

# THE NAVIGATOR



## December

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### Stopping by Woods on a Snowy Evening

By

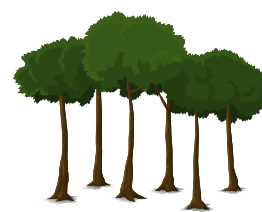
Robert Frost

Whose woods these are I think I know.  
His house is in the village though;  
He will not see me stopping here  
To watch his woods fill up with snow.

My little horse must think it queer  
To stop without a farmhouse near  
Between the woods and frozen lake  
The darkest evening of the year.

He gives his harness bells a shake  
To ask if there is some mistake.  
The only other sound's the sweep  
Of easy wind and downy flake.

The woods are lovely, dark and deep,  
But I have promises to keep,  
And miles to go before I sleep,  
And miles to go before I sleep.



# *THE NAVIGATOR*

## Keeping warm with dementia.

Being cold for any length of time is a serious health risk - particularly for older people and those who are inactive and have poor circulation.

### **Keeping warm**

A drop in body temperature can cause hypothermia, which can result in loss of consciousness and, in extreme circumstances, death. The person you are caring for may feel the cold far more than you do, but they may not realise it or may be unable to tell you. The following things should help.

- Try to make sure that any rooms that are occupied during the day are kept warm. Draught-proofing and roof insulation will help.
- Encourage wearing layers of clothing, ideally with natural fibres, such as cotton and wool.
- Encourage regular movement, such as standing and sitting repeatedly, as this increases body temperature.
- Drinking hot beverages can also help people stay warm. At least one hot nutritious meal a day
- If someone feels the cold a lot, they may need to wear a hat, gloves and warm socks if they go out, especially in cold weather - and indoors too, if necessary.
- Equipment can be installed to warn of extreme temperatures in the home.

### **Eating well with dementia.**

Eating too little or missing out on essential nutrients will reduce resistance to illness and can make someone with dementia feel more confused.

### **Eating well**

If someone refuses to eat a balanced diet, the GP may suggest alternatives, or may prescribe vitamins or supplements.

- Eating fatty, sugary foods can cause considerable weight gain, leading to further health problems. Eating sugary foods can cause peaks and troughs in energy levels, making mood swings worse.

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## Keeping warm with dementia.

- If someone with dementia is eating so much that they feel uncomfortable, those around them may tactfully need to limit the amount of food available they eat, or offer low-calorie or healthy alternatives, depending on which is appropriate.
- If someone with dementia forgets to eat, they may need to be accompanied at mealtimes and encouraged to eat. Having ready-made meals delivered to the home ('meals on wheels') won't help if the person forgets to eat them.
- If a person is struggling to use cutlery to eat, offer foods that can be eaten without a knife and fork, ie finger foods.
- It is very important to drink enough fluids. Dehydration is a health risk and can increase confusion in someone with dementia. Older people should drink about 1.6 litres or six to seven glasses a day.

### **Tackling constipation**

This is a common problem among older people and those who are less physically active. Constipation can cause pain and discomfort, and can also make the person more confused. If problems persist, consult the GP. Try to avoid the need to use laxatives by taking steps to prevent constipation from occurring in the first place. You can help to prevent constipation by:

- providing plenty of foods that are high in fibre, such as wholegrain cereals, wholemeal bread, fruit and vegetables
- providing fibre supplements (available from health food stores and on prescription)
- offering plenty of liquid
- encouraging regular exercise.



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## **D E M E N T I A**

With the clocks going back an hour. For some people living with dementia, this change in time can cause or worsen 'sundowning' – a state of intense confusion that occurs in the evening, around dusk.

A person experiencing sundowning will often have a strong feeling that they are in the wrong place or time. For example, they may say they need to go home, even if they are already at home, or they may believe they're late for work even if they're retired.

Sundowning can be very distressing for the person with dementia and the people who care for them, so today I want to share some practical tips that might help you.

1.

Draw the curtains before it starts getting dark to make the transition from day to night less obvious.

2.

