

fundraising at  
**cahercalla**  
COMMUNITY HOSPITAL & HOSPICE

**Thanks...**

The team at Cahercalla Hospice gratefully acknowledge the support of so many in our Community, our ever loyal volunteers without whom we would not survive. Imagine trying to co-ordinate Sunflower Day, Bag Packing on our own! We are so indebted to all who give of their time, talents and energy to assist. To Clare Fm who keep the public informed of our various events and appeals and The Clare Champion and Clare People for all the publicity for our endeavours.

Thank You and Mile Buiochas to all.

**cahercalla** NEWS  
COMMUNITY HOSPITAL & HOSPICE

**Christmas Events at Cahercalla Hospice**



Christmas magic comes to Cahercalla each year at the lighting of our Memorial Christmas Tree. Every Year our departed loved ones are remembered by family and friends who sponsor the memorial lights on our majestic Tree in the grounds.

When you sponsor a light all those remembered are included in a special Remembrance Mass celebrated annually at the Oratory in the Hospital. If you would like to sponsor a light and remember a loved one please contact us at 065 6821966. Watch out for our stands at Dunnes Stores, Tesco and Aldi during November and December. The Tree stays lit until the Christmas Season ends on January 6th.

Memorial Lights cost €5 each and we will also give you a special candle that you can light at home on special occasions to remember your departed.

**Cahercalla Charity Christmas Card**



Cahercalla is so fortunate to have the wonderful artist Sean Mc Dermott in our community.

In conjunction with his daughter Aine Gleeson we are delighted to offer once again this year our unique

range of Christmas Cards. The packs have 10 cards each, and depict lovely scenes from around our County, especially suitable for those of us who have friends and relatives living abroad to remind them of their home county.

Proceeds from the sale of our charity cards goes directly to providing palliative care facilities at Cahercalla Hospice. Packs of 10 Cards costing €6 are available from Fundraising Office and Reception at Cahercalla from now until Christmas and will also be available at stands at Dunnes Stores, Tesco and Aldi Stores in Ennis from Halloween until Christmas.



Dates and venues will be advertised on Clare Fm and in Parish Newsletters.

**Cahercalla Hospice Weekly Draw**

Our weekly draw is one of our main fundraisers. Sincere thanks to all our loyal Draw Patrons for your continuous support and Congratulation to the lucky weekly winners (2 every week)

It could be you ~ if you join our Draw; it costs just €1.27 per week and remember you are in with **two chances weekly to win**. It is very simple to join, just call the fundraising office at 065 6821966 and we will be delighted to mail a brochure to you with all the details or alternatively you can log on to [www.cahercalla.ie](http://www.cahercalla.ie) and download a brochure, fill it in and return it to us .

Payment intervals can vary; monthly, quarterly half yearly or yearly, whatever is more convenient for you.

We warmly welcome new supporters to our very successful Draw now in its 10th year.

**Cahercalla Annual Bed Push**

Sunday September 26th is the date for our Annual Bed Push by Staff and friends of Cahercalla Hospital to raise much need funds.

A wonderful day of fun was enjoyed by all last year and funds collected on the day amounted to over €6000.

Our aim this year is to surpass this wonderful amount.

Prayers requested for a fine day!!!



Staff and friends of Cahercalla ready for start off September 2009.

**Recent Winners:**

**Week 11, Aug 31st**  
1st Prize: Claire Gavin, Ballynacally  
2nd Prize: Kathleen Mason, Clonlara

**Week 12, Tues Sept 7th**  
1st Prize Emer Sutton, Ennis  
2nd Prize Mary Cahill, Ennis

**Week 13, Tues Sept 14th**  
1st Prize: Mary Moran, Shannon  
2nd Prize: Aidan Murphy, Tulla

**Week 14, Sept 21st**  
1st Prize: Conor Keane, Kilamley  
2nd Prize: Helen Kitson, Quin

**Upcoming Events**

**September:** 26th - Annual Bed Push around environs of Ennis by Staff and friends of Cahercalla

**October:** 16th - Ennis Fashion Fortnight Film Night

**November:** Annual Memorial Mass for Deceased Patients of Cahercalla

Sale of Cahercalla Hospice Christmas Cards

**December:** Light up a memory with a light on our Cahercalla Memorial Christmas Tree

Adult Hurling League

Schoolboys Soccer for Cahercalla

**Welcome to the 2<sup>nd</sup> edition of Cahercalla News**

We were delighted at the success of our first edition with many readers commenting that they were not aware of the range and quality of the healthcare services provided at their community hospital.

