November

Positive Aging Week

We had a lovely visit from Lucy Connolly’s young musical students on Sunday 18th October. They bravely played their pieces for the residents in the afternoon and did a wonderful job. It was a lovely change for a Sunday afternoon and the Piano music was enjoyed by everyone.

Resident’s Forum

The resident’s forum meeting was held on 15th October, with great attendances in both Dun a Rí and Killykeen. Lots of items were up for discussion including the health promotion policy; menus, information regarding choice of pharmacist, new activities and upcoming events. A great suggestion was made to have Social Clubs going so people can get to know each other better and mix with each other. Mary Reyburn was appointed head of the group for Dun a Rí and Bridget Sheridan head of group for Killykeen. Everyone is welcome to join in and come along for a cuppa and a chat.

Social Club
We set up a little Social club to help people get to know each other. The club met in the small sitting room and enjoyed a drink or a cuppa and a good old chat with each other. The club took a break for Christmas but will be starting up again in the new year. You may like to bring a photo or something that has a story to it to share with the group. Bridget Sheridan is leading the group and as she says ‘she’s always had the gift of the gab’, so it’s no trouble to her to get people chatting and mixing.

**Pumpkin Carving**

Residents and staff in Dun a Rí got very creative with their pumpkin carving and created this charming fellow. I guess he wasn’t feeling too well as you can see from this gruesome photograph.

**Halloween Baking Group**

The Baking team got busy before Halloween decorating Halloween themed buns. Despite the horrible green coloured icing they tasted delicious. Yum yum!

Paddy, Rose, Bridget & Nancy admiring their work.

Maura, Cecil & Geraldine busy decorating
Halloween Party

A great Halloween party was enjoyed by all with lots of dressing up and fun. There was nothing ghoulish about this Halloween party as everyone was in jolly spirits.

There were cheers not tears for Bridget who plucked up the courage to wear the clown outfit. Doesn’t it suit her well?

Residents enjoyed a great knees up with music by Philomena and John. There was lots of Boxyt, Apple tart and pumpkin pie to sample. A great time was had by all!

Phyllis is hiding under these massive specs,

while nursing Mr. Pumpkin

Christina posing with Gertie and May is wearing the mummy mask

Mrs Dracula has it in for Maura but Patsy is too busy giggling to help her out

Bridget has a new hairstyle for Halloween
Remembrance Services

We held our first Remembrance service on Thursday 5th November. This service was a special Mass for residents to have an opportunity to remember their loved ones. Residents were invited to place the names of their deceased relatives and friends in a basket. This was the first year, we held this special Mass and we hope to continue this in the future.

Our annual ecumenical remembrance service took place on Thursday 19th November where families of deceased residents were invited back to Esker Lodge to share this service with us. Fr. Sean Maguire and Canon Mark Lidwill officiated over the service with music by Angela Carnew. Each family representative was invited up to light a candle in memory of their loved one. A candle is also lit in memory of deceased relatives of residents and staff and a candle is lit to represent peace in our troubled world. The book
of remembrance was brought up which is a memorial book of all residents who have resided at Esker Lodge Nursing Home over the years. As always a fantastic feast was provided thanks to the catering staff after the service for all to enjoy. A special word of thank to those who assisted with preparing for the service, who participated in the service and who assisted in tidying up afterwards.

Legion of Mary

Ladies from the Legion of Mary are coming to visit on Mondays. They visit both units to pray the Rosary with the residents. Everyone is welcome to come along to the group.

NHI awards ceremony in the Double Tree by Hilton Hotel, Dublin.

We were delighted to support Lynn at the awards night on 15th November. Lynn was a finalist for Carer of the Year and although she didn’t scoop 1st place, she was one of three finalists. It was a proud moment for Lynn, her partner Keith and for management and staff of Esker Lodge to reach the finals. It was a fantastic experience for all involved. The awards take place every year and nominations may be made for various categories.

December

Alzheimers Café Christmas Party

The first Christmas party was held early in the month as a group of residents went to the Alzheimer’s Christmas Party in Castlemanor community hall. A great morning’s entertainment ensued and we were
reluctant to have to board the bus to come home. It certainly got us in the Christmas spirit.

**Clogher House Christmas Party**

Phyllis Tully and Maura McDermott enjoyed an outing to Clogher House for their Carol Service. They joined Mary Sheridan there along with Bridget Hough and had a great afternoon.

**Carol Singing**

Residents in Dun a Rí enjoyed an afternoon of Carol singing with students from the Royal school organized by Danny McKeon and his friends. Nanny Phyllis was keeping a tight eye on them but they were on their best behavior. Everyone enjoyed singing along to all the familiar songs and carols.

**Killeshandra Social Services Xmas Party**

Vera Kellegeher enjoyed an Outing to the Slieve Russell Hotel for her local social services Christmas Party. She met up with old friends there and had a fantastic meal and day out there. She was glammed up to the last to party in style.

**Resource House Xmas Party**

Mary Sheridan and Phyllis along with Juvy enjoyed an afternoon out also as they went to a party in Tullamongan resource house and partied the day away there.

**Christmas Activities**
Lots of preparations took place in the run up to Christmas, including making and decorating cakes, flower arranging and a special visit from Aggie’s dog’s 7 beautiful puppies that were loved by all. Rosita took one home with her and will bring her back to visit so we can check how much she’s growing.
We also enjoyed Carol singing with ladies from Hosanna House and the Cavan Baptist Church.

