

# Donegal Centre for Independent Living

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## Christmas Party in Silver Tassie, Donegal.

Wishing everyone a very Happy Christmas and the very best in 2012.



Marian O'Donnell presenting outstanding achievement award of the year award to Noleen Gallagher. Also in the picture Rosaleen Bradley and Frank Larkin. Frank is the new chairperson for the DCIL. Congratulation to Frank from all at DCIL.

In the picture below Karen McEleney receiving award for PA of the year from Marian O'Donnell and Rosaleen Bradley.



John Doherty and Laura McLoughlin off to dance the night away



Mary Gildea with her PA Tara Gannon Carr receiving Leader of the Year Award from Rosaleen Bradley Manager

**1st Prize:** Mid-week break in Abbey Hotel. Winner Adam Gormely

**2nd Prize:** Pampering voucher from Cara Chemist. Winner Grace McDaid.

**3rd Prize:** Two tickets on Donegal waterbus. Winner Nola Houston

**4th Prize:** Lunch for two in Blueberry Restaurant in Donegal Town. Winner Adreinea Brogan.

**5th Prize:** Sunday Lunch for two in Silver Tassie Restaurant. Winner Catherine Sheilds.

**A big thank you to all the ticket sellers at Super-value Donegal Town and Tesco Shopping Centre Letterkenny the generosity of the public was superb and it is greatly appreciated. A special word of thanks to all the sponsors of the prizes.**

In the picture below Cath Waugh and Patricia McCaffery catch up on some events. Cath was presented with crystal glass bowl for her contribution over the years as chairperson of the DCIL.



Many thanks to Cath for all her hard work and endeavours over the past few years from all at DCIL.

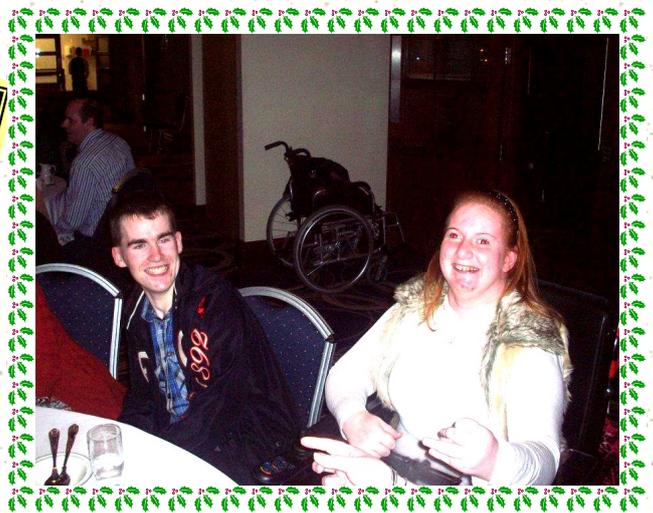
For the next issue we would like to hear your stories, jokes etc Email: [patriciamcmenamin52@gmail.com](mailto:patriciamcmenamin52@gmail.com)



# Pictures taken at the Christmas Party.



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



## Pampering Evening at Posh Dolly's a great success.

Posh Dollys held a Pampering Evening in store on November 16th. The Pampering Evening saw two people – Susan Doherty and Pauline Larkin who is a DCIL service user receive a makeover where they were dressed and had their hair and make-up done. Guests on the night received many other pampering activities and enjoyed some wine and nibbles.



In the picture above Susan Doherty and Pauline Larkin getting a complete make over by Catherine and Vanessa. Also in the picture Laura is kept busy organising the events of the evening.



## Tips on cooking for Christmas. ROASTING

Roasting is like baking but it's normally done at higher temperatures and you'll need to add some oil to the meat or vegetables. Use a basting brush to add just a little oil, choosing a vegetable oil like olive, rapeseed or sunflower oil instead of lard or butter. Why not place the meat on a rack above the roasting tin so that the fat has a chance to drip out as it cooks.

