

THE NAVIGATOR



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WHY WAS JUNE MADE?

Why was June made?—Can you guess?

June was made for happiness!

Even the trees

Know this, and the breeze

That loves to play

Outside all day,

And never is too bold or rough,

Like March's wind, but just a tiny blow's enough;

And all the fields know

This is so—

June was not made for wind and stress,

June was made for happiness;

Little happy daisy faces

Show it in the meadow places,

And they call out when I pass,

"Stay and play here in the grass."

June was made for happy things,

Boats and flowers, stars and wings,

Not for wind and stress,

June was made for happiness!

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How to Help the Elderly During the Heatwave

We're in the middle of a heatwave and the UK is enjoying some of the hottest weather we've experienced for a while. From the sunbathing to the barbecues, this beautiful weather offers a lot of positives, but not everyone enjoys it. Whilst the hot weather is putting the majority of the UK in a great mood, the rising temperatures can lead to a long list of health problems, especially for the elderly. To support our client's, we've put a list of tips together to help you care for the elderly during a heatwave, so that they can stay safe and enjoy the beautiful weather.

Symptoms of Overheating

In order to keep your clients safe and comfortable during a heatwave and the summer season, it is crucial that you're able to recognise the symptoms of overheating, heat stroke and heat exhaustion. Symptoms of overheating include:

- Headaches
- Tiredness
- Confusion
- Behavioural changes
- Feeling sick
- Feeling dizzy and weak
- Fainting or feeling faint
- Muscle spasms or cramps
- Swollen ankles
- Thirstiness
- Dark urine

What is heat exhaustion and heatstroke?

Heat exhaustion is triggered when your core temperature reaches at least 104°F. If left untreated, heat exhaustion can lead to heatstroke. Heatstroke is much more serious than heat exhaustion, as it can lead to shock, organ failure and even brain damage. In extreme cases, heatstroke leads to death.

What causes heat exhaustion and heatstroke?

When your body cannot cool itself and its core temperature is raised, it can lead to heat-related illnesses. In order to stay cool when the climate is hot, your body dissolves sweat. However, during hotter, humid days, the increased moisture in the air slows the sweating process, making it difficult for your body to cool down. This, in turn causes your temperature to rise even further, which leads you to become ill. Dementia client's are more at risk of heat exhaustion and heat stroke during the hotter months, as they may forget to wear lighter clothing, or stay hydrated - which poses a huge risk.

How to keep your client's cool

Staying cool during the summer months requires much more than just drinking iced water. In order to keep your clients, elderly relatives and friends safe, you should:

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1. Give them time to refresh

Having regular cool showers, baths and washes is a great way to lower body temperature, and is a great way to keep someone feeling refreshed. People with dementia may forget to wash or shower - you just need to be patient and suggest that they cool down with a quick wash or cold shower. If you're planning on going out on a day trip or excursion, you should take some damp washcloths in a cool bag with an ice pack. This is a great way of quickly cooling someone. If your client, relative or friend is suffering from dementia and becomes confused or irritated by you giving them cool washcloths, be patient and explain what you are doing.

2. Take a rest

Maintaining a healthy, active lifestyle is always encouraged - even more so for clients with dementia and other diseases. However, during the hotter months you should keep strenuous physical activity to a minimum, as it can cause excess sweating, which leads to dehydration, and will hinder the body's ability to stay cool.

3. Eat cool foods

To ensure your elderly relative, client or friend is consuming enough water, you should give them foods with high water content - the benefit of this is that it will also help them stay cool. Salad foods such as cucumber, iceberg lettuce and celery, vegetables such as cauliflower and peppers; and fruits like strawberries, grapefruit and melon are ideal! Depending on what stage of dementia the person is at, you should consider whether they can safely swallow these foods.

4. Wear lighter clothing

Cotton clothing and looser tops, dresses and shorts are a simple way to help maintain a safe core temperature. Avoid tight clothing and darker colours, as they tend to absorb heat.

5. Don't go outside during peak hours

The day is hottest between 11am and 3pm. During this time, you should stay somewhere cool, and only go outside during the cooler times of the day - before 11am and after 3pm.

6. Close blinds and curtains

Closing blinds and curtains during the day is a great way to stop the sun shining inside a room and heating it up!

