

CONSTANTIA CARE

Newsletter

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YOGO TEACHER LOST IN HAWAIIAN JUNGLE RESCUED

Amanda Eller had an emotional reunion Monday night with the men who rescued her after she was lost for 17 days in a Hawaiian jungle, hugging them tight in thanks for saving her life.

"You guys are the heroes," Eller said during a community gathering. "I am not the hero, I am just the girl sitting here healing my ankles."

Eller, 35, is still recovering following her rescue on May 24 when she was spotted by a helicopter team after spending more than two weeks in a jungle on the island of Maui.

"I am so blessed for every breath that I take," Eller said.

She gave thanks to the hundreds of people in the local community who spent weeks contributing to the efforts to find her.

"I've never experienced anything like this where the community is showing up with so much freakin' heart and so much passion, and these guys were not going to give up on me, thank God!" she said Monday night.

"It was incredible to see her," said rescuer Javier Cantellops. "She was just so incredibly gracious to every single person who came to her."

Her friend Sarah Haynes, who helped coordinate the search effort, gave an update on Eller's condition.

"She's doing great," Haynes said. "She's got a little bit of a one step backward, two steps forward situation, but she's spiritually great. She's going through a very grueling process on her legs, where they need to remove the tops of the wounds and it's very painful, much like a burn victim."

"Physically, she's gone backward a little bit. She walked out of the hospital, now she's in a wheelchair, but it's all part of the healing process, so she's still moving forward."

The yoga instructor and physical therapist suffered a fractured leg, severe sunburn and a skin infection during her ordeal. She had gone for a hike on May 8 and become disoriented without her phone and GPS after stopping to meditate and rest.

Eller was also without shoes and socks on rocky terrain for about 12 days because one night she slept in a cave and a flash flood washed them away, according to Haynes. There were times when Eller questioned whether she would survive.

"She had kind of resigned herself to talking to the universe and saying 'Hey look, I really don't want to go, but if this is

my highest purpose for some reason, then I'll accept it, but I'm really hoping that you'll allow me to have a higher purpose with this story and my situation,'" Haynes said.

While flying by in a helicopter, Cantellops, Chris Berquist and Troy Helmer spotted her waving from an area five miles deep into the jungle.

Cantellops said that they had only about five minutes' worth of fuel remaining in the helicopter when they spotted Eller in an area where her boyfriend had suggested to look early in the search process.

"That moment will live down in the depths of my soul forever," he said. "We're coming up this waterfall and look down and she appears out of the wood. It can only be described as magic. It was the greatest single moment of my life."

The area where they found her was between two waterfalls and a steep canyon.

"I don't go in that valley because it's so steep and there's so many boxed canyons that you're not coming out of there," Helmer said.



Eller survived by eating jungle fruit, drinking river water and sleeping in mud for warmth. She could move only by crawling after she fell off a 20-foot cliff and fractured a leg.

"It did come down to life and death and I had to choose ... and I chose life," Eller said in a Facebook video Saturday. "I wasn't going to take the easy way out."

Eller has returned home with her family as the painful wounds in her legs continue to heal.

"If anyone could survive that it was her," her father, John Eller, said on the day she was rescued.

The Growing Tiny House Movement

The tiny home movement is well underway in the US, Australia and Canada. Yet in Britain, we're only just catching on. We know people are intrigued by tiny houses – we only need to watch an episode or two of George Clarke's *Amazing Spaces* TV show.

We're a nation that has learned to love glamping – and actively seek a different style of living with more emphasis on materials, affordability, eco-friendliness, and materials used – without compromising on comfort. But the tiny house movement isn't just about holidays.

The housing crisis in the UK is dire. Shelter reports that the cost of an average home is seven times the average annual salary. However, even if people could afford suitable housing, there simply isn't enough of it to meet population demands. The Economic Affairs Committee 'Building More Homes' report stated that we as a nation need to be building 300,000 new homes per year.

