

Connecting *the* Faithful

Newsletter | 18 May 2020

Issue 2

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TG4 WATCH OUT

World Cup Gold will broadcast on TG4 every Friday evening at 7.30pm. Viewers will be able to take a nostalgic trip down memory lane

RIDDLE

What month of the year has 28 days?

Answer from the last issue an egg

Dear all,

Welcome to this the second edition of our fortnightly newsletter connecting the faithful. In this edition, we hope to build on our first issue with the second and final part of the sports partnership chair work out series. We have important crime prevention advice from Sergeant Graham Kavanagh. We hope you enjoy our Humans Of Offaly piece sent to us from Paula Nolan. We would love to hear from you. Your stories and experiences of this particular time and of times gone by. How are you staying busy, keeping active and most important staying connected? We will be publishing some of your stories in the upcoming editions. Please send your stories by post to Bridie Costello Hynes, Offaly County Council, Aras an Chontae, Charleville Road, Tullamore, Co Offaly.

Q. Are there any supports that are needed over the next few months while cocooning and limited movement remains in place?

Phone or Text: 0871198591 or email the Age Friendly Coordinator bcostellohynes@offalycoco.ie

RENEWING YOUR MOTOR TAX

Did you know that you can renew your motor tax by post or online?

If you wish to renew by post, please complete and return the renewal form and remember to include the payment details for the relevant tax period (3, 6 or 12 months). If you need clarification regarding arrears or have any other motor tax related query, please contact Offaly Motor Tax office on 057 9346800 or email motortax@offalycoco.ie and a member of our team will be happy to provide you with relevant information. Completed applications have a turnaround time of 1 working day and discs are issued from the Motor Tax Office in Tullamore.

If you wish to renew on line please visit www.motortax.ie and enter your vehicle registration number and PIN. The PIN is the last 6 digits of your vehicle registration book (located on the top right hand corner on the front cover). Please allow up to 7 working days for your tax disc to arrive in the post.

**Cover photo credit: Paul Moore*



Comhairle Chontae Uíbh Fhailí
Offaly County Council



Offaly Sports Partnership

Home Workout 2

This physical activity handout includes some gentle exercises that can be completed on a daily basis. As with workout 1 the exercises will help maintain your mobility, strength and balance. All exercises can be done while standing or sitting. We hope you enjoy our 2nd workout. The Warm up and Cool down are the same as Workout 1 with new exercises included for the main activity. Remember to go at your own pace, breath normally, stop if you feel unwell and enjoy it .

Step 1 - Warm Up

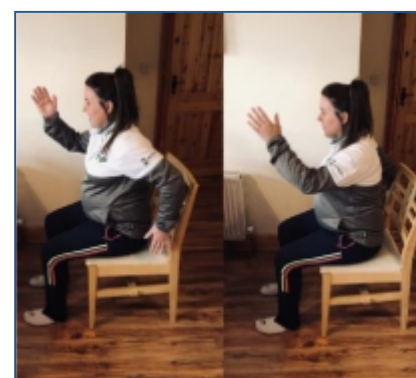
Chair/Standing March

1. Begin a marching action by raising your right foot and placing it down and then raising your left foot and placing it down.
2. Find a rhythm that is comfortable for you & continue for up to 60 seconds.



Arm Swings

1. Place your feet flat on the floor directly below your knees
2. Keep your elbows bent and swing your arms from your shoulder
3. Move your arms back and forth to a rhythm that is comfortable for you & continue for up to 60 seconds



Body Twist

1. Place your left hand on your right knee and your right hand behind you on the back or side of the chair
2. Keeping your back upright, slowly turn your upper body and head towards your right arm
3. Hold for up to 10 seconds and slowly turn back to starting position
4. Repeat on the opposite side & repeat 3 times on each side



Chest Stretch

1. Reach behind you with both arms and aim to hold the back of the chair
2. Press your chest forwards and upwards until you feel a stretch across your chest
3. Hold for up to 10 seconds & repeat 2 more times



Leg Stretch

1. Slide forward on the chair and straighten your right leg out in front with your heel to the floor and your toes pointing to the ceiling.
2. Place both hands on your left thigh for balance. Slowly lean forwards while keeping your back straight and chest out.
3. Stop when you feel a comfortable stretch in the back of your right leg, hold for up to 20 seconds and then repeat on the left leg.



Step 2 - Main Exercises

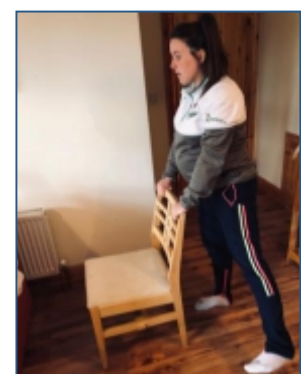
Overhead Press

1. Start by bringing your hands to shoulder level with your hands facing upwards.
2. Raise both hands above your head at the same time ensuring you keep your elbows tucked in.
3. Lower your hands to shoulder level and repeat the movement for 30 seconds.



