



Otago Exercise Programme (OEP) Update

OEP Champions of Champions

Over the past six months, I have been extremely privileged to meet some inspirational people who have embraced the OEP programme and shared their personal stories with me. Over the next few issues, it will be my pleasure to introduce them to you all.

The personal achievements of those we work with motivate the whole OEP team. We are so proud watching progress and celebrating individual successes. Inspirational people like Mrs Corry make our job satisfaction remain on all-time high. Mrs Corry, 87, started our programme in May 2004 and took part for over a year.

Last February, walking down outside front steps, Mrs Corry caught her heel in a rubber mat at the bottom and lost her balance. Her daughter was present at the time and rushed to help. She was amazed when her Mum managed to stay upright. Mrs Corry said she knew if she hit the concrete she would break her hip.

"I did my very best not to fall and I didn't, in fact I went dancing, but managed to stay upright." Although Mrs Corry twisted her ankle she is quite positive that exercises from the programme kept her from a more serious injury. "I had the agility to keep on my feet," she said.

While on the 12-month OEP programme, Mrs Corry found that the more she did the exercises, the quicker and more agile she became. After completing the 12 months she continued to do her prescribed exercises weekly.

Mrs Corry's advice for those who are living independently who would like to regain their mobility is: "Don't just sit there and don't do anything. Definitely get out of those chairs.

"The exercises teach you how to do things sensibly. It's an excellent scheme and it's a pity a lot more people don't do it. My story is just one example that the falls- prevention programme can work."

Mrs Corry keeps in touch with the latest developments and feedback from other programme participants via this OEP Update. It was after reading one of these newsletters that she rang us to share her story. We are thankful that she did!

Wishing you all, all the best of good health as you continue on the OEP Journey.

Take care, be well and keep smiling!

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 (Harbour PHO). 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

OEP Programme Update

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

1315	Total enrolled
425	Current
32	On hold
260	Completed!
598	Off Programme

In great celebration, the following people have completed 12 months on the OEP in July, August, September and October:

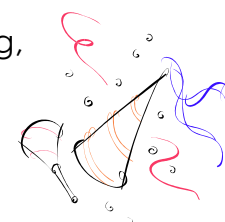
Gwynne (83), Colin (86), Eleanor (87), Albert (87), Neil (90), Mary (87), Josephine (83), Edna (88), Jean (83), Bernard (82), Dorothy (82), Eila (93), Glen (83), Joan H (88), Dorothy (87), Joan J (85), Norah (82), Gwen (89), Margaret (87), Sarah (86), Nola (83), Agnes (72), Iris (82), Elaine (85), Jessie (83), Shirley N (83), John (91), Allan (82), Leslie (91), Harold (82), Esme (95), Alison (83), Olive (84), Gwendoline (85), Jock (90), Wanda (86), Carol (76), Frances (75), Shirley S(81), Dorothy S (71), Nancy S (94), John (87), Nancy W(86), Hazel (88), Joyce (85), Agnes (83), Clifford (82), Janet (83), Marjorie (84), June (73), Nola (85), Kathleen (85), Jack (80), Isabel (89), Mildred (87), Hilda (87), Frank (79), Hazel (81), Edward (88), Betty (90), Gretta (87), Margaret (84), Dorothy (96), Catherine (87), Lane (86), June (84), Terry (82), Len (88)

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

Happy Birthday!

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

Aileen, Albert, Allen, Angus, Anne, Avis, Barbara, Bernice, Beryl, Beth A, Beth P, Beverley, Bill, Catherine, Cecily, Charles, Colin, Clara, Colleen, Connie, Constance H, Constance S, David, Dorothy M, Dorothy B, Dorothy D, Dorothy S, Edna W, Edna B, Eileen, Eliane, Elizabeth, Elsie, Elvira, Eric F, Erin, Emelie, Errol, Esme, Frank, George S, George B, Gordon S, Gordon M, Graeme, Gwen, Heather G, Heather M, Henriette, Henry, Hilda H, Hilda C, Ian, Irene, Iris, Ivy, Jack, James, Jekorben, Jean, Jill, Joan C, Joan J, Joan S, Joan M, Jocelyn, John G, John K, Josef, Joy, Joyce, Kate, Kathleen R, Kathleen H, Kenneth Moore, Laurel C, Laurel J, Leslie P, Leslie W, Leslie H, Lewis W, Lewis G, Liliane, Lois, Lona, Lottie, Lucienne, Mabel, Margaret F, Margaret H, Margaret F, Margaret T, Margaret L, Mary M, Mary G, Mary D, Mavis, Melba, Meynel, Morva, Muriel, Nancy, Neil, Ngaire, Noela, Olga, Patricia, Pauline, Philomena, Peg, Phyllis W, Rhoda, Ruo-xuan, Ruth, Rebecca, Shirley, Stella P, Stella B, Thomas M, Thomas H, Vaughan, Terry, Verona, Virginia, Wallace, William, Walter, Wilhelm, Winifred, Yvonne.



