

NEWSLETTER OCTOBER/NOVEMBER 2017



Carers' Society Otago
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Hello Carers,

With spring here the garden awakes. Thinking about gardening and why it is so pleasurable for a lot of people I realise it relaxes us and it teaches us something. It shows us the rhythmic cycle in nature. As gardeners we will have to accept that nature doesn't let itself come under our control. Letting go and being surprised about what we see around us and observing what happens teaches us resilience and patience.

If you try to bring a garden under your control you will fight a losing battle and the garden will become an obsession and a source of stress. Nature does its own thing. It is the same in our lives. We are part of nature and it doesn't pay to try and push the river. We have children who follow their own paths and there is not much we can do about it. We face losses, old age and illness. There is nothing unusual in that. Being able to let go of resistance to the natural process and to go with the flow we can reduce stress. Nature goes its own way just like a river flows in a certain direction. We cannot control where nature takes us.

Finding pleasure in our day to day lives starts with accepting things the way they are. Life becomes much simpler that way.

Resisting what is brings discomfort and can make us ill. If it's raining when you want to dry the sheets no amount of complaining will bring out the sun. You might as well light the fire, hang the sheets inside and curl up with a book.

Epictatus, a Greek philosopher, was a former slave, who lived around 75AD. He believed that all external events are beyond our control and should be accepted in a calm manner. Human beings are only responsible for their own actions. His writings are still popular today and in print!

Psychological research has found that people who have an external locus of control are less happy than people who have an internal locus of control. Realising what you can change and what you can't is a first step on the way to acceptance. Letting go of the things you can't change will bring peace of mind.

Start with making a list in your journal of all the things that bother or irritate you, no holds barred! Then think of each item "Can I change that or can I not change that?". If you can't change it write it down on a separate sheet of paper. Do a ritual destroying of this list: make a fire and burn it, rip it up, bury it, let it flow away in the sea or on a river.

If you think you can change it do some brainstorming or talk to someone to see if they have ideas about how to change it and remember to break it down into small steps.

Our next newsletter will be the February/March 2018 issue coming out at the beginning of February. Go well over the next few months and have a safe and relaxed Christmas.

Take care...

Anneloes

Susan

CARERS' MEETINGS 2017

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.

7 November – 6pm Christmas Potluck Dinner at the Brian Dodds Room.

NORTH OTAGO CARERS' GROUP

Meetings are held at 2 pm on the **2nd Tuesday** of the month in the Weston Community Church in **February, April, September, and November.**

14 November – 12.30pm Casa Mia Restaurant, 1 Tyne Street, Oamaru for Christmas Lunch followed by a walk through the Victorian Precinct.

CENTRAL OTAGO CARERS' GROUP

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

2 November – 2pm at The Manhattan Cafe, Scotland Street, Roxburgh for Christmas Afternoon Tea.

DUNEDIN CARERS' MEETINGS

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

12 October - Celebrating 20 years of Carers' Society Otago.

9 November - Christmas Potluck Finger food lunch. Please bring a small plate to share.

WALKING GROUP

24 October - SELF WALK 10am at Forget me Nots Cafe, 174 King Edward Street for coffee followed by a 2nd hand/ op-shop ramble.

28 November - 10am at the Botanic Garden Croc-o-dile Cafe for coffee followed by a stroll through 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.

ALL CARERS ARE WELCOME

Carers, I hope you know that all carers are welcome to join other groups meetings if they are in that area at the time. Sometimes Dunedin carers join with the Central Otago Group and we recently had a North Otago carer join in with the Dunedin Carers' meeting. All carers are welcome.

From the 2017 AGM

Carers' Society Otago held its Annual General Meeting on the 10th of August and it was good to see so many members attending. The following new Governance Committee members were elected:

Marian Hobbs (Chair)
Chris Bain (Secretary)
Steve Hydes (Treasurer)
Anneka de Castro
Tracy-Lee Fisher
David Horne
Susan Millar
Rosemary Smith
Heather Wyatt

We said goodbye to committee members leaving and thanked them for their work for Carers' Society Otago.

Dr. Hamish Wilson, Convenor of Healthcare in the Community at the Medical School of the University of Otago spoke and emphasized the importance of carers in the planning of care and treatment of patients. He applauded Carers' Society Otago for the work they do for the Medical School and the value of bringing the plight of carers to the attention of up and coming doctors. The Community Workers have been giving a series of talks every year for the past 10 years to 2nd and 3rd year students, and some of our members have been talking to tutorial groups so students get a first hand experience of what it means to be a carer.

