



IN THIS ISSUE

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# Our First Newsletter

by Ciarán Murray

This is our first issue of the Hollybrook Newsletter. We will be using this as a means to capture what's happened and what's coming up in Hollybrook Lodge.

The Newsletter shares a little more information on Hollybrook Lodge Activities. In this issue we're sharing information on Sonas Therapy. We will describe the Therapy Group and share what the experience is like for the members (Page 7).

## Community Spirit

We will also have a section to outline events that are taking place in the community e.g. The Richmond Barracks, Kilmainham Jail and Courthouse, IMMA – Irish Museum of Modern Art etc. This may give you opportunities to plan a day out with your loved ones (Page 6).

## Special Occasions

There are going to be special occasions like Birthdays so please let us know and we will share whose birthday is coming up. There may even be a small party on or close to the day if the person would like to celebrate occasions with everyone here (Page 8).

## Advance Care Planning

We recently had a talk hosted by Bettina Korn on Advanced Care Planning. We'll share a little more information on this in the newsletter and let you know who you can speak with if you would like to talk privately about this (Page 4).

## Entertainment

We will use the Newsletter to share some photographs and news on Entertainment sessions.

## Lifestory Book

The Activity Coordinator would like to encourage any of you who have not started a Lifestory Book to consider starting or perhaps updating and adding to your existing Lifestory. We have a section on Lifestory work in the Newsletter to give information for you to consider (Page 5).

## Communication

If you wish to receive this newsletter by email, please send an email to [activitieshollybrooklodge@stjames.ie](mailto:activitieshollybrooklodge@stjames.ie)

May be good for family members abroad



## Halloween Party 2017

It's October so we'll be preparing for a Fancy Dress party towards the end of the month.

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## Group Activity

Many of you attend various Groups during the week. This section outlines the types of Groups and goals and outlines plans for new Groups.

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# Group Activity

We have a host of Group Activities that are formally scheduled every week. What's on each day is printed on a Weekly Plan. This is created every Monday and printed copies are displayed on the Activity Calendar white message board inside the main foyer. Copies are also displayed at each Nurses station and you can collect a copy from the Dining Rooms.

Groups are categorized into four main headings; Spiritual, Recreational, Social and Therapeutic.

A Group Activity Pack 2017 folder is available for you to read too. This outlines what each Group is. (Photo: Our Skittles Group)

All Groups are designed for who lives here

and the aim is to offer a broad range of options we hope suit your tastes but we know not every group is every person's cup of

tea. In saying that, many Groups end up with a cup of tea!!! Please know we welcome newcomers all the time. Groups are dynamic and no two are the same so please come along.

Our Therapy Groups are facilitated by our colleagues in the SCOPe Directorate of Saint James's Hospital; Occupational Therapy Department, Physiotherapy Department and Speech and Language Therapy Department.

These groups have specific members. Groups are designed to meet specific therapeutic needs. In the majority of cases, it's "Invite Only". A Therapist may accommodate a Family member/ Next of Kin to attend but that's not guaranteed.



In the case of Recreational, Social and Spiritual Groups, the Groups are open to all who reside here. We welcome family members & Next of Kin to join us. We cannot accommodate large families or groups to join us for weekly groups as we prioritize you.

If we cannot accommodate visitors we will ask you wait in foyer for the group to finish before your visit.

We have added quite a number of Group Activities over the last 12 months. Some are regular Groups and others are seasonal or occasional. They include; Skittles, Flower Arranging, Movie Day, Arts and Crafts, Musical Bingo etc. Many Groups change all the time like Baking where one week we bake cupcakes and the next it's apple tarts or Victorian Sponge. Thank you Ita Neill for the last sponge cake recipe. It was delicious! See how good it looked!!!!



Photo from one of our scheduled 'Music with Billy' sessions which are typically held on Thursday afternoons

Groups are semi-structured with a beginning, middle and end. You don't have to be bang on time for Social & Recreational Groups and may leave at any time.

