

SUMMERVILLE NEWSLETTER

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THE
SUMMERVILLE
NEWSLETTER

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EVERYTHING IRISH

ST. PATRICK'S WEEKEND

St. Patrick's Day is fast approaching, so get your Irish colours at the ready because Summerville will be "CELEBRATING"!

On Thursday 13th March Paddy Kelly will provide the music entertainment for our 'Green Afternoon Tea'. That is green coloured cakes not green coloured tea!

The mass for St. Patrick's Day will be given on Saturday 15th at 4:15pm in the Oratory by Fr. Leo Henry and on St. Patrick's Day Vinnie Middleton will be here to perform some much loved musical numbers. Hope you all can make it.



Thursday 13th at 2:30pm
Music and 'Green' Afternoon Tea

Saturday 15th at 4:15pm
St. Patrick's Day Mass with
Fr. Leo Henry

Monday 17th at 2:15pm
Music Afternoon with
Vinnie Middleton

The graphic features three circular icons at the top: a horseshoe, a leprechaun's hat, and a pot of gold. At the bottom, there are three more circular icons: a harp, a glass of beer, and a shamrock.

THE IRISH FLAG

The flag of Ireland is green, white and orange, right???

Well not every Irish person thinks so. Some state that the third strip on the Irish flag is gold not orange and it was taken from the gold harp on the original Green Flag.

This confusion arose in the 1916-22 period when the tricolour, was replacing the Green Flag as the principal national emblem. Green and gold, the colours of the Green Flag, were regarded as the national colours throughout the nineteenth century and some of the homemade tricolours from the 1916-22 period were green, white and gold. *Continues on page 2.*



THE IRISH FLAG

Continued from page 1.

There are also some songs from that period, which refer to 'green, white and gold' flags, but the symbolism of the green, white and orange dates from 1848.

Thomas Francis Meagher first introduced the flag during the revolutionary year of 1848 as an emblem of the Young Ireland movement, and it was often seen displayed at meetings alongside the French tricolour. The green represents the older Gaelic and Anglo-Norman element in the population, while the orange represents the Protestant planter stock, supporters of William of Orange. The meaning of the white was well expressed by Meagher when he introduced the flag. 'The white in the centre', he said, 'signifies a lasting truce between the 'Orange' and the 'Green' and I trust that beneath its folds the hands of the Irish Protestant and the Irish Catholic may be clasped in heroic brotherhood.'

This flag didn't come into general usage until the war of independence (1919-1921). Prior to this, the green flag with gold harp was the main symbol of nationalism. It was not until the Rising of 1916, that the tricolour came to be regarded as the national flag. Article 7 of the constitution of Ireland states "The National Flag is the Tricolour of Green, White and Orange."

*www.taoiseach.gov.ie/upload/publications/1104.pdf
www.proud2beirish.com/National-Flag.htm*

REFLECTION

Pruning Time.

Pruning time is a painful time for a fruit tree.
The pruner rids it of all those suckers
Who use up a lot of energy but produce no fruit.
However, the aim of this surgery is not to inflict pain
But to help the tree produce more and better fruit.
Lent is a kind of spiritual pruning time.
There is much that is useless
And perhaps harmful in our lives
Which saps our energy
And diminishes our spiritual fruitfulness.
Of what shall we prune ourselves this Lent
So that we may become more fruitful branches
Of Christ, the true vine?

Fr. Leo Henry

THE ST. BRIGID'S CROSS



St. Brigid and her cross are linked together by the story that she wove this form of cross at the death bed of a pagan lord, who upon hearing what the cross meant, asked to be baptized.

One version goes as follows: "A pagan chieftain from the neighbourhood of Kildare was dying. Christians in his household sent for Brigid to talk to him about Christ. When she arrived the chieftain was raving. As it was impossible to instruct this delirious man, hopes for his conversion seemed doubtful. Brigid sat down at his bedside and began consoling him. As was customary, the dirt floor was strewn with rushes both for warmth and cleanliness. Brigid stooped down and started to weave them into a cross, fastening the points together. The sick man asked what she was doing. She began to explain the cross, and as she talked his delirium quieted and he questioned her with growing interest. Through her weaving, he converted and was baptized at the point of death. Since then the cross of rushes has been venerated in Ireland."

The Residents of Summerville celebrated the 1st February, St. Brigid's Day by making their own St. Brigid's Crosses.

<http://www.stbrigid.ie/content/story-st-brigid>



DAFFODIL DAY 2014

IRISH CANCER SOCIETY DAFFODIL DAY

A Coffee morning will be held in the foyer at Summerville Healthcare on **Friday March 28th at 11:30am** in aid of the Irish Cancer Society.