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Proper Use and Storage of Alcohol-based Hand Sanitisers



The Health Sciences Authority (HSA) advises members of the public to be aware of how to use and store alcohol-based hand sanitisers.

Alcohol-based hand sanitisers are generally flammable especially if they contain a high concentration of alcohol (above 60%). Nevertheless, the risk of flammability is low if the hand sanitiser is used and stored properly.

When using alcohol-based hand sanitisers, make sure that you rub the product all over the surfaces of your hands until your hands are dry. This is to avoid having any alcohol remaining on your hands and exposing yourself to fire risk should you be near any open flames.

Alcohol-containing hand sanitisers should be stored in a cool place. They should not be kept in places near open flames and heat, particularly for those in bigger volumes (more than 100ml).

Always ensure that the lids and caps of the hand sanitisers are properly sealed. This is to avoid leakage onto other items (e.g. pockets, clothes, bags, vehicles and bedding) which may become a potential fire hazard.

HSA's Actions

In view of the potential fire hazard, HSA has reminded all retailers to label hand sanitisers which contain more than 60% alcohol concentration and in volumes more than 100ml with the relevant warning labels*. Some examples are shown below: "Flammable, keep away from flame and heat" (or equivalent wordings)



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Hot Weather, Fire Hazards and a Higher Risk of Fires!

Window / Mirror - Fire Safety

Please do not keep magnifying beauty mirrors next to a window, because they can concentrate the sun's rays, causing a near-by objects (such as curtains, clothing, paper or furniture) to set fire.

The sun's rays can be magnified by a lens or magnifying mirror, so it is dangerous to leave glass objects, like magnifying mirrors, too close to windows.

In fact, anything that can concentrate the sun's rays like fish bowls or glasses of water, should be kept away from windows to reduce the risk of a fire breaking out.

Safety advice

Keep magnifying mirrors out of direct sunlight

Never put glass ornaments or paperweights on window sills

Never place glass ornaments or paperweights in direct sunlight

Make sure shaving or vanity mirrors are not left on window sills

Be aware of objects in your home such as shaving or vanity mirrors and glass ornaments or paperweights that may be exposed to direct sunlight



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Congratulations

Trina and Jeniche

"Taylor's could not be more excited for you both!
Wishing health, love and happiness".

Congratulations to Trina and Gideon on their baby girl. Maisy J Watson was born on Saturday 16th May 2020 and weighed 6lbs 1oz



Baby girls are their mothers best friend and their fathers little princess.

She is adored and cared for by all.

Congratulations on the birth of cute princess

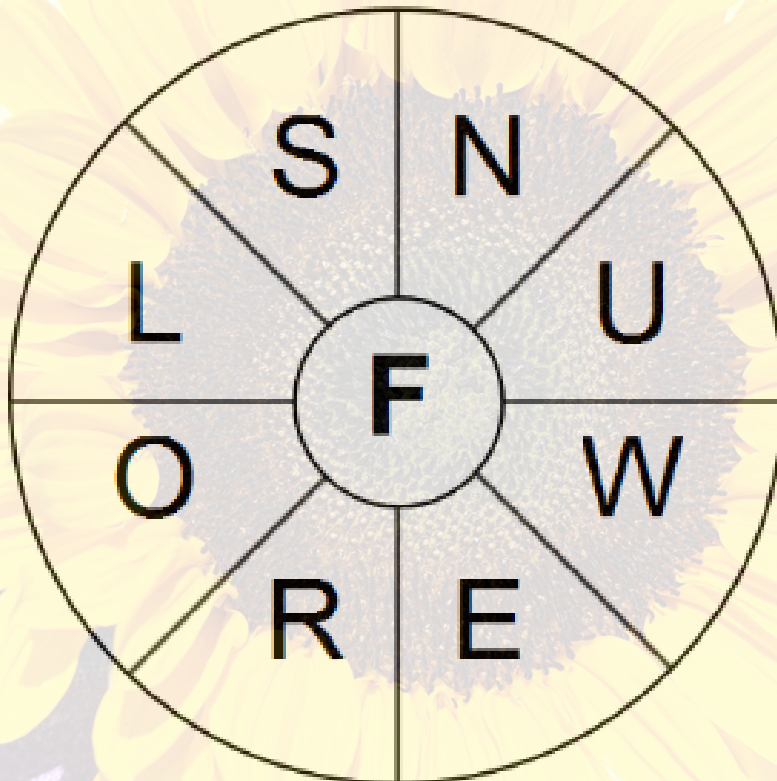
Congratulations to Jeniche, Jonathan and Lilly on their baby girl. Ruby-Mae was born on Tuesday 19th May 2020 and weighed 8lbs 5oz



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Flowers Word Wheel

Flowers are often called blossoms. A flower gets its food from the sunlight, water and from minerals within the soil. The flower is the reproductive part of the plant, Did you know that broccoli is actually a flower?



