



# AGE CONCERN OTAGO

Celebrating Otago's older people since 1948

NOVEMBER 2014

PO Box 5355, DUNEDIN. TELEPHONE 477-1040



Rosalie and flower box at the Spanish Arch, Galway, September 2012.

## Journey with a light heart – ‘you can’t take it with you’

It is true – travel broadens the mind. As I grow older (I am 88) I try to take opportunities to keep my mind as open as sharp as possible. I am blessed with reasonable health and have a wonderfully supportive family and friends. They encouraged me when I decided to come and live at Abbeyfield in 2011 after a particularly vicious attack of shingles. Damaged nerve endings in my left arm are painful still, three and a half years later, and I guess I am stuck with this mild disability.

However, my family were surprised and delighted when I expressed an intention to go to Ireland “Granny hunting”. My two Irish grandmothers had long been part of my family myths and legends. After much thought and discussion my daughter-in-law Rose said she would be my tour leader and my older sister Janet, living in Melbourne, decided to come too. We thought we would go for a month in September 2012, after the high tourist season. We found a friendly travel agent who was able to advise us about possible routes and airlines.

Everything started to fall into place with all the work behind the scenes smoothly accomplished. The internet is a great tool. My children and grandchildren are experts and I am gradually learning. I am all for accepting help when it is offered. For instance, the airline (Emirates – brilliant) provided a wheelchair and driver for me at every stop. I would have struggled to keep up as distances within huge airports like Dubai are measured in kilometres. Accept help gracefully. My stubborn sister has not yet acquired this virtue.

With Rose as driver and a rental car, travel for three was economical. We had a fabulous (or awesome if you prefer) month in Ireland, staying first in Dublin, then Galway, Enniskillen, and lastly Killinchy near Stangford Lough. We didn't rush around seeing everything and savouring nothing. We trod where our forebears had travelled, enjoying the green countryside, ancient buildings, and friendly helpful people. We stayed in prearranged self-service apartments. No hassles – except when a machine gobbled up my sister's credit card. Not life threatening.

Of course we did not find our Grannies but we found where they had lived and a Grandfather is commemorated at Trinity College Dublin. We found second cousins in Killinchy where we were welcomed as family. We travelled light – one suitcase each and a small cabin bag. It was early autumn and the mild showery days were delightful. We had some extraordinary experiences such as meeting up with some distant Japanese relatives in a village pub in a small town.

My view of the world has certainly broadened. Go if you get a chance. Go with a light heart and light luggage. Your wallet will certainly lighten itself. “You can't take it with you” - and what a bargain you will receive!

Rosalie Somerville

### Make us your first call for information education & advocacy

**Dunedin Office:** (General Inquiries) 03 477 1040

Email: [agecon@ageconcernotago.co.nz](mailto:agecon@ageconcernotago.co.nz)

Website: [www.ageconcernotago.com](http://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

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](mailto:central@ageconcernotago.co.nz)

Alexandra Community House, ALEXANDRA 9320

## From The Executive Officer

We hope you enjoyed browsing our new look magazine last month. Spring is the time of change and we'd love to hear what you thought of this change to our usual format. It's important to us that you enjoy the news and articles we bring you so don't hesitate to tell us what you thought. If you are part of a club or activity and would like some magazines for your members to read let us know.

We celebrated International Day of the Older Person on October 1 with a wonderful lunch in our rooms here in the Octagon. Many folk ventured out and were happy to enjoy a dinner meal with others and to meet new and old friends at the same time. The Senior Musicians ably entertained us again, taking the odd request and providing those old familiar tunes we all know and love. You will see happy photos of this event throughout this magazine. Our annual Street Appeal was held on Friday October 3 and as always we are very grateful for those kind people who gave their time to collect for us. It was a miserable, blustery day and our volunteers were brave to withstand the elements all for the cause. We were particularly impressed with two 15 year old boys giving us their time, and they clearly impressed people on the street as well. Thank you to all, especially Louis and William.

I would like to introduce Jane Clutha, our new editor, who will be bringing her own stamp to the role and feel to the magazine. Jane started in September and is helping us with promotions and communications at the office.

**Susan Davidson**  
Executive Officer

## From the Editor

Hello to all our readers. It is lovely to be on board a wonderful team at Age Concern Otago and to have the opportunity to contribute to your magazine. Over the next weeks I will be assembling some talented writers who will bring you stories of ordinary and extraordinary people from our region. You'll find some regular columns appearing about budgeting, legal aspects of life and staying healthy. Your stories would be very welcome. Please don't hesitate to send me your ideas about what you'd like to see in the magazine. Maybe you have stories from your past you'd like to share, maybe you have an excellent recipe and can tell us the history that goes with it. I am keen to receive your tips on how to live a good life, let's make that a regular section as I'm sure there is plenty of expertise out there about that! Perhaps you would like to share a potted history of the club you belong to, or your neighbourhood. I would love to hear from you.

