



Bluebird Times

January 2025

Hello and a very Happy New Year to you all!! As we step into a brand new year, we want to take a moment to express our heartfelt thanks for your continued trust in our services.



On 13th December we had the pleasure of hosting our annual Christmas party. We were thrilled to welcome a choir from Veritas Primary Academy School and Nursery, who sang beautiful Christmas carols and brought a magical atmosphere to the day. Our friends at Wiltshire Farm Foods attended, offering tasters of their Christmas menu, including Turkey dinners, hot pots, and a selection of delicious desserts – both hot and cold.

It was a joy to see so many people coming together, sharing laughter, and celebrating the season.



2025

HAPPY NEW YEAR

bluebird
care®

Staying Connected

Whether near or far, we want to ensure you stay connected with your loved ones. If you need help setting up virtual visits or phone calls, don't hesitate to ask our staff. We're always happy to help you stay in touch with those who matter most.

Our next coffee catch up

We are delighted to invite you to our next **Customer Coffee Catch Up** – a wonderful opportunity to relax, catch up, and connect with others in our community over a cup of coffee (or tea, if you prefer!).

Date: Friday 31st January 2025

Time: 1pm-3pm

Location: Stafford office

What to Expect:

- **Friendly conversation** with staff and fellow customers
- **Complimentary refreshments** (coffee, tea, biscuits, cakes)
- **Opportunities to connect** with other customers and share experiences

We'd love to see you there and hear about what's been going on in your life! Feel free to bring along a friend or family member to join in the fun.

Transport– Please note that transport charges are based on your hourly rate and will depend on the time taken to travel from home to the office.



Employee of the Month



Employee of the month for December has been awarded to.....

Janet Paulus



Janet has been recognised as Employee of the Month for her unwavering dedication to her role, which has had a positive impact on everyone she supports. She has gone above and beyond, assisting a customer to a family wedding, providing live-in care, and stepping in for last-minute visits outside of her usual comfort zone. Her efforts have earned outstanding feedback from customers and their families. Janet is truly an asset to the team. Congratulations!

Contact our office team on 01785 337711

Or send our office team an email at

stafford@bluebirdcare.co.uk

New Year's Wellness Focus: Starting Fresh Together

–The start of the year is a great time to focus on wellness.

Nutrition Tips for the Winter: Learn how to stay nourished with easy-to-make, heartwarming recipes that support energy and health during the colder months.

Winter can be a challenging time for elderly individuals when it comes to nutrition, as the cold weather may reduce appetite and increase the risk of dehydration. Proper nutrition is crucial to help maintain energy levels, prevent illness, and promote overall well-being. Here are some key nutritional tips for elderly individuals during the winter months:

1. Stay Hydrated-Even in winter, it's important to drink plenty of fluids. Dehydration is common in colder weather because people may not feel as thirsty, and dry indoor heating can further contribute to fluid loss.

2. Focus on Immune-Boosting Foods- Winter often brings cold and flu season, so it's important to strengthen the immune system. Certain nutrients are particularly beneficial for immune health:

- **Vitamin C:** Citrus fruits, bell peppers, strawberries, and broccoli are excellent sources of vitamin C, which helps support immune function.
- **Zinc:** Foods like lean meats, poultry, beans, nuts, and seeds provide zinc, which plays a crucial role in immune health.
- **Garlic and ginger**- These can enhance the immune system and have anti-inflammatory properties. Add them to soups, stews, and teas.

3. Get Plenty of Vitamin D

Winter months often mean less sunlight exposure, which can lead to vitamin D deficiencies. Vitamin D is essential for bone health, immune function, and overall well-being.

- **Fatty fish:** Salmon, mackerel, and sardines are excellent sources of vitamin D.
- **Fortified foods:** Many dairy products, cereals, and plant-based milk (soy, almond) are fortified with vitamin D.
- **Supplements:** If dietary sources are insufficient, consider discussing a vitamin D supplement with a healthcare provider.

4. Eat Warm, Nutritious Breakfasts

Winter mornings can be tough, especially when it's cold, but a warm and nourishing breakfast can kick-start the day.

- **Oatmeal:** A warm bowl of oatmeal provides fiber and can be topped with fruits, nuts, and seeds for added nutrition.
- **Eggs:** Scrambled or poached eggs are an excellent source of protein and vitamin D.
- **Whole grains:** Whole grain toast or a whole wheat muffin can provide a hearty start to the day.

5. Warm and Hearty Vegetables

Winter is a great time to enjoy root vegetables and winter squash, which are rich in vitamins, minerals, and fiber. These foods can help keep you feeling full and provide long-lasting energy.

- **Sweet potatoes:** A great source of vitamin A, fiber, and potassium, perfect for roasting, mashing, or adding to soups.
- **Butternut squash:** Full of vitamin A and antioxidants, this can be roasted, pureed, or added to soups.
- **Carrots and parsnips:** Rich in beta-carotene, these root vegetables can be roasted or added to stews.

By focusing on warmth, hydration, immune-boosting nutrients, and comfort, elderly individuals can stay well-nourished and healthy throughout the winter. Always remember that if there are concerns about specific dietary needs or restrictions, consulting with a healthcare provider or nutritionist is a good step toward personalised care.

