

# INSIDE LOOK

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Issue 2

Autumn 2022



DCM were delighted to commence partnership with the HSE in August to deliver new social care services in our Independent Living Complexes. Pictured above are members of DCM Management with Margaret Collins, HSE Manager for Older Persons Services, Community Healthcare East (Dun Laoghaire) and Lavinia Stronge, HSE Manager for Older Persons Services, Community Healthcare East (Clonskeagh).



**DUBLIN CENTRAL MISSION**

Welcoming. Serving. Supporting.



## A note from our CEO

Dear all,

It's been a busy year in DCM so far and in this second edition of our newsletter you will hear all about our service developments.

While Covid 19 still lingers we have enjoyed getting back to normal living and this has meant we can socialize more which has been so important for all our services.

In this edition a new feature is 'The Puzzle Corner'. There is also information on the 'Pen Pal Project' we are launching in conjunction with Belfast Central Mission.

As always we would love your feedback on what you would like to see in our newsletter so please feel free to contact us if you have any ideas.

Happy Reading!

**Suzanne Corcoran**

Chief Executive Officer



## Strategy Development

We are working away on our Strategy Goals for this year and have so far achieved what was set out around service development. Our next body of work is to review the DCM Website and to set a plan in place around being an 'Employer of Choice' to attract and retain staff. Next year we will give you more information on these goals.



Staff at Mount Tabor - Launch of Strategy 2022 document in the grounds of Mount Tabor.

# New Starter Profile

## Interview with Paul Lee

**(Paul commenced working in Margaretholme as part of the pilot scheme to deliver direct care to residents in conjunction with the HSE)**

A big hello to all at DCM! My name is Paul. I live in sunny Lucan and I am one of your new Health Care Assistants. Firstly, let me thank all of you for the wonderful welcome I have received from each and every one of you. It is a pleasure to be part of your fantastic community. I have been in health care for a long time and have never received such a warm welcome.

### **A bit about me;**

I started my working career as a painter and decorator. After doing this for a long time I made the decision to change my career and do something else. Out of the blue, I decided to sign up for a first aid course. It turns out that it was the best random decision I could make because I fell in love with it. It ignited a spark in me. That feeling of being able to help somebody encouraged me to continue studying and after some time I eventually qualified as an Emergency Medical Technician. From there I went on to work for the private ambulance sector and became a volunteer for the Order of Malta Ambulance Corps where I got the opportunity to build my experience and knowledge. Today I am also an instructor of first aid and I get to ignite that same spark in others.

### **Why did I decide to work in Independent Living?**

That's simple, I love it. I do a lot of work in my community and that brings me into contact with people of the same age bracket as all of you lovely people and that's what I love, being around all of you, helping with tasks such as going to the shops, doing a bit of tidying, making a bed, hoovering a floor, boiling an egg or even just sitting down and having a chat. The list goes on... It's what I love to do, so going to work for me is not like going to work. It's more like helping in a community that I love more and more each day that I'm there, I'm a lucky Man!

### **Hobbies**

Well, I have my beautiful Duchess Tanya at home, who also works in the care industry. I have 5 children and four grandchildren, so they all keep me busy. I also really enjoy going to the gym when I have time!

So, I'm going to finish up by saying thank you. Thank you to the residents, my colleagues, and the management at Margaretholme for this wonderful opportunity, and remember if you see me around, say hello and if you need assistance just ask, it's my pleasure as YOUR HCA



Paul Lee pictured with resident Winnie Smith.



# SUMMER EVENTS

THE WEATHER HELD UP FOR OUR ANNUAL SUMMER EVENTS.

## Mount Tabor BBQ



Assistant Director of Care Gillian Scott with Sandra Murphy and a relative of one of the residents at Mount Tabor.



Suzanne Corcoran CEO pictured with Ailt an Oir residents Bella Bolger and Irene Groube



Resident Una of Mount Tabor with friend Ellen



A group of residents from Margaretholme enjoy attending the Mount Tabor BBQ lunch.

