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WEST LIMERICK INDEPENDENT LIVING

06/12/2023

EDITION 12

IN TOUCH



A WORD FROM MARGARET

Welcome to the 12th edition of the In Touch newsletter, as the festive season embraces us in its wintry charm, I want to take a moment to express our deepest gratitude to our dedicated employees. Your unwavering commitment and compassionate service throughout the year has truly made a difference in the lives of those we support.

In the spirit of Christmas, let us celebrate not only the seasons merriment but also the warmth and kindness you bring to your community. Your dedication does not go unnoticed, and we are very thankful for the incredible work each of you do.

A word of thanks to our clients for their understanding and patience during periods of staffing challenges. Your flexibility and support have been invaluable as we navigate these unique circumstances. In 2024 we look forward to supporting you with the utmost commitment and dedication. Thank you for your ongoing trust.

We are delighted to announce the latest Employee of the Season, congratulations to Fiona Hoare who was selected as winter 2023 winner.

Fiona is an excellent valued staff member and is a worthy winner. I remind all clients and employees to get their nominations for the employee of the season in on time for Spring 2024.

To all our readers, clients, and staff we wish you all a Happy & Peaceful Christmas and a very Happy 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.

Warm regards,

Margaret O'Connor Manager





local link

Limerick Clare



We Accept TFI Leap Card on the Following Services

Limerick - 520, 521, 593, 595

Clare – 318, 335, 337, 339, 342, 344

We Accept TFI Go on the Following Services

Limerick - 520, 521, 593, 595

Clare – 318, 335, 339



Creating a Place for Appreciation *by Laura Mulqueen*

Following on from Margaret's in the last newsletter where nurturing employee wellbeing and appreciation were key components in fostering a fulfilling and harmonious work environment. We believe that each member of our team contributes significantly to our collective success. Whether it's going the extra mile, providing invaluable support during a challenging time, or simply being a positive presence in the workplace, there are countless reasons to acknowledge and appreciate one another.

Research demonstrates that embracing gratitude and acknowledging the exceptional dedication of colleagues can have a profound impact on both individuals and the overall workplace culture. Expressing gratitude fosters a positive environment by reinforcing a sense of value and appreciation. It strengthens interpersonal relationships, promoting a collaborative atmosphere where individuals feel seen and acknowledged for their contributions.

In the spirit of fostering a culture of appreciation and recognizing the outstanding efforts of our colleagues, we are thrilled to introduce a new segment in our newsletter – the Acknowledgment Section!

The Acknowledgment Section is a dedicated space in our newsletter where you, our valued colleagues, and clients, can shine a spotlight on the exceptional work and qualities of your teammates and PA's. It's an opportunity to express gratitude, share positive experiences, and spread a wave of encouragement throughout our organisation.

How does it work?

1. **Send in Your Acknowledgments:** Simply email us at margaret@limerickcil.com or contact your relevant coordinator with the subject line "Acknowledgment Submission." Include the name of the colleague or PA you'd like to acknowledge, a brief description of their contributions, and the impact they've made.
2. **Celebrates Success Together:** Each edition of our newsletter will feature a selection of acknowledgments, giving us all the chance to celebrate the achievements and efforts of our fantastic team.
3. **Remember,** acknowledgment doesn't have to be reserved for major achievements; it can be as simple as recognizing a small act of kindness or a job well done.

Together, we look forward to receiving your acknowledgments and celebrating the incredible talents and efforts of our colleagues in the next newsletter. Here's to a workplace filled with gratitude and shared success!



Latest News on the Section 39 Pay *by Gerard O'Connor*

On November 22nd, 2023, the Section 39 workers accepted the deal negotiated by their trade unions, the deal was reached on October 17, 2023, and strike action was suspended the following day. The deal includes a pay increase of 8% over two years, as well as a commitment from the government to address the funding issues in the sector. The deal includes a pay increase of 3% from 1 April 2023, a 2% increase from 1 November 2023, and a 3% increase from 1 March 2024.

