

NEWSLETTER JUNE/JULY 2014

**Carers' Society Otago
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Susan says:

Our Newsletter has a new look. Not by choice but by the demise of a certain famous operating system we had been using.

It is very difficult to adjust to new systems as I am sure carers know. You have probably had the same thing happen to you within the health or social service systems. But a change in the way we do things can also change the way we look at things and this could be positive. It's all about adjusting, stepping back, looking around, and maybe asking for help.

I have to keep telling myself that as I struggle with new formats and try to find missing information.

I want to write about a recent Coronation Street plot. Have you noticed more and more soap opera plots feature care situations? For those of you who are not fans, this plot revolved around a fireman who cared for his wife with dementia. He found it hard going, became homeless, and then moved in with a friend who helped him care for his wife. A romantic relationship evolved between the friend and the fireman, carers together. There were others living in that house too. I sometimes wonder where they put all those people who seem to live in the same household.

Throughout, the fireman reminisced a lot about their former life together, told childhood sweetheart stories, and gazed over old photographs.

The care situation was tough going. Every time the two carers needed and wanted to have a break a new drama prohibited it happening. Eventually the fireman's wife went into full time residential care and the fireman seemed to writhe in agony over the decision. He became consumed with guilt. And so did the friend because wasn't she having a relationship with a married man? In fact the whole street got into the act either supporting or condemning the couple.

The wife escaped from the Care Home and that left doubt in the fireman's mind over their standard of care. He became very angry at the manager and gave her an emotional telling off. The wife moved back in with the unhappy caring twosome and they seemed to be back to square one. It was a bit different though because the wife was much more confused about the situation.

One day, the friend was supposed to be watching the wife while the fireman went to a lawyer to start divorce proceedings. The wife with dementia attacked the friend in a very violent way and the friend went down the road for a cup of tea to recover. While she was gone the wife had an electrical accident and died.

The main reason I am relating this story from my favourite soap is to quote the fireman after his wife's death. He said, "You'd think it would be a relief when it was all over but it's not. It's like a debt that can never be repayed." I thought this was worth thinking about.

CARERS' MEETINGS 2014

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.

3 June @ 6pm - David Horne Slide Show with fish and chips

1 July - This meeting will be a combined group with Milton.

Afternoon tea

at Lola's Cafe in Milton. 3pm

5 August @ 6pm - A talk by Gary Ross from the Museum.

MILTON CARERS GROUP

1 July – Afternoon tea at Lola's 3pm with Balclutha group.

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.

12 June - Mid-winter Pot luck with Laughter Yoga.

10 July - David Horne Slide Show

14 August - Carers' Society Otago Annual General Meeting

NORTH OTAGO CARERS' MEETINGS

Meetings are held on the **2nd Tuesday of March, April, May and September, October, November**, at 2 pm, in the Weston Community Church.

No group in June, July and August. Please bring recipes for September

CENTRAL OTAGO CARERS' MEETINGS

Meetings are held at 2pm on the first Thursday of **March, April, May and September, October, November** in the **new Community House** in Alexandra.

No Group in June, July and August.

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 The walk starts with a coffee at 10 am. Latecomers can get a coffee to go. All carers welcome

DUNEDIN - 24 June - We meet in the Cafe of the Early Settlers Museum.

22 July - We meet at Nova Cafe next to the Art Gallery.

MOSGIEL - This group meets at 10am in the foyer of the Public Library
20 June and 18 July.

NEWS FROM THE JENNIE CLEGG LIBRARY

Our Library now has 283 books, videos, DVDs, CDs and Tapes. Some of these items were purchased and some were donated. The Library shelves display books in themes such as Elder Care, Self Care for the Carer, Mental Health, and Stress Management. It is a self service Library located in the Carers' Lounge, Community House, 301 Moray Pl, Dunedin. The Carers' Lounge is open whenever the building is open so please feel free to drop in, browse, and take out a book.

If you want a copy of our complete library list please call us on 03 4716204.

LIBRARY SERVICE

When taking a book out the process is as follows.

- you sign your name, telephone number, and date in the card at the back of the book
- place the card in the silver box marked **LIBRARY CARDS**.

When you return the book place it in the blue box marked **LIBRARY BOOK RETURNS**.

We will call you when have had the book out for three months.

MAILING SERVICE

If you have chosen the book you want from our list we can mail it to you and enclose a return mail bag. We know it is often difficult for you to get books out or return them, even in Dunedin. Please take advantage of this service.

OVERDUE LIBRARY BOOKS

There is no charge for overdue books but if the book is lost expect to get an invoice from us. Because we are a small library each book is very precious, especially those that cannot be replaced because they are out of print.

NEW BOOKS IN OUR LIBRARY

Keeper: Living with Nancy, A Journey into Alzheimer's by Andrea Gillies.

This book is alternately angry and funny and always honest. It takes us on a journey into dementia and explores what it means to be human.

