

# CONSTANTIA CARE

## Newsletter

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## \$22 Billion to Help All of Africa Stave Off Climate Change

World Bank is Giving \$22 Billion in Funding to Help All of Africa Stave Off Climate Change

Africa is set to receive a massive financial windfall courtesy of the world's largest developmental banking organization.

In addition to the \$200 billion that it has already pledged towards fighting climate change, the World Bank Group is stepping up its support for Africa by committing \$22.5 billion between 2021 to 2025.

The funding, which more than doubles their commitment to climate-related projects over the last five years, is part of the group's 2025 Targets to Step Up Climate Action which launched in December 2018.

This announcement comes in tandem to the United Nations' third One Planet Summit (OPS) earlier this month. The summit brought together international government leaders and representatives from the private sector, including entrepreneurs, donors, organizations and other global stakeholders to discuss collaboration on climate action.

In the wake of the most recent climate report from the IPCC, the World Bank, along with the rest of the international summit leaders, view 2019 as a pivotal year to plan accelerated climate action – and this year's summit narrowed its focus on ways to accelerate and step-up climate action in Africa.

The additional funding from the bank builds upon its ongoing African Climate Business Plan (ACBP), which has financed over 176 conservational projects across the continent and become a critical support mechanism for countries to institutionalize climate action that meet their contributions submitted under the historic Paris Climate Agreement.

The bank is now collaborating directly with eight countries – Rwanda, Mali, Cote d'Ivoire, Namibia, Uganda, Mozambique, Zimbabwe, and Kenya – on climate adaptation and mitigation.



California is Finally Drought-Free After 7 Years and They're Being Rewarded With a Butterfly Boom

Since the creation of the ACBP, the partnership has delivered stunning results across the continent. In 2018, for example, the World Bank Group approved an investment package of \$794.5 million for hydropower projects in Cameroon. It is estimated that once this project is completed, it will increase the nation's electricity-generating capacity by 30% and provide clean energy; economic opportunities; and agricultural stability to disadvantaged communities.

"This investment in clean energy is key to lowering the cost of electricity and ensuring that Cameroon's economy is competitive," said Elisabeth Huybens, World Bank Country Director for Cameroon. "[This project] is one of the very few public-private partnership hydropower projects in Sub-Saharan Africa that will accelerate Cameroon's realization of its development goals, including poverty reduction."

Additionally, the campaign has helped to create agricultural plans to improve food security for rural poor people; natural disaster management systems for catastrophes in Kenya; and one of the most successful electrification programs in Sub-Saharan Africa.

# Slurpee waves: Incredible photos capture nearly frozen waves off the coast of Nantucket

These photos of partially frozen waves crashing against the shore look like something out of the new Frozen 2 trailer.

These mesmerising photos of nearly frozen waves look like they've been pulled straight out of the new Frozen 2 trailer. However, they were taken by photographer Jonathan Nimerfroh in Nantucket, Massachusetts. So, unless Elsa has recently moved to New England, this sub-zero phenomenon is entirely the work of Mother Nature.

Nimerfroh first encountered the slushy waves back in February 2015, during his daily surf check.

"When I pulled up to the beach I could see the horizon just look strange," Nimerfroh said. "When I got to the top off the dunes I saw that beginning about 300 yards away from the shoreline the ocean was starting to freeze."

"The high temp that day was around 19°F (-7.2°C). The wind was howling from the southwest which would typically make rough or choppy conditions not so good for surfing, but since the surface of the sea was frozen slush the wind did not change the shape. What resulted was perfect, dreamy, slush waves."

While freshwater freezes at 32°F (0°C), seawater has a lower freezing point at about 28.4°F (-2°C), due to its salt content.

According to Carin Ashjian, a scientist at the Woods Hole Oceanographic Institution, seawater in winter is generally a degree or two above freezing. However, when the air is breathtakingly cold for a period of time, the topmost layer of water several yards thick can approach the freezing point.