The deal is significant as it represents the first time that the government has acknowledged the need for pay equality for workers in Section 39 organisations. The deal was met with mixed reactions from the workers, with some expressing satisfaction with the outcome and others arguing that it did not go far enough.

Employees of the Season for Autumn 2023

West Limerick Independent Living is delighted to announce the latest recipient of the highly coveted "Employee of the Season" award. After an evaluation process, Fiona Hoare emerged as the successful candidate for this season's award. Fiona's exceptional performance and positive impact on the team and West Limerick Independent Living have made her an invaluable asset.



Photo: Sabrina Doran Service Coordinator and Employee of the Season Fiona Hoare PA

We would like to extend our sincere appreciation to all employees who continue to strive for excellence and contribute to our collective growth. Congratulations to Fiona who was selected as the employee of the season.

Employee of the Season

Any of our clients or staff can nominate an employee of West Limerick Independent Living for the award, just contact our office for an application form by phone on 069 77320 or by email info@limerickcil.com

**€400
PRIZE**

Closing date for nominations 31 January 2024

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

Personal Assistant Referral Program

West Limerick Independent Living through our "Refer a Friend Scheme" is delighted to announce that staff member, Shirley Wrenne again received the €200 gift voucher reward for successfully referring Kathy Daly.



Photo: Alison Oldfield Service Coordinator & Shirly Wrenn PA

Why Refer?

- Enhance lives: Your referrals can positively impact the lives of our clients, providing them with the support and companionship they need to maintain their independence and thrive in their communities.
- Strengthen our community: A strong and cohesive team is the backbone of our success. Your referrals help us find like-minded individuals who share our commitment to delivering exceptional care and service.
- Earn appreciation: For each successful referral, you will receive a special reward and our heartfelt gratitude.

How It Works

1. Identify potential personal assistants.
2. Refer them to us through our online portal.
3. Celebrate the impact! When your referred personal assistant becomes an invaluable part of our team and successfully completes their probationary period, you'll be eligible for well-deserved rewards.

Together, Let's Make Independent Living the Standard!

Your involvement in our Personal Assistant Referral Program can help create a caring and supportive community that empowers individuals to live life on their own terms. By referring individuals who embody our values and commitment to service, you play an essential role in shaping our future.

Refer a friend or family member today and help us make a positive impact on the lives of those we serve.

The dangers of E-cigarettes for young people know the Facts *by Margaret O' Connor*

In the last couple of months, E-cigarettes and vaping has been in the media. On the 2nd of October, the Faculty of Paediatrics RCPI released a position statement strongly supporting the introduction of legislation to ban disposable vapes. Dr Paul Kavanagh said this is a helpful reminder of the risks posed by e-cigarettes to the health of children and young people. In this article, Dr Paul Kavanagh, the HSE's Public Health Clinical Advisor on Tobacco, goes on to clarify some misconceptions and explains the dangers of E-cigarettes, he also asks parents to have a conversation with their children about the dangers of vaping:

We often hear from the vape industry that using e-cigarettes is "safer" than smoking conventional combustible cigarettes. But what does this mean? Smoking conventional cigarettes is incredibly dangerous. Cigarettes kill 1-in-2 people who smoke and on average lead to 10 years of life lost for people who smoke.

Each week in Ireland, almost 100 people die and 1,000 people are hospitalised from preventable disease caused by smoking. Given what we know now about cigarettes, no company would ever be authorized to sell these products now in 2023.

Is there any other legal and easily accessible product across the country that is more dangerous than cigarettes? Using e-cigarettes does not involve burning tobacco, which releases tar and other chemicals known to be extremely harmful to human health. But to say a product is not as dangerous as combustible cigarettes does not mean that it is free from serious harms. The Health Research Board examined the harms caused by vaping and found it leads to burns and injuries, acute effects on the heart and lung, and contained chemicals known to cause cancer. These are harms for young people.

