



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

The world has moved on to a place we never imagined when we took the decision to suspend gym and table tennis sessions until the end of May. We have to get used to a different way of life. It is important that all Club members have their own "bubble," and that you have contacts for support when needed.

It is very important that we all **KEEP IN TOUCH** with others within the rules. The website covid19.govt.nz has all the latest information. If you don't have access to the Internet, information is constantly updated on radio and TV. While we are unable to meet in person, we hope to be able to produce a couple of shorter editions of Heartbeat.

The Phoenix Club will be there, as it has been for the last 50 years, when it is appropriate for us to resume group exercise activities. We still need to exercise as much as possible, but for the moment this is alone or within your bubble. We all need to **KEEP ACTIVE!**

Finally, **KEEP TO THE RULES.** Ensure that the people you interact with do too. It is vital we protect ourselves, as we are all in the high risk category. The rules have been made for our benefit.

With that, I wish you all the best of luck and look forward to the day we can all resume life as usual.

**Eric Higgins** (President)

In case any members missed Eric's announcement, made on Tuesday 17th March, about the suspension of gym and table tennis sessions, this is what was distributed at the time...

Dave (Ed)

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Hi everyone, with the growing concerns of the Corona 19 virus, and after receiving some excellent advice from our Professional Health Advisor, Dianne Body, the committee has made the decision to put the club into recess, as of now. This decision will be reviewed at the end of May unless information from the Ministry of Health says it is safe to meet again before then.

This decision has not been taken lightly but the committee feels it would be irresponsible of us not to take this advice seriously. I am sure that some members will think that we have made this decision too soon, but we would rather you criticize us for this, than not acting soon enough and one or more of our members becoming ill.

As Dianne rightly points out we are all of an age and have health issues, which puts us in the high risk category, so we do need to take care of ourselves. Dianne recommends keeping up your exercises at home, also going walking, eat well, keep washing your hands often, and don't get too close to people. The recommended distance is 1 - 2 metres.

These are very unusual times for us, so look after yourselves and your loved ones, and we will look forward to seeing you all back at the Gym when safe to do so.

Take Care and Good Health,  
*Eric Higgins*

### **Printing Problems**

If you are reading a printed copy of *Heartbeat*, it maybe that we have had to print it in black and white. We apologise if this is the case but during the lockdown period, because of restrictions placed upon funeral companies, Gillions are not currently in a position to assist us with printing. We are grateful for their help with previous newsletters and we look forward to resuming our arrangement when things return to normal.

*Dave (Ed)*

## Useful Internet Links for Corona Virus Information From Dianne Body



The following links may be of interest to you. The NZ Ministry of Health updates guidelines and information regularly.

The World Confederation for Physical Therapy (WCPT)...

<https://www.wcpt.org/news/Novel-Coronavirus-2019-nCoV>  
has collated information for physiotherapists

And the World Health Organisation...

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>  
has useful and authoritative guidance and updates concerning the COVID-19 emergency.

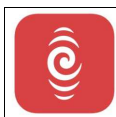
*Dianne*



### RNZ National Recommendation

I know that we are currently being inundated with Covid-19 information from all directions but I just wanted to recommend Radio New Zealand National Programme as my personal preference as an information source. As with most radio stations these days, it can be received by various methods. If you like the radio on all the time you have the choice of using a conventional radio or using your TV where it can be found as a Sky channel or a Freeview channel. My preference is to use the RNZ app on my mobile phone because that not only gives us access to the live programme via WiFi but also allows us to listen to a recording of the most recent news bulletin. The app also gives us notifications of important news items and text versions (with photos) of all the current news stories.

Look for this icon from wherever you download your phone apps.



*Dave (Ed)*

## CPR Night

On Monday 20th January Dianne Body presented the Club's annual CPR instruction session and deviating from the pattern of previous years, the session was held at 6 pm, which meant that members were able to attend the usual gym session or play table tennis at 7 pm. These photos were taken at the CPR session...



## Exercise At Home

...and Alex Newbury, who incidentally appears in the photos above, has emailed our secretary to say...

I have been using "You Tube" Exercise for Seniors of which there are many and varied examples. Perhaps some of the club members would like to try them until gym sessions recommence.

Alex

As Alex says, there are many examples to choose from. If you are one of our members with access to the Internet, simply open your favourite browser, go to [www.youtube.com](http://www.youtube.com) and search for "exercises for seniors" or similar. I am sure Dianne would advise to make sure to work within your limits and to make sure the exercises are designed for your age group.

Regardless of whether or not you have Internet, daily workout classes for Kiwis in coronavirus lockdown are being broadcast free with a new partnership between TVNZ and Les Mills. The free-to-air workouts, ranging from high-intensity training to stretching and meditation, will begin on March 30 at 9 am and 3 pm, and also offers workouts designed specifically for young children and teenagers. The workouts will also be available on TVNZ OnDemand. *(this information from the TVNZ website)*

Dave (Ed)



## **Ted Nye Prize Award**

The Ted Nye Prize in Cardiovascular Medicine for 2019 has been awarded to two very promising medical students. Bernard Patel and Bernard Reyneke were awarded the prizes for 2019. Both are medical students, and have written to the club to express their appreciation. The following is quoted from Bernard Patel's letter:

*"Receiving the prize is an honour, as well as humbling. To be awarded this prize was also a genuine surprise, and reassures me that I am progressing well with my studies. Medical school can be challenging at times, so I am most grateful for this encouragement.*

*I would like to thank The Otago Phoenix Club, and all members, for their generosity – this prize is greatly appreciated, and will help towards my studies. I enjoyed having the opportunity to learn about the cardiovascular system last year, not just from academic staff and clinicians but also, crucially, from patient volunteers."*

The prizes of \$200 each are funded by the Dr E (Ted) Nye Studentship Fund, the capital of which was entirely contributed by the Club.

