

DEMENTIA MATTERS

HERE fordshire



November 26th, 2021

Welcome to Dementia Matters Herefordshire

Hard to believe that this time next month Christmas will be almost over really. There's been lots on TV about shopping, costs, and pressure of presents etc, but for those of you who are in a dilemma, take note of money guru Martin Lewis - take the sensible approach and have discussions with family and relatives, even if they aren't easy. If you missed it, catch up on his show on ITV catch-up - great advice from a thoroughly knowledgeable guy!

Email us to newsletters@dementiamattershere.org.uk

Keep in touch with us and send in your thoughts, ideas and news!



Road Worlds For Seniors - 99-year-old cycles "virtually" from Leominster to Venice and back!

Kenneth Judd may be 99-years-old, but he is a cycling tour de force.

The almost centenarian last month gained a silver medal in a global cycling competition that had more than 5,000 entrants. To win second place Mr Judd pedalled 2,348 miles (3,779 km) over 26 days. That's an average of more than 90 miles per 24 hours, a distance that many of us of a younger age couldn't cycle in one day, let alone for another 25 in a row. That's like cycling the distance between Leominster and Venice and back!!!

While he cycled, Mr Judd was able to enjoy quiet country lanes in his native Yorkshire, and the Lake District. Yet he was actually moving on the spot, using a high-tech exercise bike at a care home in Warwickshire. Now in its fifth year, the worldwide event is called Road Worlds For Seniors. Open to elderly people, and those with dementia, participants cycle on stationary bikes made by Norwegian firm Motitech. The cycling machines are connected to a laptop or other computer, which in turn is linked to a TV or monitor. So when the user cycles they see themselves moving through the scenery on the screen.

This sort of technology has been available in gyms, and for home cyclists, for a number of years, but Motitech's Motiview system is aimed specifically at older people and people with dementia. The idea is that users cycle along to a video of the roads, or streets, near where they lived as child or young adult, so that they get both physical and mental exercise. They, or their care worker, can also pick from a number of accompanying song playlists compiled by music therapists to also help inspire them to keep peddling.

The Road Worlds For Seniors event is supported by British Cycling, the sport's governing body in the UK. This year's competition took place from 6 September to 1 October, the winners were those who cycled the furthest over that time period - the system records their distances.

This was nonagenarian Mr Judd's second time entering the event. A pilot in World War Two, he came seventh in the 2020 competition (Covid-19 did not stop it), and he has been training on a Motiview bike ever since January for this year's race.

"I wanted to do better than last year, and so I worked out how many kilometres and hours I'd have to do each day," he says. "And I did the cycling when no one else was around, late at night, or early in the morning. The night staff were good at bringing me drinks, although my tea would end up being cold as I focused on cycling. "You've got to concentrate on your speed and how far you're going. Sometimes I watched Yorkshire, and others - areas of the Lakes."

Back at his Warwickshire care home, Mr Judd is now taking a break from cycling, at least for the winter. "I won't look at the bikes again for now," he says. "But I shall consider taking it up again in early spring and having another go in next year's competition."

Kenneth is pictured below.



Dementia Matters Here - our services for you and to you

Our Services

Telephone Support Line

9 a.m. to 5 p.m. Monday to Friday
01432 804480

One to One Support

Support to adjust to change, access opportunities, advice and information.

Online Meeting Point

A weekly online get together for both the person with a diagnosis and their supporter based on the UK Meeting Centres Programme.

*"We both so look forward to the weekly meeting;
it is the highlight of our week."* – Member and carer.

Carer's Support Group

A fortnightly support group for carers of

people with dementia to access peer support and information and advice.

"At last, something specific for me and my situation."

- Carer

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HERE **fordshire**

Face to Face Carers Support Group

Second Tuesday of each month, 10.30am at the Council Offices within the Tourist Information Centre, Leominster.

Memory Cafe

Fourth Friday of each month, 10.30am - 12.30pm at the Tourist Information Centre, Leominster.

Newsletter

Fortnightly newsletter with quizzes, activities, recipes, useful information and available opportunities.

Please contact us at:

referrals@dementiamattershere.org.uk

or ring us on 01432 804480/07539 378734.

Working with Herefordshire and Worcestershire Clinical Commissioning Group



Festive fun!!