I hope you will find plenty of interest and inspiration as you read through each issue.

**Jane Clutha**  
Promotions and Communications Coordinator

## News from Central Otago



Hello everyone. November is upon us and from now until the end of the year it seems that the days speed by even faster than usual. I hope that you are all out enjoying the warmer weather. Fresh air and sunshine are very important to our health and wellbeing, but please make sure you are wearing sun screen and hats in the heat of the day.

Age Concern currently have the last of our Senior Chef and Safe Driving courses running for this year but if you are interested in participating in these courses in the new year please contact me to register your interest. People who have taken part in these courses have thoroughly enjoyed them and they come highly recommended.

We also have our SAYGO exercise classes running throughout the district. If you would like to find out more about these classes, please give me a ring.

My contact details are 03 448 7075 or email [central@ageconcernotago.co.nz](mailto:central@ageconcernotago.co.nz). I would love to hear from you.

Take Care

**Marina**

## Accredited Visiting Service (AVS)



**Providing company and friendship for older people**

Welcome

As the end of the year is approaching, it's a good time to be grateful for the friendships that

have formed and continued over this past year. Please would our AVS volunteers complete the Record of Visits form that is enclosed and return by mid-December. This is a good time to remind you that if for any reason you have stopped visiting or if the visitor that we introduced you to has stopped visiting, please let us know.

You may recall that earlier this year we asked some of you to complete a satisfaction survey. The results of this survey showed that the majority of you have formed enjoyable, mutually beneficial and genuine friendships through being part of the Accredited Visiting Service; this is great for us to hear. We do try to continually improve the service and rely on your feedback to see what works well and what doesn't and to shape how we might develop the service in the future. If you have some feedback about the service then please make contact with us, we are always pleased to hear from you.

**Tristan & Chris.**

*"The only way to have a friend is to be one"*  
Ralph Waldo Emerson

# Steady As You Go® and Tai Chi

## St Clair Steady As You Go

Quite often when I visit a class a participant or Peer Leader will come up to me and tell me something about how the class has benefited them. When Valda from St Clair SAYGo shared her story with me I asked her to write it down. Here are some of her comments:

“Steady As You Go made me aware of how my body works. It improved my posture and balance; increased my energy levels; helped reduce cramp and helped me after eye surgery to walk on uneven surfaces without fear of tripping. I know with exercise I will be mobile for many years to come.

“I enjoy doing the gentle exercises in a group of my peers and to watch their improvement and confidence. One of our members joined us using a walking frame. He graduated to using two walking sticks and now walks twice a week around the lower Gardens.

“From beginner to Peer Leader I have made many friends. Not only at weekly meetings but by phone or a chat. Steady As You Go got me mixing again with people. I had allowed myself to become lonely and isolated.

“Mentally and physically I am a better person and enjoy giving back to others what I have gained through Steady As You Go.”

**Margaret Dando**

**Steady As You Go® & Tai Chi Coordinator,**

**Ph.(03)4771040. [margaret@ageconcernotago.co.nz](mailto:margaret@ageconcernotago.co.nz)**

## Gigatown for our Grandkids

Gigatown is an online and real world competition developed by Chorus to help educate and inspire New Zealanders and raise awareness about the possibilities that a country connected with ultra-fast broadband over fibre can provide. Ultimately, the winning town will be the town that wants to be Gigatown the most. Dunedin has made the final 5 (along with Nelson, Timaru, Wanaka and Gisbourne) and the competition has only a few weeks to run, with the winner announced on 26th November.