New Zealand's Mental Health Act in Practice by John Dawson and Kris Geldhill.

This book is edited by a Professor at the Law School in Dunedin. It is a series of essays exploring the complex meaning of mental disorder and links legislation with the question of how helpful the law is for carees, carer families, the legal community and the wider community.

Dying: A New Zealand Guide for the Journey by Sue Wood and Peter Fox.

This is a step by step practical and emotional support guide from getting the news, through acceptance and mourning, to last reflections.

Being and Doctor: Understanding Medical Practice by Hamish Wilson and Wayne Cunningham.

This book examines medical practice from the perspective of doctors as carers. The stress they endure comes from having to balance assumptions of an exact science as it is applied to human variety for positive outcomes. Medicine however is not an exact science, and human disorders and illnesses vary hugely. There is not a one size fits all application.

MANY MANY THANKS TO ALL WHO HAVE DONATED BOOKS TO OUR LIBRARY

FROM THE CHAIR

What is the Governance Committee?

The Governance Committee exists to support the Community Workers of the Carers' Society and validate those items of business required by law. For example, financial payments.

Who makes up the Governance Committee?

The Governance Committee is made up of people who have a heart for the work that the Society does. They do not need to be recipients of the work the Society does but, having said that, primarily this is the group of people who make up the largest proportion of the Committee. The composition of the Committee is: the Community Workers, Treasurer, Chairperson, Vice-chair, Secretary and a maximum of four non-office bearers.

How does one become a member of the Governance Committee?

In August the Society holds its Annual General Meeting. In June all members receive a newsletter which includes nomination forms for people who are willing to serve on the Committee. An interested person may also speak to one of the Community Workers or be approached by them to assess their interest.

How long is one expected to be on the Governance Committee?

The term of appointment is for one year with no restrictions on how many times one can be re-elected.

Proposed change to the Governance Committee term of service.

As has been referred to above, each member of the Committee is elected on a yearly basis. It is proposed that the following be added:

That the Community Workers and Treasurer be fixed appointments to the Governance Committee which is made up of 10 members.

That the Chairperson's term be a maximum of three years excluding the amount of years served on the Committee. One year would be as past chairperson.

That all other members of the Governance Committee serve a maximum of three years.

In all cases for elected members, there would be a one year stand down after which they would be able to offer themselves for election.

WHAT DO WE ASK OF YOU?

That you please consider being a member of the Governance Committee.

As is the case in many organisations the hardest thing facing them is the numbers of people willing to allow themselves to be nominated.

Carers' Society is more than aware of the demands on your time. However, we do ask that if some of you are able to give one hour of your time, on the fourth Thursday of the month from 12:30pm. -1:30pm, PLEASE consider being available.

No qualifications are required – only a passion for supporting Carers' Society Otago.

CARERS' SOCIETY OTAGO

Annual General Meeting

14 August 2014

1:30pm

Alexander McMillan Room

Community House

301 Moray Pl

Dunedin

Have you considered being on the Governance Committee of Carers' Society Otago or do you wish to nominate someone to that committee?

You may nominate more than one person but each person you nominate must consent to the nomination.

Nominations must have a seconder who also signs this form.

Please complete your nomination and deliver or send it by 1 August 2014 to:

Carers' Society Otago
Community House
301 Moray Pl, Dunedin 9016

I nominate
for membership to the Governance Committee of Carers' Society Otago.

Signed:.....

Address:.....

Telephone:.....

I second this nomination.....

Signed.....

Address.....

Telephone.....

LAUGHTER IS THE BEST MEDICINE

A police officer in a small town stopped a motorist who was speeding down Main Street.

"But officer," the man began, "I can explain,".

"Just be quiet," snapped the officer. "I'm going to let you cool your heels in jail until the chief gets back..."

"But officer, I just wanted to say..."

"And I said to keep quiet! You're going to jail!"

A few hours later the officer looked in on his prisoner and said, "Lucky for you that the chief is at his daughter's wedding. He'll be in a good mood when he gets back."

"Don't count on it," answered the fellow in the cell.

"I'm the groom."

Only in America

Ken and his wife Edna went to the state fair every year, and every year Ken would say, 'Edna, I'd like to ride in that helicopter'.

Edna always replied, 'I know Ken, but that helicopter ride is fifty bucks, and fifty bucks is fifty bucks'

One year Ken and Edna went to the fair, and Ken said, 'Edna, I'm 75 years old. If I don't ride that helicopter, I might never get another chance'.

To this, Edna replied, 'Ken that helicopter ride is fifty bucks, and fifty bucks is fifty bucks'

The pilot overheard the couple and said, 'Folks I'll make you a deal. I'll take the both of you for a ride. If you can stay quiet for the entire ride and don't say a word I won't charge you a penny! But if you say one word it's fifty dollars.'

