Welcome to the Spring Edition of the Hollybrook Lodge Newsletter. It’s getting brighter outside, the sun is shining, the air is crisp, the dawn chorus is rising, and there’s a feeling of more energy in the air.

**Headspace 2018 Symposium**

Headspace 2018 Symposium was to take place March 2nd and 3rd in Trinity College. See Page 4 for more information on the event and Page 5 for a copy of the recent Irish Times Article.

Due to the severe RED ALERT weather warning, it has been cancelled. We will keep you informed of the reschedule date.

**Residents produce an Art Installation for Trinity College**

We have been collaborating with our project partners Dublin’s Culture Connects and Artist Tom Meskell to design and create up to 50 Bird Lanterns. This is an opportunity of a life time; to create art and have it displayed in the renowned Trinity College. See Pages 3 and 16.

**Tonnta Performance**

We hosted a Performance with Robbie Blake, Director/Composer of Tonnta with Emma and Tom on February 15th.

Robbie is also composing an original song inspired by all of you, our Residents. Page 9.

**Prize Draw**

We held an impromptu prize draw on Monday Feb. 26th for a performance by Russian pianist Anna Tsybuleva at Saint Anne’s Church, Dawson Street, Dublin 2 on March 1st 8 p.m. Page 14.

Winner: Sister Nora who visits as Eucharistic Minister every Monday Morning.

For those who did not win but want to learn more about how to purchase tickets go to Page for details.

**Culture, Values and Art**

We hosted an afternoon discussion with Kate from Dublin’s Culture Connects where she engaged with Residents and spoke with you about your life in Hollybrook Lodge.

She took this opportunity to talk about the Bird Lantern project and the Song Composition project. She thanks all Residents who attended for their time and conversation.

**Pancake Tuesday**

Thank you to our Chefs and kitchen crew for providing Robinson and McAleese Unit with gorgeous pancakes for Pancake Tuesday and of course for Gillian, Rachel, Anne Marie and Paulina for always providing great service to all in Hollybrook Lodge.
Diocesan Mass for the Sick

Ciarán coordinated and managed a trip for Residents to attend the Diocesan Mass for the Sick in Saint Agnes's Church, Crumlin on Sunday February 11th which was celebrated by Bishop Diarmuid Martin along with a cohort of priests from the Diocese including Fr. Dermot who celebrates mass with us most Saturdays in our Oratory.

Communication Café

See Page 10 for information on the Communication Café held once a month in the Mess Café of Richmond Barracks.

Rosary in Hollybrook Lodge

On Wednesday, February 21st, 18 of us met in the Oratory to say the Rosary.

A collection of music was playing softly in the background including some of the Masters like Johann Sebastian Bach amongst others like Kristi Kruse ‘Canon in D (Piano)’ etc. The music played lowly and softly while Máire led us in saying the Rosary. Máire noted it was February and thus she felt it appropriate to say the Joyful Mysteries. Ciarán had printed copies of the Mysteries and all the Prayers of the Rosary and shared Rosary Beads with a few Residents.

Ciarán gifted these Rosary Beads to Hollybrook Lodge but cannot personally supply Residents with Rosary beads. We encourage family members to consider these as a possible option for a meaningful gift if appropriate and of meaning to you our Residents.

It was a very special occasion. Máire led the prayers with intention and consideration and was emotionally connected. It was very touching to hear your words Máire about how you connected to the fourth Joyful Mystery where Jesus got lost in the Temple and how you related it must have been a very difficult time for Mary and Joseph. It was very striking to hear your views on this and see you process the emotions so empathically. Thank you so much Máire for leading Hollybrook Lodge in saying the Rosary.

Resident Consent Forms

We have distributed a letter to all Residents asking you to complete a Resident Consent Form and Image and Audio Consent form for our project partners Dublin’s Culture Connects.

