

CONSTANTIA CARE

Newsletter

Issue 39
December 2018

Merry Christmas Everyone!!

To you all;

Constantia Care has had an excellent year; our clients have been extremely happy with the support they have received from the office and the care you have provided; showing warmth and companionship along with professional excellence – we could not ask for more.

At Constantia Care we see ourselves as a team, from the office staff to the carers in the field we are constantly striving to give the very best care to some of the most vulnerable in our society.

We are very grateful to have the opportunity of working with like-minded people who have the best interest of our clients at heart.



I would like to wish you all a Merry Christmas and a happy blessed New Year.

Morag Collier

A CHRISTMAS STORY

It's just a small, white envelope stuck among the branches of our Christmas tree. No name, no identification, no inscription. It has peeked through the branches of our tree for the past 10 years or so.

It all began because my husband Mike hated Christmas---oh, not the true meaning of Christmas, but the commercial aspects of it---overspending...the frantic running around at the last minute to get a tie for Uncle Harry and the dusting powder for Grandma---the gifts given in desperation because you couldn't think of anything else.

Knowing he felt this way, I decided one year to bypass the usual shirts, sweaters, ties and so forth. I reached for something special just for Mike. The inspiration came in an unusual way.

Our son Kevin, who was 12 that year, was wrestling at the junior level at the school he attended; and shortly before Christmas, there was a non-league match against a team sponsored by an inner-city church, mostly black.

These youngsters, dressed in sneakers so ragged that shoestrings seemed to be the only thing holding them together, presented a sharp contrast to our boys in their spiffy blue and gold uniforms and sparkling new wrestling shoes.

As the match began, I was alarmed to see that the other team was wrestling without headgear, a kind of light helmet designed to protect a wrestler's ears.

It was a luxury the ragtag team obviously could not afford. Well, we ended up walloping them. We took every weight class. And as each of their boys got up from the mat, he swaggered around in his tatters with false bravado, a kind of street pride that couldn't acknowledge defeat.

Mike, seated beside me, shook his head sadly, "I wish just one of them could have won," he said. "They have a lot of potential, but losing like this could take the heart right out of them."

Mike loved kids---all kids---and he knew them, having coached little league football, baseball and lacrosse. That's when the idea for his present came.

That afternoon, I went to a local sporting goods store and bought an assortment of wrestling headgear and shoes and sent them anonymously to the inner-city church.

On Christmas Eve, I placed the envelope on the tree, the note inside telling Mike what I had done and that this was his gift from me.

His smile was the brightest thing about Christmas that year and in succeeding years.

For each Christmas, I followed the tradition---one year sending a group of mentally handicapped youngsters to a hockey game, another year a check to a pair of elderly brothers whose home had burned to the ground the week before Christmas, and on and on.

The envelope became the highlight of our Christmas. It was always the last thing opened on Christmas morning and our children, ignoring their new toys, would stand with wide-eyed anticipation as their dad lifted the envelope from the tree to reveal its contents.

As the children grew, the toys gave way to more practical presents, but the envelope never lost its allure. The story doesn't end there.

You see, we lost Mike last year due to dreaded cancer. When Christmas rolled around, I was still so wrapped in grief that I barely got the tree up. But Christmas Eve found me placing an envelope on the tree, and in the morning, it was joined by three more. Each of our children, unbeknownst to the others, had placed an envelope on the tree for their dad.

The tradition has grown and someday will expand even further with our grandchildren standing around the tree with wide-eyed anticipation watching as their fathers take down the envelope. Mike's spirit, like the Christmas spirit, will always be with us.

May we all remember the Real reason for the season.



DECEMBER MONTH IN HISTORY

December 1

December 1, 1925 - The Locarno Treaties were signed by France, Belgium and Germany, as a preventative measure to avoid another war, in the aftermath of World War I. Terms of the Locarno Pact were guaranteed by Britain and Italy.

December 1, 1990 - England was connected to mainland Europe for the first time since the Ice Age as engineers digging a railway tunnel under the English Channel broke through the last rock layer.

December 1, 1994 - The head of the U.N. Commission on Rwanda estimated 500,000 deaths had resulted from genocide.

December 2

December 2, 1804 - Napoleon Bonaparte was crowned Emperor of France by Pope Pius VII in Paris.

December 2, 1805 - Napoleon defeated Russia and Austria in the Battle of Austerlitz.