As mentioned, we often end Groups with a cup of tea. Remember this is a compliment to the Group Activity. It's not always guaranteed we can provide refreshments in the Therapy Room after Social Groups.

All we can say is please try one or more of the Groups. They can be good fun, help us keep socially connected, and often a way to learn a new skill or try something you may not have done for years.

Photos (front page): Cupcakes made by bakers in our Baking Group and a Pumpkin from Ciarán's allotment brought in for carving

## MOVIE DAY

Why not come see a Movie on the Big Screen in the Multipurpose Room, usually Tuesday afternoons from 2 p.m.

If you have a DVD you'd like to recommend or donate to the collection please liaise with;

ACTIVITY COORDINATOR  
Ciaran Murray

T:014284654

E: csmurray@stjames.ie

HAVE YOU SEEN THE BIRDS??

New friends (and a visitor)



We welcomed 2 pairs of Canaries to Hollybrook Lodge in September, a pair for each floor. They received a warm welcome and we hope you continue to enjoy their company.

While we're on the topic of birds... We also had an unexpected visitor last month!!!! We had a good laugh (and some screams) when a small finch flew into William's room last month. Thanks to Stephen in Security for capturing the bird! Thanks for letting him go free! Trusty Security!

November - Month of Remembrance



Following Halloween, we'll have All Saints Day and All Souls Day on the first and second of November. November will be our Month of Remembrance where we will have a Remembrance Mass (date to follow). The focus will be on dedicating time to process any losses you have had in the past year; friends, fellow friends who lived here, Family and so on. We will post flyers to inform every one of the date. Last year Ciaran was able to secure a new 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.



Photos: A hand drawn and painted poster created during one of our Arts and Crafts Halloween themed Groups for Halloween 2016 and below painted Ghosts...

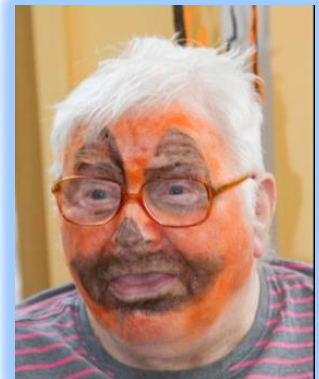


# Halloween Party, Thursday 26<sup>th</sup> October

HALLOWEEN EVENTS

We'll keep you posted on what Groups we have coming with a Halloween theme... this may include Arts and Crafts and Baking Group to make posters and carve pumpkins. We will also have Movie Day with a good horror full of ghoulish blood!

Here's James attending the Halloween Party last year!!! A very different look!!



Finally, does anyone know who this is?

We hope you're looking forward to this year's party; provisionally set for October 26<sup>th</sup> at 2 p.m. **If this changes we will amend date on the posters and calendar.** We will have a selection of prizes on the day awarded to the best costumes for various categories! We plan to repeat the same this year as we did last year so it's time to get creative!

Ask your families to help get masks, outfits, face paints and all the bits and bobs and blood you need to make a good outfit!

Angie is pictured with James following a recent grooming treatment in Sept 2017.



If you have any suggestions or any questions relating to Halloween 2017 please let us know. We would love to hear from you.



Talk to nursing team or Ciarán.

# Advance Care Planning

On September 21<sup>st</sup>, Bettina Korn, End of Life Coordinator with Saint James's Hospital facilitated a talk on Advance Care Planning.

This may be an emotional subject to talk about for each of us as well as a hard conversation to have with loved ones but it is an opportunity for each person to voice their wishes for care in the future.

Bettina invited listeners to reflect on how one may plan ahead for their own future healthcare. Abraham Lincoln once said:

The most reliable way to predict the future is to create it.

