



Otago Exercise Programme (OEP) Update



Tis the Season

On behalf of the OEP Team, may we pass to you and your families all our warmest wishes for a happy, well, safe and active Christmas! Take care, be well, enjoy life, be active and keep smiling!

Lis

It has been a great 2007 working with you all. Have a wonderful Christmas and New Year. Keep up the good work!

Jeannetta

Wishing you a wonderful Christmas full of fun. Keep enjoying your exercises. Looking forward to seeing you all in the New Year. Cheers!

Catherine

Merry Christmas and happy New Year to you all. May 2008 bring great things for everyone, keep up the good work with your exercises. See you next year.

Debbie

Have a very happy Christmas and holiday season And enjoy the benefits of all your hard work.

Anna

Wishing you all wonderful Christmas. I look forward to catching up with you all in the New Year. Thanks for making my job easier by doing your best always.

B. Coe

Wishing you & your family a very Merry Christmas.

Margot

Christmas wishes to you all and well done in the efforts you have put into your programme in 2007. Wishing you all a safe and happy holiday season. Kind Regards

Cherie

Christmas greetings to you all wonderful People. I am so privileged to spend time with You as you participate on the OEP. With fond Regards and admiration.

Jenny

I would like to wish you all a very happy Christmas Season. I look forward to visiting some of you in the New Year and seeing your wonderful progress.

Susan

I send my best wishes for a healthy, happy and prosperous Christmas and New Year to you all.

Naseema

Front: (Left to right): Jenny Mercer, Margot Hagan, Jeannetta Josephs, Susan Kohut, Bernadette Cornile, Anjina Raman
Back Row (left to right): Margaret McDonald, Anna Osborne, Catherine Forrester, Lis Cowling, Naseema Dutt, Debbie Barclay



Lis Cowling, OEP Programme Manager, Harbour Health
Telephone: 09 415 1091

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. 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 November 2007, our Statistics were:

1331	Total enrolled
403	Current
41	On hold
286	Completed!
601	Off Programme

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

Roger (85), Erin (84), James (82), Jean C (88), Mary (86), Veronica (82), Lorna (88), Aureen (87), Evan (86), Dorothy (71), Jean N (88), Gordon (88), Eleanor (83), Jean W (92).

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

Happy Birthday!

"Many Happy Returns of the Day" to those who have their birthdays in January, and those coming up in February:

Alan, Arthur, Audrey, Aureen, Brenda, Catherine, Charles, Christine, Clarence, Colin, Daphne, Dora, Doreen V, Doreen L, Dorothy, Eileen, Elaine, Elsie F, Elsie S, Eunice, Florence, Geraldine, Gloria, Gweneth, Gwynne, Honor, Irene, Iris, Ivy, Jean, Joan B, Joan D, Joan T, John, Joyce, June, Keith, Kenneth, Lawrence, Leo, Lillian, Mansel, Margaret, Maria, Mary G, Mary S, Maureen, Maurice, Molly, Nancy, Ness, Patricia,, Peter, Richard, Rose, Shirley, Sylvia, Vera, Veronica, William.

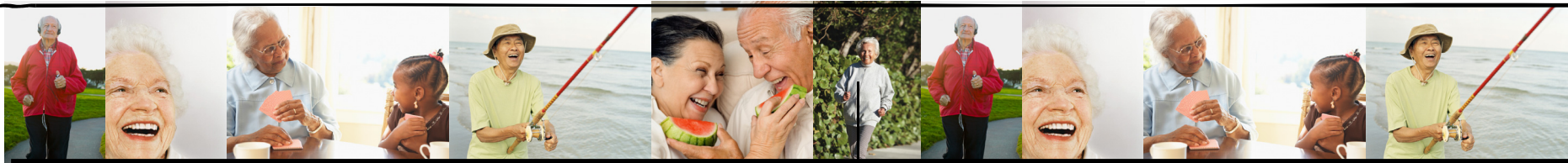


Home Safety Tips

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

Keep Walkways Safe:

- Remove or rearrange furniture to provide a wide, clear walkway
- Tuck electrical cords under furniture or close to the wall and tape them down. It may be possible to install additional power points
- Fit a draught excluder to the bottom of the door instead of using a "door sausage"



Fire Safety

Round the Camp Fire

Fire Safety Tips

by Nella Booth, Community Education Officer and Fire Investigation



Christmas Tree - timely reminders:

If you have an artificial tree:

- Check that your artificial tree is made from flame resistant materials

If your tree is real:

- Make sure your tree has lots of water - treat your Christmas tree like your favourite pot plant. You should fill the water container every day. This will prevent the tree from drying out and make a healthier looking tree

For both:

- For Tree placement, select a place in your house that is cool and away from busy areas, stairs and doors - especially doors leading outside. If the tree catches fire, it may block your escape
- Secure the tree so it can not be knocked over by children or pets

Wishing you all a very Safe and Merry Christmas!

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

Dietary Advice for Blood Pressure

High blood pressure (hypertension), ie. over 130/80, is a risk factor for heart disease. Blood pressure shows how hard your heart has to work to pump blood around your body. The first number, 130, is the *systolic* blood pressure - the pressure in your blood vessels when your heart beats. The second number, 80, is the *diastolic* blood pressure - the pressure in your blood vessels when the heart rests and fills between beats.

One in five adults have high blood pressure and most don't know it - so it's a good idea to get it checked each time you visit your doctor, and follow a heart-healthy lifestyle.

If your doctor or nurse has told you that your blood pressure is high it is important to:

- Reduce weight if necessary, by limiting fat intake and quantity of food, and keeping active - just a 5kg weight reduction will make a big difference
- Limit salt (sodium) intake **as outlined in our last newsletter**
- Limit alcohol - this will also help with weight reduction
- Take medications if prescribed

A dietary pattern low in total fat, saturated fat, and dietary cholesterol, and rich in fruits, vegetables and low-fat dairy products can produce blood pressure reduction. Regular intake of oily fish such as salmon, sardines, tuna, kahawai, trevally, warehou, dory, eel, squid, mussels or oysters may enhance these effects.... but canned fish needs to be in spring water, not oil or brine.

Season Greetings!

Lesley Sanderson: Harbour Health Dietitian

Other Services:

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.**

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:

"Thank you Susan for your help & patience."

RS, 84 yrs.

"I think it is an excellent programme for the elderly, keep it going and the exercises have helped to keep my diabetes (type 2) in check"

OS, 82 yrs.

"I found the programme helpful - I had a friend who had been through it and made remarkable recovery. I'm sure as time progresses I shall benefit. I find I can shower, dress etc much quicker."

JB, 80 yrs.

"I have no negative remarks for the programme. It was just brilliant. It got me mobile and now I have to keep it up. Susan my physio was so helpful."

HL, 81 yrs.

"At first sighting the exercises appeared elementary childish. However seeking to impress my tutor, I soon discovered my mistake. No suggestions for improvements."

LT, 86 yrs.

Looking for Champions ...

There are many of you that make a wonderful, lasting impression on us all due to your commitment to regain your mobility and independence.

We are looking to document some of your experiences to show what wonderful achievements your personal commitments bring.

If you would be interested in being photographed and having your OEP experiences shared, please contact Naseema on 09 448 0478 or let your Physio know.