

National Updates



New York City Twins with Ireland to Develop Age Friendly Communities

Older people stand to benefit from a new twinning agreement between New York City and the Irish Age Friendly Programme to advance initiatives that prepare society for population ageing. The twinning commits both sides to share knowledge on age friendly programmes and builds on the 2011 Dublin Declaration of Age-Friendly Cities and Communities. The agreement was signed by the Cathaoirleach (Mayor) Nick Killian of Meath County Council which hosts the Irish Age Friendly Programme and Lorraine Cortés-Vázquez, Commissioner for Aging. The signing took place in The Department for The Aging offices on Lafayette Street on 15th March.



Pictured: Cathaoirleach Nick Killian of Meath County Council, Michael Hodin CEO of the Global Coalition on Aging, Jackie Maguire Chief Executive of Meath County Council and Lorraine Cortés-Vázquez, Commissioner for Aging.

Both New York City and Ireland are affiliated members of the World Health Organization’s global programme for Age Friendly Cities and Communities. This programme supports society to prepare for population aging, encouraging co-design of initiatives and services with older people. In Ireland, 15% per cent of the population is aged 65 and over, while in New York city, this figure is 13%, however both communities will see a marked increase in the proportion of older residents in the coming years, following in international demographic trend for increased longevity.



Pictured: Cathaoirleach Nick Killian of Meath County Council, Jackie Maguire Chief Executive of Meath County Council, Michael Hodin CEO of the Global Coalition on Aging.



Pictured: Cathaoirleach Nick Killian of Meath County Council, Jackie Maguire Chief Executive of Meath County Council, Fiona Lawless Director of Services Meath County Council and Sylvia McCarthy Communications and Operations Manager Age Friendly Ireland Shared Service

Nick Killian, Cathaoirleach (Mayor) of Meath County Council, emphasised the importance of involving older people in planning for age friendly communities. “Older people have a wealth of experience and knowledge and should be involved on every step of the journey to create an Age Friendly Community. In Ireland, we have a great volunteer base in our communities, and the Age Friendly Programme benefits enormously from the generosity of older people who volunteer to participate in Older People’s Councils. These important structures underpin everything in the programme, and give older people’s voice a direct expression in local strategies, and implementation and monitoring of actions.”



Pictured: Cathaoirleach Nick Killian of Meath County Council, Jackie Maguire Chief Executive of Meath County Council, Fiona Lawless Director of Services Meath County Council, Sylvia McCarthy Communications and Operations Manager Age Friendly Ireland Shared Service and Anne Rizzo Regional Programme Manager Ireland West Region International Relations.

