

CONSTANTIA CARE

Newsletter

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A 101-Year-Old Artist Finally Gets Her Due

Seniors are never too old to live to its fullest. Older adults all over the world are doing incredible things regardless of age.

For most of her career, Carmen Herrera's paintings of brightly colored geometric shapes went unnoticed, while her male counterparts — Barnett Newman, Ellsworth Kelly and Frank Stella — got plenty of attention for similar work. Herrera finally made her first sale at 89. And now, at 101, it seems she's getting her due at last. The Cuban artist's work can be seen at the Tate in London, MoMA in New York, and she has an exhibition coming to the Whitney Whitney Museum of American Art in September.

Tears streamed down Herrera's face as she viewed her art on display at a recent show at the Lisson Gallery in Manhattan. The 13 paintings and one sculpture were her first solo exhibition in the U.S. in nearly 10 years.

"It helps that they recognize you — that your work is not going to go to the garbage," Herrera says.

That's kind of a surprising statement considering that in the 1940s, Herrera was exhibiting her work next to Piet Mondrian, and was part of a community of artists in Paris exploring the boundaries of painting and sculpture. Other artists who found acceptance and a reputation in Europe also languished in the U.S., but Herrera, who is not much of a self promoter, had more working against her, says Alex Logsdail of the Lisson Gallery.

"I think it's partly because she's a woman," he says. "I think that also in the '60s and '70s being a Cuban woman was particularly complicated. She very much sees herself as an American artist given that 75 years of her life has been spent outside of Cuba."

Herrera rejects all the labels. Cuban? "I will never go back," she says. Woman? "They hated the idea of a woman making it, but it happened!" Older? "I have waited a long time, but you're here now," she says.

Herrera kept working because she felt compelled to make art — and she'd rather people focus on that. "I'm just an artist, that's all," she says.

Every morning, after a café con leche, Herrera sits at her work table, at one end of the loft she's lived in for 50 years. A neat row of colored marking pens is on the table — red, yellow, blue, black and green. She uses them to fill in the geometric shapes she draws on vellum graph paper,



sometimes cutting them up and moving them around. Later, with the help of an assistant, the drawings are amplified to fill canvases larger than the artist. For the past seven decades, Herrera's been figuring out variations on the straight line.

"I'm still looking for it! ...This is done with pleasure," she says.

One of the pieces in the Lisson show was a painting seven feet square, formed of three equal sections. Many of Herrera's paintings are either diptychs or triptychs. The background is white, and three cobalt blue rectangles descend from the top edge and three poke up from the bottom. They are offset from each other. There's a sense of movement in the stillness and the hint of a joke about upsetting expectations.

"There's always something that's a little off that kind of makes you look again and look more carefully," says artist and MacArthur Fellow Teresita Fernández. A friend and admirer of Herrera, Fernández was born in America to Cuban parents, and she, too, rejects the labels.

"She's still looked on in isolation as a kind of anomaly," Fernández says. "And I do think that some of the innovations in her work must have influenced some of her contemporaries. How do we know that Barnett Newman was not influenced by Carmen?"

Herrera continues to push herself, says Dana Miller, curator of the upcoming show at the Whitney. In fact, she thinks Herrera is more inventive than many artists a fraction of her age. By limiting her colors and using a "key set of forms," Herrera "liberates herself to go deep," says Miller.

For a still-working artist who made her first sale at the age of 89, having two shows in the same year is a vindication. (Even, if it may be — as Herrera says with a laugh — a little "embarrassing").

Baba Vanga SHOCKING predictions for 2019: Trump ILLNESS and EU economic COLLAPSE

WARNING: NOT TO BE TAKEN TOO SERIOUSLY... ☺

BABA Vanga, the blind mystic who many claimed predicted the rise of ISIS, 9/11 and Brexit, envisioned a series of disasters to take place during 2019, including a European economic collapse, Donald Trump falling ill and Russia being hit by a meteorite.

The blind Macedonian died in 1996 from breast cancer but she is said to have had visions of future events up to the 51st century, when the mystic said the universe will end. According to the mystic, who was born as Vangelia Pandeva Dimitrova in Strumica, Macedonia, 2019 will be filled with natural disasters, economic catastrophes and dangers to the lives of two world leaders. Baba Vanga said a member of Russian President Vladimir Putin's security team will attempt to kill him within the next 12 months.



Mr Putin himself revealed he has been the target of four assassination attempts, which prompted him to surround himself with an elite team of snipers.