### Why is winning important for Dunedin?

Winning Gigatown is the biggest opportunity Dunedin has been presented with in recent times. Winning will:

- Grow Dunedin, and enable a knowledge economy,
- Help retain our youth by providing jobs,
- Provide a better platform to educate your grandchildren,

- Enable you to video chat your family anywhere in the world - in High Definition with no delays,
- Help Dunedin become a better place to live, and
- Help create new technology for the health sector - Imagine not having to leave the comfort of your home for doctor visits, simply turn on your Skype and begin your consultation
- Gains across the healthcare, education, business and agriculture sectors
- 100 x faster internet,
- A \$500,000 community development fund, and
- A \$200,000 startup innovation fund

### How can you help?

1. Sign up as a Dunedin supporter at [gigatown.co.nz](http://gigatown.co.nz)
2. Complete the gigaquiz at [gigatown.co.nz](http://gigatown.co.nz)
3. Encourage your friends and family joined up and doing the quiz.
4. Visit the Gigatown shop at the foot of the escalator near DCC offices

**More information**  
**[gigatown.co.nz](http://gigatown.co.nz)**



*Marie, Shona and friend*

**+ Fill in the missing letters in the shaded squares to make six words reading across. Then, from top to bottom, the letters in the shaded columns will form two words that belong together.**

R	E		P	O	N		E	S
P	O		U	L	A		E	D
C	R		M	I	N		L	S
V	E		S	A	T		L	E
P	L		T	F	O		M	S
T	E		E	C	A		T	S

*Answers on back page*

## George Carlin's Views on Ageing

Do you realize that the only time in our lives when we like to get old is when we're kids?

If you're less than 10 years old, you're so excited about ageing that you think in fractions. "How old are you?" "I'm four and a half!" You're never 36 and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number... or even a few ahead. "How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16!

And then the greatest day of your life YOU BECOME 21. Even the words sound like a ceremony... YOU BECOME 21. Yesssss!!!!

But then you turn 30. Ooooh what happened there? Makes you sound like bad milk.

He TURNED; we had to throw him out. There's no fun now. You're just a sour-dumpling.

WHAT'S WRONG? WHAT'S CHANGED?

You BECOME 21, you TURN 30, then you're PUSHING 40. WHOA! Put on the brakes... it's all slipping away. Before you know it, you REACH 50 and your dreams are gone.

BUT WAIT!!! You MAKE IT to 60. You didn't think you would!

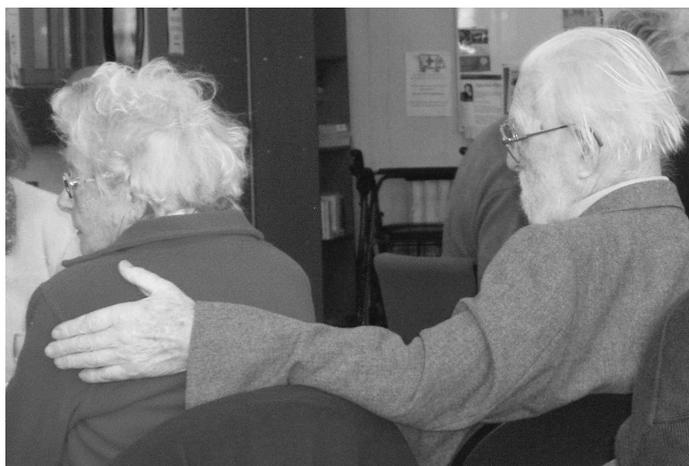
So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE IT to 60.

You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday! You get into your 80's and every day is a complete cycle; You HIT lunch; you TURN 4.30; you REACH bedtime.

And it doesn't end there. Into the 90's, you start going backwards... "I was JUST 92."

Then a strange thing happens. If you make it over 100, you become a little kid again.

"I'M 100 and a half!" May you all make it to a healthy 100 and a half!!



*Lucas and Minnie*



*Smiling Jan and Rob*

### Tips for living well

Use it or lose it.

You can't expect people to help you, if you don't help yourself.

Keep active in the things you are involved with.

**Jan and Rob**



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## Denture Health South



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**Age Concern discount 10%**



*Having a laugh - Ken, Ron and Bill*

## Maintaining And Increasing Personal Independence

The Disability Information Service is a not-for-profit registered charity established in 1987 to serve the people of the Otago region with information on all matters relating to health and disability.

Enquiries can range from where do I hire a wheelchair? Is there a specific support group available? Where do I get a Mobility Parking permit? To even more complex enquires concerning travel or house alterations. The list is endless.

We are increasingly aware that the maintenance of personal independence plays a vital part in the health and general wellbeing of individuals, whether in their own home or in that of a supported environment. So to assist in maintaining personal independence Disability Information Service is now selling daily living aids ranging from walking sticks, sock aids, raised toilet seats to incontinence products.

If you are in Dunedin why not visit us at our office in the Dunedin Community House, 301 Moray Place, to try out these items and see our range of other available products?

We are open Mon - Fri 9.00am - 5.00pm. We would suggest that you telephone first - on 03 4716152 - to ensure that either John or Sallyjane is available.

If we can be of any further assistance please do not hesitate to contact or visit us.