## Tasting Evening at Margaretholme

A food tasting evening was held in September.

Residents got to sample a beautiful range of food prepared by Chef Cenly.





## Summer Events at Margaretholme

Summer of 2022 was blessed with good sunshine and high temperatures. Residents has the opportunity to have several events outside which include a BBQ catered by Chef Padraig followed by an outdoor picnic catered by Chef Cenly. The best part of the picnic day was when Cheeko's ice cream van pulled up. Everyone was delighted with the treat. One resident commented that "This was the best day of my life!"



Staff and residents at the BBQ in Margaretholme August 2022



### MARGARETHOLME TASTING EVENING

SEPTEMBER 12, 2022  
4:30 PM

#### MENU

Cannelloni with Beef Ragù  
Stuffed Portobello Mushrooms  
Chicken Adobo served with  
Garlic Fried rice  
Salmon en Papillote  
Red Cheddar and Roasted  
Shallot Tartlet



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## New DCM Services

In July we went signed partnership agreements with the HSE for two new services to run in our Independent Living Sites;

1. Ailt an Oir in Glenegeary launched a new day service which runs Tuesday to Friday each week and will really enhance community engagement. The service opened on Tuesday 20th September.
2. Margaretholme in Sandymount launched a new carer service. The service now directly employs Health Care Assistants to support our residents. The service commenced on 15th August and has been received very well.

Our aim is to have both services in both sites following a one-year pilot.



Pictured above are members of DCM Management with Margaret Collins, HSE Manager for Older Persons Services, Community Healthcare East (Dun Laoghaire) and Lavinia Stronge, HSE Manager for Older Persons Services, Community Healthcare East (Clonskeagh).



Two new members of the carer service in Margaretholme – Health Care Assistants; Paul Lee and Natalie Flores.



Members of the community with our residents enjoying the new Day Service in Ailt an Oir



A big thank you to Anna Doran, local artist who did this mural in our day service to brighten up the space.



# Celebrating Dorrie Smith's 100th birthday party in Mount Tabor

Many congratulations to Dorrie Smith who celebrated her 100th Birthday on the 18th August. What a lovely afternoon of celebrations and music, enjoyed by Dorrie and her family, along with the resident's and staff in Mount Tabor and Margaretholme.

## Dorrie's Story

Born Dorothy (Dorrie) Maie Wing on the 18th August 1922 to Lionel and Annie Wing. She was their third child and had two older brothers and a younger brother and sister. 1922 was the year of the Rebellion in Dublin.

Dorrie's early years were spent living in an apartment in Dublin City Centre but at the age of seven the whole family moved to a big house in Celbridge with the large back garden running down to the river Liffey. There they had an idyllic childhood in the country with Castletown House on their doorstep and the grounds as their playground.

Having moved to the Howth Road, Dorrie met her husband George at the Raheny Table Tennis Club. They married in 1955 and three years later their first daughter Sylvia was born. They then moved to a house in Blackrock and a year later their second daughter Janet arrived. While in Blackrock they attended Blackrock Methodist Church which became a big part of their lives and where they made good friends. Dorrie had studied Business Methods at Alexander Secondary College and after this went to work in Irish Wools where her father worked. After getting married and having children Dorrie's life was devoted to being a good housewife and mother. Dorrie loved when two grandchildren arrived, and nothing gave her greater pleasure than having them to visit or babysit for them.



Dorrie enjoying her birthday celebrations with staff members from Mount Tabor

## Celebrating Dorrie Smith's 100th birthday party in Mount Tabor continued



Dorrie's wedding Day

George and Dorrie lived in the same house in Blackrock for 47 years and in 2006 they moved to Margaretholme, where Dorrie spent many happy years. In 2020 Dorrie moved to Mount Tabor where she has lived for three years. The residents and staff are delighted to have been able to celebrate Dorrie's 100th Birthday with her.



