



Maggie Kay

Once upon a time, well 16 years ago, I came to Kincarrathie and although it hasn't been a fairy tale, it has been the next best thing. I really do think I have been lucky to have played a part in the development of this wonderful care home which is a credit to the Trustees and the staff who over the years have done so much to make Kincarrathie the special place it now is.

I have seen so many changes that have taken place during my time at Kincarrathie and I am pleased to have been able to play a part in the ongoing development of the Home. It is particularly pleasing that Kincarrathie has kept us with and has often anticipated the changing nature of care and all that needs to be in place to deliver on our aim that where possible we are a Home for life. It is reassuring to know that Kincarrathie has a team of Trustees, Management and Staff who are totally committed to its ongoing development and I am sure that the Home will continue to prosper.

I have also been lucky in the many wonderful friends I have made, not only among the staff but among the residents and their families, and of course the Trustees whose vision for Kincarrathie I represent.

I have so many good memories and feel privileged to have them. I will miss you all.

Maggie

From our Chairman

It has been my privilege as a Trustee for the past 10 years to work closely with Maggie and to see Kincarrathie go from strength to strength under her leadership. I am sure that on behalf of all residents, families and friends of Kincarrathie you would want me to extend our sincerest of thanks to Maggie for all she has done to ensure Kincarrathie consistently meets the highest of standards of care and to extend to her our very best wishes for a long and happy well deserved retirement.

As you know The Trustees were recently placed in a difficult situation relating to succession planning. During the time needed to consider various options relating to the longer term we are extremely pleased that Nicola MacCallum has agreed to take on the role of "Acting Manager" as from the end of July. At the same time, Hazel Hutton, a team leader will become "Acting Deputy Manager", and Alice Mendoza, a Senior Carer will become an "Acting Team Leader". We are confident that these appointments which we expect will continue into next year, together with other measures being put in place, will ensure that Kincarrathie will continue to set and meet the highest of standards.

Stewart MacLeod

Kincarrathie Garden Party



Photograph thanks go to Graham Hood Photography



The Garden Party raised £1,430 for residents' funds - many thanks to residents, relatives and staff who helped to make it such a nice day.

News from the Kitchen & Garden

We recently had the annual visit from the Environmental Health and once again Kincarrathie received an A Pass. It is good that regular meetings continue to take place between the residents and the chefs with the most recent one having been held in the early part of July. The next meeting is planned for the beginning of October. Please remember that feedback, suggestions and requests are always welcome so please take the opportunity to speak to Eugene and his team when making your daily choice of meals.

Susie and the gardening team have had a challenging summer and are the few people who would like to see more rain! Despite this there has been an ongoing good supply of fruit and vegetables going from the garden to the kitchen, including potatoes, courgettes, beetroot, spinach and a steady supply of salad items and herbs.

Staff News

In addition to Stewart's comments on the changes to the management team, we welcome the following staff to Kincarrathie House:-

Care Staff: Demi Justice, Lorraine MacGregor, Tammy McInnes

Care Staff (nights): Kim McArthur

Housekeeping: Lynda Walker

Resident News

A warm hand of friendship is extended to new residents:

Mr W. Adams; Mrs S. Forsyth; Mrs A. Ward

Activity Action

Kincarrathie is very much committed to a Care Inspectorate initiative known as CAPA which stands for Care about Physical Activity Programme.

Keeping active has many benefits, helping to maintain independence and generally improving quality of life. Moving more often has many benefits in later life even for the most frail. Inactivity can contribute to falls, bone decay, depression and loneliness.

Residents and families sometime worry that it may be risky to promote greater activity and that sitting still is a safer option. However research shows that there are greater risks associated with sitting or lying down for long periods of time.

Falls are an inevitable part of growing older. We lose strength and balance in our legs when we become less active but the good news is that we can help reverse this. If we increase the number of times we stand up and sit down in the course of each day we start to improve our leg strength and by doing so are less likely to fall.

Movement and activity often results in improved sleep, self-confidence, mood and self-esteem.

Two questionnaires have been given out to residents to gather their thoughts and input on physical activities and evening entertainment, and the information gathered will be used to assist future activities planning.

Forthcoming events include:-

August:

Roy Johnstone - talk, 'The Assassination of John F Kennedy'

Angela Wright, Dan Jones (classical guitar) and Neil Robertson (ukulele) - musicians

MIHC performance - David Hood (singing/guitar)

'Are Ye Dancin' reminiscence project (with Kinnoull School and Oak Note Theatre)

September:

Second trip to Blair Drummond Safari park

HMS Pinafore matinee at North Inch Community Campus

October:

Second Zoolab visit

Activity Plans to look forward to:

Coffee mornings

Links with schools

Weaving

'Body Boosting Bingo'!

'Living Voices'

Karin