

Connecting *the* Faithful

Newsletter | 24 April 2020

Issue 1

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MASS TIMES

RTÉ News Now are broadcasting Mass every weekday at 10.30am.

It is available on Saorview channel 21, Sky 521, Virgin Media 200 and Eir 517.

LOOK OUT FOR THIS

Keeping us all Fit & Healthy
RTÉ are broadcasting 15 minutes of daily exercise for older people, Monday to Friday at 2:20 pm.

Dear all,

During these uncertain times, we want to stay in touch and support as many people as possible within the community. Social isolation is difficult for most and not necessarily something that gets easier with time. We are conscious you may be overloaded with information and some light relief may be welcome. With this fortnightly newsletter we hope to bring just that, a welcome distraction with some fun and infuriating quiz's, some helpful tips and new (and sometimes old) but important information! We hope this serves its purpose to both inform and distract! We want to hear from you so please engage. We will be asking to hear from you in the hopes of brightening someone else's day with a story from the past or insight into how you are coping day to day in these unprecedented times. We are in this together. Please see all of our contact details below and thank you for reading!

Brought to you by: Offaly County Council, Offaly Public Participation Network, Offaly Age Friendly Alliance and Local Community Development Committee.

**Cover photo credit: Paul Moore*

Offaly Sports Partnership Home Workout 1



This physical activity handout includes some gentle exercises that can be completed on a daily basis. The exercises will help maintain your mobility, strength and balance. All exercises can be done while sitting or standing. Remember to go at your own pace, breath normally and stop if you feel unwell. We hope you enjoy our workout and we look forward to bringing you a new home workout every 2 weeks.

Step 1 - Warm Up

Chair/Standing March

1. Begin a marching action by raising your right foot and placing it down and then raising your left foot and placing it down.
2. Find a rhythm that is comfortable for you & continue for up to 60 seconds.



Arm Swings

1. Place your feet flat on the floor directly below your knees
2. Keep your elbows bent and swing your arms from your shoulder
3. Move your arms back and forth to a rhythm that is comfortable for you & continue for up to 60 seconds



Body Twist

1. Place your left hand on your right knee and your right hand behind you on the back or side of the chair
2. Keeping your back upright, slowly turn your upper body and head towards your right arm
3. Hold for up to 10 seconds and slowly turn back to starting position
4. Repeat on the opposite side & repeat 3 times on each side



Chest Stretch

1. Reach behind you with both arms and aim to hold the back of the chair
2. Press your chest forwards and upwards until you feel a stretch across your chest
3. Hold for up to 10 seconds & repeat 2 more times



Leg Stretch

1. Slide forward on the chair and straighten your right leg out in front with your heel to the floor and your toes pointing to the ceiling.
2. Place both hands on your left thigh for balance. Slowly lean forwards while keeping your back straight and chest out.
3. Stop when you feel a comfortable stretch in the back of your right leg, hold for up to 20 seconds and then repeat on the left leg.



Step 2 - Main Exercises

Bicep Curl

1. Place your hands on your thighs, palms facing up
2. Bend your right elbow and bring your hand toward your right shoulder and slowly lower back down
3. Alternate right and left arms or use both at the same time and continue for up to 30 seconds



Boxing

1. Place your fists at shoulder level beneath your chin
2. Smoothly reach your right arm straight out and slowly bring it back to starting position
3. Do up to 10 punches on each side
4. Repeat with punching to the side and then straight up toward the ceiling



Leg Extend

1. Hold onto the side of the chair
2. Raise your right foot as you straighten your leg out in front of you
3. Hold for up to 5 seconds and slowly lower back down
4. Repeat up to 5 times on each leg



Knee Taps

1. Lift your right foot about 4 inches from the floor and touch your left hand to your right knee
2. Hold for a few seconds and slowly release, do up to 10 on each side



Sit to Stand

1. Move forward in the chair and place your feet slightly behind your knees
2. Lean forward with a straight back and stand up
3. Use your hands for support if needed but try to aim toward standing without using your hands
4. Slowly lower back down into the chair and repeat up to 10 times



Step 3 - Cool Down

1. Cooling down after exercise allows your body to safely return to its normal resting level.
2. Cool down by repeating the exercises from the warm-up section at a gentle and comfortable pace.

Word search

R	R	B	T	U	E	T	N	K	T	E	R	O	P
X	Y	N	O	A	T	N	O	U	T	E	R	E	A
T	A	O	U	Y	I	T	R	D	R	T	N	E	Q
S	E	D	A	J	R	Q	A	O	I	I	L	R	U
Y	E	Q	N	S	U	X	R	A	L	R	E	I	A
H	T	N	A	O	Z	L	R	A	E	P	E	H	M
T	E	I	I	K	A	K	M	D	H	R	L	P	A
E	M	S	E	U	U	R	E	A	I	R	M	P	R
M	E	T	M	E	U	N	T	A	U	Z	G	A	I
A	R	O	R	O	I	A	Z	B	O	P	O	S	N
T	A	E	T	R	L	A	Y	I	O	E	I	Y	E
A	L	I	T	G	A	R	N	E	T	P	G	A	Y
L	D	I	M	Z	A	P	O	T	I	E	A	E	A
D	C	U	Q	J	A	S	P	E	R	N	M	L	U

RUBY
TURQUOISE
AQUAMARINE
CITRINE
SAPPHIRE
AMETHYST
GARNET
OPAL
ONYX
PEARL
PERIDOT
TOURMALINE
EMERALD
JADE
KUNZITE
TOPAZ
AZURITE
JASPER

Quiz Time

General Knowledge

1. What 'A' is a channel, which carries water often across valleys from a source to a distribution point?
2. In the Bible what did the Three Wise Men bring Jesus?
3. What shape is a stop sign?
4. Which famous film has the quote "There's no place like home"?
5. In a game of Draughts how many pieces are on the board when a game starts?
6. Which county is known as the Orchard County?

