

# Acacia News

The Newsletter of London Residential Healthcare.

## BIRTHDAYS

Birthdays come and go and some times they are forgotten, but never here in Acacia Lodge. We love any excuse for a party and Chef delights in making the birthday cakes.

We send special birthday congratulations to **Hilda Carpenter** who reached her **103<sup>rd</sup>** birthday at the end of February. **Hilda** had some lovely birthday flowers, cards and a special cake made by chef.



Happy birthday wishes to **Sam Koja** whose birthday is in March, also **Doreen Williams** and **Agnes Bridger** both of whom will have birthdays in April. We hope that you all will enjoy your special day.



## EASTER RAFFLE

Tickets for our Easter Raffle are now on sale. Please support the Residents Amenity Fund by purchasing a ticket from Gay or any member of staff. The first prize will be M&S Vouchers and there will be delicious Easter eggs and cuddly Easter bunnies. The winning tickets will be drawn on Maundy Thursday 9<sup>th</sup> April at teatime.



All money raised goes towards the residents' entertainment and outings. If you would like to donate anything with an Easter theme to the raffle, your gift will be most welcome.

## FORTHCOMING EVENTS

### Summer Outings

The trips in the minibus to local places will commence as soon as the weather improves. If any resident has somewhere they would especially like to visit then please let Gay know and she will try to arrange this.



### Entertainment

Our favourite entertainers will be in the lounge of Acacia Lodge at 2.30pm to entertain our residents and their friends as follows:

**15<sup>th</sup> April** Eileen will sing all the old familiar songs.

**1<sup>st</sup> May** Steve Robbins will play the electric organ and sing

**6<sup>th</sup> May** Emma's Show

**21<sup>st</sup> May** Dave Mac will entertain



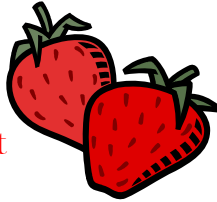
All are welcome to any of our entertainments.

## Holy Communion

Sue from St. Matthews Church will give Holy Communion on the 19<sup>th</sup> March. All are welcome.

## Note for your diary

The Summer Strawberry Tea will be held on Sunday 5<sup>th</sup> July 2009. All family and friends of our residents are welcome. We will have our usual delicious buffet and special entertainment. We are hoping for sunshine so that we can all sit out in the garden.



## FRIENDS MEETING

The next Friends Meeting is booked for 22<sup>nd</sup> April 2009 at 3pm. All friends and family members of our residents are invited to attend. Also any residents who wish to come will be very welcome. We will be discussing anything which will enhance the lives of our residents and any matters of concern to our residents or their families. Please come and join us, the meetings are very informal and last for about one hour.



## Christmas Raffle Winners

The lucky prize winners of the Christmas raffle were:

First Prize	Maureen Heyburn	M&S Vouchers
Second	Betty Croft	Hamper
Third	Anna Atkins	Meat Voucher
Fourth	Santhi Ramish	Hamper
Fifth	Roland Cornish	Snowman toy

Thank you to everyone who purchased tickets. We raised £240.00 for the Residents' Amenity Fund.



## Christmas Party

Our residents' Christmas party held on the 21 December, was well attended. Everyone agreed that the buffet, prepared by our Chef and his staff, was delicious. The entertainment was again provided by Brian Short who played his guitar so that we could all sing our favourite songs and carols. Thank you to all our staff for making the afternoon so enjoyable.

## NEW ARRIVAL

Congratulations to Alla and Nilton our Physiotherapist, on the birth of their first beautiful baby girl. Luara was born in Mayday Hospital on the 3<sup>rd</sup> February and weighed in at 6 ½ lbs. Mother and baby are both very well

## WHAT KIND OF TATER ARE YOU!

Some people are very bossy and like to tell others what to do, but don't want to soil their own hands. They are called 'Dick Taters'

Some people never seem motivated to participate, but are just content to watch while others do the work. They are called 'Speck Taters'.

