



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 everyone,

I hope you are all keeping fit and well. I am sure, like me, you are enjoying having our lives back to something like normality.

Since the Gym and Table Tennis have resumed, we have had quite good attendances averaging around 20 – 22 per night, good to see.

Since the newsletter in July, the big event of course was our Mid Year Dinner at the Mornington Tavern on the 26th August with 30 members

attending. I am sure everyone had an enjoyable evening, the Sticky Date Pudding got a 10 out of 10 from me.

Photos of some of the members attending



In July the Committee was approached by the St Peters Church Table Tennis group with the idea of us selling them one of our table tennis tables. The Committee decided that instead of selling the table, we would loan it to

them on the understanding that if ever we require it to be returned, that it would be. They are responsible for any maintenance that may occur.



The BBQ Table has been sold to the NZ Motor Caravan Assn for \$300 and a new fridge has been purchased and installed for Ward 7b Relatives room, with these funds. A letter of thanks has been received from Ward 7b DPH.

Once again we have the opportunity to have a firewood raffle, thanks to the generosity of Peter and Pariya. Tickets will be on sale at the gym door or online (see email from Secretary). Good luck on your purchase. The raffle will be drawn 1st November at the BBQ to be held at Peter and Pariya's home and a big thank you to the members who came to help with the firewood and cone collecting at Peter and Pariya's property.

Last, but not least, we still have a problem with no names down for door duty in November and December. This only requires you to be at the gym by 6.30 pm and note the name of member arriving. This is required for using the building after hours, necessary for fire regulations.

Please assist by putting your name forward, If a full month is too much, we can accommodate by sharing, maybe 2 weeks or just Mondays etc. Just write your name on board or speak to me.

Lets keep this great club going for another 50 years by all doing our little bit to help. Good Health to everyone. Cheers, *Eric Higgins*, President

Mid Year Dinner Raffle Result

A fund-raising raffle was organised in the time leading up to the Mid Year Dinner. Tickets were sold to members at \$2 for one or \$5 for three and the prizes were drawn at the dinner. The winners of the three prizes were as follows:-

A grocery hamper, approximate value \$50 →

Won by Paul Hutcheson.

A Countdown gift voucher valued at \$50

Won by John Wills.

Wine and chocolate feel-good combo, valued at approximately \$30

Won by Niki Worth.

Our Treasurer, Chris has confirmed that collection from the raffle was \$240 and money spent for raffle was \$39.60.

Dave (Ed)



Secretary's Word



The club is currently running the annual “Firewood” fund raising project. The visual part of the project is where we see Vic, Keith and Chris, our Treasurer, doing their thing selling raffle tickets etc. But in the background there was a team putting together the resource that provides the raffle prizes; i.e. the split blocks of pine wood and the bags of pine cones.

On Saturday the 17th of October that team assembled in Pariya and Peter Williams’ plantation on the Eastern side of Chain Hills above Fairfield. For a couple of days President Eric and myself debated the forecasted weather for the day, with the night before being quite rough weather wise. A green light decision early on Saturday morning turned out to be spot on. Conditions treated us well.

By around 1:30 pm we had gathered a full trailer load of split blocks and many bags of pine cones. The two group photos show the morning tea assembly, and later in the day a lovely sunny lunch at the homestead. Many thanks again to Pariya and Peter for their hospitality and making the firewood resources available to the club. Thanks also to the team on the day; we hope it was an enjoyable time for you.

Morning tea (left to right):

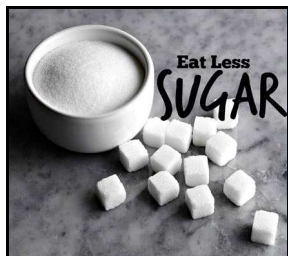
Graeme, Dave, Colin, Chris, Pariya, June, Bill, Brent, Lynette, Geoff, Eric and Carol (present but not in the photo was Bill Ferguson)

Brent



Eat Less Sugar - Chris Worth

My daughter sent me this to share with members. 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).



In 2015 the World Health Organisation (WHO) released new recommendations for the intake of free sugar in both children and adults. It recommended that free sugar should be reduced throughout the life course to less than 10% of total energy intake with further benefits being seen if free sugar is reduced to less than 5% of total energy (roughly 6 tsps sugar/day).

So what exactly are free sugars?

