



Care Home Quarterly
 Latest Care Home News

Winter 2020
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 Shackletons

WINTER IS THE LONELINESS SEASON FOR THE ELDERLY



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WINTER SKIN CARE

The skin on your resident's face can suffer and feel quite uncomfortable in the wintertime and unfortunately as we age the problem seems to get worse.

Caring for skin, particularly facial skin is vital during the wintertime. Men and women need protection from extreme temperatures, both the exposure to cold winds and rain, and the heat and dryness of fires and central heating.

How well (or badly) our skin ages depend mostly on genetics and skin type. 10% of skin ageing is intrinsic and we can look at our parents to see how we might appear in later life.

Other factors which age skin are extrinsic and under our control such as exposure to sun and wind, smoking, alcohol, poor diet, and lack of exercise. People who have looked after themselves usually have healthy skin and look years younger than they are. All skin will eventually show some signs of ageing and will be subject to the forces of gravity.

process:

- Stress

- lack of sleep
 - smoking
 - taking excess iron supplements
 - over exercising
 - over exposure to the elements, especially the sun (even in winter)
- 80% of premature ageing is caused by exposure to the sun or by smoking (preventable) and results in:
- age spots
 - coarse wrinkles
 - small broken blood vessels
 - Skin of a leathery texture.

Skin dislikes:

- Coffee
- Alcohol
- Stress
- Tobacco smoke
- Processed foods
- UV light

Skin likes:

- ☑ Water
- ☑ Sleep
- ☑ Fresh Air
- ☑ Fresh Food
- ☑ Moisturizing (day cream)
- ☑ Protecting (SPF of 15 or 20)
- ☑ Feeding (night cream)

Moisturising and feeding is essential for middle aged/ and older skin to replace natural oils that dry up as a prune – although it is the same fruit!





Make Sure Your Residents Enjoy a healthy Christmas

For Care Home Owners, Christmas can be an opportunity rather than a threat to healthy eating. The sense of occasion that comes with Christmas, the preparation, the traditional foods and decorations can all spark a renewed interest in food for residents who usually struggle with a poor appetite. It can also be a time to trigger memories of past Christmas's and is an opportunity for chef's to engage with residents to plan Christmas menus.



- Don't forget that if residents only manage a small amount of the main Christmas meal there are plenty of other opportunities to add in

All the trimmings:

- Roast potatoes are a huge favourite. Using oils like rapeseed, sunflower or vegetable oil instead of lard or goose/duck fat helps keep saturated fat levels down.
- Make sure there's a good selection of other vegetables so residents get a good mix of vitamin and minerals. Carrots, sprouts, red cabbage, parsnips, peas and cauliflower all provide different antioxidant vitamins and minerals which the body against cancers and heart disease.
- Try not to overcook vegetables and serve as soon as possible after cooking to prevent nutrient losses while being kept hot.
- Gravy, stuffing and sauces are all essential for Christmas. Homemade stuffing is a great way to include fruit and some additional protein from chestnuts. Maximizing your use of herbs like sage, thyme and parsley will help keep salt levels down- premade stuffing can be very salty!
- Bread sauce is easy to make using a basic béchamel sauce. It provides calcium and protein. Both



nutrients over the period.

- Satsumas are a great source of vitamin C and look really festive- keep bowls of these and other fruit handy as snacks
- Chestnuts, walnuts and brazils are all super sources of protein and fibre and a much healthier choice than salted peanuts
- Vegetable crudités and dips like sour cream and chives and hummus make a great savoury alternative to crisps and other salty snacks

It's all about fun and enjoyment: Being active helps residents work up an appetite, this can include chair-based exercise classes, dancing and old fashioned parlour games like pass the parcel. Christmas is a wonderful time to eat, drink and be merry. With a little planning and some of these tips it can also be a time to help residents find renewed enjoyment in .

bread sauce and gravy help residents manage what can be a fairly dry meal, so it's really worth making sure they are both offered.

- Pigs in blankets are delicious but they are not as nutrient dense as the main poultry, meat or fish. It's very easy for residents to fill up on these and neglect the rest of the meal.
- Serve pigs in blankets with the meat, poultry or fish on the plate rather than placing them in a serving dish on the table.



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