Since the last edition a number of developments have taken place at the hospital. Our **nursing home** was inspected for the first time by HIQA and we were very pleased with the feedback. A Services Users Forum has been set up to provide residents and relatives with the opportunity to participate in the running of the services.

The **Day Surgical Unit** has become very busy with the addition of new consultants and specialities including Plastic Surgery.

Many fundraising events have taken place over the summer including Sunflower day, Bag Packing, marathons and fun runs. These and many other fundraising events including the weekly draw have raised essential funds to allow us to continue to provide free **Hospice Care** which is focused on comfort and quality of life.

As a community Hospital our aim is to provide a range of high quality healthcare services to the local people. We in turn are very dependant on the community to help us achieve this goal. Since the very beginning we have got the support of many volunteers and friends of Cahercalla who have helped out in some many different ways.

We continue to encourage the involvement of the local people to make our hospital their own. Some of the ways you can help include: volunteer to spend some time with a resident, support or organise a fundraising event, become a member of our service user forum. In this challenging time for everyone it is important that we all support local community projects where we can.

We hope you enjoy this edition of our Newsletter.

Paula O'Halloran, General Manager



*We care about your care*

**Another voice for residents**



Teresa Brigdale, resident pictured with Rosemary Tully, Health Care Assistant on the day trip to Kilkee



Comment Cards are available in all resident rooms to encourage feedback



Information on mealtimes and activities - noticeboard at Main Reception

The Service User Forum was established in early 2010 at Cahercalla to give residents and their families an opportunity to participate and contribute to developing care and service delivery. Following an evaluation of the current level of public and resident involvement at Cahercalla it was identified that a Service User Forum would be a very valuable asset in advising the organization in relation to developments and aspects relating specifically to resident care. The Service User Forum will work closely with Cahercalla to improve services for all residents and users of the service.

The Service User Forum meets quarterly and membership includes a resident of the nursing home along with family members who have experience of receipt of care (both past and present) at Cahercalla. Bernie Merry was elected Chairperson of the group at the inaugural meeting in April 2010. All residents are entitled to be members and notices are put up indicating dates and times of meetings inviting anyone that is interested to attend.

Minutes of meetings are discussed by the Management Team and agenda for Service User Forum meetings is driven by current issues, e.g. expanding activities programme for residents, getting better feedback from service users, input re information provided by Cahercalla. The Chairperson has circulated contact details to all members and co-ordinates agenda for discussion at meetings.

We are seeking to expand membership and welcome any new members. If you are interested in joining or know someone who is, please contact Ann Keane at 065 6824388 or email [annkeane@cahercalla.ie](mailto:annkeane@cahercalla.ie)

**Kilkee here we come...**

Wednesday the 18th of August was a lovely day; sun shining and for a change not a cloud in sight. A group of Residents enjoyed a trip to Kilkee for an afternoon's entertainment and refreshment at the Ocean Cove Hotel with a brief stop at Fanny O'Dea's on the way home!

Clare Accessible Transport kindly donated 2 busses to facilitate the trip and the drivers volunteered their time. A very generous group of volunteers, including staff members, headed up by Mareta O'Hehir gave of their time and social skills to ensure a great afternoon was had by all.

The excitement was palpable and more trips are definitely on the cards for the future, we just need to decide where we'll go!



A few of the volunteers just before take off!

# HIQA validates High Standards of Care at Cahercalla Nursing Home



The nursing home at Cahercalla Community Hospital & Hospice has had its first inspection against the Health Information and Quality Authority's National Quality Standards for Residential Care Settings for Older People.

These standards, which were introduced in July 2009, saw a significant change in how Nursing Homes are regulated in that all Nursing Homes, whether private, voluntary or public, are now subject to an independent registration and inspection regime. Cahercalla has welcomed the introduction of the standards as important steps in the protection of older people in care settings and provides nursing homes with recognition for providing high quality care and opportunities for improving the services for the residents

Over the course of the two day inspection, the HIQA inspectors met with residents, relatives, management and staff members. They observed practices, viewed the facilities and reviewed

documentation such as care plans, medical records, policies and procedures and staff files.