Here's a date for your diary! Wednesday, December 15th - come and join DMH for a bit of festive celebration, at the Tourist Information Centre in Leominster. Festive fun will include a Christmas Quiz, plenty of tea, coffee, cake and hopefully some nibbles out - then music and a general chat and maybe even a dance if you feel like it!

Its 10.30-12.30 at the Tourist Information Centre in Leominster on Wednesday 15th December and open to all. But don't forget you are required to wear some sort of Christmas outfit!!!

Leominster Meeting Centre "Whats On" December 2021

		Wednesday 1st	Thursday 2nd	Friday 3rd
		Pathfinder Project with Yvie and Elizabeth. Hairdresser Elaine for your christmas hair cuts (reasonable rates)	Decorating the meeting Centre for Christmas	Pathfinders Project with Rachel. Continuing with our chair project.
Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th
Bowling and lunch at The Grove	Christmas Bingo Pathfinders Project with Olivia Music Therapy	Christmas around the world Pathfinders Project with Yvie and Jo's Larking Stool	Musicals and Pantos oh yes we are ! Oh no we're not !	Christmas craft Table decorations Christmas film Choose your favourite film
Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th
Christmas reminiscance Remember Christmas times from the past	Christmas music quiz Listen to all your favourite Christmas tracks	Christmas craft table decorations Christmas quiz	Pathfinders Project with Gemma and Yvie. Continuing with the paintings already started.	Bowling and lunch at the Grove
Monday 20th				
LMC Christmas party don't forget to RSVP	CLOSED UNTIL TUESDAY 5th JANUARY 2022			
Everyday we try to include some time for passive exercise and relaxation				
Please note that all events are subject to change, ring 01568 368180 the day before for confirmation.				

This week in history ... November 25th, 1963 JFK buried at Arlington National Cemetery

Three days after his assassination in Dallas, Texas, John F. Kennedy was laid to rest with full military honours at Arlington National Cemetery in Virginia.

Kennedy, the 35th president of the United States, was shot to death while riding in an open-car motorcade with his wife and Texas Governor John Connally through the streets of downtown Dallas. Ex-Marine and communist sympathizer Lee Harvey Oswald was the alleged assassin. Kennedy was rushed to Dallas' Parkland Hospital, where he was pronounced dead 30 minutes later. He was 46.



Vice President Lyndon Johnson, who was three cars behind President Kennedy in the motorcade, was sworn in as the 36th president of the United States less than two hours later. He took the presidential oath of office aboard Air Force One as it sat on the runway at Dallas Love Field airport. The swearing in was witnessed by some 30 people, including Jacqueline Kennedy, who was still wearing clothes stained with her husband's blood. Seven minutes later, the presidential jet took off for Washington.

The next day, November 23, President Johnson issued his first proclamation, declaring November 25 to be a day of national mourning for the slain president. On that day, hundreds of thousands of people lined the streets of Washington to watch a horse-drawn caisson bear Kennedy's body from the Capitol Rotunda to St. Matthew's Catholic Cathedral for a requiem Mass. The solemn procession then continued on to Arlington National Cemetery, where leaders of 99 nations gathered for the state funeral. Kennedy was buried with full military honours on a slope below Arlington House, where an eternal flame was lit by his widow to forever mark the grave.

Recipe time! All-in-one easy Christmas cake



This simple, all-in-one easy Christmas cake recipe makes the perfect fruit base for your festive treat.

Compared to a classic Christmas cake recipe, this is an easy Christmas cake to put together – though it will still take around three hours to prepare and bake. It's well worth making your cake a good few weeks in advance so it's got plenty of time to absorb all of the wonderfully festive flavours of the mixed fruit and brandy. This hearty cake will serve between 14-21 people, for a not-too-naughty 311 calories a slice.

Have you got any favourite recipes to share? Email to newsletters@dementiamattershere.org.uk

Ingredients

3 large eggs
300g (10oz) plain flour
250g (8oz) butter, softened
250g (8oz) light muscovado sugar
1 tbsp ground mixed spice
Pinch of salt
410g jar of mincemeat
500g (1lb) dried mixed fruit
4 tbsp brandy
20cm (8in) round or 18cm (7in) square cake tin, lined with baking parchment

Method

1. To ensure the cake is positioned centrally in the oven, put one of the shelves just below the centre of it. Set the oven to 140°C/280°F/Gas Mark 1.
2. Break the eggs into a bowl and add the rest of the ingredients, except for the brandy. Beat the mixture until smooth, then spoon it into the lined cake tin. With a wet hand, press the mixture into the tin and smooth on top, so that it's level.
3. Bake the cake in the centre of the oven for 3 – 3.5 hours, or until the cake feels firm to the touch and a skewer comes out clean after being inserted into the cake.

