



LRH-Homes
Care • Comfort • Compassion

Hamilton News

The Newsletter of London Residential Healthcare.

WHO 'S WHO

Director	Jag Grewal
Operations Manager	Ron
Nursing Manager	Gnana
Social Activities	Eirian
Administrator	Andrea
Nurses include	Frances, Mabel, Kammala, Nanda, Barbara, Bindu, Vivien, Jasy and Kamal
Healthcare Assistants	Sukhdeep, Jissy, Manpreet, Grace, Manel, and Daniel to name a few!
Catering	Seamus and Lito assisted by Nelson and Seelan
Housekeeping	Jose, Marzanna, and Alexander
Maintenance	Isac
Laundry	Yuen
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 we would like to take the opportunity to welcome all our new residents, relatives and staff. We hope you have an enjoyable association with Hamilton Nursing Home. Summer is here, we have plenty of exciting forthcoming events featured in this edition and more will be added soon, so please keep an eye out on the notice board. We hope that you enjoy reading Hamilton News and please remember that contributions are always welcome.

As always we will leave you with a thought:

“Live your life and forget your age”

New Residents

We welcome our new residents to Hamilton, Bridget McNally, Valerie Greathead and Kathleen Gibson. We hope you are settling well in your new home.



Residents Birthdays

The following residents will soon be celebrating their birthdays.

June

Ruby Cale	27 th
Conceiaco Carreira	30 th



July

Kathleen Gibson	14 th
Laurel Dean	19 th
Irene Boffa	28 th



September

Alastair Bruce	3 rd
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We wish them all a very Happy Birthday.

If any resident or relative has any requests for something that would make the residents' birthday that extra bit special then please let Matron know and we'll do our best to oblige!



Residents Meeting

We have planned for our next meeting to be held in September, after the 'summer holiday' season. Please watch the notice board for the date to be confirmed.

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.

Condolences

Our condolences go out to the family and friends of Stanley Cannon, Brian Saunders and Mary Babington who sadly recently passed away. They are all greatly missed by everyone at Hamilton.

Social Activities

Summer Outings

We have a schedule of planned outings for the summer period, the list is on the notice board detailing venues and dates. A varied schedule has been planned, including trips to Isabella Plantation, Wisley, Denbies Vineyard, Claremont and various 'pub' lunches! If you

wish any relative to participate on a certain trip, please speak to a member of staff. All outings are subject to change and of course weather permitting.

Summer Garden Party

We are all looking forward to our Residents Garden Party to be held on **Saturday 4th July starting at 3pm**. This year we will be having a BBQ, buffet and raffle along with a Bouncy



Castle for the little ones and entertainment as last year from very 'bubbly' Dave Mac! We will also, hopefully, see the return of our 'Bottle stall'.

Any donations or prizes for our raffle will be greatly appreciated. Please come along to the party and invite your friends and family to join in the fun.

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, Dave Mac and others.

Something to think about!

This is a short story about four people named: Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody thought that Somebody would do it. Anybody could have done it but Nobody did it. Then Somebody got angry about that because it really was Anybody's job. Everybody thought

Anybody could do it but Nobody realized that Everybody would not do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

Caregiver Therapy

Living fully includes caring for yourself and giving care to others. Keeping both in balance will make your journey through life rich and rewarding.



Summer Puzzle

E	L	A	V	E	N	D	E	R	Y	L	I	L	S	M
X	L	Y	J	C	S	Y	A	D	I	L	O	H	D	J
S	U	V	G	O	E	T	R	E	E	S	J	B	S	K
E	A	M	N	E	R	Z	S	J	W	V	K	L	R	S
I	K	Y	I	N	V	H	E	C	E	S	W	U	E	J
T	T	P	N	I	Y	B	L	B	B	E	S	E	W	B
R	D	P	E	M	M	Z	B	R	F	S	P	B	O	E
A	G	O	D	S	C	M	A	E	R	O	O	E	L	N
P	Q	P	R	A	Z	S	T	W	I	R	R	L	F	I
B	B	Q	A	J	A	P	E	O	E	S	D	L	B	H
A	G	T	G	K	O	O	G	L	N	U	W	S	J	S
S	T	E	L	O	I	V	E	F	D	C	O	R	S	N
D	S	P	I	L	U	T	V	N	S	O	N	W	C	U
M	M	C	O	L	O	R	F	U	L	R	S	A	X	S
R	E	M	M	U	S	J	X	S	G	C	X	N	W	K

SUMMER
FLOWERS
ROSES
TREES
COLOURFUL
POPPY
BLUEBELLS

GARDENING
HOLIDAYS
BBQ
SUNFLOWER
JASMINE

LAVENDER
SUNSHINE
FRIENDS
PARTIES
LILY

TULIPS
SNOWDROPS
CROCUS
VEGETABLES
VIOLETS



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