



Roses, hammocks and limes. Clear skies. Long evenings. Summer. The season of cherries and strawberries, kayaks and crickets. During this season of spending time with loved ones, we hope you make time for yourself, too! How will you have fun this summer?

A reminder to yourself that you count too!



Creating a relaxing place in the mind is a form of meditation, though many would simply call it daydreaming.

The process of creative visualisation uses our imagination, our memory and our relaxed state to put ourselves into a future we want to achieve, or a place where we have experienced happiness.

Your relaxing place can be somewhere you have actually been or a scene you create in your mind ... a beach, a quiet library, maybe a place or activity that was special to you as a child.

You can spend meaningful time at a place of spiritual significance, or with someone who is or has been important to you.

Make your relaxing place as real in your mind as you can! What colour is the sky? How hot is the sun? Feel the breeze on your skin, the sand trickling between your toes. Visualise the furnishings or landscape surrounding you, and listen to the sounds of your relaxing place (birds, waves, music, silence).

While visiting your relaxing place, you will experience a short break from the cares of your life. In minutes you will feel calmer ... less stressed ... and when you open your eyes you will feel refreshed, just like a real holiday!

I Am Here! is a special section of *Family Care* that focuses on personal wellbeing. How do you relax and re-energise? How do you enjoy time out? Share your favourite practical or self-care tips with other readers. We will send a mystery gift for every idea we publish! Suggestions can be sent to PO Box 133, Mangonui, Far North 0442, or to info@carers.net.nz. Contributions can be anonymous, or you can use a pen name!

"Far away, there in the sunshine, are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow them."

Louisa May Alcott

> Everybody needs someone to talk to.

St John Caring Caller's provide a daily friendship call and to check everything is OK.

To find out more about St John Caring Caller please phone **0800 ST JOHN (0800 785 646)** or visit www.stjohn.org.nz



St John
first to care

SOLE SOOTHERS

Man, woman, child, or beast, we all need our feet for walking and balance. Admit it though ... despite their importance do you (like most of us) neglect your feet?

Summer is a good time of year to pamper our feet. During the warm months they are on display as never before, bare at the beach, or in open-toed sandals or jandals when we're out and about.



In this issue of *I Am Here!*, we offer practical advice about how to care for your feet over the summer months, and through the year.



Foot Care Basics

- Cut your toenails straight across using a nail clipper. Avoid angling them to the sides, as this can cause ingrown nails. Don't trim them shorter than the end of your toe.
- File and smooth your nails.
- Soak your feet in warm water for about 10 minutes. Try adding epsom or bath

salts to the water, or a few drops of your favourite essential or aromatherapy oil.

- Use a pumice to remove dead skin and calluses. Gently massage your feet and legs with a cloth or soft brush, and an exfoliating scrub (caster sugar mixed with almond oil works well!).
- Rinse, then dry your feet thoroughly.
- Treat your feet with an enriching cream and/or heel balm.
- Don't forget to enter our Body Shop foot care giveaway (*next page*)!



What you'll need

- Nail brush
- Pumice
- Clippers or scissors
- Nail file

- Water basin
- Epsom or bath salts
- Favourite soaps and oils

- Exfoliating scrub
- Lotion and/or heel balm

Information service for older people
on home help and rest home care

RESIDENTIAL
CARE LINE

0800 725 463
www.adhb.govt.nz/rcline

Happy Feet

See a doctor or foot specialist if you experience any of these symptoms: a sore on your foot that doesn't heal or gets infected; pain when you walk that stops when you rest; unusual coldness, cramps, numbness, tingling, or discomfort in your feet; pain or sensitivity to heat or cold; skin changes on your feet or legs; a change in the shape or structure of your foot.



Well Heeled

Your choice of shoe can do a lot to keep your feet healthy and comfortable. It pays to have your shoes measured every time you buy a pair of shoes, because our feet can change from year to year! Blisters, ulcers, and bunions are often linked to shoes that are too small, or don't fit well. Buy shoes late in the day, as feet tend to swell, especially in the hot months. Since your feet may not be the same size, choose shoes that are half an inch longer than your longest toe. Don't let style alone guide your choice of shoes. The inside of the shoe should be soft with no inside seams or rough areas that can cause blisters or sores to form. Leather and canvas shoes are the best choices for letting your feet 'breathe'. They also bend with your foot, so won't rub and make blisters. If safety is a concern, get shoes with closed backs and toes; they protect your feet from injury and provide support. The heel should be as wide as your foot, and no higher than 3cm to keep your ankles from twisting and your back from aching. Running or walking shoes are comfortable and can help you be more sure-footed. Soles that provide 'grip' are best at any age.



