



SNOW

BY LOUIS MACNEICE

The room was
suddenly rich and the
great bay-window was
Spawning snow and
pink roses against it
Soundlessly collateral
and incompatible:
World is suddener than
we fancy it.

World is crazier and
more of it than we
think,
Incorrigibly plural. I
peel and portion
A tangerine and spit
the pips and feel
The drunkenness of
things being various.
And the fire flames
with a bubbling sound
for world
Is more spiteful and
gay than one supposes

On the tongue on the
eyes on the ears in the
palms of one's hands -
There is more than
glass between the
snow and the huge
roses.

Spring Gardens Care Home Newsletter

Winter 2019 Newsletter



A warm welcome to our first quarterly Newsletter of 2019. Our aim at Spring Gardens is to create a newsletter to share experiences and news within the home. All contributions to the newsletter are always welcome especially poetry, recipes, items and family reminiscing anecdotes.

Since our last newsletter we have enjoyed the favourable weather and have had many bracing walks to the park as well as on the Prom. We have also enjoyed shopping outings in the high street as well as Leith woollen Mill and the Range.

Staff Training

Staff will be undertaking the following training;

- SVQ Level 2 and 3 in Health and Social Services
- Moving and Assisting
- Person centred Care Planning



Burns Day



Whether the residents be in their own room or joining friends in the dining room, we at Spring Gardens always endeavour to celebrate the bard in style. This year Betty Hamilton gave us the Selkirk Grace and Carol Airlie read a poem. A wee dram and Scottish music were enjoyed by all and the fun was nicely finished off with a good old fashioned sing song with staff.





Year of the Pig

Where you born in
the year of the
pig?

1923

1935

1947

1959

1971

1983

1995

2007

2019



Chinese New Year



This year we celebrated Chinese New Year with and afternoon tea party. The residents managed to wear something red for the occasion and all the Chinese goodies were fair enjoyed. We also managed to do a Chinese quiz. In the background we played some authentic Chinese music, which for some reason or another had a very calming influence on everyone.



Whilst the ladies were helping with the decorations in the morning Alan and Kenneth were busy trying to solve a Chinese puzzle.



Toiling Farmers
By Li Shen

Farmers weeding
at noon,
Sweat down the
field soon.
Who knows food on
a tray
Thanks to their
toiling day?

This poem was written by the Tang Dynasty poet Li Shen who is known for expressing in-depth coverage of the rural life in his poems. The poem talks about farmers' hard work for every single grain. The first two lines describe farmers keep toiling away despite the blazing heat at noon. The following two lines connect food in plate with farmers' hard work. If they don't toil, then who knows what you would eat.

Another decoration we enjoy doing is calligraphy. In Chinese the most common word is fú (福), meaning happiness or fortune. But you'll rarely see it upright. It is said that in the Ming dynasty, the Emperor ordered every household to decorate by pasting *fu* onto their doors. On New Year's Day he sent soldiers to check. They found that one illiterate family pasted the word upside down. The Emperor ordered the family to be punished by death. Thankfully, the Empress was there and came up with an explanation: "Upside down" (倒—dào) is a homophone of "here" (到—dào). When it's upside down, it means that *fu* is here. The explanation made sense to the Emperor and he set the family free. From then on, people would hang the word upside down, both for fortune and in remembrance of the kind Empress.

Whilst February is normally cold wintry and snowy, this year we had extremely high temperatures and we took full advantage of getting out and about and meeting old friends and even some former neighbours!



Ailsa, meeting up with her former neighbours.



My Neighbours and Friends

My neighbours and my friends
are very dear to me
They are always there
whenever there is a need

We talk to each other
and we borrow and lend
Such treasures they are,
my neighbours and friends

I sing when they sing
and I laugh when they laugh
We do things for each other
on the other's behalf

They share with me
their many worries and fears
I share with them
my compassion and tears

How lonely and cheerless a place
my soul would be
Without such neighbours
and good friends as these

I cherish them all and
take each one into my heart

We really enjoyed getting out and about to meet our old friends and neighbours on the Promenade.



What a treat it was to meet our very good friend Dorothy!



Margarita recipe

1 part Tequila

1/2 part Triple sec

1/2 part lime juice

Lime wedge

Salt

Cubed ice

Chill your glass by filling it with the ice.

Put lots of ice, the Tequila, Triple Sec and lime juice into a cocktail shaker and shake well for at least 30 seconds.

Run the lime wedge around the rim of your glass then roll in the salt.

Double strain the mix into the glass and enjoy!



National Sticky Bun Day



To celebrate national sticky bun day we treated ourselves to buns from Greggs for the best sticky buns in the area (no offence to our chefs but.....)



We ended the month of February with a Margarita day! Family and friends joined in the fun and, Helen Thompson was the worthy winner of the Mexican Quiz.





