



LRH-Homes

Care • Comfort • Compassion

# Hamilton News

The News Letter of London Residential Healthcare.

## WHO'S WHO

Director	Jag Grewal
Director	Pam Grewal
Nursing Manager	Gnana Jayanetti
Social Activities Administrator	Eirian Williams
Administrators	Andrea Day
Nurses include	Frances, Mabel, Kammala, Nanda, Barbara, Bindu, Vivien and Jasy
Healthcare Assistants	Grace, Qin, Thevi, Bridget, Manel, Estherlina, Bindu, Srijana....to name a few!
Catering	Karthika & Seamus
Housekeeping	Parvin, Jose and Florida
Laundry	Alan & Ravathy
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!

**F**irstly I would like to say a big warm hello and welcome to all our readers, old and new, who I am sure have been eagerly anticipating this edition of Hamilton News. As always a lot has been happening at Hamilton over the summer since the last edition. We will give you a full update later in this edition.

We are pleased to welcome our new residents to Hamilton, George Goodall, Lucy Montagnino and Brian Saunders. We'll be continuing to have a joyful Summer season looking at the diary, Eirian has got many events organised. Also we are pleased to have installed two air conditioning units fitted in the main conservatory and lounge areas to help with the hot weather we are experiencing.



If any resident, family member or a friend has any suggestions for an outing or social activity, or knows some entertainers, please feel free to talk to Eirian, who will be really pleased to hear your ideas! Remember Hamilton News needs your input so please don't be shy, leave your articles to contribute at the office.

As always I will leave you with a thought:

*"We cannot direct the wind but we can adjust the sails"*

**Pam Grewal**

August 2006

## Social Activities

### Previous Events

#### Garden Party

As always, a great day was had by all the residents and visitors. The new garden furniture was much appreciated. The Bouncy Castle was a great treat for the children and the BBQ, along with all the other food went down really well. The Bottle Stall and the Bric-a-Brac Stall run by Frances and her Grandchildren were a huge success and great fun. Many thanks to everyone for all of the kind raffle donations but special thanks to Barbara Besant for the Bric-a-Brac stall, and to Jane Anastasi for the loan of the Gazebo. £285 was raised on the day which is the most we have ever raised! All proceeds will go towards the residents' fund. Thank you for all your kind letters and feedback we have received, it really is appreciated.

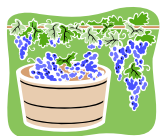


#### St. George's Day

Again we witnessed a rousing chorus from the Hamilton House Choir of English songs and some storytelling too. An experience enjoyed very much by all who were present.

#### Summer Outings

This year we organised outings in co-operation with our other two homes (Hamilton and Bourne Home). We went to places such as Garsons Farm, Denbies Vineyard, Richmond Park, Claremont Garden, Polesden Lacey, Painshill and Kew Gardens to name just a few. All the outings were very successful. I just want to add that relatives/friends are most welcome to assist their loved ones on a trip.



#### Father's Day

On June 19th our thoughts turned to Father's day. More than one resident remarked that they would take their dad down to the local pub and invite him to have whatever he fancied!



#### Maypole Mock-up

Kattleen Elboz was the centrepiece of our Maypole Mock-up for May Day - she was the 'pole' and residents and nurses danced daintily around her, clutching at their yellow ribbons!

#### Birthdays

On behalf of everyone at Hamilton, we would like to wish the following residents, in advance of their big day, a very happy birthday!

Iris Reynolds	1st August
Lucy Montagino	9th August
Alistair Bruce	3rd September



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

#### Residents' Committee

The next meeting will now be held on Tuesday 19<sup>th</sup> September 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 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.



## GROWING STRAWBERRIES

Succulent, ripe strawberries are one of the tastiest and most popular fruit that can be grown in England. The plants are easy to grow, cheap to buy and produce home-grown, fresh picked strawberries that taste so much better than those bought from the supermarket. Strawberry plants generally last for three to four years after which they should be discarded as the yield can fall rapidly due to a range of pests and diseases.



Strawberries prefer a sunny site away from harsh winds. They will grow on a wide range of free draining and fertile soils. They can also be planted in growing bags, and although you may not get so

many strawberries, this will cut down on weeding and the fruit should stay cleaner. The growing bags can be raised above the ground to help minimise slug damage. The strawberries can be ripened around two weeks early by placing cloths over the bags. The plants need regular feeding and watering daily in hot weather. When the fruit has turned completely red, pick the strawberries, wash them well, add fresh cream or ice cream and then eat them! If you want to keep the strawberries for a couple of days after picking, you can place them in your fridge, but ensure the stalk is retained on the strawberry and this will keep the fruit fresh.

## Entertainment

The residents continue to be entertained by our “regular” visiting entertainers Brain Short, Hedley Kay, Steve Robbins and several bookings have been made with MINK taking us through the rest of summer.



## Condolences

Our condolences go out to the friends and family of Arthur Sheppard, Joan Wragg and Russell Gardner who recently, very sadly passed away. They will be missed by everyone at Hamilton.



## Matron's thoughts

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 hope to see you all at the staff barbecue on Aug 13th at SNH.

## Views and Ideas

We hope you enjoyed reading this edition of Hamilton News. Please don't be shy to get involved. We are always interested in articles to add so please feel free to contribute and we will endeavour to include your items in our next edition. Until then, please do take care.



## Puzzle Corner

The world famous Su Doku puzzle taken straight from the Times for you to enjoy!

### HOW TO PLAY

To solve a Su Doku puzzle, every digit from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows, and in each of the nine boxes. They range in difficulty from easy to very hard, depending on the positioning of the numbers you're given to start with.

### EASY (OUR COVER PUZZLE)

	2	8	1	7	4
7				3	1
	9			2	8
		9	4		8
4			2	8	
1	6			3	2
	3	2	7		
			5	6	
					8
	7	6		5	1
					9

## 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.

Stepping 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 runs a thread of time  
tinged with the memory  
of summer.



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