For full press release click here: <http://bit.ly/3JHFYaC>

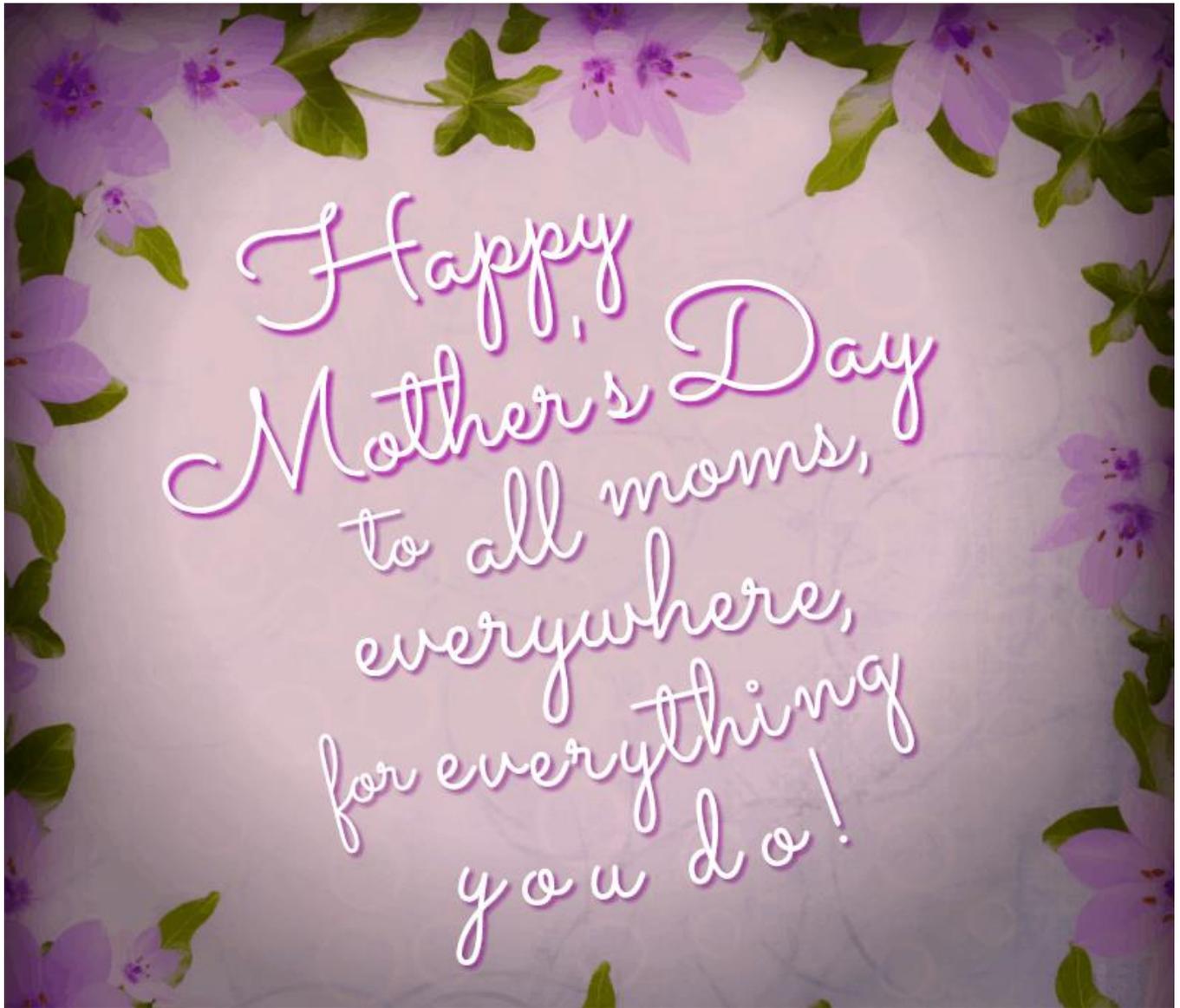


Sláintecare.



Healthy Age Friendly Homes

If you would like more information on the Healthy Age Friendly Programme you can visit <https://agefriendlyireland.ie/category/healthy-age-friendly-homes-programme/introduction/> or phone our national office at **046 909 7417**



University Research Studies



BE ACTIVE AND CONNECT WITH OTHERS ALONG THE WAY!

Maynooth University is seeking older adults (65+) in the Maynooth area to take part in a research project to help **support well-being for people with dementia.**

The Irish Research Council, The Alzheimer's Society of Ireland, and Maynooth University are working in partnership with older people to deliver a **FREE 6-week workshop.**

Join us to go for walks, listen to music and reminisce! Be active and chat with others along the way!



Please tell anyone you know who might be interested and contact us if you have questions or would like to join!

Maynooth Ageing Lab
Email: MUageing@gmail.com
Phone: 087 398 5702



**QUEEN'S
UNIVERSITY
BELFAST**

The Effects of Arthritis on Mental Health and Well-Being

Do You Have Arthritis?

Who are we?

We are a group of Final Year psychology students at Queen's University Belfast. We are conducting a study about arthritis and would like to hear about your experience with arthritis and how it has affected your mental health and well-being.

Interested?

Contact our research team to take part or ask us any questions!
Phone: 00447450091434
Email: cshields16@qub.ac.uk

How Long Will it Take?

The interview will take between approximately 45 and 60 minutes.

Who Can Take Part?

- Aged 18+
- Diagnosed Arthritis
- Living in UK/Ireland
- Fluent in English

What Does it Involve?

If you take part, you will be interviewed over Zoom, Teams or WhatsApp about your experience with arthritis and how it has affected different areas of your life.

HSE Information Pack



Click here for updates on Covid Vaccines, RSV and Flu, How to protect yourself from common winter illnesses, etc

<https://hsestakeholder-newsroom.prgloo.com/news/hse-partner-pack-16th-march-2023>

Home Ventilation



An Roinn Tithíochta,
Rialtais Áitiúil agus Oidhreacht
Department of Housing,
Local Government and Heritage

Ventilation is the exchange of air with harmful pollutants and moisture from the inside of the building with fresh and clean air. Good ventilation improves indoor air quality and creates healthy homes.



Click here to view this important video on ventilating your home:

<https://youtu.be/y2uHySCors8>



comhairle chontae na mí
meath county council



This guide will help you better understand the ventilation in your home. It does not replace manufacturer's instructions, which you should always follow. It explains ventilation, what you need to know if you own or rent your home and if you are planning renovations. Why you need proper ventilation in your home.

