

Official publication of Age Concern Otago

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Age
Concern

Otago

He Manaakitanga

Kaumātua o Otakou

Summer
2015



Celebrating Otago's older people since 1948

Yours
to take and
share

**If a sea lion can,
you can!**

How wonderful is warm water for your health? Read our stories to find out...

Take some inspiration from this endangered NZ sea lion who wandered into the St Clair Salt Water pool recently to search out some warm water.

"A major part of our clientele are swimmers over sixty" says Paul Swanson of the St Clair Salt Water Pool. "Quite a few of them have injuries, especially joint-related ones, and they find that even walking up and down the length of the pool gives them some reprieve from pain". Slow strokes can be as helpful for some as long as people are moving in the warmth they will benefit he says. Paul says that their regulars find that they are stiffer on the days they don't come in.

Annabelle was 56 with very bad arthritis in her knees from all the standing she had done while working. She had deformed knees and was unable to walk for longer than ten minutes.

Photo supplied by DOC

Continued on Pg 3..



From The Executive Officer

Toward the end of last year Age Concern New Zealand published a document titled 'The Big Picture'. It shows on just one page, in pictures and text, what Age Concerns throughout the country achieve. To see so

much presented in such a clear and concise way is an achievement in itself. The wonders of innovation, technology and expertise have given us a fresh way of seeing at a glance the difference we make in the lives of older people.

As we begin the New Year, Age Concerns around the country are putting their minds to an even bigger picture – consideration of what our organisations might look like in the future. Age Concerns have been asked to consider the modernisation of our organisation so that we are better positioned to serve the needs of older people now and into the future.

In the 65 years since the first local Age Concerns began they have become the first port of call for older people in communities around New Zealand. But it is time for us to evaluate if the current federation structure is the best for New Zealand's primary organisation dedicated to delivering services to older people. Age Concern Otago staff and governors look forward to engaging with those concerned with bringing forward concrete proposals and an implementation process so as to ensure we continue to build on our services for and support of older people.

2015 promises to be an exciting year with the possibility of changes ahead for the Age Concern organisation. But for the older people of Otago and their families it will be business as usual because Age Concern Otago's aim will continue to be a one stop shop for Otago's older people offering a range of services and support which enable older people to live healthy, socially connected, independent and respected lives.

Age Concern welcomes enquiries about our services from older people and/ or their friends and families. We can make a difference.

Susan Davidson
Executive Officer



News from Central Otago

Hello everyone and welcome back to an already busy 2015. I sincerely hope you all had a relaxing and enjoyable holiday period and were able to spend some time with those special people in your life.

2015 will see many of the same opportunities as last year offered by Age Concern. We have Senior Chef courses running, Staying Safe Driving courses and we have our Falls Prevention exercise classes up and running again. If you are interested in attending any of these classes or courses please let me know as soon as possible.

We also have our fabulous visiting service where volunteers in the community visit with an older person who is on their own and who would like some company. If you have some time and feel that you would enjoy being a visitor I would love to hear from you. If you are on your own and feeling lonely and would like someone to visit you on a regular basis, again, I would love to hear from you.

Take Care

Marina

Steady As You Go© and Tai Chi

Happy New Year!

New Classes 2015

Portobello Steady As You Go, Coronation Hall, 1.30 pm – 2.30 pm starting Wednesday 28th January. Phone Margaret 477-1040.

Ranfurlly Steady As You Go, St John's Rooms, 10.30 am – 11.30 am starting Tuesday 17th February. Phone Hospital reception 444-9420.

Wanaka & Hawea Steady As You Go, St John's Rooms, Link Way, Wanaka. Starting 2.00 - 3.00 pm Friday 20th February. Phone Binsey 443-5515 or 027 646 8856.

All existing Steady As You Go© and Tai Chi classes are now recommencing.

Margaret Dando





Accredited Visiting Service (AVS)

Happy New Year to everyone.

We do hope that you all had a safe and happy Christmas and New Year. For many of you it would have been a time for you to catch up with friends and family. We thank our wonderful volunteers who were able to continue visiting and phoning during the holidays.

