



CareChoice
Swords



NEWSLETTER

May

2026



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Upcoming Events

Residents' Art
Exhibition
15th May

**DON'T
MISS OUT!**

Sunshine, music, and smiles at Care Choice—an afternoon on the terrace with our new live music artist, enjoyed over ice cream and smoothies.



In this issue

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- April Activities Round-Up
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MAY

- Longer, brighter days
- Warmer weather
- Nature in full bloom
- More time outdoors

For more information:
www.carechoice.ie

Activities Coordinator's Note

April was a particularly dynamic and energising month for us all. After the quieter winter period, there was a real sense of renewed activity across the home, with Easter acting as a joyful turning point. Our Easter-themed activities brought colour and vibrancy into daily life, Easter Quiz, Mass, and Bingo sessions were filled with bright colours and laughter, and we truly felt a fresh sense of seasonal energy throughout the home. The Easter Bunny-Josie also paid a special visit, delighting staff with chocolate eggs and adding to the festive spirit.

Spring colours have continued to inspire our creative work. Our residents have been actively engaged in both acrylic and watercolour painting during our weekly Monday Art Group sessions. We are now looking forward to showcasing these wonderful pieces at our upcoming exhibition on 15th May, as part of National Arts in Nursing Homes Day, coordinated by Age & Opportunity and Nursing Homes Ireland under the Bealtaine Arts Festival. This event is a meaningful opportunity to share the creativity and talent within our community—something we are very proud of, and we look forward to highlighting further in the next issue.



Activities Coordinator's Note

On 16th April, members of our Social Engagement Team attended a Networking Day in Portlaoise, organised for Care Choice homes.

The event provided a valuable opportunity to connect, share ideas, and discuss upcoming initiatives. Key highlights included plans for the 20th anniversary of Care Choice, which will be celebrated in November, as well as the GEM Awards scheduled for October 2026.

We are also delighted to share that we have successfully received a grant from Age & Opportunity, which will support the purchase of new equipment for physical activities. We are especially excited to introduce Boccia games to our residents in the near future.



I would also like to take this opportunity to sincerely thank our wonderful volunteer musicians, who generously give their time to perform for us every second Friday of the month. Their sessions, lasting approximately an hour and a half, are always very well attended and greatly enjoyed by our residents. This group of musicians first began their connection with our home through playing alongside our resident Tommy, which marked the beginning of a very special relationship. The group brings an impressive variety of instruments—including banjo, harmonica, accordion, ukulele, guitars, keyboard, flute, and the traditional Irish bodhrán—creating a lively and engaging atmosphere each time. These sessions make a meaningful contribution to the wellbeing and enjoyment of everyone involved, and we are truly grateful for their continued support.

Banjo Band





Staff Training

CARU - Supporting Care & Compassion at End of Life in Nursing Home



Our staff team has been participating in CARU training and workshops organised by the Irish Hospice Foundation, HSE, and the All Ireland Institute of Hospice. Two groups from our home have taken part in this important learning opportunity. Our group completed the programme at the beginning of May, and the second group has also since completed the training.

The programme focuses on a person-centred approach to palliative care, end-of-life care, and bereavement support in the workplace. As care professionals, we understand how often we are faced with these moments in our day-to-day work, and how important it is to approach them with awareness, sensitivity, and compassion.



This training encourages greater openness and confidence when engaging in conversations around these experiences, while also recognising and supporting the personal feelings of staff, residents, and the families of our residents. It gently creates space for reflection on this deeply sensitive and important aspect of care.

We are, of course, very grateful to our company for the opportunity to take part in this programme, which supports us in a meaningful way and helps strengthen confidence, compassion, and thoughtful communication in our practice. The next step is to begin applying this programme within our workplace.



Coming soon...

Residents' Art Exhibition

15th May

We are delighted to invite you to the official opening of our annual Residents' Art Exhibition on 15th May. This is always a very special occasion in our home, and I am truly proud to present the artwork created by our residents—the beautiful outcome of their creativity, dedication, and expression.

The exhibition is inspired by the idea "I create, therefore I am"— a gentle reflection on the importance of creativity in our lives. The opportunity to create, to express, and to experience the joy that comes with it remains deeply meaningful at every stage of life. These moments of creativity are not only enriching, but also affirm identity, connection, and a sense of purpose.

We are especially proud to showcase the work of Anna Maria, Gladys , Angela, Josie, June and Desmond, who have shown wonderful commitment by attending our Monday Art Group sessions so regularly. Alongside them, many other residents will also share their work, each piece telling its own unique story.

