



# Otago Exercise Programme (OEP) Update

## Adopt the "I Can!" Attitude

Making change in one's life is always a daunting task, especially when it includes adding an exercise regime. Making the time in one's day through to results not coming quickly enough to self-motivate are two of the main reasons that make it hard to stay at it.

Regaining any level of fitness can be one of the hardest challenges we face. Building muscle strength does not happen overnight – it is a relatively slow process but an extremely worthwhile one.

### Adopt the 'I can' attitude – know that you are worth investing in!

Easy for me to say? Well, my eldest son has taken up boxing and somehow, I was talked into supporting him by attending the boxing fitness classes on a Wednesday night. For those who know of a boxer's fitness regime, you may begin to appreciate what I had taken on! For those who don't – well suffice to say, boxers require one of the highest fitness levels of any sportsman. I will confess that in the beginning, I wholeheartedly dreaded the approach of every Wednesday, however 3 months later, I now look forward to it. I began to look at Wednesday as my "selfish" day when I did something just for myself. I also found that if I did a bit of exercise each day, the effects of "Wednesdays" was less severe. I am pleased to report that recovery time after the lesson is now down from 5 days to 1!

So invest in yourselves and stay at it. It will get easier and you will start to see results over time. You are definitely worth it!

*Nothing of great value in this life comes easily. The things of highest value sometimes come hard. The gold that has the greatest value lies deepest in the earth, as do the diamonds.*  
**Norman Vincent Peale**

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 Dutt – OEP Administrator - 09 448 0478**

## OEP Programme Update

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

1171	Total enrolled
409	Current
34	On hold
<b>212</b>	<b>Completed!</b>
516	Off Programme

In great celebration, the following people have completed 12 months on the OEP in May and June:

Joan (74), Peter (80), Inez (84), Audrey (84), Beatrice (82), Marion (69), Ivy (86), Patrica (84), Joan (86), Raymond (88), Betty (84), Jill (86), Margaret (87), Mary (78), Shirley (84), Ian (89), Winifred (84), Helen (80), Elizabeth (90), David (73), Janet (91), Mary (84), Martine (88), Nancy (90), Charlotte (85), Elspeth (92), Doreen (79), Rene (91), Flora (91), Gloria (76), Fred (89), Briar (79), Kathleen (83), Shirley (82), Elsie (83), Carol (88), Ted (86), Maria (82), Bernice (86).

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).

## Happy Birthday!

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



Alfred, Audrey, Betty, Brendon, Bridget, Clifford, Constance, Dirk, Doris, Dorothy, Duncan, Edith, Elizabeth, Ellen, Emily, Erica, Gerard, Gladys, Glen, Gordon S, Gordon H S, Gwen, Heather, Janet, Jill, Joan S, Joan J, Joan J, Joan B, Joan M, Joseph, June, Kathleen, Laura, Leonard, Lesley, Lorna, Margaret G, Margaret B, Marie, Maureen, Mollie, Nola M, Nola D, Norah, Pam, Pamela, Phillip, Phillip, Phyllis, Rex, Richard, Rona, Sarah, Selina, Shirley, Stephen, Sylvie, Teresa, Thelma, Valerie, Valetta, Valma, Vera, Violet.

**Happiness... it lies in the joy of achievement, in the thrill of creative effort.**

Vincent Van Gogh

## Fire Safety

### Round the Camp Fire

#### Fire Safety Tips

by Nella Booth, Community Education Officer and Fire Investigation



Two timely winter reminders:

1. **Heater metre (3 ft) rule**

Remember the heater-metre rule - keep furniture, clothes, curtains and **yourself** at least one metre away from heaters and fire-places.

2. **Ashes**

Ashes can take **up to five** days to cool. Place in a metal container, well clear of your home

For further information, please check your Fire Safety brochure or the NZ Fire Service Website – [www.fire.org.nz](http://www.fire.org.nz)

## Avoid Unnecessary Risk

Courtesy of the ACC Website – [www.acc.co.nz](http://www.acc.co.nz)

There are steps you can take right now to reduce your risk of falling. Start by making your home as safe as possible. Try to stop doing the things that put you at risk of falling.

For example:

- 1) Get help to reach or to do work that is above your head. If that isn't possible, be sure to use a sturdy step stool rather than standing on a wobbly chair.
- 2) Take your time getting up from lying down or sitting. Sit up slowly, then stand slowly, and when you have your balance only then move away.
- 3) Place items you use regularly, in cupboards or on shelves, at a height you can easily get to without bending down or reaching overhead.
- 4) Steady yourself when bending down or reaching overhead by holding onto something secure.
- 5) Secure loose rugs and watch out for pets or other objects that may cause you to trip or fall.

## Event - ShoreSafe Older Adults host the Spring Walk

### Come and join us to celebrate the beginning of Spring with a walk on Takapuna Beach!

We will walk on Takapuna Beach (rain or shine) and then refreshments will be served at Age Concerns Positive Aging Centre (above the Takapuna Library).

**When: 10:30am on Monday  
3 September 2007**

**Where: The Strand end of Takapuna Beach  
by the toilet block under the ShoreSafe  
Banner.**

Monday 3 September marks the beginning of NZ Safety Week.



## 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.

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 have studied the programme for quite sometime and in my view it would be hard to improve on. Many thanks for the certificate.*

*Dear Lis, I would like to thank you and your team for making my life more enjoyable. Kind regards to all."*

RB, 87 yrs.

*"Cannot see how it could be improved at all I must say I had a wonderful physio who, helped me more than I expected. Susan was a great friend."*

BB, 82 yrs.

*"Appreciated the positive approach of the instructor. Programme seemed very thorough to my way of thinking."*

RH, 88 yrs.

*"I cannot think of anything that would improve the exercises and I'm so grateful for the opportunity to have met Susan and to go on this programme."*

HL, 81 yrs.

*"I am totally happy with the programme devised by Debbie who is a top notch person. I am delighted in her visits. Also she has great people skills. Thank you Lis for your mail outs."*

JC, 88 yrs.

*"I'm quite happy with the way programme operates particularly all Jenny has done for me and adjusted it where I have had problems; she is very gentle and understanding person, which I appreciate."*

VD, 82yrs

*"I think the programme is great, it is wonderful to have Debbie call me to chat and tell me I am doing well. It motivated me to do better before her next visit. She is so caring. Thank you All."*

IH, 89 yrs

*"I think the programme is very good and Jeannetta has been so good too, the way she has visited and phoned to make sure all is well with me. I feel I have improved since she started the course with me."*

MD, 91yrs

**Seven days without laughter make one weak.**

Joel Goodman