

Liam McCarthy makes another visit to the Day Centre



Our summer Day Out to Salthill



BERGERIE
TRUST CLG

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Autumn

The Avenue

Welcome to the Avenue Newsletter

Welcome to the first edition of *The Avenue*, a quarterly newsletter for the Residents of Good Shepherd Avenue and those attending the Pennywell Day Centre. We aim to provide you with a useful source of information that is interesting and fun for you all.

The Avenue will keep you updated on developments as they happen in the Residences and the Day Centre. We want to foster a sense of community and inclusion using our resources to improve quality of life for all involved in these very important facilities.

Sometimes we feel there is more going on than people are aware of. So we will let you know of up coming events in the day centre. Residents are invited and encouraged to take part in these events and to use the Day Centre. It is a place much enjoyed by many, providing company, craic and ceoil, not to mention good food, 3 days per week. And of course if you have any suggestions for activities or for the newsletter please do let us know. Everyone likes a bit of competition, so we will have a few competitions in there to test your wits and keep the mind active. We may have some interesting (different) prizes from time to time!

Money Management—NILS

NILS is a charitable organisation that helps people in situations of financial difficulty. They also provide courses for people who would like to learn skills around Money Management, such as claiming entitlements, banking online, switching electricity bills and many other practical skills. NILS aim to run a course in September / October period in the Day Centre for residents. If you are interested in attending just give your name to Ray Ryan and we will come back to you with dates and times. See Notice on page 6 in the newsletter.

Inside this issue



Money Management



Safety precautions for pedestrians in the Avenue



Welcome from our Chairperson.

Great success on Waste Disposal

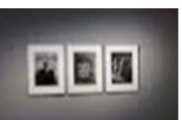


Day Centre up to Christmas.

Puzzles Galore !



The Gallery



Your Health





Road Safety in Pennywell Avenue

We always have to be aware of our own and each others safety when entering and leaving the Avenue or in just going to the bins. Please use the pathways where possible.

We have decided to introduce a “No -Scooters” rule in the avenue. This is for the safety of our residents as statistics have shown that in confined areas such as we have in GSA accidents can be high and capable of causing serious injury.

We will be putting up signs to this

effect in the coming days . People entering the Avenue on a scooter will be asked to dismount and walk to the residence they are visiting.

If you are aware of breaches of this rule please let me know.

Also we ask people entering the avenue in cars to obey the speed limits and car parking restrictions.

People using bicycles, electric or otherwise, please also ensure you do so safely and with the safety of others in mind.

Preventing Falls at Home: Room by Room

Floors, stairways, and hallways

- Ensure there are handrails on both sides of any stairs, and make sure they are secure. Hold the handrails when you go up or down stairs, even when you are carrying something. Don't let anything you're carrying block your view of the steps.
- Ensure there is good lighting with light switches at the top and bottom of stairs and on each end of a long hall. Consider using motion-activated lights that plug into electrical outlets and automatically turn on when you walk by them to help illuminate stairwells and pathways.
- Keep areas where you walk tidy. Don't leave books, papers, clothes, or shoes on the floor or stairs.
- Check that all carpets are fixed firmly to the floor, so they won't slip. Put no-slip strips, which you can buy at any hardware store, on tile and wooden floors.
- Don't use throw rugs or small area rugs.
- Don't walk on slippery, newly washed floors.

Bathrooms

- Mount grab bars near toilets and on both the inside and outside of your tub and shower.
- Place nonskid mats, strips, or carpet on all surfaces that may get wet. Remember to leave a light on in the bathroom at night or use a night light that turns on automatically in the dark.

Bedrooms

- Put night lights and light switches close to your bed.
- Keep a flashlight by your bed in case the power goes out and you need to get up. Place a landline or well-charged phone near your bed.

Kitchen

- Keep frequently used pots, pans, and kitchen utensils in a place where they are easy to reach.
- Clean up spills immediately.
- Prepare food while seated to prevent fatigue or loss of balance.

