

# Make a difficult start to life that little bit easier

The Neonatal Trust provides support to families of premature or sick full term babies as they make their journey through neonatal care, the transition home, and onwards.

Do you enjoy knitting? 100% woollen items will help keep neonatal babies warm and provide a pick-me-up for families who are going through the stress and anxiety of a neonatal journey. Did you know 100% wool is a beautiful natural fibre that importantly is breathable? (unlike synthetics and acrylics, which can cause a baby to sweat and overheat). Babies born early cannot regulate their own body heat and the use of wool is key to ensuring their body can focus on growing and developing.

## What should I knit?

While 100% woollen items of all shapes and sizes are gratefully accepted, if you are considering knitting, please be aware that they often go through periods of time with an abundance of certain items, and much less of others.

At the moment, they have a very large supply of smaller booties and beanies. The following items are in more demand and would be gratefully received:

- New born size cardigans and vests
- Cot / bassinette size blankets, approx. 60 x 65cm in size
- Squares approximately 10cm x 10cm in size. These can then be sewn together to create blankets by volunteers.



**The Neonatal Trust**  
**PO Box 9366**  
**Marion Square**  
**Wellington 6141**

## The benefits of knitting:

Knitting and crocheting are often associated with friends and family. The craftwork in progress may be intended for a loved one or perhaps it is being created while in the company of friends, family or a social knitting group. Knitting is a fantastic hobby for individuals and the basic stitches are very easy to pick up.

The act of knitting is recommended to people of all genders and ages as it provides unexpected benefits for both physical and mental health – with the enjoyment and satisfaction factors on top of this. ■

## 5 interesting facts about knitting:

- It can help with managing stress, anxiety, and depression
- It keeps your brain healthy
- It can help your motor skills
- It is a meditative act
- It instils pride upon completion.

# Share your story with us!

Do you have a story, a favourite recipe or a great tip you would like to share? **Then we want to hear from you!**

Email your story (plus any photos), recipe or tips to **intouch@stjohn.org.nz** or via post to:

St John In Touch stories  
C/O Product Team, Private Bag 14902, Panmure, Auckland 1741

Congratulations to Anne Broome for sharing her recipe.



Thanks to Ann Broome from Blenheim for sharing this recipe!

# Mexican Pan Pie

Serves 4 (suitable to freeze)

## Ingredients:

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| ➤ ¼ cup (60ml) vegetable oil      | ➤ ½ teaspoon chilli powder          |
| ➤ 1 medium (150g) onion, chopped  | ➤ ½ cup (75g) self raising flour    |
| ➤ 500g minced beef                | ➤ ½ cup (85g) polenta               |
| ➤ 415g can tomato puree           | ➤ ¾ cup (180ml) milk                |
| ➤ ½ cup (125ml) water             | ➤ 1 egg, lightly beaten             |
| ➤ 1 small beef stock cube         | ➤ ¾ cup (90g) grated cheddar cheese |
| ➤ ½ teaspoon dried oregano leaves | ➤ ¼ teaspoon sweet paprika          |

## Method:

- Heat 1 tablespoon of oil in non-stick pan (20cm base) then add onion, stirring until soft.
- Add mince and brown then stir in tomato puree, water, crumbled stock cube, oregano and chilli. Simmer covered for about 30 minutes stirring occasionally or until thickened.
- Sift flour into bowl and add polenta then combine with milk, remaining oil and egg; beat until smooth.
- Pour over hot beef mixture then cook covered for 15 minutes or until topping is firm and sprinkle the top with cheese.
- Grill pie until cheese melts and garnish with paprika. ■

**Riddle answers:**  
1. A secret. 2. A promise. 3. Footsteps.  
**Puzzle answer:**  
87 – the parking numbers are upside down. Turn the page around and they read 86, 87, 88 etc.



# In Touch

Your St John Medical Alarm newsletter

Issue 018 | July 2018



A group strength and balance class in action

# Keep on your feet

You're never too old to challenge yourself – in fact, challenging your mind and body is a great way to stay fit and active throughout the golden years. Quite simply, use it or lose it!

Old age is inevitable, but limiting the activities we enjoy should not be. Studies show that 20% of elderly people restrict their activities due to a fear of falling. Retirement years should be filled with activities such as strolls on the beach or the ability to play with loved grandchildren.

