



CARERS' SOCIETY OTAGO

Community House

301 Moray Place

Dunedin 9016

Ph: (03) 471 6204 Fax: (03) 471 6205

email: carerssociety@pcconnect.co.nz

NEWSLETTER

FEBRUARY/MARCH 2012

Dear Carers,

I know it's far easier to write and talk about the issues that carers endure than it is to actually live through them. We at Carers' Society are always talking about taking breaks from caring and taking care of yourself but I know that when I was in the caring role I had to be extremely strict with myself to follow my own advice. One of those 'easier said than done' things but important none the less.

Another huge thing that carers go through is the grief and the many losses after the person you are caring for dies. Grief and loss are now talked about a lot more and it seems easier these days to find out where to go for help.

However, a little talked about but similar issue is what happens to the carer when the person they have been caring for has to move into a residential facility. There is the grief and loss, the anger, the loneliness, and the guilt, the feeling of having failed, and all the other feelings that are associated with grieving a death, but the person has not died. Somehow, we feel these emotions are not justified or even wrong which makes them all the more difficult to acknowledge and deal with.

And even though carers may understand and agree with the many reasons why the caree must move to residential care, there is still that self-doubt that the care at home wasn't up to scratch or that the carer has actually failed in their duty to provide for the caree.

Please remember that the sense of duty is self imposed. The high degree of responsibility and the high standard of care are self imposed. Carers always have choices and have done what they felt they had to do usually without training, without support, and without a guidebook. A bit like going on trip without a map or accommodation.

But now the caree has gone to a residential facility and the carer has lost their job. Summarily let go, discharged from duty, fired. And from then on the guilt sets in. The carer may now be able to go to the library or out for lunch without organizing a caregiver. Freedom. But along with the sense of freedom comes the feeling that you can only do this because you have let your caree down, you lost your job, you gave up, or you weren't good enough.

These feelings of failure and guilt are hard to cope with alongside the emotions of grief, loss, and loneliness.

Carers, if this sounds like you please go easy on yourself. Take the delights of a trip to the library or out to lunch as payment you have earned. Gather stories from your new life to share with your caree. Think of all these new experiences as enriching both your lives. Live your life to the fullest and you will be giving something to your caree for sure.

Take care 'til next time.....Susan

CARERS' MEETINGS*

SOUTH OTAGO CARERS' MEETINGS

Meetings are held on the first Tuesday of every month at 7 pm in the Brian Dodds Meeting Room of Clutha Health First. For June, July, August, the meetings are held at 6pm.

For our Christmas Social we met at 6pm at Clutha Health First and traveled to Kaka Point for fish and chips.

Tuesday, March 6th—This will be a refresher first aid talk given by St John Ambulance with a demonstration of a defibrillator.

Tuesday, April 3rd—We will have an “Anything Exchange” and make something delicious.

DUNEDIN CARERS' MEETINGS

Meetings are held on the second Thursday of every month at 1:30 pm in the Alexander McMillan Room, Community House, 301 Moray Place, Dunedin.

Thursday, February 9—Wendy Ogden will talk about Seasons—a grief group for children.

+ we will talk about “What I did on my Summer Vacation”

Thursday, March 8—A speaker from the Community Law Centre to talk about Powers of Attorney.

NORTH OTAGO CARERS' MEETINGS

Meetings are held on the 2nd Tuesday of every other month at the Weston Community Church at 2 pm.

Our Christmas picnic was a lot of fun and what a great turnout.

Tuesday, March 13—The topic is Fire Safety.

CENTRAL OTAGO CARERS' MEETINGS

The new Community House is under construction so meetings are held at various venues in Alexandra.

We had a lovely Christmas Social at the Courthouse Café on a very hot summer day.

Thursday February 23rd – Judith from Stroke Foundation will meet you at the Courthouse Café @ 2pm

YOUNG CARERS' MEETINGS

Meetings are held on the third Thursday of every month from 5:30—7:30pm.

Contact Susan or Anneloes for more information 4716204.

DUNEDIN and MOSGIEL WALKING GROUPS

We like our beach, garden, or town walks but if the weather is bad we will do an indoor walk. For the Mosgiel group if it is raining we will meet for a coffee. We are an inclusive, not a fitness group. We pace ourselves to suit the slowest walker and sometimes break into fast and slow groups and we always have a nice coffee after the walk. New members are more than welcome.

DUNEDIN—We meet on the fourth Tuesday of every month at 10 am. You will be advised of the meeting place.

MOSGIEL—We meet on the third Friday of every month in the foyer of the Mosgiel Public Library at 10 am.

If you want to participate in the walking groups please contact Susan or Anneloes on 471 6204.

***Please note that although the meetings and outings are for carers only, new intending members are always welcome to join in our activities.**

CHECK OUT OUR NEW IMPROVED WEBSITE

www.carersotago.org.nz

Dr Matthew Croucher

Senior Clinical Lecturer for the Department of Psychological Medicine

Will be presenting a free lecture on Parkinson's Disease and non motor symptoms

March 27 2012

10am—11:30

St Fancis Xaviour Church Hall

27 Benhar St

Mornington, Dunedin

Please phone 03 455 7260 to register your interest in attending

The Silly Season's De-Stress Diet for after Christmas rules

1. If no one sees you eat something, it has no calories.
2. When drinking Diet Coke with a chocolate bar, the Diet coke cancels out the fat in the chocolate bar.
3. When you eat with someone else, calories do not count if you do not eat more than they do.
4. If you fatten up the people around you, you will look thinner.
5. Cinema related foods have 0 calorie count as they are part of the entertainment package and do not get counted as food intake. This includes popcorn, Minties, Maltezers and Jaffas.
6. Broken biscuits have no calories because breaking the biscuits up causes leakage of calories.
7. Foods licked from knives and spoons have no fat, if you are in the process of cooking something.
8. Foods that are the same colour have the same amount of fat, for example spinach and peppermint ice cream, apples and red jelly snakes.
9. Food consumed from someone else's plate has no fat as it rightly belongs to the other person and will cling to their plate. Oh how fat likes to cling.
10. Food consumed in the middle of the night has no calories because you are not awake enough to count them.