Ken and Edna agreed and up they went.

The pilot did all kinds of fancy manoeuvres, but not a word was heard..

He did his daredevil tricks over and over again, But still not a word...

When they landed, the pilot turned to Ken and said, 'By golly, I did everything I could to get you to yell out, but you didn't. I'm impressed!'

Ken replied, 'Well, to tell you the truth, I almost said something when Edna fell out, But you know,

"Fifty bucks is fifty bucks!"

GARLIC FOR HEALTH



Garlic is well known for its health benefits, and its scent and its taste both before and after eating. But did you know that:

- Garlic is one of the oldest cultivated crops. It was fed to the builders of the Great Pyramid in Egypt in the belief that it gave them strength.
- Garlic attracts leeches. They take 14.9 seconds to attach to a hand covered with garlic but 44.9 seconds to suck blood from a clean one.
- The city of Chicago is named after garlic. 'Chicagaoua' was the Indian word for wild garlic.
- The most cloves of garlic eaten in one minute is 34, achieved by Deepak Sharma Bajagain of Nepal.
- Garlic was used as an antiseptic against gangrene in the First World War.
- In ancient Greece, Hippocrates used garlic vapours to treat cervical cancer.
- Garlic is believed to ward off heart disease, cancer, colds, and flu. The consumption of garlic lowers blood cholesterol levels, and reduces the buildup of plaque in the arteries.
- It was even once used to treat acne, warts, and toothaches.
- The psychological term for fear of garlic is alliumphobia.
- Garlic is said to fight off evil spirits and keep vampires away.
- If your rose garden is being attacked by aphids, an excellent home remedy to get rid of them is to spritz the leaves and blooms with a mixture of crushed garlic and water.

If you do have trouble with the taste of garlic, I used a pickling recipe to store it and this makes it much easier to use in salads and in cooked meals.

PICKLED GARLIC

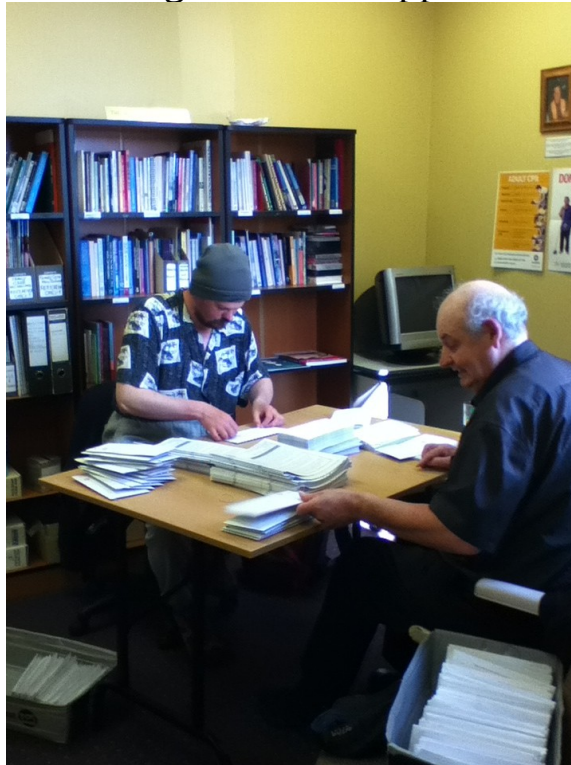
INGREDIENTS

- 1 cup garlic cloves, peeled, cut in half if large
- 2/3 cup water
- 1/3 cup white or red vinegar
- 1/4 cup sugar
- 1 1/4 teaspoons salt
- 1/2 teaspoon whole black peppercorns
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon fennel seeds
- 1/2 teaspoon crushed red pepper

PREPARATION

Bring a small saucepan of water to a boil over high heat. Add garlic and cook for 3 minutes; drain. Transfer the garlic to a 2-cup glass canning jar (or other heatproof jar) with a tight-fitting lid. Combine 2/3 cup water, vinegar, sugar, salt, peppercorns, mustard seeds, fennel seeds and crushed red pepper in a small saucepan. Bring to a boil over high heat, stirring until the sugar and salt are dissolved. Pour the hot pickling solution into the jar. Let cool to room temperature. Cover and refrigerate for at least 8 hours for the flavors to develop.

The Mission of Carers' Society Otago is to ensure that every family carer is recognized and supported.



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

Some of the wonderful support we receive throughout the year is from:

Our Volunteers, Presbyterian Support Otago, Ministry of Health, COGS

New Zealand Lottery Grant Board, Dunedin Casino, University of Otago

Otago Polytechnic, Poppa's Pizza, 'Z in the Hood' Z Energy

William Downie Stewart Charitable Trust, Community House

Dunedin City Council, Otago Community Trust, ACE Shacklock Charitable Trust

BendigoValley Charitable Trust, Lion Foundation

and Carers' Donations