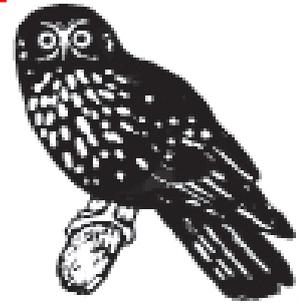


U3A DUNEDIN Forum



Newsletter No.63 April 2019

‘THEY ARE US ...’ ‘WE ARE ONE ...’

To truly stand in solidarity with victims of the mosque massacres in Christchurch last month we must recognise our own failings.

This is the message from staff and students of the National Centre for Peace and Conflict Studies, based at the University of Otago. Their statement is a thought-provoking message about this terrorism that can be read in full on our website (click ‘News & Coming Events.’)

Condolences to all people grieving about the horrific events that shocked the whole world.

OUR WEBSITE
u3adunedin.org.nz

‘Action stations’ after inspiration

The formation of a charitable trust to deliver medical “miracles” was prompted by U3A Dunedin member Deidre Tucker attending the course on brain health held in June last year. Assoc. Prof. Yoram Barak, the lecturer, screened a film showing that playing music familiar to people with dementia can have a wonderful effect that combats memory loss.

Deidre Tucker says she witnessed “miracles” in the electrifying video documentary which moved some U3A members to tears.

Mrs Tucker and her husband Nigel were prompted into action. The

Dynamic organisation

U3A is a dynamic organisation, we are constantly improving our website to give more assistance to members. We have Ride Share operating two weeks before a Series starts and it stays on the site for the first two weeks of the Series, and then we remove it until the next Series, working on the assumption that everyone is sorted out by the end of week 2. The Course Convenors are always happy to advertise a need for a ride and try to match a person who can offer a ride.

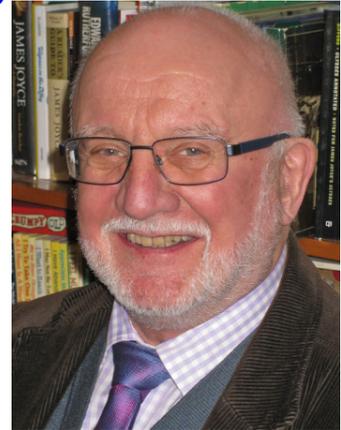
We want our members to stay involved. In similar vein, we have offered to valet-park one member’s car to enable her to access a course. The key thing for folk in our organisation is to Keep Going and Stay Involved – we know how very important that is at our age.

You will all have had a bright new newsletter from our Discussion Group team – and that opens new avenues for members who wish to attend a function once per month through the year. There is almost no limit to what

‘Music and Memory’ concept is now accepted and assisting many people in the USA, yet nothing was available in New Zealand. Now they have a charitable trust formed: the *Music for Dementia* group, led by Mr and Mrs Tucker and Lynda Jackson, plus a small group of volunteers helping with their present patients.

The sole focus of the group is to alleviate the suffering of dementia patients by finding the right music that may cheer them up by triggering good memories from their early years.

[See article, page 3]



Alan Jackson

can be arranged as a group – our members’ interests and skills are so varied. If you would like to start up a group – even as small as three people for a start, do contact Ngaire Bates 454-2170. We don’t plan to compete with courses organised by other organisations such as Senior Net, Grey Power etc. I do note that the Public Library is running courses on how to get the best out of your smart phone. Three members to one tutor.

We are exceptionally proud of our brilliant University and want to keep it as No 1 in as many Departments as possible. Think about becoming a Friend of the Medical School if you have not done so already. Students get experience of talking to people who have had a variety of medical events and can explore with them the impact of the event on them, their family and their work.

This idea of encouraging students to talk to members of the public is a relatively new development in the training of medical students. My wife and I have been hosting groups of students for several years and it seems to be of great benefit to all – and keeps Otago’s pre-eminence.

