



Winter 2020

Dreaming

*Grey and cheerless is the
garden in the wintry
gloom but I dream of
daffodils and apple trees
in bloom. Frozen fields
lie hard as iron beneath
the bitter rain, but I
dream of new green
wheat and lilacs in the
lane*

*In the deep and silent
woods there is a quiet
hush yet I seem to hear
the singing of an April
thrush. Many of our
foolish dreams just fade
into the blue. But when
you dream a dream of
Spring, you know its
coming true*

Patience Strong



Abercorn Care Limited

Newsletter



Winter 2020 Newsletter



Welcome to the Winter Newsletter.

As you will be aware, following the advice from Scottish Government, we have now closed our Care Homes to all but essential visits for the foreseeable future but at Abercorn Care Limited we are continuing to work hard to make sure that our residents' day to day lives at the Care Homes are as normal as possible in these strange and uncertain times. The health, well-being and safety of everyone in our homes is of the utmost importance to us and our primary objective is to keep both our residents and staff as safe as possible

Our activity coordinators and staff are keeping the residents busy with all sorts of activities, arts, crafts and games. We are regularly having sing songs to keep our spirits up and we are enjoying the tasty afternoon teas prepared by our chefs which are always popular. We are also keeping the residents mobile with chair based exercises if they feel like taking part.

We would like to thank our Managers and staff for their passion and commitment in delivering care in such difficult circumstances. We know they have the knowledge, skills and resources to minimise the risk that coronavirus presents.

This newsletter describes some of the activities and days out which took place before we were advised to close the Care Home to essential visitors and to socially distance our residents.

Thank you for your patience, co-operation and continued support.



Winter 2020

Burns Lunch in Abercorn



To A Haggis

Fair fa your honest sonsie
face

Great chieftan o' the
pudding race

Upon them a 'ye tak your
place

Painch , tripe or thairm

Weel are ye wordy o, a
grace

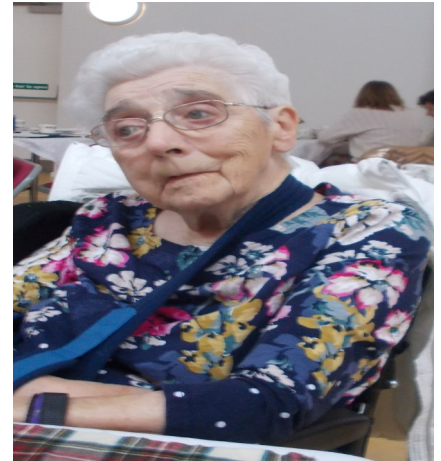
As lang's my arm



David, Cathy, Cathleen
and Eleanor discuss the
facts about Robbie Burns
on their place mats
including the fact that he
had at least 12 children!

Do Ray Mi and a Cup of Tea For Burns

To celebrate the birth of the Scottish Bard Robbie Burns Abercorn joined residents from Viewpark for a singalong and afternoon tea at Glencourse Community Centre.



Nan, Marion Melrose, Rosa , Paul and Marion Baxter from Viewpark all sang along with Margot Falconer.



Joe, Rose, Mary MacKay, Pat and daughter Lesley all enjoyed the Afternoon Tea and chatting and singing.



Residents gather in the dining room to await the arrival of the haggis and enjoy a wee dram





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Burns Lunch



Tom and Caroline



Joan



Family and residents including Helen and Bet all raise a glass to Betty

Burns Lunch in Spring Gardens



The top table at the Burns lunch was graced by Kenneth and Betty who gave us the Selkirk Grace and Carol who sang my love is like a red red rose.



Bet, Nora and John enjoyed a singalong along with a glass of sherry and homemade shortbread

100th Birthday Celebrations for Betty

Hamilton



After receiving her birthday card from the Queen Betty and her family enjoyed an Afternoon Tea along with entertainment provided by accordionist Davie Strang, the Prosecco was flowing and Betty said it had been her best ever birthday party.





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Football Memories at Easter Road. The guest speaker today brought along a memory box which included football rattles and a rain mac. It allowed us to have a morning of reminiscence and Joe and Alice loved making a noise with the rattles



Big Bird Watch 2020



The homes participated with the RSPB Big Bird Watch 2020 and we purchased new bird feeders, attached to the window which allowed residents to keep an eye on any little birds that might visit. Cathy and Rose chat about the bird feeder and the poster identifying the birds we may see.

Movie Afternoon Viva Las Vegas



On a dreich grey afternoon residents were welcomed to the Front Lounge to a showing of Elvis in Viva Las Vegas. We served nibbles and refreshments and residents said it had been very enjoyable.

Chinese New Year



Residents gathered in the dining room to celebrate the year of the Rat, Tom joined wife Doreen along with Mary and Kate for our afternoon tea which had a Scottish theme too with Tunnocks tea cakes and caramel wafers on offer. Eleanor, Cathy, Joe, Mary and Eleanor wait patiently for tea to be served



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Trip to City Art Centre



Betty, Joe, Eleanor, Pat and daughter Lesley enjoyed the trip to see photographs of Classical Edinburgh followed by tea and brownies in Mimi's café

Trip to Asda for Bets New Coat



Nora, Joan and Marion help Bet choose a coat



Nora, Carol and Moira enjoy a bracing walk to Abercorn Park and John and Bet on the Promenade

Crafting in Abercorn

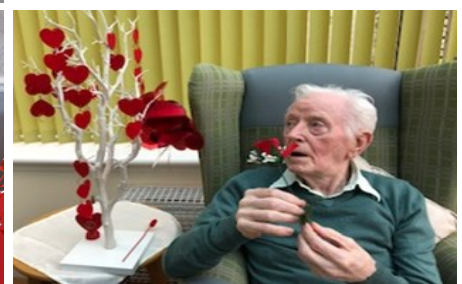


Rose, Cathy and Joe enjoyed a tea break after spending time making calendars for 2020 and residents and staff were hard at work making cards for Valentines Day.

Valentines Day In Our Homes



Cathy, Cathleen, Rose, Betty, Lesley, Joe, Kate and Eleanor all enjoy our afternoon celebrating Valentines.



Cathleen admired our roses whilst Tom, Nora and Betty all remembered loved ones and Carol, Moira and Bet all admire the tree bedecked in hearts

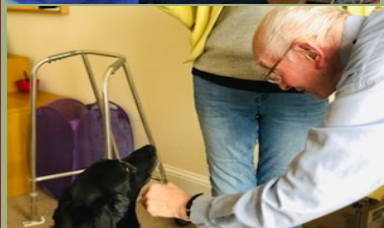


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Rose, Mary and Kate
enjoy a singalong with
Margot Butterfly Music

Pet Therapy



Ruth and Norman
welcome Fitch



Playing dominoes and
cards

Visit from Maria Music for Health



Mary, Sharon, Betty, Lesley, Cathy, Tom and Doreen all said
how much they had enjoyed the visit from Maria

Flower arranging



Ruth and Bet enjoyed the
afternoon and Marion enjoyed
a glass of wine.





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Spring Gardens recently welcomed Mr Stanley McKay from the local community to join residents for lunch and afternoon tea he exchanged stories and spoke of his voluntary work in Portobello. This is something that all three of our homes hope to introduce in the near future but as you will understand this has been put on hold due to the current situation



Stanley with Nora and chef Mike and Isa greeted Stanley warmly

Dates for the Diary



Dates for diary will be updated at a later date.