Nicotine is highly addictive and affects the developing brain leading to problems with concentration, impulse control, and mood. More recently, some well-conducted studies have shown how, for young people with asthma, a very common condition in this group, vaping worsens lung health and leads to exacerbations.

The Health Research Board also found that young people who do not smoke and who start vaping are 3 to 5 times more likely to start smoking than those who don't start vaping. This is an extremely worrying



finding. We have made huge inroads to protect children from the harms caused by smoking, and vaping jeopardises these important public health gains.

These Health Research Board findings are consistent with other large and well-conducted reviews of e-cigarettes at EU level, in North American and in Australia. Finally, a big issue when we talk about the known harms of e-cigarettes is that it's possible that there are serious harms that are currently unknown and will only emerge as we continue following people with studies over the coming decades.

In summary, for young people, using e-cigarettes offers no benefit, is already linked with serious harms and we can expect this list of harms to grow over time.

Use of e-cigarettes is rising quickly in young people in Ireland, and it is crucial now we take action to protect them from harm. Most countries are taking urgent and decisive steps to better protect young people from the harms of e-cigarettes, and it is important Ireland is not left behind.

HSE response – concerns around young people and vaping –

<https://www.hse.ie/eng/about/who/tobaccocontrol/resources/hse-joint-response-to-vaping-and-youth.pdf>

Tips on having a conversation with a young person –

<https://www.hse.ie/eng/about/who/tobaccocontrol/resources/vaping-infor>



The Legend of Saint Nicholas - A Festive Journey through Time:

Once upon a time, in the bustling city of Myra, there lived a compassionate and generous man named Nicholas. Born in the 3rd century, Nicholas was destined for greatness, not as a king or warrior, but as a beacon of love and kindness that would resonate through the ages.

Young Nicholas was raised in a wealthy family, but tragedy struck when his parents passed away, leaving him a considerable inheritance. Inspired by his Christian faith and teachings, Nicholas chose to use his newfound wealth to help those in need. Legend has it that one of his first acts of kindness was rescuing three impoverished sisters from a life of destitution.

The story unfolds during a cold winter night. In Myra, three sisters faced an uncertain future as their father struggled to make ends meet. In those days, a father's inability to provide dowries for his daughters meant a life of hardship and potential despair. Hearing of their plight, Nicholas decided to intervene, choosing to remain anonymous in his generosity.

Under the cover of darkness, Nicholas visited the girls' home and, finding the windows ajar, tossed three bags of gold coins into the room. The next morning, the grateful family discovered the precious gifts and realized that a miracle had occurred. With the dowries provided by Nicholas, each sister could now marry, securing a brighter future.

Word of Nicholas's benevolence spread like wildfire, and the grateful townsfolk began to share their own stories of his kindness. Nicholas became known as the secret gift-giver, embodying the spirit of selfless generosity and love.

As Nicholas's reputation for compassion grew, he was ordained as a bishop and continued to dedicate his life to helping the less fortunate. His acts of kindness extended beyond gift-giving; he was also known for miraculous deeds and interventions that brought hope and joy to those in need. This once humble bishop has evolved into the timeless, beloved figure we know today as Santa Claus who enchants the hearts of children and adults alike.

After his passing, Nicholas's legacy lived on. The stories of his generosity and compassion transformed into legends, and his feast day, December 6th, became a day of celebration and reflection of the man whose legacy of love and generosity continues to warm hearts during this magical festive season.



Jingle Juice



Ingredients

- ✓ 1 litre cranberry juice
- ✓ 2 bottles red Moscato
- ✓ 1 bottle prosecco
- ✓ 120 ml vodka
- ✓ 200g frozen cranberries
- ✓ 10g mint leaves, 2 limes sliced into rounds.
- ✓ 100g sugar for rimming glasses.