One of the first things on our "to do list" for 2015 is to recruit some male volunteers, we seem to have a shortage. If you know of anyone who would be interested in volunteering for our Visiting Service then please pass on our contact details.

For those of you who were not introduced to someone last year we are hoping that we will have more progress this year in finding the perfect person for you. We do apologise for the delay.

The next Volunteer Support Meeting will be held in March. More details to follow.

Tristan and Chris

Continued from Front Page..

She knew she needed both knees replaced and was encouraged to use Dunedin's physio pool to prepare for the surgery. Despite not being a swimmer, she became a regular user right up to the day of her surgery, doing the exercises her surgeon prescribed. Within 2-3 weeks of her surgery she was back in the pool, again doing what her surgeon suggested. She gradually built herself up and within six weeks of the operation she was walking on her own and told by her surgeon she was an inspiration to others.

Years later Annabelle is in the pool four days most weeks. She is back to being an avid gardener, walking her dog regularly and happily has her grandchildren on her knees as often as they want to be there. She has a normal life now and credits the warmth of the pool for making this happen. "If I can do this, anyone can" says Annabelle.

What do people say?

"Sometimes I'm in so much pain it's the only thing that makes me feel better. When it's so sore, I just hang out in the corner on a tyre, not talking to anyone. It's just fantastic. I just relax in that water, it's invisible to others but my arms and legs just bloody hurt. You realise you're not the only one in pain when you're there, so it's not that bad".

"It's the movement in the water that does it, a spa doesn't give you that. A normal pool is too cold so there's no benefit. It's too hard to get in and out of those pools too".

"It's a very friendly place, you get to know people if you go at the same time".

Be like this male pup sea lion and look after yourself by trying some warm water soon.



A line of happy embroiderers at their Christmas lunch



Lois farewelling the embroiderers



Kevin, Lorraine and Lesley, our South Dunedin Stalwarts



CONGRATULATIONS to Dorothy Darling for winning a \$30 grocery voucher when she attended a Tea & Talk session late last year.



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

FILM - Still Alice



Still Alice is Lisa Genova's story. Lisa self-published this book in 2009 and it became a New York Times bestselling novel. A cognitive professor at Harvard and a world-renowned linguistic expert, Lisa began to experience memory loss symptoms, forgetting words and difficult concepts soon after her 40th birthday. A subsequent CAT scan confirmed the diagnosis of Alzheimer's disease.

This book of Lisa's story is now a major motion picture from Sony Pictures Classics starring Julianne Moore and Alec Baldwin, with Julianne Moore winning a Golden Globe Award for her portrayal of Lisa.

The Alzheimers Society Otago, in conjunction with Rialto Cinema, is holding two charity screenings of this highly acclaimed film, described by the Daily Telegraph's (UK) film critic as "magisterial". The screenings are at 2:00pm and 6:00pm on Thursday 12th February. Tickets are available from Alzheimers Society Otago and are \$15. For more information or to arrange tickets please phone 471-6154 or email adards.otago@xtra.co.nz



Too Busy Growing Up

This business of growing old
bothered me once
when I was fifty-five.
But now at threescore years and ten
(plus five)
all fears concerning age are gone
and I'm just glad to be alive.
To be alive!
To find upon the table of each day
a brimming cup of challenge
to go on.
So...I've stopped growing old—
Too busy
growing up!

This poem is included in the volume Heart on My Sleeve by Sue C. Boynton, Hope B. Friedmann, ed., copyright 1976 and 1980. It also appeared in the autumn 2014 'Poems in the Waiting Room'. Look out for these lovely, easy to read cards which appear each season at our local health centres.

**From Robert Aitken, Chair of our Board....
A quick word to wish you well and to hope that your
year has been full and happy and that the next will
be fuller and happier.**



Red Cross Community Transport

Here to there with care

Community Transport - we're there when it matters. If you need help getting to and from the doctor, hospital or other health-based appointment, Red Cross may be able to help. Our friendly drivers support people all around New Zealand who, for medical, mobility or financial reasons, find it difficult to manage their own transport. Best of all, our Community Transport service is provided at no cost to the passenger, although donations are warmly received.

