



## VIEWLANDS REVIEW – Summer/Autumn 2020

Hello Everyone,

I hope you are all well and have managed to enjoy the summer. It is difficult to believe that so much time has passed since the last magazine, but so little has changed.

Staff now attend weekly to get Covid tests carried out, there have been no positive results and we have all managed to remain Covid free but I know that all the restrictions, especially around visiting, have been very challenging for everyone.

The garden visits have been going well, and now residents can have up to 3 visitors from 2 separate households at a time and it has been lovely to see families getting together a bit more. A move to indoor visiting does raise concerns, but we will manage this as safely as possible. We will only be allowing one visit a week, which can either be 1 designated person to visit indoors or outdoor visits as detailed above. This will ensure that we are not getting too many visitors at any one time. We have not yet had the go ahead for indoor visiting from Public Health but once we get this we will let you know.

Residents are remaining socially distant and activities continue in small groups with staff doing a wonderful job at keeping everyone entertained. The sunny weather also meant that a lot of time was spent outdoors and we also had a piper who visited weekly in the garden, which residents looked forward to hearing. Unfortunately the volunteers remain unable to return to the home and I am sure that the residents are missing their visits.

How things will progress over the coming months no-one knows, but we are doing everything we can to keep residents safe, happy and occupied. We have purchased some pedometers to begin walking challenges to encourage residents to get more mobile, and we have laptops available if anyone would like to learn about the wonders of the internet

If you have any suggestions or ideas that you feel would benefit your relative please let us know.

Hopefully things will return to normal sometime.

Until then stay safe & well, Amanda

## Feel Good News!

### Good things to come out of lockdown...

Community Spirit - Despite us living under the strictest social distancing measures we've ever experienced in the UK, there has been an increase in community spirit and appreciation for local green spaces and countryside during lockdown.

Help For The Elderly and Vulnerable – communities have rallied round to make sure all members have food and access to essentials

Pollution Is Down – it has been said that even temporary cleaner air can help “flatten the curve” of the pandemic, easing the burden on health care systems by reducing the number of people who experience severe COVID-19 symptoms

Time To Finally Watch Those Boxsets You've Been Putting Off – there has never been a better time to stay in and catch up on those programmes you have missed and stay safe!

Focus On Essential Workers - Supermarket workers, shelf-stackers and delivery drivers are not generally thought of as heroes. But the COVID-19 pandemic has highlighted the essential roles played by key workers who we all depend on.

Across Europe, people locked in their houses have been applauding their medical staff and other key workers who are continuing to go to work despite the health risks

Break in routine, time to restructure life - It's commonly thought that time spent alone provides an opportunity to stop and reflect. With social distancing measures limiting people's lives, it is a good time to have a think about what really matters.

## Cake Smash!

What a fantastic idea this is... one of our carers, Michelle, had a “cake smash” for her daughter who turned 1 on the 28<sup>th</sup> July. She has 6 teeth already so had no problems eating her cake once she had the fun of smashing it!

Thank you for the photos Michelle - well done for baking such a fantastic cake!



## New Foals At Moss-Side

Betty Pearson's daughter Jean kindly sent us photos of new foals and filly's that have arrived at Moss-Side Highland Pony Stud.

From Jean – "All ponies are enjoying being in a new field with fresh grass. We keep them near the house when they are young so that we can work with them and get them people friendly. They also learn to walk beside us on a rope halter. In their first year they learn to pick up their feet for the farrier to trim their hooves and also to walk into the trailer so that we can transport them to fresh fields." Many thanks Jean, gorgeous photos!

This filly's name is Moss-side Dancers Delight and her Mum is Moss-side Yiona and Dad is Moss-side Iain Mor.



This filly with the blue headcollar on in the middle is Moss-side Campsie Lady and she is setting off to Hamburg next month to start a new Highland Pony stud there.



Another yearling, like her, has gone to a family near Ballinluig to be a family ridden pony, hopefully breed some nice foals and will be trained for stalking and bring the red deer down off the hills.



## Back To School Photos

Rebecca's daughter Emily started in p1 and her youngest daughter Isla started nursery.



Amy's children (Anna's grandchildren) went into Dunbarney Primary. Lewis is now in Primary 7 and Lily is in Primary 1.



Louisa's daughter Olivia went into P6 and Emily went into P4 at Blackford Primary.



Lynzi's daughter Leia started P2 at Tulloch Primary



It was Chris's granddaughters first day in P1 at North Muirton School and her other granddaughter Amelia started P4 at Armadale School.



