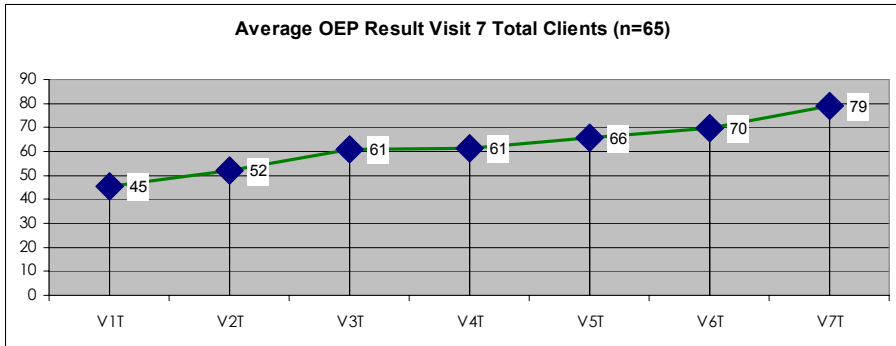




Otago Exercise Programme (OEP) Update

Onwards & Upwards



Naseema and I are constantly looking at ways to report back to you all, the wonderful results that you achieve during your time on the OEP. The latest thing we are trialing is a graph of your success and dedication. Those who complete the OEP over the next few months will have these forwarded to you so you can appreciate how far you have come. This is solely due to your extreme efforts to increase your strength, balance and general activity levels through the OEP.

The above is a graph of the average results of 65 participants to give you an idea how it may look. It is by no means, a graph to measure your individual success against – it is an indication only. The “V1T”, “V2T”, etc, at the bottom stands for each of the visits you received. Each of the exercises you do, has a score attached to it. These are added after the visit is completed to give a Visit Total (“V1T” – Visit 1 Total).

As this is still at the trialing stage, any feedback is certainly welcome!

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

On ACC's behalf, 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 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 Manager - 09 448 0462

Naseema Dutt – OEP Administrator - 09 448 0478

Happy Birthday!

“Many Happy Returns of the Day” to those who have birthdays in April and those coming up in May:

Adolf, Agnes, Aileen, Albert, Alisa, Alison, Avis, Barbara, Beryl, Betti, Carol, Caroline, Catherine, Colin, Daphne, Dilys, Doris, Edna C, Edna E, Ethne, Frank, Gwen, Gwenyth, Harold, Herbert, Irene, Iris, Ivy, James, Jane, Jean C, Jean N, Jessie, Jill, Joan A, Joan G, Jo-Anne, Judith, Lane, Leonard, Leslie, Lorna H, Lorna S, Lourdes, Madge, Marion, Marjorie, Martha, Mavis, Monica, Morris, Muriel, Nancy W, Nancy H, Norma, Olive, Patricia, Peti, Phyllis, Robert, Rodney, Roy, Russell, Ruth, Sarah, Shirley, Sylvia, Vivienne, William.



OEP Programme Update

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

934	Total enrolled
384	Current
59	On hold
137	Completed!
354	Off Programme

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

Anne (84), Betty (80), Cliff (79), Cyril (81), Deirdre (85), Gretchen (82), Joyce (88), Nelson (86), Nyra (78), Olga (89), Phyllis E (82), Phyllis D (82), Ruth H (83), Ruth S (90), Stanley (83), Zara (93).

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).

InFLUenza Immunisation

Influenza can affect anyone, no matter how fit, healthy and active you may be. Influenza is not just a “bad cold”, although the symptoms may be similar, influenza is much more severe. It can lead to serious illnesses. Complications can include pneumonia and heart failure. In some cases influenza can be life threatening. The best and most effective protection is provided by InFLUenza immunisation.

Who is eligible for a FREE influenza immunisation?

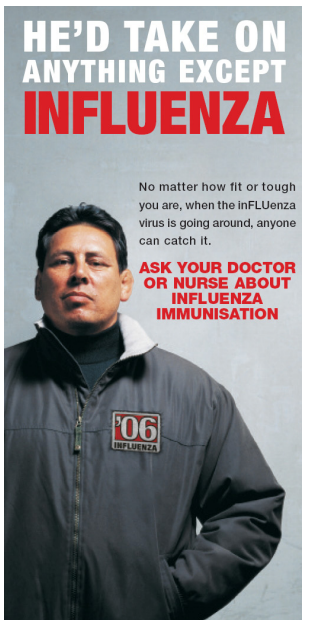
The inFLUenza vaccination is available free of charge from your Doctor's surgery if you are over 65 years.

