



## AUGUST/SEPTEMBER 2015 NEWSLETTER

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CC 32766

### **Susan Says:**

I am really touched by all the best wishes and cards I received as a result of my editorial in the last newsletter. I did not expect it at all. Thank you so much, carers.

And thank you for the prompt responses to our Survey questions. There's still time to send these in, in fact we haven't set a deadline for them but we would like to collate the material into a report by the end of August.

Some of you with computers might know that the Ministry of Social Development was surveying what carers of people over the age of 65 need. Unfortunately, we heard about this survey on 12 June and the deadline was 19 June. We will keep you posted on the results.

There has been a lot in the news these days about the woes of Dunedin Hospital and the lack of faith the government has in its Board, the Southern District Health Board.

Last week I had a four day stay in Dunedin Hospital and although I was confined to my little four bed room, I had to marvel at all that goes on throughout the whole hospital. It's like being in a wondrous big city. My nights were interspersed regularly with the rattle of the Rescue Helicopter landing on the roof. I was shocked really at how frequently this happened and could only imagine the journey of these patients before and after their admission. There are planned operations and emergency ones. There were two people waiting for operations in my room who kept being bumped down the line as more urgent cases were dealt with first. My roommates were in a holding pattern and nil by mouth.

And there is a massive communication effort, from chasing the phone around so family members could keep in contact with their careers, to the rounds of consultants, with their retinue of experts and students, both gathering and imparting information, often crucial to the life of the patient.

And especially important is the nursing side of monitoring of life signs, and drips, and medications, and catheters and the other, and the scanning and writing of patient notes. The cleaning of wounds and bodies, and operating theatres. Sterilising, puncturing, cutting and stitching. The comfort of bed and the sweet charity of conversation putting patients at ease in both body and mind, extreme caringness. There is also the massive array of outpatient services. Clinics of every speciality of illness and condition. Day surgery and services to specialist groups like over 65's, and children. Testing services and the pharmacy.

All the support services, the food service, and I have to say apart from breakfast the meals were spectacularly delicious. Laundry, cleaning, orderlies moving people to X-ray or scans or to and from operations, or from ED to Wards.

Volunteers to help you, feed you, and cup of tea you. Lecture theatres, the Whanau room, the Chaplaincy and The Library Service, food for the mind and soul.

And mothers and babies, born easily or with difficulty, requiring expertise that must be on hand. Equipment maintenance and mental health and psychiatry and psychology and counselling and cancer and argggghhhhh.

And at every step of the way it has to be done right, within protocols and procedures dictated by policies devised by other parts of the hospital and government legislation. All within a meagre budget.

And when things go wrong, discover, complain, report, investigate, placate and terminate.

How do they do it? A modern day miracle.

Suddenly I am discharged with notes, instruction, medications and rules.

I am in awe.

**TAKE A BREAK TAKE A BREAK TAKE A BREAK TAKE A BREAK TAKE A BREAK**

## **CARERS' MEETINGS 2015**

### **SOUTH OTAGO CARERS' MEETINGS**

Meetings are **NOW** held on the **1<sup>st</sup> Tuesday of every ALTERNATE MONTH at 6:30 pm** in the Brian Dodds Room of Clutha Health First.

**1 SEPTEMBER** – Jack Harrison, Manager, Otago Corrections Facility.

**3 NOVEMBER** – Christmas Meal Out – where would we like to go this year?

### **MILTON CARERS' GROUP**

**3 NOVEMBER** – Milton carers, please join us for the meeting and the end of year function for South Otago Groups.

### **NORTH OTAGO CARERS' GROUP**

Meetings are held on the **2<sup>nd</sup> Tuesday of the month** in the Weston Community Church.  
The meeting dates are as follows:

**11 AUGUST** – Bruce Dow from the NZ Police will talk about your safety in the community.

**10 NOVEMBER** – Out for lunch. Where will we go this year?

### **CENTRAL OTAGO CARERS' GROUP**

Meetings are held at 2pm on the **1<sup>st</sup> Thursday of the month** in the Alexandra Community House.  
The meeting dates are as follows:

**3 SEPTEMBER** – Garry Milford from NZ Police will talk about your safety in the community.

**5 NOVEMBER** – Afternoon tea out.

### **DUNEDIN CARERS' MEETINGS**

Meetings are held on the **2<sup>nd</sup> Thursday of the month** beginning with **MARCH** at 1:30 pm in the Alexander McMillan Room, Community House, 301 Moray Place.

