Robins & Foxes
by Ciarán Murray

Welcome to the winter 2018 Issue of the Hollybrook Lodge Newsletter. We have many events this season including the Ceremony of Lights, the Christmas Concert and visits from the community.

We also share a lovely article on wildlife.

Ceremony of Lights
Hollybrook Lodge celebrated another annual Ceremony of Lights with Guest singer Mervyenne Jacque- Page 6.

Christmas Concert
See Page 4 for a look back at our Christmas Concert which was hosted in the Richmond Barracks.

Remembrance Mass
We celebrated our annual Remembrance Mass on November 21st with Fr. Brian Gough- Page 5.

Winter wildlife in Hollybrook

Have you seen the red foxes that visit us here in Hollybrook Lodge? We have an article written by Transition Year student Mark Ragasa on wildlife in Hollybrook Lodge and Ireland during the winter months- Pages 2&3.

Carnation Theatre - Bath Night on Henrietta Street

Based on feedback from our Residents Association, Ciarán has booked a Theatre performance for January 2019 so look out for posters- Page 7.

Dublin History: Cathy Scuffil

Cathy gathered us together on November 5th to share a talk on Place and Street Names in Dublin, a fascinating talk that ought to be a TV show- Page 9.

Our Lady of Lourdes Visit

We had the pleasure of welcoming pupils from Our Lady of Lourdes Primary School during Christmas who performed a set of songs. Thank you as always!

Movie Theatre Group

Our Movie Group continues every Tuesday. For a taste of what’s on see Page 8.

Rosary

Occasionally we host a Rosary Group in the Oratory. Please see Page 8 for more details on what to expect and how to find out when they take place.
Hollybrook Lodge Wildlife
by Mark Ragasa

The Robin

The Robin also known as a “Spideog” in Irish is the one of the most common birds seen in Ireland and throughout the year, Robins are commonly seen hanging around the gardens of Hollybrook. Although Robins don’t really associate with the winter season, they can still be found roaming around the place. The average lifespan of a Robin is only 2 years and their diets change according to the season. In summer, spring and autumn they mainly feed on earthworms and other small insects while in the winter time they feed on berries.

Appearance and behaviour

The robin is a bird with olive-brown upper parts and a white/grey belly. The legs and the beak are brown in colour. The male and female are very similar in terms of how they look.

Until they reach adulthood immature robins have speckled buff-brown upper parts and underparts. Robins are tiny in comparison to other birds with an average wingspan of 21cm and weighing around 18g for both females and males.

Robins are territorial and they would defend their territory until their death.

A Robin’s meal

A robin’s diet widely consists of insects and earthworms. They hunt their food by swooping down from a high vantage point after watching their prey. Robins are also known for having a “Sweet beak” which means they will feed on treats such as chocolate and gummies left out by humans. In the Winter time, they begin feeding on berries and other fruits.

A Robin’s nesting

Their nest is created from grass, moss and dead leaves. They also line the nest with soft materials such as hair and wool. Robins often build their nest in less common areas such as sheds, garages, cars and even coat pockets!
The Red Fox

The red fox is another common animal that roams around Ireland. There have been sightings from the residents of foxes entering the area of Hollybrook. The red fox doesn’t hibernate in the winter and stays active. Foxes live both in urban and rural areas and are often seen in places such as parks, back gardens and even in the middle of the city.

Appearance and Behaviour

Red foxes usually grow a meter in length and weighs between 2kg to 14kg at most. Their average lifespan is around 5+ years. The foxes are seen as fluffy creatures with reddish-brown fur with white underparts and a bushy tail. The fox grows a thick coat of fur to withstand the coldness of winter. These species stay well hidden and people don’t usually don’t notice them. Foxes can reach up to speeds of 48 kilometres per hour due to their strong legs.

