




"Spring adds new life and new beauty to all that is."

Jessica Harrelson

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WEST LIMERICK INDEPENDENT LIVING

30/03/2023

EDITION 9

IN TOUCH

A WORD FROM MARGARET

Welcome to the 9th edition of Intouch newsletter. Spring is finally here! Spring is the season of new beginnings – so on that note we have a “Save the Date”. We are delighted to let you know that we are having an official opening of our new office on Wednesday 14th June. This will be a get together where we can celebrate our new office and look to the future. It will be brilliant to see PA's, clients, former staff members & board members. Afterall, we have a lot of catching up to do for the past 26 years of West Limerick Independent Living.

Staffing continues to be an issue. It is very difficult to tell clients that the hours allocated to them by HSE, cannot be delivered due to a shortage of qualified staff. However, on a positive note it is slowly improving.

West Limerick Independent Living have recently introduced a new Management System “Care Planner” and we are delighted with the positive feedback and how most people have embraced the new system.

I am delighted to introduce our latest Employees of the Season. Congratulations to our Office Administrator Trish Cunningham and PA Fiona Daly who were selected as Spring 2023 Employees of the Season. Both Trish and Fiona are valued members of West Limerick Independent Living staff, and both are worthy winners.

I remind all clients and staff to get in their nominations for the Employee of the Season in on time. Feedback is very important so please remember that your opinion is welcome. We also welcome suggestions & articles for inclusion in our newsletter. We would love to hear from you. It's easy just send an email to margaret@limerickcil.com or phone 069 77320

Kind regards,

Margaret O'Connor Manager

Big Feelings

It OK To Have big Feelings its what we do with them that is important.

WHAT
FEELINGS DO
YOU HAVE?
WHAT
SHOULD YOU
DO?



You Feeling Green? Great GO Spread it around everyone loves to feel good.

You feeling YELLOW? Breath Slowly. The best thing is to step away from it. And ask someone to help you, or to listen to what you are feeling.

You are feeling RED. OOOH it's time to STOP! Open your hands and remember this.

Golden Rule

Always treat others like you would like to be treated.

Be the I in
KIND



Eulogy of Seamus Geehan

by Antoinette O'Flynn PA

Seamus Geehan sadly passed away on the 1st of January 2023. Seamus was part of the independent living family for the last 15 years.

Anyone that has ever been fortunate enough to have known Seamus would have been instantly welcomed by his great personality wit and charm.

Seamus was truly blessed to receive a service from independent living. Independent living gave Seamus back his independence and a quality of life. Seamus was able to further his education thanks to independent living.

Seamus had a fantastic ability to make everyone feel comfortable and welcome. Seamus was well known for always been quick with a witty remark.

Seamus joviality and good nature attracted people to him the minute he entered the room and no one could forget his sense of humor and his blunt honesty.

As a result of Seamus having a wonderful sense of humor it endeared him to everyone he came in contact with. This is a great testament to his nature as Seamus formed so many long-lasting friendships over the years.

Anyone who ever met Seamus quickly learnt that there was always a laugh to be had. It was impossible to spend time with Seamus without enjoying a gut busting laugh.

Seamus was very passionate about everything he turned his hands to.



He had a raw talent for art, and he had amazing green fingers where everything he touched grew.

One of Seamus greatest achievements was that one of his paintings were displayed in an art gallery in Limerick.

Seamus may be in heaven now but he is looking down at us all with a big smile on his face saying "I fixed it". I hope Seamus will help fix the massive void he left in everyone's lives.

Rest in Peace Seamus from all your friends at Independent Living.



Employees of the Season for Spring 2023

Spring 2023 has proven one of the most difficult seasons yet to select a worthy winner from the many strong applications we received. At the end of the selection process, two employees could not be separated on points, so the only fair decision was reached to award two employees of the season for spring 2023.

Congratulations to Fiona Daily and Trish Cunningham who were selected as the employees of the season for Spring 2023. The task of selecting an employee of the season is never easy, we would like to thank all the people who submitted nomination forms and we encourage you to continue to do so for the future.

