



SUMMERVILLE NEWSLETTER

Issue 11

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THE SUMMERVILLE NEWSLETTER

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NEWS OF THE MONTH

CELEBRATING POSITIVE AGEING IN IRELAND

FRIDAY 24TH SEPTEMBER TO SATURDAY 2ND OCTOBER 2010

Age Action, a charity which promotes positive ageing will be running a **Positive Ageing Week** from 24th September to the 2nd October.

Positive Ageing is the term that Age Action have chosen to encapsulate all that they are trying to do to make Ireland the best place in which to grow old. It means a society in which people of all ages enjoy the same status and rights.

Positive Ageing Week is a festival which highlights the positive aspects of ageing and celebrates the contribution older people have made and continue to make to their communities.

The central aim of Positive Ageing Week is to dispel the many negative perceptions that surround ageing and to transform attitudes towards ageing and older people. Age Action feel that we need to celebrate the fact that we are living longer, that ageing is not a burden but an opportunity.



Age Action coordinates Positive Ageing Week. Events and activities are organised by active retirement groups, local voluntary groups, nursing homes, libraries, commercial organisations and individual older people themselves.

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DID YOU KNOW

The tip of a whip moves so fast that it breaks the sound barrier. The "crack" of a whip is actually a tiny sonic boom

Each day, up to 150 species of life become extinct

Fifteen people are known to have been crushed to death tilting vending machines towards them in the hope of a free can of soda

A full-grown bear can run as fast as a horse.

More redheads are born in Scotland than in any other part of the world.

The lifespan of the common goldfish is over 20 years

www.nicefacts.com

10 QUESTIONS!

- 1). What did Harry Beck design in 1931 which is still used in London today?
- 2). Which tennis player was stabbed while playing against Steffi Graf in Hamburg in 1993?
- 3). What was the capital of the old West Germany?
- 4). On a World War II battleship, what was a 'Mae West'?
- 5). What did Adam not have that every other man does have?
- 6). Which vehicle did J C Bamford give his name to?
- 7). What was sought by Jason and the Argonauts?
- 8). What was the name of AA Milne's son?
- 9). In Greek Mythology, who found herself combing a head of snakes every day?
- 10). Which President's name is inscribed on the 1969 Apollo 11 moon plaque?

Answers at bottom of page 5

HA HA HA

A couple in their 80's were having problems remembering things, so they decided to go to the doctor for a checkup. The doctor tells them that they are physically okay, but they might want to start writing things down to help them remember.

Later that night, while watching TV, the old man gets up from his chair. His wife asks, "Where are you going?" "To the kitchen for a drink," he replies. She asks, "Will you get me piece of cake?" The husband says, "Sure." She gently reminds him, "Don't you think you should write it down so you don't forget it?" He says, "No, I can certainly remember that!"

Then the woman says, "Well, I'd like some strawberries on top. You'd better write it down because I know you'll forget it." The man replies, "I can remember that! You want some cake with strawberries."

She adds, "I'd also like whipped cream on top. Now I'm certain you're gonna forget that, so you'd better write it down ok." Irritated, he says, "I don't need to write it down woman! I can remember that! Cake with strawberries! And whipped cream!" He then grumbles into the kitchen.

After about 30 minutes the old man returns from the kitchen and hands his wife a plate of bacon and eggs.

She stares at the plate for a moment and says, "Where's my toast?"

www.free-jokes-online.com

REFLECTION - PRAYER OF PETITION

Jesus says to us – “Ask and you shall receive; seek and you shall find; knock and the door will be opened for you” – Lk. 11, 1-3.

Yes, our prayers of petition are always answered – and, to make it better, God knows best.

I asked for health that I might do great things;

I was given infirmity that I might do better things.

I asked for riches that I might be happy;

I was given poverty that I might be wise.

I asked for power that I might have the praise of men;

I was given weakness that I might feel the need of God.