The idea of being defended by snipers was suggested to Mr Putin by former Cuba's leader Fidel Castro, who survived more than 50 assassination attempts during his life.

Mr Putin said: "He said to me, 'Do you know why I'm still alive?' I asked him, 'Why?' 'Because I was always the one to deal with my security personally.'"

But Mr Putin is not the only world leader in danger, according to Baba Vanga.

The mystic said US President Mr Trump will fall ill with a mysterious illness, which will cause him to suffer from nausea, tinnitus, brain trauma and hearing loss.

Similar symptoms have been experienced already by US diplomats based in Cuba and China.

According to Chinese news outlet South China Morning Post, they could have been the side effect of "bugging or surveillance rather than a sonic weapon attack, according to a US researcher".

Baba Vanga, who is said to have "predicted the 2004 tsunami" that killed an estimated 227,898 people, believed another tsunami will hit Asia and wipe out several countries in the areas and other places around the world, including Pakistan, India, Japan and Indonesia.

The latter was hit by a 6.1 magnitude earthquake and suffered a massive 7.5 magnitude quake and tsunami in September, which killed almost 850 people.

Among the other catastrophes predicted by Baba Vanga there is also the economic collapse of the European Union and Russia being hit by a meteorite.

Earlier this year NASA collected space dirt from the Benu asteroid, which according to the US space agency has currently a "not-insignificant probability of impacting Earth".

Baba Vanga lost her eyesight at the age of 12, when she went missing for a few days during a massive storm.

A few days after being found, she had her first vision.

Baba Vanga rose to fame after allegedly developing an healing touch during World War 2 and being visited by several country leaders, including the Bulgarian tsar, Boris III.

Her most famous prediction is the one regarding the terrorist attack to New York on September 11, 2001.

She reportedly said: "Horror, horror! The American brethren will fall after being attacked by the steel birds. The wolves will be howling in a bush, and innocent blood will be gushing."



The bicycle firm that wants to older people pedalling

ISLABIKES made a name for itself with children's bicycles – now it wants to get grandparents riding.

The Shropshire-based company, has created a range of bikes aimed specifically for riders aged 65 or more, seeking to use its experience in shrinking and adapting components for little hands to create bikes suited to the reduced flexibility and muscular strength of older age.

The bikes feature easy-to-mount frames, with low gears for hills and other tweaks – for example, tyres that are easy to take off in the event of a puncture even for people with reduced grip strength.

Isla Rowntree, the firm's eponymous founder and boss, says she has grander ambitions: challenging the stereotype of advanced age being little more than a gradual chronology of decrepitude.

As such, she has insisted that any advertising images for the bikes will show people who are not only 65 and above, but – unlike the case for many products aimed at such age groups – very obviously look like they are.

Redefining old age might seem a slight over-reach for a relatively niche bicycle company, but Rowntree styles herself as a campaigner as well as a businesswoman.

A vehement advocate for better everyday cycling infrastructure, Rowntree is also a passionate environmentalist. One company project involves trying to make zero-waste children's bikes that are rented rather than bought, and returned to the firm for refurbishment once the rider has outgrown the model.

Islabikes came about after friends and relatives asked their resident cycling expert – Rowntree is a former UK cyclocross champion – for advice on bikes for young children, and she found most of them were cumbersome, weighty and poorly designed.

The new range had a similar genesis. Rowntree observed how her parents, who are "keen recreational cyclists" in their mid-70s and live next door to her in Ludlow, began to have difficulties using their existing bikes.

While their fitness remained good, their muscular strength had declined, she says, making low bike weight and a big range of gears important: "For the last few years, whenever I've changed a part on my mother's bike, every time she'll ask me: 'Is it heavier than the bit you've taken off?' It never was, but that was her concern.

"It's the same with gears – if you give them a low enough bottom gear they'll winch their way up just about anything, but they don't have the muscular strength to heave it up. All this isn't rocket science, but it makes so much difference."

The three-bike range is primarily aimed at people who

already enjoy cycling, and thus have price tags that might startle novices or dabblers. The cheapest, an everyday bike called the Joni – they all have baby boomer-referencing names – is £800, while the lighter and more sophisticated Janis, for road riding, and Jimi, a mountain bike, cost £1,200.

Many older cyclists use e-bikes, which provide pedalling assistance from a small electric motor. Rowntree says her range is intended for "people who want to ride under their own steam for as long as possible, and then might switch to an e-bike when they need to".

For all the similarities in redesigning bikes for children and older people, there is one clear divergence: unlike young riders, adults generally have to brave the roads rather than happily pedalling through traffic-free parks or on pavements.