Photo: Trish Cunningham Office Adm and Laura Mulqueen Service Coordinator

So, who can be nominated for employee of the season? Any of the staff of West Limerick Independent Living can be nominated for employee of the season, just contact the office for an application form by phone on 069 77320 or by email info@limerickcil.com

It is easy to complete nomination form, just consider -

- Great employees bring many attributes to their work; usually we think of reliability, hard work, and to be nice to everyone.
- Great employee can be someone who anticipates problems that might emerge on the job.
- Great employees address conflict rather than avoiding it while maintaining respect for everyone in the mix.
- Great employees notice what is going on around them at work, and they integrate their constant learning into the way they do their jobs.
- Great employees form great relationships with people inside and outside the company, they know more than just the procedures their job requires, they know the reason their job exists, and that knowledge lets them work more effectively.



Photo: Alison Oldfield Coordinator, Fiona Daily PA and Laura Mulqueen Coordinator

Employee of the Season

For further information on the requirements of the employee of the season or an application form contact one of our Service Coordinators on Tel: 069 77320 or Email: info@limerickcil.com

Nomination Closing 30 June 2023



ROSE ENCAGED

By Precious Madubeko



This image is called "Rose Encaged." This image was painted by San Quinton Death Row inmate Daniel Cervantes. It is a small birdcage, made of barbed wire. In this cage, there is a beautiful, meticulously presented pink rose. The medium used to draw included a fusion of crayons, dyes, and markers, depending on what was available and accessible to him under prison conditions.



In this article I use the picture to unpack ideas on segregation and separation. People with disabilities have the past been isolated in buildings and institutions for many years. In this image, I see the rose that is encaged as being locked up and put away in a segregated place; this place is not its natural habitat. In modern society, however, we have broken down the walls of the old institutions and brought disabled people to live in communities.

This does not mean they are now included; in fact, society continues to segregate the disabled by not providing physical spaces that make it possible for a person with an impairment to live independently. The failure of society to create accessible spaces for disabled citizens is a form of segregation because it prevents them from living a normal life and having

access to services such as transportation, schools, and entertainment that everyone else has. In the image, I see a beautiful rose that is in a cage, in a well-lit area.

The offshoot pushing through the barbed wire makes me think of how various disability groups led by people with disabilities for example, "nothing about US without US" have pushed past the bars of discrimination to come out into the light and represent themselves as they would like to be seen.

The artist in this case is someone society would not categorize as having the attributes of a rose. Yet in this picture, he tells his own story and it's beautiful.

This is why it is important for disabled people to be able to tell their own story because the story that is told in their own words through the prism of their lived experience will always be more beautiful and more authentic than when even well-wishing supporters try to tell it.

At West Limerick Independent Living our aim is to support people to live on their own terms like the rest of society and not be limited by their impairments by providing well-trained personal assistants to support not only the activities of daily living but also activities that add value and enhance the quality of life of an individual.

The challenges of staffing have made this difficult. A person may have to stay in bed longer than they want because there is no PA to help them get out of bed. Many people with physical disabilities that require support are often still constrained by schedules and the availability of support. This also applies to other activities they may want to do that require PA support, for example, going to the gym or just out for coffee; they need to plan their social calendars around the support.

Often, people with disabilities still bloom and flourish within the confines of the system; they are still actively living their lives with what they have, like the artist who produced this work, using whatever art supplies he could find and finally producing a beautiful work of art.

Each society all around the world has its own standard for what they perceive and translate as beautiful. Yet one thing that all societies acknowledge as being beautiful is a rose. No matter what disabilities a person may have or how disconcerting or uncomfortable their actions may make people feel, there are some things all humans agree are beautiful, and those are a resilient spirit and a kind soul.



an irish goodbye

a tom berkeley & ross white film



IRISH FILM INSTITUTE
SATURDAY 25TH MARCH | 3:10PM

The Irish Film Institute, Dublin, presents a special Gala Screening of the **Oscar & BAFTA** winning short film **AN IRISH GOODBYE**, followed by a Q&A with directors **Tom Berkeley** and **Ross White**.

THE HOMECOMING TOUR

An Irish Goodbye

Summary:

The film is a black comedy set on a rural farm in Glenmornan, a small hamlet in the west of County Tyrone in Northern Ireland.

