



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

Hi Everyone,
How are are you all coping with the lockdown? It's certainly a different way of life.

We have all had to make changes to our daily routines. Since not much is happening in the Phoenix Club, I thought I would tell you about some of the changes we have made in the Higgins bubble, and you can compare them with changes you have made.

Now everyone who knows me well, knows that gardening is not one of my favourite pastimes, but I seem to have taken to it with gusto. Digging out old bushes, trimming hedges, landscaping and of course getting the chainsaw going. (I do enjoy the chainsaw). The trailer is full, with a few more loads after that, it may be easier to hire a skip. I am also catching up with lots of jobs inside the house (I HAVE A LIST). Jobs I have been meaning to do, nothing seemed urgent with my man's eyes, but Carol thought different. Carol has been busy "spring cleaning", a few months early, gardening , and teaching me a card game that she plays when away with our friends at our Motor-home rallies. I am getting a couple of wins in now and again.

A few years ago we bought some gym equipment, which for a while was used a lot, this in time dwindled for various reasons (mainly laziness on my

part), and they ended up in the garage, covered in boxes and various items, unused.. BUT they have been dusted off and are back in action on a daily basis. (we will see how long this lasts).

Our wee dog Manni, he is eleven years old but still loves a good long walk, some days he's exhausted, but always keen with his lead in his mouth as soon as we say walk.

Now our 12 year old moggy, Jazzy, on the other hand seems to sleep 20 hours a day, so not a lot has changed for him. I must add he is a very sprightly healthy cat when awake.

And of course we do have phone contact with our sons and grandchildren, who are all well.

I hope this doesn't go on for too much longer and we get back together at the gym and table tennis.

We have had a garden table with built in seats donated to the club by the Taieri blokes shed and thanks must go to John Young and the men at the shed for this wonderful donation.

This is for a raffle prize, so save up your coins and buy lots of tickets. (available when we reopen).

I have picked a spot in my garden if I win the prize (some chance).

I have just (Monday April 20) listened to Prime Minister Jacinda Arden, announce at 4 pm, to stay in Alert 4 for another week, then 2 weeks at Alert 3. So a few more weeks yet before we reopen.

As we are in the high risk category health-wise, we will wait for the all clear from the Ministry of Health to reopen the Phoenix club gym. The Committee will continue to be guided by the Government decisions and I can assure you all that the health and wellbeing of our members is and will continue to be our main objective.

So, chin up and try to keep up the exercise/walking. Look after yourselves and your loved ones. Be Kind, Happy and Healthy.

In the meantime , if anyone is feeling a bit lonely and fed up, or in need of a natter, please feel free to ring me on 454-2383 or 0276299569 or email ericcampbellhiggins@gmail.com.nz. *Eric (President)*

If you have Covid-19 symptoms

Call your GP if possible, or call Healthline (for free) on 0800-358 5453.

For more information visit <https://covid19.govt.nz/>

Instructions for exercise from Dianne

Please remember: we are NOT monitoring this activity in the same way we do in class, so it is important to listen to your body to determine your level of exercise. Warm up at 2 to 4 level then exercise to a rate of 4 to 6 on the rate of perceived exertion scale.



Please stop exercising if:

- Your heart is racing
- You develop chest discomfort
- You become increasingly short of breath
- You are taking a long time to recover
- You are sweating profusely
- You feel dizzy or sick

Cardiac Rehabilitation Home Exercise Program

Warm up about 5-10 mins

March on spot x20seconds between each of the following exercises:

1. Side step and reach x8 each side
2. Squats x8
3. Forward punches x8 each side
4. Side lunge x8 each side
5. Arm circles forward x8/backward x8
6. Back-step lunge x8 each side

Finish marching on spot

Complete three minutes on each of the following exercises:

1. Sit to stand
2. Milk carton/box lift and overhead press
3. Walk around house at a steady pace x 2 sets
4. Step ups

5. Matwork/core exercises
6. Wall squats (a) with/ (b) without exercise ball (stay mid-range if sore on knees)
7. Jog on spot/quick side tap
8. Walking lunges (a) with/ (b) without tins/bottles as weights



Walkies

Have you noticed how many happy dogs there are out in the streets walking their owners since we have been in Level 4 lockdown? It is not only the dogs that look happy; people are smiling at one another as they move to the edge of the pavement to allow the mandatory 2 meters separation distance required. Walking is good for all of us and suits most people. Being out in sunlight promotes synthesis of vitamin D which is good for arteries, the immune system and helps to keep bones strong. As well as being an enjoyable activity it is one we can modify to suit our level of fitness.

If you are not feeling very energetic then walking at a comfortable pace on the flat is a good option. Being upright and moving is very much better than sitting. If the weather is not suitable for walking outdoors and walking in the mega stores and malls is not possible then walking on the spot indoors is better than nothing. Even standing and stepping during the commercial breaks while watching TV helps.