'Keep on your feet' is national fall prevention programme specifically for older adults (aged 65+) and involves participants attending weekly community group strength and balance classes. Classes are suitable for men and women of all fitness and mobility levels. Our oldest participant is 101 years of age, proving that with the right attitude, classes are suitable for all ages.

The St John Medical Alarm team know that call-outs for fall related injuries are too common, so 'Keep on your feet' is something we now recommend to many of our customers.

One such example is Dennis Sealey, who was referred by St John in February 2018. He now attends one of our Mount Maunganui 'Keep on your feet' classes at Sport Bay of Plenty, who are the approved provider in the Bay of Plenty area.

Dennis says, "My very limited eyesight results in a greater risk of regular trips and falls so I knew I needed to improve my balance."

It's not just the physical benefits either, and although this is often why people initially attend, soon the social interaction side of classes is what keeps them coming back. As Dennis says, "I benefit from the exercise, but really enjoy the fellowship of this class."

'Keep on your feet' is part of a nationwide movement to reduce falls and fractures and support older people to 'live stronger for longer'. Residents outside the Bay of Plenty region can find details on classes near them by visiting **www.livestronger.org.nz/**

**To learn more about this initiative or to request a home safety check, speak to your friendly St John Medical Alarm Representative on 0800 50 23 23 or local doctor for a referral. ■**



Keeping warm and eating well in winter

Remaining warm both inside and outside your home and eating well can help reduce your risk of serious health problems.

As you get older it takes longer to warm up which can be bad for your health. The cold thickens blood and increases blood pressure, and breathing in cold air can increase the risk of chest infections.

Here are some handy tips:

- If possible, wear clothes made from wool, cotton or fleecy fabrics.
- Wear a hat and scarf as most heat is lost through the head and neck.
- A shawl or blanket will provide extra warmth, if you're sitting down.
- You should also try to keep your feet up, because air is cooler at ground level.
- Draw your curtains, as soon as it gets dark to stop the heat escaping and the draught coming in.
- Use a hot-water bottle, wheat bag or electric blanket to warm the bed, but never use a hot-water bottle and electric blanket together as this can be dangerous.
- Make sure you have at least one hot meal a day and regular hot drinks.
- Keep basic food items in your cupboard or freezer in case it's too cold to go shopping. ■



Left to right: AJ (Pat) McClenaghan, St John Northern Region Patron Richard Blundell KStJ, Betty Shackelford, Michael Jackson, Rob Campbell, Karen Drinkrow, John Russell, Northern Region General Manager Glen Hill.

Enormous giving to St John by local Trust

Four new emergency ambulances have hit Auckland roads thanks to the generosity of the Stevenson Village Trust. The addition of the new ambulances makes a total of five ambulances donated by the trust.

Glen Hill, Northern Region General Manager, says donations of this size are just extraordinary.

"The generosity of donors like Stevenson Village Trust, and others like them, makes the work we do in communities possible. These gifts don't come by very often, but we need them to literally save lives," he says.

Emergency health care is an essential yet expensive service, costing over \$200,000 for a modern ambulance on the road. Ambulances have hi-tech clinical and medical equipment including mobile data terminals, stretchers, a defibrillator, heart rate monitor and specialised extraction equipment.

"We're about making sure Kiwis have the emergency medical care they deserve. For us it's vital to keep the fleet up to date and in great condition, especially when lives are on the line," says Glen.

As a 24/7 emergency service, we continually need to replenish our fleet. The average ambulance in Auckland attends between 60 to 90 incidents a week. We're grateful to the trust for enabling us to continue serving our local community.

Stevenson Village Trust was founded by Sir William Stevenson, a philanthropist, avid supporter and

member of St John during his lifetime (1901–1983). The Village was established in 1975 as a partnership between Stevenson and the Howick RSA providing low cost housing to returned servicemen. Its eventual sale in 2016 has left the Trust with an 'estate' of money to administer.