Shopping with a friend
is cool
There's nothing
forbidden, no rule
And no parents to say
what's suitable
Or to tell you what's
unaffordable,
Actually you don't need
to be rich
To try on whatever
your eyes wish.

Shopping with a friend
is so nice
You might forget
budget and price
And buy things you
don't need
Just by habit, not by
greed
Like get ten or eleven
similar tops
From two or three
different shops.

Shopping with a friend
is funny
Even if you don't have
money
You can try a formal
blue shirt
With a long gypsy
orange skirt
Pretend to buy them
but act lost
Then don't, because
they're low-cost.

But shopping is more
pleasant with a friend
Who has a thousand
dollars to lend.

Anon

We are very fortunate with our location and recently when a double rainbow appeared, we were quick off our mark to get out and see it.



Outing To Leith Woollen Mill

A wee bit retail therapy was the request of this outing. Afternoon tea and scones were also appreciated after the shopping. This turned out to be a very pleasurable and pleasing afternoon as slippers and shoes were bought by Ella and Bett. Kenneth said he would like to go back and buy his sister in law a present for her birthday which is in late summer.





★HAPPY★
BIRTHDAY!

*Happy Birthday to
you*

*Happy Birthday to
you*

*Happy Birthday
dear..*

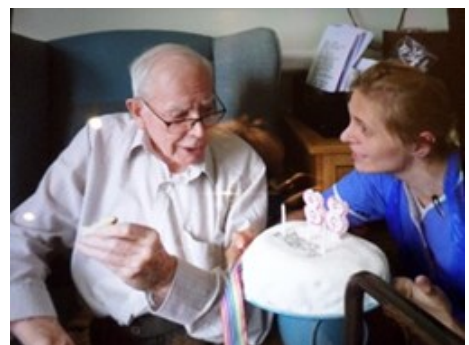
*Happy Birthday to
you!*



Visit to The Range



An outing to the local Range store was good fun. The residents bought some plants and baskets for the front garden. Carol Airlie has one placed near her bedroom window which she looks after very caringly.





Meet the Staff—Sheila Lavery



1. How long have you worked in Spring Gardens?

A. 6 Years

2. What is the best part of your job?

A. I love the interaction with the residents and hearing all about their life.

3. What is your favourite 3 course meal?

A. Prawn cocktail, anything Chinese for a main, and Eton Mess as a pudding

4. What super power would you like to have?

A. Everlasting immortality

5. Tell us something we don't know about you.

A. I used to be a very good line dancer at the Tranent Labour Club.

6. What would you have liked to have been when you were younger?

A. A singer and dancer in a musical show.

7. What is your favourite song?

A. Celine Dion singing I'm Alive

8. Is there a special place you would like to visit?

A. Anywhere at all as long as my husband and family is with me.



Every house where
love abides
And friendship is a
guest,
Is surely home, and
home sweet home
For there the heart
can rest.

Henry Van Dyke

Home at Last

Peace and rest at
length have come,
All the day's long toil
is past;
And each heart is
whispering, Home,
Home at last!

Thomas Hood

This fond attachment
to the well-known
place
Whence first we
started into life's long
race,
Maintains its hold
with such unfailing
sway,
We feel it e'en in
age, and at our latest
day.

William Cowper

Care Inspection

We had our unannounced care inspection in March. This was our first inspection with the Care Inspectorate since they changed the way they carry out inspections. There are now 5 key questions that they look at instead of the previous 4 quality themes. The quality indicator framework areas they inspected were;

Key Question 1 – How well do we support people's wellbeing? We were inspected on areas 1.1, 1.2 and 1.3 and, scored 4, 5 and 5 which gave an overall score of 4.

Key Question 5 – How well is our care planned? We were inspected on 5.1 and scored 4.

We are currently in the process of changing how we write care plans and are looking at using a digital system. This will be installed over the next few weeks and staff will receive training on how to use the system.

The inspectors found there is a high level of satisfaction from residents and relatives. They also spoke with visiting professionals who stated they hold Spring Gardens Care Home in very high esteem.

Thank you all for your cooperation with the inspection process.



Health and
Social Care
Standards
My support, my life.



Dear friends and families,

We welcome you all to join us for any of our events, outings, celebrations or even afternoon tea!

Please check the notice boards or chat to Maureen for further details of any events, and don't forget to look out for our latest photo book on your next visit.

Best wishes

The residents and staff of Spring Gardens Care Home

www.springgardenscarehome.com

www.abercornicare.com

Dates for Diary

3rd April

An afternoon with Margo Falconer and Visitots

4th April

Stevie Palmer reminiscence and guitar music

19th April

Hot Cross Bun afternoon tea

21st April

Sunday school visit

25th April

Italian Liberation Day – Italian theme all day!

1st May

May Day Queen afternoon tea with Margo

8th May

1st Ratho Barge Trip

14th May

Cannes Film Festival – Movie night

Karen

Karen Bravin

Registered Manager

Maureen

Maureen Thomson

Activities Coordinator