## Virtual Tours Available Online

One thing we learned during lockdown was that there is a wealth of virtual tours, information from museums all around the world and live cameras in zoo's etc. With potential visitors stuck at home under coronavirus lockdowns, museums across the world are offering the chance to take a virtual look round their exhibits.

Some of Louisa's daughter's museum favourites are;

British Museum of London - <https://britishmuseum.withgoogle.com/>

Picasso Museum in Barcelona - <http://courtyard.museupicassobcn.org/>

National History Museum - <https://www.nhm.ac.uk/visit/virtual-museum.html>

Also the live cameras were a hit...especially watching the animal feeding times!

London Zoo - <https://www.zsl.org/london>

Edinburgh Zoo - <https://www.edinburghzoo.org.uk/webcams/panda-cam/>

Smithsonian National Zoo - <https://nationalzoo.si.edu/webcams>



## Staff Updates

Since April we have had a few staff changes;  
some faces you will all know well have left us...

Both Eileen and Teresa have retired from the laundry.

Cristina and Edna have both left us to go work in Perth Royal Infirmary.

Liam from our kitchen has left us too.

But we have also welcomed new staff to the home...

Charlotte (Cameron & Liam's younger sister) has joined the kitchen team.

We have new carers; Carolann, Susan, Amy and Sarah.

We also have a new staff member in the laundry; Agnieszka.

Ann Gredowicz retired earlier in the year also, and left a lovely note to share...

My sincere thanks to all , trustees,staff past and present,  
residents  
for all the lovely cards ,vouchers, money,flowers, gifts etc ,  
for my retirement and the lovely afternoon tea with the  
residents and cake that Kenny so kindly made for me it was  
delicious.

I have enjoyed working with you all and now start another  
chapter in my life. Thanking you all once again,

Kindest regards

Best Wishes to all

Love from

ANN x

## New Residents!

We have new residents, that due to lockdown, you have possibly not had the chance to get to know as yet so we took the opportunity to ask them some questions to allow us to get to know them better.

### Welcome to Jean Kirkwood in Room 6

Jean was born in Waterloo in Lanarkshire but moved to Law Village as her dad worked on the railways.

She has 1 sister and 1 brother and is the youngest of the 3.

Jean's occupation prior to retiring was a nurse and district midwife.

Jean's favourite holiday destination was Spain to play golf.

Her favourite part of Scotland is Arbroath and her favourite food is pasta – all shapes and sizes.

Her daughters' weddings are her happiest memories and the thing she is most proud of for herself is her job - delivering babies at home.

Jean thinks the best invention of her lifetime is the television.

### Welcome to Vera MacQuoid in Room 22

Vera was born in Bothkenner in Stirlingshire but moved to Turriff when she was 1 with her family including her one brother.

As her profession, she taught primary school in Aberdeen, Edinburgh and Perth.

Her favourite holiday destination and part of Scotland is Pitlochry. She loved going to the theatre there.

Vera's favourite food is lemon meringue pie but enjoys most foods!

Her happiest memories are of visiting Pitlochry and playing golf with friends.

Vera also thinks the best invention of her lifetime is the television.

## Welcome to Bob Hunter in Room 20

Bob was born and lived in Perth and was the second youngest of 7 children.

He was in the Army for 11 years and worked on the railway until the Beecham cuts. He also worked at the Royal Naval Airworks at Almondbank.

Bobs favourite holiday destination is Jersey but his favourite part of Scotland is Perth.

He enjoys most food however his favourite is steak, egg and chips.

His happiest memory and thing he is most proud of is his daughter Elaine being born.

Bob thinks the best invention of his lifetime is video for watching films.

## Welcome to Jessie Macmillan in Room 11

Jessie was born in Dagenham in Kent but has lived in Perth since she was a toddler. Jessie's favourite part of Scotland is the Moray Coast. She is an only child.

Jessie was a shorthand typist and held roles such as secretary in a lawyers firm and to directors.

Her favourite holiday destinations were to visit her daughter in Kent then travelling to places such as Paris and also to see her son when he lived in Atlanta.

Her favourite food is steak however she enjoys all good food.

Jessie's favourite memory is getting married and her children being born. These are also the things she is most proud of – she has led a very happy, nice life.

The thing she thinks is the best invention is the television as it is great company for single people.

## Activities In The Home During Lockdown

Our staff, led by Clarissa, have continued to provide “socially distanced” activities to our residents to keep spirits high.