**13 AUGUST** – **Annual General Meeting. All carers welcome for the election and afternoon tea.**

**10 September** – Nicola Swain will talk about Carer Wellbeing.

### **DUNEDIN AND MOSGIEL WALKING GROUPS**

**In 2015** these two Walking Groups will be combined and have five walks in the year on the **4<sup>th</sup> Tuesday of the month**. The walk usually starts with a coffee at 10am. Latecomers can get a coffee to go. All carers welcome. We would like to suggest that walkers meet informally in the intervening months when the group does not meet. Please check with the latest Newsletter for the meeting place.

The dates for the next two Walking Groups are as follows:

**25 AUGUST** – Port Chalmers

### **YOUNG CARERS GROUP**

Meetings are held on the **3<sup>rd</sup> Thursday of the month, 5:30 – 7pm**. Contact Susan or Anneles for more information 471 6204. Young Carers will be sent a monthly Newsletter as usual advising of the dates and activities.

## NEWS FROM THE JENNIE CLEGG LIBRARY

Our Library now has over 300 books, videos, DVDs, CDs and Tapes. It is a self service Library located in the Carers' Lounge, Community House, 301 Moray Pl, Dunedin.

**If you want a copy of our complete library list please call us on 03 471 6204.**

**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.

## NOTICES

**The Otematata Cottage is now closed for the winter for carers' bookings.**

### WHEELCHAIRS

We have no wheelchairs available at the moment.

### IMPORTANT RESEARCH

As we said in the last newsletter, Carers' Society Otago is hoping to get its members involved in some very important research. We want start a telephone survey to find out just how much carers do save the government and the economy by fulfilling their role as carers. By putting a dollar value on the caring role, the government will have to take note of this very important group of carers. The follow on will hopefully be that carers will get more support in all sorts of ways. We hope to give you more information soon about this.

### LOW MOOD AND DEPRESSION MANAGEMENT

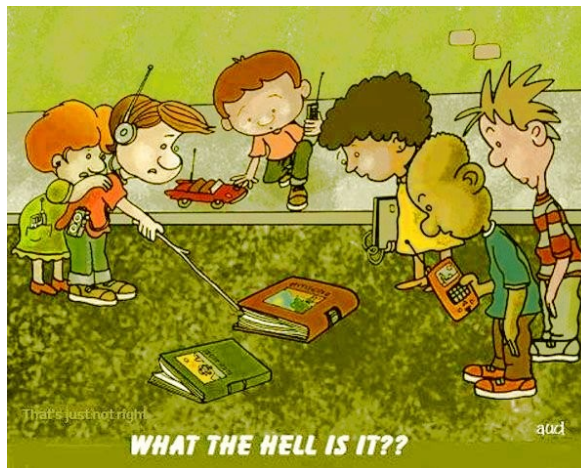
- **Paul Reet** from **Mosgiel Family Mental Health** spoke to our Dunedin carers meeting in June.
- He had some very worthwhile things to say about low mood and depression and gave some tips to manage these experiences better. His main message was that everyone has these emotional changes during their life as a response to stress. Stress comes in all sorts of ways and following these simple tips helps accept that this is happening and helps us do something about it.
- **Diet** – Too many carbohydrates can cause low mood and lethargy. Lack of vitamin B found in red meat, green vegetables, whole grains, and nuts can result in emotional fatigue, physical weakness, depression and irritability.

*Good foods for good moods* are potatoes, bananas, turkey, hazelnuts, pumpkin seeds, dates, whole grains and chocolate. These all lift moods. Avoid bread, cookies, cakes, and biscuits and focus on fruit and vegetables as snacks and drink lots of water daily.

