



JUNE 2014

P.O. Box 5355, DUNEDIN. TELEPHONE 477-1040

World Elder Abuse Awareness Day – June 15th

Wear Purple on the day to highlight the issue of Elder Abuse.

Recently, in the Napier District Court, a daughter was charged with 'failing to provide the necessities of life' for her 82 year old mother. The 82 year old was found embedded on a couch with maggots crawling in a rotting wound on her leg. She died in hospital 6 weeks later.

This case has shocked the medical profession, the police and even the services like our own Elder Abuse & Neglect Service. It is tragic and appalling that an older person spent the last part of their life being neglected and not cared for.

What is equally tragic is that nobody spoke up for this lady. Other family members have shown shock, horror and anger that their mother/grandmother was in this situation but I have to question where they were when their mum/grandma needed them. It's easy to say that we weren't allowed in the house but when you realise no one has seen mum for a long time, you see the grounds have overgrown, the windows are boarded up...wouldn't it make you wonder? Wouldn't you want to know that mum is ok? Wouldn't you want to know if your sister is coping in her caring role? What support does she need to care for a frail vulnerable older person? Why didn't somebody speak up or check it out?

Thankfully cases like this one are not common. Elder Abuse is not always as blatant as this. Sometimes it is quite insidious, it is hidden, behind closed doors and sometimes it isn't even recognised as abuse. Financial abuse has become a large part of the Elder Abuse work we do. Emotional and psychological abuse goes hand in hand with many other types of abuse, and neglect is unfortunately too common. As human beings we have a right to expect that the basic necessities of life will be

there for us. We do this for ourselves for as long as we are able. However, occasionally, we can become dependent on someone else to provide our care. We have to hope that we can trust that person, hope that they get the support needed to do an incredibly hard job and hope that we never get left in the state of Mrs Q.

At Age Concern Otago we work hard to provide education around Preventing Elder Abuse & Neglect. Our message is 'It's about Respect'. My message is, as a Social Worker who sees the result of Elder Abuse, please speak up for those who can't. If you think something is wrong, tell someone. If you have concerns, tell someone. I'm happy to take calls and discuss your worry and look at options that may be available.

Call into our office and ask for your free Purple Ribbon to wear on June 15th, and any other day.

Marie Bennett – Age Concern Otago

This Year On Friday

The 20th June we will be collecting at two sites during the day: Pak'n Save in South Dunedin and in the Centre City Mall.

Come to town and make a donation to help us in our work to end Elder Abuse and Neglect.

If you are able to collect for us for an hour or two at either site please phone us: 477 1040



Inside this Issue

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From The Executive Officer



A Massey University study which looked at social integration, health and quality of life demonstrated that the more social ties people have is related to better physical and mental health. Social networks, social support and social connectedness together are referred to as social integration and it is the numbers and types of these connections which were examined in relation to health and quality of life. (Noone, J & Stephens, C. 2014 *Summary Report, Social Integration, Health and Quality of Life*, School of Psychology, Massey University.)

Outcomes from the research concluded that those who were reliant on private and family dependent networks were more likely to report poorer health, quality of life and amount of social support they could provide and receive. Extensive networks that comprise friends neighbours and the wider community relate to better health, both physical and mental.

Age Concern's wide range of programmes provide many opportunities for people to extend their social networks; Seniors Clubs, Senior Chef, Staying Safe courses, Steady As you Go, Accredited Visitor Service, Total Mobility, all provide for an opportunity to meet new people, to take part in community events. However, for some it is not an easy step to join in. Please support those you know, family and friends to be a joiner. The benefits to health and quality of life will be many.

Susan Davidson - Executive Officer

Pressure for independence in old age can be disabling – Massey Research

Dr Mary Breheny, a Massey health researcher says many older people do not like to ask for help and many talk about not wanting to be a burden to their families, neighbours and society. "Too much emphasis on independence can be counterproductive if older people feel unable to ask for help even when they need it." she says.