## Good Cents

Are you struggling to manage your household finances? Do you forget to pay bills on time?



This is a common occurrence as people get older.

Don't feel embarrassed about it. There are things you can do to alleviate the need to remember.

Set up an automatic payment (AP) or a direct debit (DD) for each bill so that they are paid on the due date and you do not get charged penalties.

APs are useful when there is a set amount to be paid each month. DDs are better when the amount changes from month to month such as for a power bill.

If you work out how much money you need to have fortnightly to cover all your accounts and transfer that amount into a separate account, set up the APs and DDs, and you don't have to remember when to pay them. The only time you would need to adjust them is if the costs changed.

If you are really unsure get your accounts to go to a local trusted friend or family member who can keep an eye on the accounts to make sure they are paid on time.

If you are unsure what to do the Dunedin Budget Advisory Service can help you. The service is free and confidential and you can be seen at the office or in your own home.

Ph 03 471 6158

[www.budgetingdunedin.co.nz](http://www.budgetingdunedin.co.nz)

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*Tony McCarthy*

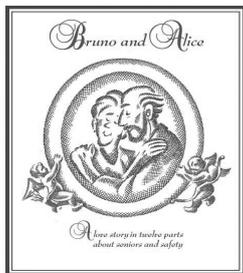
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211 King Edward Street, South Dunedin. Opposite Westpac



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



## Episode Eight: Back Flip Onto Wet Grass

My friend Bruno is a sculptor. This March, when the forecast was for

three warm, sunny days in a row, Bruno decided to throw a small party to get his family and friends over to see the pieces he had been working on over the winter. He puts on an event like this once or twice a year. It gives him a chance to sell his art, make a little cash, and see all his friends.

The day of the party, Bruno's place was packed. Everyone was very complimentary about his work, and the fine weather made everything seem even nicer. At one point, someone suggested we go out on the back deck to enjoy the warmth. It had been a long winter and the sun felt great. Bruno's daughter was out there with us. But she took one look at the deck and said "Dad, this old deck isn't getting any sturdier."

Bruno who, quite wrongly, fancies himself a handyman, waved her off by saying "Rock solid. Two-by-ten joists every twelve inches. It'll never budge."

Never tempt the gods. As though on cue, the railing which a couple had leaned against gave way, and they both fell backwards into a cold marsh of soupy wet grass. They weren't hurt, but they sure made a fuss about their clothes! Bruno's daughter got immediate permission to find a builder and make proper repairs. The incident was over.

After the party, we went back out onto the deck and checked out the damage. Looking down at the impressions in the wet grass, Bruno was quiet for the longest time. Then he turned to me and said "That could have been us."

*Reproduced with permission from the Public Health Agency of Canada*

## Life after driving and other challenges

According to Statistics NZ, 168,000 New Zealanders struggle to read ordinary newsprint, even when wearing glasses or contact lenses, but only 11,700 of them qualify for help from the Blind Foundation. For the remainder, support and information is often scant or non-existent. But not in Dunedin!

When a group of Dunedin VIPs (visually impaired people) began meeting four years ago to share information, support and practical knowhow about coping with low vision, a pressing question emerged: if failing eyesight means you're not allowed to drive - what then?

At their September meeting, a panel of three former drivers, Allison, Kamu and Helen, tackled that challenge.

"You just have to get on with it," Helen said. And that is exactly what those VIPs are doing. Allison continues to swim twice a week. Helen continues to attend her spinning and weaving group. Kamu continues to fish for salmon in the Waitaki River.

Kamu's account of driving his three-wheeled motorbike into a seal, and of rescuing a man from drowning, left everyone convinced that losing your sight and losing your licence does not mean losing your zest for life. "But how do you tie your fishing flies?" someone asked. "By feel," said Kamu matter-of-factly. "It's not too difficult."

Dunedin VIPs meet on the fourth Wednesday of every month except December. All VIPs, family members, friends, professionals and members of the public welcome. For more information phone Lynley at VICTA (Visual Impairment Charitable Trust Aotearoa NZ): 03 487 7686 or 0800 206620.

### Tips for living well

If you haven't got an interest yet, find one.

You have to sometimes pace yourself. **Jan and Rob**



*Time for tea - Doreen, Kath and Gaynor*

### Your own poem

Walk this world at your own pace,  
Don't look and then compare.  
If others travel faster,  
Don't worry or despair.  
If some folks travel slower,  
Then that's just fine as well.  
Each pathway sets its own pace,  
In ways we can't foretell.  
Wherever life may lead us,  
Don't treat it as a race,  
Take pleasure in your journey,  
And take it at your own pace.

