

Our Moments

January 2021

A warm welcome to our January 2021 Newsletter

Dear Friends

HAPPY NEW YEAR

When I sat down to start writing this introduction to the Newsletter I realised that we were looking forward, as is the tradition, in the hope that what was to come would be better than what has recently passed.

It couldn't be any worse, I hear you say! We all hope not!

We cannot change what has gone, only remember, but we can look forward with hope and positivity. Hope that before the end of this year we will all have received the vaccine, hope that case numbers will have dropped dramatically and hope that we will be back to some form of normality. For us, this would be the re-opening of our cafes, sporting moments and choirs, allowing us to renew friendships and share more good times. We will do this as soon as possible when the risks are reduced. In the meantime, we will continue to contact you regularly, send out our Newsletter and share our music videos and CDs with you

all for you to enjoy. But remember, it doesn't have to be all one way, you can contact us and share stories and experiences - we could even publish them, with your consent of course.

Being a Scot, my sharing this month has to include a reference to our National Bard, Robert Burns. I have been told that many of the usual celebrations, held on 25th January every year, will be held in a virtual form (ie on line). I cannot imagine yet how this will look - will we still dress up in our national dress - kilts etc? - toasting each other? - sharing stories? - performing poems and, of course, sharing food and drink as we toast the Immortal Memory of one of Scotland's most famous sons.

You may have sung Burn's most famous songs in the last few weeks - Auld Lang Syne - which is an anthem at the turn of the year and has at its heart the concepts of friendship and remembering. I trust that we will meet soon and sing this together as it is not just for New Year.

Stay safe and take care

Alex Morrison-Cowan
Chair of Trustees



Christmas Competition Winners!!

Well done to everyone who entered our Christmas Decoration Competition. We really appreciated looking at all the photos sent in and were amazed at all the different ideas, which made choosing a winner very difficult. However a decision was made by Jennie and Alex and first prize, a £50 M & S voucher, went to Ann for her advent calendar made out of recycled materials and 2nd prize, a £30 M & S voucher, to Una for her attractive intricate decorations.



Our Moments

We hope you like the name we have chosen for our Newsletter. We decided on "Our Moments", put forward by Pauline, one of the Know Dementia Team. We thought it worked well as the main aim of our sessions are to create good moments for everyone, and hence, why we call our sessions, Memory Moments Cafes, Sporting Moments and Singing and Musical Moments. Thank you to all the people who sent in suggestions.

SUNNY SIDE OF THE STREET CD

We would like to thank Moving Sounds for working in partnership with Know Dementia to produce the enclosed CD. Mike and Keith have put together a selection of popular songs that hopefully you will find beautifully soothing and relaxing to listen to. Thank you to everyone who let us know how much they enjoyed last months Sing Along CD.

VALENTINE'S DAY QUIZ



1. Who was the legendary Benedictine monk who invented champagne?
2. Which was Shakespeare's most romantic play?
3. What kind of flowers are traditionally given to symbolise love?
4. What other gift sometimes accompanies a bouquet?
5. What was created by Pope Gelasius in 500AD, then deleted from the Roman Calendar of Saints by Pope Paul VI in 1969?
6. "Valentine" was the name given to which kind of early Christian?
7. What day is Valentine's day held on?
8. As well as being the unofficial patron of love, what occupation is St Valentine also believed to be the patron of?
9. Today we associate love with the heart, but this wasn't always the case. In medieval times, which internal organ was believed to cause love?
10. Which Roman god was either depicted as a plump cherub with a bow and arrow, or as a handsome teenager?
11. If you are quick to show your feelings where do you wear your heart?
12. Which Shakespeare play features Valentine and Proteus?
13. What is the approximate date of the first Valentine ever sent?
14. Which symbol does New York's Empire State Building illuminate on every Valentine's Day?
15. Who played the title role in Shirley Valentine?
16. Which Scottish poet wrote "A Red, Red Rose"?
17. What was the name of the small heart shaped sweets, manufactured by Swizzle, which had short romantic messages printed on them?
18. Who led the Chicago gangsters behind the St Valentine's day massacre in 1929?

Answers at bottom of page 4

In the spotlight this month Sporting Moments at Southwater

Some memories from our sessions at our Southwater venue in 2019. Lots of fun had by everyone participating in the activities and during the breaks when a chat over a hot drink and biscuits is most welcome.