The AGM was followed by an afternoon tea and it was good to see new members mingling with existing members. Having contact with people who understand what it is you are going through is what CSO is all about.

CARERS' SOCIETY OTAGO A.G.M. 2016/2017 Community Workers Report

The past year has seen the steady rise of our membership. More and more family members are expected to look after their careers without preparation for that role and often without any knowledge of supports.

Fortunately carers find their way to our services.

There are also many more complex care situations as the Ministry of Health and District Health Boards, without forethought, focus on keeping careers at home as long as possible. This has come at great physical and emotional cost to carers who actually save the health system millions of dollars per year.

The challenge for Carers' Society Community Workers is to keep in touch with our members, listen to their stories, and offer them current and worthwhile information, referrals, and programmes. We are only able to run more meetings and carer training sessions throughout the province with more and more fundraising. Our strong relationship with the Medical School of Otago meant we ran our series of lectures again and we like to think we educate future doctors to be more aware of carers and the important role they fulfill.

Our informative Carers Meetings are well attended and offer our members a chance to socialise away from their caree. The emphasis of our work with carers is, as always, on self-care. For the Walking Group we have introduced Self Walks this year to fill the gaps between scheduled walks.

The Wheelchair Loan Scheme is very successful with all of the wheelchairs out on loan most of the time ensuring carers are less bound to the house with their caree.

On a big picture note we have encouraged the Ministry of Health to remember southern care receivers and their carers when holding forums and specifically we have generated discussion on the topic of the huge gaps in accessing respite care.

We have also instigated discussion on the importance of a generic and informative discharge process that we are sure will provide a drop in hospital readmissions.

Many thanks to our Governance Committee for their support and to our carer members for making our job so worthwhile.

20 YEARS CARERS' SOCIETY OTAGO

We are very proud to celebrate our 20th anniversary this year. Carers' Society is one of only two formal organisations in New Zealand supporting carers, the other one being Caring for Carers in Christchurch. Celebrations have already been held in our groups in Alexandra, Balclutha and Oamaru, where we shared some memories while enjoying a birthday cake complete with candles. Some of you have been members right from the beginning and it is lovely to share this special time with you. On 12 October it will be the Dunedin carers meeting's turn to blow out the candles! Come and join us at 1.30pm in the Alexander MacMillan Room in Community House.

CARERS WEEK 2017

This year Carers Week is held from 9 till 15 October. We have distributed posters and leaflets all around Otago and Dunedin. At Carers Week we celebrate the work that carers do. One in five people are or will become carers in their life time. It is a time to reflect and to recognize that their work is highly rewarding but can also place enormous stress on carers and their families. Creating awareness and understanding and making sure that each carer has a voice and is recognized is the core business of Carers' Society Otago. If you would like to distribute some leaflets gives us a call and we will make sure you get some. We will also have a display in the foyer of Dunedin Hospital.

WHEELCHAIRS

At the moment we have one wheelchair available for loan. Our 14 wheelchairs are lightweight and fold up easily to fit in the boot of a car. A wheelchair will enable you to take your caree out for a stroll through the Botanic Gardens, a visit to the Esplanade at St Clair or a round through the mall. There is just a \$30 deposit to pay of which we keep \$10 for maintenance. There is no time limit. We just ask you to return the wheelchair when there is no more need.

JENNIE CLEGG LIBRARY

Visit our library or ask us to send you the list of books. There is no charge and if you are unable to return the book yourself we can include a return envelope.

FROM CARERS NEW ZEALAND

Wanting to find a relief carer with Carer Support?

If you support a disabled family member under the age of 65, you can recruit relief carers at [Mycare](#). This online space allows you to easily link with people in your area who can provide Carer Subsidy support. We have been building a nationwide relief care workforce at **Mycare**, so you can find help in your area, and relax and enjoy a break. A relief carer is someone who does the things you usually do as a family carer. We know that you can't relax unless the person you support is also having a wonderful time. Using **Mycare** you are able to view the profiles of people able to provide relief care with Carer Support, so that you can find the right 'match' for your situation.