It’s important we have completed forms for every Resident. Please read the letter, the forms and complete and return to Ciarán Murray or CNM’s if you have not already. It’s crucial you complete ALL sections of the forms i.e. mark either ‘yes’ or ‘no’ to each section before signing.

Ash Wednesday

Thank you to Fr. Brian Gough for celebrating Ash Wednesday Mass on Wednesday, 14th February.

IMMA Visit March 1st

Ciarán had planned a workshop with the Irish Museum of Modern Art on Thursday, March 1st. This will be very much experiential with focus on art and art appreciation (Artist: William Crozier).

This has been cancelled due to Red Alert weather warning and will be rescheduled with IMMA and the Azure Programme.

Obituary

Polly, Our feathered friend....

We have unfortunately lost one of our cherished Canaries. We are very sad to share the news with you all.
Polly passed away peacefully February 14th, Valentine’s Day. Her beloved Joey was by her side.

Polly and Joey lived with a lady who visited the Pet Shop last summer and said she was too old to look after the birds. She said she didn’t want them separated as they were with her for many years.

When we learned this, we decided to bring them to Hollybrook Lodge and asked the Pet Shop to let the lady know they were in a perfect home.

Next time we’re in the Bird Flanagan we’re going to raise a glass for Polly and give her a sendoff.

Sam Maguire Cup
Here’s a beautiful photograph of our Resident Sally with Emanuel holding the Sam Maguire Cup, caught in a great moment.

Behind them is Michael Wilders who helped us set up trees and lights on the night and Mervynne Jacque who performed a concert and sang songs during the Ceremony of Lights.

Bird Lanterns
Artist Tom Meskell has worked with Residents of Hollybrook Lodge to create a flock of birds to be displayed in Trinity College as part of an Art Installation which will coincide with the Headspace 2018 Symposium. Tom stated he has thoroughly enjoyed working with all our Residents during workshops over the last two months.

As part of our process, Ciarán created and distributed ‘bird templates’. These are 2 dimensional drawings of the bird designed by Tom.

We distributed these along with Water Colouring pencils and acrylics and encouraged all Residents to express their creativity. There were no rules. Residents could use any colour or combination of colours.

Thank you to staff that helped to colour/design these, especially Brian in McAleese Unit who helped Residents with interpretations of meaning art to represent Residents.

The main photo of this issue has a photo of some of the completed birds. They have LED lights inside each bird which can be activated by a remote control to change settings, mode of light and colour.

In 2013, Tom and Róisín Loughrey were jointly awarded an inaugural bursary from WHAT via artsandhealth.ie, the national arts and health website, to document through film an arts programme involving people who have an acquired brain injury, which is facilitated by Tom at Sacred Heart Hospital in Castlebar, County Mayo.

He is a graduate of National College of Art and Design (NCAD) and resides with his family in County Mayo.
Headspace 2018 Symposium

by Ciarán Murray

The Headspace 2018 Symposium will take place Friday, March 2nd and Saturday March 3rd.

This is a two-day celebration of scientific and creative investigation into brain health and dementia.

By 2041, 22% of the Irish population will be over 65 or older. This symposium considers how change in the way Ireland addresses ageing and well-being may be approached to ensure better health for those who follow us into older age.

Day one includes a session on the Social Determinants of Brain Health and questions the popular understanding and portrayal of ageing and how the brain, health and environment influence our experience of ageing. One session gives the opportunity for the audience to ask an expert panel about the landscape of dementia care and support in Ireland.

Session two focuses on structural and systemic considerations in ageing. It looks at achievements in large-scale planning and research strategy and asks what else can be done?

Saturdays’ gathering will shine a light on emergent thinking and growing movements. Innovation will look at the movement from individual complexity to relational understanding. There is a session on Creativity as a tool to wellbeing and a session on environment and space and its influence on health or how we may change environment to influence health.

The main venues are going to be the Edmund Burke Hall in the Arts Block (both days) and the Long Room Hub (Friday).

