



## Newsletter to Keep the Wheel Turning



**President:** Jeanette Thorne

**Secretary:** Richard Ryan

**Meeting location:** Royal Oak Bowls, 146 Selwyn Street, Onehunga, Auckland

**Time:** Monday evening 5:30pm for 6 p.m. start to 7:30pm, includes \$21 dinner

**Mail:** PO Box 29086 Greenwoods Corner, Epsom

**Web:** <https://www.rotarymaungakiekie.org.nz/>

**Rotary** 

**JULY IS  
LEADERSHIP MONTH**

"IF YOUR ACTIONS INSPIRE OTHERS TO DREAM MORE, LEARN MORE, DO MORE AND  
BECOME MORE, YOU ARE A LEADER."  
- JOHN QUINCY ADAMS

## Newsletter 139, 24<sup>th</sup> July 2023

### Senior Citizens Health and Retirement Living Course (Report)



## Senior Citizens Health and Retirement Living Course (Report)

Rotary  
Club of Maungakiekie



*In lieu of our Rotary Club meeting on 24<sup>th</sup> July, members and the public were invited to this Rotary Club of Maungakiekie sponsored event, initiated by the Onehunga District Council of Social Services (ODCOSS), at the Onehunga Community House, 11:30am-1.00pm, Thursday 20<sup>th</sup> July.*

### **Presenters:**

**Dr Richard Busfield** (GP, MB ChB). An Auckland based General Practitioner, in practice for nearly 25 years.

**Jeanette Thorne** (MBA). An ex-physiotherapist and past-president of the Auckland branch of Physiotherapy and past-VP of the New Zealand Society of Physiotherapy.

The talk was targeted toward senior citizens and retirees, their families and caregivers. The audience was also encouraged to ask questions regarding related health (physical/mental) issues.

A good number attended, were fully engaged and nearly everyone asked multiple questions along the way. A quick poll revealed most were retired, elderly and under 85-yrs.

Both Jeanette and Richard had a friendly and engaging way about them, easy to listen to and came with plenty of advice. Richard warmed the group up with a recollection of his father-in-law who was in his 90's, would answer when asked how he was feeling? with, "Much better than the alternative!"

In Richard's time he has heard a variety of responses from the elderly when asked about their longevity or how they feel:

- 92yr male: "Eat well, hate no one, keep busy, exercise."
- 93yr woman, bad skin, still working, lives alone: "I enjoyed the lockdown as people left me alone, and I could do what I want!"
- Elderly person: "I hope COVID takes me."
- Another: "I've got nothing to look forward to."

Richard recounted how an 87yr male had bought a promotional, lifetime membership to a Health Club 20 years ago, attending ever since and now looks very sturdy and "tensile".

However, it's what's under the 'bonnet' that you can't see also counts. Another fit and very active elderly male, when examined by his doctor was found to have a very significant heart murmur.

Some general advice:

- Don't use sleeping tablets long term.
- Exercise your mind.
- Limit your alcohol. Recent research no longer supports 1 glass a day being beneficial to your health.
- Understand the meds you are taking - review and stop unnecessary medication.
- Avoid stress.

## STROKE

Dr Richard then demonstrated what to look for if you suspect someone is having a Stroke. Act "**FAST**". Check their **F**ace, **A**rm movement, **S**peech for abnormality. If abnormal, then **T**ime is of the essence. Call 111 and get them to hospital ASAP.

