



# Otago Exercise Programme (OEP) Update



**Happy New Year!  
Lets Celebrate!**

Welcome to 2008!

I would like to start the year in celebration of inspirational people. I was privileged to meet this dynamic couple towards the end of last year. I am extremely grateful to the Andersons for sharing their experiences and story regarding OEP. A shortened version of their story was also printed in the North Shore Times on Tuesday, 22 January 2008.



North Shore resident, 82-year-old Mrs Erin Anderson explains, "I lost my confidence after a fall". She was discussing a fall she suffered in October 2006 which resulted in a fractured wrist. After the fall, Mrs Anderson, along with her self-confessed 'couch potato' husband Roger, were referred by their practice nurse to the Otago Exercise programme (OEP).

***A safer home helps you maintain an independent lifestyle and a few simple steps can make your homes safer inside and out.***

Roger Anderson said: "When we first started on the OEP programme Catherine checked through the house to make sure it was safe, looking at things such as getting in and out of the shower without falling and fixing loose rugs so they were no longer a potential hazard. I really appreciated it."

At Mrs Anderson's recent final assessment, Catherine said she was delighted with the progress made. "The results of the past year were definitely evident. Erin and Roger are both more confident now. The reason OEP works is that when you exercise you feel better and build strength and confidence. As we age, it becomes even more important to continue to exercise. If you do less, you will become less able."



"Following her fall and before OEP, there was a risk that Erin might want to stay inside and to not venture out because she worried about tripping again. She was also worried there may be no-one there to help her," said Catherine.

After the exercise programme Erin felt her confidence return. "After doing the exercises, I found I didn't have to grab hold of Roger for reassurance anymore," Erin said.

Roger also commented on his new-found strength, "with the gardening, it now takes me less time to get up from the weeding."

Motivation is an important aspect of any exercise programme.

"Being encouraged by Catherine was very good motivation," said Erin. "Roger and I are motivated by each other too, but we don't do our exercises together, Roger talks too much!"

The couple now enjoy regular walks along Milford beach for at least 30 minutes at least twice a week. "Erin makes me go walking. I do enjoy being by the sea and I walk as far as I can before Erin has to carry me home!" "By getting out and about more the Andersons can feel more connected with the community where they live," said Catherine. "Over the past year, Erin and Roger



have both greatly improved their strength and balance and are doing more now than when I first met them a year ago."

"Consistency is the most important thing. Although you should feel relaxed about doing the OEP exercises, you do need to be determined and committed to do them. It won't work in a day or two, you need to persist with it. It is long term," said Roger

"I really enjoyed being on the programme. I found it a positive experience," said Erin. "I have read that lots of people found the OEP great and I really feel it was great."

**And the final words from Roger:  
"OEP has stopped me from being a couch potato!"**



Roger Anderson, Catherine Forrester, Erin Anderson



## Harbour PHO / Harbour Health

On ACC's behalf, Harbour Health (Harbour PHO) coordinates the Otago Exercise Programme that you are on. If you have any questions, please do not hesitate to get in contact with myself or Naseema at Harbour Health. Even if we are out of the office, we have voice message systems on our phones, so please leave a message and one of us will return your call.

**Lis Cowling – OEP Programme Manager - 09 448 0462**  
**Naseema Dutt – OEP Administrator - 09 448 0478**

## Happy Birthday!

"Many Happy Returns of the Day" to those who have their birthdays in February, and those coming up in March:



Allen, Arthur, Audrey, Barbara, Betty, Beulah, Beverley, Brenda, Cornells, Daphne, Dora, Elaine, Ellen, Elsie B, Elsie K, Frank, Gloria, Harold, Helen, Honor, Iris, Ivy, Jack, James, Jean, Joan O, Joan D, Joan M, Joan T, John W, John S, Joy, Joyce A, Joyce W, Joyce H, June, Katherine, Laura, Lawrence, Leo, Lillian, Mansel, Maria C, Maria P, Marion M, Mary T, Mary L, Mary S, Mary G, Mary M, Maurice, Nancy D, Nancy L, Nancy S, Ness, Ona, Patricia, Pauline, Peggy, Rex, Richard, Robert, Rose, Timothy, William F, William J.

