

This months news

Birthdays in May

Edmund Barnes – 9th

Peggy Beaumont – 12th

Lu Dunning – 19th

Margaret Sturgeon – 22nd

Happy Birthday

Birthstone for this month

Emerald is a **green type of beryl**. The name originates from the old French word 'Esmeralde', and is translated as 'green gemstone'.

The energies of emerald are believed to bring love, domestic bliss, sensitivity, loyalty, enhance memory, mental capacity and eliminate negativity.



New Residents



A very warm welcome to Peggy Beaumont who has come to stay in room 10, we hope she settles in well.

Staff News

June Douglas has now gone on maternity leave; we wish her good luck and await the news of the babys arrival.

Poem



May's a month of happy sounds,
The hum of buzzing bees,
The chirp of little baby birds
And the song of a gentle breeze.



Annette's message

We have a fantastic new television in the West Wing lounge bought from a donation from former Grace Muriel resident Mrs Hopkinson. It is flat screen and digital! If anyone would like to watch the television please feel free to go down to the lounge at any time.



Freda's Birthday

We recently celebrated Freda Kerr's 102nd birthday, we invited her friend John Wheeler to come and play the keyboard and we all sang happy birthday and had a glass of sherry to toast Freda's good health. Freda really enjoyed the day and her room was full of flowers. She was presented with a hand made card from the residents that was made during our greeting card making session. Freda was also given a large bouquet of flowers from the home, and a lovely birthday cake, which we all enjoyed a slice of.



Thimbles

Irene Middlemas kindly brought her collection of thimbles in to show on Monday 21st April. The residents who came to the session enjoyed seeing this lovely collection and especially some of the novelty ones such as those in this photo. If any of the residents have a collection or interest in anything and would like to share this with others, then please ask Siouxsie or Stephanie and we will be happy to help you.



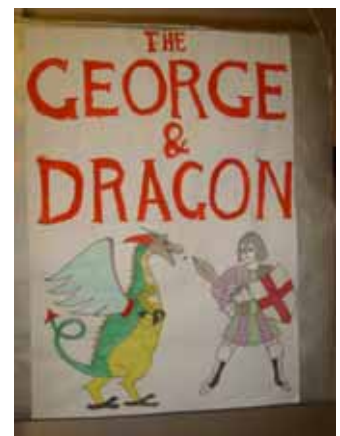
Arena Trip

On Saturday 23rd April, the hugely talented cast of the Light Operatic Society put on a terrific show at the Alban Arena, with great singing, dancing and costumes. 9 residents went to see 42nd Street, and we were able to go using the HAD mini bus. The Friends of GMH were kind enough to get tickets for us at a discounted price and also to pay toward the mini bus. We would not have been able to go on this trip if we did not have volunteers to accompany the residents so thank you to Angela, Jean, Helen, Jackie and Siouxsie & Jean W.



St. George's Day

Thanks to Stephanie we were able to really enjoy and celebrate St. George's Day. We enjoyed a pub here in our own GMH where Stephanie organised drinks and played pub games such as dominoes, darts and shove halfpenny, we even had our own pub sign painted. In the afternoon Stephanie organised a themed quiz for the day, with interesting facts.





STUART'S GARDEN CORNER

APRIL

Lets not go on about global warming, because I think it has forgotten about us, as I am writing this, marooned by the cold rain, in front of my PC. I am sure it is happening but now the meteorologists are saying this is a year for cooling down! More like seasons used to be I would say. The seed sowing in the vegetable patch has taken a back seat due to the cold, wet conditions, it will have to wait until the ground has warmed-up. The Tulips are still flowering and are a delight, due to the late season this year.

I have treated the round lawn with some weed and feed, so do not be alarmed if you see some black patches appear, it is only the dandelions that are being killed, hopefully.

Continuing on from the history of Tulips in last months column, I thought it would be interesting to learn the meaning and history of some other plants. This month is the turn of the **Carnation**. At the turn of the century, dandies (smart young men about town), would not leave the house without a white or red Carnation in the buttonhole, but as the plants became more common this tradition ended, and the flower lost some of its popularity. However Carnations are not only beautiful and long lasting, they also send out a message: when you receive a red Carnation it means 'my heart aches for you' and when you receive a white Carnation the sender is saying 'I am still available'.

I have come across a 3 verse poem by Edgar Albert Guest called Plant A Garden, here is the first verse with the others to follow.

*If your purse no longer bulges
and you've lost your golden treasure,
If at times you think you're lonely
and have hungry grown for pleasure,
Don't sit by your hearth and grumble,
don't let mind and spirit harden.
If it's thrills of joy you wish for
get to work and plant a garden!*

Word Search

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

ALLERGIES	FROGS	RAIN
APRIL	GOLF	RENEWAL
BASEBALL	GRASS	ROBINS
BEES	GREEN	SEASON
CROCUSES	GROWTH	SNOWMELT
CYCLAMENS	IRISES	SOFTBALL
DAFFODILS	LILIES	SPRING
DANDELIONS	MARCH	BREAK
EASTER	MAY	SPRING
EQUINOX	NEW	CLEANING
FLOWERS	LEAVES	TULIPS
	PLANTING	WARMER
		WET

Diary dates For this month

Church service - Friday 2nd
Flossy PAT Dog – Wednesday 7th
Mayor of St. Albans to tea – Wednesday 7th
Meet the New Chairman, Keith Faulkner – Thursday 8th
Clothes Show – Thursday 8th
Hannah Oliver – Singer – Wednesday 14th

Every other Monday - Chiropodist
Weekly - Hairdresser
Every Thursday Morning – Shop

We hope you enjoyed reading this newsletter.

If you would like to contribute an article for the next addition, have any ideas or have any questions regarding the residents newsletters please speak to Stephanie Horsford or Siouxsie Liddle

The Abbeyfield St Albans Community Care Society Ltd
Grace Muriel House, Tavistock Avenue, St. Albans, Herts. AL1 2NW
Registered Charity 1100411

Phone: 01727 863327 Fax: 1727 812402
E-mail: post@abbeyfieldstalbens.co.uk www.abbeyfieldstalbens.co.uk