



**FEBRUARY 2017
NEWSLETTER**

THIS MONTH



Karen's Korner

Birthdays

Welcome to
new residents

*Tips for the elderly coping
with cold weather*

New Year Entertainment

Chinese New Year

**Nutrition & Hydration
Week**

Flower Arranging

Rachel entertains

Kepplegate Recruitment

Comic Relief Sing-a-Song

*How to prepare for a power
cut*

KAREN'S KORNER

**ROLL ON
SPRING
AND SOME
BRIGHT,
LIGHT
DAYS
WHICH
WILL GET
US IN THE
MOOD FOR ACTION!**



**WE NEED TO ARRANGE TO RE-DECORATE
THE LOUNGE AND WE HAVE SOME
DEVELOPMENT PLANS WE WANT TO SHARE
WITH YOU. WE'RE GOING TO ASK FOR YOUR
INPUT WITH REGARDS TO RECRUITMENT
(SEE PAGE 4) TO NAME JUST ONE AND
THERE ARE MORE TO COME.....SO WATCH
THIS SPACE!**

**A very warm welcome to Elsie
and Margaret who have come
to live in Kepplegate House
and also to John who has
"tested the water" with
respite care, but will probably
stay with us permanently.**



*Congratulations
to Thelma and
Grace*



TIPS FOR THE ELDERLY ON COPING WITH COLD WEATHER

Found in a care magazine, some top tips on how to stay safe, warm and well throughout the winter:-



1. Make sure your heating is in good working order. Some companies, such as British Gas, provide a homecare policy so that you can call someone in quickly if your heating or boiler breaks down.
2. Stay indoors during extreme weather conditions. When there is ice or snow on the ground, there is obviously a much greater risk of falling over. Maybe consider having your groceries delivered with online shopping?
3. Make sure open fires are covered with glass doors or screens—even after you've put the fire out.
4. Check your smoke detectors to see if the batteries are still working. Replace batteries regularly.
5. Exercise as regularly as possible. This will improve your strength and balance and therefore help to reduce the risk of falls.
6. Clearing out clutter can prevent falls that could have been avoided. Worn carpets and mats that curl up at the corners should be thrown out and replaced.
7. Invest in safer kitchen items, such as a cordless kettle, and try to avoid carrying hot liquids too far.

New Year was celebrated early at Kepplegate when we were entertained on 29th December by one of our favourites, Brian Brodie. May, Irene, Albert and Grace were all on good singing/dancing form!



CHINESE NEW YEAR

In this Year of the Rooster, Sarah G didn't disappoint & cooked up a special meal of egg fried rice, soft noodles, chicken skewers with sauce and prawn crackers. All this was followed by Chinese coconut jelly & cream...thank you Sarah:)





This is now a well-established annual event across health and social care settings around the world & this year it will be held during the week 13th–19th March.

Good nutrition and hydration is at the core of safe, quality care in all health & social care settings, but this will be a week when we shall focus lots of energy on food and drink-based activities. Our main event will be held on Friday, 17th March, which is St Patrick's Day. We are going to hold a green-themed *mocktail* party with snacks when there will be a pretend "casino" set up for people to play a few games and an entertainer will be with us from 2.00 p.m.

Please make a note in your diaries!



May & Ivy spent a busy afternoon arranging some flowers that had been given to the care home.....



..... and below are their final results. Pretty good, though they do say so themselves!

We enjoy welcoming new entertainers to Kepplegate and we recently had the pleasure of hearing Rachael Mercer sing. Looking at the photos, it seems that our residents and day care clients had a good afternoon.



RECRUITMENT AT KEPPLEGATE

As Karen said in her "Korner", we've held some meetings to look at developing our company and would like your input in various issues, the first being recruitment. We'd be interested in hearing any questions that you would like candidates to be asked at the interview stage and we'd also like to know if anyone would be prepared to sit in on interviews. This would only be required occasionally and on dates that were agreed by all parties as long in advance as possible.



Letters explaining this more fully are going to be sent out early next week, along with forms and reply slips, so please look out for them.



HOW TO PREPARE FOR A POWER CUT

Electricity North West has issued some tips on how to prepare for a power cut.

- *Keep their contact details safe & if you don't have a mobile phone, keep a plug-in phone handy as digital phones don't work in a power cut.*
- *Always keep a battery operated torch handy and take care if you need to use candles.*
 - *Keeping warm is very important so keep some hats, gloves and blankets to hand.*



If your power goes off.....

If you do suffer a power cut, it is important that you contact Electricity North West as soon as possible. If you don't report a fault at your property, they might not know. You can call them on the new free national number **105** or call **0800 195 4141**.



Another advance notice for your diaries is on Friday, 24th March it is Comic Relief Red Nose Day. The National Association for Provider Activities has invited every care setting in the UK to sing the same song together at 3.00 p.m. The song is "Sing" by The Carpenters.

We've invited the choir from the local junior school to join us in our efforts that day and extend a warm welcome to all friends and relatives of our residents, together with any domiciliary clients who would like to exercise their vocal chords!