Welcome to the Autumn 2018 Issue of the Hollybrook Lodge Newsletter. Have you started to notice the change in the colours of the leaves of the trees and the changing weather? See Page 11 for an Autumnal poem.

We share some information on what’s been happening here and what’s coming up.

President Higgins
Residents had the pleasure to meet with President D. Higgins and Sabina the day before the re-election vote on Oct. 24th 2018- Pages 8 & 9.

Summer Concert
See Page 7 for a look back at our Summer Concert.

Remembrance Mass
We have scheduled our annual Remembrance Mass for November 21st with Fr. Brian Gough.

Halloween Folklore
We have an article written by Transition Year student Mollie McArdle. Mollie shares information on the History of Halloween and other myths relating to this time of year- Page 2.

Dublin History: Cathy Scuffil
Cathy returns on November 5th to share a talk on Place and Street Names in Dublin- Page 10.

Twiddle Mitts
We have received a bag full of Twiddle Mitts hand knitted by a community Knitting Group- Page 4.

Brian Kennedy Concert
Brian Kennedy performed a concert in September and many Residents attended the night with family and staff. It was a great night- Page 6.

Neville Bradley Sings
Our Fire Officer Neville gave us an impromptu performance with songs including ‘Bring Him Home’ from Les Miserable. It was a beautiful surprise. 7th November – Page 5.

RAMS concert
RAMS performed a concert for us on September 28th in Hollybrook Lodge- Page 5.

Halloween Party
We had our Halloween Party on October 30th from 2-4 p.m. hosted for the first time in the Richmond Barracks- Page 3.
Halloween Folklore
by Mollie McArdle

The origin of Halloween is far older than we think from the tradition of trick or treating it comes from the ancient festival of Samhain.

Samhain celebrates the end of summer and beginning of winter.

The word Samhain comes from the Gaelic word for November.

It would last from the sunset of October 31st to sunset on the 1st of November.

The Celts believed that Samhain was when the boundary from our world and the spirit world was the thinnest, and that the dead would rise and visit the homes they once lived in, so they gave them food offerings to keep them off.

It was believed that barrows or also known as ‘fairy mounds’ was a portal or gate way to the other world which would open on Samhain.

There were games that have been accustomed to Samhain and are still played these games are a few are, people would dress up so that they were hidden, in order to fool the dead that had risen so that they would be one with them. They would also go from house to house in their disguises to receive food offerings.

In the 9th century it became known as Halloween because after Christians said that the next day November 1st would be known as All Saints Day.

Before Halloween was Christianised Halloween lasted 3 days not just one evening. The 31st which was Halloween the day to appease the risen dead, the 1st of November all saints day which was for venerating spirits and then the 2nd all souls day this was when prayers were said for the dead.

Hundreds of years ago they used potatoes and turnips for carving instead of pumpkins.

Why do we carve pumpkins? The origins is when the Irish came up with a legend about ‘stingy jack’ who was a man who got invited to drink with the devil but didn’t want to pay so he asked the devil to make himself into a coin to buy the drinks but instead put the coin into his pocket next to a cross so they devil couldn’t change back. Once he freed the devil he made a promise to not bother him for a year and if jack were to die he wouldn’t claim his soul. The next year jack tricked the devil into climbing a tree to get fruit and when the devil got up the tree he drew a cross on it so he couldn’t get down so the devil promised him that he wouldn’t bother him for 10 years. When jack died the devil didn’t like his pranks so to his word didn’t claim his soul but made him walk for eternity with only burning coal which jack put in a carved out turnip and has been roaming the earth ever since. This is why we call the carved out turnip or pumpkin jack o lanterns or jack of the lanterns.
Halloween Concert
by Ciarán Murray

We hosted our Halloween Concert in the Richmond Barracks on October 30th.

Prior to the concert a group of school children from Our Lady of Lourdes National School dropped by to visit the Residents in Hollybrook Lodge... to play trick or treat.

We had plenty of bags of sweets and treats to give the children for their own party.

Thank you so much to the staff and teachers for coming by to visit. We love having the many visits throughout the year.

We had our concert in the Barracks and many Residents and Guests dressed up. Here’s a special photo of Mary from Irish Therapy Dogs dressed up for the occasion.

