

# Beaumont Residential Care Newsletter

July 2011

## Welcome

Welcome to the first edition of Beaumont Residential Care's newsletter! We have very modest ambitions for this newsletter, with the prime aim of simply establishing a forum where we can inform stakeholders of key developments and issues in the home, showcase residents'/staff talents, and hopefully grab readers' attention for a few minutes.

Its success will depend entirely on the quality and frequency of contributions and we encourage families, staff and of course residents to submit items you think may be of interest to readers, including photos, stories, poems etc.

## Remember July 2010?



## Thanks from Owners

*The past 12 months have been very busy indeed culminating in the successful completion in March 2011 of our major expansion and refurbishment project.*

*We are now caring for seventy three residents located on two floors, compared with 41 residents this time last year. We are proud to say that our facilities compare favourably with the very best in Ireland.*

*To those residents, families and staff who remained with us throughout the works, we thank you for your patience and hope you are pleased with the results.*

*To the 32 new residents and close to 40 staff who have joined us since December, we hope you enjoy your time with us.*

*The remainder of 2011 will be busy as we focus on improving the running of the home, introducing new systems, and "bedding in" generally. We invite input from residents either individually or via the residents' committee and look forward to raising standards even more.*

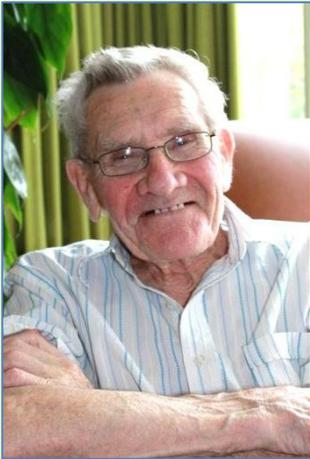
**Kieran & Fiona**

## July 2011



### **BRC facts July 2011:**

- 73 residents; 53 female, 20 male
- 80 employees from 11 countries



### BRC Mission Statement

Beaumont Residential Care is committed to providing the best possible care to our residents, embracing fundamental principles of good care practice, and in a manner that promotes continuous improvement in service delivery. Essentially, we want to be the very best at what we do and endeavour to promote a caring environment that respects the individual beliefs and dignity of our residents, their families, and our employees.

## Resident Profile: John Bowen

- John is BRC's longest male resident, with us over 4 years. He is one of 5 children - 3 sisters (including Edie), and 1 brother, Jim, who is now deceased. John grew up in Shandon Street, Cork, and has clear memories of the street during the war years, including its 19 pubs and 4 pawn shops(!).
- One of John's earliest reminiscences is watching John Wayne in low budget movies in St Mary's Hall before his big break came in Stagecoach around 1940.
- John worked as a tailor for over 30 years before retiring "years ago". He has a keen interest in sport, in particular Munster rugby, though John played football and hurling growing up. He still likes to keep fit and walks every day.
- What John enjoys most about BRC is meeting new friends, other residents as well as staff. One of his sisters offered him the very sound advice when he first moved to Beaumont to "get involved in everything". This was not difficult for John who is a born organiser, not to mention a decent singer (at least according to John!). He partakes in all BRC activities, without exception.
- The biggest change John observes in Cork today compared to when he was growing up is how few people go to confession nowadays. He encourage the youth of today to "keep the faith".
- Favourite film - South Pacific (John claims to know most of the songs); Favourite book – Robinson Crusoe

## Health tips as we grow older

**Tip 1: Do See Your Doctor:** Although most of us used our younger years to master the art of avoiding the doctor, unfortunately, many ailments and disorders are associated with increased age.

**Tip 2: Don't Ignore Any Aches or Pains:** Sometimes a pain in your hip can be just that, a pain in your hip, or it could be a sign of something else altogether. As tip one pointed out, do see your doctor if any aches or pains persist. And above all else, stay in tune with and be aware of your body so that you can identify the normal aches and pains from the abnormal ones.

**Tip 3: Know When You've Done Too Much:** Are you suffering from sore joints or muscles? Be sure not to do too much. It's ok, and even advisable, to stay active, but remember it's also equally important to rest.

**Tip 4: But Remember, You Do Need to Challenge Yourself:** Although you may be content with your daily routine, every now and then, try to challenge yourself. Being fit and active can also include pushing yourself to achieve more.

