



NEWSLETTER

APRIL/MAY 2016

Carers' Society Otago
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CC 32766

Susan says...

It seems in this day where communication is king that there are huge important bits of information either lost in translation or not communicated at all.

The medium is now the message, but have new methods of communicating put us at a disadvantage?

Does technology keep us too accessible, too busy, so much at the demand of others that we've lost a lot of meaning in the content of the message? Are we focusing too much on data entry and not enough on the actual data?

Does our love affair with new communication technology mean that we've lost the art of real communication?

I recently attended an appointment with a specialist who spent most of the time rifling through my file for information that wasn't there. Then he passed it off in a jokey manner by saying, "oh well it's all on the computer." Have we reached that point where because 'it's all on the computer' we can feel safe? I don't think so. I would only feel safe if the man with the scalpel had my information in his head and in his hands, and not on his computer.

Why is it that when communication is streamlined through computer notes we still have to repeat our story over and over to each doctor we visit? Why were notes were taken at all? Just some questions to think about.

On another topic, sometimes we feel it seems easier to say no or find an excuse not to do something than to contemplate getting ready to go out to something or go out with someone. Sometimes we think it's not worth the bother, the effort seems too much.

Carers, if you follow this path it will get easier and easier to say no and that is the path to isolation. Friends will stop asking if they don't see you out and about. If you get out of the habit of saying yes and get ready to go out, you will soon lose the stamina to do so and then it does become a huge effort in your mind.

At this stage I would like to quote my 96 year old mother who did slump into that 'can't be bothered' phase. One day when I was visiting her she suddenly jumped to and said, "I will go with you. I just realized life is too short to miss out on things."

Going out and engaging with the world brings home news, new ideas, new activities and sometimes new friends. It revives your mental health, your emotional self, your physical self and sometimes your spiritual self. All the corners of health are covered. I hope you will find that making the effort to get out of the house really is worth it and it does give you energy.

If you are finding it difficult, you can start with baby steps, out in the garden, then down to the corner, and eventually you will be the friend calling other friends to organize an outing.

Carers, if you are at a loss as to what to do, we have a book on our bookshelves about all the clubs, societies, and groups you can join in Dunedin. It's published by the DCC and it's a wonderful reference book about all sorts of activities. We also have another book called Free and up to \$5 about local activities. Come into the Carers' Lounge and have a look at these books.

Cheers for now and take care.....Susan

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.

MAY 3 - Gary Ross from the South Otago Museum will present another wonderful view of our history.

JULY 5 - Afternoon Tea in Milton.

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

JULY 5 - Afternoon Tea in Milton. We will phone you closer to the time.

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.

MAY 10- DOC - Speaker to be confirmed.

CENTRAL OTAGO CARERS' GROUP

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

MAY 5 - Antiques Road Show. This will held at 2pm in the Church Lounge to the right of Community House, Alexandra. All carers welcome.

SEPTEMBER 1 - Speaker to be announced in the next newlsetter

DUNEDIN CARERS' MEETINGS

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

APRIL 14 - Dorothy Page will talk about Otago women's history.

MAY 10 - There will be a speaker from DOC.

DUNEDIN AND MOSGIEL WALKING GROUPS

We meet 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.

APRIL 26 - 10 am. We meet at the **Fire Station coffee shop in Roslyn** and then do a Highgate walk.

JUNE 28 - 10 am. We will meet at the **Otago Museum coffee shop.**

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 advising of the dates and activities.

OUR FIRST MEETINGS OF THE YEAR IN OTAGO

For those of you who couldn't get to the Carers meetings, here is a summary of the talks and activities.

DUNEDIN

Jess Leov spoke about research currently being done by the Psychological Medicine Department of the University of Otago and wholeheartedly supported by Carers' Society Otago.

Jess will be conducting a short telephone survey asking Family/Whanau carers, who agree to participate, about their role. The research targets carers of people over the age of sixty five who are frail or have a chronic illness, disability, or addiction.

This is important research and only you know the answers.

If you haven't received an information sheet and consent form and you are interested in being asked about your role please contact Jess on **4740999 extn 57387**

The next speaker was **Jude Sara**. Jude spoke about a group called **Debtors Anonymous, DA**.

This was a relaxed talk about the serious situations people get themselves into through compulsive activity. In the case of Jude's talk, the behaviours are around thinking poorly of oneself, talking oneself down and further, getting into deep debt as almost attempting to make things worse. Jude talked about the links that all of the addictive behaviours, gambling, drinking, drugs, and smoking, have.

Debtors Anonymous was formed to support these people and there is a group that meets weekly in Dunedin to provide this support.

Jude left some pamphlets about DA and some questionnaires. These are available in the Carers' Lounge.

NORTH AND SOUTH OTAGO

Both of these groups had an **Antiques Roadshow** with our antique specialist, Dave Perkin.

CENTRAL OTAGO

This was a social meeting. We all enjoyed the opportunity to catch up.

NEWS FROM THE JENNIE CLEGG LIBRARY

Our library is enjoyed by the casual reader as well as the researcher. The Carers' Lounge is a quiet place to dip into a few books or have a serious read. Here are some titles that caught my eye today.