"None of us is independent at any stage of life," Dr Breheny says. "At different stages we all need varying levels of care, support and resources. The rhetoric around independence can be quite disabling for elderly people. We need to acknowledge inter-dependence".

The additional focus on independence as a social policy solution to the financial and social impact of the ageing population reinforces this tendency of many elderly people to remain stoic and self-sufficient at all costs, sometimes to the extent of denying themselves vital care and assistance.

Dr Breheny, who was recently awarded an Early Career Research Medal at Massey's Defining Excellence awards, has researched and published widely on how social and economic issues influence health across a person's lifespan.

Reports detailing the development of the measure and describing other research on ageing in New Zealand can be found on the Massey University Health and Ageing Research Team website: <http://tinyurl.com/ncpztxn>



AVS Volunteer News:

We would like to thank those volunteers who attended our support meeting and training on May 1st. It was an interesting session; for those volunteers who were not able to attend we have enclosed an information sheet that covers some of the topics that were discussed during the meeting.

We will be organising two more Volunteer Support Meetings for later this year, please see the attached suggestions sheet as we need your help to make these sessions as accessible and useful as possible. June is the month that we need to collate your Record of Visits so we would be very grateful if you could complete the included form and return it to us in the prepaid envelope.

General AVS News: There are some of you who are still waiting to be introduced to a volunteer, we are always comparing who is waiting with which volunteers we have available but sometimes it can take a while to find the right match. If you are waiting, have a look at the Club News Section to see if there is something you would like to attend, or you could give us a call to see if we can help you to join a local group or become part of a social activity.

With winter here now it is always good to check whether you have a working smoke alarm. Did you know your local Fire Station can assist in installing your smoke alarm, changing batteries, and offers home fire safety checks? Why not talk about this with your visitor or the person you visit. Give us a call if you need any more information about this.

Tristan & Chris – Coordinators

Wanted:

Collectors wanted for two sites on Friday 20th June:
Pak'n Save and Centre City Mall
Please contact Niall at Age Concern Otago if you can spare a couple of hours to help.

Steady As You Go® and Tai Chi



Peer Leader Refresher

To be held on Thursday, 19th June, 10 am to 1 pm at Age Concern Otago, 9 The Octagon.
Please RSVP by Friday, 13th June.

Ode to St Clair Steady As You Go

Every Wednesday morning
We meet at the local Church hall
To do our 'Steady As You Go' exercises
So we can prevent a fall

We all sit in a circle
While listening to the CD
We roll our shoulders and stretch our arms
And remember to bend our knees

Stand with your feet apart
Rock slowly side to side
Imagine you are a little stone
Rolling in the tide

Then we stand on tip toes
Look over the fence next door
Then we walk in straight lines
Stepping over cracks in the floor

We walk, we stand, we stretch and bend
And feel the benefit of it all
We do it all because we know
It will prevent a nasty fall

By Valda White

Margaret Dando
Steady As You Go® & Tai Chi Coordinator

Age Concern Otago Contacts

Dunedin Office: (General Inquiries) 03 477 1040

Email: agecon@ageconcernotago.co.nz
Website: www.ageconcernotago.com
9 The Octagon / 26 Bath Street, PO Box 5355,
DUNEDIN 9058

Services

Elder Abuse / Neglect:	Marie	Ext 703
Falls Prevention:	Margaret	Ext 702
Magazine:	Niall	Ext 707
Meals on Wheels:	Kristen	Ext 704
Total Mobility:	Chris	Ext 706
Visitor Service:	Tristan	Ext 708

Central Otago (Alexandra) Office:

Marina 03 4487075
Email: central@ageconcernotago.co.nz
Alexandra Community House, ALEXANDRA 9320

Seniors Clubs News

Octagon Club:

Concert Wednesday 18th June at 1.30pm
Red Cross Choir. \$3 entry / afternoon tea, raffles

Mosgiel Seniors:

5 Hartstonge Ave
Concert Wednesday 18th June at 1.30pm
Green Island Fireside Singers. \$2 entry, \$1 raffles

South Dunedin Seniors:

255 King Edward St
Regular concerts every Thursday 2pm – 3.30pm
\$3.50 entry / afternoon tea

Work and Income Senior Services

Do you struggle to make ends meet? Is your rent too high? Do you have high medical costs? There may be some help for you!

