



IN THIS EDITION

KEEPING YOUR MONEY SAFE / GARDA NEWS / HEALTHY LAOIS / EIRCODE STICKERS / RECIPE FROM LOETB / AN OLD MANS WISH/NOTICE BOARD/ KEYS TO HEALTHY AGING

SEVEN DEADLY SCAMS – HOW TO KEEP YOUR MONEY SAFE AS ADVISED BY AIB



1 BEING BOMBARDED WITH TEXTS CONTAINING LINKS?

Don't click that link-see below for examples. Take a moment and ask yourself does this seem legitimate. If in doubt, contact the sender on a verified number to check its legitimacy. Customers who have clicked on fraud texts are getting follow up calls from the criminals looking for more information and codes from their card reader (to authorise payments) These phone calls are Fraudulent.

AIB: Due to unusual activities, your card has been placed on hold. Please visit aib-accsecurityservice.com and follow the on-screen instructions to re-activate.

AIB: Your One-Time passcode is 553917 for Purchase of 277.28 EUR to AN-POST OFFICES, If this was NOT you please contact us on [+35312308748](tel:+35312308748) immediately REF:QRFIZ.

eFlow: Today is the deadline date for your outstanding eFlow payment, please take action to avoid incurring any penalty charges via: e-flow-toll.info

Your account will be disabled due to failure to accept our new terms and conditions. To accept please follow:<https://aibterms-mob.com/>



2 TAXI COLLECTING YOUR CARD?

AIB will never send a taxi or courier to collect your physical card, PIN, or any security details. Always keep these details in your possession. NEVER give your debit card to a taxi driver who innocently delivers it to the criminals



3 OFFER TO FIX YOUR PC?

A helpful caller wants to fix broadband or account issues or give you a refund but needs to take control of your device. Stop. Do not download software or apps that can allow a scammer access to your personal device. Never provide one time pass codes or card reader codes to any cold caller



INVESTMENT OPPORTUNITY TOO GOOD TO BE TRUE?

Then it generally is just that. Be cautious of ads advertising high returns on investments. Make sure that you're dealing with the real provider. Always verify the provider is regulated and seek independent financial advice before parting with your money. Scammers will target anyone who responds to them and build trusting relationships with their victims over a period of time.



CHECKING IN ON YOUR ACCOUNTS?

Always login to your account by using our website at AIB.ie or by using our secure Mobile App on your phone. Browsing the internet for login pages can be unsafe and may result in you landing on non-AIB sites.



SECURITY CODES BEING REQUESTED?

Always be cautious when providing codes from your AIB security device. Be familiar with when these are required. Do not provide extra codes when requested out of the blue.



RECEIVED AN EMAIL WITH PAYMENT INSTRUCTIONS?

Never make a payment on the back of an email instruction. Verbally confirm the details with the sender on a known and trusted contact number

[Click here for more info](#)



