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Quarterly Newsletter

Spring

Healthy Start to 2024

In January, it is traditional to set new goals and initiate or revisit some healthy habits. One common way to start the year off with a commitment to healthier living is the so-called “Dry January,” where participants plan not to drink any alcohol during the month.

There is plenty to love about giving up alcohol, from health benefits to mental health support.

GP Hugh Gallagher specialises in alcohol addiction treatment and works in the HSE Integrated Alcohol Service. He highlights a major finding of the University of Sussex research: those who take on dry January subsequently drink less — six months after their month on the dry, study participants were drinking less, drinking less often and not getting drunk as much.

Interviewed at the start and end of Dry January 2014 and again that summer to evaluate any long-term effects of the campaign, the results showed that 72% of participants had maintained lower levels of harmful drinking. And 4% were still not drinking after six months. They were also more likely to say no to a drink in social situations, when feeling worried or upset, and in situations where they would normally have had a drink.
Dr Richard de Visser, who conducted the research, reported even further good news: “These changes in alcohol consumption were also seen in participants who did not complete the whole month alcohol-free. Even if [they] took part but did not successfully complete the 31 days, it led to a significant decrease across all the measures of alcohol intake.”

Gallagher says people who do dry January are obviously thinking about their alcohol consumption. “They may wish to reset their mind and their body and, in the process, reset their relationship with alcohol. People have a thing about ‘how do you tell people’ that you are not drinking alcohol. Dry January allows them to get practised at saying ‘no.’

The reset afforded by Dry January can prompt people to ask an important question, Gallagher says. Which is: Do I need alcohol as much as I previously thought to relax, unwind, socialise and de-stress?
The answer may well be: 'No, actually.'

(Material excerpted from Dry January: How a month with no alcohol can improve your mood, sleep and prevent illness (irishexaminer.com))

The HSE also has helpful information about alcohol available on their website: https://www2.hse.ie/living-well/alcohol/

World Cancer Day
4th February

World Cancer Day was recognized on February 14th.
The theme for 2024 is “Close the Gap”.
In healthcare, inequality refers to the uneven distribution of resources. By contrast, inequity means unjust, avoidable differences in care or outcomes.

The difference may seem subtle, but closing the cancer care gap is not about providing everyone with equal resources. One size does not fit all, and every challenge demands a different solution. Equity is about giving everyone what they need to bring them up to the same level.

For example, certain barriers stand in the way of cancer care. These barriers can include:

- Gender norms and discrimination
- Barriers for minority populations
- Socioeconomic status
- The rural-urban divide
- Age discrimination
- Refugee status and forced displacement
- Homophobia, transphobia, and related discrimination
- Barriers for people with disabilities

https://www.worldcancerday.org/materials

Denim for Dementia Fundraiser

The Myhomecare team proudly supporting Denim Day for Dementia hosted by The Alzheimer Society of Ireland and making a difference together!

St. Patrick's Day

Myhomecare celebrated the Patron Saint of Ireland this year with a contest for our dedicated care staff. There were some wonderful entries, and the winner made every effort to impress with a cute little one in full costume!

Spring

After an exceptionally wet and windy start to 2024, it's finally here! Brighter days, longer evenings, bird song and budding trees. No matter what age or stage of life you are in, there is deep magic and healing in taking time to enjoy Springtime.

Here are some ways you can make the most of this season:

1. **Take a Walk:** The slow pace and the gentle movement of a walk on a spring day helps to heighten your senses so you can appreciate the splash of yellow in a nearby field or the rich green leaves on recently bare tree branches.

2. **Have a picnic:** When the temperatures are milder, you can enjoy the rare joy of eating al fresco. Somehow, sandwiches taste better when you surround yourself with fresh air and sunshine.

3. **Tend the garden:** There is plenty of evidence to support the mood lifting benefits of sinking your fingers into a bit of earth. Planting seeds and watching them sprout is one of life's best pleasures, and it comes at no cost!

4. **Watch the wildlife:** Set a bird feeder in your garden or sit in a park at dawn or dusk for the best chance of spotting some local fauna.

5. **Afternoon tea in a natural setting:** There are so many beautiful places to book in for afternoon tea. Make a point of choosing someplace where you can sit on a terrace or an outdoor patio to make the most of the spring weather.

6. **Exercise outdoors:** There are so many great options to choose from. Golf is a low-impact choice with multiple fitness benefits. Tai chi and yoga are other options that can improve suppleness and dexterity as well as providing a social aspect.

Myhomecare Partnership with Isaac Care

Myhomecare is a HSE recognised national supplier of high quality homecare services with a strong focus on delivering person-centred care to each individual in their own home. We are committed to delivering the right people with the right skills to support our clients to live independently and with dignity.

Myhomecare are proudly partnering with Isaac Care, to bring innovative and easy-to-use assistive technology to our clients nationwide. Isaac Care's technology allows us to provide wraparound 24/7 support to our clients and provides comfort and peace of mind when our dedicated homecare staff and family members can't be present.

Comfort Plan

The Comfort Plan allows you to choose two pieces of Isaac Care assistive technologies as an introductory offer with expert advice from our team who are there to assist you with selecting the most appropriate technology for your loved one.

Visit Our Website

OR

Contact one our Myhomecare Expert Advisors on

1800 400 900

Employee of the Quarter

The Employee of the Quarter Program recognizes the outstanding qualities and contributions of employees, we are delighted to announce the winners for Spring 2024.

All the little things you do every day make a huge difference. Thank you for your dedication and willingness to go the extra mile.

DNE: Sandra Petrova

DML: Vivianne Gomes

SOUTH: Elizabeth Kennedy

Limerick: Lynn Walsh

Galway: Mealanie Green

LIVE JOBS

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