






Season's Greetings

from all at

West Limerick Independent Living

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WEST LIMERICK INDEPENDENT LIVING

08/12/2022

EDITION 8

IN TOUCH

A WORD FROM MARGARET

Welcome to the 8th edition of In Touch newsletter. Winter is finally here, and the year is ending, another year that has been extraordinarily challenging for us all. COVID-19 continues to be to be in our communities. This in conjunction with staffing capacity places additional demand on our ability to provide quality services. Our staff have worked tirelessly to deliver front line services throughout the year. A word of thanks to our clients, for their understanding when their services were impacted and, in some cases, temporarily cancelled due to staff shortages. This is an area we will continue to focus on in the coming year. A very special thank you to our staff and all front-line workers who are working over the festive period, as you do every day of the year, to keep delivering critical support to people in our communities.

I would like to welcome two new Coordinators to our team Laura and Precious. Their experience & skill will enhance our ability to continue to offer the highest standard of care & development of our service.

We are delighted to announce the latest employee of the season, congratulations to Tina Nunan who was selected as the Winter 2022 winner. Tina is an excellent, valued staff member and is a worthy winner. I remind all clients and staff members to submit their nominations for the employee of the season in on time for Spring 2023.

To all our Readers, Clients, and Staff, we wish you a Happy & Peaceful Christmas and a Prosperous New Year.

Please remember that your opinion is welcome, and we would love to hear from you, it's easy via email margaret@limerickcil.com or phone 069 77320.

Kind regards,

Margaret O'Connor Manager



MERRY CHRISTMAS

*from all at
West Limerick Independent Living*



Refer a Friend Scheme

We want you our wonderful existing employees of West Limerick Independent Living to refer potential applicants for open job positions. West Limerick Independent Living believes that its culture and workplace environment is best understood by our employees, and they are suited to refer candidates who they feel match the requirements for open positions.

We'd like to extend that happiness to you through our referral programme. This programme 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 has recently received the €200 gift voucher reward for successfully referring new employees to the company.

To refer a friend or family to us simply contact Margaret on phone 069 77320.



Photo; Brid O'Connor Personal Assistant receiving €200 award from Trish Cunningham Office Administrator.

REFER A FRIEND NOW!

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

Phone 069 77320





Photo: Sabrina Doran Service Coordinator and Tina Noonan Personal Assistant

Congratulations to Tina Noonan who was selected as the employee of the season for Winter 2022. The task of selecting an employee of the season is never easy, this season has probably been one of the most difficult to select a worthy winner from the many strong applications we received. We would like to thank all the people who submitted nomination forms and we encourage you to continue to do so for the future.

Tina, like all our previous employee of the season is an outstanding PA, she has been with West Limerick Independent Living since 2012. Tina is a lovely person, is well liked and respected by clients and colleagues alike a valued staff member and is a deserving winner.

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.

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 Date 28.02.2023



Hi Everyone,

My name is Laura, I'm a new Coordinator to West Limerick Independent Living and am delighted to be a part of this amazing team of people and organisation. From day one I have been welcomed in by the clients, personal assistants, and everyone in the main hub in Newcastle West and I'd like to firstly send appreciation to everyone for the support I have received.

So a small few bits about me.....

I was born in Australia but moved to Ireland with my family when I was a child. My accent thus far has caused a few head scratches, so to not confuse more people I will be meeting soon I said I'd mention it here.

