

Photo: West Limerick Independent Living Employee of the Season; Summer 2021, Elma Leonard Personal Assistant with Trish Cunningham (L) (Administrator) and Laura Denihan (R) Service Coordinator.



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WEST LIMERICK INDEPENDENT LIVING
09/08/2021
EDITION 3

IN TOUCH

A WORD FROM THE MANAGER

Welcome to the 3rd edition of our newsletter. With the summer slipping away so fast it will soon be time to think about the beautiful season of Autumn. School's back in session, the days are getting shorter, and landscapes become alive with reds and gold. We are curious to know what people think of our 3 editions so far; so please let us know what your views are. This newsletter contains contributions from Margaret O'Brien, Laura Denihan, Eimear Carroll and Trish Kavanagh.

We are thrilled to announce the winner of the Employee of the Season, congratulations to Elma Leonard who was selected as the summer 2021 winner. Elma is a very popular winner among clients and staff alike. Elma is an excellent member of the team and a valued staff member of West Limerick Independent Living, Elma is a worthy winner.

I would like to wish Marie Anderson well in your retirement. Marie even though you took retirement from work, you will always remain in our hearts. We will miss you so much. This is your time of life, enjoy this precious time of life.

To all our readers, please remember that all feedback is welcome and we would love to hear your views. Any client can unsubscribe to this newsletter at any time, it's easy to unsubscribe via email info@limerickcil.com or phone 069 77320. I hope you enjoy this newsletter and find it both interesting and useful.

Kind regards,
Gerard O'Connor
Manager



Employee of the Season

(Spring, Summer Autumn & Winter) 2021

What Makes a Great Employee?

Great employees bring many attributes to their work; usually we think of reliability, hard work, and be nice to everyone, however that is only the tip of the iceberg. A 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.



**Nomination Closing
Date 30.09.21**

**€400 in
PRIZES**



WEST LIMERICK INDEPENDENT LIVING CLG

Sheehan's Rd, Newcastle West
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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

RESEARCH ON PERSONAL ASSISTANT SERVICES-HAVE YOUR SAY!

A research team from the ESRI comprising Selina McCoy and Eamonn Carroll are currently conducting a research study on the experiences of personal assistant (PA) service users in Ireland. Funded by the National Disability Authority, this study is the first of its kind in the Irish context and aims to inform PA policy and provision in the country. As a result, we believe it is vital that the people using PA services are at the centre of the research. A short survey will be conducted in the near future and it is imperative for service users to take part if you want to contribute to the direction of personal support services in Ireland. More information to follow...



L-R Margaret O' Connor Service Coordinator, Marie Anderson Retiring P.A, Gerard O' Connor Manager & Trish Cunningham Administrator

Marie Anderson Retirement

After working with West Limerick Independent Living for over 19 years, Marie Anderson decided that it is the right time to retire. Marie has seen and embraced many changes in the organization over the years with new regulations and the use of new technology and new systems in the way we work.

Wishing Marie the best retirement ever! Enjoy this new chapter of your life and enjoy being your own boss. We hope your retirement is filled with love, laughter, and joy.

Marie was a great Personal Assistant who enjoyed a good laugh, pictured here being presented with a humorous piece on the impact of her retirement along with a voucher for a well deserved break.



HEALTH AND WELLBEING

My name is Sarah Hyland and for over the 20 years I've been in business at Sonas Health Foods, I have come across many ailments and issues that affect our health and wellbeing. In this of issues of Independent Living Newsletter I'm delighted to have been invited to bring to you a article on health that we can all relate to. This are provided by our trainer at A. Vogel Herbs, Sarah Hyland, to whom I am most obliged. Our most trusted and valued herbal brand, A. Vogel has been a pioneer in herbal remedies and wholistic health since 1923 and many customers will be familiar with the range. Readers are most welcome to call in to talk to us at Sonas Healthfoods in The Square, Newcastle West or see [www. avogel.ie](http://www.avogel.ie) for more information. **Sonas is open 9-6 Monday to Friday, 8-6 Saturdays. Tel: 069 78944**



SOME THINGS TO THINK ABOUT, TO HELP FALL ASLEEP

There's nothing worse than lying in the dark. It can make you feel like the only person left in the world. That is unless, you have a husband who is snoring next to you. If you are anything like me, this can fill you with irrational rage. Busying the thoughts with revenge fantasies is not particularly restful. Resenting your lovely husband for snoring is also quite a lonely preoccupation. When I have landed in this unfortunate mental space, I like to try to engage my rational brain. This is what I think about and consider. I hope that it will give you some ideas about how to improve your sleep.

