

AgeingMatters

in Ireland

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AgeAction

For all older people



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■ Fine Gael leader Enda Kenny TD addressing the media during the General Election. Photo: Barry Cronin.

Opinion

Our commitment to you



Eamon Timmins

It's difficult sometimes to believe that every cloud has a silver lining. The Irish charity sector has been rocked by the recent controversies in the Console and St John of God charities.

There is a real risk that the fallout from the scandals will affect hundreds of unrelated charitable organisations and the thousands of people they help each day.

Only time will tell the extent of the damage, but in the wake of controversies at the Central Remedial Clinic and Rehab in 2014, charities reported drops of 20-50 per cent in their public donations with a knock-on impact on their work.

It's understandable that the public may temporarily lump all charities together and question their integrity. However, when the dust settles and the public look a little closer they will realise many are well-run, transparent and worthy of support.

The Console scandal broke a few weeks after Age Action's AGM in June. Each of our members was sent a copy of our 2015 annual report in advance of the meeting. Members signed off on the annual report, which we then published on our website for the world to read.

The report shows where every euro we received came from during 2015, how it was spent and the impact of our work.

Shouting from the rooftops

We cannot allow scandals in other organisations to tarnish our work. Instead, we must shout about our work from the rooftops and encourage more people to learn about what we are doing.

We need to reassure our members, volunteers, staff, supporters and service-users that we greatly value the trust they place in us. We are committed to running Age Action in a way that is transparent, that is ethical and that does not simply meet standards of good governance, but surpasses them.

Our internal accounts are regularly scrutinised by the Finance and Audit Committee of our Board. They are examined by the full Board every quarter. Our annual accounts are independently audited by Mazars, one of Ireland's leading financial services companies.

Age Action's Board members are all volunteers and receive no payment for being directors. Our staff and volunteers are Garda vetted. There is no bonus scheme, there are no company cars and there are no special pension arrangements.

The current controversy surrounding other charities is deeply frustrating. However, we need to take the opportunity to reassure you of our commitment to run a well-managed, transparent, charity – one worthy of your continued support.

Eamon Timmins

Taoiseach – Keep your promise

Age Action's pre-budget submission to the Department of Social Protection has urged the Government to keep its promise to increase the State Pension by €5 a year.

This is the first of a number of submissions Age Action will be making in the coming weeks to other Government departments, including the Department of Health where the focus will be on supports for community care.

Fine Gael promised in its manifesto to increase the State Pension by €25 over a full term of office, which works out at €5 a year.

But in a worrying development this commitment was missing from the Programme for Government, which merely committed to increase the pension above the rate of inflation.

"This is about keeping a promise made to older voters," said Justin Moran, Head of Advocacy and Communications at Age Action.

Most popular

"Exit polls indicate that Fine Gael was most popular among voters over the age of 65 and I know they will be expecting the Government to live up to its commitment."

This is the message that Age Action took to the Minister for Social Protection, Leo Varadkar TD, when they met with him shortly after the Cabinet was appointed.

"It was a good meeting and we certainly got the impression the



▲ The Taoiseach visiting Avalon Active Age Centre in Sligo during the election campaign. Photo: Barry Cronin.

Minister is listening to what he's being told by older voters," Justin continued.

"The simple reality is that the small pension increase last year has in no way made up for all the cuts suffered by older people since 2009.

"With the economy steadily improving, it's essential that the Government stands by its promise to older voters and increases the State Pension."

Age Action members across Ireland are urged to contact their local TDs to remind the Government to keep its promises. Campaign material will be sent out in the coming weeks once the other submissions are completed.

To ensure you get our budget campaign material, email Naomi at socialinclusion@ageaction.ie or ring 01 475 6989.

Age Action's key priorities

- Increase State Pension by €5 and Living Alone Allowance by €3;
- Fully restore Christmas Bonus and the Bereavement Grant;
- Reverse cuts to Fuel Allowance and Telephone Allowance.



▲ Ombudsman Peter Tyndall with the authors of the report, (L-R Dr Emer Begley, Dr Sarah Donnelly, Dr Marita O’Brien and Mr John Brennan of the Irish Association of Social Workers).

