

# Let's Celebrate!

Congratulations and birthday wishes to Gary from Broomfield House, and also to Jeanette from Lisdoonan House. We also want to wish Tracey from Killanny House and her partner much happiness as they celebrate the birth of their new baby boy.



## Kindness Month

We have been highlighting 'Kindness' in Castleross; kindness to those we care for and work with, to our families and friends and kindness to ourselves. Acts of kindness are important, no matter how great or small!

THANK YOU  
FOR YOUR KINDNESS

A great smile is a wonderful asset,  
and a good heart is pure gold

DOLLY PARTON

3	8			5			
7			1	8	6		
		1	2				
8		3	2		4	7	
6	1	7			5	3	2
	4	9		7	1		8
				4	8		
		8	6	3			5
			8			1	7

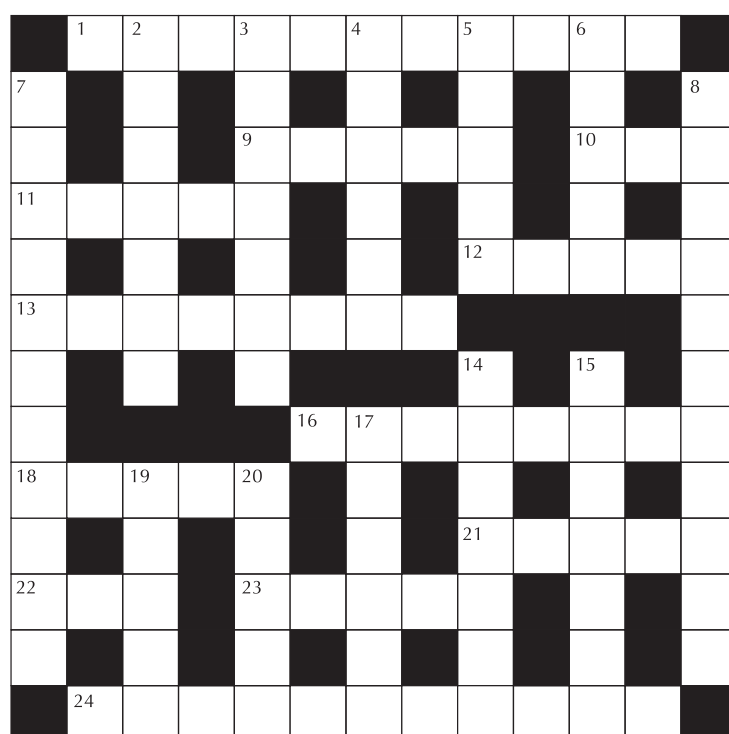
## CastleCross Word!

### ACROSS

- 1 Causing sudden upheaval (11)
- 9 Fragile (5)
- 10 Muhammad ...; Boxer (3)
- 11 Loathe (5)
- 12 Behaved (5)
- 13 One who creates new products (8)
- 16 Large waterfall (8)
- 18 Helping theorem in maths (5)
- 21 Subdue (5)
- 22 State (3)
- 23 Verse form (5)
- 24 Highest class in certain societies (11)

### DOWN

- 2 Repository (7)
- 3 Offend the modesty of (7)
- 4 Rough shelter (4,2)
- 5 Latin American dance or sauce (5)
- 6 Not suitable (5)
- 7 Unintelligible (11)
- 8 Ornithologist (11)
- 14 Varnish (7)
- 15 Extreme enthusiast (7)
- 17 Lacking in pigmentation (6)
- 19 District council head (5)
- 20 Remains of a fire (5)



Across 1: Calatropis 9: Fall 10: Ali 11: Abhor 12: Acted 13: Inventor 16: Cataract 18: Lemna 21: Quash 22: Say 23: Haiku 24: Aristocracy  
Down 2: Archive 3: Affront 4: Lean To 5: Salsa 6: Inapt 7: Meaningless 8: Birdwatcher 14: Lacquer 15: Fanatic 17: Albino 19: Mayor 20: Ashes



we care, we live, we love

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# CASTLEROSS TIMES

## Bed in Summer

Robert Louis Stevenson



In Winter I get up at night  
And dress by yellow candle-light.  
In Summer, quite the other way,  
I have to go to bed by day.

I have to go to bed and see  
The birds still hopping on the tree,  
Or hear the grown-up people's feet  
Still going past me in the street.

And does it not seem hard to you,  
When all the sky is clear and blue,  
And I should like to play so much,  
To have to go to bed by day?



## On the Road to Normality!

As restrictions ease around our towns and countryside, so too are things picking up in our Castleross community. Kathleen our hairdresser is back onsite and has been very busy providing that much needed cut and pamper. Our Oratory is open with a capacity to seat ten comfortably and according to public health guidelines for mass each Wednesday morning with Fr. Daly.



Our bus outings have also resumed. The weather has been glorious and the flasks have been filled! The bus can accommodate three of our residents, one carer and Peter, our driver and navigator. Each house goes out on a different afternoon, and the journeys take us to familiar places like Annagassen and Blackrock, Greenore and Omeath, and around the Monaghan lakes including Lough Muckno and Kiltybane Lake.



If you know someone looking for Nursing Home Care please call us on 042 9692630

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## happy easter

Easter Sunday was the 4th of April with wonderful celebrations and parties in all houses including a 'Mad Hatter's Tea Party', with an opportunity to wear our homemade Easter bonnets.

There was such a colourful display and spread of treats and cakes, and plenty of chocolate too, with songs and karaoke.



## Creedy Fun Run

In early April, the people living and working in Creevy House took part in a 1K 'Fun Run'. This 'Run' was adapted to suit the needs of the people living in Creevy House, with some walking, assisted or on their own, while others in wheelchairs covered the steps as part of our in-house chair exercise programme, marching the steps over the course of the week.

This was such a wonderful effort from all, and showed real teamwork and collaboration between staff and resident. There was a true sense of achievement on completion, with a presentation of medals and certificates.



Pictured are just SOME of the staff and residents of Creevy House who took part in the Fun Run

## A Memory of Water

Funded through Creative Ireland, we have been given the wonderful opportunity to work on a project called 'A Memory of Water' through local artist Orlagh Meegan Gallagher. This is a multi-layered sensory experience involving planned activities to trigger memories of trips to the sea, rivers and lakes. We have been working with some of those living in Killanny House, and the project so far has been an enjoyable, exploratory and positive experience for all those involved.



It is hoped that all the wonderful creations will be exhibited in the Iontas Centre later in the year. We will keep you updated on this.

## Planting for the Summer Season

We have been busy with the garden work over the past couple of months. Our maintenance team have cleaned and got rid of all the Winter moss and webs from the courtyard gardens!! They also made us some beautiful planters for the front of our nursing home.



Our window boxes were then sorted, cleaned, painted and decorated. At the end of May we filled approximately 45 window boxes with a variety of Summer bedding plants including Begonias, Anthirriniums, Marigolds, and Pansies. Our planters each year bring such colour, vibrancy and joy to all living and working here.



We also planted some tomato, lettuce, beetroot and pea seeds, and have watched them germinate in the porch of our community centre. As the shoots developed, we planted them out in our courtyard gardens. With a little care and watering hopefully we will have some produce over the Summer months.



## Happy Father's day

Father's Day or Gentleman's Day was celebrated on Sunday 20th June, and we paid special tribute to all the wonderful men and father-figures in all our lives.



## Icecream Anyone?

With the warm weather we enjoyed a visit from the ice-cream van (music and all!!!). 99's were the order of the afternoon, providing a little bit of nostalgia for everyone, as well as a refreshing treat on a Summer's day.



We look forward to more of these visits as the Summer continues.