

# Beaumont Residential Care Newsletter



Autumn 2012

## Welcome

Welcome to the Autumn 2012 edition of Beaumont Residential Care's newsletter. It was a disappointing summer weather wise but one small consolation is that the garden has come on strongly, in particular our Jersey Lilies to the front of the home (the Jersey Lily is the nursing home's logo) which have been admired by many in recent weeks.

A small number of these bulbs (scientific name *Amaryllis Belladonna*) were brought to Cork from Jersey some 40+ years ago by Peg Walsh (Fiona's mother). The bulbs were transplanted during the recent building works but, perhaps not surprisingly, failed to flower after replanting last year. However, thanks to a lot of tender loving care from Henry our gardener, they came back stronger than ever this Autumn (credit also to dog Bobby for keeping them watered!) and hopefully we can look forward to their colour for many years to come.

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.

## Beaumont Lilies 2012



*A successful man is one who makes more money than his wife can spend. A successful woman is one who can find such a man - Lana Turner*

*I cook with wine, sometimes I even add it to the food - WC Fields*

## Employee Recognition

Beaumont Residential Care's staff are undoubtedly our greatest asset and are largely responsible for our excellent reputation. While nurses and health care assistants have greatest contact and interaction with residents and families, the contributions made by catering, cleaning, admin and other support staff are of course equally important. With staff numbers expanding to 85 since the expansion, we feel it is important not to take for granted the at times extraordinary contribution some of our employees make. While the work can be physically and emotionally challenging at times, it is of course also hugely rewarding and enjoyable, which is certainly contributing to our low staff turnover rate.

Our new **Employee of the Season** award is one small way of acknowledging employees who go that extra mile and we invite nominations from residents, their families and indeed other staff members of employees they feel deserve particular recognition.

Please submit nominations for the inaugural Autumn 2012 award to [admin@brccork.com](mailto:admin@brccork.com) (attention Kieran) or by hand to Reception detailing why the nominated employee deserves to be recognised. The winner will be announced at the end of November 2012! - **Kieran & Fiona**



## “The Flu” – Key Questions Answered

### What is influenza (flu)?

Influenza is a highly infectious acute respiratory illness caused by the influenza virus. Influenza affects people of all ages. Outbreaks of influenza occur almost every year, usually in winter. This is why it is also known as seasonal flu. Anyone can get the flu but it is more severe in people aged 65 years and over and anyone with a chronic medical condition. The flu season lasts from October to the end of April typically.

### How serious is flu?

Flu is often self-limiting with most people recovering in 2-7 days. However, flu can be severe and can cause serious illness and death, especially in the very young and in the elderly. Serious respiratory complications can develop, including pneumonia and bronchitis, to which older people and those with certain chronic medical conditions are particularly susceptible. Pregnant women have also been found to be at increased risk of the complications of flu. Some people may need hospital treatment and in very serious cases can result in death.

### How do people catch flu?

Flu is a highly infectious illness. A person carrying the virus can spread the illness by coughing or sneezing. A person can spread the virus from 1-2 days before they develop symptoms and for up to a week after symptoms develop (may include sudden fever, chills, headache, muscle pain).

### How can flu be prevented?

Flu can be prevented by vaccination which helps the person's immune system to produce antibodies to the flu virus. When someone who has been vaccinated comes into contact with the virus these antibodies attack the virus. Flu vaccine is a safe, effective way to help prevent flu infection, avoiding hospitalisation, reducing flu related deaths and illnesses. Reactions to the vaccine are generally mild and serious side effects are very rare. Seasonal flu vaccine prevents flu illness in approximately 70% - 90% of people, and will not give you the flu contrary to some old wives' tales.

## Staff graduations

Congratulations to the five latest BRC health care assistants to successfully complete their FETAC 5 Care of the Elderly courses. Lisa, Denise, Max, Tracey, and Ruphina are pictured below with a number of friends and colleagues. Well done!



## Maeve Binchy on Growing Old



"I think, as you get older, you do fewer unexpected things. You wouldn't head off somewhere not knowing how you were going to come back again. It's like going out to the middle of a frozen lake: you're always plotting your journey home before you set out somewhere. I've found growing older most extraordinary. I thought inside you'd change and you'd start thinking like an old person, but I don't think inside I've changed at all. I've just become slightly more tolerant of everybody which has to be good.

The best is Brenda Fricker's remark that when people of her age meet now they have something called "the organ recital" where they go through all the organs that are not working. I think that's so funny. So health is a nuisance and I was talking to a friend of mine and she said: "Do you remember when we used to have conversations that didn't begin 'When I was at the doctor . . .?'" What did we do with our time when we weren't at the doctor? It does take up a disproportionate amount of your time, just the business of maintenance and keeping yourself together. There are lots of things I wish I had done more of – studied harder, read more and been nicer and all those things – but I don't have any regrets about any roads I didn't take. Everything went well and I think that's been a help because I can look back, and I do get great pleasure out of looking back. I get just as much of a laugh out of thinking of funny things from the old days as if they were last week. I've been very lucky and I have a happy old age with a good family."

## Jokes of the Month

- Went to the zoo. There was only one dog in it. It was a shitzu.
- Two aerials meet on a roof, fall in love and get married. The reception was brilliant.
- A woman has twins, and gives them up for adoption. One goes to a family in Egypt and is named Amal. The other goes to Spain and is named Juan. Years later, Juan sends a picture of himself to his mother. Upon receiving it, she tells her husband that she wished she also had a picture of Amal. Her husband said: "But they are twins. If you've seen Juan, you've seen Amal."

