



Balance – June/July 2018



Diabetes Help Tauranga incorporating Diabetes Help Tauranga Youth

Winter is almost certainly upon us, with colder days and nights. We hope reading our winter edition of Balance will give you some tips on how to avoid winter colds, plus keep you up-to date with our activities.

It is with great sadness that we acknowledge the passing of Mr Kevin Akroyd, ex Board member and volunteer. Kevin died on the 7th April 2018 following an accident on his motor scooter. Kevin was a loyal supporter of the Tauranga and Mount Maunganui Diabetes Support Group and our Diabetes Program at the SwitchedOn Gym.

It is also with great regret we report that Peter Macrae has stepped down from his role as Chair of Diabetes Help Tauranga. Peter started as a volunteer in 2015 and became President in 2016. Peter's kindness and wisdom has served the Board well and as such he will be missed. Peter and his wife Robyn will be taking some well-earned breaks in their new caravan; Peter has promised to stay in touch.

Mrs Alison Wilson has also moved on from her role on the Board. Alison was the longest serving member of the current Board and will be greatly missed.

On a more positive note, the Board is delighted to introduce Mr Brian Pointon. Brian has been seconded to the Board until the AGM in October. Brian has recently retired from the BOPDHB where he was a middle manager. He has significant experience in public health, not-for profit/NGO sector. Brian has held a variety of governance roles and we are excited to add his expertise to our Board.

We are also very honored to have recently met Jessica Freeston. Jess is mum to Kobe aged 6, who was diagnosed with type one diabetes aged 1. Many of you will have read Jess and Kobe's story in the Weekend Sun 25th May edition. Jess has been co-opted onto the Board as a parent representative and joins representatives from the type one, clinical and legal communities.

Welcome to both Jess and Brian.



Thanks to Elite Automotive Repairs Ltd for it's support for Diabetes Help Tauranga

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Annual Subs are due!

Annual membership subscriptions are due on the 1st July. Make sure we have your up-to-date email (or mail) address so we can send an invoice. If you have not received an invoice by end of July contact John Taylor, Treasurer (treasurer@diabeteshelp.org.nz).

INFOline - 07 571 3422

TXT: 0278 830158

info@diabeteshelp.org.nz

www.diabeteshelp.org.nz

Face Book: Diabetes Help Tauranga

Diabetes Help Tauranga

PO Box 15219

Tauranga 3144

In this issue:

- Managing the common cold
- Mamma Mia – Here we go again!
- Plant-based diets
- Membership renewals coming up!



Thanks to Bruce Rae from Westbay Real Estate for his ongoing support of Diabetes Help Tauranga. If you are considering buying or selling give Bruce a call.
C: 021 676 463

Save the Date – AGM, 2018

Diabetes Help Tauranga AGM, Thursday 18th October 2-4pm St Enoch's Church Hall, Sixteenth Ave Tauranga

Managing Winter Ills

With the noticeable, sudden change in the temperatures recently, we now move into the winter months and it becomes quite timely to consider diabetes and the common cold.

People with diabetes have a lot more to consider than simply managing blood glucose levels, diet and medication; they need to be cautious and vigilant with regard to simple things such as catching the 'common cold.' Where those who do not have diabetes can recover from a cold in a few days those with diabetes can take longer to recover from such illnesses and may even experience complications as a result of the cold.

"It's these complications which can precipitate severe health issues" says Peter Bennett Pharmacist and Owner of Bongards Pharmacy Greerton.

"When you get sick with a cold, there's the chance that your blood glucose levels will rise. This happens when your body sends out hormones to fight the viral infection. While the hormones may help battle the cold, they also make it hard for your body to use insulin properly."

There are ways to make the side effects resulting from the illness less likely. The first thing to do is to check your blood glucose levels more frequently than you would normally. By testing more often, you can determine if there is a spike in your blood glucose and if so, you are then able to remedy the situation by taking to your GP or nurse and altering your insulin dosage accordingly.

If you have diabetes and find yourself coming down with a cold, there are a few things you can do to lessen the inconvenience and discomfort associated with the illness.