- Alan Jackson
Chairman, U3A Dunedin Board

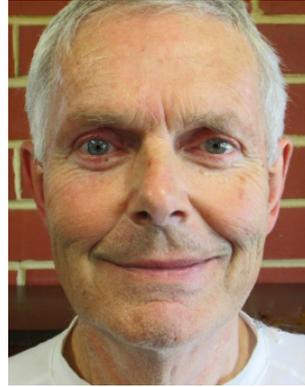
Autumn term had its very hot start

Well the U3A autumn series 1 courses started in March and they all seem to be well received by the attendees. As I have commented before in these Forum articles, one imagines that all possible contingencies have been faced before but no, there is always at least one new one! This time it was the weather – who would have ever believed that the outside air temperature at least for the first day of a course at the Otago Golf Club venue in the afternoon would be in excess of 30°C ?

The convenor and assistants for this course did all they could to open windows and allow as much ventilation in as possible but it was still very oppressive for both the attendees and the presenters as the afternoon wore on. The U3A Dunedin board and the programme committee have considered this matter but there seems little that we can do to alleviate this situation in the future without actually paying for the installation of air-conditioning equipment at the venue. In the meantime, let's hope we have some cooler weather during the remaining sessions for this autumn series!

SPECIAL LECTURES

As I mentioned in the general discussion at the Annual General Meeting in February, over the years we have often been approached to consider offering single, one-off lectures as part of our overall programme of activities. Both the Board and the Programme Committee have agreed that such individual presentations would be a useful extension and several members of the Programme Committee have been assigned to develop this aspect.



Barrie Peake
Programme Committee Chairperson

Arising from the 'Introduction to Brain Health' course that was run in the winter series last year, there was a lot of interest expressed by the course attendees in participating in research being undertaken by the course presenter, Associate Professor Yoram Barak, from the Department of Psychological Medicine at Otago University.

HELP FOR RESEARCH

This interest has led to the initiation of a Memorandum of Understanding between the U3A Dunedin and the University to cover such joint research activities. More details will be made available later in the year. In the meantime, my attention has been drawn to the U3A Canterbury (UK) website <https://u3asites.org.uk/canterbury/home> (accessed on March 9) which describes a very similar arrangement that has been developed between their U3A members and a number of universities in the United Kingdom where the members are subjects of research and also undertake research themselves.

This is an exciting extension to what we had originally envisaged and we

look forward to exploring both aspects with Otago University.

Finally, even although the autumn series of lectures has only just started, the programme committee is already planning ahead for the winter and summer series to be held later this year. Some of the courses that have been confirmed for at least the winter series include 'Fashion in Dunedin', 'Prison and justice systems', 'My hobby', 'Band music', 'Farming – present and future' and 'Morality, mischief, politics and Macbeth' – lots to look forward to. - **Barrie Peake**

U3A Dunedin Programme
Committee Chairperson.

AGM report

At the Annual General Meeting held in Salmond College in February the following members were elected to the board of U3A Dunedin for 2019-20:

Geoff Adams, Ngaire Bates, Jill Geary, Jane Johnson, Jude Hathaway, Doug Holborow, Alan Jackson, Rob Lawson, Jeanette Leigh, Barrie Peake, Marion Potter, Stuart Strachan, Evan Taylor, Alistair Wright.

Before the meeting a group was busy distributing lanyards for some members and also double-sided name inserts for them. (Others have been provided at the Series 1 lectures.) Many members opted to stay after the AGM for an excellent lunch at the College. At the March meeting of the Board Alan Jackson was re-elected as chairman of the board, Marion Potter (board secretary) and Evan Taylor (treasurer) were also re-elected for 2019-2020. Jane Johnson was elected to the board.

Christchurch U3As

Christchurch has a dozen U3A groups in the city, listed on the U3A Network Canterbury website. There are three other groups listed that are based elsewhere in Canterbury (Ashburton, Timaru and Geraldine.) Several groups were displaced in the earthquakes. The Network is an incorporated society. There may be other U3A groups that are not members.



*Art should disturb the comfortable
and comfort the disturbed .*

~ Ludwig van Beethoven

U3A DUNEDIN CHARITABLE TRUST

Website: u3adunedin.org.nz

Address: **Secretary to the Board,**
U3A Dunedin, PO Box 6491,
North Dunedin, 9059.

