



# CARERS' SOCIETY OTAGO

**Community House**

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**Dunedin 9016**

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**NEWSLETTER**

**JUNE/JULY 2012**

## **Anneloes' musings:**

Lately we have been talking about fear and anxiety and how often we seem to be affected by fear: fear of being judged, fear of failure, fear of insufficiency, fear of losing happiness, fear of making mistakes, and fear of rejection. All these types of fear fall in the "unhealthy" category of the following two types of fear:

- healthy, realistic, fear which prevents you from getting involved in risky activities that might result in danger or death
- unhealthy, unrealistic, fear. This fear usually generates anger, distress, and dependence, and emerges from past hurt, trauma, and experience.

Unhealthy fear creates stress. Unhealthy fear is accompanied by an overwhelming sense of helplessness and sometimes paralysing terror. Fear of the future, no sense of trust, self-reliance, or self-respect: "I won't be able to cope".

I have been reading one of my all-time favourite books again (also in the CSO library) and found some treasure I want to share with you. The writer is Stephanie Dowrick and the book is called "Choosing Happiness".

This is what she writes about this unhealthy fear in "**Turn a difficult situation around**" (page 265):

"Self-respect comes to life in its full glory when you turn a difficult situation around. In fact, it's tempting to say that *you are more likely to grow in self-respect through the ways you handle adversity* than you ever could as you coast through the good times. This doesn't mean that you will welcome hard times. You may, however, come to be less afraid of them. The following questions let you use your own invaluable self-knowledge and experience as a resource. Write out the questions and *write out your answers*. This is far more effective and powerful than just turning them over in your mind.

- What can I learn from this situation? What do I need to pay attention to? (This doesn't mean: "Why is this happening to me?" That question only leads to increased self-pity.)
- What past experiences can I draw on? What's familiar here?
- What part did I play in creating this situation?
- What aspects feel far out of my control?
- What values and qualities do I need to help me?
- How am I going to put these qualities into practice?
- Do I need support? How will I get that?
- What question am I not asking? What issue am I not seeing?

Don't expect neat and tidy answers. Let your unconscious do its own work...you may be surprised!"

**Till next time, take care Anneloes**

## 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, June 5, 6pm—David Horne's slide show and fish & chips.

Tuesday, July 3, 6pm—Mid-winter potluck...please bring a small plate to share.

### 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.

Thursday, June 14—Mid-winter potluck...please bring a small plate to share.

Thursday, July 12—David Horne will show the slides of his latest adventure.

### NORTH OTAGO CARERS' MEETINGS

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

Tuesday, July 10—Mid-winter potluck and a History "show and tell"...please bring a small plate to share.

### CENTRAL OTAGO CARERS' MEETINGS

Meetings are held at 2pm.

Thursday, July 5—We will meet in the Court House Café while Community House is being renovated.

### 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

From now on we will start with a coffee. Please be there at 10am if you want to join us 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.

DUNEDIN—We won't be ringing around anymore. We will meet on the fourth Tuesday of every month at 10 am. Look in the newsletter for info.

June 26—Café Kitsch @ 185 North Rd (opposite Hinton's Fruit and Vegetables)

July 24—Café Brew @ 57 Musselburgh Rise (in Musselburgh Shopping Centre)

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.**

**Carers' Society Otago  
Annual General Meeting**

**9 August 2012  
at 1:30 pm in the  
Alexander McMillan Room, Community House  
301 Moray Place  
Dunedin**

Have you considered nominating someone for membership of the Executive Committee of Carers' Society Otago? You may also nominate yourself.

The primary role of members of the Executive Committee is to support the Community Workers and to advocate for carers at a local, regional and national level. You may nominate more than one person. Each person you nominate must consent to the nomination.

Nominations must have a seconder who also signs this form.

You may use this form or a plain piece of paper.

Please complete your nomination and deliver or send it by 1 August 2012 to:

Carers' Society Otago  
Community House  
283—301 Moray Place  
Dunedin 9016

I nominate:.....

.....

For membership to the Executive Committee of Carers' Society Otago

Signed:.....

Address:.....

Phone Number:.....

I second this nomination.

Signed:.....

Address:.....

Phone Number:.....

# RECIPES

**DIPS** we made at some of our carers Meetings. These dips are delicious with roast vegetables or as salad dressings as well as with crackers, chips or finely cut raw vegetables:

## **TZATZIKI (cucumber and yoghurt dip)**

### **Ingredients (serves 12)**

- 2 telegraph cucumbers, peeled, halved lengthways, seeds removed
- 2 tsp olive oil
- 3 cloves garlic, crushed
- 2 cups Greek low-fat yoghurt (unsweetened)
- 1 tsp ground cumin
- 1/2 tsp salt and freshly ground black pepper

**Chop** or grate cucumber finely and add salt.

Stir other ingredients together. Squeeze water from cucumber and add to mix.