Click here to view guide: [HERE](#)

For more information on ventilating your home click here: <https://www.gov.ie/en/publication/938bf-home-ventilation/>

'Travel for All' Webinar



Please see below a link for 'Travel for All' webinar in which Karen Fennessy Clare Age Friendly Programme Manager and Maura Murphy Mayo Age Friendly Programme Manager, will be speaking about Age Friendly Airports.

The webinar is on **21st March at 3pm Irish time** – should anyone like to register for it.

Link:

<https://www.aarpinternational.org/resources/equity-by-design>

UPCOMING VIRTUAL SPOTLIGHT

Destination Equity: Travel for All

Tuesday, March 21, 2023 @ 11:00 AM ET

Almost all of us will experience some form of disability at some point—more so as we age. Let's figure out how to enable everyone to travel to visit relatives and friends and explore new places.

Register Now

Read the Full Case Study



FEATURED SPEAKERS

- **Karen Fennessy**, Age Friendly Programme Manager, Clare County Council, Ireland
- **Eric Lipp**, Executive Director, Open Doors Organization, US

Age Friendly University Important Updates



Sunflower Project

We are delighted to start a new collaboration with the Irish Red Cross and older Ukrainians from Kilkenny. To kick off the project, you are invited to attend a meet and mingle in DCU Glasnevin on Wednesday, March 22nd next - room to be confirmed. We have planned an informal day comprising a meet and greet, campus tour and lunch in DCU.

A 54-person coach will take the visitors to campus, and we know you will support us in extending a warm welcome to them. We hope this will be the start of a new partnership and lead to interesting projects later in the year.

Please register on the form here if you wish to attend:

<https://forms.gle/hHuXFZx1z3d5STFF9>

Global Intergenerational Week

DCU AFU is leading Global Intergenerational week, which takes place at the end of April. Solveig, our Marketing Intern, is organising the DCU events and promoting events for the week.

The week is not just aimed at DCU participants but is also a shout-out to our extended network to organise an intergenerational event or activity. Each day for the GIW has a theme, and you could build an event around it - a coffee morning, creative or sports activity, debate etc.

Just let us know, and we will promote it. For more information on the GIW, visit the website here.

Jamie Lee Curtis Has A Controversial Concert Idea, And People Love It



Jamie Lee Curtis gave her take on attending concerts. The “Everything Everywhere All at Once” star was passionately advocating that musicians start playing afternoon shows.

“I am gonna just say this now as a taunt and as a suggestion. U2 — do a matinee. Coldplay — do a matinee. What about a 12 noon concert, Coldplay? What about it?” Curtis told The Hollywood Reporter on the red carpet at the Spirit Awards over the weekend.

“Bruce Springsteen — do a matinee! You’re old! Why wouldn’t you let me come see you, Bruce Springsteen, in your glory days — pun intended — and do it at noon or 1 o’clock? Two o’clock! Two o’clock matinee! ... Theater in New York, 2 o’clock! I will come and hear your five-hour concert, Bruce, at 2 o’clock, and I’m gonna be home and in bed by 7:30.”

<https://www.youtube.com/watch?v=3qjFH-Cu1BE>

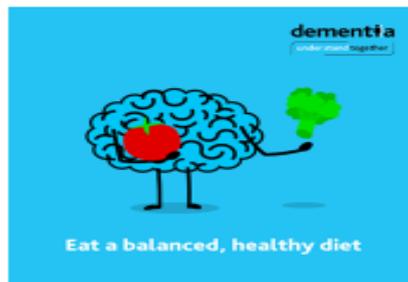
Dementia: Understand Together Updates

dementia
understand together

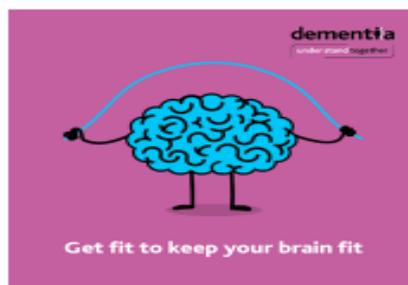
1. National Brain Awareness week

Brain Awareness week takes place from March 13th to 19th. It is a good opportunity to think about Brain Health and the things we can do to help maintain or improve brain health or reduce risk factors associated with some types of dementia.

