

CACE Activity Pack:

No 2



CACE (Cumbernauld Action on Care of the Elderly)
Dunnswood House
4 Dunnswood Road
Cumbernauld, G67 3EN
Main Office: 01236 451 393
Website: www.cace.info

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Hello again, and welcome back to our Second Activity Pack. Thank you so much for your feedback on our first venture, please keep all your comments and thoughts coming into us, as it's really important we provide you with what you want.

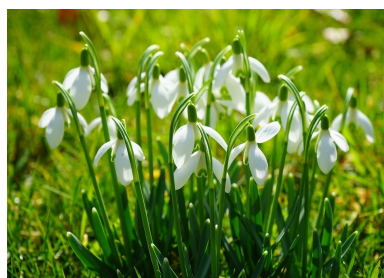
Thank you for all who entered the tree name wordsearch competition the last time. The answer of the missing clue was Beech. The lucky winner, whose name was drawn from the hat is a lady from Moodiesburn and she will be notified and receive a prize of chocolates, which will be delivered soon (*although with delivery from George & Peter, so there may be some empty wrappers too*).



Linda drawing our winner!

So, as we are all surviving into lockdown number 3, everyone at CACE would like to say, 'well done' you are 'doing great' and 'keep going'! There is now lots of hope with vaccines continuing to be rolled out. Remember though, we all need to keep social distancing even if we've had our vaccines. If you haven't received contact about going for your first vaccine (and your age group has been called) you can call The Scottish Covid Vaccination Helpline on 0800 030 8013 which is available 8am to 8pm, seven days a week.

At CACE we love this time of year, buds appearing on the trees, busy birds making their nests and the crocus, snowdrops and daffodils, bursting into bloom (*Images from: pixabay.com*)



In this pack we have used a theme of heart healthy, ways we can improve our health through healthy eating, seated exercises, mindfulness colouring in and a crossword with heart related clues.

At Home Seated Exercises

From NHS, www.nhs.uk/live-well/exercise/sitting-exercises/

These gentle sitting exercises can be done at home and will help improve your mobility and prevent falls. Do not worry if you have not done much exercise for a while, these seated exercises are gentle and easy to follow. For these exercises, choose a solid, stable chair that does not have wheels.

You should be able to sit with your feet flat on the floor and knees bent at right angles. Avoid chairs with arms, as these will restrict your movement. Wear loose, comfortable clothing and keep some water handy. Build up slowly and aim to gradually increase the repetitions of each exercise over time. Try to do these exercises at least twice a week.

Linda & Susan would love to hear your feedback on these exercises – did you try them? Would you like to see more seated exercises, or easy standing exercise? Have you noticed your mobility decreasing or increasing? linda@careatcace.com or susan@careatcace.com

Chest Stretch: This stretch is good for posture



- A.** Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.
- B.** Gently push your chest forward and up until you feel a stretch across your chest. Hold for 5 to 10 seconds and repeat 5 times.

Upper-body twist: Develops & maintains flexibility in the upper back



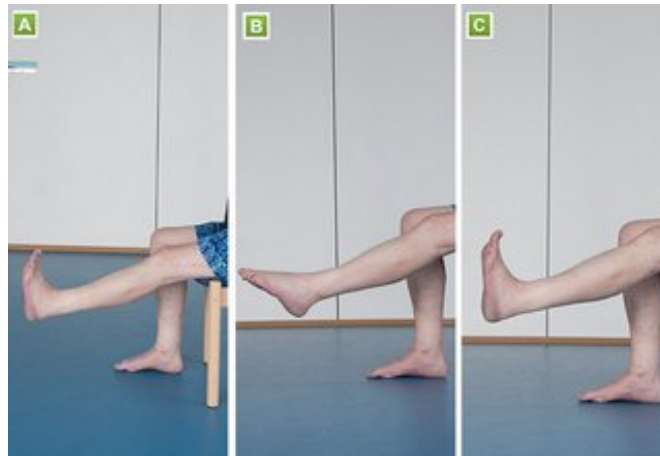
- A. Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.
- B. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.
- C. Repeat on the right side. Do 5 times on each side.