Am I comfortable?

We spend a large part of our day ignoring discomfort. The vast majority of the sensory information that is sent to the brain is disregarded. This is for a good reason. Think of how you feel right now. Can you feel your socks on your feet? The pressure on your soles, the slight tightness on the ankle. Is the fabric just a tiny bit scratchy? Are your toes a bit cold? If I were sensitive to every sensation that my body experienced, I would not get a thing done! Our brain chooses to focus on other things, in order to achieve results. This is a learned skill; we become better at it the older we get. This is just as well, because as we age we can get lots of aches and pains. The distractions of our busy lives can desensitise us and stop us being distracted by listening to our body's complaints. When you are lying in bed with no distractions, all these pains and aches can become decidedly noticeable. Throw in a bit of worry and it creates a right mental cacophony. There's a technique that is really good for dealing with this scenario. It's called PMR (progressive muscle relaxing). It magically shuts down my resting bitch face (that has trouble un-crinkling at times. My poor husband)!

It takes a bit of practice, but as you are lying in the dark anyway.....

You start in one part of the body, flex just one muscle. Then you relax it; then flex and relax the muscle next to it. Work your way around the body, purposely checking every part of it. It actively makes you shut down, relax every muscle and it occupies your busy mind. It's been proven to help with chronic pain. It can transform cranky-face into something far more dignified and beatific.

What will make tomorrow better?

We are in lockdown in Ireland, at the moment. The days are very samey and repetitive. The weather has been horrendous. It could get you down, if you let it. Try not to let your bedtime thoughts be negative or full of needless worries. If your brain is active, put it to work.

I like to plan my tomorrows in my head, while I am lying in bed. I look for some small thing to look forward to. A nice lunch; a walk; a phone call to a friend. Try to think of one nice thing that can be done for somebody else. It doesn't have to be a big event, just a small act of kindness. Perhaps eye contact and a smile to a hardworking shop worker. Contact with a friend you haven't seen recently. A hug and a cup of tea for your partner. Kind behaviour has been proven to increase happiness , even in teenagers!

Decide to do something that you have been putting off. We all have small jobs or tasks that are waiting in the wings. A messy cupboard, a trip to the dump, tax returns or tons of weeding. Boredom can be very

demotivating. A job may seem purposeless if it's perceived to be too insignificant to make a difference, or too overwhelmingly big to attempt to take on.