(Continued on page 3)

Dates for Your Diary

Tauranga & The Mount Support Group

Venue: Arataki Community Centre, Zambuk Way

Contact: Nigel & Betty Kurzfield (07) 575 4747

Date: Wednesday's 25 July, 28 November

Time: 2 - 4pm. **July Speaker:** Deborah Grainger

Te Puke Support Group

Venue: St Andrews Church, Cnr Stewart/Oxford St

Contact: Glenys Body (07) 573 7022

Date: Wednesday's 4 July, 7 November

Time: 2 - 4 pm. **July speaker:** Tamara McIlwrick

Type One Diabetes Network Group (Over 18's), 7pm

Dates: Thursdays 14 June, 13 September

Venue: The Bach at Imbibe, 19 Girven Rd, Mt

Maunganui. Contact us if you would like to meet for dinner prior.

Diabetes Nurse Clinics (By appointment only):

- Tuesdays only at Hairini Family Health Centre

- Second Monday of each month at Te Puke Community Health Centre, cnr King/Commerce Lanes Te Puke

20s -30's contact Tamara: info@diabeteshelp.org.nz

Foot Screening & Supermarket Tours - Contact the INFOLine for more details

Parent 2 Parent(P2P): visit Diabetes HELP Tauranga Youth Group Face Book Page (Closed Group) Page 3.

Type 1 Education Groups/DAFNE support -Contact the INFOLine for details

T1 Coffee & Chat - Wendy Bowden. 2nd Fri monthly. Columbus Café Bethlehem. Confirm venue prior

Type One der Mums – dads & caregivers welcome too!
– Thurs 28th June 9.30am. Graced Opp Shop

Managing Winter Colds (Cont.) Firstly, drink lots of non-sugary fluids to keep yourself well hydrated. Secondly, make sure that you get enough rest, as sleep will help you to rid yourself of the cold in a much quicker fashion. Make sure that you are getting the proper amount of carbohydrates and fluids throughout the day and avoid extra carbohydrate or new foods high in carb if your blood glucose levels are higher than normal. People with diabetes are able to take some cold medicines, but it is important to discuss these with your Pharmacist as some products can be harmful in diabetes. Lastly, but equally important, it's vital to always take your insulin and diabetes tablets as prescribed whilst unwell; it's easy to forget when you are not feeling well but testing, taking medication and fluids will help you get better quicker.

Peter Bennet, Bongards Pharmacy

Many thanks to Peter & the team for their support!

BONGARDS PHARMACY
"Serving Greerton for over 60 years"

Introducing Volunteer Pip Dargaville. You might have met Pip (formally known as Philippa) in her role with the Tauranga and Mount Maunganui Lionesses. Pip approached us about volunteering as she was getting bored at home! Pip will be helping us with our admin over the next few months. Welcome Pip!

If you have type two diabetes, or know someone with type two who is not managing quite as well as they might, then why not suggest they come to one of our DESMOND Programs?

Our FREE one-day Program is guaranteed to make managing diabetes that little bit easier.



INFOline 07 5713422

Miranda Smith Homecare **QUALITY, TAILORED HOME-BASED CARE**

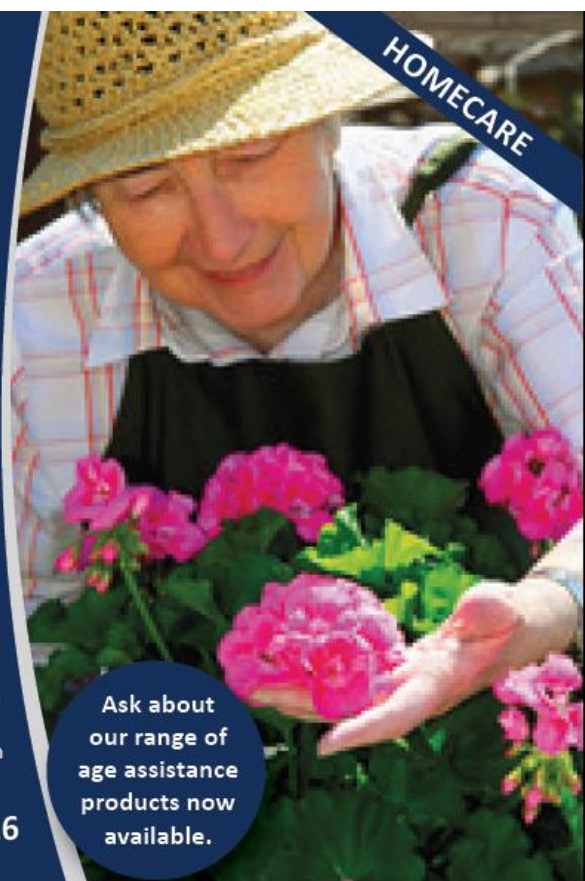
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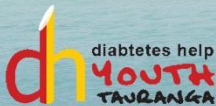
MAMMA MIA!