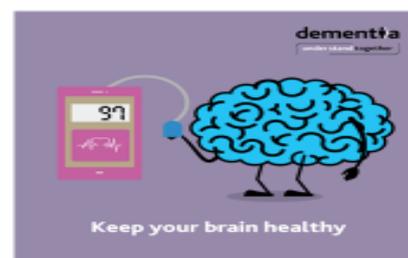
Here are 4 simple ways to keep your brain healthy and help reduce your risk of dementia:



Eating a wide variety of nourishing foods provides the energy and nutrients you need to keep your brain healthy and may help reduce your risk of dementia. A balanced diet that is rich in vegetables, fruit, wholegrains, and fish, and is low in salt and sugar, is a good starting point. Achieving or maintaining a healthy weight during your lifetime, particularly in mid-life is also important; being more active and following a healthy diet can help this.

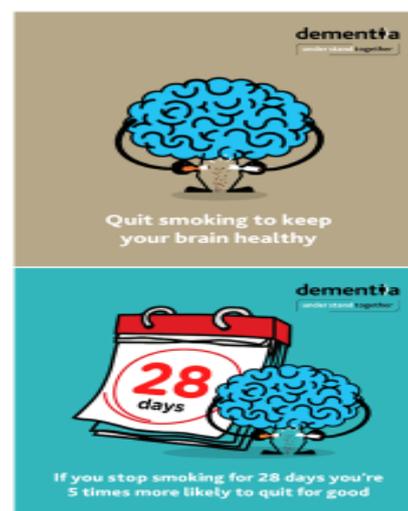


Physical activity is very important for brain health and exercise has been shown to reduce the risk of dementia. Every adult should aim to include 150 minutes of physical activity in their week, this equates to a brisk 30-minute walk, five days a week. A brisk walk should raise your heart rate but not leave you breathless.



High blood pressure damages the blood vessels that supply the brain, and this in turn can damage brain cells. By controlling high blood pressure you may be able to reduce your risk of dementia. Healthy adults should check their blood pressure at least once a year.

www.understandtogether.ie/about-dementia/what-is-dementia/brain-health



Quitting smoking may reduce your risk of developing dementia (as well as reducing your risk of developing cancers and heart disease). It can be hard to quit, but if you stop smoking for 28 days, you're five times more likely to stop for good. If you're ready to quit, the HSE **QUIT** team are ready to help. For free support call 1800 201 203 or text them for free on 50100 and receive a call back, or visit www.quit.ie/

2. Creative Brain week

Creative Brain week takes place from March 6th to 11th. Online and in person events will explore and celebrate how brain science and creativity collide to seed new ideas in social development, technology, entrepreneurship, wellbeing and physical, mental and brain health across the life cycle. This pioneering event illustrates innovation at the intersection of arts and brain science, including creative approaches to health. You can find information and register for events here <https://creativebrainweek.com/>

3. Alzheimer Europe Conference

The call for abstracts is open for the 33rd Alzheimer Europe Conference which will take place in Helsinki from October 16th to 18th. This year's theme is "New opportunities in dementia care, policy and research". The call for abstracts will close on April 30th. You can find more information here <https://www.alzheimer-europe.org/news/call-abstracts-opens-33rd-alzheimer-europe-conference-helsinki>

Local Updates

Upcoming Events in Bunclody Library



Astronomy Week Talk: The Moon – An Unofficial Biography with Dr. Donnacha O’Driscoll – Thursday 23rd March at 7.00pm

To celebrate Astronomy Week, Dr. Donnacha O’Driscoll, scientist and founder of the website themoon.ie, a free to access educational website, will be giving a fascinating talk on the moon. The Earth’s constant companion, the Moon, is ever present and we are all very familiar with the sight of it in the sky but few of us really know very much about it. The Moon has been part of all our lives, shouldn’t you get to know it a little better?

Spring and Summer in the Irish Garden with Maria Ryan, Bell Meadow – Thursday 30th March at 7.00pm

Join Maria for a fascinating talk on growing an abundance of flowers to bring beauty to your garden and home. A look at some easy to grow annuals and dahlias, with an emphasis on some that are very productive and have many purposes.

Classics Film Club – Friday 31st March 11.00am – 12.30pm

Join us every month for a classic film for adults. Staff will select the perfect movie to take you back in time to some of the film greats. This movie is for adults only.

Booking required for these free events, book online at wexfordcoco.libcal.com or telephone 053 9375466

JOIN YOUR LOCAL OLDER PEOPLE'S COUNCIL



Older People's Councils are established in every local authority area of Ireland under the local Age Friendly Programme. They are a vehicle to bring the voice of older people into local government and help to inform private and public service provision.

