



NEWSLETTER OCTOBER/NOVEMBER 2015

Carers' Society Otago
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CC 32766

Susan Says:

We are often asked about the Community Workers and I think there may be some misconception about what we do. Some people think we have an army of careworkers we can put into people's homes to help carers. Unfortunately this is not the case. Family carers, you are providing the care and Carers' Society Otago, with two part time Community Workers, is here to support you.

The two Community Workers, Susan and Annleoes, work 20 and 25 hours per week each. We don't always work together but sometimes we might be at one of the meetings we hold in North, South, or Central Otago, or at a Health Expo or at a meeting with colleagues or at a home visit with a carer. This might leave the office unattended that day. For those reasons, it is best to make an appointment so you won't be disappointed if you have dropped in to talk to someone.

We are not an emergency service but we do attempt to return calls within 48 hours and we pride ourselves on responding and following through with requests and referrals, and on monitoring outcomes if we have referred a carer to another service.

Part of our job is to develop a community awareness of the issues carers face. We do keep an Issues Register that is not linked to anyone's name or address. The Issues Register is a record of generic information such as age, gender, ethnicity, which part of Otago, who caring for, and funding source such as District Health Board, Ministry of Health, ACC, or privately funded. We record the carer's request and what we have done about the request and whether there are any ongoing issues for that carer. In the past we have reported carer issues to the Ministry of Health and I think perhaps that it would be a good thing to continue this even after the contract ends this month.

Our mission is to ensure that every carer in Otago is identified and supported. In order to do this we work with individual carers, specific groups of carers, and we advocate for carers, individually and at large, whenever there is an opportunity to do so. Sometimes the advocacy work might be to speak on your behalf but most of the work involves attending meetings with you or writing letters on your behalf in order to achieve the outcomes you want from your health provider. We also can work in education or legal systems to accomplish whatever you, the carer, need.

Carers, sometimes caring for someone is not a fixable problem. If we approach the caring role in that way we can become frustrated at the longevity of the role, or the complexity that develops in the role. That frustration can lead to carer burnout and a lack of self care. The caring role is very much linked with the health and ability of someone else and the health and ability of systems that were put in place to help. Systemic failures happen all the time and human failures, well that just goes along with being human.

So, carers, please do not be hard on yourselves, take each day as it comes, and learn to place boundaries on what you can and cannot do in a day.

Our 17 year relationship with the Ministry of Health ends at the end of September. We will no longer have a contract with them or receive funding from them. This has been a difficult time for us as we seek other funders.

Carers' Week is coming up on October 12. This is an opportunity to recognize and celebrate what carers do. You represent 20% of the population and you are doing a very important job.

Take care, Susan

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 **1st Tuesday of every ALTERNATE MONTH at 6:30 pm** in the Brian Dodds Room of Clutha Health First.

3 NOVEMBER – Christmas Meal Out – Let's go to the Captain's Table. See you there at 6 pm.

MILTON CARERS' GROUP

3 NOVEMBER – Milton carers, please join us for the end of year function for the South Otago Group

NORTH OTAGO CARERS' GROUP

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

10 NOVEMBER – We are meeting at 1pm at Vanessa's Cottage Cafe, 24 London St, Hampden.
All carers welcome.

CENTRAL OTAGO CARERS' GROUP

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

5 NOVEMBER – Afternoon tea out. We will meet at the Bank Cafe, 31 Sunderland St, Clyde at 2 pm.

DUNEDIN CARERS' MEETINGS

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

8 OCTOBER – **Another Antique's Road Show with Dave.** Bring along your collectables, found objects or precious heirlooms and Dave will give you a story about them and perhaps a value.