This Flowers themed word wheel is made from the letters in the word SUNFLOWER. Try and make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter F.

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GIN & TONIC CHEESECAKE

Ingredients

250g digestive biscuits
100g butter, melted
600g cream cheese
100g icing sugar
zest and juice of 1 lime, plus extra zest to serve
50ml gin
280ml double cream
250ml can gin and tonic
2 tbsp caster sugar
1 lemon, half juiced, half finely sliced
2 medium meringues, crushed



Method

Butter and line a 23cm loose-bottomed tin with baking parchment. Put the digestive biscuits in a plastic food bag and crush to crumbs using a rolling pin, or blitz in a food processor. Transfer to a bowl, then pour over the melted butter. Mix thoroughly until the crumbs are completely coated. Tip them into the prepared tin and press firmly down into the base to create an even layer.

Chill in the fridge for 1 hr to set firmly.

To make the filling, place the cream cheese, icing sugar and lime zest in a bowl, then beat with an electric whisk until smooth. Tip in the gin and double cream, and continue beating until the mixture is thick and completely combined. Now spoon it onto the biscuit base, and spread to the edges. Smooth the top of the cheesecake down with the back of a dessert spoon or spatula. Leave to set in the fridge overnight.

Pour the can of gin and tonic into a pan, add the caster sugar and lemon juice and boil hard. Once it has reduced to a syrup (about 3-4 minutes over high heat), cool a little, then add the lime juice and the slices of lemon and toss in the syrup. Allow to cool completely.

To serve, place the base of the cheesecake on top of a can, then gradually pull the sides of the tin down. Slip the cake onto a serving plate, removing the lining paper and base. Top with a handful of the crushed meringues, then drizzle with the syrup, scattering the lemon slices on top as you go. Add a final dusting of lime zest, slice and serve.

PREP: 25 MINS

COOK: 5 MINS plus cooling and chilling overnight

SERVES 10-12

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HAPPY BIRTHDAY FOR JUNE



Our Wonderful Client's

Peter, Alan, Raymond, Sidney, Richard & Jenifer

And our Fantastic Colleagues

Kerry, Jeniche, Stella & Lisa

MAY EMPLOYEE OF THE MONTH

Laura started with the company back in March but due to Covid 19 restrictions and family responsibilities had to take a short break in her shadowing. Having never undertaken a support worker role she knew it was going to be challenging but didn't realise how much she was going to enjoy it. In just a week of working alone she has excelled in the quality of her care and support. She has quickly built very positive relationships with her clients and she has received numerous compliments from staff, clients and family members. Her communication with on call and managers is exceptional and she identifies and raises concerns appropriately. It was her quick thinking this week that helped ensure the team remained safe by managers implementing an appropriate risk assessment.

Taylor's of Grampound feel proud that she chose us to start her new career. She is always positive, cheerful and professional. She has made a fantastic start, applying all that she has learned through Mitera and her shadowing, and it is for that she is being awarded Employee of the Month.

Keep up the fantastic work Laura; you are a valuable member of the team.



Spotlight

- "When we strive to become better than we are, everything around us becomes better too."
- It is the month of June, The month of leaves and roses, When pleasant sights salute the eyes and pleasant scents the noses.
- Mileage and expenses due in by 8th June 2020
- Payday is on the 22nd June 2020
- Expenses must be completed with your mileage sheets for payment and handed in on time, please.



Thank You

Joan and Sarah called the office to say thank you to Taylor's especially Vicki, Tracey and Gary for all the dedicated care that was provided for FW.



OBITUARIES

CD from Perranporth 15.05.2020

FW from Perranwell 26.05.2020