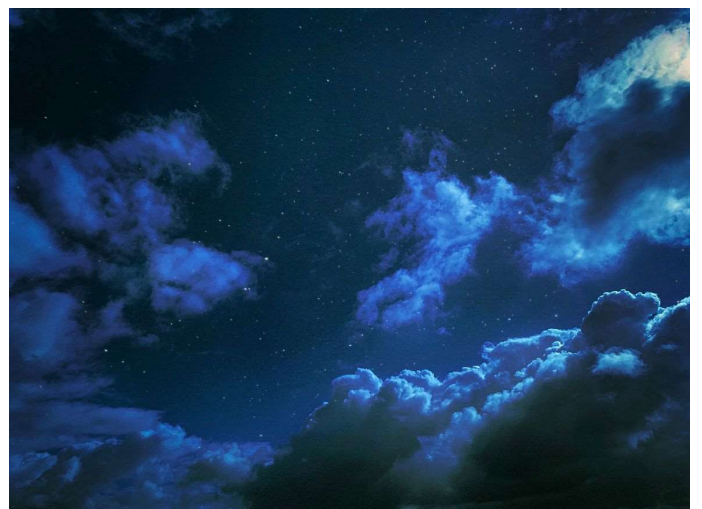
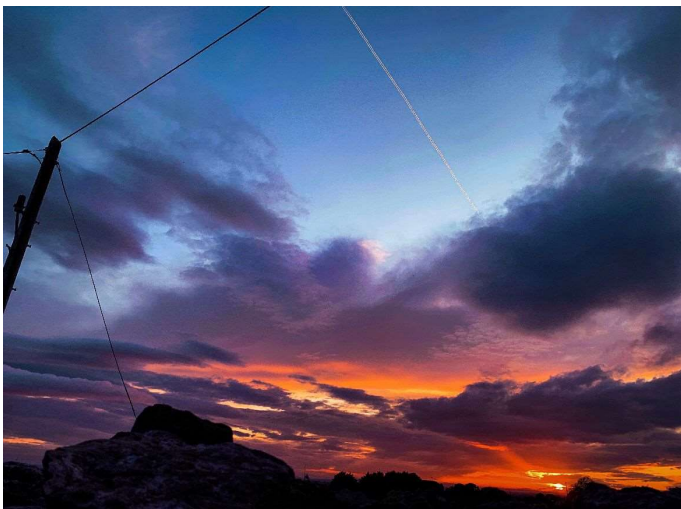
I come from a mixed bag of career avenues, I worked as an interior designer then moved into the big bad world of retail management where I spent a good few years managing a jewellery store and surviving the wilds of sales and Christmas shoppers. After spending a good ten years in the retail, consumer driven world I felt it no longer aligned with certain areas of interest for me.



So, I ventured back to college a few years ago and have obtained a BA in Counselling and Psychotherapy. Whilst undertaking this I worked as a support worker in a home with six lovely ladies with varying stages of dementia. I supported them to live as independently as possible, had many laughs and many tears over the years there. Overall, it was an amazing introduction to the living independently philosophy.

I have two fur babies: they're in the photo with me. The little guy on the right is Jack (who's the main boss) and the bigger guy on the left is Murphy. I adore animals, especially dogs. So prior warning I will most likely mention them at some stage in conversations with ye all!

Finally, I'm currently studying part time for my BA Hons in Counselling and Psychotherapy, heading into my final semester after Christmas all going well.



I dabble in "sky photography" I have been known to pull over the car to snap some shots whenever there's an amazing sky on show! I'm looking forward to meeting everyone soon and I wish everyone and their loved ones a Safe and Happy Christmas and New Year.

Laura

HELP KIERAN O'SHEA



Friends of O Shea Family is organising this fundraiser.

Kieran O'Shea received a diagnosis of motorneurone disease and frontotemporal dementia. It's a devastating life-limiting disease, and when coupled with dementia it causes deterioration in a person's personality and memory. Kieran lives with his wife Colette and their three children, aged 11, 10 and 8 years, in Lisnagry, Co. Limerick. Kieran's 11-Year-old son also struggles with significant health complications.

The family has encountered significant financial distress due to Kieran's illness, and the family home needs to be adapted to suit Kieran's deteriorating health, this fundraising page to help Kieran and his family with the significant construction costs involved. <https://www.gofundme.com/f/5eg8q-help-kieran-oshea>

ESRI Research on disabled people's experience of the Personal Assistance Service (PAS) was released 02/12/22

West Limerick Independent Living welcomes the research which amplifies messages that have come from disabled people about the need for a Personal Assistant service that is resourced and legislated for to give disabled people choice and control over their lives. "Personal Assistance Services in Ireland: A Capability Approach to Understanding the Lived Experience of Disabled People" is part of an ESRI-National Disability Authority (NDA) research programme to explore important issues facing disabled people in Ireland today.

The research examines whether PA users are satisfied with the PA service and whether satisfaction levels vary with their location, the level of support they receive, the length of time they have been availing of PA or other factors. The ESRI also examine challenges that PA service users encounter in using and benefitting from PA services and recommendations they have for changes and improvements to the PA system.

The research not surprisingly points to a significant appetite for change among PA service users and makes clear the impact of inadequate support across their lives, partly due to an overall shortage of hours and partly to do with issues finding PAs with the skills needed. This research continues to show the positive impact a proper Personal Assistance Service (PAS) can and does have for many disabled people in Ireland, but importantly highlights that the lack of investment in real PAS has effectively confined many disabled people to their homes due to their lack of PA hours. The impact of lack of hours also shows how it increase isolation and reduces opportunities for social engagement.