RECIPES

Relish's Wicked Peanut Butter and Chocolate Slice (make it if you dare)

INGREDIENTS

Base:

110 g soft butter
1/2 cup smooth peanut butter
1 and 1/4 cups soft brown sugar
2 eggs
2 tsp vanilla
3/4 cup sifted plain flour
1 tsp baking powder
1/2 cup chopped peanuts
1/2 cup chopped dark chocolate

Icing:

1 cup smooth peanut butter
60g butter
3/4 cup sifted icing sugar
pinch ground nutmeg
1 Tspn milk
1 tsp vanilla essence

Ganache:

25g butter
1/4 cup cream
200g chocolate

METHOD

Base

Cream butter, sugar and peanut butter.
Add eggs, vanilla, flour, and baking powder and mix.
Stir in peanuts and chocolate.
Bake in a tin at 180 degrees C for 25 min or until toothpick comes out clean.

Icing

Cream the peanut butter, butter and icing sugar, then add the other ingredients and spread the mixture over the cooled base.

Ganache

Melt butter, cream and chocolate together in microwave for 30 sec. Stir until smooth.
When smooth spread on top of the icing and then decorate with chopped peanuts.

SOUTH OTAGO CARERS GROUP



South Otago Carers Christmas meal at Kaka Point



South Otago Carers Christmas meal at Kaka Point



South Otago Carers examine photos from past events.



Smile A While



Whenever my aunt went to the doctor, she would complain to me about the long delay she always endured. One day, when my aunt's name was finally called, she was asked to step on the scale.

"I need to get your weight today," said the nurse.

Without a moment's hesitation, my aunt replied, "One hour and 45 minutes!"

The reason lightning doesn't strike twice in the same place is that the same place isn't there the second time.

All of us could take a lesson from the weather.

It pays no attention to criticism.

Two paramedics were dispatched to check on a 92-year-old man who had become disoriented. They decided to take him to the hospital for evaluation.

En route, with siren going, they questioned the man to determine his level of awareness.

Leaning close, one asked, "Sir, do you know what we're doing right now?"

The old man slowly looked up at him, then gazed out the ambulance window.

"Oh," he replied, "I'd say about 50, maybe 55."

"Society will ignore almost any form of public behaviour, except getting in the express line in the supermarket with two extra items."

Never go to a doctor whose office plants have died.

Never trust a skinny cook.

I childproofed my house but they still get in.

My mechanic told me he couldn't repair my brakes so he made my horn louder.

On Saturday last, I had dinner at a local Chinese restaurant. My fortune read: "You will gain admiration from your pears." Comice? Bartlett? Canned? I don't grow or eat them, anyway.

Rory Johnson, 29, was arrested in May for a liquor store robbery in Elkhart, Indiana, USA. Johnson had parked in the back of the store to facilitate his getaway but had trouble exiting because of congestion due to road construction. Five minutes after the robbery, he was sitting in his car, having moved only a few feet, and liquor store employees pointed him out to police.

CONGRATULATIONS!

Congratulations to **S. Lay** for winning the Carers NZ Satisfaction Survey prize
and to
Sherine Ng for winning the Carers NZ Christmas Voucher!

FAMILY CARE MAGAZINE

Carers' Society has back copies of the Family Care Magazine. Please come to the Carers' Lounge and help yourself to as many copies as you would like. This is an excellent and relevant resource.

Jennie Clegg Library

New Library book—Going and Growing Through Grief: Understanding the Grieving Process by Dr Joseph Jolly. This book was published by the Mocreebec Council of the Cree Nation Health Programme in Canada

New Wheelchairs

Carers' Society has purchased three new lighter-weight wheelchairs for carers to loan free. We also have a wheelchair in the Carers' Lounge that carers may use for a day of shopping or appointments. Just pick it up and return it between the hours of 8:30 to 5.

Moana Pool—Identification and Concession Rates

If you have a current Community Services Card or a current Super Gold Card you are entitled to the concession rate at Moana Pool. The card must be shown at reception to get the discounted rate.

Carers, if you need to accompany a person with a disability in the pool, entry for the support person is **FREE!**

FACEBOOK

Yes, Carers' Society Otago has joined Facebook.

You can find us under Carers' Society Otago and find the latest updates on our Carers' meetings and other events that might be of interest to you.

If you have a computer do look for us and become a fan!! Or come in and ask us and we will show you. It would be really good to get some feedback from you as well.

ADVERTISING/NOTICES

Carers' Society is often approached by people who offer a product or service that carers might need or like. We sometimes have space for a small advertisement in the newsletter and this is done free of charge for members. Please contact us and if there is space we will let you know.

Carers' Society Otago takes no responsibility for the product or service in the ad or notice.



**Do join us in the Carers' Lounge for a cuppa and
a chat, a bit of quiet time, or to explore our
library**

**Up the stairs or take the elevator
Community House
301 Moray Place
Dunedin**

Carers' Society Otago gratefully acknowledges the support of:

The Otago Masonic Charitable Trust	The Ministry of Health
COGS	Healthcare Otago Charitable Trust
The Otago Community Trust	United Way
Dunedin City Council	New Zealand Community Post
	New Zealand Lottery Grants Board
Dunedin Casino	Carers' Donations
	Otago Polytechnic
Ace Shacklock Charitable Trust	Poppa's Pizza