Use distraction techniques: you could go into a different room, make the person a drink or snack or put some music on.

3.

Ask them what the matter is. Listen carefully to their response and if possible, see if you can deal with the reason for their distress.

4.

Talk in a slow, soothing way.

5.

Hold the person's hand or sit close to them and stroke their arm.



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## Christmas Pudding Semifreddo

### INGREDIENTS

- 100g mixed vine fruits (sultanas, raisins and currants), plus extra – optional, see tip
- 2 tbsp mixed citrus peel, plus extra, optional – see tip
- 100ml sweet marsala wine
- 3 large free-range egg whites
- 125g caster sugar
- 300ml double cream
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp freshly ground nutmeg
- 150g ricotta
- 50g chopped, toasted almonds (preferably with their skins on)



### Instructions

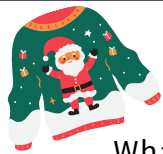
- Put the mixed vine fruit, mixed peel and marsala into a small pan and bring to a simmer over a medium heat. Simmer for 1 minute, then turn off the heat and leave to cool.
- In a large mixing bowl, whisk the egg whites with a pinch of salt to stiff peaks, then gradually whisk in the sugar, 1 tbsp at a time, until you have smooth, glossy peaks.
- In a separate large bowl, whisk the double cream and spices together to form soft peaks. In another medium bowl, lightly beat the ricotta with a fork until smooth.
- Add the whipped cream, ricotta and almonds to the egg whites and fold gently to combine. Add the cooled vine fruits and marsala and fold in until just combined.
- Line a 1 litre pudding basin with cling film, leaving some hanging over the edges. Gently spoon the mixture into the basin, then fold the excess cling film over the top to cover. Put in the freezer overnight.
- Remove the semifreddo and transfer to the fridge 30 minutes before serving. Unwrap the top of the pudding and turn it out onto a plate. Remove the cling film, decorate if you like (see tip), then cut into wedges to serve.

• **SERVES 8**

• **TAKES 15 MINUTES TO MAKE, 5 MINUTES TO COOK, PLUS OVERNIGHT FREEZING**



# THE NAVIGATOR



## Christmas Jumper Day December 8th 2022



What is Christmas Jumper Day and when is it?

Christmas Jumper Day is an annual charity event and this year it's being held on December 8th, with 100% of proceeds going to the charity 'Save the Children'.

Individuals and Organisations, businesses and schools, find their most festive jumpers and wear the jumpers to work for the day instead of normal clothes or uniforms, to raise funds through sponsorship. A cheerful and festive way of raising funds and awareness for Save the Children in time for Christmas.

Often workers and students add to the fun by competing for the best festive jumper prize, some workplaces get very competitive and hold official competitions for the prize, while jumper-wearers, friends, families and co-workers sponsor the festive jumpers and thus the funds are raised for Save the Children. Money can be pledged via Save the Children's Website, by text, by post and online. So far over 4 million pounds has been raised by this annual event, so it is certainly something to consider taking part in and adding it as a new tradition among your festivities.

Save the Children has a fundraising leader board, showing the amounts that teams have raised, which is a good incentive, they also show photographs of some participants, as well as giving details of what the raised money is being used for.

Christmas Jumper Day is a great photo opportunity for companies and teams to show their community spirit and advertise their company as an approachable and caring organisation. Please send your photo's to [rnorthfield@taylorsofgrampound.co.uk](mailto:rnorthfield@taylorsofgrampound.co.uk). The best photo sent in will be announced in the January Navigator and a prize will be given. Please involve your clients but please ask for their consent to take a photo.



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## What's on this Christmas in Cornwall - 2022



### Christmas at Trelissick

On weekends in December Father Christmas will be back telling his festive tale of the 12 days of Christmas, the café will be serving spiced apple juice, mulled wine and other seasonal treats.

Visits to Santa are in groups, not individually. Pre-booking is essential due to limited availability.

The theme this year at Trelissick is the 12 days of Christmas. Pick up a Christmas bingo card at the garden reception and try to spot all 12 days around the property

### Santa Specials at Bodmin & Wenford Railway

Take a special journey with the railway elves to visit Santa's grotto.

