

The mission of the Bergerie Trust is to provide housing, care, comfort and a place in the community for the homeless and vulnerable. Contact 061 446608 for information or visit www.bergerietrust.ie to apply for accommodation.

SPOTLIGHT ON..... Stroke Prevention

Lower your high blood pressure (HBP). This is the main cause of stroke. If you do nothing else, get high blood pressure under control.

Don't smoke. Nicotine and carbon monoxide in cigarette smoke hurt your cardiovascular system. If you smoke, quit.

Control your diabetes mellitus. HBP and diabetes go hand in hand, and are often associated with high blood cholesterol and being overweight.

Resolve to eat better. Cut down on saturated fat, trans fat and cholesterol in your diet. Watch your calories and strive to eat at least five servings of fresh or frozen fruits and vegetables every day.

Move, move, move! Inactivity and obesity can trigger a stroke. Go on a lively walk, take the stairs or park your car in a far corner of the lot. Do anything you can to make your body work a little. Set a realistic goal such as 30 minutes of daily exercise.

Control high blood cholesterol. Doctors routinely tell us to keep our bad cholesterol down, but low levels of "good" HDL cholesterol also appear to be a stroke factor, at least for men. Cut down animal fats, including those in dairy products. Eat vegetarian a day or two every week, or substitute beef with fish.

Manage atrial fibrillation. How? Reduce stress with yoga or meditation, drink plenty of water, get a good night's sleep, control your weight, limit alcohol, drink coffee in moderation and watch your cholesterol.

When someone has a stroke, every second counts. Getting that person medical assistance as quickly as possible is the priority. Watch for sudden changes and be prepared to quickly call 999.

Useful numbers

Public Health Nurse, Roxtown Centre
061 417622

Ms Maggie McNally, Tyone Health Centre, Nenagh, Co Tipp, 067 46470

Email safeguarding.cho3@hse.ie

Elder abuse: HSE Information Line on
1850 241850

Senior Line 1800 80 45 91.

An Garda Siochana 061 212400

Pennywell Day Care Centre

The centre provides social services to the over 60 population and operates Mondays, Tuesdays and Wednesdays from 10am to 3pm. Services include transport, meals, arts and craft, chiropody and hairdressing. Referrals are made through GP, PHN and other health care professionals. Costs €10 per day to include a hot meal. Contact us for further information 061 414150

Health & Wellness

Dealing with Stress: (part 2)

Avoid Caffeine, Alcohol, and Nicotine - Avoid, or at least reduce, your consumption of nicotine and any drinks containing caffeine and alcohol. Caffeine and nicotine are stimulants and so will increase your level of stress rather than reduce it.

Indulge in physical activity When you feel stressed and tense, go for a brisk walk in fresh air. Regular physical activity will also improve the quality of your sleep.

Get more sleep— Avoid caffeine during the evening, as well as excessive alcohol if you know that this leads to disturbed sleep. Try taking a warm bath or reading a calming, undemanding book for a few minutes to relax your body, tire your eyes and help you forget about the things that worry you.

Try relaxation techniques - Each day, try to relax with a stress reduction technique. There are many tried and tested ways to reduce stress so try a few and see what works best for you.

Talk to someone - Talking can work by either distracting you from your stressful thoughts or releasing some of the built-up tension by discussing it.

Keep a stress diary— Keeping a stress diary for a few weeks is an effective stress management tool as it will help you become more aware of the situations which cause you to become stressed.

Take Control - Learning how to find solutions to your problems will help you feel more in control thereby lowering your level of stress.

Manage your time - Accept that you can not do everything at once and start to prioritise and diarise your tasks.

Learn to say No - Learning to say “No” to additional or unimportant requests will help to reduce your level of stress, and may also help you develop more self-confidence.

Announcements

Bus

There is a new mobile phone number for contacting the bus. It is 089 4109353. We would appreciate if you could contact the bus any day you will not be attending or requiring it. Thanks for your cooperation.

Events in the Centre

We will have music and craic on Wednesday 13th in order to celebrate Lá Fhéile Pádraig! Please wear your green.

We will have mass in the centre on either Tuesday 19th or Wednesday 20th at 11am.

Easter is coming so please be thinking about our annual Easter bonnet