



Kildare Older Persons Council

Information Booklet



Comhairle Contae Chill Dara
Kildare County Council



KILDARE
AGE FRIENDLY
COUNTY PROGRAMME

Foreword

Foreword from the Chairman of the Kildare Age Friendly Alliance

On behalf of Kildare Age Friendly I am pleased to recognise and salute the work of Kildare Older Person's Council.

At one level the objective of the Age Friendly Programme can seem simple; to create the kinds of communities in which older people can live autonomous and valued lives. The on-going difficulties with Covid have highlighted the value of active community support.

However, achieving that goal is much more complex and involves a myriad of agencies, which include public, private and not-for-profit. The key challenge is to funnel the energy and resources of the various organisations to best effect towards meeting that aim. Happily, people are living longer and as a result the work of the Older Person's Council and the Alliance has grown significantly.

The Older Persons Council is a vital cog in the wheel and is at the centre of many of the initiatives. The Council has a key role in assisting the formulation of strategies and in identifying priorities and is a vital voice in articulating the concerns and views of the older age cohort. The Kildare Age Friendly programme is part of a national effort and great progress has been made co-ordinating programmes across the country.

I can assure you that the input from the OPC in Kildare is greatly valued. We are placing particular importance on communication and therefore the views and suggestions from the Council are listened to carefully.

I recognise that Council members give of their time voluntarily and your commitment and energy and that of your Chairperson Monica Cox is all the more valued.

Wishing you every success.

John Malone
Chairman
Kildare Age Friendly Alliance



There are a lot of us around. Older people that is.

According to figures released by the Central Statistics Office in August 2021, there were 742,300 people living in Ireland aged 65 and over in April 2021. By 2046, it is estimated that the over 65s will increase to 1.4 million and by 2051, this will rise further to 1.6 million older people. These are the numbers: the facts and figures.

Simply put, we are living longer and by 2036 older people will outnumber all the younger age groups in the country.

This is why we have to start thinking in terms of all things “age friendly” so as to prepare for this rapid ageing of our population by focusing on the environmental, economic and social factors that influence the well-being of older adults. This is where the National Age Friendly Programme comes into play and there are Older Person’s Councils in 31 local authority areas around Ireland, including County Kildare.

Kildare Older Person’s Council Executive are a group of volunteers aged 55+ who engage with and inform local agencies who provide services to older people, and through their national network, make submissions on policy areas that affect the more senior of our citizens. They are very dedicated, and give freely of their time and energy to keep the spotlight on our older population and their particular needs. I acknowledge and praise their efforts on our behalf.

This Booklet is one of their latest projects and I hope you will enjoy reading it. There are interesting and informative articles on self-care, good nutrition and exercise, all geared towards the older person. There are some tasty recipes to try out, poetry and thoughtful pieces to feed your mind, songs to lift your spirits, and some puzzles and quizzes to distract and amuse you. There is important advice on safety and security and a list of useful contacts too. Hopefully, a little something for everyone.

I was delighted and honoured when asked to be Kildare’s Age Friendly Ambassador and I look forward to working in partnership with our Older Person’s Council and playing my part in furthering the aims and objectives of the age friendly programme in County Kildare.

Ted Walsh

Kildare Age Friendly Ambassador



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Kildare Older Person's Council Executive: Who we are, and what we do.

We are part of the National Age Friendly Programme which is a mix of government departments, local authorities, and service providers, plus groups of older members of society in the shape of Older Person's Councils (OPCs). The Age Friendly Programme supports cities, counties, and towns across Ireland to prepare for the rapid ageing of our population by focusing on the environmental, economic, and social factors that influence the well-being of older adults. There are Age Friendly Alliances and Older Person's Councils in 31 local authority areas, including Kildare.

Kildare Age Friendly Alliance

This is a cross-sector group whose aim is to develop and deliver the Kildare Age Friendly County Strategy and it is comprised of senior decision makers from agencies involved in providing services for older people, including Kildare County Council and its Departments, the HSE and An Garda Síochána. Two members of Kildare OPC Executive have seats on the Kildare Age Friendly Alliance.

Kildare Older Person's Council & OPC Executive

OPCs are two tier structures. Tier One is made up of all older people who live in Co. Kildare aged 55 and over, and Tier Two is an Executive Committee elected from this group. OPCs are established to inform and influence the decision-making process of the local Age Friendly Programme. Chairpersons of each OPC in the country meet 4 times a year in a group called the National Network of OPC Chairs. We are a Voluntary Group and carry out our work under a Terms of Reference based on Age Friendly Ireland's Best Practice Guidelines & ratified by Kildare Age Friendly Alliance.

Our primary aim is to represent the viewpoint of older people: to be their voice - both in terms of informing the Age Friendly County Strategy and by monitoring its implementation. At national and local level, we are involved in many areas such as age friendly housing, consultations on the design of age friendly primary care centres, age friendly libraries and businesses, walkability audits, wellness and age friendly fitness activities - to mention but a few! We are also involved in community roadshows and age friendly events around the county.

Monica Cox

Chairperson
Kildare Older Person's Council Executive



**“We hear your voice,
We listen to your voice,
We are your voice”**

—Monica Cox, Kildare OPC Executive (2018)

**Current members of Kildare Older
Person’s Council Executive are:**

Frank Boland

Norman Farragher

Mary Kennedy

Kathleen Coffey

Liam Farrell

Liam Kett

Monica Cox

Brendan Farrelly

Marian Lyons

Mary Delaney

Brian Feeney

Anthony McAllister

Noreen Dunne

Ann Kavanagh

John McLoughlin

**If you would like to become
involved, please contact
Carmel Cashin in Kildare
County Council:**



087 721 2966



ccashin@kildarecoco.ie

Sample Expression of Interest Form

Are you over 55 years of age and interested in becoming a voluntary member of Kildare Older Persons Council Executive? If so, please fill out this expression of interest form below:

Name	
Address	
Phone Number	
Email Address	
Consent to be contacted	

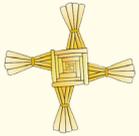
For further information please contact Carmel Cashin

Email: ccashin@kildarecoco.ie **Phone:** 0877212966

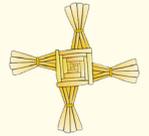
Please note: All personal information given will only be used for the purpose of processing your interest in the seat in your chosen district and will not be passed on to 3rd parties. Your details will only be retained for correspondence purposes. If you do not wish us to correspond with you, please let us know.