Free sugars as defined by the Scientific Advisory Commission on Nutrition (SACN) describes them as:

“Free sugars’ comprises all monosaccharides and disaccharides added to foods by the manufacturer, cook or consumer, plus sugars naturally present in honey, syrups and unsweetened fruit juices. Under this definition lactose (the sugar in milk) when naturally present in milk and milk products and the sugars contained within the cellular structure of foods (particularly fruits and vegetables) are excluded.”

And what *isn't* free sugar?

- Sugar naturally present in fruit
- Sugar naturally present in vegetables
- Sugar naturally present in cereals and grains
- Lactose – the sugar naturally found in milk and milk products

But how do we eat less free sugar?

Learn to read labels

There are plenty of names for sugar – learn to look for them in the ingredients list.

The other thing to look for is how much sugar there is per 100g of the

product. If the product has more than 15g sugar/ 100g then it is probably too high in sugar to be a good choice. If choosing something like a breakfast cereal or yoghurt up to 20 or 25g sugar per 100g may be acceptable for an occasional choice.

If there is less than 5g sugar per 100g this is likely to be a good choice.

Unfortunately in New Zealand our food labels don't differentiate between natural occurring sugar and added or free sugar. This can get confusing when looking at things like milk products such as yoghurt which have natural occurring sugars, but might also have added sugar. Due to the natural occurring lactose in these products there will usually be around 5g sugar/ 100g anyway. This is not a reason to disregard this product, but anything above 5g is likely to be added sugar.

From July 2018 the States is looking to separate natural sugar from added sugar to help inform the consumer a little more.

Imagine the sugar listed on a label in teaspoons



Remember we are aiming for less than about 6tsp of added sugar per day. Roughly 4g of sugar listed on a label will equal 1tsp of sugar. Sometimes visualising the amount of sugar is enough to put us off!!

Avoid eating packaged foods

To save time and the hassle of label reading, avoid packaged foods as much as possible. In order to help lengthen the shelf life of products and to improve palatability sugar is often added to packaged foods. This means the more whole foods you can eat, the better!

Shop the perimeter of the supermarket

This is where you will find most of your core ingredients such as fruit and vegetables, milk products, butchery and seafood items. These items should make up the bulk of your grocery shop as they will be minimally processed and packaged. These foods are all nutrient dense with the least

processing meaning less chance to add sugar!

Stop drinking your sugar

Common fizzy drinks will have around 9 tsps of sugar in them if not more. That's already more than WHO recommends in an entire day!

Any kind of sugary drink is best avoided. That includes all fruit juices, fruit drinks, cordials, fizzy drinks, iced teas, flavoured milks, energy drinks as well as adding sugar to drinks.

Currently 30% of New Zealand men and 17% of women consume fizzy or energy drinks three or more times each week! This is far too many!

Instead choose water as your main drink and add your own flavouring with things like herbs and lemon juice.

Swap your snacks

Again avoid packaged snacks as much as possible. In the very least choose snacks that have been through the least processing as possible. Choosing whole foods where possible will help with this.

And finally

Remember we don't need to go 'sugar free' or limit foods unnecessarily. We don't need to cut all fruit and milk products out of our diets. Treats are perfectly acceptable so long as we recognise them as being 'occasional' foods rather than 'every day' foods.

If you are careful and mindful about your choices for the majority of the time, a bowl of ice cream or a slice of cake on occasion will help you to maintain a healthful relationship with food whilst achieving fantastic health and wellbeing!

References

WHO – Guidelines: Sugars intake for adults and children 2015

SACN 2015 Carbohydrates and health report

Ministry of Health. 2015. Eating and Activity Guidelines for New Zealand Adults. Wellington: Ministry of Health

Chris and Caroline



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 6th of 9 tips to help you boost your brain power! - Have a laugh

You've heard that laughter is the best medicine, and that holds true for the brain and the memory, as well as the body. Unlike emotional responses, which are limited to specific areas of the brain, laughter engages multiple regions across the whole brain.

Furthermore, listening to jokes and working out punch lines activates areas of the brain vital to learning and creativity. As psychologist Daniel Goleman notes in his book *Emotional Intelligence*, "laughter seems to help people think more broadly and associate more freely."

Looking for ways to bring more laughter in your life? Start with these basics:

Laugh at yourself. Share your embarrassing moments. The best way to take ourselves less seriously is to talk about the times when we took ourselves too seriously.

When you hear laughter, move toward it. Most of the time, people are very happy to share something funny because it gives them an opportunity to laugh again and feed off the humor you find in it. When you hear laughter, seek it out and try to join in.