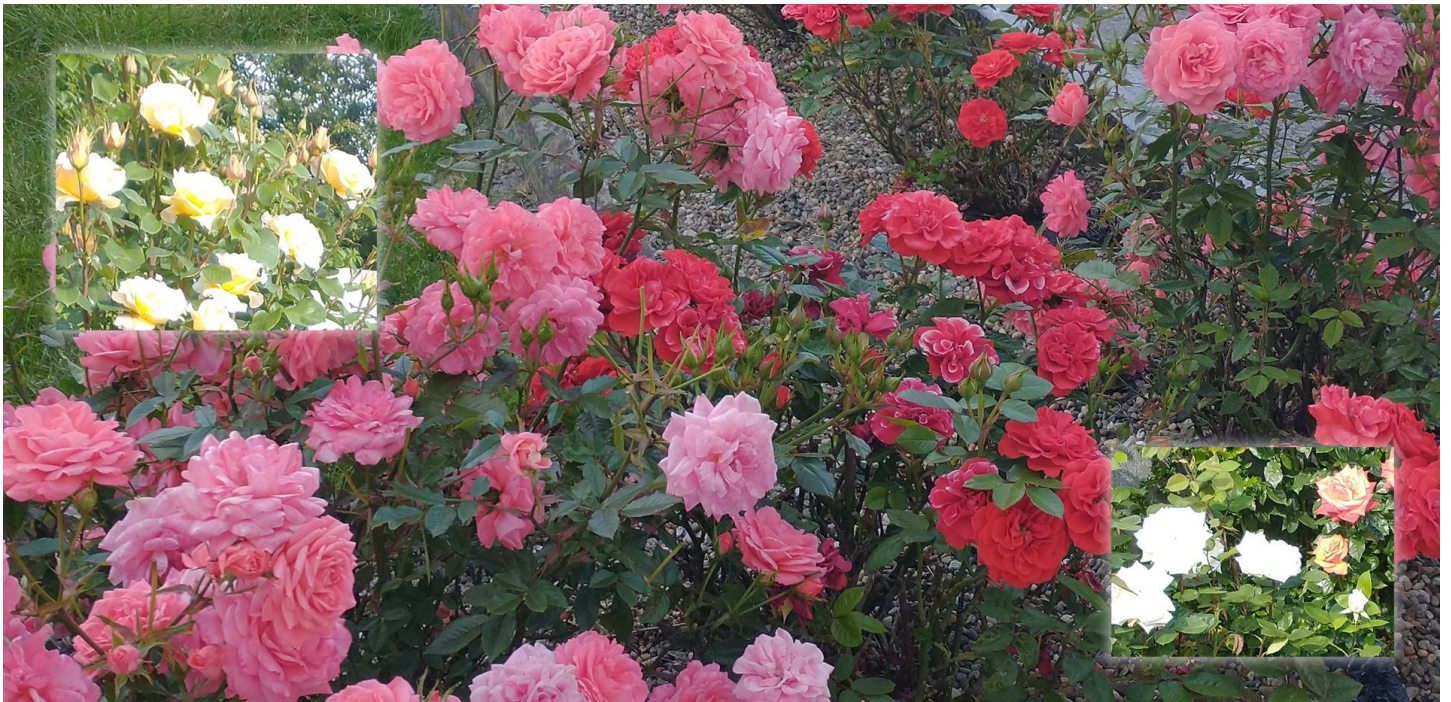
Everything small thing counts. It may take a week of 10 minutes a day to clear out under the stairs. 10 minutes a day is more than an hour a week - four and a half hours a month! This is a powerful force that you have at your disposal. Set yourself a '10 minutes for 10 days' challenge. Think about what you can achieve. If you feel apathetic, a flower remedy like Revitalising Essence may help boost feelings of invigoration and motivation. It can work on the emotions (rather than the physical body) to help promote positive thoughts.

Other habits and tips for helping you sleep better:

- Some nights, despite all your best efforts, it may be difficult to fall asleep. A herbal sleep remedy like Dormean Sleep may really help. Herbs like valerian and hops can help relax the mind and the body.
- If your thoughts are too exhausting, read a book or get up and have a cup of chamomile tea. Don't stress about being tired in the morning.
- If you know that you are going to bed too late, plan to gradually change your bedtime. Wean yourself to an earlier night by just 10 minutes a week. This will allow your body to adapt to an early bedtime. Aim for shuteye that begins well before 11pm.
- Download our free Sleep E-book for information, tips and advice: <https://www.avogel.ie/health/sleep/sleep-ebook.pdf>

Gardening: Roses by Margaret O' Connor

Rose care is easier than you think—anyone can grow them successfully. Plant your roses in a sunny location with good drainage. Fertilize them regularly for impressive flowers. Water them evenly to keep the soil moist. Prune established rose bushes in early spring. Watch for diseases like powdery mildew or black spot. If you've been afraid to start a rose garden, the truth is, roses are no more difficult to care for than other flowering shrubs. Follow these general rules to learn how to grow roses:



Roses are best planted in the spring (after the last frost) or in fall (at least six weeks before your average first frost). Planting early enough in fall gives the roots enough time to get established before the plants go dormant over the winter.

Fertilize regularly

For an impressive show of flowers, a rose bush needs to be fertilized regularly. Organic methods provide a slow, steady supply of nutrients. Monthly applications of compost, composted manure, and other organic and natural fertilizers, such as Brandon Iron Feed with Seaweed which I find excellent (Croagh Garden Centre stocks this), work well.

Water wisely

Soil should be kept evenly moist throughout the growing season. How you water is as important as the frequency. To keep roses healthy, avoid wetting the foliage. Use a soaker hose, watering can with a long spout, or a watering wand pointed directly at the soil.

Prune like a pro

It's almost impossible to kill a rose bush by over pruning. But, if you follow a few simple rules, the results will look more professional and result in a healthier plant. A good pair of pruners and rose pruning gloves can make the job even easier. Major pruning should be done in early spring. For all roses, start by removing any dead or damaged canes (any that look brown). You can lightly prune your roses all season long to keep them well-groomed. Some varieties of re-blooming roses will require deadheading to encourage re-blooming throughout the season. Cut spent blooms back to the first five-leaflet stem to promote re-growth.