Dorrie and friends



Dorrie and family

## Annual Appeal for Christmas, DCM Homeless Ministry

Every year we ask residents and friends of DublinCentral Mission to consider donating something to support our homeless ministry over the winter months. You can do this by donating any of the items on the list below;

**Gloves**  
**Hats**  
**Chocolate (individual bars)**  
**Sports socks**

Collection boxes will be held in all of our older persons services at these locations;

**Mount Tabor Nursing Home Sandymount**  
**Margaretholme Independent Living Sandymount**  
**Ailt an Oir Independent Living Glenageary.**

We are so grateful for your support.





# Remembering Special Friends

**In every edition, we will feature a short piece about residents who have left our family – in this edition we remember a resident from Mount Tabor nursing home.**

## Feature Resident - Richard Sinnott

In January 2022 we sadly lost Richard Sinnott at the age of 74 who moved to Mount Tabor in August 2018. He was a true gentleman and a great family man. Richard was born and raised in Wexford in 1947 to parents Richard and Peggy Sinnott. He went to school at the local Christian Brothers school in Wexford and then went to secondary school in Newbridge College in Kildare. He studied history and politics in UCD and this is where he met his wife Margaret Murray from Athlone. They were married in 1971 and settled in Sandymount, where they raised their two children, Gillian and Daniel. Richard became a great Irish academic, political commentator, and broadcaster. He was a professor of Political Science at UCD and became a well-known election pundit on RTE.

**We will remember Richard and all our lovely residents who passed in 2022 and pray for their families and friends. May they Rest in Peace.**



## Celebrating National Nursing Home Week



**Tissa and Edith enjoying ice-cream to mark National Nursing Week in Mount Tabor.**



**Eddie soaking up the sun !**



# Autumn Word Search



Find these autumn words:

apple  
brown  
chilly  
cold  
colors  
corn  
country  
crops  
fall  
farmer

fruit  
grain  
harvest  
hay  
leaf  
leaves  
maple  
migrate  
November  
October

orange  
pear  
pumpkin  
red  
rice  
scarecrow  
September  
sweater  
vegetables  
yellow

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# Crossword

## Stop. Pay Troll.

### Across

1. Tibia
5. Respond by changing
10. Mold
14. Yield
15. The original "10"
16. Beach banquet
17. Result of a rice theft?
20. Pickle portion
21. Treacherous curve
22. Gives the boot to
23. Hardy heroine
25. Give a single star, perhaps
26. Miss Manners' métier
29. Twitchy
33. Water quality evaluation?
35. Fidel's friend
37. Type of tennis or bowling
38. She played Gia on Full House

39. James of Rollerball
40. Suffix with lex- or morph-
41. Succinct Sahara summary?
43. Former senator D'Amato
45. Edmonton skaters
46. Gore and Sharpton
47. Eso Beso balladeer
48. When Macbeth kills Duncan
51. American Uncle
53. Mutual of \_\_\_\_
57. Midmorning fruit dish?
60. Rapids rider
61. Like some verbs, abbrev.
62. Kind of garden