Email: info@u3adunedin.org.nz
Phone: 453-4721

Chair: Alan Jackson, 479-6347

Registered Charitable Institution - #CC22345

'Music hath charms' ... to soothe Dementia

In June 2018 U3A Dunedin member Deidre Tucker witnessed 'miracles' at our course on brain health. She wrote down her reactions to seeing the way some Americans with problems had reacted to the music for memory treatment after watching the film in Prof. Barak's lecture.

In the first miracle a 92-year-old woman who said she was 'too old' to recall her childhood recognised a tune she had listened to in her youth when the visitor put headphones on her head. Soon she was describing all sorts of childhood memories.

'The second was more astounding. An elderly gentleman in a home was hunched in a chair, staring at the floor, withdrawn and not speaking. 'The music was switched on and within a few seconds his eyes opened and he sat up in his chair as he reacted to the music.' wrote Deidre. He was asked if this was the sort of music he used to play. No response. Try to ask yes or no questions, a carer suggested. 'Do you like this music?' - 'Yes.'

'By this time his eyes were bright with excitement and he was swaying to the rhythm of the music. After a few simple questions he started to volunteer information and after that there was no stopping him. There was an audible intake of breath from those around me, not solely out of joy for the old gentleman himself but for the excited disbelief of the other residents.' said Deidre.

Alzheimer's big problem in USA

A report published recently by the US Centres for Disease Control and Prevention (CDC) estimates that the burden of Alzheimer's Disease and related forms of dementia in the United States will double by the year 2060.

According to the Alzheimer's Association, about 5.7 million people in the United States are living with the condition. This neuro-degenerative disease is one of the leading causes of disability and the sixth leading cause of mortality in the country. With annual healthcare costs of more than \$250 billion, the disease puts a significant strain on the American healthcare system.



Nigel and Deidre Tucker - are now using music to aid people with dementia.

This documentary, *Alive Inside* by Dan Cohen (founder of the Music and Memory group in the USA) was also shown in lectures on brain health held earlier in the Dunedin Public Library where it had a similar seemingly 'miraculous' effect on the audience

400,000 TREATMENTS

Since the initial trials 400,000 people in America have received this music miracle, said Deidre. 'Sadly, it is not widely available in New Zealand. 'The now tried and tested method offers hope to the thousands of elderly suffering from various stages of dementia, that is all it can offer at present — hope. Hope not just for the patients but for their companions in places of residence — hope for their carers who benefit from having happier, more co-operative patients. . . hope for friends and relatives who turn up, dutifully, week in week out to sit in silence beside an unresponsive

shell, their small talk exhausted long ago.'

The Professor suggested it would be great if a group could be established in Dunedin to promote this therapy, so Deidre with the help of husband Nigel appealed to some U3A 'classmates' for support.

The Music for Dementia charitable trust was set up and, aided by a small group of dedicated members began to operate last year. It is working in collaboration with Alzheimers Otago to provide therapy to dementia sufferers in their own homes, with encouragingly positive results. The music made people happy and relaxed, and brought back memories.

The aim is to provide treatment for 100 people during this year and to expand activities. Finding out what music was best for each patient was a tricky part of the job, requiring research and asking the right questions before an MP3 player could be loaded with a personalised playlist of recordings and enjoyed by the patient with headphones.

With the Music for Dementia well established, members are keen to develop its service. Volunteers are sought, with aims to expand wider into Otago and eventually the rest of New Zealand.

[Contacts:

www.musicfordementia.org.nz

info@musicfordementia.org.nz]

Dementia a demeaning word?

The term 'dementia' carries with it judgmental baggage. It defines the individual as impaired, lacking, and otherwise undesirable. Other similar terms that are demeaning include sufferer, victim, senile, afflicted, wanderer, sundowner, an empty shell, and 'not all there.'