Contact your Age Friendly Programme Manager, Miriam Hillis to find out more on:

053 9196384 / 087 3511457 or miriam.hillis@wexfordcoco.ie

See our locations and times for our 5 Municipal District Meetings:

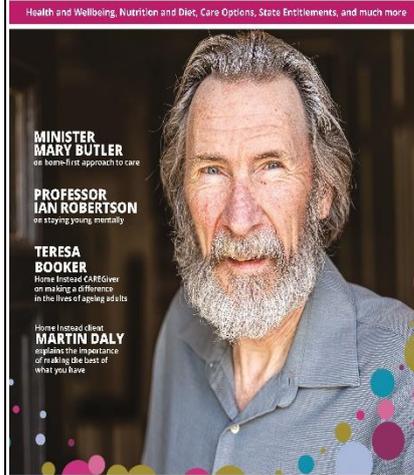
All meetings will run from 2pm – 3.30pm

- Enniscorthy** **Riverside Park Hotel, Tuesday March 21st**
- New Ross** **Horse & Hound Hotel, Tuesday March 28th**
- Wexford** **Maldron Hotel, Tuesday April 18th**
- Rosslare** **Coast Hotel, Rosslare Strand Thursday April 20th**
- Gorey** **Amber Springs Hotel, Tuesday April 25th**

Please join us and get your voice heard.
All are welcome.



'Essential Guide to Ageing Well'



from Home Instead.

Home Instead has launched its annual 'Essential Guide to Ageing Well'. The Guidebook has been developed through Home Instead's years of experience in the home care sector in Ireland and around the world.

The Essential Guide to Ageing Well 2023 is a comprehensive resource for ageing in Ireland and covers a range of important topics to help people prepare and plan for the future now whether as older people, carers or family members.

Featuring contributions from Mary Butler TD, Minister of State for Mental Health and Older People; Professor Ian Robertson, Founding Director of the Global Brain Health Institute and author of How Confidence Works; and supported by Total Health Pharmacy and Haven Pharmacy, the guidebook is available free-of-charge to anyone interested in ageing well.

To view or download a copy, visit www.homeinstead.ie/guidebook2023



Pitch and Putt



6-WEEK INTRODUCTORY COURSE FOR ADULTS 55+

Navan Pitch & Putt Club, 23rd March @12:15pm

Delivered by a Pitch & Putt Coach

All equipment provided!

Great opportunity for beginners to try Pitch & Putt

Cost: €20 for 6 weeks



To register please contact Luke on luke.condie@meathcoco.ie or call 0469067887





Workshop on Older People's Council Guidelines

Regional Manager Mairead Cranley delivered a workshop to Leitrim Older Persons Council on March 9th in the Bush Hotel, Carrainshannon Co Leitrim, explaining the operating procedures for Older People's Councils as set out in the national guidelines. A similar workshop is being delivered for Older People's Councils in each county and city. The workshop helps the members to understand their role and the purpose of the Older People's Council and how they work within the national and local Age Friendly Programme structure.



Dementia Cafe

Millennium Family Resource Centre
Glengoose E41AO65
052-9157992



The Rosemary Dementia Cafe



*Officially launched by Tipperary
Manager
Liam Cahill*

Tuesday 4th April 11:30-1pm

Everyone is welcome to attend our café:
People living with dementia, their families and
friends, healthcare professionals, and people who
are interested in supporting a
dementia inclusive community.
Come along to share a cuppa and a chat!



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Your Voice



We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone.

Please **email us** your news to us at agefriendlyireland@meathcoco.ie before 1pm Thursday for inclusion in our weekly newsletter.

Don't forget we are on **social media** so why not follow us for all the up to date information and live updates on all things Age Friendly happening around the country 😊

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)

Facebook: [Age Friendly Ireland](https://www.facebook.com/agefriendlyireland)

International Updates



IFA Global Café | In Conversation with: Kazuki Yamada

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Mr. Kazuki Yamada - Technical Officer – Demographic Change and Healthy Ageing, World Health Organization - on "The 2023 vision for the decade platform."



A recording of this event will be available on the Federation's website

<https://ifa.ngo/ifa-global-cafe/> and

<https://drbarometer.com/community/resource-library>

Useful Contacts and Info

Age Friendly Ireland Shared Service Office Telephone: **046 9097413**

Or Email: agefriendlyireland@meathcoco.ie

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)

Facebook: [Age Friendly Ireland](https://www.facebook.com/agefriendlyireland)

Website: www.agefriendlyireland.ie / www.agefriendlyhomes.ie

HSE Advice Line: Call save 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday