

Carers' Society Otago

Community House

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Anneloes' musings...

From our AGM the Community Workers' Report:

The Community Workers of Carers' Society Otago continue to provide support to carers throughout Otago with support groups in Dunedin, North, South, and Central Otago, the Dunedin Walking Group, the Mosgiel Walking Group and the Young Carers Group. The activities within these groups range from education talks to fun activities such as cooking and art. Most importantly the focus is on self care for the carer. This last year we have started a regular group in Milton. Initially the group will get together 4 times a year.

And for another year we have met fundraising targets that allow these activities to happen.

We are very pleased with our continued relationship with the Medical School of the University of Otago because it allows a forum for raising carers' issues with GPs of the future.

We continued reaching out to carers through our website and our Facebook page. We also have a regular ad on Otago Access Radio and The Star informing the Dunedin public of our Dunedin and Mosgiel meetings.

On October 16 2012, we launched the first Carers' Week in New Zealand, to coincide with Carers' Week Victoria in Australia. Mayor Dave Cull opened the week in the Octagon in Dunedin and we had an exhibition in the Dunedin Public Library.

The Jennie Clegg Library continues to grow, now with over 250 items.

The Community Workers continue to publish two Newsletters, one of which is for Young Carers. We are always updating our information for carers and ensure carers have access to education talks and training programmes as and when they are available.

Carers' Society is appreciative of the support given by the Ministry of Health and for the generous donations from family carers.

A special thank you to the Dunedin City Council, the Otago Community Trust, the New Zealand Lottery Grants Board, COGS, the Dunedin Casino, the Ace Shacklock Charitable Trust, the Bendigo Valley Sports and Charity Foundation, the Waitaki District Council and the Lion Foundation for their generous donations this year.

We also thank Clutha Health First, Weston Community Church and Presbyterian Support Otago for providing meeting venues, our Volunteers, Jean Dodd, for her help with the Library, Elaine Shallish, Shona Johnsen, and Claudia Herron for their help with the Young Carers' Group and Poppa's Pizza for donating pizzas for the Young Carers' Group.

And, of course, thank you to the Governance Committee for their work throughout the year.

Susan Easterbrook and Anneloes de Groot

Community Workers

NEWSLETTER
OCTOBER/NOVEMBER 2013

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. Note that for June, July, August, the meetings are held at 6pm.

1 October—If the weather holds we will go for another walk.

5 November—We will hold a plant exchange. So bring in your seedlings and cuttings.

MILTON

8 October—Afternoon tea at Café Lolas at 2:30 pm (this will be the last one of 2013).

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.

10 October—Making Christmas Cards.

14 November—Christmas Party with music by the trio from the Rare Byrds.

NORTH OTAGO CARERS' MEETINGS

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

12 November—Christmas lunch out at the Moeraki Tavern at 12 o'clock. Car pooling from Weston Community Church at 11.30am.

CENTRAL OTAGO CARERS' MEETINGS

Meetings are held at 2pm in the new Community House in Alexandra on a Thursday. The meetings are shared between Carers' Society Otago and Judith Hyslop from the Stroke Foundation.

3 October - CSO: Pamper Hands and Nails.

14 November—Stroke Foundation: Art Society.

5 December— CSO: Christmas potluck.

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 471 6204.

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, or you can get one 'to go' on the walk. 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 will meet on the fourth Tuesday of every month at 10 am.

22 October—Meet at the Plaza Café at the Forsyth Barr Stadium at 10am followed by a walk by the Leith through the university area.

26 November—Meet at Pier 24 on the Esplanade at St Clair at 10am followed by a beach walk.

MOSGIEL—We will meet on the third Friday of every month at 10am in the foyer of the Public Library in Mosgiel. The next walks are scheduled for 18 October and 15 November.

A decorative border made of small yellow triangles with black exclamation marks, arranged in a rectangular frame around the text.

CARERS WEEK

14 – 21 OCTOBER

2013

Carers' Week is a time for all New Zealanders to recognise and celebrate the over 1 million unpaid family carers in our communities.

October 14
Celebration at 12 noon in
The Octagon



WHEELCHAIRS WHEELCHAIRS WHEELCHAIRS

We have 4 wheelchairs in our office at present. All members of Carers' Society Otago can borrow these chairs for free and for as long as they need them. Just a deposit of \$30 will get you a collapsible, lightweight chair. It is springtime so take your caree for a walk through the glorious Rhododendron Dell in the Botanic Gardens! You can pick one up or we will deliver one out to you. Just give us a call on 03 471 6204.

THE JENNY CLEGG LENDING LIBRARY BOOK REVIEW

Some interesting titles from our collection. Feel free at any time during working hours to come into the Carers' Lounge at Community House, Moray Place, Dunedin and browse the shelves. If you can not come in ask us to post out the booklist. Ring the office on 03 471 6204. Peruse the list at leisure in your home and if you see something that tickles your fancy ring in and we will send it out to you with a return envelope.

