

# Hamilton News

The News Letter of London Residential Healthcare.

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## WHO 'S WHO

Director	Jag & Pam Grewal
Operations Manager	Ron Dixson
Nursing Manager	Gnana Jayanetti
Social Activities	Eirian Williams
Administrator	Andrea Day
Nurses include	Frances, Mabel, Kammala, Nanda, Barbara, Bindu, Vivien, Jessy and Kamal
Healthcare Assistants	Grace, Qin, Katalin, Manel & Valentina.. to name a few!
Catering	Eloy & Seamus assisted by Selan
Housekeeping	Jose, Florida, Efronia and Vijaya
Maintenance	Isac
Gardening	Noel & Richard

These are just a few of our valued members of staff who will work together to make Hamilton a *home!*

# Welcome

Firstly I would like to take the opportunity to welcome all our new residents, relatives and staff. We hope you have an enjoyable association with Hamilton. And what a lovely time to join us, with Spring just around the corner. Soon the residents will be spending time outside, relaxing in our lovely garden. We have plenty of exciting forthcoming events featured in this edition and more will be added soon, so please keep an eye out. We hope that you enjoy reading Hamilton News and please remember that contributions are always welcome.

As always I will leave you with a thought:

*“A small axe can cut down a large tree”*

**Pam Grewal**

**March 2008**

## Residents Birthdays

The following residents will soon be celebrating their birthdays.

Brian Saunders 10<sup>th</sup> April

Sheila Alfred 26<sup>th</sup> April



We would like to convey our warmest wishes and congratulations to them all on their birthday. If any resident or relative has any request for something that would make the resident's birthday that extra bit special then please let the Manager know and we'll do our best to oblige!

## Staff

We are very pleased to announce that Eloy, who was working originally on a part time basis, is now our full time Cook. Eloy will continue to be assisted by Seamus and Seelan.



You may have also noticed that sadly Parvin Din had to leave us due to health and personal reasons. We do miss her as Parvin was with us for many years but are now pleased to have Efronia and Vijaya on board as Domestic Assistants.

## New Residents

We welcome our new residents to Hamilton, Jessy Jarlett, Ruby Cale, Stanley Cannon and Kathleen Shanahan. We hope you all

settling well in your new home.

## Condolences

Our condolences go out to family and friends of Kathleen Elboz and Cissy Stone who sadly passed away earlier this year. They are both greatly missed by everyone at Hamilton.

## Residents Meeting

Our next meeting is planned for Tuesday 3rd June, 2008 at 7.30pm.

Residents, relatives and friends are all invited to come and discuss ways to improve the home in terms of nursing and social care. It is a good opportunity to meet other friends of the home. Please try to come along to the next meeting and let us know your ideas and suggestions. If you would like to raise any issues or comments but are unable to attend in person, please feel free to drop us a note and your comments will be addressed in the meeting.

## Social Activities

### Previous Events

### Valentines Day

We all had great fun on Valentine's Day. We decorated the home with lots of red ribbons, roses and Valentine's cards which the residents.

helped to make. Together we described things that would make a perfect Valentine's Day, sang love songs and ate chocolate!

Eirian continues to provide a full and varied programme of activities ranging from;

**Gentle Exercises** – in the form of dancing, garden walks, parachute game, clapping etc.



**Music** – in the form of singing at every session, musical instruments etc.

**Visual Experiences** – with flowers, costumes from around the world, uniforms of all kinds and Hats.

**Memory Games** – I spy, Reciting of Poetry and ditties, parts of the body (using a skeleton to prompt), where we were born etc.

**Reminiscence** – about the Royal Family, our favourite celebrities, war-time memories etc.

**Colour Coding** – colour reference is part of almost every session.

**Tactile and Sensory Experiences** – from nature study (with cuttings from the garden), soft toy animals (for describing and cuddling) etc.

In addition the residents enjoy a weekly visit from our regular entertainers, Brian Short, Hedley Kay, Tommy Parsons, Music for Health and others.

## Matrons Thought

I would like to thank all the residents, relatives and visitors for their continuing support, which makes Hamilton a Home and remember my door is always open. I wish to say a big thank you to all the staff for their hard work and effort.

## Views and Ideas



Thank you all for your continuing support and we hope you enjoyed reading our copy of Hamilton News. We at Hamilton look forward to the next edition, which will be equally enjoyable but with more articles from our readers, so please write in, so until we meet again do take care.

# Happy Easter

*Alzheimer Article by Michael Ignatieff published in The Observer*

**(This article regarding Alzheimer's may be of interest. It was brought in by Monty Alfred husband of Sheila Alfred resident at Hamilton.)**

Carers often conclude, quite rightly, that the person they are caring for is no longer the person they once knew. Each Alzheimer patient is very different and all of them preserve tiny elements of personality right to the end.

There still remains, at the end, a primary and incorrigible core of selfhood. That essential self remains in their expression, their gait, some tiny habit, some gesture, even some faint glint of humour.

They are not vegetables, but primary selves. They are no longer like us, and full of purposes, bent on becoming something. Instead they are prisoners of the realm of pure being. In this realm there is only now, this instant. The quiet of home is not the silence of the grave, but the peace of pure being.

When we address one of the disease's central mysteries – why carers remain so devoted; we need to stress something besides love and duty. We need to think of the disease as taking both carer and sufferer on a voyage together, which they know will leave them both utterly changed. It is a voyage of two people inwards, into the mind, into the realm of stillness. But only one of the travellers can return. Only the carer will remain to pay tribute to their travelling companion, to the soul that has been left behind. This pact between the one who remembers and the one who can only forget is at the core of the relationship between the care giver and the care receiver. It is the pact that gives this relationship the strength to endure the difficulties on the way. Perhaps this pact gives a marriage the strength to go the final distance into the dark.

One traveller promises the other. I will be there at the end to see for the two of us. I will be there to tell them all what you once were like. I will remember. You will not be forgotten. Your suffering will not have been senseless. The disease will not have defeated the two of us. One of us will return from the voyage to tell the tale.

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