A NEW WAY TO GET FROM A TO B

across Kerry and Limerick with
TFI Local Link Route 595 to

Tarbert

Glin

Athea

Carrigkerry

Ardagh

Newcastle West

Ballingarry

Croom



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





HSE Health and Wellbeing
CHRISTMAS CONCERT 2022
Join us for some Festive Song!
Date: Wednesday 21st December
Time: 4 – 5.30pm
Presenting HSE Staff Choirs and Special Guests

JOIN THE CONCERT LIVE ON THE DAY and you will be in with a chance to win a family ticket to **Toy Show the Musical** (2 winners will be chosen at random)

REGISTER HERE

#Sing4HealthyIreland

HSE Health and Well-being Christmas Concert 2022 - live broadcast 4 PM 21st of December

HSE Health and Well-being is once again bringing the festive song and seasonal greetings to staff, their families, and friends across the country on the 21st of December. The event will include performances from numerous staff choirs from to four corners of Ireland, HSE health and well-being supports and encourages staff choirs in health services as a means of more promoting the health and well-being of staff and this annual event gives some of our staff choirs the opportunity to share the joy of singing. This year's Christmas concert promises to be another wonderful event. Registration is now opened and can be accessed here https://zoom.us/webinar/register/WN_N8jK81-cTPys2z0lcFCv5Q You can also follow the #singforhealth

Tribute to Anne our Friend *by PA's*

Anne had only been with our service since 2015, but from our first meeting it was as though we'd known each other forever. Always a smile to meet us. Had we any news, if we didn't, she'd always have a bit of news for us. Anne had a wide range of interest she enjoyed Country Music, Rom Coms, and Murder Mysteries. But at the centre of it all was her family. She was a great supporter of Clare GAA, which raised a few eyebrows as she was born and bred a West Limerick woman. Anne will be greatly missed by her family, friends, and community. For those who were privileged enough to have met her, we will forever remember her for her joy and smile ❤️



Ann O'Donoghue

Tribute to Anne our Friend *by Gerard O'Connor*

I was very saddened to hear of the death of an old friend, Anne O'Donoghue who passed away recently in hospital. I first met Anne back in the 90s, Anne always came across as a kind, gently, thoughtful person with a great sense of humor and a devilish smile. She was the best of company and her passing sent waves of sadness through everyone's hearts. Anne will be missed by all her friend at West Limerick Independent Living, may peace and comfort find her family and friends during this difficult time.



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

ADDICTION SERVICES

Individual counselling
• face to face/online

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









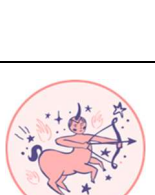
The programme is flexible so that participants can live at home, continue with work and seek support from family & friends.