Outdoor spaces

- Add non-slip material to outdoor stairways.
- Keep the lawn, deck, or porch areas clear of debris, such as fallen branches.
- Consider installing a grab bar near the front door to provide balance while you are locking or unlocking the door.
- Turn on your porch light at night and if you leave during the day but plan on returning home after dark.
- In the winter, treat outdoor walkways with an ice melt product or sand to make them less slippery.

Other living areas

- Keep electrical cords near walls and away from walking paths.
- If you have steps leading to your front door, make sure they are not broken or uneven.
- Arrange your furniture (especially low coffee tables) and other objects so they are not in your way when you walk.
- Make sure your sofas and chairs are the right height for you to get in and out of easily.
- Keep items you use often at waist level or within easy reach.
- Don't stand on a chair or table to reach something that's too high — use a “reach stick” instead or ask for help. Reach sticks are special grabbing tools that you can buy at many hardware or medical-supply stores. If you use a step stool, make sure it's steady and has a handrail on top. Have someone stand next to you.
- Keep a list of emergency numbers in large print near each landline phone and save them under “favorites” on your mobile phone. If you have fallen, your doctor might suggest that an occupational therapist, physical therapist, or nurse visit your home. These health care providers can assess your home's safety and advise you about making changes to lower your risk of falls.

FIND THE LIMERICK WORDS IN THIS WORD SEARCH

FIND THESE LIMERICK WORDS

- ADARE MANOR
- COLBERT
- CRESCENT
- DAY CENTRE
- DECLAN HANNON
- GAEIC GROUNDS
- GARRYOWEN
- GS AVENUE
- JOHN KIELY
- KEITH EARLS
- PARKWAY
- PENNYWELL
- PEOPLES PARK
- PLASSEY
- SHANNON

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

A Load of Rubbish

Big changes have taken place in the Avenue in the last few months in relation to waste. It is all good news! We have reduced our general waste by 50% and made a massive increase in recycling, food waste and glass collection.

Generally speaking residents have reported that the new system is easier as the bins are very accessible and clearly labelled. A big well done to all for their involvement and support..

We are grateful to the Limerick City & County Council for their support in implementing the changes. We also want to thank our Waste Disposal Partners - Mr Binman and account manager Nicola Shire for her help..

Thanks also to our residents who have adopted to the change with energy and full support to get it right.



Why we are here!

The DC was opened in 1996 shortly after the housing facility. Its purpose is to deliver valued facilities, activities and services to elderly citizens within the local communities and indeed to the wider community where appropriate and practical. This includes supports for individuals in the areas of health and wellbeing, nutrition, skills development and entertainment. It will also involve cultural experiences reflecting the preferences of our users.

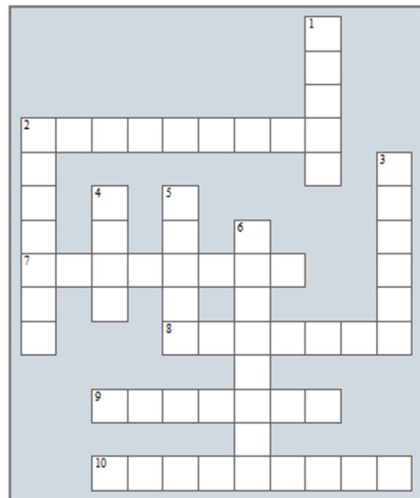
We aim to provide an environment that is secure, safe, respectful and empowering of all our service users. Our staff are trained appropriate to their role and focused on meeting the needs of the DC clients. The DC currently operates 3 day a week, Tuesday to Thursday on a 45 week basis, with a shutdown over the Christmas period and the month of August each year.

The DC requires the valuable support of the Local CE Scheme workers to provide the level of care necessary to ensure a safe and effective operation.

The DC is part funded by the HSE.

“In the calendar year 2022, we disposed of 10,253 kgs of general waste, 2,641 kgs of recycling and 1,514 kgs of food waste”

Know Your Local



Across

2. This old coin is not sick
7. A funny 5 line poem
8. Longest Irish River
9. Clean as a
10. a high kick and a place to live

Down

1. Limerick manager
2. Park in Limerick
3. Capital of Germany
4. Hop, Skip &
5. 100 caps and more to come
6. All Ireland Hurling Cup

This crossword puzzle was created by Ray Ryan with [EclipseCrossword](#). Try it today—it's free!

