

Elizabeth Court Newsletter

No 3 November 22nd 2007

Hello again

My, doesn't time fly. I must be having a good time! Or perhaps Mandy and Carol work me so hard I don't know whether it's breakfast time or Boxing Day, as my lovely Grandfather used to say. !



I found myself thinking about him on Remembrance Sunday. He was a stretcher bearer in the First World War, in the Royal Sussex Regiment. On one occasion he rescued a man with a severe shrapnel wound to his leg. Quite by chance, as he rode his bicycle along the West Sussex lanes after the war, he met this man again. I imagine him coming across a man leaning against a gate, smoking a cigarette, and there being a cry of recognition: "Ray, is that you? ", "Fred, fancy meeting you here ". So Fred, my grandfather, was invited to walk back to Ray's home (it would have been a slow walk as Ray had a bad limp for the rest of his life). Ray's home was a smallholding, ruled over by a mother of 13 children who had been a widow for many years. There Fred was introduced to Madge, Ray's shy younger sister and the

youngest of the 13. And guess what, gentle reader? ...  ... he married her.

It's a lovely, romantic and touching story. As I get older, I find I think about him more often, because he had such an influence on me when I was a child. Not least because of all his funny sayings, which I loved. He used to take me fishing for trout in the brook



nearby. Whenever I got a bite he would encourage me quietly to wait until the time was right to strike, He never scolded me when I totally disregarded him and yanked the line out of the water in my excitement; whatever was on the line either fell off or was catapulted way overhead, and he was endlessly patient when he then had to disentangle it from the overhead branches,



sometimes losing the lot. But he rarely spoke about the war.....



1. We are redecorating the dining room. Personally I think we should invite Laurence Llewellyn Bowen. ...I'll be queueing for the overalls!



2. Yes Apples again! As part of the Halloween celebrations here we had an apple tasting session, with residents around each table given the chance to try 6 different apples (Spartan, Jonagold, Russet, Elstar, Gala and Cox.). After tasting them all, they were presented with one of the 6 to try without knowing which it was. A small prize was awarded to anyone correctly guessing this mystery apple. Congratulations to Ron Gray, Betty Hopker, Joan Still and Ken Coney for guessing correctly that it was a Cox.

Residents were also asked to rate which of the 6 they preferred. Elstar and Cox came out ahead pretty unanimously. Elstar has such a short season as it does not keep well, but good old Coxes go on and on.....

So it was pumpkin pie and pumpkin soup for lunch and tea that



day. Both were reasonably well received, although some

thought the pie rather bland. I was given a huge pumpkin one year so I diligently researched all the culinary possibilities for its use. We had pumpkin soup, pumpkin curry and pumpkin pie, made with the addition of guess what... apples (can't get away from them..!). Then for breakfast pumpkin porridge followed by scrambled pumpkin on toast ..No I'm joking.... But it did last an awful long time..



3. Hard on the heels of Halloween came Bonfire night which we celebrated in the time-honoured tradition of Roman candles that don't turn, rockets that go the wrong way and a Guy that topples into the fire in the first few minutes. Mulled wine was served to an appreciative audience watching from the safety of the lounge as John and Jim lit the blue touch paper and stoked the fire, and Mandy and Carol leapt about with sparklers (when will they grow up..?). As it was a fine, mild night, several residents sat in the garden to watch at close hand. We hope to be able to include family and friends next year as it was great fun.



4. We have recently had our inspection report which we were very pleased with. It will be available in the home as soon as it is finalised, or of course on the internet at www.csci.org.uk. Thanks must go to Carol and Mandy for all their hard work, and of course to all the staff without whom nothing would be possible. Also to all our residents, especially those who spoke to the inspector so positively about us. We feel we have a very happy home here but we do not rest on our laurels and strive always to do more.

5. **Elizabeth Court needs you!** I have recently undertaken a survey of staff views on the home. One outcome was to identify how important relatives and friends are to the care we are able to provide because of their unique knowledge of our residents. Following on from that was a sincere wish to have more opportunities for contact with relatives and friends. A 'Friends of Elizabeth Court' thing perhaps? I am considering ways in which we could achieve this so please don't be surprised if you hear from me in due course. If you have any views about this, please contact me at the home. Meanwhile, in early December I am organising a quiz in aid of Age Concern which I hope to invite you all to ----so



brush off your grey cells and wait for more details!

6. Carol and Mandy have been hard at work devising a new monthly menu. Based on ideas from you all, the menus should bring new tastes and flavours your way very soon. I know some of you may feel that we are missing out on a culinary delight, but we draw the line at tripe...and calves feet... and pigs trotters... sorry!



(Not)



7. We are waiting eagerly for the final piece to be placed into this month's jigsaw. I'm sure you will have guessed that it is a picture of a family group of tigers. The tigers were the easy part...but we have all been severely challenged by the background of sludgy green brown and black. Everyone who goes past, takes a

look, sighs and goes away again. You're on your own with this



one, Peter!

8. **Take care of your back. It has to last a lifetime!** Following a recent training in Manual Handling, the home has purchased a hoist to enable easier lifting and handling for any residents that need it. This is a long term investment and will benefit all residents whose needs for help may change over time. It not only provides safety for residents but for staff as well, whose backs are so precious.



9. For some reason we have acquired a rabbit. She has been named Fluffy and is looked after tenderly by John. Residents who venture outside can see her in her run in the garden. (And if they are anything like me, wonder what the point of a rabbit is, apart from to eat.....Yum! Yum!) But I am in a minority here. I can hear the cries of outrage from Mandy echoing in my ears...!



10. Congratulations to Brian Pollitt on his birthday. Martin Luther and Claude Rains, among others, share that date, (It's amazing what you can find out on the internet), although Martin Luther, being born in 1483 and developing a serious dislike of fun, probably would not have had a cake, a can of beer and a singsong in his honour !

Rose Fordham November 2007

Hello everyone, I hope you are all enjoying the autumn weather even though it brings the usual coughs and colds to us all. Thank you to Rose for her informative and amusing newsletter, I liked the piece about Fred, I always observe the two minute silence on Remembrance Day as I believe this is very important. My dad fought in the Second World War and he chose never to speak of what he did and saw even when asked. He was the kindest gentlest man I have ever known and the war years must have been very tough on him.

As usual life here is busy, I was very pleased with the inspection report and there has been lots of staff training going on with 3 more staff starting NVQ2.

It has been 5 years since the dining room was painted and it was beginning to look a bit tired so we hope to have that completed very soon although being the centre of the house and almost always in use poor Jim has to work through the night to avoid causing too much chaos with his paints and stepladders!

Carol