Testing it out

Faced by the Islabike Joni, Jeremy Adams, 76, is immediately struck – and impressed – by one aspect of the bike aimed at older riders.

"I'm pleased to see the complete absence of a crossbar," he says, examining the low, step-through frame. "Apart from an artificial knee I also have a bit of arthritis on the hip, so raising my leg a full balletic lift would have been possible but definitely uncomfortable."

While the bike is primarily aimed at older people who still ride, the retired museum curator from Lewes in East Sussex is a potentially tougher proposition to impress, confessing he last spent much time in the saddle about 20 years ago.

But after some time poking, prodding and then lifting up the machine – "It's surprising light" – Adams sets off for a tryout and returns impressed, even with "a few hundred yards of fairly cautious riding" to get used to the responsive disc brakes, a type he had not used before. "It was great fun – I can't remember enjoying a bicycle so much," Adams says.

Coming up... ...during the month of March 2019

Marie Curie Great Daffodil Appeal 2019

Marie Curie's Great Daffodil Appeal has been raising awareness and funds since 1986.

Every March, millions of people across the UK show their support for our work, simply by giving a donation to wear a daffodil pin. Without this generosity, thousands of families across the UK wouldn't be able to make the most of the precious time they have left together.



ovarian cancer
awareness

Ovarian Cancer Awareness Month 2019

When a woman is diagnosed at the earliest stage, her chance of surviving ovarian cancer for five years or more doubles from just 46 per cent to more than 90 per cent. However, nearly half of GPs mistakenly believe symptoms only present in the later stages of the disease, and less than a third of women in the UK are confident they know the symptoms.

This year, tens of thousands of symptoms leaflets were read, thousands of cakes were baked, hundreds of outlandish outfits worn and more teapots brewed than we could count... all with one aim in mind – to get more women diagnosed at the earliest stage. Your fundraising means we will be able to do more to improve early diagnosis, fund more life-saving research and provide much-needed support.

St David's Day 2019 - 1st March

March kicks off in style with St David's Day, when Welsh people across the world – but mainly in Wales, naturally – celebrate their fantastic heritage under the banner of their national saint. David's greatest miracle was creating a hill under his feet where he spoke about God, though otherwise, he was quite a humble man, to the point where he advocated that monks pulled the plough (and not cows), and only had bread and water as part of their diet.

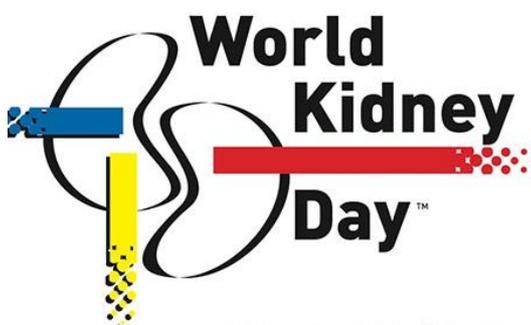
So sure, St David might not be seen in the same party atmosphere as St Patrick, who somewhat steals his thunder with his own day later in the month, but Glastonbury Abbey – yes, in that Glastonbury – was founded by St David. But before you decide that the saint-based party night of the year ought to be moved out of fairness and respect, St David refrained from drinking beer...



World Kidney Day 2019 - 14th March

The World Kidney Day Team passionately believes it is important we make the general public aware of kidney diseases which affect millions of people worldwide, including many children who may be at risk of kidney disease at an early age.

It is therefore crucial that we encourage and facilitate education, early detection and a healthy life style in children, starting at birth and continuing through to old age, to combat the increase of preventable kidney damage including acute kidney injury and chronic kidney disease and to treat children with inborn and acquired disorders of the kidney. So let's join forces once again to inform parents, caregivers, young patients, policy makers and the general public of the importance of identifying and treating childhood kidney diseases, instilling an awareness of the risks for their future from kidney damage that originates in childhood, therefore building healthier future generations!



Do You Know The Meaning Of All Of These Old-Timey Words?

Languages are always changing and evolving. While at the core they stay the same, there are definitely some words that your grandparents used as young whipper-snappers that might sound a little funny and dated to modern ears. English, especially, has been spoken in so many countries and gone through so many changes over the centuries. There's some 'slang' that most people today definitely do not use regularly.

1. You might be asked, "Are you writing a book?" if you do what?

- A. Look suspicious
- B. Are nerdy
- C. Ask too many questions
- D. Can't sleep

Answer: C. This one comes from the 1950s. Someone might use this if they are being asked a lot of questions that they don't want to answer. It's meant to be a defensive answer.

