

Focal id' Chluais.



A Word in your ear. October '09.

The Personal Alarm.

The personal alarm is an emergency response unit which enables elderly people to get help if it is needed. It consists of a pendant which is worn around the neck or wrist (wristbands are available) and a unit which is similar to the base of a telephone. This unit will respond when the red button on either the unit itself or the pendant is pressed. When the red button is pressed the unit is connected to a call centre in Wexford. The person in the call centre will then call your name, which is transmitted through the unit in your house. If he/she does not get a reply she will ring the three telephone numbers you provided when the unit was installed. These numbers are your choice and they can be made up of family, friends or neighbours. She will ring each of these three numbers until she gets a reply and she will ask them to go and check on you. The pendant is very convenient when worn around the neck because if needed it is there with you and all you have to do is press the red button. I paid a visit to a lady in the area recently to get her views on her personal alarm. This is her response.

“I feel much more comfortable when I am wearing the pendant. It took me a while to get used to wearing it in the beginning and sometimes I forgot to put it on. I find it very easy to use. Once when I was going upstairs the button on the pendant was pressed by mistake”. If this happens there is no need to worry. What you have to do is answer the voice that comes from the unit and just say you pressed the button by accident. The person who answers you when the pendant is pressed is based in the call centre and is extremely helpful and nice. Never feel like you are disturbing them because they like to hear from you.

I asked her about how she gets on when she tests the alarm. She said, “I press the red button at least once a month to test my alarm. I find the people in the call centre in Wexford very friendly and helpful, it is almost like they are in the room talking to me”. Testing your alarm at least once a month is very important. If your personal alarm is not working properly you may not be able to get through if help is needed. Also remember a thunder storm can affect your personal alarm so press the red button to make sure it is working properly. It is also very important to wear your pendant all the time because it is your body heat that powers the battery in the pendant.

I asked her would she recommend the personal alarm and the answer I got was a resounding yes. “I find it so easy to use, the people in the call centre are very nice when you test your alarm, it feels like you are never alone and it provides great security”.

It costs about 80 euro a year to have the personal alarm and she thinks that this is great value. “I think that the personal alarm was the best invention that was ever made”. This speaks volumes of how well it works. I could see the enthusiasm in this persons voice when speaking about it. It was clear to see that it had made a big difference to her life.

Living in the country can make it difficult to make contact with someone quickly if help is needed.

The best thing about the personal alarm is that when help is needed, one press of the red button on the pendant or the unit will make instant contact with the people in the call centre in Wexford and they will send someone to check on you. Using something like the personal alarm may seem confusing and intimidating at first but with a little practice and a little getting used to, you will be wondering why you didn't get it sooner.

I would like to sincerely thank the lady that I called to for this interview. She was most accommodating and she gave me a well of information on what it is like to have a personal alarm. It is great to see the positive affect it is having on her life. Further information is available at 026 45661.

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

Tel: 026-45661. muscraie@eircom.net



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.

Scoraíocht an Déardaoin.

Instead of the Scoraíocht on Thursday the 15th we will be going to Curaheen Park for a night at the dogs. Names must be in before Thursday the 8th. To book your place call 026 45661.

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: 13th of October by appointment.

Contact Mary/Eileen at 026 40999.

Massage by appointment, 087 6759121.

Art Classes with Pauline Dodds Hyland each Tuesday. For further details contact 026 40999.

Cuan Barra, Béal Átha'n Ghaorthaidh.

Lunch, Mondays & Fridays 12.30pm.

Lunch must be booked in advance, to book call Siobhán/Lucy at 026 47777 or 087 1378099.

Transport available at 026 45661.

Aisling Ní Laoire Beauty Therapist.

22nd October, 087 6579894 for appointment.

Dr Ken Harte each Wednesday 12.00 – 1.00pm.

Chiropodist: 27th of October by appointment.

Contact Ann O Donovan 027 50340/086 3679761

Art Classes with Pauline Dodds Hyland each Mon

Cards will begin before the end of the month.

For further details contact 026 47777.

Brain Boggler.

Two women apply for a job. They are identical. They have the same mother, father and birthday. The interviewer asks, "Are you twins?" to which they honestly reply, "No". How is this possible?

Answers to last month's puzzle.

Brain Boggler: The birds shadow.

Quick Puzzle: The answer is 7.

The Ass in the Lion's Skin.

An Ass once found a Lion's skin which the hunters had left out in the sun to dry. He put it on and went towards his native village. All fled at his approach, both men and animals, and he was a proud Ass that day. In his delight he lifted up his voice and brayed, but then every one knew him, and his owner came up and gave him a sound cudgelling for the fright he had caused. And shortly afterwards a Fox came up to him and said: "Ah, I knew you by your voice."

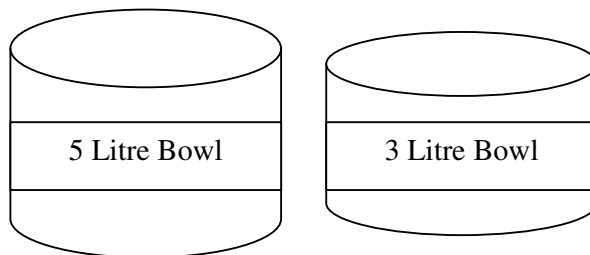
**Fine clothes may disguise,
but silly words will disclose a fool.**

A Prayer to Saint Therese.

St. Therese, the Little Flower, please pick me a rose from the heavenly garden and send it to me with a message of love; ask God to grant me the favor I thee implore and tell Him I will love Him each day more and more. Amen

Quick Puzzle.

If you had a 5-litre bowl and a 3-litre bowl, and an unlimited access to water, how would you measure exactly 4 litres?



My Grandad on the Luas.

My Grandad is a bus driver.
The best one around.
He drives all the oldies for miles
and miles around.
He brings them all to dinner.
They all say he is so sound.
He is the coolest Grandad to ever walk
this ground.

Brian Ó Riordán, age 7 ¾.

Winner of the poetry competition at
Baile Bhúirne/Cúil Aodha show 2009.

Irish Facts.

Over 40% of the population resides within
100 km of Dublin.

Ireland is the world's only country with a
musical instrument for a national symbol:
the harp.

About 30% of the people in Australia are of
Irish descent.

Baileys Irish Cream which was launched in
Ireland in the early seventies, is now the
most popular liqueur in the world.

The Newgrange passage tomb in County
Meath was constructed around 3200 BC,
making it more than 600 years older than
the Giza Pyramids in Egypt, and 1,000 years
older than Stonehenge