Turlough is estranged from his brother Lorcan, who has Down syndrome. After their mother, Grainne, dies from an illness, Turlough returns to the family farm from London in order to sell the property and drive Lorcan to live with their aunt, but Lorcan refuses. The local priest, Father O'Shea, produces a list of "bucket list" items that the brothers' mother had written before her death, but Turlough insists that it is useless now. Turlough later fights with Lorcan about Lorcan's desire to stay taking care of the farm. The next morning, Turlough prepares to drive Lorcan away, but Lorcan refuses to leave until they've fulfilled all of Grainne's "bucket list," which is 100 items long.

Turlough reluctantly agrees, and the brothers spend time with Grainne's urn of ashes, happily bonding once more as they "help Grainne" model for a painting, fly with balloons, and smoke marijuana. However, when Lorcan breaks the urn in order to fulfill the 99th item on the list, "skydiving", Turlough becomes upset and insists that this is the reason Lorcan can't be trusted with the farm, and he officially puts the property up for sale.

As Turlough prepares to finally move Lorcan out, he is greeted by Father O'Shea, who reveals with surprise that he had never given Lorcan the bucket list. Turlough confronts Lorcan, and though Lorcan apologizes for lying to Turlough about the list, Turlough instead suggests that they finish the list by fulfilling the 100th item, "going to space." They send up Grainne's ashes with fireworks, and as they recline by a bonfire, Lorcan adds a 101th item on the list: the wish that he and Turlough become best friends again, and that Turlough will leave London to return to help with the family farm. Turlough agrees to consider the option.

Accolades:

The film won the 2023 Academy Award for Best Live Action Short Film and won Best Short Film at the 76th British Academy Film Awards.



How to Practice Self-Compassion

Self-compassion entails being kind to oneself. It entails accepting yourself for who you are, flaws and all. Self-compassion does not imply abandoning growth and self-improvement. Instead, it's about accepting that you're a work in progress with strengths and weaknesses, and that's fine. You probably show compassion to others without thinking twice.

Assume your best friend has recently ended a relationship. They tell you the story, and you listen from beginning to end. Your friend isn't perfect, but they are entitled to happiness. You reassure them that they will get through this and be fine. You do not pass judgment on your friend. You don't tell them they're unworthy or that they should change. You are compassionate to your friend. Compassion for others comes naturally to many people. Despite their flaws, family, friends, pets, strangers, and even TV characters are treated with kindness and understanding.

At the same time, many compassionate people are self-critical and unforgiving. They hold themselves to a standard that they would never expect others to meet. They struggle with self-compassion. There are no quick fixes for developing self-compassion, but there are a few healthy habits that can help.

Have a Fair Attitude Toward Yourself

Self-compassion entails treating yourself with warmth, gentleness, and fairness. It's about accepting yourself rather than judging yourself and treating yourself accordingly. Consider receiving some constructive feedback from your boss. Coming from a place of judgment, you only hear the negative and tell yourself, "I'm an idiot. I can't seem to get anything right." Coming from a place of fairness and acceptance, you hear the entire message and tell yourself, "There are definitely things I can work on, but overall, I'm doing well."

People who are self-compassionate believe they are good, well-meaning, and competent. When they make a mistake at work, it is only one mistake. People who lack self-compassion frequently believe the worst about themselves. A mistake at work is viewed as much more serious, such as a personal failing. When you are critical and judgmental of yourself, you are more likely to be unhappy, insecure, and anxious. When you treat yourself fairly, you can better manage these unpleasant feelings.

Accept Yourself for Who You Are (rather than trying to be someone else)

Many of us have ideas about who we "should" be. A man might believe he has to be strong, brave, and outgoing. A mother might believe she always has to put her needs last. For many, not matching these ideals feels like a flaw. In reality, humans aren't so simple. While some men are strong, brave, and outgoing, others are shy, emotional, and cautious. While some mothers do put their needs last, others value their career as much as their family life. It sounds like a cliché, but everyone is different... and that's okay.

People who are self-compassionate accept themselves for who they are, rather than who they "should" be. Not only that, but they often take pride in their unique characteristics. For example, a self-compassionate man who is emotional might view himself as being deeply connected to others, rather than having a weakness. Self-acceptance does not mean loving every little thing about yourself, or believing you are perfect. It means accepting yourself for who you are, rather than who you are not.