Feast or Famine: a New Zealand guide to understanding eating disorders by Karen McMillan. Take control of anorexia, bulimia and binge eating. This book is a comprehensive guide for those currently battling an eating disorder and for their families and friends. It covers the facts about each of the three main disorders and features first-hand accounts and interviews with doctors and psychologists working on the front line of the battle for recovery.

Sleep Thief: restless legs syndrome by Virginia N. Wilson. After suffering a lifetime of sleeplessness, Virgina was diagnosed as having RLS in 1986. This important book helps people who suffer from this awful malady. Easy to read articles by patients and physicians reveal the history, treatment and the latest developments in research.

Heal you Headache: the 1.2.3 program for taking charge of your pain by David Buchholz. Based on the breakthrough understanding that virtually all headaches are forms of migraine—because migraine is not a specific type of headache, but the built-in mechanism that causes headaches of all kinds, along with neck stiffness, sinus congestion, dizziness, and other problems—Dr. Buchholz's Heal your headache puts headache sufferers back in control of their lives with a simple, transforming program.

RECIPES

I have been experimenting lately with salads. I like mixing steamed or roasted vegetables with salad greens and adding some protein so I get an instant meal on a plate. Mixing hot and cold makes for a lukewarm salad and I really have been enjoying these. I use a small plate for lunch and a big plate for dinner. These are also a great way to deal with left-over vegetables.

Starting out with what I still had in my garden (kale, leeks, broccoli, Jerusalem artichokes and silverbeet) I made the following salad:

Jerusalem Artichoke and Bacon Salad

Preheat the oven on 200 C degrees. Scrub the artichokes well and cut them in even chunks. In a bowl mix the chunks with a good slosh of olive oil, a bay leaf, coarsely ground salt and some sage. Roast the artichokes for 35 minutes so they are brown and crisp on the outside and soft in the middle.

While those are roasting, fry some good quality bacon rashers until golden and crisp. Take them out of the frying pan and wilt some or all of the following in the bacon fat: finely cut up leeks, silverbeet, kale and spinach leaves. Just a quick stir-fry will do.

On each plate arrange some lettuce, fresh spinach, rocket or mesclun. Then place the artichoke chunks and the wilted greens on top of the fresh greens and break up the bacon over the top. For extra colour use some tomatoes, fresh or sundried or whatever you have in the fridge that tickles your fancy (olives, capers, small gherkins or cocktail onions).

If you can't find any Jerusalem artichokes (at the moment of writing this in September they are for sale at the Farmers' Market) you can use potatoes or kumara.

If you have nothing much in the garden right now get whatever green vegetables are in season and feast on the following salad. I can't wait to make this with asparagus!

Green vegetables and Salmon Salad with a sesame dressing

Steam a mixture of lots of green vegetables: broccoli, courgettes, green beans, celery while you prepare the plates.

On each plate put a layer of salad greens: spinach leaves, mesclun, rocket or lettuce. Grate some cucumber, squeeze the liquid out and arrange it over the salad greens. If you like add some avocado slices. Then add the vegetables.

Finish with some salmon. Even though salmon is expensive (but very good for you) you don't really need to use much since it is a rich fish. You can use hot smoked, cold smoked or left-over cooked salmon. It also works really well with tinned salmon and I have even made it with tinned sardines.

Mix a dressing using a good mayonnaise, some Japanese soy sauce and some sesame oil and drizzle over the salad.

BON APPETIT



Smile A While



House Management for Cats

Doors—do not allow closed doors in any room. To get the door opened stand on hind legs and scratch with forepaws. Once the door is opened it is not necessary to use it. Stand halfway in and out, and think about several things. This is particularly important during very cold weather, rain or snow.

Guests—quickly determine which guests hate cats the most. Sit on their lap. If you can arrange to have jellymeat on your breath, so much the better. For rubbing against trouser legs, select fabric colour which contrasts nicely with fur (white fur cats go to black clothing). Treat guests who claim to love “kitties” with disdain, apply claws to stockings, or use a quick nip on the ankles. When walking among dishes on the dinner table, look surprised and hurt when scolded. Convey the idea that you are allowed on the table when there is no company.

Work—if one of your humans is sewing or writing and another is idle, stay with the busy one. This is called helping, otherwise known as hampering. The following are rules for hampering: when supervising cooking, sit just behind left heel of cook; you cannot be seen and thereby stand a better chance of being stepped on, picked up and consoled. For book readers, get in close under chin between eyes and book unless you can lie across the book.

Meals—when fed, always act disappointed. Sniff at the food a little, and walk away. Never drink from your water bowl but drink from the shower tray or toilet instead.

