



Otago Exercise Programme (OEP) Update

No Winter Blues here!

I have been actively searching for words of wisdom on how to beat those Winter Blues! Here are some of my findings:

Kate Goggin suggests:

The most popular remedy for fighting the winter blues is light therapy. Sunlight or simulated sunlight is the best medicine according to the experts.

Jane Kinyon, a clinical professor in the School of Nursing, says:

Mild depression, or the "blahs," are common in the winter due to the double impact of a lack of sunlight and the often bitter cold temperatures that discourage outdoor activities. She says that's why more discipline is needed this time of year to keep spirits afloat.

"In addition to the obvious things - eating right, exercising and getting enough sleep - it's important to make ourselves do things like have lunch with a friend or take a walk," Kinyon says. "We must schedule activities like this and make ourselves get out in the winter because we might not do them otherwise."

Putting more light into our lives also is beneficial, she says. "Having a lot of lights on in the house may not be a substitute for sunlight, but it can raise our spirits," Kinyon says. "If your house is dark and it's dark outside, it just contributes to a low mood."

For me, I would also add putting on your favourite music and having fun while doing your OEP exercises. Sing along - loud and proud!

Until next time, take special care, be well and keep smiling!

Cheerfulness is what greases the axles of the world. Don't go through life creaking. -H.W. Byles

Those who can laugh without cause have either found the true meaning of happiness or have gone stark raving mad. -Norm Papernick

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

Better Nutrition

By Lesley Sanderson - Dietitian, Harbour Health

Is there any way diet can help with our vision as we get older?

Yes. Diets high in 'good' omega-3 fats, vitamins and minerals are associated with reduced risk of age-related macular degeneration (AMD).

New research has found that a low glycaemic index (GI) diet is also beneficial. The researchers, who studied nearly 4000 people over an 8-year period, say that a diet high in refined and highly processed carbohydrate foods increased the risk of AMD.

They recommend a low GI diet, that is one high in vegetables, fruit, beans, pulses and wholegrains.

Source: *American Journal of Clinical Nutrition*, October 2007; foodnavigator.com



Why is it so important that we eat a variety of vegetables?

Eating a wider range of fruit and vegetables could be better for us than eating larger amounts of a few.

Research at Colorado State University and a Cancer Research centre compared the effects of a diet high in a variety of fruit and vegetables (18 different types) with one low in variety (5 different types). Those eating a wider variety had a significant reduction in oxidation of fats and DNA. Hence smaller amounts of many phytochemicals may have greater beneficial effects than larger amounts of fewer phytochemicals*, highlighting the importance of eating a wide range of fruit and vegetables (Source: *Journal of Nutrition*, August 2006).

Try some of the new mixed frozen vegetable selections now available, to make 'eating a rainbow' easy for you to achieve every day. Te Aniwanuiwa 'The Rainbow' was the theme for the November 2007 National Fruit and Vegetable month. For more information visit www.5aday.co.nz

'30,000 vegetable varieties have become extinct in the last century, and one more is lost every six hours'

Source: www.slowfood.com

"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie" Jim Davis, 'Garfield'



* Phytochemicals are chemical compounds from plants and fruits, and have been used for millennia, eg. Hippocrates in 400BC used willow tree leaves to abate fever – this was later synthetically produced as aspirin. Foods high in phytonutrients = 'super foods', 'nutraceuticals' or 'functional foods', with health benefits over and above their vitamin, mineral and fibre content, for example soy, tomato, broccoli, garlic, flax seeds, citrus, blueberries, legumes, sweet potatoes.



Happy Birthday!