GARDA NEWS

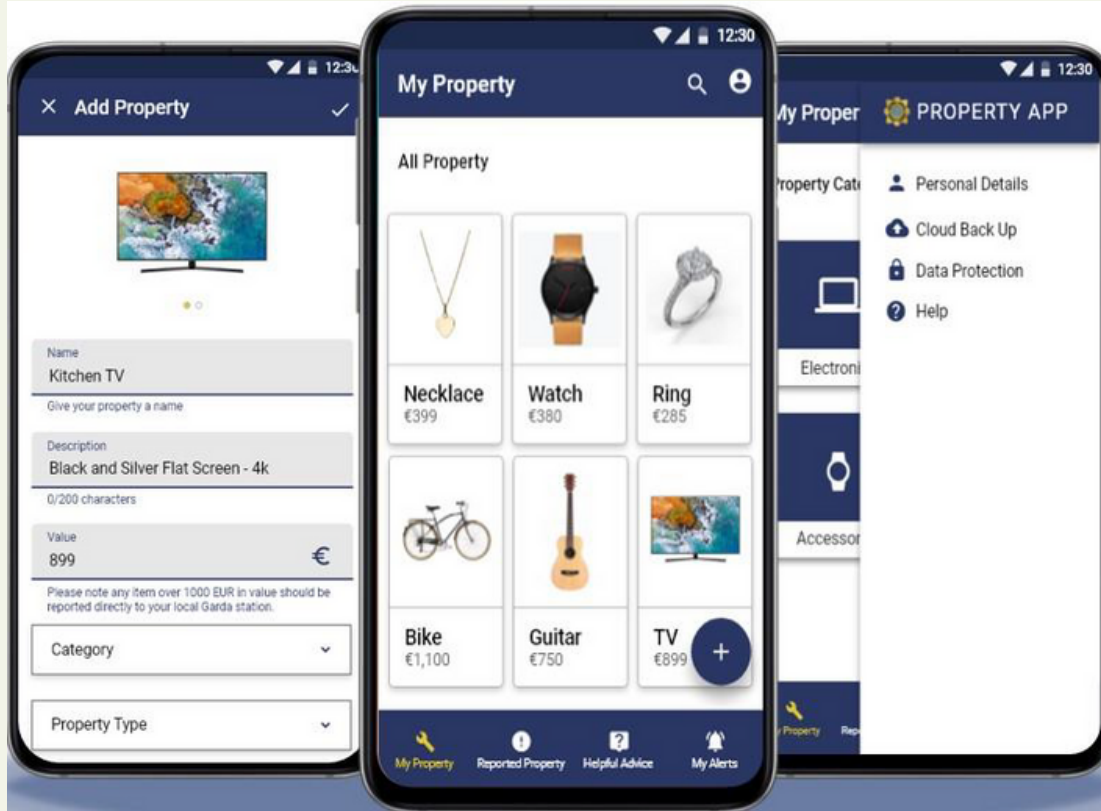
To contact a member of the Community Garda team in Laois, email

Portlaoise.community@Garda.ie.

If you leave your query there with your name and number, they will get back to you. To contact the crime prevention officer for Laois contact

Sgt. Graham Kavanagh on Graham.b.kavanagh@garda.ie

GARDA PROPERTY APP



An Garda Síochána Property App has been launched

Quick note a free app called the An Garda Síochána Property App has been launched and homeowners are encouraged to use it to record their personal items. If you are a victim of theft or burglary, you can use the in-app reporting tool to share the details of the stolen items with gardaí and hopefully aid in the recovery and return of the items. To download the app and get more information on the use of this, please click <https://www.garda.ie/en/angardasiochanaapp/>



HEALTHY LAOIS



New Year Stumbles with Healthy Laois

The New Year has started, the radios are buzzing with talk of New Years resolutions and the TVs have lots of helpful Programmes telling you how to have your healthiest year ever!. But, very few of these resolutions survive to the end of the month.

So should we bother?

The answer is a very big yes. But this year, let's not set ourselves up to fail.

Let's look at three steps to success in 2024.

Step one. What do you want to change? Decide!

Step Two Why do you want to change it?

It's important to know what we want to change but it's just as important to know why.

Do you want to eat better because you want to get healthier?.

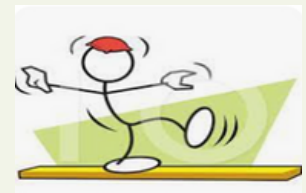
But think about why you want to get healthier, what are the benefits to you and why does this matter to you?.

Step three Focus on progress.

Think about when a toddler learns to walk. They wobble, they stumble, they walk, they fall. We don't count the falls and we always praise the efforts.

If we look at our own stumbles as little failures or as a sign that we are not capable or deserving, then we will eventually stop trying.

So this January, realise the stumbles are a natural part of trying and be kind and forgiving to yourself when they happen.



AGE FRIENDLY LAOIS INFORMATION

To see more content from Age Friendly Laois- videos etc.. see our page on Laois.ie by clicking

[HERE](#)

For our youtube channel, which features videos from last years Live Well Expo click

[HERE](#)



EIRCODE STICKERS



is very important to know your Eircode, especially in times of emergency. Your Eircode should be prominently displayed in your home so that you or someone in your home can access it quickly. Age Friendly Laois have taken delivery of 1000 Eircode stickers which can go on your fridge, your doors, your landline phone or your mobile.

