

Beaumont Residential Care Newsletter

May 2016



Carrigaline Gospel Choir



*My wife sent her photograph to the Lonely Hearts Club. They sent it back saying they weren't that lonely – **Les Dawson***

*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***

Welcome

Welcome to the May 2016 edition of Beaumont Residential Care's newsletter. It was a strange winter/spring weather-wise with everything from prolonged heavy rain / high winds to bright sunny days. All quite normal I'm sure. Thankfully already there is a noticeable stretch in the evenings and before long we'll be enjoying the sun outside (outdoor furniture went out a couple of weeks back).

Looking back a few months, Christmas was a very busy time for BRC staff, with annual visits by local choirs, dance groups, and even a Seanchaí which was a first!

Sadly a number of our longstanding residents and friends passed away in recent months and we remember them and their families at this difficult time.

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.

Feedback

Everything we do at BRC should be driven by the needs and abilities of our residents, not by what staff, management or any other group would desire. We recognise how easily this focus can slip and remain vigilant to ensure we remain resident-led. We welcome (and need) feedback however and encourage relatives and residents to communicate opinions, suggestions or concerns direct to staff, through our Suggestion Box at Reception, via the Residents' Committee, or indeed direct to staff. Also, we again encourage residents and their families to contribute to this newsletter.

Foxes in Beaumont

There have been numerous sightings recently of foxes in the grounds of the nursing home, usually late at night or early morning though one was recently seen at 9.30am in the morning in Kieran & Fiona's back garden. Urban foxes are apparently now well established in Cork and have little fear of humans. It is believed the recent building works in Pairc Ui Chaoimh have encouraged them to travel more and of course Lough Mahon is also very close (across Skehard Road).



Arguably, the fox is a human's friend in many ways, unless you're a farmer. A recent Examiner column referred to huge growth in the rat population in Cork. The fox preys on rats and it is estimated in some studies that the average fox can kill upwards of six rodents per day. Have you seen any foxes?

If you can read this, you have a strange mind, too!

Can you read this? Only 55 people out of 100 can.

I dnuolt blveiee taht I cluod aulacly uesdnatnrd waht I was rdanieg. Rlftecnieg the pphaonmneal pweor of the hmuon mnid, aoccdnig to a rscheearch at Cmabrigde Uinervtisy, it dseno't mtaetr in waht oedr the lltteres in a wrod are, the only iproamtnt tihng is taht the frsit and lsat ltteer be in the rghit plcae. The rset can be a taotl mses and you can sifll raed it whotuit a pboerlm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Azanmig huh? yaeh and I awlyas tghuhot slpeling was ipmorantt! if you can raed tihs srahe it with oehts.

If you can read this, your brain is 50% faster than those who can't.

Resident Poet

It seems our resident poet Frank O'Reilly has found inspiration since coming to Beaumont and has had a number of his poems published in the Examiner recently. As evidenced by the following two, Frank has a wonderful talent for observing and putting into words life as it happens.

Well done Frank!



Our Easter Parade

*With our walking sticks and our walking frames
Let's all go marching with our wheelchairs*

*Bring your bed if you like, or get your bike
We will not mind, a route we will find*

*But all on the flat, how about that??
Our Easter Parade in BRC, a joy for everyone to see*

Remembrance Day in Beaumont Residential Care

Remembrance Day in BRC, next year will you remember me?

But I will need another year or two, to get done the work I need to do.

I pray for all who are gone before but maybe I can get three years or more.

*I am living in Room 233,
an old old man happy as can be*

*Remember me, remember me
My candle on the table when I am ninety three.*

Happy 100th Birthday!

Congratulations to Molly Lehane who in early March celebrated her 100th birthday surrounded by her family. Molly, who hails from the Model Farm Road in Cork, is a resident of Beaumont Residential Care for just over 5 years and it is remarkable to think she was alive before the Easter rising in 1916, though Molly was clearly too young to remember any of the commotion!



Growing Old Disgracefully!

I'M GOING TO GROW OLD DISGRACEFULLY

I'm going to grow old disgracefully;
Decisively, audaciously.
Although I'll have plenty of cats
I won't bother with silly hats;
I'll streak my hair green instead,
Or maybe purple, blue or red.
My clothes won't be dowdy,
I'll dress quite loudly,
Rainbow skirts; shimmering and
bright,
Silk camiknickers out of sight!