How we operate

Red Cross Community Transport takes people from their homes to health related appointments - for instance, to their doctor, hospital outpatient clinic, medical specialist or medical centre. We cover most of Dunedin city, including Mosgiel and Port Chalmers. If you are unsure if you live in an area covered by our service, please call us on 0800 RED CROSS (733 276).

How to book

In Dunedin, Community Transport is a by-referral service, arranged for you by your GP clinic, social worker or hospital staff. When you receive, or make your appointment, ask them to arrange transport with Red Cross and you will be called the day prior to your appointment with your collection time.

Friendly, trained drivers

Our drivers are trained in first aid and provide assistance to and from the shuttle. You're in good hands!

Not an emergency service

Our Community Transport is not an emergency or ambulance service. If you need an ambulance or have a medical emergency, always dial 111.

Are you a health professional?

If you have a client who you believe could not attend an appointment without assistance or for financial

reasons, please call us on 0800 RED CROSS (733 276).

Volunteer to be a Community Transport volunteer driver

Volunteering is a fun, rewarding experience. Being a Community Transport driver involves driving people to and from appointments for a couple of hours, one day a week, fortnight or month depending on your availability. Call us on 0800 RED CROSS (733 276) for more information.

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BUPA IN OTAGO AND THE LAKES DISTRICT

Bupa's purpose is to enable people to live longer, healthier, happier lives. We do this by providing a broad range of healthcare services, support and advice to people of all ages.

0800 60 80 99 www.bupa.co.nz

Care Homes

Care is at the heart of everything we do; at each care home we develop individual care plans and tailor activities to suit. Understanding what you need is really important, so that we can make sure your care is personalised and you live the best life possible. Your enjoyment each day is our main focus – we make sure you can live 'your day, your way'. We would love to have the opportunity to talk to you so contact the care homes in your community below:

Lake Wakatipu Care Home

20 Douglas Street, Queenstown - **(03) 442 3780**

Redroofs Care Home

15 Dunblane Street, Dunedin - **(03) 467 5113**

Retirement Villages

Residents enjoy living in our retirement villages because they offer home comforts, a sense of community and everything is tailored to suit. If you are thinking of moving to relax and feel safe, but still want an independent lifestyle, our villages are just the answer. For more information call us on **0800 60 80 99**.

Medical Alarms

Bupa medical alarms are designed to keep people as safe and independent as possible. Caregivers and families can relax, secure in the knowledge that they will be alerted immediately, if something happens. Each person's situation is different, so for more information call us on **0800 60 80 99**

Bupa Care Services

We are the largest residential aged care provider in New Zealand, providing care to over 4,200 people in over 60 care homes, 30 retirement villages and 7 rehabilitation sites. We also have over 10,000 medical alarms customers and 24 dental clinics. Bupa has no shareholders so we invest all our profits to provide better healthcare to our customers. We specialise in dementia care and provide around one third of New Zealand's specialist dementia beds.

Bupa Care Services New Zealand

- Care Homes
- Retirement Villages
- Medical Alarms
- Rehabilitation

0800 60 80 99 www.bupa.co.nz

Television Captioning and Audio Description

If you're struggling to follow what's happening on TV, don't give up – give captioning or audio description a go.



Captions are like subtitles and are designed for people with hearing loss so viewers can keep up with the dialogue.



Audio description is an audio narrative that describes the on-screen action and is designed for people with vision loss. It plays in the gaps between the dialogue.

Captions and audio description are free and fully funded by NZ On Air.

To get the most out of your favourite TV shows, go to our website, www.able.co.nz, to find out which programmes are captioned and audio described and how to turn the services on.

www.able.co.nz
09 950 5172



Pre-paid Funerals

Did you know that there are different ways to pay for a pre-paid funeral plan? You can either pay in a lump sum (up to \$10,000 is excluded from asset testing when assessing eligibility for a residential care subsidy) or you can pay in regular instalments.

Whichever way you decide to pay, the friendly team at Gillions can discuss the options with you.



Gillions
Funeral Services



www.gillions.co.nz

407 Hillside Road, Dunedin.
Ph (03)455 2128. Toll-free: 0800 858 555

It's a new year and a great time to make plans for what you would like to "tick-off" in 2015.

