

# CONSTANTIA CARE

## Newsletter

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## You're never too old...

**Jack Reynolds** (aka Mr Cooler Than You) has just been included in the Guinness World Records book 2019.

Yes, it's now officially official - he is the oldest person ever to have zip-lined. Jack wanted to do something different to celebrate turning 106 on 6 April this year.

So, naturally, he gathered up a news crew from ITV and headed to a zip-wire park in Grizedale, Cumbria.

When they got there, Jack told the camera "this speaks for itself" - before zipping all the way down the 1,312ft-long, 100ft-high wire.

This is his third appearance in the record book. For his 104th birthday in 2016, he became the oldest person to get their first tattoo when he got "Jacko 6.4.1912" inked on his bicep.

And the following year, when he turned 105, he became the oldest person to ride a rollercoaster. His choice of ride was a bit left-field, too - he went for Twistosaurus in Flamingo Land, Malton, North Yorkshire.

Asked in April how the zip wire compared to the tattoo and rollercoaster, he said, "It's different but it's better. It's been a really good day today. It's been perfect."

Craig Glenday, the editor-in-chief of Guinness World Records, tells BBC Three that they're thrilled for him.

"Jack is living proof that age is no barrier to success," he says. "You're never too late to start a new adventure or experience a new thrill, and it's an honour to be able to celebrate Jack's life-affirming achievements in the Guinness World Records book. I can't wait to hear what he'll get up to next - he's an inspiration to us all!"



**Ernestine Shepherd**, 81, trains relentlessly so that she can easily bench press 115lb - and kick her competitors' behinds in the process.

But it hasn't always been this way. In fact, she told BBC Three that she didn't set foot in a gym until she was 56.

"I've never felt self-conscious about being a bodybuilder at my age, thanks to a mantra [my late sister] Velvet passed on to me: 'Determined, Dedicated and Disciplined,'" she said. "If you follow these three D's no matter what you're doing in life, you can succeed."

So next time you hear yourself complaining about 'getting old', slap yourself in the face and snap out of it. After all, age is just a number.



**Flo Meiler**, is a record-breaking pole vaulter who only took up the sport when she was 65 and went on to become a world record-breaking pole vaulter and super athlete.

Flo is now 84 and is one of the most impressive grandmas with an incredible 750 medals under her belt.

# SKYDIVING TO RAISE MONEY IN AID OF DEMENTIA RESEARCH



Meet the 5 brave ladies who “jumped” at the chance to raise money in aid of Dementia Research - and who were rewarded with a Skydive on Saturday 29th September... and the weather was perfect !



*The most amazing experience I have ever had, my nerves were getting the better of me in the beginning when I got into the plane and I started to feel my hands sweating. Then once I got to the edge of the door hanging out I knew there was no going back and before I knew it was in the sky just floating and trying to absorb this amazing feeling of being so free. What a wonderful and life changing experience and a huge achievement. - Jennifer Anderson*

*What fantastic experience, never thought I would have enjoyed as much as I did. That's one thing ticked the bucket list. Bring on the next challenge - Nikki Davidson*



*"I don't think there are any words that could ever describe the feeling of a skydive. The experience is simply out of this world. The time in the plane felt like it took ages yet so quick at the same time, before you know it the door is open and you know it's about to happen, that moment you've been anticipating for so long. At this point things happen very quickly, I think it's so that we don't have time to start panicking. I was last to go so I saw all the other girls jump (or rather get pushed) out the plane, the speed that they move at out of that door is just insane, quite terrifying to watch really. Before I knew it I was 10,000 feet in the air with my feet dangling out the plane, heart pounding, palms sweating, and we were out... and WOW!!! THIS is the moment, This is what it's all about, that free fall feeling is just indescribable. The adrenaline, the butterflies, the noise, just all of it give's such a euphoric feeling. Those few seconds free falling is a feeling I wish everyone could experience, those 10 or so seconds were better than anything you could ever imagine. It was by far the most terrifying yet amazing experience I have ever had and I am so grateful I was able to do it in aid of an amazing and well deserving charity. I look forward to the next one!" - Tracy Anderson*