## **ROCKET AND MACADAMIA PESTO DIP**

### **Ingredients**

- 50 gr rocket leaves
- 1 cup parsley leaves
- 100 gr grated parmesan cheese
- 1 cup macadamia nuts
- 3 tsp honey
- 2 cloves garlic, crushed
- 1/2 tsp chilli powder
- salt and pepper
- 1/4 cup olive oil



**Combine** all ingredients and blend in food processor or with stick blender.

## **YOGHURT AND CHICKPEA DIP**

### **Ingredients (serves 4)**

- 400 gr can of chickpeas, rinsed and drained
- 1/4 cup olive oil
- 1/3 cup Greek low fat-yoghurt (unsweetened)
- 1 1/2 tbs fresh coriander (finely chopped)
- salt and freshly ground pepper

**Place** chickpeas in food processor or blender with 1 tbs warm water and process until finely chopped. Add olive oil and process until smooth.

Remove and fold through the yoghurt, coriander, salt and pepper. Mix until well combined.

Very good with toasted pita bread or pappadums.

# **CARERS' SOCIETY OTAGO**

**IS CELEBRATING THEIR 15 YEAR ANNIVERSARY THIS  
WINTER...**

**COME AND CELEBRATE WITH US AT OUR MIDWINTER  
POT-LUCK CARERS MEETINGS THROUGHOUT OTAGO.**



**In Dunedin on Thursday June 14 at 1.30pm in the Alexander MacMillan  
room, Community House.**

**In South Otago on Tuesday July 3 at 6pm in the Brian Dodds room in the  
hospital, Balclutha.**

**In North Otago on Tuesday July 10 at 2pm at the Weston Community  
Church.**

**WE WILL BRING THE BIRTHDAY CAKE!**

**Looking forward to seeing you there!**

## **WHEELCHAIRS**

CARERS' Society Otago runs a free wheelchair loan system and we have 2 wheelchairs available at the moment. Sometimes the person you are caring for has not been assessed as needing a wheelchair because their mobility around the home is sufficient. However the person may be unable to go for a walk or any other outings. In that case come and get a wheelchair from us.

Our wheelchairs are very easy to use and fold up to easily fit in a car boot. Not only will it give you the opportunity to go shopping together or for a walk to the Botanic Gardens but it will have the added bonus of improving your fitness and health.

Exercise will increase our sense of well-being...





# Smile A While



## The English language:

Sometime I think all the folks who grew up speaking English  
Should be committed to an asylum for the verbally insane!  
Doesn't it seem crazy that you can make amends but not one amend?  
If you have a bunch of odds and ends and get rid of all but one of them,  
What do you call it?

Let's face it—English is a crazy language.  
There is no egg in eggplant nor ham in hamburger;  
Neither apple nor pine in pineapple.  
English muffins were not invented in England.

And what about the English plural?

We'll begin with a box, and the plural is boxes,  
But the plural of ox becomes oxen, not oxes.  
One fowl is a goose, but two are called geese,  
Yet the plural of moose should never be meese.  
You may find a lone mouse or a nest full of mice,  
Yet the plural of house is houses, not hice.

The plural of man is always called men,  
Why shouldn't the plural of pan be called pen?  
If I speak of my foot and show you my feet,  
And I give you a boot, would a pair be called beet?  
If one is a tooth and a whole set are teeth,  
Why shouldn't the plural of booth be called beeth?

The one may be that, and more would be those,  
Yet hat in the plural would never be hose,  
and the plural of cat is cats, not cose.  
We speak of a brother and also of brethren,  
but though we say mother, we never say methren.  
Then the masculine pronouns are he, his and him,  
But imagine the feminine: she, shis and shim!  
And in closing.....

**If Father is Pop, how come mother isn't Mop?**

## TV is going DIGITAL: 'TARGETED ASSISTANCE PACKAGE'

New Zealand television broadcasting will start going digital in 7 months and 83% of households are ready for it. The government has launched a Digital Assistance Package specifically targeting those people most likely to be reliant on Television and who might face both technical and financial barriers to go digital.

For example: those who have a TV and do not yet have FreeView, Sky, or Telstra Clear, and who are either:

- Recipients of an Invalid's Benefit or Veteran's Pension, or
- Recipients of an Invalid's Benefit and former Veteran's Pension who transferred to NZ Superannuation at age 65 or over, or
- People aged 75 and over with a Community Services Card.

This could be of great benefit to both carers and carees. For more information on what the package contains and how to access it ring 0800 838 800 or go to:

[www.goingdigital.co.nz/targeted-assistance-package](http://www.goingdigital.co.nz/targeted-assistance-package)

## WEBSITE AND FACEBOOK PAGE

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

**Website:** [www.carersotago.org.nz](http://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.

## HAIR AND THERE

Specialising in the house-bound and elderly

Mobile hairdresser: cuts, blow-waves, shampoo & sets, and perms done in the comfort of your home. Contact Donna on phone: 488 5542 or cell phone: 027 438 2555 and make an appointment. 20% discount on first appointment.

## COURT NEWS FLASH

You may have read or heard about the recent Court of Appeal decision that said the government was being unreasonably discriminatory by not allowing parents to be paid caregivers of their children with disabilities. It will be very interesting to see what the government will do next. We will publish any news from that front.

## 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