Both lunchtimes feature creative programs. There’s a ‘Meet & Move’ on Friday and Saturday Music on Saturday lunchtime performed by Walk in Walkinstown.

We in Hollybrook Lodge know Walk. Neil Lacey of the Mess Café in Richmond Barracks and his staff in the café are part of the ‘Walk’ social enterprise so it is great to see their friends from Walkinstown take part.

Of course this is a special event for Hollybrook Lodge;

On both days Trinity College Dublin (TCD) grounds will feature a lantern installation by Tom Meskell which has been created with all of us in Hollybrook Lodge. This is part of Dublin’s Culture Connects the National Neighbourhood, a Dublin City Council initiative.

On Saturday, singers from Tonnta Vocal Ensemble and the Irish Doctor’s Choir premier a new work by musician Robbie Blake. This body of work has been inspired by all of you, our Residents and Robbie expresses his sincere thanks to everyone who opened their door and hearts to him over the last two months during his individual visits, his group sessions and for attending the performance by Tonnta in the Oratory. This original composition is inspired by the residents and community of Hollybrook Lodge and we really look forward to hearing this.

Miracline Samuel and Ciaran Murray have been working with Dominic Campbell, Dublin’s Culture Connects and the Global Brain Health Institute to develop these unique Art projects over the last few months.

We offer Community Outings but it’s not possible for Hollybrook Lodge to provide for every Residents’ preferences and choices when it comes to outings e.g. a family wedding, a birthday lunch etc. especially where these occasions may be upon the request of your family or friends.

If you or your family wishes to book a ticket please see details below.

If you require help to check if tickets are available or to book a ticket to the Headspace 2018 Symposium online, please let Ciaran know by Thursday afternoon. He will do his best to support you but is not responsible for your bookings.

The Irish Times had an Article printed Feb. 26th. Ciaran has printed copies distributed throughout Hollybrook Lodge along with posters for the event.

HEADSPACE 2018 SYMPOSIUM

If you would like to learn more about the Symposium or book tickets please have your family/friends go to;

FURTHER INFORMATION
www.creativeageinginternational.com/events/

Booking your Free Ticket:
https://www.eventbrite.com/e/headspace-2018-tickets-39836682590

A: Trinity College Dublin, Edmund Burke Hall

Miracline Samuel and Ciaran Murray have been working with Dominic Campbell, Dublin’s Culture Connects and the Global Brain Health Institute to develop these unique Art projects over the last few months.

If you wish to attend this Symposium, please inform the Nursing Team and Clinical Nurse Managers.

Remember, as a Resident, you may plan to go to any event or concert or occasion during your stay along with your family or friends.
The stigma associated with dementia in particular is the theme of Headspace 2018, a two-day symposium in Trinity College Dublin (TCD) on March 2nd and 3rd.

“We talked about growing old gracefully
And Elsie who’s seventy-four
Said, ‘A, it’s a question of being sincere,
And B, if you’re supple you’ve nothing to fear.’
Then she swung upside-down from a glass chandelier,
I couldn’t have liked it more.”

When Irish band The Divine Comedy reinterpreted Noel Coward’s I’ve Been to a Marvellous Party 20 years ago, a seventy-something chandelier swinger might have seemed the exception to the norm.

Two decades later, and 74 is regarded as relatively young. However, attitudes towards ageing have not changed – with “geriatric” and “dementia” among the most feared words in the English language medical lexicon.

The stigma associated with dementia in particular is the theme of Headspace 2018, a two-day symposium in Trinity College Dublin (TCD) on Friday and Saturday (March 2nd and 3rd) which aims to “celebrate” scientific and creative investigations into brain health and dementia. Organiser Dominic Campbell is particularly keen on emphasising the celebratory element.

Campbell, formerly a director of the Bealtaine festival, is co-founder of Creative Aging International. He is also Atlantic fellow for equity in brain health at TCD’s Global Brain Health Institute. The TCD institute received
funding from Atlantic Philanthropies as part of its interest in changing the ways society approaches ageing and dementia.

