

MADYSS MONTHLY NEWS

February 2021

Hi MADYSS members and friends.

To all those who sent New Year greetings, thank you. It's nice to know that you are all around hopefully waiting for the day that we shall resume normal activities. Let's hope that it isn't too far away. Julie and I have taken the first step towards it, we got vaccinated on Saturday 9th January. We expect our second dose on 19th March. It was a very well organized affair, run efficiently and in a friendly manner.

Cliff was discharged from hospital without any warning to Diane and with no equipment and missing shoes and radio. Now he is at home. It is hard work and a huge responsibility for Diane. The whole set up was totally inadequate at M.D.G.H. We understand the pressure they are under but this chaos is no excuse. Cliff is not well and is undergoing various tests and investigations which are a difficult problem at present. Happy Birthday to all who have their birthday in February. In particular we send our very best wishes to Michael Fleming who is 80 on February 6th. This is not what we had in mind for you, Michael but we must abide by the Covid rules. We send you our love and best wishes and hope that you will enjoy the day at home with your family.

A very Happy Birthday Michael.

Val has at last moved into her new abode. She is slowly finding her way round it. Good luck Val and all our best wishes,

Here is Kay's 2020 new experience. Should be of interest. She has even fallen in love!

My 2020 new experience.
By Kay Evans

Quite by chance and for the first time ever, I watched 'I'm a Celebrity—Get Me Out Of Here!' Stephanie was engrossed in it and I thought I'd just check it out for a few minutes. I got sucked in!!

It was already one week in but for the rest of the series I found myself settling down with Steph every night and looking forward to the evening's viewing. If you've already a fan you'll know that this year, for the first time, it was set in the UK. It was staged in Wales at Gwrych Castle instead of in the Australian jungle. Another Covid casualty!

This series was blessed with friendship, courtesy and respect which, for me, was a major factor in making it enjoyable and entertaining.

Although all participants looked out for one another and all had humorous moments and stories to tell (as well as a few sad ones), I found Sir Mo Farah and Vernon Kay particularly funny.

I was surprised at Mo's VERY good appetite on the occasions when food was plentiful and, although a quiet and reflective person, he had a great sense of humor.

Vernon was extremely caring of anyone in the group who needed a little TLC. Although I knew of him I had never watched him on television and knew nothing about him. He was a revelation, who was described by Russell Watson, who did know him, as an 8 foot 5 year old! He is actually 6ft 4" but looks taller on his big frame!

Giovanna Fletcher, also previously unknown to me, was the mother figure and kept an eye on everyone. Contestants missed their loved ones greatly. This was exacerbated by extremely cold and often damp conditions, plus the odd rat running through their bed chamber! Most had moments of negativity and sadness and tears were sometimes not far away. We were not really aware of just how uncomfortable the living conditions were. I only found out when I watched the nightly follow up one evening. Apparently they also had to be fed a very different diet to what they would have had in Australia because of weather conditions. There are always Dieticians on the team. Something else I had not thought about!

Giovanna was always there to comfort and support whoever needed her help. No wonder she was the eventual winner of the first ever to be crowned Queen of the Castle.

I discovered that she is an author, TV presenter of programs for children and married to a member of the Band McFly. She is also a 'Podcaster'. Check it out! Sorry, something I can't enlighten you about!

The tasks and challenges to be tackled were sometimes very funny, often stomach churning and always entertaining. Some though, had to be watched through hands over eyes, reminiscent for me of watching Dr Who in my youth!

I was rather sad when the Series came to an end as it became a nightly relief from Covid Talk and it gave me the opportunity to share something with my daughter that we both enjoyed.

Apparently it was also very different to previous Series as those taking part were caring and thoughtful to one another and they all felt that they would retain their new friendships. Kindness created by the 2020 experience that we have all endured maybe!

I've always been a huge fan of Russell Watson but have now moved him on. I'm in love with Vernon Kay!!

It just shows you what Lockdown has done to us. We don't even select what we chose to watch.....(only in jest Kay!!!)

Thank you Kay for your contribution.

A little amusing song which might bring a smile to your faces. You may even remember it?:

We're busy doin' nothin' workin' the whole day through

tryin' to find lots of things not to do Hustle, bustle and never a moment free.

I have to meet a turtle, I'm teaching him how to swim

Then I have to shine the dewdrops, they're looking rather dim

I told my friend the robin I'd buy him a brand new vest

Hustle, bustle and only a moments rest.

We're busy goin' nowhere isn't it just a crime

We'd like to be unhappy, but we never do have the time

I have to watch the river to see that it doesn't stop

And stick around the rosebuds so they'll know when to pop

And keep the crickets cheerful, they're really a solemn bunch

Hustle, bustle and only an hour for lunch.

I have to wake the sun up, he's liable to sleep all day

And then inspect the rainbows So they'll be bright and gay

)I must rehearse the songbirds to see that they sing in key

(Sung by Bing Crosby and others in the 1940's)

Information received from the Stroke Association which may be of general interest:

Below is a link to a website about herbal remedies and their possible interference with prescribed medication and also a link to information giving guidance about taking anti-coagulants when undergoing medical procedures.

<https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs/search?letter=G>

<http://www.sdcep.org.uk/published-guidance/anticoagulants-and-antiplatelets/>

I also attach a useful brochure relating to medication and its possible side effects on Stroke patients.

Happy reading