

Welcome



Since our last newsletter we have welcomed Sarah McNamara

More recently Nancy Duffy has joined us. We hope you'll both be very happy in Riverdale.

Residents Section

We are grateful to all those who performed for our residents and supported us over the Christmas period. Our Xmas Market raised in excess of 600 euro. We thank you one and all.

Stamp Collecting.



Thank you to all those who collected stamps over the Xmas period. The residents have been cutting out and sending

stamps to aid the work of the Irish Society Prevention of Cruelty to Children in Dublin. Well done to all.

The Love Quiz

Took place on 12th February.



It was enjoyed by all. The winning team was led by Catherine

Brennan with Teeny's team coming a close second. Congrats to one and all.

St Vincent De Paul.



Ray kindly donated 100 euro to Mr. Joe Dillon from SVP. on the 22nd

Feb. This was agreed at our last residents meeting.

The Election.

Residents cast their vote in Riverdale on sat 20th Feb. We discussed the candidates at our residents meeting prior to the election. Sarah went out to vote at her local polling station.

Happy Birthday To One and All.

Birthdays celebrated included: Ann Devereux on 5th Jan. Ita Bedford on 10th Jan. Moira O'Sullivan on 15th Jan.



Ita Quilligan on 16th Jan.

Mary Naughton celebrated hers on 24th Jan with a little help from Scotty and Bernie.

PJ celebrated

his on 18th February.

Marie Moore celebrated hers on 26th Feb.

We hope to celebrate Nora Murphy's on 25th March and Joe O'Mara on 2nd Apr.



Knitting Club.

Teeny and Teresa are busy knitting hats while Bernie and Sarah are knitting Easter bunnies.

Card Playing.



PJ, Bernie, Nora and Sarah have been enjoying a game of cards lately.

The Three Amigos.



Moira, Carrienne and Ann enjoying a joke.

Dearly Departed



Bridie McDonagh passed away peacefully on 25th January with her beloved daughter Mary by her side. We extend our deepest condolences to

her family and friends.

Esther Crowe passed away peacefully



on 14th February with her beloved daughter Geraldine by her side. We extend our deepest condolences to her family and friends.

Veronica Ahern passed away peacefully on 22nd February. We extend our deepest condolences to her family/friends.

Death leaves a heartache no one can heal,
Love leaves a memory no one can steal.

Staff Section.



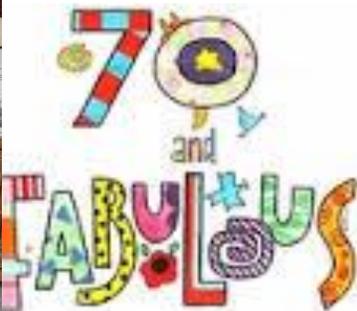
Thank You

We are grateful to Ray O'Connor and all the wonderful choirs who entertained our residents over the Xmas period.



Mary and Steve enjoying the Riverdale Xmas Party in the Clarion Hotel on 18th December

Birthday Greetings to Mary Hourigan who celebrated the big event in style on 15th February.



Ongoing Workshops/Education.

- Manual Handling Training attended by all staff in Riverdale on 20th Jan.
- Advocate Training by Sage Representative was held on 1st Feb.
- Elder Abuse Training also Staff Learning/Support Group took place on 8th Feb.
- Hygiene Training took place on 11th February.
- Staff meeting on Quality Control held on 26th Feb.

Riverdale Schedule.

Hairdresser - Weekly.

Chiropodist - Monthly.

Fit for Life every Tuesday.

Music sessions on Wednesdays.

Art with Helen on Thursday a/m.

Marion's schedule varies every Mon/Thurs/Alternate Fridays.

Rosary on Wednesdays.

Mass every Saturday at 11a/m

IF YOU CAN LIE DOWN AT NIGHT, KNOWING IN YOUR HEART THAT YOU MADE SOMEONE'S DAY JUST A LITTLE BIT BETTER, YOU KNOW YOU HAD A GOOD DAY.

Trip Down Memory Lane

Mary Nash was born in Adare Co. Limerick. Her Mum was called Sarah and her Dad's name was Timothy he worked as a male nurse in St. Joseph's Hospital in Limerick.

Mary was the eldest of eleven children. She attended the nuns in St. John's Primary School in Limerick. "The nuns were very cross especially Sister Finbar" recalls Mary. She loved style and showing off and having fun with her friends.

She remembers travelling to Kilkee and enjoying the seaside in the summertime.

She enjoyed visiting Auntie Jo in Clarina from time to time.

Mary worked in Rover 3 in England. She fell in love and later married Peadar Fitzgerald in Stratford -on-Avon in Southern England in 1944. They later returned to

Ireland in 1947.



Mary and Peadar went on to have six children: Leonard, Peter, Dermot, Brendan, Fiona and Orla.

Leonard remembers his Mum as having a great attitude to life. He recalls her resilience in dealing with life's up's and down's. Mary lost her beloved Peadar in 1980. Mary's philosophy on life includes "Wake up and Live" and "Life



is for the Living" She regularly entertains all in Riverdale with her favourite song "Under the Bridges of Paris With You".

Mary is a truly remarkable woman!