

## Burns Night and reminiscence activities at Lukestone Care Home



The start of this year has been busy and fun for our residents at Lukestone Care Home.

### Burns Night

We treated our ladies and gents to a wonderful experience celebrating Burns Night on Thursday 25 January, with a **tasting trolley** where we offered a variety of delicious eats including **haggis, a Scottish soup and shortbread**.

### Reminiscence

Reminiscence activities are very important to us in our Home, as **storytelling about past events**, or introducing elements from daily life, can help individuals with dementia feel less isolated and more connected to the present.

With this in mind, our reminiscence sessions can be **wonderfully diverse and interesting**, for example we spent time recently **reminiscing with plants**. Mihaela our Recreation and Well-Being Lead brought in a variety of kalanchoes and roses, a peace lily and an orchid and our residents interacted with each one, finding out interesting facts about them. This **boosted their memories** about their own plants and gardening in the past.



## Enjoyment of music

Music and dance is a primary interest at Lukestone, so we invited **Karen, who plays the cello and is also a Dance Therapist**, to provide a dance routine after beautifully playing her cello. This was such a treat and it was fantastic to hear her play.

*A very busy time for our Lukestone residents and team, but we love it!*



Our Burns Night feast!

