



ANNELOES' MUSINGS

First of all a Happy and Healthy New Year to all carers.

We are looking forward to another working year with renewed vigour after some rest and relaxation over the holidays. The program for the first meetings in your area are listed on page 2 of this Newsletter. There are some other issues I want to bring to your attention:

Two new national services to support carers of people under the age of 65 with a disability, have been launched by the Ministry of Health for delivery by not-for-profit organisations: SAMS (Standards and Monitoring Services), Parent to Parent, and Carers New Zealand. SAMS' and Parent to Parent's "Care Matters" learning and wellbeing service is available online at carematters.org.nz with support from a free phone service. The website pulls together clear, constructive, up-to-date information to assist carers, while the learning and training will be available face-to-face and online. The resources will cater to people who have visual impairments and be accessible via online desktop and mobile services. The Carer Matters freephone **0508 236 236** operated by Parent to Parent, will connect callers to its existing network of local knowledge and support, and its facilitators are keen to ensure face-to-face learning opportunities relevant to local interests and needs. Many are carers who have walked in the same shoes.

The freephone will also direct carers to sources of respite care at Carers NZ's new National Relief Care Matching Service. Often family carers struggle to find relief carers so they can have time out. This service matches disabled people and family carers with relief carers in their area, online and through its **0800 777 797** number. More on MyCare on page 6 of this Newsletter.

Graduate Carers: when the person you care for dies you become a graduate carer. Often people wonder whether they will have to resign from Carers' Society Otago. Graduate carers are very valuable to our organisation. They have a lot of experience that they can pass on to carers who are new to the "job". Graduate carers often had to deal with isolation and may have forged precious friendships through our groups or they didn't have time to come to our groups and would like to start now. We find it important that graduate carers continue to come to our groups. We have also put together a booklet in the series "All you need to know about" especially for graduate carers. We will send you this booklet "Life after Caring" automatically or at your request. So unless you want to resign from CSO you are very, very welcome to stay a member, receive our Newsletter and come to a meeting in your area. There are a lot of new friends to be made!

Transport: problems with getting to and from and round about? There are some services available to you.

First of all you may be eligible for **Taxi Vouchers** accepted by taxis and by **Driving Miss Daisy** (0800 948 432). There are a lot of Voucher Agencies all through Otago. Ring Presbyterian Support in Dunedin 03 455 7115, for an assessment.

The **Plus Bus** based in South Dunedin will take you to the supermarket and help with shopping. To book ring 455 4050.

For medical appointments in Dunedin you can use **Red Cross** Community Transport. Book at least 24 hrs before the appointment 0800 733 276.

St John's runs a Health Shuttle for medical appointments in Central Otago. To book ring 0800 000 606.

TAKE A BREAK TAKE A BREAK TAKE A BREAK TAKE A BREAK TAKE A BREAK

CARERS' MEETINGS 2016

SOUTH OTAGO CARERS' MEETINGS

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

March 1 – Antiques Roadshow with David Perkin: Trash or Treasure? Bring an item of interest and hear what Dave thinks of it.

MILTON CARERS' GROUP

All Milton carers are welcome to attend the Balclutha meetings. If you would like to be picked up please ring the office on 03 471 6204

NORTH OTAGO CARERS' GROUP

Meetings are held on the **2nd Tuesday of the months of February, May, August and November** in the Weston Community Church.

February 9 – Antiques Roadshow with David Perkin: Trash or Treasure? Bring an item of interest and hear what Dave thinks of it.

CENTRAL OTAGO CARERS' GROUP

Meetings are held at 2pm on the **1st Thursday of the months of February, April, September and November** in the Alexandra Community House.

February 4 – First of year Social Catch-up.

DUNEDIN CARERS' MEETINGS

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

March 10 – First of year Social Catch-up.

DUNEDIN AND MOSGIEL WALKING GROUPS

In 2016 these two Walking Groups will be combined and have five walks in the year on the **4th Tuesday of every alternate 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.

February 23 – “Follow the Leith” starting at the Botanic Gardens. We will meet at 10 am at The Croc-o-Dile Cafe in the Gardens..

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.

NOTICES

WE HAVE A PLATE AND 2 CONTAINERS HERE IN THE OFFICE. THEY WERE LEFT AFTER OUR CHRISTMAS PARTY. YOURS? 471 6204

NEWS FROM THE JENNIE CLEGG LIBRARY

Our volunteer librarian donated a book to our library. It's called "Being Mortal" by Atul Gawande. The book deals with questions like "What is it like to grow old and die", "How has medicine changed and hasn't changed our perception of old age and our mortality" and "Where have our ideas about death gone wrong". A wise and courageous book.