*'Jumping out of a plane at 14,000ft is an experience I will never forget. The view is breath-taking and the experience is exhilarating. I would recommend it to anyone. The money raised is so appreciated' - Ellie Edwards*

**Well done ladies - You did it in style !!**



# SEPTEMBER MONTH IN HISTORY

## September 1

September 1, 1715 - The "Sun King" (King Louis XIV of France) died. He had ruled since the age of five and was succeeded by his 5-year-old great-grandson Louis XV.

September 1, 1939 - At 5.30 a.m., Hitler's armies invaded Poland starting World War II in Europe.

September 1, 1983 - Korean Air Lines Flight 007 was shot down by a Russian fighter jet while on route from New York to Seoul, killing all 269 persons on board. The Boeing 747 reportedly strayed 100 miles off course over secret Soviet Russian military installations on the Kamchatka Peninsula and Sakhalin Island. It crashed in the Sea of Japan.

## September 2

September 2, 1666 - The Great Fire of London began in a bakery in Pudding Lane near the Tower. Over the next three days more than 13,000 houses were destroyed, although only six lives were believed lost.



September 2, 1752 - The British ended their use of the Julian calendar, switching instead to the Gregorian calendar, resulting in a major adjustment as Wednesday, September 2, was followed by Thursday, September 14. The correction resulted in rioting by people who felt cheated and demanded the missing eleven days back.

September 2, 1870 - Napoleon III surrendered to the Prussians during the Battle of Sedan, resulting in the fall of the Second French Empire.

September 2, 1923 - The first elections were held in the Irish Free State after achieving independence from Britain.

September 2, 1930 - French aviators Dieudonne Coste and Maurice Bellonte made the first non-stop flight from Europe to the USA.

September 2, 1962 - Soviet Russia agreed to send arms to Cuba, leading to the October Missile Crisis after the shipments were discovered by the U.S.

Birthday - Christa McAuliffe (1948-1986) was born in Boston (as Sharon Christa Corrigan). On January 28, 1986, the 37-year-old high-school teacher, the first "ordinary citizen" in space, died with six crew members in the Space Shuttle Challenger explosion.

## September 3

September 3, 1939 - Great Britain and France declared war on Nazi Germany after its invasion of Poland two days earlier.

September 3, 1943 - Italy signed an armistice with the Allies during World War II in Europe as the British Eighth Army, commanded by General Bernard Montgomery, invaded the Italian mainland from Sicily.



## September 4

September 4, 1609 - The island of Manhattan was discovered by navigator Henry Hudson.

## September 5

September 5-6, 1972 - Eleven members of the Israeli Olympic Team were killed during an attack on the Olympic Village in Munich by members of the Black September faction of the Palestinian Liberation Army. Israeli jets then bombed Palestinian positions in Lebanon and Syria in retaliation on September 8, 1972.

September 5, 1975 - The first of two September assassination attempts on President Gerald Ford occurred as a woman pointed a gun at the President in Sacramento, California. Two weeks later, a second attempt occurred as another woman fired a shot at Ford in San Francisco. Ford was not harmed in either incident.

September 5, 1997 - Mother Teresa died in Calcutta at age 87, after a life of good works spent aiding the sick and poor in India through her Missionaries of Charity order.

Birthday - Wild West legend Jesse James (1847-1882) was born in Centerville, Missouri. Following the American Civil War, Jesse and his brother Frank formed a group of outlaws, robbing banks, trains, stagecoaches and stores. In 1882, after the governor of Missouri offered a \$10,000 reward for their capture dead or alive, a member of the gang shot 34-year-old Jesse in the back of the head and claimed the reward.

