We begin this edition of our newsletter with the news that our long serving Matron/Manager has retired after more than 21 years at the helm. We would like to wish Wendy Smith all the best for the future and thank her for her dedication and commitment.

Grange Hall would like to introduce our new Manager, Ania Maciaga. Ania has stepped into the manager’s role with 15 years of care experience and almost 7 years experience in the deputy manager’s role at Grange Hall. Ania has a wide range of adult social care qualifications. She is eager to continue our commitment to offer the highest level of service for our residents.

Welcome to the ‘Hot’ seat Ania!

“I am very excited to have a new challenge and to start a new chapter at Grange Hall.”
Gastronomic Events:

25th January 2020 - Burns Day
14th February 2020 - St. Valentine’s Day
1st March 2020 - St. David’s Day
17th March 2020 - St. Patrick’s Day
22nd March 2020 - Mothering Sunday

Residents’ Birthday’s:

January 2020 - Robert Liddle, Robin Young, Penny Cazaly, Katie Mackay.
February 2020 - Eleanor Fairbairn, Leslie Roddie, Gladys Howells, Maurice Minnikin.
March 2020 - Fraser Elms, Maureen Wilson, Ann Valentine, Jadwiga Musial.

Wedding Anniversary:
Mr & Mrs Douglas - 57 Years!

Activities:
There will be lots of fun activities on show in this edition including: Residents’ Outings, Dominoes, Concerts, Arts & Crafts, Therapet, Sewing Circle, Baking, Indoor Gardening & Flower Arranging, Knit & Knatter, Pancake Tossing, Film Shows & Many More!
Rabbie Burns Night

A Burns Supper is a celebration of the life and poetry of the poet Robert Burns (25 January 1759 – 21 July 1796), the author of many Scots poems. The suppers are normally held on or near the poet’s birthday, 25 January, occasionally known as Robert Burns Day (or Rabbie Burns Day) but more commonly known as Burns Night. The residents enjoyed poem readings and quizzes before the traditional stabbing of the haggis.
St. Valentine’s Day

Valentine’s Day, also called Saint Valentine’s Day or the Feast of Saint Valentine, is celebrated annually on February 14. It originated as a Western Christian feast day honouring one or two early Christian martyrs named Saint Valentine and is recognised as a significant cultural, religious, and commercial celebration of romance and love in many regions of the world.

St. David’s Day

Saint David’s Day is the feast day of Saint David, the patron saint of Wales, and falls on 1 March, the date of Saint David’s death in 589 AD. The feast has been regularly celebrated since the canonisation of David in the 12th century, by Pope Callixtus II, though it is not a national holiday in the UK. At Grange Hall the residents celebrate this event by enjoying a themed lunch and dinner menu which features Welsh recipes using the finest local produce.

St. Patrick’s Day

Saint Patrick’s Day, or the Feast of Saint Patrick (Irish: Lá Fhéile Pádraig, lit. ‘the Day of the Festival of Patrick’), is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick (c. 385 – c. 461), the foremost patron saint of Ireland. At Grange Hall the residents celebrate this event by enjoying a themed lunch and dinner menu which features Irish recipes using the finest local produce.
# Residents’ Birthdays

<table>
<thead>
<tr>
<th>Bobby Liddle</th>
<th>Robin Young</th>
<th>Penny Cazaly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Katie Mackay</td>
<td>Eleanor Fairbairn</td>
<td>Les Roddie</td>
</tr>
<tr>
<td>Gladys Howells</td>
<td>Maurice Minnikin</td>
<td>Fraser Elms</td>
</tr>
<tr>
<td>Maureen Wilson</td>
<td>Ann Valentine</td>
<td>Jadwiga Musial</td>
</tr>
</tbody>
</table>
Mothering Sunday is celebrated by Christians in the United Kingdom, Ireland and some other English-speaking countries. It falls on the fourth Sunday in Lent, exactly three weeks before Easter Day. Once observed as a day on which people would visit their “mother” church, it has become an occasion for honouring the mothers of children and giving them presents. It is increasingly being called Mother’s Day, although that name also belongs to the American and Canadian secular holiday which is quite distinct from the original Mothering Sunday.
This Mother’s Day was different altogether at Grange Hall, our residents unfortunately could not have a visit from their loved ones as the COVID-19 “lockdown” had already begun. It however did not stop them having a great day with lots of fun filled activities throughout. Families and friends had sent in gifts, chocolates’, flowers and even a wee bottle of sherry!
Wedding Anniversary

Mr & Mrs Douglas Celebrated their Wedding Anniversary in January, 57 Years Together! Congratulations to both of you, we hope there are many more to celebrate.