Initial assessment to determine suitability

MyMove also offers
• Family support group
• Aftercare group
• Workshops



HOROSCOPES 2023

	<p>Aries (March 21-April 19)</p> <p>The new year wants you to be pragmatic, energetic and combative: Jupiter will be by your side, giving you luck and optimism. You have a very good chance of success if you carefully evaluate the timing of your projects. The challenge will lie in thinking before acting, a skill that is not exactly congenial to your sign. To accomplish this mission, you can count on the help of Saturn in Aquarius, which will give you clarity of mind, and Venus in Aquarius, which will give you new friends. Those who are already committed will find new momentum.</p>
	<p>Taurus (April 20-May 20)</p> <p>You will have to change your way of seeing the world, wearing new lenses that will make you grasp previously ignored nuances. With Uranus in your sign until the end of 2024, it is likely that slow but important changes have appeared in your daily life. Make the most of them, and put aside your stubbornness. Meditation can help you in this endeavour. Jupiter will bring you many gifts, including great economic rewards. But don't neglect your loved ones: Venus entering Leo could lead to nervousness and a drop in energy.</p>
	<p>Gemini (May 21-June 20)</p> <p>Carry a piece of heaven in your pocket to look at in the most difficult moments, dear Gemini. You are coming out of a complex year, but here is some good news: 2023 will see a clear improvement. Try not to get lost in circular thinking and unrequited desires. Saturn in quadrature from April will test your limits: you must accept them to overcome them. Jupiter will be in Aries during the first part of the year, so take advantage of this positive energy to try to make your wishes come true. This year, love will make you discover the best part of yourself.</p>
	<p>Cancer (June 21-July 22)</p> <p>This year begins with a very favourable terrain: your imagination leads you to see architecture in the forest, many professional and personal successes await you. Finally free from the countless negative transits that have bothered you in recent years, you feel like a tree in spring: winter is over, and it's time to let your flowers bloom. From a financial point of view, dear Cancer, you will encounter great development and success. The goddess of love blesses you with seduction and sensuality, especially early in the year and between May and June.</p>
	<p>Leo (July 23-August 22)</p> <p>Rather than answers, this year we recommend that you pay attention to the questions you ask yourself. It will not be an easy year, but the influence of Jupiter in Aries during the first months of 2023 will bring you the energy and determination to face any challenge. Try to contain your expenses – not an easy task for the greatest sign of the zodiac. But there is good news: in April, Saturn enters Pisces, ending the harsh opposition to your sign, so you will finally find serenity. In love, the air will be lighter, and new encounters more likely.</p>
	<p>Virgo (August 23-September 22)</p> <p>If art is a way to overcome fear and dominate the unknown, we think that 2023 will give you many opportunities to get out of your comfort zone, dear Virgo. It is time to dare. Your watchwords will be out of the box, of course, unconventional, but with rigour. Saturn will give you control of and meticulous preparation for these great changes. From April, Jupiter in Taurus will also give you the energy to dare the unimaginable. In love, beware of rash decisions, you're no Cinderella.</p>
	<p>Libra (September 23-October 22)</p> <p>If the house is a machine for living, the world is a place to discover: this year, the stars invite you to open yourself to others and to the world. You should prioritise social activities, but be careful not to lose yourself while you try to please everyone. Cultivate your own centre because your enthusiasm might lead you to find manipulative people. Speaking of love, pay attention to any doubts and, above all, to flirtations, which will occur between June and September. Mars will provide you with a reserve of energy for the second half of the year; do not overindulge.</p>
	<p>Scorpio (October 23-November 21)</p> <p>No one understands that true transformation is slow but inexorable better than you – so welcome it. At work, the prospects are so good, you could decide to change your job or city; what is certain is that you will continue to seek stability and progress. In 2023, it will be particularly important not to lose your self-confidence, especially in the second half of the year. Use your strategic intuition to make decisions, imagine what's on the other side of the hill. Dedicate yourself to physical exercise to have a clearer mind. In love, welcome, with curiosity, those who are different to you.</p>
	<p>Sagittarius (November 22-December 21)</p> <p>Pay attention to what surrounds you, many are the things that will require you to adapt, especially at work. In the second half of the year, relationships will be transformed: remember that those who adapt will survive. Business, protected by Jupiter until May, will be particularly profitable. Pay attention to the entry of Saturn into Pisces, because from April onwards you may experience a drop in energy, and be particularly intolerant of rules. In love, however, magical feelings await you in the summer, the long pause of Venus in Leo gives you a chance to dare and to lead.</p>

**Capricorn (December 22-January 21)**

It is time to make your ideas and projects public: in 2023, the sky will encourage you, with Jupiter and Saturn as your allies and guardians. Stubbornness and determination will get you results, even if a stroke of luck would make a difference. You will need an open mind to take advantage of the many opportunities that will be served to you on a silver platter. Focus on the little things – they will bring you closer to your goals. Love will give you an awareness of who you are and what you want, something that a few years ago would have been almost unthinkable.

**Aquarius (January 20-February 18)**

This year, the sky will push you, sparking your imagination. We don't think you'll lack any ideas, but perhaps you might be slow to put them into practice. The best time to make them come true is the first months of the year, with Jupiter in Taurus and Saturn in your sign. Be careful not to fall in love with yourself and put too many limits on others: we suspect that your proverbial aversion to the rules of love will be strong and clear, so try to find common ground.

**Pisces (February 19-March 20)**

Some are afraid of chaos, the undefined, the unknown: you are not among them. You are a master of the indeterminate, because you know that surprising things can come from chaos. Embrace this, but pay attention to your energy, as this year you will often need to stop and recover in silence and nature. Listen to your body. A boost to your finances will come from May to December but be careful with your investments. Old loves may reappear, but you will know how to swim without drowning in a sea of memories.

A Winter Morning

I climb this mountain way

Guided by the sharp wind

And the crisp winter air.

On this cold and bleak morning,

The path is mucky and rugged,

The hedges are sprinkled with snow,

A few birds frantically pass and

The silence allows me time;

Time to think and reflect.

I reach to the top and look around,

I stand and admire the sunrise,

I listen to the gentle wind and

I feel the restful warmth

Amid the chill of winter.