A report of the inspection findings is currently being finalised and will be published in the coming weeks. It will be available on [www.hiqa.ie](http://www.hiqa.ie)

The HIQA inspection team acknowledged the commitment to continuous improvement at Cahercalla and highlighted many areas of good practice including:

- All residents felt well cared for and safe and relatives were happy with the health care provided to residents.
- The safety of residents had been prioritised and the privacy and dignity of residents was respected.
- Residents were unanimous in praising the staff. Residents and staff knew each other well. Inspectors found that the training and education of staff had been prioritised.

• Food was varied, plentiful and that there was a good choice. A resident told inspectors that the food was "absolutely beautiful - like home - sometimes nicer".

• The accommodation in the newer garden wing was well furnished and comfortable.

A number of areas for improvement were identified, the majority of which have been dealt with completely since the inspection.

The physical environment presents the greatest challenge and a capital development programme will commence towards the end of 2010 to address the issues raised.

The management and staff at Cahercalla look forward to working with HIQA in the future to continuously enhance the quality of care provided to the residents.

## Wedding Bells at Cahercalla

The church at Cahercalla Community Hospital & Hospice hosted a very special event for one of our residents this summer.

Bridget McGann has been a resident at Cahercalla for over three years and on Friday 13th August she was delighted to be able to attend the wedding of her grand-daughter Maria Brennan.

This beautiful ceremony was performed by Fr. Tom Hogan and afterwards Maria said that having her Gran present on her big day made the occasion even more special for her.

It was a wonderful day for Maria, Bridget and their family but also for the other residents, staff and visitors.

We wish Maria and Peter all the best in their married life!



## Volunteering in Cahercalla - my story

"My name is Kieran Whelan. I'm from Ennis in County Clare. I have a work placement at Cahercalla Community Hospital and am supported by the Brothers of Charity. I enjoy watching t.v and gardening - I

have 32 flower pots which are growing really well right now. I love volunteering at the Friary hall with New Horizons which is an Ennis-based social club for people experiencing mental health difficulties. We have great fun there with things such as Bingo, sing songs, party nights, and trips away to Galway and Lisdoonvarna. I'm also taking night classes in cooking and computers.

I started work at Cahercalla in the middle of May this year. At first I was a bit nervous but the staff and patients are so nice and sociable that I soon fit in and feel very comfortable working there now. The things I enjoy most are taking the patients to Mass each day, talking to them afterwards, helping to feed some of them and just generally spending time with them. It

has created a great friendship between us and it makes me feel good to be able to help them. I do lots of work around Cahercalla, mainly grounds work and gardening which I love, but I also love helping out with Bingo and other social events.

I love the food here and every day when I finish my shift at one o'clock, I go to the canteen and enjoy my dinner, it's always spot on.

Working here has great benefits for me. When my mother died she left me her car so I drive here every day and it means an awful lot to me. I am very lucky to have 4 great brothers to support me, and here in Cahercalla I have a brilliant support network with Edel Hanrahan my liaison, and Paula, Rose and Mary and the rest of the team. It is very important to me and I look forward to coming to work every day. I recently took some time off and my family took me to Lahinch for a few days and I really missed working here. I am very happy with my work placement at Cahercalla."

## Kitchen Korner

As promised in our last issue, here is another mouth watering recipe from our chef Miriam Gibbons. This cake is absolutely delicious, simple to make, suitable for coeliacs and best of all, is fat free and only just over 100 calories per slice!

Method:

- Boil the whole oranges in water for about 2 hours.
- Crush or blend into a pulp. Beat 6 eggs.
- Add in the sugar, baking powder and ground almonds.
- Add to the orange pulp.
- Pour mixture into a lined 20cm baking tin (preferably the type with the loose bottom). Bake in a moderate oven for an hour or until it is set.
- Decorate when cold.

## GLUTEN FREE ORANGE CAKE

Ingredients

- 2 whole Oranges
- 6 Eggs
- 90zs Castor Sugar
- 1 tsp Baking powder (Dr. Oetker Gluten Free)
- 90zs Ground Almonds



## Your Weight and Arthritis

Mr Ahmed El Rafie  
Consultant Rheumatologist at Cahercalla

Controlling your weight is often the most effective thing you can do to reduce the symptoms of arthritis.

Carrying excess weight is a common problem for people with arthritis. Certain drugs, such as steroids, can lead to weight gain, and others, such as non-steroidal anti-inflammatories (NSAIDs), can lead to stomach problems, making dietary choices harder. Some people may find that being unable to exercise or prepare fresh food means that they put on weight easily. Others get trapped in a similar cycle during a flare-up, but one in which they are too tired to eat and consequently lose weight, becoming even more exhausted.

