

# Acacia News

The News Letter of London Residential Healthcare.

11th year of Publication

## BIRTHDAYS



We send happy birthday wishes to all our residents who had their birthday in November and those who will have a birthday in December. The three

birthday people are:

Kathleen Paris 26<sup>th</sup> November

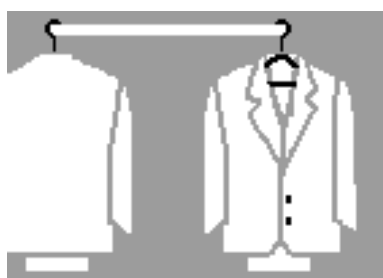
Unity Murch 29<sup>th</sup> November

Majorie Winter 28<sup>th</sup> December



We wish all three ladies a lovely day with flowers and a special birthday cake made by our Chef Caroline.

## CLOTHING PARTY



On Thursday 6<sup>th</sup> December at 2.30 we will be having a clothing party. Debbie from Classic Clothes will be bringing a selection of clothing for our residents to view and buy if they wish. We have this clothing party each year and it has been successful in the past. All are welcome.

## CHRISTMAS PARTY

The residents Christmas party will be held on Sunday 16<sup>th</sup> December commencing at 3pm. until about 6pm. We will be having our usual delicious buffet which will be served at around 4pm and entertainment will again be provided by Brian Short, who plays the guitar and sings festive songs to which the whole party can join in. Please note that there is limited space for car parking, so if possible please share cars.



## CHRISTMAS RAFFLE

Raffle tickets are now on sale and cost £1.00 per strip. We will be pleased to receive gifts for prizes. Suggestions include; chocolates, soft centred sweets or indoor bulbs which can be placed on a windowsill. All monies raised goes to the Residents Amenity Fund. The lucky tickets will be drawn on Christmas Eve. in the afternoon and the main prize will be a Hamper sponsored by LRH-homes.

## CHRISTMAS DAY

On Christmas morning the residents meet in the lounge and we serve sherry at around 11am and open our presents. We always give a small gift to every resident. Christmas dinner will be served at around 12 noon,



any family member who wishes to join their resident for Christmas dinner will be welcome. However Chef will need to know how many to cater for, so there will be a form on the hall table for the names of any one who wishes to join us.

## CHRISTMAS CALENDAR



A full list of events taking place in Acacia during December will be displayed on the notice board. All are welcome to attend any entertainment. We will be putting up the

Christmas decorations in the lounge, dining room and halls. The large Christmas tree will be in the lounge. Residents' families are welcome to decorate their resident's room.

## A FEW HISTORIAL FACTS TO THINK ABOUT THIS CHRISTMAS

In the fourteenth century most people cooked in the kitchen with a big kettle that always hung over the fire. Everyday they lighted the fire and added things to the pot. They ate mostly vegetables without much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight, and then start over the next day. Quite often the kettle contained the same stew for quite a while, hence the rhyme 'peas porridge hot, peas porridge cold, peas porridge in the pot nine days old'.

Families that could obtain pork considered themselves quite special. When visitors came they would hang up their bacon to show off as it was an out-

ward sign of wealth that a man could 'bring home the bacon' Another indication of wealth was to cut off a sliver of bacon to share with guests and sit around to 'chew the fat'.

People with money had plates made of pewter. Unknowingly at the time, food with a high acid content caused some of the lead to leach onto the food causing lead poisoning and death. This happened most often with tomatoes, so for the next 400 years or so tomatoes were considered poisonous!

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle and guests got the top, or 'upper crust'.

## THE PETER PAN SWIMMING RACE



The Peter Pan Cup was founded by J.M. Barrie the author of Peter Pan, and the first race was held in 1864. Competitors plunge into the icy cold waters of the Serpentine Lake in Hyde Park on Christmas morning and race for 100 yards, usually cheered on by a crowd of faithful and amused onlookers who are warmly wrapped up against the cold. The winner is presented with the Cup

*(Please note: I am not recommending this activity to anyone! - Ann)*

## JUST MATURE

Understand – I'm not old – I'm merely mature

But some things are changing, temporarily I'm sure.

The newspaper print gets smaller each day,

And people speak softer – I cannot here what they say.

My teeth are my own (I have the receipt)

And my glasses identify people I meet.

Oh, I've slowed down a bit – not a lot, I am sure.

You see, I'm not old I'm only mature

The gold in my hair has been bleached by the sun,

You should see all the damage that chlorine has done.

Washing my hair has turned it all white.

But don't call it grey. saying 'blonde' is just right.

## CHEF MAUREEN'S VISIT TO MEMPHIS

This year was the 30<sup>th</sup> Anniversary of Elvis Presley's death and I went to Memphis to take part in the vigil around the grave. The fans of Elvis stood for 7 hours in the heat of 93°. Wreaths had been sent from all around the world for a man loved by the world, a real king of rock and roll. I had been to Memphis a few times before, but this was special, everywhere was crowded with people, the shops, restaurants, hotels and his mansion. You had to be there just to soak up the atmosphere.

Later I went to a concert which was attended by all of his family. I had seen this concert in London, but it was

overwhelming to see it in his home town. Every seat was sold out and they had Elvis singing the song 'Old Shep' with his daughter. All the money from the concert was going to the people of New Orleans, many of whom still have no homes after the storm of 2 years ago. New Orleans was a fantastic place before the storm and we went for a visit there. We finished our trip with a visit to Studio B in Nashville where Elvis recorded 13 Number One hits with his band. We were able to sit at his piano and our group made a CD which was not too bad. It was a fantastic and exhilarating experience.