2. Your "Sheba" is your:

- A. Girlfriend
- B. Cigarette
- C. Affair
- D. Stuff

Answer: A. While popularly used in the 1920s, this one has biblical roots. It goes back to the Queen of Sheba, who some people think may have had some sort of relationship with King Solomon

3. What is a "hawkshaw?"

- A. Inspector
- B. Idiot
- C. Detective
- D. Husband

Answer: C. Hawkshaw was a word used in the early twentieth century. It's slang for detective. It actually came from the name of a character in an 1863 play called, "The Ticket of Leave Man."

4. If a man is "dizzy with a dame," how does he feel about her?

- A. Tired of her
- B. In love
- C. Attracted to her
- D. Angry

Answer: B. This expression comes from the 1930s. It was used to apply to men who were so in love with women that they didn't use sense, and therefore found themselves in bad situations.

5. Is "mutton shunter" an insult?

- A. Yes
- B. No

Answer: A. The Victorians loved their insults. "Mutton shunter" was a derogatory Victorian name for cops. "Mutton" was sometimes slang for prostitute, and policeman would shunt (shove) them out of an area

6. If someone is a "dead hooper," what are they bad at?

- A. Small talk
- B. Driving
- C. Cooking
- D. Dancing

Answer: D. This slang comes from the 1940s. It was used to refer to people who couldn't dance. A "hooper" was a dancer, so it's clear why a "dead hooper" would call to mind a really terrible dancer!

7. If you've got the "morbs," how do you feel?

- A. Sad
- B. In love
- C. Hungry
- D. Beautiful

Answer: A. The phrase dates back to 1880. It indicates a state of melancholy. Morbid means, essentially, an obsession with dark and sad things.

8. If everything is "Jake," then everything is _____.

- A. Ruined
- B. Wet
- C. Confusing
- D. Fine

Answer: D. This expression dates back to at least 1914 in the U.S.A., but it was also used in Australia. It meant "excellent," but the precise origin is unknown.

The UK's unseasonal weather, dubbed 'glorious' by a complacent press, feels like a sign that something is horribly wrong

They were everywhere in London on the weekend. The people in short sleeves or sandals. The ones with sunglasses ostentatiously hanging from the front of their shirts or balanced on top of their heads. The beer gardens and riverside pubs of the capital were heaving; corner shops ran out of ice-cream. Outside it was 17C (62F).

Monday was another warm day, without a cloud in the sky, and in the late afternoon the light took on a magical, honey-coloured hue. It brought to mind one of those summer evenings you remember from childhood, when you'd be in the park all day and your parents let you stay out until bedtime, and you felt like you were doing something deliciously naughty just by being there.

Except it isn't early summer: it's February. And the entire developed world has not so much been doing something slightly naughty as systematically attacking the global ecosystem over a period of decades, and that's how we go into this mess. Something has gone wrong.

The 20 hottest years on record have all happened within the past 22 years; the five hottest were the last five. Yet the beaches and the beer gardens fill up, while the papers describe the weather as glorious and expend more words on the latest Westminster soap opera than on the looming climate crisis. The thing about an environmental apocalypse is that it doesn't have a face.

Dementia patients to be tracked by smart meters so that doctors can monitor any sudden changes that indicate illness, falls or mental decline

Devices will track patients' daily routines such as when they boil the kettle. Meters then send alerts to family members or carers who can check on patients. Critics warn about a huge range of privacy concerns over data sharing. The NHS is to use energy smart meters to monitor dementia patients in their homes.

The devices will track patients' daily routines, such as when they boil the kettle, cook dinner or turn the washing machine on.

They will flag up any sudden change in behaviour which could indicate an illness, a fall or a decline in their mental state. The meters will be able to send alerts to family members or carers, who can pop round to check if the patient is all right.



Experts say the devices will enable patients to live independently for longer without going into care, and prevent avoidable admissions to A&E.

Smart meters monitor households' energy use in real time and send the readings directly to suppliers, putting an end to estimated bills.

Ministers have promised to install the devices in every home by 2020 to reduce energy consumption, but the rollout is massively over budget and behind schedule.

Privacy campaigners warn that the meters will hand suppliers a 'honeypot' of data which could be sold on to marketing firms or fall into the hands of hackers.

Researchers at Liverpool John Moores University and the Mersey Care NHS Trust plan to carry out the initial dementia trial on 50 patients, beginning in October.

This will test the ability of the meters to monitor patients' health and the general progression of their disease. If successful, the trial will be extended to involve 1,000 patients across four NHS trusts.