We are looking forward to starting back at our new venue at Dial Post Village Hall when we are able to.



Thanks to all our Sporting Moments volunteers who make this session possible.

Mix the Bag

Create memories by filling a bag/pillowcase with different small objects and encourage your loved one to feel the contents and see if they can tell what it is. Try different shapes with different sensory touch, such as sandpaper, a toothbrush, a small balloon, a fork or something that has a real memory so that you can lift it out and discuss it. Alternatively just lay a few memories on a tray so that they can be picked up individually.

Give Me Five

Think of 5 things within a given category - Some category examples:

Fizzy drinks

Things that fly

Things you do when you are nervous

Items found in a freezer

Words ending in the letter "T"

Something that is cold

Cherished qualities in a friend

Ways to show you are happy

Objects found on a beach

Annoying habits

Types of sports car

UK garden birds

Something you clean

Fairy tales

Places where you might find a missing sock!

MEMORIES OF GROWING UP that made some of us smile

Climbing trees and playing in the street
Going to the pictures at two bob a seat
Fishing for tiddlers, British Bulldog
Postman's Knock and hiding in the smog
Out down the road to the corner shop
For barley sugar and bottles of pop
Dandelion and Burdock, Victory Vees
Condensed milk and tins of peas
Next door's telly had Muffin the Mule
Laurel and Hardy playing the fool
Roy Rodgers, The Woodentops
Buster Keaton and Keystone Cops
Down in the yard with clockwork toys
Dolls for girls and catapults for boys
Some had Hornby with oval tracks
Others had marbles, tiddlywinks and jacks
Home for tea with dripping on toast
Or salty gravy with Sunday roast
Pale blancmange, spotted dick
Or tapioca pudding, lumpy and thick

Winter's dark with wireless tunes
Family Favourites or giggling at The Goons
Dick Barton chase, The Clitheroe Kid
Or Hancock's Half Hour with Tony and Sid
No seat belts on seaside trips
Bucket and spade, fish and chips
Knitted swimming suits and sandy knees
Butlins Camps and freezing seas
Cod liver oil, kaleidoscopes
Wooden mangles and coal tar soap
National Service, Ovaltine
Measles, mumps and gaberdines
Steam and coal at railway stations
Prefabs and the Coronation
Vim and Omo, trotters and tripe
Helterskelters and smoky pipes
Gone but not forgotten, I see them all
With names and faces I recall
Life was different in many ways
I'm grateful for those happy days
With thanks to an unknown poet

RED VELVET COOKIES courtesy of BBC GOOD FOOD

Makes 16 to 18 - easy to make - 20mins prep time - 15 mins to cook. The dough can be frozen and baked at a later time.

INGREDIENTS

175g soft salted butter, 200g light brown soft sugar,
100g caster sugar, 1 large egg, 2tsp vanilla extract,
half to 1 tablespoon red food colouring gel, 225g plain flour,
25g cocoa powder, half tsp bicarbonate of soda,
150g white chocolate chips or chunks

FOR THE DRIZZLE

2 tablespoons soft cheese, 6 tablespoons icing sugar

METHOD

1. Beat butter and sugars together until pale and fluffy. Beat in the egg, vanilla and food colouring until you have a bright red batter. Sieve over the flour, cocoa and bicarb. Fold everything together with a metal spoon to make a stiff, evenly-coloured dough, then fold in the chocolate chips.
2. Put the dough on a sheet of baking parchment, fold the parchment over the dough and mould into a sausage shape about 6cm wide. Chill until ready to bake. Will keep for a week in the fridge or one month in the freezer.
3. Heat oven to 190C/170c fan/gas 5. Cut the cookie dough into 1cm thick slices (or heart shaped) using a sharp knife and arrange on two large baking sheets lined with baking parchment well-spaced apart so they have room to spread in the oven. Bake in batches, keeping the unbaked cookies in the fridge while the rest are baking.
4. Bake in the middle of the oven for 13-15 minutes until the cookies are crisp at the edges, but still soft in the centre. Cool on the baking sheet then transfer to a wire rack to cool completely. Beat the soft cheese in a small bowl to a loose consistency, then stir in the icing sugar. Use a piping bag or a spoon to drizzle the icing over the cookies. Un-iced cookies keep for five days in an airtight container, or two days iced.