In the 2016/17 financial year, 217,350 new homes were built. This seems like good news because unlike previous years it has beaten the government's target, but according to the Building More Homes report, it's still woefully short of what is actually needed.

We need a radical shift in thinking. We need the tiny home movement.

Tiny homes are ideal for a range of housing solutions including:

- Additional living space
- Greener living (and living 'off grid' if you choose)
- Student accommodation
- Debt reduction
- Affordable living
- First-time buyers
- Holiday homes

Tiny houses are a valuable solution for many. However, realistically, not everyone is suited to tiny living. The sleeping space is most frequently in a loft space, and entrance to the cabin requires mounting steps. Therefore, they won't suit the elderly or the infirm. Our smallest 14ft x 8ft one bedroom tiny houses are ideal for singles and couples. Our largest tiny houses are 22ft x 8ft and can accommodate up to four bedrooms, making them ideal for shared accommodation or families, even with the family pet!

If you're looking for a simpler way of life without compromising on your levels of comfort, then tiny houses are for you. Furthermore, if you're after a different approach to holidays or extending your traditional living space, then they suit the vast majority of people.



Year long running challenge raises money for mental health charity



Alun Lucas

An ex-client of Cambridge-based mental health charity, The Cogwheel Trust, has raised £2,500 for the charity by completing a personal challenge of running 2,019 miles from 1 February 2018 to 31 January 2019, including an ultra-endurance event every month.

Inspired by his own experience of mental health issues and a chance meeting with someone who had lost a partner to suicide, Alun Lucas took on the challenge to raise awareness of, and valuable funds for, the mental health charity which has helped him and so many others in need of support in Cambridgeshire.

During the year-long challenge Alun ran a total of 2,093 miles. He explained:

Eighty four men in the UK take their own lives every week.

On New Year's Eve 2017, I met a gorgeous woman whose partner had committed suicide. She was intending to Run Every Day January for Mind. I joined in.

At the end of January, I kept going – inspired to say 'Thank You' to all who have helped me with my own mental health: my children, family, great friends and colleagues, a wonderful GP who 'went the extra mile' and referred me to the Cogwheel Trust – and in doing so, helped save me.

Jane Whitten, Community Fundraiser, The Cogwheel Trust, said:

It is so important that those suffering with mental health issues understand that they are not alone, and that support is available.

So, it is truly incredible to see a man that The Cogwheel Trust has supported speaking out about his experiences with mental health – all the while raising valuable funds which help us to help those in need.

This is a huge accomplishment for Alun and we are so grateful for his donation.

The Cogwheel Trust has been providing affordable counselling and psychotherapy support for people in Cambridgeshire for 30 years, and has centres in Cambridge, Ely and Sawston. In 2018 Cogwheel provided 5,000 hours of affordable counselling and psychotherapy to almost 600 people in Cambridgeshire.

Digital spare change funds life-saving air ambulance treatment



It's hard to believe that air ambulances are charities that require local support in order to carry out their vital work, saving the lives of many.

Thanks to your generous donations, 20 air ambulances across the UK have received extra funds to support their amazing work over the past 18 months.

In 2017, petrol forecourt operator Motor Fuel Group (MFG) added **Pennies** to its tills, giving shoppers the opportunity to donate to charity when buying petrol or grabbing their daily essentials from their local garage. From September that year to December 2018, regional air ambulance charities from Cornwall to Scotland benefited from millions of customer donations supporting their life-saving work.

Pennies donations in MFG's 47 stores across Essex and Hertfordshire supported Essex & Herts Air Ambulance Trust (EHAAT), with your digital spare change adding up to £78,500 of extra funding for their life-saving missions.

Last month alone, the charity attended 161 missions, delivering pre-hospital, emergency medical service to the people of Essex, Hertfordshire and the surrounding areas who require the most advanced clinical care. Let's not underestimate the power of a penny – that few

extra pence donated when you bought a bottle of water or filled up with petrol at your local garage enabled regional air ambulance charities to save the lives of many children and adults.