New report exposes home care crisis

A new report on Ireland’s home care services has exposed a system that is disorganised, fragmented and underfunded with social workers estimating half of the older people they work with could be at home instead of in long-term residential care if the appropriate services were available.

The report was jointly produced by Age Action, the Irish Association of Social Workers, the Alzheimer Society of Ireland and the School of Social Policy, Social Work and Social Justice in UCD.

Ombudsman Peter Tyndall launched the report, telling a large audience that he saw home care as a human rights issue.

“Home care in Ireland is in crisis,” said Dr Sarah

Donnelly, of the School of Social Policy in UCD and one of the authors of the report.

Acute care bias

“Acute hospitals and nursing homes are being prioritised over the kinds of community services that enable older people to stay home.

“Waiting lists for home helps and home care



packages are growing. Community care is grossly underfunded and people are simply not getting the care they need.

“This means more people in acute hospitals who don’t need to be there. It means more people in nursing homes who don’t need to be there.”

The report also highlights that each of the nine Community Health Organisations (CHOs) has its own system for providing home care services and its own criteria for deciding what older people are entitled to.

Varied eligibility

“You might be able to get a home help in one place but be refused ten miles down the road because you’re the other side of a line on a HSE map, even though your circumstances are exactly the same,” said Dr Emer Begley, Advocacy Officer with the Alzheimer Society of Ireland.

“Even when older people can get home help services, many home helps are not allowed help with simple domestic tasks such as cooking and have very little time to spend with their clients.

“Family carers were identified as key providers of care to older people. However, social workers reported that routinely older people were less likely to get services where family members are providing care. Geography, not need, is deciding who gets home care in Ireland.”

The authors of the report are calling for immediate investment and reform of community care services and for the Government to implement a fair and equitable way of allocating care and support services underpinned by legislation.

“It has been Government policy since the 1960s to support older people to stay at home as long as possible but this simply isn’t happening,” Dr Marita O’Brien, Policy Officer with Age Action, pointed out.

Increased investment

“Right now, the priority must be increased investment in community care services and putting in place a transparent, nationwide, system to provide home care.

“But if, as a society, we are serious about supporting people to stay at home, with their families, in their communities, we need to go further. The



▲ A large crowd of social workers, carers and policy experts attended the launch.

‘This means more people in acute hospitals who don’t need to be there. It means more people in nursing homes who don’t need to be there.’

Government should start examining how we can bring in a right to community care for all older people in this country.

“People have a right to a nursing home bed; it’s time they had a right to stay home.”

Ombudsman Peter Tyndall also emphasised the human rights approach in his remarks welcoming the report.

“Older people who need support should be able to receive it in their own homes if that’s where they want to continue to live,” he said. “We need to make sure that our public services do not discriminate against people who want to stay at home.

“For me this is a human rights issue as we are denying people the right of respect for one’s private and family life and home, as enshrined in Article 8 of the European Convention on Human Rights.”

There were more than 2,500 cases of elder abuse referred to the HSE in 2014 and one in five were financial abuse.

New campaign targets financial elder abuse

Age Action has launched a new campaign to warn older people and their families of the danger of financial elder abuse.

Dublin-based studio Pink Kong has produced an animated video for Age Action that has already been viewed more than 15,000 times.

The organisation is also distributing more than 20,000 information leaflets to community centres and retirement groups around Ireland. Copies of the leaflet are enclosed with this month's *Ageing Matters* and more are available for local groups.

The initiative is part of a wider project funded by Ulster Bank to help raise awareness of the costs and risks of financial elder abuse.

There were more than 2,500 cases of elder abuse referred to the HSE in 2014 and one in five were financial abuse.

Despite annual increases in the number of cases a survey of



▲ The video has already been a huge success online with 15,000 views.
Photo: Pink Kong.

older people carried out by Age Action last year found that more than half of those surveyed were unaware of financial elder abuse.

"Every year, hundreds of older people face demands for money, have their pensions withheld or their possessions taken," said Naomi Feely, Senior Policy Officer with Age Action.

Immediate family

"To make it worse, in the overwhelming majority of cases of elder abuse, the perpetrators are

immediate family members."

Age Action and Ulster Bank have been working together since 2014, as part of the bank's wider work in the area of financial capability, to raise awareness of financial elder abuse and to identify ways to help older people protect themselves.

