



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

Hullo Everyone.

Welcome to the August edition of the Heartbeat magazine. Once again the year is flying by. It seems like just yesterday we were celebrating New Year. It has been a tough year once again and I hope all members are keeping well.

If you have had Covid, I hope you have come through it okay as it seems it effects individuals in different ways, so take care.

I am sorry to have to inform members that, since our last magazine, four members of The Phoenix Club have passed away; Beverley Young, Peter Borland, Danny Knudson and Lynley Browne. The committee, on behalf of the members, have sent our condolences to their families by way of a sympathy card. They will be dearly missed.

The committee are still meeting by video link and during our last link we discussed upcoming events. Due to Peter Williams being unwell and also due to Covid, our annual wood raffle has been postponed a few times but we are still planning to proceed with it. Members will be informed when and where.

Our mid-year meal has gone beyond mid-year and there have been suggestions that we have a pre-Christmas meal. Whatever is decided, we will get an email out to members and for those without email, we will phone around to find out preferences if there are choices to be made. At this stage I

think it's a matter of waiting for the warmer weather, which hopefully is not far away, so we can arrange some out-door events that will allow us to all meet up again. This will give us something to look forward to in these last few weeks of winter.

The gym nights are going well at the children's pavilion although we would liked the attendance to increase a tad, but again, being winter and with Covid being high in Dunedin at one stage, it is understandable people are cautious of coming to the gym. The only real stipulation the hospital have put on gym sessions, is that they require us to wear masks and maintain distance when moving between the building entrance and the gym when arriving and leaving. Chris and Brent go into the rules in more detail on pages 7 and 8. Mask-wearing in the gym session is not mandatory but recommended. So come along and catch up. Also it would be good to see some table tennis players back. The table is a bit lonely.

Well that's all from me for this edition. Please, everyone stay safe and well. I look forward to seeing you at the gym / table tennis sessions and please feel free to come up and have a chat. Take care.

Cheers,

Keith Tricker (President)

Secretary's Word



On the Monday evening of the 20th June 2022 the gym and table tennis exercise sessions restarted, finally. As was before, the venue is the SDHB's Children's Pavilion i.e. the temporary Gym (access is still via the usual Fraser Building Cumberland Street door).

Numbers attending got off to a good start at around 15 members attending, but I suspect that as winter started to make its presence known, the average attendance crept down to around 10 or so.

For myself it is great to get back to the gym. I have also been acting as a stand-in table tennis player when the numbers are light. That game is hard work, or at least picking the ball up off the floor is. I remember from years ago the noise that used to come from those playing table tennis. I think I know now of the source of such excitement. Welcome back Pariya and Peter to the tennis and gym sessions.

Brent

Treasurer's Word



We have received notification from the University about the 2021 recipient of the Ted Nye Prize. Elinor Harris was awarded the prize and has provided the following letter for the Club. *Chris*

To The Otago Phoenix Club,

I am writing this letter to thank you for the scholarship I received from you earlier this year, and to tell you a little about who I am.

My name is Elinor Harris, and I entered Medical School through the health science first year pathway. I was born in the UK, but moved to NZ when I was just two years old, growing up in Hamilton. I have always had a passion for science and all that it can involve, even from a very young age. I've also known that I wanted to use that passion to help people, but it wasn't until the end of high school that the idea of becoming a doctor started to cross my mind. I visited Otago University for the open day and fell in love with the city, as it reminded me so much of my roots. I enrolled in first year health science, as the idea of becoming a doctor was starting to grow. When I was offered a place at the Otago Medical School, I took it as a sign and accepted right away. I have never looked back since. I have very much enjoyed the years I've spent living and studying in Otago, it has started to feel like home. I can very much see myself living here in the future.



I'd like to thank you again for the scholarship. I have decided to save it to one side for now, and wait until I will be needing resources related to my studies. I wish you well in your Club's endeavours, it's great to see what you are doing for your community.

