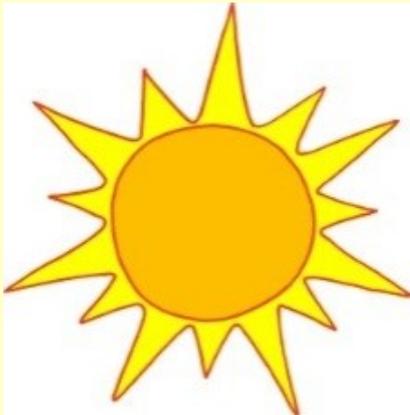


Beaumont Residential Care Newsletter

Summer 2013



She got her looks from her father. He's a plastic surgeon
– **Groucho Marx**

Sometimes I wake up grumpy; other times I let him sleep - **Unknown**

Welcome

Welcome to the Summer 2013 edition of Beaumont Residential Care's newsletter. And what a Summer it has been! After the rains of 2012, it is wonderful to see residents enjoying the gardens and taking in the sun. In the high temperatures we are of course having to be extra vigilant in ensuring everybody is properly hydrated (ie, drinking enough liquids) and using adequate sun protection.

Hopefully Ken Ring, the New Zealand long range weather forecaster who correctly predicted this Summer's weather back in January, will also be correct for the remainder of August when he recently said "August is going to be fairly dry. I would expect only one or two rain days, but not a lot of sun. Most sunshine in August will come in the third week, and in the last few days. In September, there's quite a bit of rain, but it's going to be gentle rain."

We would like to again encourage residents, families and of course staff to submit items you think may be of interest to readers, including photos, stories, poems etc. Even suggestions on content are also welcome.

Finally, a word of welcome to those residents and staff who are new to Beaumont. Hopefully you will find everybody friendly and will settle in quickly.

Staff news

We are delighted to report the birth of two beautiful babies recently (not the beauties pictured on the right!). Jennifer in Admin gave birth to David in early August - congratulations to Jen and her husband Joe - while Celestyna in Catering gave birth to baby Laura in late July. This is Celestyna's first baby and her mother Weisza's first grandchild – well done.

Meanwhile, in another milestone, BRC staff recently surprised our longstanding maintenance man cum gardener cum everything, Henry, on reaching the ripe young age of 70. Henry is pictured here with his son Henry "Junior". Congrats again.

Finally, well done also to Health Care Assistant Tracy Barry who was married in May.



Henry and Henry

Resident profile – Frank O'Regan



Frank has been resident in Beaumont for six years. He is one of six children and has three brothers and two sisters. Frank's father served in the Royal Navy and when he was transferred to England Frank decided to stay in Crosshaven where he was raised by his grandmother who was particularly close to and fond of him (*"wasn't that lucky for me because we wouldn't be chatting here otherwise!"*). Frank went to school in Crosshaven and went on to qualify as a Chartered Accountant, a profession he loved and worked at until his retirement.

Growing up in Crosshaven, Frank developed a love of all things nautical. His fondest memories of that time are of fishing off the rocks in Church Bay and going out in the boats with local fishermen.

Frank became a strong swimmer and would brave the cold Cork waters year round. Frank's favourite passion, however, was sailing and he regularly crewed with his friend and fellow Crosshaven man Bill Walsh. They regularly sailed across the Bay of Biscay to Spain and Portugal though one of their more adventurous outings took them as far south as the Canary Islands off North Africa and the Azores (about 1,500 km west of Lisbon).

When asked of any bad experiences at sea Frank recalls one episode when a young German boy fell overboard but thankfully due to Frank's experience and quick reflexes he managed to reach out and pull him safely back aboard. Frank emphasises that safety is paramount at sea and encourages all of us to make the most of our wonderful coastline, *"after all we live on an island"*.

To this day, Frank's main interests have a maritime theme and he still loves an opportunity to watch a yacht race or go sailing. Frank is still in regular contact with a number of work and sailing friends and enjoys nothing better than a trip to Kinsale for a bite to eat and *"a few jars in the Trident Hotel"*. Munster rugby is also close to Frank's heart and he looks forward to the matches restarting in the next few weeks (*"you can't beat the Munster passion!"*). Frank's favourite part of living in BRC is the banter and colourful conversations he has with staff and he loves to share his knowledge and stories of the sea.

"One ship drives east, and another west, By the self-same gale that blows; 'Tis the set of the sail, and not the gale, That determines the way she goes" - **Ella Wheeler Wilcox**

Resident activities

For health and social interaction reasons, BRC residents are strongly encouraged to partake in as many activities as possible. Eileen Coleman, our recently appointed Activities Coordinator, has overall responsibility for delivering an interesting mix of activities focusing on residents with a diverse range of abilities. In particular Eileen has been spending more one-to-one time with residents who are not inclined to partake in the weekly scheduled "day room" activities such as Fit for Life, Elderwell, Movie & Wine night, Art, Quiz, Sing-alongs etc, and the feedback has been very positive so far.



Ann, Eileen, Mary, Noreen and Nell

A mentally healthy person....