Birthday - Film producer Darryl F. Zanuck (1902-1979) was born in Wahoo, Nebraska. He co-founded 20th Century Studios, which later merged with Fox. His films included the first sound picture *The Jazz Singer*, and also *The Snake Pit* and *The Grapes of Wrath*.

## September 6

September 6, 1991 - Leningrad was renamed Saint Petersburg by Russian legislators following the collapse of the Soviet Union. Russia's second largest city had been known as Leningrad for 67 years in honor of Vladimir Lenin, founder of the Soviet Union.

Birthday - Marquis de Lafayette (1757-1834) was born in Chavaniac, France (as Marie-Joseph-Paul-Yves-Roch-Gilbert du Motier). He came to America in 1777 to volunteer in the American Revolution, beginning a long friendship with George Washington. He later persuaded Louis XVI of France to send a 6,000-man force to assist the Americans. Lafayette was given command of an army in Virginia and was instrumental in forcing Cornwallis to surrender at Yorktown, leading to the American victory.

## September 7

September 7, 1822 - Brazil declared its independence from Portugal after 322 years as a colony.

September 7, 1940 - The German Luftwaffe began its Blitz bombing campaign against London during World War II.

September 7, 1986 - Bishop Desmond Tutu became Archbishop of Cape Town, South Africa, the first black head of South Africa's Anglicans.

September 7, 1994 - The U.S. Army closed its headquarters in Berlin, ending the American military presence in the once-divided city after nearly half a century.

Birthday - Queen Elizabeth I (1533-1603) was born in Greenwich Palace. She was the daughter of King Henry VIII and Anne Boleyn. She ascended the throne in 1558 at age 25. During her reign, Britain became a world power by defeating the Spanish Armada. The Anglican Church was also fully established.



## September 8

September 8, 1900 - A hurricane with winds of 120 mph struck Galveston, Texas, killing over 8,000 persons, making it the worst natural disaster in U.S. history. The hurricane and tidal wave that followed destroyed over 2,500 buildings.

September 8, 1941 - The German Army began its blockade of Leningrad, lasting until January 1944, resulting in the deaths of almost one million Russian civilians.

## September 9

September 9, 1776 - The United States came into existence as the Continental Congress changed the name of the new American nation from the United Colonies.

## September 10

September 10, 1898 - Elizabeth, Empress of Austria-Hungary, was assassinated in Geneva by an anarchist.

September 10, 1943 - Hitler's troops occupied Rome and took over the protection of Vatican City.

## September 11



September 11, 2001 - The worst terrorist attack in U.S. history occurred as four large passenger jets were hijacked then crashed, killing nearly 3,000 persons. Four separate teams of Mideast terrorists, operating from inside the U.S., boarded the morning flights posing as passengers, then forcibly commandeered the aircraft. Two fully-fueled jumbo jets, American Airlines Flight 11 carrying 92 people and United Airlines Flight 175 carrying 65 people, had departed Boston for Los Angeles. Both jets were diverted by the hijackers to New York City where they were piloted into the twin towers of the World Trade Center. The impact and subsequent fire caused both 110-story towers to collapse, killing 2,752 persons including hundreds of rescue workers and people employed in the towers. In addition, United Airlines Flight 93, which had departed Newark for San Francisco, and American Airlines Flight 77, which had departed Dulles (Virginia) for Los Angeles, were hijacked. Flight 77 with 64 people on board was diverted to Washington, D.C., then piloted into the Pentagon building, killing everyone on board and 125 military personnel inside the building. Flight 93 with 44 people on board was also diverted toward Washington but crashed into a field in Pennsylvania after passengers attempted to overpower the terrorists on board.

## September 12

September 12, 1943 - Italian Dictator Benito Mussolini was rescued by German paratroopers on orders from Adolf Hitler. Mussolini was being held prisoner by Italian authorities following the collapse of his Fascist regime.