Side Leg Raises

1. Start with feet together, lift leg out to the side of your body.
2. Bring your leg back to the starting position.
3. Repeat movement 10 times with each leg.



Lateral Arm Raises

1. Start with your arms straight by your sides.
2. Raise your arms out to your sides to shoulder level and then lower arms to your sides again.
3. Repeat for 30 seconds.



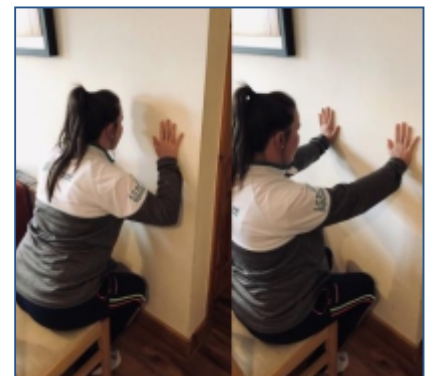
High Knees

1. Start by raising your arms out in front of you.
2. Lift your right knee up to your right hand and lower back down.
3. Repeat on the left leg and continue for 30 seconds.



Chest Press

1. Tuck your arms and elbows close to your side to start.
2. With your arms push yourself away from the wall.
3. Slowly bring your chest back to the wall while keeping your elbows tucked into the sides.
4. Repeat for 30 seconds.



Step 3 - Cool Down

1. Cooling down after exercise allows your body to safely return to its normal resting level.
2. Cool down by repeating the exercises from the warm-up section at a gentle and comfortable pace.



Healthy Ireland
at your Library



Word search

B	R	M	T	U	P	V	C	X	L	M	T
O	L	S	E	W	O	M	R	I	E	O	U
P	K	R	Z	C	L	A	R	A	X	W	Z
M	R	T	A	V	L	C	O	R	C	B	L
T	U	B	C	D	A	I	N	G	E	A	N
R	C	V	L	I	G	O	U	B	I	R	R
C	Z	E	M	N	H	P	O	L	Z	Q	T
K	V	D	C	X	D	E	G	F	H	K	L
M	I	E	N	R	H	O	D	E	P	R	I
V	C	N	L	I	F	R	C	R	M	U	C
R	C	D	N	B	K	L	I	B	E	I	O
U	I	E	M	I	A	C	R	A	K	Z	O
O	V	R	K	T	T	Z	R	N	B	A	L
T	K	R	M	S	V	Y	A	E	I	O	D
U	J	Y	L	M	K	D	C	R	E	X	E
M	C	N	V	B	I	K	L	T	C	A	R
T	U	L	L	A	M	O	R	E	V	B	R
A	E	I	O	U	R	Z	T	H	I	C	Y
R	A	C	L	A	R	E	E	N	C	I	Y
V	G	H	I	U	T	X	C	B	O	U	N

POLLAGH CLARA RHODE CLOGHAN KINNITY TULLAMORE
CLAREEN BIRR MONEYGALL FERBANE COOLDERRY

Local Link Laois Offaly continue to run services while abiding by the current restrictions put in place by our government. Please feel free to give us a call on 057 8692168 and find out what services we have for your area

Quiz Time

Geography

1. Where would you find the Sea of Tranquility?
2. What type of bird of on Mexico's flag?
3. What river flows through Paris?
4. What is the most northern capital in Europe?
5. What is the longest mountain range in the world?
6. Which county in Ireland has the shortest coastline?

Answers: 1. The Moon 2. An Eagle 3. Seine 4. Reykjavik 5. Andes 6. Leitrim

Recipe: Quiche

Ingredients:

1 packet ready-made shortcrust pastry
4 teaspoons of olive oil
1 large onion, sliced thinly into half moons
225g / 8 oz. of sliced mushrooms, try a mixture of edible varieties
½ teaspoon salt
¼ teaspoon freshly ground black pepper, to taste
¼ teaspoon dry mustard
1 tablespoon of chopped fresh thyme leaves or 1 teaspoon of dried thyme
6 medium eggs. 3 whole and 3 just whites
255g / 9 oz. of evaporated fat-free milk, not condensed milk
75g / 2½ oz. of low-fat cheddar cheese, grated

Method:

