

How to make pomanders

1. Take an orange and stud it in any design with some cloves.



2. Put some nutmeg in a paper bag and put the orange in the bag, shake around.
3. Leave in a warm dry place such as the hot press for three weeks.
4. Display your pomanders in a bowl to appreciate the aroma.



Dear Friends,

Welcome to our *Autumn Newsletter 2011*. As the weather is getting a little colder and the nights longer we have included some useful articles for this time of year. These articles include our report on the *Age Action AGM* held in *Croke Park*, "Carers there for you and your family at every occasion", hints on seasonal vegetables for winter and how to make pomanders.

We hope you enjoy reading our latest newsletter.

Thank you for your continued support.

Elizabeth Nicholson
MANAGING DIRECTOR



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Managing Director

Age Action AGM

Private Home Care exhibited at the *Age Action's AGM* on the 24th June 2011 in the *Croke Park Conference Centre*. *Anne Marks* (Client Manager), *Margaret Behan* (Nurse Manager) and *Anna Lloyd* (Marketing) attended to talk with the 200 hundred *Age Action* members about the services *Private Home Care* provide. The Minister for Older People *Kathleen Lynch* was the keynote speaker at this year's AGM. Chief Executive *Robin Webster* shared that *Age Action* served 30,000 older people last year. The issues raised by members to the minister included; the government need to do more to protect vulnerable older people and the whistle blowers who are protecting vulnerable older people.

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Age Action
IRELAND

For All Older People



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Other areas of concern were, the lack of government priority on the regulation of community services for older people, older people having to choose between food and fuel this winter because of cuts and that the free travel for OAP's may next to be cut. Age Action was very happy with the day due to the energy and interest from the members.

Carers, there for you and your family at every occasion...



Bringing your baby home from hospital.

If you have an injury.

Companion carers to go with you to hospital, the doctor and other appointments.

When you are coming home from hospital.

Support for a few hours when you need it most, assisting you getting up, showered, dressed and preparing your breakfast. Helping you get ready for the day.

Special days e.g. weddings, birthdays and anniversaries. A carer can be booked for a child or adult who need assistance.

If you are the main carer for a family member why not have a break by booking a companion carer. This allows you to go shopping, attend appointments or just have a well deserved break.

24/7 Care.

Assistance with domestic duties.

Seasonal Vegetables for Winter

Winter is the season for root vegetables. Carrots, parsnips, turnips, swede, celeriac and sweet potatoes are all included in this grouping. They are perfect for making soups, casseroles and stews and as an accompaniment for roast meats and cooked fish.



Carrots are good source of beta carotene, which our bodies turn into vitamin A and vitamin A is important for seeing in dim light. Carrots can be boiled, baked, fried, mashed, juiced, grated into salads or made into puddings, cakes, pies and croquettes. They are delicious eaten raw.



Parsnips are delicious either roasted or boiled and mashed with a pinch of mace or nutmeg. When buying parsnips make sure they are smooth and firm. Avoid the soft or shrivelled ones because they can be tough and stringy.



Turnips have a peppery flavour- try steaming young turnips, grating them into salad or peel, dice and boil older turnips. Turnip mash can be delicious mixed with other mashed vegetables, such as parsnips, carrots or potatoes.



Beetroot is a colourful sweet root vegetable. It can be pickled and added to salads, fried, baked or used to make soup. Beetroot is also a source of folic acid and contains potassium, magnesium and iron as well as vitamins A, B6 and C.

Don't forget we should eat at least **five portions of fruit and vegetables each day**. It is better to eat as wide a variety as one can as this helps to get a range of nutrients. **Try out a different root vegetable today.**



Dried Fruit

Dried fruit as well as fresh, tinned and frozen varieties all count towards your five a day target. A portion of fresh, frozen or tinned fruit is roughly 80g. A portion of dried fruit is less than this at around 30g, because their water has been removed. 30g of dried fruit is roughly one heaped tablespoon of raisins, currants or sultanas, one tablespoon of mixed fruits, two figs, three apricots or one handful of dried banana chips. As dried fruit contains more sugar than the same weight of non dried fruit it is better for your teeth to have it at mealtimes when other foods can help to lessen the effect of sugar on your teeth. **Written by the Irish Association of Older People**