Keep them healthy



The best way to prevent rose diseases is to choose disease-resistant varieties. Blackspot appears as circular black or brown spots on the top side of leaves. A simple mixture of baking soda and horticultural oil can help fight the spread of black spot. Rose Clear is also very good for Black Spot.

Greenfly, part of a wider group of insects called aphids, are one of the most common 'pests' in our gardens. They are attracted to all types of plants and flowers because they like to eat the sap they exude. They are commonly associated with their love of roses but they can be found on any plant.

If possible, we should let nature regulate itself. We can do this by making sure we are attracting all kinds of insects and species into our green spaces. Soapy Liquid is good for getting rid of greenfly important to spray in the morning or evening when the fly is sleepy.

Show them off

Roses have long been prized for their beautiful and fragrant cut flowers. But, no roses are lovelier than those gathered fresh from your own garden. Here are a few tips for preserving your cut roses: Cut roses when they are dewy fresh and hydrated (in morning or evening), not when the plant may be stressed from heat.

Strip off any lower leaves that fall below the water line to avoid rot and bacterial growth. Above the water line, leave as much foliage as possible, which will help to draw up water.

Change the water frequently—daily if possible—to remove any bacteria. Also recut the flower stems every few days to improve water absorption.

Employee of the Season

Congratulations to Elma Leonard! Selected as the 'Employee of the Season' for summer 2021.

The award which recognises exemplary work and in appreciation of excellent performance, enthusiasm and professionalism.

Photo: Elma with her husband and son at the West Limerick Independent Living offices on the 15th July 2021.



Gratitude By Laura Denihan

The Covid 19 pandemic has taught us not take everything for granted. The pandemic has also taught us to slow down and be more mindful and aware of our surroundings, to be still and live in the moment. It has made us more grateful for what we do have. Whether we have a dis-ability or not we all have the ability to be more mindful of our presence to others and to be grateful for something.

We should all express gratitude in some form or other. Whether it is grateful that you can get yourself up in the morning or grateful that you have a personal assistant to assist you in getting up in the morning. Grateful that you can empathize with your client. Grateful that you have the skill set and knowledge in order to improve the quality of life of your client to live independently at home. Grateful to have a home or grateful to have a home that suits your needs. Grateful for your family, friends, personal assistants. Grateful for your new self-care items, perhaps a new shower gel or new bath bomb.

Showing gratitude to others can also be a form of relieving stress. Little acts of kindness can make you feel good while also the person in receipt of the gesture. It can be as simple as saying thank you to someone. Telling that person what they mean to you. Making a gift for someone. Buying a gift for someone. Presenting someone with a bunch of flowers. Gratitude is different for everyone. Recently I helped a friend in need by borrowing an aid from someone. On route home after returning the aid I went to Starbucks drive thru for a coffee. When I went to pay for my coffee the car ahead of me had paid.



This changed my whole day I was so appreciative and grateful to the unknown person ahead of me. Moral of the story one good turn deserves another. Also little acts of kindness can really change someone's day for the better.

30 days of Gratitude Checklist

1. *What smell are you grateful for today?*
2. *What technology are you grateful for?*
3. *What colour are you grateful for?*
4. *What food are you grateful for?*
5. *What sound are you grateful for today?*
6. *What in nature are you grateful for?*
7. *What memory are you grateful for?*
8. *What book are you most grateful for?*
9. *What place are you most grateful for?*
10. *What taste are you most grateful for?*
11. *What holiday are you most grateful for?*
12. *What texture are you grateful for?*
13. *What abilities are you grateful for?*
14. *What sight are you grateful for?*
15. *What season are you grateful for?*
16. *What about your body are you grateful for?*
17. *What knowledge are you grateful for?*
18. *What piece of art are you grateful for?*
19. *What touch are you grateful for today?*
20. *Who in your life are you grateful for?*
21. *What song are you most grateful for?*
22. *What story are you grateful for?*
23. *What tradition are you grateful for?*
24. *What challenge are you grateful for?*
25. *What moment this week are you most grateful for?*
26. *What form of expression are you most grateful for?*
27. *What small thing that you use daily are you most grateful for?*
28. *What small thing that happened today are you grateful for?*
29. *What friend/ family member are you grateful for today?*
30. *What talent or skill do you have that you are grateful for?*

Recipe Idea! Nevin Maguire's -Fish Pie

This fish pie is perfect for a family celebration, as once all the prep is done you've literally got nothing to do but pop it into the oven. Lots of supermarkets are now selling packets of mixed seafood, which are perfect for using in fish pies. Keep a lookout and if you buy one you want it to be 750g (1lb 10 oz) in weight.