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



Ailsa, Alec, Alexander, Alice, Alice Laura, Allan, Annie, Barbara C, Barbara C, Berenice, Betty, Bill, Billie, Catherine, Charles, Christine L, Christine R, Cynthia, Dallas, David, Dianne, Dorothy, Doug, Douglas F, Douglas W, Edwin, Eileen, Elizabeth, Ellen, Frederick Q, Fredrick M, Geoff, Geoffrey, George, Gloria, Gordon, Gwladys, Hendrika, Herbert, Irene, Ivy, Jean S, Jean K, Jean, Joan, John A, John S, Joy, June B, June S, June R, Keith, Lionel, Lloyd, Lola, Louisa, Mabel, Margaret G, Margaret M, Margaret Mc, Margurite, Marie, Marjory, Marmie, Mary T, Mary B, Mary C, Maureen, Mavey, Maxwell, Mercia, Merle, Muriel, Myrna, Myrtle, Nancy, Ozren, Pat, Peter, Reginald, Reginald A, Rita, Robert, Selina, Shirley Ann, Suen, Tui, Val, Vera, Veronica, William B, William D, Zelma

"To me, old age is always fifteen years older than I am."
Bernard Baruch

OEP Programme Update

As at the end of May 2008, our Statistics were:

| 1698 | Total enrolled |
|------------|-------------------|
| 559 | Current |
| 28 | On hold |
| 365 | Completed! |
| 746 | Off Programme |

In great celebration, the following people have completed the OEP in April and May 2008:

Audrey (81), Beulah (85), Bob (79), Brian (86), Colin (82), Douglas (80), Dulcie (87), Evelyn (93), Gladys H (90), Gladys P (82), Gloria (80), Gordon (86), Heather (91), Ian (76), Iris (89), Joan (83), John S (81), John F (74), Joy (81), June (81), Kevin (85), Laurel (75), Leslie (83), Lillian (94), Mansel (86), Mary M (79), Mary P (82), Mary S (83), Mary T (83), Melba (89), Neil (82), Ngaire (80), Noela (86), Olga (88), Olive F (89), Olive S (89), Pam (83), Patricia (88), Richard (85), Roy (85), Valerie (79), Vera (92), William (92).

On behalf of the Physio Team, Naseema and myself, we are always so proud watching your transition through OEP and I sincerely hope that you keep up the wonderful lifestyle change you have embraced over this time frame. Congratulations to you all on your enormous achievement! Keep it up!

At any time, if you wish to also add other forms of exercise, the ACC Modified Tai Chi classes are an excellent choice. The classes involve a series of gentle, fluid movements to increase strength, balance, flexibility and concentration. For further information on the locations of these classes, please contact **Harbour Sport (09 415 4610)**.

Event – ShoreSafe Older Adults host "The Spring Walk"



Come and join us to celebrate the beginning of Spring with a walk on Takapuna Beach!

We will walk on Takapuna Beach (rain or shine) and then refreshments will be served at Age Concerns Positive Aging Centre (above the Takapuna Library).

**When: 11:00am on Monday
1 September 2008**

**Where: The Strand end of Takapuna Beach
by the toilet block under the ShoreSafe Banner.**

Monday 1 September marks the beginning of NZ Safety Week.



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:

"For me, no room for improvement. Jeannetta is pleased with my progress, was an inspiration, wonderful lady and friend. Many thanks."
LP, 82yrs

I think the programme is excellent. Catherine has been most helpful and encouraging! I hope to be able to learn Tai Chi method at some time when I can go to a class regularly.
SP, 83 yrs

"A very good programme for me, I don't think it could be improved much if at all. Anna was encouraging."
MG-C, 83yrs

"The programme was set according to my needs and has proved beneficial. I am more aware of the causes for falls and prevention of them."
AD, 80yrs

"This is an excellent programme and my physio Susan was extremely helpful in encouraging me." JT, 79yrs

Other Services:

CMA is a Non Governmental Organisation providing social contact, activities and friendship to older and impaired people in our communities. Board and mind games, craft, indoor games, gentle exercise, entertainment and outings are examples of this. It is an opportunity for people who are isolated in their homes to spend time with others, make friends and have fun. We welcome your enquiry! Lunch is provided at a small cost. Centres are open in school term only from 10am to 12.30pm on the following days:

| | |
|------------------|--|
| Monday | Mairangi Bay and Sunnynook |
| Tuesday | Warkworth and Birkenhead |
| Wednesday | Hibiscus Coast and Bays |
| Thursday | Glenfield, Takapuna and Devonport |

Please contact Julia Masters, Fieldwork Coordinator, on 489 8954 or 027 326 8641, email; cma.julia@gmail.com