



Quod scriptum
est manet

Heartbeat

The newsletter of
The Otago Phoenix Club
Registered Charity number **CC53362** (1/6/2016)
Cardiac rehabilitation since 1968

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President's Word

Greetings to you all,
Are you getting excited?
Our 50th Anniversary is just
around the corner!

But first some other news. At the last Committee Meeting we received the resignation of our Vice President, Pio Poutu. He has indicated that something has come up, causing him to take stock of his commitments. He has indicated that his resignation is only from being an active member, and he still wishes to remain as a non-active member. His resignation was accepted with regret and a letter of recognition of his contributions to the life of the Club has been forwarded to him. We wish him well for the future and live in the hope that he will return to active membership at a later date. We have also followed up on Lynn Taylor who has not attended for some time this year and we were saddened to hear that her husband David had died earlier in the year and she is now without transport. If there is anyone in close proximity to Lynn's home in Mornington, it would be a generous thing, if he or she was able to bring Lynn to exercise group on occasions. Let me know if anyone is able to help in this regard.

We have also welcomed back Vic Elliott and Brian Hopewell following recent surgery, along with Bruce Hedges, and we have also welcomed Margaret Ellis as a new member.

50th Anniversary: The Committee led by Lorraine Grenfell, consisting of Margarita Wilding, Bev & John Young, Keith Tricker, Vic Elliott and Brian Hopewell, are proceeding well with the arrangements for a top-notch night. John Roxborough is progressing well with the History Booklet and what I have been privileged to see so far has certainly given me a more complete outlook on the progress which has been made over the year, under the influence of the late Prof. Ted Nye. We also hope that Nancy Grant will be able to attend and give some insight to what she achieved during her time leading the group. You will be very surprised at the ages of the first members.

What we are in need of is photographs of earlier years. If you have any please loan them to us for display on the night of 3rd November. Make sure you put your name on the back, and where possible the names of those present in the photograph, they will be returned to you following the event. You will be interested to know that I have received the Photo Board presented to Prof. Nye by the Club, it will be on display at the function.

Invitations: These will be available six weeks prior to the event and will be posted to any former members at the same time. If you know of any former members, or physio's, who might like to attend please let a Committee member, Secretary Jenni or myself know and we will make sure they get an invitation.

Some more good news:- The History Booklet is being printed free of charge, courtesy of Gillions Funeral Services, and will be available on the evening of the 50th Anniversary Function. Don't miss out on your copy!

AGM:- Don't forget the AGM will be held on 3rd December 2018, in the *Westpac Bowls Stadium, Lounge* quite close to where we held last year's AGM. Before then we will be looking for new people to take on Committee duties. We are looking for a new President and Vice President and possibly a new Secretary. Nomination forms will be distributed for all Committee positions in early November. Please think about what you can offer the Club for a successful future.

Meantime I look forward to seeing you at the 50th Anniversary Celebrations.

Best wishes to you all,
Russ Gillions (President.)



Important Information from Our Secretary

50th Anniversary Celebration Update

We are on countdown for our 50th Birthday!

Mark your diary so you don't miss out!

Where: Chisholm Park Golf Club

When: Saturday 3rd November 2018

Time: 6.30 pm to be seated by 7 pm

Cost: \$35.00 per person

Dress: Tidy Casual

RSVP with payment by 18th October 2018

Payment Options:

1. Internet banking to 03-0903-0382417000. *Add surname + 50th*
2. Payment at the gym door. Monies in envelope with *name/names + 50th*
3. Or post to Secretary, 8 Shandon Road, Vauxhall, Dunedin 9013, with *name, number attending + 50th*

Do YOU have any old Club photos?

The Committee are looking for photos they could photocopy to use at the 50th Dinner! If you have any, please contact **Vic Elliott 454 5940** or you could give them to me on Club nights. Please ensure they are in an envelope with your name and phone number on the front.

Jenni

WANTED: Past Members!!

Do you know or still have contact with any of our past Club members?

If so, please spread the word about our upcoming 50th Celebrations.

It would make the 50th all the more special with past members celebrating with us and sharing their stories of how things used to be!

If you have any contact details please give them to Lorraine Grenfell - 476 4700 or Jenni Gillions - 454 3699, so we can send them an invitation.

Watch this Space....

Fundraising Raffle Tickets will be on sale soon

Raffles will be available to buy at the Gym door very soon.
There will be a number of raffles on sale.

Cost of tickets \$2

AGM REMINDER

The Club AGM

Monday 3rd December at 7pm

Please note that the venue has changed.

The AGM will be held at the

Westpac Bowls Stadium

38 Tahuna Road

(Just to the right of the entrance for the previous venue)

Jenni



Seenager

(Received from Lorraine Grenfell)

True or False, I say True.

I just discovered my age group! I am a Seenager. (Senior teenager)

I have everything that I wanted as a teenager, only 50-60 years later.