The first 1000 stickers have been distributed to individuals and groups throughout Laois and we have a further 2000 ordered as the demand was so high.



If you don't know your Eircode, ask someone to help you get this or call this office and we will help you with this. If you want Eircode stickers for yourself or for a group, call Tom on 086 0363426/ 05786 64150 tcurran@laoiscoco.ie

YOUR NEWS



This newsletter is a new initiative , aimed at collecting info from various sources and compiling it here in a monthly newsletter. It is hoped that as the months pass, that we will have more and more relevant content for you. If you have any suggestions, or news from your groups, or to sign up to receive the newsletter , , get in touch with Age Friendly Laois (contact details on page 1) .

Let people know what is happening in your area, promote your event or look for new members. Any suggestions regarding content or what you would like featured in the newsletter are welcome . If you are in a position to print and distribute this to anyone , or to forward it on, please do.

....and please submit any news articles, short stories, local lore, recipes or any items of interest to tcurran@laoiscoco.ie to see it in future editions.

CHICKEN NOODLE STIR FRY



Thanks to the LOETB's Janice O'Brien, Qualified Chef and Nutritionist for this issue's recipe.

If you have any other recipes (and don't mind sharing them), get them to us. We love the traditional and old ones, if you have any.

By Post: Tom Curran, Community Section, Laois County Council

By email: tcurran@laoiscoco.ie

INGREDIENTS

Chicken fillet per person, Mixed peppers, Onion, Mushrooms, Garlic, Beansprouts
Soy sauce, Chinese 5 spice, Egg noodles



METHOD

- Cut chicken into strips. Leave aside.
- Slice onion, mushrooms, garlic and peppers.
- Sauté chicken in a hot pan. Add veg and garlic.
- Add a tablespoon of Chinese 5 spice and a good splash of soy sauce.
- In a jug pour boiling water over noodles and cover with cling film. Leave to soften. Drain once soft.
- When chicken & veg is cooked add beansprouts and softened noodles. Add some of the water to the pan.
- Once combined serve. Top with chilli slices, cashew nuts or sesame seeds. (optional)

Nutritional Information

Chicken - contains protein which fills us for longer, good for growth and repair and good for our bones.

Peppers - contain Vit C, Vit B6 which is important for the formation of red blood cells.

Mushrooms - are a source of Vit D, promote lower cholesterol, supports a healthy immune system and protect brain health.

Chef's Tip

Other vegetables can be added such as broccoli & cauliflower which are high in iron or carrots which are high in fibre.



AN OLD MAN'S WISH

This monologue I heard for the first time about 20 years ago, recited by a man from Borris in Ossory. I have heard it recited and sang since by many singers- Colette, Piano Tom and Ross Molloy among them. I have tried to find out where the monologue came from, who wrote it?, was it based on a true story? If you know anything about its origins, let us know for the next edition....

I was walking to the airport with my suitcase and my bags
When an old old man approached me and his clothes were all in rags
Every footstep was an effort there was anguish in his speech
He said Son, forgive me asking do you come from County Laois
Well I could not help but wonder as he did his best to talk
How he ended up so broken in the subways of New York

Then I heard my flight announcement but before I went my way
He said Son do me a favour when you get back home today
Will you give my love to Emo and the tears rolled down his face
Will you make a wish for me beside the Rock of Dunamase
Will you smile on Ballybrittas and just tell her it's from me
And will you light a little candle in the Church in Clonaslee.

As the jet plane soared to Ireland He kept coming to my mind
I could see his tragic features as I left him far behind
I just couldn't bear to tell him that I am not from Laois at all
That I come from near Bundoran in the County Donegal
Well I suppose you say I'm foolish and who knows perhaps I am
But I know I had to grant that wish to that old old broken man

As the sun set over Ireland I was on my way to Laois
I could see his troubled features I could hear his voice beseech
So I gave his love to Emo as I thought of his sad face
And I made a wish for him beside the Rock at Dunamase
And I smiled on Ballybrittas just like he asked of me
And then I lit his little candle in the Church at Clonaslee



Well three years went by or maybe four I soon forgot it all
I settled down and married in my native Donegal
Then one night as I was walking home this brilliant light appeared
And in it stood the old old man he smiled and said don't fear

He said I've come to thank you and his face was all aglow
And then my mind flew back to County Laois it seemed so long ago
And suddenly he disappeared but I felt ah that strangers peace
For I knew that God had called him home to Heaven and to Laois.