September 12, 1953 - John F. Kennedy, 36, married Jacqueline Bouvier, 24, in a ceremony before 750 invited guests at St. Mary's Church in Newport, Rhode Island, conducted by Archbishop Richard Cushing of Boston.

September 12, 1977 - Steve Biko, the South African black civil rights leader, died while he was in police detention.

September 12, 1990 - A treaty was signed by East and West Germany and the Allies of World War II allowing for the restoration of sovereignty to a re-unified Germany.

### September 13

September 13, 1788 - The U.S. Congress chose New York as the Federal capital of the new American government.

September 13, 1814 - The Battle of Fort Henry in Baltimore Harbor occurred, observed by Francis Scott Key aboard a ship. He watched the British attack overnight and at dawn saw the American flag still flying over the fort, inspiring him to write the verses which were later coupled with the tune of a popular drinking song and became the U.S. National Anthem in 1931.

### September 14

September 14, 1741 - Composer George Frederick Handel finished Messiah after working on it nonstop for 23 days.

September 14, 1812 - Napoleon and his troops first entered Moscow as the retreating Russians set the city on fire. Napoleon found it was impossible to stay through the winter in the ruined city. He then began a retreat from Moscow which became one of the great disasters of military history. Fewer than 20,000 of the original 500,000 men with him survived the Russian campaign.



September 14, 1927 - In Nice, France, famed ballet dancer Isadora Duncan was killed in a freak accident as the long scarf she was wearing became caught in the moving wheel of the car in which she was riding, strangling her.

September 14, 1930 - The Nazi Party became the second largest party in Germany following a stunning election triumph by Adolf Hitler.

September 14, 1982 - Princess Grace of Monaco died following an accident in which her car plunged off a mountain road in Monte Carlo. Her daughter Stephanie, also in the car, survived and was treated for shock and bruises. Princess Grace (Grace Kelly) was a Hollywood actress who met Prince Rainier III of Monaco during filming of the Hitchcock film *To Catch a Thief*. She then gave up a successful acting career and married him in 1956.

### September 15

September 15, 1776 - British forces under General William Howe captured New York during the American Revolution.

September 15, 1916 - Tanks were first used in combat, during the Allied offensive at the Battle of the Somme, in World War I.

September 15, 1940 - The height of the Battle of Britain occurred as massive German air raids took place against London, Southampton, Bristol, Cardiff, Liverpool and Manchester. The British claimed 185 German planes were shot down.

Birthday - British mystery author Agatha Christie (1890-1976), born in Torquay, England, wrote nearly a hundred books including mysteries, dramas, poetry and nonfiction.



### September 16

September 16, 1620 - The Mayflower ship departed from England, bound for America with 102 passengers and a small crew. The ship weathered dangerous Atlantic storms and reached Provincetown, Massachusetts on November 21st. The Pilgrims disembarked at Plymouth on December 26th.

September 16, 1810 - Mexico's break from Spain began in the town of Dolores Hidalgo as Father Miguel Hidalgo y Costilla rang his church's bells and exhorted local Indians to "recover from the hated Spaniards the land stolen from your forefathers..."

September 16, 1982 - Beginning of a two day massacre in Palestinian refugee camps in West Beirut as Christian militiamen (the Phalangists) entered Sabra and Shatila and began shooting hundreds of Palestinians, including elderly men, women and children.

### September 17

September 17, 1908 - The first fatality involving powered flight occurred as a biplane piloted by Orville Wright fell from a height of 75 feet, killing Lt. Thomas E. Selfridge, his 26-year-old passenger. A crowd of nearly 2,000 spectators at Fort Myer, Virginia, observed the crash of the plane which was being tested for possible military use. Wright himself was seriously injured.

September 17, 1939 - Soviet Russians invaded Eastern Poland, meeting little resistance and taking over 200,000 Poles prisoner. This was done in accordance with the Nazi-Soviet Pact in which the Nazis and Soviets had predetermined how they would divide up Poland.