A good method to improve fitness is to walk at a comfortable pace from one power pole to the next then walk briskly to the following pole then drop your pace back to the comfortable pace and so on. As you gain fitness you can extend the distance walked briskly and take shorter easy-paced lengths.

Dunedin is an ideal place as we have flat areas, gentle slopes and steep hills to cater for all levels of fitness. Walking up hills is an excellent way to get your heart working and stimulate your breathing. Know your limits, if you become too breathless to be able to speak while walking then slow down or stop and admire the view until your breathlessness settles. If you are not used to climbing hills then start slowly from the bottom. Try to breathe using the diaphragm, expand around your waist and allow enough time to exhale the stale air.

If you use a walking stick or crutch it is best used in the opposite hand to the sore or weak limb. For example if your right hip or knee is the problem hold the mobility aid in the left hand.

Dianne

Other Exercise Documents Available

Dianne has also provided information on Back Exercises and we have received from Jo Arthur and Ashley Montfort, a series of exercise instructions as follows...

Balance Exercises, NHS Balance Exercise, NHS Strength Exercise, Abdominal Exercises and Ankle Exercises for Strengthening. As we do not have enough space to include these in the newsletter, if you would like to receive a copy, please email Brent at secretary@otagophoenix.nz or phone me on 487-6195.

Dave (Ed)



Introducing Emily Gray

Emily is a physiotherapist at the university who is working on her doctorate and she has contacted the club through Dianne. She writes...

I am currently undertaking study towards a PhD and one of these studies aims to develop a programme that prepares and supports people who have undergone heart bypass (otherwise known as coronary artery bypass graft) surgery to engage in physical activity during the early recovery period following their discharge from hospital.

In order to do this I wish to invite people who have had heart bypass surgery at Dunedin Public Hospital in the past two years, to participate in the study - to share their ideas about what information the programme might include and how it should be delivered.

As part of this study you can decide to take part in as many or as few of the following options:

- An interview
- Complete two questionnaires
- Two focus group sessions

For more information go to: otago.ac.nz/heartbypass

Or Phone: School of Physiotherapy 0800 687 489

Or Email: clinicalresearch.physio@otago.ac.nz

This project has been reviewed and approved by the University of Otago Human Ethics Committee. Reference Number H19/171 *Emily*

In a later email. Emily has added that people who have had bypass surgery longer than 2 years ago are still welcome to make contact with us and register their interest in case we need to increase the time period to longer than the past 2 years.

Dave (Ed)



On line shopping with delivery



Joanne Arthur and Leanne Barclay have provided us with this list of shopping outlets who are able to deliver to your home.

Taste Nature **www.tastenature.co.nz** **474-4012**

Produce, groceries, bakery, homewares, organic. Monday to Friday

Blue Water Products **www.originfood.co.nz/foodboxes** **477-7044**

Weekly food essentials for one, two, four. Meat boxes, and fruit & veggie boxes. \$10 delivery fee

Veggie Boys **www.veggieboys.net** **477-7987**

Fruit, veggies, milk, bakery and some condiments.
Free delivery around Dunedin

The Warehouse **www.thewarehouse.co.nz**

Essentials, homeware, appliances, cleaning products.
May be out of stock on line

Robertson's Meat **www.robertsonsmcats.co.nz** **455-4917**

Delivery free for orders over \$50, otherwise \$5 delivery fee.

Albany St Pharmacy **www.albanyst.co.nz** **477-5115**

Volunteers are delivering for free

Antidote Pharmacy **www.antidote.nz** **477-9953**

Volunteers are delivering for free

Smyths Living **www.smythsliving.co.nz** **455-4670**

Repair or replace homewares, fridges etc.

Since receiving this list from Jo and Leanne, we have personally received home deliveries from Veggie Boys and Robertson's. We have also used Countdown and I notice that the ODT is publishing a similar list daily.

Dave (Ed)



(Editor Note: Please bear in mind that Jenni’s articles were submitted before our current lock-down so some tips given may not be possible to follow until we are free to do so.)

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 fourth of 9 tips to help you boost your brain power!

Tip 4: Make time for friends

When you think of ways to improve memory, do you think of “serious” activities such as wrestling with the New York Times crossword puzzle or mastering chess strategy, or is it more light-hearted pastimes—hanging out with friends or enjoying a funny movie—that come to mind? If you’re like most of us, it’s probably the former. But countless studies show that a life full of friends and fun comes with cognitive benefits.

Healthy relationships: the ultimate brain booster

Humans are highly social animals. We’re not meant to survive, let alone thrive, in isolation. Relationships stimulate our brains—in fact, interacting with others may provide the best kind of brain exercise.

Research shows that having meaningful friendships and a strong support system are vital not only to emotional health, but also to brain health. In one recent study from the Harvard School of Public Health, for example, researchers found that people with the most active social lives had the slowest rate of memory decline.