## Nursing homes in the News

Nursing Homes Ireland (NHI) welcomed the announcement in June by the Department of Health of the public consultation phase of the review of the Nursing Home Support Scheme (Fair Deal). As the representative body for the private and voluntary nursing home sector, NHI looks forward to engaging constructively with Minister Reilly and the Department of Health in respect of it.

Tadhg Daly, NHI CEO, believes the review presents an opportunity to introduce a more sophisticated funding model that will ensure the specialised care needs of those requiring long-term residential care are addressed. The review provides a critical opportunity to implement a sustainable plan that will address the health and social care requirements of our ageing population. It must address the current inequities of the Fair Deal scheme and introduce a scheme that recognises the complex care requirements of older persons requiring nursing home care.

The review terms of reference include a commitment to examine the overall cost of long-term residential care in public and private nursing homes and the effectiveness of the current methods of negotiating/setting prices. Mr Daly commented: *"This is an acknowledgement by the Department of the discrepancy in fees between the public sector and the private and voluntary sector, with private and voluntary nursing homes expected to provide care at rates that are 42% less than what it costs the State in the public sector. A fair funding model will ensure the delivery of high quality care and allow for ongoing investment in the private and voluntary sector. The review must ensure that we develop a sustainable and fair funding model for all and enable the private and voluntary nursing home sector maintain and develop high quality services to meet both existing and projected future demand"*.

NHI once again called upon the Government to establish a 'Forum on Long Term Care' to include Nursing Homes Ireland, the HSE, the Department of Health, HIQA, NTPF and older people themselves, to address the ongoing care requirements of our ageing population.

## Historic Cork: Blackrock Castle



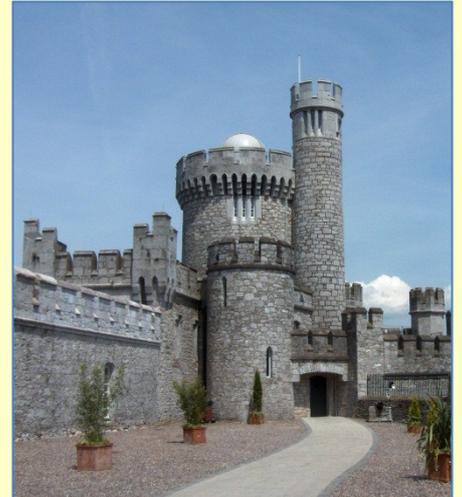
In the late 16th century, the citizens of Cork appealed to Queen Elizabeth I to construct a fort at Blackrock to "repel pirates and other invaders". In or around 1600, a round tower was constructed to safeguard against pirates "carrying away" vessels entering the harbour. Earliest remains today are a circular tower right on the water's edge, 10.5m in diameter, with walls 2.2m thick to withstand cannons.

Blackrock Castle was in the ownership of the City of Cork following a charter of James I to the City in 1608. The castle is later referred to in the Council Book of Cork in 1613 and 1614. In 1722 the old four-storey tower was destroyed by fire and new one built by the citizens, costing £296.

Throughout this period, the castle was used by the Corporation for banquets and 'convivial gatherings', some associated with the custom of 'throwing the dart'. This ancient custom was held every three years in August, where a dart (an arrow about four feet long) was thrown from a boat by the Mayor accompanied by officers of the Corporation.

Following a banquet, the castle was destroyed by fire in 1827. The rebuilding began at the direction of Mayor Thomas Dunscombe in 1828 and was completed in March 1829. The architects added three additional stories to the original tower and rebuilt the out-buildings. The new building cost the City of Cork £1,000. The architects were James and GR Pain, who were responsible for many fine churches and public buildings in Cork, notably the Courthouse in 1835, the interiors of the Catholic Cathedral of St Mary and St Anne in 1828, and St Patrick's Church in 1836. This neo-gothic complex of buildings around a courtyard is essentially what remains today.

The building was purchased by Cork Corporation in 2001 and had previously been used at different times as offices, as a restaurant and as a private residence. Currently, the castle houses Ireland's first fully interactive astronomy center developed by the award-winning multimedia company Martello Media, where visitors can learn about the evolution of the universe, from the earliest moments to the present day and beyond.



### AUTUMN SPORTING FIXTURES

- **Rugby:** Ireland v South Africa 10 Nov (1730 hrs)
- **Rugby:** Ireland XV v Fiji 17 Nov (1730 hrs)
- **Rugby:** Ireland v Argentina 24 Nov (1400 hrs)
- **Football:** Ireland v Germany 12 Oct (1945 hrs)
- **Football:** Faroe Islds v Ireland 16 Oct (1900 hrs)
- **Football:** Ireland v Greece 14 Nov (1945 hrs)

## BRC committees note

In order to improve communication amongst BRC's stakeholders and ultimately improve the delivery / quality of care to our residents, a number of committees meet regularly. These include a residents' committee, a recently established staff committee, a health & safety committee, and the Essence of Care (Privacy & Dignity) committee. The latter comprises a mix of residents, their families and BRC representatives, and provides a forum where residents can voice their concerns and put forward ideas on various aspects of the home. These committees are invaluable in discussing issues of importance in the home.



**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](mailto:admin@brccork.com). Ideas on future topics of interest are also welcome.**