



Quod scriptum
est manet

Heartbeat

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

www.otagophoenix.nz

Proudly
supported by



INDEX

Item	Page
President's Word	1 - 2
Secretary's Word	3
Treasurer's Word	3 - 4
Ashley's Family Update	5
Cartoon	5
Boost Brain Power - Jenni	6
Joke Time - John Young	7
Jokes from Lorraine & June	8
Soup Recipe - Caroline Worth	9 - 10
Contact Tracing - Dave	10
Did You Know These Names?	11
Nametags & Benches	12
Sponsor's Message	12



President's Word

Greetings everyone,
I hope this finds you all fit and well in what has been a very unusual time for us all. Lockdown has certainly presented us with lots of challenges, but it did give us time to reflect on the things that are really important in life, such as family and friends, looking after their health and wellbeing as well as our own.

I just hope we haven't moved too soon and that Covid hasn't come back with a vengeance.

The good news is that the gym and table tennis are up and running again for the last 3 weeks and from the attendances we are getting, it would seem you have all been itching to get back into it. We have had 22 - 23 each session, which is really good. There is room for more though.

We have had two very generous gifts recently, one being the picnic table gifted to the club by The Taieri Blokes Shed, which the Committee decided to put on Market Place for \$300. We have no buyers as yet but it is early days. The money from this will go towards a new fridge for the Critical Care Ward at the public hospital. Once again on behalf of everyone, I would like to thank John Young, for building the table himself. Well Done .. If anyone is interested in purchasing the table, we are open to offers.

Contact me, Eric, on 454-2383 or 027-629-9569. (since Eric sent me this

information, we hear that the table has been sold. See Chris's item on page 4. Ed.)

We have also just received a grant of \$2000 from the Nellie Milnes Trust, through the hard work of Graham Foster and our sincere thanks to him. I am sure the Committee will put this generous grant to good use.

The Committee is working on a venue for the Mid Year Dinner, we did a bit of an unofficial survey on what members might want this year, so we have taken your comments on board and will let you know the venue and date soon.

I would like to thank everyone who has put their name forward to do door duty, we do still have vacancies so any help would be much appreciated. I hope to see you all soon at the Gym or Table Tennis and hope you continue to enjoy the company, as well as the fitness.



Keep Well and Warm
Eric Higgins
President

Heartbeat by Email Saves Money

Heartbeat is distributed both as a printed version and as an emailed version. Receipt of the emailed version represents a saving in printing costs for our sponsor and in postage for the club. So if you are reading a printed copy and you have an email address that we don't know about, please consider letting me know if you are prepared to receive Heartbeat by email. Just send an email to... heartbeat@otagophoenix.nz *Dave (Ed)*

During a recent password audit by a company, it was found that an employee was using the following password:
"MickeyMinniePlutoHueyLouieDeweyDonaldGoofySacramento"
When asked why she had such a long password, she rolled her eyes and said: "Hello! It has to be at least 8 characters and include at least one capital."

Secretary's Word



In general, congratulations must go to New Zealanders for supporting the nationwide COVID response and lockdown. Having family members living in both Australia and the USA, it is interesting to hear of the different approaches taken by these countries in an effort to deal to this virus. I guess time will tell who had the best plan. Each seem to believe theirs fit the bill. Meanwhile the debate continues.

For those members with email addresses, you will have noted that I recently forwarded to you 3 notices informing you of the schedule of seminars that the Heart Foundation Dunedin and the SDHB are now restarting post COVID-19 restrictions.

If you do not have email access, or have misplaced the originals, the 3 notices are posted on our notice board at the entrance to the SDHB Fraser Building (gym access door).

I encourage you to attend these excellent seminars as you wish. Phone bookings are essential, please phone the Heart Foundation on 03 477-3999 to register.

During the lockdown one of our physiotherapists Ashley, and Leanne from the SDHB produced and loaded on the YouTube platform, exercise videos that we could use at home. Ashley is keen to receive feedback on these sessions. If you wish, let Ashley know at her next gym session, or forward that information via myself - Otago Phoenix Club Secretary.

