



NEWSLETTER

AUGUST/SEPTEMBER 2014

Carers' Society Otago
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www.carersotago.org.nz

Susan says:

Carers' Society Otago has been notified by the Ministry of Health that we will no longer receive funding from them after 31 March 2015. Although you can never count on anything in this world, this was a bit of a shock to us, especially as the current contract is 40% of our income.

Just to recap, Carers' Society Otago is one of the oldest organizations in New Zealand to provide such a wide range of supports to family carers and the other is Caring for Carers in Christchurch. Carers New Zealand also supports carers through lobbying and developing the Carers' Strategy and they have other supports such as a website, a web based radio programme and the wonderful Family Care magazine. There are also some 12 Carer Training contracts dotted around the country.

The Ministry of Health has decided it wants to tidy the whole thing up and relate to just one provider. It will withdraw all funding from all the assorted contracts and offer a contract by tender to provide a service supporting carers nationally. We will have more information about this contract and what it will look like in August/September but it definitely leaves us with a lot of decision making. One of the decisions may be some belt tightening.

The Ministry did say that because all contracts are underpinned by the Free Trade Agreement, an organization from another country could tender for the contract.

If Carers' Society Otago decides not to tender for the national contract we will definitely have to cut back on some services and hours and increase our fundraising efforts. Rest assured that these cuts will be done across the board and there will be no targetting of specific geographic areas. For example for carers in Central Otago this may mean only one Community Worker will travel to Alexandra and there may be less meetings. But to be fair there will also be less meetings in Dunedin, all to accommodate the loss of 40% of our income.

So, this is a sorry tale to tell but often inspiration comes from a necessity such as this. We will endeavour to keep our carer members informed as the stages of this process develop.

Letters to the Editor

My name is Ioan Grigore and together with my wife we are full time carers for my mother who was diagnosed with Alzheimer's in 2008 (she lives at home with us). Knowing that there is no cure found yet for Alzheimer's Disease (based on my three year research), we had a more alternative approach to this disease, and, until now, we have had mixed results: and good and a bit confusing. We would like very much to come in contact with other carers to share our experience with them.

We live in Oamaru and our phone number is 03 434 2579 our email is goodmorning.l@clear.net.nz.

Thank you very much,

Ioan Grigore.

CARERS' MEETINGS 2014

SOUTH OTAGO CARERS' MEETINGS

Meetings are held on the first Tuesday of every month at 7 pm in the **Burnside Room of Clutha Health First**.

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

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

2 September @ 7pm – We plan to have a walk.

MILTON CARERS GROUP

This group meets occasionally for a morning or afternoon coffee.

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.

14 August – Carers' Society Otago Annual General Meeting. All carers welcome.

11 September – Brian Williscroft from the Society of Genealogists.

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 August. We are planning to publish a small recipe folder of your favourite recipes. Please collect them and bring them to the September meeting. It would be good if some were hand written and some colour pictures of the dish would be nice.

9 September – We will do some cooking and recipe book planning.

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 August.

4 September – Collage

YOUNG CARERS' MEETINGS

Meetings are held on the third Thursday of every month from 5:30—7:30pm. Contact Susan or Anneles 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 – 26 August – We meet in the cafe at the Otago Museum.

23 September – We meet at Ross Home Cafe.

MOSGIEL – This group meets at 10am in the foyer of the Public Library.

15 August and 19 September

NEWS FROM THE JENNIE CLEGG LIBRARY

Our Library now has 290 books, videos, DVDs, CDs and Tapes. 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. We will call you when you have had the book out for three months.

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

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.

NEW BOOKS IN OUR LIBRARY

10 Questions You Must Ask Your Doctor by Ray Moynihan and Melissa Sweet. This book teaches us how to make better decisions about drugs, tests and treatment.

Caring for Your Parents: The Complete Family Guide by Hugh Delehanty & Elinor Ginzler.

This book gives practical advice and promises to be not just a 'how to' book but a 'how to think' book.

BOOK REVIEW

Dealing Daily with Dementia by Angela Caughey

Reviewed by **Jean Dodd**

One of the biggest problems of an ageing population that we have to face is dementia – a problem for society but particularly for carers. There are a number of books on the subject in the library but they are mainly written from a personal point of view. A new addition to the Jennie Clegg Library is a book written by Angela Caughey called *Dealing Daily with Dementia*. Angela looked after her husband for over twelve years so she writes from personal experience, but the book is a practical guide to the problems carers face daily. The book arose from the meetings of a group of women caring for husbands with Lewy body dementia. They shared feelings, their fears, problems and solutions and contributed personal stories, often humorous and sometimes highly embarrassing. The chapter headings are clear and the index very helpful.

