



CARERS' SOCIETY OTAGO

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NEWSLETTER

APRIL / MAY 2012

Susan says:

I read a very interesting article about gifting and the Gift Duty in the January Age Concern Newsletter. Gift Duty was introduced in 1885 to raise revenue and discourage people from giving away their assets before they died. It ran in tandem with death duty which has since been abolished. Government cited high administration costs as a key reason for changing the legislation.

In the article Age Concern's honorary solicitor says, "The last thing older people want to do is to go along cap in hand and say to the family that they need financial help". His advice is clear. "If you're going to gift property, think carefully about your own needs and seek proper professional advice before doing so."

If anyone is interested in this article give us a ring and we can post you a copy.

We are having someone come from the Community Law Centre at our next meeting in Dunedin on March 8th. Perhaps this is one of the issues we can raise with the speaker. And if you have any other questions of a legal nature please bring them along.

I hope you have had time to look at our new website. <www.carersotago.org.nz> It isn't quite finished but we have had a lot of very positive feedback and even some referrals from people who have discovered it. Carers' Society Otago also has a Facebook page so we are really firmly in the 21st Century now.

FRUSTRATION(AND HOW TO OVERCOME IT)

There are a lot of stressful things in the life of a carer but one of the most stressful things is frustration. It is frustrating when things don't go the way you thought, or were told they would, in the health system. Or maybe you've made a plan that falls apart because of the caree's health. You may not want to show your frustration in case the caree takes the blame for it. This build-up of hidden frustration can cause very serious emotional and physical problems. You feel you cannot count on anything, your life is in chaos, and you are almost ready to explode, or you've given up and are resigned to a life of failed tries.

Here are some good tips I found on the internet in dealing with frustration.

Ask Yourself, "What Is Working in This Situation?"

Even if it feels like nothing is working, look closely and you will probably find at least something that is going right. So, that's good. You've found something that's working. Now, how do you improve it? By asking this question, you've taken yourself out of the negative mindset of "it's hopeless" and are back to focusing on the positive.

There's something that's working and that will give you a clue about what direction to focus on.

Keep an Accomplishments Log

Write down everything you accomplish in a log. If you do it in a monthly format you will be able to see all that you have accomplished in just one month. You may be surprised by how much you have done. If you realize there's not much on the list, it may open your eyes to the fact that you are using too much of your energy going in too many directions and that you need to focus more. Hopefully, you will have lots of items on your list then you can see that even though it may not feel like it, you are moving forwards.

Focus On What You Want to Happen

Go back to the big picture. What is the desired outcome? Sometimes, we get so wrapped up in one problem and trying to solve it that we forget what we were originally trying to accomplish. Try not to ask yourself, "Why did this happen?" Asking questions like that will keep you rooted in the past. It doesn't offer a solution to the problem. The important thing is knowing the answer to the following two questions:

- **What do you want to happen differently this time?"**
- **What do you need to do in order to get there?**

Remove the "Noise" and Simplify

When you're trying to solve a problem, you can get so wrapped up in trying to find a solution that you add unnecessary clutter, noise, and tasks to a project because you thought they "might" be a solution.

Believe in yourself. Simplify and go back to the basics. Determine what is really necessary and remove everything else. Anything that takes your time and effort that isn't adding value, should be eliminated.

Multiple Solutions

You always have options. You just need to brainstorm and figure them out. Tell yourself you need to come up with some possible options to what you're dealing with.

Just knowing that you have lots of options will help to make you feel better. You won't feel like you are trapped in one negative situation. From your list, figure out the best direction and go for it.

Take Action

When you get into serious frustration with a problem, you tend not to want to work on it anymore. It's hard, it's frustrating, and you're not getting anywhere. The other thing that can happen is that you start to spend a lot of time worrying. Worrying is a definite waste of energy and does not move you in a forwards direction. Only taking action will. Once you start moving forwards again, you will most likely find that you worried for no reason.

