

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..... Diet & Heart Disease

Get your 5 a day Eating a diet rich in a range of fruits and vegetables can help to lower the risk of heart disease.

Fat. Limit saturated fat and focus on heart-friendly fats. Heart-friendly fats include the monounsaturated and polyunsaturated fats found in olive oil, avocado, nuts and seeds (and their oils) and oily fish.

Oily Fish. Aim to eat two portions of fish a week, at least one of which should be oily. Oily fish provides the richest source of omega-3 polyunsaturated fats that can help lower blood triglyceride levels

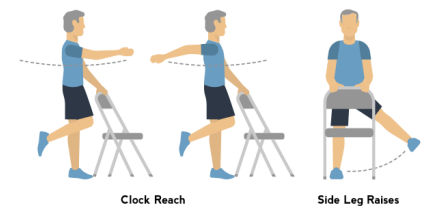
Fibre Fibre can also help reduce the amount of cholesterol absorbed into your bloodstream. Try to include, porridge oats, beans, pulses, lentils, nuts, fruits and vegetables.

Salt Try to reduce the amount of salt you eat as regularly eating too much is linked to raised blood pressure.

Processed Foods Try cooking from scratch, using basic, fresh and if possible, seasonal ingredients. Also check food labels.

Alcohol It is important to stick to recommended limits for alcohol - 21 units for men and 14 for women units a week.

Chair Exercises for Seniors. Begin seated, holding a ball in both hands with your palms facing each other. Extend your arms forward so the ball rests on your legs, with your elbows slightly bent. Slowly raise your arms to lift the ball to shoulder level, then lower back



Useful numbers

Public Health Nurse, Rixtown 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 1)

Stress may be inevitable. But how you deal with it is largely up to you. Here are some tools to help you manage the stress in your life.

Recognise the Symptoms. Your signs of stress may be different from someone else's. Some people get angry. Others have trouble concentrating or making decisions. Some feel worried or depressed. For some, stress leads to physical symptoms such as headache, upset stomach or trouble sleeping

Identify the Sources—What situations trigger your stress? Your stress may be linked to your family, health or work. Keep in mind that stress is often caused by a change in your life, negative or positive. Marriage, divorce, job loss or a promotion may all increase stress.

Evaluate your coping strategies -Examine the ways in which you deal with situations that cause you stress. Responses like smoking, drinking alcohol or eating too much may feel good at the time, but can cause long-term harm.

Learn to say "No" - Sometimes the best way to deal with stress is to avoid it. Know your limits and refuse to take on more responsibilities than you can handle.

Plan Ahead—Don't let your to-do list get out of control. Think about your day and decide which tasks are the most important. Do those first. Let other tasks drop to the bottom of — or even off — your list.

Announcements

Bus

There is a new mobile phone number for contacting the bus. It is 089 4109353

Courses and activities in the area

Garryowen Community Centre Run a variety of courses including computer skills, art classes and more For more information Contact 061 319883 for information

Northside Family Resource Centre Ballynanty Run a variety of classes from September to July including sewing, knitting, baking, gardening, yoga. For more information Contact Mark Ryan on 061 326623

Our Lady of Lourdes Community Centre, Rosbrien offer a range of activities for older people namely the Tuesday night social club, lunch club, meals on wheels, as well as training courses. Please contact 061 228596

St Munchins Community Centre, Killeely offer a range of activities and services to the elderly also. They may be contacted on 061 061 458651

Computer Skills Introductory courses Classes cover how to use a computer, use the Internet and send and receive emails, Skype etc Contact Limerick College of Further Education on 061 414344