

May 2025

NEWSLETTER



May



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NOTE FROM THE SOCIAL ACTIVITIES ENGAGEMENT TEAM



Meet Our Trim Team!

We were thrilled to have Colm, Emily, Lohi, and Chris from our Trim location join several of our CareChoice homes for a fantastic event in Phoenix Park, Dublin! 🏃 🏃

They all took part in a fun and spirited relay race, representing us with energy and enthusiasm.

Congratulations to you all – great job and well done! 🎉 🙌



We would like to acknowledge newly appointed **Mr. James Duffy** and **Ms. Breda Halligan**, who serve as our **Residents' Representatives**, acting as key points of contact between residents and management.

QUOTE OF THE MONTH

"May, the month of sunshine, blooming flowers, and endless possibilities."

- Unknown



GP GROWING PLAY
May 8
FUN FACT OF THE DAY
It is National Donkey Day!
Did you know that donkeys have an excellent memory and can recognize areas and other donkeys they were with up to 25 years ago? 💡

Around Our Nursing Home



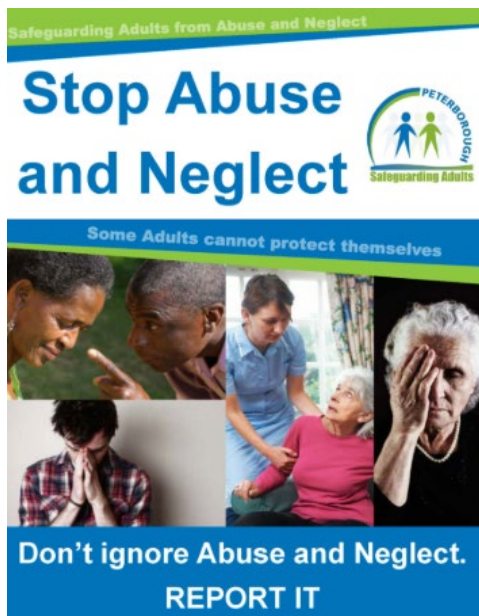
On Monday, 26th May, our residents, supported by our Activities Team, held an Arts and Crafts Exhibition. It was a wonderful success! Elaine, a dedicated volunteer for the past sixteen years, leads an arts class every Monday and continues to be a true inspiration to her group.



Around Our Nursing Home



SAFEGUARDING



Safeguarding Week

It's everybody's business

During safeguarding week in our nursing home, we ran Pop-up workshops around the importance of identifying, reporting, and preventing all forms of abuse and neglect, including physical, emotional, sexual, and financial harm. This includes promoting a culture where residents, staff, and visitors feel safe to speak up and report any concerns.

Upcoming Events

Special Visit from

Gaelscoil Na Boinne

We're delighted to announce that the students from **Gaelscoil Na Boinne** will be visiting our nursing home on **Friday, 13th of June at 11:00 AM.**

They will treat us to a wonderful performance of **traditional music and singing.**

Let's come together and give them a **warm CareChoice welcome!**



May Birthdays

We celebrated 20 Birthdays this month!

Happy birthday to all
and thank you to our
Chef and team for the
beautiful birthday cakes.



MAY BABIES

- | | |
|---------------|---------------|
| Fierce | Shy |
| Stubborn | Understanding |
| Strong-willed | Motivated |
| Loyal | Emotional |
| Imaginative | Hard-working |



BIRTHDAY HOROSCOPE

BORN ON MAY 17

Uninhibited
Considerate
Sacrificing
Adoring
Reliable
Smart
Captivating

TAURUS
The Bull

AstrologyK.com

Poem to Share



What We've Been Up To



On Wednesday the 28th, we were invited to view the new mural in Trim. This project, which began a few months ago and was proudly hosted by us, brought together local school students, Prosper Meath, and our residents—uniting all ages and the wider community.

The mural aims to highlight mental health and celebrate diversity through the power of art.



WORD SEARCH AND BRAIN TEASER

May is Mental Health Awareness Month

S	C	R	E	A	T	I	V	I	T	Y	S	R	R
E	X	E	R	C	I	S	E	D	R	G	O	N	N
U	T	E	F	E	R	U	T	C	U	R	T	S	G
C	T	S	Y	T	E	I	R	B	O	S	R	N	N
I	A	L	E	T	R	G	R	O	U	P	S	C	D
A	M	E	D	I	C	A	T	I	O	N	T	G	I
M	G	E	T	G	N	I	N	R	A	E	L	T	T
U	E	P	S	D	N	E	I	R	F	N	A	M	I
S	O	T	I	N	O	I	T	A	T	I	D	E	M
I	S	C	R	A	F	T	S	U	P	P	O	R	T
C	N	A	T	U	R	E	S	D	N	C	T	R	R
N	T	E	N	I	T	U	O	R	O	E	R	N	A
U	E	B	M	T	E	D	U	T	I	T	A	R	G
B	A	L	A	N	C	E	D	E	A	T	I	N	G

- NATURE
- FRIENDS
- EXERCISE
- NAMI
- GRATITUDE
- CREATIVITY
- MUSIC
- STRUCTURE
- MEDITATION
- SOBRIETY
- MEDICATION
- ROUTINE
- SUPPORT
- BALANCED EATING
- GROUPS
- LEARNING
- ART
- SLEEP
- CRAFTS