Fire Safety

Round the Camp Fire

Fire Safety Tips

by Nella Booth, Community Education Officer and Fire Investigation



Christmas Decoration timely reminders:

- Your lights have been stored away in their box since last Christmas. Check the lights carefully before placing them on the tree. If any of the wires are frayed or broken, throw them out and buy a new set of lights
- Never leave the tree lights on overnight or when leaving the house
- Never use candles near the Christmas tree or as tree decorations

For further information, please check your Fire Safety brochure or the NZ Fire Service Website – www.fire.org.nz

What's the word on Salt?

By Lesley Sanderson: Harbour PHO Dietitian

The World Health Organisation has estimated that if everyone in the world reduced their intake of salt by just 3g per day, this would reduce blood pressure ¹ and hence reduce the number of strokes by 22% and reduce deaths from heart disease by 16%.



"Shake the habit!" – but how?

- Use herbs and spices to flavour food instead of salt ²
- Limit processed foods and takeaways as these may be very high in salt.
- Check out food labels – look for less than 450 mg sodium/100g

Choose ✓	Avoid ✗
Fresh meat, chicken, fish, egg, tinned fish in spring water	Smoked, canned, cured or salted meats eg. bacon, corned beef, salami, ham, luncheon sausage, meat pies
Garlic, ginger, lemon or lime juice, pepper, vinegar, herbs, spices	Soy, oyster, Worcestershire and fish sauces, stock cubes, gravy powders; all types of salt – rock salt, kelp, sea salt, iodised salt, 'Losalt'
Cottage cheese, ricotta cheese	Cheese spread, high salt cheeses such as feta, parmesan, blue vein, gouda
Jam, honey, marmalade, Nutella	Marmite, Vegemite
Ryvita, Vitawheat crispbreads Unsalted popcorn Homemade soups	Olives, pickled vegetables, salted nuts, potato crisps, savoury crackers, instant noodles, cup-a-soup
Weetbix, porridge, muesli, puffed wheat	Cornflakes, rice bubbles, cocopops

¹ more about blood pressure next time

² any salt you do use needs to be **iodised**

Home Safety Tips

Courtesy of the ACC Website – www.acc.co.nz

With the arrival of warmer weather, here are a few timely reminders regarding safety outside your home:

- Remove damp leaves and other vegetation from pathways
- Use moss killer where necessary
- Mark the edges of steps with white paint so they are more visible at dawn and dusk
- Make sure outside areas are well lit
- Put tools away when you have finished using them
- Fill any potholes using instant concrete
- Have overhanging trees regularly cut back

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 think you are doing a wonderful job. The instructor was very patient and helpful. Many thanks to you all. Special thanks to Margot. She is lovely and kind person."
JW, 85yrs.

"Jeannetta was excellent throughout. Thank you for all the hard work involved in the Otago Exercise Programme."
DH, 87 yrs.

"Jenny helped me very well, lovely lady. Think the programme is of great help and my balance improved and think Tai Chi now will help me further."
DL, 80 yrs.

"I feel most fortunate in my physio and send thanks and sincere gratitude. I really am very pleased and impressed with thoughtful, intelligent and caring programme."
FS, 75 yrs.

"I think the programme is very good and I am heaps better, don't need walking stick or walker around the house and when I go out shopping all I need is a walking stick."
JH, 83 yrs.

"I am very happy with the programme. It has helped me no end. I feel much more confident now and aim to continue with the exercises and walking. Many thanks to you all."
BS, 83yrs

"Have enjoyed the programme and Anna's visits and phone calls were very helpful."
EB, 88 yrs

Do not regret growing older. It is a privilege.

Unknown