Summer time
by Ciarán Murray

Welcome to the summer 2018 Issue of the Hollybrook Lodge Newsletter.

Summer Concert
We had a Summer Concert in the Richmond Barracks for August 14th.

Mervynne Jacque performed from 2-3 p.m. in the Gymnasium building. We had Refreshments in the Mess Café from 3-4 p.m. Look out for the posters for our Halloween Concert which will be a fancy dress on October 30th in the Richmond Barracks. Page 4.

VHI Women’s Mini Marathon
Staff members Vicky and Dearly took part in this year’s Mini Marathon in Dublin, on June 3rd. Congratulations to them both on this achievement. See Page 8.

Gift Ideas
We have created a list of ideas for what items are popular for Residents. If you are a guest/visitor or family member this may give you some ideas for gift ideas. Please see page 6 for more information.

Staff Farewell
Hollybrook Lodge said a sad farewell to Trish Boland and Theresa Boyle. See Page 5.

Grant News!
We have received great news. We have successfully won 2 Grants from the Saint James's Hospital Foundation. See Page 2.

Dublin Pub Talk
We had Historian Cathy Scuffil present a talk on Dublin Pubs just after Easter.

Wooly Wards Farm
We had a visit from Wooly Wards Farm to mark spring and Easter. It was the first time the Farm animals came to Hollybrook Lodge.

Bird Lanterns
The Bird Lanterns are all complete and are displayed in the Main Foyer of Hollybrook Lodge.
Canal Bank Walk
by Ciarán Murray

We wish to advise you that when you have a family member join you, you’re welcome to go for a Canal Bank Walk.

Ciarán has provided a poster of the safest way to access the Canal from Hollybrook. If you need a printed copy, please find them in the magazine stand at the main entrance or at the Activity Calendar 2018 stand beside Security.

Route: Exit Hollybrook Lodge at the Pedestrian Gate. Cross the Road. Follow the tarmac path across Green. Turn left at Goldenbridge Graveyard and walk out to Canal.

Please know that there are organized Tours of the Goldenbridge Graveyard which are hosted by the Richmond Barracks. Please go to www.richmondbarracks.ie to learn more about that or ask Ciarán to find the latest dates and times.

FEEDING BIRDS

Please note that bread is not the best food to give to birds. It has low nutritional value and it may pile up on ground and become tainted, spreading disease.

The best options are any Bird seeds or Rice and Oats (cooked or uncooked)

St. James’s Hospital Foundation
by Ciarán Murray

Hollybrook Lodge entered a Grant Competition with Saint James’s Hospital Foundation for 2018. We have been successful!!

We have enhanced the environment in Hollybrook Lodge. We purchased new Garden furniture and plants to enhance indoor spaces like the foyer, the Oratory, etc.

We will be planning a few other once off experiences like visits from RAMS etc. This has also been used to facilitate the Community Concerts/outsings to the Richmond Barracks including performer’s fees/venue and café fees.

These monies will also help with buying a range of ongoing supplies from low cost to medium cost items like; Bingo prizes, Books, Audiobooks, Magazines, CD’s for Oratory, DVD’s for the Movie Group etc.
We hosted a visit from Wooly Ward’s Farm earlier this year in spring. We just wanted to take the opportunity to thank Wooly Wards Farm for a great experience and afternoon.

We met a range of animals; a variety of hens and chicks; we had a male and female duck who when parted called out to each other; we met their pig too who was very cheerful sniffing around; we met guinea pigs; some residents fed a bottle of milk to the lambs.

Wooly Ward’s Farm is experiential. It was great at stimulating memories for many Residents who grew up on or near farms whether in Dublin or down the country.

For More information please see their website

http://www.woolywardsfarm.com/
Or email info@woolywardfarms.com

They have a team of professional staff whose backgrounds include a wide range of experience in agriculture, childcare, Drama, Tourism etc. and all the team undergo animal handling and customer service training.
Our Summer Concert

by Ciarán Murray

On August 14th, we had our Summer Concert in the Richmond Barracks.

We had over 20 Residents attend and altogether nearly 40 people at the event. There was a real sense of community and it was great to have so many Residents be free to take part together.

Mervyenne Jacque performed a beautiful set of songs. She was engaging and in good spirits and made great connection. Her voice sounded even more beautiful in the gorgeous Gymnasium room of the Barracks.

After the concert, we all went to the Green Café in the Barracks where we enjoyed a gorgeous selection of sweet and savory foods.

Ciarán opened the Bar too! There were gin and tonics, glasses of wine, Guinness and so on. It was a real pleasure to see everyone enjoy the afternoon and have some fun.

Photo: Mervyenne Jacque performs songs from the 1930’s, 1940’s and so on... in the gorgeous Richmond Barracks Gymnasium
Fare thee well...

by Ciarán Murray

Hollybrook Lodge had to say goodbye to two of our Clinical Nurse Managers recently.

Theresa Boyle
Theresa worked with Saint James’s Hospital for many years. Professor Bernard Walsh spoke on the day of the Retirement Party, a very heartfelt and emotive speech about the contributions Theresa made to Saint James’s over the years, how well she worked with her professional colleagues and particularly her strengths in working with patients and residents. There was special mention of how important it was to Theresa to give special care and attention to people who were dying and supporting their families during times of grief and loss.