Longer lifespans mean we are living through an “historically unprecedented” time, Campbell says, quoting a forecast by Oxford University professor of gerontology Dr Sarah Harper. By 2030, half of western Europe’s population will be over 50, and life expectancy then will be 90 years old on average she has said.

Prof Brian Lawlor: Conolly Norman Professor of Old Age Psychiatry, Trinity College Dublin and Co-Director, Global Brain Health Institute, at TCD and UCSF.

By 2041, end date for this government’s newly-released national plan, over a fifth of the Irish population will be 65 years or older. “And as a society, we’ve never lived a time like this before…” he notes.

- Alcohol may be major factor in early-onset dementia, study suggests
- Blood-thinning drugs may protect against dementia, stroke – study
- Majority of people with dementia struggle to eat properly – study

Media preoccupations with the costs associated with ageing populations feed into the negative associations which Campbell and company aim to challenge. Growing old gracefully, as in Coward’s song, is not just a health issue. It can also be influenced by environment and by societal attitudes to same, he says.

“So when we talk about headspace, we are talking about the relationship between neurochemistry and physical health, and what happens to people if they no longer feel that they belong.”

Collaborating with Campbell is Prof Brian Lawlor, consultant psychiatrist at St James’s Hospital, Dublin and TCD professor of old age psychiatry. Prof Lawlor chairs the Health Service Executive’s (HSE) “Understanding Together” campaign, involving a series of television and radio advertisements portraying a more positive message about dementia.

“People view dementia as a diagnosis without hope, and I want to instil a framework of hope,” Prof Lawlor explains. “Most people over the age of 50 fear dementia more than cancer, and believe it only has a downward trajectory. In fact, sometimes the trajectory can be quite stable.”
“They may not be aware of preventative measures, like treating atrial defibrillation or high blood pressure to decrease the risk of a stroke, which can lead to dementia,” he points out. “Research in medicine shows that healing is directly linked to hope. Extending hope in a chronic illness diagnosis can help to avoid secondary illnesses.”

Dominic Campbell: co-founder of Creative Aging International and an Atlantic Fellow for Equity in Brain Health at the Global Brain Health Institute (GBHI) at Trinity College Dublin.

The State’s national dementia strategy does adopt a positive approach, according to Christine Fitzgerald and Niamh Hennelly, based at NUI Galway’s (NUIG) Centre for Economic and Social Research on Dementia. The strategy places emphasis on person-centred care, and treatment with dignity and respect.

The NUIG centre, which is two years old, aims to facilitate and develop “new thinking” on dementia, and provide the research framework for implementing the State’s national strategy. Previously, dementia was framed as a cognitive brain disorder, but there is now more interest in biopsychosocial approaches – as in non-medical supports, they explain.

“Traditionally, there has been a pharmacological response to dementia, but nothing has proved to be particularly effective, and so the NUIG centre is looking at more social strategies, such as music and art therapy, Alzheimer cafes and suchlike, “they say. They note that Scotland has provided a role model. It is now on its third national dementia strategy, involving 21 commitments to transform services and improve outcomes for patients, families and carers.

“Dementia is not high on the Government priority list here, and yet it is a condition that affects so many people, directly and indirectly,” Prof Lawlor says. The focus in the Headspace symposium is on discussing creative ways beyond medicine, involving artists, architects, planners, he says.

Among speakers will be international ageism expert Ashton Applewhite, the author of This Chair Rocks: A Manifesto Against Ageism. Also contributing will be Tim Carpenter, chief executive and founder of EngAGE which works in southern California, Oregon and Minnesota on changing the model of senior housing.

“Carpenter has done wonderful work in building care homes that are like art camps to curb loneliness and social isolation,” Dominic Campbell says. “And so place making and development of our cities has to be proofed to create environments that decrease social isolation.”

