



Spring / Summer 2020

Better things
are coming!



Abercorn Care Limited

Newsletter



Spring/Summer 2020 Newsletter

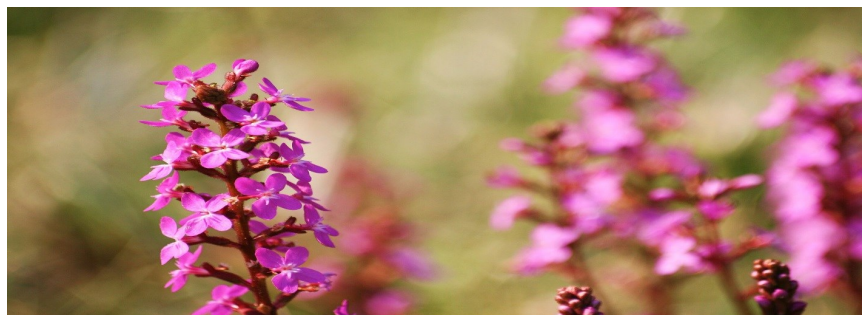


Welcome to the Spring/Summer Newsletter.

Facebook Portals



As a Company we bought Facebook portals at the beginning of lockdown in order that residents would still have some face to face contact with their families and friends. Due to visiting restrictions put in place by the Scottish Government, residents only have one designated visitor outdoors at present. We encourage other friends or family to use the portal. You can book an appointment to use the portal by requesting to be our friend on Facebook. Once we have you as a friend we can arrange a suitable time for you to make a facetime call using the portal.



Activities in our homes during lockdown

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Robotic Fish and Turtle



At the beginning of lockdown we adopted some very low maintenance fish and a turtle, who turned out to be a great hit. A lot of fun was had naming our new friends who are Nemo, Tommy and Blue.



Mary and Rose enjoyed colouring a rainbow as a symbol of hope.



Crafting and Art work has continued in the homes which has been enjoyed and kept our minds occupied during this period. Residents decorated some hearts in appreciation of the work being done in the In Abercorn and Spring Gardens this was repeated with drawings of rainbows in support of the NHS.



Cathy decorates positivity pebbles to be displayed under the wishing tree and Mary coloured two rainbows.



Helen and Nan show off their decorating and writing skills.



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Take Time

Take time for now
Take time for friends
Take time for work
But don't let work, take
all of your time
Take time to laugh
Laughter raises spirits
and lifts the gloom
Take time for music, it
will feed the soul and
bring you joy
Take time to exercise
You have one body you
should look after it well
Take time for you
Take time to understand
that we cannot save time
we can just use it wisely
Take time to live



Portobello at sunset



Carol, Isa, Betty and Mary all worked on and had fun making a Summer collage, which was then put on display for all the residents to see.

During lockdown the activity coordinators and support workers ensured that everyone stay as active as possible with gentle exercise and a selection of games all with some fun thrown in!



Delores and Gloria join in armchair and ball exercise all along to music before enjoying a well deserved cuppa.

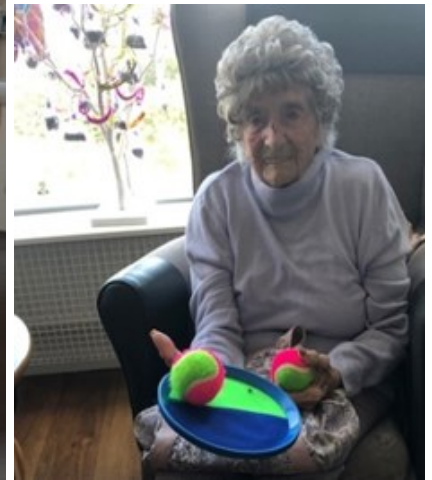


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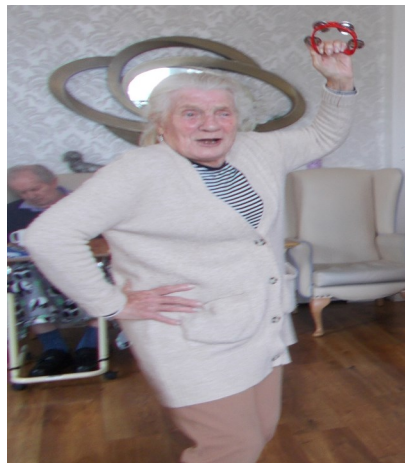
Flower arranging



Betty, Bet and Nora enjoyed their day arranging flowers in the garden



Helen exercising in her room and Betty plays catch ball.



