

# Focal id' Chluais.

*A word in your ear.* August '10.



## *Treatment Benefit Scheme.* Source: Department of Social Protection. [www.welfare.ie](http://www.welfare.ie)

The Treatment Benefit Scheme is a scheme run by the Department of Social Protection (DSP) that provides dental, optical and aural services to qualified people. The Treatment Benefit Scheme is available to insured workers and retired people who have the required number of PRSI contributions. Medical card holders are legally entitled to more extensive dental, ophthalmic and aural services from the Health Service Executive (HSE) (for instance hearing aids) but, in practice, the availability of these services varies from area to area. Under the Treatment Benefit Scheme, you may qualify for:

- Dental benefit – free examination
- Optical benefit – free examination under certain conditions. However sight tests for VDU, driving licenses, etc are not covered under the scheme.
- Aural benefit – half the cost of a hearing aid subject to a fixed maximum of €760 for each hearing aid every two years. It also pays half the cost of repairs to aids.

**Rules:** There are special rules for people aged 66 and over. Basically, you must have 260 contributions paid at any time; you must have 39 paid or credited in any of the two contribution years before reaching age 66 and you must have 13 paid contributions in a recent contribution year (recent to reaching age 66).

There are, however, a number of exceptions to this:

If you reached 66 before 6 July 1992, you do not need 13 recently paid contributions

If you reached age 66 before 1 October 1987, you need 156 paid contributions instead of 260; if you reached 66 between 1 October 1987 and 6 July 1992, you need 208 paid contributions.

If you are in receipt of a State Pension the PRSI contribution requirements vary according to age as follows:

<b>If you are:</b>	<b>You must have at least:</b>
Aged 66 before 1 October 1987	156 weeks PRSI paid since first starting work and 26 paid or credited in either of the last 2 complete tax years before you reached age 66.
Aged 66 between 1 October 1987 and 6 July 1992	208 weeks PRSI paid since first starting work and 39 weeks paid or credited in either of the last 2 complete tax years before you reached age 66.
Aged 66 on or after 6 July 1992	260 weeks PRSI paid since first starting work and 39 weeks paid or credited in either of the last 2 complete tax years before you reached age 66.

If you satisfy these conditions when you reach pension age, you will remain qualified for life.

**Spouse or Partner:** A spouse/partner may, of course, qualify in their own right if they have enough social insurance contributions. If your spouse/partner does not have enough social insurance contributions he/she may still qualify for Treatment Benefit on your social insurance record. To do this, you must qualify for Treatment Benefit and your spouse/partner must be dependent on you.

**How to apply:** Forms are available from your optician, dentist, hearing aid supplier, local Social Welfare Services office or the Treatment Benefit Section

**Where to apply:** Treatment Benefit Section, Department of Social Protection, St. Oliver Plunkett Road, Letterkenny, Co. Donegal. Tel: (074) 916 4480 Local: 1890 400 400

**mfg-Meitheal Mhúscraí**, Réidh na nDoirí, Maigh Chromtha, Co Chorcaí.

Tel: 026-45661. [eolas@muscraie](mailto:eolas@muscraie)



**Disclaimer:** We take great care to research the information contained in this publication. It is, to the best of our knowledge, accurate and up-to-date at the time of publication. Our aim is to provide useful information to those who receive Focal id' Chluais. MFG-Meitheal Mhúscraí cannot accept any liability for any loss or damage arising as a result of reliance on this information.

## Cois Cille, Cill na Martra 026-40999

Lunch Mon, Tues, Wed, & Friday 12.30pm.

Lunch must be booked in advance.

Transport available at 026 45661.

**Chiropodist**, end of August by appointment,

Contact 026 40999.

**Body Massage** available on Fridays by appointment only. For further details contact 026 40999.

## Cuan Barra, Béal Átha'n Ghaorthaidh

Lunch, Mondays & Fridays 12.30pm.

To book call Siobhán/Lucy 087 1378099.

Transport available at 026 45661.

**Aisling Ní Laoire Beauty Therapist.**

12<sup>th</sup> & 26<sup>th</sup> August by appointment, 087 6579894.

**Dr Ken Harte** each Wednesday 12.00 – 1.00pm.

**Chiropodist**, by appointment.

Contact Ann O Donovan at 027 50340 / 086 3679761.

For further details contact 026 47777.

## Answers to last month's puzzles

**Brain Boggler:** An apple and an unpeeled orange float in water. **Puzzles:** The young man has two pet snakes.

## Brain Boggler. Supplied by Jennie Johnson.

Joe lived on a farm with his son Billy and his wife.

One day Joe met an old friend he hadn't seen for years and took him back to the farm. Everyone was out, so Joe made a pot of tea, and the two friends sat talking in the kitchen. After a while the friend pointed to a photo on the shelf and asked who it was. Joe replied: -

“Brothers and sisters I have none, but that man's father is my father's son”. Who is the man in the photo? and who is the father's son?

## Scoraíocht an Déardaoin.

There will be no Scoraíocht in the Ionad Áise in Réidh na nDoirí for the month of August.

## Quick Puzzle.

The first letters of a sequence of words have been placed in the boxes below. We use this sequence of words very regularly. The first letter of one of the words is missing. Your job is to figure out what the sequence of words is and then you will be able to find out what the missing letter is. Good Luck!!!

O	T	T	F	
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S	S	E	N	T
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## Assumption of the Blessed Virgin Mary, 15<sup>th</sup> of August.

Hail Mary, full of Grace, the Lord is with thee:  
Blessed art thou amongst women, and blessed is the  
fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners now  
and at the hour of our death.

Amen.

## Confidential Survey.

Included this month is a survey in order to inform us of the services you would most like to avail of in the day centres, Cois Cille, Cuan Barra and the new centre in Ballyvourney. We would be very grateful if you would fill in the questionnaire and return it in the stamped addressed envelope provided.

## Who made the first cup of Tea?

It is said that, Shen Nung, the legendary Emperor of China was the first man to make a cup of tea. Some time around 2737 BC he was drinking a bowl of just boiled water when a few leaves from a nearby Camellia Sinensis plant (this is the plant that tea is made from) were blown into his water, changing the colour. The emperor took a sip of the brew and was pleasantly surprised by its flavor and restorative properties.

## Historical Events in August.

**August 5<sup>th</sup> 1962** – Nelson Mandela is jailed. He would not be released until 1990.

**August 28<sup>th</sup> 1963** – Martin Luther King, Jr. gives his “I Have a Dream” speech from the steps of the Lincoln Memorial in Washington D.C.

## Irish Tea Brack

**Ingredients:** 1 cup of strong tea  
6oz/180g brown sugar  
9oz/250g plain flour  
1lb/450g mixed dried fruit  
1 egg (lightly beaten)  
½ level teaspoon bread soda

**Instructions: 1.** Put tea, sugar and dried fruit in a bowl, cover and leave to soak overnight.

**2.** The following day grease a 2lb loaf tin. Add the lightly beaten egg to the fruit mixture. Sieve the flour and bread soda together and fold into mixture.

**3.** Turn into the prepared tin. Place in the pre-heated oven (180C/350F/Gas Mark 4) and bake for 1 ½ to 1 ¾ hours.

**4.** Cool on a wire tray and slice when ready.

**Source: 101 square meals MABS**