Ingredients

- 3 eggs
- 2 large shallots
- 2 celery sticks
- 300ml (½ pint) milk
- 2 bay leaves
- a few black peppercorns
- 250g (9oz) salmon fillet, skin on and pin bones removed
- 250g (9oz) firm white fish fillets (such as cod, haddock or hake), skin on and pin bones removed
- 200g (7oz) raw peeled king prawns
- 50g (2oz) butter
- 200g (7oz) baby spinach
- 40g (1½oz) plain flour
- 150ml (¼ pint) cream
- 2 tbsp chopped fresh flat-leaf parsley
- sea salt and freshly ground white pepper

For the potato topping

- 675g (1½lb) Rooster potatoes, peeled and cut into chunks
- 75g (3oz) mature Cheddar cheese, grated
- 25g (1oz) butter

To serve-buttered peas

Method

1. Preheat the oven to 180°C (350°F/gas mark 4).
2. To make the topping, put the potatoes in a pan of cold salted water. Cover and bring to the boil, then reduce the heat and simmer for 15–20 minutes, until tender. Drain the potatoes and return to the pan over low heat for 2–3 minutes to remove as much moisture as possible. Remove the pan from the heat, then mash with a potato masher until smooth. Beat in the cheese and butter and season to taste.
3. Meanwhile, place the eggs in a pan with enough cold water to cover. Bring to the boil, then reduce the heat to a simmer and cook for 10–12 minutes, until hard-boiled.
4. Drain under cold running water, then crack against the sink to break the shells. Remove the shells and cut the eggs into quarters.
5. Roughly chop one of the shallots and one of the celery sticks and place in a wide pan with the milk, bay leaves, and peppercorns. Add the fish fillets, then bring to a simmer and cook for 3 minutes, until the fish is just tender. Stir in the prawns for the last 30 seconds of the cooking time.
6. Transfer to a plate, then roughly flake, discarding the skin and bones. Strain the milk into a jug, discarding the vegetables, bay leaves, and peppercorns.
7. Heat a knob of the butter in a pan. Add fistfuls of the spinach, adding another handful as the previous one wilts down. Cook for 1 minute, then tip into a colander to drain.
8. Add the rest of the butter to the pan. Finely chop the remaining shallot and celery and add to the pan, stirring to coat. Sauté for 3–4 minutes, then add the flour and stir over low heat for 1 minute.
9. Gradually add the reserved milk, beating until smooth. Simmer for 2–3 minutes, until nicely thickened. Season to taste, then stir in the cream and allow to thicken and reduce down a little before stirring in the parsley.
10. Layer up the flaked fish, prawns and hard-boiled eggs in an ovenproof dish with small mounds of the spinach and spoonfuls of the sauce. Spread the mashed potatoes on top and bake in the oven for 25–30 minutes, until bubbling and golden.
11. Serve the fish pie straight to the table with a separate bowl of buttered peas.



The National Transport Authority (NTA) has created a survey on taxis and hackneys

As we all know Transport is one of the pieces of the “independent living jigsaw” that lots of disabled people throughout Ireland have challenges with. Furthermore, getting an accessible taxi on demand can be a nightmare. Please participate in the survey and have your voice heard.

The survey can be completed in the following ways:

Online, via the following link which is compatible with screen-readers:

<https://secure.bandasurvey.ie/WebProd/Start/Ba212691&B=5>

By post: if you require a hard-copy version of the survey, please contact Behaviour & Attitudes at glenn@banda.ie You will also receive a stamped addressed envelope to facilitate the return of your completed survey.

By telephone: should you prefer to complete the survey in this manner, please contact Behaviour & Attitudes at glenn@banda.ie or on 01 2057561. They will arrange for an agent to call you to go through the questions with you. Should you wish, you may also ask someone to complete the survey on your behalf.



independent living

Personal Care Assistants

Now Hiring Staff in Limerick City & County

Email CV to

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STAFF WANTED



Available - Regular hours
Morning and afternoon calls...



