

Otago Exercise Programme (OEP) Update

Ahhhhh Spring!

Congratulations and thank you to all those who braved the windy and unpredictable Spring weather to join us on Takapuna Beach for the Spring Walk on Monday, 1 September 2008.

About 80 people attended this event organized by the Shore Safe Older Adults Working Group - numbers well up from last year.

Also encouraging was that I had the wonderful opportunity to talk to a few who completed the course this year, after only being able to do half at the previous event. Just brilliant!

But you don't need to await the next Walking Event to get out there and enjoy a good stroll. In the wise words of G M Trevelyan, "I have two doctors, my left leg and my right".

Carrie Latet also reminds us, "Walking gets the feet moving, the blood moving, the mind moving. And movement is life."

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

LS



On the whole, the happiest people seem to be those who have no particular cause for being happy except that they are so.

William R. Inge

Check all Rugs, Runners & Mats

Every year, too many falls occur worldwide due to people tripping over rugs, mats and runners

Reduce the likelihood of adding to statistics:

- Remove rugs and runners that tend to slide.
- Apply double-faced adhesive carpet tape or rubber matting to the backs of rugs and runners*
- Purchase rugs with slip-resistant backing.
- Check rugs and mats periodically to see if backing needs to be replaced.
- Place rubber matting under rugs. (Rubber matting that can be cut to size is available at your local hardware or Para Rubber shop.)
- Purchase new rugs with slip-resistant backing.

***NOTE:** Over time, adhesive on tape can wear away. Rugs with slip-resistant backing also become less effective as they are washed. Periodically, check rugs and mats to see if new tape or backing is needed.

COURTESY OF SUFFOLK COUNTY HOME INSPECTIONS, INC

Stop Press! Free Travel on Public System!

From 1 October 2008, seniors who have a SuperGold Card will be able to travel for free on public transport during off peak hours (that's 9am-3pm and after 6.30pm Monday to Friday, and all day and night on weekends and public holidays). The no fare deal is available on the region's commuter trains (including to the Wairarapa), buses and the Harbour ferry.

Happy Birthday!

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



Allan, Allen, Alma, Anne, Audrey P, Audrey B, Avis, Barbara M, Barbara H, Barton, Bernice G, Bernice F, Beth, Betty, Beverley, Claire, Clara D, Clara T, Colin, Dawn, Des, Doreen, Dorothy D, Dorothy B, Edith G, Eileen D, Elizabeth B, Elizabeth W, Ellice, Emelie, Eric, Eris, Errol, Fu Zhi, George O, George T, Gordon, Gwen, Heather, Helen, Helena, Hilda, Ian, Iris, Isabel, Ivy, Jack A, Jack S, Jean M, Jean G, Jill, Joan S, Joan W, Joan O, Joan M, Joan K, Joan B, John G, John D, Josef, Joyce S, Joyce F, Joyce H, Kate, Kay, Lauren, Laurel, Lester, Lynette, Mairi, Margaret F, Margaret H, Margaret W, Margaret S, Marie, Mary C, Mary D, Maude, Maureen D, Maureen G, Maureen T, Maureen J, May, Muriel, Nelson, Noel G, Noeline, Norma, Olga, Peg, Peggy, Phyllis D, Phyllis W, Raisa, Richard, Ruby, Shirley, Stanley, Ted, Thelma, Tom, Verona, Wallace, Wilfred, Wilhelm, William S, William R, Winifred, Yvonne.

'Lite' or 'Light' ...?

by Lesley Sanderson – Dietitian, Harbour Health

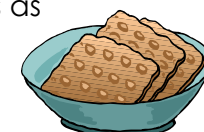
'Lite' or 'Light' – what does this mean, on a food label?

A product may have lower calories, fat, sugar or salt, but Lite may just refer to the colour. For example:

- **'Lite' olive oil** – a lighter colour and blander taste, not lower in calories
- **'Lite' yoghurt** – lower in sugar or fat than regular yoghurt
- **'Lite' peanut butter** – lower in fat than regular peanut butter
- **Just Juice Bubbles 'Lite'** – less sugar but still high in sugar

Are 'Lite' chips better than regular ones?