December 2, 1852 - The Second Empire was proclaimed in France with Napoleon III as emperor.

December 2, 1942 - Physicists led by Enrico Fermi carried out the world's first successful nuclear chain reaction at the University of Chicago.

December 2, 1971 - The United Arab Emirates was formed, consisting of seven Arab kingdoms on the eastern coast of the Arabian Peninsula including the former Trucial states Abu Dhabi, Dubai, Sharjah, Ajman, Umm al Qaiwain and Fujairah. Ras al-Khaimah became a member in 1972. The area has some of the world's largest reserves of petroleum and natural gas.

December 2, 1982 - The first permanent artificial heart was implanted in 61-year-old Barney C. Clark by Dr. William De Vries at the University of Utah Medical Center in Salt Lake City. Clark, who was near death at the time of the operation, survived 112 days after the implantation.

Birthday - French painter Georges Seurat (1859-1891) was born in Paris. He was a leader in the neo-impressionist movement of the late 19th Century.

December 3

December 3, 1931 - British dominions gained complete legislative independence as the Statute of Westminster gave equal status to the dominions of Canada, Australia, New Zealand, South Africa, Ireland, and Newfoundland.

December 3, 1967 - The first successful heart transplant was performed by Dr. Christiaan Barnard at Cape Town, South African, on Louis Washkansky, who lived for 18 days.

December 3, 1984 - A deadly gas leak (of methyl isocyanate) at a Union Carbide plant in Bhopal, India, killed at least 3,000 persons and injured more than 200,000.

December 3, 1993 - Britain's Princess Diana announced she was stepping out of the public spotlight, desiring more privacy amid unyielding attention from the tabloid press and 'paparazzi.'

December 4

December 4, 1791 - The Observer, now the oldest Sunday newspaper in the world, was first published in Britain.

December 4, 1829 - The British banned the practice of "suttee" in India in which Indian females traditionally burned themselves to death on their husband's funeral pyre.

Birthday - Scottish essayist and historian Thomas Carlyle (1795-1881) was born in the village of Ecclefechan, Scotland. He wrote a three volume history of the French Revolution. Other works included; Heroes and Hero-Worship, Life and Letters of Oliver Cromwell and Frederick the Great.

December 5

December 5, 1492 - Haiti was discovered by Christopher Columbus.

December 5, 1791 - Wolfgang Amadeus Mozart died a pauper at age 35 in Vienna, Austria. He had become seriously ill and rapidly declined, leading to speculation that he had been poisoned, although this was later proven false. During his brief life, he created over 600 musical compositions and is widely considered one of the finest composers who ever lived.



Birthday - Walt Disney (1901-1966) was born in Chicago, Illinois. As a little boy, he liked to draw farm animals and eventually got a job as an artist. He moved to Hollywood and in 1928 produced Steamboat Willie, starring Mickey Mouse, in the first cartoon with synchronized sound. In 1937, he released his full length animated film, Snow White and the Seven Dwarfs. He opened the Disneyland amusement park in Anaheim, California, in 1955. Five years after his death, Disney World opened in Florida. The company he founded has since grown into a global entertainment empire.

December 6

December 6, 1492 - The island of Hispaniola was discovered by Christopher Columbus. Today the island is divided between Haiti and the Dominican Republic.

December 6, 1917 - Two ships collided at Halifax, Nova Scotia, resulting in an explosion that killed more than 1,500 persons and injured 8,000. The Norwegian ship Imo collided with the French munitions ship Mont Blanc which was loaded with supplies for the war in Europe, including 5,000 tons of TNT. A tidal wave caused by the explosion destroyed much of the city.

December 7

December 7, 1941 - The U.S. Naval base at Pearl Harbor, Hawaii, was attacked by nearly 200 Japanese aircraft in a raid that lasted just over one hour and left nearly 3,000 Americans dead.

Birthday - Wax modeler Marie Tussaud (1761-1850) was born in Bern, Switzerland. She established Madame Tussaud's waxworks in London in 1802 and later added a Chamber of Horrors.



December 8

December 8, 1940 - During the Blitz, the House of Commons and Tower of London were seriously damaged amid an overnight air raid by German bombers on London.

December 8, 1941 - A day after the Japanese attack on Pearl Harbor, the United States and Britain declared war on Japan.

December 8, 1980 - Former Beatle musician John Lennon was assassinated in New York City.

December 9

December 9, 1992 - Buckingham Palace announced the separation of Prince Charles and Princess of Wales, Diana.