When the surface skin of that layer loses heat to the sub-freezing air, there's no heat to be gained from the water below it, and the surface freezes. For a time, the wave action of the sea prevents individual chunks larger than kernels of corn from forming, although ice of that consistency is on its way to freezing solid.

Having lived in Buzzards Bay for 20 years, Ashjian says that she's seen the bay freeze over several times. The specific environmental conditions that lead to frozen waves in Nantucket are certainly not common.



"I've been asking all the fishermen and surfers I know if they have ever seen such a thing," Nimerfroh said. "They have all reported that this is a first, a result of it being the coldest winter we've had in 81 years. I guess the people I asked weren't old enough to remember a colder winter than this!"

It's even more remarkable then that, with similarly harsh winter conditions hitting the northern US in January 2018, the slushy wave phenomenon once again.



Speaking with Live Science last year, Nimerfroh said that "with a floundering temperature in the low, single digits...I knew there was a good chance the Slurpee waves would find their way back to Nantucket. Sure enough, on the morning of January 2, I pulled my car up to Nobadeer Beach and there they were."

According to Nimerfroh, the ocean was a nippy 12°F (-11°C), but this time, two of his friends braved the cold conditions and managed to surf the icy slabs.

# 'Projects For Good' – This Ingenious Website Makes it Easier to Change the World!

Unlike Kickstarter which funds creative startups, or GoFundMe which addresses personal needs, Projects for Good was designed for people who want to support the greater good, not just with money, but with their talent and energy—and don't know where to start.

Patrick Furlotti is giving them that opportunity. Growing up in Santa Monica, California, Patrick learned at an early age that society could create a better world if people just worked together.

As a teen he volunteered with Heal the Bay, which was trying to clean up water pollution in 1980s Los Angeles. He folded, sealed, and mailed thousands of letters. The group scored a huge victory when a billion-dollar sewage treatment facility was erected right next to LAX airport.

"I realized how valuable a campaign could be to the world, and that politicians weren't all bad—they just didn't know what to do. We provided momentum and direction."

Beyond studying business at college, Furlotti began captaining ships for researchers who were studying human impact on coral and water quality around the Hawaiian islands.

At age 20, he was one of the youngest ever to captain a sailboat from California to Tahiti, gaining a deep respect for the natural forces that connect us to the planet. Now 37, he enjoys big wave surfing whenever he's not launching or investing in social impact technology and environmental protection.

He also has attended many green tech conferences: "I saw all these people with great ideas—so many half-baked projects, but the world needs all these ideas."

"I had seen firsthand how hard it is to get projects started, funded, and completed, and wanted to create a whole new model to help people with their 'Projects for Good.'"

It took a year to design the web platform, and today they are adding new features all the time to make it "a complete project success ecosystem".

"Currently with Kickstarter and Gofundme, you can just give money. That's cool, but what about if you're really inspired and want to join the project? A lot of people don't have any money, but they think, 'I would really love to work for this cause.'"

"Our commitment is not to make money, but to build a community of like-minded individuals who are passionate about changing the world—not by featuring someone who is trying to build a robot that makes coffee and smoothies (not that there's anything wrong with that!), but by focusing on projects that help the greater good," Patrick told GNN.

"It's about humans working together, and educating each other on what's possible, that's why I love partnering with Good News Network."



PFG is trying to give project owners the tools they need—to make it cheaper to become a nonprofit, easier to find grants, and even make it free to crowdfund, so fees aren't diverted from the money that is being donated. Patrick also believes there should be more transparency about where the money is going on these fundraising platforms.