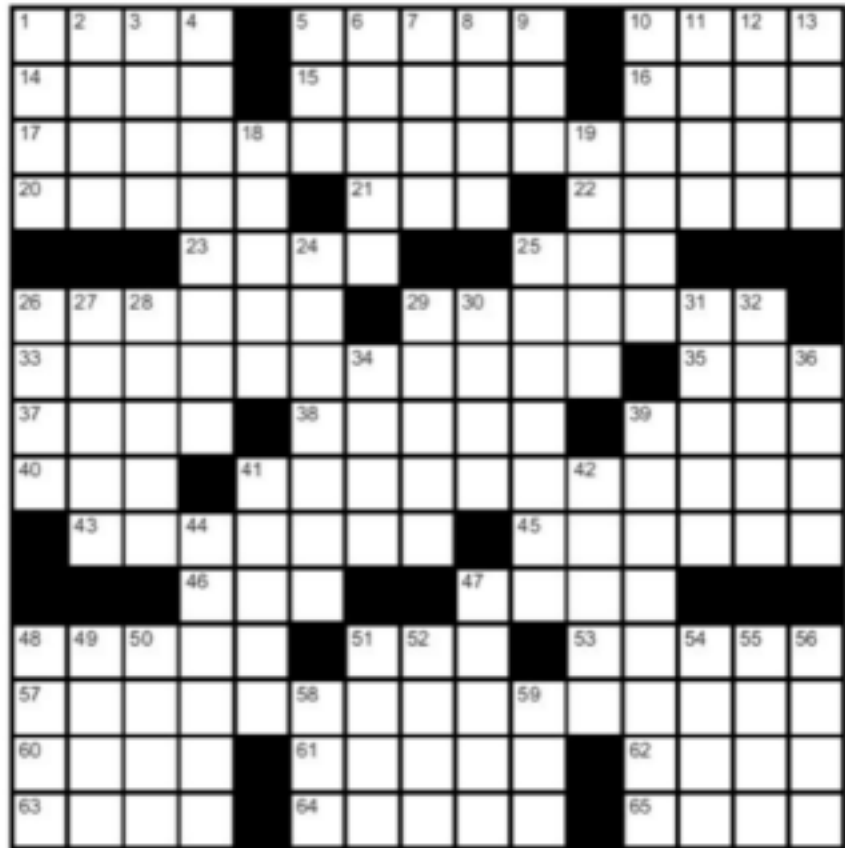
63. T-men, generally
64. Mercantile establishment
65. Squid sprays

