

Connecting *the* Faithful

Newsletter | 21 August 2020

Issue 5

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RIDDLE

What goes up but never comes down?

Answer from the last issue: A Clock

Dear all,

Welcome to the fifth edition of our newsletter Connecting The Faithful. Offaly Libraries have provided us with another book review for this issue. We have included some pictures of events which took place in 2019. Also please enjoy some photographs of some of our communities in action over the last few months. The contribution from Healthy Offaly considers the needs of older people in our communities who may be restricting their movements.



Brought to you by: Offaly County Council, Offaly Public Participation Network, Offaly Age Friendly Alliance and Local Community Development Committee.

**Cover photo credit: Paul Moore*

Age Friendly Workshops & Networking Events

The Dental Hospital Workshop Tullamore Court. Other workshops on the day were the Dementia Ireland and the Midland Regional Hospital Frailty Team



Bracknagh 'Communities Together Yet Apart.'



Edenderry 'Communities Together Yet Apart.'



The Activator Poles



Here the Activator Poles are in use at Age Friendly Offaly and Pullogh come try events. The poles are part of the programmes rolled out by Offaly Sport Partnership.

Go For Life Regional Finals





Offaly County Library Services Book Review and Recommendation

Staff Member: Claudia at Clara Library
Title: The mistake I made By: Paula Daly

I really enjoyed this book. Paula Daly's writing reminds me a little of Liane Moriarty and I like the way she develops her characters. This book is about Roz, a single mother who doesn't get much financial support from her ex-husband and is struggling financially. She is offered a way to make some money that will get her out of her financial woes and she struggles with the idea. At first, it seems she is worried over nothing, but then things start to unravel and become far worse than she could have ever imagined. Overall a great read, easy, fast-paced and thrilling.



Moonlight, Summer Moonlight by Emily Jane Brontë

'Tis moonlight, summer moonlight, All soft and still and fair; The solemn hour of midnight Breathes sweet thoughts everywhere, But most where trees are sending Their breezy boughs on high, Or stooping low are lending A shelter from the sky. And there in those wild bowers A lovely form is laid; Green grass and dew-



Best known for her haunting classic novel Wuthering Heights, Emily Jane Brontë also published poetry under the pseudonym Ellis Bell. Please find Wuthering Heights and many more works by Emily Jane Brontë on our Borrowbox app through the link on our digital library <https://www.offaly.ie/eng/Services/Libraries/Digital-Library/>

Great Houses and Gardens of Ireland to visit this year or at a later time

Part two of the great houses and gardens of Ireland to visit. We hope you enjoy the read and find inspiration to plan a trip now we all have the green light to go. Enjoy!

Wells House & Gardens Gorey, Co. Wexford

Built in the late 1600s, Wells House was reimagined in the Tudor Gothic style by English architect Daniel Robertson in the 1830s. On a guided 'living house' tour of the stunning upstairs and downstairs rooms, experience real life in a Victorian Great House through the eyes of Lady Frances and the residents of the estate. Outdoors, relax in the beautifully restored terrace gardens, enjoy two wonderful woodland walks or get active in the adventure playground and animal farm and try falconry at your leisure! You can also shop for unique, handmade treasures in the craft courtyard.

Gash Gardens Castletown, Co. Laois

Noel Keenan was a dairy farmer with a big dream. In the mid-1980s, he began to transform 4 acres of grazing farmland into a creative garden alongside the River Nore near the picturesque village of Castletown. Today his daughter Mary and her husband Ross welcome you to view Gash Gardens' sweeping borders with their imaginative blend of vibrant and unusual planting, still ponds and meandering streams. You'll find peace as well as enjoyment in this thoroughly charming garden.

Powerscourt Estate Enniskerry, Co. Wicklow

Powerscourt's Palladian-style mansion commands a hilltop position against the backdrop of the Sugarloaf Mountains. A sweeping terrace on the mansion's south side opens onto a breath-taking ornamental garden & lake set within a beautiful estate that is home to Ireland's highest waterfall at 121m.

