



Viewpark Care Home Newsletter

Winter

www.viewparkcarehome.com

Winter's Embrace

Shimmering Lakes of silvery
ice
Welcomes skaters' scarring
slice.
Hills adorned in lacy white
Watch children sleigh into
the night.
In the brilliance pristine light,
Snow birds in tall trees take
flight.
Evergreens draped in capes
of snow,
Their heavy branches
handling low,
Blanket earth as north winds
blow.
Winter's dance is quite a
show,
An ice-kissed, dazzling,
magical place.
Transformed by winter's cold
embrace!

By Patricia L. Cisco



Winter 2019 Newsletter



Welcome to the Winter Newsletter.

Staff News

We would like to welcome the following staff to Viewpark. Simon Podsiad and Vinod Kumar have joined our chef team and Kim O'Neill who has joined us as a domestic. We hope you settle in well.

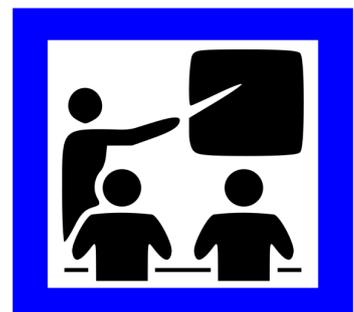
Luis Marin chef will be leaving us at the end of March to take on a new adventure in Thailand. We wish you all the best Luis!

We would also like to say happy retirement to Yvonne Craig who has been working in Viewpark for three years as an activity coordinator. The residents will miss you Yvonne.

Staff Training

Staff will be involved in over the next few the following training;

- SVQ Level 2 and 3 in Health and Social Services
- SVQ Level 2 Facilities Services
- Legionnaires Training
- Moving and Handling
- Sensory Training
- Adult Support & Protection
- Person Centred Care Planning





Sausages with Winter Veg Mash

Ingredients;

4 sausages

2 parsnips

2 or 3 medium potatoes

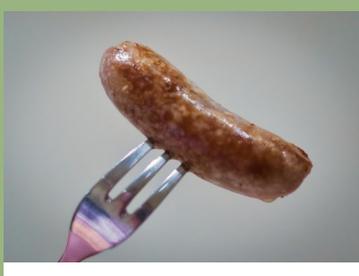
175g brussels sprouts

4 tbsp milk

1 tbsp wholegrain mustard

Method;

1. Grill the sausages for 10-12 mins, turning frequently. Meanwhile peel and chop the parsnip and potatoes, then cook in boiling salted water for 10 mins. Shred Sprouts add to the pan for the last 2-3 mins and cook until all the vegetables are tender.
2. Drain and mash the vegetables, then beat in the milk and mustard with salt and pepper. Serve



Burns Afternoon Tea Outing

Residents attended an afternoon tea at Penicuik Community Centre for Burns Day. The afternoon tea consisted of sandwiches, cakes, and scones on lovely set tables. There was also live music playing with Scottish music as the theme. Resident Jean Watson said “I really enjoyed spending time with the local people”.



Winter Word Search



COAT
COLD
FROST
ICE

IGLOO
SCARF
SNOW
WINTER



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A Red, Red Rose

O my Luvie is like a red,
red rose

That's newly sprung in
June;

O my Luvie is like the
melody

That's sweetly played in
tune.

So fair art thou, my
bonnie lass,

So deep in luvie am I;

And I will luvie thee still,
my dear,

Till a' the seas gang dry.

Till s' the seas gang
drym ,y dear,

And the rock melt wi' the
sun;

I will luvie thee still, my
dear,

While the sands o' life
shall run.

And fare thee weel, my
only luvie!

And fare thee weel
awhile!

And I will come again, my
luvie,

Though it were ten
thousand mile.

By Robert Burns

Burns Day

The residents enjoyed their Burns Supper with traditional Haggis, Neeps & Tatties followed by a wee nip of Whisky. The staff also got involved in the celebrations and dressed wearing the Tam- O-Shanter hats.



Arts & Crafts

Residents continue to enjoy getting involved in Arts & Crafts on a regular basis. Resident Elma Matthews said "I really enjoyed painting in my bedroom, I found it relaxing". Recently residents used paints to colour Rabbin Burns pictures. Resident Elizabeth Wilson has spent time in the conservatory doing some knitting. Elizabeth said "I have knitted for years, and I like to sit here to knit in the conservatory. I can listen to my music at the same time".