The Community Center is where jobs can be posted, milestones recorded, and new members welcomed. These are some early success stories on the PFG platform:

- Peter Gottesman is passionate about animal rights and has championed projects from saving cheetahs in Africa to rescuing bears in Laos through his non-profit Endangered Species Revenge. For him, Projects for Good offers exposure to caring people who want to support him. To date, he has raised over \$6500 on PFG to help fund his animal causes.
- Andrew Malais saw how badly Joshua Tree National Park needed a trash cleanup. He used PFG partially as a fundraising tool but mainly to list jobs and hire the perfect candidate or find volunteers. His project was a success, raising over 80% of its fundraising goal to purchase the supplies he needed and hire workers to cover the vast acreage.
- Peter Fiekowsky raised money on Projects for Good to help develop patented technology that will capture excess CO2 in the atmosphere—and convert it into building materials. They are literally turning 'air into concrete'. The founder of Foundation for Climate Restoration and partner in Blue Planet Ltd. praised Projects for Good for "helping the foundation raise the crucial seed funding needed to design our first Blue Planet prototype direct air capture machine."

"It's not always about money, it's about love, and about passion, and being dedicated to a cause. Maybe I can volunteer; maybe you can pay me—maybe I can message that guy saving the dolphins and go there to help him save those dolphins."

"It's like when I was working at Heal the Bay, and I was facilitating the envelopes. Those mailings made things happen. That project never would have happened without the little people, and the big people all working together."

***Whether you can help with social media, or donate time as a pro-bono attorney, or stuff envelopes, join Projects For Good, and get involved in the community to make real change in your world.***

# Coming up...

## ...during the month of APRIL 2019

### Oxford and Cambridge Boat Races - 7 April

The Boat Race is an annual rowing race between the Oxford University Boat Club and the Cambridge University Boat Club, rowed between men's and women's open-weight eights on the River Thames in London, England. It is also known as the University Boat Race. As of 2018, Cambridge has won the men's race 83 times and Oxford 80 times, with one dead heat. Cambridge has led Oxford in cumulative wins since 1930. In the women's race, Cambridge have won the race 43 times and Oxford 30 times.



### Easter - 19 to 22 April

The Easter Bunny (also called the Easter Rabbit or Easter Hare) is a folkloric figure and symbol of Easter, depicted as a rabbit bringing Easter eggs. Originating among German Lutherans, the "Easter Hare" originally played the role of a judge, evaluating whether children were good or disobedient in behavior at the start of the season of Eastertide.[1] The Easter Bunny is sometimes depicted with clothes. In legend, the creature carries colored eggs in his basket, candy, and sometimes also toys to the homes of children, and as such shows similarities to Santa Claus or the Christkind, as they both bring gifts to children on the night before their respective holidays. The custom was first[2][unreliable source?] mentioned in Georg Franck von Franckenau's *De ovis paschalibus*[3] ('About Easter Eggs') in 1682, referring to a German tradition of an Easter Hare bringing Easter eggs for the children.



### Queen's Birthday - 21 April

The Queen has two birthday celebrations each year: one on her actual birth date, and the other on her "official" birthday.

This is down to the temperamental British weather. The tradition for monarchs to have two birthdays was started by George II back in 1748. George was born in November and it was felt that it was too cold to host an annual birthday parade at that time. It was decided that his birthday festivities would be combined with a military parade known as the Trooping the Colour, which was held in spring. The tradition for two separate birthdays is still observed today.



### Feast of St George - 23 April

#### History of St George and the Dragon

St George is the patron saint of England and St George's Day falls on 23 April. His name is most commonly associated with the legend of St George and the Dragon. In the mythical tale, George obtains glory by slaying a dragon that is terrorising the countryside and is about to eat a beautiful princess. This story is loosely based on a real-life George who was born around 280AD and grew up to become a Christian soldier of the Roman Empire. The myth of St George and the Dragon in England was known prior to the Norman conquest in 1066, but the idea of George as the nation's patron saint probably caught on around William Shakespeare's time. In Shakespeare's play *Henry V*, the English troops are famously rallied with the cry "God for Harry, England and St George!".



### London Marathon - 28 April

For the second year in a row, running legends Eliud Kipchoge and Mo Farah will face each other in the London Marathon. And with impressive 2018 fall marathon wins for both, the sequel should be even better than last year's race.