12 NOVEMBER – **Christmas Party.** All carers welcome.

DUNEDIN AND MOSGIEL WALKING GROUPS

In 2015 these two Walking Groups will be combined and have five walks in the year on the **4th 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 final Walking Group of the year is as follows:

27 OCTOBER – **We realize out of town walks are quite difficult for some carers so for this our last walk of the year we will meet at 10 am at the bottom of Baldwin St in the new coffee shop, GRID, situated in the old Post Office.**

YOUNG CARERS GROUP

Meetings are held on the **3rd Thursday of the month, 5:30 – 7pm.** Contact Susan or Anneloes 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

We have some books on common problems we all share, whether we are carers or not.

The Good Sleep Guide, Sleep Thief, Sleep Deep and Getting a Good Night's Sleep all deal with helping to adjust sleep patterns. **The Dutiful Worrier, Living Successfully with Stress and Stress Less Live More** are books helping the reader to recognize stress and how we react to it. We also have **Pure Scents for Well being, Pures Scents for Relaxation**.

Another must read book is **10 Questions Must Ask Your Doctor**. These books are all found in the Jenny Clegg Library in the Carers' Lounge, Community House.

NOTICES

OTEMATATA COTTAGE

The cottage at Otematata is available for bookings after Labour Day. Phone us at 471 6204 for information. Sleeps 10.



WHEELCHAIRS

We have raised funds for two new wheelchairs from the Otago Masonic Trust. This brings our fleet up to fourteen.

WHAT'S HAPPENING IN MILTON

Historically Milton was linked with the goldfields and had many guarded stations that held the gold safely. Commerce may have had its rise and fall many times since then but the spirit of Milton has remained strong.

We are often surprised at the strength and depth of support in smaller communities and Milton is just such a community with a lot going on and most of the activities are supported by, and probably could not do without, Volunteers.

There is an Information Centre at the Museum, operating with Volunteer support, and the Milton Elder Care programme has been operating for many years. There are around 40 clients attending the Elder Care programme with 30 Volunteers helping with day activities and outings.

The District Nurses at the Milton Community Health Trust are all kinds of wonderful, helping patients get to hospital appointments in Dunedin and Balclutha. They also operate the Meals on Wheels service with 80 Volunteers.

There is a Service Centre, a swimming pool, a Craft group, a Gardening Club, Probus, and Senior Citizens to name but a few of the service and interest organizations that keep Milton such a lively and healthy community. The library has a Volunteer book delivery and the Tokomairiro Hub, operating with the Methodist Mission, offers social support and advice on many different problems and challenges of day to day life.

There is a lot more happening in Milton, I'm sure, and I'm sorry if I've left anyone or anything out.

Individuals gain strength from a strong community. A strong community cannot exist without its caring members. It's obvious that Milton has got the balance right between caring for those in need, and actually doing something about that need. Well done, Milton!

JOKES

Cross-eyed Rottweiler

A man takes his Rottweiler to the vet.

"My dog's cross-eyed. Is there anything you can do for him?"

"Well," says the vet, "let's have a look at him."

So he picks the dog up and examines his eyes, then checks his teeth.

Finally, the vet says, "I'm going to have to put him down."

"What ? Because he's cross-eyed?"

"No, because he's really heavy."

Following a distinguished legal career, a man arrived at the Gates of Heaven, accompanied by the Pope, who had the misfortune to expire on the same day.

The Pope was greeted first by St. Peter, who escorted him to his quarters.

The room was somewhat shabby and small, similar to that found in a low grade motel.

The lawyer was then taken to his room, which was a palatial suite including a private swimming pool, a garden, and a terrace overlooking the Gates.

The attorney was somewhat taken aback, and told St Peter, "I'm really quite surprised at these rooms, seeing as how the Pope was given such small accommodations."

St Peter replied, "We have over a hundred Popes here, but we've never had a lawyer."

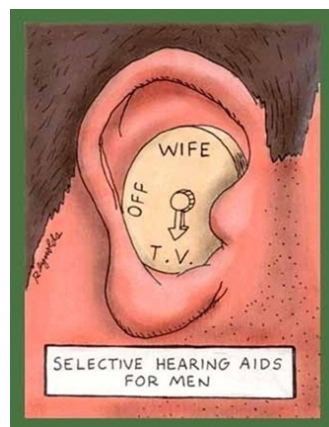


A lady went into the grocery store and asked for fifty gallons of milk.