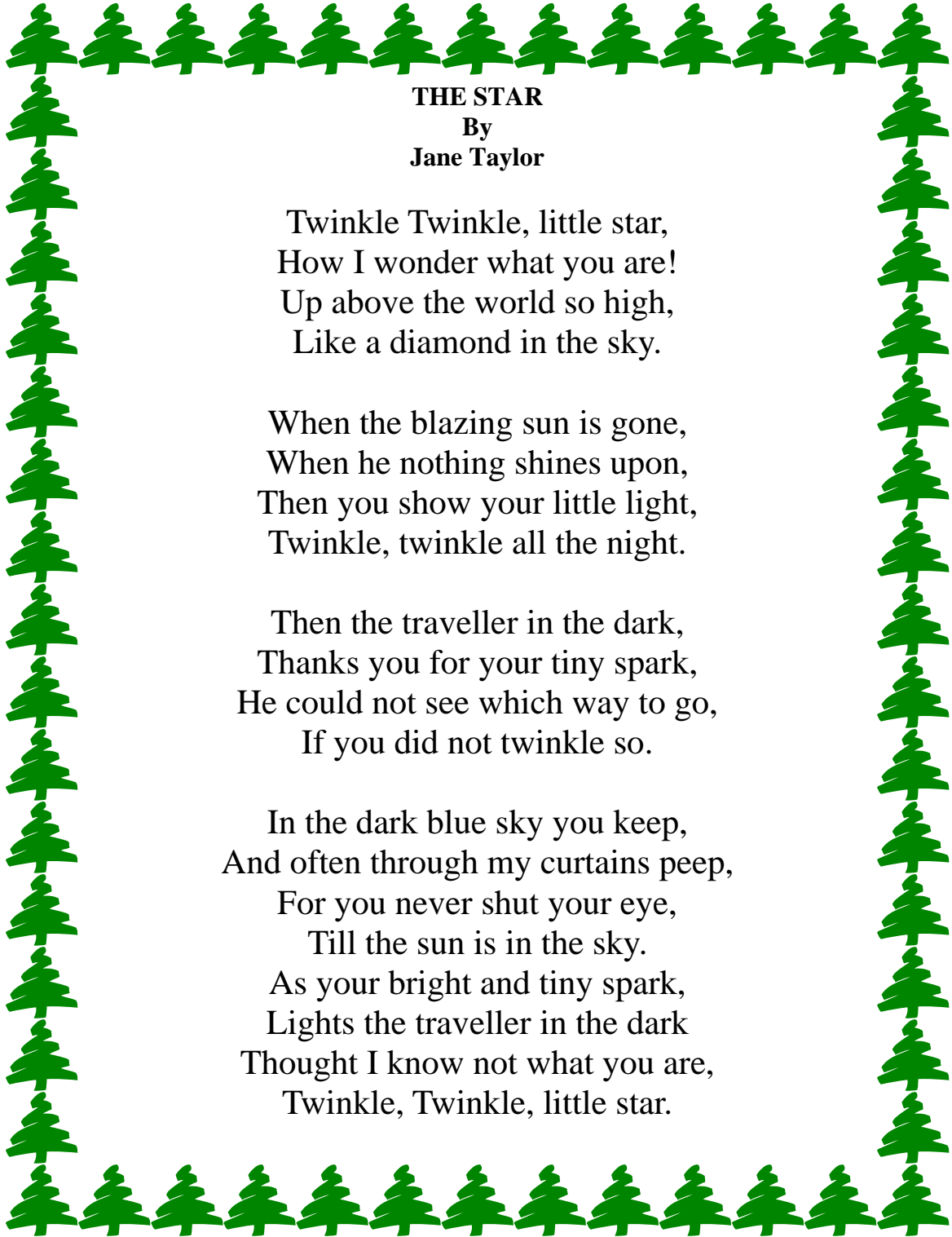
This whole trip was a dream come true, such a wonderful celebration for a man who was loved by so many and who died on August 16<sup>th</sup> 1977. There is a message for us all because Elvis was truly loved and he had something very special to give to us all.

(NOTE: Maureen is the Chef for Barrington Lodge our other home in Croydon)



Finally all the staff in Acacia Lodge wish all our residents, their families and readers of the Acacia Newsletter a happy Christmas and a bright, healthy 2008.

Please remember that any unwanted Christmas gifts are always welcome for the Tombola or raffle at the garden party in the summer!



**THE STAR**  
**By**  
**Jane Taylor**

Twinkle Twinkle, little star,  
How I wonder what you are!  
Up above the world so high,  
Like a diamond in the sky.

When the blazing sun is gone,  
When he nothing shines upon,  
Then you show your little light,  
Twinkle, twinkle all the night.

Then the traveller in the dark,  
Thanks you for your tiny spark,  
He could not see which way to go,  
If you did not twinkle so.

In the dark blue sky you keep,  
And often through my curtains peep,  
For you never shut your eye,  
Till the sun is in the sky.  
As your bright and tiny spark,  
Lights the traveller in the dark  
Thought I know not what you are,  
Twinkle, Twinkle, little star.

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