Prof Lawlor concurs. “Living space is so important, and we have an opportunity now in Ireland to create an international model.”
What’s that? Movie Day
by Ciarán Murray

As part of our ‘What’s that?’ series, we’re focusing a lens on our weekly ‘Movie Day’ Group.

This is a Recreational Group. Thanks to the support of our Management team led by Carol Murphy we received support last year in getting a large screen TV and DVD player for the Multipurpose Room.

Ciarán purchased a number of movies in the Irish Film Institute (IFI) in Temple Bar as a gift to Residents. This included titles like; Dancing at Lughnasa, Jimmy’s Hall, The Quiet Man, The Sound of Music, and Ryan’s Daughter. More recently for Valentine’s Day the romantic movie Pillow Talk with Doris Day and Rock Hudson was added as well as Some Like it Hot with Marilyn Monroe and Tony Curtis. Earlier the same day we made Pink Cupcakes in Baking Group to have with tea that evening.

Some movies have been donated by family and staff nurse Niamh from Robinson Unit brought in a variety including Carry On movies which had the room filled with titters and laughs and howls and documentaries like David Attenborough’s Planet Earth.

We often choose titles to suit the time of year, like ‘Hocus Pocus’ at Halloween as well as other movie titles from Alfred Hitchcock.

We have watched everything from The Snapper, a movie that challenges us with subjects like acceptance, forgiveness and how a young unmarried woman becomes pregnant and refuses to say who the father is.

We also watched To Kill a Mockingbird, a movie based on Harper Lee’s novel of the same title (published 1960) depicting racial injustice in 1930’s American South and looks at gender, role and social class. It resonates with us today where communities and society listen to modern day court trials and many people draw conclusions and have opinions of guilt or innocence of others, be they the witnesses or the accused.

We have watched The Quiet Man with Maureen O’Hara and John Wayne. Many of you remembered watching this movie before.

Ciarán approached the Lighthouse Cinema www.lighthousecinema.ie August 2017 and they were exceptionally kind to us. They donated a collection of Posters used in the cinema over the years. We now use these on Movie Day to turn the Multipurpose Room into a mini theatre with posters of movies like Brief Encounter, One flew over the Cuckoo’s Nest, Doctor Zhivago, The Graduate etc., all original posters.

There is an assortment of Elvis movies, Bette Davis movies, and modern titles like Mama Mia and La La Land.

Some family members have donated Movies to us. Thank you so much for your kindness. It’s a perfect thoughtful gift and makes such a difference to us.

If you have any titles of movies, will you please let Ciarán know and he’ll do his best to find them. Of course if you have collections of DVD’s at home you do not wish to keep, please consider giving them to the Movie Day Collection. We wish to add more titles and give Residents more choice.

The Movie Day has proven to be a very successful addition to Hollybrook Lodge.

We encourage all our Residents to attend. Sometimes we will post an update of what Movie is going to be played for that week but there are times we wait for Residents to arrive and offer a choice of movie title.
Tonnta Vocal Ensemble

Over the last 3 months Miracline Samuel, Person in Charge and Ciarán Murray, Activity Coordinator have liaised with Dublin’s Culture Connects and through them were introduced to the Tonnta Vocal Ensemble which is led by Robbie Blake.

Tonnta is dedicated to new music and their sound is vibrant and dynamic and its work brushes against contemporary dance, theatre and live art.

Tonnta believe in creating experiences for all. Over the last two months, Robbie has collaborated with us. We introduced Robbie to you all through an art workshop where we listened to poetry and sounds, music and song.

Robbie listened to your feedback on what music means to you and explored the influence music has on us all now in Hollybrook Lodge.

We also arranged individual sessions where Robbie met and spoke with Residents to learn more about individual experiences and relationships with music.