OTEMATATA COTTAGE

We regret to let you know that the cottage at Otematata is no longer available for bookings. It was a wonderful place to use and we thank the owner for her generosity on behalf of all our members who used it.

WHEELCHAIRS

We successfully fundraised to add two more wheelchairs to our fleet. Many thanks to the Dunedin Masonic Trust for their generous donation. All wheelchairs are on loan at the moment.

SUPERSENIORS

Newsflash

SuperSeniors website launched

A new website for New Zealand's SuperSeniors has been launched by Senior Citizens Minister Maggie Barry.

SuperSeniors will pull together in one place the wealth of information available for older New Zealanders online, including superannuation entitlements, finances, health and SuperGold discounts.

Ms Barry unveiled the website at a seniors event in Milford in Auckland's North Shore, together with Prime Minister John Key.

"Whether you are looking for information about finances, health services or finding out about ways to stay connected with your community, the SuperSeniors site is the place to go," Ms Barry says.

61 per cent of New Zealanders over the age of 65 used the internet last year.

With an ageing population which will see 1.2 million people over 65 by 2035, the number of older internet users in New Zealand is set to increase dramatically.

"There are more and more computer-savvy older people able to get online, and a one-stop website which speaks directly to them is timely," Ms Barry says. The website will be run by the Office for Senior Citizens and will include information from a wide variety of organisations for seniors, including Government and non-government agencies.

"Older New Zealanders do extraordinary things in their communities. I want this website to remind us all of their valuable contribution, showcase their achievements and tell a powerful story about positive ageing."

The website can be accessed at <http://superseniors.msd.govt.nz>

Source: MSD Press Release October 2015

JOKES

A woman was getting swamped with calls from strangers. The reason? A billing service had launched a number that was identical to hers. When she called to complain, she was told to get a new number.

"I've had mine for twenty years," she pleaded, "Couldn't you change yours?"

The company refused, so she said, "Fine. From now on, I'm going to tell everyone who calls that their bill is paid in full."

The company got a new number the next day.

Don't mess with seniors!

An elderly couple has dinner at another couple's house, and after eating, the wives leave the table and go into the kitchen. The two gentlemen were talking, and one says, 'Last night we went out to a new restaurant and it was really great. I would recommend it very highly.' The other man asks, 'What is the name of the restaurant?'

The first man thinks and thinks and finally asks, 'What is the name of that flower you give to someone you love? You know... the one that's red and has thorns.'

'Do you mean a rose?'

'Yes, that's the one,' replied the man. He then turns towards the kitchen and yells, 'Rose, what's the name of that restaurant we went to last night?'

A couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember. Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks.

'Will you get me a bowl of ice cream?'

'Sure.'

'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

'Well, I'd like some strawberries on top, too. Maybe you should write it down, so's not to forget it?'

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that, write it down.' she says.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment.

'Where's my toast?'

RECIPES

This time of year is the time for resolutions and most of the time they concern our health, weight or fitness.

Susan and I dusted off our pedometers and decided to start a Secret Weight Watchers Club, just the two of us. We weigh ourselves once a week and share our successes (and failures). We aim for 5000 to 10000 steps a day and encourage each other to eat healthy. Maybe you can start a SWWC yourself with a friend. It's so much easier to have someone on your team!

I made a jar of green dressing that spices up anything that needs cheering up: salad, cheese sandwich or veges and rice. I use the stick blender to make it but you can use a food processor as well.

I used:

½ Cup of white wine vinegar

1 ½ Cup extra virgin olive oil

1 grated lemon

Bunch of fresh coriander

Bunch of fresh mint

1 tbs pumpkin seeds

1 tbs sunflower seeds

2 tbs peanut butter

good grind of salt

Experiment with different flavours: anything goes really! This dressing will keep in a jar for 2 to 3 weeks. I love it on a slice of toasted grainy bread spread with ½ avocado and some feta cheese or a cut up tomato and a scrambled egg. But it is as delicious on steamed fish or a grilled steak.

Smoothies are a great option when you crave something sweet. Blueberries are cheap at the moment and some of us are lucky to have our own strawberries but you can also use stone fruit. Your basic ingredient is a banana then add the other fruit and use milk, soy/oat milk or unsweetened yoghurt. Blend in blender or with the stick blender.

If you do like sugar in your coffee or tea try the new coconut sugar. It has a much lower GI (glycemic index) and tastes delicious.

