



The GRAPEVINE

A Christmas Message

At the end of 2011, all associated with the work of Milford Care Centre can look back with great pride in terms of the Centre's achievements throughout the year. In what was clearly a very challenging year due to the very difficult economic climate, the various service areas responded very well to the increased demand which was experienced across all areas. At the same time, there was no fall off in standards and this point was clearly affirmed in the very positive report received from HIQA arising from their registration of Milford Nursing Home.

At varying points throughout the year, I am pleased to report that progress has been made in implementing all of the new service areas set out in the 5 year New Development, summarised as follows:

- Expanded Day Care Services for Older People from 3 days to 5 days per week
- Expanded Palliative Day Care Services from 2 days to 3 days per week
- Appointment of the 3rd Consultant in Palliative Medicine, which resulted in sessional input into St John's Hospital for the 1st time
- Outpatient Clinics at MCC are scheduled to commence in early December
- Further enhancements of the Hospice at Home Teams, including plans to develop permanent bases in both Nenagh and Ennis.

Other examples of notable achievements in 2011 included Milford being successful in its bid to host the International Public Health in Palliative Care Conference in 2013 and the commencement of the Compassionate Communities Pilot Project in the North West Limerick city area.

As this year draws to an end, and despite all of the negative things going on around us, we can and must draw comfort and great encouragement from the fact that Milford

is continuing to meet its service objectives, and continues to be guided on a day to day basis in its delivery of care, by the wonderful Ethos and Philosophy of the Little Company of Mary. This is something we hold very dear, and must continue to safeguard in the years ahead, despite the many challenges we will, no doubt, have to face and overcome. In this context we cannot lose sight of the job of work we have to do and together we must do everything possible to ensure that we continue to meet the care needs of our patients and their families. Clearly, by working together and maintaining our sense of pride in Milford Care Centre, this can be achieved.

Christmas is a time for reflection and an opportunity to acknowledge and give thanks to you the Staff, Sisters and Volunteers at Milford. Without your valuable ongoing contribution and efforts, Milford Care Centre would not be the very special place it is today.

To all of the new Staff and many Volunteers who joined us during the year I would like to welcome you to the Centre and wish you every success in your respective roles.

At Christmas time we particularly remember those members of Staff, Volunteers and Sisters who are ill or who are no longer with us. This year we experienced a huge loss following the very sad passing of our esteemed and much loved colleague, Pat O Connor, may she rest in peace. Pat was someone who enriched all our lives by simply knowing and having had the privilege of working with her. Our thoughts and prayers are very much with Martin and her family at this most difficult time. She will be sadly missed but never forgotten.

Finally, may I take this opportunity to wish all Staff, Volunteers, Sisters of the Little Company of Mary, Board Directors, Associates and Friends of Milford Hospice a very Happy Christmas and a Peaceful New Year.

Beannachtaí na Nollag agus na hAthbhliana

**Pat Quinlan
Chief Executive**

Ireland Involved Awards 2011

Marie Breen, Nursing Home Volunteer is one of 30 volunteers who have been shortlisted for an Ireland Involved Award at a ceremony in St. Georges Hall, Dublin Castle which will take place on Dec 5th, 2011, International Day of Volunteering. This year, 240 people from across the country were nominated for their volunteer work. Each was nominated by family, friends, colleagues and of course, fellow volunteers.

For the past 21 years Marie has dedicated her Wednesday afternoons to playing the piano in Milford Care Centre. Marie is a crucial part of the "Wednesday Afternoon Entertainment Volunteer Group" who play bingo, have a cup of tea and then a big sing-along in the Nursing Home Day Room.

On arrival, Marie works the room and chats to each resident and welcomes new residents, hospice patients, visitors and students on work experience and checks if they have a special request or favourite song. She encourages participation very discreetly, never leaves anyone out or puts pressure on anyone to perform. Marie is critical to the success of the afternoon and for many of our residents Wednesday afternoon is the highlight of their week. On behalf of all her fellow volunteers we all wish Marie the best of luck and hope she has an enjoyable time in Dublin.

**Eileen Murphy
Volunteer Coordinator**



Marie Breen

Nursing Home Volunteer





support your local hospice

Milford Hospice Welcomes Marty Whelan for Coffee Morning

One of Irish television's leading stars was in town to launch Ireland's Biggest Coffee Morning at Milford Care Centre on Thursday 15th September 2011. RTE's Marty Whelan, co-presenter of popular TV game show Winning Streak arrived to a warm welcome from excited residents.

The morning was a great success with Marty taking time to stop and talk to all in attendance. The 'Big Wheel' was later spun and prizes claimed by lucky winners.

Ireland's Biggest Coffee Morning has been sponsored by Bewley's for the last 18 years and is now firmly established as one of the major national fundraising events in aid of hospice care.

This event therefore, gives people the opportunity to participate in a concerted effort to support their own local service. Community Support is the backbone of our local service and is absolutely essential, particularly in this difficult economic climate.

Christmas Cards 2011

2011 Christmas cards are now available. They can be purchased from Reception or the Fundraising Office. There are some retail outlets selling the cards on Milford's behalf, for full details contact the Fundraising Department. There are two types of Christmas Cards on sale - Type 1 pack of 8 cards and envelopes, individually designed by Service Users at Milford Care Centre Art Department. Type 2 pack of 10 cards and envelopes produced by Divine Word. Both Type 1 and Type 2 are overprinted with "proceeds in aid of Milford Hospice" All Christmas Cards retailing at €5.00 per pack and the full proceeds to Milford Hospice.

Relocation of Light Up A Memory Tree

Our long standing Light Up A Memory Tree was identified recently as posing a health and safety risk due to natural decay so we were left with no choice but to fell the tree concerned. However, we are fortunate in having been able to identify an alternative tree which is located near the Gate Lodge, at the main entrance to Milford Care Centre.

Whilst our Light Up A Memory location is being moved, there are plans to utilise the timber from this old oak tree in a special way as we recognise this tree holds a special place in the hearts and minds of the people throughout the Mid West. These involve the creation of unique handmade wood carvings as subtle reminders of this tree and these mementos will be tangible and precious tokens which will be available to the community. Further details on this will be announced in due course

The Light Up A Memory ceremony is taking place on Sunday 11th December at 6.00p.m. We would like to invite you, your Family and friends to join with us for our annual event.

To sponsor a light on our tree for this year's event, simply contact the Fundraising Department for more information on 061 485859/485860 email fundraising@milfordcarecentre.ie or you can register online by visiting www.milfordcarecentre.ie Lights can be sponsored from now until Christmas and will shine throughout the festive season.

Lights will be switched off on Sunday 08th January 2012 at 6.00p.m. when Mass will be celebrated here at Milford for all those remembered on our Light Up a Memory tree.

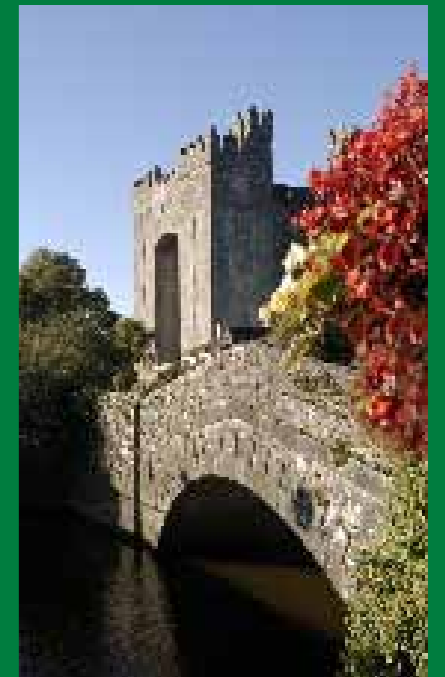


Light up a Memory Tree



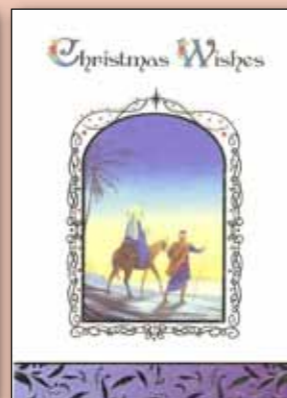
Marty Whelan meets Phyllis Clancy and her daughters.

Nursing Home Residents Summer Outing to Bunratty Folk Park Aug 8th & 9th, 2011



Card Types

Each pack contains 10 cards (variety pack)- €5 All Proceeds to Milford Hospice



An Gardin Alainn Mosaic Project

The Story so Far:

Zoe Stiles, Horticulturist, felt from the beginning that the gardin alainn should be a community space", a peaceful green haven for our clients and their families to experience some small amount of respite." It was also envisaged that it would be a space in which the Social, Recreational and Therapeutic Horticulture service could work from and of course a place where staff could visit from time to time.

The challenge was to give clients ownership of the garden, to provide the opportunity for each individual to make their mark. The first step in this journey saw the Centre's Horticultural and Art Departments with the support of a local volunteer artist Catherine Conneely, develop the concept and design for a mosaic that over time, piece by piece, could be made by the clients, so providing them with the opportunity in a very physical way to leave their mark.

Zoe continued "Very quickly it became clear to us that we would need a design and colour palette that would add cohesion to this garden and also be in keeping with the rhythms and seasonal changes of the garden. It was deemed necessary therefore that before we could even consider building this mosaic, we would first have to bring the design to life by painting the design as a mural onto the areas we had planned to mosaic over a period of years.

The Let's Colour Project by Dulux, enabled Milford Care Centre to bring the plans to life, allowing the design on paper to become a reality. During the month of September our therapeutic garden was transformed into a haven of colour when day care clients and nursing home residents and staff from several departments and many volunteers dressed up in oversized painters suits, got out in the fresh air, put their mark on the garden with brush and paint, they really had fun and the mural emerged piece by piece.

Of course this is not the end of the story! "Next year I hope we can inspire equal enthusiasm for the task of turning a Mural into a beautiful Mosaic!" concluded Zoe.

Eileen Murphy



Staff, Residents & Volunteers get busy in our beautiful garden with Zoe



BEAT THE BLUES WITH UPLIFTING ESSENTIAL OILS

We are all feeling the effects of the negative climate we are in, both the Winter and Economic blues. As an antidote to that we can turn the tide by 'sniffing' at it. Inhalations of Essential oils works on the brains limbic system which controls the major body functions one of these being elevation of mood.

Step 1:

Choose 100% Pure Essential Oils from Health Food Stores or Pharmacies. (It says so on the Label).

Step 2:

Select Oils that you like the scent of. Oils that have uplifting benefit are Citrus Oils i.e.: Bergamot, Orange, Lemon, Lime, Grapefruit. Other Oils that elevate mood are: Lavender, Neroli, Cinnamon, Peppermint, Pine and Rosemary.

Step 3:

Blend the oils to avoid getting tired of them. Place oils in an oil burner/diffuser or on a piece of cloth and place on a sunny window sill or the radiator for a short period, avoiding overkill!

Step 4:

Add 3 drops of Essential oils to unscented cream and use as a hand cream

Step 5:

Place 8 drops of Essential Oils in a bath in the evening to wash away the blues of the day.

Step 6:

Add 10 drops to a small spray bottle of water and spray on your carpets, rugs.

Step 7:

For an at work of on the road quick fix, sprinkle 2 drops of Essential oils on a handkerchief and inhale at intervals.

Ann Cosgrove
Complementary Therapist

Music Therapy Students at Milford

By: Sharon Moore & Alison Sweeney (Students of the MA in Music Therapy, University of Limerick)

We would like to thank Milford Care Centre for playing such an integral role in our training as student music therapists.

My placement in Milford Care Centre has been a wonderful learning experience as a student. My time here has gone by so quickly, I am sad to say my goodbyes. Working with individual clients and with groups, getting to know them and seeing how music therapy can make a difference in someone's life, however big or small, has been an amazing experience. The impression I will leave Milford Care Centre with, is how caring the staff are and how a client centred approach is so beneficial and important. Staff members have been a great source of information in helping me prepare for my own work with the clients. **(Sharon)**

I first began my student placement here in Milford in last February. I was immediately struck by two things. Firstly, the amazing

surroundings and quality of services which Milford Care Centre offers and perhaps most importantly the sense of comradery amongst the team, which is the essence of all work carried out in the centre. Everyone was extremely welcoming and this helped to ease the anxiety and tensions of 'starting out' my music therapy work in the presence of such well established and highly capable professionals.

It was a joy to observe both Neasa and Karen at work with various clients. For the first time I was presented with an opportunity to experience the richness of the therapeutic bond which I had read so much about in the music therapy literature. These learned practices were incorporated into my own work here in Milford. It has been a joy to work with these clients and indeed they have taught me more than any book could on how valuable music therapy is to them. **(Alison)**



European Antibiotic Awareness Day 18th November, 2011.

On Friday 18th November, the fourth annual European Antibiotic Awareness Day (EAAD) took place.

The European Antibiotic Awareness Day is a European wide public health initiative aimed at encouraging responsible use of antibiotics.

To support and promote prudent antibiotic use the HSE launched a public information campaign which will take place over the next two months to coincide with increased respiratory viral activity when antibiotic use in Ireland tends to peak.

Information leaflets for patients and parents are now available and these include key messages from the public information campaign and address common misconceptions about antibiotics.

Most common infections are caused by viruses, including colds and flu. Antibiotics won't work against these infections. The best way to treat most colds, coughs or sore throats is to drink

plenty of fluids and get some rest. Ask your pharmacist for advice about over the counter remedies.

Taking antibiotics when they are not necessary can put you at risk of side affects and then when you do need them they might not work and infections can become more difficult to treat.

If antibiotics are prescribed they should be taken exactly as prescribed i.e. some should be taken before eating and some after eating. The full course of antibiotics should be completed to get rid of the bacteria causing the infection, even if you feel better before the course is complete. Otherwise, some bacteria may be left in the body and become resistant to future antibiotics. This means the infection may be more difficult to treat.

Compared to other European countries, antibiotic use and resistance remain relatively high in Ireland. Let us all be more aware of the misuse of antibiotics and help to address this serious threat to public health by becoming more informed on antibiotic use.

Key things to remember:

- Most common infections get better by themselves, without antibiotics
- Taking antibiotics when you don't need them can put your health, and the health of your family, at risk
- If your doctor decides that you do need an antibiotic, be sure to take it exactly as prescribed
- Your pharmacist can advise you on over-the-counter remedies that can help to treat many common infections

(www.hse.ie)

More information can be found at www.hse.ie/go/antibiotics www.hpsc.ie

Geraldine Crowley
CNS Infection Prevention and Control

Annual Fundraiser – Bring & Buy Cake Sale

Sr Giuseppe's annual fundraising event was a Bring & Buy Cake Sale, was held on December 1st in the Dayroom of the Nursing Home. Her Charity of choice this year is **AWARE**.

Aware is a national organisation which provides vital emotional support and information to individuals and families affected by depression.

Many thanks to everyone who kindly supported Sr Giuseppe on the day by either kindly donating cakes or other delicious treats. To everyone who helped out at the actual sale event, without your time and effort this event would not have been possible. Also sincere thanks to all who purchased cakes etc on the day. Total amount raised will be published in the next edition of 'The Grapevine'.

GENERAL SERVICES UPDATE

Since the last edition of Grapevine, in relation to the food waste segregation that commenced in July of 2010, Pauline McDonagh, the project manager from the Regional Waste Management office returned in August to carry out an audit on our waste segregation to evaluate how well we were doing. Unfortunately, there had been some slippage in the segregation of waste and a number of initiatives to address that slippage will be rolled out over the New Year. Among those initiatives is an increase in the availability of bins for the different waste streams, such as recycling, glass and cans throughout the centre, the delivery of a number of training sessions to staff, specific monitoring of areas to identify where the best segregation is practiced and quarterly reports highlighting the progress (or lack of it) in improving waste segregation.

If we as staff, residents, visitors and family members fail to segregate properly, Milford Care Centre can be fined a **minimum** of €10000.00 for a breach of the regulations and I don't need to remind anyone of the impact of such a fine in the present financial climate that prevails! There are much better things to be spending that money on!

The 4 sluice rooms in the Hospice and Nursing Home have been upgraded to meet more stringent standards and the public toilets in the reception area have also been improved, with the Disabled toilet now meeting the new criteria for accessibility. The provision of baby changing facilities is an effort by Milford Care Centre to be more family friendly.

The automatic doors at the entrance to the Daycare reception have been changed to a sliding door model as a result of a risk assessment and were commissioned in early November after much trial.

In relation to the management of facilities and in particular water storage and temperature management, a number of regular checks have been introduced to maintain the integrity of the water supply and to ensure best practice at all times. Staff, residents and visitors would have noticed an increase in outlet flushing and scald warnings as part of the requirements are thermal flushing and these practices are likely to be a feature of regular maintenance going into the future.

Due to decay that was identified as part of a survey, the old oak tree which was the Light Up A Memory tree had to be felled and replaced with another located near the gate lodge. This tree has been fitted with 10000 LED lights in good time for the Light Up A Memory ceremony on December 11th and this will result in some changes in the way the ceremony is organized.

Joe Ryan, General Services Officer



REMEMBERING PAT



I had no hesitation, when asked by Aoife to write a few words about our dear friend and colleague Pat O'Connor. While putting pen to paper...I realised the task was far more difficult than anticipated but I hope the following words do some justice to her memory.

I have known Pat for 10 years but many of you have known her 20 years (or more), during which time she became a colleague, friend and familiar face to so many in MCC.

Pat joined Milford as a staff nurse in December 1989 and subsequently joined the Homecare team in 2001. I had the good fortune to work with Pat when my day dawned in Homecare where she taught me the ropes, guided me through those early days and on many an occasion the short cuts around Limerick city.

Over all her compassion, understanding and professionalism in dealing with patients and their families was exceptional but she had a gift for inspiring self – believe and nothing was ever impossible. Pat always had a solution.

Unfortunately, we learned in 2007 that Pat had been diagnosed with cancer. She accepted this blow with courage and fortitude knowing the battle that lay ahead.

During these past 4 years she managed to exude optimism on the gravest of days, and always returned to work after each phase of her treatment. Pat loved coming to work, being among her friends, and in a position to help others in a similar situation to herself. During this time, she never lost her sense of humour or her enthusiasm for any social occasion that came along. I never heard her complain and her turn of phrase 'we have to get on with it' was always on the menu of the day. She certainly made it easy for us all, most especially in these past few months when it became our turn to embrace and care for her within Homecare.

I was privileged to work with Pat as a Team Leader for the last 2 years where we were sometimes referred to fondly as 'Maimi' and 'Maimi Eile' by our colleagues, such was Pat's nurturing nature that she maintained a wise yet 'firm' Motherly watch on us all and I believe she will continue to do so in spirit.

It was with great sadness that Pat lost her fight for life on a beautiful, bright, sunny, cold (she loved the cold) November day in her home surrounded by her loving family, Martin, Sarah, Kevin and Aileen, parents, sisters, bother and friends.

She was an exceptional woman, Mother, friend and Homecare nurse. Her legacy will live on in those whose lives she touched and we who are left behind will take strength in many ways by her courage, dignity, wisdom, humour and pleasures she got from life in the face of such adversity.

Rest in Peace Pat, you will hold a special place in all our hearts.

Evelyn O'Sullivan,
Hospice at Home Team Leader



Left: Jim Rhatigan and Deputy Mayor Michael Hourigan
Above: Sacred Chant Students and Children from Corpus Christi N.S.

Compassionate Communities Project Launch

The Compassionate Communities Project Launch took place in the Watch House Cross Library on Friday 11-11-11 an auspicious date for Ireland with the Presidential Inauguration and in Europe for those remembering Armistice Day.

The Compassionate Communities Project is a Health Promoting Palliative Care initiative which Milford Care Centre has undertaken in the North West Limerick City area. The Compassionate Communities Project works with people, individuals and groups, to enhance the social, emotional and practical support available for those living with the experience of death, dying, loss and care. It not only focuses on death as a result of illness but considers the experience of death and bereavement in all circumstances.

Noirin Ni Rian and members of her Sacred Chant Students from the University of Limerick sang beautifully as did school children from Corpus Christi N.S. as part of the opening and closing ceremonies of the Launch also as part of the closing ceremony the national school children released balloons outside the library as a symbol of compassion spreading across the community.

The ability and resourcefulness that exists within the Compassionate Community area was highlighted as was the work done to date by those living in the area. The significance of working together as a team is a core Compassionate Communities theme whose slogan is 'united we make a difference'.

Ger Earls, father of rugby player Keith Earls spoke of the importance of working as part of a team and the importance of local community as did the Deputy Mayor Michael Hourigan. Terri Byrne, North Star Team Support Worker, spoke movingly about the importance of a compassionate community in a time of loss and as Jim Rhatigan, Head of Therapy and Social Care Services in Milford Care Centre put it "death is an everyday reality that we are not always prepared for". In the Compassionate Communities Project there is more than one kind of team. This year Milford Care Centre put in a successful bid at the Second International Public Health and Palliative Care Conference which was held in Dhaka in January 2011. Milford are to host the Third International Conference which will be held in April 2013 and will see delegates from Canada, Australia, New Zealand, India, Bangladesh, England, Sweden and possibly from Africa visiting our city.

As part of the successful bid the team from Milford Care Centre developed a short DVD 'Bill's Story' which can be viewed on YouTube and will also be shown at the launch.

This simple DVD shows us how the power of community can make a real difference in the lives of those living with life threatening illness, facing death and experiencing loss.

It's always significant to host an international conference and this gives recognition to the work being done in Ireland and particularly Limerick through the Compassionate Communities Project.

Check out Bill United on Facebook.

Christmas Shopping Trip to the Crescent

The Nursing Home Residents went to the Crescent shopping Centre on November 22nd and 29th. Shopping was definitely order of the day! Everyone really enjoyed themselves and these Ladies had us shopping till we dropped at BB's for life saving tea & coffee.

Many thanks to Michael Fitzgibbon our Volunteer Bus Driver who drove us to retail therapy heaven and made sure we were all home safe and sound. Also to the nursing home staff who volunteered their time to accompany the residents, we really appreciate it! We look forward to next year's trip.....some major hints being dropped to hit the January Sales!

Michelle Clifford



VOLUNTEER UPDATE

As the European Year of Volunteering comes to an end, it is fitting to use the quote of our former President Mary McAleese, who said in her St. Patrick's Day speech that "volunteers are the backbone of our country and they are its heart and its soul, they build up and sustain a culture of generosity that enriches life in so many different ways," President McAleese also reminded us of the "essential role" volunteering plays in society, stating that if voluntary activity stopped there would be a "psychological ice-age". The President said, "That is how essential volunteers are, how critical they are to our civic well-being, our civic resilience and our civic strength." Thankfully in Milford Care Centre, volunteering has never been so strong with 130 full time volunteers as well as 13 bereavement Support Volunteers, 13 Cup of Tea & Chat Club Volunteers and the Castle Connell Choir who perform for our monthly bereavement masses.

Milford Care Centre continues to facilitate secondary school students for work /social and pastoral care placements / LCVP as well as An Gaisce Awards placements with 52 students and 30 schools and colleges participating during 2011.

