

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**

Announcements

Events in the Centre

We will have music and craic on Wednesday 17th April in order to celebrate Easter! We will also have about our annual Easter bonnet Competition and bonnet parade!

Sensory Room

We have been very fortunate to receive €5k from the Civil Services Charities fund and will use this money to add a sensory space/room to the centre.

Easter Holidays

The centre will close on Wednesday 17th April normal time and re-open on Monday 29th April. We wish you a most peaceful and pleasant Easter Time



Pennywell Day Care Centre Newsletter April 2019

Health & Wellness

Here are some top tips to keep you healthy and independent:

Get Blood Pressure and cholesterol checked regularly

Try to include some form of physical activity most days of the week

Take time when shopping for health foods

Aim to have three meals a day— eat a wide variety of food, meat, fish, eggs, beans, fruit, veg, pasta, rice, spuds, cheese, milk and yogurt—allow yourself the occasional treat. It is important to eat a varied diet so that we get all the nutrients we need

Aim for at least 5 portions of fruit and veg per day

Avoid adding salt to food

Be aware of how much fluid you are drinking—as we age our sense of thirst decreases so it is important to remind yourself to drink

Be aware of your weight and if it changes for no apparent reason see a doctor

Quit smoking

SPOTLIGHT ON... Managing Medication

Storage of medication: Keep out of reach of small children and generally store in a cool dry place.

Generics: Your pharmacist may issue a new 'generic' drug to you. These are the exact same drugs but with a different brand name.

Same Time; Take your medication at the same time each day. For example, take at 9am in the morning and 9pm at night for drugs that are taken twice daily.

Antibiotics: Complete your course of antibiotics, even if you are feeling better before the course is complete

Organise medicine: If you need help, ask your pharmacist to organise your medication using a suitable system such as a blister pack (remember, some pharmacies need at least two days' notice to prepare this)

Hospital Medicine: If you are admitted to hospital, remember to take your medication along with you so the hospital knows exactly what medication you are on

Over the counter and herbal medicine; Always check with your pharmacist before taking non-prescription or herbal medicines alongside your prescribed medicines

If in doubt: Contact your pharmacist or doctor if you have any questions about the medication you are taking

Limerick Lifelong Learning Festival

The 9th Limerick Lifelong Learning Festival, with an exciting line up of over 200 events across Limerick City and County, all of which are FREE and open to all, will run from **Monday 8th April to Sunday 14th April.**

Learning is promoted as fun with events including performances, taster sessions, tours, displays, lectures, walks, demonstrations and workshops. Events take place right across Limerick in a variety of venues, indoors and out, including on water and in libraries, museums, colleges, resource, family and community centres, parks, and on the streets.

Topics presented during festival events are very wide-ranging, anything from digital skills, parenting, children's activities and family events, business, science, art, history, health, sport and much more!

Limerick Lifelong Learning Festival has something for everyone – wherever you live, whatever your age is and whatever your particular interests may be.

Information booklets outlining all the activities on offer are available in the centre.

Useful numbers

Roxtown HC 061 417622 dial 3 for PHN

Bishop Street Health Centre Dial 061 417054

Dooradoyle Health Centre Dial 061 482600 and press 2 for PHN

Kings Island Primary Care Dial 061 483020 for PHN services

O'Malley Park Health Centre Dial 061 410988

Barack View health Centre Dial 061 461800 and press 2 for PHN

St Brendans Health Centre Dial 061 483350

Moyross Health Centre Dial 061 326010 and press 1 for PHN

Milford Health Centre Dial 061 338071 for PHN services

Ballynanty Health Centre Dial 061 457100 and press 4 for PHN