Help support Daffodil Day by enjoying a hot cup of coffee/tea and a hot fresh scone. All Welcome

SUMMERVILLE AUDIT

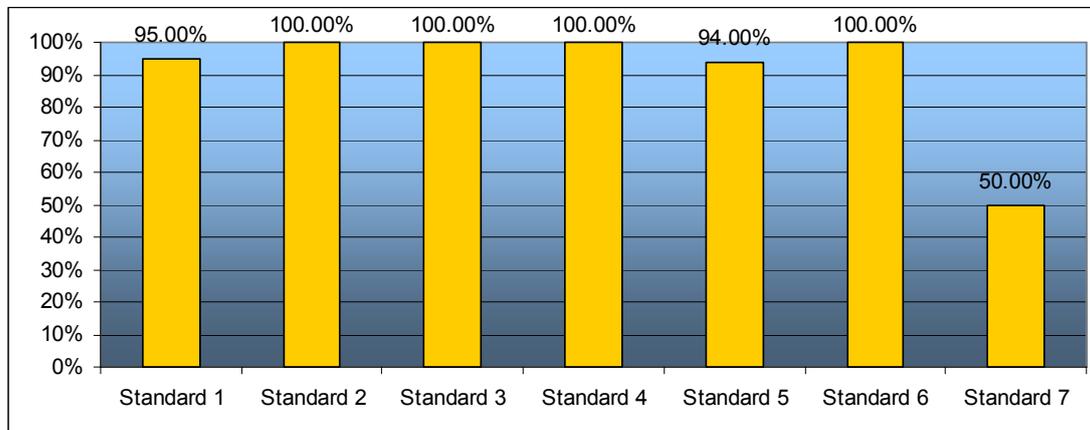
We would like to keep you informed on how we aim to improve the quality of care we provide to you the Resident, so to do this our bimonthly newsletter will give you a summary of an audit.

Food and Nutrition Audit

The Food and Nutrition Audit was carried out on the following 7 standards with findings presented in the graph below.

- Standard 1** Screening and assessment to identify Residents' nutritional needs
- Standard 2** Planning, implementation and evaluation of care for Residents who require a nutritional assessment
- Standard 3** A conducive environment
- Standard 4** Assistance to eat and drink
- Standard 5** Obtaining food/ food provided/ food availability/ food presentation
- Standard 6** Monitoring
- Standard 7** Eating to promote health

Results of Summerville's Food and Nutrition Audit



Action Plan

- Document that policies and procedures are regularly audited
- Have the dietician liase with the chef on menu planning
- Provide 'healthy eating' health promotion information for Residents, families & staff.

RIDDLE ME THIS

- 1.) What's bigger than you, but doesn't weigh anything?
- 2.) Two children are born on the same day from the same mother but they are not twins. How is that possible?
- 3.) Johnny's mother had three children. The first child was named April The second child was named May. What was the third child's name?
- 4.) There is a clerk at the butcher shop, he is five feet ten inches tall, and he wears size 13 shoes. What does he weigh?
- 5.) Before Mt. Everest was discovered, what was the highest mountain in the world?
- 6.) How much dirt is there in a hole that measures two feet by three feet by four feet?
- 7.) What word in the English Language is always spelled incorrectly?
- 8.) Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?
- 9.) In California, you cannot take a picture of a man with a wooden leg. Why not?
- 10.) What was the President's Name in 1975?
- 11.) If you were running a race, and you passed the person in 2nd place, what place would you be in now?



Find the answers at the bottom of the page.

LAUGHTER IS THE BEST MEDICINE

Always remember you're unique,
just like everyone else



What did the mother Buffalo say when her boy left
for college?

BYE-SON!

Fisherman Tongue Twister

There was a fisherman named Fisher
who fished for some fish in a fissure.
Till a fish with a grin,
pulled the fisherman in.
Now they're fishing the fissure for Fisher.

CLOCKS GO FORWARD

Sunday, 30 March 2014, **01:00:00** clocks
are turned **forward** 1 hour to
Sunday, 30 March 2014, **02:00:00** local
daylight time instead

Sunrise and sunset will both be about 1
hour later on 30 Mar 2014 than the day
before.

ANSWERS TO RIDDLE ME THIS

- 1.) Your shadow,
- 2.) They are triplets!
- 3.) Johnny of course
- 4.) Meat
- 5.) Mt. Everest; it just wasn't discovered yet.
- 6.) There is no dirt in a hole
- 7.) Incorrectly
- 8.) Billy lives in the Southern Hemisphere
- 9.) You can't take pictures with a wooden leg. You need a camera to take pictures
- 10.) Same as is it now – Michael D. Higgins
- 11.) You would be in 2nd. Well, you passed the person in second place, not first.

www.greatcleanjokes.com