If you would like more information about the Kildare Age Friendly Programme contact Carmel on the above details





Self-care in Kildare

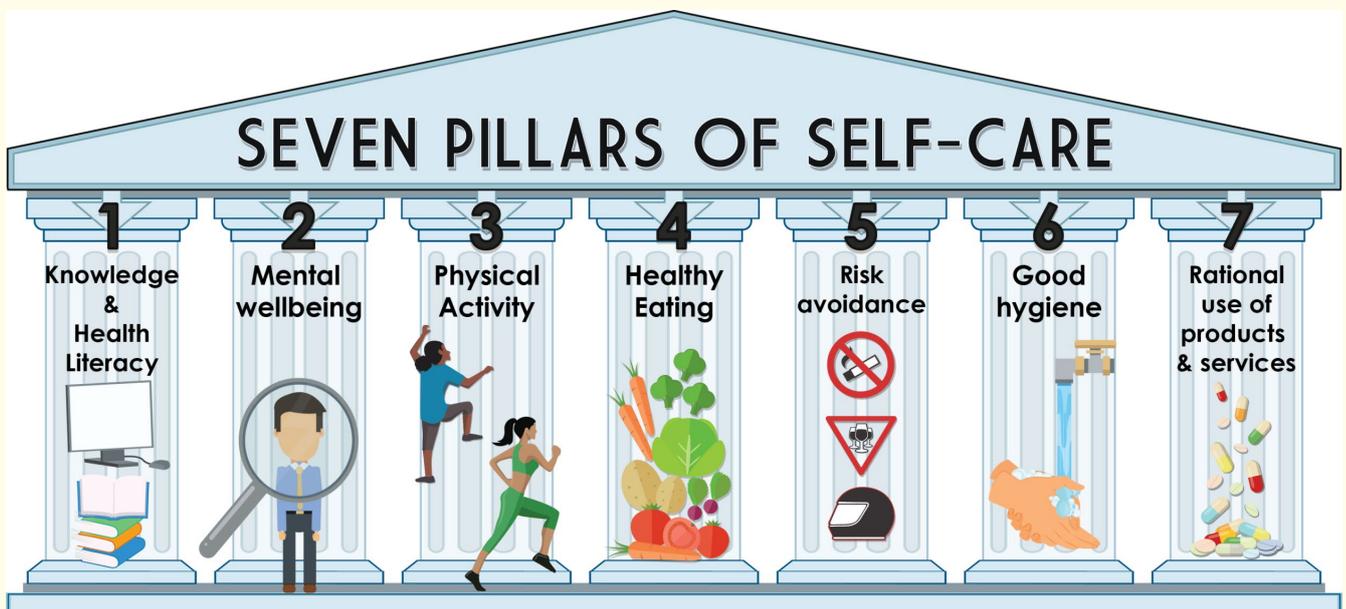


What is self-care?

'Self-Care is what people do for themselves to establish and maintain health, and to prevent and deal with illness. It is a broad concept encompassing hygiene (general and personal), nutrition (type and quality of food eaten), lifestyle (sporting activities, leisure etc.), environmental factors (living conditions, social habits, etc.) socio-economic factors (income level, cultural beliefs, etc.) and self-medication.' (World Health Organisation, 1998)

What is needed for practical implementation of self-care is a description of all these elements from the individual's point of view. The International Self-Care Foundation proposes that a framework for self-care can conveniently be visualised and organised around seven 'pillars', most of which we can manage ourselves.

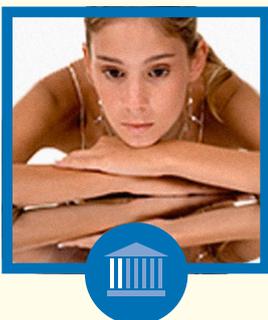
THE SEVEN PILLARS OF SELF-CARE





Pillar 1: Knowledge & Health Literacy

This involves accessing and understanding basic health information and services. This empowers us to make correct health decisions appropriate to our own situations. If necessary, we should ask doctors or other healthcare professionals questions, and look for explanations in clear and plain language about medical terminology, conditions or medications prescribed.



Pillar 2: Mental Wellbeing Self-Awareness & Agency

This includes knowing our body mass index (BMI), cholesterol level, blood pressure and engaging in health screening. Self-awareness is the practical application of our health knowledge (from Pillar 1) to our own health circumstances. Agency (acting and control in these ways) can give us peace of mind, greatly benefit our mental wellbeing, and reduce anxiety and worry.



Pillar 3: Physical Activity

Doing regular moderate-intensity physical activities such as walking, cycling or other sports, significantly improves our health, fitness, and mood. Other benefits identified are reduced stress, better mental health, improved sleep and, for our bodies, it lessens the risk of hip or vertebral fractures, particularly in older people. It is never too late to start incorporating physical activity into your daily life.



Pillar 4: Healthy Eating

This includes having a nutritious, balanced diet with appropriate levels of calorie intake for our lifestyle. Maintaining a healthy diet has been shown to reduce the risk of many chronic diseases. Evidence shows that we can remain healthy well into our seventies, eighties, nineties and more, when health-promoting behaviours, including healthy diets, are followed (WHO, 2004).



Pillar 5: Risk Avoidance/Mitigation

Risk mitigation (in terms of our health) refers to the avoidance or reduction of behaviours that directly increase the risk of disease or death. So, we should aim to stop smoking, limit our alcohol intake, get vaccinated, practice safe sex, use sunscreens. These kinds of risk avoidance behaviours are often some of the most achievable self-care practices (although quitting smoking might be the exception!).



Pillar 6: Good Hygiene

Hygiene refers to the conditions and practices that help to maintain health and prevent the spread of diseases. At a personal level, this includes bathing/showering and washing hands regularly, brushing teeth and using hygienic food preparation practices. Due to Covid-19, we are all familiar with sneezing/coughing 'etiquette' which along with behaviours mentioned above, help maintain good health, and prevent viral transmission and illness.



Pillar 7: Rational and Responsible Use

Of Products, Services, Diagnostics & Medicines

Pillar 7 focuses on knowledgeable, safe, and effective use of health products and services to better manage our own health. This kind of self-care involves dealing with everyday ailments and minor conditions with 'non-prescription' medicines or products, but ones which are proven to be safe and effective (read leaflets, check dosage etc.). It also includes rational and responsible use of services like nutrition planning, gym membership and acupuncture.

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Paraphrased Text: Monica Cox, Kildare Older Person's Council Executive, 2021*

Community Policing; Not Just About Crime.



It's early October as I write this. Nights are starting to get cold and dark. Thoughts are turning to Halloween. There are bangers in the distance, and they are setting the dogs mad. I like the crisp cold and I like the dark as I walk the town. There is a plan in place and for the next few weeks I will turn my attention to the public parks and spaces to try to address some of the unwanted behaviour that comes with the ancient holiday. The bonfires were not something I knew growing up. Being a Cork City boy St John's Eve, the 23rd of June, was the night that the fires were lit all over the city, and not Halloween as it is in Kildare. But some of the issues were the same. In a few weeks the season will have passed, and our attention will turn to Christmas. Each time of the year brings its own challenges, not unlike the farmers, the weather and time of year can have a huge impact on our work. Crime changes with the seasons too. The winter will pass, and we will welcome back spring.