Arrive at Bodmin General Station for the chance to see Santa in his special Victorian coach and have your photo taken with him.

Each child will also receive a gift.

### Christmas at Lappa Valley

Meet Santa in his grotto and take a festive steam train ride through Lappa Valley at this fun Christmas event in 2022.

There will also be a present for every child, music and balloon modelling. Book early to avoid disappointment.

### Meet Santa at the Lost Gardens of Heligan

This Christmas Heligan will be hosting a very special guest - Santa himself!

Meet him beside his fireplace and share your stories, hopes and wishes with him.

Explore the Gardens on your way to your fireside visit. Don't forget to stop in The Melon Yard on there way to write your letter.

You and your family will then be welcomed to the exclusive Festive Reserve Yard within The Gardens, where you will start to prepare for your special visit. There will be music, Christmas crackers and festive crafts before your chance to Meet Santa.

Each child will be given a small traditional present to remember their visit.



### Heartlands Christmas Market

Visit the festive market at Heartlands for locally made crafts, seasonal treats and entertainment. Entry is free and there's no need to book.

Santa is also expected to visit. Audiences with the man in red must be booked in advance. Tickets cost £7 and can be booked on the Heartlands website.

### Christmas markets at Healey's Cornish Cyder Farm

Come and see Healeys Cornish Cyder Farm showcase stalls of tasty local produce alongside Cornish art and crafts every weekend in the run up to Christmas.

Every admission ticket is upgraded to a Healeys annual membership free of charge, which gives you unlimited access to the farm for a whole year, including during seasonal events that we may host

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## Safety Tips to check with clients and yourselves

### Hot water bottles

A hot water bottle is a sealed container filled with hot water used for easing pain, or for warming a bed or parts of the body. It is made either from rubber or polyvinyl chloride (PVC).

### About hot water bottles

Hot water bottles are widely used for warmth or to help ease pain. They're manufactured from rubber or polyvinyl chloride (PVC). All hot water bottles are marked with a 'daisy wheel' date, which indicates when the bottle was made.

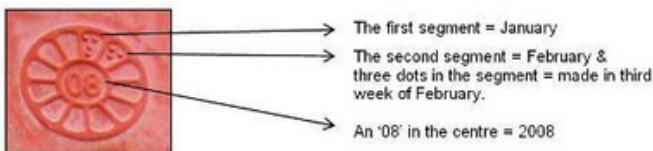
### Using the daisy wheel

Each of the 12 segments in the daisy wheel represents a month of the year, starting with January at the top, progressing clockwise until the 12th segment, which represents December.

The last segment in a clockwise direction with dots indicates the month the bottle was made.

Each dot in the last segment with dots in it represents the week of the month the bottle was made. For example, three dots equals the third week.

This daisy wheel shows that the manufacturer produced this bottle in the third week of February in 2008.



### Risks and injuries

Hot water bottles can cause burns if placed directly on the skin. These burns are serious and happen gradually, often the user cannot feel these burns until it is too late. Hot water bottle burns often lead to third degree burns and may require skin grafts. The skin of younger and older people is often thinner and more delicate and vulnerable to more serious burns. Diabetics are prone to burns to their hands and feet while using a hot water bottle.

Hot water bottles can burst or leak if used improperly or poorly manufactured.

### Buying tips

- Buy a new hot water bottle every year. Hot water bottles that are in good condition on the outside may be damaged on the inside.
- Check the daisy wheel date when buying a new bottle and note the year of manufacture. If it is more than 3 years old and/or appears aged or faded, don't buy it.

### Safe use

- Don't overfill or use boiling water in your hot water bottle – use hot tap water.
- Examine the hot water bottle before using and throw it away if it leaks, looks



# *THE NAVIGATOR*

## **Safety Tips to check with clients and yourselves**

### **Hot water bottles**

#### **Safe use**

- Always use a hot water bottle cover or wrap the bottle in a towel or fabric to prevent the bottle being in direct contact with the skin.
- Remove hot water bottle from bed before going to bed to avoid rolling onto it and bursting it. Do not lie, rest or put pressure or weight on a hot water bottle.
- Store the hot water bottle by hanging it upside down with the stopper removed in a dark, dry place and make sure it is completely dry inside and out before putting away.
- Note on your bottle the year and month it is due to be replaced.