Bettina presented a potential scenario that may face each one of us, whether you live here, are a family member or a staff member; **"What would happen if I were to become seriously unwell and too sick to talk to my doctor and nurses about my treatment and care?... who would make the decisions for me?... How would they know what I want?... Would they be in agreement?"**

Bettina was very pleased with the warm welcome she received and with the great attendance. She notes this topic may be difficult but felt humbled by the level of participation; your openness and honesty on the afternoon.

She reminded us that planning is rarely one single conversation but a process and takes time. Planning encourages you and your loved ones to discuss and understand your values, beliefs and wishes. It's for everyone. Healthy individuals, young adults, working professionals and retired seniors are encouraged to discuss the type of healthcare they prefer.

You may equally express your preference is to withdraw active treatment, or receive

## Advance care planning – what is it?

Advance care planning is a process that supports people who wish to make a healthcare plan for a time when they may be unable to make their own decisions.

Advance care planning helps ensure a person's choices are known and respected for future medical treatment and care.

It also makes things easier for the family by preventing confusion and conflict over medical decision making.

## Planning your future care or advance care planning – what does it involve?

1. Think about what you would want & what you value
2. Talk to about it
3. Tell someone & write down your choices

You can change your decision any time

other treatment where clinically appropriate. Your expressed wishes help medical teams understand your preferences and deliver the type of healthcare and services that align with you.

A 'Resource and Conversation Guide for Residents and their Families' has been created by Bettina so please ask for a copy if you didn't get one at her talk.

### FOR MORE INFORMATION

If you wish to create your own Advanced Care Plan, please speak with a CNM or Nurse you have built a rapport with on your floor.

Speak with a family member or friend.

**Think Ahead: Speak for Yourself**  
[www.thinkahead.ie](http://www.thinkahead.ie) or contact Citizen's Information for a copy of Think Ahead forms on LoCall: 0761074000

Bettina will be available to support Nursing staff and if more general information is needed.



*Bettina Korn, End of Life Coordinator, Saint James's Hospital.*

# Lifestory Books

Lifestory books, also called life books, may consist of photographs, written accounts in people's own words, materials relating to a person's life and life history, resulting in the collection of information to form a Lifestory Book. The photographs and memorabilia can be used therapeutically to enhance communication between healthcare professionals, caregivers, your families and you.

They shine a light on your unique life experiences and history and can inform individual care.

There is a process involved in how we gather your information. This is called the Lifestory work. It's during this phase that we learn all kinds of new and exciting information about you. It gives you a voice and empowers you to shape and create your own book.

This is especially useful when you arrive first to Hollybrook Lodge. We all have to develop relationships and get to know each other. If you have a Lifestory book created, new staff or existing staff may ask you to see your book. This is when you get to elaborate on a photo or piece of information and share your story! Story telling is a great way to build a relationship and see where we have things in common. Stories you share gives shape to your life experiences and may give new understanding as well as both confirm and recreate memory.

Transition to a new home can be challenging. One may feel isolated or anonymous, loss of identity and lonely. Our view and the evidence guides us to believe that if we have a culture of listening and story sharing we can promote a caring environment for you in a continuing care setting.



What you can do? The book needs photo content. We encourage you and your family to collect photo's that capture the story of your life e.g. childhood photo's, holiday pictures, wedding photos, family photos and so on. We can scan photos so you can keep the original safe. It's a collaborative piece of work.

Then there's the story content. We have one story per page. We don't write a narrative and prose. We simply have a few words on a page and maybe a photo e.g. 'The day I got lost...' and a picture of O'Connell Street. When a staff member asks the story may be about getting lost, where, when, who was there and how you were found etc. on a day out in O'Connell Street. "Less is More" when it comes to what's "on" the page. The important part is what's "in" the story as it's told. The images and words prompt conversation and the key then is to build relationships through the story sharing.

Who creates the Lifestory book? Many staff are trained on how to create and build the book with you. Ciarán will support you, staff and family once content is captured. He can scan and create an electronic copy of the Book so if the original is ever lost or damaged we can print a new version.