**Tip 5: Keep In Mind the Importance of a Balanced Diet:** Many of us tend to eat the same vegetables and fruits when there are so many varieties that we have yet to try. So venture into the unknown and try something different. It's never too late for change!

**Tip 6: A Healthy Mind is just as important as a Healthy Body:** Mental health is just as important as physical health and a huge part of mental health comes from being in the company of others.

## Resident Poet – David Healy



### The Lady with the Stick

*In Patrick Street the other day I heard this lady tread her way,  
Young and pretty, red top, blue jeans, not long since she was in her teens.  
Tap, tap, tap, tap, the sound was stark, her rhythmic stick it pierced the dark  
With steady gaze fixed straight ahead, she followed where the 'white stick' led.  
Dark glasses crowned a hinted smile like monstrosity light a darkened aisle  
Familiar landmarks no problem posed she finds her way with both eyes' closed  
My God she's brave with fate's raw deal her sentence 'Life with no Appeal'  
I pray she copes with 'rough and thick' my pretty lady with the 'white stick'*



## Joke of the Month

Three elderly sisters, ages 92, 94 and 96, shared a house together. One evening, the 96 year old sister went upstairs to take a bath. As she put her foot into the tub, she paused. Then she yelled down to the other two sisters and asked, "Was I getting in the tub or out?"

"You fool," said the 94 year old. "I'll come up and see." When she got half way up the stairs she paused. "Was I going up the stairs or down?"

The 92 year old sister was sitting at the kitchen table drinking a cup of tea and thought, "I hope I never get that forgetful, knock on wood." She shook her head and called out, "I'll be up to help you both as soon as I see who's at the door."



Flowers by Orla O'Brien, Aged 8

## Nursing Homes in the Press

Recently nursing homes have again been making headlines for the wrong reasons, with the regulatory authority HIQA taking steps to close two nursing homes, one in Meath and one in Clare. While such moves can create anxiety among some in the nursing home community and the wider public, the fact that HIQA is closing poor facilities is welcome. Residents and families should take comfort from the fact that nursing homes are now among the best regulated in the health sector, with all homes subject to independent inspection under the HIQA National Quality Standards for Residential Care Settings. The standard of care in nursing homes is generally of an exceptionally high standard. This of course is not to say that issues will not arise from time to time and in this regard BRC encourages feedback from residents, families and staff.

Delivery of a quality service is important to BRC and consultants have recently been engaged to help secure OHSAS 18001 and ISO 9001 certification, one of the first nursing homes in Ireland to do so. This will hopefully be in place during Autumn 2011.



## Upcoming Sporting Highlights

July 2-24	<b>CYCLING</b> - France - Tour de France.
July 3	<b>GAA Football</b> Munster Final Kerry v. Cork
July 14-17	<b>GOLF</b> - Sandwich - British Open.
July 28-31	<b>GOLF</b> - Killarney - Irish Open.
August 6	<b>RUGBY</b> - Scotland v Ireland.
August 13	<b>RUGBY</b> - France v Ireland.
August 13	<b>FOOTBALL</b> - Premier League start (TBC).
August 11-14	<b>GOLF</b> - Georgia - US PGA Championship.
August 20	<b>RUGBY</b> - Ireland v France.
August 27	<b>RUGBY</b> - Ireland v England.
August 27-Sept 4	<b>ATHLETICS</b> - IAAF World Championships.
August 29-Sept 11	<b>TENNIS</b> - New York - US Open.

## Upcoming Movies

The following movies will be shown on Friday nights during July and August. Please let us know if you have any special requests and we welcome DVDs on loan from residents and families.

July 1	<b>Love is a Many Splendored Thing</b>
July 8	<b>Out of Africa (Meryl Streep)</b>
July 15	<b>My Sister's Keeper</b>
July 22	<b>Dancing at Lughnasa</b>
July 29	<b>Casablanca</b>
August 5	<b>Lawrence of Arabia</b>
August 12	<b>Stagecoach (John Wayne)</b>
August 19	<b>From Here to Eternity</b>
August 26	<b>Mrs Doubfire</b>

JULY 2011						
S	M	T	W	T	F	S
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

AUGUST 2011						
S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

## New Website

Beaumont Residential Care's website ([www.brccork.com](http://www.brccork.com)) is currently under-going a revamp. This should be complete in July. We encourage you to visit the site regularly for information of relevance to BRC and the nursing home sector generally.



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.