Photo: Above: Group of students from Our Lady of Lourdes Primary School visiting Residents. Marion and Margaret enjoyed their visit, their singing and laughter.

Photo: Right: Mary from Irish Therapy Dogs dressed up for our Halloween Concert in the Barracks.
Over the last year plus we have been honoured to receive a number of Twiddle Mitts.

These have been created by a number of people from the community as well as staff from Saint James’s Hospital who have spent their time knitting items on their own or in knitting circles and donating them to the Residents of Hollybrook Lodge.

Maria Kane, who works with the Quality and Safety Improvement Directorate (QSID) has been kindly collecting these and donating them to us. The twiddle mitts are a fantastic sensory activity for Residents who appreciate having something to hold and to ‘twiddle’.

They are shaped like a cuff so they provide a feeling of warmth for hands. They provide an experience that allows the user to receive sensory feedback from the variety of textures and colours. The mitts have buttons and fringes of various sizes and shapes and these are placed on the inside and outside of the mitts.

The mitts stimulate the senses and may engage memories for Residents e.g. Residents who knitted or grew up in a home with knitters. It may help to relieve a sense of feeling restless and enable a person to become calm and relaxed.

If you are interested in providing mitts please feel free to ask for a pattern.

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**THANK YOU KNITTERS!!!!**

THANK YOU to all the knitters and creators who have dedicated their time to making these mitts.

It makes a valuable contribution to Hollybrook Residents adding a very personal and thoughtful contribution to all our Residents.

CIARAN MURRAY
csmurray@stjames.ie
01 428 4654
The MEN from RAMS in Rhythm performed an afternoon concert for Residents on September 28th 2018 in Hollybrook Lodge.

It is always a pleasure to welcome the group who come full of life and humour and energy.

Thank you as always.

We also had an impromptu performance by our very own Fire Officer of Saint James’s Hospital, Mr. Neville Bradley. Neville performed a few songs including a beautiful rendition of ‘Bring him home’ from the Musical “Les Misérables”.

It was a lovely performance. Thank you Neville! The Residents enjoyed it so much!

Photo: Neville Bradley prepares to sing a few songs for the Residents November 7th.
Brian Kennedy Concert
by Ciarán Murray

A number of Residents attended the Brian Kennedy Concert which took place in the Richmond Barracks on Friday night, September 14th.

Brian sang a variety of songs from his years as an artist. He was exceptionally funny as a storyteller recalling many experiences he’s had over the years and he was very engaging with the audience.

It was a lovely Friday night out for Residents and their families and a nice opportunity to meet others. Ciarán was able to get Brian to sign a copy of his latest album for some of the Residents.

RICHMOND BARRACKS

If you would like to book an event or party in the Richmond Barracks please do not hesitate to call them. There is a café in the Barracks if you wish to visit during the week for refreshments.

You may also talk to their team about booking catering if you have a special occasion e.g. a large party expected where Hollybrook cannot accommodate or provide what would be typically a hotel or catering service.

T: 01-222-8400
E: richmondbarracks@dublincity.ie

Photo: Brian Kennedy delivers a very personal and intimate concert with many stories of his illustrious career working with artists like Joni Mitchell, Van Morrison and many more.
Summer Concert

Hollybrook Lodge hosted a Summer Concert in the Richmond Barracks on August 14th. This was a great day for Residents and guests.

Mervyenne Jacque performed a concert for an hour enchanting the audience with gorgeous versions of songs from by gone days.

The Richmond Barracks Gymnasium was the perfect auditorium for the event. Following the concert, Residents made their way to the Green Café to enjoy a beautiful selection of refreshments.

As always we wish to thank the Catering Team and chefs who provided such lovely food.

Ciarán also had a small bar so Residents were able to enjoy a glass of wine or Baileys or port as well as some Guinness. There was even some gin and tonic as we had many jokes about a gin and tonic afternoon leading up to the day.

Photo:
Right: Photo of Audience with Mervyenne.

Photo:
Left: Overhead picture of Mervyenne singing ‘Somewhere over the Rainbow’ and the voices of Residents rose high upon the rafters.
Hollybrook Lodge Residents met with the President of Ireland, Michael D. Higgins and his wife Sabina on Oct. 24th 2018.