Step 1

Using a wedge of lime, wet the rim of your glass. Dip in sugar until coated.

Step 2

Combine all ingredients together in a punch bowl and serve. (If you cannot get a red Moscato wine a pink prosecco will suffice)





Home in Time for Christmas

by Alison Oldfield

Driving home for Christmas one misty night,
The chill and loneliness haunt my journey.

I travel alone on these deserted roads,
Only timeless festive tunes to keep me company.

As my childhood home is in sight,
The chill and loneliness fade away.

The brightly coloured lights welcome me and
A large decorated tree illuminates the window.

I step outside to the bitter winter cold,
I open the door and instantly feel the warmth,
Greeted by family for the first time in months.

The air is filled with Christmas spices,
The open fire sparks and warms my soul,
The joyful smiling faces lift my heart,
The hot mugs of tea bring me comfort,
The lively banter and music say welcome home
and

The warm mince pies say it's Christmas time.

10 Word Riddles

1. I am always coming, but never arrive.
What am I?
2. I have no voice, but I can still speak to you.
What am I?
3. I have no eyes, but I can still see you.
What am I?
4. I have no wings, but I can still fly.
What am I?
5. I have no hands, but I can still build things.
What am I?
6. I have no mouth, but I can still eat.
What am I?
7. I have no feet, but I can still travel the world.
What am I?
8. I have no heart, but I can still feel.
What am I?
9. I have no brain, but I can still think.
What am I?
10. I have no life, but I can still live forever.
What am I?

Old Christmas traditions in Ireland that date back to ancient times or the era of the Penal Laws:

The candle in the window: On Christmas Eve, many Irish families light a candle and place it in the window of their home. This is an old tradition that has several meanings. One is to welcome Mary and Joseph, who were looking for a place to stay on the night of Jesus' birth. Another is to invite strangers or travelers to join the family for Christmas. A third is to remember the Irish emigrants who could not come home for Christmas.

The Wren Boy procession: On December 26th, also known as St. Stephen's Day or Boxing Day, groups of people, usually young men, dress up in straw costumes, masks, or colorful clothes, and go from house to house or pub to pub, singing, dancing, and playing music. They also carry a fake wren, or a small bird, on a pole or in a cage, and ask for money or food. The wren is said to represent the old year, and the tradition is said to have pagan origins or to commemorate St. Stephen, who was stoned to death for his faith.

Nollaig na mBan/Little Christmas: On January 6th, the last day of the Christmas season, the women of the house take a break from their domestic duties and enjoy some time for themselves. They often go out with their female friends or relatives, or invite them over for tea, cake, and chat. The men of the house are supposed to take care of the chores and the children. This tradition is more common in the south and west of Ireland, and is a way of honoring the women's role in the family and society.

These are some of the very old Christmas traditions in Ireland that are still followed by some people today. 😊



**CLEARING A PATH
FOR PEOPLE WITH SPECIAL NEEDS
CLEARS THE PATH FOR EVERYONE!**

Riddle Answers

- 1... Tomorrow 2. ... A book 3. ... A camera 4. ... Imagination
5. ... A nest 6. ... A fire 7. ... A stamp 8. ... A thermometer 9.
... A computer and 10. ... A memory



Christmas Tree Word Search



bauble
bells
cards
elves
noel

holly
lights
ornaments
presents
rudolph

sleigh
stars
tinsel
toys
tree

CHRISTMAS CROSSWORD PUZZLE

USE THE CLUES TO COMPLETE THE CROSSWORD PUZZLE.