Brainteaser

Answers at bottom of next page

1. What five-letter word becomes shorter when you add two letters to it?
2. Your parents have six sons including you and each son has one sister. How many people are in the family?
3. I am the beginning of sorrow and the end of sickness. You cannot express happiness without me yet I am in the midst of crosses. I am always in risk yet never in danger. You may find me in the sun, but I am never out of darkness.
4. You're escaping a maze, and there are three doors in front of you. The door on the left leads to a pit of lava. The door in the centre leads to a room filled with deadly gas. The door on the right leads to a lion that hasn't eaten in three months. Which door do you choose?
5. What has cities, but no houses; forests, but no trees; and water, but no fish?

What does the UNCRPD mean for the people of Limerick?

My name is Elisa O'Donovan. I am a Councillor in Limerick City West and I work for an organisation called Mental Health Reform, Mental Health Reform (MHR) is Ireland's leading national coalition on mental health. Our vision is of an Ireland where everyone can access the support they need in their community, to achieve their best possible mental health

For the last few months, I have been meeting with disabled people in Limerick, their family, friends and supporters. I have been meeting with them to find out their views on the UNCRPD. The UN Convention on the Rights of Persons with Disabilities (UNCRPD) is a United Nations document that sets out a series of rights and principles. Governments (States) must take steps to ensure that people can access and exercise the rights listed in the Convention. Ireland adopted the Convention in 2018. This means that Ireland has made a commitment to protect and promote the rights of disabled people. Ireland must also report, and be monitored, on how well it is implementing the Convention, and in 2021 Ireland will submit its first report.

Some of the main issues that came up for disabled people in Limerick and their families were work and employment, housing, education and taking part in cultural life. Access to healthcare and mental health services, especially during COVID-19 were also raised by many people. There are still many barriers for disabled people in living equal and full lives in our communities. I would be interested to hear from you and your families on your experience of living as a disabled person in Limerick. If you would like to get involved with our work on the UNCRPD please contact me at 087-9120231 or email eodonovan@mentalhealthreform.ie.

ASSISTIVE TECHNOLOGY RESEARCHED BY EIMEAR CARROLL

Assistive technology (AT) is any item, piece of equipment, software program, or product system that is used to increase, maintain, or improve the functional capabilities of persons with disabilities. Websites that provide information on Assistive Technology in Ireland:

- NCBI: Technology Support Helpdesk- free service for people with sight loss and their families- operating Monday to Friday 9am – 5pm www.ncbi.ie
- Enable Ireland- deliver training on Assistive Technology- launched a paper with the Disability Federation of Ireland on the discussion on the future of Assistive Technology in Ireland available on the website- CHAT (Community Hub for Assistive Technology) returns on 20th October and register through their website www.enableireland.ie
- Ahead: www.ahead.ie- go through different options for different requirements ie. Visually impaired/ hearing impaired/ mobility impairments/ learning difficulties plus other resources

Different Types of Assistive Technology

Handheld Digital Magnifiers: This gives a person magnification 'on the go'- handheld- lightweight- portable- usually small enough to fit in a pocket- advice available on 1850 92 30 60 or 01 53 12 975

Refreshable Braille: if a person has a preference to read in Braille than have a text spoken to them- it is a small screen sitting in front of the keyboard and displays a line of Braille by raising and lowering small plastic pins- comes in different sizes depending on the amount of information you need to see at one time- can also connect to mobile devices and can be used on different devices ie in between home and work place- advice available on 1850 92 30 60 or 01 53 12 975

Voice recognition software: Voice recognition systems enable individuals with to dictate a document to the computer as an alternative to using the keyboard and mouse input. Consistent speech patterns are required and as well as a short period of training the software to recognise your speech patterns, a certain amount of editing post dictation is required

Adapted Furniture: Height adjustable furniture such as table and chairs to suit specific postures- example is ergonomic furniture. The independentlivingireland.ie is also a useful AT site

Brainteaser Answers: 1: Short 2: Nine-two parents, six sons and 1 daughter 3: the letter S 4: door on right, a lion that hasn't eaten in 3 months is dead! 5: A map



IS TRANSPORT A PROBLEM FOR YOU?



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Supporting Our Community



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OUR OFFICES:

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T: 061-392237

North Quay,
Newcastle West, Co. Limerick
T: 069-62700

Main Street, Glin,
Co. Limerick
T: 068-34512

Sub Offices: Foynes, Kildimo, Pallaskenry, Shanagolden, Tarbert.

All loans subject to approval. T&Cs apply. **WARNING:** If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating which may limit your ability to access credit in the future. Credit Unions in the Republic of Ireland are regulated by the Central Bank of Ireland.