# Could this be the last time the Clock go back in UK?

British Summer Time starts on Sunday as EU moves towards ending mandatory clock changes

It's that time of year again, the ritual of trying to work out which of your electronic gadgets automatically adjust for clock changes, and which don't. British Summer Time (BST) officially starts at 1am on Sunday 31 March, when the clocks go forward an hour to 2am.

With Brexit on the horizon, it remains to be seen whether changes to daylight savings time (DST) plans in continental Europe will have any effect on the British clocks in the future. This week MEPs voted to approve plans for European Union member states to abolish clock changes if they want.

DST has been mandatory in the EU since 2001, but the European commission president, Jean-Claude Juncker, has been championing the change, saying: "Clock-changing must stop. Member states should themselves decide whether their citizens live in summer or winter time."

Countries are expected to choose to either remain permanently on summer or winter time, although Portugal and Greece are among those which have previously indicated they would rather retain the present system.

Post-Brexit this could become a thorny issue on the island of Ireland, with Dublin and Belfast going an hour out of synch with each other if the UK does not also abandon the concept of DST. The argument over a hard border on the island could make way for one about a time-zone border.

Spain is grappling with an even bigger time conundrum. In the 1940s, Gen Francisco Franco moved the whole country permanently an hour forward to Central European Time, keeping it in synch with Hitler's Germany, rather than with neighbouring Portugal and the countries with which it shares longitude. It means that in the westernmost parts of Spain, sunrise can sometimes be as late as 8:56am. In 2016, the Spanish government began to look into solving the problem by permanently shifting the country back to Greenwich Mean Time.

It is more than a 100 years since the changing the clocks was first established in the UK under the Summer Time Act 1916. Despite the results of the EU survey suggesting that 82% of British respondents wanted to abolish DST, there does not seem to be any great political will to do so. Which means we can still all look forward to gaining an hour's sleep when the clocks go back again on Sunday 27 October.



## Swiss Businessman is Contributing \$1 Billion Towards Protecting 30% of the Planet



A Swiss businessman is taking it upon himself to ensure the planet's survival by contributing \$1 billion to an astonishing international conservation effort.

In a recent op-ed that he published through the New York Times, Hansjörg Wyss announced that he will be using the money to launch the Wyss Campaign for Nature: an ambitious collaborative mission to protect 30% of the world's surface by 2030.

The money will be distributed through his foundation over the course of the next decade in partnership with the National Geographic Society, the Nature Conservancy, and Argentinian environmental group Fundacion Flora y Fauna.

"This money will support locally led conservation efforts around the world, push for increased global targets for land and ocean protection, seek to raise public awareness about the importance of this effort, and fund scientific studies to identify the best strategies to reach our target," wrote Wyss.

LOOK: Historic Pacific Cleanup Vessel Has Been Successful With Trials at Sea And Will Soon Hit the Patch

This is not the billionaire's first contribution towards natural landscapes, either – his foundation has already spent \$415 million on preserving roughly 40 million acres around the world.

With scientists estimating that half the world needs to be protected in order to save essential plant and wildlife species, however, Wyss's latest goal could make a huge difference for the Earth's future.

"We need to embrace the radical, time-tested and profoundly democratic idea of public-land protection that was invented in the United States, tested in Yellowstone and Yosemite, and now proven the world over," says Wyss. "For the sake of all living things, let's see to it that far more of our planet is protected by the people, for the people and for all time."

Protect Your Friends From Negativity By Sharing The Good News With Your Friends

As the US health care industry moves toward a financial model that is based on value rather than volume, keeping people healthy and out of the hospital will be key. In a fee-for-service (FSS) model, health systems generate more revenue when patient volume increases. But under a value-based model, a person who shows up at an emergency room or a doctor's office becomes an expense rather than a source of revenue. Rather than seeing people as patients, health systems should treat them more like members. This shift can help strengthen customer loyalty, build brand and reputation, and even improve the health of our nation.