Ciarán and Robbie created an ‘Inspiration’ leaflet designed to empower Residents to work in your own time, either alone or with family, to write down and capture the following;

Your favourite phrases and sayings,
Your favourite songs
Your favourite words

Finally it offered everyone the opportunity to write down an original verse, in your own words with its own rhythm and rhyme and reasoning.

Robbie collected these and collated the feedback along with all he gathered from the group sessions and individual sessions to inspire his composition of an original piece of music.

This new song is going to be premiered during the Headspace 2018 Symposium March 2nd and 3rd.

We were privileged to have a performance on February 15th where Robbie and his colleagues Emma and Tom performed a host of songs.

The songs they sang were songs listed in the ‘Inspiration’ leaflet so they included ‘New York, New York’, ‘Song for Ireland’, ‘We’ll Meet Again’ and so on.

In this issue, we share one more of the poems that Valerie Cummins wrote. She wrote this verse and Robbie, Emma and Tom sang a poignant and beautiful version of this during the performance. They also performed her last poem which was published in the Winter 2017 Newsletter.

It was such a beautiful surprise to Valerie and all of our Residents.

Thank you to Tonnta for that special moment.

We look forward to the performance at the Headspace 2018 Symposium.

Where strain and pain
May sometimes be
So care and compassion dwelleth there
In every waking day and night
Kindness and concern __abound,
And through a window there blows
Maybe winter or hopeful spring
Beautiful flowers in summer
Or autumn leaf in fall
By Valerie Cummins

‘Tonnta’ is the Irish word for ‘waves’
Communication Café

We wish to inform you of a Community Café which is hosting an afternoon tea/coffee once a month in the Mess Café.

Staff, families and Residents can discuss this and if any Resident is interested in attending, please let us know.

Sheelagh Jennings is the contact person for this. She is a Community Speech and Language Therapist. She is not an employee of Saint James’s Hospital thus is not a member of our Hollybrook Team but she has opened invitation to all our Residents following communication with Ciarán.

We are very thankful to Sheelagh that she’s opening the doors to us and welcoming us to join our neighbours.

The upcoming dates are March 29th, April 26th, May 31st and June 28th. Of course if we are informed of changes to these dates, we will let you know. They’re held on the last Thursday of the month.

Tea and Coffee and a scone will cost €3. The groups meet from 2:15 p.m. to 3:30 p.m. It’s specifically tailored for people who are living with aphasia due to a stroke, brain injury or dementia. It’s a supportive environment where you can meet other people with aphasia.

Contact Information

Sheelagh Jennings
Community Speech and Language Therapist
T: 086 023 5457 or 0766955256
E: richmondbarracks@dublincit

Photo: Posters for the Communication Café may be found on the Activity Calendar 2018 next to Security at the Main Foyer and throughout Hollybrook Lodge.
Puzzle Page

Solutions on last page of Newsletter

One

CROSSWORD

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)

Two

CROSSWORD

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)
Christmas Party
by Ciarán Murray

We hosted our Christmas Party on December 14th. Our neighbours, The Richmond Barracks, were exceptionally kind in granting us the use of the ‘Gymnasium’ for the afternoon where we held the Concert.

The Museum Manager, Éadaoin Ní Chléirigh, spoke at the start of the party and told us about the significance of the Gymnasium room we were in. She recounted the anticipation, anguish and intensity that would have filled the space following the Easter Rising 1916. Over 3000 Irish citizens were held inside the walls of Richmond Barracks including 77 women who were captured, detained and sentenced at the Richmond Barracks after the Rising.

Billy Merriman and his friend Martin put on a fantastic concert with live music. It was a joyous afternoon.

We gave away a number of Hampers and Prizes for a Raffle we held.

We look forward to organizing a Summer Concert/Occasion in 2018 in the Richmond Barracks.

Residents and guests were encouraged by Éadaoin to visit the Museum sections of the Barracks where there is an old school room, soldiers’ quarters, as well as a mock Saint Michael’s Estate flat with a sitting room and kitchen.