**COMING UP IN OCTOBER**

There's a Focus Group for Relatives and Care Givers scheduled for Friday October 13<sup>th</sup> in the Therapy Room at 2 p.m. to 3 p.m.  
As a result we will not host our 'Social' Afternoon Tea.

## Battle of the Somme Exhibition

Please feel free to visit the Main Foyer/Entrance to Hollybrook Lodge where we are hosting an Exhibition titled 'Dublin Remembers: The Battle of the Somme'



This is a one of a kind for Nursing Homes. We're the only Nursing Home to host this Exhibition.

Thank you to Ellen Murphy who created this exhibition with Dublin City Library & Archive.

Ciarán pursued this and personally visited Dublin City Library and met with Mairead and Anne Marie who helped enable this and show an historic exhibition in our Residence.

# Community Spirit

It's important you feel part of the community. We are planning to invite people in to present 'Talks' as well as to perform.

Ciarán is working to secure more routine excursions. For this we need transport so we will update you on progress.

IMMA have a specific tailored Gallery Experience called the AZURE program. We hope to arrange a visit when transport is organized.

## The Tivoli presents 'The Theatre Royal'

We recently had the pleasure of bringing 3 of you to the Tivoli Theatre to see a show on 'The Theatre Royal'.



Photo: A photo from Tivoli Theatre.

## R.A.M.S in Rhythm



We've had quite a number of visits from the RAMS during 2017. We are planning a new date before Christmas.



Please keep watch of Activity Coordinator Notice Board in Foyer as many more events are posted.



Photo: A photo from Tivoli Theatre performance last month. The last song being sung called 'Sunny Side Up' as they waved us goodbye

## Richmond Barracks



The Richmond Barracks has a 1916 Museum open to the Public. Please liaise with 1. Barracks 2. Staff to make sure visiting times are ok and that it's suitable to leave Hollybrook Lodge during that time.

The Mess Café is open inside the Museum building Monday to Friday from 10 a.m. to 4:30 p.m. Please feel free to call in with your loved one for a lunch, tea/coffee and dessert.



## Saint Michael's Church

Every week, the Mass times are printed on the Weekly Plan. There is typically a daily morning mass at 10 a.m. Monday to Friday. Saturday Vigil is 6:30 p.m. and Sunday masses are 9 a.m. and 11a.m.

You and your family may decide if you would like to attend. As always speak with staff about your intentions to go.

## Irish Museum of Modern Art- IMMA



For those who can travel with their family, the IMMA Museum is a short drive away in Kilmainham.

We hope to arrange an outing as a group soon but in the meantime if you/your family can go, you can reach IMMA Azure program coordinator on

[http://www.imma.ie/en/subnav\\_156.htm](http://www.imma.ie/en/subnav_156.htm)

### Upcoming Azure tours at IMMA:

- Thursday 7 September, 11am - 12.30pm
- Friday 6 October, 11am - 12.30pm
- Friday 3 November, 11am - 12.30pm
- Thursday 7 December, 11am - 12.30pm

### IMMA Museum Opening Hours

- Tuesday - Friday: 11.30am - 5.30pm\*Saturday: 10.00am - 5.30pm\*
- Sunday and Bank Holidays: 12noon - 5.30pm\*
- Monday: Closed (except Bank Holidays - hours as above)
- \*Last Admission to any individual exhibition is 5-15pm
- Admission is Free
- Occasional special exhibitions, including IMMA Collection: Freud Project carry an admission charge of €8 for adult, €5 (concession) and free for U18, IMMA Members and full time students. Admission is free to all on Tuesdays.
- Formal Gardens: Open Museum hours

# SONAS THERAPY... What's That?

This is part of our 'What's that?' series. We are going to outline some information relating to what goes on in Hollybrook Lodge. We will share some history, theory and evidence of where Sonas Therapy originated.

On its own 'Sonas' may be a meaningless word. If you look up the dictionary the definition you find is 'no definition'. There's no known word.