The President and Sabina were attending a Tea Party event in Saint Michael’s Park.

Rita Fagan, a project Director of St. Michael’s Estate Family Resource Centre and her colleagues and community partners kindly welcomed our attendance at the Tea Party. We did our best to help set up the tables.

It was an exceptionally busy week for the President as he was in the race for re-election. Voting was taking place the NEXT day! President Higgins was cool as a cucumber!

When he made a speech he changed before our very eyes into a man who pulses with passion and poise and listening to his impromptu oration was inspiring. He praised the Harpist who was present. Considering he was facing voting the following day, not once did he ask for votes or refer to voting which gave an impression of complete focus on his work and his audience.

As we all know he was successful and was re-elected. He is the first President since Éamonn de Valera who has been successfully re-elected. We often speak of De Valera here. Patrick Hillery and Mary McAleese were re-elected without contest.

In his acceptance speech President Higgins said;

"I am so proud of this country, I am proud to be a president for all of you and with all of you, and I look forward with joy and hope to all that we will achieve together."

President Higgins and Sabina were both exceptionally warm hearted and kind and took the time to meet with Residents and staff.
Photo: Staff Nurse Pacita meeting with President of Ireland, Michael D. Higgins

Photo: Healthcare Assistant Sylvia and Vera having a word or two with Michael D.
Dublin History Talks
by Ciarán Murray

Cathy Scuffil will be visiting us Monday, November 5\textsuperscript{th} after Halloween for the afternoon and deliver a fantastic interactive presentation on the History of Dublin street and place names.

She has mesmerized us before with her wealth of knowledge and opened our eyes, ears and minds with her last talk on the History of Pubs and Pub names in Dublin and beyond. Don’t miss out on her next visit.
AUTUMNAL DAY

By Rainer Maria Rilke (1918)

Lord! It is time. So great was Summer's glow:
Thy shadows lay upon the dials' faces
And o'er wide spaces let thy tempests blow.

Command to ripen the last fruits of thine,
Give to them two more burning days and press
The last sweetness into the heavy wine.

He who has now no house will ne'er build one,
Who is alone will now remain alone;
He will awake, will read, will letters write
Through the long day and in the lonely night;
And restless, solitary, he will rove
Where the leaves rustle, wind-blown, in the grove.
Puzzle Page

Solutions on last page of Newsletter

ACROSS
1  Hot drink (6)
5  Detailed scheme (4)
7  Plane without an engine (6)
8  Device that secures a boat in position (6)
9  Fairy tale monster (4)
10  Erase, strike out (6)

DOWN
2  Rectangular in shape (6)
3  Violin (6)
4  Short trip taken to perform a specific task (6)
5  Writing implement (6)
6  Nearly (6)

ACROSS
1  Leaping animal that croaks (4)
4  Rich cream cake (6)
7  Offer suggestions or counsel (6)
8  Someone who writes books (6)
9  Cost, set price (6)
10  Require (4)

DOWN
2  Root eaten raw in salads (6)
3  Plucked stringed instrument (6)
4  Thick fatty oil (6)
5  Fabric made into kilts (6)
6  Recessed area in a room (6)
Finally,

Please keep an eye out for posters for information on Activity in and around Hollybrook Lodge. Please ask to speak with Ciarán if you have any questions or concerns about Activity. We couldn’t possibly capture every event and achievement in the newsletters but if there’s anything you would like to add please let us know.

If you would like to share any news or information in any future edition of the Hollybrook Newsletter, please get in touch with Ciarán Murray, Activity Coordinator.

Contact details below.

Answers to the Puzzle Page

Crossword One;
Across: 1 Coffee, 5 Plan, 7 Glider, 8 Anchor, 9 Ogre, 10 Delete
Down: 2 Oblong, 3 Fiddle, 4 Errand, 5 Pencil, 6 Almost.

Crossword Two;
Across: 1 Frog, 4 Gateau, 7 Advise, 8 Author, 9 Charge, 10 Need
Down: 2 Radish, 3 Guitar, 4 Grease, 5 Tartan, 6 Alcove.