He said give my love to Emo and the light shone round his face
And make a wish for me beside the Rock of Dunamase
Please smile on Ballybrittas and just tell her its from me
And will you light a little candle in the Church at Clonaslee

LIVE WELL EXPO

Following the success of last year's first Live Well Expo, 2024 will see another expo event with venue and details yet to be confirmed. Last year saw approximately 1000 people attend Portlaoise College from 4 to 8pm. The event was opened by our own Age Friendly ambassador Anna May McHugh and we had an appearance from two of the Operation Transformation leaders .

There was a series of informative talks, including Crime Prevention Officer Sgt Graham Kavanagh, and Carmel Cashin from the Women' Shed movement among others. The LOETB's chef Janice O Brien gave a healthy cooking demo as did two of our elected members , Councillors John King and Paddy Bracken. In the sports hall , there were in excess of 70 exhibitors from the health and wellbeing sector, community and support groups and assistive technology providers.

On the day , the HSE provided health screening on various health indicators. This proved very popular and they reported afterwards that they had screened 97 people on the day , many of whom had not visited a GP in a number of years. 5 people were advised to seek further medical assistance as a matter of urgency.

More info will be available as plans progress.

NOTICE BOARD

THE EASY WAY TO SECURE YOUR SAY

Do you want to vote? You must register to do so.
Moved address? You must update your registration.
Now most people can register online!
Join the register or update your details on

checktheregister.ie

If you cannot access this information online,
please email register@laoiscoco.ie, phone 057 866 4105 or visit:

<p>Laois County Council Áras an Chontae Portlaoise Co. Laois R32 EHP9</p>	<p>Hard copy forms are also available in: Local Libraries Garda Stations Post Offices</p>
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Free and confidential service to support people with form filling, digital queries and accessing available services.

- Form Filling Support
- Digital/Smartphone Support
- Free & Confidential Service

Portlaoise Library
Tuesdays 10am-12pm

More Info
tlatham@loetb.ie or
085 8560160





Drop in clinic

SHARED READING MOUNTMELLICK

Shared reading groups bring people together to talk, laugh and share. Just grab a cuppa and enjoy listening to a story or poem-no pressure to read or talk. Contact Mountmellick Library on 0578644572 or email mountmellicklibrary@laoiscoco.ie to leave your contact details!

SWIMMIN' WOMEN

Aqua Aerobics



6 WEEK AQUA AEROBICS FOR WOMEN IN LAOIS
LEISURE PORTARLINGTON

REGISTER ON EVENTBRITE 

€30

Laois Sports Partnership
COMHAR SPÓIRT NA LAOISE
— SPORT IRELAND —

Laois Leisure 

JOIN THE READING REVOLUTION!



TRY SHARED READING

Mountmellick Library

Shared reading groups bring people together to talk, laugh and share. Just grab a cuppa and enjoy listening to a story or poem-no pressure to read or talk!

Call 0578644572 to leave your contact details!



The Keys to Healthy Aging

As we grow older, we experience an increasing number of major life changes, including career transitions and retirement, children leaving home, the loss of loved ones, physical and health challenges—and even a loss of independence. How we handle and grow from these changes is often the key to healthy aging.

Coping with change is difficult at any age and it's natural to feel the losses you experience. However, by balancing your sense of loss with positive factors, you can stay healthy and continue to reinvent yourself as you pass through landmark ages of 60, 70, 80, and beyond.

As well as learning to adapt to change, healthy aging also means finding new things you enjoy, staying physically and socially active, and feeling connected to your community and loved ones. Unfortunately, for many of us aging also brings anxiety and fear. How will I take care of myself late in life? What if I lose my spouse? What is going to happen to my mind?