— HERE WE GO AGAIN —

Raising funds for Diabetes Youth Tauranga Family Camp 2019

Rialto Cinema Tauranga, Thursday 19th July, 7.30pm
Contact Diabetes Help Tauranga to reserve
your place!
INFOline 07 571 3422 - TXT 027 883 0158

Tickets
\$20



Why me?

I'd like to understand more...

I think I'll ignore it...

I'm too busy to deal with this condition...

Diabetes is no big deal...

I'm feeling overwhelmed!

**Do you have type 2 diabetes?
Have these thoughts ever
crossed your mind?**

If so, come along to DESMOND!



DESMOND Australia in collaboration with DESMOND United Kingdom

Demand for DESMOND

Due to HUGE demand we have been asked to put on extra DESMOND courses and hope to hold courses in June and July. Courses are available on both week days and at weekends for those who work.

"Feedback from recent participants with type 2 has been phenomenal" says DESMOND Educator Danelle Stevens. "Even after only a few months DESMOND Participants report losing weight and having more confidence in their diabetes management." If you would like to join us, then don't delay! INFOline 07 571 3422

#DESMOND

Supporting Diabetes Help Youth

In July 2016 just after my daughter Deahna turned 12, our lives changed forever when she was diagnosed with type one diabetes. We spent 8 days in hospital.

My active vibrant little girl who usually woke me up at 6am started sleeping in. She was tired and lethargic. I hadn't noticed the 6kg she had lost, but I did notice the amount of water she had started to drink. It wasn't till teacher only day that I knew something wasn't quite right. We were lucky, we had picked it up early, many don't.

During our hospital stay we learned how to test 6-10 times a day and inject insulin 4 times a day. We started carbohydrate counting and now read labels to check how much carb is in everything we eat. It was overwhelming, it still is sometimes.

As a mother it is hard knowing this diagnosis is forever and how life changing it is.

Diabetes Help Tauranga Youth have recently run a Flip Out at the Tramp Park and the 'Tauranga Teen Day Out' where teens met others for education and support.

Please support events such as the Rialto Cinema Fundraiser so that children/teens and families can meet together and support each other.

Kim and Deahna Gray

Welcome to Eloise Mitchell, Clinical Nurse Specialist – Diabetes, who has joined the diabetes team at Tauranga Hospital. Eloise has taken over the role of team leader & has recently moved to Tauranga from the Waikato. We wish Eloise all the best in her new role.

Do you need to refresh your driving skills?

Senior drivers age 70+ are encouraged to refresh their driving skills by attending a free driver refresher workshop. The theory-based workshops cover road rules, intersection rules, negotiating roundabouts, searching and scanning skills, care maintenance and other reminders. The workshops are presented by Age Concern Tauranga, supported by Travel Safe, Tauranga City Council and the WBOP District Council.

Age Concern Facilitator Deb Grainger says while ageing is inevitable, growing older doesn't mean giving up an active life.

- ✓ **Free** to Senior Drivers aged 70 plus
- ✓ No test or exam
- ✓ The workshop starts at 9:15am and finishes at 1:30pm
- ✓ Tea and coffee will be provided. Please bring your lunch
- ✓ Theory based (meaning we're not going to be behind the steering wheel of a car)
- ✓ If these dates aren't suitable, contact Age Concern and place your name on the waiting list. Workshops available from Waihi Beach to Pukehina
- ✓ You're welcome to attend as many times as needed. Register with a friend

Upcoming Workshops: **Matua Bowling Club** 108 Levers Road, Tuesday 12th June, **Papamoa Community Centre** 15 Gravatt Road Monday 18th June; **Katikati Community Centre** 45 Beach Road Thursday 21st June; **Greerton Senior Citizens** 33 Maitland Road Friday 29th June; **Mount Maunganui RSA** 544 Maunganui Road Tuesday 24th July.