A good place to start is by ensuring your will is up-to-date, by noting down your funeral wishes and by organising a pre-paid funeral plan.

A pre-paid plan is a secure way of pre-paying for your funeral and has many advantages; the funds are available once the funeral account is finalised, any funds remaining will be returned to the estate, the money is held in a secure trust, and if you are applying for residential care, a pre-paid funeral (up to \$10,000) is excluded from asset testing.

You can choose to pay in a lump sum, or by regular instalments. The friendly team at Gillions Funeral Services are happy to discuss the options with you and can provide you with pricing guidelines, and pre-arrangement information as well.

You can phone us on 03 4552128 or email us at support@gillions.co.nz



Celebrating Otago's older people since 1948

Mobility Solutions Centre Dunedin

Mobility Solutions Centre Dunedin are a locally owned and operated service agent for all Enable New Zealand, ACC and privately owned equipment. We employ trained technicians specialising in the repair, maintenance and modification of issued equipment and offer an emergency after hours call out service.

We have a wide range of items in our showroom to aid the elderly and/or the immobile living in their own homes, care facilities or rest homes and mobility products including mobility scooters and wheelchairs for sale. We are currently working on our online store where shopping for our range of products can be done from the comfort of your own home.

We also hire out a wide range of equipment for people recovering from surgery.

The team at Mobility Solutions Centre have a great deal of knowledge to help you with your enquiries and all your servicing requirements.

www.mobilitysolutionscentre.co.nz



Age Concern Otago Mural in Bath Street

The hardest years in life are those between ten and seventy.

-Helen Hayes (at 73)-

If you can't be a good example -- then you'll just have to be a horrible warning.

-Catherine-



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(opp. fire station)
Ph (03) 218 1161

Mobility Solutions Centre

www.mobilitysolutionscentre.co.nz
info@mobilitysolutionscentre.co.nz

Vehicle insurance claim tips

Here are our tips on how to ensure your vehicles are adequately covered and what to do in the event of an accident or theft to make your claim as trouble-free as possible.

General rules

- Keep your broker fully informed with any information that may affect a claim
- Be scrupulously honest when arranging insurance cover and making claims
- Keep well maintained records of your property with receipts for ownership and improvements

When insuring

- Make sure your car is insured for its market value because that is the most an insurer will pay in the event of a total loss claim.
- Tell your insurer about modifications, such as a sports kit or mag wheels, because they won't be covered unless you have notified your broker.
- Ensure that drivers on restricted licences or under the age of 25 are covered by the policy before they drive the vehicle.

Accident

- Injury
 - a. Stop and help anyone who is injured. Call an ambulance if necessary and inform Police.
 - b. If an animal has been injured and you can't find the owners, tell the SPCA or Police.
- Information
 - a. Give your name and address to the owners of damaged cars or property.
 - b. If other vehicles are involved, note the driver's and/or owner's names, their addresses and vehicle registration number/s. It is helpful if you can also get contact phone numbers and insurers for the drivers of other vehicles.
 - c. The names and contact details for any property damaged and, if possible, their insurers.
 - d. Note the date, time and place of the accident and be ready to report what happened including any contributing factors such as poor weather or road conditions.
 - e. If possible, note names and contact details for any witnesses.
- Liability

If the accident involves damage to property or injury, do not admit liability. Just say you will speak with your broker.

• Vehicle recovery

If your vehicle can not be safely or legally driven after an accident your broker can give you the name of a preferred local towing company and location of the nearest authorised repair garage or insurance assessment office. Once the claim has been accepted, the towing costs can be included as part of the claim. A receipt must be provided.

Windscreen

If you have comprehensive motor vehicle cover, your broker can give you contact details for approved repairers under your policy for a broken car window or windscreen. You will need to provide them with your insurer details and policy number if possible. You can usually claim on this with no effect on your policy.

