

# St Ronans News Letter September 17



## ***Trixie's Blog***

**Garden** Our garden has been beautiful with smelly roses and many colours in the flower beds. Sadly the unseasonal winds and rain have taken its toll and plunged the garden into an Autumn look. However, now with a lovely September and October promised we will be able to slip in a joyful bbq for Residents and Staff.

**Activities** We continue to have amazing singers, summer shows and various sweet creatures and animals- snakes and fluffy ones to brighten and enhance our days; much to the delight of the Residents. Dear Bob and Wendy from St Simons church continue to come along for communions and blessings which our Residents love, as it's a calm and soothing experience. Our weekly bus trips out for lunch; either a picnic or fish and chips on the beach, with dear Sue our wonderful driver, continue to be literally a breath of fresh air and much fun.

**Fundraising** At the end of September I will do another homemade cake stall for funds to help with our treats to the theatre/fish and chips or whatever the Residents wish. I will put a notice up in the lobby where you sign in when the date is finalized. Also, a posh tea party in the next few weeks, again, I will let you know in advance for the Macmillan Nurses to help a worthy cause.

**Feedback** Please continue to write feedback forms and pop them into the box in the lobby where you sign in.

A warm welcome to Sam, who is now helping me in my role as Quality of Life Support Worker and activities. Sam will be here in this capacity on a Monday and Friday with her cheerful smile.

Many thanks as always for your continual support, kindness and cheerfulness which means so much to us all. With my love and blessings, Trixie xxx

## ***Birthday Wishes For***

Michael 5<sup>th</sup> September; Lynn 11<sup>th</sup> September; Denise 23<sup>rd</sup> September;

Kenneth 29<sup>th</sup> September; Veronica 30<sup>th</sup> September; Beryl 3<sup>rd</sup> October; Fionnuala 14<sup>th</sup> October;

Brian 21<sup>st</sup> October; Michael 22<sup>nd</sup> October; Brenda 24<sup>th</sup> October

## ***Staff***

A warm welcome to Daisy, Kerry, Sam and Pauline. We hope they enjoy working as part of our team.

## ***Our Website***

Our website is packed full of helpful and exciting news – and pictures galore! [www.st-ronans.co.uk](http://www.st-ronans.co.uk)

## ***Infection Control***

Our Infection Control Lead Nurse is Lynn Taylor. Please remember to always use the alcohol gel when arriving and leaving the Home, wash your hands regularly and if you feel poorly or have an infection check with the Home before visiting.

**We would welcome any comments or articles written by residents, relatives, friends & staff.**

## **Dates For Your Diary**

|                                  |   |
|----------------------------------|---|
| 1 <sup>st</sup> September        | Vitalyz exercise session with Marci                               |
| 4 <sup>th</sup> September        | Manicures with Dianne and Wild Science with Amber                 |
| 5 <sup>th</sup> September        | Hairdressing and singing with Beth                                |
| 6 <sup>th</sup> September        | Miranda Saxophone and Massage Therapy with Dianne                 |
| <b>7<sup>th</sup> September</b>  | <b>Resident's trip out</b> and Trixie's musical bingo and cooking |
| 8 <sup>th</sup> September        | Vitalyz exercise session with Marci and Paul Nicholas Singing.    |
| 11 <sup>th</sup> September       | Manicures with Dianne and Film Show and Mature Movers             |
| 12 <sup>th</sup> September       | Gianni's Entertainment  |
| 13 <sup>th</sup> September       | Oran and his Accordion and Massage Therapy with Dianne            |
| <b>14<sup>th</sup> September</b> | <b>Resident's trip out</b> and Grace's Sing a Long                |
| 15 <sup>th</sup> September       | Vitalyz exercise session with Marci                               |
| 18 <sup>th</sup> September       | Manicures with Dianne and Film Show                               |
| 19 <sup>th</sup> September       | Hairdressing and Entertainment with Janet and Matthew             |
| 20 <sup>th</sup> September       | Quizzes with Mandy and Massage Therapy with Dianne                |
| <b>21<sup>st</sup> September</b> | <b>Resident's trip out</b> and David's swing mix                  |
| 22 <sup>nd</sup> September       | Vitalyz exercise session with Marci                               |
| <b>24<sup>th</sup> September</b> | <b>Harvest Festival Sunday</b>                                    |
| 25 <sup>th</sup> September       | Manicures with Dianne and Film Show and Mature Movers             |
| 26 <sup>th</sup> September       | Cooking with Trixie   |
| 27 <sup>th</sup> September       | Miranda Saxophone and Massage Therapy with Dianne                 |
| <b>28<sup>th</sup> September</b> | <b>Resident's trip</b> and Joe and his guitar                     |
| 29 <sup>st</sup> September       | Vitalyz exercise session with Marci                               |
| 2 <sup>nd</sup> October          | Manicures with Dianne and Film Show                               |
| 3 <sup>rd</sup> October          | Hairdressing and singing with Beth                                |
| 4 <sup>th</sup> October          | Massage Therapy with Dianne and Silver Spirit                     |
| <b>5<sup>th</sup> October</b>    | <b>Resident's trip out</b> and Grace's Sing a Long                |
| 6 <sup>th</sup> October          | Vitalyz exercise session with Marci                               |
| 9 <sup>th</sup> October          | Manicures with Dianne and Film Show and Mature Movers             |
| 10 <sup>th</sup> October         | Gianni's Entertainment  |
| 11 <sup>th</sup> October         | Quizzes with Mandy and Massage Therapy with Dianne                |
| <b>12<sup>th</sup> October</b>   | <b>Resident's trip out</b> and Carousel Radio Days                |
| 13 <sup>th</sup> October         | Vitalyz exercise session with Marci                               |
| 16 <sup>th</sup> October         | Manicures with Dianne and Film Show                               |
| 17 <sup>th</sup> October         | Hairdressing and Entertainment with Janet and Matthew             |
| 18 <sup>th</sup> October         | Miranda Saxophone and Massage Therapy with Dianne                 |
| <b>19<sup>th</sup> October</b>   | <b>Resident's trip out</b> and Oran and his Accordion             |
| 20 <sup>th</sup> October         | Vitalyz exercise session with Marci                               |
| 23 <sup>rd</sup> October         | Manicures with Dianne and Film Show and Mature Movers             |
| 24 <sup>th</sup> October         | Gianni's Entertainment  |
| 25 <sup>th</sup> October         | David's swing mix and Massage Therapy with Dianne                 |
| <b>26<sup>th</sup> October</b>   | <b>Resident's trip out</b> and Grace's Sing a Long                |
| 27 <sup>th</sup> October         | Vitalyz exercise session with Marci                               |
| 30 <sup>th</sup> October         | Manicures with Dianne and Film Show                               |
| 31 <sup>st</sup> October         | Hairdressing and Joe and his guitar                               |

If you would like to pursue an activity or hobby that is not yet provided let us know and we can arrange something for you. Please feel free to come and join in with any of the activities.

### **Comments and Complaints**

If you have any comments, concerns or complaints, please have a chat with Matron as soon as possible, alternatively leave a note in the post box.

Monthly surgeries for residents, relatives & friends and staff run every month, please see signs for dates and times. Remember Matron's door is always open.

**We would welcome any comments or articles written by residents, relatives, friends & staff.**

*Newsletters will be produced every two months. Newsletters are located in the front entrance hall.*