We are all so appreciative of the unique contribution our volunteers make to MCC and thank you for your continued support and dedication.

Welcome to all our newest 2011 volunteers

Marcia Delaney	Nursing Home
Sabrina Kelly	Day Care
Antoinette Keating	Day Care- computers
Dearbhla McNamara	Day Care - computers
Anne Marie Sheehan	Nursing Home
Orna Cullinan	Nursing Home
Sheila Kinehan	Nursing Home
Betty Meaney	Horticulture
Yvonne O Sullivan	Hospice
Padraic Walkin	Palliative Day Care
Aine Ryan	Art Department

Other Volunteer News

- Good luck to Nicola Oulghadi, Majella Young and Trish Sutton who have all got new jobs, many thanks for all your assistance during your time in Milford Care Centre.
- Welcome back to Yvonne O Sullivan weekend hospice aperitif round volunteer.
- Congratulations to Aileen Flannery on the birth of her baby boy Eoin James.
- Congratulations to Ann Dillon on her recent engagement.
- We all want to wish Beth O Connell a speedy recovery and are looking forward to having her back in the nursing home soon and get well wishes to Mary Ryan, our dedicated Tuesday day care lounge volunteer.

Eileen Murphy, Volunteer Coordinator



Age Action Ireland

Age Action is a charity which promotes positive ageing and better policies and services for older people.

The following are some of the services provided by Age Action:

1. Citizen Advocacy
2. Care and repair
3. Getting started computer training
4. Life long learning – U3A
5. Generations together training
6. Ageing and Development programme

2011 has seen an increase in demand for services by 24% and funding has been cut by 18%.

Innocent Hats

This year the Innocent Big Knit 2011 campaign (knitting little hats to fit the innocent smoothies bottles) are helping to support Age Action. For every behatted bottle sold, they will give 25c to Age Action Ireland. They are now in the shops, so please support the campaign if you can. We would like to thank all of our ladies in Day Care that knitted the little hats, and managed to make 260 of them !! We would also like to thank all of the staff within Day Care and other departments that helped to make Positive Ageing week enjoyable for all of our clients.

Personal Safety – An Garda Siochána
Please see the Day Care notice board regarding "personal safety, security for the older person"

Helen Kiely, Daycare.



Running for Mom... Dublin Marathon October 31st 2011

So the training started back in June, the thoughts of a summer of training ahead 3 or 4 times a week were at times unbearable and we constantly questioned why, oh why were we doing this? It was very tough we cannot lie, with long runs on Sunday mornings; we had to do 20 miles twice which was torture. There were a few bad knees and a nice bit of money spent on physio along the way, not to mention getting cranky (at times)! But our very supportive husbands were on hand to mind the kids, thanks lads!

So training done and it was time to get serious; new running tops - check, 8 gels each to keep us going - check, nerves - check!

The day started well, we had a pasta party the night before in Dublin and babysitters were called in at home, thanks all! The weather was nice and dry, and there was a great atmosphere around the start area. The people out to support the runners on the day were just incredible, it started to rain heavily with about 6/7 miles left but the crowds never thinned. We will never forget running into the finish, the crowd roaring, pushing you to sprint; Mom on our minds and over our shoulders, tears in our eyes, there is no doubt she had got us there. And we made it, all three of us.

As we had raised money in previous runs in memory of our Mom Pat, we were hesitant to do it again, fearing we were always asking the same people, but with ten days to go we set up a *mycharity.ie* website page and friends & family's willingness & generosity, as well as a very kind gesture, reigned again. We raised €3,000 for this marathon which brought our grand total to just over €6,500, just something small we can give back for the great support we received from Milford Care Centre at the toughest time in our lives, and something our Mom would be very proud to have done in her name given that she was such a giving, generous and kind lady herself. Thanks all. Thanks Mom.

Would we do it again? Hobbling around the corridors of Milford three days after the marathon in excruciating pain, the answer was an emphatic 'NO'. Now, definitely maybe... I think we've been bitten by the bug.

Caroline Carey & Jackie McConkey



Caroline and Jackie

Wound Management Committee

The report on Emollients & Barrier Creams was launched to the Nursing Department in November 2011. This review was identified as a priority for the Nursing Department because despite the growing acknowledgement of the importance of skin care, much of it remained based on ritual rather than firm evidence. This was further complicated by the ever growing number of skin care products on the market, each with their own claims of efficacy. Best practice & cost effectiveness are not always included when choosing the most suitable product for the patient.

The aim of this review was twofold (1) – To review the use and understanding of Emollients & Barrier creams & (2) Standardise their use in skin care practice within Milford Care Centre. A five pronged approach was taken to carry out the review:

- A literature Review
- Staff survey
- An exploration of practise in other organisations
- A review of products
- The results of the first four components were then discussed with staff so that recommendations on products suitable for use in Milford Care Centre could be made.

The review involved staff in the Specialist Palliative Care In Patient Unit, Nursing Home & Day Care Unit as well as local Nursing, Pharmacy & Medical staff.

In conclusion to this review there remains a lack of any real evidence to support the use of one emollient or barrier product over the other. In light of this, patient preference will be a significant consideration when choosing a product for use. Recommendations have been given for products that should be considered for first line as well as information to inform their correct and appropriate use. These include:

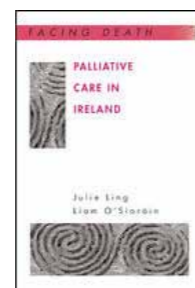
Emollients	Barrier Products
Emulsifying Ointment	Zinc and Caster Oil
E-45	Sprilon spray
Aveeno	Morhulin

This report should be a useful resource for staff to inform their use of Emollients & Barrier creams and facilitate a standard and evidence based approach to skin care practice in Milford Care Centre.

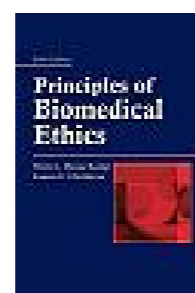
Noreen O'Brien - Practice Development Facilitator
(On behalf of the Wound Management Committee)

New Books in the Library Leabhair Nua sa Leabharlann

Palliative care in Ireland. Edited by Julie Ling & Liam O'Sioráin.