That can seem a long way off and the darker days with longer nights can be challenging. This is especially true for many of us as we get older. It is natural to feel a little more vulnerable in the dark. We can all do things to change that feeling, not only for ourselves but for our neighbours. My need for both reading glasses and distance glasses mean that my days of taking the dog for a moonlit ramble in the fields are over. Pavements are the route of choice for me these days. It's a sensible precaution that stops me breaking my neck in a ditch. This is the advice on crime we give as well. We can take measures to make it less likely that we are suffering from crime. Older people are less likely to be victims of crime than their younger

neighbours but that doesn't mean we shouldn't take sensible precautions. Locking it and lighting it are important; making sure that doors and windows are locked and that there is a light on in the porch. We saw how good our communities were in responding to Covid. Let's continue that into the future. If you have a neighbor who could do with some additional help, knock into them. Offer to check that door lock and make sure the lights are good. Check their fire alarm. If you have concerns, contact the local community Garda who will be more than happy to call out. If you are concerned about yourself, give us a bell. No issue is too small. Like the rest of the country after Covid, we are starved of conversation and a friendly face, so we will jump at any chance to have a chat.

It is also a good idea to follow the example of the lady near Allenwood, I called to visit a few years ago. I had driven out in my own car and had parked outside her gate. I knocked on the door and heard movement inside, but no one came to the door. About to knock again I was interrupted by her sturdy neighbor, with an equally sturdy blackthorn walking stick, and a dog so sturdy that if you put a saddle on it, it could have competed at Punchestown. Unbeknownst to me, she had looked out her window to see this strange car outside her gate. I interrupted her embarrassed apologies; I was thrilled that advice my colleagues had given her made an impression. She had done the right thing by getting a neighbor over to check. Now, I'm not suggesting that you terrorise your local garda. But if in doubt make that call. Be it to a trusted neighbor or to the Gardai, no genuine caller will mind. If in doubt, keep them out.

Policing in general, and Community policing, reflects what is happening in Irish society at large. A lot of policing is reactive, the men and women on the regular units who respond when we call out for help. There are elements that are more proactive. Roads policing is one unit that looks to prevent incidents on our roads with their checkpoints and speed checks. Community policing is the same. Part of that proactive role is in assisting people with crime prevention and security. If there is one lesson that COVID has taught us, it's that this alone is not enough. All of us need assistance at different times in our lives. It can be due to a storm, an accident, a pandemic, or just that we have additional needs at that moment in time. Conscious of that we have started compiling a Community Register in Naas Garda District. We hope to roll it out to the rest of the county soon, but for now we are concentrating on getting it right in Naas.

What is a Community Register? It's for all the world like the notebook my granny kept by her bed. It had all the important contacts and information she needed. Birthdays, anniversaries, doctors' numbers, etc. Except this will be in our office and will contain information that will help us to support the people of our area. It might be that we call to check on someone who has mobility issues, or just make a call occasionally to check that someone who is living alone is ok. Maybe

we might need to call out to an isolated house during a storm. Or visit a person who has additional needs over Halloween. It will depend on what the person themselves wants. We hope that older people in our area will consider joining up. There is no charge, it's part of our job, and we will only contact someone as much or a little as they want. That might be a phone call once a year or a much more frequent visit. We will get the opportunity to really know the community, who in turn will have a point of contact in their local station.

I hope we never go down the path of some countries where the police deal with crime and crime only. By working with our colleagues in the Older Persons Council, the HSE, Older Voices Kildare, the day care centre, and so many others we can use our contacts to support not only our neighbors but also the other agencies in their work. This can be in initiatives like Text Alert or the panic alarms coordinated by Muintir Na Tire. It can be the befriending and social prescription services offered by Older Voices, where they sometimes come to use to solve a pressing issue or we go to them to link someone in with the supports they offer. The important thing is that we are all pulling together. Like the worst of the pandemic, the long nights will pass. Summer might bring other challenges, but we can get through those together too.

For information on Community Alert, Text Alert, Panic Alarms etc. contact your local Garda Station and ask to speak to your local Community Garda or Crime Prevention Officer. For information on the Naas Community Register email Kildare.community@Garda.ie or ring Naas Garda Station on 045 884300. In an emergency please use the Garda emergency number 999

Garda Gary Cogan; Community Policing Naas

Let's Keep Moving



Age Friendly Activities

The aim of the Age Friendly Activities is to encourage and involve older adults in recreational activities and increase their overall activity levels. A suite of activities has been identified which have the potential to achieve this aim.

The activities are as follows:

1. Pole Walking
2. Scooch
3. Baggo
4. Flisc
5. Lobbers
6. PickleBall
7. Walking Soccer

Many of the various activities chosen have been modified from competitive sports by adapting rules, playing areas, and equipment. The various adaptations result in games that are more inclusive and enable more people to partake to the best of their ability. Key adaptations include;

- Using equipment which is affordable, storable, portable and transportable;
- Changing playing areas to make the game playable in a typical community facility;

- Playing small-sided (e.g. Singles, pairs, threes) games to allow players get more meaningful playing time;
- Easing rules to allow games to be accessible to people with a range of abilities, fitness, and skill levels.
- Removing the need for referees and emphasising the role of players in fair decision-making.
- Incorporating rules that encourage whole panel play rather than long periods of inactivity for substitutes.

If you would like more information about these age friendly activities, please contact Kildare Sports Partnership: Telephone: 045 980546 or email: ksp@kildarecoco.ie.

Alternatively, you might like to try the exercises shown on the next few pages, at home, in your own time, at your own pace.

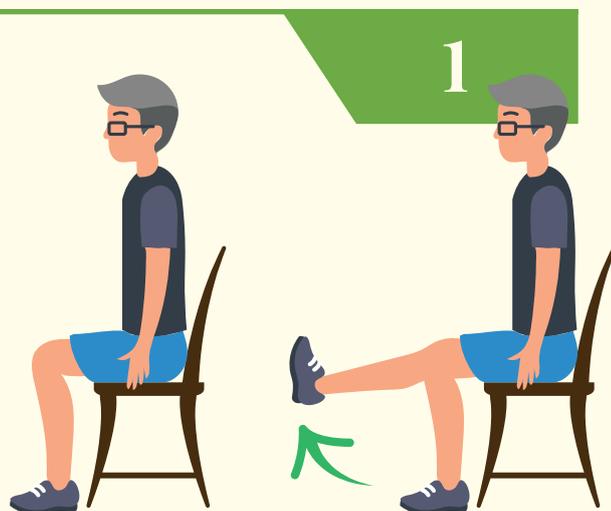
You might also like to try some Slí na Sláinte Walks (an example of one is on page 16 of this booklet). Further information on these is available from The Irish Heart Foundation:

Telephone: 01 6685001 or email: info@irishheart.ie

Exercises to do in the comfort of your own home

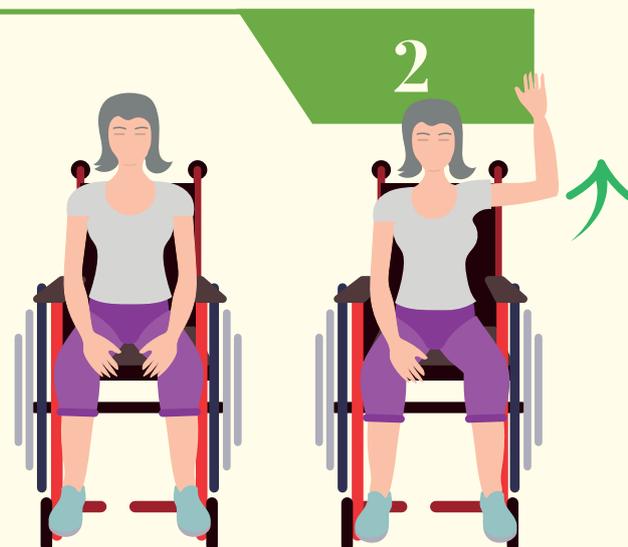
Knee Strengthening

- Sit tall in a chair with your back well supported.
- Straighten your right leg fully and bring your toes up towards you.
- Hold for 5 seconds.
- Lower the leg slowly.
- Repeat up to 10 times and swap legs.



