



**AUGUST 2018
NEWSLETTER**

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NEWSLETTER**

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KAREN'S KORNER

First of all, a massive **THANK YOU** to everyone who brought in prizes, bought raffle tickets and supported our fundraising Garden Party in any way. We were lucky the weather held for one more day and it was a great success, raising over £500 on the actual afternoon. Photos can be seen on page 4.

Work has begun on the floor in the lounge and the replacement central heating system. Thank you for your patience—it will all be over soon! The lounge will look lovely and we'll be all snug and warm in the winter with the new central heating system !



LOOKING AFTER OUR BEES



Bees play a huge part in our eco-system, but in the last five years the bee population has dropped by a third. At this time of year bees can often look like they are dying but it is more likely

that they are tired and don't have enough energy to return to the hive. Louise, one of our domiciliary team, recently revived a tired bee using the "sugared water" solution—two tablespoons of sugar mixed with one tablespoon of water placed within the bee's reach, which re-hydrated and re-energised the bee (This is Louise's photo of the bee she revived!). Another tip is to place small stones in birdbaths to enable bees to quench their thirst without falling in.



Members of the team celebrating birthdays in August are Michelle, Susan and Charlotte.

Many Happy Returns!



ENTERTAINERS DURING JULY

Everyone had great fun when, as a special treat, Lilia booked a close-up magician for our residents' entertainment. Later in the month, a Kepplegate favourite, Beverley, came to entertain:-



RELATIVES' RENDEZVOUS

Please don't forget to join us for an hour or so on Wednesday, 8th August for our next rendezvous. There will be a buffet laid on for you to enjoy, before we sit down to have a chat and throw around some ideas.

Adam is going to join us to talk about training and the training matrix he and Zoe are pursuing to make sure all the team are up-to-date with their ongoing learning schedules.



We've supported this charity for the past few years and will do so again on Friday, 21st September. It's just a matter of donning a pair of jeans and/or any other item of denim and paying £2 to help our collection.

We've just received the marketing items, so the posters and collection box will be going up in the next couple of weeks.



It seems a long time ago during this lovely hot summer, but France were crowned World Cup Champions 2018.

Congratulations to Zoe, who won the team sweep draw and to Sue,

Margaret's daughter, who won the residents & relatives draw.

Here's Zoe collecting her prize—yours is waiting for you at Kepplegate, Sue!



Julie has been taking care of our residents' feet since Ruth retired and hasn't raised her prices since she started. Many apologies from Julie, but she now feels she has to raise the price a couple of pounds per treatment to £17, which we feel is still very reasonable.



HYDRATION FOR OLDER PEOPLE

Talking of the long hot summer, here are five tips to help our elderly relatives and friends to stay hydrated:



- Position drinks so that they are in sight and easily in reach.
- Only offer small water jugs that are not too full. Many older people find a full jug too heavy to lift and pour from.
- Ensure the water is not warm, cold water is much nicer.
- Water and juice glasses should be small, easy to grip and not too heavy.
- Reminders to drink are needed as the thirst sensation deteriorates in older age.

KNOT END & PREESALL GALA

The gala season came around quickly and our residents took up their positions outside Kepplegate to enjoy the procession!



For a second consecutive year we were able to hold our garden party outside in the sunshine!



MEMORY BOX

The residents' memory box is ready for use by everyone. Here are Agnes and Margaret looking at some old photos and bygone adverts. There



are also some scents in the box to remind people of everyday things they used to smell but which are no longer sold in our modern supermarkets.



DATES FOR YOUR DIARY

- 7 August:** Dave Dare
- 8 August:** Relatives' Rendezvous
- 21 August:** Des Basterfield
- 1 September:** Kirsty Charles

Sorry, the newsletter will be late next month. I'm off to the States to visit family & meet my new grandson! Pauline