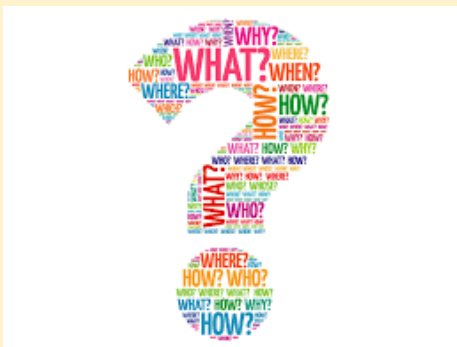
4. Remove the cake from the oven and place the tin on a wire rack. Leave the cake to cool for about 15 minutes, then spoon over the brandy. Leave it to cool completely in the tin.

5. Remove the cake from the tin and peel away the lining paper. Wrap it in clean baking parchment and then foil, and store in a cool place for up to 3 months, until ready to cover with icing and decorate.

Quiz time

The past 12 months has seemed relatively quiet on the American Presidential front, since a certain Donald Trump left office. Lots has happened in history with this major political role, but how much do you know? Quiz on!!

See how well you can do with the questions below!



1. The first American president to live in the White House was:

- a/ George Washington
- b/ Abraham Lincoln
- c/ John Adams

2. Which American president is associated with the Teddy Bear??

- a/ Theodore Roosevelt
- b/ Donald Trump
- c/ Thomas Jefferson

3. How long does a U.S. president's term in office last, in years?

- a/ 3
- b/ 4
- c/ 5

4. Which of these presidents delivered the Gettysburg Address?

- a/ Abraham Lincoln
- b/ John F Kennedy
- c/ Dwight Eisenhower

5. George W. Bush was governor of which state before becoming the President?

- a/ Texas
- b/ California
- c/ Ohio

6. Under whose presidency did the Iran hostage crisis take place?

- a/ Jimmy Carter
- b/ Ronald Reagan
- c/ George W Bush

7. What was President Donald Trump's campaign slogan in the 2016 presidential election?

- a/ Yes we can
- b/ The "United" States
- c/ Make America great again

8/ Which U.S. federal holiday is celebrated in honour of President George Washington and Abraham Lincoln?

a/ Memorial Day

b/ Presidents Day

c/ National Freedom Day

Answers at the end of the newsletter!!

Dementia and winter tips

The piece on keeping warm with dementia seemed quite popular a couple of weeks ago, and having stepped outside this morning to find the car frozen, it seemed a useful idea to look at tips for looking after those living with dementia in the winter months.

Things that might come to us naturally such as turning up the central heating or putting on an extra layer of clothing don't always come naturally to someone with Dementia. These are things they may forget how to do or struggle to do themselves, that's why it's important to take steps to ensure your loved ones with Dementia are safe in the colder months.

Preparing the house

It is recommended getting heating systems serviced before the harsher and colder months strike. Many boiler and heating system breakdowns happen at the start of winter due to heating not being used throughout the summer, this will ensure the heating and boiler are in proper working order and minimise the risk of a breakdown. It is also advisable to get extra bedding and blankets if not already available for colder nights.

Keeping warm

- Clothing

This is something someone with Dementia may need help with, as in instances they can forget how to dress themselves, remember where warmer clothes are kept or not have a sense for putting on more layers for the cold. Try helping them dress where possible, also leaving clothing in places where it is visible such as on the back of the chair or bed can be really helpful. Leaving out extra blankets and throws is also helpful. When heading outdoors it is also important that they have a good, insulated coat for the winter as well as some sturdy boots with a good grip to minimise risk of falling.

- Central heating

As mentioned above as well as checking that central heating is in proper working order, it is important to check which temperature the heating is at and turn this slightly higher for the winter months. During the winter older people tend to feel more colder than a normal person as their circulation declines, therefore it is important for the heating to keep them warm. It is also worth ensuring that the heating is on a timer to be on at times they are most likely to be at home, you can also get home monitoring systems that will track the temperature in the house and send an alert if it falls below a certain point.