Thank you and kind regards,

Elinor Harris



In the classroom, four worms were placed in four separate test tubes:

- 1st in Beer
- 2nd in Wine
- 3rd in Whisky
- 4th in Mineral water

The next day, the teacher shows the results:

- The 1st worm in beer, dead.
- The 2nd in wine, dead.
- The 3rd in whiskey, dead.
- The 4th in mineral water, alive and healthy.

The teacher asked the class:

“What do we learn from this experience?”

And a child responds:

“Whoever drinks beer, wine and whisky, does not have worms.”

Send it to your friends so they do not have worms..!



Never Argue With Children

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small. The little girl stated that Jonah was swallowed by a whale. Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible. The little girl said, “When I get to heaven I will ask Jonah.” The teacher asked, “What if Jonah went to hell?” The little girl replied, “Then you ask him.”



**The Oldest Computer
Was Owned By Adam
And Eve. It Was An
Apple With Very Limited
Memory. Just 1 Byte
And Everything
Crashed!**



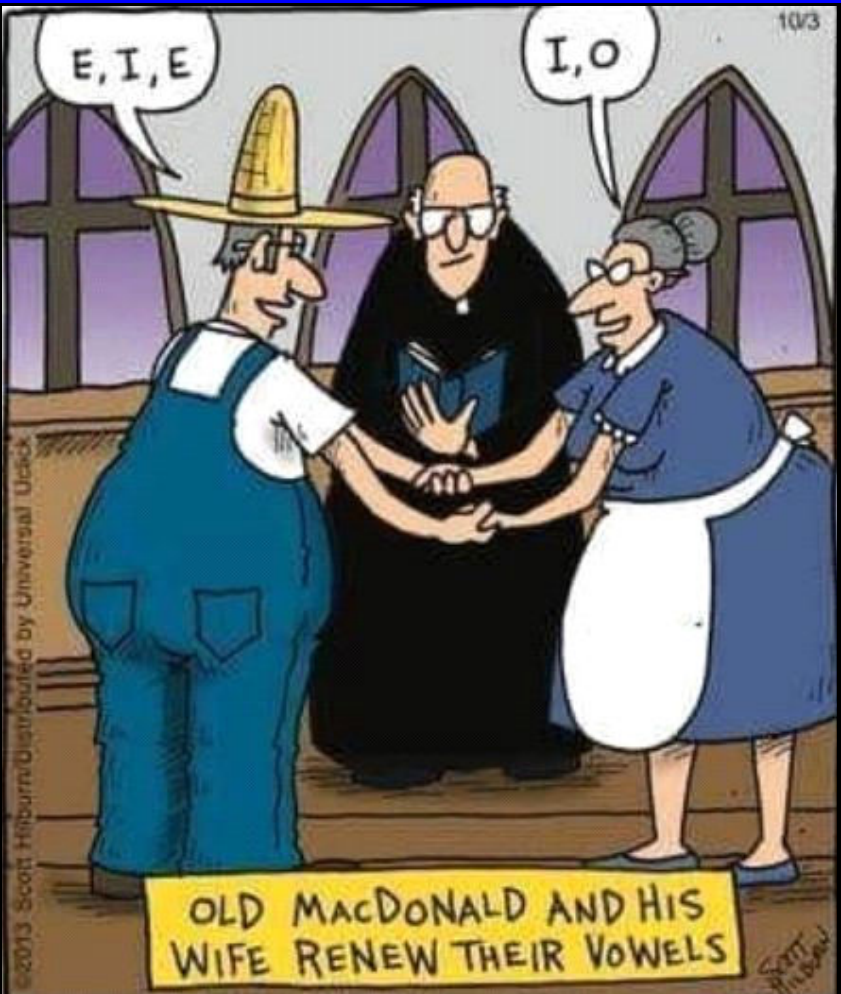
Five Hundred Times:

In a traffic court of a large Mid-western city, a young lady was brought before the judge because of a ticket given her for driving through a red light. She explained to His Honour that she was a schoolteacher and requested an immediate disposal of her case in order that she might hasten on to her classes. A wild gleam came into the judge's eye.