A good handbook for any carer dealing with the complexities and stresses of dementia.

The Otematata Cottage is now open for bookings for September through the summer.

**Contact Susan or Anneloes
(03) 471 6204**



SITTING EXERCISES

All of these exercises are done while sitting in a straight back chair.

1. Sit with feet and knees apart and spine forward.
2. 3 deep slow breaths in through the nose hold for 3 seconds then exhale through the nose.
3. Feet on floor, alternate toes up/heels up, 20x each.
4. Raise feet off the floor. Rotate feet in a circle clockwise and counter-clockwise at the ankle, 10x each.
5. Raise each leg parallel with the ground, one at a time, and point toes forward and back, 10x each.
6. While sitting move legs in a walk motion, 20x.
7. As above but running this time.
8. Pelvic rock - push your spine against back of chair then rock your pelvis forward in the chair.
9. Finish by 3 breaths as in 2 above.

For more information contact Age Concern for a copy of their Steady as You Go Falls Prevention Programme by calling 03 477 1040 or writing to PO Box 5355 Dunedin.

How do you fancy something like this?



**A REMINDER
CARERS' SOCIETY OTAGO**

Annual General Meeting

**14 August 2014 @ 1:30pm
Alexander McMillan Room
Community House
301 Moray Pl
Dunedin**

SPEAKER: Rob Tigear, Community Support Consultant

Have you considered being on the Governance Committee of Carers' Society Otago or do you wish to nominate someone to that committee? No qualifications are required – only a passion for supporting Carers' Society Otago.

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

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

Signed:.....

Address:.....

Telephone:.....

I second this nomination.....

Signed.....

Address.....

Telephone.....

FAMILY CARE MAGAZINES

We receive a box of Family Care Magazines at every issue and the latest winter issue has just arrived. Recently we were given some back copies of the magazine and these are all on display, on the table, in the Carers' Lounge, Community House.

Please come and have a browse, collect your new copy, and take some back copies back home.

This is a very good magazine and it deserves a wide circulation.

PLEASE NOTE THERE IS A MISTAKE IN THE KNITTING PATTERN IN THE LATEST ISSUE.

LAUGHTER IS THE BEST MEDICINE

A little boy was attending his first wedding.
After the service, his cousin asked him, "How many women can a man marry?"
"Sixteen," the boy responded.
His cousin was amazed that he had an answer so quickly.
"How do you know that?"
"Easy," the little boy said.
"All you have to do is add it up, like the pastor said,
4 better, 4 worse, 4 richer, 4 poorer."

**After a church service on Sunday morning, a young boy suddenly announced to his mother,
"Mom, I've decided to become a minister when I grow up."
"That's okay with us, but what made you decide that?"
"Well," said the little boy, "I have to go to church on Sunday anyway,
And I figure it will be more fun to stand up and yell, than to sit and listen."**

*A boy was watching his father, a pastor, write a sermon.
"How do you know what to say?" he asked.
"Why, God tells me."
"Oh, then why do you keep crossing things out?"*

**A little girl became restless as the preacher's sermon dragged on and on.
Finally, she leaned over to her mother and whispered,
"Mommy, if we give him the money now, will he let us go?"**

I came from the golf course today. The wife had left a note on the refrigerator:
"IT'S NOT WORKING, I can't take it anymore!! Gone to stay with my mother."
I opened the fridge, the light came on, and the beer was cold...

What the heck is she talking about?

The Sunday School Teacher asks, "Now, Johnny, tell me frankly do you say prayers before eating?" "No sir," little Johnny replies, I don't have to. My mom is a good cook."

Ms. Terri asked her Sunday School class to draw pictures of their favorite Bible stories.

She was puzzled by Kyle's picture, which showed four people on an airplane, so she asked him which story it was meant to represent.

"The Flight to Egypt," was his reply.
Pointing at each figure, Ms. Terri said, "That must be Mary, Joseph, and Baby Jesus. But who's the fourth person?"
"Oh, that's Pontius - the pilot!"

People never say "it's only a game" when they're winning.

***Boss: You should have been here at 9 o'clock!
Employee: Why, what happened?***

MORE JOKES (WE KNOW YOU LOVE THEM)

Clever Jury

The Jury...

In a criminal justice system based on 12 individuals not smart enough to get out of jury duty, here is a jury to be proud of.....

A defendant was on trial for murder. There was strong evidence indicating guilt, but there was no corpse.

In the defense's closing statement, the lawyer, knowing that his client would probably be convicted, resorted to a trick.