Food and drink

Ensure there is enough food at home so that they don't have to keep making trips outside, also encourage them to make hot drinks as well as having at least one hot meal a day. This will help keep them warm as well making sure they are eating properly. If they are unable to cook for themselves try and leave some ready meals in the fridge/freezer which they can heat up.

Going outdoors

- Winter shoes and coat

With icy roads and cold temperatures outside, although it is advisable for older people to go outside and not stay indoors too long. It is important to ensure they are as safe as possible through having the correct clothing such as shoes with a strong grip and a good winter coat.

- Walking aids

Walking aids such as walking stick, walking frames or being accompanied when outdoors can help prevent slips and falls on icy grounds.

- Alarms

Providing them with a pendant fall alarm is a good idea throughout the year if they're prone to falls, but particularly so during winter.

- Snow

If there has been heavy snowfall of conditions outside are icy assistance with clearing up driveways or gritting so that they can safely leave the house can be particularly helpful. Gritting any pathways leading to the house is a big help, not only for the person with dementia, but also for carers, visitors and anyone else helping. It also minimises any issues of loneliness or isolation as visitors know they can get there relatively risk-free!



It is also important that you make regular contact with the person with dementia, so checking every now and then on the phone even if you can't get there in person is a great help.

Can you spot the links?

Back to our word grid for this newsletter. Below are 16 words or items which have links. Can you spot what the four groups of four items are which are linked together?

Answers at the end of the newsletter!!

Blonde	Madam	Father	Grey
Even	Ginger	Red	Equal
Fair	Wow	Aunt	Brother
Same	Granny	Level	Mom

Word Search – American Presidents

Bit of a theme with US Presidents, so below we have a grid for you to find the 20 American Presidents in this week's Word Search?



ADAMS
BIDEN
CARTER
CLEVELAND
CLINTON
COOLIDGE
EISENHOWER
HOOVER
JEFFERSON
JOHNSON

KENNEDY
LINCOLN
MCKINLEY
NIXON
OBAMA
REAGAN
ROOSEVELT
TRUMAN
WASHINGTON
WILSON

Are you having a laugh??? Britain's Top 10 sitcoms

The Good Life is a British sitcom, produced by BBC television. It ran from 4 April 1975 to 10 June 1978 on BBC 1 and was written by Bob Larbey and John Esmonde. Opening with the midlife crisis of Tom Good, a 40-year-old plastics designer, it relates the joys and setbacks he and his wife Barbara experience when they attempt to escape a modern "rat race" lifestyle by "becoming totally self-sufficient" in their suburban house in Surbiton.

Larbey and Esmonde were inspired by Larbey's 40th birthday, which seemed to them a milestone in most people's lives. Their story has the Goods' decision to pursue self-sufficiency conflicting sharply with the habits of the Leadbetters, who live next door. The conflict between

the neighbours, balanced with an increasingly close friendship, creates comic tension as that friendship is tried to its limits.



On his 40th birthday, Tom Good is no longer able to take his job seriously and gives up work as a draughtsman for a company that makes plastic toys for breakfast cereal packets. With their house in The Avenue, Surbiton paid for, he and his wife Barbara adopt a sustainable, simple and nearly self-sufficient lifestyle while staying in their house. They turn their front and back gardens into allotments, growing soft fruit and vegetables. They introduce chickens, pigs (Pinky and Perky), a goat (Geraldine) and a cockerel (Lenin). They generate their own electricity with methane from animal waste, and attempt to make their own clothes. They sell or barter surplus crops for essentials they cannot make themselves. They cut their monetary requirements to the minimum, with varying success.

Their actions horrify their kindly but conventional neighbours, Margo and Jerry Leadbetter. Margo and Jerry were intended to be minor characters, but their relationship with one another and the Goods became an essential element of the series.

The Good life was voted 9th best British sit-com in the survey in 2004.

