

Acacia News

The News Letter of London Residential Healthcare.

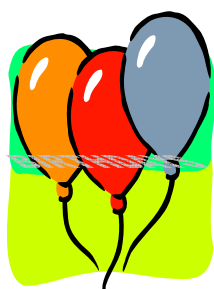
11th year of Publication

WELCOME

Firstly I would like to extend a warm welcome to all our old and new residents, who have joined us since the last publication of Acacia News. We hope all the new residents and staff enjoy their time in our home. The summer season has arrived and thankfully the sun has been shining bright. We will be continuing to have a joyful summer season and looking at the diary, we have got many events organised.

BIRTHDAYS

We say happy birthday to three July babies:



Rowland Cornish	11th
Kathleen Milmoie	25th
Winifred Hubbart	31st

We hope that you all enjoyed your birthday, flowers and cards.

In August we have only one to Celebrate:

Hildagarade Neilson 23rd

Happy birthday Hildagarde, we hope that you have an enjoyable day with birthday flowers and a special cake made especially for you.



STRAWBERRY TEA

We held our annual Strawberry Tea and Garden Party on Sunday 8th July, which was very well attended. The weather was just right – not too hot and not too cold. We all sat out in the garden and enjoyed the entertainment provided by Brian Short. The buffet was first class and we say thank you to Chef Paul and his hardworking team in the kitchen for providing us with such a tasty feast.



The raffle raised a total of £245.00 and the first prize of M & S Vouchers to the value of £50.00 was won by Charlotte Sibley, one of our carers. Second prize of a clock was won by Edna Clare one of our residents. Third prize was won by resident Mrs Fay Banister and fourth prize was won by resident Miss Unity Murch. The tombola was also popular and raised £157.00. This was the first time we have had a tombola stall and we say thank you to Sr. Ramdin and her son Ronnie for organising this for us. The name the doll competition raised £40.00 and was won by Sr. Chandra. The doll's name was Beatrice. Thank you to Dot our Housekeeper for donating the doll.

Thank you to everyone who came and supported us. We do hope you enjoyed the afternoon. All monies raised goes to the Residents Amenity Fund to help pay for their outings and entertainment.

ROYAL VISIT TO WISLEY GARDEN

At the end of June HM The Queen and HRH. Prince Philip opened the new glass house at the Royal Horticultural Society's garden at Wisley. The Queen was enthusiastic about the plants, wanting to know their names, while the Duke was absorbed with the Root Zone, taking longer to look round than was planned. Both Royal Visitors particularly enjoyed their time talking to children at the Clore Learning Centre and Teaching Garden.

The Queen then unveiled a commemorative plaque and planted a *Cornus chinensis* named 'Wisley Queen'. Her Majesty and the Duke last visited Wisley in 1978 to begin the planting of the Jubilee Arboretum.

The Wisley Garden is opened to the public every day and is near Woking in Surrey. The Garden at Wisley has for more than 100 years been a centre of gardening excellence with members and visitors benefiting from the knowledge and experience of the RHS experts. The new Bicentenary Glasshouse and Learning Centre opened to the public at the end of June. In 2006 the main display glass house was closed in order to provide space to grow on the thousands of plants needed for the new Bicentenary Glasshouse.



Over the past two years the display of spring bulbs has been extended bringing welcome colour to the garden early in the year. For 2007 some 350,000 new bulbs have been planted with Muscari creating a glorious river of blue and Narcissus a golden carpet of colour and

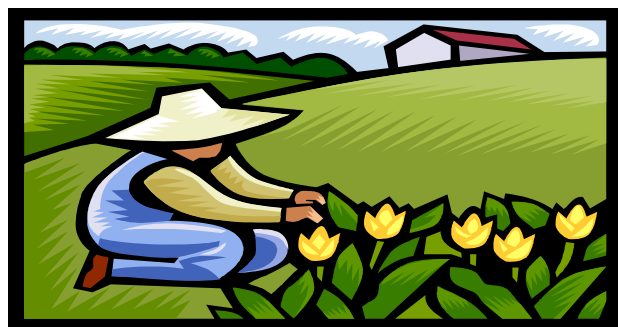
Perfume. The encouragement of wildlife is very important at Wisley. There are five bird-feeding stations attracting an increasing number of birds both common and rare. Other gardens to be seen are the Bonsai garden, the Rose garden and the wonderful rockery. Whatever the weather or the season Wisley can delight and inspire gardeners and garden lovers throughout the year.

