

Newsletter



Isobel Fraser Newsletter

September 2020

Hello and welcome September!

So, as summer slowly draws to a close, we welcome the first whispers of autumn. Time to start digging out our cosiest jumpers! After such a glorious early summer, we are ready now for autumn bringing us a sense of renewed focus. It's come round fast this year, what with lockdown putting us all sort of 'on hold', but with September dawning, let us set our sights on a busy, happy autumn where we will laugh together, share special moments and make new plans.



What's been happening in August

The weather in August has actually been pretty good. This has been great for all the outdoor visits which have been taking place between our residents and their family/friends. There have only been a few disruptions due to the dreaded rain. The positive impact from any visit is amazing.

The garden as ever, is looking fantastic. Such a beautiful surrounding and lovely to sit in the grounds on a fine afternoon.



A few of our residents have been doing a daily circuit of the garden which is great for their mobility. We always offer all the residents to go out for a walk as we know the importance of keeping mobile, especially during this time.

Chair exercises have been introduced too, which a lot of residents really enjoy taking part in.

Gerry Coogan, our much loved piano player has been playing regularly outside the sun lounge on Wednesday and Saturday afternoons, and the residents really enjoy it when he comes. Gerry was bringing a tent with him if it rained, however as we are now starting to come into colder months then his performances will be very much weather dependent.

We are, of course doing as much as we possibly can to try and keep our residents happy and content. We are having singalongs, quizzes, bingo, poetry, discussion time, arts and crafts, story times, karaoke, and we even had a session of flower arranging as we had made contact with Morrisons who kindly donated flowers for us to make this happen. Big thanks to Morrisons.

What's New for September?

We are awaiting the arrival of the packs from the group WILD THINGS from Moray. These packs will have all the things we need to do various nature activities over a number of weeks. We are looking forward to doing the flower pressing, making coasters, etc.

We are going to be doing some pebble painting and also using fir cones which will be decorated.

We are having many music sessions, whether karaoke or our own singalongs, as music plays such a big part in everyone's lives.

Lynda and Val have been doing many one to ones with the residents as there are still many who are shielding, so we know how important it is for these residents to have more interaction and a friendly face to sit and have a chat.

A big shout to all domestic and care staff who do take an active part in assisting with activities. It would be a lot harder without your assistance.

ACTIVITIES

Our activity board is updated daily with what's going on so please keep your eyes peeled.

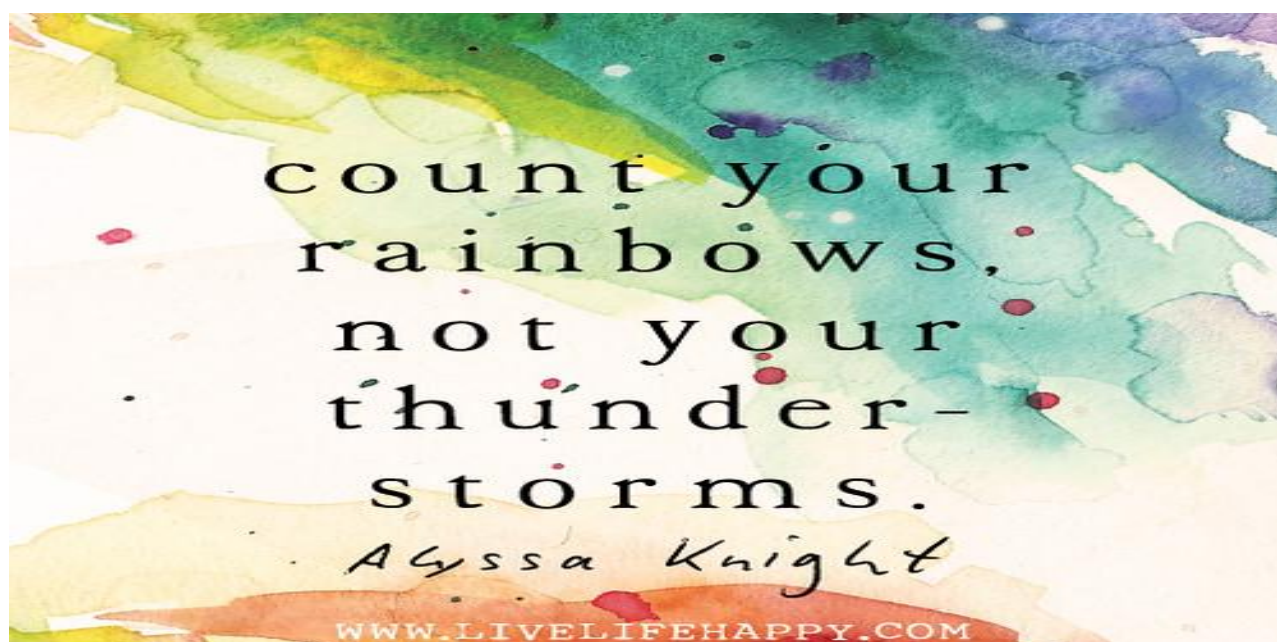
Activities Co-ordinators

Lynda and Val would like you to know how dedicated we are in having things for our residents to do. We spend a lot of time (sometimes in our own time also) researching and looking for things to keep everyone occupied and entertained.

We are more than happy to listen to any suggestions and are willing to try anything to keep our residents happy and entertained.

Church Services in September

Unfortunately, due to current government guidelines, there will be no church services during the month of September. However, Lynda has been in contact with Inverness East Church who have supplied some church services which have been recorded and can be played on audio CD. Matilda, our carer, also brought in some of these services which have been played in the home and the residents have enjoyed them.



From the home

We are in the middle of renovating the cold store, the area has been sealed off so the work men are not entering the building. The main purpose of this room was to be management's new office but we feel that this would be best used as a visiting room while the pandemic is ongoing. We are hoping to have this up and running in the next few weeks, I will need to gain authority from Public Health and redo the visiting protocol, once this is complete Michelle will email it out to all the relatives.

Thanks

Victoria