December 10

December 10, 1896 - Swedish chemist Alfred Nobel died at San Remo, Italy. His will stipulated that income from his \$9 million estate be used for awards recognizing persons who have made valuable contributions to humanity. Nobel recipients are chosen by a committee of the Norwegian parliament. Prizes for Peace, Physics, Chemistry, Medicine, Literature and Economics are presented annually in a ceremony in Stockholm, Sweden, on the anniversary of his death. Each prize is valued at about \$1 million.

December 10, 1941 - During World War II, British Battleships Repulse and Prince of Wales were sunk by

Japanese warplanes in the South China Sea, killing nearly 800 crewmen.

Birthday - Poet Emily Dickinson (1830-1886) was born in Amherst, Massachusetts. Her poetry became known only after her death when her sister discovered nearly 2,000 poems locked in her bureau, written on the backs of envelopes and scraps of paper. They were published gradually over the next 50 years, beginning in 1890.

December 11

December 11, 1901 - The first transatlantic radio signal was transmitted by Guglielmo Marconi from Cornwall, England, to St. John's, Newfoundland.

December 11, 1936 - King Edward VIII abdicated the throne of England to marry "the woman I love," a twice-divorced American named Wallis Warfield Simpson. They were married in France on June 3, 1937, and then lived in Paris.

December 11, 1941 - A major turning point in World War II occurred as Japan's Axis partners, Italy and Germany, both declared war on the United States. The U.S. Congress immediately declared war on them. President Roosevelt then made the defeat of Hitler the top priority, devoting nearly 90 percent of U.S. military resources to the war in Europe.

December 12

December 12, 1998 - The House Judiciary Committee approved a fourth and final article of impeachment against President Bill Clinton, charging him with making false statements in his answers to written questions from Congress.

December 13

December 13, 1577 - Francis Drake departed Plymouth, England, in the Golden Hind on his voyage around the world.

December 13, 1642 - New Zealand was discovered by Dutch navigator Abel Tasman of the Dutch East India Company.

December 14

December 14, 1861 - In Britain, Prince Albert died of typhoid at Windsor Castle. He was the consort and husband of Queen Victoria of England. Following his death, the Queen went into an extended period of mourning.



December 14, 1918 - British women voted for the first time in a general election and were allowed to run for office.

Birthdays - French physician Nostradamus (1503-1566) was born in St. Remy, Provence, France (as Michel de Notredame). He wrote astrological predictions in rhymed quatrains, believed by many to foretell the future.

December 15

December 15, 1939 - *Gone with the Wind* had its world premiere in Atlanta, introduced by producer David O. Selznick and featuring appearances by Vivien Leigh and Clark Gable.



December 15, 1943 - The Battle of San Pietro took place during World War II as a German panzer battalion devastated American forces trying to take the 700-year-old Italian village. Hollywood director John Huston, serving as an army lieutenant, filmed the battle and left behind a graphic account.

December 15, 1995 - European Union leaders announced their new currency would be known as the Euro.

Birthdays - French engineer Alexandre Eiffel (1832-1923) was born in Dijon, France. He designed the Eiffel Tower for the Paris International Exposition of 1889. He also helped design the Statue of Liberty.

December 16

December 16, 1653 - Following the defeat of King Charles I in the English Civil War, Oliver Cromwell, leader of the Parliamentary forces, was declared Lord Protector of England.

December 16, 1773 - The Boston Tea Party occurred as colonial activists disguised as Mohawk Indians boarded British ships anchored in Boston Harbor and dumped 342 containers of expensive tea into the water.

December 16, 1944 - American big-band leader Glenn Miller disappeared in a small plane over the English Channel and was presumably killed. Best remembered for *Moonlight Serenade* and *In the Mood*.

December 16, 1969 - The British House of Commons voted 343-185 to abolish the death penalty in England.

Birthdays - Ludwig van Beethoven (1770-1827) was born in Bonn, Germany. He created powerful, emotional music and is widely considered the greatest orchestral composer who ever lived. He suffered from hearing loss before he

was 30 and by the time of his last (Ninth) symphony, he was completely deaf. In 1824, he conducted the Ninth Symphony at its world premiere in Vienna although he was unable to hear either the orchestra or the applause. In all, he composed nine symphonies, 32 piano sonatas, five piano concerti, 17 string quartets, ten sonatas for violin and piano, the opera *Fidelio*, the Mass in C Major, *Missa Solemnis*, and other chamber music.

