

Focal id' Chluais.



A word in your ear. January '10.

Steps to remain well and warm in your home.

It is essential that older people aim at keeping the temperature in their homes at 18 – 20 degrees Celsius. Once the temperature falls below 16 degrees you are at a greater risk of respiratory illness, and if it falls below 12 degrees the blood thickens and your risk of heart attack and stroke increases.

Age Action's top tips to remain well and warm in your own house are:

- If you cannot afford to keep the temperature in your entire house at 18-20 degrees Celsius, concentrate on keeping a few rooms you live at this level;
- Dress correctly – wear layers, rather than one thick layer of clothing. Maybe wear a woollen or fleece hat in bed;
- Remain active – don't stay sitting in the one spot for long periods. Spread your chores throughout the day to ensure to keep moving. Exercise daily, but avoid risks in wet/icy conditions;
- Eat well – have at least one hot meal a day. Sip hot drinks regularly. Keep a flask of hot drink by the bed, in case you wake up cold;
- Make sure you use your free electricity or gas units, if you receive the Household Benefits package;
- Keep in contact with family and friends by telephone on a daily basis;
- Stock up provisions (canned goods and items for the freezer) during any thaw, in case there is further icy weather and you cannot go out;
- Seal gaps around windows and doors.

Source Age Action.

Snow and Ice: First Aid Tips. Source: Irish Red Cross.

Treating strains and sprains

The initial treatment for both injuries is the same - the RICE procedure:

- Rest the injured part
- Ice - apply ice or a cold pad to the injured area
- Comfortably support the injury using a bandage or soft padding
- Elevate the injured part

Treating Fractures / Broken Bones

It can be difficult to distinguish between a bone, joint or muscle injury - so if in doubt, treat the injury as a broken bone. Your main aim is to prevent further injury by keeping the casualty still and then ensuring they get safely to hospital. If you suspect a broken bone

- Support the limb
- Leave the casualty in the position found. Secure and support the injured part. You can use rolled up blankets, cushions, clothes or whatever you have handy.
- Get the casualty to hospital
- Assess the severity of the injury and decide how to get them to hospital. For example if they have an arm injury, you may be able to drive them yourself. If you suspect a broken leg or a spine or neck injury, call 999.
- Treat for shock if required. Look for signs of shock including pale, cold and clammy skin, rapid then weak pulse, fast and shallow breathing, sweating and complaints of nausea and thirst. If you suspect shock, lie the casualty down and raise their legs above the level of their heart. Make sure you keep the casualty warm.

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

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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, 2nd of February by appointment.

Art Classes with Pauline Dodds Hyland will be starting on Tuesday the 26th of January. 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.

087 6579894 for appointment.

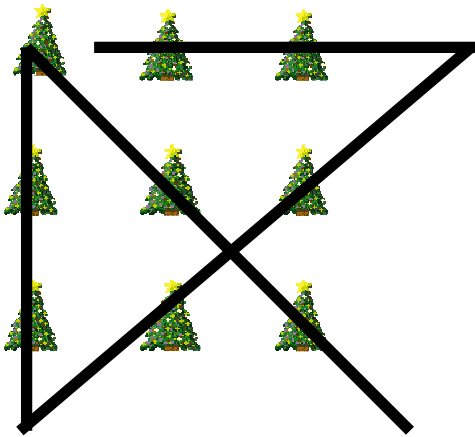
Dr Ken Harte each Wednesday 12.00 – 1.00pm.

Art Classes with Pauline Dodds Hyland will be starting on Monday the 25th of January. For further details contact 026 47777.

Answers to last month's puzzles.

Brain Boggler: The husband was so sure there would be no sign of sunshine in 24 hours time because he said it in the middle of the night and in 24 hours time it would be the middle of the night again.

Puzzles:



Christmas Party - Answers

1. Stephen now has the chocolate.
2. Tanya now has the water pistol.
3. Oliver now has the book

Quick Puzzle.

A woman in a shoe shop pays for a €30 pair of shoes with a €50 note. The salesman doesn't have enough change, so he goes to the shop next door to break the €50 euro note, returns to his shop and gives the woman her change. A while later, the shopkeeper from next door storms into the shoe shop. It turns out that the note he gave him was a fake! The mortified shoe salesman gives the shopkeeper €50 from the till to apologise. Neither the customer nor the shoes she took are found. In total, how much did the shoe shop lose?

Scoraíocht an Déardaoin.

Ionad Áise, Réidh na nDoirí.

Thursday 21st January 2.30-5.00 pm.

Weather Permitting.

Transport available, ring early 026-45661.

Brain Boggler.

Tom's mother has three children. One is named April, one is named May. What is the third one named?

Famous Birthdays in January.