Places to visit

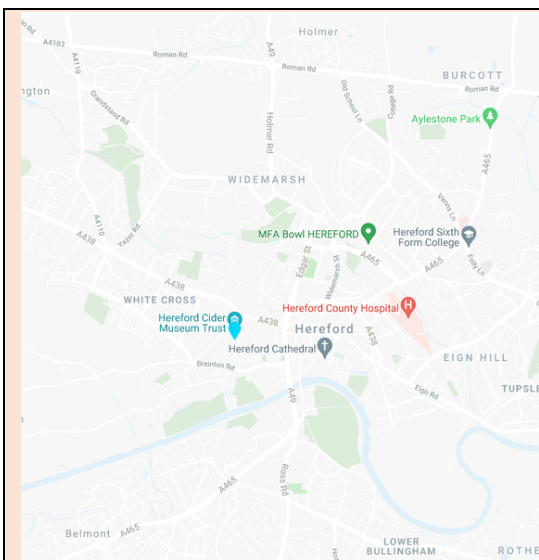
Hereford Cider Museum

Hereford

<https://www.cidermuseum.co.uk>

Visit this museum in the heart of Herefordshire and learn about the history of cidermaking. Discover how apples were harvested, milled, pressed and the juice fermented to produce cider. Walk through the fascinating champagne cider cellars and find out how two 19th century brothers created the Bulmers empire. Visits include a free sample of cider in the gift shop. There is a tea room and free parking.

The Museum is located to the West of the city of Hereford, off the A438 Brecon Road. It is situated close to Sainsbury's supermarket and the Travelodge. Free parking on site (please do not



park by the side of the gym.) It is a 10 minute walk from the city centre.

The ground floor is fully accessible for wheelchair users and there is a computer available showing the cellar displays



Hereford Cider Museum Trust is an Independent Charitable Trust and was founded in 1973 to preserve the history of cider making worldwide. The extensive collection includes cider mills, presses, bottles, old photographs, watercolours, advertising memorabilia and a rare collection of English lead crystal cider flutes. It is housed in the original 1888 Bulmer's factory, and it tells the story of cidermaking across Britain, although local social history of course features very strongly.

Apples & People is an exciting online exhibition programme telling stories about the apple from around the world:

www.applesandpeople.org.uk.



The programme is a partnership between the Museum of Cider, the Brightspace Foundation, and the National Trust in Herefordshire. It has brought together a network of some of the world's leading apple historians and scientists, draws upon international art collections, and provides a series of creative commissions to professional artists, mainly those local to Herefordshire

The tearoom and Bottle & Gift Shop are free to enter and are open Monday-Saturday 10.30-4.30 (suggested last entry to tearoom 4.00). The **tearoom** is a lovely place to relax and to meet friends for coffee, with sandwiches made to order, soup and home-made cakes. Wi-Fi is available.

The Cider Shop stocks over 150 craft ciders and perries, and has one of the very best ranges in the county. We have top-quality craft ciders you will not find in supermarkets, plus some of the county's most famous names like Weston's. Small samples of dry, sweet and medium cider or perry and apple juice are available for visitors. The selection changes daily.

We promote responsible drinking and proof of age may be requested if you are lucky and look young for your age.

The museum carries a finite stock of superior oak-aged cider brandy which was once distilled on site. We also sell Herefordshire gins, Chase vodkas and Somerset cider brandy and liqueurs.

Closed Sundays



Quiz questions - the answers

1. The first American president to live in the White House was:

c/ John Adams

2. Which American president is associated with the Teddy Bear??

a/ Theodore Roosevelt

3. How long does a U.S. president's term in office last, in years?

b/ 4

4. Which of these presidents delivered the Gettysburg Address?

a/ Abraham Lincoln

5. George W. Bush was governor of which state before becoming the President?

a/ Texas

6. Under whose presidency did the Iran hostage crisis take place?

a/ Jimmy Carter

7. What was President Donald Trump's campaign slogan in the 2016 presidential election?

c/ Make America great again

8/ Which U.S. federal holiday is celebrated in honour of President George Washington and Abraham Lincoln?

b/ Presidents Day

Word search solution – American Presidents



Can you spot the links?

The answer to the wordlink grid is below

Green clues - Hair colour

Purple clues - family members

Red clues - Can be spelt backwards

Blue clues - All mean the same, ie equal

Blonde	Grey	Red	Ginger
Brother	Aunt	Father	Granny
Wow	Level	Madam	Mom
Equal	Even	Same	Fair



Please contact us at:
referrals@dementiamattershere.org.uk
or ring us on 01432 804480/07539
378734.

Thanks for reading the newsletter - hopefully you have enjoyed reading it and it has been informative. If you have any thoughts or ideas, or contributions, please email them to me, David Pearson -
newsletters@dementiamattershere.org.uk

Take care, and above all keep safe and well!

Best wishes

David