## **Bored with Lockdown?**

### **There is one chore which can make you some money!**

If you make donations to charitable organisations, like The Otago Phoenix Club, you can upload your receipts and file your claim online. Online submission will speed the release of the refund.

The IRD advises: "This year you won't receive a form in the mail, because you can now claim your donation tax credits on line.

When you file online:

- You'll receive your refund much sooner.
- Your receipts can be electronic receipts or photos or scans of paper receipts.
- You can upload your donation receipts anytime during the year.

Donation receipts are accessed through your myIR account, click the donation tax credit account, click the "add a new receipt" button and upload the receipt.

Manual "tax credit claim forms" can be found on the IRD website. Download IR526, attach your paper receipts, and send them in. Manual forms should not be sent before 31 March.

*Treasurer Chris*



## How to boost brain power at any age - from Jenni Gillions

They say that you can't teach an old dog new tricks, but when it comes to the brain, scientists have discovered that this old adage simply isn't true. The human brain has an astonishing ability to adapt and change—even into old age. This ability is known as *neuroplasticity*. With the right stimulation, your brain can form new neural pathways, alter existing connections, and adapt and react in ever-changing ways.

**Here is the third of 9 tips to help you boost your brain power!**

### Tip 3: Get your Zs

There is a big difference between the amount of sleep you can get by on and the amount you need to function at your best. The truth is that over 95% of adults need between 7.5 to 9 hours of sleep every night in order to avoid sleep deprivation. Even skimping on a few hours makes a difference! Memory, creativity, problem-solving abilities, and critical thinking skills are all compromised.

But sleep is critical to learning and memory in an even more fundamental way. Research shows that sleep is necessary for memory consolidation, with the key memory-enhancing activity occurring during the deepest stages of sleep.

Get on a regular sleep schedule. Go to bed at the same time every night and get up at the same time each morning. Try not to break your routine, even on weekends and holidays.

Avoid all screens for at least an hour before bed. The blue light emitted by TVs, tablets, phones, and computers trigger wakefulness and suppress hormones such as melatonin that make you sleepy.

Cut back on caffeine. Caffeine affects people differently. Some people are highly sensitive, and even morning coffee may interfere with sleep at night. Try reducing your intake or cutting it out entirely if you suspect it's keeping you up.

*Jenni*

## The Angina Monologues

At 9:05 on Saturday 15 February on the National Programme, Kim Hill interviewed one of Britain's top Cardiac surgeons, Samer Nashef. The interview was about books he has written and, in particular, his latest book entitled "The Angina Monologues".

As a podcast, it can be accessed via this URL...

[https://www.rnz.co.nz/audio/player?audio\\_id=2018734283](https://www.rnz.co.nz/audio/player?audio_id=2018734283)

Our secretary Brent had reservations about including this item in the club newsletter, being concerned that it's content could be worrying for some members. Personally, I had no problem with it but our treasurer Chris has suggested that anyone listening to it should play it right through to the end.

You would need to copy and paste the above link into your browser.

*Dave (Ed)*





## Joke Time from John Young



An Irish painter by the name of Murphy, while not a brilliant scholar, was a gifted portrait artist.

Over a short number of years, his fame grew and soon people from all over Ireland were coming to the town of Miltown Malbay, in County Clare, to get him to paint their likenesses.

One day, a beautiful young English woman arrived at his house in a stretch limo and asked if he would paint her in the nude. This being the first time anyone had made such a request he was a bit perturbed, particularly when the woman told him that money was no object; in fact, and she was willing to pay up to 10,000 pounds.

Not wanting to get into any marital strife, he asked her to wait while he went into the house to confer with Mary, his wife. They talked much about the Rightness and Wrongness of it. It was hard to make the decision but finally his wife agreed, on one condition. In a few minutes he returned.

" 'Twould be me pleasure to paint yer portrait, missus," he said "The wife says it's okay. "I'll paint you in the nude all right; but I have to at least leave me socks on, so I have a place to wipe me brushes."



Tis why we love the Irish.

*John*

### Shortened Newsletter

As Eric mentioned in his introduction, we hope to produce a couple of shorter newsletters so that we can all stay in touch as a group during this lockdown period. This edition has been slightly shorter than usual but we would aim to distribute another newsletter soon. With the next newsletter in mind, it would be good to get some feedback from you to let us know how you are coping with the lockdown restrictions.

If you have Internet, you can email to me at [heartbeat@otagophoenix.nz](mailto:heartbeat@otagophoenix.nz) or if that is not possible, my phone number is 487-6195.

*Dave (Ed)*