Preheat the oven to 200oC/gas mark 6/400oF and grease the dish.
Press the pastry into the dish and bake for 9 minutes. Allow to cool before adding the filling
To prepare the filling, heat 2 teaspoons of oil in a large nonstick pan over a low heat
Add the onion and cook, stirring occasionally, until golden brown and caramelized, about 15 minutes
Transfer the onions to a bowl
Add the remaining 2 teaspoons of oil to the pan and heat over a medium-high heat
Add the mushrooms, stirring occasionally, and cook until they begin to brown, about 6 minutes
Add the onions back to the pan, stir in the salt, pepper, mustard and thyme
In a medium bowl whisk together the eggs, egg whites and evaporated milk
Sprinkle the cheese into the pastry case
Top with the mushroom-onion mixture and pour the egg mixture on top
Reduce oven temp to 180°C/350°F/Gas Mark 4
Bake for 40 minutes or until knife inserted in the middle comes out clean

OFFALY COUNTY
LIBRARY

Offaly County Library Services Book Review and Recommendation

Staff Member: Clare McEnroe

Hi my name is Clare. I work in Tullamore Library and I would like to recommend a book that I have just read. It is by the award winning Irish author Mary Costello and the title of the book is "The China Factory". This book is a series of 12 short stories examining everyday life and relationships. Costello is adept at taking a look at the darker side of relationships and their complexities. Her writing is subtle but emotive, sinister but also kind. She has also written Academy Street an award winning novel and her most recent release The River Capture which can be found on Borrowbox. I hope you enjoy these books as much as I have. Mary Costello is truly a great writer and gives great insights into the human condition

Bees

If you have managed to get out for a walk close to home lately, you will have noticed the unmistakable hum of Bees filling the hedgerows and gardens. With less traffic and pollution now is the time to think about encouraging the humble Bee back to our Gardens!

You can find out much more about bees and their important role in our eco system, I'd recommend having a browse through Borrow Box and RBDigital via our Online Library service

<https://www.offaly.ie/eng/Services/Libraries/Digital-Library/>

Bees play an important role in ensuring the flowers, fruits and vegetables in your garden thrive, bees are of enormous importance on a national and global scale. "70 out of the top 100 human food crops, which supply about 90 percent of the world's nutrition, are pollinated by bees." By having a garden, you are already doing positive work to help create a welcoming habitat for bees, and you benefit too. Water - Like us, bees and butterflies need sources of water for drinking and bathing to be left throughout your garden. Another suggestion is wet sand.

Tips and more can be found on www.gromor.ie

Coronavirus (COVID-19): Crime Prevention Advice on Distraction Burglaries / Bogus Callers

At this time, we would like to remind our communities that in addition to protecting our health and wellbeing we should also be mindful of our own security. Opportunist criminals may exploit the spread of Coronavirus (Covid-19) to take advantage of vulnerable people. Distraction burglaries, bogus callers, rogue traders, online and telephone frauds are just some of the crimes we should look out for.

We can prevent and reduce distraction burglaries/ bogus callers/ rogue trader crimes by following these simple tips:

- Are you expecting callers? If not, look out the window to get a good view of the caller.
- Have a viewer fitted in your door? You are safer behind a closed door.
- Have a door chain / limiter fitted
- Make sure your back door is locked before you answer the front door.
- If you are going to engage, ask for ID - a genuine caller won't mind!
- Don't be embarrassed to tell the caller to leave their contact details and make an appointment.
- Use recommended tradespeople; avoid using the services of cold callers.

The basic rule is if you do not know the person at your door, you should not let them in. If you are anxious contact your local Garda station via telephone at this time. Never be embarrassed or ashamed to contact the Gardaí. If the crime is happening dial 999 or 112, otherwise telephone your local Garda Station.)

Sergeant Graham Kavanagh, Crime Prevention Officer, Laois Offaly Garda Division, Abbeyleix Road, Portlaoise, County Laois. R32XW68
Tel: 0578674112
Email: graham.b.kavanagh@garda.ie

Humans of Offaly Paula Nolan

Mollie Kelly, Age 84, Keilleigh, Tullamore

"I never dreamt this would ever come to here that people can't come in. It's just unreal. Please God will we get over it with a bit of prayer. I'm praying all the time but not any more than usual. I say my rosary every morning and watch mass on the tele, something I never did. It's on at 10.30am from Letterkenny and its lovely. In normal times, I'd go to Killeigh mass most days at 10am and other days I go to 7:45am mass in town.

I find it hard not being able to go where I want but am luckier than most. I can drive but don't get out of the car in case I meet someone and get talking. I'm nervous with this virus and haven't gone into a shop since it came. My daughter Bridgie does the shopping for me and leaves it at the gate and I make bread for myself every day. I never remember anything as bad as this. Even in the war, we could at least go about our business and go in and out of people's houses. Our house was always a rambling house. I do remember that we didn't have enough to eat. We had ration books and people had no money. We couldn't get porridge or bread. I remember my mother bringing home a white loaf when the war was over and I'll never forget how good it tasted.