I find drinking water a bit of a struggle. Where I live the water doesn't taste that great to begin with so I started buying carbonated water. I then realised how much waste one or two bottles a day generated. The solution for me was one of those Britta water purifier jugs and a Sodastream machine that I bought in the Boxing Day sales. No more waste and as much bubbly water as I like.

Above all make it fun and don't cut out any of the food groups. Use your common sense. Try to avoid processed foods. I ask myself when shopping "Would my grandmother have recognised this as a food?". If the answer is no it's probably processed and full of fat, sugar and salt. Unfortunately these foods stimulate the pleasure center in the brain and are also highly addictive. Try to leave them on the shelves.

Walking is a great exercise. Try to find some friends to start a walking group or join an existing one. If you live in Dunedin join our walking group. Date, time and meeting place are published on page 2 of the newsletter but we do a ring around as well. Give the office a call if you want to join in the fun. Our group starts with a coffee and is suitable for all levels. Also a great way to make friends!

I hope I have been able to inspire you. Please do let us know how you are doing. We are definitely having fun!

NATIONAL CARER MATCHING SERVICE "MYCARE"

Are you supporting a friend or family member under the age of 65 who has a disability?

Do you need relief care to assist with daily tasks and respite? Are you looking for relief carers?

If so, ask your needs assessor to refer you to the National Carer Matching Service, which allows you to search online to find relief carers in your area and make direct contact with them! This is a free service with new features; it does not replace any of your previous respite services or arrangements.

HOW DOES IT WORK?

The National Carer Matching Service can help you connect with relief carers in your area. It's one of the options available to help you use your disability-funded respite supports. People need to be eligible for Disability Support Services to access the Matching Service. Eligibility is determined by Ministry of Health funded Needs Assessment Service Coordination organisations (NASCs). Your NASC can send a completed referral form for the Matching Service to Carers NZ, which will authorise you to access MyCare's website. MyCare is an online space that links New Zealanders seeking or offering home-based help. You will need an email address to use this service. Once eligibility has been confirmed, MyCare will be in touch so you can:

- List jobs seeking relief carers at MyCare
- View the profiles of available relief carers in your area
- Make direct, private contact with relief carers so you can decide whether to meet in person, and use their services
- It's up to you to choose possible relief carers, and how to pay them: you are in control!
- You can list jobs as often as you like and contact as many relief carers as you like
- You can contact Carers NZ's 0800 helpline if you have questions or need support to use the service

WHAT WILL IT COST?

If you receive Disability Support funding, accessing the MyCare database of available relief carers in your area is FREE! Ask your NASC to refer you to the service, and you will be emailed information to get you started with MyCare. If you have questions or don't have access to the internet or an email address, phone Carers NZ on 0800 777 797 for advice and support.

SUPPORT CIRCLES

Invite friends and family into your private Circle to share information and assist with care planning.

If you qualify for the free Carers NZ Matching Service, you can request a free trial of MyCare's other features.

If you like the features, an annual subscription of \$199 including GST will apply when your trial period finishes. If you use Individualised Funding to manage your supports, a MyCare upgrade following your free trial period is an authorised purchase!

- To inquire about the extra features and free trial offer, contact MyCare on 0800 677 700, email hello@mycare.co.nz, or visit www.mycare.co.nz

The National Carer Matching Service provides free access to MyCare's Match feature. MyCare offers other features that might be of interest:

Online Care Diary

Calendar

Timesheeting, and more

The National Carer Matching Service is free and does not replace your existing respite or relief care funding, staffing, or other arrangements! It's a free new tool to help you find and manage relief care.

PLANNING FOR RELIEF CARE

The National Carer Matching Service is a tool to help you find and access relief care more easily. Funded by the Ministry of Health, the service is provided by Carers NZ and MyCare to help people with disabilities and family carers to organise respite breaks.

**Questions? Phone Carers NZ, 0800 777 797
or email centre@carers.net.nz**

WEEKLY PLANNER

When can you make time for yourself this week?

This year get in the habit of asking yourself 2 questions each day:

When you get up: what am I going to do today **for me**?

Before you go to bed: What did I do today **for me**?

Exercise and Physical Activity

Other Time Out

	Regular Activities	Something Different	Regular Activities	Regular Activities	Something Different	TOTAL MINUTES
MON						
TUES						
WED						
THUR						
FRI						
SAT						
SUN						
Total Me time						

Aim for 30 minutes physical activity per day and vacuuming counts!

What other “me time” can you fit in? Anything that makes you feel good.

Copy this planner and start recording; it's fun!

Source: Carers New Zealand

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.