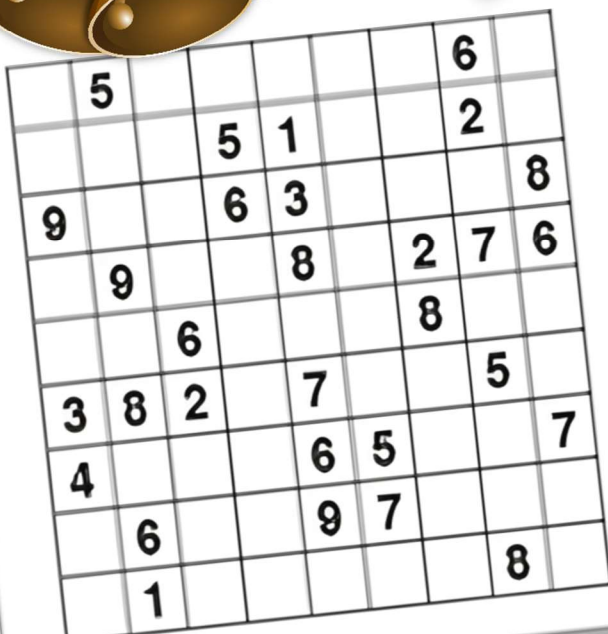
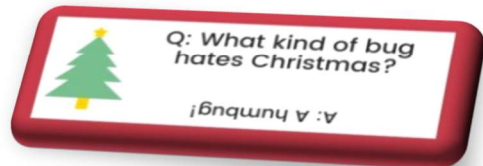
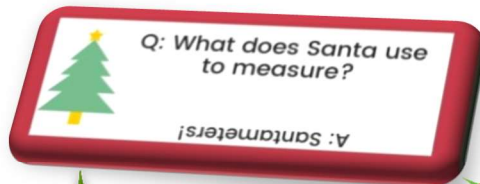


Across

1. One of Santa's Reindeer
3. Santa's Helpers
5. December 25th is _____.
7. Christmas Drink
10. The name of a popular snowman.

Down

2. Christmas Month
4. He hates Christmas!
6. You hang them by the chimney.
8. On Christmas morning we unwrap our _____.
9. _____ to the world!





HOROSCOPES FOR 2024

WHAT THE STARS HAVE IN
STORE FOR YOU



Aries (March 21-April 19) Get ready to rock 2024 with unstoppable energy and fierce determination. Your Aries Horoscope 2024 is a sneak peek into a year that's all about stepping into your power and making your mark. Career-wise, you'll be a force to be reckoned with. Your bold ideas and daring initiatives will catch the attention of the right people, propelling you towards new heights. Just remember to balance your drive with some patience – not every victory is instant. When it comes to love, sparks will fly! Whether you're single and ready to mingle or in a committed relationship, your charm will be off the charts.



Taurus (April 20-May 20) Your 2024 journey is all about growth, stability, and embracing change. Patience will pay off in ways you can't imagine. Professionally, get ready for a steady climb. Your practical approach and strong work ethic will draw recognition. New opportunities might knock, so keep an open mind – they could lead to unexpected horizons. Love is in the air- For singles, a chance encounter might just lead to something magical. If committed, focus on nurturing your relationship through shared dreams and intimate moments.



Gemini (May 21-June 20) 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.



Cancer (June 21-July 22) This year, the cosmos has some intriguing twists and turns lined up just for you. Your intuition will be your guiding star, so trust those gut feelings and let them lead you to exciting opportunities. In the realm of relationships, expect a mix of deepening connections and letting go of what no longer serves you. Embrace vulnerability, and you'll find yourself surrounded by a supportive tribe that truly gets you. Career-wise, your creativity will be on fire. Whether you're an artist, entrepreneur, or working in a more traditional setting, your imaginative ideas will shine brightly. Don't be afraid to take calculated risks – big rewards could be waiting!



Leo (July 23-August 22) Get ready for a spectacular spin in 2024 – it's your time to shine brighter than ever! Passion and creativity will be your trusty companions throughout the year, igniting the flames of your ambitions. Career-wise, prepare to unleash your inner lion and pounce on those opportunities. Your natural leadership skills will be in high demand, so don't hesitate to step up and lead the pack. Relationships-If you're in a partnership, expect the flames of romance to burn even hotter. Single Leos might just find their heart's desire in the most unexpected places.



