

# Beaumont Residential Care Newsletter



October 2011

## Remember October 2010?



## October 2011



***One should never trust a woman who tells one her real age. A woman who would tell one that, would tell one anything (Oscar Wilde).***



## Welcome

Welcome to edition number two of Beaumont Residential Care's newsletter and thanks for the positive feedback on the first effort. It was a disappointing summer weather wise but the Irish rugby team's World Cup run has helped delay the onset of Autumn. It is a busy time currently for staff as we refine and adjust manning levels and shift patterns, while at the same time put in place formal quality control systems to help maintain and improve standards going forward.

We are also striving to introduce more variety in residents' activities and are pleased to report the commencement very shortly of gramophone recitals hosted by Eddie Hogan as well as a knitting/crochet group.

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.

**Kieran & Fiona**

## Staff snippets

*There have been a number of staff departures and arrivals and other interesting developments in the last couple of months including:*

- *the birth of a baby girl to Nurse Joy (she had twins last year!), a baby boy (number 2) to Lawrence, and a baby girl (named Fiona) to Ruth*
- *marriages of Celestyna, Iwona, and Katherine*
- *the departure of nurses Jasmine and Josie to Australia with their husbands. While Jasmine was with BRC for many years, Josie joined us briefly for a few months over the summer while awaiting the issuing of her Australian visa.*
- *the arrival of nurses Susan, Gelle and Shay, kitchen assistant Kinga, carers Ruphina and Max, and Irene (Clifford) in admin.*

*Congratulations, Au Revoir and Welcome.....*



### Tongue Twisters

There was a fisherman named  
Fisher  
who fished for some fish in a  
fissure.  
Till a fish with a grin,  
pulled the fisherman in.  
Now they're fishing the fissure  
for Fisher..

### More risqué (over 18s!):

I saw Susie sitting in a shoe  
shine shop.  
Where she sits she shines, and  
where she shines she sits.

## Resident Profile: Pauline McCarrick

- Pauline was born in 1925 in Tracton, Co. Cork. Both of her parents were Primary School Teachers in the local school and she had one sister and four brothers. Pauline says she and her siblings "ran wild" growing up, catching eels in the river and inventing "crazy games". Her childhood was probably typical of most rural childhoods of the time, with the GAA and the Church important focal points for the parish. The family followed the local GAA team with great interest.
- After school Pauline took shorthand and book-keeping classes and worked in Kinsale where she met her husband Gerard in interesting circumstances – he was lost and asked Pauline for directions (that was his story at least!). Gerard was a Cork man working in England, and in due course Pauline gave up her job and joined him there.
- Sadly Pauline's husband died while very young leaving her with a young daughter to look after. Pauline and Bernadette moved back to Cork to be closer to family. After settling back in Ireland Pauline was very involved in her local church where she played the organ and arranged the flowers for the altar.
- Since coming to live in Beaumont Pauline has made many friends and takes part in all of the activities on offer. She enjoys the Friday night films, in particular the old romances and musicals. She also likes to watch Cork GAA, and Munster and Ireland rugby matches. Pauline says she cannot speak highly enough of the staff here, saying they always have a smile for her and nothing is too much trouble.

## Focus on Falls Prevention

Healthcare professionals take falls in older people very seriously because of the serious impact they can have. Apart from the obvious removal of trip hazards, moderation in alcohol consumption, not walking on slippery floors in socks/tights, etc., research has shown that many other less obvious factors can also have an influence:

- older people who take part in regular strength and balance training are less likely to fall
- the side effects of medication can also lead to falls, hence the importance of regular medication reviews
- poor vision (regular eye tests are important)
- a diet high in Vitamin D and calcium which help strengthen muscles and bones helps to prevent falls in people who are 65 and over. Foods high in vitamin D include liver, oily fish, wholegrain cereals, margarines and spreads, and eggs. Sunlight is also a natural source of vitamin D so spending half an hour each day outside between April and September can also help.

Although it is impossible to prevent all falls, there are steps that you can take to minimise the risk of a fall or to avoid serious damage in the event of a fall. Residents are encouraged to speak to their nurses should any further information on falls prevention be required.