"You're a schoolteacher, eh?" said he. "Madam, I shall realize my lifelong ambition. I've waited years to have a schoolteacher in this court. Sit down at that table and write 500 times, "I went through a red light." 😄

June

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Community Pharmacy Anticoagulation Management Service (CPAMS) - Leanne

Some of you may be taking warfarin because you had heart surgery to replace a damaged valve with a mechanical valve. Warfarin is also one of the medicines used to reduce the risk of stroke associated with atrial fibrillation. People who take warfarin understand the complexities of taking this medicine and the monitoring that is required to remain within a therapeutic range. This requires frequent blood testing to find the INR (international normalised ratio) by which the dose of warfarin is determined.

Perhaps you are not aware your local pharmacy is able to monitor the INR levels and by using a finger-prick device and computer software is able to advise warfarin therapy. For you this may be more convenient and faster than a laboratory blood test. The service has been reviewed and the results published:

- “The Community Pharmacy Anticoagulant Management Service (CPAMS) is now well established in New Zealand and is available through more than 160 pharmacies. CPAMS has been provided in New Zealand for 10 years.
- The main strength of this study is that it is a **large complete data set**; all the results for over **10,000 patients** managed over 10 million days. All patients are managed in the same way. All pharmacists undergo the same training, have an assessment exam prior to managing patients and use the same decision support software.
- **Results of this review show that patients on warfarin managed through CPAMS achieve good anticoagulant control with the INR results within the therapeutic range 73 % of the time, and that this level of control was consistent over the 5 years of the study period.**
- This review confirms that CPAMS provides an efficient service with safe anticoagulant control where the time within the therapeutic range is greater than 70% for the total population and more than **80% of patients would be classified as having “good” anticoagulant control.**
- This level of control is higher than seen in many published international studies.
- Not all pharmacies provide this service. If you are interested, your nearest CPAMS pharmacist can give you a form to give to your family doctor.

Leanne



Gym and Table Tennis Exercise Sessions



Gym and table tennis exercise sessions restarted on Monday 20th June 2022. It had seemed a long time coming, and we had been looking forward to getting back into the gym again.

As you probably know, our committee met online fortnightly observing what was happening in the community and the hospital.

In restarting group exercise sessions, it was paramount to us that we are able to do this in as safe a way as possible. To support this, there are a few simple rules to be followed when coming to gym:

- Masks are required when we enter and leave the building (this is to protect us and any hospital staff that we might encounter, such as the cleaners) while we are in the corridors.
- Once you've arrived and checked in, you are asked to go up to the gym to avoid congregating in the public space around the entrance.
- Wearing a mask is not required once inside the gym or during exercise sessions, although most attending opt to keep them on most of the time.
- The gym is set out so that distances of at least 2 metres between members is easily achieved.
- The hospital has requested that no one going to the gym then go on to visit anyone in hospital, since this bypasses any controls at the main entrance.



As you can see, the requirements are not onerous and solely designed to promote safety, our own and those who work in the hospital environment.



Numbers attending are lower than they were pre-Covid naturally, and lower than the gym can cater for. We know that winter nights are a challenge to venturing out, but our medical advisers constantly remind us how important exercise and social contact is to our mental and physical wellbeing.

Chris and Brent

A Good Walk Close To Home - Chris Worth



There's a really good walk not far from Dunedin- there's an element of challenge, it has really good views and it's not too long.

Drive to Taieri Mouth, take the first right after the bridge and go to the end of the road. The Doc sign will lead you to the well-formed track along the Taieri River.

Heading away from Taieri Mouth you follow the river for a



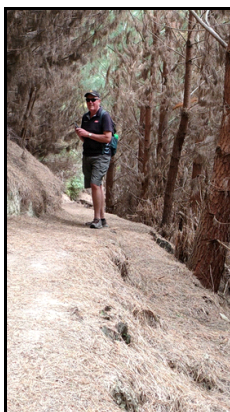
Taieri River- the tide's out!

short way before the track climbs a bit, giving you very good views of the river and valley looking both ways.