WIN! our summer foot care pamper basket from The Body Shop, worth \$85! Our basket contains Peppermint Cooling Lotion (\$24), Peppermint Smoothing Pumice Foot Scrub (\$18), Peppermint Cooling Foot Spray (\$18), and Peppermint Intensive Foot Rescue Treatment (\$25). All products are available at Body Shop stores, or you can learn more by phoning (0800) 652 030 or at www.bodyshopinternational.com

National Office
P O Box 13-732
Onehunga
Auckland 1643
Tel: 09 5710458
Fax: 09 5710461



kidney.kids

KIDNEY KIDS OF NZ INC
Dedicated to supporting children with
Kidney Diseases and their families.

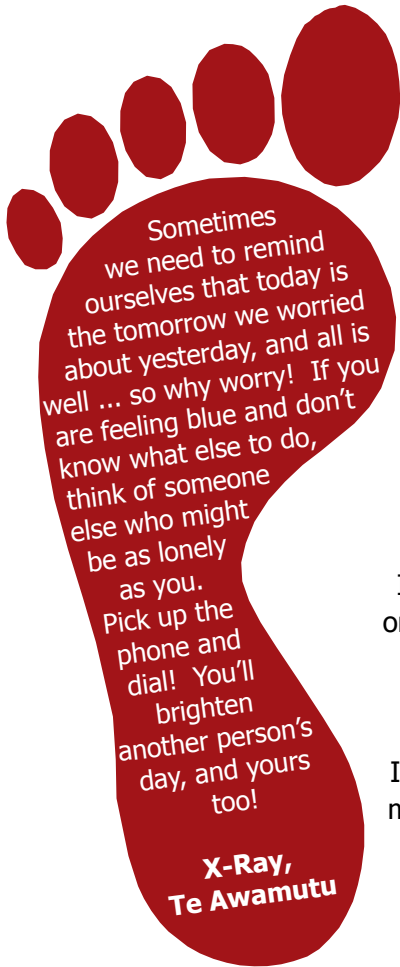
Helpline 0800215437
www.kidneykids.org.nz

FAMILY SUPPORT
support@kidneykids.org.nz
Donations 0900 533833

READER TIPS!



"No one can make you feel inferior without your consent." **Eleanor Roosevelt**



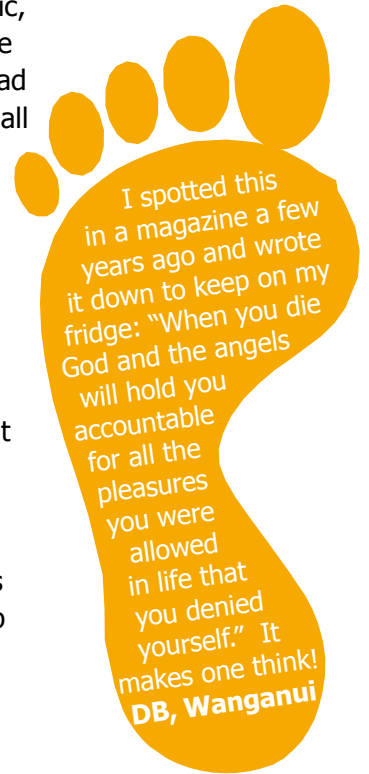
Here's a hint to save money. Instead of buying ready mixed garlic spread, buy a small jar of crushed garlic, or crush your own home grown garlic. Mix to taste in your favourite table spread. Nice on buns or bread with a bowl of soup, or with a salad! Just mix a small amount at a time and store in the fridge.

JC, Christchurch

If you are unsure whether your smoke alarm is clean or working, or if you can't replace the batteries without assistance, ring your local fire brigade. They will provide this service for you ... it could save lives!

I fill a thermos flask with boiling water each day. This makes cuppas cheaper and safer if you place your cup in the sink to pour from the thermos.

MT, Te Puke



WIN!

We thank Goodey's Bookshop for providing spiritual, motivational, and inspirational reader gifts in every issue of *I Am Here!* Visit www.goodeys.co.nz or phone (0800) 162 131.



Use the principles of reflexology to balance physical health, restore emotional wellbeing, and have fun at the same time! We have one copy to give away, or you can purchase from Goodey's for \$39.



Lisa Tenzin Dolma's book describes how mandalas can be used for meditation, and gives information about the meanings of colours and symbols. The 12 colour mandala illustrations are reproduced as cards, which can be decorated and framed for everyday inspiration, or used as greeting card gifts! \$46

See our entry form, page 11!



CCS Disability Action is a human rights organisation. We provide advocacy and support to disabled people and their families. 'Disability Action', reflects our energy and commitment to build inclusive communities in Aotearoa. By "Including all people", we celebrate New Zealand's diversity.

TE HUNGA HUA MAURI MO NGA TANGATA KATOA