Habitat

Foxes that live in rural areas often live in forests where they create a home for themselves which is called a “den”. These dens are holes dug out by the foxes and can be built usually anywhere depending on where the fox is. In urban areas, foxes are found living in parks, sleeping under cars and even living in people’s gardens. They have also been known to cause trouble to the residents living in a specific area.

Diet

The red fox feeds mainly on small rodents such as field mice, voles and rabbits; however, they will also eat birds, insects, small reptiles and fish. Foxes typically eat 0.5 – 1 kilograms of food a day. With their sense of hearing, they can locate small mammals in thick grass and they are able to jump high in the air to catch their prey. This resourcefulness is one of the main reasons they have been able to populate our towns and cities with great success. Foxes are superb hunters, able to sprint, turn and jump with surprising ease for a dog.
Christmas Concert
by Ciarán Murray

We hosted our Christmas Concert in the Richmond Barracks on December 13th.

We had a musical performance by the Inchicore College of Further Education (ICFE) with Lecturer and Musical Conductor Helén Montague. There was a great large crowd of Students who are studying drama, performance, dance and acting in the college.

They performed numerous seasonal songs as well as more contemporary renditions of songs like ‘Fairytale of New York’.

Thank you to the Helén and her students AND the many guests and family members who made it a very special occasion.

We had our concert in the Barracks and many Residents and Guests dressed up.

Following the concert, everyone enjoyed some beautiful food and drinks in the Café of the Barracks where the festivities continued. Thank you to the Catering team and chefs for providing such beautiful treats, mince pies and Christmas cakes.

Thank you to Lorcan Birththistle (CEO) and all the members of the Medicine for the Elderly (Medel) management team and Quality Safety and Improvement Directorate (QSID) staff who attended and supported the Concert and joined our Residents in celebrating Christmas.

Thank you to all Nurses and Healthcare Assistants for your help AS ALWAYS.
Remembrance Mass

REMEMBRANCE MASS NOVEMBER 21ST 2018

Oratory Altar with our ‘Tree of Life’

Fr. Brian Gough, Head of Pastoral Care/Chaplaincy celebrated our Remembrance Mass on November 21st in the Oratory. To prepare for this we put a ‘Tree of Life’ or ‘Memory Tree’ next to the altar. Everyone was encouraged to take time to write a note on one of the handmade butterfly cards and clip them onto the tree. Individual and Family names were added and personal notes too to mark the memory of loved ones who have passed on. The tree is still in the Oratory. All of us in Hollybrook Lodge wish to say ‘Thank you’ to Brian for a very meaningful ceremony.

The purpose of this Mass is to allow current Residents the opportunity to pay their respects and to remember loved ones who have died over the last year. This may be family members or friends who died at home or abroad where sometimes it’s hard to travel and attend funerals. It allows the opportunity to reflect on the loss of loved ones and those who we will miss.

We also remembered the Residents who have passed away since the last Remembrance Mass in November 2017 and we invited their families to attend. Members of the families lit candles in memory of each Resident who died. It was Fr. Brian who spoke about the lighting of candles being quite meaningful in how they represent the body and soul of each person in a symbolic way.

There is a Candle stand for the Oratory. There are coins on the table next to it so please feel free to insert a coin and light a candle anytime throughout the year for your intentions. The Oratory is often a quiet space for you to visit and reflect.

Hail Holy Queen

Hail Holy Queen,
Mother of mercy,
Hail our life, our sweetness and our hope.
To thee do we cry, poor banished children of Eve
To thee do we send up our sighs
Mourning and weeping in this valley of tears.
Turn then, most Gracious Advocate,
Thine eyes of mercy toward us, and after this our exile
Show unto us the blessed fruit of thy womb, Jesus
O Clement, O loving, O sweet Virgin Mary
Pray for us, O Holy Mother of God
That we may be made worthy of the promises of Christ
Ceremony of Lights
by Ciarán Murray

We held our 3rd annual Ceremony of Lights on December 4th.