If you wish to visit Wisley you will find plenty of car or minibus parking. If you are in a wheelchair your 'pusher' will be able to enter the garden free of charge. The Conservatory café is wheelchair friendly and you can sit inside or outside if you prefer and enjoy a nice cup of tea or a whole meal if you are feeling hungry! There are toilets for the disabled and plenty of pathways. Please be warned there is also the Wisley Plant Centre where you can buy plants of every kind you can imagine.

THE PERFECT GARDEN

If your garden is a bit untidy, bushes need pruning, a few weeds here and there, then it is just perfect, like mine. The RSPB can provide information on a varied diet for any winged visitors but you can scatter bread crumbs and scraps of pastry. Placing round your garden several large shallow dishes of water for drinking and bathing to keep feathers clean, will also be a great help. Then there is the squirrel who eats the apples put out for the Blackbirds. And last but not least any passing fox will gladly eat up any leftovers thereby keeping your dustbin emptier and less for the bin men to take away!

So finally, you see, you do not need to feel guilty that your garden cannot compete with Chelsea, it will be just perfect for the wildlife - you know it's worth it! Sr. Scotts



SEASIDE TRIP

We are planning a day out to Brighton on Thursday 16th August. Our residents will travel in the minibus with the trained nurses and carers. Family members are welcome to join us in Brighton but will have to make their own way there. If you wish to join us in Brighton and can volunteer as a pusher, then please advise Sr. Ellen, as we may need one or two extra 'pushers' for the wheelchairs. We usually have a very pleasant day and we are hoping for good weather!



FAREWELL

In July we had to say goodbye to **Avis Bignall** who has been a senior carer in Acacia Lodge for the past 10 years. Avis has retired from work and has moved with her family to Somerset. Avis is a very experienced care assistant and always worked with a smile and a kind word for everyone. She will be very much missed by our residents and her colleagues and we all wish her a long and happy retirement with her husband and family.



We have also said goodbye to **Lilieth McLean** who has worked in Acacia Lodge as a care assistant for the past four years. Lilieth has taken a job locally to where she lives so that she can be nearer to her son who has started school. All the residents and staff will miss Lilieth and we all wish her well for the future.

FOR THOSE BORN BEFORE 1940 (and other young people)

We were born before television, before penicillin, polio shots, frozen foods, plastic bags, credit cards, split atoms, laser beams and ball point pens. Before dishwashers, tumble driers, electric blankets, air conditioning, drip-dry clothes and before man walked on the moon.

We got married first, and lived together afterwards. We thought 'fast food' was what you ate in lent, and a 'Big Mac' was an oversized raincoat. We existed before 'house husbands' or dual careers and a 'meaningful relationship' meant getting along with cousins and 'sheltered accommodation' was where you waited for the bus! For us, 'time sharing' meant togetherness, a 'chip' was a piece of wood or a fried potato, 'hardware' meant nuts and bolts and 'software' wasn't a word. In our day cigarette smoking was fashionable 'grass' was mown, 'coke' was kept in the coal house and 'pot' was something you cooked in. Rock music was a grandmother's lullaby and a 'gay' person was the life and soul of the party.

We who were born before 1940 must be a hardy bunch when you think of the ways in which the world has changed and the adjustments we have had to make. No wonder we are so confused and there is a generation gap!

ITEMS FOR THE NEWSLETTER



We are always looking for interesting items to include in our newsletters. If you go on holiday, or see something that may interest our residents and can write about it then we would be very pleased to include your article in the newsletter.

Scent of Summer

*Smell of hot concrete, metal and tar
hint of fresh mowed grass
perfume of rain, sunshine and roses
- is the scent of summer.*

*Steeping one foot within each square
of narrow hand poured walks
leaving wet barefoot impressions
-is the image of summer.*

*Warbles and chirps, twitters and caws
wafting from leafy boughs
the barking of squirrels at prowling cats
-is the music of summer.*

*Warm sudden wind of approaching thunder
electricity charging the air
caress of cool rain refreshing the earth
-is the touch of summer.*

*Through all my senses run a thread of time tinged
with the memory
of summer*



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