Ready for Anything by **Catriona MacLennan** gives legal and practical advice about getting a head start on older age. Good advice for baby boomers about ageing in New Zealand.

Human Ageing and Later Life, Edited by **Anthony M Warnes** is a multidisciplinary perspective on ageing. This is a very interesting book that covers a lot of issues from mitochondrial energy supply and ageing to social policy and ageing.

Cookbooks

We have a variety of Cookbooks available in the library.

Nosh by **Julie Leeper** talks about delicious and responsible eating. These recipes are an adventure. We have **The gluten, wheat and dairy free cookbook** by **Nicola Graimes**, and, timely for autumn, **A Good Harvest: Recipes from the Gardens of Rural Women of New Zealand**.

However my favourite is **4 Ingredients Cookbook** by **Kim McCosker, Rachael Berminham and Deepak Chopra**. See our recipe page for some of these 4 ingredient meals.

NOTICES

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

OTEMATATA COTTAGE

We regret to inform you 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

Unfortunately we have no wheelchairs available at the moment.

CENTRAL OTAGO CARERS

**CENTRAL OTAGO HEALTH AND DISABILITY EXPO
FRIDAY 27 MAY 2016
10AM – 2 PM**

**Dunstan High School Gymnasium, Enterprise St
Alexandra**

COME AND SEE CARERS' SOCIETY OTAGO'S DISPLAY

**There will be Information, Advice and Interactive displays, Health Promotion and services, Competitions and PRIZES
And much more...**

**Brought to you by the Disability Information Service Otago
in conjunction with Dunstan High School**

**CONTACT THE DISABILITY INFORMATION SERVICE
0800 693 342
dis.dn@xtra.co.nz**

IHC EXHIBITION

Take a moment with us is a multimedia exhibition of photographs and video footage hosted by IHC. The exhibition captures people with intellectual disabilities living in the community – with joys and sadness, friendships and dreams, and their ups and downs.

**14 April 2016 in the HD Skinner Annex, Postmaster Gallery
Otago Museum
419 Great King St
Refreshments are provided**

Please RSVP to Danette Wilson 021 244 2697, or email ihc.events@ihc.org.nz



Bereavement Support Group

Dunedin

Contact Sandra prior to attending this group to
get information and registration form.
This is essential.

When: Tuesday, March 1, 2016 at 5.30pm-7pm
(every first Tuesday of the month except
January)

This Support Group is free.

Contact: Sandra for venue location and
registration: 027 644 8930
lifemattersotago@gmail.com

IDEA SERVICES WORKSHOPS

Thursday May 11th 2016 10am and 1.30pm
Otago Museum, Dunedin

FREE for Parents & family members
Professionals - \$65

Anxiety: 10am to 12noon:

How does anxiety fuel behaviour? Recommendations on how to respond to
child/young person/adult in times of high anxiety. Get key
tips and tools to use at home or in their workplace.

Creating Visuals: 1.30pm to 3.30pm:

Develop visual strategies for children, young people or
adults and learn how to use them to assist their
understanding of daily routines, choices and rules.

FACILITATOR: Jeremy Barnes

Website: <http://www.ihc.org.nz/autism-and-specialist-support/workshops/>

For more information contact:

Mary Romanos

Ph: 0800 273 7587

Email: mary.romanos@idea.org.nz

JOKES

HANDYMAN HUSBAND

On a cold winter morning, wife texts husband: "WINDOWS FROZEN, WON'T OPEN"

Husband texts back: "POUR SOME LUKEWARM WATER OVER IT AND TAP GENTLY ALONG THE EDGES WITH A HAMMER"

Five minutes later wife texts husband: "COMPUTER REALLY BROKEN NOW"

Q: What was a more important invention than the first telephone?

A: The second one.

Q: How many politicians does it take to change a light bulb?

A: Two: one to change it and another one to change it back again.

Q: Why is England the wettest country?

A: Because so many kings and queens have been reigning there.

Q: How do astronomers organize a party?

A: They planet.

Q: What starts with E, ends with E, and has only 1 letter in it?

A: Envelope.

Q: How do trees access the internet?

A: They log in.

Three contractors are bidding to fix a broken fence at the White House. One is from Chicago, another is from Tennessee, and the third is from Minnesota. All three go with a White House official to examine the fence.

The Minnesota contractor takes out a tape measure and does some measuring, then works some figures with a pencil. "Well," he says, "I figure the job will run about \$900. \$400 for materials, \$400 for my crew, and \$100 profit for me."

The Tennessee contractor also does some measuring and figuring, then says, "I can do this job for \$700. \$300 for materials, \$300 for my crew, and \$100 profit for me."

The Chicago contractor doesn't measure or figure, but leans over to the White House official and whispers, "\$2,700." The official, incredulous, says, "You didn't even measure like the other guys! How did you come up with such a high figure?" The Chicago contractor whispers back, "\$1000 for me, \$1000 for you, and we hire the guy from Tennessee to fix the fence." "Done!" replies the government official.

This joke slams everybody.

