

THE NAVIGATOR



IN THIS ISSUE

February Poem

February Recipe

Important News

Valentines Day Ideas

Spot light

February

**Still lie the sheltering snows, undimmed and white;
And reigns the winter's pregnant silence, still:
No sign of spring, save that the catkins fill,
And willow stems grow daily red and bright.
These are the days when ancients held a rite
Of expiation for the old year's ill,
And prayer to purify the new year's will:
Fit days,—ere yet the spring rains blur the sight,
Ere yet the bounding blood grows hot with haste
And dreaming thoughts grow heavy with a greed
The ardent summer's joy to have and taste:
Fit days—to take to last year's losses heed,
To reckon clear the new life's sterner need;
Fit days—for Feast of Expiation placed!**

THE NAVIGATOR

BUTTERNUT SQUASH COTTAGE PIE

Ingredients

Replacing the traditional potato topping with butternut squash not only adds flavour but cuts the calories too.

FOR THE TOPPING:

1 medium sized butternut squash, peeled and the seeds removed

30g (1oz) butter

Pinch of ground ginger

FOR THE FILLING:

1tbsp olive oil

1 garlic cloves, peeled and crushed

1 onion, peeled and roughly chopped

2 carrots, chopped

1 celery stick, chopped

250g (8oz) lean beef mince

400g (13oz) tinned chopped tomatoes

1-2tsp Worcestershire sauce

1 fresh bay leaf 150ml

(5fl oz) vegetable stock

1 sprig fresh rosemary

Tabasco, to taste Flat-leaf parsley, roughly chopped

Method

Step 1

Heat the oven to 200°C (gas mark 6).

Step 2

For the topping, cut the squash into chunks and spread on a baking tray. Drizzle lightly with oil and roast for about 25 minutes, or until tender. Mash with the butter. Add the ginger and season with a little salt and pepper.

Step 3

Meanwhile, heat the oil in a frying pan over a low heat and fry the garlic, onion, carrots and celery for 7-10 minutes, or until softened. Add the beef and fry until coloured, breaking up any lumps with a fork. Add the chopped tomatoes, Worcestershire sauce, bay leaf, stock and rosemary, then bring to the boil. Reduce the heat and simmer for 4-5 minutes until the liquid has reduced by half. Season to taste with a dash of Tabasco and salt and pepper. Stir in the parsley.

Step 4

Spoon the beef mixture into a medium pie dish and top with the butternut mash. Bake for 25-30 minutes.

Top Tips

To prevent the pie bubbling over, place the dish on a baking sheet before putting in the oven.



THE NAVIGATOR

IMPORTANT INFORMATION

Covid Vaccination Scam

Please be aware that there have been reports of a new scam where a person receives a text saying they need to book a vaccination appointment and it takes them to a fake NHS form which then asks for their bank details to prove their identity.

If you would like the covid vaccination please contact Kirstie or Rose for the link.

Shout 85258 Mental Health Support Service

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Shout has become increasingly critical since Covid-19, being one of the few mental health support services able to operate as normal at this time.

Shout offer anonymous, round-the-clock text message support, designed to help you take your next steps towards feeling better. Just text FRONTLINE to 85258 at any time of day or night. Their trained volunteers are there to support you and help you to look after your mental health and wellbeing.

Weekly Covid-19 Testing

Please can you email or text your results into Kirstie, Rose, or Jane all results need to added weekly to the spread sheet. Please test only on Thursday, Friday, Saturday or Sunday unless been instructed by a manager.

Your Unique Organisation Number (UON) NHS Test and Trace assigns all organisations a single Unique Organisation Number (UON). Your UON is exclusive to your organisation.

Your UON is 49572209

Employment Handbook

The new Taylors of Grampound Employment Handbook has now arrived at the office. Please can you ask for your copy when you are next in the office or if your manger is meeting with you ask them to bring a copy.

Receipt will need to be signed for and failure to return at the end of your employment will incur a charge.

On Call

Taylors want to say thank you to everyone who have picked up above their usual availability, due to increased staff absences. As you are all aware the managers and on call officers are out working with you.

On call has been very busy for the officers and it is good if you can give them as much notice as possible if you are unable to fulfill your obligations.

The Daily Support on call can be contacted from 17:00 to 23.00 and 05:30 to 09:30 Monday to Friday and 05.30 to 23.00 Saturday, Sunday and Bank Holidays. The Supported Lifestyles on call can be contacted 17:00-23:00 and 07:00 to 09:30 Monday to Friday and 07:00 to 23:00 Saturday , Sunday and Bank Holidays.

THE NAVIGATOR

THINGS TO DO ON VALENTINE'S DAY THAT YOU'LL ALWAYS REMEMBER DURING LOCKDOWN

1) Take a hike.