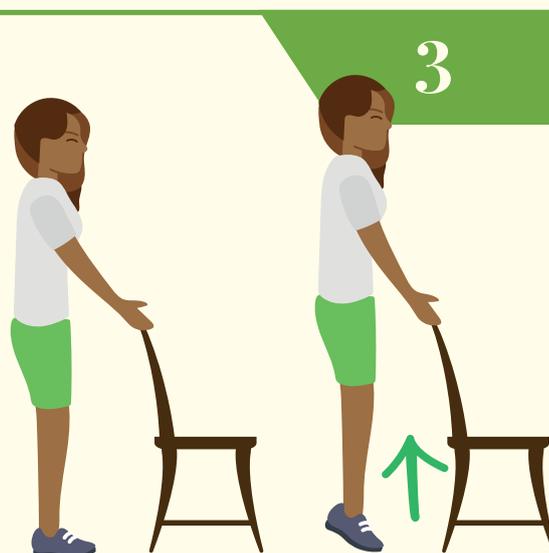
Overhead Raise

- Sitting tall in a chair with your back well supported.
- Lift one arm over your head then lower.
- Place hand on your lap.
- Raise the second arm and repeat.
- Repeat up to 10 times -- as you are able.
- Use a bottle of water to make this exercise more difficult.



Calf Raise

- Stand tall at the back of a sturdy chair.
- Hold on with both hands and look ahead.
- Place your feet hip width apart.
- Lift your heels slowly off the ground and keep your toes on the ground.
- Keep your bottom tucked in.
- Lower your heels slowly back to the ground.
- Repeat up to 10 times -- as you are able.



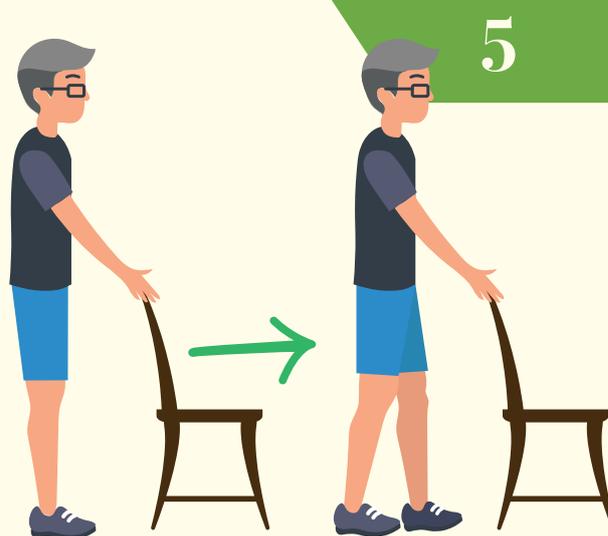
Hip Strengthening

- Stand tall at the back of a sturdy chair.
- Keep both legs straight facing forward.
- Lift your right leg to the side slowly.
- Return to your start position and swap legs.
- Repeat up to 10 times on each leg -- as you are able.



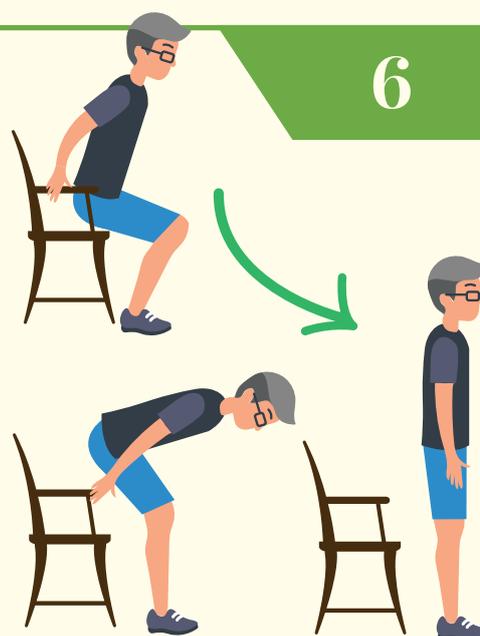
Balance Heel Toe Standing

- Stand tall at the back of a sturdy chair and look ahead.
- Place right foot directly in front of the left foot (heel touching toe).
- Hold this position for 10 seconds.
- Change feet and hold for 10 seconds.



Sit to Stand

- Put your chair against the wall.
- Move your bottom forwards in your chair. Bring your feet behind your knees.
- Lean forwards bringing your head over your knees.
- Push off with both hands to stand up.
- Step back until you feel the chair against your legs.
- Bend in the middle, reaching back for the arm rests and slowly sit back down.
- Repeat up to 10 times on each leg -- as you are able.



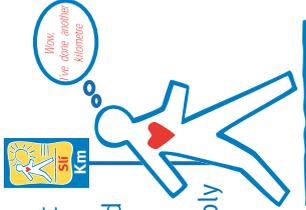
Slí na Sláinte



Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation, it's the new outgoing way to make walking for leisure and good health even more enjoyable.

Already, it's capturing the attention of the young and old, not only in Ireland but in Europe and other parts of the world too!

And no wonder, because it's a fun healthy way for the average adult to accumulate the recommended 30 minutes of physical activity, on most, preferably all days of the week.



Marked by bright colourful signposts which are not numbered and are situated at 1 km intervals, you'll find Slí na Sláinte walk routes all over Ireland.

Simply follow the Km signs, set your pace to suit your enjoyment and you'll quickly feel better and get fitter. You will also experience a great sense of achievement.

Your 2.6Km Slí starts at the courthouse by the River Barrow.