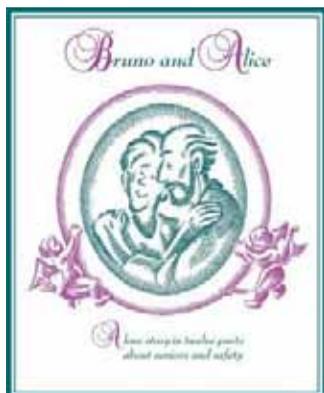
Theft

- Locking: Do not leave your vehicle unlocked as insurers can refuse your claim if your vehicle was not locked. Some insurers offer reduced premiums for car alarms as they substantially reduce vehicle theft.
- Police: Inform police of the theft giving the last known location of your vehicle at a given time and date. Record this information to give to your broker.

Courtesy Rothbury Insurance Group



A young bowler concentrates hard. It must be school holidays but the bowlers are still keen..



Bruno And Alice (Health Canada, 1999)

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

Episode Ten: Hey Bruno, Your Slip Is Showing!

I have never thought of myself as pushy, and “Velvet Bulldozer”—the nickname they gave me at work years

ago—never made much sense to me. I’m pretty diplomatic but I’m not afraid to speak my mind when there’s something on it.

Spending more time with Bruno offered me a few opportunities to get to that point in a hurry. Bruno is funny, caring and creative but, frankly, he was a bit of a slob when I first met him, not to mention slightly distracted. I like to be comfortable in my environment, and being over at Bruno’s more forced me to think about just what makes me comfortable.

I got Bruno to improve the lighting and fix up the stairs. He even got the back deck repaired—all things that made the place look better and made it safer. But it never occurred to us then to make a simple improvement that could have saved us a great deal of anguish and upset.

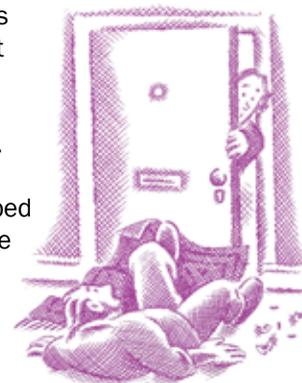
One night in June, Bruno and I were out on his back deck skywatching (there is a certain leisure to retirement). We

heard the front doorbell ring and Bruno leapt up to answer it. He’s a pretty nimble thing at 75, and no one could ever accuse him of slowing down!

Just seconds after he disappeared from sight I heard a great crash and a yell. I ran in to see what had happened and saw Bruno, flat on his back in front of the door, the broken umbrella stand scattered all around him. Bruno’s daughter was trying to get in to help him but Bruno’s body had pinned the door shut.

The reason for the fall lay right beside him—a lovely Persian throw rug that probably had been in the hallway for decades. The bottom of it was worn smooth after years of use and the rug would take off across the floor whenever you so much as looked at it. And Bruno had hit it at the wrong angle.

I felt terrible. We should have known better. Rugs and mats are classic culprits in many falls at home and, since he wouldn’t throw this one out, I decided to pick up a sheet of non-slip underlay at the hardware store. We should have thought of it before because, when he stepped on that rug, Bruno didn’t get the traction he needed. But, after spending the night in Emergency, traction was exactly what he got.



PLUS+BUS - the Shopping Bus

We pick you up from your home, assist with your bags and return you and your shopping home

For over 10 years the

Dunedin Community Transport Trust has been running a shopping service, PLUS+BUS. **We are keen to add more clients to our shopping service.**

Our service assists mainly elderly clients access local supermarkets to do their shopping. PLUS+BUS allows people to maintain independence in their own homes, with affordable transport to supermarkets while at the same time enjoying a social trip with other service users. Our van has a retractable lower step to make sure getting in and out of the van is easier. Unfortunately we are not able to transport wheelchairs.

The cost is normally \$6.00 return. We manage to keep the prices low because we have volunteers who assist

– both to drive the 11 seater van (no special licence necessary) , and to escort and assist the shoppers to get in and out of the van and to carry their groceries indoors if needed. Volunteer drivers and shopping escorts are always welcome and become part of our team of amazing volunteers.

Our runs are as follows:

Hill Suburbs (Mornington, Roslyn, Halfway Bush, Wakari etc)

- Tuesdays from 9.30am to Countdown Mornington

South Suburbs (South Dunedin, St Kilda, Caversham, Calton Hill, Musselburgh etc)

- Wednesdays from 9.30am to Countdown South
- Wednesdays from 1pm to Pak n Save
- Thursdays from 9am to Pak n Save
- Thursdays from 1pm to Countdown Andy Bay

Please phone us at 455-4050 any time – leave a message on the answer phone with your name and contact number if we are out.