Festive Clean Up

Christine (social carer) was helped by some of our residents’ whilst taking the Christmas decorations down after all the festivities in December.
Residents’ Outings

Every Monday residents along with our social carer (Christine) take the bus to many different local areas: Milestone Garden Centre, Herges on the Loch, Earlston Sweet Shop, Rhymers Cafe and many more.
Concerts

Grange Hall invites a host of performers including some regulars to play for our residents. In this edition, Jimmy Gold, BB Love, Jimmy Nelson & David Strang have all performed.

Grange Hall hosts a weekly event in the social centre which consists of concerts, film shows, pantomimes & many more.
Christine hosts Arts & Crafts classes every Monday & Wednesday in either the dining or sitting rooms. The residents make a variety of items including the flags and banners for our gastronomic events.

This season’s mural is to celebrate the 1st moon landing back on 20th July 1969. Apollo 11 piloted by Commander Neil Armstrong and lunar module pilot Buzz Aldrin formed the American crew that landed the spacecraft on the surface of the moon. Our residents have been hard at work making this mural extra special to celebrate one of mankind’s greatest achievements.
Every Tuesday morning Grange Hall residents get a special visitor. Katie the black labrador and owner Beth Cunning come to see all the residents for the morning. Thank you Katie & Beth from all at Grange Hall, it really makes our day.

Mrs Ruthven getting a furry visitor! Her son Des visits her with Abbey.
Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Lent – the 40 days leading up to Easter – was traditionally a time of fasting and on Shrove Tuesday, Anglo-Saxon Christians went to confession and were “shriven” (absolved from their sins). A bell would be rung to call people to confession. This came to be called the “Pancake Bell” and is still rung today. The residents at Grange Hall celebrated Pancake Day by traditionally tossing their pancakes and then of course eating them.
Grange Hall gardening club in full swing with indoor and outdoor gardening along with flower arranging for decorations. Sewing Circle and Knit & Natter are also something the residents enjoy spending their time on.
Film Shows & Jigsaws! The residents enjoy a movie in our own cinema room with a brand new projection and sound system within the social centre. Jigsaws and puzzles are a regular at Grange Hall, but it’s very hard to keep all the pieces in their boxes! But it’s all worth it.
Covid-19 & PPE Update

We are all very aware of the Covid19 Pandemic affecting us all and at Grange Hall we have been doing our utmost to protect residents and staff alike.

Some of the measures introduced are difficult for our residents, not being able to have visitors, missing family or friends and all the other associated deprivations that go along with the nationwide lockdown. As some of you are aware, Grange Hall is using many types of communication tools for relatives to converse with their loved one.

These tools include facetime, skype & relatives gateway through our Person Centered Software portal. These have been extremely beneficial in these difficult times. We are looking to take this one step further. The ongoing issue of visiting is one with uncertainty and we simply do not know how long it could be before visiting is allowed.

So we have been working hard on setting up a visitors area in our anti-room of the social centre. This is being discussed with our infection control officer and Care inspectorate officer to ensure its safety. Upon its approval we will issue communication for any relative that wishes to use this area, strictly by appointment.

We have been busy ensuring adequate and appropriate PPE (Personal Protective Equipment) is available for all staff, due to the Acute NHS Services sequestering most of the available PPE. All social care facilities faced shortages and difficulties, however we have managed to secure significant stocks of all types of PPE and residents can be sure that Grange Hall will do everything possible to ensure their continued safety.

We have always tried to be ‘ahead of the curve’ in every step to ensure that NHS guidelines are not only followed but surpassed in every way possible to ensure the safety and comfort of everyone at Grange Hall.

Grange Hall also obtained, early on during the pandemic, Covid - 19 testing kits for all staff and residents. This will give us the best possible chance of protecting everyone within the care home.

“About Our COVID-19 Rapid Test Cassette: This test is CE marked for Professional use only. SureScreen’s COVID-19 rapid test identifies the body’s response to coronavirus after the onset of infection, and gives a qualitative yes/no result within 10 minutes. This will help to control the spread of the virus by identifying infection rapidly and accurately. The test cassette is easy to use, needing only a finger-prick sample to function, much like a blood glucose test. As well as whole blood, the cassette can also be run with serum or plasma samples.”

Grange Hall would like to use this opportunity to acknowledge and show appreciation to all of our staff for their continued commitment and dedication during this unprecedented time, you are all doing a fantastic job in difficult circumstances and for this we THANK YOU!