I asked for all things that I might enjoy life;

I was given life that I might enjoy all things.

I got nothing that I asked for, but everything I hoped for.

Almost despite myself my unspoken prayers were answered.

I am, among all humankind, most richly blessed.

Fr. Leo Henry

R.I.P.

Sarah Currid

28th September 1925

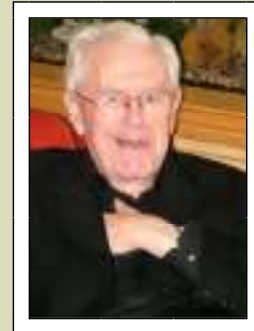


11th July 2010

Fr. Kevin Keany

2nd May 1926

16th August 2010



BIRTHDAYS

Pat Shanley

10th September

Betty Crown

3rd October

Kitty O’Sullivan

4th January 1912

20th August 2010



CELEBRATING POSITIVE AGEING IN IRELAND

FRIDAY 24TH SEPTEMBER TO SATURDAY 2ND OCTOBER 2010

Each year Positive Ageing Week has become bigger and better. Last year over 700-recorded events took place in 26 counties throughout the country and this year they are hoping for at least 850.

Summerville Healthcare will be hosting a number of events to celebrate Positive Ageing Week. Below you'll find the preliminary table of events. These events are subject to change but you will be updated by the Tic Tac board in reception, information posters and flyers. For more information on Age Action or Positive Ageing week please contact Laura in reception or go to www.ageaction.ie

POSITIVE AGEING WEEK TABLE OF EVENTS

Day	Event	Location	Event	Location
Friday 24th Sept	Hairdresser	Salon	Bingo	Sun Room
Saturday 25th Sept	Health & Beauty	Salon	Mass with Fr. Leo Henry	Oratory
Sunday 26th Sept	Coffee Moring	Lobby	Movie TBA	Large Sitting Room
Monday 27th Sept	Storytelling & Folklore	Sun Room	Music TBA	Sun Room
Tuesday 28th Sept	Keep Fit	Sun Room	Legion of Mary	Oratory
Wednesday 29th Sept	Table Quiz	Recreation Room	Debate	Sun Room
Thursday 30th Sept	Keep Fit	Sun Room	Dancing	Recreation Room
Friday 1st Oct	Hairdresser	Salon	Bingo	Sun Room
Saturday 2nd Oct	Mass with Fr. Leo Henry	Oratory	Reflection	
All Week	Photo Exhibition	Recreation Room		



JOHN JOE HERITY CELEBRATES HIS 80TH BIRTHDAY

John Joe Herity celebrated his 80th Birthday on 5th August 2010. He Celebrated with friends and family some of whom travelled from Dublin. John Joe entertained everyone with his renditions of Sligo Bay and The bold Thady Quill. John Joe would like to thank everyone that celebrated and wished him well on his Birthday.

GETTING TO KNOW YOU

EAMON FORDE



Born: Kilnamona, Ennis, Co. Clare

School: Kilnamona N.S., CBS Ennis, Atheny Agriculture College & University College Cork

Occupation: Teacher, Principal Grange Vocational School 1940 - 1980

Family: 3 Daughters: Anne, Mary & Helen. 9 Grandchildren

Pets: Dog named Fluff

First Car: Austin 08

As a child what did you want to be when you grew up: Agricultural adviser

Favourite Sweets during your childhood?: Bluebedge Toffee

Favourite book: Kevin Barry

Favourite sports hero: John Joe Doyle - Clare Hurler

What one word would you use to describe yourself: Independent

If they made a movie of your life story....who would play you? Sean Connery

ANSWERS - 10 QUESTIONS

1.) The map of the London Tube system (the Underground), 2.) Monica Selles, 3.) Bonn, 4.) A life jacket, 5.) A belly button or Navel, 6.) JCB digger, 7.)The golden fleece, 8.) Christopher Robin, 9.) Medusa, 10.) Richard Nixon