GOOD CENTS

Elder abuse. What does that word conjure up for you? Physical abuse? Financial abuse? Some people abuse their older family members by continually getting money from them or manipulating them to pay accounts for them. This is not okay.

A temptation that many parents/grandparents succumb to is that of lending/giving family money when they are asked for it. All of us, no matter what level of income we have, should live within that income.

When we have parents or grandparents ring and ask our advice about whether to lend someone money I ask if they have lent any to that person before. If they have I strongly recommend that they don't lend them money again. This is mainly for the reason that if you keep lending/giving them money they think that they can continually run up debt or live beyond their means and that someone else will bail them out. This is not a good habit to get into. What happens when you are no longer there? Why should you use your hard earned money on family when you could be enjoying it yourself?

If you are only receiving the National Superannuation there is not a lot of money to go around and you will have to be careful with your money. Family members who ask for money need to know that you are on a limited income and have to plan for all your expenditure. This of course may not apply when there is an unexpected emergency that creates an insurmountable debt.

If you have plenty of money you may be in a more favourable position to lend or give money to family but the important thing is that they don't expect it. Give them some when they haven't asked for it. Sometimes it is more useful to children to receive money when their family is young and they are struggling to pay off a mortgage than it is to get it from your estate later in life when they are more comfortably off. That is something you can talk over with your descendants if you happen to be in that position.

I will make a statement that some people may not

agree with. There is no obligation to leave an inheritance to your children. This is your hard earned money and you have a right to be able to spend it if you so desire. Yes, it is nice to receive money from an estate but that is a bonus for anyone in that position.

Shirley Woodrow
Dunedin Budget Advisory Service
Ph 03 471 6158
www.budgetingdunedin.co.nz

SUMMER SALAD WITH STRAWBERRY DRESSING



Salad

Small bunch asparagus	few green beans
Small courgette	1 avocado
Few cherry tomatoes	few salad greens

Dressing

½ cup strawberries	1 Tb lemon juice
1 tsp honey	

METHOD

Lightly blanch asparagus and green beans in boiling water until crisp & tender. Drain, cool in cold water. Finely slice courgette, peel and core avocado, slice. Place salad greens in bowl and arrange other vegetables on top. Puree strawberries, add lemon juice and honey. Drizzle over salad just before serving. To make a meal serve with sliced cold meats (smoked chicken is very nice).



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Geography Quiz

See Pg 14 for answers

1. The Atlantic Ocean is one of the world's five main oceans. Can you name the other four?

2. Which is the youngest American city?

- a. Killeen, TX
- b. Jacksonville, NC
- c. Paramount, CA
- d. Layton, UT

3. The Nile River is the longest river in the world (at 4,160 miles). Which one's the next longest?

- a. Yangtze River
- b. Congo River
- c. Amazon River
- d. Hunang He

4. What is the 10th most spoken language worldwide?

- a. German
- b. Bengali
- c. Russian
- d. Portuguese

5. What do Grenada and Costa Rica have in common?

- a. They have no army
- b. They sit on the Equator
- c. Voted world's best place to live
- d. Countries with the least crime

6. Vancouver has the SkyTrain, London has the London Underground. What's the name of Hong

Kong's metro system?

- a. Metrorail
- b. RTA Rapid Transit
- c. Docklands Light Railway
- d. MTR

7. Ouagadougou is the capital city of which African country?

- a. Chad
- b. Burkina Faso
- c. Eritrea
- d. Djibouti

8. The 4th of July is known worldwide as the Independence Day for the United States. Can you match the next eight countries to the date of their own independence:

- a. Brazil / b. Venezuela / c. Norway / d. India / e. Ghana / f. Lithuania / g. United Arab Emirates / h. Singapore
- Mar. 6, 1957 / Nov. 2, 1971 / Sept. 7, 1822 / Aug. 9, 1965 / Mar. 11, 1990 / Jul. 5, 1811 / Jun. 7, 1905 / Aug. 15, 1947