Birthdays - British novelist Jane Austen (1775-1817) was born in Hampshire, England. She wrote love stories concerning the lives of gentry in rural England. Best known for *Sense and Sensibility*, *Pride and Prejudice*, *Northanger Abbey*, and *Emma*. In recent years her works have been made into very popular TV mini-series and movies.

December 17

December 17, 1538 - Pope Paul III excommunicated King Henry VIII after he had declared himself supreme head of the Church in England.

December 18

December 18, 1916 - During World War I, the Battle of Verdun concluded after ten months of fighting in which 543,000 French and 434,000 German soldiers were killed.

December 18, 1940 - Adolf Hitler ordered the German General Staff to begin planning Operation Barbarossa, the invasion of Soviet Russia.

December 19

Birthdays - British explorer William Parry (1790-1855) was born in Bath, England. He conducted Arctic expeditions and made three attempts to find a Northwest Passage.

December 21

December 21st - Winter begins in the Northern Hemisphere. In the Southern Hemisphere today is the beginning of summer.

December 21, 1846 - Anesthesia was used for the first time in Britain during an operation at University College Hospital in London performed by Robert Liston who amputated the leg of a servant.

December 21, 1993 - The KGB (Soviet Secret Police) organization was abolished by Russian President Boris Yeltsin.

Birthdays - British statesman Benjamin Disraeli (1804-1881) was born in London. He led the Tory Party and twice held the post of prime minister. He was instrumental in the expansion of the British Empire into India and the Middle East during the reign of Queen Victoria. He also pioneered the concept of the political novel and produced such works as *Vivian Grey*, *Coningsby*, and *Lothair*.



December 23

December 23, 1888 - Dutch painter Vincent van Gogh cut off his left ear during a fit of depression.

December 24

December 24, 1914 - The first-ever German air raid against Britain took place when a German monoplane dropped a single bomb on Dover, England, during World War I.

December 24, 1943 - General Dwight D. Eisenhower was appointed Supreme Commander of the Allied Expeditionary Force preparing for D-Day.

December 24, 1990 - On Christmas Eve, the bells of St. Basil's Cathedral in Moscow rang for the first time since the death of Lenin.

Birthday - American patriot Benjamin Rush (1745-1813) was born on a plantation in Byberry, Pennsylvania. He was a signer of the Declaration of Independence, a doctor and humanitarian, whose writings on mental illness earned him the title "Father of Psychiatry." He also countered the prevailing notion that alcohol was generally good for people and was one of the first to describe alcoholism as a chronic disease.

Birthday - Howard Hughes (1905-1976) was born in Houston, Texas. He was a movie producer, aviator and industrialist whose legendary desire for privacy generated many rumors and much curiosity. Perhaps best remembered for designing an eight-engine flying boat, nicknamed the Spruce Goose, which was to carry 750 passengers, although it only made one brief test flight.

December 25

December 25th - Christmas Day, commemorating the birth of Jesus of Nazareth. Although the exact date of his birth is not known, it has been celebrated on December 25th by the Western (Roman Catholic) Church since 336 A.D.



December 25, 1066 - William the Conqueror was crowned King of England after he had invaded England from France, defeated and killed King Harold at the Battle of Hastings, then marched on London. .

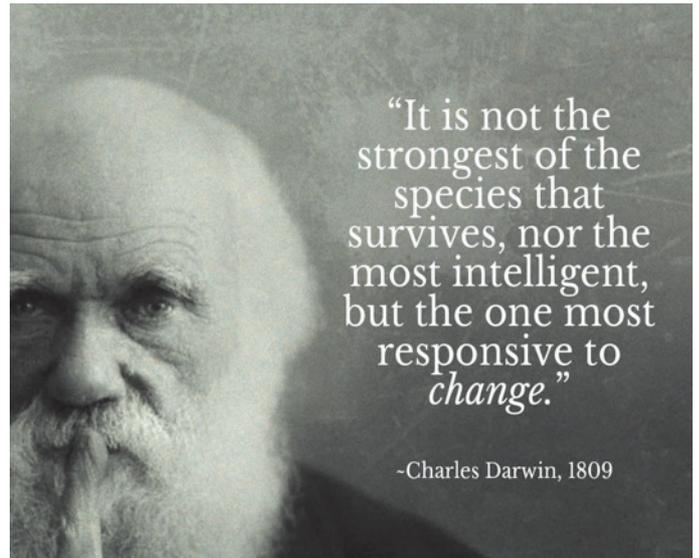
Birthday - Isaac Newton (1642-1727) was born in Woolsthorpe, Lincolnshire, England. He was a mathematician, scientist and author, best known for his work *Philosophiæ Naturalis Principia Mathematica* on the theory of gravitation. He died in London and was the first scientist to be honored with burial in Westminster Abbey.

