



Otago Exercise Programme (OEP) Update

Welcome to Spring

Spring has many mysteries to unveil. Outside nature is becoming reborn. In spring flowers begin to bloom, like daffodils, tulips, and lilies, because of the warmer weather. Birds are returning from the South to sing their beautiful songs. It is also time to get out spring clothes. Each day is more beautiful than the last.

Wishing you a spring that is full of happiness, good times and good health. Take special care. *Naseema*



Welcome and Farewell

I have great pleasure in welcoming Adrienne Allen to the OEP Team as OEP Programme Manager. Adrienne brings a vast range of knowledge and skills and at the same time with great sadness farewell Lis Cowling. Thank you Lis for all the support and effort you have given OEP.

The Older Adults Spring Walk

"Safe on their Feet"

You are invited to a free group walk. The Older Adults Spring Walk will take place on Wednesday the 9th September 2009. This will be held at Shepherd's Park, Beach Haven. Meet outside Beach Haven Community House, 130 Beach Haven Road. Starting time is 10.30am and will finish at mid day. There will be entertainment and light refreshment. Please register with Age Concern North Shore, 489 4975 for catering purposes.



Safety In Garden

Spring is nature's way of saying "Lets Party"-Robin Williams Gardeners will be taking out gardening gloves, tools and spending time in the garden now. As with any other time there is a risk of getting injured. If you are planning to do bit of gardening this spring please take extra care.

- Avoid lifting heavy bags of weeds and compost or tugging at stubborn weeds.
- Stand straight or kneel. Avoid bending by choosing long-handled and lightweight tools and using raised beds or planters.
- Ask someone else to do routine home maintenance, if you need help.
- Don't try to move heavy furniture yourself, or to open a window or door that is heavy or stuck.
- Get someone to reach and do the work that is above your head.

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 Naseema or Adrienne 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.

Adrienne Allen – OEP Programme Manager - 09 414 6766
Naseema Dutt – OEP Administrator - 09 448 0478

Happy Birthday!



"Many Happy Returns of the Day" to those who have had their birthdays in August and those coming up in September:

Ailsa, Alfred, Alice, Alisi, Allan, Alma, Ann, Anna, Audrey, Beryl, Betsy, Betty, Beverley, Bong-Kyu, Brian, Cedric, Clare, Connie, Daphne, David, Dawn, Derek, Doreen, Dorothy, Douglas, Edna, Edwa, Eileen, Elva, Ena, Ethne, George, Gloria, Graham, Gwen, Harold, Harry, Henrica, Ian, Iris, Jack, Jane, Jean, Joan, John, Josephine, Joy, Joyce, Kathleen, Kenneth, Kit, Laura, Madeline, Margaret, Marjorie, Mary, Maureen, Max, Michael, Moira, Nancy, Ngaire, Nick, Peggy, Phillip, Phyllis, Ralph, Raymond, Renee, Richard, Rita, Robert, Rona, Ronald, Rosaleen, Ross, Roy, Ruth, Sheila, Shirley, Sundari, Teresa, Thomas, Tricia, Valerie, Velmai, Yvonne.

OEP Programme Update

As at the end of August 2009, our Statistics were:

2009	Total enrolled
688	Current
33	On hold
605	Completed!

In great celebration, the following people have completed the OEP in June and July 2009:

Agnes (77), Alice (87), Alice R (86), Audrey B(84), Audrey P (81), Beatrice F (80), Bernice (85), Betty C (87), Betty S (90), Betty H (88), Bonny (81), Brian (90), Constance (75), Cornelius (95), Dorothy P (87), Dorothy S (89), Dorothy L (94), Eileen (92), Elaine (84), Elizabeth (81), Elizabeth W(89), Emily (79), Jack (89), Jekorben (78), Joan B (82), Joan C(83), Joan K (99), John F(87), John H (78), John M (87), Joy (93), Joyce (86), June (88), Kathleen (82), Kay A(82), Kay K (87), Keith (85), Lewis (87), Linda (87), Margaret (89), Margaret R (85), Margerita (88), Marie (89), Mary (83), Mary C(94), Mary D (83), Mary G (88), Mary T (89), Maude (93), Maude K (82), Myrna (74), Nancy (89), Ngaire (75), Noel (84), Noeline (86), Norman (88), Owen (88), Pat (83), Pauline (92), Pearl (85)Peggy (91), Peter (86), Phillip (85) Johnson, Reginald (84), Renee (88),Rhona (79), Sheila (84), Sidney (90), Ted (89), Valerie (75), Victor (87), Violet (78).

OEP Programme Update Cont . . .

On behalf of the Physio Team, Adrienne 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. 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 (North Shore and Rodney) **Harbour Sport (09 415 4610).**
- Never2Old programme, developed by AUT University **Dennis Grennell (921 9999 extension 7716)**

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 all are doing a wonderful job. Thank you so much I appreciate your time and effort." JW, 87 yrs

"I think it's a very good programme and is helping." GS, 76 yrs.

"I think the programme is adequate and needs no improvement, thank you so much for helping me." MB, 77yrs.

"For me the programme is excellent as I am able to adapt the exercises to my ability." TM, 82yrs

"Visits were helpful and enjoyable, no improvement needed. The physio was helpful and knowledgeable lady." LP, 84yrs.

Born Again Bodies

Strength, Balance and Flexibility at Any Age

A supervised exercise programme based on a book by the same name.

About the programme:

Born Again Bodies consists of:

- A selection of resistance exercises with light dumbbells
- "catch-up" walking
- One session a week with an instructor doing selected Tai-Chi-like exercises for balance, co-ordination and flexibility.

For maximum benefits participants are encouraged to undertake at least two further sessions during the week at home.

The exercises with dumbbells have been selected to provide the best and safest way to maintain or increase muscle and bone mass and strength. The weight used by each participant varies according to their ability.

Participants are also encouraged to walk to improve their cardio-vascular fitness. *"Catch-up" walking involves periods of faster walking within the participants comfort zone.

The exercises involving karate (Tai Chi-like) movements have been selected to improve the participant's balance, co-ordination and leg strength while minimizing the danger of falls.

About the Instructor:

Gary Syme is a pharmacist who worked for 23 years in the Public Health Directorate of the Ministry of Health. He has had an interest in health and fitness all his life. He has been a personal fitness instructor, a weight lifter; a runner-up light heavyweight wrestling champion and he also has a black belt in Shotokan Karate.

Request:

Participants in the Born Again Bodies exercise programme have been asked to talk to their doctors about the benefits and the risks of this type of activity.

Contact: For copies of the book or joining or forming an exercise group

Gary Syme Email: bornagainbodies@actrix.co.nz or telephone: 479 2212 Address: 31 Ponderosa Drive, Browns Bay, Auckland. A more comprehensive description of my book and exercise program is available on www.bornagainbodies.co.nz

There are currently group exercise sessions at:

Mairangi Bay Presbyterian Church Hall on Wednesdays 1pm to 2pm

Windsor Park Baptist Church Functions Room on Thursdays 11:15am to 12:15pm. Arrangements to be made for other groups in Browns Bay, Campbells Bay & Castor Bay. Equipment available on site.

Cost: \$5 or a donation

The book "Born Again Bodies" is also available through pharmacies nationwide.