Even if it's cold, taking a scenic hike is a great way to unplug and unwind this Valentine's Day. Maybe there's a favorite spot where you live, you're bound to have a fun time because you're in great company.

2) Make a scrapbook of your relationship.

Even partners who aren't so into crafts will get a kick out of this fun activity. Gather up photos of your relationship, old ticket stubs, and meaningful receipts, and make a beautiful book that you'll both treasure!

3) Bake something sweet.

Baking is a fun way to spend more time with your partner. And you'll have a sweet reward to enjoy together.

4) Enjoy a wine and chocolate tasting.

Wine and chocolate: Both delicious on their own, but even better together!

5) Craft something together.

Try your hand at some Valentine's Day crafts at home. Consider an art project that you can hang somewhere in the house or craft creative picture frames for favorite photos.

6) Cook dinner together.

A special home-cooked meal can be so much more romantic than going out to eat at a super busy restaurant. Even if one of you doesn't have chef-worthy skills, you can still make a memorable dinner you'll both enjoy.

7) Take a bath.

For a bubble bath worthy of a honeymoon suite, surround the tub with candles, sprinkle rose petals in the water, and set a tray of chocolate-covered strawberries and a bottle of Champagne within arm's reach.

8) Exchange heartfelt gifts.

February 14 doesn't have to be all about presents, but it is nice to give—and receive—a little token of affection.

9) Write love letters to each other.

If you've never done it before, now's the time to put in writing why your partner is so special to you. Tell them which of their qualities you most admire, how they make you feel, and why you fell in love with them.



THE NAVIGATOR

LOOKING AFTER A PERSON WITH DEMENTIA IN COLD WEATHER

Due to communication difficulties, a person with dementia may not be able to explain how they're feeling during the cold, and what they need to maintain health and warmth. They could forget to wear appropriate clothing, such as fleeces and hats or even forget to turn on the heating. That's why it's important to be prepared. We've put together the below to help you watch out for certain behaviours, and to manage them as best as you can.

Indoor activities and stimulation;

Cold weather can bring increased feelings of isolation due to long periods indoors. Playing games and doing puzzles can help to stimulate your with dementia. Hot drinks, regular meals and snacking throughout the day can help to maintain energy levels. You can also have a look at encouraging some indoor chair exercises, which can help to keep your client warm and healthy.

Checking temperature;

Cold temperatures can increase confusion – so if you ask someone if they feel cold, you may not get an accurate response and you may have to physically check their temperature. You can do this with a thermometer, or, with their permission, gently place your hand down the back of their neck. Remember, some people may have cold hands and feet, but their core temperature can be fine, so don't rely on just checking hands and feet.

Try to keep the main living room at 18–21°C (64–70°F) at least, or warmer if the client prefers. The rest of the house can be at 16°C (61°F), but again do what is comfortable for the person with dementia.

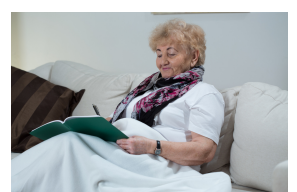
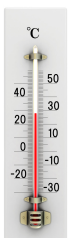
If not all the rooms in use can be heated, heat the living room during the day and the bedroom just before the client goes to bed. Then when in bed, use either a hot water bottle or an electric blanket if safe to do so.

Wear appropriate clothing;

Wearing lots of thin layers is key to keeping warm in cold weather. The best materials for maintaining body heat are cotton, wool or fleecy fibres. As a lot of heat is lost through the head and neck, if indoors and the client is feeling chilly then they could wear a hat and scarf. Sometimes a person with dementia can get confused around which clothing to wear. They may choose to wear cool and loose fitting clothing and refuse to change. This can result in a significant drop in body temperature.

Look out for signs of hypothermia; As dementia can lead to reduced cognitive ability and awareness, it may be challenging for the person diagnosed to express and feel how cold they are. This can in some circumstances lead to hypothermia which is a medical emergency. Signs of hypothermia may include: cold skin and shivering (or absence of shivering if hypothermia is advanced), confusion and slurred speech as well as sleepiness and shallow breathing. If you think someone may be suffering.

All of the preceding advice can help to protect the person with dementia from hypothermia.



THE NAVIGATOR



JANUARY EMPLOYEE OF THE MONTH



Jo has been nominated as employee of the month, Jo has picked up additional work and has also been covering the odd visits where she could on top her availability, this is whilst her husband was home recovering from an operation and Jo was also on leave. We were also told from a client that she had delivered a homemade Christmas dinner.

Please call Rose to arrange to collect your voucher.



Welcome On Board

A big welcome to Aimee who has joined the Daily Support team.

“Congratulations on joining our team! We hope we can work well together and share many successes!”

A big welcome back from maternity leave to Trina. She will be working for both the Daily Support and Supported Life Styles team.

