

# CONSTANTIA CARE

## Newsletter

Issue 40  
January 2019

## SNOW AND ICE WARNING ACROSS THE UK

The UK experienced the coldest night since 2012 last night with temperatures falling to as low as minus 15.4C and more snow forecast.

A severe cold snap is gripping Britain with snow and ice covering vast expanses of the nation.

Weather forecasters have warned commuters to take care on roads and warn of nationwide travel disruption. Saturday is set to be the coldest night so far.



PRIMROSE HILL, LONDON

Heavy snow is sweeping eastwards across the UK, disrupting travel and leaving around 100 drivers stuck on a major trunk road in Cornwall.

The South West is worst affected - with teenage students at one college in Bodmin having to stay there overnight.

The freezing weather is moving across southern England and Wales, affecting Wiltshire, Hampshire, Sussex and Kent.

There are warnings of rail delays and flight cancellations.

The Met Office has warned of "treacherous driving conditions" in some southern areas.

There are two yellow warnings in place for snow and ice for large parts of the UK.

Snow depths of 12cm (5in) have been recorded in Bodmin, Cornwall, the Met Office said. Parts of Cumbria have seen 8cm of snow, while there was 7cm recorded in Inverness-shire and 5cm in Powys.

If you have to travel with your client for any reason during this icy weather, please make sure you take the following items with you, in addition to being appropriately dressed.

Client's and your personal medication; Blankets or sleeping bags; Gloves; Bottled Water; Biscuits, cereal bars or other snacks; Torch and batteries; Cell phone and charger; Shovel; Ice-scraper or de-icer and a First Aid Kit.

These are all essential things to keep in your car during winter, but before you even hit the road, always keep a half-full tank of fuel in your car during winter months and check that your wiper blades are in working order.

*As an antidote to the complaints of flight delays and train disruptions - dogs have been making the most of the snowy conditions across Britain this week as they go exploring in the wintry weather. Pet chickens and rabbits are have been experiencing a white winter for the first time. Even cats have been getting outdoors to explore the white stuff.*



# “POLAR VORTEX” DEATH TOLL RISES IN THE US

At least 21 people have died in one of the worst cold snaps to hit the US Midwest in decades. Ninety million people - a third of the US - have seen temperatures of -17C (0F) or below. Some 250 million Americans overall have experienced the "polar vortex" conditions. Hospitals have been treating patients reporting frostbite as parts of the country ground to a halt.

Homeless people have been particularly at risk, with warming shelters set up across cities. But some still braved the freezing conditions and one woman, aged 60, was found dead in an abandoned house in Lorain, Ohio. Some people were found dead a short walk away from their homes. Officials said a Michigan man who froze to death in his neighbourhood was "inadequately dressed for the weather".

In a wind chill of -46C (-51F) an 18-year-old student was found unresponsive a short walk from his dorm on Wednesday and later died in hospital. On Tuesday, a man froze to death in a garage in Milwaukee, Wisconsin, having "apparently collapsed after shovelling snow", according to a medical examiner.

Dangerous roads have also been a factor in the deaths. A man was fatally struck by a snow plough near Chicago on Monday and in northern Indiana a young couple died after a collision on icy roads.

More than 30 record lows were broken across the Midwest. Cotton, Minnesota, was the coldest place in the US on Thursday with a low of -48C (-56F) based on preliminary data.

