

SUMMERVILLE NEWSLETTER

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THE
SUMMERVILLE
NEWSLETTER

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SUMMER AND GREEN FINGERS

Sunny days are here again and the Summerville Residents are making the most of it by taking their activities outdoors. There has been a great interest in gardening this year. This season the Residents have grown sunflowers, basil, petunias and busy lizzies. They were also able to successfully slip geraniums and grow several new ones. Resident Michel Joe Ward has taken his gardening to the raised bed at the back of the building and is currently growing beetroot, lettuce and carrots; lovely ingredients for a summer salad!

Gardening can be exhausting work so to relax those tired muscles Residents enjoyed delicious ice-cream and basked in the rest of the sunshine under cooling summer hats.



Home Grown Basil

You can view the Residents planting in the Recreation room, the outdoor raised beds and in window boxes that are situated around the building.

More photos on page 2 & 3



Residents gardening while enjoying the sunshine



Geranium plant grown from cuttings

SUMMER AND GREEN FINGERS PHOTOS



Sunflowers from seeds to stalks





REFLECTION

*En Ego.
Prayer before a Crucifix.*

Behold o'kind and most sweet Jesus,
I cast myself upon my knees at thy feet
And, with the most fervent desire of my soul,
I pray and beseech thee
That thou would impress upon my heart
A lively sentiment of faith, hope and charity,
With a true repentance for my sins
And a firm purpose of amendment.
And, with deep affection and grief of soul,
I ponder within myself
And mentally contemplate thy five most precious wounds,
Having before my eyes the words
Which David the prophet spoke long ago,
Concerning thee O'my good Jesus,
"They have pierced my hands and my feet;
They have numbered all my bones."

Fr. Leo Henry.

IRISH THERAPY DOGS

Therapy dogs are back! And they are bigger than ever, literally! Carrie Maguire will be visiting Summerville with her enormous 'Great Dane' Farah.

Each week Carrie and Farah will visit Summerville Residents to provide canine companionship. Recent studies have proved that canine companionship brings a number of health benefits, such as lower blood pressure, lower triglyceride and cholesterol levels, as well as increased production of serotonin and dopamine.

One explanation for these therapeutic effects is that a dog fulfils the most basic human need to touch. The companionship of a dog can help to calm and soothe us, ease anxiety and boost our mood. Stroking, holding and fussing over a canine friend helps reduce our sense of isolation and loneliness.

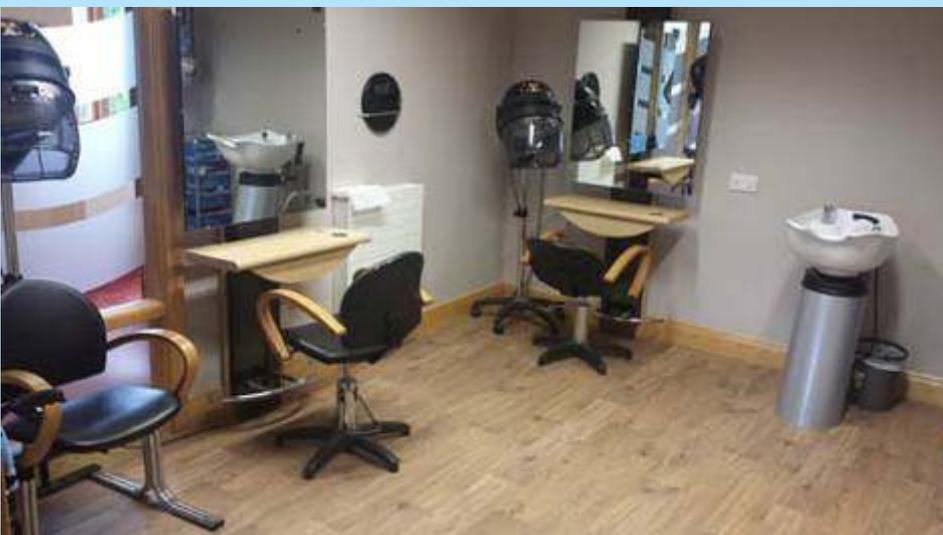
Carrie and Farah will be visiting Summerville every Tuesday at 2:30pm. Please inform Nora our Activities coordinator if you would like a visit from Farah the Great Dane.



www.irishtherapydogs.ie

THE HAIR SALON GETS A REVAMP.

If you haven't already seen it, make a visit to the Summerville Salon, it's Gorgeous! We have changed the wall colour to a lovely cool and calming grey and replaced the flooring for a more warming tone. We have also purchased a new sink for washing hair which will allow more manoeuvrability and comfort. The hairdresser is here every Friday, contact a member of staff if you would like to make an appointment.



Etta Hunter & Hairdresser Monica

10 QUESTIONS

1. What are you supposed to give/get for 40 years of marriage?
2. What is the Roman numeral for 1000?
3. Part of the human body can expand 20 times its normal size?
4. What country has the largest army in the world??
5. What colour is Octopus blood?
6. What job did Ernest Hemmingway do in WW1?
7. Declan McManus became famous as who?
8. What colour is the cross on the Greek Flag?
9. The name of which countries capital means good air?
10. Where on the human body is the skin the thinnest?

Answers at bottom of page

Summer Party



Summerville will be holding their Summer Party hopefully in the month of July. This year we really would love it if the weather permitted us to have it outside!

We plan to arrange a another visit from the farm yard animals, a 'hit the target' competition and refreshing summer smoothies and ice creams.

Once we have an idea of what the weather is doing we will let you all know the date of the party.

ANSWERS TO 10 QUESTIONS

1.) Ruby, **2.)** M, **3.)** Stomach 0.5 litres to 5 litres, **4.)** China, **5.)** Blue, **6.)** Ambulance Driver, **7.)** Elvis Costello, **8.)** White, **9.)** Argentina Buenos Aires, **10)** Eye

DID YOU KNOW?

In the old days people did not have last names (family name or surnames) so to avoid confusion a person would add an *eke name*, an addition to his or her name. For instance, John the Blacksmith, John the Baker, John from Jerusalem, John the son of Peter, and so on. Through time, an *eke* became pronounced as “neke” – “n e k e” which in turn became “nick” name. These nicknames often became last names

Because metal was scarce, the Oscars given out during World War II were made of wood.

Jamaica has the most churches per square mile than any other country in the world.



The world's Oldest dress was found in Egypt and it is 5000 years old

14% of all facts and statistics are made up and 27% of people know that fact.

At the nearest point, Russia and America are less than 4 km apart.

The city of Venice stands on about 120 small islands

Broccoli and cauliflower are the only vegetables that are flowers.

Elephants are the only animals that can't jump. .

After a 10 year, €26m project, the leaning tower of pisa stopped moving for the first time in its 800-year history. The tower is now expected to stay stable for at least 200 years