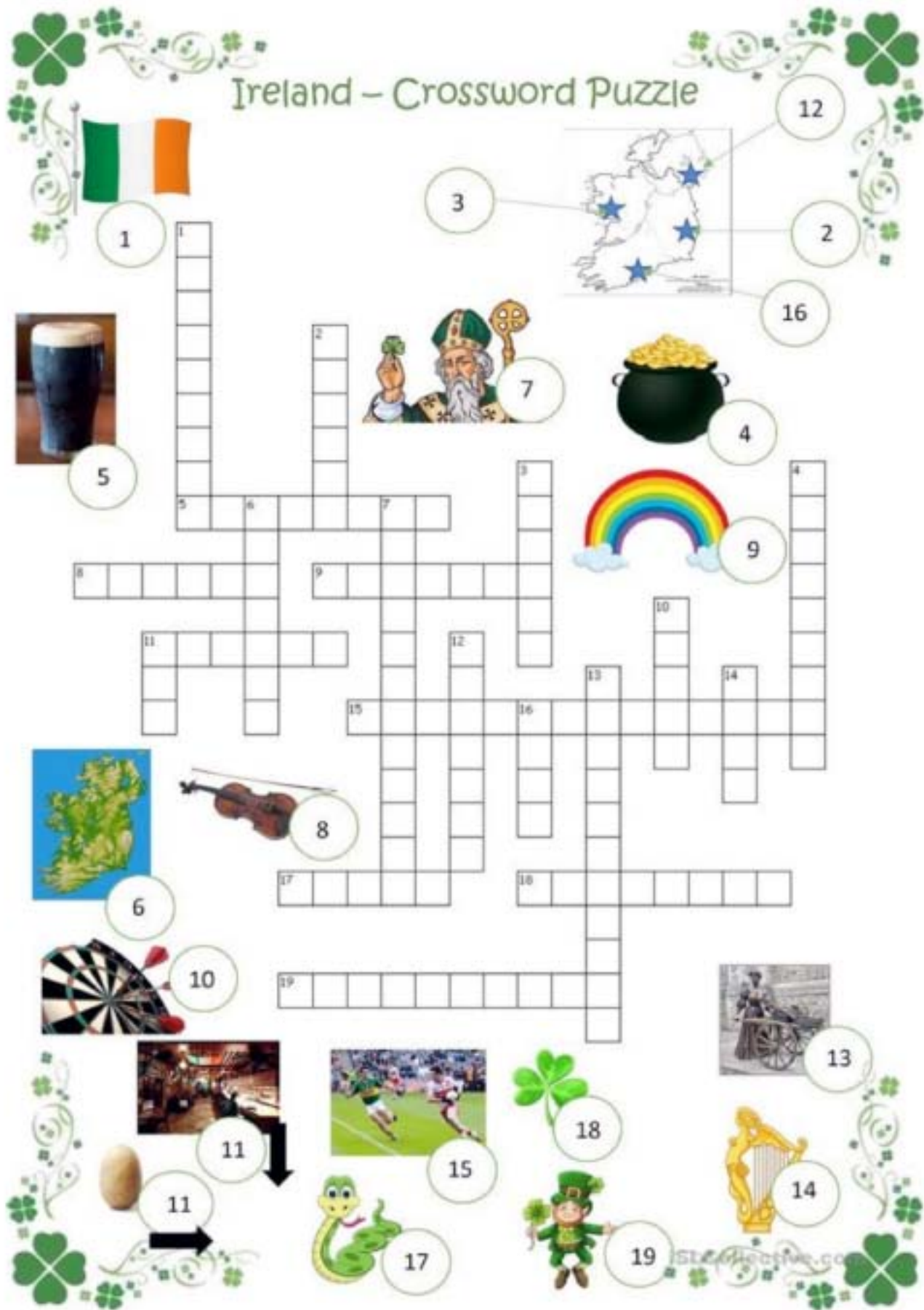
### Down

1. See 30 down
2. Give a hand
3. Like some hands
4. Denial
5. Member of the colonial army?
6. Saharan fruits
7. Fruity refreshments
8. Bowlers' targets
9. Children's chase game
10. Show off and show often

11. Avignon ayes
12. Rave's partner
13. Rump
18. Last name in vacuums
19. Treatment for a cow or a celeb
24. Sunday speeches
25. Ideal example
26. Fit
27. Golden Globe category
28. Wheel of Fortune buy
29. Buying binge
30. With 1 down, govt. students
31. "See if \_\_\_\_!"
32. Meeting maestro
34. Eyeglass holders?

36. You'd like to make them meet
39. Squid snack
41. Kind of acid
42. Big name in cameras
44. Swoons
47. Decorative resin
48. Incantation initiation
49. Alpine perch
50. Clump of curls
51. Reorder
52. Retro do
54. Very prolific auth.?
55. Wield a machete
56. Says "who?"
58. Towel label
59. Iron or Bronze, e.g.







## Changes

By: Edward Thornton - Resident from Margaretholme

I was born in the Dublin suburb of Crumlin in 1946, one of the hundreds to arrive there during the post war years. It was a poor place then with most of the dads on the dole or working in England, sending what money they could back home to the Mums and children who waited anxiously for it's arrival.

Despite the shortness of money, for us, these were mostly happy times and apart from what we endured in school! it was violence and crime free. It wasn't that people were more honest back then, it was simply that very few of us owned anything worth stealing.

Our road was still car free at the time and we played from morning until the streetlights came on in the evening. Our favorite game was soccer but we didn't always have a ball to play with. This was thanks to the Gardai at the time from Sundrive Station who would come speeding around the corner from Downpatrick Road, like the Keystone Cops! To try and catch us playing on the road which was a major crime in their eyes. We would scatter into well prepared hiding places while they confiscated our football, usually left behind in the panic, leaving is with little else to do but get up to some other kind of mischief.

Nobody realized then that we would be the last generation to play outdoors in this fashion because as the country continued to prosper, children remained inside to watch televisions that were arriving by the truckloads, creating a forest of antennae, and soon followed by washing machines, fridges, cars and all the other appliances we live with today.