## Resident Poet – David Healy



### *Golden Oldies*



*Our youth, our youth has flown away, on wings took flight from yesterday  
 Those bygone days of carefree joys that we did relish as girls and boys,  
 Blushing, red faced, a stolen kiss shared in jest with some prim miss,  
 With taunts and dares, pals from the start linked us both as fond sweethearts.  
 Do you recall those days of yore, times much better but now no more,  
 With simple toys we had great fun, skipping ropes, marbles, little toy guns.  
 Golden oldies, grans and granddads, hearing aids, dentures, glasses, cornpads,  
 Those little aids keep us apace, in touch, in step, with the Celtic Race.  
 Three Ages of Man, lived to the full, Youth, Middle Age, you're looking wonderful,  
 Life's a stage, we all play a part, Stay active agile, young at heart.*

## Joke of the Month

A woman gets on a bus with her baby. The bus driver says: "That's the ugliest baby I have ever seen. Ugh!" The woman goes to the rear of the bus and sits down, fuming. She says to a man next to her: "The driver just insulted me!" The man says: "You go right up there and tell him off – go ahead, I'll hold your monkey for you."



## Julie Andrews.....

To commemorate her 69<sup>th</sup> birthday some years ago, actress/vocalist Julie Andrews made a special appearance at Manhattan's Radio City Music Hall. One of the musical numbers she performed was 'My Favourite Things' from the 'Sound Of Music'. Sing it!:

*Botox and nose drops and needles for knitting, Walkers and handrails and new dental fittings,  
 Bundles of magazines tied up in string, These are a few of my favourite things.*

*Cadillacs and cataracts, hearing aids and glasses, Polident and Fixodent and false teeth in glasses,  
 Pacemakers, golf carts and porches with swings, These are a few of my favourite things.*

*When the pipes leak, When the bones creak, When the knees go bad, I simply remember my  
 favourite things, And then I don't feel so bad.*

*Hot tea and crumpets and corn pads for bunions, No spicy hot food or food cooked with onions,  
 Bathrobes and heating pads and hot meals they bring, These are a few of my favourite things...*

*Back pain, confused brains and no need for sinnin', Thin bones and fractures and hair that is thinnin',  
 And we won't mention our short shrunken frames, When we remember our favourite things.*

*When the joints ache, When the hips break, When the eyes grow dim, Then I remember the great life  
 I've had, And then I don't feel so bad.*

## Upcoming Sporting Highlights

### RUGBY WORLD CUP FIXTURES (fingers crossed!):

- Oct 8 Ireland vs Wales (Qtr Final) 0600hrs  
 Oct 15 Ireland vs England/France (Semis) 0900hrs  
 Oct 23 Ireland vs NZ/Australia/Sth Africa (Final) 0900hrs

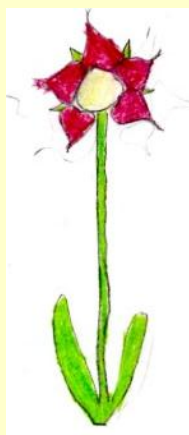
### EURO 2012 FOOTBALL:

- Oct 7 Andorra vs Ireland  
 Oct 11 Ireland vs Armenia

## Tomorrow...

*There's always tomorrow to bring us a smile,  
 Maybe we should borrow that thought for a while.  
 Tomorrow we'll borrow a thought for a song,  
 To capture the rapture of the days that are gone.*

Contributed by Amelia Power



## Upcoming Movies

The following movies will be shown on Friday nights during October and November:

- Oct 07 Three Coins in the Fountain  
 Oct 14 The Birds (Alfred Hitchcock)  
 Oct 21 Rooster Cogburn (John Wayne)  
 Oct 28 An Affair to Remember (Cary Grant)  
 Nov 04 Anastasia (Ingrid Bergman)  
 Nov 11 To Kill a Mockingbird (Gregory Peck)  
 Nov 18 Roman Holiday (Gregory Peck, Audrey Hepburn)  
 Nov 25 The Da Vinci Code (Tom Hanks)  
 Dec 02 Vertigo (Alfred Hitchcock)

OCTOBER 2011						
S	M	T	W	T	F	S
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
NOVEMBER 2011						
S	M	T	W	T	F	S
30	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	1	2	3
DECEMBER 2011						
S	M	T	W	T	F	S
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



Flower and Butterfly by  
 Orla O'Brien, Aged 9

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.