Welcome to the first edition of Rosemount House Nursing Home newsletter, we hope to bring you all the latest from the nursing home and keep you up to date with our activities, we may even throw in the odd recipe from our Head Chef, Eamonn.

Review of Our Year So Far

Animal Assisted Therapy

We have had a very busy year so far with lots of interesting things happening throughout the nursing home. This year saw the arrival of our wonderful Animal Assisted Therapy team in the form of Akira & Dakota along with their handler Ethne. Akira & Dakota are therapy dogs who are fully trained and registered with Irish Therapy Dogs. Irish Therapy Dogs is a voluntary charity that provides a pet therapy service to Care Centres. The Visiting Teams offer love, affection, patience and also bring great joy and comfort to the many people they visit. Our residents look forward to the weekly visit and we’re pretty sure the dogs like popping for a visit too especially if there’s a biscuit or two on the go!
**Day Trip to the Coast of Clare**

As many of our residents are from the beautiful County Clare we decided to take a trip around the Coast of Clare. Our residents enjoyed a delicious lunch in Ballyvaughan before heading to Doolin. We finished our trip with a stop off in Lisdoonvarna then home. No trip would be complete without a singalong and our Activities Coordinator Deborah started the ball rolling with a rousing rendition of the Wild Rover. All in all a very enjoyable day out for our residents and accompanying staff.

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**Tai Chi**

As part of Positive Aging Week we held an introductory Tai Chi class with professional instructor Siobhan, Tai chi is an ancient Chinese tradition that is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Our residents loved it so much it is now a regular feature on our activities programme with a full turn out every week for Siobhan’s seated Tai Chi class.

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### A little bit about Tai Chi

**What is tai chi?**

Tai chi, also called tai chi chuan, combines deep breathing and relaxation with slow and gentle movements. Originally developed as a martial art in 13th-century China, tai chi is today practiced around the world as a health-promoting exercise.

**What are the health benefits of tai chi?**

While there’s scope for more rigorous research on tai chi’s health benefits, studies have shown that tai chi can help people aged 65 and over to reduce stress, improve balance and general mobility, and increase muscle strength in the legs.

**Can tai chi help to prevent falls?**

Some research suggests that tai chi can reduce the risk of falls among older adults who are at increased risk. However, more research is needed.

**Can tai chi help with arthritis?**

There is some evidence that Tai chi can improve mobility in the ankle, hip and knee in people with rheumatoid arthritis (RH). However, it is still not known if tai chi can reduce pain in people with RH or improve their quality of life.

(Source www.nhs.uk)
**Movie Club**

What better way to pass a rainy day than to watch a movie. Our residents can enjoy a newly released movie and some delicious treats to boot! With such a wide selection to choose from we ensure our residents are kept up to date on all the latest and some good old fashioned classics too.

**Birthday Celebrations**

We love a good party at Rosemount and we always celebrate our resident’s birthdays with some delicious cake and of course a bit of ceol agus craic! Music is provided by local musicians with residents and staff joining in. Family and friends are more than welcome to come along - just don’t forget your party piece!

Deborah and Siobhan giving it loads

Hooley in full swing!
Upcoming Activities
With summer approaching fast our Activities Coordinator, Deborah has been busy planning some lovely activities and excursions for our residents.

Gardening Club
First on the list is our Gardening Club, our residents will be putting together some beautiful window boxes for the front of the house.

Jam Making
Our residents will be getting stuck into some jam making, picking the black currants from our black currant bush and making and no doubt sampling the delicious jam.

Day Out
Deborah has been busy planning a lovely excursion for our residents. Dates and times have yet to be confirmed. Possible locations are the Birds of Prey at the Ailwee Caves or a visit to The Thomas Cusack Centre.

Nursing Homes Ireland Nursing Homes Week 2016
A part of Nursing Homes Week we will be asking our residents for their memories of some of the folklore they would have heard growing up. We are very much looking forward to this as it is such an interesting subject which varies from parish to parish and county to county.

Eamonn’s Brown Bread Recipe
Our head chef Eamonn is always preparing delicious delights for our residents, but it’s hard to beat some nice home-made brown bread. Eamonn’s bread is very popular with residents and staff alike, hope you enjoy it as much as we do!

Ingredients
- 300g Wholemeal Flour
- 100g Plain Flour
- 3 tsp Brown Sugar
- 1 tsp Bread Soda
- Pinch of salt
- 250ml Buttermilk
- 2 eggs

Method
Grease 2 x 2lb loaf tins
Preheat the oven to 180°C
Mix all the dry ingredients together and rub in butter
Whisk buttermilk and eggs and add to dry ingredients
Divide the mix between the two loaf tins and bake for one hour.
Turn out onto a baking tray to cool.

Training
We strongly believe in maintaining and upgrading the skill set of all our staff. Training takes place on a regular basis to ensure that we are all up to date with the latest techniques. So far this year we have had Manual Handling & People Moving, Food Hygiene, Understanding Dementia and annual Fire Safety training.

We would like to extend a very warm welcome to two new members of our team: Staff Nurse Somi José And Care Assistant Bridie Kelly

We would like to sincerely thank the volunteers of Gort Cancer Support Group for the kind assistance in bringing some of our residents to their oncology appointments. This service takes a lot of pressure off the residents and their families.