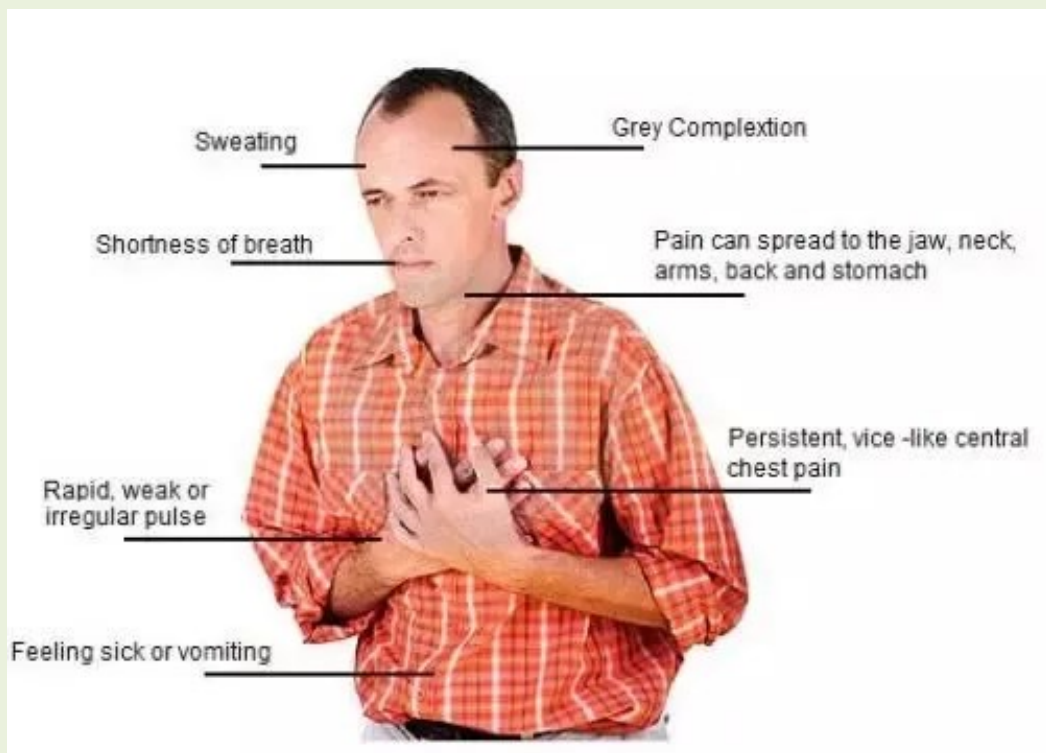


The good news for stroke victims is that the body is very adaptable and after a stroke affected parts of the brain can be "rewired" to restore any loss in movement or speech.

# HEART ATTACK

Dr Richard also spoke about the treatment of Heart Attacks. Things have definitely changed over the years. In 1965 it was to lay in bed for a week and rest.

Nowadays patients having a heart attack are raced by ambulance to the nearest hospital catheterisation laboratory commonly known as “cath labs”. Here fine wires are fed through your veins to your heart, so that the blood supply to the heart itself can be rapidly assessed, clots blocking flow dissolved, and miniature pipes (‘stents’) inserted to widened narrow arteries. Damage to the heart can be greatly reduced, but as always time is of the essence.



**Heart attack symptoms**

Again, if you suspect a Heart Attack, call 111 and get to hospital ASAP!

The goal however is to avoid having a Stroke or Heart Attack.

So:

- Don't smoke or vape.
- Avoid getting diabetes.
- Get your cholesterol level checked. Statins (cholesterol-lowering drugs) are very good at both reducing your cholesterol and stabilising any already deposited around your heart.
- Get your blood pressure checked. High blood pressure does damage and usually has no symptoms!