Michelle Obama	17 th	1964
Rowan Atkinson	6 th	1955
Joan of Arc	6 th	1412
Elvis Pressley	8 th	1935
Dr. Martin Luther King, Jr.	15 th	1929
Muhammad Ali	17 th	1942
Wolfgang Amadeus Mozart	27 th	1756
Oprah Winfrey	29 th	1954

The Crow and the Pitcher.

A Crow, half-dead with thirst, came upon a Pitcher which had once been full of water; but when the Crow put its beak into the mouth of the Pitcher he found that only very little water was left in it, and that he could not reach far enough down to get at it. He tried, and he tried, but at last had to give up in despair. Then a thought came to him, and he took a pebble and dropped it into the Pitcher. Then he took another pebble and dropped it into the Pitcher. Then he took another pebble and dropped that into the Pitcher and after casting in a few more pebbles he was able to quench his thirst and save his life.

Little by little does the trick.

Irish Facts.

1. The White House in Washington D.C. was designed by Kilkenny born architect James Hoban.
2. Cork Harbour is said to be the second largest harbour in the world, after Sydney Harbour in Australia.
3. Did you know that Cork invented steeplechasing? Yes, steeplechasing was born in 1752 when a member of the Duhallow Hunt Club challenged his neighbour to race from the church steeple at Buttevant to the church steeple at Doneraile.
4. There are more mobile phones in Ireland than there are people.

Fire Safety for the Eldery.

General Points: Plan for a safe refuge in case you cannot escape from the house. Take the following precautions:

- ✓ Make sure there is a phone or a personal alarm in the room to call for help. Always wear your personal alarm pendant.
- ✓ Try to have a room with a window so you can either escape or call out for help (stay by the window).
- ✓ Close the door and seal the bottom with towels or blankets to stop harmful smoke entering.

Call the emergency services.

1. Dial 999 or 112.
2. Tell the operator what service you require.
3. Speak calmly and clearly giving the address of the fire and your phone number.
4. Only hang up when the operator tells you to.

Never:

- ✗ Re-enter a burning house for personal items.
- ✗ Borrow batteries from the Smoke Alarm.
- ✗ Have mirrors over fireplaces with real fires.

Facts:

- The next fire could be in your home.
- On average 46 people die each year in fires in this country. ● Fires do not always happen to other people.
- Over 1,000 people every year attend casualty units with burns or scald related injuries.
- Some medications can make you feel drowsy so please make sure your home is fire safe before taking the medication. Also avoid smoking or cooking if affected.

Remember:

Be careful when using portable electric / gas / oil heaters.

- Do not use heaters near furniture, curtains, etc.
- Take extreme care if using heaters to dry clothes.
- Never leave heaters on when going to bed.
- Take care if pets are near the heaters.

Prevention: Avoid:

- ✗ Smoking when tired, in bed or on medication.
- ✗ Leaving burning candles unattended.
- ✗ Leaving chip pans, frying pans, etc unattended even for a minute.
- ✗ Overloading electric sockets.
- ✗ Standing too close to fires, heaters, etc.
- ✗ Using faulty electrical appliances.

Make sure to:

- ✓ Have your chimney cleaned at least once a year and heating system serviced regularly.
- ✓ Use a sparkguard with open fires.
- ✓ Use proper holders when burning candles.
- ✓ Keep ashtrays empty when not in use.
- ✓ Have a suitable fire extinguisher and fire blanket in your kitchen
- ✓ Have faulty electrical appliances repaired or replaced immediately.
- ✓ Carry out a routine fire safety check before going to bed.
- ✓ Close all doors at night time.

Detection:

- ✓ A smoke alarm in every room (except the bathroom and the garage) will provide maximum protection, but at least one alarm on each floor level is essential.
- ✓ A heat alarm should be fitted in the kitchen.
- ✓ Test your smoke alarms at least once a week by pressing the button.
- ✓ When the low battery warning beep sounds change the battery immediately.

Evacuation plan:

- ✓ Plan an evacuation drill with all occupants of your home and practice it regularly.
- ✓ When practicing your evacuation drill have an alternative exit in case your primary exit is blocked by fire.
- ✓ Have a meeting point in a safe place outside of the house.
- ✓ All escape routes should be kept clear day and night.
- ✓ Keep keys to doors and windows easily and immediately available.

Routine fire safety check: A “Routine Fire Safety Check” only takes a few minutes but it could mean the difference between Life and Death.

Every night:

- ✓ Unplug all unnecessary electrical appliances.
- ✓ Close all doors.
- ✓ Turn off all unnecessary gas appliances.
- ✓ Extinguish all candles and naked flames.
- ✓ Empty all ashtrays.
- ✓ Place a spark guard in front of open fires.
- ✓ Keep all escape routes completely clear.

For further information on Fire Safety please contact your local Fire Service, Public Health Nurse, Home Help or Pobal ar Aire.

Source: Department of the Environment, Heritage and Local Government.