"Older people and more vulnerable members of our society are at particular risk of being targets for fraud and financial abuse," said Ulster Bank's Pauline McKiernan. As a bank, we are



working hard to raise awareness of these issues and to protect customers against financial loss from scams and financial elder abuse.

“Our work with Age Action is an important part of Ulster Bank’s strategy to help improve financial capability and provide meaningful help for our customers. We’re very proud to support this campaign and we would urge everyone to watch this video and to share it as widely as possible.”

Be informed

“The best way for older people to protect themselves is to be informed, to ensure their friends and family know what warnings signs to watch out for and to act when they suspect elder abuse,” Naomi continued.

“This video, and the leaflet campaign we are rolling out right now, will open the eyes of thousands of older people and their families to the dangers of financial elder abuse.”

For more information check out www.ageaction.ie/elderabuse. You can also order additional copies of the leaflets by phoning Naomi at 01 475 6989.

▲ Gerry Scully, Justin Moran and Naomi Feely following a meeting with Central Bank officials earlier this year to discuss financial elder abuse.

Tips to keep control of your finances

- If you cannot collect your pension, appoint only a person you trust to act on your behalf. Make sure to check and keep receipts.
- Where possible, set up direct debits, standing orders or use An Post’s household budget service for routine bills.
- Never sign blank cheques.
- Avoid giving out your bank card or PIN.
- Keep track of your money. Consider keeping a spending diary.
- Keep all valuable documents and items of value in a secure place.
- If you are disposing of any old bills, statements or receipts make sure to tear them up to protect your personal information.
- Keep a close eye on bank statements and any card transactions.



▲ Congratulations to the course participants! Back Row (L-R) Joan Browne, Phil Úí Mhurchú, Maureen Cullinane, Tom Casey, Anne O’Brien, Philip Joyce, Margaret McCarthy, Con McCarthy, Kay O’Mahony, Siobhan Lehane. Front Row (L-R) Mona Mayers, Donal Kelleher, Terri Kruschke (course trainer), Tessie Murray, Elaine O’Connell.

Speaking up and tuning in

A group of over-55s in Cork have created and presented a two-part radio programme for a target audience of over-55s.

The “Speaking Up for a Change” media course is part of a national project which has given a voice to more than 270 people over the age of 55 in 27 community radio stations across Ireland.

This ten-week QQI Level 3 course took place at the Tory Top Road Library, Ballyphehane, in Cork City from April to June

2016 and the radio programmes were recorded and produced at LifeFM’s studios in Cork. It was supported by CRAOL and the Community Foundation for Ireland.

Advocating for change

This media course was based on advocacy, in this case advocating for positive change for older

people and the group explored positive attitudes towards ageing in the first programme and looked at the promotion of good health for older people in the second.

Issues considered relevant and important to older people were addressed in both of these programmes.

Tessie Murray was one of the



National listenership research figures show that 85 per cent of all adults listen to radio on a daily basis so it is a very powerful means of advocacy.

participants and she found the course challenging yet rewarding.

"I had no idea how much time and effort goes into the making of such a (radio) programme," she confessed.

"Most of all I realised the importance of team work. In this work 'no man is an island'. Indeed, working with people who were strangers to me until then proved very challenging.

Voicing opinions

"Fortunately everyone had a lot to contribute and many opinions on what should be included in the programme. Everyone got to voice their opinions, use their talents and learn new skills."

Philip Joyce was another of the 14 Cork-based participants and he highlighted the influence of the media in our lives.

"The journey, which required the use of radio equipment, both in and out of studio, has given us a unique insight into not only the programmes we were making, but also, how this medium can be used, for good or bad, to influence the listenership," he said. "It has also been valuable in honing discernment in listening to radio."

Con McCarthy pointed to a key statistic that highlights the



▲ Joan Browne interviews Michael McGrath TD about issues affecting older people.

importance of radio as a means of communication.

"National listenership research figures show that 85 per cent of all adults listen to radio on a daily basis so it is a very powerful means of advocacy," he said.

Joan Browne had the opportunity to interview local Fianna Fáil TD Michael McGrath, and shared her reflections on the experience.