This book describes the history and development of palliative care services in the Republic of Ireland. Written from a multi-professional perspective the book appeals to anyone with an interest in hospice and palliative care in Ireland. *Palliative Care In Ireland* explores the provision of palliative care services, bereavement, the influence of folklore, holistic care, faith, religion and spirituality, and the important contributions of the voluntary sector. The changing face of Ireland is described and challenges ahead are considered. Some of the contributors include Maria Bailey, Sinéad Donnelly, Jacqueline Holmes, Orla Keegan, Christy Kenneally and Patrick Quinlan.



Principles of Biomedical Ethics. 6th edition. By Tom Beauchamp & James Childress.
The authors thoroughly develop and advocate for four principles that lie at the core of moral reasoning in health care: respect for autonomy, non-maleficence, beneficence, and justice. Drawing from contemporary research--and integrating detailed case studies and vivid real-life examples and scenarios--they demonstrate how these principles can be expanded to apply to various conflicts and dilemmas, from how to deliver bad news to whether or not to withhold or withdraw life-sustaining treatments.



Clinical Reflexology. A guide for integrated practice. 2nd edition. By Denise Tiran & Peter Mackereth.
The book is divided into two sections. The first deals with key themes, including an up-to-date review of the research evidence and appropriate methodology, safe and supported practice and integration issues. The second section focuses on the clinical application of reflexology and how it can be best adapted to the context. Chapter 11 focuses on "Adapted Reflexology for pain – an alternative physiotherapy approach" and Chapter 12 addresses "Adapting reflexology for cancer care"

All staff in Milford Care Centre can borrow books from the Library & Information Service by registering with the Librarian, Joanne Callinan x705 / (061) 201 705.
Nollaig Shona



1. Yvonne with Gordon D'Arcy, Leo Cullen & Eoin Reddan



2. Spot the odd one out.

TRIP TO THE RUGBY WORLD CUP

Arrived in Auckland on September 8th and spent a few days in Totorua with friends before heading to New Plymouth for the game against the USA. The game followed the trend of Ireland's warm up games with the team not playing well, a contributing factor was the heavy rain that fell for three hours before the kick-off making the ball very slippery and the underfoot conditions very heavy. For this observer it did not bode well for the rest of the tournament and apart from O'Connell, Ferris and to a lesser extent Keith Earls the team underperformed especially against a team of college players and unknowns.

On Tuesday we drove to Taupo, along the Forgotten World Highway and while the scenery was spectacular, I can't say I enjoyed the sheer drops, mostly on my side, and the mini-rock falls that we encountered. Along the way we passed through Whangamomona (pronounced Fhang-mom-ona) a small town of about thirty inhabitants (swelled by 12 Irish rugby supporters passing through that day), that declared themselves a republic in 1989 and elected a goat as President. Their reasoning was that local bureaucrats wanted to transfer the town to the neighbouring jurisdiction, but the locals were having none of it and so declared independence and a republic.

Up to Auckland on Saturday for the Australia game, lots of yellow clad noisy Australians around the city prior to the match but for some strange reason they were very quiet and subdued afterwards! Ireland were magnificent, slick, focused and intense. Every one of the team played their part and what a night, it was a real "where were you moment". The forwards were brilliant, double tackling every Aussie. A special mention is due to Healy, O'Brien, Ferris and O'Connell for their displays on the field and as well to Ronan O'Gara who came on to nail a few vital kicks. Auckland was taken over with green jerseys; the Kiwi's loved us especially after beating their near neighbours and arch rival. The Irish pubs were full that night with lots of young Irish about, with many over from Australia to support Ireland. There was a great World Cup buzz in Auckland especially around the Fan-zone and The Cloud on Queen's Wharf.

We spent a few days in Wellington before heading back to Rotorua for Ireland's game against Russia. This was another sell-out, with lots of good humoured supporters around – most of them Irish. Once a shadow Irish team had passed the bonus point mark the remainder of the game was a formality. Again local lad Keith Earls distinguished himself by getting on the score sheet. On Monday we headed down to Dunedin where we

bumped into Leo Cullen, Gordan D'Arcy and Eoin Reddan that night, and before anyone comments **I know** I look like a midget beside Leo Cullen.

Tuesday had us heading to Queenstown where no trip is complete without a spin on the Gondolas. At the top one gets a fantastic view of Queenstown, the snow-capped Remarkables and Lake Wakatipu below. The following day we made the four hour journey to Milford Sound, one of the most beautiful and serene places on this earth and on Thursday we headed to Franz Joseph Glacier. I could write forever about the glacier walk through the deep glacial crevices and the ice-caves have to be one of the highlights of the trip. My advice to all those who have not yet visited New Zealand's South Island is to save up and get going.

On Sunday on our way back to Dunedin for the game against Italy was like travelling to Dublin for a home game there was that much green and gold about. The road was one long procession of cars and camper vans bedecked in Irish colours. The city itself and the stadium was a sea of green with small pockets of Italian blue. One New Zealander said that he had thought that the population of Ireland and New Zealand were roughly the same, when I said that he was correct he asked if there was anyone left at home! Overall this was a good game for Ireland; however in the first half they seemed to lack the urgency and intensity of the Aussie game and it was only in the second half when they opened up that they put the Italians away with a commanding display. On our way home at 2am we passed by The Octagon where the pubs had overflowed onto the streets and an impromptu, boisterous game of rugby was taking place amongst about fifty young Irish supporters being watched and enjoyed by the local police. I would say there were a few cuts and bruises the following day.

We came home via Fiji which was very beautiful and at the same time very poor. In spite of the poverty everything was very relaxed and the locals themselves were very laid back and welcoming, greeting you "Bula" (Hello) every time they meet you. Overall I have to say this was the holiday of a lifetime and worth the impending poverty when the credit card bills come through the letter box.