- Funded by the Ministry of Health, this matching service is free for people seeking a relief carer with Carer Support.
- Post as many Carer Support jobs as you wish during the year at no cost.
- Make direct message contact with any relief carers that are of interest; they can also see your relief care listing and message you.
- Search for the skills and experience you're seeking in a relief carer.
- Relief care may include buddies, companions, outings, overnight support, participation in social activities, and/or 'personal care': it's whatever help is needed to provide time out for you and your family member.
- You can contact us on 0800 777 797 if you need advice or help to use the service or to learn more.
- Your Needs Assessment Service Coordination (NASC) organisation can send a referral so that you can access **Mycare** at no cost – make contact with your NASC to start the process!
- Or, you can fill out a short form to sign up directly to use [Mycare](#) (click on the **Find Care** button and work through the easy steps for disability users).

If your family or whanau member doesn't currently receive Carer Support and you are their unpaid full-time carer, this Subsidy may be an option to help you fund regular breaks. Contact your local NASC organisation for information. If you need some help to locate your NASC, call us on 0800 777 797; we can connect you with your local service.

We hope that you get to enjoy a relaxing break soon. Take care, and happy matching!



KIRSTY'S COTTAGE

After caring for my own beloved caree, I have some idea of what it takes. I and my large friendly cat, Lawrence, would like to offer a comfy bed, tasty nourishing food, in a cosy house, and a sympathetic presence to other women carers in the midst of their caring time. My home is in the village of Lawrence which is about 1 1/2 hours from Dunedin. It is a charming wee place with a quiet friendly atmosphere, some nice shops, and an interesting and intriguing history.

Starts: October Cost to stay: by Koha

Please contact Kirsty: 03 485 9458

JOKES

- A man spies a letter lying on his doormat. It says on the envelope "DO NOT BEND ". He spends the next 2 hours trying to figure out how to pick it up.
- Little Pete came home from the playground with a bloody nose, black eye, and torn clothing. It was obvious he'd been in a bad fight and lost. While his father was patching him up, he asked his son what happened.
"Well, Dad," said Pete, "I challenged Larry to a duel. And, you know, I gave him his choice of weapons."
"Uh-huh," said the father, "that seems fair."
"I know, but I never thought he'd choose his sister!"
- These glorious insults are from an era " before" the English language got boiled down to 4-letter words.

A member of Parliament to Disraeli: *"Sir, you will either die on the gallows or of some unspeakable disease."* "That depends, Sir, " said Disraeli, *"whether I embrace your policies or your mistress."*

"He had delusions of adequacy ."

-Walter Kerr

"He has all the virtues I dislike and none of the vices I admire."

- Winston Churchill

"I have never killed a man, but I have read many obituaries with great pleasure."

-Clarence Darrow

"He has never been known to use a word that might send a reader to the dictionary."

-William Faulkner (about Ernest Hemingway)

"Thank you for sending me a copy of your book; I'll waste no time reading it."

-Moses Hadas

"I didn't attend the funeral, but I sent a nice letter saying I approved of it."

-Mark Twain

"He has no enemies, but is intensely disliked by his friends."

-Oscar Wilde

"I am enclosing two tickets to the first night of my new play; bring a friend, if you have one."

RECIPES

With the price of vegetables what they are at the moment I had a look at how to store them in a way that will make them last longer and this is what I came across in an old ODT.

- **Lettuce:** Wrapping lettuce in a paper towel and placing it in a zip-lock bag before it goes into the vegetable drawer of your fridge, will result in it lasting up to four times longer.
- **Avocado:** Wrapping your cut avocado tightly in cling wrap will help it to last up to four times longer.
- **Carrots:** Storing carrots in an airtight container lined with paper towels will help them last up to ten times longer.
- **Salad greens:** Storing salad greens in an airtight container will result in them lasting up to twice as long.
- **Celery:** Chopped celery in an airtight container lined with paper towel will last up to five days longer.
- **Pumpkin:** Wrapping cut pumpkin in cling wrap will result in it lasting up to four and a half times longer.



HAPPY BIRTHDAY CARERS!

Our mission is to ensure that every family/whanau carer is recognized and supported.



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 through the year is from:

Carers' Donations	Presbyterian Support Otago	New Zealand Lottery Grant Board	
COGS	Dunedin Casino	University of Otago	Otago Polytechnic
Lion Foundation	Dunedin Community House	Dunedin City Council	
The Southern Trust	Otago Community Trust		
Healthcare Otago Charitable Trust	ACE Shacklock Charitable Trust		
The Southern Victorian Trust	Bendigo Valley Sports & Charity Foundation		
Perpetual Charitable Trust	the Trust Community Foundation		