When is the best time to have the InFLUenza immunisation?

Immunise as soon as possible after the vaccine becomes available in March, because it takes up to two weeks to build your immunity after you receive the vaccination. The vaccine is free to the eligible groups until the end of June.

For further information

Speak to your Doctor, Nurse or Health Professional.





Them Bones "Part 2"

By Lesley Sanderson: Harbour PHO Dietitian

More about bones!

Last issue you read about the importance of keeping our bones strong by having enough dietary **calcium** and doing some weight-bearing activity like OEP, walking or gardening outdoors. Dairy products, especially milk and yoghurt (or fortified soy products), provide us with the most calcium with minimal fat. They have a low GI which just means that they are slowly-digested to keep you sustained for longer. Try porridge made with milk for breakfast, a rice pudding or custard with fruit for dessert, and a milk drink or yoghurt before bed.

Recipes (from the Edmonds Cook Book)

Edmonds Custard: (makes 1 cup)

1 Tb custard powder
1 tsp sugar
1 cup milk

- Mix custard powder and sugar with $\frac{1}{4}$ of the measured milk
- Gently heat remaining milk in a saucepan until almost boiling
- Pour hot milk on to custard mixture in bowl, stir, pour back in to saucepan
- Cook, stirring all the time, until custard boils and thickens
- Serve with fruit

Porridge: (serves 1)

$\frac{1}{2}$ cup rolled oats
1 cup of milk
pinch of salt

- Mix together in saucepan and bring to boil
- Boil until thick, stirring constantly

Topping: brown sugar and milk or bananas and cinnamon or fruit and yoghurt.

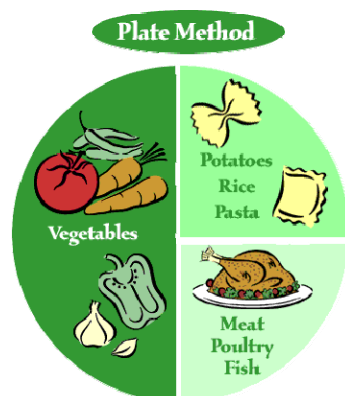
Rice Pudding: (serves 2)

3 Tb short-grain rice
1 Tb sugar
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ tsp margarine
 $\frac{1}{4}$ tsp cinnamon
few drops of vanilla

- Place rice and sugar in oven-proof dish
- Add milk and vanilla, mix well, add margarine
- Sprinkle nutmeg over surface
- Bake at 150° for 1 hour, stirring 2 – 3 times during cooking

[Variation: omit rice and replace with 1 $\frac{1}{2}$ Tb sago]

For balanced and healthy eating also include a small serving of protein such as meat, fish, chicken, egg or legumes, wholegrain breads and cereals, fresh fruit and plenty of vegetables, as well as the 2 - 3 servings of low-fat dairy products each day.



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 PHO run OEP, gives the best possible outcomes for those who participate.

It is also so heartwarming for me to see how powerful the OEP is in achieving better quality of life for so many of you! Last month we sent out feedback forms to those who had completed 6 and 12 months. Here are some of their thoughts:

"This programme is ideal for my requirements. I do the exercises when it suits my time through week days. I also enjoyed it. Cannot see any need for improvements, I feel lucky to have this chance." BB, 82yrs

"I think it is a good programme for the oldies like me at 90 years." RM, 90yrs

"The programme worked well for me. I have had health setback but am keen to work up the programme again. Jenny has been really supportive and encouraging." GH, 82 yrs

"Debbie has been most helpful and encouraging. The programme has been very helpful." JF, 83 yrs

"I think the programme is excellent and the instructors who visit me were very helpful and understanding. I have nothing but praise for them and the work they do." JM, 83 yrs

"Jenny was an encouraging tutor and well aware of my many problems and thus modified exercises to suit me. And gave me useful tips for which I am thankful." RS, 90yrs

"The visits and telephone calls I found most encouraging. Thank you for your thoughts and care for the oldies." CS, 87 yrs

"A great scheme I have recommended it to others." JB, 85yrs

Wishing you a happy, safe and active Easter!