**Maggie Ingall**

# Age Concern Otago Notice Board

## Seniors Clubs News

### Octagon Club

Concert Wednesday 19 November at 1.30  
Russell Ward trio \$3 entry & afternoon tea, raffles

### South Dunedin Club

255 King Edward St  
Regular concerts every Thursday 2 – 3.0pm  
\$3.50 entry & afternoon tea

### Port Chalmers Seniors

Town Hall, 1 Grey St  
Speaker every Tuesday 1.30pm  
\$1 entry & afternoon tea / raffles

### Mosgiel Senior Citizens Club

Members are invited to a Xmas Dinner  
Wed 19th November. Venue and time are yet to be confirmed

## Staying Safe

*A refresher workshop for senior road users*

### Calling all senior road users

- Fine tune your safe driving knowledge
- Improve your safe driving practices
- FREE 4 hour classroom based refresher workshop for senior road users
- Friendly, low stress, no exams
- Lunch provided

## Senior Chef

*Easy recipes for one or two*

### Cooking classes for older adults

- Improve your skills and motivation to cook for one or two
- Practical informative sessions
- FREE recipe book
- Learn about nutrition, budgeting, shopping & meal planning
- FREE 8 week cooking class (2 hours, one morning a week)
- Meet new people in a relaxed, social environment
- Courses available in Dunedin, Balclutha and Alexandra

## Tea & Talk

Safe & sound at home  
1pm, Wednesday November 26th  
The Octagon Clubrooms

Scams are deceptive, uninvited contacts or promises designed to tick you into giving away your money or personal information. Scammers succeed because they look like the real thing, can be charmers. They push your emotional buttons speaking to a strong need or desire. They can be online or door-to-door.

Don't let them get you!!!

The best defence against scams and scammers is to be informed. To be able to spot some of the usual signs as most scams follow basic patterns. Setting up safety nets and doing some homework before you hand over any cash or purchase can save you financial loss and heartache.

Come along to become informed. Phone to book your place.

## 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.

(4th and 18th November, 2nd and 16th December)

## Rates Rebate

Have you applied for your rates rebate? Up to \$595 is available as a subsidy for eligible low income home owners. We have Application Forms available and can help you fill them in. Come in and talk with us, or give us a call.

## Needed, can you help?

Line Dancing instructor is needed at the Octagon Club Tuesdays 1.30 - 2.30. Phone Joyce 4564472

Drivers required for grocery runs in South and North Dunedin areas. Phone Joyce 4554050  
plus-bus@xtra.co.nz

**Phone 03 477 1040 for all bookings or inquiries**

## Curried Chicken Salad

**Tip:** Cooked chicken is available from the delicatessen section of your supermarket. Remember to eat within 48 hours of purchasing

Ingredients	1 Serve	2 Serve
Oil or margarine	1 1/2 t	1 T
Curry powder	1/2 t	1 T
Cooked rice	3/4 cup	1 1/2 cup
Cooked or smoked chicken, diced	1/2 cup	1 cup
Celery, chopped	2 T	1/4 Cup
Spring Onion, chopped	2 T	1/4 cup
Red Pepper, de-seeded and chopped	1/4	1/2
Yogurt	2T	1/4 cup
Mayonnaise or salad dressing	2T	1/4
Chutney	2 t	1 1/2 T
Garlic salt	1/4 t	1/2 t
Parsley, chopped	To garnish	
Peanuts, chopped (optional)	To garnish	

### Method

1. Heat oil in a large pan. Add curry powder. Cook for 1 minute or until you can smell the curry. This is to kill any bacteria that may be in the curry powder. Take the pan off the heat.
2. Add the next nine ingredients. Mix well.
3. Refrigerate for at least 30 minutes to allow flavours to blend.
4. Before serving, remove from the refrigerator and sprinkle with parsley and peanuts.

*Serving Suggestion:* serve with a green salad.

### ACROSS & DOWN

Spiral stairs	4 Versatile
Hidden Words:	3 Criminals
6 Telecasts	2 Populated
5 Platforms	1 Responses
<b>KIDS' CORNER</b>	
8 Defend	4 Free
7 Praises	3 Voices
6 Strife	2 Bonds
5 Guard	1 Nations

### Tips for living well

Make the most of the things you can do.

You have still got a lot of living to do. **Jan and Rob**



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.



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Please accept sincere thanks for your support.

Age Concern Otago PO Box 5355 Dunedin 9058

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