To put that power in to perspective, just two days' of Pennies donations in those 47 stores supporting EHAAT raised enough to pay for vital medical packs needed on board the air ambulance. And across the UK, MFG's 450+ stores raised enough on average to fund a life-saving air ambulance mission every day. Thank you to all of the customers who've donated and given small change a big purpose.



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

ICC Cricket World Cup 2019 - 30 May - 14 July

Enjoy a whole summer of cricket, which kicks off at The Kia Oval with a match between hosts England and South Africa, and culminates with the champions being crowned at Lord's.

There are 10 matches to see in London during the tournament, with other games taking place around England and Wales.

Hosts England, reigning champions Australia, Afghanistan, Bangladesh, India, New Zealand, Pakistan, South Africa, Sri Lanka and the West Indies make up the 10-team lineup. Follow your team through the group stage as every nation plays each other in a round-robin format, from which just four progress to the final stages.

Group stage fixtures in London include: England v South Africa, South Africa v Bangladesh, Bangladesh v New Zealand, India v Australia, Sri Lanka v Australia, Pakistan v Australia, England v Australia, New Zealand v Australia and Pakistan v Bangladesh.



TROOPING THE COLOUR - 8 June

Marking the Queen's official birthday, this annual event features hundreds of officers, horses and musicians from the Household Division in ceremonial uniform.

The Queen herself attends the ceremony. She is first escorted in a carriage from Buckingham Palace along The Mall to Horse Guards Parade. There, she carries out an inspection of her troops, before leading her guards in a parade back to Buckingham Palace. Once at the palace, the Queen takes the salute, and guns are fired in Green Park and at the Tower of London. Finally, she joins other members of the Royal Family on the palace balcony to watch the Royal Air Force flypast.

Usually, events begin around 10am and the RAF flypast takes place at 1pm.

History of Trooping the Colour

After existing in various forms since the 17th century, the Trooping the Colour ceremony has been held every year in London to mark the sovereign's official birthday since the accession of King George IV in 1820, except during the world wars and a national strike in 1955.

Although the sovereign's official birthday is celebrated in June, Queen Elizabeth II's actual birthday is on 21 April. Monarchs are traditionally given a second birthday if they were not born in the summer, in case the British weather is unsuitable for an outdoor event!



ROYAL ASCOT - 18 June - 22 June

Britain's most popular race meeting attracts the world's finest racehorses, jockeys and trainers for five days of top-class racing. The racing highlights include the Diamond Jubilee Stakes, the Queen Anne Stakes and the Gold Cup. It is Britain's most valuable race meet and prize money for the week totals millions of pounds.

Be sure to look out for the eye-catching fashions, including plenty of elaborate hats, which also provides much excitable chatter at Royal Ascot.

The Royal Family, including the Queen herself often attends the event, which is steeped in unique tradition, heritage and pageantry.

Founded by Queen Anne in 1711, the event features a daily horse-drawn procession from Windsor Castle to Ascot Racecourse led by the royal carriage. The Queen has also enjoyed considerable success at Royal Ascot over the years, having owned many winners including Estimate, which won the Gold Cup in 2013.



Blog Animal Therapy for Seniors

by Lauren Midda

There are many ways that senior men and women can go about improving their health. Regular exercise, proper dieting, and routine medical checkups are among the most important and well-known ways to ensure optimal health well into the golden years of life.

However, recent research suggests that socialization is also vital for seniors who want to stay sharp mentally and physically as they age. For many of us, this hardly comes as news. Spending time around those we love increases our quality of life and stimulates our minds and bodies in a myriad of ways.

"Those we love" don't just include people. Our pets and the animals we encounter every day also have positive impacts on our life. Here, the research concurs again. Recent studies have shown that controlled exposure to animals is an excellent way to improve the health of seniors in a myriad of areas.