### September 18

September 18, 1810 - Chile declared its independence from Spain after 269 years as a colony.

Birthdays - Movie actress Greta Garbo (1905-1990) was born in Stockholm, Sweden (as Greta Lovisa Gustafsson). She retired and became a recluse after making 27 films, spanning the silent era through the beginning of sound movies.



### September 19

September 19, 1893 - New Zealand became the first country to grant women the right to vote.

September 19-20, 1985 - Earthquakes in Mexico City killed an estimated 5,000 to 20,000 persons and left more than 100,000 homeless, causing \$4 billion in damage. The quakes registered 8.1 and 7.5 on the Richter scale.

### September 20

September 20, 1873 - The New York Stock Exchange was forced to close for the first time in its history as a result of a banking crisis during the financial Panic of 1873.

September 20, 1973 - The much-hyped "Battle of the Sexes" took place in the Houston Astrodome as tennis player and women's rights activist, Billie Jean King, defeated self-styled male chauvinist Bobby Riggs in three straight sets. Riggs, a retired tennis champion, had been critical of the quality of women's tennis.

September 20, 1989 - F.W. De Klerk was sworn in as president of South Africa. He began an era of reform aimed at ending apartheid and was succeeded by Nelson Mandela.

### September 21

September 21, 1949 - The People's Republic of China was proclaimed by its Communist leaders.

### September 22

September 22, 1828 - Shaka, chief of the Zulus and founder of the Zulu empire, was killed by his two half-brothers.

September 22, 1862 - President Abraham Lincoln issued a preliminary Emancipation Proclamation freeing the slaves in territories held by Confederates as of January 1, 1863. .

Birthdays - British scientist Michael Faraday (1791-1867) was born in Surrey, England. His discovery of electromagnetic induction proved that moving a magnet through a coil of wire produces a current, resulting in the development of electric generators.

### September 24

Birthdays - American writer F. Scott Fitzgerald (1896-1940) was born in St. Paul, Minnesota. Best known for *This Side of Paradise*, *The Great Gatsby* and *Tender is the Night*.

### September 26

September 26, 1687 - The Acropolis in Athens was attacked by the Venetian army attempting to oust the Turks, resulting in heavy damage to the Parthenon.

September 26, 1918 - The last major battle of World War I, the Battle of the Argonne, began as a combined force of French and Americans attacked the Germans along a 40-mile front.

September 26, 1984 - Britain agreed to allow Hong Kong to revert to Chinese sovereignty in 1997.

### September 27

September 27, 1964 - After a 10-month investigation, the Warren Commission Report was issued stating a lone gunman had been responsible for the assassination of President John F. Kennedy in Dallas on November 22, 1963.

### September 28

September 28, 1066 - The Norman conquest of England began as Duke William of Normandy landed at Pevensey, Sussex.

September 28, 1978 - Pope John Paul I died after only 33 days in office. He was succeeded by John Paul II.

### September 29

September 29, 1829 - Britain's "bobbies" made their first public appearance. Greater London's Metropolitan Police force was established by an act of Parliament at the request of Home Secretary, Sir Robert Peel, after whom they were nicknamed. The force later became known as Scotland Yard, the site of their first headquarters.

### September 30

September 30, 1938 - British Prime Minister Neville Chamberlain returned to England declaring there would be "peace in our time," after signing the Munich Pact with Adolf Hitler. The Pact ceded the Czechoslovakian Sudetenland to the Nazis. Chamberlain claimed the agreement meant peace, however, Hitler seized all of Czechoslovakia in March of 1939.

September 30, 1955 - Actor James Dean was killed in a car crash in California at age 24. Although he made just three major films, *Rebel Without a Cause*, *East of Eden* and *Giant*, he remains one of the most influential actors. Dean became the first actor to receive a posthumous Academy Award nomination for Best Actor, and remains the only actor to have had two posthumous acting nominations.



Coming up...