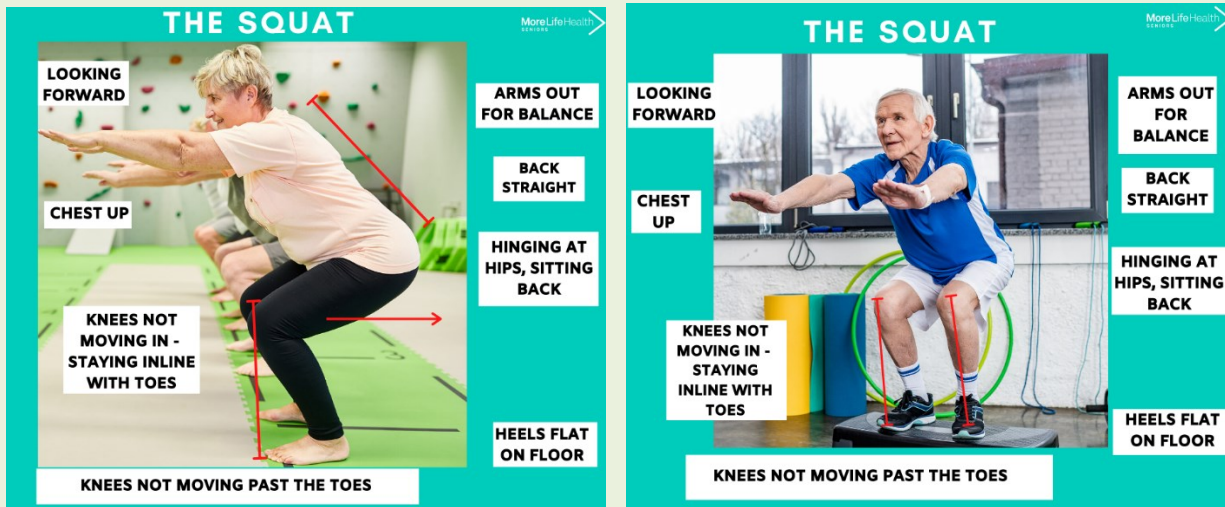


## Other health tips

- Take up the offer for the free **National Bowel Screening** cancer tests which are delivered to homes. Everyone between 60-74yrs (Māori: 50-74yrs) should receive the free test kits in the post every 2-years. You post a sample of your faeces back to the lab which basically checks for any blood cells in your poo. The Screening Center then posts you your results back in three weeks along with any further course of action.
- **Bladder:** don't put up with either a leaky bladder, or having to go all the time including through the night - see your Dr.
- **Bone density checks**, especially for women after menopause. The natural bone cell replacement process changes, where bone replacement cannot keep up with the body's now heightened bone-dissolving activity. There are pills that can slow up the bone dissolving activity.
- **Non-combat boxing is good** for Parkinsons patients. It can slow the progression of the disease and improve the physical and cognitive symptoms including non-motor indications such as constipation or depression.
- **Prostate cancer (PCa) checks:** This is a controversial area. There is no National Screening program. Ask your GP, especially if you are having bladder problems.
  - Research shows autopsy-detected PCa was 30-fold greater than PCa-specific mortality in each 10-year category. *(Ref: "More men die with prostate cancer than because of it" - an old adage that still holds true in the 21st century. Jacklin C, Philippou Y, Brewster SF, Bryant RJ).*
  - If under 50 years, then patients with elevated PSA should do something.
- **Vitamins:** If you eat a good, varied diet, you likely get enough vitamins anyway. Supplements are all very well, but many vitamins have 'regulated uptake' meaning if you have enough on board already, then any extra is not absorbed, and just pass on through (so maybe instead spend your money on a good massage!).
- **Probiotics:** the number of natural bacteria in one's intestines is about 40 trillion ( $40 \times 10^{12}$ ), more than stars in the galaxy. The effect of ingesting shop-bought probiotic is equivalent to dropping a thimble full of water in an Olympic swimming pool. Maybe it does something, but maybe save your money for another massage!
- **Wounds in the elderly:** wounds and ulcers below the knee are harder to heal. Worse for diabetics. Circulation to your lower legs is just different.
- **Diabetes:** this disease can't be seen visually and needs to be tested for and monitored carefully. It can have major effects on your health if not diagnosed or left poorly controlled. Make sure your GP has checked you for this.

## Jeanette then offered some advice

- Build leg muscle: learn how to do squats properly.



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- Get on the floor and find ways to get up. Used an object like a chair - practice.
- Strengthen stomach muscles/pelvic floor: a good idea is to tighten muscles each time you stop at traffic lights.
- Gardening: Be aware of getting legionnaires disease from potting mix.
- When getting up from a chair put your nose over your toes (it's almost impossible to get up without doing it).
- Good breathing techniques: Jeanette showed everyone how to breath in and hold for 3-sec then breath out. Diaphragmatic breathing is good for general health. It involves breathing deep into the stomach and fully engaging the diaphragm. This strengthens the diaphragm and helps the lungs work more efficiently. It may also promote a feeling of calm or relaxation.

## Other Q&As

Q: Should I take Vitamin D?

A; The advice has changed. Probably only required if you don't get to expose your skin to the sun regularly.

Q: What the latest stats on heart attacks?

A: A survey in 2000 showed that heart attacks in NZ are on the decline.

## Conclusion

Health is a combination of genetics and general lifestyle. Keep busy and mentally active.

Many found the course a very worthwhile 2-hrs and even though it dealt with sometimes embarrassing matters many opened up and got practical answers to questions they might not have thought to ask in a regular 15-min GP visit.



After the session Jeanette served up a healthy and tasty lunch she had prepared - many thanks!.

**Disclaimer:** This review is for informational purposes only. Always seek the advice of your doctor or qualified health care professional provider with any questions you may have regarding a medical condition or treatment.

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## COMING UP



**Peter Mayow** has asked members to pencil **Friday 25<sup>th</sup> and Saturday 26<sup>th</sup> of August** into their calendars.

**We need 12 or more collectors** who will be stationed at a stand outside the Onehunga Countdown. Volunteers would be rostered on one or more 2hr shifts.

This is a most enjoyable and fun time together especially when meeting the very friendly and supportive Onehunga community.





# DUTIES

Unable to attend > apologies to Noel: [noelcarey@hotmail.com](mailto:noelcarey@hotmail.com)

Unable for a duty > arrange own replacement & text Noel: Mb 0274 509 845

**NO MEETING NEXT WEEK (MONDAY 24th JULY)**

**Mon. 31<sup>st</sup> July 2023**

## **Onehunga High School DINNER**

**24 Pleasant St, Onehunga  
Doors open 5pm for 6pm**

**President:** Jeanette Thorne  
**Sergeant:** Noel Cary  
**Attendance:** Paul Jenner  
**Hosts:** Ernie Meyer/ David Eastwood  
**Thanks:** Barry Stafford

**Meeting: 6pm Mon. 7<sup>th</sup> August 2023**

**President:** Jeanette Thorne  
**Sergeant:** Noel Cary  
**Attendance:** Brian Williams  
**Hospitality:** Peter Mayow  
**Equipment:** Rob Lyons  
**Laptop:** Bill Appleton  
**Scribe/Photos:** Lloyd Albiston  
**Host:** Alan Bannin  
**5-min speaker:** Cat Levine  
**Guest speaker:** Maria Prescott  
(Principal) & Head Prefects, Marcellin College  
**Thanks:** Paul Jenner  
**Thought:** Gary Hays

## toUch of HumoUr



That's one ineffective barrier