Some people never do anything to help, but are gifted at finding fault with the way others do the work. They are called 'Comment Taters'

There are those who say they will help, but somehow just never get around to actually giving the promised help. They are called 'Hezza Taters'

Then there are those who love and do what they say they will. They are always prepared

to stop whatever they are doing and lend a helping hand. They bring real sunshine into the lives of others. They are called 'Sweet Taters'

## FOSSIL TREE AT CHISWICK

Two pieces of fossilised tree trunk has been discovered by chance at Syon Park which is in Chiswick, London. The trunks of an extinct conifer were brought to the garden as Portland Roach stone used to build the rock garden on the banks around the great conservatory. This tree which has been dated as 146 million years old, grew in forests in the Jurassic era in Portland, Dorset, when the climate was semi-arid. The smaller piece of trunk is on display in the West Wing Fern House of the Great Conservatory.



Syon Park Gardens are open every day from 10am to 5.30pm. There is plenty of car parking space, there is good wheelchair access and toilets for the disabled. The gardens, which are extensive and beautiful have a lake with ducks, a great conservatory built in 1847 by Hugh Percy, 3<sup>rd</sup> Duke of Northumberland and a place to have a cup of tea. There is also a garden centre (to be avoided if you are a plant a holic!) and a historic house which may not be suitable for wheelchairs. It takes under one hour to drive by car from Croydon.

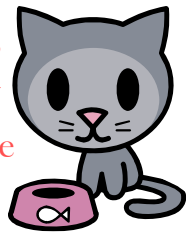
## THE SENSORY WORLD OF CATS

Did you know that cats can hear sounds that we cannot hear, see things we cannot see and

smell things that we cannot smell and they feel the world around us in ways that we can never imagine. For instance, what we consider hidden away in the dark, can be easily visible to the feline eye.

What seems to be slightly scented may be overwhelmingly pungent for the cat's nose.

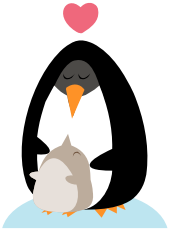
Many people say cats have an extrasensory perception. Have you ever sat with a cat that suddenly raises her hackles and shoots off in a quiet empty house? This is because she may have picked up a draught, smelt another animal or some tasty food. Her senses are much more finely tuned than ours, so it is possible that she has felt, seen, smelt or heard something interesting that you have not noticed.



Cats rely heavily on their sense of smell. A cat will always sniff its food before eating. Cats have a special sense organ located in the roof of their mouth which enables them to make a judgement on a particular smell. Cats tend to be fussy eaters, but as pure carnivores why should they be? It is because they use their sense of taste to distinguish between protein and fat, and which food they like and what is good for them. Research has shown that cats have an aversion to sweetness. Cats definitely prefer savoury! As with humans, a cat's sense of taste fades with age.

Cats like being stroked because it reminds them of their mother's affectionate touch. Kittens are repeatedly licked by their mothers during their earliest days and the action of human stroking causes the same sensation on their fur as feline licking.

# *A Mother's Love Determines How*



*A mother's love determines how  
We love ourselves and others.  
There is no sky we'll ever see  
Not lit by that first love.*



*Stripped of love, the universe  
Would drive us mad with pain;  
But we are born into a world  
That greets our cries with joy.*



*How much I owe you for the kiss  
That told me who I was!  
The greatest gift—a love of life  
Lay laughing in your eyes.*



*Because of you my world still has  
The soft grace of your smile;  
And every wind of fortune bears  
The scent of your caress.*



Nicholas Gordon



Acacia Lodge Nursing Home  
1 Stanhope Road  
Croydon  
Surrey CR0 5NS  
Tel: 020 8688 8000  
Fax: 020 8667 1060  
Website: [www.lrh-homes.com](http://www.lrh-homes.com)  
Email: [acacia@lrh-homes.com](mailto:acacia@lrh-homes.com)



**LRH-Homes**

Care • Comfort • Compassion