Take Care of Yourself

Even when life gets busy, it's important to look out for your own health and happiness, and take care of your needs. This means eating regular meals, getting enough sleep, taking time for fun and relaxation, or whatever it is you need.



Taking care of yourself is not the same as spoiling or overindulging. For example, taking a break to eat a healthy meal is not the same as eating whatever you want, whenever you want. This might be easier to understand when you think about caring for someone else. If you're caring for a young child, you don't ignore them when they're hungry. But that doesn't mean you give them an ice cream sundae for breakfast. You think about what's best for them, and take care of their needs accordingly.

Caring for yourself requires a balance between immediate needs and long-term goals. For example, if you've been studying for hours, it's reasonable to take a break. However, if you want to pass an exam, you do need to study at some point. Sometimes long-term goals will require discomfort, such as studying or exercising when you'd rather relax on the couch. There's no simple answer for how much discomfort or sacrifice a person should make—it depends on the individual and their goals. But it's important to have an awareness of your own needs, and a balance that works for you.

Accept That Struggle is Normal

You have a front-row seat to your own imperfections and mistakes. While others can hide their insecurities, you can't hide from yourself. When you feel bad about yourself, or when you make a mistake, it might seem like you're the only one. Remember that no one is perfect. Being imperfect is part of being human. Everyone has bad days, loses their temper, and makes mistakes. Sometimes, those mistakes are really big.

Whatever your struggle, try to put it in perspective. Know that it's normal to have flaws and make mistakes, even if you don't always see them in others. Recognizing that your struggles are normal gives you permission to feel self-compassion, despite any shortcomings.

Practice Mindful Awareness

Mindfulness involves detaching oneself from one's thoughts and emotions and observing them objectively. This is how you perceive the thoughts and emotions of others: logically and at a distance. Creating separation from your own thoughts and emotions reduces their influence over you. In addition to creating emotional distance, mindfulness will help you accept your emotions. It's common to think, "I shouldn't be depressed or angry." Mindfulness allows you to recognize your emotions without the need to alter them. "I shouldn't be angry" becomes "It's okay that I'm angry."

Mindfulness increases self-compassion by fostering perspective and acceptance of one's own thoughts and emotions. This enables you to take charge of your life instead of being at the mercy of your emotions. In addition, mindfulness will assist you in developing other self-compassion practices, such as recognizing when you are being self-judgmental, ignoring your needs, or failing to see your struggles as normal. Learning to view your experiences with mindfulness simplifies everything else. When you take a step back, you can observe the situation with greater clarity.

Refer a Friend Scheme

REFER A FRIEND NOW!

Staff will be rewarded with
€200 if you successfully refer
a friend to West Limerick
Independent Living!

Phone 069 77320



We want you our wonderful existing employees of West Limerick Independent Living to refer potential applicants for open job positions. This scheme recognises and rewards the role you have to play in helping us place candidates in their ideal position. That's why when you successfully refer a friend or family to us we will reward you

up to €200 making you, us, and them very happy indeed. West Limerick Independent Living through our "Refer a Friend Scheme" is delighted to announce that staff member, Brid O'Connor received the €200 gift voucher reward for successfully referring another new employee to the company. Photo: Trish Cunningham presenting gift voucher to Brid O'Connor.





A NEW WAY TO GET FROM A TO B

across Kerry and Limerick with
TFI Local Link Route 595 to

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Great news! From September 19th, the **new TFI Local Link Route 595 Tarbert and Croom**, will make travelling around Kerry and Limerick by bus, even easier.

Route 595 will operate **3 times a day, 7 days a week** - creating a new connection between Tarbert and Croom.

Route 595 will also provide access to the Limerick Greenway at Ardagh and Newcastle West, improved connectivity to the Mid-Western Regional Orthopaedic Hospital, and a new peak-time service for commuters to Newcastle West.

For more visit locallinklc.ie





Please Contact for More Details: 061-639010/ 062-67397

Email: info@mymovecounselling.ie

www.mymovecounselling.ie

My Move Counselling offers Professional, One-To-One and Online counselling and Psychotherapy in areas of both Mental Health and Addiction Therapy.

Our Vision:

My Move Counselling's Vision is to provide Counselling & Psychotherapy services to people in need without waiting lists or referrals. Addressing a wide range of issues people face today in Ireland.