In this article, our professionals at St. Paul's Senior Services discuss the many benefits of animal therapy for seniors.



What is Animal Therapy for Seniors?

Animal therapy for seniors, also known as Animal Assisted Therapy, is a technique that uses animals to interact with seniors for numerous reasons to help improve their health and quality of life overall.

Studies show that just 15 minutes with a trained dog, cat, or another service animal can increase brain activity and serotonin levels in seniors. (Serotonin is known as "the feel-good hormone" and plays a crucial role in bodily function as well as our experiences of positive emotions.) Routine exposure to animals through pet therapy also has many other health-related benefits, detailed below.

The Mental Benefits of Animal Therapy for Seniors

Starting with the mental benefits of animal therapy for seniors, we need only to look at the way animals make most of us feel to understand why exposure to them may be good for our brains. Put simply, animals make us happy.

They reduce stress, while simultaneously increasing alertness.

For seniors, many of whom deal with daily difficulties and sobering diagnoses on a routine basis, an animal's company can provide emotional stability during stressful situations, helping to reduce anxiety and depression. Caring for an animal such as a cat or dog can also help increase a senior individual's self-confidence and self-esteem, giving them a way to feel useful and responsible for something.

Similarly, routine exposure to animals can help increase seniors' socialization skills. By nature, animals listen without judgment and give unbiased affection. This can be especially helpful for seniors who may desire to share the thoughts they may not be comfortable telling family or friends. For individuals living with dementia who may have difficulty using language, animals can be soothing and can even help these individuals speak and articulate themselves when comfortable.

As mentioned above, exposure to animals in intimate, controlled environments has been shown to increase the production and release of serotonin in the bodies of seniors. In addition to making them feel good and improving their cognitive performance, serotonin release can lead to a number of physical benefits as well. In fact, Animal Assisted Therapy is a great way to keep seniors in peak physical condition overall. Learn why in the following section.

The Physical Benefits of Animal Therapy for Seniors

In addition to the many benefits, animals can have on the minds of seniors, animal therapy can also help improve seniors' physical well-being. In fact, research conducted in a 2014 study showed that seniors with heart conditions who own pets tended to outlive those who didn't.

Activities such as dog walking provide much-needed physical exercise, which contributes to better heart health, improved mobility, and a healthier lifestyle overall. As touched on in the previous section, simply having something to pet and touch can relax seniors. Relaxation reduces stress, lowers blood pressure, and stabilizes heart rate.

Animal Assisted Therapy allows seniors to take advantage of the benefits that owning a pet affords — without the extra hassle and responsibility that also comes pet ownership. However, that's not to say that all pet chores are unhealthy.

In fact, activities like feeding and grooming can help increase seniors' physical skills and help them become more active. This is precisely why most Animal Assisted Therapy programs include these activities during outreach with seniors.

Recipe

...Baked Honey Mustard Chicken

Ingredients

- 6 skinless, boneless chicken breast halves
- salt and pepper to taste
- 1/2 cup honey
- 1/2 cup prepared mustard
- 1 teaspoon dried basil
- 1 teaspoon paprika
- 1/2 teaspoon dried parsley

Method

1. Preheat oven to 350 degrees F (175 degrees C).
2. Sprinkle chicken breasts with salt and pepper to taste, and place in a lightly greased 9x13 inch baking dish. In a small bowl, combine the honey, mustard, basil, paprika, and parsley. Mix well.
3. Pour 1/2 of this mixture over the chicken, and brush to cover.
4. Bake in the preheated oven for 30 minutes. Turn chicken pieces over and brush with the remaining 1/2 of the honey mustard mixture. Bake for an additional 10 to 15 minutes, or until chicken is no longer pink and juices run clear. Let cool 10 minutes before serving.



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***Carer of the Month for MAY was awarded to
PAMELA HITCH !!***

*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 anything you would like to share, interesting information or some positive words of inspiration... please email me - sharan@constantiacare.co.uk