My neighbours are fantastic. I always have up to fourteen callers every day. The door is always open from 6:30am every morning until I'm going to bed. I could have my first caller around 7am and that could go on until 2 or 3 in the morning.

A friend of mine came in here one evening at 5:15pm and at 20 to 3 in the morning he said "Mollie you better go to bed" and I said "I will if you would go home!" I have my regular stream of visitors but now they can't come in. They still come every day though and talk to me from the gate. Even on Mother's Day I had callers to wish me a happy Mother's Day. I'm very lucky. Three of my neighbours are my great granddaughters and I love them.

Five years ago I got cancer. Professor Reynolds asked me if I would go in to hospital two weeks before Christmas and be out in time for Christmas. I said no I wouldn't. He couldn't believe it and reminded me of how hard it was to get into James's. My reply was this, "I have three great grandchildren and I open the door for them every Christmas morning for Santa. I'm opening it this year and if I die after it I couldn't care less". He laughed and said, "well that's the best answer I've ever got". Their mother Edel rings me every Christmas morning when they are awake and I come down and sit in the living room. I see their reaction every Christmas morning when



they see their toys. It's a tradition we have been doing since Fiadh came along and I wouldn't miss it.

My husband Paddy died 11 years ago in February. I found him dead in bed. He wasn't well that week. He had buried his brother on the Monday and he was dead himself that Thursday. He had a dog that went everywhere with him and when he was coming through the door that Wednesday evening he said to the dog "won't she be good to you now?". That kept ringing in my ears. I couldn't understand why he said that. He was on oxygen every night for a couple of years. He would have a machine and there would be wires all over the floor. He slept in the far room and he would have the oxygen machine put away every morning and the light on so I wouldn't fall over it. When I'd see the light on, I'd bring him down his breakfast and a cup of tea.

The night before he died, I went down and gave him his tablets and a cup of tea as usual. This night however, he caught my two hands and said "Mollie, I'm very happy" and I said back to him "Paddy, so am I". We were 56 years married and 58 years together. When I got up the next morning the light was on. Everything was put away and Paddy was lying in the bed. I called him and he didn't answer but he was a bit deaf so I rubbed his arm. He was still warm. "Paddy, here's your tea" I said. When there was still no answer, I eventually realised that he was gone. He had only just died.

He was buried on Valentine's Day and Fr Coonan said to me that I got the nicest Valentine's wish I ever could have got with his last words to me. Knowing that he was very happy before he died helped me a lot".

Healthy eating during COVID-19

From: Shared by Healthy Offaly published by Healthy Ireland

Each week the Healthy Offaly team will be offering advice and tips on how to mind our physical and mental health these uncertain times. Our routines are affected by the COVID-19 outbreak in different ways. During difficult times like this, it's more important than ever to look after our general health and eating well is a huge part of that. You may be eating more than usual or finding it difficult to decide what to cook, so we have pulled together advice and ideas from our trusted partners to help us all through this time.

Over the new seven publications all the following topics will be covered:

1. Healthy eating routine tips
2. Quick meals
3. Snacks
4. Takeaways
5. Older people
6. Cooking with children
7. Food safety



Healthy
Offaly

Healthy eating routine tips:

Keeping to some sort of schedule each day will help stave off boredom which may have you grazing on easily accessible foods all day. Such structures are also good for children who may be out of their usual routine.

- Try to keep to regular times for 3 meals and 2-3 snack breaks a day
- Set an alarm on your phone for the first few days to remind you to keep to these routines
- Try to pick healthier foods if you can. Use the food pyramid as a guide
- Put a reminder or note on the fridge and treats cupboard to make you think twice before eating outside of mealtimes

Useful Contacts

Dedicated Offaly Support Helpline: 1800-818181

HSE Advice Line: 1850-24-1850

Alone: 0818-222024

Birr Garda Station: (057) 9169710

Tullamore Garda Station: (057) 9327600

Edenderry Garda Station: (046) 9731290

Contact us



Bridie Costello Hynes - Offaly PPN Resource Worker & Age Friendly Co-Ordinator.
Email: bcostellohynes@offalycoco.ie

Emma McLoughlin - Offaly County Council.
Email: emcloughlin@offalycoco.ie

Caillene Loughnane - Offaly PPN Support Worker.
Email: cloughnane@offalycoco.ie

Postal Address: Bridie Costello Hynes, Offaly County Council, Áras an Chontae, Charleville Road, Tullamore Co. Offaly.