Hip marching: Strengthen hips and thighs and improve flexibility.



- A. Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.
- B. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.
- C. Repeat with the opposite leg. Do 5 lifts with each leg.

Ankle stretch: Improves ankle flexibility & lowers risk of developing blood clot.



- A. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.
- B. With your leg straight and raised, point your toes away from you.
- C. Point your toes back towards you. Try 2 sets of 5 stretches with each foot.

Arm raises: This exercise builds shoulder strength.



- A. Sit upright with your arms by your sides.
- B. With palms forwards, raise both arms out and to the side, and up as far as is comfortable.

- C. Return to the starting position.

Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat 5 times.

Neck rotation: Good for improving neck mobility and flexibility.



- A. Sit upright with your shoulders down. Look straight ahead.
- B. Slowly turn your head towards your left shoulder as far as is comfortable. Hold for 5 seconds and return to the starting position.
- C. Repeat on the right. Do 3 rotations on each side.

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DESTINATION DIGITAL

At CACE we are aware so many of you have Digital Devices and can connect to the web (via smart phone, tablet, iPad, laptop, pc/apple) so we are currently developing some digital content for you. We have lots of plans and ideas but as our services are ALL ABOUT YOU – we would like to know what kind of things you would like? If you have any suggestions / comments / ideas, we'd love to hear from you! Keep checking our social media (Facebook, Twitter, Instagram) or our website (www.cace.info) for updates. Also have a read of Bob's Digital Experience in this pack and his encouragement '**give it a try!**'



*‘Let food be thy medicine and
medicine be thy food’ -
Hippocrates*

Here is a list of some foods which are good for the heart

FISH: High in Omega 3s. Salmon, Tuna, Mackerel, Herring and Trout.

NUTS: – Packed with protein, fibre and essential fats. Keep away from the salted variety. Golf-ball sized portion (30g) is a good snack. Almonds, Pistachios, Cashews, Hazelnuts, Pecans, and Walnuts.

BERRIES: Full of healthy heart properties. Low in calories, several vitamins and minerals. Blueberries, Raspberries, Strawberries, Blackberries, Cranberries and Cherries.

SEEDS: A great source of fibre, vitamins, minerals and antioxidants. Can help reduce cholesterol and blood pressure. Chia seeds, Sesame seeds, Pumpkin seeds and Sunflower seeds. Sprinkle these over yogurt, your porridge, salads or over your soup.

BEANS & PULSES: – Loaded with good stuff – Baked beans, Lentils, Chickpeas, Garden peas, Black-eyed peas, Broad beans, Kidney beans and Butter beans.

VEGETABLES: – **RED, YELLOW & ORANGE**, such as, Carrots, Sweet Potatoes, Red Peppers and Tomatoes are all packed with fibre and vitamins to help your heart. Whilst, **GREEN VEGETABLES:** Popeye was right – Spinach packs a punch! Cabbage, Broccoli, Brussel Sprouts and Asparagus are filled with Vitamins C + E, potassium and fibre.

DARK CHOCOLATE: Yes, it so good for your health. The higher the percentage of cocoa the better. If you are a fan of milk chocolate, start trying chocolate with at least 70% cocoa.



Sticky Carrot & Marmalade Loaf

From Heart UK, The Cholesterol Charity, enjoy this tangy tea bread. For a little extra richness spread with more marmalade or with a healthy low fat spread.

For the Loaf:

150ml Vegetable Oil
2 Eggs
175g Light Muscovado Sugar
350g Carrots (Peeled & Grated)
1 Tablespoon Thick Cut Marmalade
1 Tablespoon Poppy Seeds
200g Self-Raising Flour
Half Teaspoon Bicarbonate of Soda
1 Teaspoon Mixed Spice

For the Topping:

2 Tablespoons Thick Cut Marmalade
2 Tablespoons Orange Juice

Prep Time: 15 minutes

Cooking Time: 75 minutes

9 Servings in Loaf

1. Preheat the oven to 150C.
2. Grease and line a 13cm by 23cm loaf tin.
3. Beat the eggs with the oil and sugar, stir in the carrots, marmalade and poppy seeds.
4. Stir in the flour, bicarbonate of soda and mixed spice.
5. Mix well, pour into the tin, level the surface and bake for 75 minutes or until a skewer comes out clean.
6. When cooled turn out onto a wire rack.
7. Heat the marmalade and orange juice together.
8. Make holes all over the cake with a skewer and brush the mixture all over.



