

Let's Celebrate!

Congratulations to Killanny House on winning 5 numbers in the lotto. Happy spending all!! Special Big Birthday Wishes to Alexandra who works in Killanny House, and also to Maureen Freeman who lives in Lisdoonan House. Maureen has been living in Lisdoonan House for ten years, and turned the wonderful age of 101 in December. We would also like to wish Amy and Maria from Creevy House well in their next adventures.



What a Bazaar!!

Our Castleross **Christmas Bazaar** was great fun, with many remembering visits to a bazaar around the Christmas time, bringing home winnings of fine turkeys and hampers galore!! No turkeys in our bazaar though! Everyone got a numbered ticket, the wheel was spun, and wherever the wheel landed that number won a prize! We had lots of prizes, with a big thanks to Kathleen our hairdresser for donating some vouchers.



Festive Fashion



On Friday 17th of December we all joined in the **Festive Fashion**, and wore our Christmas jumpers for the Children's Health Foundation; helping seriously ill children to get the care they need. Thanks all for trying this tradition on for size!

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

CASTLEROSS NURSING HOME, CARRICKMACROSS. CO. MONAGHAN | 042 9692 630 | WWW.CASTLEROSS.IE



'A kind word can warm three Winter months'

we care, we live, we love

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CASTLEROSS TIMES

Christmas

ME Miro

Christmas is more
than a day in December,
It's all of those things
that we love to remember,
Its carolers singing familiar refrains,
Bright colored stockings
and shiny toy trains.
Streamers of tinsel
and glass satin balls,
Laughter that rings
through the house and its halls.

Christmas is more
than a day in December,
It's the magic and the love
That we'll always remember.



A Castleross Christmas

Christmas Cards pictured were made and sent in by local school children



After yet another challenging year for everyone, we in Castleross celebrated the festive season in the best possible way that restrictions would allow. We had music and song, laughter and fun; we had good food and plenty of treats; we had warmth, comfort and peace of mind, and most importantly, we had each other to share in the festivities.

'Here's to a bright New Year, and a fond farewell to the old;
Here's to the good things that are yet to come,
and to the memories that we hold.'

happy new year

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Harvest Time



In celebration of Harvest Time, we got a delivery of large pumpkins at the end of October. We slowly made our way through this crop, cutting, shaping and cleaning them out in each of our houses, with lots of stories in the process. Many of our residents were very surprised at the size and weight of the pumpkins, leading to lots of curiosity as to what was inside. We discussed various things you could do with the filling, from making soup, to roasting the seeds.

The traditional Jack 'O' Lantern of the 1960's was made from turnips. It was much more difficult to carve a turnip of course. These lanterns were left on window sills or in doorways to ward off any spooks at Halloween. We were so glad our pumpkins were hollow, as this made preparing them a little easier than a turnip!!



A time to remember ...

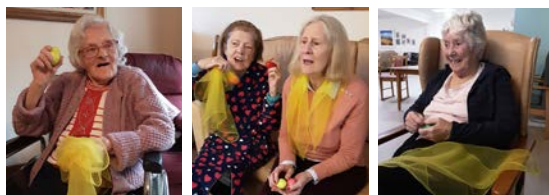
During the month of November, we remembered all our family and friends that had passed away over the last year. In their memory we designed and constructed a Memorial Tree. This tree and its decorated leaves are symbols of all those lives that we remember. Again, due to restrictions, our Memorial Service was held virtually on the 17th of November at 7pm, and was led by Fr. Daly. It was recorded and live-streamed, where families could watch from the comfort of their own homes, giving us all an opportunity to reflect and remember those dear to us.



Tradoodle Festival!

On Thursday 11th November, and adhering to all guidelines, we were delighted to welcome two musicians to each of our houses, as part of the Monaghan 'Tradoodle' Festival. Their musical skills made for a special experience, with lots of engagement from our residents. Music therapy is so important in all our lives, boosting well-being and making us feel good. The tone of music was lovely and relaxing at times, with more energy at other times.

The musicians catered to the needs of our residents, with some getting the opportunity to sing a favourite song themselves. This was emotional and very moving, a truly magical and multi-sensory experience for all of us.



A Memory of Water

Our wonderful project and exhibition 'A Memory of Water' opened in the Iontas Theatre for the public on the 29th of October. It remained in the Iontas for four weeks. This exhibition consisted of all the pieces of artwork created by our residents in Killanny House, as well as three paintings by Iontas Artist in Residence Orlagh Meegan Gallagher.

