

NEWSLETTER MAY 2026

CareChoice Dungarvan



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NOTE FROM THE SOCIAL ACTIVITIES ENGAGEMENT TEAM

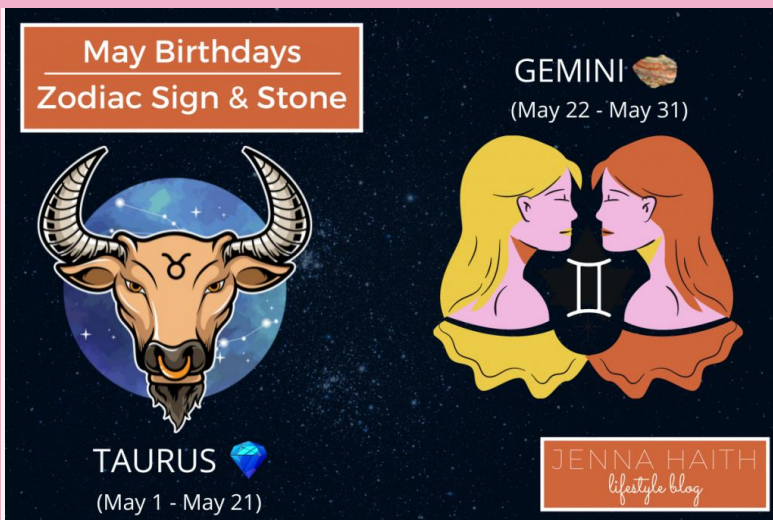
In May, Ireland's landscape is at its most vibrant. Often called the 'Emerald Isle' for good reason, the countryside comes fully to life with lush, bright green meadows, blossoming flowers, and vibrant gorse. The countryside is alive with bluebells, foxgloves and newborn farm animals. In May we see spring Lamb on menus, Wexford Strawberries for sale at the roadside and wild garlic peaking. As part of Bealtaine for the month of May, we had creative writing, pottery, flower arranging and lots of outings.

May BirthStone

Emerald

The official birthstone for May is the emerald, a vibrant green gemstone symbolizing love, rebirth, and prosperity.

May Zodiac signs



QUOTE OF THE MONTH

Hello, May!

Do to our hearts what you do to earth's flowers.



Meet The Team

SENIOR HEALTH CARE ASSISTANT



MARY COONEY
Senior Carer

Mary has been working here for 15 years. Mary loves walking, tending to her garden and especially spending time with her grandchildren



DEIRDRE LOMBARD
Senior Carer

Deirdre has worked in Carechoice for the past 5 years. She loves walking her dogs and most of all spending time with family



MARIA FLYNN
Senior Carer

Maria has worked here for the last 8 years. Maria loves long walks on the beach. She cherishes time spent with her parents and kids.



PARDON NDHLOVU
Senior Carer

Pardon has been working in Carechoice for 3 years. Pardon likes to watch soccer and is a Chelsea supporter. He also loves to play chess in his free time.



NIKOLETT CSABAI
Senior Carer

Nikolett has worked in Carechoice for over a year. Nikolett loves walking, running, going to the gym & yoga. She also loves spending time with her family



LINGES KANESAN
Senior Carer

Linges has worked in Carechoice for 6 years. Linges loves fishing, playing musical instruments and riding his mountain bike.



WASHINGTON TACHIWONA
Senior Carer

Washington has been part of the team here for the past 3 years. His hobbies are formula 1 racing and football, huge Man United fan.



SHARON MIDZI
Senior Carer

Sharon has worked in Carechoice for the last 3 years. She is a fashioista and she is obsessed with trainers!

**AND THE
WINNER IS...**

ABOVE AND BEYOND AWARD

Sijo Thomas



SIJO IS THE WINNER OF ABOVE & BEYOND FOR THE MONTH OF MAY IN CARECHOICE DUNGARVAN. SIJO IS A VERY CARING AND ATTENTIVE PERSON. HE LOOKS AFTER THE RESIDENTS AND LISTENS TO THEIR CONCERNS. HIS KINDNESS, PATIENCE AND WILLINGNESS TO LISTEN MAKE A POSITIVE DIFFERENCE TO EVERYONE AROUND HIM.

What We've Been Up To

Dungarvan Horse Fair

We went to The Dungarvan Horse Fair on Friday 15th May. The horse fair is a traditional street fair held annually on the 3rd Friday in May. It brings together local traders, breeders and equine enthusiasts to buy, sell and showcase horses.



Alzheimer's Tea Day

We celebrated the Alzheimer's Tea Day on Thursday, May 7th. Families, friends, staff and residents gathered for tea and treats to raise funds for The Alzheimer's Society of Ireland

International Tea Day

Saturday 23rd May we celebrated International Tea Day with an afternoon of tea, scones, cakes and reminiscing.



Creative Writing

In conjunction with Bealtaine we had an afternoon of creative writing. The residents used their imagination to tell a story and express feelings.