## STEAMING

This is a really healthy (and tasty) way to cook. Foods like vegetables or fish are cooked in a perforated basket that's suspended above simmering water. It's healthier to steam veggies than to boil them as they won't lose any of their nutrients to the water during steaming. It's also quicker, and steamed foods taste amazing because they've kept all of their flavour.

## Reheating leftover food

If you have cooked food that you aren't going to eat straight away, place on a clean plate, cover and refrigerate within 2 hours. Once refrigerated, the food should be eaten within 3 days. When reheating food, always make sure it is heated until piping hot all the way through and NEVER reheat food more than once. Reheat soups, sauces and gravies until they start to boil. Keep stirring to make sure they reheat evenly. When reheating food in the microwave, stir it at intervals to make sure it heats up evenly. Always make sure food is piping hot all the way through before eating it. When microwaving ready prepared meals, follow the manufacturer's instructions.

A large crowd gathered to the meeting chaired by Martin O'Rourke. Guest speakers were Pearse Doherty, Thomas Pringle, Jimmy Harte, Padraig Mc Loughlin, Breen O'Donnell, Charlie McConnell Louge, Walter McGroary and Marie Slevin. Mr. Dinny McGinley sent his apologies. A well orchestrated meeting took place many people from the floor made contributions emphasizing that if the cuts went ahead it would virtually be impossible to operate. Mr. Jimmy Harte assured the meeting that there would be no cuts to any CE scheme until march and by that time all schemes will have been reviewed. He also reassured the meeting that he was the liaison officer for Co. Donegal and Joan Burton had asked him to evaluate the situation and report back to her. He also said that if the CE schemes were viable they would not be affected by the cuts. It was pointed out that cuts to CE schemes made no economic sense or social sense, and if Ireland is recover from the recession more funds should be given for such schemes. The community development relies heavily on CE schemes e.g. Tidy Towns, Arts, Disability Services, Social, Health Services, crèches and many more .

Report: By Patricia McMenamin Information/Fundraising Officer DCIL 19/12/2011

## MDI "Home from Home" Self Catering Apartment

The first floor of our new premises in Chapelizod consists of a self contained fully wheelchair accessible apartment which is available for short term respite breaks for MDI members. The purposes is to provide accommodation to MDI members and their families from outside Dublin who need to attend a clinic or hospital appointment, to visit members in hospital, etc. or simply require a short respite break.

MDI's "Home from Home" self catering apartments as it will be known, consists of a four bedroom self catering apartment. Three of the four bedrooms have ceiling track hoists and two are en-suite. There is also a fully equipped kitchen and a lounge area.

The "Home from Home" Apartment is a self catering facility. The kitchen is stocked with the following equipment: *Blender & liquidiser, clothes horse, cutlery & crockery, electric double steamer, electric oven / hob, electric kettle, fridge-freezer, iron & ironing board, microwave, pots & pans, sandwich maker, toaster, tumbler dryer, washing machine*

On arrival, the kitchen will be stocked with milk, sugar, tea, coffee, salt & pepper.

Bed linen is provided in each bedroom (sheets, duvet & pillows). All beds are hi-lo profile beds. Bedrooms 1, 2 & 3 & all bathrooms are equipped with ceiling track

**NB:** Members are advised to bring their own slings. However, please note that the twixie clip slings do not work on our hoist system. MDI will have slings available, please advise in advance if you need to book one.

To book to stay in the MDI "Home from Home" Apartment phone the MDI office on: (01) 6236414.

The pictures below are samples of the bedroom units and kitchen unit that are available to rent at MDI.



### DCIL BOARD OF MANAGEMENT

**Chairperson**  
**Vice Chair**  
**Treasurer**  
**Asst. Treasurer**  
**Secretary**  
**PRO**

Frank Larkin.  
 Cath Waugh,  
 Seamus McGroary.  
 Martin McIntyre.  
 James McClean.  
 Donal K O'Boyle.

**Board members elected.**  
 Christopher McBrearty.  
 Jean Devenney.  
 Joe Mooney .  
 John Doherty.  
 Linda McGuinness.

Susan Clarke.  
 Pat McCarthy.  
 Jennifer Doherty.  
 Jim O'Brien.

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