Loved ones are invited to see the 'demented one' as diseased, and to focus on what is lost as opposed to capabilities and potentials. They may also come to see themselves as burdened with care-taking, with their own options for living reduced. And more broadly, the term dementia carries with it a stigma, and is often the subject of derisive humour.

Recently new ways of talking are being explored. On the simplest level, instead of calling people demented, it is better to refer to them as people, living with dementia. Most promising, there are many who advocate those in a caregiving role to use the term 'care partner', as opposed to caregiver.

The term caregiver suggests not only that one carries a burden, but that the receiver is the only one who benefits.

The condition of those diagnosed with dementia is not 'hopeless or tragic.' Many live quite rich and fulfilling lives, different than the norm, but not necessarily worse.

From: 'Words matter. evolving the ways we speak about dementia' *Aging Today*, January-February, 2019. [Taos Institute]

Student answers

Some brilliant student answers to teachers' examination questions: are shared below -

In which battle did Napoleon die? - *His last battle.*

Where was the Declaration of Independence signed? - *At the bottom of the page.*

What is the main reason for divorce? - *Marriage.*

What is the main reason for failure? - *Exams.*

What can you never eat for breakfast? - *Lunch and dinner.*

What looks like half an apple? - *The other half.*

If you throw a red stone into the blue sea what will it become? - *Wet.*

How can a man go eight days without sleeping? - *He sleeps at night.*

How can you lift an elephant with one hand? - *You won't find an elephant that has a hand.*

If you had three apples and four oranges in one hand and four apples and three oranges in the other hand, what would you have? - *Very large hands.*

If it took eight men ten hours to build a wall, how long would it take four men to build it? - *No time at all — the wall is already built.*

Different sorts of engines

A mechanic was removing a cylinder-head from the motor of a Harley Davidson motorcycle when he spotted a well-known heart surgeon in his shop.

The surgeon was waiting for the service manager to come and take a look at his bike when the mechanic shouted across the garage: "Hey, Doc, want to take a look at this?" The man, a bit surprised, walked over to where the mechanic was working on the motorcycle.

The mechanic straightened up, wiped his hands on a rag and asked, "So Doc, look at this engine. I open its heart, take the valves out, repair any damage, and then put them back in, and when I finish, it works just like new. So how come I make \$39,600 a year and you get the really big bucks when you and I are doing basically the same work?"

The heart surgeon paused, smiled and leaned over, then said to the mechanic: "Try doing it with the engine running."

U3A email directory

Sending email correspondence to U3A Dunedin? Using the addresses below will take your messages to the appropriate people and have quicker attention. (Should you contact the wrong person they will of course forward your mail to the correct address.)

General information: info@u3adunedin.org.nz

Re Administration: admin@u3adunedin.org.nz

Re courses: courses@u3adunedin.org.nz

Re Membership: members@u3adunedin.org.nz

Re 'Forum': newsletter@u3adunedin.org.nz

Preserving our history



They are sorted. . . U3A Dunedin Council member Stuart Strachan poses with some boxes of our archives before driving them to a place he knew very well: the Hocken Collections, University of Otago, where he was formerly the boss.

Some interesting websites

www.ravelry.com: For knitters, crocheters, designers, spinners, weavers, and dyers: keep in touch with materials, tools, patterns and inspiration. Lots of free patterns.

www.newyorkem.com/cartoons Enjoy a daily cartoon from the *New Yorker* — worth bookmarking!

www.Britishbattles.com: shows battles fought by Britain and its Empire forces, lavishly illustrated and fully mapped. Also describes battles in the American and English Civil Wars. From Julius Caesar's landing in AD40 right through to the land and naval battles of World War 1, they are described in detail (tactics, uniforms, weapons and personalities.)

U3A phone directory

To discuss any problem with U3A Dunedin please phone the right person:

Chairman: Alan Jackson
473-6947

Board matters: Marion Potter
453-4721

Membership: Lynda Jackson
473-6947

Programme or Courses:
Barrie Peake 453-3151



Edited by Geoff Adams

Phone: 467-2278

Email: hgadams@slingshot.co.nz