## OEP Programme Update

As at the end of December 2007, our Statistics were:

1350	Total enrolled
389	Current
48	On hold
<b>297</b>	<b>Completed!</b>
616	Off Programme

In great celebration, the following people have completed 12 months on the OEP in December:

Betty (84), Morris (83), Lorna (83), Adrian (88), Philip (81), Molloy (91), June (81), Gordon (85), Annie (83), William (83), Russell (80), Geraldine (81).

On behalf of the OEP Team, congratulations to you all on your enormous achievement! Keep it up!

## 2008 ACC Calendars ....

Thank you to Joy for pointing out a wee problem with the supplied ACC Calendars for 2008.

Joy rightly pointed out that March 2008 has "misplaced" the 28<sup>th</sup>! If you could kindly pencil this in and change the dates to one over, the year does come right. Thank you again Joy!

## Dehydration

Courtesy of: [www.grownups.co.nz](http://www.grownups.co.nz)

Careful attention to adequate intake of fluids and electrolytes is important in preventing dehydration. Thirst is a good guide to when fluids need to be replaced, and water is generally the best choice. Caffeinated and alcoholic beverages can actually make dehydration worse, as they increase urine output.

**In general, the amount of fluid that should be consumed every day is 8 glasses per day (equivalent to 2ltrs).**

If you have kidney stones, drinking 8 or more glasses of water a day, or 2 litres, can halve your chances of getting another stone. You should also drink extra amounts of water when experiencing any dehydrating conditions (such as hot, humid weather, high altitudes or physical exertion).

Dehydration can strike anyone at any time, but there are some basic precautions you can take to avoid the harmful effects of dehydration.

- Always drink plenty of fluids during the day, especially when working or exercising in the sun.
- Where possible, try to schedule all physical outdoor activities for cooler parts of the day.
- Make sure you are sufficiently hydrated before, during and after exercise. During exercise, it is recommended to replenish fluids at least every 20 minutes.

## Fire Safety

### Round the Camp Fire

#### Fire Safety Tips

by Nella Booth, Community Education Officer and Fire Investigation



2008 has started off with an abundance of beautiful weather, so let's all do a quick home fire safety check to celebrate!

- Do you and your family/guests know what to do if there is a fire in your home?
- Keep matches, lighters and candles out of sight and reach of any children visiting.
- Keep an eye on the kitchen when you are cooking - don't get sidetracked, especially if you are frying - oil catches alight very quickly.
- Be careful handling open flames - fires - candles - barbecues - camp fires - braziers
- Take extra care when hosting visitors overnight - make sure electrical outlets are not overloaded etc...
- How about checking all your electric cords to make sure none are frayed, stretched or scorched?

## Feedback

Thank you to those who take the time to complete and return Feedback Questionnaire Forms. These forms are your opportunity to have a say on how you found the OEP programme and ways that you see it needs improvements. In this way, we can ensure that the Harbour Health run OEP, gives the best possible outcomes for those who participate. Last month we sent out feedback forms to those who had completed 6 and 12 months. Here are some of their thoughts:

*"The instructor Catherine was a great help and motivator. The programme suited me very well. Thank you for taking an interest in my well being."* NM, 91yrs

*"Think the programme is excellent and well supervised."* MM, 78yrs

*"I'm very happy with my programme, only old age keeps me from going Bungee Jumping."* SM, 82yrs

*"It seems to be going well; Anna is doing a great job. Thank you."* MS, 81yrs

*"I am very pleased, enjoyed the personal contact-feel, better off overall."* CS, 87yrs

*"I was greatly taken with exercises and enjoyed doing them and I will keep it up, I think the exercises were adequate for me. Many thanks to my "instructor".* LH, 88yrs