While the weather might be a bit colder just now and you are glad of your warm porridge in the morning, why not expand your repertoire with this change of scene?

Overnight Oats (from BBC Good Food)

Quarter Teaspoon of Ground Cinnamon
50g Porridge Oats
2 Tablespoons Natural Yogurt

50g Mixed Berries
Drizzle of Honey

1. The night before, stir the cinnamon and 100ml water (or milk) into your oats with a pinch of salt.
2. The next morning (as long as oats have minimum of 2 to 6hrs rest), loosen with a little more water (or milk). Top with the yogurt, berries and a drizzle of honey.

Fruity Overnight Oats (with Frozen Berries)

Ingredients:

40g rolled oats
75ml water
50g frozen berries
Drizzle of honey / maple syrup

To Serve:

Half an apple
100g Vanilla Yogurt
Small handful fresh / frozen berries

1. The night before you need them, place the oats and water in a large cereal bowl and stir. Top with the frozen berries and a drizzle of honey or maple syrup (its optional).
2. Cover and place in the fridge overnight.
3. The next morning, grate the apple and stir into the bowl with three-quarters of the yogurt. Mix well.
4. Serve with the rest of the yogurt and a handful of berries on the top.

Other Serving Suggestions for Overnight Oats include: Adding dried fruit, chopped tropical fruits, seeds and nuts, pear & blackberry, orange & peach,

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Image from: <https://www.bestcoloringpagesforkids.com/wp-content/uploads/2018/09/Fall-Free-Printable-Coloring-Pages-for-Adults-Advanced.jpg>

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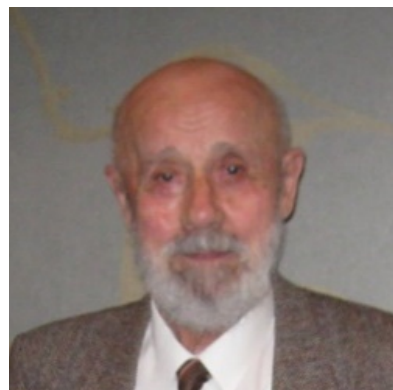


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My Digital Experience

by Bob MacKenzie

I am 90 years young. I have been a volunteer with CACE for 2.5 years. I volunteer in the Sporting Memories Group and also as a Befriender to Bill.



I own a tablet device and was curious to learn how to go on a zoom call. I just kept saying to myself, *"I just don't have a clue, don't know if I will ever be able to do this digital stuff – I am not digitally minded"*. I thought to myself, *'what have I got to lose?'* and I will give it a try.

My son, who has helped me with the whole process, was really keen for me to learn, knowing it would connect me more with my family and group associations that I am currently involved with. It is really beneficial if you have someone to assist you, especially setting up your 'app' on your device. We then went on to do some practice runs together. My son called me, and we took it step-by-step. For me, it was like learning to walk again. I would be on the phone to receive instructions and have the tablet in front of me to work. It was a slow process, but we got there.

My memory isn't what it used to be, so I wrote down step-by-step instructions. This is now my go-to guide for joining zoom calls.

The digital calls have made such a difference in combating the isolation and loneliness I had been experiencing. I feel much more connected and know I have so much more to learn. I am confident enough to join zoom meetings. I am also enjoying calls with groups I was in pre-Covid. It is just great to see people and talk with them. It makes the day more enjoyable. From not 'having a clue' to being a regular participant on zoom calls is something I did not see myself doing before. ***Give it a try!***

When does Spring get Sprung?

Spring, in the northern hemisphere, starts on Saturday 20th March. It can be important to remind ourselves, that despite what is going on, our world keeps turning and our seasons keep changing. What does spring make you think of? Here at CACE offices we think of happy, bright daffodils and crocus pushing through the snow!