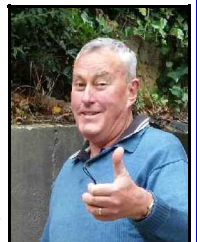
email: secretary@otagophoenix.nz

Brent

From the Treasurer's Desk

Grant Received

As Eric has mentioned, the Club has been very fortunate to receive a grant of \$2,000 towards the cost of the new treadmill which we had to replace late last year. The grant was received from the N. Milnes Charitable Trust, administered by Trustees Executors.



Special thanks for this go to Graeme Foster, who advised us of the possibility and was instrumental in preparing the application and getting it to the administrator of the Trust. Thanks to Graeme, and to Trustees Executors

for this great outcome.

Readers might remember that we also received a grant of \$2000 from Bendigo Valley last year, so that we have been able to obtain funding for the whole of the replacement price of the treadmill. Great effort, and we are very grateful to those who helped with the applications and the funders who helped us.

Updating what Eric has already mentioned about the Picnic Table donated by The Taieri Blokes Shed. This was to be a fund raiser, so that we in turn could provide a new milk fridge for Dunedin Hospital's Ward 7 cardiac patients' lounge. Research by Eric has indicated the market value of the table to be \$300, and it was listed on Market Place. Quite a lot of interest, but no offers. Eric then offered it to the Motor Caravan Association as an outdoor table for their Woodhaugh caravan park and the result is that the table was sold for \$300, and we have received payment. We are discussing with Leanne Barclay how to move the fridge donation along.

Mid-Winter Dinner

The newly revamped Mornington Tavern has been suggested as a possible venue for a mid-winter dinner. We have been to the tavern to see what could be done, and how. They are keen to have us, and will get back to us with proposed menu, pricing etc. They are capable of hosting a group of 30-40, which should be adequate for us. Organisation of the mid-winter dinner is like many things in New Zealand at the moment, delayed by Covid-19. It may be a spring dinner!

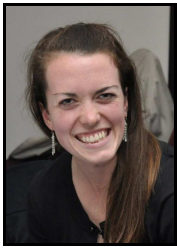
Other suggestions for venues would be happily followed up - suggestions to the Editor.

Subscriptions

You will remember that the last Heartbeat carried the good news that the period to pay subs for the year at \$30 had been extended to the end of June. The last committee meeting set the subs for 2020 at \$30 for the rest of the year, due to the disruptions and after-effects of Covid 19.

Those that have yet to pay: please pay as soon as possible or discuss your situation with the President or Treasurer. We will start phoning around soon.

Treasurer Chris



Family Update From Ashley

For a dose of cuteness, here are two of the latest photos of Isaac and Ruth. Ruth is nearly 11 months old already! She is a fast crawler as she tries to keep up with her big brother. They are truly the best of friends. Isaac has enjoyed taking on a leadership role for his little sister. He especially enjoys helping feed her; and he refuses to go to bed without giving her a cuddle and kiss first.



Ashley



England has no kidney bank, but it does have a Liverpool



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

Tip 5: Keep stress in check

Stress is one of the brain's worst enemies. Over time, chronic stress destroys brain cells and damages the hippocampus, the region of the brain involved in the formation of new memories and the retrieval of old ones. Studies have also linked stress to memory loss.

Tips for managing stress

- Set realistic expectations (and be willing to say no!)

- Take breaks throughout the day

- Express your feelings instead of bottling them up

- Set a healthy balance between work and leisure time

- Focus on one task at a time, rather than trying to multi-task

- The stress-busting, memory-boosting benefits of meditation

The scientific evidence for the mental health benefits of meditation continues to pile up. Studies show that meditation helps improve many different types of conditions, including depression, anxiety, chronic pain, diabetes, and high blood pressure. Meditation also can improve focus, concentration, creativity, memory, and learning and reasoning skills.

Meditation works its “magic” by changing the actual brain. Brain images show that regular meditators have more activity in the left prefrontal cortex, an area of the brain associated with feelings of joy and equanimity. Meditation also increases the thickness of the cerebral cortex and encourages more connections between brain cells—all of which increases mental sharpness and memory ability.