We had food and drinks served in the Mess Café inside the Barracks. Manager Neil Lacey and his team hosted us. Food was catered by our Hollybrook Lodge Chef Denis and his team. Food and drinks were beautiful. Thank you for all your support with food and beverages.

Thank you to everyone for attending and supporting this very special occasion at Christmas.
Ceremony of Lights

by Ciarán Murray

We hosted our Ceremony of Lights on December 12th. We had a concert on the day performed by Mervynne Jacque and this was followed by a beautiful Ceremony of Lights.

There was significant support from all our staff in each unit who decorated Robinson and McAleese Units. We also had massive help from Michael Wilders who works with BOC with Saint James’s Facility Management who helped to erect our outdoor Tree and a marquee. This was in addition to the beautiful reindeer and garden lights.

Michael was also instrumental in helping us get the Sam Maguire Cup to pay a visit on the same evening. So of course many of you are Dubs, or ‘True Blues’, so there was much celebration and cheer at the sight of Sam Maguire.

Fr. Brian presided over a lovely reflection on the meaning of light and we all held candles where we took a moment to reflect of our personal intentions. Mervynne sang some more songs like Silent Night and everyone joined it.

We had food and drinks served by our Catering team. Thank you especially to Gillian and Mary for accommodating us that day. Theresa (picture below) got the ingredients for non-alcoholic Mulled Wine.

All staff and teams worked together to celebrate the night. Thank you to all our staff for all your support.
Prize Draw - Anna Tsybuleva
by Ciarán Murray

We held a very impromptu draw on Monday February 26th. All names of Staff were put into a draw and two winners were selected.

The winners are Sister Nora O’Neill (and guest), whom you all know is a Minister for the Eucharist who visits us every Monday morning and serves the Host to those Residents who wish to receive it.

The other winner is Vicky Ragas (and guest), Clinical Nurse Manager of Robinson Unit.

Each winner receives 2 tickets for a Performance in Saint Ann’s Church on Dawson Street, Thursday March 1st at 8 p.m.

There are a number of Concerts going to be performed by the Artist Anna Tsybuleva over 10 days throughout Ireland.

“Absorbing” – The Times

Brace yourself Nora and Vicky for an edge-of-the-seat performance from the extraordinary Russian pianist Anna Tsybuleva. Winner of the prestigious Leeds International Piano Competition in 2015, she has astounded audiences and critics alike with her daring and bravura-filled interpretations of classic works. Performing a programme featuring a selection of Chopin’s finest nocturnes and mazurkas, a set of Tchaikovsky’s character pieces, “The Seasons”, and a new work by Irish composer Siobhán Cleary evoking a Gaelic winter.

Tsybuleva’s muscular, rhythmic playing and overtly nuanced attack give every accent a meaning, infusing the most well-worn pieces with modernity and breathing new life into neglected works. “A born performer” [International Piano Magazine], she clearly relishes every second at the keyboard while captivating the audience with her expressive playing and wonderfully enigmatic sense of humour. Since her success in Leeds, Tsybuleva has performed a string of engagements as a soloist with many of Europe’s leading ensembles, including the Royal Philharmonic Orchestra, the St. Petersburg Philharmonic Orchestra, Hallé Orchestra, Singapore Symphony Orchestra and Basel Symphony Orchestra. She has also given recitals at London’s Wigmore Hall, the Shanghai Opera House, the Salle Cortot in Paris, and Palais des Beaux-Arts in Brussels.

Music Network tours are funded by the Arts Council and presented in association with RTÉ lyric fm. Tickets for all regional concerts are available from individual promoters around the country. Single tickets for the Dublin concert at St. Ann’s Church range from €10 - €20 (plus booking fees), or enjoy both classical concerts this season for €25 - €35 with a classical bundle. Tickets can be purchased by calling Music Network on (01) 475 0224 or booking online at musicnetwork.ie.

