



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	Eirian Williams
Administrator	Andrea Day
Nurses include	Frances, Mabel, Kammala, Nanda, Barbara, Bindu, Vivien
Healthcare Assistants	Grace, Qin, Thevi, Manel, Estherlina, Bindu, Srijana
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!

May I say a big Hello to all our new residents and staff who have joined us since the last edition. As always the Home is busy with activities and preparations for the festive season. We are having such a lovely winter this year the mornings are nice, fresh and crisp!

We look forward to seeing you all at our annual Christmas Party on Saturday 9th Dec. Many more social events have been arranged for the festive season, so please keep an eye on the notice board. In the new year we will be asking you to complete a Customer Satisfaction Survey. Your comments and suggestions are important to us and where necessary, appropriate action will be taken. The results will be published later on in the new year. Thank you for your co-operation.

Remember Hamilton News needs your input so if you have any comments, suggestions or articles please don't be shy, leave your articles to contribute at the office.

As always I will leave you with a thought:

“Success is how high you jump when you hit the bottom”

Pam Grewal

December 2006

Social Activities

Throughout the summer months we had many outings – to Painshill Park, Polesdon Lacy, Kew gardens. Denbies Vineyard, Pub Lunches and many shopping trips. We are also looking forward to a trip into London very soon to see the ‘Christmas Lights’ on Oxford Street and Harrods.

We had a group discussion about the meaning of Harvest Festival—Eirian brought in squashes and pumpkins of various shapes and sizes for the residents to examine. Also a basket of fruit and vegetables and lavender from the garden.



At Halloween many of the residents donned a large white sheet and looked and sounded like ghosts. We also used the parachute for more colourful ghosts.

We had our very own Guy Fawkes for November 5th with many of the residents recalling the story of the gunpowder plot on the houses of parliament. We finished our session with a rousing rendition of London’s Burning with actions to match.

Remembrance Sunday brought back many wartime memories for the residents, both bad – the bombing, shortage of food and the good – the singing by candlelight in the air – raid shelters and the warm camaraderie.

We all enjoyed watching the Queen and the colourful pageantry on the television. State opening of parliament and we talked about our royal favourites and sang God Save the Queen.

Eirian continues to introduce gentle exercises into many of her sessions involving movement of hands, arms, legs and feet—often to a story or a song.

Brian Short , Headley Kay, Mink, Steve Robbins and The Showtimers continues to entertain on a regular basis. In November and December we have invited a new entertainer called “Tommy Parsons” for a programme of sing-a-long songs and guitar.

Early in the new year we look forward to a visit from Tina Butt and a fun programme called ‘Music for Health’.

Christmas Party



Our annual Christmas party is to be held on Saturday 9th December at 3pm. Headley Key will be entertaining us along with our usual raffle and buffet. As the bottle stall was such a success this summer we will be having another bottle stall set up in the conservatory to help raise funds for the residents. We also hope (as we have been good this year) to have a visit from Santa.



Raffle

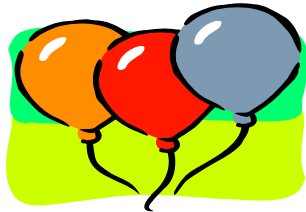
As in previous years a box will be located outside the office for any donations/prizes for our raffle, and once again a huge thank you for your support with this.

New Residents

We welcome our new resident, Evelyn Simons to Hamilton. We hope you are settling well into your new home.

Residents Birthdays

The following residents will soon be celebrating their birthdays.



- ◆ Cissy Stone ~ 1st December
- ◆ Christine Turner ~ 4th December
- ◆ Eric Dunning ~ 13th Jan
- ◆ Emmeline Shipp ~ 19th Jan
- ◆ Margaret Durrant ~ 25th January

We wish them all a very Happy Birthday. 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!

Congratulations

Bettie Collins recently celebrated her birthday along with her husband Leslie, who turned 90! . Bettie was taken out on Saturday evening to attend a private family party and really enjoyed the evening greatly.

Our best wishes also go to Evelyn and Ralph Simons who celebrated their 61st wedding anniversary on 12th August, 2006



Residents Meeting

Our last meeting held on Tuesday 19th September was well attended. The minutes of which are available on our notice board. We briefly discussed the plans for the refurbishment of Hamilton. We are still awaiting finalised plans and as soon as these are available we will of course make them available for you to see.

Our next meeting is planned for Tuesday 16th January, 2007 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.



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!!!

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 you all a very Merry Christmas.



True Beauty Lies Within

You look at my face, you see what you like
Red pouting lips, a smile full of life
A golden wisp curled, across deep sultry eyes
Sensuous blushes, on cheeks soft as pearls
But you think that I'm only a cute little girl
But beauty, real beauty, lies deep within

Where treasure unopened, waits patiently to win
A heart that will notice, the qualities that charm
Goodness and kindness, that won't do you harm
Where you shall discover, a heart, soul, and mind
Always endearing, that won't fade over time

For many shall notice a face that is lovely
But few ever find the heart is more comely
Never to realize, the soul's true delight
Of love's only bounty, a spirit shining bright
Always endearing, this prize is pure gold

Something to cherish, something to hold
Tender and precious, each gem can be found
Deeply encased, it wears like a crown
Only those who look deeper, will find such a treasure
Where beauty infused, shall live on forever
True beauty lies within

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