December 26

December 26th - Boxing Day in the United Kingdom and many other countries, a day of gift giving when boxes of food, clothing and other gifts are traditionally given to employees, tradespeople and other service providers.

December 27

December 27, 1831 - Charles Darwin set out from Plymouth, England, aboard the ship HMS Beagle on his five-year global scientific expedition. Darwin collected fossils and studied plants and animals, gradually beginning to doubt that many diverse species of living things had sprung into existence at one moment (creationism). In 1859, he published *On the Origin of Species by Means of Natural Selection*.



December 29

December 29, 1170 - Thomas Becket, Archbishop of Canterbury, was murdered by four knights acting on orders from England's King Henry II.

December 29, 1940 - During the Blitz, German aircraft dropped thousands of incendiary bombs on the center of London, causing the worst fire damage since the great fire of 1666. St. Paul's Cathedral survived but eight other Wren churches along with the Guildhall and Old Bailey were badly damaged.

December 30

December 30, 1903 - In Chicago, a fire inside the Iroquois Theater killed 588 persons, eventually resulting in new fire safety codes for theaters.

December 30, 1947 - King Michael of Romania was forced to abdicate after the Communists seized power.

December 31

December 31st - New Year's Eve, the final evening of the Gregorian calendar year, traditionally a night for merry-making to welcome in the new year.

December 31, 1879 - Thomas Edison provided the first public demonstration of his electric incandescent lamp at his laboratory in Menlo Park, New Jersey.

Coming up...

...during the month of January 2019

NEW YEAR'S EVE FIREWORKS

Watch stunning fireworks snap, crackle and pop over the Thames with light each New Year's Eve is back for 2019. The impressive display will feature more than 12,000 fireworks. Big Ben's famous bongs, which are currently silenced because of vital renovation works, will sound for the special occasion. Madness will be performing on the night at Central Hall Westminster, belting out all their greatest hits to make the evening extra special. *Watch the display live on BBC One.*



NEW YEAR'S DAY PARADE

London's New Year's Day Parade celebrates its 33rd year in 2019 with more than 8,500 performers representing 20 countries taking part, including Pearly Kings and Queens, cheerleaders, marching bands, dancers and representatives from West End shows. The American-style extravaganza of musicians – a number of bands from the USA fly over to take part – dancers, acrobats, clowns and floats twirl, march and drum a 2.2-mile route beginning at the Ritz Hotel, taking in Piccadilly Circus, Lower Regent Street, Pall Mall, Trafalgar Square, Whitehall and Big Ben, with temporary grandstands erected for better viewing in some places. Arrive early to secure a good vantage point, especially if you're taking small children, or book a ticket for one of the three grandstands to guarantee a good view.



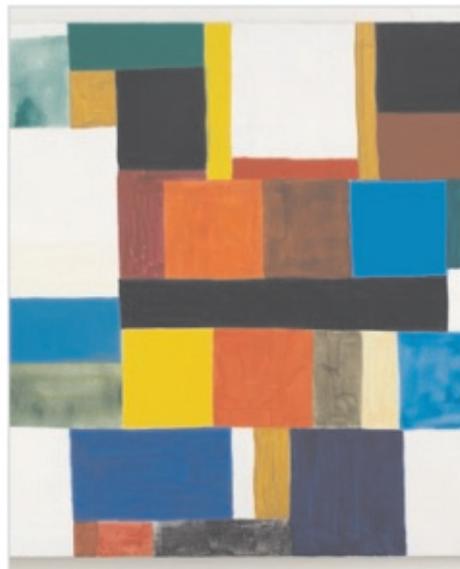
A key part of the parade is 'The Let's Help London Challenge', in which all of the 32 London boroughs compete for a share of a prize pot to distribute among their chosen charities. Boroughs enter the parade with an act, float or other form of entertainment which is judged by an international panel comprising foreign ambassadors and high commissioners.

