since May this year but have been with the company for 2 years.

Q2. What's the best part of your job?

Getting to know the residents and listening to their life stories.

Q3. As a child what did you want to be when you grew up?

A lorry Driver. My dad was a lorry driver.

Q4. What do you do in your spare time?

I like to play games on my laptop

Q5. Your favourite 3 course meal would be?

Anything and everything Chinese.

Q6. If you could visit one special place where would it be?

Heaven. To see my Ma.

Q7. Do you have a pet?

I have 3 cats called Bella, Scamp and Tango.

Q8. Tell us something we wouldn't know about you!!

I like to make silver wired jewellery.

Q9. What song would you sing at a karaoke?

Either Turn back time or the Shoop, Shoop Song by Cher



**I heard the bells on  
Christmas day**

Henry Wadsworth Longfellow

I heard the bells on  
Christmas day  
Their old familiar carols  
play,  
And wild and sweet the  
words repeat  
Of peace on earth, good  
will to men.

I thought how, as the day  
had come,  
The belfries of all  
Christendom  
Had rolled along  
th'unbroken song  
Of peace on earth, good  
will to men.

And in despair I bowed my  
head:  
'There is no peace on earth,  
' I said  
'For hate is strong, and  
mocks the song  
Of peace on earth, good  
will to men.'

Then pealed the bells more  
loud and deep:  
'God is not dead, nor doth  
He sleep;  
The wrong shall fail, the  
right prevail,  
With peace on earth, good  
will to men.'

Till, ringing, singing on its  
way,  
The world revolved from  
night to day  
A voice, a chime, a chant  
sublime,  
Of peace on earth, good  
will to men.



**Dates for Diary**

This years festive main events:

Thursday 6<sup>th</sup> December 2pm in the dining room  
**Bruce Davies—entertainer**

Wednesday 12<sup>th</sup> December 11.15am in the sitting room  
**“Visitots” Christmas visit with Santa**

Thursday 13<sup>th</sup> December 6.30pm in the dining room  
**Loretto Guitar Group**

Saturday 15<sup>th</sup> December 2.30pm in the dining room  
**Christmas Party**

Wednesday 19<sup>th</sup> December 2.30pm in the dining room  
**Festive afternoon tea with Margot Falconer (entertainer)**

Monday 24<sup>th</sup> December 6.30pm in the sitting room  
**“Candlelight Service”**

Tuesday 25<sup>th</sup> December 11am in the Sitting room  
**“Santa’s Surprise Visit”**  
1pm in the dining room **“Festive Dinner”**

There will be other musical and entertaining events from our usual entertainers throughout December and, the weekly calendar, will be on the notice board in the hall. As always please feel free to join us at any event.

*Karen*

*Karen Bravin*

*Registered Manager*

*Maureen*

*Maureen Thomson*

*Activities Coordinator*

*We wish you a very Merry Christmas, with love  
from staff and residents in Spring Gardens*