Answers: 1. Aqueduct 2. Gold, Frankincense & Myrrh
3. Octagon 4. Wizard of Oz 5. 24 6. Armagh

Mindfulness Techniques

1. Focused Attention: This technique uses the breath to anchor the mind and maintain awareness. Sit in a comfortable position and focus all your attention on the sensation of breathing - specifically the rise and fall of the chest - and return to the breath whenever you get distracted or notice your mind starting to wander. Do not be surprised if you have to retrieve your mind hundreds of times during a 15-minute session.

2. Body Scan: This technique, involves scanning your body from head to toe and being aware of any discomfort, sensations, or aches that exist (which could be indicators of stress and anxiety). To start bring awareness to your feet observe any pain or sensation-acknowledge it - breath through it and move on to the next part of your body.



Bellefield House and Gardens,
Shinrone, Birr.

Riddle

What has to be broken
before you can use it?

Answer: Next Issue

Join the Library

Take a leaf out of our book - you can join the library online, free of charge, through our website www.offaly.ie/libraries and access eBooks, audiobooks, online magazines and newspapers for free straight away!
How to Join Offaly Libraries Online

Step 1

Go to <https://www.offaly.ie/eng/Services/Libraries> click on Join the Library and enter with your name, address, email and some other details.

Step 2

Click, 'Submit' and you'll be taken to a new page that gives you a 'Temporary' library barcode.

This will be your library number and you need it to access online services so save it somewhere or write it down and keep it safe.

This page will also instruct you to 'set a PIN' and will give you a link to do that.

Step 3

Once you've set your PIN and you have your library number, you're all ready to access all the online services.

Step 4

You're all set - you can now access the full range of online services via our Digital library.

<https://www.offaly.ie/eng/services/Libraries/Digital-Library/>

Re-setting your PIN

If you are already a member of Offaly Libraries and have just forgotten your PIN number it is easy to reset. Visit our library webpage www.offaly.ie/libraries and log into your Library Account as follows:

Your Library Account - Log in and Renew - Forget your pin? - Click on the reset pin option.

So once you've completed these steps you now have access to Offaly's Digital Library.

The great news is we have partnered with the companies below to give you FREE access to their services. Download these apps to gain this access to Offaly's digital library using your Library membership.



Recipe

Rhubarb and Strawberry Delight

Ingredients

5 Stalks of young rhubarb

2 packets of sugar-free strawberry jelly

1/2 pint water

Method

Cut rhubarb into small pieces and place in saucepan with water.

Cook until soft and tender.

Stir in jelly powder until dissolved completely into warm mixture.

Place in a bowl and leave to set.

Serve with a little diet yoghurt.

This is suitable for a diabetic diet.



Welcome to the first edition of our Age Friendly Newsletter! This Newsletter as a means of communication builds on the work we are undertaking in realising the Offaly Age Friendly Strategy Actions 2018 - 2021.

Right now, it is important that we keep in touch with one another. Although we cannot meet in person and many of us may need to cocoon, we hope that this Newsletter, the first of many, will help to brighten your day.

Business Continuity Plans are in place, essential services are continuing and a call centre is in place to take calls on the Community Helpline 1800 81 81 81. The Helpline is available to take calls 7 days a week from 8am to 8pm. This is a confidential service manned by OCC staff and I would encourage any member of the community to contact us should they need to do so. Appropriate assistance will be made available to them through the Helpline which is supported by the network of community agencies and groups represented on the Offaly Community Response Forum which meets online on a regular basis.

Stay Safe

Anna Marie Delaney
Chief Executive
Offaly County Council



I welcome the opportunity to launch this Age Friendly Initiative here in Offaly. It is vitally important that we keep in touch with every member of our community in these challenging times and assist you in whatever ways we can. I encourage you to contact the Helpline at 1800 8181 81 if you are in need of any support or assistance or require information.

The aim of the Helpline is to ensure that vulnerable members of the community or those living alone can access deliveries of groceries, medicine and fuels when they need them. The role of the Community Response Forum is to ensure that there is a co-ordinated community response and to enable all voluntary statutory agencies to collaborate in support of our communities and particularly of our most vulnerable members.

Cllr Peter Ormond
Cathaoirleach
Offaly County Council

Please abide by the HSE advice, including staying at home, staying safe.

ALONE Help line 0818 222 024

Useful Contacts

Dedicated Offaly Support Helpline:	1800-818181
HSE Advice Line:	1850-24-1850
Alone:	0818-222024
Birr Garda Station:	(057) 9169710
Tullamore Garda Station:	(057) 9327600
Edenderry Garda Station:	(046) 9731290



Contact us

Bridie Costello Hynes - Offaly PPN Resource Worker & Age Friendly Co-Ordinator.
Email: bcostellohynes@offalycoco.ie

Emma McLoughlin - Offaly County Council.
Email: emcloughlin@offalycoco.ie

Caillene Loughnane - Offaly PPN Support Worker.
Email: cloughnane@offalycoco.ie

Postal Address: Bridie Costello Hynes, Áras and Chontae, Charleville Rd, Tullamore

Coronavirus COVID-19

How to prevent



Wash
your hands well and
often to avoid
contamination



Cover
your mouth and nose
with a tissue or sleeve
when coughing or
sneezing and discard
used tissue



Avoid
touching eyes, nose,
or mouth with
unwashed hands



Clean
and disinfect
frequently touched
objects and surfaces