The gardens also benefited as could be seen from the variety of things people did with them. The men who moved in from the countryside mostly produced vegetables to eat and hedges for security while the Dubs grew grass and flowers with the odd pigeon loft for amusement. Some people chose to do nothing and the garden at all and it would become a mini jungle.

One such household belonged to the famous Behan family who lived on Kildare Road. Theirs was a corner house so the garden

was larger than most and in dire need of attention. Try as she might, Mrs. Behan could not get her sons to show any interest in lifting and spade. Taking advantage of their reputation as well-known republicans, someone contacted the Gardai in Sundrive Station to inform them about the guns buried in Behan's garden. Soon a dozen or so strong men in uniform arrived and proceeded to dig. After a couple of hours and disappointed at finding nothing, they scraped the mud off their shoes and headed back to base with a delighted Mrs. Behan and her neighbours waving them a grinning goodbye. The news quickly spread around the neighbourhood with everyone savoring the small revenge for all those confiscated balls!!

Written in August 2022



## Energy Saving Ideas for the coming autumn winter seasons By: Edward Thornton, Resident of Margaretholme

- LED bulbs save up to 90% compared to regular bulbs.
- Reduced usage of the electric kettle leads to major savings in energy consumption as well as water. Never boil more water than you intend to use. If you are left with a surplus put it in a basin and use it to wash dishes or as drinking when cooled.
- Your fridge must work harder to do its job if standing in a warm kitchen so keep your radiator switched off. As well as prolonging the life of your fridge you save on gas usage in the heating system.
- Never use a running tap to wash dishes. It is the most wasteful of practises.
- Open your window rather than using your extraction fan.
- A shower of 10 minutes duration is sufficient and daily showers are not necessary.
- Never keep the tap running when cleaning your teeth or shaving.
- If you are a frequent visitor to the toilet flushing every time may not be necessary. Try to reserve.
- Don't keep your extraction fan running.
- Use the shortest cycle on the washing machine, your clothes only need a rinse.
- Become aware of any wastage and switch off anything you don't need.
- Plug in electric fires are very heavy on electricity, do try to avoid using them.
- Put on an extra layer in the evening when watching TV
- 20 degrees is the recommended temp for homes and every degree above this can add 10% to the heating bill.

# My Sabbatical Experience

By: Laurence Graham

Every seven years Methodist ministers are encouraged to take a sabbatical for three months. A sabbatical is not a holiday but it is space away from the ordinary routine of ministry which provides an opportunity to do things which there would not otherwise be time for. What a gift! So, from Easter until the summer of this year it was my turn to have a sabbatical. So, what did I do?

Well, first of all it was wonderful to have more time and space for family and for God. Both of our children were doing important school exams during June as Paul sat his Junior Cert and Hope her Leaving Cert. So, it was great to be there with them during that time. There was also opportunity for Karen, my wife, and I to spend extra time together and we grew closer in our marriage.

Furthermore, how special it was to be able to spend more time with God and His Word. In particular, during the first two months, I spent a little time each day introducing myself to the Spiritual Exercises of St Ignatius which some readers may be aware of.

Another real highlight was to travel to some of the ancient ecclesiastical sites around Ireland while studying some of the wonderful history of the earliest years of Christianity in this land. One of the highlights was a trip to Inish Mór, the largest of the Aran islands. There I spent a wonderful sunny afternoon at the site of what was probably the first proper monastery in Ireland, founded by Saint Enda in the 5th century. Historians tell us that many other missionary monks were trained there including Kieron of Clonmacnoise, Kevin of Glendalough, and Colmcille who founded a missionary movement that affected much of Scotland and England. So it became a missionary training centre from which many left to share the good news of Jesus in various places.

Amongst other places, I also visited Clonard in Meath where, although there are no remains left, historians tell us that 3000 missionary monks were trained 1500 years ago. In both places and many more I found it invigorating to spend time thinking and praying about those upon whose shoulders we stand today as Christians in Ireland.