We have continued to do activities such as;

- Manicures with hand massage/Footspa
  - Fun & Fitness Exercise
  - Walks Around The Gardens
  - Word Searches/Quizzes and Golf

We have also had the added pleasure of Susannah playing on the piano, Creative Arts and Crafts with Eve and assorted cakes supplied by the Friends of Viewlands.



## Mackenzie's Travels!

Hello all. I was supposed to join Elaine, her husband Brian, daughter Yvonne and grandsons Cameron (12) and Lewis (10) on a short break to Aberdeen last week. However as we set off from Perth, we heard the news that Aberdeen had just had to go into local lockdown due to an increase in virus cases. A quick turnaround of the car, and frantic telephone calls resulted in us going the opposite direct to Musselburgh!

We were very fortunate in having lovely sunny weather, and the boys happily played on the beaches along the "Edinburgh Riviera" while the adults sat in the sunshine. Many ice creams were consumed, all the time avoiding the seagulls, who were desperate for a taste!

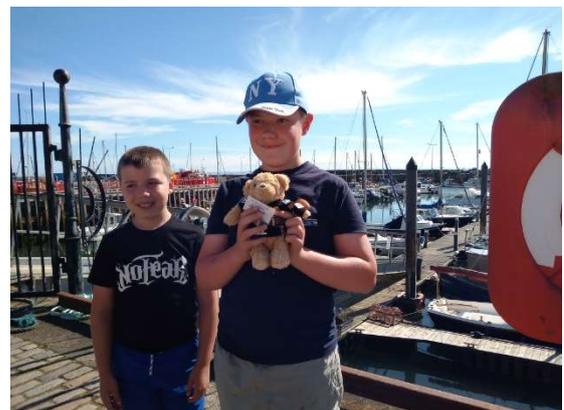
On our first drive through Musselburgh, we spotted an Archer sculpture on the banks of the River Esk near the Roman Bridge. We discovered his name is Pinkie.



Next time we drove past, he was wearing a Hawaiian shirt! Later that day someone had given him a face mask and the next morning he was now wearing sunglasses as well. So we had to stop, and Cameron allowed Pinkie to wear his baseball cap while I sat on his shoulders, and had my photo taken with Lewis.

On Saturday we travelled home along the south Fife coastal road. We stopped at Anstruther to have some lunch and our final ice cream of the trip.

**I wonder where I can visit next???** MacKenzie



## Trees Word Search

W R O W I H A A Z H M A T G C  
A T S I U R P O N U S H W D A  
A T K L A R P T G L A A D O A  
N O R L S Y L T R W L L O R W  
E S P O C H E S T N U T G A A  
D O O W D E R H U R I F W I K  
P C L N W C O T T O N W O O D  
P K Y S E R M R D H I C O U I  
M R R P N N A O S T P P D Q L  
H L R R R D C A P K A L D E R  
O A E U E E Y A L C K L E S H  
H R H C N U S N O U N P U K A  
A C C E O P G S Y B I R C H W  
T H A Z E L P A M N H W R D L  
D C I N C E S W E Y C U D N T

Alder

Apple

Ash

Aspen

Birch

Buckthorn

Cedar

Cherry

Chestnut

Chinkapin

Cottonwood

Cypress

Dogwood

Elm

Fir

Hawthorn

Hazel

Larch

Maple

Oak

Pine

Poplar

Redwood

Sequoia

Spruce

Sweetgum

Sycamore

Walnut

Willow

Yew

## Birthday Celebrations

During Lockdown we also celebrated birthdays for several of our residents. Our staff did an amazing job of making their day special even though they couldn't have family and friends to visit.

Thank you to everyone who made that possible!

## Upcoming Events

Due to the current situation, there are no set upcoming events, however we hope to get things organised and back to normal as soon as it possible!

We are continuing with our weekly activities in the house, please see our website for updates.

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A big thank you to all who have contributed towards our magazine over the past year, especially our regular contributors! We look forward to all your future articles.

We would like to take this opportunity to also send out a big thank you to all our staff and volunteers during this difficult time. It is an unusual time for all, and we appreciate all the support and care you provide to our residents.

## Feedback

If you have any comments which you feel may help improve life for our residents at Viewlands, please don't hesitate to give us a call or to email the office at [abbeyfield.perth@tiscali.co.uk](mailto:abbeyfield.perth@tiscali.co.uk).

We hope to see you all very soon!