Alison Oldfield

Christmas Reflections *by Margaret O'Connor*

Christmas markets, Christmas dinners with friends, secret Santa, mince pies, mulled wine, carol services, and time with family and friends: these are my fondest memories of Christmas. They are what brings joy and solace in a time of year where it can be lonely, low and disheartened.

While people worried about the presents being just right, who is going to invite whom for Christmas dinner (and speaking of Christmas dinner, it must be perfectly cooked with approximately 17 sides for the turkey and ham), and what they would wear, I worried about the long dark nights that enveloped me into a pit of sadness, the time spent missing family and, ultimately, pining for what Christmas used to be when I was younger.

Youthful Christmases were full of exciting presents that Santa brought me, like my bicycle or trampoline, about joy, parties, and most of all family. As time marched on, our family became smaller, and the presents were no longer what I wanted for Christmas. I wanted those who could no longer be there.

This year, it feels that this is what the whole nation wants for Christmas, a few days or even hours with their loved ones, We are together in our desire to be with those who are apart from us. Unfortunately, for many of us, that's not possible. The hope and joy that we are 'supposed' to feel at this time of year seems harder to grasp.

I have been reminded, in this dark year, that it is in the darkest night you see the stars shine most brightly. In the depths of the dark nights, the shepherds and the Magi followed the brightest star. And it was this star that guided them to a new beginning and a new hope.

How Did Christmas Start?

The middle of winter has long been a time of celebration around the world. Centuries before the arrival of Jesus, early Europeans celebrated light and birth in the darkest days of winter. Many peoples rejoiced during the winter solstice, when the worst of the winter was behind them and they could look forward to longer days and extended hours of sunlight. The end of December was a perfect time for celebration in most areas of Europe. At that time of year, most cattle were slaughtered so they would not have to be fed during the winter. For many, it was the only time of year when they had a supply of fresh meat. In addition, most wine and beer made during the year was finally fermented and ready for drinking. In the early years of Christianity, Easter was the main holiday; the birth of Jesus was not celebrated. In the fourth century, church officials decided to institute the birth of Jesus as a holiday. Unfortunately, the Bible does not mention date for his birth. Although some evidence suggests that his birth may have occurred in the spring (why would shepherds be herding in the middle of winter?), Pope Julius I chose December 25. First called the Feast of the Nativity, the custom spread to Europe by the end of the sixth century.

Christmas punch

FULL OF SEASONAL INGREDIENTS "An old-school punch bowl is a really nice idea at a party, and this festively flavoured one is ideal for this time of year"

MAKES 750ML, SERVES 4

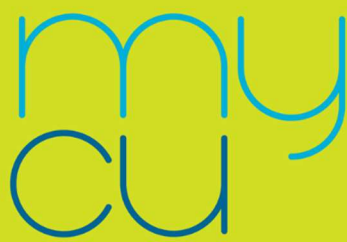
DIFFICULTY: NOT TOO TRICKY

Ingredients

- 75 ml clementine juice
- 150 ml Benedictine liqueur
- 225 ml Dewar's white label scotch whiskey , or cognac
- 300 ml cranberry juice
- 1 vanilla pod , seeds of
- 1 clementine , thinly sliced
- 3 sour cherries , (optional)



Method: Mix all the ingredients together in a jug and store in the fridge for 2–3 hours before using – no longer as the sour elements will start to affect the overall flavour of the punch. Serve in a large jug or bowl half-filled with ice. Mix well and allow to dilute for 5 minutes before serving.



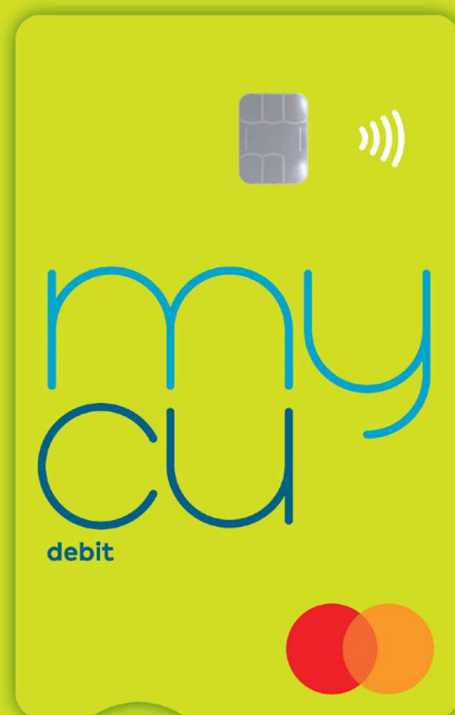
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