But my sabbatical was not only about mission in the past. I also attended several meetings in London related to my work as General Secretary of the World Mission Partnership of the Methodist Church in Ireland. In particular, I think of a very memorable three days in London spent with various church leaders from every continent as we discussed issues of church and mission today.

Some of my sabbatical was spent speaking about a book which I have been working on and which was published around the time my sabbatical started. It is called *Hope from the Margins* and begins with an historical analysis of the methods of mission of the early church. Then the closing chapters of the book draw lessons from the early church which can guide us in the mission of the church today. This is all interlaced with examples drawn from my 25 years of ordained ministry around Ireland.

A sabbatical is like pushing the 'reset' button on a computer and for me, it was a very special time. I'm so grateful for everyone who worked so hard to make it possible. I'm also glad to be back into the thick of the life of Dublin Central Mission and I hope to be here for a long time to come.





## Walk for Alzheimers Ireland

The Alzheimer Society of Ireland would like to give a big thanks for the €365 raised by our residents in Independent Living for The Alzheimer Society.

## Fundraiser for Ukraine & Haiti

The Irish Red Cross would like to extend their gratitude for the €7,265 raised by our residents and staff in Independent Living for The Irish Red Cross in support of the Ukraine Appeal. A lovely coffee morning was enjoyed in our Glenageary site where residents got into the spirit wearing yellow and blue!

Abbey Street raises approx. €2K annually by selling clothes and books for Cepam Home in Haiti. Donations of books and clothes are always welcome.



Residents enjoying a coffee morning in Ailt an Óir in support of the Ukraine Appeal.



Book stall for Haiti Appeal

## Fullness of Life...

*Feature by Rev Dr. Laurence Graham, Superintendent Minister DCM*

In our recent strategy review process, we agreed the following vision statement for DCM.

**"To offer safe spaces where anyone can experience fullness of life."**

The safe spaces which DCM offers vary. For some it is a long term home in an Independent Living complex, for others it is an hour in a room on Abbey St with a small group helping to support recovery from addiction, for others it is a place in a nursing home with all the expertise on hand to provide the care that is needed, for others it is five minutes on the Halfpenny Bridge receiving coffee, food, a warm hat and, perhaps more importantly, conversation, friendship and sometimes prayer. While, for others again, it is an English conversation class for an hour costing €1 but offering vulnerable migrant peoples the chance to learn enough English Language to make their way in life here in Ireland.

Then the last phrase of our vision statement has its roots in John 10v10 where Jesus said he had come so we could discover "life in all its fulness".

**So where is your 'safe space'?**

My 'safe space' is not so much a place as a person. The best way I can illustrate this is to tell you a story from the end of 2004 when I attended a New Year's Eve Watchnight Service in the Methodist Church in Kailahun, Sierra Leone. It had not been long since a brutal civil war had ended. Most of the population of Kailahun had run for their lives across the border to Guinea where they had to stay for many years. Now they were back; and the theme of their New Year's Eve Service was 'Thanksgiving'. As people stood to give testimony many of them were saying something like, 'This time last year I was on the run, but God was with me. Now I'm back at home and God is still with me.' On returning home these people discovered that they had lost everything because of the destruction yet I'll never forget the strength of their faith and the incredible joy, hope and forgiveness which they displayed even though they had been innocent victims caught in the conflict.

Like them, my 'safe space' is also in the knowledge that in every circumstance God is faithfully there with me as I seek to trust in Him. As Psalm 124 v8 puts it, "Our help is in the name of the LORD, the Maker of heaven and earth." There is nowhere safer.

**Rev. Laurence Graham**

## Featured Recipe - Chef Cenly's Tuscan Chicken

Food and sharing meals are at the very core of our culture here in DCM. We believe that creating a pleasant dining environment for the elderly members of our community has an enormous impact on their overall health. We make it our mission to put together exciting, innovative, and comforting meals while being nutrient dense and well balanced. We always make sure that we are in tune with all the residents' food preferences and encourage their active input in the menu planning process. We also believe that 'breaking bread together' or sharing meals can be powerful in helping our residents to live happier and healthier lives. Here is a lovely chicken recipe that is tasty and easy to make for everyone to try.