Birthday Celebrations

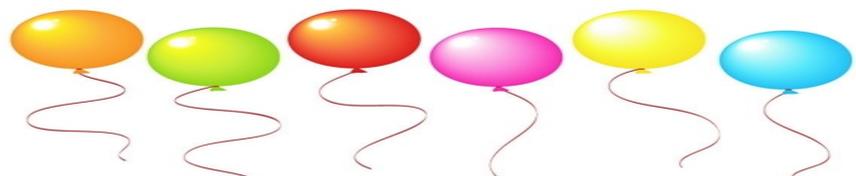
Resident who celebrated their birthdays since last newsletter are; May Millar, Rosa Stevenson, Alice Burns, and Helen Thompson. Residents celebrate their birthdays with a home made birthday cake within the home or with family. See a couple of pictures below of residents celebrating. Happy Birthday to you all!

★ HAPPY ★
BIRTHDAY!

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



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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

To celebrate Chinese New Year this year which is the year of the Pig. We had sweet and sour pork with fried rice for dinner. This was accompanied by a handmade spring roll. Followed by banana fritters and ice-cream for dessert. We listened to Chinese music and dined in a Chinese new year themed dining room. We would like to say thank you the Chef Luis for help make it an enjoyable evening.



Resident Focus Groups

Residents have the opportunity to attend monthly focus groups. These focus groups are held by a member of staff. The focus group discussions are set around a topic which can include activities, menus and decoration/upgrades around the home. The minutes of the focus groups are put up on the notice boards. The focus group has recently been about outings and entertainment. Focus Groups that have been held will be mentioned in every newsletter.



Valentine's Day

We celebrated valentines day with a glass of wine and some cake.



**Roses are
Red
Violets are
Blue**

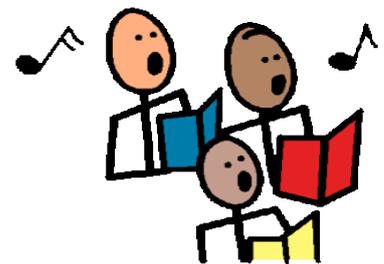
National Flag Day

We celebrated National Flag Day by decorating the room with lots of different flags from countries all over the world. Residents discussed what flags they recognised. It was also a good way of reminiscing about countries that they went on holiday to with friends and family.



Aberview Singing Group

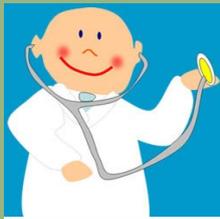
We recently started a joint singing group with our sister home Abercorn which gave residents from both homes a chance to meet up for a chat and enjoy a singalong with songs requested by residents. Our first get together was in Abercorn and we plan to meet monthly.





Irish Sayings

“Every patient is a doctor after his cure!”



“A drink precedes a story”



“What fills the eye fills the heart”



St Patrick’s Day

We celebrated St Patrick’s Day with Riverdance on DVD. We did try and dance like Michael Flatley but I don’t think we were as good. We continued with the celebrations singing Irish themed songs and then listened to the story of St Patrick. We enjoyed a green cake for afternoon tea with our cuppa.



Flowers from St. Michaels Church

We would like to say thank you to St. Michael’s Church at Inveresk Village for the beautiful gift of flowers.





New Ramp



We are currently upgrading up ramp to make it easier access for residents and visitors. Work should be completed by April 2019.

Care Inspection

We had our unannounced care inspection in February. This was our first inspection with the Care Inspectorate since they changed how they carry out inspections. There is now 5 key questions that they look at instead of the previous 4 quality themes. This inspection they inspected us on Question 1—How well do we support people’s wellbeing? We scored 5 which is very good for this question. We also inspected us on question 5—How well is our care planned? We scored a 4 which is good. We are currently in the process of changing how we write care plans, and have been looking at using a systems that is on the computer. More information will be provided over the next few weeks.



Please check weekly planners and notice boards for upcoming events/activities. We have plans in the near future for more cooking sessions and also a Spanish Themed Night.

Julie Scott, and Liz Blair

Activities Coordinator and Care Home Manager

Viewpark Care Home