Cathy and Mary move to music with tambourines and pom poms.



Rose spent a lovely afternoon in the garden helping with weeding and planting.



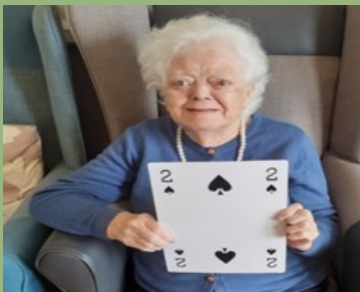
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Bet uses her dexterity skills for a game of Jenga



Mary Phair and diabolo



Isa playing higher or lower card game



Ruth enjoyed time sorting out the socks



Milly enjoys a game of dominoes whilst Alice and Joyce joined residents for musical bingo where they can sing along to the tunes before guessing the name of the song.



Pat and Kathleen have both enjoyed doing the new jigsaws whilst relaxing in their rooms.



Rose and Cathy have a lovely time dancing along to our regular zoom activities, 'Tea and Jam' which is organised by Edinburgh Festival Theatre. We also joined the Living Memory Association for a zoom meeting with a quiz and reminiscence and I'm delighted to report that the Abercorn Nursing Home won the quiz that day :)

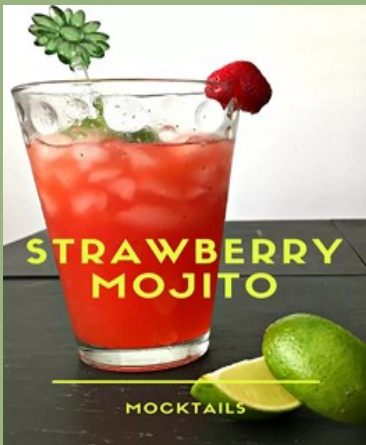




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Mary and Norman



Ingredients

- 1.5 Limes(cut into wedges)
- 20 Mint leaves , leave some for garnish
- 5 very ripe strawberries (pureed)
- 2tsp of sugar syrup
- Soda water

Annual Strawberry Tea at Abercorn

We were all disappointed that our friends and relatives were unable to join us this year for our Strawberry Tea but we ensured that a good time was had by all.



Kate and Cathy look on at the lovely fayre provided by our chef Brian at Abercorn and can't wait to try all the delicious food and desserts available. Gladys tucks in

Strawberry Tea at Spring Gardens



Andrew, Carol, Bet and Nora all enjoy the strawberry tea in the garden and conservatory



Marion, Kenneth and Joan preferred to enjoy the afternoon in the dining area.



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Alice and Joyce

Gladys's 90th Birthday Celebrations



Strawberry Tea in Viewpark



Nan, Delores enjoy the sunshine and John from his bedroom overlooking the garden. They all had a lovely day.

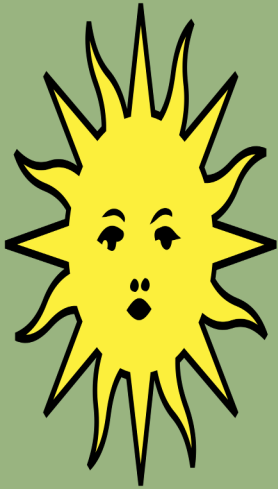
Birthdays in the Homes

We continue to celebrate any of our residents birthdays in style and ensure that they have a special day and we all enjoy a slice of home made cake made by our chefs.



Audrey and Marion both enjoyed their birthday and cake.





Visiting Stages During COVID 19

We are currently in stage 2 of visiting and are waiting on a date when we can start stage 3. You can find all the guidance we need to follow regarding visiting in the link below.

www.gov.scot/publications/coronavirus-covid-19-adult-care-homes-visiting-guidance/



We look forward to seeing you all soon!

From everyone at Abercorn Care limited.