...during the month of October

## End of British Summer & Clocks go back - 28th October

Marking the end of British Summer Time, the clocks go back in October, giving us an extra hour in bed.

In autumn 2018 the clocks will go back on 28 October at 2am. On the last Sunday of October the clocks 'fall back': they go back by one hour. It may feel like a long time since the blue skies of summer, but this marks the end of British Summer Time (BST). This will mean an extra hour in bed. Clocks on smart phones should update themselves automatically, but older analogue clocks need changing manually. At the Royal Observatory even the sundials need changing...

### Why do the clocks go back?

The clocks go back to revert to Greenwich Mean Time (GMT) which was in place before British Summer Time started in March. The clocks went back for the summer because of a campaign at the beginning of the 20th Century to change the clocks during the summer months to avoid wasting time in the morning. Today people argue that changing the clocks will be good for: reducing energy consumption for environmental reasons, having longer evenings to support leisure and tourism, encouraging people to exercise more outdoors and reducing road accidents.

Aside from the obvious inconvenience of changing our clocks twice a year, opponents have presented different arguments against daylight saving, from safety concerns about darker mornings to farmers expressing concern about the effect of changing routines for their livestock. Others argue that the changing the clocks is now redundant, given that many of us now spend most of our time in well-lit homes, shops and offices where the amount of daylight makes little difference to our lives. Similarly, the economic and environmental advantages can vary; for some warmer regions, it's thought that longer evenings may actually increase energy consumption as people use air-conditioning units for more hours.

It's an ongoing debate that strongly depends on people's geographical location, occupation and lifestyle.

### Why do the clocks go back on the weekend?

This pattern of change was chosen because it occurs on a Saturday night/Sunday morning and would be the least disruptive option for schools and businesses. To maximise the benefit of having extra daylight, it matches the warmest and longest days of the year. **An easy way to remember which way the clocks change is to think 'Spring forward' and 'fall back'.**

## Halloween - 31st October

Halloween is a celebration in remembrance of the dead that occurs annually on the evening of October 31. The name Halloween (sometimes spelled Hallowe'en) is a contraction of All Hallows' Even(ing), meaning All Saints' Evening, as it is celebrated on the evening before All Saints' Day, also known as All Hallows' Day. Saints have historically been known as hallows, derived from the Old English word hālig and related to the German word heilig, meaning holy. Halloween is a mixture of customs of pagan and Christian origins. It originated from an ancient Celtic seasonal festival, known as Samhain, to mark the end of the harvest and to remember the dead that is celebrated from sunset on October 31 to sunset on November 1.

While not an official holiday, it is observed in a number of countries around the world, primarily in the West (North America and Europe) but also increasingly in Asian countries, as it provides commercial opportunities. In the United States, it is estimated to be the festival with the second-highest amount of consumer spending after Christmas.

Halloween is followed by All Saints' Day (for which it is the vigil) on November 1 and All Souls' Day on November 2. Together the three days of remembrance of the dead form the triduum (a religious observance lasting three days) of Hallowtide. People traditionally visit the graves of deceased relatives during this time. It is related to the Mexican holiday Day of the Dead.



... And for Horror Movie lovers -  
Michael Myers is baaccckkkk !! ...  
(Be afraid, be very afraid)

# Blog Doll Therapy for Dementia

by Emma Elias

Alzheimer's doll therapy is a known resource in working with dementia patients. Using a Teddy Bear or a Baby Doll can be a very effective way for a person with Alzheimer's or any kind of dementia to decrease stress and agitation. A caregiver can use doll therapy for dementia patients as a way to put responsibility, caring and structure back into the lives of those afflicted with Alzheimer's. Working with a realistic doll has to be introduced to those with Alzheimer's very carefully. A doll or teddy bear can be seen as a welcoming grandchild or the little sibling of their youth or the Alzheimer's patient can fear the therapy doll as an unwanted responsibility.