A worldwide survey was conducted by the UN. The only question asked was: "Would you please give your honest opinion about solutions to the food shortage in the rest of the world?" The survey was a huge failure. In Africa they didn't know what "food" meant. In Eastern Europe they didn't know what "honest" meant. In Western Europe they didn't know what "shortage" meant. In China they didn't know what "opinion" meant. In the Middle East they didn't know what "solution" meant. And in the USA they didn't know what "the rest of the world" meant.

I never wanted to believe that my Dad was stealing from his job as a road worker. But when I got home, all the signs were there.

One night a lady came home from her weekly prayer meeting, found she was being robbed, and she shouted out, "Acts 2:38: Repent & be baptized & your sins will be forgiven." The robber quickly gave up & the lady rang the police. While handcuffing the criminal, a policeman said, "Gee mate, you gave up pretty easily. How come you gave up so quickly?" The robber said, "She said she had an axe and two 38's!"

RECIPES

CHERRY BOMB SALAD FOR OLIVE LOVERS

Ingredients

Serves 6

- 50 gms kalamata olives marinated in olive oil
- 2 courgettes diced
- 2 punnets cherry tomatoes
- 1/2 cup fresh oregano



Method

- Heat 4 Tbsp of olive oil from the olives in a non-stick frying pan on medium to medium high heat.
- Add olives and courgettes.
- Saute for 2 minutes.
- Add tomatoes and oregano and saute until courgettes are golden and tomatoes are soft.
- Season with cracked black pepper and serve.

CARROT AND GINGER SOUP

Ingredients

Serves 4

- 2 spring onions sliced
- 1 Tbsp freshly grated ginger
- 12 medium carrots, peeled and sliced
- 4 cups vegetable stock



Method

- Saute green onions and ginger for about 5 minutes in a large saucepan.
- Add carrots and saute for a few more minutes.
- Add the stock and bring to the boil.
- Turn heat to low and simmer for 30 minutes or until carrots are tender.
- When cool transfer soup to a blender and puree until smooth.

Optional seasoning

- sea salt, pepper
- cumin and lemon juice

A REFRESHING MINT DRINK

Ingredients

- 2 cups mint leaves
- 1 cup water
- 2 cups vinegar
- honey to taste

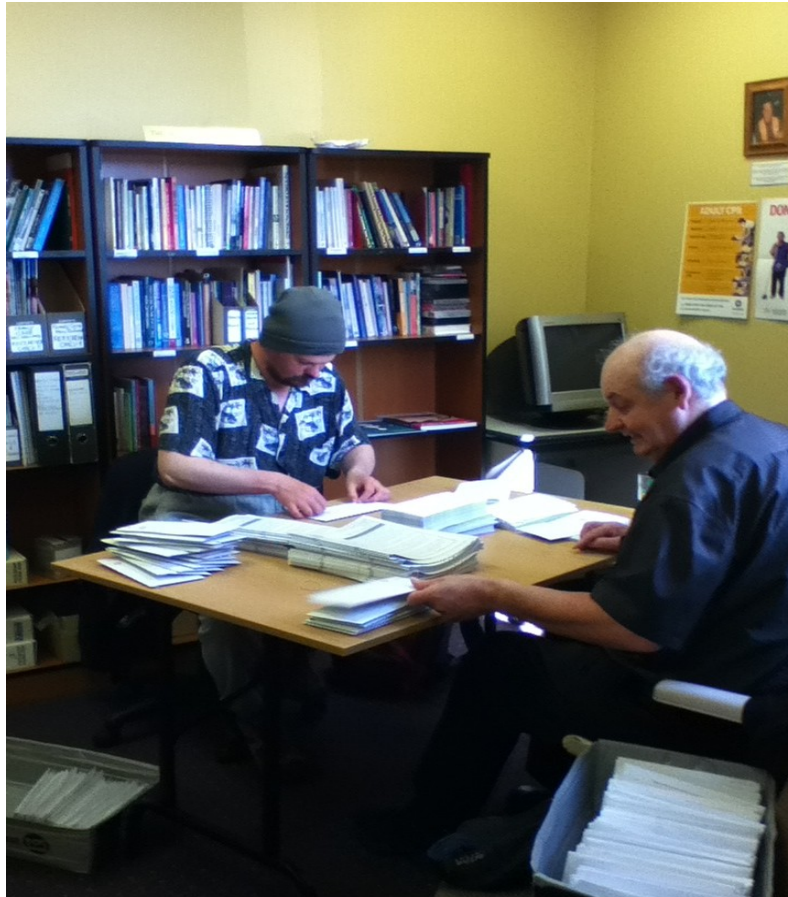
Method

- crush the mint leaves and soak in 1 cup boiling water
- add honey to taste while the mixture is hot
- add mixture to 2 cups vinegar and bottle

Serve

- diluted with water as a hot, or add ice for a cold refreshing drink.

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:

New Zealand Lottery Grant Board, COGS, Presbyterian Support Otago, 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, Carers' Donations, The Otago Masonic Trust,
Bendigo Valley Sports & Charity Foundation.