1. Keeps in touch with friends and builds a social network
2. Knows where help is available if needed
3. Asks for help when they need it, either from friends or from professionals
4. Is able to accept help when offered
5. Has achievable goals / tasks and objectives to follow
6. Is in touch with their feelings and is able to communicate them in a healthy way
7. Has a sense of belonging
8. Has developed ways of coping in times of crises or upset
9. Takes regular exercise
10. Has a healthy sleep pattern
11. Builds relaxation into their life

Joke of the month

A guy stumbles up to another guy in a bar and offers to buy him a beer. The second guy says, "Thanks.... Hey, do I know you from somewhere?" The first guy drains his beer and says, "I dunno, where you from?" The second guy says, "I'm from Ireland." "No kidding," says the 1st guy, "I'm from Ireland, too!"

The second guy says, "Well, I'm from Dublin." The first guy says, "Holy Moley, I'm from Dublin too!"

The second guy says, "What school did you go to? I graduated from St. Mary's in '69." "Incredible....I graduated from St. Mary's in '69 too!"

Another guy watching from the bar says to the bartender, "What's going on there?" The bartender says, "not much..... The O'Malley twins are drunk again."

Nursing homes in the news

A major crisis is looming in the provision of nursing home care for older persons, according to Nursing Homes Ireland. Reports state more than 2,000 persons will be awaiting support for a nursing home place by year end. The waiting time for funding approval for a nursing home place under the Fair Deal scheme is set to rise to more than four months. Despite serious concerns expressed by Minister for Older People Kathleen Lynch in respect of its propriety and legality, the Department of Health is still considering using Fair Deal to prioritise older persons within the acute hospital sector above those within community settings.

Tadhg Daly, CEO of Nursing Homes stated: *"We now have a very serious crisis because the State is neglecting its responsibility to ensure older persons are provided with the necessary and required support to allow them avail of the specialist care provided by nursing homes. We are faced with a bill of €1.7 billion to maintain the State's current level of public sector nursing home provision at 20% while the private and voluntary nursing home sector continues to demand an appropriate framework that will allow it meet increasing demand for the specialist healthcare they provide. We are effectively in limbo and older persons are consequently suffering. We again call upon Minister for Older Persons Kathleen Lynch and the Department of Health to face up to reality. Our long-standing and consistent call for the establishment of a Department of Health led Forum on Long Term Residential Care can no longer be disregarded. A crisis of significant magnitude is impending. Today's reports highlight the significant implications for older persons within community settings when they are unable to avail of the specialist care that nursing homes provide. It can have a seriously detrimental impact upon their physical and mental health wellbeing. We cannot allow older persons and their relatives to suffer more undue and unnecessary pain and distress. The urgent requirement to bring stakeholders around the table to plan for the growing demand for nursing home care remains. The warnings cannot continuously be ignored. The Department of Health must plan and act decisively."*

Czech Republic Delegation

A delegation from the Czech Republic visited Beaumont Residential Care in May. The group of 45 professionals involved in care of the elderly in the Czech Republic were on a fact finding visit to see how nursing homes operate in Ireland and France, and BRC was asked if we would agree to be included as one of the Irish facilities visited. This proved to be an interesting and worthwhile exercise, with the visitors very complimentary of staff and the services provided in Beaumont.



Health Information & Quality Authority

The Health Information & Quality Authority (known as HIQA) is the statutory, independent, government-funded agency which monitors and drives continuous improvement in Ireland's health and social care services. Established in 2007 HIQA's areas of responsibility are expanding steadily and now encompass hospitals, nursing homes (private/ voluntary and public) and social services (eg, pre-school, children's detention centres, foster care etc).



In terms of the nursing home sector HIQA has been a very positive influence for change, producing for the first time in Ireland a comprehensive set of quality standards defining what comprises "good care". These standards were developed in conjunction with key stakeholders (including private nursing homes) and continue to evolve. HIQA now registers, inspects and, in extreme situations, via application to court, closes sub-standard nursing homes and similar residential services. It is therefore a key player in determining how the nursing home sector will evolve in the coming years.

Significant issues are emerging, in particular the apparent absence of any coherent strategy for care of the elderly going forward. With a significant shortfall in capacity looming, it seems extraordinary that the Department of Health, the HSE and HIQA have yet to sit down with care providers to address the growing healthcare demands of our ageing population and plan accordingly. Such a forum for long term care has long been demanded by Nursing Homes Ireland, the representative body for private nursing homes. See www.hiqa.ie and www.nhi.ie for more information.

AUTUMN SPORTING FIXTURES

- **Rugby:** Ireland v Samoa 9 Nov
- **Rugby:** Ireland v Wallabies 16 Nov
- **Rugby:** Ireland v All Blacks 24 Nov
- **Football:** Ireland v Sweden 6 Sept
- **Football:** Austria v Ireland 10 Sept
- **Football:** Germany v Ireland 11 Oct
- **Football:** Ireland v Kazakhstan 15 Oct

www.brccork.com

BRC website note

A revamp of Beaumont Residential Care's website is currently underway and should be complete by the end of August. This will enable us to engage more easily with families and prospective residents, and will offer much greater flexibility in updating content eg, editable news section, images, brochure, contact form etc. We welcome your feedback in due course and any thoughts on what you would like included.



Please feel free to submit news items, stories, poems, photos, drawings etc., for inclusion in future newsletters. Either hand in to Reception or email to admin@brccork.com. Ideas on future topics of interest are also welcome.