I'm going to grow old disgracefully;
Decisively, vivaciously,
I'll play on the swings in the park,
Oh what fun, what a lark!
Should the park-keeper give me lip,
I'll threaten him with my walking
stick.
Is it really such a sin,
To unlock the child within?
Though some folk would find it more
fitting
If I stayed at home sewing and
knitting.

And other demonstrations common
sense
invites.
Having protested I may get arrested
And be locked in a cell for the
night;
Oh, what an adventure, what a
delight!
But in the face of public outrage,
They'll let me off because of my
age!

Nursing homes in the News

New Quality Standards for nursing homes come into effect on 1st July 2016 to improve the quality of life of residents and to promote best practice in such settings. The new standards clearly outline what is expected of a provider of services and

the service a resident, their family, or the public can expect under a number of headings such as rights of older people, protection, health and social care needs, quality of life, staffing, the care environment, and management and governance. The standards include additional criteria that apply to units specialising in the care of people with dementia.

The quality standards were developed based on legislation, research findings and best practice and in partnership with nursing home owners, service users, healthcare professionals, representative groups and the HSE. These standards were published following an extensive consultation process with key stakeholders and the wider public.

I'm going to grow old disgracefully
Decisively, ostentatiously.
Rain or shine I'll have fun
it doesn't matter about lack of sun.
Around the lampposts I'll be
swinging
In the rain I'll be singing!
I'll twirl my brolly like a
majorette
I don't care if I get wet!
Even muddy Glastonbury appeals to me
When I've found my rock-legend tee!

I'm going to grow old disgracefully
Although not distastefully.
I won't gamble or get drunk,
I won't chase after a toyboy hunk.
I won't be feckless nor will I be
reckless
Every day, every hour, I'll embrace
Though I'll not fall from grace
I'll just be frivolous and free
Growing old disgracefully!

BY DARRYL ASHTON

Jokes of the Month

- Two men are fishing on a riverbank when they see a funeral procession passing by. One of the men stands up, takes off his hat, and bows. "That was a very nice thing to do," says the second man. "Well," snuffles the first, "we were married for 25 years."
- A man turns to his wife and asks, "Do you love me only because my father died and left me a fortune?" "That's crazy. Of course not," she says. "I'd love you no matter who left you the money."
- A middle-aged man tells his wife, "Let's go out and have some fun tonight." "Good idea!" says his wife. "But if you get home before me leave the hall light on".

Alzheimer's Tea Day 2016

On 5th May Beaumont Residential Care celebrated Alzheimer's Tea Day by hosting a sizeable group ranging in age from 9 months to significantly more than that! It was a very pleasant occasion with all funds raised going to the very worthwhile Alzheimer Society of Ireland (ASI). With more than 48,000 families depending on their help and support, the demand on ASI services has never been greater and the annual tea day is absolutely crucial in raising finance.

It is of course also a national day of celebration to honour the memories of people affected by Alzheimer's. Up and down the country people come together to drink tea, eat cake and sandwiches, take part in raffles, quizzes and games, not to mention raise badly needed funds for life-changing local Alzheimer services.

Thanks to everybody who supported the event, including visitors, sponsors, residents and of course the organisers, in particular BRC's Eilish (CNM1) and Bogna (our brilliant Cook).



SUMMER SPORTING FIXTURES

- **Golf:** Irish Open 26-29 May (K Club)
- **Golf:** British Open 24-27 July (Royal Troon)
- **Golf:** Ryder Cup 30 Sept – 3 Oct (Hazeltine)
- **Football:** UEFA Euro Finals 10 June – 10 July
- **GAA:** All-Ireland football final 18 Sept
- **GAA:** All-Ireland hurling final 4 Sept
- **Olympics:** 5 -21 August (host Brazil)

BRC Residents' Activities

BRC has a varied programme of activities for residents in which we encourage participation. Our activities schedule is managed by our Activities Coordinator Eileen Coleman and Admin staff whose responsibility is to ensure that the diverse needs of all residents are catered for. We encourage residents to keep an eye on the main notice board at reception which is updated daily. Routine activities include music, exercise classes, film nights, baking, quizzes, and reminiscence sessions. We also welcome volunteers who wish to visit Beaumont Residential Care to play music, or introduce other activities on a formal or informal basis.



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.