Crossword

Heritage Ireland Sites

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

Clonmacnoise
Glendalough
Trim Castle
Hill of Tara
Rock of Cashel
Muckross House
Skellig Michael
Kilmainham Gaol
Iveagh Gardens
Phoenix Park
Farmleigh House
Charles Fort

Quiz Time

General Knowledge

1. In which year did Michael Flatley and Jean Butler stun the continent with their Eurovision Riverdance performance?
2. Which politician served three terms as Taoiseach, finally leaving the post for the final time in February 1992?
3. Which English band's music featured heavily in the best-selling soundtrack of the 1977 film Saturday Night Fever?
4. What was Al Capone's nickname?
5. In golf, a sharp bend in the fairway is called?
6. Which of these countries produces most of the world's diamonds?
7. Paprika is the predominant spice in which Hungarian meat and vegetable stew?
8. Joan Collins played who in Dynasty?

Shannonbridge Community Service Group



Healthy Ireland
at your Library

2019 Age Friendly Housing Showcase



Great opportunity to learn about supports and services

Recipe

Creamy Mushroom Pasta

125g of wholewheat fusilli or penne pasta
1 tablespoon of olive oil
1 garlic clove
150g of mushrooms (chestnut or ordinary)
225ml of low sodium vegetable stock
A good pinch of dried oregano or ½ a teaspoon of fresh oregano leaves
The juice of ½ a lemon
125g of light cream cheese
125g of young spinach leaves
sea salt and freshly ground black pepper to taste

Method:

Cook the fusilli or penne in a pan of boiling water with a pinch of salt for 10-12 minutes or according to packet instructions.

Peel the garlic and use a garlic press or grate on the fine side of a box grater. Trim the mushrooms and using a small sharp knife, cut into slices. Heat a large non-stick frying pan or wok over a medium heat. Add the oil and swirl it up the sides. Tip in the garlic and stir-fry for 10 seconds, being careful not to let it brown too much. Tip in the mushrooms and season with a little salt and black pepper. Cook for another 6-8 minutes until the mushrooms are tender, stirring regularly with a wooden spoon. Pour the stock into the pan and allow to bubble down, then sprinkle over the oregano and add a good squeeze of lemon juice. Bring to a simmer and cook for 5-10 minutes until the liquid has reduced by half. Stir in the light cream cheese and then add the spinach, fistfuls at a time until all wilted. Cook for another minute or two to combine.

Drain the pasta and return to the pan, then gently fold in the creamy mushroom and spinach sauce. Divide among wide rimmed bowls and garnish with a little more freshly ground black pepper to serve.

About this Recipe

The mushroom and spinach sauce would keep well in an airtight container for up to 3 days in the fridge. Mushrooms are a low calorie vegetable that is a good source of protein!



Healthy eating during COVID-19

From: Shared by Healthy Offaly published by Healthy Ireland



Healthy
Offaly

Welcome to part 4 of the Healthy Eating series where each month the Healthy Offaly team will be offering advice and tips on how to mind our physical and mental health in these uncertain times. This month we are considering the older people in our community who may be limiting their movements outdoors or availing of help from a relative or volunteer.

- Here are some simple tips to help maintain a healthy eating routine during this time:
- Follow a routine - 3 meals and 2-3 snacks. Use the Food Pyramid as a guide
- Your body needs some protein at every meal - good sources are meat, chicken, fish, beans and peas, nuts and seeds and eggs
- Have family or friends looking after you to get fresh food whenever they can but also add in a few of these longer life foods for your store cupboard - tuna and sardines, baked beans, cartons of chicken soup or cans of lentil soup, tinned and dried fruit, dessert rice, and custard powder
- Dinner doesn't always have to be meat and 2 veg, some days it is fine to have beans, scrambled eggs or tuna mixed with sweetcorn and light mayonnaise on toast
- Ask the person who is helping you with groceries, to leave a litre of milk every second day and try to have half it daily - on cereal, in teas and coffees, as a drink with snacks and dinner and as a dessert-custard or rice pudding. You need calcium for your bones
- If you are looking after someone who is cocooning remember that they are more vulnerable, so precautions must be taken to ensure their safety.



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



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