Virgo (August 23-September 22) This is your time to fine-tune your life and let your incredible attention to detail shine. Career-wise, your analytical prowess will be your guiding star. Whether it's a new project, a career pivot, or climbing that corporate ladder, your dedication will lead to impressive results. Love and relationships-If you're in a relationship, communication will be your love language and deepening your bond. Single Virgos might discover love where they least expect it – keep your heart open and be ready to embrace surprises. Health is wealth-Embrace a holistic approach!



Libra (September 23-October 22) This year is like a cosmic makeover designed just for you. Your charm and diplomacy will be off the charts, making you the go-to mediator for any situation. Career-wise, prepare for some exciting twists. The stars are urging you to step out of your comfort zone and embrace new challenges. That dream project you've been mulling over? Your creativity knows no bounds in 2024. In matters of the heart- If you're single, expect some heart-fluttering encounters. Already coupled up? Your bond will deepen as you embark on thrilling adventures together.



Scorpio (October 23-November 21) Get ready to rock 2024 like the enigmatic powerhouse you are. This year, the cosmos has some intense and transformative vibes in store, and you're absolutely here for it. When it comes to your career, prepare to rise from the ashes and take on challenges like never before. Your determination and resourcefulness will be your superpowers, propelling you to new heights. Remember, even when things get intense, your resilience is unmatched. In matters of the heart, get ready for a rollercoaster ride. Whether you're single or committed, expect profound connections that delve into the depths of your emotions.



Sagittarius (November 22-December 21) This year, the stars are aligning to bring you a whirlwind of opportunities and growth. Your natural optimism and enthusiasm will be your superpowers, propelling you toward success Career aspirations- The universe is handing you the keys to unlock doors you never thought possible. Relationships- Brace yourself for a romantic rendezvous with destiny. Open your heart to meaningful connections, and don't shy away from expressing your true feelings. Travel bug tingling? Pack your bags! 2024 is your chance to quench your thirst for adventure.



Capricorn (December 22-January 21) Get ready to sculpt a masterpiece out of the cosmic clay that is 2024. This year, the universe is handing you a chisel of determination and a canvas of opportunities to create a life that truly resonates with your dreams. Career aspirations? You've got this in the bag! hard work and dedication will pay off in ways you've only imagined. Embrace innovation and let your disciplined nature guide you to new heights. Relationships-Prepare for a heart-warming symphony of emotions. Whether you're single or committed, the universe is bringing opportunities for deeper connections. Open your heart to vulnerability and authenticity.



Aquarius (January 20-February 18) Buckle up for a cosmic joyride in 2024! This year, the universe has a captivating line-up planned just for you. Get ready to shine as your innovative ideas take centre stage. Brace yourself for an adventure that promises personal and professional growth. Saturn's got its eye on you, pushing you to level up in your career. Your hard work will be your magic wand, so don't be afraid to aim for those ambitious goals. But it's not all work and no play – Jupiter's playful influence will keep your social life buzzing. New friends, exciting connections, and memorable moments await.



Pisces (February 19-March 20) Get ready to dive deep into the ocean of possibilities and ride the cosmic currents. This year, the planets' influence will be like a spotlight on your creative talents. Your imagination will be on fire, so don't be surprised if you're struck by ingenious ideas that set your heart aflutter. Whether it's art, music, or any other passion, now's the time to let your inner artist shine. New opportunities might pop up when you least expect them, so keep an open mind and a willing heart. When it comes to relationships, Jupiter's benevolent vibes will sprinkle your path with meaningful connections.

Personal Assistant's

Grange, Ardpatrick,
Knocklong, Kilfinnane,
Kilmallock, Croom &
Hospital areas.



WEST LIMERICK
INDEPENDENT LIVING CLG





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