We then brought the exhibition back to our Community Centre here in Castleross for all of our residents and staff to see. This exhibition truly showcases the talents of the people living in our care, and how much we are all capable of achieving.



This has been a wonderful multi-sensory project to have worked on and we thank Orlagh Meegan Gallagher for sharing this opportunity with us.

Massive Thanks and Appreciation



We have received lovely gestures from the local schools and community over the Christmas period. We would like to thank everyone sincerely for their kindness, their thoughts and their goodwill. We received the most wonderful cards and the most amazing Carepacks, very thoughtfully put together, with one for every person living in Castleross. We have been lucky to have some fabulous musicians in to sing for us too. All of these cards, gifts, talents and thoughts have brought great joy to our Castleross Community, and we thank you all so much.

merry Christmas

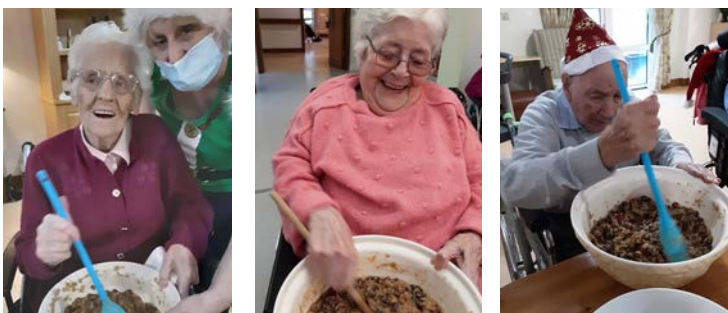


Christmas Baking and Reminiscing



The kitchen is truly the heart of every home, and especially around Christmas. We wanted to bring back some of those memories through baking and sharing stories in each of our homes. We started off with our Christmas puddings. Lots of ingredients, lots of stories and reminiscing, mixing and wishing, plenty of fun, and delicious aromas of citrus and spices!! We made one pudding in each house, and the chefs in our main kitchen then kindly steamed them for us.

We also made gingerbread, savouring the smells of the ginger as they baked in the oven. We enjoyed a lovely afternoon of mulled wine and mince pies, courtesy of our wonderful chefs in the main kitchen.



We had our **Christmas Cake icing competition**. This is an annual activity and a big team effort from those living and working in each of our houses. Each house was provided with a 'dummy' cake to decorate, as well as icing and a variety of food colours. The rest was left to the imagination of our houses. The cakes were judged anonymously. The creations from each house were incredible, and it was very close, but our winning house this year was Broomfield House (pictured to the front of the photo opposite). **Congrats Broomfield!**



CHRISTMAS CRAFTS



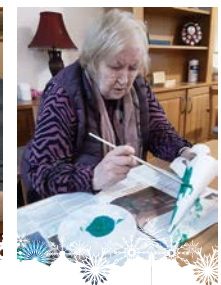
A Winter Wonderland



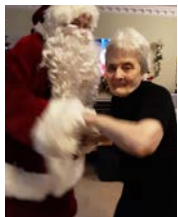
We have been very creative over the weeks leading up to Christmas. Each of our houses and communal areas have been decorated so beautifully by those living and working in Castleross. We made some decorations for our Winter display at reception (pictured above). We created a Winter Wonderland of Christmas trees, taking the term 'Green Fingers' to a different level!!



We have also been busy using old cards and decorations, recycling and upcycling to make new Christmas cards and table centrepieces.

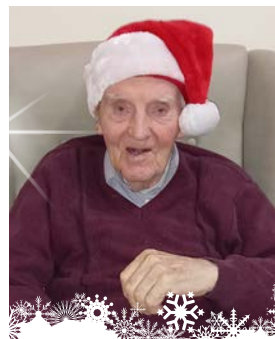


Christmas Parties around the Houses



During December our individual house parties for Christmas took place. There was great fun in all houses with music, song and dance, laughter and festive refreshments! We had a visit from Santa to each house also bringing plenty of cheer in his great big sack.

Hopefully next Christmas, all going well, we will be able to extend each house party invitation and a welcome to our families and friends.



Christmas Carols and Music!!



The **Kingscourt Folk Choir** came in to sing for us on the 15th of December. They did a medley of Christmas carols in each of our houses, bringing a wonderful sense of peace and happiness.

Also in December we were delighted to welcome 'Voice of Ireland' winner **Brendan McCahey** who sang and entertained us. Requests for 'Jingle Bells' had us all clapping and in great form! The joy and fun around Castleross was wonderful and the live music from all of our talented musicians certainly brought out the Christmas cheer.