Spend time with fun, playful people. These are people who laugh easily—both at themselves and at life's absurdities—and who routinely find the humour in everyday events. Their playful point of view and laughter are contagious.

Surround yourself with reminders to lighten up. Keep a toy on your desk or in your car. Put up a funny poster in your office. Choose a computer screensaver that makes you laugh. Frame photos of you and your loved ones having fun.

Pay attention to children and emulate them. They are the experts on playing, taking life lightly, and laughing.

Jenni



Just for a Change Joke Time from June Steele More from John Next Time



Laughter Therapy

While getting married, most of the guys say to girl's parents, "I will keep your daughter happy for the rest of her life".

Have you ever heard a girl saying something like this to the boy's parents like "I will keep your son happy for the rest of his life"???

Nooo... because women don't tell lies!



A small argument between a couple turns violent

Husband says: Don't let the animal in me come out!

Wife replies: Who's afraid of a mouse??



If wife wants husband's attention, she just has to look sad and uncomfortable. If husband wants wife's attention, he just has to look comfortable and happy.



A Philosopher HUSBAND said: - Every WIFE is a 'Mistress' of her Husband... "Miss" for first year & "Stress" for rest of the life...



Do you remember the tingling feeling when you took the decision to get married?... That was common sense leaving your body !



Son: Dad, I got selected for a role in a play for annual day!

Dad: What role are you playing?

Son: A husband!

Dad: Stupid, ask for a role with dialogues!



Husband to wife: You should learn to embrace your mistakes... She hugged him immediately.



A very intelligent girl was asked the meaning of marriage.. She said: "sacrificing the admiration of hundred guys, to face the criticism of one idiot"

June

Note: The following item was received from Leanne at the time that we were covered by Level 2 Covid restrictions, which of course no longer apply.

Dave (Ed)

Masks - From Leanne

With the return to level 2 Covid restrictions, it was mentioned in one of our ward meetings about the need to have a mask in your personal possession. Even though I had made myself a mask my sewing skills are not that great. An email went out asking the local cardiac clubs for assistance in the making of face coverings. The sewers of the clubs were tasked with making up some masks and delivering them to the heart foundation where they would be collected and sold. It became a win – win situation because it would generate some funds for the clubs and help out my colleagues who have no skills nor time to make masks.

The wonderful women of the Phoenix Club have since been busy making cloth face coverings. They came in lovely colourful fabrics and interesting designs. The demand for masks was strong and elastic was in short supply but I still received enough masks and managed to sell them all. Some people were buying for their family so would take two or four masks at a time. They loved all the fabric but being Dunedin many asked for them to be in black. So boring!

I had no trouble selling the masks on the seventh floor and I did not need to go elsewhere to make sales. We managed to make some money for the clubs and I am grateful to the talented sewers of Dunedin and the Otago Phoenix Club.



Photo from Leanne

The models are wearing masks made by The Phoenix Club. Thanks to everyone involved; they went like hotcakes! We are now ready for the bus.

Suzanne Purton cardiology social worker and me.

Leanne



A Special Thanks to Warren Knox From The Heart Foundation and Leanne

The Heart Foundation and I wanted to acknowledge the contribution Warren makes to the Phase 2 Cardiac Rehabilitation seminars. He was the honoured guest at the volunteers meeting on the 15 July and was given a hamper of celebration food which may not have been entirely heart-healthy! He certainly deserves the accolade as he is a true example of doing cardiac rehab the right way. As I said in my very short speech (the best kind) cardiac rehab is not about what we can do for you, it is about what you can do for yourself. Warren and of course the Phoenix Club are excellent models of cardiac self-management.

Leanne



Hi Phoenix Club

We have produced another exercise video on You Tube; mostly Ashley, I just did the filming and editing. Please follow the link and like and subscribe.

https://www.youtube.com/watch?v=db_vMkdiGz4

I hope you can share it around the Club.



Thanks,
Leanne

Note: If you have trouble getting the link to work, try copying and pasting it into your browser. *Dave (Ed)*

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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)

Ward 7B Lounge - Leanne

Thank you to all who have contributed to the coffee station in the 7B lounge:



The Phoenix Club for the perfectly-sized fridge.

The Larks for the clear view electric kettle.

The SDHB provides the tea, coffee & cups.

And special thanks to the health-care assistants who keep it in order.

Many thanks for your continued support and care of patients and families. It is most appreciated as it provides a quiet place for whanau to wait and to take some time-out from a busy and stressful environment.

Much gratitude,
Leanne



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)



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Something good from the Phoenix Club



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