Carol Service

On Friday 18th December we had an ecumenical carol service held by Canon Mark Lidwill and Rev. Jean Mackarel. Fr. Sean Maguire joined the service also. Everyone enjoyed singing along and lots of refreshments were enjoyed afterwards.
Members of staff enjoyed their annual Christmas party at the Cavan Crystal Hotel this year, partying the night away until the wee hours.

The annual residents Christmas party took place on Saturday 19th December. A full house gathered to enjoy Music by Dessie, Frank and Mel Doherty. All the favorite Christmas classics were played and we had the obligatory visit from a special guest all the way from Lapland. Mr Elf arrived to greet everyone too. Santa had small gifts for the residents and for the children. He greeted everyone before vanishing back to Lapland to prepare for Christmas Eve.

Mar Duffy, Naomi, Patsy & Peggy cut the homemade Christmas cake at the
start of the party

Hugh B, Tenny & Cecil raise their glass

All the Ladies looking festive

Our 3 musical amigo’s – Frank, Mel & Dessie

Ruth is delighted with her little friend!

Here comes the white bearded man- Old St. Nick.
Hurray for good old Santa Claus!

The Primary Care awards ceremony also took place at the party officiated by Nurse Manager Bini. Four awards were presented by Vicky McDwyer. The proud recipients were - Margaret Coombes, Mary Reyburn, Chalil Kuriachan (Charlie) and Felix Harten. Lynn Keyes was also presented with a beautiful crystal bowl in recognition of her achievement in reaching Carer of the Year finals with Nursing Homes Ireland in November.
Christmas Mass

Christmas Mass was held on Tuesday 22\textsuperscript{nd} December with Bishop Leo O’Reilly, Fr Sean Maguire and Sr. Ann Madden. Ladies from the Killeshandra choir provided the music with special thanks to Kathleen for organizing them to come in. It was a lovely special service for all the residents.

Mad for Trad

To continue the festivities, we welcomed a wonderful group of young musicians in to entertain the residents on Wednesday 23\textsuperscript{rd} December. The groups name is ‘mad for Trad’ and they were very well appreciated by all.

Christmas Day - Festivities, food and Fun

New Years Eve Party

More fun was had at
the New Year’s Eve party. Tommy K provided the music and was great at encouraging everyone to do their party piece. We’re amazed at all the talent in Esker Lodge – keep it up folks! We rang in the new year in style (although we were a few hours early). We had to have the traditional ‘Auld Land Sang’ to finish the year off and welcome 2016. It’s been a great year at Esker Lodge with many memorable activities and events. Huge thanks to everyone for taking part, coming along, and helping out in every way. Here’s to 2016! Happy New Year everyone!!

Residents Information

Advocacy

John Boy the Advocate has been coming in over the past 3 months. He visits on a Monday afternoon. Hopefully everyone has met him at this stage. If you wish to speak to him just let us know. He will also be chairing the next residents meeting in February.

Silver Screen at the Odeon Cinema

Our local cinema is running a Silver screen; which are selected films shown at convenient times of the day instead of late evening/night. Our first trip to it, is on 23rd Feb to see ‘Brooklyn’. If you would like to come along please let us know.

New Food Choices

A new trial menu will be run during February as we wish to make some changes to improve the menu and food choices on offer. We wish to offer a wider selection of foods and introduce some healthy options e.g. smoothies/fruit juices, choice of cereals etc. We hope you enjoy the new items on offer and look forward to hearing your feedback.

Dates for the diary

We have bought lots more calendars this year so we’re all going to be super organised. Here are a few upcoming dates to pencil in –

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<th>Shrove Tuesday- 9th Feb.</th>
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<td>Ash Wednesday -10th Feb.</td>
<td>St.Patrick’s Day Thursday 17th March</td>
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World day of healing for the sick Thursday 11th Feb.  
Good Friday 25th March

Valentine’s Day- Sunday 14th Feb  
Easter Sunday 27th March

General Election 26th. Special Voters 20th Feb.

**Coming up…**

Valentine’s Day celebration Friday 12th Feb; relaxing piano music with Louise and sweet treats for tea time.

Singsong with Rev Jean Mackarel on Friday 26th Feb.

Mother’s day is on Sunday 6th March. As in previous years, we would like to offer the opportunity for families to have lunch here with their mother; lunch would be served for groups at 2pm. If interested please speak to Naomi to organise.

**Births, Deaths, Marriages or congratulations.**

- Our condolences to the families of Pearl Adams, Milicent Bouke, John Duffy, Ethna McEvoy, Annie Fitzsimons and Mary Dunne on their recent bereavements. They are sadly missed by us all here in Esker Lodge. We also remember all Residents and Staff members who may have had recent bereavements.

- Congratulations to Sara on the birth of her baby daughter Naevia

- Congratulations and best wishes to William Cox who celebrated a milestone birthday on 12th October.

**The Wise Old Owl’s Words of Wisdom**

‘If you give a hoot’!

The first New Year was celebrated 4,000 years by the ancient Babylonians.

In ancient Rome the New Year began on March 1.
The traditional New Year’s song, “Auld Lang Syne,” means, “times gone by.”

Compiled by Naomi McElwaine – Activity Co-Ordinator.