If you have questions about Superannuation payments or other entitlements then come and ask Tony, the Senior Services specialist.

Tony is available by appointment, at Age Concern, every 2nd Tuesday.
(3rd and 17th June, 1st, 15th & 29th July)

Ring (477 1040) or call in to Age Concern for enquiries or to make an appointment.

Age Concern Otago has much pleasure in announcing the next two in our series of interesting, informative and thought provoking

'Tea and Talks' for 2014

Come and join us for a cup of tea and a chat at:

Octagon Club (9 The Octagon) Wednesday 28th May at 1.30pm

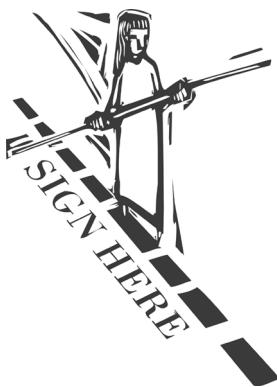
What is a Living Will / Advance Directive?
Advance Care Plans, Do I need a Will?

Wednesday 11th June at 1.30pm

'Banking in the 21st century'
Auto or direct payments, Eftpos and Internet banking, banking safety
Phone Age Concern to book
(Bookings essential to ensure a place)

Changes To Consumer Law

Law changes that come into effect on June 18th will strengthen your rights.



Extended warranties

You will have the right to cancel an extended warranty within five working days of receiving it. Businesses will also have to explain before you buy the warranty what extra protections it gives you over the rights you already have under the Consumer Guarantees Act.

Uninvited direct sales (formerly door-to-door sales)

You will be able to cancel a contract for goods or services within five working days if a business approaches you at home or work, by phone or in person

Unsolicited goods and services

Businesses won't be able to demand payment for any goods or services you have not requested. An example where this law will cover you is where a business leaves a box of greeting cards in your mailbox, with the idea that you will buy them.

Layby sales

Businesses will have to give you written information about the terms of your layby, including your cancellation rights

Online purchases

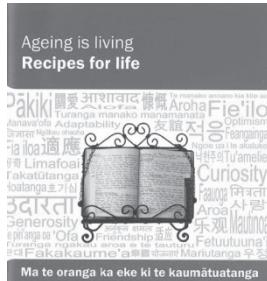
You will be protected by the Consumer Guarantees Act when you buy goods or services from a business online. This includes when you bid for them in an online auction. Businesses must also identify themselves as a trader when they sell online.

As this is just a brief précis you can get more information on the website: www.consumeraffairs.govt.nz, or you can seek advice from your local Citizens Advice Bureau or Age Concern Office.

Food for thought on Curiosity

Here's a little food for thought from our positive ageing 'cookbook' *Ageing is living: Recipes for life*.

Curiosity adds fire and spice to life. Like a good curry, it really gets the digestive juices flowing! A good helping of curiosity keeps our brain cells ticking over and helps make life stimulating and meaningful. It also has the effect of making us more interesting to other people.



So add a little more spice to your recipe for life:

- Be astonished, puzzled, interested.
- Be receptive and open to new things and to other points of view.
- Ask questions.
- Develop your interests.
- Keep learning new skills.
- Expand your horizons.
- Mix with people who don't share your world view.
- Be adventurous – do something you've never done before.