The smart meters involved in the dementia study can monitor patients' energy use every ten seconds. They will be connected to a central computer system which will

learn patients' daily routines, such as when they normally use certain electrical appliances.

Any sudden changes – such as not boiling the kettle at the same time each morning or turning lights on in the middle of the night – will trigger an alert.

Dr Carl Chalmers, of Liverpool John Moores University, who is leading the trial, said the devices had 'huge potential' to improve dementia patients' lives.

About 850,000 people in the UK have dementia and this number is expected to double over the next 30 years as the population ages.

Up to 70 per cent of care home residents have the condition and an estimated 50,000 dementia patients are admitted to A&E each year as a result of preventable illnesses.

Dr Chalmers said: 'This is probably the most convincing piece of technology I have seen. This is massive, the potential of this is huge. It's not just for dementia but anybody with long-term medical conditions such as depression or schizophrenia.'

Dr Sudip Sikdar, a consultant psychiatrist at Mersey Care NHS Trust, added: 'With dementia patients, one of their biggest problems is a failure to carry out daily activities.'

'Nearly a third of dementia patients live on their own and they may have carers or they may have family members who visit a couple of times a week and monitor them.'

We often find it takes a week or two before someone notices if they deteriorate. If you can intervene early, put in the care package, then the patient would not need to go into a care home.

'It's preventing both hospital admissions and placements in care homes, both of which are extremely expensive.'

The trial will initially involve dementia patients who live on their own in the Merseyside region.

Researchers have applied for funding from the Department of Health and will learn in April if they have been successful. They plan to launch the trial either way as they have interest from private companies willing to pay the costs.

Sally Copley, of the Alzheimer's Society, said: 'Pioneering ideas like smart meters are to be welcomed.'

'However, while technology can be invaluable it must complement rather than replace the human touch to enhance quality of life of people with dementia.'

Martyn James, a consumer rights expert, said: 'Finding new and creative ways to support vulnerable people in their own homes is a good thing, but this proposal opens the door to a huge range of privacy concerns.'

'We should be extremely wary when it comes to allowing businesses and organisations access to this level of data – and the fact that it can be taken in this level of detail raises the question: what else is technology revealing about our private lives and what if it falls in to the wrong hands?'

Recipe

...BANANA BREAD

No need for a mixer for this recipe!

Clean-up is easy too, if you want, you can mix everything in one mixing bowl. The best bananas to use for banana bread are those that are over-ripe. The yellow peels should be at least half browned, and the bananas inside squishy and browning.

Ingredients

- 2 to 3 very ripe bananas, peeled (about 1 ¼ to 1 ½ cups mashed)
- 1/3 cup melted butter
- 1 teaspoon baking soda
- Pinch of salt
- ¾ cup sugar (½ cup if you would like it less sweet, 1 cup if more sweet)
- 1 large egg, beaten
- 1 teaspoon vanilla extract
- 1 ½ cups of all-purpose flour

Method

1. Preheat the oven to 350°F (175°C), and butter a 4x8-inch loaf pan.
2. In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas.

3. Mix in the baking soda and salt. Stir in the sugar, beaten egg, and vanilla extract. Mix in the flour.



4. Pour the batter into your prepared loaf pan. Bake for 50 minutes to 1 hour at 350°F (175°C), or until a tester inserted into the centre comes out clean.

5. Remove from oven and let cool in the pan for a few minutes. Then remove the banana bread from the pan and let cool completely before serving. Slice and serve.

(A bread knife helps to make slices that aren't crumbly.)

Happy Birthday



Nikki Davidson

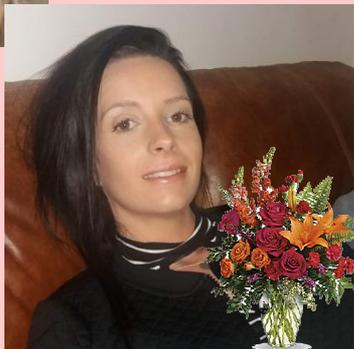


Ellie Edwards

All the Best

Lovely Ladies

Jennifer Anderson



Carer OF THE MONTH CONGRATULATIONS !!



Carer of the Month for February was awarded to SALLY MILLS !!

This is one way we recognise the hard work and commitment of our wonderful team who dedicate themselves to providing remarkable levels of care.

Your Amazon Gift Vouchers are on the way...

If you have any comments, anything you would like to share, some interesting information or some positive words of inspiration... please call or email me – sharan@constantiacare.co.uk