“Spring will come and so will happiness. Hold on. Life will get warmer.” -

Anita Krizzan

“For there is always light, if only we're brave enough to see it. If only we're brave enough to be it.” –

Amanda Gorman

“Finally, my winter fat has gone, I now have spring rolls” - Unknown

“No winter lasts forever; no spring skips its turn.”

- Hal Borland

This time of year can be really hard on us emotionally, the days are dark, the weather is cold and often wet, it's such a long time until summer days come. What is important to accept that to feel like this is okay, everyone does at some point. Age UK state that “1 in 3 older people are feeling more anxious than they were before the pandemic”, so you are not alone. As a society, we are going through huge changes, combined with the fact that life continues – as well as the virus, we may be facing: retirement; bereavement; becoming a carer for someone; money worries; increasing poor health; addictions; changes of season – so **be kind to yourself and others, always.**

If you think you are feeling particularly down though and you've felt like this for a few weeks, we suggest you speak with someone (preferably your GP) about how you are doing. Age UK advise the following: *“Talking to someone about how you feel, especially when you might not know exactly how you're feeling or why you're feeling like it can be difficult. But it's so important to let someone know if you're not feeling your usual self.”*

It can be daunting, you might not want to feel like a burden or think that someone won't be interested in what you've got to say. Maybe you're just scared if you haven't felt like this before or you're worried about what someone might think. You might not want to cause a fuss or worry anyone. If you do feel like this, take a moment to think how you'd feel if someone you cared about was feeling this way – you wouldn't want them to deal with it alone, you'd want to listen and be there for them.

Who you talk to is up to you. There might be someone that you've spoken to before, or a loved one may have noticed that you're not quite yourself and has tried to bring it up before.

Or maybe you'd feel more comfortable talking to a professional, someone you're not as close with. Seeing a professional might make it seem like more of a 'thing', and be just as scary but your GP is there to support you. They will have supported lots of other people feeling how you're feeling, and they're there to listen and won't judge you. “

If you would like a call from our Befriending Team, or you know someone you think would benefit from a **CACE Befriending Call**

- Phone CACE office on 01236 451 393 or email linda@careatcace.com
- Ask for a 'Befriending Referral'
- One of our Befriending Team members will give you a call back. We'll have a quick chat about your needs and arrange a suitable time for a longer chat.
- All information discussed is confidential. We are not trained counsellors, but we are fully trained in chatting!

“It's okay to be scared. Being scared means you're about to do something really, really brave.”

ReadQuote

these mountains
that you are
carrying, you were
only supposed to
climb.

Nayn Zehra

SPORTS QUIZ

For all you guys who are missing our wonderful Sporting Memories Club, here's a little quiz to keep you ticking over.

1. Who has scored the most Premier League hat-tricks?
2. Who were Man Utd playing when Eric Cantona leaped into the crowd and kicked a fan?
3. In which sport do you wear a plastron?
4. Which sport involves tucks and pikes?
5. Who is the Premier League's all-time top scorer?
6. Jessica Ennis-Hill competed for Great Britain in which sport?
7. England won the 2003 Rugby World Cup thanks to an iconic, last-gasp drop goal from Jonny Wilkinson. How many points did England score in that famous match?
8. Which famous football manager once said: "I wouldn't say I was the best manager in the business. But I was in the top one"?
9. How many F1 championships has Lewis Hamilton won?
10. Chris Wilder helped guide Sheffield United from League One to the Premier League. In the Blades' League One title-winning season, how many points did they accumulate?

ANSWERS - No cheating 😊

1. Sergio Agüero	2. Crystal Palace	3. Fencing
4. Diving	5. Alan Shearer (260 goals)	6. Heptathlon
7. Twenty	8. Bryan Clough	9. Six
		10. One Hundred

CLYDE FC FIXTURES

At our **Sporting Memories Club**, we like to support our local football club, Clyde. We also like to do a 'prediction' of the score, so please join in from home (if you get a Befriending Call from CACE you can tell them too).