I don't have to go to school or work.

I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

I have ID that gets me into bars and the wine store. I like the wine store best.

The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared?

And I don't have acne.

Life is Good! Also, you will feel much more intelligent after reading this, if you are a Seenager.

Brains of older people are slow because they know so much.

People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains.

Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for.

It is NOT a memory problem, it is nature's way of making older people do more exercise.

SO THERE!!

I have more friends I should send this to, but right now I can't remember their names.

So, please forward this to your friends; they may be my friends, too.

Lorraine

You're not drunk if you can lie on the floor without holding on – Dean Martin

Joke Time from John Young



I love this one (from a nurse)! Hospital regulations require a wheel chair for patients being discharged.

However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him.

'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.' 😄

A Couple in their nineties are both having problems remembering things.

During a check-up, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember. Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks...

'Will you get me a bowl of ice cream?'

'Sure'

'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

'Well, I'd like some strawberries on top, too. Maybe you should write it down, so as not to forget it?'

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that, write it down?' she says.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream. I got it, for goodness sake!' Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment... 'Where's my toast?' 😄

John

50th Anniversary Celebration History Booklet Update

This time we would like to talk about photos. In the past, several members have contributed photos specifically for the writing of a club history (as opposed to those requested by Jenni, on a previous page, for the 50th celebration). Some of these history photos will be published in the proposed booklet and we need to be sure that no-one shown in these photos has any objections to the photos being used. So we are asking that if you have any concerns about photos in which you may be depicted, being used in the published booklet, that you express those concerns, either to John or myself.

You can email me at heartbeat@otagophoenix.nz

You can email John at johnroxborough@hotmail.com

If you don't have access to email you could phone me on (03) 487-6195 or John on (03) 473-8631, or you could write to me at 3 St Clair Close, Corstorphine, Dunedin 9012. In addition to those options, you can find us at the gym on most club nights.

A number of concerns have been expressed about the original proposed title of the booklet and we are now proposing to use "Taking Our Pulse" as the title.

Dave (Ed)



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."

**Please
Read
responsibly
—//—
Don't
Read
And
drive**

Heart Foundation Up-date from Jo Arthur



We have a new strategic plan which takes us through to 2021. Our vision is, “Hearts fit for life”. Our Purpose is, To stop all people in New Zealand dying prematurely from heart disease and enable people with heart disease to live full lives. Our 3 goals are:

1. Enable people to make heart healthy choices.
2. Better outcomes for people and their whanau impacted by heart disease.
3. Fund New Zealand heart research and training.

50th year for the Heart Foundation

We are having a regional assembly including a High Tea based at Larnachs castle this year to celebrate the 50th Anniversary. Gerry Wilkins will be the speaker. Colleagues and volunteers from near-by regions will also join us.

The annual appeal is going to be managed from the National office with an increase of on-line sign-ups and management. This is to allow more time for the Branch offices to focus on the Care and Support roles and less on fund raising.

The local Branch has been successful in getting some funding for brochure displays which have been installed at ward 7a, 7c and the outpatients area; also in Mercy hospital, Balclutha Hospital and also the After-hours Drs. Hopefully more people will have access to our brochures and be more aware of support.

We have been running successful community education sessions again this year. The last one was on the 10th September at the heart Foundation office, on heart failure, and James Pemberton, cardiologist and Mary Malloy, cardiac nurse specialist were the speakers. In November we will be offering a session on atrial fibrillation.

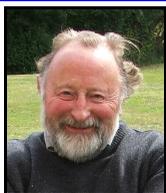
Joanne

Sometimes I lie awake at night, and I ask, “where have I gone wrong?” Then a voice says to me, “this is going to take more than one night”

– Charlie Brown

Journey Planner for Dunedin Buses

If you have ever tried to follow the printed version of the Dunedin Bus Timetable and if you have access to the Internet, I am pretty sure you will find this a useful alternative.

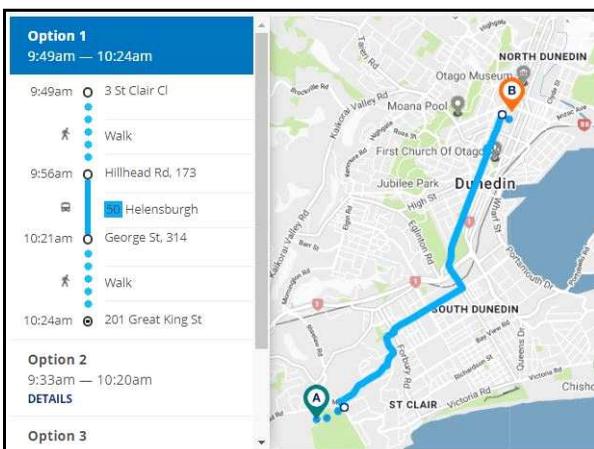


I have recently discovered that the Otago Regional Council website now has a useful journey planner for those planning to use public transport. Copy and paste this website into your browser if you are interested in trying it...

