

NEWSLETTER JULY 2026

CareChoice Dungarvan



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NOTE FROM THE SOCIAL ACTIVITIES ENGAGEMENT TEAM

July showcases lush, emerald-green landscapes and 16 hours of daylight and warm temperatures. July features blooming fuchsia hedgerows, dramatic coastal cliffs and glassy lakes. Farmers are busy cutting, baling and storing silage, harvesting animals are grazing the land. Farmers markets are full new potatoes, sweet peas and crispy salad leaves. Its peak season for juicy summer berries, fresh seafood and local cheeses. We have been busy with our summer party, sheep shearing, and trips to the beach, the Comeragh mountains and the bog.

July Birthstone

**The Ruby, a gemstone, symbolising
passion, love & vitality**

July Zodiac signs



QUOTE OF THE MONTH



**AND THE
WINNER IS...**

ABOVE AND BEYOND AWARD

Tracy Fraher



TRACY PROVIDES OUTSTANDING CARE WITH
COMPASSION, KINDNESS AND RESPECT,
ALWAYS ENSURING THAT RESIDENTS FEEL
VALUED, SAFE AND CARED FOR. TRACY IS
WILLING TO HELP HER COLLEAGUES AND STEP
IN WHEN NEEDED.

What We've Been Up To

Positive Polly Day

We celebrate Positive Polly Day the first Wednesday of each month. This month we treated staff and residents to an ice-cream trolley. Staff dressed up in cheerful clothes on the day.



International Fruit Day

International fruit day was Wednesday 1st July. It's a day dedicated to celebrating the diversity of fruits, encouraging healthy eating habits and trying out fruit you may never have tried before. We had an array of different fruits for the residents to taste.

World Chocolate Day

World Chocolate Day is celebrated on July 7th to commemorate the anniversary of chocolate's introduction to Europe in 1550. We had a display of various chocolate flavours for the residents to taste. It went down a treat!



Bake Off

July 16th We collectively made a cake for a competition between all the CareChoice homes. The theme was '20 years of care'. The activities team and residents worked together to build the 4-tier cake.

Rickshaw

We would like to thank Tony Sullivan and Aine Flynn for thinking of us with the Rickshaw. It was a fantastic purchase. It has been hugely welcomed by our residents; it has brought tremendous joy to our residents.

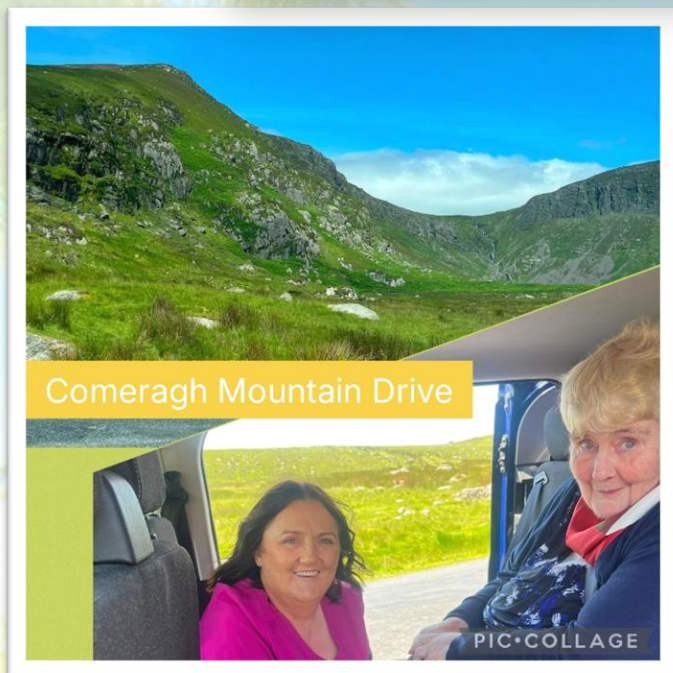


Friendship Bracelet

International Day of Friendship

On July 30 we celebrated International Day of Friendship to honour the bonds of friendship. We made friendship bracelets with the residents, some kept them and some gave them to friends and family.