Date	Home	Your Score Prediction	Away	Your Score Prediction
6 Mar	Forfar		Clyde	
13 Mar	Clyde		Montrose	
20 Mar	Clyde		Peterhead	
27 Mar	East Fife		Clyde	
3 Apr	Clyde		Partick Thistle	
10 Apr	Airdrieonians		Clyde	
17 Apr	Clyde		Forfar	
20 Apr	Cove Rangers		Clyde	
24 Apr	Clyde		Falkirk	
1 May	Dumbarton		Clyde	

Ah, Those Were The Days

What do you recall from your younger sporty days? Your first trip to see the 'fitba'? Did you play on red-ash? How has the game changed nowadays? We'd love to hear your tales and insights - maybe you'd let us share them in our next activity pack? Please let us know by emailing or phoning the office and we'll call you back to get your wee story (susan@careatcace.com)

"As a boy I sat like many others on a low wall which skirted the cinder track around the pitch at St James Park, Newcastle. At half time bands would march around the track. Sometimes these were Scottish pipe bands. Us kids would lick fruit gums and similar sweets and stick them on the passing hairy legs of the kilted pipers who, of course while playing the bagpipes could do nothing about it. As they marched off their legs would be completely studded with firmly attached sweets, to our great delight as we anticipated their painful removal."

Tony Henderson, Newcastle

We sometimes played some kind of football in Infant school (5-7). We basically just charged around with the ball in any direction until someone else managed to steal it (which was pretty often). There were no teams, no goals, no rules and no real purpose, the fun was just in being the one with the ball for as long as possible. Dave,C

If I tried to count the number of hours I played soccer with my friends during evenings, weekends and summer holidays, I would quickly lose count. When it wasn't raining, I was always at the playground that was down the street from my terraced house. It was where my cousin and my mates from school would use our jumpers as goalposts and we would play impromptu soccer games for what seemed like hours each day. Christopher Harris, SoccerBlog

Scottish Fitba's New Anthem?

Smiles all around after the nail-biting Scotland defeat of Serbia 1-1 (5-4 on penalties) on 12 November 2020, which leads us to our first major tournament since The World Cup 1998. The news that night was filled with videos of them dancing round the dressing room in celebration. Their choice of the blast-from-the-past song is having a comeback this year and will see the Tartan Army learning all the grooves too. Do you remember where you were in 1977, when Spanish duo Baccara delivered us 'Yes Sir, I Can Boogie'?



Single cover



But *how* did this hit become our 'new fitba anthem'? Well, in 2015 Andrew Considine (Aberdeen FC player and Scotland Squad member) made a video of him and his mates miming to this song, while dressed up and having a laugh for his Stag Party. Consequently, this 2015 video was released publicly, including when the squad gathered around for tactics talks and were played the stag video instead! So, when it came to celebrating after the Serbia match, 'I Can Boogie' was an obvious choice for the playlist. So, our advice, will be learn to love this hit and get ready to boogie along this Summer as we head for the Euros.

It's quite a while off for beginning our predictions for the competition but here are some future details.



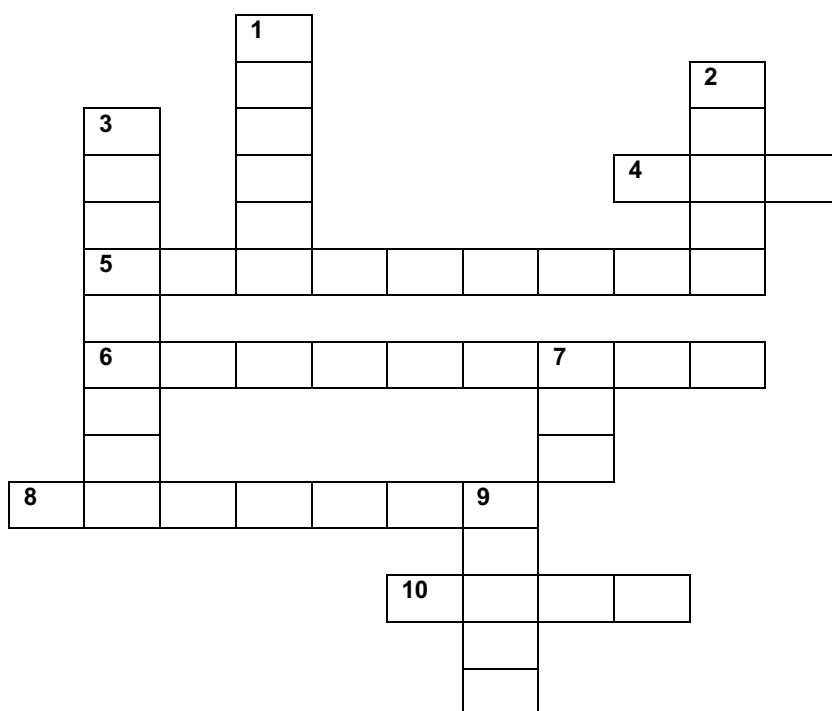
The Euros 2021 are scheduled to run from 11th June to 11th July 2021.