"Ladies and gentlemen of the jury, I have a surprise for you all," the lawyer said as he looked at his watch. "Within one minute, the person presumed dead in this case will walk into this courtroom."

He looked toward the courtroom door. The jurors, somewhat stunned, all looked on eagerly.

A minute passed. Nothing happened.

Finally the lawyer said, "Actually, I made up the previous statement. But you all looked on with anticipation. I, therefore, put it to you that you have a reasonable doubt in this case as to whether anyone was killed, and I insist that you return a verdict of not guilty."

The jury retired to deliberate. A few minutes later, the jury returned and pronounced a verdict of guilty.

"But how?" inquired the lawyer. "You must have had some doubt; I saw all of you stare at the door."

The jury foreman replied: "Yes, we did look, But your client didn't."

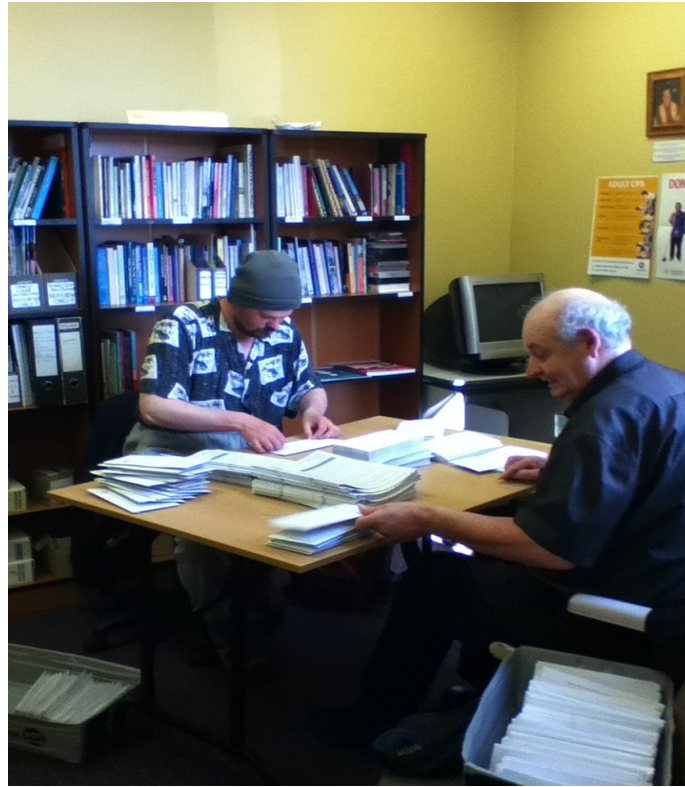
This test is to ascertain your mental state now. If you get one right you are doing ok, if you get none right you better go for counselling. (I'll meet you there.)

Giraffe Test - There are 4 questions. Don't miss one.

1. How do you put a giraffe into a refrigerator? The correct answer is: Open the refrigerator, put in the giraffe, and close the door. This question tests whether you tend to do simple things in an overly complicated way.
2. How do you put an elephant into a refrigerator? Did you say, Open the refrigerator, put in the elephant, and close the refrigerator? Wrong Answer. Correct Answer: Open the refrigerator, take out the giraffe, put in the elephant and close the door. This tests your ability to think through the repercussions of your previous actions.
3. The Lion King is hosting an Animal Conference. All the animals attend ...except one. Which animal does not attend? Correct Answer : The Elephant. The elephant is in the refrigerator. You just put him in there. This tests your memory. Okay, even if you did not answer the first three questions correctly, you still have one more chance to show your true abilities.
4. There is a river you must cross but it is used by crocodiles, and you do not have a boat. How do you manage it? Correct Answer: You jump into the river and swim across. Haven't you been lis-ten-ing? All the crocodiles are attending the Animal Conference. This tests whether you learn quickly from your mistakes.

The boss was concerned that his employees weren't giving him enough respect, so he tried an old fashioned method of persuasion: He brought in a sign that said "I'm the Boss" and taped it to his door. After lunch, he noticed someone had taped another note under his. "Your wife called. She wants her sign back!"

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 or a chat, a bit of quiet time,
or to explore our Information Zone and Jennie Clegg Lending Library

Up the stairs or take the elevator

Community House

301 Moray Pl

Dunedin

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

Presbyterian Support Otago, Ministry of Health, New Zealand Lottery Grant Board

COGS, Dunedin Casino, University of Otago, Otago Polytechnic, Poppa's Pizza

William Downie Stewart Charitable Trust, Lion Foundation, Community House

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

Carers' Donations