- **Exercise** – Exercise encourages the endorphins in our body to increase. Endorphins make us feel good. Exercise gets rid of adrenalin to relieve stress and tiredness. 30 minutes of brisk walking per day helps immensely.
- **Sleep** – Sleep hygiene is very important. Keep regular sleep hours and have a nightly before bed routine. Avoid over stimulation before bed, remove distractions, and keep a notebook handy to write down any thoughts running through your head.
- **Personal hygiene** – Keep to a personal hygiene routine. This does help relieve stress.

***Social Connection*** – *Do not withdraw from being connected to your friends or your community. We do need those connections as a distraction and as a way of getting a different perspective on our own lives.*

# JOKES



An engineer, a physicist, and a lawyer were being interviewed for a position as chief executive officer of a large corporation. The engineer was interviewed first, and was asked a long list of questions, ending with "How much is two plus two?" The engineer excused himself, and made a series of measurements and calculations before returning to the board room and announcing, "Four." The physicist was next interviewed, and was asked the same questions. Before answering the last question, he excused himself, made for the library, and did a great deal of research. After a consultation with the United States Bureau of Standards and many calculations, he also announced "Four." The lawyer was interviewed last, and was asked the same questions. At the end of his interview, before answering the last question, he drew all the shades in the room, looked outside the door to see if anyone was there, checked the telephone for listening devices, and asked "How much do you want it to be?"

## **Forget Newton and Galileo. Here are the real laws of nature:**

1. Law of Mechanical Repair - After your hands become coated with grease, your nose will begin to itch and you'll have to pee.
2. Law of Gravity - Any tool, nut, bolt, screw, when dropped, will roll to the least accessible corner.
3. Law of Probability - The probability of being watched is directly proportional to the stupidity of your act.
4. Supermarket Law - As soon as you get in the smallest line, the cashier will have to call for help for the person in front of you.
5. Variation Law - If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now.
6. Law of the Bath - When the body is fully immersed in water, the telephone rings.
7. Law of Close Encounters - The probability of meeting someone you know increases dramatically when you are with someone you don't want to be seen with.
8. Law of the Result - When you try to prove to someone that a machine won't work, it will.
9. Law of Biomechanics - The severity of the itch is inversely proportional to the reach.
10. Law of Logical Argument - Anything is possible if you don't know what you are talking about.



## AGM

We have our Annual General Meeting coming up on August 13. The meeting is held in the Alexander McMillan Room of Community House at the time of our regular Carers meeting, 1:30. At the meeting we hold the election of members to the Governance Committee.

The Governance Committee meets once a month on a Thursday, from 12:30 to 1:30, to pay the monthly bills, to listen to reports from the Treasurer and the Community Workers, and to decide on current matters and develop future strategies.

If you or someone you know would like to be on this Committee, you will find a nomination form below, in the Carers' Lounge, or at the AGM.

The Governance Committee is a friendly group of people that quite efficiently get through the business side of things within the meeting hour.

### CARERS' SOCIETY OTAGO Annual General Meeting

13 August 2015  
1:30pm

Alexander McMillan Room  
Community House  
301 Moray Pl  
Dunedin

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

Signed:.....

Address:.....

I second this nomination.....

Signed.....

Address.....



## RECIPES - It's Muffin Time

### ***Ham & Whole Grain Mustard Muffins***

*Yield is 10 – 12 Muffins*

#### **Ingredients**

100g ham pieces chopped  
2 cups plain flour  
grain mustard  
4 tsp baking powder  
1 ½ cups grated tasty cheese  
2 spring onions chopped

1 cup milk  
2 Tbsp whole  
1 large egg



#### **Method**

1. Mix ham, flour, baking powder together.
2. Add cheese and onion separating ham cheese and onion pieces.
3. Whisk together the milk, egg and mustard.
4. Tip liquid mixture in with the dry ingredients folding them together. Take care not to overmix.
5. Spoon the mixture into lightly buttered muffin tin.
6. Bake at 210 degrees for 12-15 minutes, until the centres spring back when lightly pressed.
7. Turn out onto a rack to cool.