Patricia Boland
We hosted a Farewell Party for Patricia “Trish” this summer. The staff set up a surprise party bringing in a wide variety of dishes and made the space look like a hotel function.

There were many speeches from Trish’s colleagues highlighting her years of dedication and vocation to patients and residents, and admiration for her presence, her care and her spirit in working with so many patients, residents, staff and families.

Thank you to all staff that put so much time into preparing and decorating the parties for Trish and Theresa. We wish both Trish and Theresa all the best in the next chapters of their lives.
Baking Competition

by Ciarán Murray

On June 20th we hosted a Baking Competition. This coincided with saying goodbye and fare thee well to Alan who worked with Security. We miss him and know he’s been doing great in his retirement. We had a selection of prizes for the winners.

Congratulations to the Prize winners including Ursula Dalton, Miracline Samuel. My sincerest apologies, I cannot recall the other Prize Winners but I’m sure you know who you are.

The Residents Baking Group also made an Upside Down Gooseberry cake and other treats for the event. Thank you to all Residents for your hard work and for taking part in the event.

Photo: Upside down gooseberry cake with gooseberries from Ciarán’s allotment baked by Residents in our Baking Group

RAMS: Retired Active Men’s Social

by Ciarán Murray

We had a visit from RAMS on July 10th this summer. RAMS have recorded a CD.

The sale of CDs will support 4 charities; Saint Vincent de Paul, Downs Syndrome Ireland, Brother Kevin (Capuchin Day Centre for Homeless People) and Laura Lynn. If you would like to support RAMS CD’s are available for €10. This CD may be a perfect gift for Residents to enjoy throughout the year.

Liaise directly with RAMS leader Liam to purchase at future concerts.
Gift Ideas

by Ciarán Murray

Family members/Guests often ask for ideas for gifts and wish to buy items that will enhance everyday life for Residents.

Here are some ideas that may help;

Ideas for Residents

hygiene care

1. Shampoo and Conditioner
2. Hand cream
3. Nail Polish & Remover
4. Shaving Foam and Razors
5. Hair Brush/Comb
6. Tether/neck Chain for Reading Glasses

Ideas for Bedroom

1. Favourite blanket
2. Favourite Pillow
3. Framed photos
4. Clock/Calendar for wall
5. Essential Oils and Diffuser for room
6. Plants
7. Favourite Mug/Cup

Ideas for Activity

1. Portable DVD Player
2. Radio/CD Player
3. Knitting supplies
4. Craft supplies
5. Newspapers – liaise with Clinical Nurse Managers about setting up.
6. Puzzles
7. Activity Blankets etc.

Every Resident has his/her own unique preferences for interests and activity. Individual preferences include knitting, crossword puzzle books, Reading, Writing etc. It’s important that family and staff work together to facilitate these preferences and work to meet these needs.

There are supplies for Activities in each Dining room held in a storage unit ranging from Sensory based activities to arts and crafts and many in between. These can be used/borrowed any time.

Please liaise with staff to talk about ideas. Ciarán can share information with you about options from a good source like Activities to Share in UK who create and design dementia specific and older adult activities. www.activitiestoshare.co.uk

FOR MORE INFORMATION

Please speak with CNM’s regarding ideas for day to day items that are specific to each individual. Please speak with staff if you have any concerns for allergies, risks of choking, safety etc. before purchasing/providing gifts.

If you’re considering ideas for Activity, please speak with Ciarán Murray, Activity Coordinator. Residents have various levels of ability so you may discuss options that may be best suited to each person’s level of ability and level of engagement and hopefully test and measure different ideas as individual preferences and interests vary.

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VHI Women’s Mini Marathon

In 2018 Vicky and Dearly took part in and completed the VHI Dublin Women’s Mini Marathon on June 3rd.

Congratulations on this great achievement. Here they are after crossing the finish line!!!!!
Finally, we have a poem to share with you. It was written and submitted by Claire Smyth who is a member of the Hollybrook Lodge Robinson Unit team.

Thank you so much Claire for such a beautiful poem. It’s very empathic and considerate.

Me…

Hello! Do you remember me, as I remember you?
Not so clear, bit confused now, and then I do… remember that is__
Please support and still be my friend as this will help me
Although I will never mend
I don’t want to be ignored by familiar faces,
I know it’s different for us, but I don’t want to feel
Isolated__
I know it’s sad, but remember, we’re human,
Your resilience is key to keep this moving
My family will need you, not only me
It’s them who will suffer that I’m just not me,
Please support them in any way you can
This dementia will take me__
But for now, I am still who I am…
Me!

The end
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.

This has been a wonderful summer in Hollybrook Lodge. Look out for the Autumn Issue of the Newsletter which will be released very soon and remember our Halloween Party is booked for Tuesday, October 30th in the Richmond Barracks.

It is up to each Resident to decide if you wish to dress up for that party or not. If you wish to dress up, please ask your family to be involved and to help buy/source make-up/masks etc.

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.