FOR THE RESIDENTS OF GOOD SHEPHERD AVENUE

3 mornings

Thursday October 12, 19th & 26th of October.

From 10:30am to 12:00pm

If you are interested in joining this course please give your name to Ray Ryan.

NILS MONEY MANAGEMENT

This four session course will build your confidence and skills in everyday money management, covering topics such as:

- ☞ Switching and saving on your every day bills
- ☞ Claiming your entitlements
- ☞ Paying less tax
- ☞ Getting value for money
- ☞ Managing debt
- ☞ Making 'online' work for you

Day Centre Activities up to Christmas

Entertainment

Music /Dance /Classes /Arts & Crafts /Cards /Sing Songs

Talks

Local Celebrity Guests /Local History /Public Health Guidance

Support Services

Counselling, Money Advice, Health Screening, Chiropody, Hair dressing

Activities

Exercises, Mindfulness, Creative Writing, Quizzes, Bingo, Summer Outings
Community

A message from our Chairperson



How it all Began

During the French Revolution, there were substantial numbers of homeless women and children in need of care. To better serve them, in 1835, Sr. Mary Euphrasia established a religious community, the sisters of the Good Shepherd in Angers, France. Under her leadership, the congregation grew into a worldwide network.

In 1848, Ms Reddan who had assumed responsibility for services to women in need in Limerick City, requested Sr. Mary Euphrasia to send sisters to Limerick to continue the services she had established some 15 years previously. The sisters established their community at its current location between Clare Street and Pennywell. Over the decades, the sisters recognised that there were those who needed their support and assistance for a variety of reasons. The buildings increased and multiplied. Gradually as new needs, changing attitudes and developments in social services took place there was no longer a need for residential care on such a large scale. The Sisters adapted to new needs in society.

In 1993, the sisters sold their 19th century Clare Street Convent and much of the surrounding grounds. On the remaining grounds, off Good Shepherd Avenue, Pennywell Road, they built a sheltered housing complex,



comprising of 45 units and a Day Centre for the elderly. This project was 75% grant aid by the Department of the Environment with the Good Shepherd Sisters providing the remaining 25% of the overall cost.

A decision was taken that the complex would be administered by way of a charitable trust namely the Bergerie Trust CLG. The term "Bergerie" is derived from the French word for shepherding. Preparatory work in setting up the Bergerie Trust had commenced in 1990. Its aim was to provide accommodation for homeless elderly adults (male & female), from the Limerick area, who were capable of independent living. A Board was established to provide oversight of the Trust and the services provided.

The mission of the Bergerie Trust is to provide effective and sustainable services including quality sheltered housing plus an activities forum for the elderly in the local community, at our Day Centre. Our mission is based on the belief that each person has a basic need to feel loved, respected and that he/she be enabled to develop a sense of his/her own worth. Residents remain living within our complex until they require nursing home care.

The vision of the Bergerie Trust is to make the best contribution possible towards a society free of homelessness and vulnerability.

The Board of management of Bergerie Trust CLG comprises of the Directors and the General Manager. The Board members are Mary Mann Chairperson, Sean O'Donnacha Secretary, Charles Irwin Treasurer, Tom Loftus, Deirdre O'Sullivan, John McKay Sr. Cait O'Leary, Patrick Manly, Yvonne Czajkowski, Sr. Noreen O'Shea. Ray Ryan General Manager. They bring vast knowledge and experience to the Board in the areas of Finance, Governance, Legal, IT. and Administration. The Board, in partnership with Statutory Agencies and our benefactors, continues to provide and develop effective and sustainable services for vulnerable elderly people in our community.

The Newsletter will issue once a quarter and we will

keep you informed of any new initiatives we may undertake in the future. In the meantime, take care of yourselves and of each other.

Best Wishes

Mary Mann.



Board of Management. Sr Margaret Lynch was recently replaced on the board by Sr Noreen O'Shea.