The clerk, amazed, asked her what she was going to do with that much milk.

"I have a skin problem, and the doctor prescribed a milk bath."

The clerk asked, "Pasteurized?" She replied, "No, just up to my chin."



RECIPES

This is such an easy recipe to make but please be careful Saltine Toffee is addictive.

Saltine Toffee

Ingredients

Half pack Salada crackers

1 cup of butter

1 cup packed brown sugar

1 1/2 cups of chocolate chips

1 cup chopped nuts

Method

Preheat oven to 350 degrees. Cover a baking tray with baking paper.

Arrange crackers, fitting in a single layer on baking tray. It takes approximately half a package.

In a saucepan over medium-low heat melt butter. Add brown sugar to melted butter and stir well.

Pour the caramel like mixture over the crackers and spread evenly. Place in preheated oven and bake 8-10 minutes, until bubbly.

Remove from oven and sprinkle chocolate chips over the toffee. When the chips have softened, spread evenly over toffee with a knife. Sprinkle with nuts immediately.

Let the toffee cool about 5-10 minutes and stick it in the freezer.

Break into bits and serve.

Source: Food.com

Toastie Pie Recipe

Do you still have that Toastie Pie maker tucked away at the back of the cupboard? Well drag it out and dust it off. I have discovered a new way to use this wonderful machine.

INGREDIENTS FOR TWO SERVES

8 slices of bacon

2 eggs

buttermilk

3 heaped Tblsp self raising flour

METHOD

In a two cup measuring cup beat two eggs, add the buttermilk to 1 1/2 cup level, and stir in the self raising flour.

Take eight slices of bacon and cut them into bite size bits. Scissors are great for this.

Heat up the Toastie Pie maker and cook the bacon bits in it. Remove half the bacon when almost cooked.

Pour half of the pancake mixture into the segments of the pie maker.

When cooked flip the pancakes onto a plate and enjoy with butter and maple syrup. Repeat for rest of ingredients.

You will never look back and I am willing to bet the Toastie Pie maker will become a permanent fixture on your bench.

***FOR SALE BY SILENT AUCTION. ALL PROCEEDS TO
CARERS' SOCIETY OTAGO***

You may place a bid on the Item by telephoning (03) 4716204

AUCTION CLOSES AT THE CARERS' MEETING November 10, 2015

ITEM 1

***Electric Lawnmower
with Catcher
In good condition
Will deliver.***



ITEM 2

Mink Stole



ITEM 3

***Cosmetic Bag with
various pamper products.***



WILL YOU HELP US?

At this time of year Carers' Society Otago makes a request for donations. All the services provided by Carers' Society Otago are free of charge to members and to non-members, but we always appreciate donations from anyone who feels they are able to contribute.

Our Ministry of Health contract ended in September 2015. This means that we will have to seek out new funders for 40% of our operating budget in order to continue to provide our Otago wide service as we do. This is a tall order.

Our ultimate aim is to ensure that every carer in Otago is recognized and supported and to date Carers' Society Otago has come a long way in achieving this goal.

We are an incorporated, not for profit organization with charitable status and you will receive a tax deduction for any donation over \$5.

If you wish to make an internet or phone banking deposit our details are as follows:

NAME OF ACCOUNT: Carers Society (Otago)

ACCOUNT NUMBER: 03 0903 0415768 00

Please include your name on the deposit so you can be properly receipted.

Donations may also be posted, delivered to the office, or brought to a meeting.

Please include the tear off slip below so that we can make sure your donation is properly receipted.

Many thanks for your support.

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

Please accept my donation of \$.....cash/cheque

From:

Name:.....

Address:.....

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.