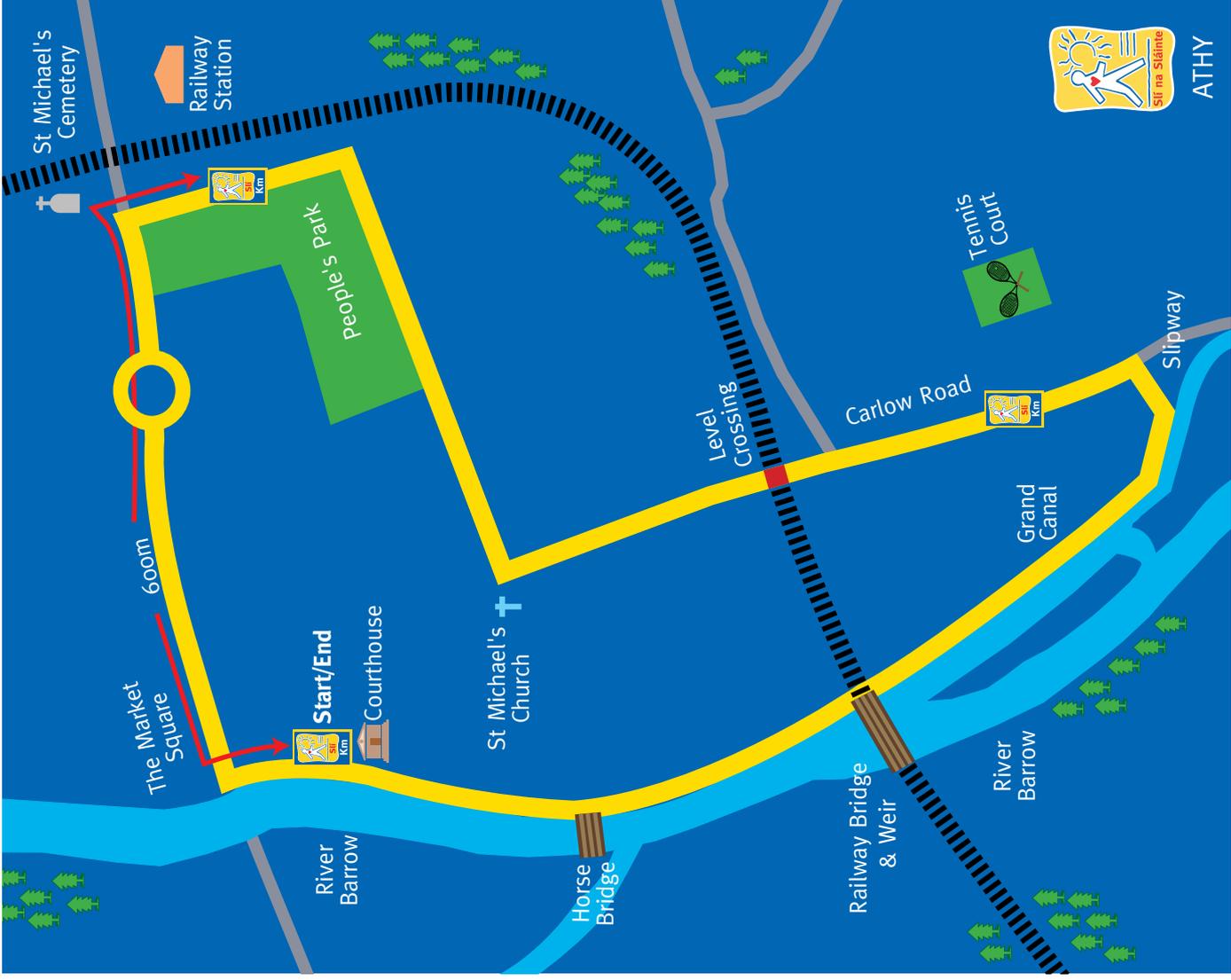
This historic Jacobean style building was opened as the town's Corn Exchange building in 1857 and was converted to the courthouse in 1891.

You continue along the Barrow Path, under the Horse Bridge and Railway Bridge, and along the Canal path to the slipway which leads to the Carlow Road.

Turn left along the Carlow Road to St Michael's Church of Ireland which was built in 1840 on a site owned by the Duke of Leinster.

Turn right at this point and proceed by the People's Park to the Railway Station. Continue left along Leinster Street and back to the Courthouse.

Route can be walked in either direction and is recommended as a daytime walk.



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KILDARE COUNTY COUNCIL, ATHY U.D.C. AND K.E.L.T.



Let's Go
Walking...



Welcome back everyone



After such a long absence, rediscover your local library with our Age Friendly Programme.

To be informed about future Age Friendly workshops and other library events in Kildare Libraries, subscribe to our newsletter at kildare.ie/library/newsletter/subscribe OR call into your local library for assistance.

We hope we can return to delivering our Age Friendly Programme in-house in the libraries in 2022 along with all our Age Friendly Computer Classes!

Age Friendly Library Recognition Programme

As part of the Age Friendly Library Recognition Programme our Age Friendly Champions Evelyn Cooley (Naas Library) and Lorraine Connolly (Leixlip Library) are working with staff to achieve the national recognition awards for Naas and Leixlip to become Age Friendly libraries and following on from Athy receiving the award in 2019. Walkability Studies have been conducted in both libraries by Kildare County Council Community Worker, Kildare Age Friendly Programme Manager, Kildare Older Person's Council and both Naas & Leixlip Libraries Age Friendly Champions. Actions are now being worked upon for completion in 2021.

Age Friendly Digital Ambassadors

Get online with our AGE FRIENDLY Digital Ambassadors

It is never too late to join the library online, access library resources, download your favourite books or listen to audio books.

If you are an older person or if you know an older person who would benefit from this, our Kildare Library Digital Ambassadors will get you started.

For more details or to sign up, contact naaslib@kildarecoco.ie / 045 879111.

Alternatively, you can call your own local library and you will be directed to your very own Digital Ambassador.

Coming Soon To Naas Library – Age Friendly Area

- Armchairs
- Footstools
- ACORN Age Friendly
- Tablets
- Trolley Bags
- Magnifying glasses
- Side Tables
- Lap Tables as you sit for laptop, table, book

Songs from and about County Kildare

The song that's probably most synonymous with the Lilywhite county is the very popular 'The Curragh of Kildare' even though it has been suggested (by the Scots) that it comes from a poem by Robbie Burns, which tells the story of a young Scottish woman whose lover is away soldiering in the Curragh. A popular version of the song performed by our own Christy Moore is often regarded as the county's anthem.

'The Old Bog Road' written by Teresa Brayton is another well know song associated with Kildare as the writer lived on what is called 'the old bog road' at Kilbrook, outside Kilcock. There is a line in the song which refers to Ferns Church. Ferrans is near Kilcock.

'The shady road to Clane' is a little known song about a fair maid who stole her suitor's heart, while the town of Kildare is mentioned in 'A Man You Don't Meet Every Day'. Daniel O'Donnell and Brian Coll have performed 'The Roads of Kildare' and Athy gets a shout out in 'Johnny I hardly Knew ye'

'The Ballad of Newbridge Town' performed on You Tube by the Conway Brothers is also worth a mention.