CARER's TIPS HEARING LOSS and DEMENTIA

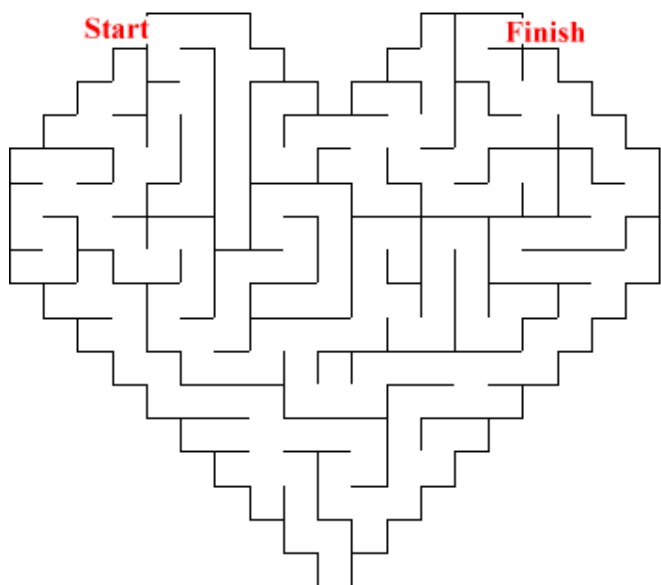
Some people have hearing loss from birth or from an early age whilst others may develop hearing loss as they grow older. Research has shown there is a strong link between hearing loss and dementia and when someone is coping with both ailments, this can easily cause social isolation. Often the person may become unwilling to attend social activities as they can make them feel uncomfortable or ignored.

My father had hearing loss and, as his dementia increased, he became more confused. He did not use sign language, would not use hearing aids, and only managed a small amount of communication by lip reading. When communicating with Dad we had to make sure we sat in front of him and that he could see our faces and we would slowly use two or three words at a time. We did not know how much noise he could hear so

reduced background noise and other distractions. He would copy our body language so a smile would be returned and lots of encouragement through body language was used. Initially he could read, and we were able to keep a small chalkboard near him, to write on to convey some words if he could not lip read them. Making him feel important by showing we were only interested in him and not other things helped us to communicate better. Giving time and being patient helped and we made sure we always gained his attention when entering or leaving a room never coming from behind him and making him jump.

When our Memory Moments cafes open again perhaps we can all help those with hearing loss who attend to feel part of our community.

Jennie Morrison-Cowan
CEO



Fabric Hearts

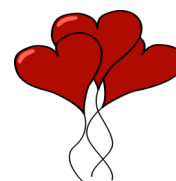


Draw out a heart shape onto a piece of card or paper.

Cut out two pieces of fabric, join them together leaving a gap down one side to stuff, you can use any scraps of material to pad it out. Once filled stitch up opening. Add a ribbon with a loop to hang up. Add a button or any other decoration of your choice.

Whose Birthday?

This month we say Happy Birthday to:



Barbara Newick Café.
Kathleen Buxted Café on 2nd Jan.
Jennie our CEO on 7th Jan.
Lionel Buxted Café on 9th Jan.
Eileen Newick Café on 26th Jan.
Linsey Newick Café on 31st Jan.
Kathy Crowborough Café on Feb 13th.
Brian Sporting Moments on Feb 14th.
Joyce Uckfield Café on Feb 14th.

Answers to quiz 1. Dom Perignon 2. Romeo and Juliet 3. Red Roses 4. Chocolates 5. St Valentine's Day 6. Martyrs 7. February 14th 8. Beekeepers 9. The liver 10. Cupid 11. On your sleeve 12. The Two gentlemen of Verona 13. 1415 14. A heart 15. Pauline Collins 16. Robbie Burns 17. Love hearts 18. Al Capone

We are continuing to send out our weekly entertainer video links via email. They can also be accessed via the link on the Know Dementia website in the Health and Wellbeing section. We are also continuing to support families with regular telephone contact. If you require support or to be added to our email list, call us on Tel. 01273 494300 or email info@knowdementia.co.uk.

