

Grange Hall Newsletter

April 2008

Welcome to Grange Hall's Newsletter which I hope you will find enjoyable and informative.



This is your newsletter and we hope you will provide us with articles for a future edition.

Wendy Smith

Relatives' Meetings

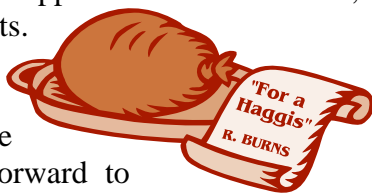
Elma Middlemiss gives us her thoughts.

I have been associated with Grange Hall since March 2007 when my mother began having regular respite.

When she became a permanent resident I joined in the Relatives' Group which meets monthly. We always try to have a speaker and these have included an herbalist, complementary medics, and a representative from the Parkinson's Disease Society. Our last talk was given by Stephen Fox who is the representative of the Alzheimer's Society in the Borders. Stephen's insight into dementia was inspiring, helpful and he managed to make us laugh – no mean feat when dealing with this crippling disease.

The group has given me a chance to meet other relatives and catch up with old friends. It allows relatives to have a voice in how the Home is run and also in what events we wish to hold to raise funds. All events at the Home are open to the public as well as relatives and friends. This has included a Burns' Supper with 90 relatives, residents and guests.

Everyone worked very hard to make this an enjoyable event and I look forward to attending many more events.



Relatives' Meetings continue monthly.

Dates and names of visiting speakers are displayed on the notice board.

Staff Training



Grange Hall Staff at Awards Ceremony

Congratulations to

**Artur Maciaga,
Asia Solowska,
Przemek Przybylski,
Mania Malecka
and Margaret Scott**

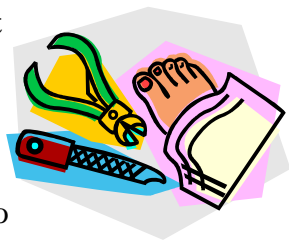
who were awarded SVQ Level 3 at an Awards Ceremony in Hawick on 7 March 2008.

These awards are very important to staff as they will be unable to work in any care setting without this qualification. Training will continue this year and will include **Ania Maciaga** and **Ada Moskwa** undertaking further training to complete the Assessors Award.

Professional Visitors

All services available in the community can still be accessed at Grange Hall.

Derek, our **Podiatrist** visits 6 weekly – though this depends on his mother being able to get a cheap flight from **Gibraltar** to babysit.



Our **GP surgery** continues to be held weekly, and is staffed by Dr Bond and Dr Seabrook. We find this a valuable service which allows relatives to meet the doctors, medicines to be updated 6 monthly and flu vaccinations to be given promptly and consistently. I am sure you will all agree

this provides as good as, or even better than, the service in the community, **and there is no time limit on consultations!**

At last! We have a **community dentist** and he has just finished oral screening of all the residents. He attends promptly to any problems with dentures or teeth.

We are trying to get him to name dentures – this may avoid **communal teeth!!!**



Healthcare Optical attends to our eye care ensuring everyone has yearly eye health checks and on Thursdays our **Hairdresser** is in attendance to make sure all we have no Bad Hair Days.

Should anyone wish any other type of service this can be arranged. Sometimes this may incur a cost.

Art Club

We are very lucky to have such a special “Artist-in-residence” as **Lucille Fenton** leading our group, ably assisted by **Doreen Johnson**. The club meets every Wednesday afternoon and apart from producing beautiful works of art they also chat, joke and sing. No wonder the club is so popular with residents.



The public will get the opportunity to see the club members work at their Exhibition in June.

Residents' Meetings.

Margaret (Social Carer) has established 2 groups of residents who meet every 2 weeks to have feedback on events and occurrences at Grange Hall. A frequent suggestion was to establish a sensory garden.

Alex has already begun work on this and we look forward to seeing the results in the summer.



Dates of Residents' Meetings are displayed on the notice boards and conveyed verbally by Margaret.

New Initiative

A participation group is being set up to promote communication within the local area. It is envisaged that these meetings will be bi-annual. Anyone wishing to take part should contact **Alex or Ania**.