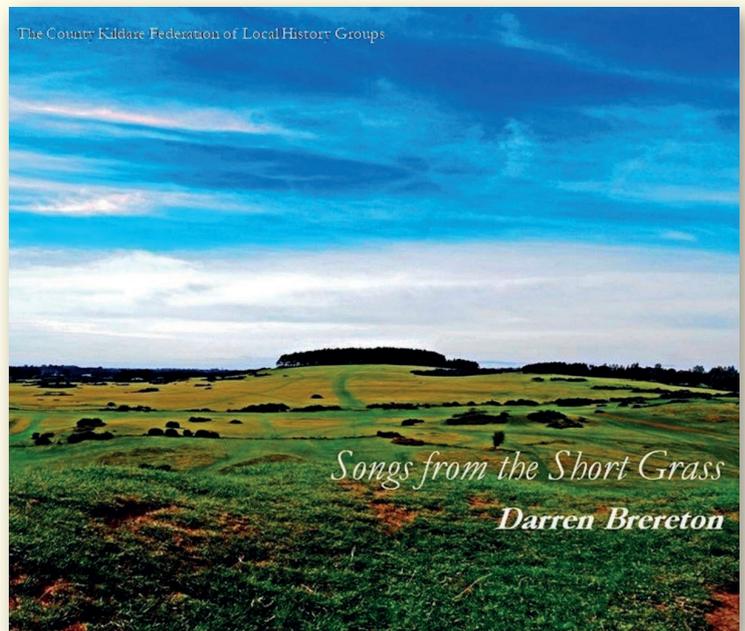
Probably better known is Andy Irvine's rendition of 'The Plains of Kildare' while lesser known songs from the county would include 'Hunting in Kildare'

'An t-Sean Bhean Bhocht' 'The Ferrets of Kildare' 'Hymn to St Brigid'

'Pretty Susan (the Pride of Kildare)' 'Bodenstown Churchyard'.

All these, and more, are available on a cd which can be purchased from the Kildare Heritage Centre, Market Square, Kildare (045) 530 672

We have included herewith the lyrics of the well-known songs 'The Curragh of Kildare' and 'The Old Bog Road' so, the next time you are called on for a song, you can proudly sing one associated with County Kildare.



The Curragh of Kildare

The winter it has passed
And the summer's come at last
And the birds, they are singing in the trees
Their little hearts are glad
Ah, but mine is very sad
For my true love is far away from me

The rose upon the briar
By the water running clear
Gives joy to the linnet and the bee
Their little hearts are blessed
But mine, it's not at rest
For my true love is absent from me

And it's straight I will repair
To the Curragh of Kildare
For it's there I'll find tidings of my dear

All you that are in love
And cannot it remove
I pity the pains that you endure
For experience lets me know
That your hearts are full with woe
And a woe that no mortal can endure

And it's straight I will repair
To the Curragh of Kildare
For it's there I'll find tidings of my dear
Straight I will repair
To the Curragh of Kildare
For it's there I'll find tidings of my dear

The Old Bog Road

My feet are here on Broadway
This blessed harvest morn,
And oh! the ache that's in there
For the spot where I was born.
My weary hands are blistered,
From work in cold and heat!
But oh! to swing a scythe again
In fields of Irish wheat.
For I the chance to wander back,
Or own a king's abode.
Just soon I'd see the hawthorn tree
By the Old Bog Road.

When I was young and restless
My mind was ill at ease,
Through dreaming of America,
And it's gold beyond the seas.
Oh, sorrow take their money,
'Tis hard to gain the same,
And what's this world to any man
When no one speaks his name.
I've had my day and here I am
Building bricks by load.
A long three thousand miles away
From the Old Bog Road.

Sure this life's a weary puzzle,
Past finding out by man,
I'll live this life for what it's worth
And be the best I can.
Since no one cares a rush for me
I need not grieve no more,
I'll go my way and draw my pay
And smoke my pipe alone.
Each human heart must know its grief
Though little be it slow
So God be with you, Ireland,
And the Old Bog Road.

So, God be with you, Ireland...
And the Old Bog Road.



'Covid has been a huge learning curve for us all and hopefully will help us to value and appreciate the many everyday things we take so much for granted'

Covid-19 Reflection by Vincent Sutton 27th March 2020

So now we can take time to smell the flowers,
We can wander freely with nowhere in particular to be.

Still, there is the unease when someone we meet
stops to talk--is the distance two metres?

The talk is of a virus and of death,
of businesses closing and jobs being lost.

We move away to our own isolation,
with fresh worries about the economy and our future.
And later, when we have discarded the senseless worry,
We recall the smell of the flowers and us wandering free.

When I am old by Jenny Joseph

When I am old, I shall wear purple
With a red hat which doesn't go, and doesn't suit me
And I shall spend my pension on brandy and summer gloves
And satin sandals and say we've no money for butter.
I shall sit down on the pavement when I'm tired
And gobble up samples in shops and press alarm bells
And run my stick along the public railings
And make up for the sobriety of my youth.
I shall go out in my slippers in the rain
And pick flowers in other peoples' gardens
And learn to spit.

You can wear terrible shirts and grow more fat
And eat three pounds of sausages at a go
Or only bread and pickle for a week
And hoard pens and pencils
and beer mats and things in boxes.

But now we must have clothes that keep us dry
And pay our rent and not swear in the street
And set a good example for the children.
We must have dinner and read the papers.

But maybe I ought to practise a little now?
So, people who know me are not too shocked and surprised
When suddenly I am old and start to wear purple.

Brain Teasers and Puzzles



Test your knowledge of towns and places in Ireland

1. A poem with five lines _____
2. Tennis minus the "T" _____
3. Vehicle close to the ground _____
4. Ring quick _____
5. A way to cook _____
6. What you do on a door _____
7. A part of a leg _____
8. Donkey noise _____
9. Haughey's word for to resign _____
10. Post a letter to Pat _____

Set yourself a challenge. See how many can you work out?

Example: 7 = Days in the Week / Answers at the back of the booklet

12=S of the Z	10=Y in a D
54=C in a D (with J's)	29=D in F in a L.Y
09=P in the S.S	07=G of the H.S.
40=D in L	12=D of C
18-H on a G.C	40=S of G
30=D in S	52=W in a Y
03=B.M (S.H.T.R)	



What do you remember?

What were you doing? Where were you?

Ask your family and friends what they remember, even better tell them your story.

-
- The first Late Late show is broadcast: 1962
 - President John F Kennedy visits Ireland: 1963
 - Free Secondary Level Education began: 1967
 - Ireland's Referendum to join EEC: 1972
 - The Marriage bar lifted: 1973
 - Pope John Paul visits Ireland: 1979
 - Shergar win Irish Derby Curragh: 1981
 - Space Shuttle first launch: 1981
 - Hurricane Charley: 1986
 - U.S. President Ronald Reagan delivered his famous speech at the Berlin Wall: 1987
 - Dublin celebrates its official 1,000th birthday: 1988
 - United Kingdom - Hillsborough Disaster: 1989
 - Iraq invades Kuwait, eventually leading to the Gulf War: 1990
 - First edition of the Liffey Champion, local newspaper for North County Kildare: 1991
 - Linda Martin wins the Eurovision Song Contest for Ireland with "Why Me": 1992
 - Albert Reynolds elected Taoiseach in the Dail: 1993
 - The first performance of "Riverdance" is the interval act during Eurovision: 1994
 - Citizens vote narrowly to allow divorce in a referendum: 1995
 - Journalist Veronica Guerin shot dead in her car in Dublin: 1996
 - Mary McAleese inaugurated as the eighth President of Ireland: 1997
 - The Punt is traded for the last time as the Euro currency is launched: 1998
 - Gay Byrne hosts his last Late Late Show after 37 years: 1999