THE NAVIGATOR



A Message From Jane



I attended the funeral of Mrs MG (Ladock) on Thursday 21st January.

Due to the ongoing and worsening pandemic Taylors of Grampound Directors have stipulated that attendance at any funerals be by a single member of the management team representing all staff.

The service was quiet with family and friends present but everyone who knew MG knows she would not have wanted any fuss. I just wanted to let you know that Taylors of Grampound staff were acknowledged twice during the service, once in the eulogy and once in the Reverends prayer. The family wanted to express their sincere gratitude to all staff who helped to look after MG with such 'love and warmth' and the Reverend included the staff in the prayer that we all stay safe during these difficult times.

Thank you once again team for representing Taylors and humanity in such a positive way; it obviously does not go unnoticed. Jane



Thank You

To All at Taylors of Grampound

Lilian & David wish to express their appreciation for the care and have you all gave to Mary over the troublesome year.

Thank you One & All. God Bless

Lilian & David May



THE NAVIGATOR



**HAPPY BIRTHDAY
FOR JANUARY**



Our Wonderful Client's

Carole, Margaret, Patricia, Linda, Barbara,
Sean, Leigh, Francis, John & Denise

And our Fantastic Colleagues

Rachel, Steve & Trina

Spotlight

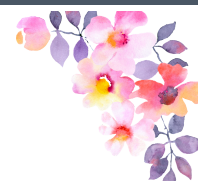
- “Perfection is not attainable, but if we chase perfection we can catch excellence.”
- “I’m a greater believer in luck, and I find the harder I work the more I have of it.”
- Mileage and expenses due in by 15th February 2021
- Payday is on the 28th February 2021



M Goodman from Ladock sadly passed away at home on the 1st January 2021
J Parnell from Grampound sadly passed away in hospital on 9th January 2021
J Lister from Trisillian sadly passed away at home on 11th January 2021
V Chapman passed away in the hospice on 17th January 2021

THE NAVIGATOR

Jane's Eulogy for Jenifer



I had the great honour of being asked by James Parnall to say a few words at Jenifer's recent funeral at Ladock Church and I thought I would share them with you as I was representing you all.

I take a moment to dedicate a few words to Jenifer because I am very grateful for the great example she set that despite the difficulties we must value, appreciate and enjoy life and if possible happiness. I met Jenifer for the first time in January 2019 when she was an inpatient at Penrice Hospital following a period of ill health. Even on that first meeting I knew she was someone who would play a big part in my life. I remember asking her about the spelling of her first name; unusual to only have the one N. She told me it was her fathers idea, it would make it cheaper for the headstone when the time came. I don't know if this was true but it just went to show the sense of humour that was to greet me every time we met. I am sure my early morning visits to Iron Mine Farm would irritate James because we would chat and laugh, not particularly quietly when James was trying to have a lay in. She had a smile that lit up her face and a laugh that was so gentle I could easily imagine her as a little girl again. Jenifer was a great people person, no more so than when she spoke of her family. I probably know more about her family than I ever knew about her. She was always so interested in the lives of others and so very proud of the family she held dear. Never one for worldly goods, Jenifer was delighted with her gift from James last Mothers Day; a trip to the hairdressers. She would love her Sunday drives out with James and in the summer months would like nothing more than to sit in her wicker chair in the front garden, no doubt reliving times when she played an active part on the farm. Come the Autumn she had quite an enviable sun tan; not a thought for sunscreen or a hat. Jenifer was never one to regret anything in life but I sensed her only regret was that she never continued playing the organ, something she gave up when family and farm life took priority. Even at the grand age of 89 she still had a way of getting James to do as he was told; it might take a few attempts but she always got her way. I always found it quite humbling to see their mother and son relationship. James became quite a dab hand in the kitchen even if the combination was a little suspect at times; mackerel and cabbage. I always asked Jenifer why she ate so much cabbage and she would say James always bought the biggest one he could; always one for a bargain. Saturday night was usually take away night from the Falmouth Arms with Jenifer having quite a taste for their curries. Throughout our lives we make many new friends and there are some who become part of our extended family. Unfortunately also comes a time when we must say goodbye to them. The death of a friend leaves us with a taste of sorrow, but that feeling is even worse and more difficult to get over for her family here today. She was a person who knew how to appreciate every moment of life. I remember her for her optimism and positive energy which radiates through all of us. I want to end by saying a very big thank you to Jenifer and you her family and friends for allowing Taylors of Grampound the great honour of sharing just a tiny part of a no doubt exceptional life. It was our greatest pleasure, thank you.

I was approached by several family members and asked to convey their gratitude for the care and support given by Taylors of Grampound staff. It was commented that we obviously love what we do and that love is felt by our clients. The vicar also mentioned us in his final prayer; hoping God will keep us all safe during these difficult times.