Deb Grainger will be speaking at the Tauranga and Mount Maunganui Network Group, 25th July, 2-3pm



Register with Age Concern 07 5782631.

Papua New Guinea Calling

Papua New Guinea (PNG) has a reputation for being one of the most culturally diverse, beautiful places in the world. Located 160km from the very Northern tip of Queensland, Australia, PNG is the adventure traveller's paradise. From birdwatching, diving, hiking, and surfing, there are activities and experiences for everyone.... that is, unless you are going out to visit a diabetes nurse colleague! I probably should have read about poisonous birds, snakes, spiders and shells before booking myself and my hubbie on the week-long trip but didn't. Well, at least we can 'tread carefully' and wear insect repellent. That's more than can be said for the 1000's of people in PNG who have diabetes and no means of testing or treating diabetes type one or two diabetes.



Many thanks to Pharmaco for the CareSens glucose meters and to diabetes nurses from across New Zealand who have rummaged through their store-rooms for resources we can take with us. Most of the resources would be considered 'old' by NZ standards, but will be greatly welcomed in PNG. If you have anything you think might be useful for us to take with us, including **expired CareSens glucose testing strips**, please let me know. If you need to speak to our team 2nd-5th July, Tamara (Community Health Worker) would love to talk to you!

Keep well, keep warm. Debbie Cunliffe, Manager Diabetes Help Tauranga

Type One der Mums – Dads and Caregivers invited too!

For all parents of children/youth with type one diabetes

At Graced Opp Shop and Espresso Bar.
Cnr 11th Ave and Christopher Street, 9:30am.

Last Thursday of the month – term time only.

<https://www.facebook.com/GracedOppShop/>



If you are the parent or caregiver of a child with type one diabetes then we'd love you to join us on the **LAST THURSDAY of EACH MONTH** (term time only) at the Graced Opp shop and Espresso Bar, cnr Christopher Street and Eleventh Ave, Tauranga.

With a play-room for the pre-schoolers, barista coffee, PLUS the chance to grab a bargain, come and meet our team, make new friends and support other families journeying with T1

This month's **Type One der Mums** will be on Thursday 28th June at 0930am. More details? INFOline 07 571 3422

Type One Diabetes Adult Social Group

15th March
14th June
13th September

Imbibe, 19 Girven Rd, Mt Maunganui

From 7pm, please contact our INFOline (07 5713422) if you would like to meet for dinner prior.



Don't miss out on this month's **T1 Adult Social** event at IMBIBE, Mt Maunganui.

If you'd like to meet for dinner prior, please let us know!

INFOline 07 5713422



Plant Based Diets – Dr Sue Genner, Pyes Pa Doctors

Have you ever wondered how a plant-based diet (PBD) might improve your blood glucose levels, cholesterol and weight? Join Dr Sue Genner (Pyes Pa Doctors), 7pm Wednesday 25th July and learn how a PBD might just be what you are looking for!

This event is open to ANYONE wanting to improve their health and not just people with diabetes

Tickets just \$10
INFOline 07 5713422 to reserve your seat

Get Ready to Veg Out!

Ever considered a plant-based diet to help manage your diabetes or heart disease?

Join Dr Sue Genner for a walk through of plant based diets and find out how to control your blood sugars.

Venue: Church Hall St Enochs, 16th Ave Tauranga

Date: 7pm Wednesday 25th July

Limited places, bookings essential!

Free to Diabetes Help Tauranga Members, \$10 non members

INFOline (07) 571 3422
info@diabeteshelp.org.nz
www.diabeteshelp.org.nz

dh diabetes help tauranga

Eating more plant-based foods:

Legumes (lentils, chickpeas, beans and split peas) are not only good for your health but a cheap way of including fibre, protein, iron and zinc to your diet. They can be added to most soups, casseroles, salads and meat sauces to make the meal go further and add extra texture and flavour.

