



*Karen's Korner*

*You'll see a lot about hydration & nutrition in this month's newsletter and read about what events we have planned for the internationally-recognised Hydration & Nutrition Week from 13th—19th March. We hear lots of news items about obesity in this country but very little about the many, often elderly people, who suffer from malnutrition which can sometimes be missed by medical professionals. If you care for an elderly relative or friend, you can find useful information at [www.malnutritionpathway.co.uk](http://www.malnutritionpathway.co.uk)*



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**Congratulations to Margaret, who celebrated her birthday last week.**



**Valentine's Day**



**Kepplegate looked good, as usual, when decorated for Valentine's Day. The residents had made cards and heart-shaped chocolates were given out before Brian Brodie arrived to entertain for the afternoon.**




*Do you like our new tableware?  
We think it looks nice and homely!*



**MARCH 17TH FRIDAY**  
doors open at 13:30



**MOCKTAIL PARTY**

**Dress Code: Black Tie, Cocktail Dresses**

### **NUTRITION & HYDRATION WEEK**

*During this week, as reported in our last newsletter, we are going to hold a mocktail party on Friday, 17th March which will combine with it being St Patrick's Day. We've got some clip-on dickie bows for our gentleman residents to wear and Sarah G is going to come in during her holiday to do the make up for our lady residents. Everyone will enjoy mocktails and snacks while being entertained by Caroline Lovett.*

*Also, on 15th March we are going to hold a tea party at 2.00 p.m. to be part of the Global Tea Party which the organisers of Nutrition & Hydration Week hope will take place all over the world on that afternoon.*

*Please see the next page for further tips & recipes in connection with nutrition and hydration.*

### 5 WAYS TO USE DIGESTIVE BISCUITS

Sometimes described as a sweet-meal biscuit, the digestive was first developed in 1839 by two Scottish doctors to aid digestion & has been a national treasure ever since. Here are some ways to use them in delicious recipes:-

**Chocolate Mousse Gateau**—A rich chocolate mousse using 70% grade chocolate and whipping cream with flaked chocolate pieces set on a digestive, cocoa and butter mixed base. A honeycomb crumb can be added to the chocolate mix for an additional crunch.

**Red Berry Trifle**— This is a British favourite using framboise liqueur macerated strawberries and raspberries, chopped fruit jelly topped with a fresh custard sauce and finished with lightly whipped Chantilly cream and coarsely crushed digestives sprinkled on top.

**No Bake Digestive Rocky Road**— This is one children can make with only a little help from mum or dad and it's set in only 2 hours! Add crushed digestives to melted 70% grade dark chocolate, dried fruit, mini marshmallows and chopped nuts. Then simply place in a suitable tray and chill in the fridge until set.

**Chile Pineapple & Mango Fool**-This dessert uses Greek yoghurt layered in a sundae glass with coarse mango puree, lightly crushed digestives and pineapple pieces that have been lightly caramelised with diced red chilli pepper. Top with a little more yoghurt and biscuit crumb.

**Banoffee Cheesecake**— Using unsalted butter and crushed digestives for the base, add sliced banana. A toffee sauce and mini fudge pieces can be added to the filling that goes on top of the bananas, before topping it off with a dollop of whipped cream.



Meet Sam & Becky's new Staffy cross pup, Alfie, who came to say hello to all the residents & staff in Kepplegate.....aah!



### TIPS FOR KEEPING OLDER PEOPLE HYDRATED

*Position drinks so that they are in sight and easily in reach.*

**Only offer small water jugs that are not full to the brim as many older people find a full jug too heavy to lift.**

*Water glasses should also be small, easy to grip and not too heavy.*

**As the thirst sensation deteriorates in older age, it may be necessary to give reminders to drink.**



*Try to vary what is offered to avoid boredom & stimulate interest.*

**Make drinking fun by adding decorations to the glass.**

*Cordials can be made more interesting by mixing the flavours or adding soft fruits.*

**Soda water added to cordials makes a nice change from still drinks.**

*For hot drinks, offer savoury options such as Bovril as an alternative from teas and coffees.*



YOU ARE CORDIALLY  
INVITED TO A  
**MOTHER'S DAY**  
**TEA PARTY**

ON FRIDAY, 24TH MARCH

@ 2.00 P.M.

AT 3.00 P.M. WE WILL  
JOIN OTHER CARE  
HOMES FOR A NATIONAL



CHALLENGE



Not to be confused with the Global Tea Party we're holding on 15th March as part

of the Nutrition & Hydration Week, we are having an early Mother's Day Tea Party on Friday 24th March. This is Comic Relief's Red Nose Day and as part of that, we are being joined by some junior school children at 2.30 p.m. who are going to help us with a national Challenge. This is for as many care homes throughout the UK as possible, together with their Communities, to all sing the song "Sing" by The Carpenters at 3.00 p.m.

Hope you can all join us!



**DATES FOR YOUR DIARY**

**6t March:** Jane Black

**15th March:** Global Tea Party  
@ 2.00 pm

**17th March:** Mocktail Party @ 1.30 pm  
on St Patrick's Day & Caroline Lovett  
Entertains @ 2 pm

**29th March:** Dave Dare

**13th April:** Catherine Whitlow

**16th April:** Easter Sunday Lunch

**27th April:** Kristie Charles

**10th May:** Sing-a-Long with Beverley

**Seasonal Flu Information**

Flu is caused by a virus that affects the nose, throat & lungs and is sometimes referred to as "seasonal" because in the UK outbreaks tend to occur between December and March.



*Symptoms include high temperature, sore throat, headache, weakness, body aches, loss of appetite and a dry cough. If you have flu, the symptoms tend to appear quite suddenly, within two to three days of becoming infected. This is unlike a cold, where symptoms arrive slowly over a longer period of time and don't usually include fever or body aches.*

Symptoms of flu can be relieved by getting plenty of rest and drinking enough fluids to stay hydrated. Paracetamol or ibuprofen might help reduce fever and pain.

*You should contact your G.P. if the symptoms don't improve after a week, or if they get worse. Before that. Certain groups of people are at a greater risk of developing flu complications and these include the over 65's and people who have a long-term illness.*