Jenni



Joke Time from John Young



A mother relates the following story...

Yesterday my daughter e-mailed me again, asking why I didn't do something useful with my time.

"Like, me sitting around the pool and drinking wine is not a good thing?" I asked.

My "doing-something-useful" seems to be her favorite topic of conversation. She was "only thinking of me", she said and suggested that I go down to the Senior Center and join something.

I did this and when I got home last night, I decided to play a prank on her. I e-mailed her and told her that I had joined a Parachute Club.

She replied, "Mother, are you nuts? You are 78 years old and now you're going to start jumping out of airplanes?"

I told her that I even got a Membership Card and e-mailed a copy to her. She immediately telephoned me and yelled, "Good grief, Mom, where are your glasses?! This is a Membership to a Prostitute Club, not a Parachute Club."

I calmly replied, "Oh my, I think I'm in real trouble then, because I signed up for five jumps a week!!"



The line went quiet and her friend picked up the phone and said that my daughter had fainted.

Life as a Senior Citizen is not getting any easier, but sometimes it can be real fun.

Just because you're "Young" doesn't mean that you can outsmart an "old Geezer"

Remember: Don't make old people mad. We don't like being old in the first place, so it doesn't take much to tick us off .



LARRY'S FUNNY POSTINGS

It's good to have a laugh.

John



A Story From Lorraine Grenfell

A politician visited a small town and asked the villagers what their needs were.

“We have two basic needs honourable Sir”, replied the village leader.

“Firstly, we have a hospital but no doctor”.

On hearing this, the politician brought out his phone.

After speaking for a while he told them that there’d be a doctor there tomorrow and asked for the second problem.

“...secondly Sir, there is no mobile phone coverage anywhere in this village”.



Lorraine

12 COMMANDMENTS FOR SENIORS from June Steele

1. Talk to yourself. There are times you need expert advice.
2. “In-Style” are the clothes that still fit.
3. You don’t need anger management. You need people to stop making you mad.
4. Your people skills are just fine. It’s your tolerance for idiots that needs work.
5. The biggest lie you tell yourself is, “I don’t need to write that down. I’ll remember it.”
6. “On-time” is when you get there.
7. Even duct tape can’t fix stupid – but it sure does muffle the sound.
8. It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller ?
9. Lately, you’ve notice people your age are so much older than you.
10. Growing old should have taken longer.
11. Aging has slowed you down, but it hasn’t shut you up.
12. You still haven’t learned to act your age, and hope you never will.



AND ONE MORE

“One for the road” means going to the bathroom before you leave the house.

June



Chris Worth asked his daughter (a dietician) if she had any good little items to share with members and this is one of the items she sent. Her name is Caroline Worth, she has a business called Bitewize Nutrition and she's a registered dietician, not a nutritionist (for which you need no qualifications). Caroline says...



I have had quite a few requests for soup recipes recently, and given that the first snow of the winter fell recently – I think that is completely fitting! I am not sure if there is anything much better than indulging in a big bowl of warming soup with a hunk of crusty bread to go with it?!

Soups are also good as they tend to be an easy way of doing some meal prep for the week ahead – or at least have you sorted for a few work lunches for the week. Alternatively, soups generally freeze well so that you can make a big batch and store them until needed. This weekend I decided to try a Roasted Carrot Soup.



Carrots are cheap and packed full of nutrition. The distinctive orange colour comes from β -carotene which in part gets metabolised into Vitamin A. You know how it is said that carrots help you see in the dark? Well that was said to be because of the Vitamin A – but this is actually not true. It comes from World War II and was used as propaganda by the English Air Force to explain their successes in air strikes – but was actually hiding improvements in radar technology! Carrots are also reasonable sources of Vitamin K and B6.

Carrots are lovely and sweet (although are actually low sugar) But roasting will bring that sweetness out and enhance the flavour further, which is why it is worth taking the time to roast these carrots rather than just boiling them in a pot.

