



NEWSLETTER

Winter 2022

Residents take a trip down memory lane

With memory retention and recall being one of the leading causes of distress for the elderly, Cramond Residence has started offering memory sessions to help relieve these frustrations, especially for residents with impaired cognitive function, and those living with dementia and recurring memory decline.

To encourage engagement, the home's lifestyle team keeps group sizes small and uses a variety of techniques, incorporating visual elements such as playing cards, dominoes, flipcharts and photographs.

In these sessions, we teach residents how to actively recall information in the short-term. Flashcards are used to display information and then the coordinators work with residents to teach them

verbalised, visual and auditory recall skills related to this information.

Processing the information given in a variety of mediums provides residents with multiple avenues to recall short-term information more easily. Doing this regularly will expand the memory bank, and reduce the time needed during the recall process.



OPEN DAY AT CRAMOND RESIDENCE

We recently held our first Open Day at Cramond Residence. It was a roaring success, and as a result, we plan to run more of these in the new year! Stay tuned for further information



Contact us for further information:

49 Cramond Road North
Edinburgh
EH4 6NQ

Christian Daraio
Client Liaison Manager
0131 336 1064
christian@cramondresidence.co.uk
www.cramondresidence.co.uk

RESIDENTS TAKE CENTRE STAGE

Residents strapped on their dancing shoes and warmed up their vocal cords for the home's recent talent show.

'Cramond's Got Talent' was the latest addition to Cramond Residence's activities rota, which has the overall aim of encouraging residents to lead fun and fulfilling lives.

Many of the performances included tributes to bands (such as ABBA), whilst one resident showcased traditional

Spanish dancing and another performed a piano symphony.

The residents were really excited and couldn't wait to witness the array of talent on show - not only from their fellow residents, but also from their favourite key workers.

The judging panel consisted of a dance teacher, a former RAF engineer, and a pianist, amongst others. Each member of the panel had their own unique judging style as they all have a range of different backgrounds and life experiences.

One of the residents took a Simon-Cowell type approach to their judging, which certainly made for an entertaining show!



POTATO LEEK & STILTON SOUP



SERVES SIX

Ingredients:

5g butter

2 medium (about 400g) leeks, washed and thinly sliced

250g floury potatoes, such as maris piper

1.2 litres fresh vegetable stock, hot

2 bay leaves

100ml single cream

125g stilton, rind cut off and crumbled, plus extra to serve

METHOD

Melt the butter in a large saucepan. Add the leeks and cook for 5 minutes, stirring now and then, until softened but not browned.

Cut the potatoes into thick slices and add to the pan with the vegetable stock and bay leaves. Season to taste with salt and freshly ground white pepper. Cover with a lid, bring to the boil, then reduce the heat slightly. Simmer for 15 minutes or until the potatoes are very soft. Remove from the heat.

Stir the cream and stilton into the hot soup, then discard the bay leaves. Blend with a stick blender (or in batches in a blender), until smooth. Taste and adjust the seasoning if necessary.

Divide the soup between warmed soup bowls and sprinkle with extra Stilton and black pepper, to serve.

RESIDENTS PUT THEIR FEET UP AT OUR NEW HOME SALON

Cramond Residence has transformed one of its activity rooms into a purpose-built salon, which provides a range of services including spa mornings.

This indulgent experience sees residents drifting away to peaceful spa music while enjoying a hand or foot massage from experienced therapists.

The spa mornings are designed to be a relaxing and sensory experience bringing joy to our residents' days while improving their overall wellbeing.

At Cramond, we try to ensure that we bring a little bit of luxury into every aspect of our care.



CRAMOND RESIDENCE CHRISTMAS CALENDAR

Christmas Fayre 01.12.22

Christmas Jumper Day 08.12.22

School Carol Singing 19.12.22

Christmas Puppet Show 22.12.22

Christmas Party 22.12.22



CHRISTMAS WREATH MAKING PROJECT!

Get involved, just give us a call.