<https://www.orc.govt.nz/public-transport/journey-planner>

You are presented with a screen where you can type in your location and your destination along with the date and time of your planned trip. You are then given a number of options for how you might make the journey. You can then click on each of the options to see the details of the trip with expected

duration of each section and times of bus departures. Bus stops are labelled with street addresses and the bus numbers are shown along with their displayed destinations. A map will show you the route taken with walking sections shown by dotted lines and bus sections shown by solid lines. The example shown in the illustration is the result of my



attempt to plan a trip from home to the Dunedin Hospital.

Dave (Ed)

Name Tags

All members should have been provided with a name tag when they joined. Apart from helping members to get to know each other, these labels are designed to let our physios distinguish between members who have and have not undergone a heart procedure. Recent labels also display the member's NHI number on the reverse side. Please wear your name tag at the gym and see Jenni if you feel it needs up-dating.

Dave (Ed)

5 Top Tips on Osteoporosis

Jo Arthur send us this information from
Megabyte Online Nutrition Education



Osteoporosis means “porous bone”, and is a major public health problem. It affects millions of people worldwide, predominately postmenopausal women (1). It is estimated that one in three women and one in five men over the age of fifty worldwide will sustain an osteoporotic fracture. Hip and spine fractures are the most serious and debilitating fractures, which often result in severe disability and even death (1). Osteoporosis causes more than 8.9 million fractures annually worldwide (1). Therefore, the direct costs of fractures run up to billions of dollars annually – in addition to reduced productivity at work.

Top Tip #1 - What is osteoporosis? Osteoporosis is a condition where the bones become weaker, porous and more fragile, increasing the risk of fracture. The bones are weaker due to reduced bone mineral density, and the porous bones become more compressible, like a sponge. The weakened bones are prone to cracking and compression, hence the large spinal curvature (dowagers hump) often seen in older adults. This also relates to a reduced quality of life for people with osteoporosis, due to pain and reduced physical functioning (2, 3).

Top Tip #2 - How is osteoporosis diagnosed? The world health organisation defines osteoporosis as having bone mineral density that lies 2.5 standard deviations or more below the average value of young healthy women. Therefore, if possible, bone mineral density should be assessed via dual x-ray densitometry (DEXA), before treatment is considered (4). As not all countries have direct access to DEXA scanning, it is also acceptable practice to detect high risk patients and assess absolute fracture risk with validated instruments (such as the FRAX tool) (5), before pharmacological treatments are started (4).

Top Tip #3 - Risk factors for osteoporosis. The non-modifiable risk factors for osteoporosis include age, gender (females have higher risk), family history of osteoporosis or hip fractures, personal history of fractures/ breaks as an adult, inflammatory disease, (e.g. rheumatoid arthritis), ethnicity (Caucasian or Asian race), malabsorption diseases (e.g. coeliac, inflammatory bowel disease), low estrogen levels in women, low testosterone levels in men, chemotherapy, amenorrhea (loss of the menstrual period), hyperthyroidism,

hyperparathyroidism, inherited disorders of the connective tissue genetics, and some medications (1, 4). Modifiable risk factors are a lack of physical activity, low dietary intake of calcium and vitamin D intake, low body mass index, smoking, and excessive alcohol intake (1).

Top Tip #4 - Signs and symptoms. Usually there are no signs or symptoms until a fracture occurs. Sometimes small fractures occur without detection, until a more significant break occurs. Then a clinical examination with X-Ray or DEXA scanning may confirm low bone mineral density. However, if you are aware of and can manage the risk factors for the development of osteoporosis, this will lead to a reduced risk of developing a fracture.

Top Tip #5 - Treatment for osteoporosis. Initially the modifiable risk factors should be addressed such as dietary habits, sunlight exposure, smoking, alcohol intake, body mass index, and physical activity. There are many medications that may help calcium absorption and improve bone mineral density, in addition to daily supplements of calcium and vitamin D (1). Some studies have shown that calcium and vitamin D independently reduce bone density loss, and therefore they are often given together to improve uptake of calcium into the bone further, and reduce the risk of fracture. Recommended amounts are up to 1200 mg of calcium daily and 800 IU of Vitamin D3 (cholecalciferol) (6 - 8).

Therefore, pop outside to get a healthy daily dose of Vitamin D, increase your dairy product consumption, exercise daily, stop smoking and reduce your alcohol consumption to delay the onset of osteoporosis

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Something good from the Phoenix Club



We hope you have enjoyed reading this e-mailed version of Heartbeat. If you have any suggestions about items you would like to see in the future, or if you would like to contribute an item, please contact Dave, by phone on 487-6195 or by e-mail on... heartbeat@otagophoenix.nz