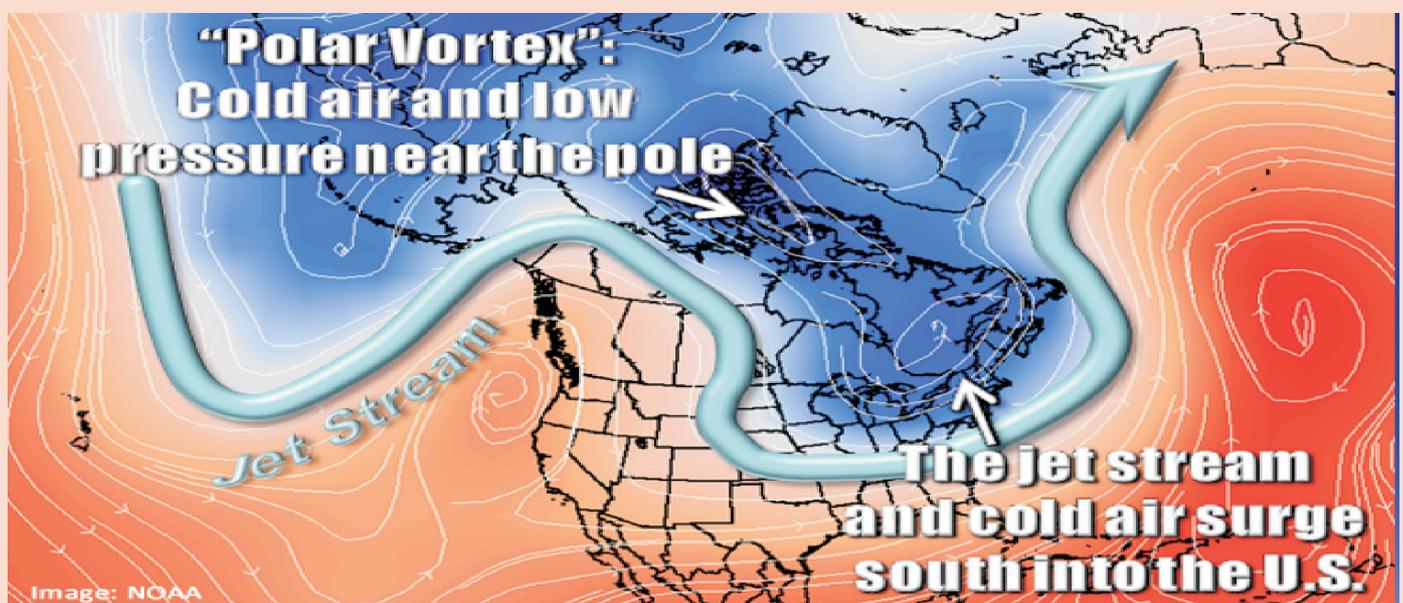
More than 2,300 flights have been cancelled and another 3,500 delayed due to the polar vortex.



## WHAT IS THE POLAR VORTEX?

*The polar vortex is a large area of low pressure and cold air surrounding both of the Earth's poles. It ALWAYS exists near the poles, but weakens in summer and strengthens in winter. The term "vortex" refers to the counter-clockwise flow of air that helps keep the colder air near the Poles. Many times during winter in the northern hemisphere, the polar vortex will expand, sending cold air southward with the jet stream (see graphic above). This occurs fairly regularly during wintertime and is often associated with large outbreaks of Arctic air in the United States. The one that occurred January 2014 is similar to many other cold outbreaks that have occurred in the past, including several notable colder outbreaks in 1977, 1982, 1985 and 1989.*

*There are several things the polar vortex is NOT. Polar vortices are not something new. The term "polar vortex" has only recently been popularized, bringing attention to a weather feature that has always been present. It is also not a feature that exists at the Earth's surface. Weather forecasters examine the polar vortex by looking at conditions tens of thousands of feet up in the atmosphere; however, when we feel extremely cold air from the Arctic regions at Earth's surface, it is sometimes associated with the polar vortex. This is not confined to the United States. Portions of Europe and Asia also experience cold surges connected to the polar vortex. By itself, the only danger to humans is the magnitude of how cold temperatures will get when the polar vortex expands, sending Arctic air southward into areas that are not typically that cold.*



# Sit, Stay, Bring Me My Medicine

## How Service Dogs Can Benefit People with Disabilities

Service dogs and their caregivers share an indescribable bond. These relationships extend far beyond that of a pet and owner, relating more to that of a close friend or family member. For people with disabilities, a furry companion can mean added layers of autonomy in the many benefits and support these pups have to offer.

A specially trained dog can assist someone with a disability in tasks they may not be able to complete or have trouble doing without assistance. Service dogs for people with physical disabilities are able to retrieve dropped items, push/pull wheelchairs and bring you your medicine or other medical equipment such as your mobility equipment. Even more exceptionally, these four-legged assistants can help you transfer from your wheelchair to your bed, roll your chair back towards you if it slips away and even place your foot or arm back on the appropriate spot on your wheelchair if it falls out of place.

Aside from their physical benefits, service dogs offer emotional and psychological support to caregivers with disabilities. The company of these pups can be therapeutic, their calm, affectionate nature providing a comfortable environment.

Further, assistance dogs relieve people with disabilities of needing help with many daily tasks,



## ***SOMEONE'S GOT A DATE !!***



Too many elderly people are struggling with loneliness. Research released by Age UK suggests that 1.9 million elderly people feel ignored and invisible, with many going days without seeing or speaking to anyone. It's a huge issue that we're struggling to tackle as a society. But one solution that's working for many is a new initiative called Dog Dates, launched last month in Melton Mowbray. Run by Mars Petcare, the initiative will now launch nationwide to match up elderly people with local dogs to tackle loneliness.