### **Electric blanket safety**

**Did you know? Around 43 fires a year are caused by faulty electric blankets in the home.**

To help you stay safe and warm in winter and to help reduce the number of unsafe electric blankets being used in homes, we recommend that you follow these simple steps when purchasing, using, storing and disposing of your electric blanket.

#### **Routine visual checks**

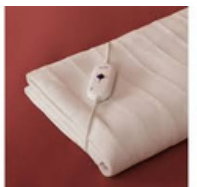
Before putting your electric blanket on the bed to use over the winter months, take a few minutes to check that the blanket is safe for continued use.

Your blanket should be replaced with a new one if:

- Fabric is worn or frayed.
- Scorch marks or discoloration areas are visible on the fabric
- Wires are visible or poking through the fabric.
- There is damage to the flexible cord between the supply plug and the control and/or the control to the blanket.
- The control is making a buzzing sound when switched on and/or is giving off a smell.
- The connector fitted to the blanket is damaged or over-heating.

#### **Don't**

- use the blanket whilst it is still folded, rucked or creased
- use a hot water bottle at the same time as using your electric blanket
- touch the blanket with wet hands or feet
- insert or use pins to hold the blanket in place on the bed
- use the under-blankets on adjustable beds, or if used on an adjustable bed, check that the blanket and cord do not become trapped or rucked, for example in hinges
- use an electric blanket on the bed of an infant or a person who may have a condition that makes them insensitive to heat
- allow the appliance to be used by young children unless the controls have been pre-set by a parent/carer or that you are satisfied that the child is able to use the appliance safely.



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## Employee of the Month



Shari has been nominated as Employee of the Month. Shari has built very good relationships with some of our new clients, She has given her time up from her family at the weekend to do a sleepover. Shari has also gone the extra mile to help cover holidays and sickness. Also she has been very patient with the amount of rota changes this has entailed. Congratulations on your performance

Please contact Rose for your voucher.



## OBITUARIES



Kitty Moon at the age of 93 passed away on 21.11.2022

Eileen Best died on 21.11.22. The funeral will be at Probus Church on 9th December at 12pm. Please let the wonderful team at Taylors know. I shall be forever thankful that you all looked after her with such kindness & compassion, even for a short while.

From Michaela Best

# THE NAVIGATOR

## HAPPY BIRTHDAY FOR DECEMBER

### Our Wonderful Client's

Margaret, Richard & Christopher

### And our Fantastic Colleague's

Cheryl, Edit, Felicity & Kate



## Spotlight

Mileage due in by 16th December  
2022 by Midnight

Pay day 2nd January 2023

As we look to the new year, hold  
on to what is good. Let go of what  
is bad. It really is that simple.

If kisses were snowflakes, I'd send  
you a blizzard.

## Thank You

Thank you to all your staff who looked after him, particularly Gary, who  
was a tower of strength and always a delight to meet. But there were  
many others too.

Please convey our thanks to your staff for their kindness to David  
(Golding).

All very best

Judy

Many thanks to all the lovely carers who have visited me and mum and to  
everyone at Taylors for your kindness and support.

Best wishes  
Celia Moon

## Christmas Joke Corner

Q: How do you wash your hands over the holidays? .

A: With Santa-tizer.

Q: How do you help someone who has lost their Christmas spirit?

A: Nurse them back to elf.

Q: How does a gingerbread man make his bed?

A: With a cookie sheet!





As another fantastic year comes to a close,  
we wish you a warm and joyous Christmas.  
May your dreams come true, and may you live long!

Merry Christmas and a Happy New Year.

Best Wishes

Clair, Kevin and  
All the Office staff at Taylors of Grampound