If you wish to learn more about the Tour or book a ticket please go to http://www.musicnetwork.ie/concerts/details/anna_tsybuleva#.WpVK_q5l_bh
Our Lady of Lourdes School Choir
We had the pleasure of a visit from our neighbours; students from Our Lady of Lourdes National School along with their teachers visited us on ‘Grandparents Day’ we’re going to raise a glass for Polly and give her a sendoff.

Thank you to all the gang who visited and especially for sharing a huge collection of homemade ‘Grandparents Day’ cards with our Residents with beautiful messages inside like ‘you’re best, have a great day’.

Cathy Scuffil TALK: Dublin Street Names
Thank you to Cathy for visiting us Friday, January 19th for the afternoon and delivering a fantastic interactive presentation on the History of Dublin street and place names.

It was exceptional. She had us mesmerized with her wealth of knowledge and open our eyes, ears and minds to consider how such places as Leopardstown and Dolphins Barn got their names?! When there are not that many Dolphins or Leopards around Dublin.

Sam Maguire Cup
Here’s a beautiful photograph of our Resident Sally with Emanuel holding the Sam Maguire Cup, caught in a great moment.

Behind them is Michael Wilders who helped us set up trees and lights on the night and Mervynne Jacque who performed a concert and sang songs during the Ceremony of Lights.

Inchicore College of Further Education
Thank you to the college students for a great afternoon of entertainment with renditions of Christmas favourites like ‘12 days of Christmas’ and the modern ‘Fairytale of New York’ and so on.

We had a wonderful time. Thank you for being connected with us.
Art Installation: Bird Lanterns

Artist Tom Meskell has worked with Residents of Hollybrook Lodge to create a flock of birds to be displayed in Trinity College as part of an Art Installation which will coincide with the Headspace 2018 Symposium. Tom stated he has thoroughly enjoyed working with all our Residents during workshops over the last two months.

As part of our process, Ciarán created and distributed ‘bird templates’. These are 2 dimensional drawings of the bird designed by Tom. We distributed these along with Water Colouring pencils and acrylics and encouraged all Residents to express their creativity. There were no rules. Residents could use any colour or combination of colours.

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The main photo of this issue has a photo of some of the completed birds. They have LED lights inside each bird which can be activated by a remote control to change settings, mode of light and colour.

In 2013, Tom and Róisín Loughrey were jointly awarded an inaugural bursary from WHAT via artsandhealth.ie, the national arts and health website, to document through film an arts programme involving people who have an acquired brain injury, which is facilitated by Tom at Sacred Heart Hospital in Castlebar, County Mayo.

He is a graduate of National College of Art and Design (NCAD) and resides with his family in County Mayo.

Photo: Selection of completed Bird Lanterns which were made by Residents during Workshops with Tom Meskell Jan/Feb 2018
Staff News

Departures
We wish to celebrate the retirement of John Moran who has recently finished working with Saint James’s Hospital. He was a member of the Catering Department and worked with Saint James’s Hospital for over 30 years.

Denis, Brenda and all his colleagues have spoken of John being a reliable, consistent team member with an exemplary record of attendance. John, we’re told, often sacrificed his Christmas holidays and offered to work days for other staff that had young families at home.

We all wish him the very best in his retirement. On his last day, Denis insisted John turn the kitchen lights off one last time. He captured the photograph of John doing his last task.

Mary Lattimore worked with us for over 20 years and retired early December. She worked with our Catering Department.

Here’s a beautiful photograph of Mary. We all wish you well in your retirement and miss you in Robinson Unit, especially Gillian.

Best wishes to you both from all staff in Hollybrook Lodge

We also welcome Geraldine Navaro, staff nurse, back to the fold.

We also wish Alan Kenny’s daughter Yasmin success along with her team The Rainbow Twirlers “Fatima Twirlers”, who are competing in Ireland’s Got Talent. Best of luck to them all!!!!
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.