London Art Fair 2019 at Business Design Centre

16th January to 20 January 2019 - The 31st edition of the London Art Fair in the Business Design Centre.

The annual fair brings together more than 100 galleries to showcase museum-quality contemporary artworks from the early 20th century to today's leading artists. There's also two specially curated sections beyond the main fair focusing on new works, less established galleries, and contemporary photography.

Sculptures, paintings, photographs, ceramics and more - for art lovers and collectors of all tastes and levels of experience.



A great idea to help a client with dementia is a rummage, memory or sensory box. These are containers filled with everyday objects to assist people with dementia to interact, communicate and reminisce. They can also help to be a soothing form of distraction. The containers can be filled with just about anything; fabrics, rice, buttons, marbles, seeds, bouncy balls, shells, thimbles e.c.t. You can personalise them to the client as well theming the box around something that they enjoyed previously for example a box themed around the beach or sewing.

The benefits of these boxes include; improved moods, more alertness, increased brain function and improved communication.



Active Tactile Stimulation

The list of things we can use to provide tactile stimulation for people with Alzheimer's is almost endless. Any "thing," any object in our world can be touched, within limits. On a walk in the woods, we find the bark is different on each tree. Some, like the Shag-bark Hickory is very rough; the bark of the Sycamore, on the other hand, is much smoother. All trees have a definite and noticeable texture. (They have visual texture, as well.)

Texture is not the only property that provides tactile stimulation. Temperature is also differentiated using the sense of touch. Wet or dry is a tactile dichotomy. Sticky is a tactile discrimination.

Activity Ideas for Tactile Stimulation for Alzheimer's Patients

Virtual Environments – Most of us cannot take our friend with Alzheimer's walking in the forest. Even if we can sometimes, to do it as a daily or even a weekly therapy is usually not feasible. But we can bring part of the forest to our friend. A piece of bark has the same tactile characteristics whether it's on the tree or not. A piece of moss growing in a pot cannot be walked on, but we can still appreciate its softness. In the spring and summer leaves are green and soft and supple. Later they become more brittle and will eventually crumble in our hand. Collect leaves and pine cones and twigs and acorns. Anything you find in the forest, even if the forest is really only a city park, can be used to bring the feel of nature indoors.

It is also easy to create a virtual beach or seashore. Pour an inch or two of sand in the bottom of a shallow box. On top of that put seashells and stones, dried starfish, some dried kelp or seaweed, or anything else you might find at the beach. Then allow your patient to explore with her hands. To complete the illusion, play an appropriate video or audio soundtrack in the background. So she can hear or see waves crashing, gulls being noisy...

Balls come in a great variety of textures and sizes. Many are squeezable. Others light up or make noise when bounced, stimulating other senses, as well. Beware of balls (or anything) that light or flashes too brightly or too quickly. A collection of balls can provide a stimulating exploration. Or if you are inclined, make a collection of beanbags with different fabric coverings; e.g., satin, corduroy, fake fur, denim, etc.

Start a collection of objects that can provide tactile stimulation. Objects for such a collection can be found almost anywhere, but know the person for whom you're collecting. Some people in later stages of AD put things in their mouths, as children. Watch them, or keep smaller, bite-sized objects out of your collection.



Recipe

...love 'em or
hate 'em...

SAUCY BRUSSELS SPROUTS

This recipe for Saucy Brussels Sprouts will change everything you ever thought about this misunderstood vegetable! This tasty sauce makes them one of the best veggie go-alongs ever!!

What you'll need

- 1 (16-ounce) package frozen Brussels sprouts (see Note)
- 1/4 cup (1/2 stick) butter
- 1 (7/8-ounce) package béarnaise sauce mix
- 1 cup milk
- 1 teaspoon yellow mustard

What to Do

1. Cook the Brussels sprouts according to package directions and drain.
2. Meanwhile, in a medium skillet, melt butter over medium heat.
3. Add béarnaise sauce mix and mix well.
4. Add milk and mustard, and bring to a boil.
5. Cook 1 minute, or until thickened, stirring constantly.
6. Add Brussels sprouts and stir until well coated and heated through.
7. Serve immediately.



Note

If using fresh Brussels sprouts, trim the stems and peel off the tough outer leaves, if necessary, then carefully make an "X" with a knife in the bottom of each, and cook until tender before proceeding with step 2.



Carer OF THE MONTH CONGRATULATIONS !!



Carer of the Month for December was awarded to Coral Brown !!

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