No, these are not always a better choice. 'Lite' refers to the thin cut of the chip and possibly lightly added salt. These still contain approximately 3 teaspoons of fat in a small 50g packet! Find healthier snacks, especially if watching your waist-line: try a few rice crackers or cut wedges of toasted wholemeal pita bread, carrot, capsicum and celery sticks with a low fat dip or hummus. Hummus is made with chickpeas so when combined with pita or crackers it gives us a complete protein, plus a good amount of fibre. If you have a kitchen whizz try combining cottage cheese (only 1% fat) with a little onion soup mix and lemon juice, delicious as a dip, a spread or on a baked potato. Enjoy!



OEP Programme Update

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

1854	Total enrolled
564	Current
32	On hold
428	Completed!

In great celebration, the following people have completed the OEP in June, July and August 2008:

Joyce (87), Beth (87), Cecily (81), John (79), Gladys (98), Adeline (86), Honor (81), Vera (92), Rebecca (87), Enid (88), Shirley (84), Eliane (81), George (81), Joan (88), Sylvia (80), Rosemary (77), Mary (80), Eileen (91), James (86), Norman (92), Shirley (83), Connie (81), Laura (80), Joan (79), Sarah (83), Louisa (86), Mavis (84), Rodney (83), Val (83), Audrey (82), Merle (82), June (87), Ella (80), Charles (84), Henriette (78), Irene (88), Rose (88), Dorothy (91), Alfred (88), Joan T (89), Phyllis (84), Gweneth (88), Douglas (83), John W (72), Dianne W (77).

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 try:

- ACC Modified Tai Chi classes
Harbour Sport (09 415 4610).
- Never2Old programme, developed by AUT University
Dennis Grennell (921 9999 extension 7716)

Fire Safety – SAFE Project

On behalf of Harbour Health and the New Zealand Fire Service, a survey was recently posted out to those who requested to be part of the SAFE project. (SAFE stands for Smoke Alarm and Fire Education) This project is a joint venture between the two organizations to ensure your home has the appropriate number of working Smoke Alarms and during the visit, the Fire Fighters offer other fire safety tips and information. This service is free and smoke alarms are kindly donated and installed by the NZ Fire Service.

Thank you to those who returned the survey forms - your feedback was invaluable in informing the continuation of this service. From the Survey Summary Report:

"Really appreciated", "Excellent", "we find the information and attention very welcome", "its good to know that someone cares" and "a very good all round service".

"Without the fire service, we may not have had any smoke alarms" and "I am very grateful to the Fire Service for the fantastic effort that they have made in visiting my home and giving me peace of mind".

It is never too late to request to be part of the SAFE project. Please ask your OEP Physiotherapist, phone Naseema here at Harbour Health, or request the visit on the OEP Survey Form.

Lis Cowling, OEP Programme Manager, Harbour Health
Telephone: 09 415 1091

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:

"I found the programme well suited for me. My balance is improving that's my main problem but I'm getting there. I'm more confident now. Thanks a lot."

CB, 91yrs

I found it very suitable and cannot see the need for any improvement. Best wishes and many thanks for your excellent programme. Special thanks to Susan Kohut for her help and patience.

CP, 82 yrs

"The programme which Jenny advised me to do suited me very well. Cannot think of anyway to improve it for me. Jenny was a delight and a great help."

ES, 80yrs.

"Susan was an inspiration, she inspired confidence and was a wonderful support. I improved as the days progressed so did my exercises."

JB, 81yrs

"I am quite satisfied with the improvement that I have made and have very much appreciated the programme. Thank you."

AR, 82yrs

Other Services:

Enliven – Homelink

(A service of Presbyterian Support Northern)

In June this year Presbyterian Support Northern and St. George's church and community centre agreed to work in partnership to establish Enliven - Homelink – a support service for socially isolated older people on the North Shore. Enliven is the services for older people section of Presbyterian Support Northern.

The focus of Enliven - Homelink is to improve the quality of life of older people who have become socially isolated by reconnecting them with their community. Social connectedness is known to assist older people maintain quality of life and independence. Homelink engages with clients in their homes to assist them to set goals for their social and community connectedness and support them to reengage with community activities, interest groups and other appropriate services.

Referrals can be made to Enliven - Homelink through GP's, pastoral carers, other service providers, family, support persons and from the older person them self.

A referral form can be obtained through www.psn.co.nz and linking to the Homelink information centre or by contacting Melinda Gama – Service Coordinator on 09 489 3176

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