It's a simple concept. Dogs in the community who need social time and walks will be matched up with nearby older people who need a social connection. The pairs can spend as much time as they need with each other, getting outside and exploring nature, playing, or just relaxing with someone by their side.

One senior who took part in the trial of Dog Dates last month, Doreen Barratt, was matched with a one-year-old golden Cockapoo. 'I live in a flat,' says Doreen, 'which is extremely lonely and in the 12 years I've lived there it's become more and more lonely, as previous residents who were my age have moved out of the area and younger people have moved in. 'Everybody is very nice, but I just don't have much in common with them and they work during the day so no one is around. 'I wake up in the morning and I think: Oh no, another day. I truly do, it's horrible.' Getting paired with a dog has brightened Doreen's daily life, giving her something to look forward to each morning.

'It means everything,' says Doreen. 'It's different. It's living.' Another person benefiting from the scheme is Jenny, who's experienced loneliness having separated from her abusive husband, which made her lose trust in people. She was matched with a local family who own a dog, which meant she was able to socialise with not only a friendly dog, but also the family, other dog walkers, and members of her community.

# Coming up...

# ...during the month of February 2019

## THE CRUK LONDON WINTER RUN

The Cancer Research UK London Winter Run returns to the capital's streets to raise money for the charity. This immensely popular event sees thousands of runners negotiate a route past top sights such as Nelson's Column, St Paul's Cathedral, the Bank of England and many more – there's also an event village based in Trafalgar Square. In 2018, the Cancer Research UK London Winter Run saw more than 20,000 people take on the 10km challenge through the closed roads of central London. If you are able, beat the winter blues and join the largest 10km run in London. The 2019 event is now fully subscribed; however, there are plenty of spots lining the route, from which you can support the runners.



## CHINESE YEAR OF THE PIG



Celebrate the Year of the Pig in London, with the biggest Chinese New Year celebrations outside Asia. Every year, hundreds of thousands of people descend on the West End to enjoy a colourful parade, free stage performances and traditional Chinese food, and to wish each other "Xin Nian Kuai Le" (Happy New Year in Mandarin) or "San Nin Faai Lok" (in Cantonese).

For the latest updates on the day of the Chinese New Year London celebrations, follow the official #CNYLondon hashtag on social media.

**When is Chinese New Year celebrated in London?**

Chinese New Year always falls between late

January and mid-February, and the Chinese New Year festival in central London, which is organised by the London Chinatown Chinese Association (LCCA), usually takes place close to the actual date of the new year.

In 2019, the London celebrations are taking place on 10 February, which is the Sunday following the date of the Chinese New Year (5 February). There are lively activities and foodie treats in Chinatown; Leicester Square offers family-friendly entertainment; and while Trafalgar Square hosts the main stage performances, more stages can be found on Shaftesbury Avenue and Charing Cross Road.

## Drawings by Renaissance artist Leonardo da Vinci have gone on display in Birmingham.

The exhibition includes "A sheet of miscellaneous studies" which includes details invisible to the naked eye. As the works are so delicate, they are unlikely to be shown in Birmingham again. The city's museum and art gallery is one of 12 sites to be hosting Leonardo da Vinci: A Life in Drawing, to mark the 500th anniversary of his death. "A sheet of miscellaneous studies" was sketched in 1490 and features drawings including geometrical diagrams, a sketch of water falling into a pool and clouds.



Works from across da Vinci's life will be on display at the Birmingham Museum and Art Gallery (BMAG), including scientific studies, a study for St James in the Last Supper, a study of trees and the light falling on leaves, the head of an old bearded man and a storm overwhelming a landscape.

Exhibitions curator Katie Morton said the artist's "genius is truly visible through these drawings".

Vanessa Remington, senior curator of paintings for the Royal Collection Trust, said it hopes to "bring the genius of Leonardo to as wide an audience as possible in the UK" by having exhibitions in 12 different cities.

# VALENTINE'S DAY - 14th FEBRUARY

Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on February 14. Originating as a Western Christian feast day honouring one or two early saints named Valentinus, Valentine's Day is recognized as a significant cultural, religious, and commercial celebration of romance and romantic love in many regions around the world, although it is not a public holiday in any country.

Martyrdom stories associated with various Valentines connected to February 14 are presented in martyrologies, including a written account of Saint Valentine of Rome imprisonment for performing weddings for soldiers, who were forbidden to marry and for ministering to Christians persecuted under the Roman Empire. According to legend, during his imprisonment Saint Valentine restored sight to the blind daughter of his judge, and before his execution he wrote her a letter signed "Your Valentine" as a farewell.

The day first became associated with romantic love within the circle of Geoffrey Chaucer in the 14th century, when the tradition of courtly love flourished. In 18th-century England, it evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "valentines").