Visualize a Positive Outcome to the Situation

A lot of times you can get stuck on focusing on what you don't want to happen or fearing the absolute worst thing that could happen. The top athletes of the world will imagine themselves competing flawlessly over and over again. There is no room for failure in their minds. This is what you need to focus on as well. See yourself achieving your desired outcome. What will it look like? What will it feel like? What will you say? How will you feel? Take the time to visualize it and really feel it. It will inspire you to keep moving forwards.

Stay Positive

Things are usually not as bad as they first appear. Sometimes, things seem much worse simply because we're tired or mentally drained. Taking a break and remembering to keep your sense of humour can also help. This time of frustration will pass. **A positive mind is far more open to solutions and answers than a negative one that thinks it's just "hopeless" and thinks "what's the use?"** A closed mind will not be able to see the possible solutions when they do come along. Stay positive.

As with any problem, the solution is to figure out what your options are, decide on a plan, focus, and then take action. By using the above steps, you should find that you're running into fewer problems and feeling less frustration.

Take care.....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.

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

Tuesday, May 1st—History Show and Tell. Please bring an historical item to discuss.

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.

The meeting about the Grief Peer Support Group for young people was very interesting. I hope you learned a lot from the talk given by the Community Law Centre.

Thursday, April 12—Easter afternoon tea and quiz. Please wear your Easter Bonnet.

Thursday, May 10—Brendon Jarvie of Corpac Trust will discuss what the trust does and we will have an “Anything Exchange”.

NORTH OTAGO CARERS' MEETINGS

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

Tuesday, May 8—This will be a Cooking Day and “Anything Exchange”.

CENTRAL OTAGO CARERS' MEETINGS

Meetings are held at 2pm in Church House, Centennial Dr, Alexandra. New members welcome.

Thursday, April 5—This meeting will have an Easter theme. Please wear your Easter Bonnet. We will contact you about the meeting place.

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 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, intending members are always welcome to join in our activities.**

RECIPES

Radish with Honey and Mustard

Ingredients:

- 1 tsp balsamic vinegar
- 1 tsp honey
- 1 tsp mustard
- 1/2 cup sliced radish



Mix vinegar, honey and mustard with a bit of salt.

Arrange radish slices on a plate and drizzle with dressing.

Radishes are a great detox food especially for the liver.

Roast Beetroot & Feta Salad

Ingredients:

- 5 beetroots peeled and cut into quarters
- 200g feta cubed
- 1/2 cup shredded mint
- 1 cup walnuts toasted and chopped



Preheat oven to 180 C. Place beetroots on a baking tray and season with salt and pepper.

Cover with foil and bake for 45 minutes or until tender.

Remove from tray and cool.

Place in a serving dish and gently toss through feta, mint, and walnuts.

Dressing: Mix 1/3 cup lemon juice, 1 Tbsp thyme leaves, 2 tsp mustard and 1/2 cup olive oil.

Fruit Tarts

Ingredients:

- 6 slices raisin loaf
- 2 x 125g tubs of vanilla crème fraiche
- 1 cup sliced kiwifruit
- 1 cup sliced strawberries



Press bread sliced into muffin tins and blind bake for 6 minutes until golden.

Allow to cool.

Dollop equal quantities of crème fraiche into each case and top with mixed fruit.

These recipes are from a book called 4 Ingredients Fast, Fresh & Healthy. Carers, you may borrow this book from the Jennie Clegg Library in the Carers' Lounge.

OTAGO PARTNERS FOR ELDER'S NEEDS (OPEN)

CONSUMER GROUP

- Do you or your family and friends use health services at home, in the community or through the DHB? Are they working as you want them to? Is there room for improvement?
- Do you want an opportunity to inform and be informed about issues affecting older people?
- Do you want to see communication, consultation and exchange of information increased?