Looking back to the Taieri Mouth Bridge

From this part of the track you get a view of a bluff called Maori Leap, reputedly the site of a revenge killing of a Maori chief.

The highest point of the track has a bench seat with a view.



The pine plantation

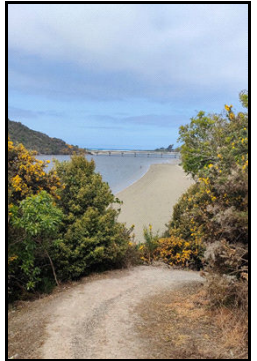
From there you leave the bush for a while and walk through a pine plantation.

A little further on the pine turns back into bush, and goes downhill to John Bull Flat, a p a r t o f a n a m e n t l y n a m e d a f t e r t h e



The beach at John Bull Flat

Canadian Taieri Mouth ferry operator in the mid-19th century, who retired here.



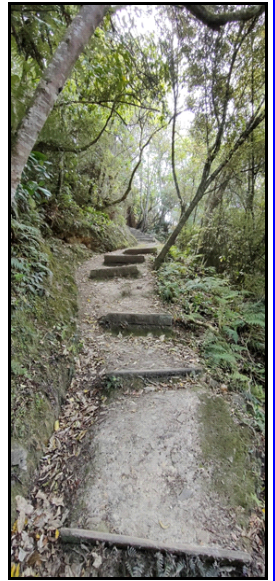
The highest point

We had our lunch there, and then retraced our steps to Taieri Mouth.

The ups and downs are mostly on well-formed steps.

It is possible to take the other fork above the Flat and walk to Henley- this was built as a millennium project. [Additional detail from “Day Walks of Dunedin and Coastal Otago, Reed Books, 2004]

Chris



Our Congratulations to Aart Brusse

Congratulated by Governor-General Dame Cindy Kiro after his investiture in Wellington earlier this year, Phoenix Club member Aart Brusse who received the Queen’s Service Medal for services to music.

Dave (Ed)



ODT Photo: Courtesy Government House and Doug Mountain

**Dedicated COVID-19 Healthline, 24 hours a day, 7 days a week
for free on 0800 358 5453**



How Technology Changes

(Information from the Internet)

A 5 MB HARD DRIVE BEING LOADED ONTO A PANAM PLANE, 1956

This picture shows how much technology has evolved in the past few decades. This IBM hard drive weighed more than 2,000 pounds and had a 5 MB capacity. To put things in perspective, this hard drive could have stored one or two smart-phone pictures today.

Dave (Ed)



Editor's Note

I am sure you will have noticed that this Heartbeat newsletter is only the second one for the year, whereas we would normally have had three by now. Covid has been the culprit; causing us to suspend club operations for a time and preventing some of the activities we would otherwise have been reporting on. It is hoped that Club activities will increase as we work toward the end of the year.

A few of our members are regular contributors to Heartbeat and in this edition, Chris has been particularly helpful in sending me a number of items. I am always on the lookout for articles of interest to members and it would be good to see contributions coming from a wider selection of our members. So if you have a topic of interest or hobby that you would like to share with our club members, I would be very pleased to hear about it. You can email an article to me at heartbeat@otagophoenix.nz or if you do not have Internet access, you can phone me on 487-6195 to work out another method.

Dave (Ed)

Subscriptions

With all the disruptions, it would be easy to overlook paying your subs. The Club relies on members' subscriptions to enable it to run.

If you are unsure if you have paid this year's subs or not, please contact the Treasurer.

Email to: treasurer@otagophoenix.nz

or you can ring Chris on: 021 662 818.

Subs can be paid by internet banking to the Club's bank account number:
03-0903-0382417-00.

Please include your name and "Subs" in the information fields.

You can also pay in cash at the gym door on Monday or Thursday nights.

Thanks to all those who have paid already.

Chris Worth, Treasurer



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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