The residents from the ABI Unit will also join us for this special event, making it a shared celebration across our home. It promises to be a meaningful and uplifting day for our entire community, and we very much look forward to celebrating it together.

Jolanta

We warmly invite you to join us for this special occasion.

DON'T MISS OUT!



You are warmly invited

15
May
2026

Care Choice Swords Residents' Art Exhibition

Opening at 2:30 PM., Oratory and Reception
Join us for:

- The official opening of the exhibition
- A harp performance by Justyna "The Harpist" Kosmulska
- Wine and cheese reception

Care Choice Swords
Bridge Street, Swords
Co. Dublin, K67 F5D0



YOU'RE INVITED!



Coming soon...

CareChoice GEM Awards – Nominations Now Open!

The CareChoice GEM Awards (Going the Extra Mile) are back – celebrating the wonderful staff who make a real difference every day.

Residents, families, and colleagues are warmly invited to nominate or vote for team members who show kindness, compassion, and go above and beyond in their care.

♥ It's a simple but meaningful way to say thank you and recognise those who make our home a special place.

👉 Submit your nomination today and help us celebrate excellence in care!

SUMMER Party

Our Summer Party is just around the corner! ☀️ We're looking forward to our annual celebration, which brings together our whole community—residents, families, and staff—for a day full of fun and connection.

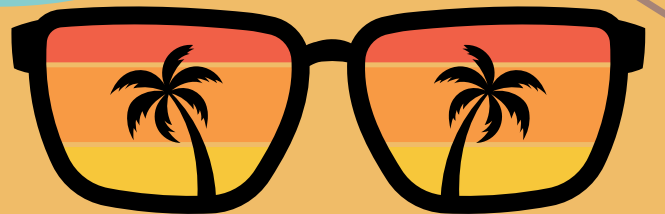
Last year's event was a great success, filled with music, laughter, and wonderful memories, and we hope to make this year just as special. We remain open to your suggestions and ideas to help make this year's Summer Party even more enjoyable for everyone. We can't wait to celebrate together! 🎵🍰



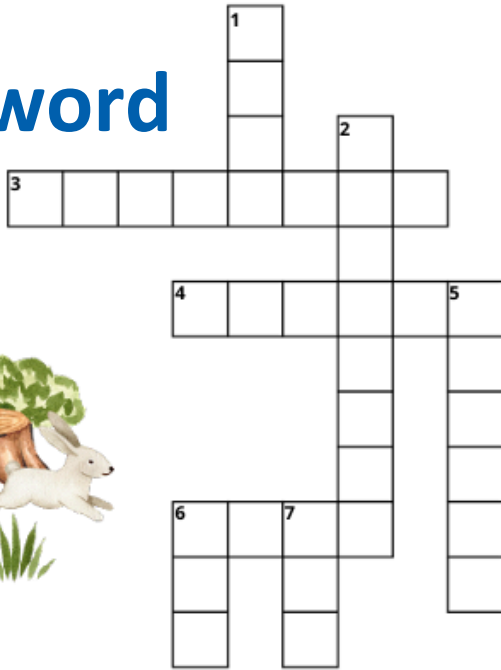
CareChoice 
20
Years of Care
GEM Awards 2026
Celebrating the people behind our success.
**NOMINATIONS
ARE NOW OPEN!**
Nominations Close Friday, May 22nd at 5pm



Scan to Nominate



Crossword



Down

- [1] A woodland animal with antlers.
- [2] Can roll into a prickly ball when threatened.
- [5] Fluffy and cute, this animal makes its home underground.
- [6] An animal whose battle is the name of a dance.
- [7] Night hunter that flies silently and can turn its head 360°

Across

- [3] A small agile animal that collects nuts and stores them in its cheeks.
- [4] A black & white animal that lives in burrows.
- [6] A cold-blooded animal that jumps around and catches flies on its tongue.



- Pear
- Peach
- Apple
- Mango
- Melon
- Lemon
- Orange
- Banana



HAPPY BIRTHDAY

Happy Birthday Wishes

We would like to wish a very happy birthday to all our residents celebrating their birthdays in May. We hope your special day is filled with joy, celebration, and many lovely moments with family, friends, and staff.



Once again, we extend our warmest congratulations to Benny on his 90th birthday. It was a truly special occasion, and we are delighted to have celebrated this wonderful milestone with him.