Baked, Stuffed Fish

With thanks to www.safefood.net

Serve with vegetables of your choice, for example, chopped carrots, peas, or broccoli

Ingredients

- 8 small fillets of fish (cod, haddock, mackerel, herring, and trout are all suitable for baking)
- 56 g of brown breadcrumbs (2 slices)
- 1 onion, finely chopped
- pinch of salt if desired
- pepper
- 1 tbsp of fresh parsley, finely chopped (or 1 tsp of dried parsley or ¼ tsp of mixed dried herbs)
- 1 tsp of vegetable oil
- 1 lemon, cut into wedges – some for lemon juice (or grated rind) & some to serve with fish

Method

1. Preheat the oven to 180°C / 350°F / Gas Mark 4.
2. Rinse the fish under cold running water and remove any bones. Dry in kitchen paper.
3. Mix breadcrumbs, chopped onion, salt (if using), pepper and parsley or mixed herbs in a small bowl
4. Stir the oil into the crumb mixture. Finally add a little lemon rind or juice.
5. Lay the 4 fillets on a greased dish, skin-side down, and spoon the stuffing carefully onto each fillet. Flatten well down and cover with the other 4 fillets. Cover with foil.
6. Bake for 20–30 minutes, depending on size and thickness of the fish.
7. Lift the fish carefully onto a warmed serving dish, and surround with cooked peas, lemon wedges & parsley.

Serves: 4 adults

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Utensils Needed: Casserole dish, Mixing bowl, Wooden Spoon, Chopping board, Chopping knife



Turkey Pie

With thanks to www.safefood.net

Ingredients

- 500 g of cooked turkey, cut into chunks
- 225 g of puff pastry, bought pre prepared
- 1 x 400 g tin of mushroom soup
- 145 g of frozen peas, defrosted
- 2 tbsp of lemon juice
- 2 medium-sized onions
- salt and pepper, to taste
- 1 tbsp of low-fat milk, to glaze the pastry

Method

1. Preheat the oven to 200°C / 400°F / Gas Mark 6
2. Mix the turkey, soup, peas, lemon juice, onions, salt, and pepper together and add to a casserole dish
3. Add a little water or low-fat milk if there is not enough sauce
4. Roll out the pastry to about ½ cm thickness and cover the casserole
5. Glaze the pastry with milk
6. Bake in the oven for 25 minutes
7. Serve hot

Serves: 6 adults

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Utensils Needed: Casserole dish, Chopping board, Chopping knife, Rolling pin / Wooden spoon



Roasted Vegetable Pasta

With thanks to www.safefood.net

Ingredients

- 20 ml of vegetable oil, such as olive oil or rapeseed oil
- 1 red onion, cut into wedges
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 1 courgette, sliced (You could also use aubergine in this recipe, if you like, it works well too)
- 3 cloves of garlic (leave them unpeeled)
- dash of balsamic vinegar
- pepper and salt
- 1 tsp of sugar
- 400 g tin of tomatoes
- 200 g pasta
- grated Parmesan, to serve

Method

1. Preheat the oven to 160°C / 325°F / Gas Mark 3.
2. Place all the sliced vegetables and garlic into a large bowl.
3. Pour over the oil, a splash of balsamic vinegar and the salt, pepper, and sugar.
4. Mix the vegetables to coat in the oil and vinegar.
5. Spread the vegetables onto 2 baking trays and roast in the oven, stirring occasionally, for 45 minutes, or until soft and turning golden. Add the tomatoes to the baking trays for the last 20 minutes of cooking time.
6. Cook the pasta in boiling water for 12 to 15 minutes until it is soft. Drain the pasta and return it to the saucepan, along with the roasted vegetable and tomato mixture.
7. Stir and cook gently for 2 to 3 minutes.
8. Sprinkle the Parmesan over the pasta and serve.

Serves: 4 adults

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Utensils Needed: Chopping board, Chopping knife, Mixing bowl, Wooden Spoon, 2 baking trays, Saucepan and Grater.



Marian's Yummy Lemon Cheesecake

I strongly recommend that you put this light mouthwatering cheesecake with its refreshing lemon flavour on your bucket list and if it doesn't live up to your expectations contact Joe and air your grievance on the national airwaves about false inaccurate information.

Enjoy!

—Marian Lyons, Member of Kildare Older Person's Council

Ingredients

- 8 oz. Philadelphia cheese
- 4 oz. castor sugar
- 5 fluid oz. cream
- 1 egg White
- Half sachet gelatin
- 12 oz. McVities digestive biscuits
- 5 oz. butter

Method

1. Crumble biscuits
2. Melt butter. Add to crumbled biscuits and mix well.
3. Put into 10' round tin with removable bottom
4. Put cheese. Sugar and juice from 2 lemons into a liquidiser and blend well together
5. Dissolve half packet of gelatin in a quarter of a cup of hot water. Allow to cool before blending into the other ingredients.
6. Add the whipped cream and blend well
7. Beat the egg white, fold it in and blend well.
8. Leave in fridge until ready to serve.



Chef Gearóid Lynch's Gluten-Free Soda Bread

Recipe reproduced with permission from Chef Gearóid Lynch
www.theoldepostinn.com

Many people think bread is off the menu if you are gluten intolerant or Coeliac.

Not so!

Ingredients

- 450g gluten-free white bread flour blend, plus extra for dusting
- 1 tsp bread soda
- 1 tsp salt
- 1 tbsp caster sugar
- 430 ml buttermilk

Method

1. Preheat the oven to 200°C. Dust a baking tray with a little flour.
2. Sieve the flour, bread soda and salt into a large bowl, then add the caster sugar and mix. Make a well in the centre of the flour mix and add the buttermilk.
3. Using one hand in a claw shape, gently mix everything together, working from the sides of the bowl. The dough should be soft and wet but not too sticky. Once it comes together, pour it out onto a well-floured worktop.
4. With floured hands, shape the dough into a round without overworking the dough. Place the round loaf on the baking tray, cut a deep cross across the top and bake for 25 minutes. Remove the loaf from the oven, turn it over and put it back on the tray and continue to bake for an additional 10 minutes. The bread is done when it sounds hollow when you tap the bottom. Leave to cool on a wire rack.

Like all good homemade soda bread, it needs to be consumed within 24 hours



Orange and Almond Cake

(Gluten Free Cake)

Ingredients

- 2 Oranges
- 225g Sugar
- 250g Ground Almonds
- 6 eggs
- 1tsp Gluten free Baking Powder
- 2tbs Flaked Almonds

Method

1. Preheat the oven to gas mark 5/190 C/170 C Fan/375 F Butter and line a 22cm /8-inch springform cake tin.
2. Put the oranges in a pan with some cold water, bring to the boil, partially cover with the lid, and cook for approximately 2 hours or until the oranges are soft. Remove the oranges from the water and allow to cool. When cool, cut each orange in half and quarters and remove the piths (they give the cake a bitter flavor). Place the oranges in a blender (or by hand) and blitz to a smooth pulp.
3. In a separate bowl beat the eggs and sugar until white and frothy. Add the ground almonds and baking powder and finally fold in the orange pulp.
4. Pour the cake mixture into the prepared tin and sprinkle flaked almonds on the top of the cake. Bake for one hour when a skewer will come out clean; you will probably have to cover the cake with greaseproof paper after about 40 minutes to prevent the top from burning
5. Remove from the oven and allow to cool, on a rack, but still in the tin. When the cake is cold you can take it out of the tin.