Many of these fears stem from popular misconceptions about aging. But the truth is that you are stronger and more resilient than you may realize. These tips can help you maintain your physical and emotional health and continue to thrive, whatever your age or circumstances.

Myths about healthy aging

Myth: Aging means declining health and/or disability.

Fact: There are some diseases that become more common as we age. However, getting older does not automatically mean poor health or that you will be confined to a walker or wheelchair. Plenty of older adults enjoy vigorous health, often better than many younger people. Preventive measures like healthy eating, exercising, and managing stress can help reduce the risk of chronic disease or injuries later in life.

Myth: Memory loss is an inevitable part of aging.

Fact: As you age, you may eventually notice you don't remember things as easily as in the past, or memories may start to take a little longer to retrieve. However, significant memory loss is not an inevitable result of aging. Brain training and learning new skills can be done at any age and there are many things you can do to keep your memory sharp. The sooner you start, the sooner you'll reap the benefits.

Myth: You can't teach an old dog new tricks.

Fact: One of the more damaging myths of aging is that after a certain age, you just won't be able to try anything new or contribute to things anymore. The opposite is true. Middle-aged and older adults are just as capable of learning new things and thriving in new environments, plus they have the wisdom that comes with life experience. If you believe in and have confidence in yourself, you are setting up a positive environment for change no matter what your age.



Aging well tip 1: Learn to cope with change

As you age, there will be periods of both joy and stress. It's important to build your resilience and find healthy ways to cope with challenges. This ability will help you make the most of the good times and keep your perspective when times are tough.

Focus on the things you're grateful for. The longer you live, the more you lose. But as you lose people and things, life becomes even more precious. When you stop taking things for granted, you appreciate and enjoy what you have even more.

Acknowledge and express your feelings. You may have a hard time showing emotions, perhaps feeling that such a display is inappropriate and weak. But burying your feelings can lead to anger, resentment, and depression. Don't deny what you're going through. Find healthy ways to process your feelings, perhaps by talking with a close friend or writing in a journal.

Accept the things you can't change. Many things in life are beyond our control. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems. Face your limitations with dignity and a healthy dose of humour.

Look for the silver lining. As the saying goes, "What doesn't kill us makes us stronger." When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.

Take daily action to deal with life's challenges. When a challenge seems too big to handle, sweeping it under the carpet often appears the easiest option. But ignoring the problem doesn't make it go away; it allows both the problem and your anxiety to build. Instead, take things one small step at a time. Even a small step can go a long way to boosting your confidence and reminding you that you are not powerless.

Staying healthy through humour, laughter, and play. Laughter is strong medicine for both the body and the mind. It helps you stay balanced, energetic, joyful, and healthy at any age. A sense of humour helps you get through tough times, look outside yourself, laugh at the absurdities of life, and transcend difficulties.



Don't let age change you.
Change the way you age.



Tip 2: Find meaning and joy

A key ingredient in the recipe for healthy aging is the continuing ability to find meaning and joy in life. As you age, your life will change and you will gradually lose things that previously occupied your time and gave your life purpose. For example, your job may change, you may eventually retire from your career, your children may leave home, or other friends and family may move far away. But this is not a time to stop moving forward. Later life can be a time of exciting new adventures if you let it.

Everyone has different ways of experiencing meaning and joy, and the activities you enjoy may change over time. If your career slows down or you retire, or if your children leave home, you may find you have more time to enjoy activities outside of work and immediate family. Either way, taking time to nourish your spirit is never wasted.

If you're not sure where to get started, try some of the following suggestions:

Pick up a long-neglected hobby or try a new hobby. Taking a class or joining a club or sports team is a great way to pursue a hobby and expand your social network at the same time.

Learn something new, such as an instrument, a foreign language, a new game, or a new sport. Learning new activities not only adds meaning and joy to life, but can also help to maintain your brain health and prevent mental decline.

Get involved in your community. Try attending a local event or volunteering for a cause that's important to you. The meaning and purpose you find in helping others will enrich and expand your life. Community work can also be a great way of utilizing and passing on the skills you honed in your career—without the commitment or stress of regular employment.

Travel somewhere new or go on a weekend trip to a place you've never visited

Spend time in nature. Take a scenic hike, go fishing or camping, enjoy a ski trip, or walk a dog in the park.

