

The Village Newsletter

MARCH 2018

MESSAGE FROM THE GENERAL MANAGER



I am pleased to present you with the latest newsletter which has been renamed "The Village Newsletter" which will be issued three times a year and will cover news that belongs to Hilltop Gardens and Simblija Care Home.

This issue will present the events, news and activities of the last months and offers a flavour of what we had planned for you over the last months. We are increasing in number and as Hilltop Gardens becomes more populated, a nice community is coming together. With the help of Brian our Operations Manager, our great kitchen team lead by Head Chef James, Kim our activity co-ordinator, food and beverage staff, housekeeping, reception and marketing staff, we are organising more events for you all to enjoy regularly. Our aim is for you to take part in these activities and enjoy time together whilst offering you the lifestyle we promised you deserve.

Simblija Care Home too has grown and with the opening of our dementia unit, The Butterfly Unit, we now have all our floors open. This would not have been made possible without the hard work of our Head Nurse Lisa, nurses, physiotherapists and care staff who day in and day out go out of their way to maintain the high standards of care we offer.

All staff, even the ones working behind the scenes and who you may not see, really work hard to make Hilltop Gardens and Simblija Care Home the success it is today.

May I take the opportunity to wish you and all at home a Blessed Easter and I hope that you will join us in the activities we have set up for you during these festive days.

Charmaine Attard | General Manager

Opening of the butterfly ward – a memory support unit at Simblija Care Home

As a person's journey through a dementia progresses, it can sometime be a challenge to understand them. Your loved one may have forgotten certain words, muddle up their sentences, or may say an entire different word to the one they were meaning to say. There is nothing your loved one can do to prevent this.

One of the hardest things for a relative or friend of someone living with dementia is to learn to accept that they now have a different reality. It can be especially hard when your loved one does not remember who you are, or wishes to find their mother who has died long ago. The key for families and friends like you, to deal with persons living with dementia is to learn to respond to the feelings behind a person's words and to find a care home where staff has been trained to know this.

The Memory Support Unit at Simblija is designed to provide a safe and comfortable, home-like environment for loved ones. It is situated on the ground floor providing easy access to the surrounding grounds and garden that affords free but safe wandering through a monitoring system in a dedicated area.

The dementia unit consists of a beautiful and tranquil dining room and lounge which enjoys a lot of natural light coming from the spacious terrace. This area has been specifically finished to create an atmosphere that is typical of former times and is aimed at encouraging interaction and communication.

Wayfinding has been made simple through the use of special signage with pictures and labels that help to direct a loved one to the different areas whilst continuous lighting guides them to common bathrooms. The quiet areas also provide your loved one with the opportunity to find alone space when required.

The flatlets can be easily located since each room has an individual showcase where your loved one will be encouraged to display favourite memorabilia. The home-like front doors are also identifiable through individual names and room numbers which are clearly visible on the door.

The twin rooms offer a comfortable and spacious layout which includes 2 separate beds, individual vanity tables and chairs, wardrobes and chest of drawers. All furniture is labelled with pictures for each occupant to help with location of clothing, personal items, food and crockery.



POST BOX
AT THE VILLAGE

See more inside

The contrasting colour of the duvet assists your loved one to identify their bed. The room also includes a reading area with comfortable armchairs as well as a kitchenette with table and chairs. The fully adapted bathroom provides the equipment that is required to ensure safety and encourage independence. Special care has been taken in the selection of contrasting grab rails, toilet seats, shower chairs as well as light switches that make it easy for the residents to operate.

The water heating system is thermostatically controlled to avoid any injury and other safety features like non-slip flooring and an alarm call system have been included.

Round the clock care is provided as necessary by trained carers who assist your loved one according to their individual needs in self-care activities, in preparation of a light snack when required, shopping from the village supermarket or finding the way to the outside gazebo and walk way.

Of course your loved ones will also be engaged in meaningful activities in a structured routine to ensure that they do not retreat into isolation. All this provides you as a relative the assurance and peace of mind that their loved ones are well cared for and can continue to enjoy a meaningful life.