Live as if you were to die tomorrow. Learn as if you were to live forever - Mahatma Gandhi

If you're hungry for more or want to order a free copy of *Ageing is Living: Recipes for Life* contact us at the Age Concern Otago Office Ph: 034771040

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Fire Risks For Older People

International research consistently shows that, as people get older, they have increased vulnerability to death and injury from fire. New Zealand fire-related mortality rates for older people triple for each decade beyond the age of 75. Between 1996 and 2006, there were 212 unintentional residential fire deaths in New Zealand. On a proportional basis older people are over-represented in fire fatalities.

Studies show that older people share many of the same risks as the general population, especially risks arising from unsafe behaviour. However, older people may find it more difficult to escape from fire and may suffer more serious consequences (not only physical but also psychological consequences and loss of independence).

Roughly in order of importance, the contributory factors to serious house fires include:

- **Electric Blankets:** Faulty electric blankets, and their misuse, are the highest single cause of fatal fires for older people (20% of deaths compared with 4.5% for other adults). Electric blankets are often seen as a convenient and economic means of heating. If they are used as wrap-around warmers this damages wiring and greatly contributes to the fire risk, as does leaving blankets on too long. Some fatalities resulted from careless actions, such as not dealing with a smouldering blanket. The advice is that electric blankets should be checked annually to ensure they are safe. Many of the fire fatalities involved old blankets that had not been checked in some time, if ever.



- **Smoking:** Smoking is the second most important cause of fatal residential fires. Smoking-related deaths involving older people have resulted from fires in clothing, furniture, or bedding. Many victims were bed-ridden or had limited mobility, which affected their ability to escape from the fire.

- **Heating:** Fires caused by heaters are second equal with smoking as a fire risk for older people. There are serious risks from sparks and burning embers around open fires and wood burners. Those on low incomes may use older or cheaper heaters which may not be as stable as higher quality appliances. They may also contribute to falls or tripping up. Locating small heaters close to furniture or bedding is a further risk. There have been instances of older people using stove or oven elements for heating, which is inefficient and unsafe.

- **Unattended Cooking:** This is the largest cause of fatal residential fires; but it ranks sixth for older people, causing 9% of deaths, compared to 28% for other adults. Overheated oil or fat is a major ignition factor. Many cooking fires are dealt with by occupants and neighbours without Fire Service involvement and these do not appear in official records. Poor memory and becoming distracted are often the causes of cooking fires.

- **Other Risky Behaviours:** These include hoarding of newspapers, boxes and other flammable materials (which may also make it harder to escape a fire); throwing burning or hot items into the rubbish, and misuse of inflammables near naked flame. These of course are not restricted older people. Alcohol plays a significant role in fire fatalities and injuries, but less so for older people than for other adults.

- **Lack of Smoke Detectors and Fire Safety Equipment:** In a 2007 study, nearly two thirds of properties involved in fatal fires and occupied by older people either had no detectors installed or these were disabled or had no batteries.

- **Living Alone:** Social isolation may be a problem for those who live alone, especially for older people with limited resources and poor safety practices, and may lead to increased risks in a number of areas, including from fire. A progressive deterioration in health or living standards may not be identified until a crisis occurs. Ongoing contact with neighbours is important; they played significant roles in some fires by coming to the occupants' assistance and by calling emergency services.

Summary: The fire risks affecting older people are similar to other groups, but also reflect the vulnerabilities of very old people, especially those with mobility restrictions and sensory loss. Projections indicate a marked increase in the numbers of very old people, many with significant disabilities, who will continue to live in the community in conventional housing. A high proportion of these will be living alone, especially older women, and most will also be receiving home-based services provided through health agencies and voluntary organisations. Therefore there is a need for attention to reduce fire risks for older people. *Source: ACNZ Blog 'On Research' by Dr Judith A. Davey, Age Concern New Zealand voluntary policy advisor*

**Does someone you know have a story to tell?
Everyone's story is unique as they are.**

Many people intend to put their musings into a book but do not know where or how to begin. From a series of reflective conversations I can write, transcribe, edit and creatively compile your story into a simple book. My service provides a completed manuscript with all of the organising and writing done for you.