There are many ways to start taking advantage of the brain and memory-boosting benefits of socializing. Volunteer, join a club, make it a point to see friends more often, or reach out over the phone. And if a human isn’t handy, don’t overlook the value of a pet—especially the highly-social dog.

Jenni



Hi Brent and Dave

My apologies I didn't get anything in to you but it got rather hectic round here. Things were changing by the hour and we needed to keep up.

I am at work for now as an essential worker and we continue to do heart operations daily, so I have plenty to do.

I haven't got anything to add regarding Covid-19 that you aren't probably all getting from the news and regular updates.

Stay in your bubbles and stay well. Wash your hands!

Regards, *Leanne*



Joke Time from John Young



Some people are clever

It is with great sadness that I have to mention the loss of a few further local businesses around town...

- The Bra Manufacturer has gone bust.
- The Specialist in Submersibles has gone under.
- The manufacturer of food blenders has gone into liquidation.
- A Dog Kennel has had to call in the retrievers.
- The Heinz factory has been canned as they couldn't ketchup with orders.
- The suppliers of paper for origami enthusiasts has folded.
- The tarmac laying company has reached the end of the road.
- The Bread Company has run out of dough.
- The clock manufacturer has had to wind down and gone cuckoo.
- The Chinese has been taken away.
- The Shoe Shop has had to put their foot down and has given their staff the boot.
- The laundrette has been taken to the cleaners!
- The pet shop has gone to the dogs.
- The butcher's had the chop.
- The vegeman is in a vegetative state.
- The Venetian Blind Shop has closed, so it's curtains for us all.
- The Wall Paper Shop's taken a pasting.
- The Florists are now pushing up the daisies.
- The Fish n Chip shop has been battered.
- The Milkman's lost his bottle and finally, the Bread Man's toast.



Important Reminder

Don't forget to thoroughly wash your hands (20 seconds minimum, with soap) every time you bring something into the house from outside, which has been handled by other people. Mail is handled by people outside your bubble, so please wash your hands after reading Heartbeat if you received it by post.

Remember- stay in your bubble and stay safe!



Milk Fridge for Coronary Care Ward

The Committee has agreed to donate \$150 to provide a milk fridge for the ward's waiting room tea and coffee station. In normal times the room is used by patients and family members alike. We have committed the funds, and these will be passed over when that's appropriate. The donation will be funded by a raffle of a barbecue table, produced courtesy of John Young and the Taieri Men's Shed.

Subs

The closing date for payment of your subs before the amount goes up to \$40 was originally set at 31 March. Given the extraordinary action taken by the Committee to suspend Club activities, the deadline has also been extended to 30 June. For those who wish to pay by cheque, you can still do this by posting to Treasurer, 12 Crosby St, Mornington, Dunedin 9011, but the cheque will not be deposited until we're out of Lockdown.

Treasurer Chris



**You can't park
in the Handicap Zone just because
you've lost your phone.**

If you ever see me
jogging, please kill
whatever is
chasing
me.



A page in the Diary of an anonymous Pilot in Training
Local scenic views not many get the opportunity to see:



Overhead Black Head, tracking north east and beyond
1400 feet cruise altitude, after a short hop from the Taieri Valley



Overhead the St Clair Cliffs

- *A great piece of coastline*
- *Looking to my right White Island is just there, looks wide from the city, but is really quite skinny from the West to East aspect*



Tomahawk Beach approaching
Getting close to my flight boundary of 10 nautical miles from the Taieri Aerodrome



St Clair and the Coast to the South
That great coastline reappearing



Saddle Hill and Waldronville

- *Tracking from the East Coast area returning to the Valley via Chain Hills*

A few bumps as I pass in the lee of Saddle Hill



Entry into the Taieri Valley, Wingatui and Mosgiel

Descending altitude to 1100 feet



Alternative view of the Taieri Plains, Mosgiel and Saddle Hill in the distance

- *Tracking from the Western Hills into the Valley*
- *Visual traffic check, Taieri circuit direction check*
- *Wind direction and wind speed check*
- *Descending altitude, intention to join the Taieri circuit from 1100 feet*



Taieri Aerodrome Runway 23, looking South West

Printing Issues

If you are reading a printed copy of *Heartbeat*, it maybe that we have had to print it in black and white. We apologise for this but during the Level 4 lockdown period, Gillion's have been unable to assist us with printing. We are grateful for their help with previous newsletters and we hope to resume our usual arrangement for our next issue.

Dave (Ed)

The Otago Phoenix Club Website

Just a reminder that we have a website (www.otagophoenix.nz) where you will find general information about the aims and history of our club. Please feel free to offer suggestions as to how we might improve the site. Is there information missing that you would like to find there? I can be contacted by email at webmaster@otagophoenix.nz

Dave (Ed)



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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