Christmas around the World

Starting off with the lighting of the Village where all the lights were switched on altogether in a pre-set time, our residents had the time to experience a culinary world tour with a combination of international dishes from around the world. The initial idea was to steer away from the ordinary Christmas setting and combine a multitude of cultures in one village. Christmas decorations were set up in all the common areas for both Hilltop Gardens and Simblija Care Home to give it that magical touch and allow residents to experience the heartwarming Christmas spirit. We had children coming in from different schools doing the carol singing at the common areas to the delight of residents who stood together to watch young children and youngsters perform.

This year the management wanted to give out a small gift adding a personal feel to it. Mugs were ordered and names were printed on each. Our residents were very grateful to receive such a gift done with love.

Live performances on all eves where planned to make it extra special and once again the Alison White Dancers gave a marvelous display on New Year's Eve.



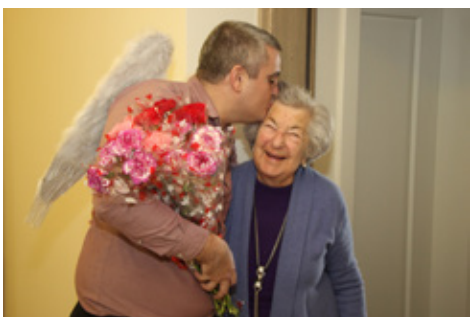


St. Valentine's Day



On 14th February it was time for us to spread the love on Valentine's Day!

Our Cupid, Miljan (The Food and Beverage Supervisor) had a very busy schedule distributing carnation flowers to all the residents at Hilltop Gardens and Simblija Care Home. The idea of flowers being associated with love and romance has its roots in many periods in history and the management wanted to make sure that this day celebrating and symbolizing love, does not go unnoticed.

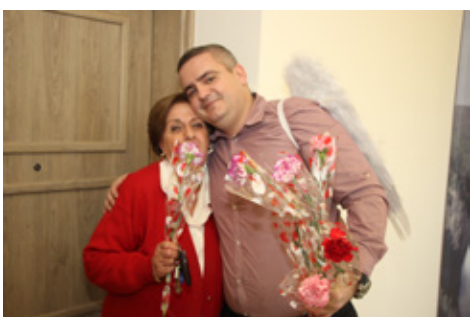


Residents seemed surprised to see Miljan at their door wearing a bright smile and handing out a carnation flower from the heart. The look of joy on residents' faces was truly magical and priceless.

Post Box

A new post box was installed in the Village following a number of requests by our residents. The post box can be found at the corner in front of the Simblija Care Home main entrance and is available to all residents.

Mail collection is held daily between Monday and Saturday at 07:00am.





St Patrick's Day

This year residents could join in the St Patrick's day celebrations in the best of ways as a programme of events was carefully planned to ensure a lovely afternoon to all. The Lounge bar was decorated with the Lucky Shamrocks as Our Head Chef James Rizzo prepared an Irish menu for all to enjoy. Residents and guests could choose from a selection of carefully mastered pies, Dargan's Irish stew and Irish Drunken Chicken. To make it even more interesting, guests could also opt for a free shot of Baileys, whisky or half pint of Guinness with every main course chosen.

Glenn and Michelle from Keltika Keoltoiri played live top-tapping Irish traditional tunes and songs on guitar, Irish harp, mandolin and piano to the delight of those present.



Indian Night

The Orchard Restaurant presents the next theme night on Wednesday, 11th April.

This time residents and guests can enjoy an Indian Buffet Night in style with live entertainment and Indian music throughout the evening. Our head Chef James Rizzo has prepared an exquisite Indian infused buffet menu and we are looking forward to bringing you the best!

All for €30 per person including a 1/2 bottle of wine.

Join our scrumptious buffet and experience a culinary journey to India and all the tastes, scents & aromas in between. For bookings please contact reception desk.