As the industry continues to move toward this value-based system, here are a few trends US health care organizations should watch in 2019:

- Collaboration between health systems and health plans
- The shift to wellness rather than illness
- How technology can help put patients at the center
- Increased adoption of virtual care options
- Greater focus on population health

### Shaping tomorrow's health care industry

The global health care industry doesn't show any signs of slowing down in 2019. Aging and growing populations, greater prevalence of chronic diseases, and exponential advances in innovative, but costly, digital technologies continue to increase health care demand and expenditures.

Health care stakeholders struggling to manage clinical, operational, and financial challenges envision an industry in which new business and care delivery models, aided by digital technologies, may help to solve today's problems and to build a sustainable foundation for affordable, accessible, high-quality health care. This vision may have greater probability of becoming a reality if all stakeholders actively participate in shaping the future—by shifting focus away from a system of sick care to one of health care that supports well-being, prevention, and early intervention.

Our 2019 outlook reviews the current state of the global health care industry and explores key trends and issues impacting care providers, governments, payers, patients, and other stakeholders. How can these industry players play a more active role in shaping the future of health?

### Overview

The adage, "What goes up, must come down," isn't likely to apply to the global health care sector in 2019. Aging and growing populations, greater prevalence of chronic diseases, exponential advances in innovative, but costly, digital technologies—these and other developments continue to increase health care demand and expenditures. Health care stakeholders—providers,

governments, payers, consumers, and other companies/organizations—struggling to manage clinical, operational, and financial challenges envision a future in which new business and care delivery models, aided by digital technologies, may help to solve today's problems and to build a sustainable foundation for affordable, accessible, high-quality health care. This vision may have a greater probability of becoming a reality if all stakeholders actively participate in shaping the future—by way of shifting focus away from a system of sick care in which we treat patients after they fall ill, to one of health care which supports well-being, prevention, and early intervention.

This 2019 outlook reviews the current state of the global health care sector and explores trends and issues impacting health care providers, governments, payers, patients, and other stakeholders. It also outlines suggestions for them as they seek to redefine the health care ecosystem and looks at examples from the market.

### The future of health: Six trends for 2019

- Creating financial sustainability in an uncertain health economy
- Using new care delivery models to improve access and affordability
- Adapting to changing consumer needs, demands, and expectations
- Investing in digital innovation and transformation
- Maintaining regulatory compliance and cyber security
- Recruiting, developing and retaining top talent



# Recipe

## ...good LENTIL Soup

### Ingredients

- 2 tablespoons olive oil
- 1 cup finely chopped onion
- 1/2 cup finely chopped carrot
- 1/2 cup finely chopped celery
- 2 teaspoons kosher salt
- 1 pound lentils, picked and rinsed
- 1 cup peeled and chopped tomatoes
- 2 quarts chicken or vegetable broth
- 1/2 teaspoon freshly ground coriander
- 1/2 teaspoon freshly ground toasted cumin
- 1/2 teaspoon freshly ground grains of paradise

### Method

1. Place the olive oil into a large 6-quart Dutch oven and set over medium heat.
2. Once hot, add the onion, carrot, celery and salt and sweat until the onions are translucent, approximately 6 to 7 minutes.
3. Add the lentils, tomatoes, broth, coriander, cumin and grains of paradise and stir to combine.
4. Increase the heat to high and bring just to a boil. Reduce the heat to low, cover and cook at a low



simmer until the lentils are tender, approximately 35 to 40 minutes.

5. Using a stick blender, puree to your preferred consistency. Serve immediately.

## Staff Birthdays

Happy Birthday



Lauren Midda  
Care Co-ordinator

## Carer OF THE MONTH CONGRATULATIONS !!



**Carer of the Month for MARCH was awarded to  
Thomas Wiese !!**

*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)