Play—get enough sleep in the daytime so you are fresh for running around and jumping on your humans between 2 and 4 am. This is also a good time to practice meowing loudly. Begin training early. They can be taught if you start early and are consistent.

From “Caring for Carers” newsletter.

Steps to Happiness

Everybody knows you can’t be all things to all people. You can’t do all things at once. You can’t do things equally well. You can’t do all things better than anyone else. Your humanity is showing just like everyone else.

So you have to find out who you are, and be that. You have to decide what comes first and do that. You have to discover your strengths and use them. You have to learn not to compete with others, because no one else is in the contest with you.

Then you will have learned to accept your own uniqueness. You will have learned to set priorities and make decisions. You will have learned to live with your limitations. You will have learned to give yourself the respect that is due. And you will be a most vital mortal.

Dare to believe that you are a wonderful, unique person. That you are a once-in-all-history event. That it is more than a right, it is your duty to be who you are. That life is not a problem to solve but a gift to cherish. And you will be able to stay one up on what used to get you down.

WAITAKI HEALTH AND WELLNESS EXPO

Wednesday 2 October 11am—2pm

Waitaki Community Recreation Centre, Orwell Street, Oamaru

FREE ENTRY

Are you Fit for Life?

Representations from Health Organisations and Sports Groups from around the region.

Information Stalls, Wellness Awareness, Blood Pressure Checks, Martial Arts, Food Demonstration and much more....

We will be there so come and visit the Carers' Society Stall. We'd love to see you.



FREE FAMILY CARER TRAINING IN RANFURLY

Do you care for someone with a disability, chronic illness or addiction?

COME TO A FREE FAMILY CARER TRAINING DAY

WEDNESDAY 30TH OCTOBER 2013

10:30 AM – 3:30 PM

THE MEETING ROOM AT RANFURLY HOSPITAL

LUNCH IS PROVIDED

**COME, MEET OTHER CARERS, BE SUPPORTED, AND LEARN
ABOUT ISSUES THAT AFFECT YOUR ROLE AS A CARER**

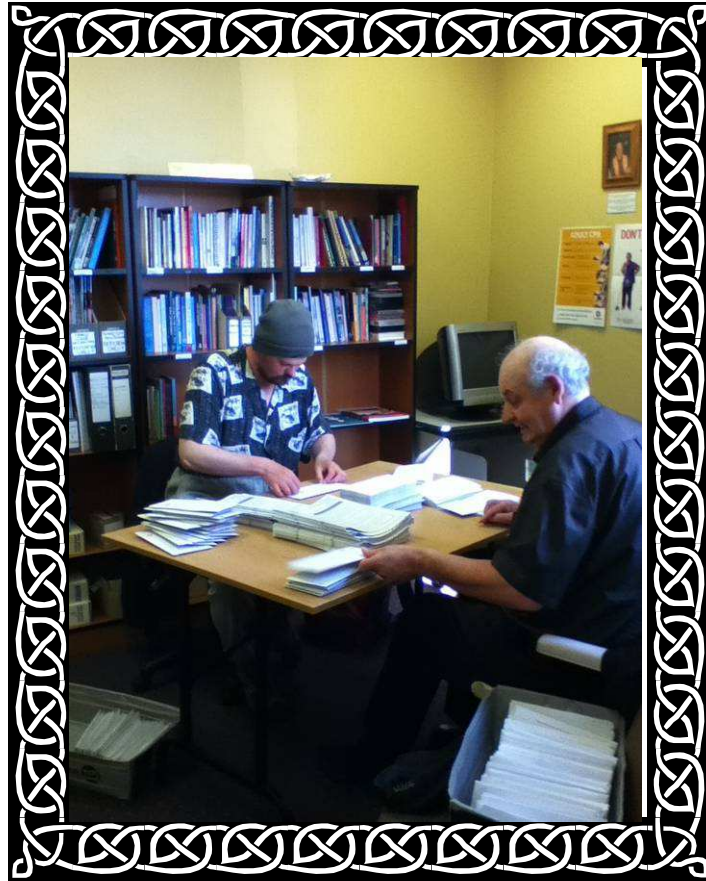
Contact Susan 0800 47 77 11 or (03) 477 7115

NEWS ABOUT CARER PAYMENT

The Government is set to make an announcement about the Carer Payment on October the first.

They will give information about how to apply for the payment and what the criteria are to qualify.

We will report on that in our next newsletter.



Some of our fabulous Volunteers help with the Newsletter mailout

**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:

Presbyterian Support Otago	The Ministry of Health	Dunedin City Council
Otago Community Trust	New Zealand Community Post	COGS
New Zealand Lottery Grants Board	Dunedin Casino	Otago Polytechnic
Ace Shacklock Charitable Trust	Bendigo Valley Sports and Charity Foundation	
Carers' Donations	Waitaki District Council	Lion Foundation
Poppa's Pizza	ACE Shacklock Charitable Trust	