9. As of July 2011, Kosovo and the Vatican City are still not members of the United Nations. Who else isn't?

- a. Rwanda
- b. Taiwan
- c. Afghanistan
- d. El Salvador

10. Completed in 2012, The Shard (based in London) is Europe's tallest building. How many floors does it have?

- a. 94
- b. 68
- c. 72
- d. 81

11. The second longest coastline, after Canada, is where?

- a. Chile
- b. Australia
- c. Russia
- d. Indonesia

12. Soekarno-Hatta, Guangzhou Baiyun and Madrid Barajas are all names for what?

- a. Airports
- b. Bridges
- c. Race courses
- d. Coastal resorts

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Landscape - Curves and Corners

Don Barham,
NZILA Registered
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Architect



Choices you make on the layout of your property can have significant consequences for both people and plants for many years ahead.

What should you consider before you build a house or even put in a shrub? Several natural elements work to patterns that we cannot control but we can use to great advantage, for example sunrise, sunset, wind, rain, shadow, seasons. **We cannot control nature except by obeying her!**

Houses are often built to a particular view and this can conflict with optimum use and enjoyment of the whole property. Views are everywhere and we can choose the focus: the long view can turn our head, it might be the harbour, and the short view may be a beautiful, well laid out flower garden. The mystery of not seeing the end of a curved path is fun too!

Designing with the sun and wind patterns can create a warmer, more sheltered environment for grandparents taking in some Vitamin D, having a cuppa or for grandchildren running around in the sun. With shelter and containment in place a far greater quantity and range of plants can be grown successfully.

This is all worked through in the first stage of design, a layout plan, then comes details of drainage and irrigation, paving and seating, soil quality, tree and shrub planting.

All this to be happy in a space filled with years of thought and to leave this planet in a better state than when we started.

**Any questions and enquiries to
don@a-ztec.co.nz or phone
0274 508046.**

Good to be home

Supporting you to live in the comfort of your own home

Our professional teams cover all areas of Southland and Otago. They will support you to maintain your independence by providing:

- **Personal support** which may include showering, dressing, preparing meals and some household tasks
- **Restorative services** to regain or maintain skills that support your quality of life and independence
- **Goal-based services** to enable you to build greater mobility, strength, confidence and wellbeing.

Our services are quality certified, provided by highly qualified staff and are free to eligible New Zealand residents. We also support privately paying clients.

To find out more talk to your general practitioner about Healthcare of New Zealand, or visit www.healthcarenz.co.nz

0800 227 348
www.healthcarenz.co.nz

Health Care
AHEAD TO TARGET

Healthcare of New Zealand is your local provider of community-based health, rehabilitation and disability support services.

For over 25 years our services have enabled people in Southland and Otago greater wellbeing, confidence and independence in their own homes - regardless of age, injury, illness or any disability they have.

If you, a family/whānau member or someone you know needs high-quality support, we're able to offer tailored services in your own home. We also have specialist support available for people with long-term medical conditions, intellectual or physical disabilities, and serious injury-related rehabilitation needs.

Our services are free for eligible New Zealand residents and are available to you throughout New Zealand, including rural areas. If you have support needs which are not currently funded we also have services available for privately paying clients.

**To see how we can support you, call us on
0800 327 348 or visit www.healthcarenz.co.nz.**



Celebrating Otago's older people since 1948



Geography Quiz Answers

1. Pacific Ocean-Indian Ocean-Southern Ocean-Arctic Ocean / 2. b. Jacksonville, NC (22.8 years old) / 3. c. Amazon River (4,049 miles long) / 4. a. German / 5. a. They have no army / 6. d. MTR / 7. b. Burkina Faso / 8. a. Sept. 7, 1822 – b. July 5, 1811 – c. June 7, 1905 – d. Aug. 15, 1947 – e. Mar. 6, 1957 – f. Mar. 11, 1990 – g. Nov. 2, 1971 – h. Aug. 9, 1965 / 9. b. Taiwan / 10. c. 72 / 11. d. Indonesia / 12. a. Airports /



WIN a double pass to the Memories Are Made of This show by simply filling in the details below and posting to Pukeko Print & Design, 927 Cameron Road, Gate Pa, Tauranga, to go into the draw

Name _____
 Phone Number _____
 Alternatively email your details to:
 nicole@pukekoprint.co.nz and quote ACO 1/15



Concert in Dunedin
12th March 2015, 11am
P: 0508 266 237 (toll free)
E: bookings@operatunity.co.nz
W: www.daytimeconcerts.co.nz

We celebrate melody and memories with timeless classics we know and love, as well as famous war songs that commemorate the centenary of Anzac and 70 years since the end of the Second World War.



