

Spilling the secret of a long life

A resident at a care home in Edinburgh gave valuable life advice as she toasted her special birthday.

Jessie Tait celebrated becoming 100 years-old in style at Care UK's Murrayside, on South Beechwood, and attributed her impressive longevity to taking each day as it comes and doing as much good as she can.

Born in Uphall Station, Livingston, on 3 May 1924, Jessie loved bowling with her friends, swimming in the mornings, country dancing in the afternoon and going for walks. During Jessie and her husband Peter's 24-year marriage, they lived in Corstorphine and enjoyed going on holidays to America, Canada and Mexico and on cruises with their friends. Jessie worked as a Clerk in Newbridge for a tyre company until she retired, and used to attend her local church every Sunday. She now likes spending her afternoons reading, doing crosswords and playing word games.

On the big day, the team at Murrayside held a special party for Jessie, complete with her closest friends and family and a birthday cake specially prepared by the Head Chef.

Jessie said: "I was quite excited and didn't know what to expect, but I was delighted to see so many of my friends and family come to visit me with flowers."

Suzanne Welsh, Home Manager at Murrayside, said: "It was an honour to enjoy Jessie's birthday with her. She is a beloved

resident at Murrayside, and we all had a lovely time celebrating this tremendous milestone.

“Everything we do centres around supporting residents to live fulfilling lives, which is why we are always eager to mark special occasions. Jessie’s 100th birthday was no exception, and it was a delight to hear her sound advice for living a long and happy life, as well as learning more about her travels in her younger years.”

[Murrayside care home](#), which provides full-time residential, nursing and dementia care, has been specially designed to enable residents to live active and fulfilled lives, while also promoting independence. The care home incorporates space for hobby and leisure activities, and has its own cinema, hair salon, café and Namaste rooms.

