

# Focal id' Chluais.



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

## *Helpful Products from Assist Ireland.*

Assistireland.ie is a website provided by the Citizens Information Board. It contains information on assistive technology and a directory of products available from Irish suppliers for people with disabilities and older people.

### **Cordless Kettle Tipper**

**Assist Ireland Product ID: 9536**

The Cordless Kettle Tipper is a tipping aid for kettles. The aid is designed for use with cordless kettles. The kettle is secured into place with hook and loop straps and base screws. The aid allows the kettle to be poured without the user having to lift the kettle. **Dimensions:** 30cm(w) x 25cm(d) x 22cm(l)



### **Key Turner 1,2 and 3**

**Assist Ireland Product ID: 1128**

Key Turner's have a large curved handle that fit into the user's hand for a full grip. They also provide extra leverage when turning keys to open doors.

There are three versions of the Key Turner available. The Key Turner 1 holds one key, the Key Turner 2 holds two keys and the Key Turner 3 can hold three keys. To attach the keys to the curved handle, remove the screw, insert the keys and tighten. The keys can be folded into the handle when not in use.

This device helps eliminate the need to twist the wrist or pinch the fingers together when turning a key. It may be helpful for individuals with arthritis or a weak grip.

**Dimensions:** 12cm(l) x 2.2cm(w) Circumference: 10cm



### **Good Grips All Purpose Scissors/Self-Opening Kitchen Shears**

**Assist Ireland Product ID: 1193**

These scissors require less strength when cutting than standard scissors and may be helpful for individuals with limited grip, thumb injuries or decreased hand strength. The stainless steel blades can cut through string, paper, poultry and other materials. The user squeezes the handles to cut, then relaxes the hand and the handles spring open ready for the next cut. The contoured loop handle is comfortable and provides a secure grip. The soft pressure-absorbing handles reduce fatigue by distributing pressure over a large area of the hand. The safety clip on the looped handle locks the handles shut for safety. **Dimensions:** Total length: 22.2cm Blade length: 8.9cm **Additional Information:** Dishwasher safe; suitable for left and right-handed use.



Additional information on these products is available from Healthcare 21, Dublin, Cork + (353) 01 885 5551, or Assist Ireland, Citizens Information Board, Ground Floor, Georges Quay House, 43 Townsend Street, Dublin 2.

**Email:** support@assistireland.ie **Ph:** 1890 277 478 **Mobile Phone:** 086 3837 644.

If there is any way that MFG Meitheal Mhúscraí could help in researching these products just let us know, we are more than happy to help. We can be contacted here at the Ionad Áise in Réidh na nDoirí at 026 45661.

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

Tel: 026-45661. eolas@muscraí.ie

**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**, 25<sup>th</sup> of May by appointment.

Contact 026 40999.

**Massage**, by appointment. Contact 087 6759121

**Art Classes** for seniors with Pauline Dodds Hyland each Tuesday. 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 an appointment.

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

**Chiropodist**, appointment only.

Contact Ann O Donovan at 027 50340 / 086 3679761.

**Art Classes** for seniors with Pauline Dodds Hyland each Monday For further details contact 026 47777.

## *Answers to last month's puzzles.*

**Brain Boggler:** The difference between Mum's age and Dad's age is the same as my age. Oh, and my big sister's twice my age, which happens to be one third of my Mum's age. One more thing: In five years time, I'll be my sister's age. What age am I?

The answer is 5 years old.

**Puzzles:**

2	3	5	4	1
3	2	4	3	4
5	1	3	5	2
3	3	2	3	1
	4	2	4	4

## *Historical Events in May.*

**7<sup>th</sup> May 1945:** Germany officially Surrenders in World War 2.

**9<sup>th</sup> May 1994:** Nelson Mandela is inaugurated as South Africa's first black president.

**May 21<sup>st</sup> 1927:** Charles Lindbergh completes the first solo non-stop flight across the Atlantic Ocean.

**May 31<sup>st</sup> 1884:** John Harvey Kellogg Patents Corn Flakes.

**15<sup>th</sup> May 1928:** The first appearance of Mickey and Minnie Mouse took place.

## *Scoraíocht an Deardaoin.*

There will be no scoraíocht in the Ionad Áise in Réidh na nDoirí for the month of May.

## *Féile Bealtaine.*

We have been kindly invited by Macroom Senior Citizens Club to a **Social Evening** on the 26th of May in the Fr Ryan Hall. Music, Song and light refreshments. Transport is available. To book your place call 026 – 45661.

## *Brain Boggler.*

If one chicken lays two eggs in three days how many eggs do three chickens lay in nine days?

(The answer for the Brain Boggler is located at the bottom of the page.)

## *Question Time.*

1. In the Wizard of Oz what was the tin man looking for?
2. What does the Spanish word "Pronto" mean?
3. Are bats blind?
4. What were the Pinta, Nina and Santa Maria?
5. In the Tour de France what colour jersey does the leader wear?
6. How many arms does a starfish have?
7. Roald Dahl wrote The BFG. What does the BFG stand for?
8. What is a dry plum called?
9. Who was the captain of the Titanic?
10. Which Irish islands have given their name to an item of clothing?

## *Amazing People.*

In 1979 Tom Whittaker, a British mountaineer, was seriously injured in a car accident and had to be fitted with an artificial leg. His friends thought he would never climb a mountain again. Tom had other ideas. "I'm going to climb Mount Everest," he told them. The world's tallest mountain towers above all other peaks in the Himalayas. It stands 8,848 metres high – that's eight times higher than Ireland's tallest mountain, Carrauntoohil. In May 1998, the forty-nine year old climber did what he said he would do. He climbed to the top of Everest, the first disabled person ever to do so.