Our Mission:

Our mission at My Move Counselling is to provide affordable and accessible support to people who are looking to improve areas in their emotional and mental health transitions.

While change can be challenging, our therapists are ready to help you overcome those challenges by giving each person the space to reflect on their lives and prepare for the moves they need to take with support and encouragement. My Move seeks to embrace the complexity of each person and as such it deals with the Biological, Psychological, Social and Spiritual aspect of each person's life. We provide a professional and non-judgemental service in a welcoming environment to help you regain and restore your well-being.

What We Treat:

Bereavement & Loss, General Life Challenges & Changes e.g., Health, Breakdown of Relationships, Family Life Changes, Work Challenges, Exam Stress.

Anxiety & Stress – Panic Attacks, Sleep Difficulties, Social Anxiety, PTSD, OCD, Trauma, Stress Management

Depression, Mood, Anger Issues, Rumination

Self-Esteem, Building Confidence, Assertiveness

What to Expect in your First Session:

Assessment – This is where the therapist uses various assessment tools to gather sufficient information regarding your history, problems you have been experiencing i.e., levels of stress, anxiety, depression. A specialized assessment tool is used to determine level of addiction. This establishes an effective treatment strategy going forward for therapy. Allow MyMove to help you become the best version of yourself



Call us today

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ADDICTION SERVICES

Individual counselling
• face to face/online

MyMove offers a structured 12 week outpatient treatment recovery programme face to face/online.

The programme is flexible so that participants can live at home, continue with work and seek support from family & friends.

Initial assessment to determine suitability

MyMove also offers

- Family support group
- Aftercare group
- Workshops





Wish Upon the Stars

Oh when I wished upon the stars,

My heart filled with light,

As they glimmered so bright.

I mused on the beauty of earth,

From blooming cherry blossom trees,

To farm animals that just gave birth.

White magnolias and wild honey bees,

A vivid rainbow unforeseen after the storm,

Majestic waterfalls and free flowing rivers,

And a red sunset that transforms

A bleak and dismal sky.

How did I miss it all before?

It took the downfall to restore the light,

As it did one night,

I wished upon the stars.

Alison Oldfield

One Pan Salmon with Roast Asparagus

Preparation and Cooking Time: *Prep 20 mins: Cook Time 50 mins - Serves 2*

Ingredients

- 400g new potato, halved if large
- 2 tbsp olive oil
- 8 asparagus spears, trimmed and halved
- 2 handfuls cherry tomatoes
- 1 tbsp balsamic vinegar
- 2 salmon fillets, about 140g/5oz each
- handful basil leaves

Method

STEP 1

Heat oven to 220C/fan 200C/gas 7. Tip the potatoes and 1 tbsp of olive oil into an ovenproof dish, then roast the potatoes for 20 mins until starting to brown. Toss the asparagus in with the potatoes, then return to the oven for 15 mins.



STEP 2

Throw in the cherry tomatoes and vinegar and nestle the salmon amongst the vegetables. Drizzle with the remaining oil and return to the oven for a final 10-15 mins until the salmon is cooked. Scatter over the basil leaves and serve everything scooped straight from the dish.

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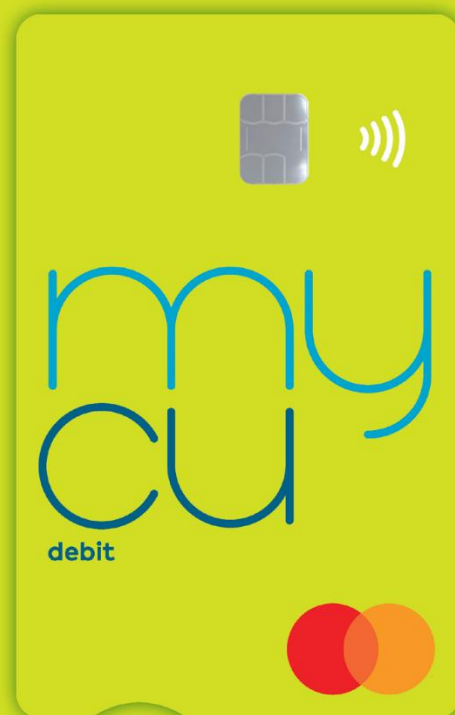
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