Grange Hall and Music

Malcolm Morrison gives us an insight into the importance of music in a care home setting.

“Wilhelm Furtwangler understood music as something that integrates everything – intellect, sentiment and sensuality” Daniel Barenboim

In a Florida dementia unit, Tony Sanso, a retired ragtime musician, is taking a weekly music therapy session. As the sounds of “Ain’t she sweet” and “When the saints come marching in” ring through the air, the residents sing, clap, tap their feet and even the staff get involved. Tony says, “It feels like a senior citizen Woodstock in here”. But it’s not just fun. The staff have noted that, following Tony’s sessions, the residents’ quality of life is enhanced – they have a better appetite, they sleep better, and as they are more thirsty, they are more likely to drink adequately.

Music, according to Alzheimer Scotland, is an enriching activity – it can stir memories, and with singing and clapping can encourage group activity.



Margaret and Sam

None of this should surprise us. After all, the effect of music on the brain has been known since ancient times and the benefit of live music to people in long-term care is widely recognised.

Stroke victims without speech can mouth the words of familiar songs, those who have a physical disability can clap or tap in time, and, in care homes, musicians can enliven the day, reduce a sense of isolation suffered by some residents, and help to restore a sense of calm and normality.

What is going on here? Why can music have such powerful effects?

Paul Robertson of the Medici String Quartet who has researched the neurology of music, found it especially helpful to those suffering with dementia, with depression, and with chronic pain. He found that music is handled by many areas of the brain, and in a sophisticated way. Music capacity is retained even by those who suffer brain damage, providing channels of communication where speech and our faculties have been lost.

Last year my Mother became a resident at Grange Hall. Like all relatives I wanted the best care possible and knew that the staff there would provide a caring environment for her, and reassurance for me. Traditional care services are expertly delivered at Grange Hall, but in addition, and equally important, the residents’ well-being is improved through structured days, where activity is encouraged especially through music.

Music at Grange Hall is provided in a number of ways.

Harmony, the Lottery-funded organisation that takes music to all care homes in the Borders, is based there and arranges a series of concerts in Grange Hall and elsewhere



throughout the year. Other organisations and individuals can provide concerts from time to time.

Additional musical events are arranged as appropriate – a Christmas concert, a New Year sing-along and a Burns’ Supper have all taken place over the last few months and it was a pleasure to see my Mother and her fellow residents clapping and singing along with the old favourite songs they remember so well.

Informal sing-a-longs also take place – during a visit I witnessed such an event when Violet arrived in the lounge with the piano and ably assisted by Margaret and Artur had us all singing and swaying to the songs of Robert Burns.

It is of course important that the music matches the tastes of the residents and we are fortunate that in Violet as social organiser, Grange Hall has an experienced music teacher and musician to organise both the events and the repertoire. Tony Sanso says that choosing the wrong music can in fact be harmful for residents, adding that “they don’t relate to Bon Jovi – these people have lived a long time – I gotta do their thing, their music, you know”.

It is good that Grange Hall is doing their thing and playing their music.



Acknowledgements: CNN.com/Health: “Musician helps Alzheimer’s patients”

www.Jwelford.demon.co.uk/brainwaremap : “Music and the brain”

Providing for the Spiritual needs of our Residents



Grange Hall’s residents are always delighted to see our chaplain, the Rev Michael Scouler, who is the minister in Earlston Parish Church. Michael is a frequent visitor to the Home and looks after the spiritual needs of residents and their families, and supports us all in both happy and sad times. He conducts our communion services which take place on the first Tuesday of every month, and officiates and our special Christmas Carol Service when residents, families, friends and staff come together to celebrate Christmas.

Outings

We have a regular booking with Gala Wheels for Mondays. Margaret and Artur are now helping Violet with this. Our regular destinations are Kelso & Milestone Garden Centres, Carfraemill and Jedburgh Woollen Mill – we are looking forward to the opening of Baxters.

Our annual outings to Ratho are arranged and will take place in June and again in August.

We are always delighted to include relatives and friends in our outings – please speak to Violet.