**Bruce Barnett**, managing principal at Healthcare Products writes:

Many long-term facilities are turning to doll therapy to help their residents. Some therapists use the term "Nurture Therapy," as they feel it is more appropriate when dealing with adult patients compared to children.

No matter what it's called, there are good reasons to consider this type of therapy in your community for residents in a memory care unit or who have dementia. Residents play and hold specifically weighted, dressed dolls as a way to promote conversation. I have seen patients who have not spoken in months start "cooing" to the doll and advancing to small verbalizations like "does baby want a bottle?" to actually resuming full communication.

It is amazing, and it is because the doll triggers something in the patient that causes them to speak. Patients have escorted me to wash, dry and fold the doll's knitted clothing. This is not just a phenomenon for women. I have seen men who have a tendency to wander keep the weighted baby on their lap, while cuddling and rocking it. Many think it is their grandchild.

A therapist can encourage residents to sing to the doll, and pass it around. We do have to be sensitive: Not all patients want to be included in doll therapy. There are others who don't want their "baby girl" referred to as a boy, or as "it."

I find that doll therapy needs to be introduced gradually, as you don't know how the resident will react. For example, I usually sit down with the resident, and I hold the doll. They ask me what it is and I say (depending on the gender of my patient) "this is little Madeleine, my baby girl." I do not want the resident to think the baby is his or hers, and I do not want them to have the responsibility for the baby until he or she asks. I then put the doll on my lap, face down, touching my resident's leg. He or she will start petting the doll's head after becoming comfortable.

Next, sometimes a parental instinct kicks in, and he or she will put a cushion under the doll or a sweater on her. Then, he or she may even take over and hold the baby and say that she is hers.

Realize that residents can become possessive or, conversely, shy away from the responsibility. I move slowly until I know what the level of acceptance is. If I find that the resident is becoming stressed during our session, I will put the doll to bed. Later, when we are about to do something totally different, I sum up the therapy for the day by changing the baby.

Over time the residents usually get involved and take over all the chores I have done and start their own nurturing based on their ability and imagination. Their time together with the doll can go on for hours.

I always want to observe the needs and happiness of my residents. Doll therapy is not for everyone but we patiently introduce it to see if it can help us communicate and relieve the frustration of this disease.

Not all dolls are Alzheimer's Dolls. The proper Alzheimer's Doll to be used in therapy needs to be lifelike in feel and weight as well as having clothing that can be played with. They definitely do not need to speak or cry. Just having a doll on hand may be what helps your non-verbal residents start communicating.

Whether it is realistic baby doll, a heated bear or a furry fish shaped doll, doll therapy for dementia and Alzheimer's patients can really work!"



# Recipe OF THE MONTH...

## SUMMER-IN-WINTER CHICKEN

This simply seasoned chicken fried with beautiful, ripe, cherry tomatoes in a creamy sauce is guaranteed to hit the spot. Add a dollop of pesto for an extra layer of nutty flavours.

### INGREDIENTS

- 1 tbsp olive oil
- 4 boneless chicken breasts
- 200g pack cherry tomatoes
- 3 tbsp pesto
- 3 tbsp crème fraîche (half fat is fine)
- fresh basil

### METHOD

1. Heat the oil in a frying pan, preferably non-stick. Add the chicken and fry without moving it until it takes on a bit of colour. Turn the chicken. Continue cooking for 12-15 mins until the chicken is cooked through. Season all over with a little salt and pepper.
2. Halve the tomatoes and throw them into the pan, stirring them around for a couple of minutes until they start to soften. Reduce the heat and stir in the pesto and crème fraîche until it makes a sauce. Scatter with a few basil leaves if you have them, then serve with rice and salad or mash and broccoli.



# Staff Birthdays

# Happy Birthday



Tracy Anderson  
Accountants



Samantha Collier  
Recruitment

# Carer OF THE MONTH

## CONGRATULATIONS !!



**Carer of the Month for September was awarded to Daniela Bocioroaga !!**

*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)