Group Stages, at present are:

Group A	Turkey	Italy	Wales	Switzerland
Group B	Denmark	Finland	Belgium	Russia
Group C	Netherlands	Ukraine	Austria	North Macedonia
Group D	England	Croatia	Scotland	Czech Republic
Group E	Spain	Sweden	Poland	Slovakia
Group F	Hungary	Portugal	France	Germany

Scotland are in Group D and our first battle is on Monday 14th June, 14:00 at Hampden against Croatia.

CACE Heart Crossword



ACROSS

4	On average a heart beats how many hundred-thousand times per day. You could say this is chart-topping. (3)
5	Which ancient civilisation originated the custom of wearing a wedding band on the fourth finger on left hand. This was when they weren't building pyramids. (9)
6	What can change depending the type of music you are listening to? This was also a TV programme about Yorkshire Police based in 1960s (9)
8	The average heart weighs as much as a bottle of what? Some people like to dip their chips in this too. (7)
10	What type of chocolate is claimed to be 'heart healthy' when consumed in small portions? (4)

DOWN

1	Each day your heart creates enough energy to drive a truck for how many miles? We could say it rhymes with plenty! (6)
2	Where does the right side of your heart pump your blood into? It's also the name of our organs for breathing. (5)
3	This mammal has the largest heart in the world, weighing 1,500lbs (4,5)
7	An electrocardiogram is a simple test that can be used to check your heart's rhythm and electrical activity. What 3 letters is the full name of this test is often shortened to? (3)
9	Name the Greek Philosopher who said that passions originate in the heart. It's also an anagram of its all a 'a plot'. (5)

THIS TIME THE PUZZLE IS JUST FOR FUN – GIVE IT A GO AND USE THOSE
LOVELY BRAIN CELLS – WE'LL DO A PRIZE COMPETITION NEXT TIME!

Your Thoughts & Opinions

We hope you have enjoyed reading through our second Activity Pack. As this is a resource for YOU, we want to hear what YOU think? Last time you sent back your evaluations, which was brilliant, thank you! This time we will try to give some of you a quick call to ask your thoughts. If you would like to, feel free to email us with any of your feedback (susan @careatcace.com). We are taking on all your comments and will hopefully reflect some of your ideas in our future packs. Just to reassure you, these packs are not a replacement for what CACE used to offer but an expansion of what we can offer you.

Do you still wish to receive one of these packs next month? YES or NO

If **'NO'**, please let us know when we contact you, or you can call our offices on 01236 451 393 (*You can let us know at any point if you wish to stop receiving them and can re-start by letting us know too*)

What sections of the pack did you enjoy?	Liked (please tick)	Disliked (please tick)
Welcome Page		
Seated Exercises		
Heart Healthy Foods		
Recipes		
Colouring In		
Bob's Digital Experience		
Spring & Looking After your Mental Health		
Sports Quiz		
Clyde FC Fixtures		
Football Memories		
Euro 21?		
Heart Crossword		
Your Thoughts & Opinions		

- In your opinion, has this pack help you feel a bit more included on what is going on?
- In your opinion, has this pack had a positive impact on your mental health – did it make you smile when you saw it, did you look forward to reading it?
- Any other comments or feedback you have about the activity pack or CACE?