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

Subscription	\$25.00
Due 1st April each year	
Magazine	\$ 5.00
Donation	
<input type="checkbox"/> \$10	<input type="checkbox"/> \$20
<input type="checkbox"/> \$30	<input type="checkbox"/> \$50
<input type="checkbox"/> Other	<input type="checkbox"/> \$.....
	\$..... TOTAL

Donations of \$5 and over are eligible for a tax credit under the terms of Section LD1 of the Income Tax Act 2007

Please accept our sincere thanks for your support.

Age Concern Otago PO Box 5355 Dunedin 9058

Age Concern Otago Notice Board

Make us your first call for information education & advocacy

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

Meals on Wheels: Kristen Ext 704

Total Mobility: Chris Ext 706

Visitor Service: Tristan Ext 708

Central Otago (Alexandra) Office:

Marina 03 4487075 or 027 875 5353

Email: central@ageconcernotago.co.nz

Alexandra Community House, ALEXANDRA 9320

Senior Chef Courses

A social and relaxed 8 week course for improving cooking skills and food knowledge.

Bookings are essential.

Free if you are

- Over 65 years of age
- Living on your own or with one other person
- Keen to learn some new culinary skills and meet new people

Dunedin classes are held at Age Concern,

Course One: Mondays from 9th Feb – 30th March

Course Two: Mondays from 11th May – 6th July

(9 weeks due to Queens Birthday)

Central Otago classes are held at Presbyterian

Church Centre, 91 Tenby St, Wanaka.

Wednesdays from 14th Feb – 1st April

Falls Prevention

Keeping you fit, balanced, strong and free from falls.

Steady As You Go and Tai Chi classes are

resuming this year as always. If you live in or

near Portobello, Ranfurly or Wanaka, check out the new classes on page two.

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

This year's courses are:

23rd Feb Mosgiel Senior Citizens Hall
5A Hartstonge Ave

5th Mar Octagon Club, Dunedin

20th April Mosgiel Senior Citizens Hall
5A Hartstonge Ave

29th April Dunford Place Hall
180 Musselburgh Rise

21st May Octagon Club, Dunedin

English for Elders

Conversational English speaking classes for immigrants over 65.

All classes are held at Age Concern,
9 The Octagon.

Class One: begins on Monday 2nd February .

Class Two: begins on Friday 6th February
(Beginners)

Tea & Talk

Learning, sharing and changing over a cuppa. Bookings are essential.

Session One: Recipes for Life. A fun-filled session looking at life ingredients for ageing well. Come and try out a cooking class with a difference.

1-2pm Thursday 26th February, at Age Concern,
9 The Octagon

Session Two: Safe & Sound – Scams. Door-to-door, internet and mail scams – learn how to protect yourself. Wednesday 1-2pm 18th March, in Mosgiel

Planning for your next health care visit and asking questions will help you understand more about your health and treatment for an illness or injury.

Your doctor, nurse and others included in your health care want you to ask questions to help you make decisions together. **Let's P.L.A.N. for better care**

Prepare for your visit

- Write down your main concerns or questions
- Make a list of your medicines and supplements
- Did you know you can take a support person with you and ask for a translator?

Listen and share

- Say if you don't understand and if a drawing could help

- Say if you're having problems with your medicines or treatment, or can't afford them
- Is there anything else you can tell your doctor or nurse about your health?

Ask questions

- What is my health problem?
- What happens next?
- Why is that important?
- Are there any other options?
- What can I do to help with my health?

Note down what you need to do next

Let's P.L.A.N. for better care

Four steps for your next health care visit



Sender:
Age Concern Otago
PO Box 5355
DUNEDIN 9058