"I am proud to note that my role in the radio production was to contact and interview a politician," she said. "Never in my wildest dreams could I have imagined myself doing this!

"Making the radio programme – a group production – was a truly educational journey that included listening to others and their point of view, discussion, vox pops, interviews, theme music, links, roles and responsibilities. This has been a journey I will never forget!"

Getting our message heard

The tutor for the course was Terri Kruschke who is also a

presenter on 93.1 LifeFM.

"Sometimes we can feel as if we have something important to say, but we don't know how to get our message heard beyond our own circle of influence," she explained.

"This course has taught these 14 participants how to use radio to advocate for issues that concern the over-55 population.

"As advocacy for over-55s was a hugely important part of this programme Age Action played a significant role and we were delighted to have Eamon Timmins, Justin Moran and John O'Mahony on these programmes. We are grateful to everyone who participated in this project to give a voice to older people."

This two-part series is available at www.lifefm.ie/podcasts and click on 'Specialist Programmes'.

The national radio series "Speaking Up for a Change", which highlights all advocacy programmes across the country, can be found at www.speakingupforachange.org.

Members **inspired** after another

1 Members voting to approve the Annual Report.

2 Patricia Ann Moore, a new member from Clare, urged greater co-operation among organisations representing older people and criticised ageist care insurance premium increases.

3 Ann Donnellan and Gráinne Clune of the Galway Glór Group gave an inspirational account of their campaign to improve outpatient services in local hospitals.

4 Neilus Moriarity from Kerry criticised changes to the State Pension system and highlighted the need for clarity in the Fair Deal scheme.

5 Peggy Cumberton welcomed the work Age Action was doing on community care and emphasised how many people need not be in nursing homes if the proper supports were available.

6 Members closely examined the 2015 accounts.

7 Hundreds of Age Action members came from all over the country.

8 Members of the Sutton-Baldoyle U3A Group with Sam O'Brien-Olinger, the development officer with U3A.

9 Donal Denham, another new member, looked for more detail on Age Action's reserves policy as members closely scrutinised the organisation's finances.



1



Age Action
For all older people

5



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er successful AGM



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Dear Age Action,

I recently applied for a medical card and got turned down because I was just over the means test limit. My health is pretty bad and the costs keep rising. It's a real struggle to try and get by without a medical card. Is there anything I can do?

Cormac, Sligo.

Getting that medical card

For anyone applying for the over-70s medical card the process is fairly clear. If your gross income is under €500 for a single person or €900 for a couple, you are entitled to a medical card.

But what if, like Cormac, you need a medical card, but your income is above those limits?

You can apply for a discretionary medical card, where you need to make the case to the HSE that you are suffering 'undue hardship' because you do not have a medical card.

In the past, these were quite difficult to get but in recent months the Government has taken a much more humane attitude and there are now more than a hundred thousand discretionary medical cards in use.

Supporting documentation

It is essential if you are applying for a discretionary medical card that you give as much informa-



▲ Age Action members at a medical card protest in 2008.

tion and supporting documentation as you can.

If you are on a range of medications, for instance, include a number of receipts from the pharmacy showing how much you pay. What are the financial and medical implications for you of not having a card? Do you need special equipment or alterations to your home?

Are there additional costs you face because of your illness that someone without your condition would not face? Do you need to visit other health professionals

because of your illness? Getting a letter of support from your doctor is really important.

You can contact us at any time and we can talk you through the application process. Of course, the real solution here is to restore medical cards for everyone over 70.

Please contact our information team on this, or any other issue, at 01 475 6989 or helpline@ageaction.ie. The line is open Monday to Friday, 9am to 5pm, and closed for lunch.

A royal occasion

Dublin Age Action member PJ Gallagher remembers a brush with royalty from many years ago.

June 1961. Here in Ireland Seán Lemass was Taoiseach. President Kennedy was in the White House. Pope John XXIII was in the Vatican. And I was 120 miles from home, aged 13, a patient in Crumlin Hospital recovering after major heart surgery.

Crumlin Hospital was a home from home. The atmosphere was friendly, welcoming and, above all, caring. All the staff were so pleasant and happy at all times.

During my stay it was announced that Princess Grace of Monaco was coming on a State Visit and that yours truly would meet the Royal Visitor.

Cameras flashing

The hospital spent the whole week preparing for the big day. There was bunting and flags everywhere. The media had taken over the ward. Cameras were flashing in every direction. Two other patients and myself were brought to a special ward for the occasion.

I was seated in an armchair, one week after surgery, and the princess dressed in white, talking with a staff nurse on my left. She said hello to me and presented me with a box of chocolates.

As I study the photo today I often think of the people in it. Princess Grace is no longer with us but I hope life was good to that nurse.



Patrick Joseph (PJ) Gallagher meeting with Princess Grace of Monaco at Crumlin Hospital, Dublin on 12th June, 1961.

Crumlin staff

After celebrating my 68th birthday I'm lucky enough to be still going strong and in good health due in no small measure to the staff of Crumlin Hospital and I still remember some of them.

Dr Barry O'Donnell did my surgery and I also

remember Dr Conor Ward. The matron, Sister Paul, and Sister Philomena did great work along with the nurses, two of whom I particularly remember, Nurse Lily Dempsey and Nurse Stafford.

Father Roy Drummey was the chaplain and I will always remember the night before surgery seeing a film on the life of St John Bosco. All those memories come flooding back when I see the picture.

The hospital has expanded since that time and I wish the present staff well in their future endeavours.

Society **must not** leave older people behind

The demands from older people are modest, writes **Phil Uí Murchu**, an Age Action member in Cork.

Oscar Wilde may consider 29 to be the ideal age for a woman but, being realistic, in this funny world of ours, life comes in three parts – the young, the old and the generation in between.

It would be difficult to find a person who does

not wish for a long life. No one, however, wishes to be old and the older one gets the more frustrating it becomes to be stereotyped, patronised and blamed for the problems of society.

Traditionally in Irish society the flowering generation cared for their aged relatives. Children stayed at home until they married so retirement homes or rent supplement were not major social issues.

This caring attitude is gone, alas forever. Society has now cultivated the view that the older person is a burden and drain on society.

The portrayal of the older person in terms of wrinkled hands and shuffling feet is much resented by mature people who well recall that in their prime they contributed enormously to the welfare of the State.

Revered for wisdom

In earlier civilisations elders were revered for their wisdom. This is reflected in many professions like law and medicine where time must be spent gathering expertise from an older colleague before you can be considered qualified.

Older people have huge expertise and knowledge but society fails to harness it. The great statesmen of the world, like Germany's Bismarck or De Gaulle in France, were mature people.

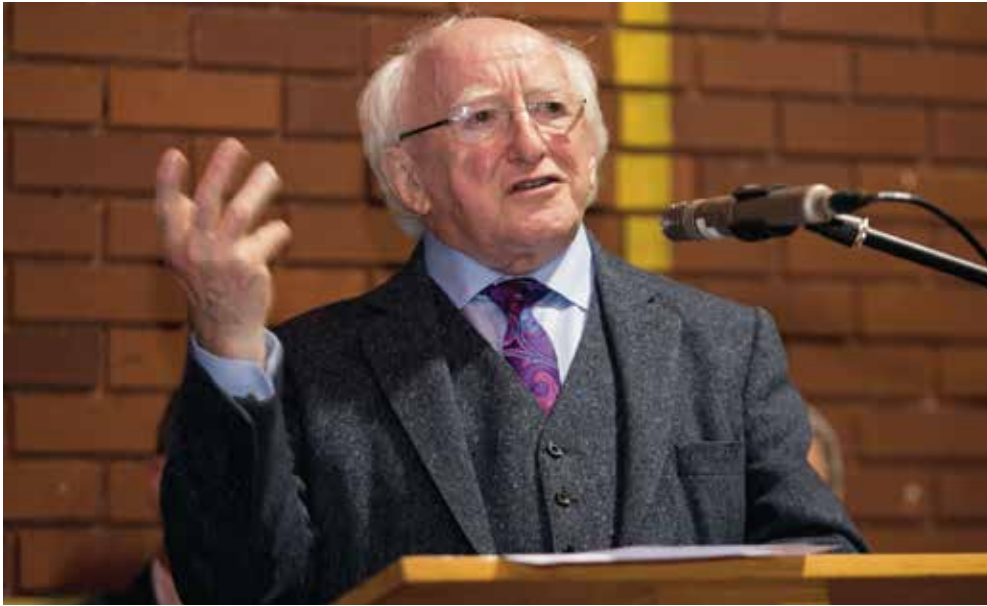
Our own senior ministers have not been hindered by their age and President Michael D Higgins is 75.

The housing situation is in crisis. The older generation is being targeted with carefully worded



▲ Phil Uí Mhurchú questioning politicians at an Age Action meeting in Cork.

Credit: E R Lyons



◀ President Michael D Higgins is still an inspiration at 75.

Photo: Fennell Photography

suggestions that they should downsize for the benefit of society.

This may be an admirable suggestion if it is motivated by choice and not moral pressure. But if it benefits society than the authorities must, in exchange, provide for appropriate accommodation in the older person's local area.

The demands of the elderly are modest; a reasonable standard of living, restoration of the household package and full medical cards for the over-70s.

Many vulnerable people are being conditioned to spend their twilight years in nursing homes.

Because they expect this to happen they save for this purpose. But there is a serious downside. Not only are their savings assessed to exclude them from medical support but family members sometimes target them. Financial elder abuse can follow.

Isolation and loneliness

The travel pass is a valuable asset for older people, preventing isolation and loneliness (and benefitting the economy) but it, and the medical card, are often targets for the media who constantly question this entitlement.

The reason for these entitlements is simple. Old-

er people need them the most. They are not proud of the fact that their health might be failing. But Nature will always prevail. The comfort the medical card provides is invaluable.

While the GP-card is much appreciated, it is the services provided by the full medical card that the older person craves. The witch-hunt on the elderly and their savings to cancel medical cards is the cause of much anxiety.

There is no doubt that the elderly were disproportionately targeted in the last three budgets. The former government repeated ad nauseam that the State Pension had not been touched for many a year. This may be true, but it failed to acknowledge that the core payment had been seriously eroded by new taxes.

Because the medical card was removed from so many older people, the cost of their prescriptions has soared. This is a very heavy burden.

The demands of the elderly are modest; a reasonable standard of living, restoration of the household package and full medical cards for the over-70s. The availability of home helps and home care packages would also be very welcome.

The elderly make up a fair percentage of the population so it is not unreasonable to ask that a Minister for Older People be appointed to attend and legislate for their needs.

The following quotation is very simple, but true, "If you legislate for the young, you exclude the old, but if you legislate for the old, you include the young".



▲ Minister Helen McEntee and Mark Kelly of the ICCL with Ringsend residents at the launch of the guide. Photo: Collins

Older people urged: **Know Your Rights**

Minister for Older People Helen McEntee TD has launched the Know Your Rights guide for older people, published by the Irish Council for Civil Liberties (ICCL).

The guide, the seventh in the ICCL's Know Your Rights information series, provides practical information on the rights of older people on a range of issues including retirement, rights to health and community care, rights in relation to the State Pension and elder abuse.

"The Know Your Rights guide for older people is especially written for people who are too often characterised as recipients of care rather than recognised as individual rights-holders," said Mark Kelly, Executive Director of the ICCL.

"This new guide, which contains resources to empower older people to vindicate their rights, will help to redress the balance."

New beginnings

Minister McEntee congratulated everyone involved in the project and reminded the audience that our later years can be a time of new beginnings and new possibilities.

"I am very aware that a good quality of life and

maximising independence is what we must work to achieve," she said.

"Access to good quality advice and information is very important in helping older people become aware of key services and opportunities for social and leisure activities."

The guide has been awarded a Plain English mark by the National Adult Literacy Agency (NALA) and was produced with the support of the Community Foundation of Ireland.

Know Your Rights is a public information project run by the ICCL to inform people in clear and accessible language about their rights under various key areas of the law in Ireland.

Previous editions have examined the rights of children and young people, of prisoners and the right to privacy.

To request a copy of the Know Your Rights guide for older people, please contact the ICCL office by email at info@iccl.ie or call 01 799 4504.



▲ Star knitters Delo, Noirín, Ann and Winnie accept innocent Ireland's donation of €20,000 to Age Action as part of the annual Big Knit campaign. Photo: Marc O'Sullivan.

Knitters raise thousands for Care & Repair

Over the past seven years, the Irish public has knitted an astonishing 410,000 little hats for the innocent Big Knit and helped raise €140,000 for Age Action.

Each little hat knitted by Irish volunteers sits on top of innocent smoothie bottles and for each one sold, 30c is donated to Age Action.

"We're really grateful to innocent and to the hundreds of people, young and old, across Ireland who make this campaign such a success every year," said Age Action's Justin Moran.

"We are really proud of the Big Knit and what it does to help older people stay warm and well in winter," added Bláthnaid McKenna, Brand and Digital Manager for innocent Ireland.

"The generosity of each Irish knitter around the country is truly overwhelming and fills us with a great sense of pride."

My Legacy

by Pauline Giffney

I'm glad I won't be here when I'm dead,
I'll be up there laughing my socks off instead,
Watching you all as you squabble and bitch,
And rifle and rummage through my precious bits.

My long cherished china, my Waterford Glass,
My prized figurines, my copper, my brass,
Straight from my graveside, with indecent haste,
Your greedy hands itching, my treasures to rate.

You gauge and assess like a shrewd auctioneer,
Totting sums in your head, what price my tears?
No time for sentiment, it has no worth,
Whilst I will be barely cold in the earth.

I can't wait to see you start on my clothes
With the shop-tags still dangling row upon row,
As you moan and complain at such criminal waste,
Dare to stand judgement and sneer at my taste

Most of my stuff you'll consign to the skip
Or the charity shop, but I won't care a whit.
I'll be up here trying on my brand new wings,
As you tussle and wrangle over my useless things.

Now the fun really starts as you search for my gold,
Well the joke is on you, 'cause it's already sold.
My bracelets and watches, my ten diamond rings,
They paid for the cruise that I went on last spring.

And the money your Da left, don't bother to seek,
For I emptied the accounts out only last week.
Oh yes, the house and contents are sold too,
And I've left every penny I have to the zoo.

Yes I'm glad I won't be here when I'm dead,
I'll be up there laughing my socks off instead,
At the thought of your faces, when it finally dawns,
That there's no big inheritance, the money's all gone!

Major expansion of heart and stroke helpline

The Irish Heart Foundation has announced details of an expanded helpline service and new Freefone number — 1800 25 25 50 — to support the many thousands of people affected by heart disease and stroke in Ireland.

Calls will now be completely free of charge to the National Heart & Stroke Helpline with longer daily opening hours, evening opening, and plans develop an online helpline service later this year.

The helpline is staffed by trained specialist nurses so callers can be assured of expert one-to-one advice and support, in full confidence, and

completely free of charge.

Heart disease and stroke are the number one cause of death and disability in Ireland, with 27 lives lost, and almost 300 new cases diagnosed, daily.

The expansion is possible thanks to the sponsorship of Life Pharmacy, which nominated the Irish Heart Foundation as its Charity of the Year 2016.



▲ The helpline is now open from 9am to 5pm and to 7pm on Thursdays. Photo: Shane O'Neill Photography

CAN YOU HELP AGE ACTION GROW?

Age Action needs your help!

We're looking to let more and more people know about the terrific service provided by our information team.

Every year we help more than 2,500 people with information on their entitlements, run stalls at community events and give talks to retirement groups and local schools.

We want to grow our service, reaching more and more people, but we need volunteers – people like you – to help us.

If you might be interested in helping our information team please phone us at 01 475 6989 or email Gerard.Scully@ageaction.ie for more information.



A voice in Europe

Our Voice In Europe – Older People and the European Union was the theme of a seminar organised in the Ardboyne Hotel, Navan, recently by the Meath Laterlife Network.

Speakers at the event included Ciaran McKinney, Manager,

Active Citizenship and Lifelong Learning at Age & Opportunity; Michael Ludlow, CEO, Meath Partnership; Helen Campbell, Vice President, AGE Platform Europe; Independent MEP Marian Harkin and Jim Matthews, Chairman, Meath Laterlife Network.



U3A groups

📍 Active Virginians U3A

Contact Patricia Rice at (087) 235-0515 or email m spatprice@gmail.com.

📍 An Cosán U3A Tallaght

Contact Imelda Hanratty at (01) 462-8488.

📍 Ballymun U3A

Contact Peter Branigan at (087) 292-4001.

📍 Ballyroan U3A

Contact June Murphy at (01) 494-7030.

📍 Blackrock U3A

Contact Eileen Larkin at (087) 4128607 or (01) 455-7653.

📍 Blessington U3A

Contact Peter Polden at (087) 815-1018, (045) 867-248 or email pjpolden@gmail.com.

📍 Bray U3A

Contact Linda Uhleman at (086) 045-1600 or email linda_uhlemann@yahoo.co.uk.

📍 Carrick-on-Shannon U3A

Contact Margaret Fawcett at (086) 837-2934 or email mgtfaw@gmail.com.

📍 Club 50, Donegal U3A

Contact Anne at annegallagher60@yahoo.ie.

📍 Dublin City U3A

Contact John Roche at (01) 201-7490.

📍 Dun Laoghaire, Dalkey, Killiney U3A

Contact Dónal at donal.denham@gmail.com.

📍 Galway U3A

Contact Livio Rocca at u3agalway@gmail.com.

📍 Maynooth U3A

Contact Helena Kirkpatrick at (01) 628-5128.

📍 Lucan U3A

Contact Maureen Newell at lucanu3a@gmail.com.

📍 Monaghan U3A

Contact Mary Beagan at (047) 75942 or (086) 331-4439.

📍 Newcastle, Dublin 22 U3A, Retired Active Men's Social

Contact Matt Dowling at (01) 458-9007 or (086) 844-3820.

📍 Roscommon U3A

Contact Vivienne Clarke at (087) 126-7639 or email clarkevivienne@gmail.com.

📍 Sutton-Baldoyle U3A

Contact Christine at (01) 832-3697 or email u3asutbal@gmail.com.

📍 Tramore U3A

Contact Mollie Hunt at molliehunt@eircom.net.

📍 Waterford U3A

Contact Josephine Murphy at (051) 871-037 or email jo1murphy7@gmail.com.

For more information, email Sam O'Brien-Olinger, U3A Development Officer, at u3a@ageaction.ie or phone (01) 475-6989.

Come celebrate living longer with Age Action

Next month we're celebrating our 14th annual Positive Ageing Week with the theme of 'Celebrating ageing in your community'.

Over 600 events are expected to take place between 26 September and 2 October highlighting the contribution older people make to their communities.

"Positive Ageing Week celebrates that we are all living longer and that ageing is something positive, not to be feared," said Age Action's Daragh Matthews.

Events will be taking place in cities, towns and villages across Ireland, especially this year's Positive Ageing Week towns: Arklow; Athenry, Athy, Boyle, Drogheda, Dublin, Dungarvan, Galway, Kinsale and Midleton.



▲ Celebrating Positive Ageing Week in Kinsale last year.

The lineup of activities includes concerts and gala balls, line dancing, mystery tours, historical walks and cookery demonstrations.

Full details of events are available on our website, www.ageaction.ie/positiveageingweek, or email paw@ageaction.ie for more information.

Annual membership application

I wish to join Age Action and enclose € membership fee, plus €..... voluntary donation payable to Age Action Ireland Ltd.

If you are already an existing Age Action member and wish to renew your membership, please write your membership number here

Full name: (Block capitals please)

Address:.....

Tel:

Email: (Block capitals please)

Date:

FEES

- €20 Individual – retired/unwaged
- €40 Individual – employed
- €60 Voluntary Body
- €200 Statutory Agency
- €500 Commercial

STANDING ORDER

To the Manager (Name of Bank/Building Society)

Bank Address:

Please pay annually to Age Action Ireland, Permanent TSB, 70 Grafton Street, Dublin 2, BIC: IPBSIE2D

IBAN: IE82 IPBS 9906 2587 7790 21

the following amount € until further notice. Starting on: 1st day of January 20

Name: (Block capitals please)

BIC:

IBAN:.....

Signature:.....

Please return to:

Membership Development, Age Action Ireland Ltd, 30/31 Lower Camden Street, Dublin 2.

Email: membership@ageaction.ie

Tel: (01) 475 6989

Fax: (01) 475 6011