### RECIPE:

**1 pc skinless chicken breast**  
**1 quarter of an onion - diced**  
**1 clove garlic**  
**1 tablespoons tomato puree**

**4 tablespoons cream**  
**1 tablespoon dried mixed herbs**  
**5 cherry tomatoes**  
**A handful spinach**  
**1/2 teaspoon vegetable bouillon**



Once you've gathered your ingredients, it's time to get cooking! Here's what you'll need to do:

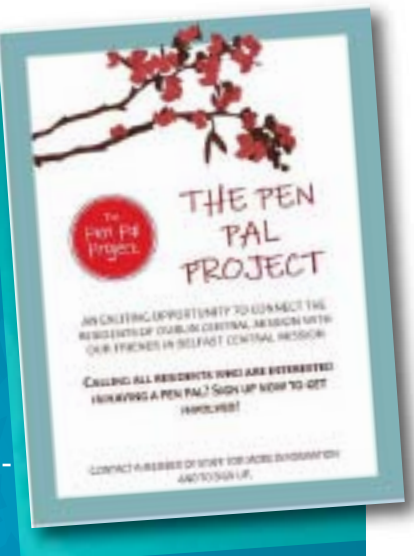
1. Cook the Chicken – Heat a tablespoon of olive oil or neutral oil in a frying pan over medium heat. Season the chicken with salt and black pepper. Cook the chicken for 3 to 5 minutes on each side. Transfer the chicken to a plate to rest.
2. Cook the Vegetables – Return the pan to medium heat and add another tablespoon of oil, add your onions and sauté for 5 minutes. Stir in the tomatoes, tomato puree, garlic, spinach, vegetable bouillon, salt, and pepper and cook for another minute, or until fragrant.
3. Make the Cream Sauce – Stir the cream into the tomato mixture. Bring to a light boil, stirring frequently, then reduce to a simmer. Let the sauce simmer for about 2 minutes, or until it thickens slightly. Season to taste with salt and pepper.
4. Finish the Dish –Add the chicken back to the pan. Spoon the sauce over the chicken, then remove the pan from the heat and garnish with chopped basil, if desired.

## The Noticeboard

### Volunteer with Dublin Central Mission

One of the greatest gifts you can give is your time! Would you be interested in volunteering with Dublin Central Mission? We have volunteer opportunities across our sites, Abbey Street, the Homeless Ministry, Mount Tabor and Sheltered Housing.

Volunteering is a meaningful way to help, it's also an opportunity to develop and enjoy new experiences and connect with our community. For more information on our Volunteering opportunities please contact [info@dublincentralmission.ie](mailto:info@dublincentralmission.ie)



### Content for Our Newsletter

We'd be delighted to hear from you – we will always be looking for new content to publish.  
Contact [info@dublincentralmission.ie](mailto:info@dublincentralmission.ie)

### OUR LOCATIONS;

#### Abbey Street Church and Social Services

9c Lower Abbey Street  
Dublin 1,  
D01 A3C4

Tel: 01 874 4668

#### Mount Tabor Nursing Home

Sandymount Green  
Sandymount  
Dublin 4, D04 YT68

Tel: 01 260 5766

#### Ailt an Óir Independent Living

Upper Glenageary Road  
Dun Laoghaire  
Co Dublin, A96 W7W9

Tel: 01 284 4066

#### Margaretholme Independent Living

Claremont Road  
Sandymount  
Dublin 4, D04 TD21

Tel: 01 668 9257

Church Services also held in Blanchardstown and Lucan.



Website - [www.dublincentralmission.ie](http://www.dublincentralmission.ie)



Email – [Info@dublincentralmission.ie](mailto:Info@dublincentralmission.ie)



Facebook - <https://www.facebook.com/dublincentralmission>



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