A small handful of raw unsalted mixed nuts (e.g. almonds, cashews, walnuts) or seeds (e.g. sunflower seeds, chia seeds, pumpkin seeds) sprinkled onto a salad adds

crunch, topped on breakfast cereal or tossed through a stir-fry. Nut and seed butters like peanut butter, tahini or almond butter are a good option too (choose no added salt).

Home-made hummus – check out <https://www.thewholesomedish.com/simple-hummus-without-tahini/>

Add in extra flavour by adding roast veggies or sundried tomatoes; use as a spread instead of margarine or butter

Replace meat in bolognaisse sauces with extra vegetables and kidney beans, falafel in burgers or a stir-fry with tofu and cashews. Consider how you will get vitamin B12 (if you are excluding all animal products). You may need to consider fortified foods or supplementation (particularly B12 for vegans).

Excerpt from Lilly Henderson NZRD <https://www.heartfoundation.org.nz/.../blogs/plant-based-diets>

The Team at Diabetes Help Tauranga

Diabetes Nurse/Manager: Debbie Cunliffe E: debbie@diabeteshelp.org.nz

Community Health Worker: Tamara McIlwrick E: info@diabeteshelp.org.nz

Director/Treasurer: John Taylor E: treasurer@diabeteshelp.org.nz

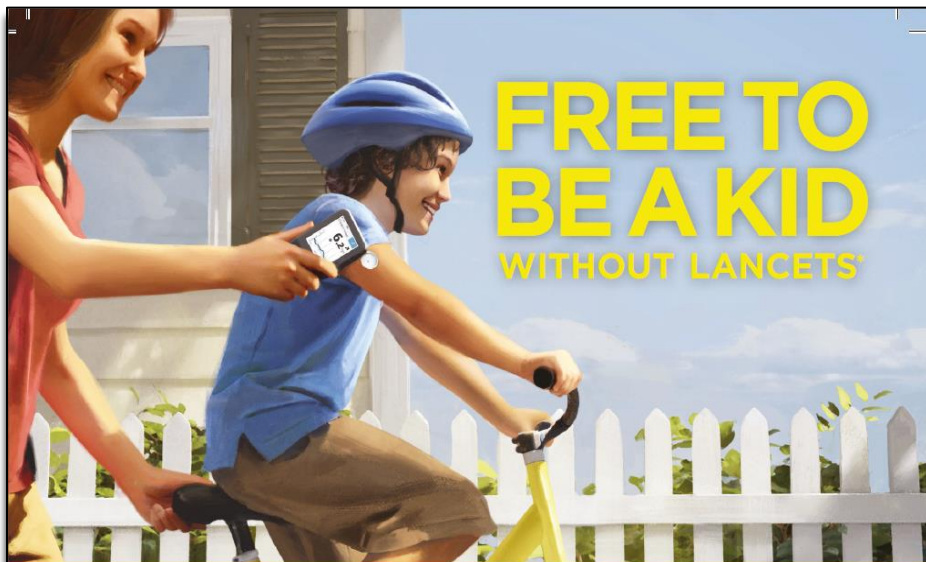
Board: Martin Buchanan, Beverley Edwards, Dr Sue Genner, Brian Pointon, Debbie Cunliffe

Admin: Pip Dargaville E: admin@diabeteshelp.org.nz

Nutrition Advisor: Danelle Stevens Registered Nutritionist

Clinical Reviewer: Brenda Newman

Design: Leasa Thomas



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‡The indication for children (age 4 - 17) is limited to those who are supervised by a caregiver who is at least 18 years of age. The caregiver is responsible for managing or assisting the child to manage the FreeStyle Libre Flash Glucose Monitoring System and also for interpreting or assisting the child to interpret FreeStyle Libre readings.
For more information call Customer Service on 0800 106 100. FreeStyle and related brand marks are trademarks of Abbott Diabetes Care Inc. in various jurisdictions. Information contained herein is for distribution outside of the USA only. MediRay New Zealand, 53-55 Paul Mathews Road, Albany, Auckland 0632
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Closed Saturday & public holidays