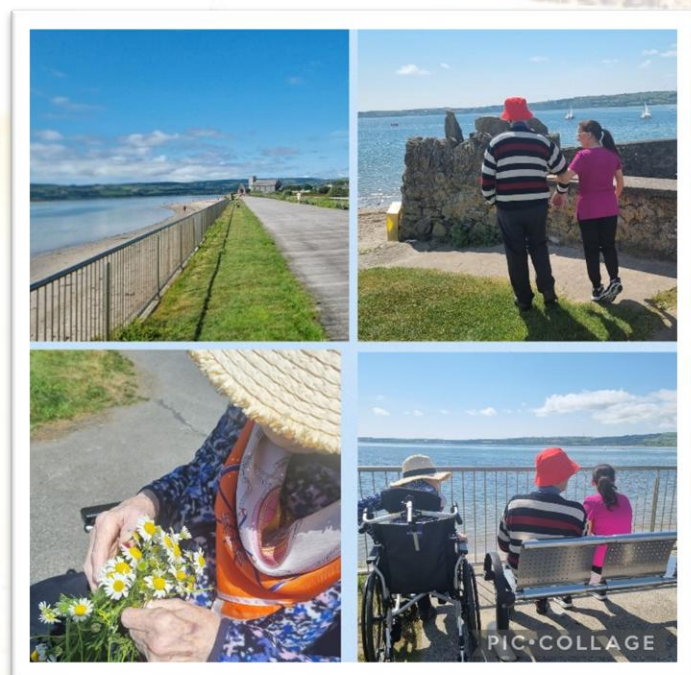
Around Our Nursing



July 2nd Comeragh Mountain Drive



Ladies Tea Morning



July 8th Outing to Abbeyside beach and Church.



Art & Crafts



Baking Cookies



Trivia Time



Pet Therapy with The Dog Clubs' dogs Daisy & Winnie



Making dream catchers in Art & Crafts



**Sinead Kiely presented with flowers
for 19 years of service**



Trip to the beach



Mens Club



Outing to the woods

Summer Party



On July 15th we held the residents summer party, we transformed our garden into a vibrant 1950s wonderland. Residents enjoyed live music by Mary Prendergast, a sizzling BBQ prepared by our chefs, refreshing drinks, a delightful ice-cream parlour and all the staff fully embraced the theme by dressing up in 1950s clothes.



Sheep Shearing

July 17th we went on a trip to Cooney's Yard; Cooney's Yard is a family run farm and cafe located beside Mahon Falls and Crough Wood Walk. We had a fabulous Irish breakfast and afterwards William Drohan and his daughters kindly put on a sheep shearing demonstration for our residents. They demonstrated an electric shears and the old-fashioned way using a blade shears.



Upcoming Events

AUG

7

INTERNATIONAL
BEER DAY

AUG

14

COCTAIL
MAKING

AUG

15

HERITAGE WEEK

AUG

17

NURSING HOME
WEEK

AUG

19

PAMPERING DAY

AUG

21

SENIOR CITIZENS
DAY

August Trivia

1. What number month is August in the Gregorian calendar?

Answer: Eighth

2. Which Roman emperor is August named after?

Answer: Augustus Caesar

3. Which two zodiac signs fall in August?

Answer: Leo and Virgo

4. What flower is commonly associated with August?

Answer: Gladiolus

5. On August 6, 1945, what historic event occurred in Japan?

Answer: The atomic bombing of Hiroshima

6. What major U.S. music festival began on August 15, 1969?

Answer: Woodstock

7. Which famous civil rights leader gave the "I Have a Dream" speech in August 1963?

Answer: Martin Luther King Jr.

8. What is celebrated on August 8 in many countries as a day for feline fans?

Answer: International Cat Day

9. What famous British princess died on August 31, 1997?

Answer: Princess Diana

10. What global athletic event often takes place in August every four years?

Answer: The Summer Olympics