Stevenson Village Trustee and spokesperson Betty Shackelford said the donation to St John was made in honour of the love and dedication Sir William had for the important work of the organisation, and in keeping with the tradition he set in donating ambulances to the cause. Sir William donated his first ambulance to St John in 1953 then another in 1959. ■



Photo taken at the Green Island Medical Centres Pink Ribbon luncheon on Thursday 17 May

Word search

M W Y X D K K T U P S H X B C  
B E V C U O J Q J N F B A S H  
D S Y Q N O N U M Q A L L H A  
N T T H X E P A M P A U T V R  
G N I R A C G E T N J G A P I  
R V N K N X M R C I N P T C T  
H D U S Z R X E E E O S G E Y  
T G M Y J Y M F R M N N W U J  
A Q M V T K S T I X E T A R P  
Q S O S B E S V I T A L I T Y  
M S C O M N F U X U M W F M X  
O M B I T N C A B J R H A Q T  
J M I Q Y G Y P S A A P M J U  
E H T N P I O H W X W X J O H  
R O O X X Y X Q E W Y N X A T

|           |           |
|-----------|-----------|
| Balance   | Emergency |
| Caring    | Safety    |
| Charity   | Strength  |
| Community | Vitality  |
| Donation  | Warm      |

Riddles

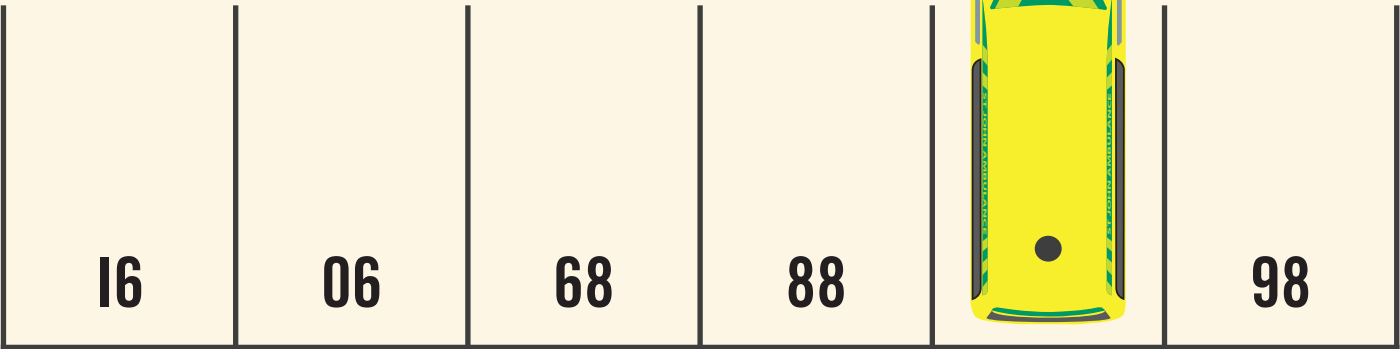
**Q1:** If you have me, you want to share me. If you share me, you haven't got me. What am I?

**Q2:** What gets broken without being held?

**Q3:** The more you take, the more you leave behind. What am I?

Puzzle

In what parking spot number is the ambulance parked?



Be in to win a \$50 Four Square gift card!

How much does an ambulance cost?

To enter, either email us the answer at [intouch@stjohn.org.nz](mailto:intouch@stjohn.org.nz) or write the answer on the back of an envelope and send it to us along with your details to: **St John In Touch competition, c/o Product Team, Private Bag 14902, Panmure, Auckland, 1741.**

Answers feature on the back page

Congratulations to the winners of the last edition – L. Worboys, M. Bacchus, C. Hume and P. Hunt



Caring caller service

Caring Caller is a service that St John provides for people who live alone or feel a bit lonely. Volunteers phone clients regularly to check that everything is ok. This free service is fully funded by donations.

Partners and friends pass on. Family members don't always live close by. Neighbours aren't always interested in getting to know you. And if you're unable to get out or you're unwell, it can be hard to meet people. While most of our clients are retired people, we also support others who are lonely.

Just having someone ask about your day can make all the difference to how you're feeling. It's even better if that someone shares your interests, like gardening, reading or sport. Looking forward to a good conversation can really brighten up the day. St John's free Caring Caller service connects people who need a friend with people who have time to listen and chat.

The people who become callers are community-minded individuals who understand the need for care and want to make a difference to someone's life. They have the time to make regular calls and build a friendship. They can also provide reminders that help with everyday life, like remembering to take medication or put the rubbish out. There's no money involved – Caring Callers are volunteer phone friends, doing a service because their hearts are in the right place.

Would you like a caring caller? Do you know someone who needs a caring caller? Are you interested in becoming a caring caller? If you answered yes, enquire now on **0800 000 606** or complete an online request form at **[www.stjohn.org.nz/What-we-do/Community-programmes/Caring-Caller/](http://www.stjohn.org.nz/What-we-do/Community-programmes/Caring-Caller/)** ■