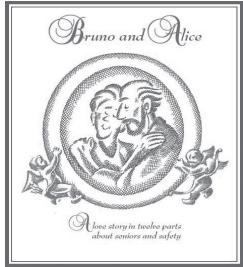
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Bruno And Alice A wonderful series of twelve stories with a safety message for seniors.



Episode Four: Vampire

Things weren't going particularly well with Alice and me. I had met her last summer and was wild about her, but the relationship seemed jinxed; whatever plans we made to get together were frustrated by circumstances.

In spite of my efforts, we had spent our whole first evening together only a week before, sitting in her apartment talking about bathtub rails and hip replacements. She had taken a bad fall that afternoon and, contrary to my vow never to talk about health problems as I got older, we talked about everything from slippery tubs to prostate operations!

But this night was to be different. Pure romance. I had invited her over to my house for dinner, and it was going to be a great one. I had some steamy jazz on the turntable (yes, turntable,) lights dimmed and candles lit when she arrived. I thought the place looked great but, when I opened the door for her, she looked around at the candlelit rooms and said "Count Dracula, I presume." Her comment put me off a bit. I like candlelight but I'm no bloodsucker, and I hadn't learned yet that Alice says whatever she thinks, good or bad. For me, dimming the lights is romantic. Besides, I've always thought that using less light saved money and, frankly, I made a point of leaving most of them off all the time.

I showed her into the living room and offered her a drink. She asked for wine. I slid off the couch and headed through the dark for the kitchen where I marched directly into the corner of an open cupboard, driving it right into my forehead.

I must have yelled out (probably something unprintable) because Alice was beside me in a second, flipping on lights, hauling me up off my knees, helping me to a spot more comfortable than the kitchen floor.

The evening wasn't a total disaster. Alice spent the evening very close to me on the sofa where, tending the growing lump on my forehead, she lectured me on the wisdom of turning lights on before entering a darkened room. That was the closest we'd been to date, but nothing compared to what happened the next evening we got together.

Reproduced with permission from the Public Health Agency of Canada

I was taught to respect my elders but it's getting harder and harder to find one!

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- Experience. Something you get immediately after you need it.
- Smile. A curve that can set lots of things straight.
- Free gift. Aren't all gifts free?
- Conscience. The part that hurts when all the other parts feel good.
- Timing. The critical factor determining the success or failure of a rain dance.
- Age. A high price to pay for maturity.



Mention Age Concern Otago when paying for a Warrant of Fitness inspection at VTNZ and receive a 10% discount. VTNZ will donate a further 10% to Age Concern Otago.

Telephone Scam Alert

Scammers continue to keep hitting the phones; including to ‘fix’ computers. It seems that scammers have been letting their fingers do the talking of late. There has been an increasing numbers of reports of telephone scams here in New Zealand and also in the UK and in Australia.



Consumers can stop themselves being scammed by **never** disclosing any personal details or financial details to these callers. In particular, people should be aware about:

- Callers advising that the person’s computer is infected with a virus and requesting credit card details to fix the problem.
- Callers offering products, services or cash under fake government grants.
- Callers seeking bank details in order to process a bank fee refund or tax refund.
- Callers offering to place the person’s number on the Do Not Call Register for a fee.
- Recorded messages asking consumers to “dial 9” for a ‘free’ holiday.

Protect yourself

- Be cautious - if you get an unsolicited call and the caller requests personal information, it may be a scam. Hang up and verify who they are by independently finding their contact details from a trustworthy source such as a phone book and contacting them directly.
- Protect your personal information and financial details - don’t provide your details to anyone who has contacted you out of the blue who you don’t know and trust. Even if they claim to be from a reputable company or Government department it may still be a scam.
- If you get a cold call from someone claiming you are entitled to a refund, have won a holiday or have a virus on your computer, hang up immediately.
- Contact your bank immediately if you think you have provided your details to a scammer.



Ten reasons why the women of New Zealand should vote (1888)

This is the text of a leaflet published by the Women’s Christian Temperance Union in May 1888, which was sent to every member of the House of Representatives.