OPEN is a forum concerned with the wellbeing of older people in Greater Dunedin. We wish to establish a consumer focussed group for people who receive health services. This group would fulfil a number of roles:

- Awareness - Identifying issues affecting the health of older people, gaps and deficiencies in services.
- Accountability – holding individuals, groups and organisations accountable for integration and improvement of services to older people
- Ensuring the consumer voice is included in advocacy and feedback about policies and issues affecting older people's health services.
- Providing opportunity for consumer comment and recommendation in the progress of various projects, including the development, implementation and monitoring of services.
- Developing terms of reference for the group
- Identifying representatives to attend and participate in monthly OPEN provider network meetings

We are looking for people who want to have a voice and be actively involved.

Please contact us before then as we value your ideas, comments and thoughts.

IF INTERESTED, PLEASE CONTACT AGE CONCERN OTAGO

agecon@ageconcernotago.co.nz

OR PHONE 477 1040

MAYBANK HAS PLACES AVAILABLE

Maybank, that very popular Day Programme for Seniors, still has places available on Tuesday, Wednesday and Friday from 10:30—3:15. The Maybank experience begins when the client is picked up from their home. During the day morning and afternoon tea and a two course lunch are provided. Clients are encouraged to participate in activities and outings, and sometimes there is entertainment

Contact Julie or Marilyn for information. 473 0890

MAYBANK IS AN ENLIVEN, PRESBYTERIAN SUPPORT OTAGO SERVICE



Smile A While



Mrs. Lonefold's dishwasher quit working, so she called a repairman. He couldn't accommodate her with an evening appointment, and, since she had to go to work the next day, she told him: "I'll leave the key under the mat. Fix the dishwasher, leave the bill on the counter, and I'll mail you the check."

"By the way, don't worry about my Rottweiler. He won't bother you. But, whatever you do, do not under ANY circumstances talk to my parrot!"

When the repairman arrived at Mrs. Lonefold's apartment the next day, he discovered the biggest and meanest looking Rottweiler he had ever seen. But, just like she had said, the dog just lay there on the carpet, watching the repairman go about his business.

However, the whole time he was there, the parrot drove him nuts with incessant cursing, yelling, and name calling.

Finally the repairman couldn't contain himself any longer and yelled: "Shut up, you stupid ugly bird!!!"

To which the parrot replied: "GET HIM, Brutus!!!"

Did you hear about the self help group for compulsive talkers? It's called On & On Anon.

Dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish.

The grass is always greener on the other side of the fence but it's just as hard to mow.

FREE Family Carer Training in Kurow

Wednesday, May 9th

9:30 am to 12:30 in the Community Centre Hall

Morning tea and Lunch are provided

THE HEALTH & DISABILITY ADVOCATE

Will present information on the Consumer Code of Rights

AND ANSWER QUESTIONS SUCH AS:

How do I know if I should make a complaint?

How do I make a complaint?

What does making a complaint actually achieve?

Will making a complaint affect future treatment?

COME, BE SUPPORTED, AND LEARN

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

We now have over 240 items in our library all of which you may borrow for three months. We have new booklets to support Young Carers as well as relaxation tapes and CD's for them.

There is a small booklet on constructing a wet floor shower area for those do-it-yourself-ers.

There are also some Government publications that may interest you.

Come and check out our library and check out some books.

WEBSITE AND FACEBOOK PAGE

Yes, Carers' Society Otago has a new website and has joined Facebook.

Website: www.carersotago.org.nz

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 how to access these and we will show you. It would be really good to get some feedback from you as well.

CENTRAL OTAGO CARERS TAKE NOTE

If you are caring for someone with memory loss and you are wanting a bit of a break there is a programme in Central Otago called HOMESHARE that can offer you a break. ENLIVEN HOMESHARE is a home based respite service that offers you a day off from caring. Your caree will be well looked after for the day and meals are provided.

Contact Nancy at Enliven Central Otago 03- 440 2016

Homeshare is a Presbyterian Support Otago Service operated by Enliven Positive Ageing Services

Sandra Jones is starting a lunchtime meeting for people caring for adult children with special needs living at home.

This group meets at 12 noon on the 4th Thursday of the month at FLAX in Caversham.

If you would like to join this group or if you want more information, please contact Sandra on 487 8670.

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

