



NEWSLETTER

Edinburgh's Finest Care Home

Spring 2021

Grand Tour gives everyone a front-row seat

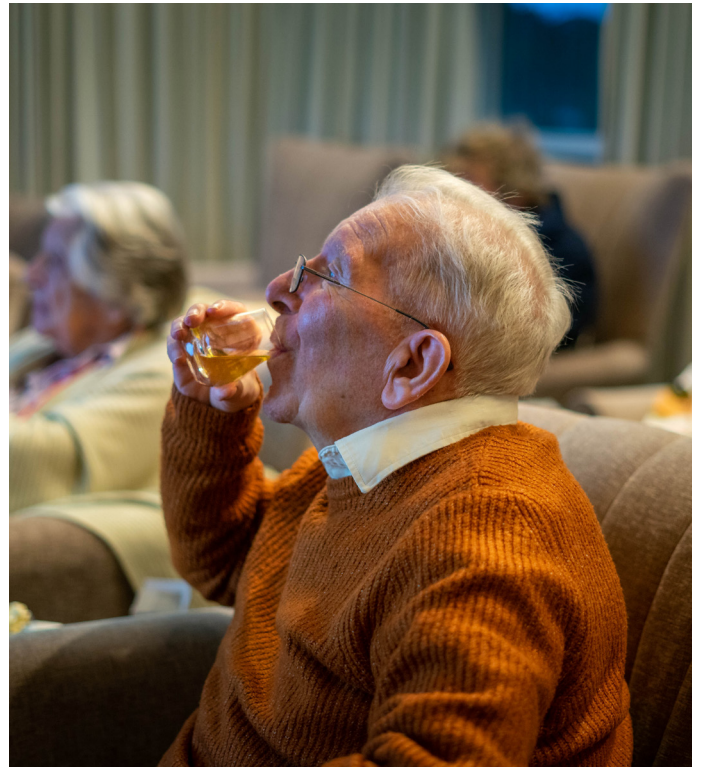
Even though our residents have not been able to leave the home due to the pandemic, they have still been exploring far and wide thanks to our extremely popular 'Grand tour of Scotland'.

This innovative idea uses video technology to allow residents to enjoy a series of 'outings' that have included a virtual visit to the National Galleries of Scotland and an armchair tour of Glenkinchie Distillery in East Lothian – complete with whisky tasting (which was definitely not virtual).

This programme of events has been developed with the help of the Association of Scottish Visitor Attractions (ASVA).

"The project is really exciting and has endless possibilities," says Gordon Morrison, CEO of ASVA. "We are delighted to assist Cramond Residence in arranging these fulfilling experiences for their residents."

All tours are broadcast on the 100-inch screen in our cinema room, as well as being accessible from individual laptops, tablets and TVs around the care home.



CRAMOND RESIDENCE LOOKS FORWARD TO EVERYTHING OPENING UP

"With the lock-down lifting and vaccinations giving all our residents the reassurance of being protected from Covid-19, it finally looks as though there is light at the end of the dark

tunnel that the pandemic has put us in for the last year.

That said, we are not taking anything for granted and we are continuing to be 100% focused on our residents' safety. However, we are working hard to ensure that our residents enjoy as full and as exciting a life as possible in the coming months – when we'll be welcoming back family and friends and ramping up our programme of activities and events."

"It finally looks as though there is light at the end of the dark tunnel that the pandemic has put us in."

General Manager, Eileen Gray.

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GET READY TO SMELL THE FLOWERS

Now that the first of the spring flowers have bloomed, everyone at the Residence is looking forward to getting out into the fresh air and enjoying our lovely garden and grounds.

For many of the people who live here, the garden is one of the highlights of the home. Everyone enjoys sitting outside in the sun, walking around the

paths looking at the beautiful herbaceous borders or, if they are in a wheelchair, being taken out for a change of scenery.

Our gardeners are very proud of the floral display they put on for our guests and are working hard to ensure that there is something stimulating to look at throughout the spring and summer. As everyone has been cooped up more than usual, we are confident that our garden will be extra popular when it gets really warm in the middle of the year.

PEN PALS' MESSAGE TO AMERICA

Over the last few months, many of our residents have been putting pen to paper to connect with new pen pals in America.

The initiative, which has really helped to raise everyone's spirits, is a link-up with residents of the Wexford, an Independent Living Facility in Colorado. It is the brainwave of our Lifestyle Co-ordinator Lisa Sohn, who worked in Colorado before moving to Scotland.

"Residents have really embraced the opportunity to connect with their pen pals and have been

writing as often as possible," Lisa says. "The letters are entertaining, refreshingly honest and often hilarious with a spectrum of topics covered including the pandemic, politics, trips to each other's countries and family history."



STANDING-UP FOR WOMEN

At Cramond Residence, our residents have all witnessed the changing role of women in society. For International Women's Day 2021, a few of them shared

their reflections and advice for future generations. For example, 92-year-old Dorothy McDermott's advice was 'stand up for yourself'. Dorothy is a World War Two evacuee who refuses to let crippling arthritis get in the way of her creativity.



FRENCH TOAST WITH CINNAMON & SUGAR

SERVES FOUR

Ingredients:

2 large eggs

80ml whole milk

40ml double cream

1 tsp vanilla extract

½ tsp cinnamon

4 thick slices brioche

2 tbsp vegetable oil

2 tbsp butter

Icing sugar and fresh berries, to serve (optional)

METHOD

Whisk together the eggs, milk, cream, vanilla and cinnamon. Lay the brioche slices in a single layer in a shallow dish and pour the egg mixture over them. Allow to soak for 2-3 mins, then carefully turn over and soak for 2 mins more.

Heat 1 tbsp of the vegetable oil and butter in a non-stick frying pan over a medium heat until foaming. Carefully lift 2 slices of the soaked brioche out of the dish and add to the frying pan. Fry for 3 mins on each side, until golden and crisp, then place on a wire rack over a baking tray in a warm oven while you repeat with the remaining slices.

Serve dusted in icing sugar and scattered with fresh berries, if you like.