Be Safe with the Seniors Alert Scheme

The Seniors Alert Scheme provides funding for a free personal monitored alarm for people aged 65 and older and of limited means. The scheme is intended to support older people to live securely and independently in their homes.

The Seniors Alert Scheme is administered by Pobal, a not-for-profit company that manages programmes on behalf of the Irish Government and the EU.

You must contact a community or voluntary group in your area who are registered with Pobal to access the scheme (see 'How to apply' below along with the relevant contact for your local area).

Eligibility

You must be aged 65 or over and have limited means or resources.

You must also be any of the following:

- Living alone
- Living alone for significant periods of time during the day
- Living with someone who meets the criteria
- Caring for someone else in your household

You must live in the area covered by the registered group administering the funding and be able to benefit from the equipment being supplied. You also need to be willing to keep contact with the registered group.

Cost

Equipment and installation under the scheme is free. The alarm monitoring service is free for the first year. After the first year, you will be asked to pay the annual monitoring fee.

The annual monitoring fee will vary by service provider and the type of alarm or pendant supplied. Your local group can tell you about the cost in advance.

If there is no suitable landline available in your home and a mobile signal is used to connect to the equipment, you may have to pay a fee for mobile SIM rental.

Groups Registered for the SAS in Co. Kildare

NB: This information is in relation to the Seniors Alert Scheme only and should not be used for any other purpose.

Legal Name of Organisation	Organisation County Area Coverage	Organisation Town Area Coverage	Contact Name	Contact Tel. No.
Athy and District Care of the Elderly	Kildare	Athy	Mary Walsh	059 8638 187
Athy Community and Family Centre Ltd.	Kildare	Athy	Victoria Kavanagh	0598632899
Balyna Rural Enterprise Development Association Ltd.	Kildare	Kildare - North Kildare, Maynooth, Kilcock, Clane	Irene Hurley	046 9541941
Caragh Court Residents Association, Naas.	Kildare	Naas.	Brian Dempsey	045 881371
Celbridge Community Council	Kildare	Celbridge, Straffan, Ardclough, Leixlip	Mairin Hyland	01 6271 248
Curragh P.R.I.D.E. Family Resource Centre	Kildare	Curragh, Brownstown, Ballysax, Ballyshannon, Suncroft, Athgarvan, Kilcullen, Kildare town	Christine Furlong	045 456883
Family Carers Ireland (Naas)	Kildare	Co. Kildare	Mary Fitzsimons	01 6705976
Lions Club International Kilcullen Branch	Kildare	Kilcullen	Jim Kiely	086 0692544
Kilcullen Garda District Text Alert	Kildare	Kilcullen	Alan O'Grady	086 7809700
Kilmead Booleigh Community Alert	Kildare	Kilmead/ Kildare	Martin Miley	087 7995455
Leixlip Park Residents Senior Alert Scheme	Kildare	Leixlip	Seamus Anderson	01 6245 860
Lullymore, Barnaran, Drumsru & Cappanagrid Community Alert	Kildare	Rathangan	Valentine Cross	086 2303 374

Maynooth Senior Citizens Committee	Kildare	Maynooth LadyChapel	Josephine Moore	087 9002296
Milltown District Community Text Alert	Kildare	Milltown	Mary O'Reilly	087 2989 409
Muintireas Prosperous	Kildare	Prosperous	Anne Garry	045 8686 41
Naas & District Community Alert	Kildare	Naas & District	Larry Breen	045 897445
Newbridge Family Resource Centre	Kildare	Newbridge	Eilish Kenny	045 438 173

Important and Useful Contact Numbers

Emergency Services:	Ambulance, Fire, Gardai	112 or 999
Emergency Departments	Connolly Hospital:	01 646 5000
	Tallaght Hospital	01 414 2000
	St. James' Hospital	01 4103000
	Naas Hospital	045 897221
	Clane General Hospital	045 868004
	St. Vincent's, Athy	0507 31614
GP	K-Doc Naas	045 848 701
(Out of Hours Service)	K-Doc Celbridge	1890 599 362
	North Kildare Doc	01 953 9333
Alcoholics Anonymous	Support service	01 453 8998
Alone	Support for Older People	0818 222 024
Aware Helpline	Support line for depression	1800 804 848
Citizens Information Services	3 Emily Row, Offaly Street, Athy	0818 07 8260
	Dublin Road, Maynooth	0818 07 8100
	Basin Street, Naas.	0818 07 8280
	Cutlery Road, Newbridge	0818 07 8300

Crime Victims Helpline	Confidential support to victims	Freephone 116006
Drugs Information		1800 295 295
Health Board		045 897 001
M.A.B.S.	Harbour View, Kilcock	0818 07 2590
(Money Advice/Budgeting)	Henry Street, Newbridge	0818 07 2600
Men's Aid Ireland	Confidential support for men	01 5543811
Pieta House	Help with suicidal distress	1800 247 247
Samaritans	Emotional Support Service	Freephone 116 123
SDCC	Support for people cocooning	1800 240 519
Social Welfare Services	Newbridge Athy	045 432 443 0507 31138
St. Vincent de Paul	Provides a variety of support for people who are experiencing any form of poverty	01 855 0022
Women's Aid	Support for victims of domestic abuse	1800 341 900
Women's Refuge	Support for victims of domestic abuse	01 867 0701

Answers

Brain Teaser 1

- | | | |
|-------------|----------|-----------------|
| 1. Limerick | 5. Boyle | 9. Stepside |
| 2. Ennis | 6. Knock | 10. Letterkenny |
| 3. Carlow | 7. Athy | |
| 4. Belfast | 8. Bray | |

Brain Teaser 2

- | | | |
|-----------------------------------|------------------------------------|-----------------------|
| 1. Signs of the Zodiac | 6. Days in September | 11. Days of Christmas |
| 2. Cards in a deck (with jokers) | 7. Blind Mice (see how they run) | 12. Shades of green |
| 3. Planets in the Solar System | 8. Years in a decade | 13. Weeks in the year |
| 4. Days in Lent | 9. Days in February in a Leap year | |
| 5. Holes in a golf course | 10. Gifts of the Holy Spirit | |

A Special Word of Thanks

We would like to thank Mr. John Malone, Chairman of the Kildare Age Friendly Alliance and Kildare's Age Friendly Ambassador, Mr. Ted Walsh, for their contributions and for acknowledging the work of Kildare OPC Executive and its Chairperson.

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We hear your voice,
We listen to your voice,
We are your voice.