### ***Crunchy Lemon & Poppyseed Muffins***

*Yield is 10 – 12 muffins*

#### **Ingredients**

2 cups self raising flour  
1 cup sugar  
½ cup poppyseeds  
finely grated rind of 2 lemons

100g butter  
2 large eggs  
1 cup milk

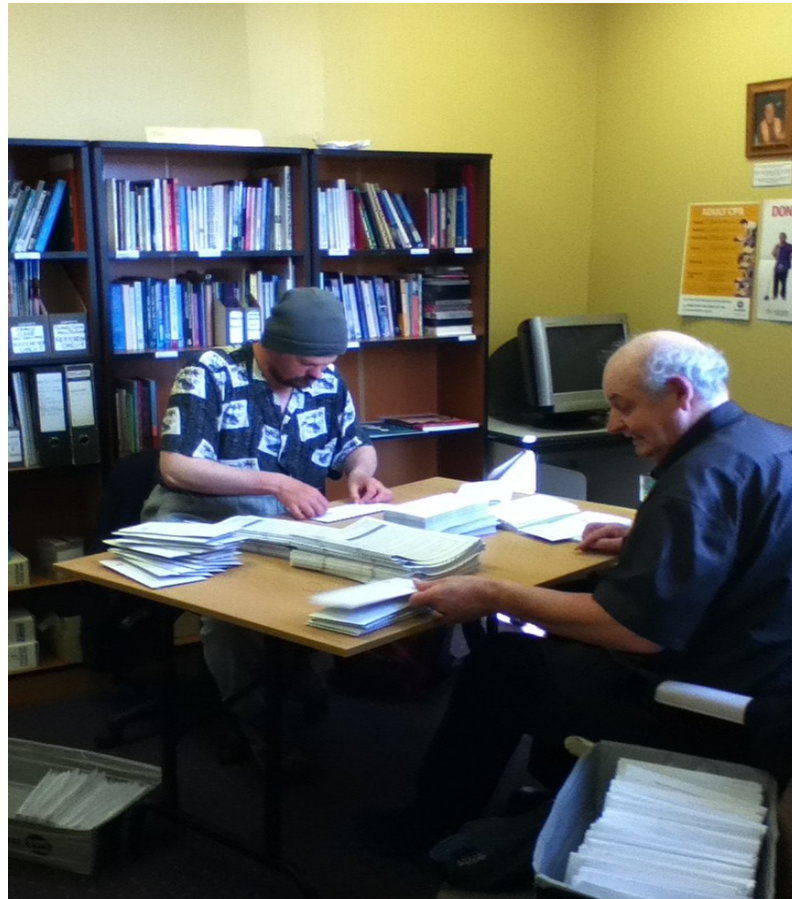
#### **Topping**

juice of 2 lemons  
¼ cup sugar

#### **Method**

1. Combine flour, sugar and poppyseeds.
2. Heat butter until just melted and add eggs and milk and beat with a fork
3. Tip the liquid into the dry ingredients and fold together until the flour is dampened.
4. Spoon the mixture into lightly buttered muffin pan.
5. Bake at 200 degrees for 10-15 minutes.
6. Mix together the lemon juice and small amount of sugar
7. As soon as you take the muffins out of the pan brush the lemon and sugar mixture over the muffins top and bottom.
8. Cool on a rack.

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



**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, New Zealand Lottery Grant Board, COGS, Dunedin Casino,

University of Otago, Otago Polytechnic, Lion Foundation, Dunedin Community House,

William Downie Stewart Charitable Trust, Dunedin City Council, Otago Community Trust,

Healthcare Otago Charitable Trust, ACE Shacklock Charitable Trust, Carers' Donations

The Southern Victorian Trust, Bendigo Valley Sports & Charity Foundation,

The Otago Masonic Trust.