We had two celebrations;

Firstly, we hosted a Concert by Mervynne Jacque at 2 p.m. to 3 p.m. followed by some afternoon Tea and Treats.

Later on, after dark, before 5 p.m. we set up the Robinson Day Room for the Ceremony of Lights. We had a table filled with candles.

Miracline and Ciarán welcomed everyone and Fr. Brian opened the Ceremony with Reflections and Prayers marking the beginning of Christmas in Hollybrook Lodge.

We lit candles and dimmed the lights while in silence Residents and guests were able to quietly process their own intentions. We listened to Mervynne sings ‘Silent Night’ and other hymns.

Our catering team provided beautiful trays of sandwiches and treats like cake and mince pies and Ciarán provided Baileys for Baileys coffees.

Finally, we had a count down and the garden of Hollybrook was adorned with a flood of christmas lights and the Christmas Tree was lit up in centre of the garden to remain on for the rest of Christmas.

Photos: Left- view from McAleese Unit of Christmas Lights in our Garden and Right – Fr. Brian Gough and Miracline Samuel – Thank you Carol Murphy for the photo!
We have very exciting news. We know Christmas time and winter with its short days and long nights can be a mixture of meaning personally and spiritually; it can be a time of processing endings and loss; it can be a reminder of our life and our many beginnings and endings; a reminder of nature, of death and renewal; a reminder of our family; it can also be a thrilling and exciting time with family and friends celebrating each other and spending time together.

We know January can be a cold month and quiet time where our purse strings are pulled in tight and we’re wrapped up keeping warm, hibernating like our furry wildlife friends.

We have built a connection with Carnation Theatre and booked an event. We are asking them to come to Hollybrook in January to sweep away any blues and entertain us.

The show is called ‘Bath Night on Henrietta Street’ and it’s going to be filled with fun and laughter and plenty of songs.

Please come join us on January 15th for the show in the Multipurpose Room at 2 p.m.
Movies in Hollybrook

by Ciarán Murray

The ‘Movie Group’ continues to be a hit in Hollybrook Lodge. Movies over the autumn and winter season have included:

The Big Store, by The Marx Brothers
Vertigo, by Alfred Hitchcock
‘Yours, Mine and Ours’
Agnes Browne
You’ll Never Get Rich
Ocean’s 11
Tour Of Ireland – Documentary
Heaven is for Real
To Catch a Thief
In America
Brooklyn
The Man who Invented Christmas
White Christmas and many more…

Keep an eye on your Weekly Plan for the next Movie!!

Rosary in Hollybrook Lodge

Ciarán facilitated a Rosary Group on December 5th at 2 p.m. for Residents.

Please feel free to join us anytime you see the ‘Rosary’ listed on your Weekly Plan. Typically, the Rosary is a recorded CD by Fr. Gabriel Harty and Friends.

It’s an opportunity for silence, prayer and solitude. It is often a relaxing and peaceful experience for approximately 30 minutes.
Cathy Scuffil visited us on Monday, November 5th after Halloween for the afternoon and delivered 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. Thank you so much Cathy for the wonderful afternoon.
Poetry Page

Stopping by Woods on a Snowy Evening

Whose woods these are I think I know.  
His house is in the village though;  
He will not see me stopping here  
To watch his woods fill up with snow.

My little horse must think it queer  
To stop without a farmhouse near  
Between the woods and frozen lake  
The darkest evening of the year.

He gives his harness bells a shake  
To ask if there is some mistake.  
The only other sound’s the sweep  
Of easy wind and downy flake.

The woods are lovely, dark and deep,  
But I have promises to keep,  
And miles to go before I sleep,  
And miles to go before I sleep.
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.

*Merry Christmas to you and your families and good health to you 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.

Hollybrook Lodge
Saint Michael’s Estate,
Bulfin Road,
Inchicore,
Dublin 8
Activity Coordinator: Ciarán Murray
T: 014284654 E: csmurray@stjames.ie