What you will need

1kg carrots cleaned and chopped into thirds
1 large brown onion cut into eighths
Olive oil for roasting
4 cloves garlic
1 tsp crushed ginger

4 cups vegetable stock
2 tsp coriander
 $\frac{1}{2}$ cup milk
Salt and pepper to taste

What you need to do

Heat oven to 220 degrees C and line a roasting tray. Wash and chop your carrots (I don't usually peel mine – I am a bit lazy!) Drizzle with olive oil and season with salt and pepper. Roast for about 25 minutes. Peel and cut the garlic and onion and add to the roasting tray and roast everything together for a further 15-20 minutes. The carrots should be starting to look a little charred and be soft when a knife is inserted. Remove from the oven and place everything into a food processor with 2-3 cups of vegetable stock. Blend until smoothish and then transfer to a large pot on the stove. Add the coriander and additional cup of vegetable stock. Heat until bubbling and then add milk and stir through. Season as needed and serve with a crusty slice of bread of your choice and enjoy!

Our thanks to Chris and Caroline

Contact Tracing - Dave

During the COVID-19 lockdown period, listening to or watching the daily government updates, we were made aware of the importance of speedy reliable contact tracing. Even now that we are out of that lockdown period we are being reminded of the importance of keeping a record of our contacts, whether it be by way of a diary or by downloading the Covid-19 phone app.

I have been using the phone app and I have also been keeping a daily diary. I see the need for both methods since the phone app has some limitations and can only create a record if there is a code to scan. I believe an update will allow manual entry into the app but in the meantime, a separate diary does the job.

For the system to be successful, everyone needs some sort of record of their contacts and whether or not you are a fan of the phone app, I would encourage the use of a system that suits you. Any system is better than nothing and until this virus is controlled, we cannot predict whether the need for large-scale contact tracing will re-emerge.

When keeping my diary, I soon realised, my memory being what it is, that it needs to be done soon after the event, preferably on the same day.

I did discover there were one or two ways of reminding myself of where I had been. Checking our bank account was one of these as that could remind me of the dates and times that I visited certain shops. If you are in the habit of taking photos, reviewing those would be another way of remembering what to put in the diary.

Dave (Ed)

DID YOU KNOW THESE THINGS HAD NAMES?

1. The space between your eyebrows is called a glabella.
2. The way it smells after the rain is called petrichor.
3. The plastic or metallic coating at the end of your shoelaces is called an aglet.
4. The rumbling of stomach is actually called a wamble.
5. The cry of a new born baby is called a vagitus.
6. The prongs on a fork are called tines.
7. The sheen or light that you see when you close your eyes and press your hands on them is called phosphenes.
8. The tiny plastic table placed in the middle of a pizza box is called a box tent.
9. The day after tomorrow is called overmorrow.
10. Your tiny toe or finger is called minimus.
11. The wired cage that holds the cork in a bottle of champagne is called an agraffe.
12. The 'na na na' and 'la la la', which don't really have any meaning in the lyrics of any song, are called vocables.
13. When you combine an exclamation mark with a question mark (like this ?!), it is referred to as an interrobang.
14. The space between your nostrils is called columella nasi.
15. The armhole in clothes, where the sleeves are sewn, is called armscye.
16. The condition of finding it difficult to get out of the bed in the morning is called dysania.
17. Illegible hand-writing is called griffonage.
18. The dot over an "i" or a "j" is called tittle.
19. That utterly sick feeling you get after eating or drinking too much is called crapulence.
20. The metallic device used to measure your feet at the shoe store is called Bannock device.

HOW MANY OF THE ABOVE DID YOU ALREADY KNOW?

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 Brent if you feel it needs up-dating.

Dave (Ed)

New public benches have arrived ... **Good Morning**



Thank you June Steele for this lockdown pic!!



Here when you need us:

GILLIONS
FUNERAL SERVICES

407 Hillside Road, South Dunedin.
Phone: 03 455 2128 (24-hour) | Toll-free: 0800 858 555
www.gillions.co.nz

Proud to be associated with **Heartbeat** and The Otago Phoenix Club



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