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KAREN'S KORNER

Well, I think that may be our lovely summer over with....but I'm alright thanks, I've got another week in Spain!!!



You might remember the CQC Inspectors descending on us earlier in the year? Last month it was the turn of the Food Hygiene Inspector and I'm very happy to report that we have retained our

5* Rating!

We are going to put up a display of poppies in the front garden to mark the centenary of WW1 ending. Adam is making these using the bottoms of plastic soft drink bottles and is beginning to run out of bottles, so please could you bring any empty plastic bottles (preferably washed!) into Kepplegate the next time you visit?



Congratulations to Diane who celebrated her birthday last month

We joined in with Nutrition & Hydration's "Fruity Friday" when Sarah G demonstrated how to make fruit smoothies.



She had some helpers with the fruit peeling



.. and some satisfied customers!



DEFIBRILLATOR NEWS

We're going to "launch" the defibrillator on 18th October and hope that Andrew, the paramedic who first contacted us about the free defibrillator, will be there. We're still waiting for him to confirm the time so we'll put up a big poster in Kepplegate as soon as we know. We hope a lot of you will be able to join us.

Also training, for anyone in the community to use it, will be held on 24th & 25th October, so put your names down!

Anniversary congratulations to Veronica and Trevor who celebrated 59 years of marriage in September



JEANS FOR GENES

What a generous team and group of visitors we have at Kepplegate!



Thank you to everyone who donated. We raised £34.50 a little bit up on our total last year.

TAKE CARE OF YOUR HEART “WORLD HEART DAY”



The World Heart Foundation set up World Heart Day, which takes place annually on 29th September, to help people realise that the majority of the 17.3 million lives worldwide that heart disease and stroke claims, could be avoided.

Public Health England has teamed up with NHS Choices & the British Heart Foundation to create the online “One You” heart-health test. If your result isn’t what you were hoping for, here are a few steps to help keep the risk of heart disease at bay:-

1. **Discover your heart age.** Check your risk of heart attack or stroke by logging on to bhf.org.uk/information-support/risk-factors/check-your-heart-age.
2. **Keep Calm.** Stress can increase the risk of heart attack or stroke, so find a calming activity that suits you such as yoga, a walk in the park, listening to soothing music or a swim.
3. **Know your blood pressure and check your pulse.** It is estimated that nearly 14 million adults in England suffer from high blood pressure, with 40% of these cases going undiagnosed. An irregular pulse can be caused by a number of heart rhythm disturbances and can increase the risk of a stroke. You can check your pulse rate on bhf.org.uk/information-support/tests/checking-your-pulse.
4. **Know the connections.** This is knowing how various conditions link to others, such as having diabetes makes a person more likely to develop coronary disease.
5. **Be heart-attack savvy.** Symptoms do vary, but the most common include chest pain or discomfort that occurs suddenly & doesn’t go away, pain spreading down either arm, neck, jaw, back or stomach, and feeling sick, sweaty, light-headed or short of breath.

SOME KEPPLEGATE SEPTEMBER PHOTOS



KEPPLEGATE TEAM NEWS



Congratulations to Michelle who became a grandma again (and to Stacey who became an auntie again!) when Chloe gave birth to twin boys Eli & Vinny. Aren't they cute?!

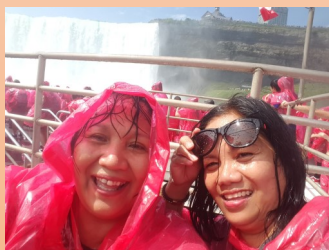
A warm Kepplegate welcome to Stacey R, Stacey W. and Wendy who have joined our care teams and also to our cook, Martyn, who wasn't mentioned when he first joined us—editor's fault!

Pauline got to meet her latest grandson, Rhys aged 2 months, when she visited the family near Chicago.



Happy birthday to Louise on the domiciliary care team, who celebrates her birthday in October.

Lilia's been globetrotting again! This time to meet up with relatives in Canada. Here she is at Niagara Falls and afterwards outside the Niagara casino.



POSTCARDS



Thank you to everyone who has sent postcards to our residents—they've loved getting them.

Dates for Your Diary

9th Oct: Des Basterfield, Guitarist

17th Oct: Relatives' Rendezvous

22nd Oct: Dave Bear, Singer

31st Oct: Rachel Mercer, Singer

12th Nov: Caroline Lovett, Singer

ADVANCE NOTICE:

3rd Dec: Sherry & Mince Pies for those helping to put up the decorations!

13th Dec: Residents' Christmas Party -
Entertainment by Beverley