



Otago Exercise Programme (OEP) Update

Lest we Forget

Every year our family attends the Birkenhead War Memorial Anzac Remembrance Ceremony. We all proudly march with the Parade from Birkenhead down to the War Memorial in readiness for the Morning Service. While marching this year, two things went through my mind; how many proudly marching in front of me were on the OEP or had been on the OEP, and that the number of people was definitely a sizeable increase on last year.

This year, the main speaker was Dr Jonathan Coleman, National MP. He honoured New Zealand's military history and then told the story of a local Birkenhead man, Walter Greenslade, who arrived in Gallipoli with the Auckland Infantry Battalion 3rd Company, 4th Reinforcements in late May 1915. His speech was non political, informative, inspirational and emotional. If you have access to the internet, Dr Coleman's speech can be found at: www.jonathancoleman.co.nz – under the "Speech" tab at the top. It is well worth reading. **Lest we Forget.**

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

Over the next few months Harbour PHO will be re-branded as Harbour Health. Harbour PHO branding will be phased out and the new logo will appear on all documents. Be assured that we are still the dedicated and passionate organisation we have always been!



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 Duff – OEP Administrator - 09 448 0478

Happy Birthday!

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

Adrian, Albert, Annie, Barbara, Beryl, Betty M, Betty B, Billie, Carol, Colleen, Daisy, Dorothy T, Dorothy S, Dulcie, Elsie, Ernest, Esme, Evan, George, Gladys H, Gladys P, Gloria, Gretta, Hazel L, Hazel W, Helen, Hugh, Ian, Iris, Isabel, Isobella, Jessie, Joan R, Joan O, Jock, John, Joyce, June M, June S, June T, June C, Kathleen, Kevin, Lillian, Lionel, Lloyd, Louisa, Lydia, Margaret J, Margaret M, Marjory, Marjorie, Martine, Mary, Matthew, Maureen, Merle, Nancy C, Nancy S, Olga, Olive, Owen, Patricia, Percy, Peter A, Peter J A, Phyllis, Reginald, Rene, Roger, Shirley, Stanley, Wanda, William, Winifred.



OEP Programme Update

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

1034	Total enrolled
400	Current
34	On hold
161	Completed!
439	Off Programme

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

Lillian (86), Robert (87), Patrick (81), Ruth (89), Dulcie (84), Dorothy (80), Mary (82), George (78), Joan (84), Ada (85).

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).

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 enquiries and referrals from healthcare professionals, social agencies, families and individuals. Each referral is assessed individually and linked with the nearest group to them. 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

Not everybody has someone...

One of the things that can happen, as we age, is a feeling of loneliness and isolation. Age Concern North Shore's Accredited Visiting Service provides friendship and companionship for lonely and isolated older people. Volunteers are matched with lonely older people, who visit, on average, for approximately 1 hour per week.

For more information please call Ruth on (09) 489 4975 extension 107. **This is a free service.**



Different fibres, different effects:

By Lesley Sanderson: Harbour PHO Dietitian

Plant foods contain many fibres as part of their cell walls. These fibres are very important in the human diet – they provide bulk, exercising the intestinal muscles so they retain their strength and tone.



Not all fibres have the same effect.

Soluble fibres such as oatbran, apples (pectin) and baked beans lower blood cholesterol, thus reducing the risk of heart disease.

Insoluble fibres such as wheat bran (cellulose) soften the stool and reduce 'transit time' of food materials through the bowel (preventing absorption of any toxins).

Both types are needed for proper bowel function.

Current recommendations are for 25 – 30g fibre daily from **fruit, vegetables, and cereals** – these provide ~2g fibre/serving (eg. 1 fruit or ½ cup vegetable or 1 slice of bread or 1 tablespoon of AllBran)..... and **legumes** – these provide ~8g fibre /serving (eg. ½ cup baked beans).

Risks of excess fibre:

- A person who eats bulky foods, and who has only a small appetite, may not be able to take in enough food energy or nutrients.
- People who have marginal or inadequate intakes of vitamins and trace elements may be likely to develop nutrient deficiencies on high-fibre diets.

These are especially relevant to the older person, and it may be necessary to boost fibre intake by way of a supplement such as Isogel, Metamucil or Normacol. Discuss this with your doctor.

A question has been asked regarding oxalates, found in rhubarb, spinach and beets. Oxalates, and also phytates which are found in the husks of grains, legumes and seeds, are known to bind with some nutrients preventing their absorption, if taken in excess.

Moderation is the best approach!

Remember the formula for keeping the bowel regular and comfortable is

- adequate fibre (as tolerated)
- adequate fluid intake (6 – 8 cups/day)
- adequate physical activity (try to move for ½ hour/day)

Lesley's Recipe:

This can be made and then frozen into portions for later use!

Minestrone Soup (5 Servings)

1/2pkt KINGS Traditional Soup Mix – Minestrone (100gms)
1 litre (4cups) Hot water
Vegetables (carrot, pumpkin, celery, etc) diced

Bring all to the boil and simmer for 1 hour or until thick. Stir occasionally.

For the microwave: use large dish (2 litre capacity or larger) Mix together, cover and microwave on high for 10-15 minutes. Stir, then microwave on medium for 30-40 minutes (do not allow to boil).

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:

"I was very pleased with Susan's care for me. Many thanks." IM, 82yrs

"I found the exercises very easy from the beginning. I am very grateful to you people for the marked improvement in my balance and my ability to walk straight. Many thanks."

AP, 83yrs

"I was satisfied and the programme helped me a lot. Thanks to Jenny." AC, 85 yrs

"The programme is very effective, I am still trying, thank you for all the help Catherine and Margot. I thoroughly enjoyed their visits."

DP, 86 yrs

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

"A definite improvement in my balance since starting the programme. Quite happy with the programme as it is." DD, 79yrs

"The exercises do make a lot of differences, keeps my muscles supple, hence no aches etc. Now I can move around easily." OO, 89 yrs

"Enjoyed seeing my instructor very much Susan was very friendly and helpful." BH, 80yrs

"In spite of illness, in spite even of the archenemy sorrow, one can remain alive long past the usual date of disintegration if one is unafraid of change, insatiable in intellectual curiosity, interested in big things, and happy in a small way"

Edith Wharton