Valentine's Day symbols that are used today include the heart-shaped outline, doves, and the figure of the winged Cupid. Since the 19th century, handwritten valentines have given way to mass-produced greeting cards. In Europe, Saint Valentine's Keys are given to lovers "as a romantic symbol and an invitation to unlock the giver's heart", as well as to children, in order to ward off epilepsy (called Saint Valentine's Malady).

Saint Valentine's Day is an official feast day in the Anglican Communion and the Lutheran Church. Many parts of the Eastern Orthodox Church also celebrate Saint Valentine's Day, albeit on July 6 and July 30, the former date in honor of the Roman presbyter Saint Valentine, and the latter date in honor of Hieromartyr Valentine, the Bishop of Interamna (modern Terni).

**HAPPY VALENTINE'S DAY !! 😊**



## The St. Valentine's Day Massacre - 14th February 1929

Four men dressed as police officers enter gangster Bugs Moran's headquarters on North Clark Street in Chicago, line seven of Moran's henchmen against a wall, and shoot them to death. The St. Valentine's Day Massacre, as it is now called, was the culmination of a gang war between arch rivals Al Capone and Bugs Moran.

George "Bugs" Moran was a career criminal who ran the North Side gang in Chicago during the bootlegging era of the 1920s. He fought bitterly with "Scarface" Al Capone for control of smuggling and trafficking operations in the Windy City. Throughout the 1920s, both survived several attempted murders. On one notorious occasion, Moran and his associates drove six cars past a hotel in Cicero, Illinois, where Capone and his associates were having lunch and showered the building with more than 1,000 bullets.

A \$50,000 bounty on Capone's head was the final straw for the gangster. He ordered that Moran's gang be destroyed. On February 14, a delivery of bootleg whiskey was expected at Moran's headquarters. But Moran was late and happened to see police officers entering his establishment. Moran waited outside, thinking that his gunmen inside were being arrested in a raid. However, the disguised assassins were actually killing the seven men inside.

The murdered men included Moran's best killers, Frank and Pete Gusenberg. Reportedly Frank was still alive when real officers appeared on the scene. When asked who had shot him, the mortally wounded Gusenberg kept his code of silence, responding, "No one, nobody shot me."



The St. Valentine's Day Massacre actually proved to be the last confrontation for both Capone and Moran.

Capone was jailed in 1931 and Moran lost so many important men that he could no longer control his territory.

On the seventh anniversary of the massacre, Jack McGurn, one of the Valentine's Day hit men, was killed him in a crowded bowling alley with a burst of machine-gun fire.

McGurn's killer remains unidentified, but was likely Moran, though he was never charged with the murder.

Moran was relegated to small-time robberies until he was sent to jail in 1946. He died in Leavenworth Federal Prison in 1957 of lung cancer.

There are lots of stereotypes about the elderly and tech or the world wide web. Many portray the over-sixty crowd as being unable to cope with modern tech. Not so... seniors are a lot more active online than you may have suspected.



#### Why do they use it?

- 78% of seniors say that they like going online because it enables them to find the information that they need easily.
- 60% of them believe that you can stay up to date when it comes to policy and political issues by surfing the web.
- For around about a third of seniors, the internet is considered a trustworthy source of information and news.

#### What is the internet be used for?

- 20% of seniors communicate with their friends via email.
- 75% of the elderly go online to communicate with their family and friends.
- More than half of those who are classified as seniors follow an organization on social media.
- 40% of seniors who watch videos online do so in order to keep up to date with breaking news.
- 53% of the elderly research medical or healthcare issues online.
- 54% of seniors watch videos online for purely entertainment purposes.
- Half of the seniors say that it's very important to play games in order to remain sharp. A further 26% state that playing games is extremely important for this reason.

#### Social media usage

A lot has been said online about Facebook being more popular among older users. As one commentator put it, "Facebook is for the parents, Instagram is for the kids." The stats seem to bear this out here as well.

- 61% of those aged 50–59, prefer Facebook. For the over-sixty category, Facebook still comes out on top with 36% of users using it.
- Compared to Facebook, the other main social media

sites don't fair very well with seniors.

- Of the group aged 60 or over, 5% use Instagram, 6% use Twitter, and only 1% use Snapchat.

