

***Spring/  
Summer  
2020***

# **KINCARRATHIE HOUSE NEWSLETTER**

## **Kincarrathie during lockdown.**

When taking on the role of Manager at Kincarrathie coming up on two years ago little did I think that the year 2020 would turn out to be so significant—and so challenging! While the last 3 months have been difficult for everyone I thought in this newsletter it would be good to try and convey what day to day life has been like at Kincarrathie, and to do this mainly by using photographs taken.

First of all however I want to record my thanks to everyone associated with Kincarrathie. Special mention has to go to all our residents who have been truly amazing over the past 3 months. They have demonstrated huge resilience and have approached every day with an incredibly positive and upbeat attitude.

I also want to express thanks to all families and friends of residents for your understanding, kindness and encouraging messages of support. The trust you place in us to take good care of your loved ones is something we greatly value and we will continue to do all we can to keep the home safe.

Finally I want to say a huge thank you to all the Kincarrathie Staff. We have been on a steep learning curve but everything we have so far faced has been done with a great team spirit and with a determination to maintain the very highest of standards in everything we do.

I am sure we all appreciate that the journey out of lockdown is going to be slow and that each phase will bring its own particular challenges. However, with mutual understanding we can look forward to greater freedoms in the coming days and the return to something that more closely resembles normality.

The Trustees have asked me to include their best wishes to residents, families and staff. Their support and commitment towards ensuring the Home has all the resources needed is invaluable.

With best wishes.

Nicola  
MacCallum



In lots of different ways we have found new ways to share. This is a sample of some of the “postcards of kindness” the residents have received.



### ***The Entrance Hall.***

A good talking point has been the “happy tree” on the entrance table. Residents have been encouraged to write something on a heart and add it to the tree. Here are a selection of what’s been written:-

“There’s always a silver lining to every dark cloud.”

“Enjoying my memories.”.

“Looking forward to seeing my daughters again!”

“Time flies when you are enjoying yourself!”

“Don’t give up and don’t despair.” (Quote from King George VI.)



### ***Rainbow of Hope.***

The residents and staff had good fun with drawing round and then cutting out the shape of one of their hands on card and adding it to what turned into a fantastic colourful rainbow display in the main lounge. (Also looks for all the world like a peacock which is very appropriate as our usual birds (Easter chicks) couldn’t make their annual appearance.



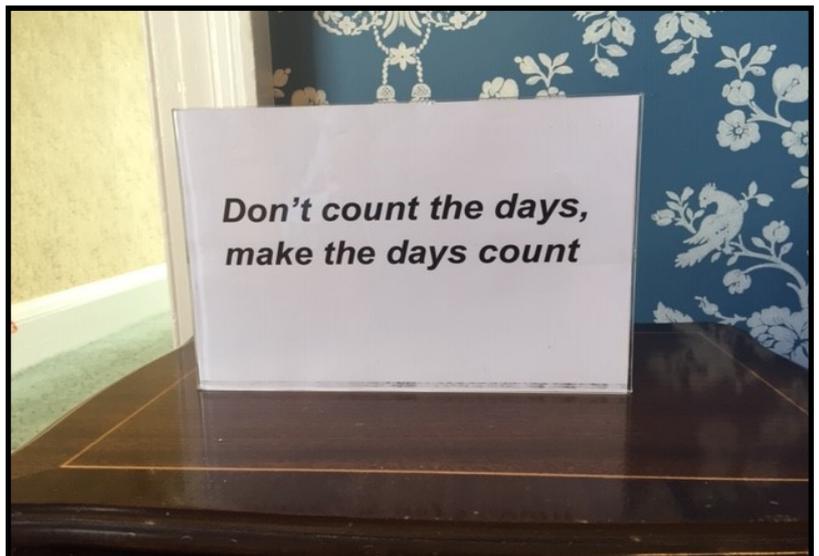
### ***Something to think about.***

One of the many great ideas that Karin and Carol (our Activities organisers) have come up with is to display each day something different to think about. These vary from the humorous to the profound. Some recent thoughts on display have been:-

“One positive thought in the morning can change your whole day.”

“Be so happy that when other people look at you they become happy too.”

“Sometimes good things fall apart so that better things can fall together!”



Remembering V.E. Day. Throughout the day we were able to remember V.E. day in various ways. The day ended with the son of a resident playing his saxophone on the back grass area which, of course, very appropriately included, "We'll meet again".



The sunniest May on record!!!! A big plus is just how good the weather has been over the last few weeks. This has meant that many of our residents have been able to get lots of fresh air and outside exercise. Here are a few residents who have been enjoying the sunshine!"



We have celebrated a few birthdays!

Enjoyed a fish and chip tea!!!

And become chess experts.

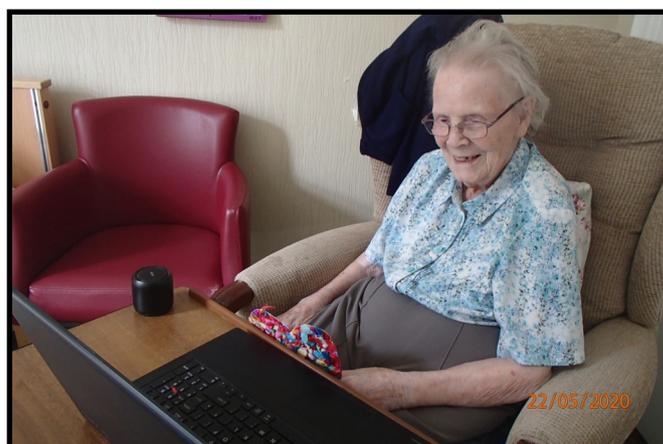


We are delighted to announce that we now have our very own Poet Laureates!!! Phil Atterton has regularly been putting pen to paper to capture some of his own observations and this has developed into poetry exchanges between him and Karin (our activities co-ordinator). Here are a couple of examples we are sure you will enjoy. On the left is Karin's and on the right is Phil's. (We are in discussions with Phil and Karin about producing a book with the Royalties coming to Kincarrathie!)

Our Activities Team  
have lost grip of their dream  
of producing a top summer schedule.  
No picnic for us  
nor trips on the bus  
and there isn't a bike to pedal!  
But we'll all do our best  
(though it will be a test)  
to brighten each day as it comes.  
Let's pour out some drinks  
(whatever you think.....)  
be it whisky, some sherry or rum!

All staff at our Home  
are part of this pome.  
We thank you for all that you do.  
We love you to bits.  
Hope your PPE fits  
more like a glove than a shoe!  
The garden is great  
and Susi's our mate  
as are Callum and Paul.  
The spuds they produce  
doesn't help us reduce  
our weight or our waistline at all!

Keeping two way communication flowing is important. There have been lots of different ways we have been keeping in touch with the outside world! This has included 9 of our residents getting involved in a penfriend project. We also receive regular letters from our "link" group of schoolchildren from Kinnoull Primary. Skype and Zoom have also been well used and have brought a lot of pleasure as is evident from the reaction of one of our residents.



You may have seen some of our regular television news presenters struggling to keep control of their hair! We have had no such problems with residents enthusiastically embracing a variety of new styles—including the very clever use of hairbands.