## History and Goals

Sister Mary Threadgold is the founder of Sonas. She designed the Sonas Program as a therapeutic activity for older people who had communication impairment. She had already experienced the value of music and touch in her work with vulnerable groups.

The goals are to stimulate all forms of communication using positive sensory stimulation, to focus on individual strengths and residual abilities to help slow communication decline, to increase your sense of wellbeing and quality of life and create a positive space for interaction.

The approach is **therapeutic but not rehabilitative**. It is not designed to cure or fix but to promote and stimulate ability to communicate through a group.

## Hollybrook Lodge

The Speech and Language Therapy Department in Saint James's Hospital facilitate Sonas Therapy groups in Hollybrook Lodge on a weekly basis.

Like other Therapy Groups, there is an inclusion and exclusion criterion due to the goals and intended purpose of the Therapy.

Ciarán created a flyer on Sonas Therapy which gives a brief outline of what a session may involve. Sonas Therapy is an evidence-based, therapeutic activity. The essential features of Group sessions are; Stimulation of all 5 senses, focus on communication, use of structure and repetition, focus on retained abilities rather than disability, creation of a warm, safe, failure-free environment. The Speech and Language Therapist may use various mediums like Visual; images etc.



Musical; songs, musical instruments, clapping Exercise; active and passive movements to music, Sensory; smell kits, oils, fresh herbs like mint/lavender, sounds of instruments, Tactile; massage, Memory; songs and poetry.

The Speech Therapist tailors each group and introduces song, rhyme, prose and poetry and engages each member.

The group is experiential so each person may respond to one form of engagement more than another.

Abbi McCarron is currently facilitating the Sonas Therapy groups. She's a member of the Speech and Language Therapy Department. If you have any questions or would like more information on the group please ask to speak with Abbi.

## *The Five Senses,*

*Sight*

*Sound*

*Smell*

*Taste*

*Touch*



Each group has variation and is designed to engage with members and all their senses. The environment is set up often with the oil diffuser and various scents fill the air from bergamot to strawberry and pear to lemon.

## FOR MORE INFORMATION

Speech and Language Therapy (SALT) Department, Saint James's Hospital.

Abbi McCarron

SALT Reception

T: 014162471

# Special Occasions

## Celebrations

We have a record of your birthdays.

We aim to ask each of you if you would like to have a small birthday party with your Hollybrook friends. This is each person's choice.

Sometimes we have to celebrate a birthday on a different calendar day. For instance if your birthday falls on Tuesday where we watch a movie, we may celebrate your birthday on that Wednesday after our Music session with Tom. We will do our best to be flexible.

Of course a family or loved ones may plan a party with you at a local restaurant, hotel or other venue so that's entirely a private matter. If you wish to plan a party of any kind, you may do so but as with any excursions from Hollybrook Lodge it's advisable to check with the medical team to verify travelling is safe from a medical perspective.

### Staff Members

We invite staff to let us know their birthdays so we can add them to the newsletter.

If there's any news you would like us to share please get in touch with Ciarán.



*Photo: Larry and Esther renewed their vows in 2016 after 50 years of marriage. This year they celebrated 1 more!!! Congratulations on 51 years!*

It may be to let us know of a new engagement, a wedding, a new baby etc. We'd be more than happy to share.

If you have travelled and would like to share photographs and a story about your journey we'd be happy to share it too.

Last year we celebrated the 50<sup>th</sup> Wedding Anniversary of Larry and Esther MacCauley.

As stated, we have records of birthdays but we know there may be so much more to celebrate but we don't always know significant dates and life events.

If there are any milestones coming up please share the news with us and we can liaise with you and your family and discuss what we can create and celebrate.

## Congratulations

Congratulations to Alan Joyce and Maria Carroll on their recent engagement from all of us in Hollybrook Lodge.

Thank you Alan for being Editor-in-Chief for this First Issue! Cheque is in the post.

Hollybrook  
Lodge  
Newsletter

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