#### Some general statistics

- For the age group 65 and over, 66% of seniors in the United States go online, and only 10% have smartphones. That's compared to 87% for those in the 50–64 age group, where around 16% of people have a smartphone.
- The results also highlighted an interesting phenomenon – both seniors with and without disabilities used the internet. You would expect the seniors with disabilities to use it more. You'd be wrong.
- Seniors in the age bracket of 80 years old or more tend to use the internet and smart-tech the least.
- The activity that comes out on top on a daily basis for 91% of seniors is to send or read email. 70% of seniors will also run searches at least once a day online.
- Across all of the older age groups, cell phones are put to good use. Even in the over eighty category, around about 58% of seniors have cell phones. Smartphone adoption, however, decreases with age.
- In terms of smartphone usage across various categories, seniors do account for the smallest numbers, which indicates that they are not as comfortable with smartphones as they are with regular mobile phones.
- If you're aiming to sell to this target group, the conversion rate is highest on the desktop platform at 72%. In this area, seniors come out trumps. Tablets and phones don't, however, fair nearly as well in terms of conversion rates.
- Watching TV online is popular with the 50–59 age group. Furthermore, around about 63% in this age group access streaming services online.
- 22% of disabled adults in the UK have never used the internet.

#### Who doesn't use the internet?

That's not to say that all seniors do use the internet. 34% of those who are over 65 don't go online at all. This is a massive difference when you consider that that figure drops to just 3% for those aged 30–39.

#### Why don't some seniors use the internet?

One of the challenges is poor health or a physical condition that doesn't allow them to easily access the internet. This affects about two out of five seniors. Almost a quarter of the older generation does not believe in looking online for news, etc. They don't feel as though they are missing out at all. But, the most prevalent reason by far, in fact in 77% of cases, is simply the lack of knowledge. They need someone to show them exactly what to do and help them until they get the hang of it. In another quarter of cases, online harassment is cited as the reason to stay offline. About 22% of those in the US who are fifty or older have been harassed online before.

# Recipe ...healthy winter soup

## Chinese 9-Vegetable Hot & Sour Soup

For a soup that will warm you up and keep you full for hours, this nine-vegetable hot and sour soup just can't be beat!

### Ingredients

- 3 tbsp olive oil
- 1 onion, thinly sliced
- 1 tbsp grated ginger
- 1 jalapeno, minced
- 1 large sweet potato, peeled and diced
- 1 cup diced carrots
- ½ savoy cabbage, coarsely chopped
- 2½ quarts water or vegetable broth
- ½ cup soy sauce
- ⅓ cup rice vinegar
- 2 tsp salt
- 2 tsp ground black pepper
- ½ cup cold water
- ¼ cup cornstarch
- 1 zucchini, diced
- 1 red bell pepper, diced
- 8 oz extra firm tofu cut into ½-inch cubes

- 4 baby bok choy, thinly sliced
- 14 oz canned diced tomatoes
- 2 tsp sesame oil

### Instructions

Heat oil in a large pot over medium heat. Add in the onions, ginger, and chiles and cook for a few minutes, stirring. Add in the sweet potato, carrots, and cabbage. Cover and cook for about 3 minutes, or until cabbage starts to wilt. Add in the broth and bring to a boil. Reduce the heat to a simmer and cook for 5 minutes.

In the meantime, whisk together the soy sauce, rice vinegar, salt, pepper, cold water, and cornstarch in a separate bowl. Set aside. Add the zucchini, bell peppers, and tofu to the pot. Simmer until the veggies are tender, about 8 minutes. Add in the soy sauce mixture and stir until the soup thickens, about 8 minutes. Add in the bok choy and tomatoes and bring the soup back to a simmer. Stir in the sesame oil.



## HOW TO DRIVE IN ICY CONDITIONS WITHOUT SKIDDING

While we're all taught what to do if we skid in our driving lessons, it's easy to panic and forget the essentials. Luckily, there are only three main things to remember.

- Firstly, take your foot off the accelerator as soon as soon as you feel your car start to slide.
- The second thing is not to hit the brakes. You don't want to get the car locked up and put it into a bigger slide
- Thirdly, work the steering - Follow the car. If the car wants to go left, turn the wheel to the left. Pause, and the turn it back. If it doesn't work the first time, do it again.

As soon as the car's going back in the direction, you want, that's your cue - you can get back on the accelerator gently.

### Stopping distances in snow and ice

30 mph ■ Thinking distance ■ Braking distance

Normal  6m + 6m = 12m

Snow and ice  6m + 60m = 66m

50 mph Metres 0 50 100 150 200 250 300 350 400

Normal  15m + 38m = 53m

Snow and ice  15m + 380m = 395m

Source: Gov UK, AA



## Carer OF THE MONTH CONGRATULATIONS !!



*Carer of the Month for January was awarded to **JOAN HOLLAND !!***

*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](mailto:sharan@constantiacare.co.uk)