1. Because a democratic government like that of New Zealand already admits the great principle that every adult person, not convicted of crime, nor suspected of lunacy, has an inherent right to a voice in the construction of laws which all must obey.
2. Because it has not yet been proved that the intelligence of women is only equal to that of children, nor that their social status is on a par with that of lunatics or convicts.
3. Because women are affected by the prosperity of the Colony, are concerned in the preservation of its liberty and free institutions, and suffer equally with men from all national errors and mistakes.
4. Because women are less accessible than men to most of the debasing influences now brought to bear upon elections, and by doubling the number of electors to be dealt with, women would make bribery and corruption less effective, as well as more difficult.
5. Because in the quietude of home women are less liable than men to be swayed by mere party feeling, and are inclined to attach great value to uprightness and rectitude of life in a candidate.
6. Because the presence of women at the polling-booth would have a refining and purifying effect.
7. Because the votes of women would add weight and power to the more settled and responsible communities.
8. Because women are endowed with a more constant solicitude for the welfare of the rising generations, thus giving them a more far-reaching concern for something beyond the present moment.
9. Because the admitted physical weakness of women disposes them to exercise more habitual caution, and to feel a deeper interest in the constant preservation of peace, law, and order, and especially in the supremacy of right over might.
10. Because women naturally view each question from a somewhat different standpoint to men, so that whilst their interests, aims, and objects would be very generally the same, they would often see what men had overlooked, and thus add a new security against any partial or one-sided legislation.

Brunch Style Devilled Kidneys

Ingredients

	Per Serve
Lamb's kidneys	3
Margarine or butter	1Tablespoon
Flour	1Tablespoon
Prepared mustard	½ teaspoon
Mushrooms, sliced	¼ cup
Curry powder	Pinch
Beef stock or water	½ cup
Port or sherry (optional)	1Tablespoon
Tomato paste or sauce	1teaspoon
Salt & pepper	To taste

- Halve kidneys and cut away the core. Slice thinly.
- Heat margarine in pan and, when quite hot, add the sliced kidneys. As you put them in, spread them quite evenly, but do not stir.
- Cook for 30 seconds. Toss quickly to cook the other side but no longer than 2 minutes in total or they will be tough. Lift out with a slotted spoon and set aside.
- Reduce the heat, add flour to the pan, stir well then add mustard, mushrooms and curry powder. Gradually stir in the beef stock or water, port and tomato paste and continue stirring to make a smooth paste.
- Return kidneys to the pan and simmer for 1 – 2 minutes. Season with salt and pepper.
- Serve over toast, sprinkled with parsley.

A Home For Life

He kainga mo ake tonu atu

An Age Concern information sheet for older people on the move.

Free copies of this information sheet are available from the Age Concern Otago office or you can download it from our website: www.ageconcernotago.com



Mr/Mrs/Miss/Ms First name _____ Surname _____

Street

Suburb

City/Town Postcode.....

Telephone

A receipt & ticket will only be sent if the box is ticked

Better Deal for Glasses

The Ministry of Social Development (MSD), including Work and Income, Senior Services, StudyLink and Youth Service, has negotiated with selected optometrists and opticians to supply glasses to people using hardship assistance to pay for them.

From May 2014 clients are able to receive quality products and supporting services at a very competitive price. This means a client will have less debt to pay back.

MSD has negotiated an inclusive price for:

- an eye test
- lenses (bifocals or otherwise)
- frames (there are plenty of options to choose from)
- a fitting service
- repairs

These arrangements started in the lower South Island in May 2014 and will cover the rest of New Zealand by July 2014.

Clients will need to make an appointment with MSD first before seeing the Optometrist or Optician.

Call MSD free for details: 0800 650 656 or email seniors@msd.govt.nz

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Please accept sincere thanks for your support.

Age Concern Otago PO Box 5355 Dunedin 9058

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