Eating a balanced diet is key to maintaining a healthy weight. Even a small weight loss can reduce strain on the hips, back, knees and feet if you are too heavy. And making sure you are not underweight should help to give your body the necessary strength and nutrition to get through a flare-up and to fight disease.



## PLASTIC SURGERY

The range of surgical and outpatient services available at Cahercalla Community Hospital & Hospice were extended earlier this year with the addition of new consultants in the areas of Gastroenterology, Plastic Surgery, Oral Surgery, Neurology, Vascular and General Surgery

For the first time since the unit opened in 1995 Plastic Surgery services are now available at the Hospital. The services are being provided by two very competent plastic surgeons Mr. Jack Kelly and Mr. Thamir Ismael.



Mr. Ismael is a fully accredited specialist plastic surgeon, registered with the Irish Medical Council and a full member of the Irish Association of Plastic Surgeons.

Along with attending at Cahercalla he has worked as a consultant Plastic Surgeon at the Plastic Surgery Department, University College Hospital Galway since 2002 and also works in the Bon Secours Hospital Galway.

He finished his training in plastic surgery and has received the FRCS (plast) from the Royal College of Surgeons in Ireland and is on the Specialist Register of the Irish Medical Council on the Plastic Reconstructive and Aesthetic section.

He is very experienced, especially in areas of skin lesions and skin cancer, Hand surgery (Dupuytren's Disease, Carpal Tunnel Syndrome, Ganglion, hand Injuries) Breast surgery (Breast reduction and augmentation) and all aspect of Aesthetic surgery, Blepharoplasty (eyelid surgery), Otoplasty (reshaping of the prominent ears), Rhinoplasty (Nose Surgery), Abdominoplasty and Liposuction.

At Cahercalla Mr. Ismael provides out patient consultations and surgery - usually on the same day - mainly in the areas of skin and hand surgery.

He is very committed to treating patients locally with a minimum of waiting times. For appointment contact 091 759764; Website: [www.plasticsurgerygalway.com](http://www.plasticsurgerygalway.com)



Mr. Kelly is a fully accredited specialist plastic surgeon, registered with the Irish Medical Council. He is on the Specialist Register in Plastic Surgery and is an examiner with the European Board of Plastic Reconstructive and Aesthetic Surgeons. He is a full member of the Irish Association of Plastic Surgeons (IAPS), the British Association of Plastic Reconstructive and Aesthetic Surgeons (BAPRAS), and the British Association of Aesthetic Surgeons (BAAPS).

Mr. Kelly has been appointed as an Honorary Senior Lecturer in Plastic Surgery at the National University of Ireland, Galway and is a Consultant Plastic Surgeon at University Hospital, Galway. In addition to Cahercalla he also has admission privileges at The Galway Clinic and Bon Secours Hospitals, Galway.

Mr. Kelly trained in Dublin, Cork, Aylesbury, Boston, Texas, and Melbourne and has experience in all aspects of plastic, reconstructive and aesthetic surgery. His research interests are in Tissue Engineering and he currently collaborates with the National Centre for Bioengineering Science (NCBES) in Galway on many research projects that are unique to plastic surgery. His clinical interests are in reconstructive and aesthetic surgery.

At Cahercalla Mr Kelly deals with suspected cases of skin cancer. For appointment contact 091 720011; Website: [www.jackkelly.ie](http://www.jackkelly.ie)

## CONSULTANTS WHO PRACTICE AT CAHERCALLA

SPECIALITY	CONSULTANT
Dermatology	Dr Mary Garvey
Dietetics	Ms Elaine McGowan
Ear, Nose & Throat	Professor John Fenton
Gastroenterology	Dr Heather Holloway Dr Jane English
General Surgery	Mr Gerard Byrnes Mr Denis O'Ceallaigh Mr Tahir Saleem
Gynaecology	Dr Mark Skehan
Neurology	Dr Andreas Jahnke
Oral Surgery	Dr Deirdre Tobin Dr Okechukwu Ikeagwuani
Paediatrics	Dr Tom Stack
Plastic Surgery	Mr Jack Kelly Mr Thamir Ismael
Rheumatology	Dr Ahmed El Rafie
Urologist	Mr John Drumm
Vascular Surgery	Mr Paul Burke
OTHER SERVICES	
Anaesthetics	Dr Gwen Murray Dr William O'Brien
Ultrasound Scanning	Dr Alex Stafford

Tel: 065 6822322 to make an appointment with any of the above consultants