Enjoy the arts. Visit a museum, go to a concert or a play, join a book group, or take an art appreciation class.

Write your memoirs or a play about your life experiences

The possibilities are endless. The important thing is to find activities that are both meaningful and enjoyable for you.





Tip 3: Stay connected

One of the greatest challenges of aging is maintaining your support network. Staying connected isn't always easy as you grow older—even for those who have always had an active social life. Career changes, retirement, illness, and moves out of the local area can take away close friends and family members. And the older you get, the more people you inevitably lose. In later life, getting around may become difficult for either you or members of your social network.

It's important to find ways to reach out and connect to others, regardless of whether or not you live with a spouse or partner. Along with regular exercise, staying social can have the most impact on your health as you age. Having an array of people you can turn to for company and support as you age is a buffer against loneliness, depression, disability, hardship, and loss.

The good news is that there are lots of ways to be with other people. It doesn't matter what you do, so long as you find ways to get out of the house (if possible) and socialize:

Connect regularly with friends and family. Spend time with people you enjoy and who make you feel upbeat. It may be a neighbour who you like to exercise with, a lunch date with an old friend, shopping with your children, or playing with your grandkids. Even if you are not close by, call or email frequently to keep relationships fresh.

Make an effort to make new friends. As you lose people in your circle, it is vital to make new connections so your social life doesn't decline. Make it a point to befriend people who are younger than you. Younger friends can reenergize you and help you see life from a fresh perspective.

Spend time with at least one person every day. Whatever your living or work situation, you shouldn't be alone day after day. Phone or email contact is not a replacement for spending time with other people. Regular face-to-face contact helps you ward off depression and stay positive.

Volunteer. Giving back to the community is a wonderful way to strengthen social bonds and meet others interested in similar activities or who share similar values. Even if your mobility becomes limited, you can get involved by volunteering on the phone.

Find support groups in times of change. If you or a loved one is coping with a serious illness or recent loss, it can be very helpful to participate in a support group with others undergoing the same challenges.

**Connecting
with Others**





Tip 4: Get active and boost vitality

Don't fall for the myth that growing older automatically means you're not going to feel good anymore. It is true that aging involves physical changes, but it doesn't have to mean discomfort and disability. While not all illness or pain is avoidable, many of the physical challenges associated with aging can be overcome or drastically mitigated by exercising, eating right, and taking care of yourself.

And it's never too late to start! No matter how old you are or how unhealthy you've been in the past, caring for your body has enormous benefits that will help you stay active, sharpen your memory, boost your immune system, manage health problems, and increase your energy. In fact, adults who take up exercise later in life, for example, often show greater physical and mental improvements than their younger counterparts—because they aren't encumbered by the same sports injuries that many regular exercisers experience as they age. Similarly, many older adults report feeling better than ever because they are making more of an effort to be healthy than they did when they were younger.

Exercise. A recent Swedish study found that exercise is the number one contributor to longevity, adding extra years to your life—even if you don't start exercising until your senior years.

But it's not just about adding years to your life, it's about adding life to your years. Exercise helps you maintain your strength and agility, increases vitality, improves sleep, gives your mental health a boost, and can even help diminish chronic pain. Exercise can also have a profound effect on the brain, helping prevent memory loss, cognitive decline, and dementia.

Exercise tips for older adults

- Check with your doctor before starting any exercise program. Find out if any health conditions or medications you take affect the type of exercise you should choose.
- Find an activity you like and that motivates you to continue. You may want to exercise in a group, like in a sport or class, or prefer a more individual exercise like swimming.
- Start slow. If you are new to exercise, a few minutes a day puts you well on the way towards building a healthy habit. Slowly increase the time and intensity to avoid injury.
- Walking is a wonderful way to start exercising. Exercise doesn't have to mean strenuous activity or time at the gym. In fact, walking is one of the best ways to stay fit. Best of all, it doesn't require any equipment or experience and you can do it anywhere.
- Exercise with a friend or family member. You can help to keep each other motivated and you'll not only benefit from the physical activity, but also from the social contact as well.