Yvonne Hughes, CNM II



Jennifer and Jillian World Tour 2010/2011

Many of us dream of travelling around the world but not too many of us ever actually do it. On the 20th July 2010 Jennifer Gillick, Administration set out on a spectacular journey with her sister Jillian visiting 22 countries in almost 10 months, Philleas Fog may have managed it in eighty days but I doubt he had half the craic that they had. Here is a full list of all 123 stops;

20th Jul 2010	Limerick	
20th Jul 2010	London	United Kingdom
20th Jul 2010	Moscow	Russia
21st Jul 2010	Beijing	China
24th Jul 2010	Xi'an	China
27th Jul 2010	Luoyang	China
31st Jul 2010	Zhengzhou	China
4th Aug 2010	Shanghai	China
7th Aug 2010	Hanoi	Vietnam
11th Aug 2010	Ha Long	Vietnam
14th Aug 2010	Hue	Vietnam
17th Aug 2010	Hoi An	Vietnam
19th Aug 2010	Ho Chi Minh City	Vietnam
22nd Aug 2010	Bangkok	Thailand
22nd Aug 2010	Phuket	Thailand
20th Sep 2010	Singapore	Singapore
20th Sep 2010	Bali	Indonesia
2nd Oct 2010	Ao Nang	Thailand
19th Oct 2010	Ko Phi Phi Don	Thailand
26th Oct 2010	Krabi	Thailand
31st Oct 2010	Singapore	Singapore
2nd Nov 2010	Darwin	Australia
5th Nov 2010	Broome	Australia
7th Nov 2010	Port Hedland	Australia
8th Nov 2010	Karratha	Australia
9th Nov 2010	Coral Bay	Australia
10th Nov 2010	Geraldton	Australia
12th Nov 2010	Perth	Australia
14th Nov 2010	Coolgardie	Australia
15th Nov 2010	Caiguna	Australia
16th Nov 2010	Nundroo	Australia
17th Nov 2010	Port Augusta	Australia
18th Nov 2010	Adelaide	Australia
19th Nov 2010	Port Fairy	Australia
20th Nov 2010	Great Ocean Rd	Australia
22nd Nov 2010	Melbourne	Australia
22nd Nov 2010	Canberra	Australia
23rd Nov 2010	Port Macquarie	Australia
24th Nov 2010	Byron Bay	Australia
25th Nov 2010	Surfers Paradise	Australia
26th Nov 2010	Australia Zoo, Australia Zoo, 1638 Steve Irwin Way, Beerwah	Australia
26th Nov 2010	Hervey Bay	Australia
27th Nov 2010	Rockhampton	Australia
29th Nov 2010	Airlie Beach	Australia
1st Dec 2010	Innisfail	Australia
2nd Dec 2010	Cairns	Australia
3rd Dec 2010	Uluru, Uluru, Mutitjulu	Australia
6th Dec 2010	Cairns	Australia
8th Dec 2010	Green Island, Cairns	Australia
10th Dec 2010	Auckland	New Zealand
10th Dec 2010	Orewa	New Zealand
12th Dec 2010	Whangarei	New Zealand
12th Dec 2010	Waipapa	New Zealand
13th Dec 2010	Leigh	New Zealand
15th Dec 2010	Dargaville	New Zealand
15th Dec 2010	Waipoua Forest	New Zealand
16th Dec 2010	Orere Point	New Zealand
17th Dec 2010	Thames	New Zealand
18th Dec 2010	Coromandel	New Zealand
18th Dec 2010	Whitianga	New Zealand
19th Dec 2010	Whangamata	New Zealand

19th Dec 2010	Waihi Beach	New Zealand
20th Dec 2010	Tauranga	New Zealand
21st Dec 2010	Papamoa	New Zealand
21st Dec 2010	Rotorua	New Zealand
23rd Dec 2010	Taupo	New Zealand
29th Dec 2010	Napier	New Zealand
31st Dec 2010	Hastings	New Zealand
31st Dec 2010	Wellington	New Zealand
1st Jan 2011	Lower Hutt	New Zealand
2nd Jan 2011	Picton	New Zealand
2nd Jan 2011	Blenheim	New Zealand
3rd Jan 2011	Kaikoura	New Zealand
5th Jan 2011	Christchurch	New Zealand
7th Jan 2011	Dunedin	New Zealand
9th Jan 2011	Te Anau	New Zealand
10th Jan 2011	Milford Sound	New Zealand
10th Jan 2011	Wellington	New Zealand
11th Jan 2011	Queenstown	New Zealand
13th Jan 2011	Franz Josef Glacier	New Zealand
14th Jan 2011	Hanmer Springs	New Zealand
15th Jan 2011	Blenheim	New Zealand
16th Jan 2011	Picton	New Zealand
19th Jan 2011	Whakatane	New Zealand
20th Jan 2011	Auckland	New Zealand
23rd Jan 2011	Nadi	Fiji
23rd Jan 2011	Pacific Harbour	Fiji
29th Jan 2011	Honolulu	USA
30th Jan 2011	Waikiki, Honolulu	USA
3rd Feb 2011	San Francisco	USA
5th Feb 2011	Las Vegas	USA
6th Feb 2011	Grand Canyon, Grand Canyon	USA
7th Feb 2011	Rapid City	USA
8th Feb 2011	Mt Rushmore National Memorial,	USA
9th Feb 2011	Minneapolis	USA
11th Feb 2011	Milwaukee	USA
12th Feb 2011	Chicago	USA
13th Feb 2011	St Louis	USA
16th Feb 2011	Memphis	USA
18th Feb 2011	Nashville	USA
20th Feb 2011	New Orleans	USA
22nd Feb 2011	Houston	USA
24th Feb 2011	Dallas	USA
26th Feb 2011	Boston	USA
28th Feb 2011	New York	USA
7th Mar 2011	New York	USA
8th Mar 2011	Washington D.C.	USA
11th Mar 2011	Orlando	USA
16th Mar 2011	Fort Lauderdale	USA
20th Mar 2011	Labadee	Haiti
22nd Mar 2011	Cartagena, Cartagena	Colombia
23rd Mar 2011	Colón, El Higo	Panama
24th Mar 2011	Limón	Costa Rica
26th Mar 2011	George Town	Cayman Islands
28th Mar 2011	Miami	USA
30th Mar 2011	New York	USA
2nd Apr 2011	Moscow	Russia
3rd Apr 2011	Dubai	United Arab Emirates
7th Apr 2011	Doha	Qatar
8th Apr 2011	Athens	Greece
10th Apr 2011	Rome	Italy
14th Apr 2011	Ibiza Town	Spain
4th May 2011	Dublin	Ireland

Residents Halloween Party

On Tues, Oct 25th, the nursing home residents enjoyed a spooky Halloween Party. As night descended, they jumped on their broomsticks, ably assisted by the nursing home staff and many volunteers and flew to the Witches Cauldron (new restaurant) where the catering staff provided magical thrilling treats, spooky sweets and chilling potions. Volunteers Jim O Shaughnessy and Brenda Andrews in ghastly disguise provided mysterious music and spine chilling songs.

Many thanks to everyone who helped out especially all the nursing home staff and Helen & Evelyn in Catering, volunteers Eithne, Phil, May, Sheila, Orna, Nellie, Monica and of course our entertainers, Jim and Brenda.

Eileen Murphy & Michelle Clifford.



Werewolf and the Joker stepping it out: Aka, Ann O Halloran, Care Assistant and Lily Doyle, Resident



Resident Pat Purcell giving her rendition of "Danny Boy", with Jim O Shaughnessy & Brenda Andrews providing backing music.



Residents Phyllis Clancy and Marie Mc Gill enjoying Spicy Apple Potion!



L to R, John Philips, Head of Human Resources, Louisa Maher, Staff Nurse, Josephine Mullane, Care Assistant, Marian Cusack, Staff Nurse, Eithne O Shaughnessy, volunteer, Catherine Alford, Care Assistant, Teresa O Donovan, resident

New Head of Human Resources



John joins us in Human Resources having spent most of his career working in the high tech and pharmaceutical sectors. He has been involved in growing and developing various organisations and teams using an open communications style and the basic philosophy – "each employee should have the opportunity to grow to their maximum potential. It's up to the organisation to provide the environment for all employees to deliver to their ability". He is married to Terri and has two children - Paula and David. He is a native of Ardee, Co. Louth and has spent time in London, Limerick, Clonmel and Cork. He says he's completing the "Circuit of Munster" by returning to Limerick. His interests include golf, photography, travel and music - although he cannot sing or play a musical instrument.

"I am delighted with the opportunity to join Milford Care Centre. I knew MCC had a good reputation was but it's only when you come inside and meet the quality of the staff one realises how good the service is. I would like to thank everyone for the welcome I have received and it's great to get to know you. It's also interesting to see how the list of requests are growing as I get to know you all better. I'm looking forward to working with you all as we continue to develop MCC and services".

STAFF NEWS

Social Work Department

Wedding

Congratulations to Ciara Labanyi Social Worker who celebrated her marriage to Padhric Ryan in May.

New bereavement services

The Social Work Department were delighted to launch 3 new aspects of the service this year.

- The **Cup of Tea and Chat Club** is a place for bereaved people to meet in a social setting and takes place every Sunday from 2.30 to 4.30 in the Restaurant in Milford.
- The **Parenting Bereaved Children Programme** ran over 8 weeks and offered support to parents in caring for their children when they are bereaved.
- The **'Supporting Bereaved Pre-school children programme'** is being launched in November which again supports parents in responding to the needs of younger children.

The Social Work Team look forward to continuing to offer these valuable services to the bereaved.

Nursing Home Engagement

Congratulations to Devina Patel who recently got engaged to Shane and to Niamh Bresnan who recently got engaged to Mike.

Graduation

Sinead O'Sullivan, CNM II graduated from UL with a Masters in Nursing.

Day Care Births

Congratulations to Claire Collins and her husband Pa on the birth of their beautiful daughter Robyn.



Wedding

Best of Luck to Rebecca Slattery who is getting married this December.

We would like to extend a warm welcome to Evelyn O'Neil, Complementary Therapist, Aisling Freeney, Art Facilitator and Jennifer Gillick, Reception who joined the multi disciplinary team in Day Care.

Administration Graduation

Caroline Carey, Quality & Safety graduated from UL with a Diploma in Health & Safety and was also awarded Student of the Year 2011.

Wedding

Best of Luck to Lisa Pickham who is getting married this December.

Physiotherapy

Wedding

Congratulations to Finola McMahon who got married on 3rd on December in Mayo.

Hospice @ Home Births

Congratulations to the girls in Hospice at Home team who recently gave birth; Marie Tierney had a little boy, Neil. Marian Rea had a little girl, Jane. Brigid Fleming had a little girl, Roisín. Mary Ryan had a little girl, Ruby.

RETIREMENTS 2011

Betty Meaney
Brigid Dillon
Mary Bonfield
Kathleen Nihill

NEW STAFF 2011

Welcome to all new staff members who have joined the team at Milford Care Centre over the year.

Human Resources

John Phillips



Nursing Home

Bridget Murnane
Sharon Culhane
Edel Barrett

Specialist Palliative Care – In-Patient Unit

Alison Rowden
Jeffery Courtney

Finance

Carol Murray – Fundraising

Administration

Anne Enright

General Services

Elaine Grogan
Martin Condon

Catering

Darren Goodwin

Social Work

Noel Kennedy

Complementary Therapy

Evelyn O'Neill

Physiotherapy

Ailbhe McMahon

Occupational Therapy

Fiona Meehan
Fiona Ryan

Hospice @ Home

Brid Hughes
Nicola Oulghadi



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