Creative Writing

First Date by Mary Ward

I woke this morning, pulled back the curtains to see the sun shining and thought what a beautiful day to go to the beach for a swim. I will jump off the rocks in my yellow Polka dot bikini onto a hunk of a man. I must have made a good impression because he asked me on a date. He held my hand as we pranced along the Marina to the coffee shop. He fed me strawberries and cream; he took my breath away. I fainted into his arms; I stayed in his arms as he dialled 999 and he held me tight until the ambulance arrived. When we arrived at the hospital, he said you gave me quite a fright, I thought I was going to have to do CPR on a woman in a yellow polka dot bikini. We both laughed and he said I hope the sun shines again tomorrow as he asked me on a second date.

Around Our Nursing



Youghal Outing



GEM Promotion Day



European Mental Health Awareness week



Pet Therapy



Bridget Daly
20 years
CareChoice Anniversary



Joan O Brien
10 year CareChoice Anniversary

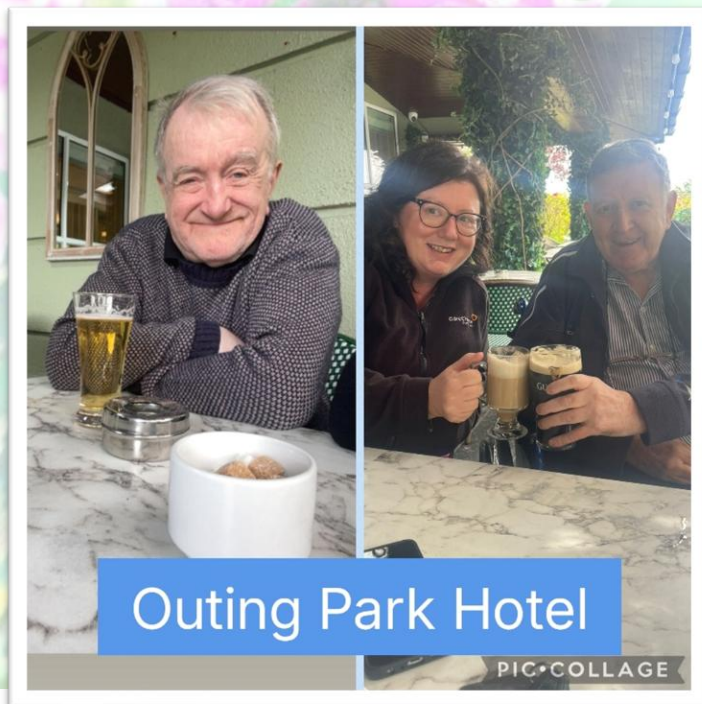
Bridget Daly celebrated 20 years working in Carechoice this month

Joan O Brien celebrated 10 years working in CareChoice this month



Alzheimer's Tea Day

Alzheimer's Tea Day



Outing Park Hotel

Park Hotel Outing



Mens Club



Art & Crafts



Flower arranging



Baking



Ladies Tea Morning



Art & Craft



Cinema Trip

MICILÍNS PUB OUTING

May 12



We went on an outing to Micilíns Pub on May 12th, The owner Joe was very kind to open the pub especially for us. Sean Keating played music for us and the residents got to pull a pint!



Pottery Class

As Part of the Bealtaine Festival we took part in Pottery class, Cora from Cora Cummins Ceramics carried out a floral pottery plaque workshop with the residents. They rolled out clay and printed flowers and painted their plaques. Cora will fire them in a Kiln and return them in a week.



Bake Off

We held our own Bake Off on Tuesday May 19th. Staff and residents had the task of icing cakes using a summer theme. The cakes were displayed and all staff and residents voted for their favourite cake throughout the day. Kelly from the activities team was the overall winner with her ocean themed cake.



Upcoming Events

JUN
1 | WORLD MILK
DAY

JUN
3 | SHAW'S
DEPARTMENT
STORE POP UP
SHOP

JUN
8 | WORLD OCEAN
DAY

JUN
15 | NATIONAL BEER
DAY

JUN
16 | ICECREAM
PARTY
2.30PM

JUN
21 | FATHERS DAY



June Trivia



1. How many months came before June in the calendar year? **Five**
2. What month comes directly before June? **May**
3. How many days are there in June? **30**
4. What star sign would you be if you were born on the 1st of June? **Gemini**
5. What is the term for the day in June when the Northern Hemisphere has its longest day of the year? **The Summer Solstice**
6. Which English landmark do people gather at on the longest day of the year to watch the sunrise and sunset? **Stonehenge**
7. Which of these countries does not experience midnight sun in June? **Estonia**
8. Which religion celebrates Pentecost in either May or June each year? **Christianity**
9. Which Grand Slam tennis tournament takes place in late June and early July? **Wimbledon**
10. What month comes after June? **July**