

Official publication of Age Concern Otago

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Alexandra

Age
Concern
Otago

He Manaakitanga
Kaumātua o Otakou

Winter 2015

Celebrating Otago's older people since 1948

Yours
to take and
share

Poppy Day

By the time you read this, Poppy Day (17th April) and Anzac Day (25th April) will have been and gone for 2015. 100 years have passed since the fateful landings our troops made on the Gallipoli Peninsula which lead to the deaths of so many young men from both sides of the conflict and grew to become the first World War – the war to end all wars!

Every Anzac Day since then, at services around the globe, we have remembered those who died – lest we forget.

New Zealand's first Poppy Day was the 24th April 1922, the day before Anzac Day. The plan was to hold it in November 1921, closer to Armistice Day, the day most other countries recognise by wearing the poppy. In a quirk of fate the ship carrying the first shipment of poppies from France was delayed and it was decided to postpone the day until the following Anzac Day. Nationally, on that first day, almost 250,000 poppies were sold for a shilling each.

From those early days the Poppy Day Appeal was the primary means of raising funds for the welfare of returned service personnel and their dependants.

Recognising the diverse nature of the modern New Zealand Defence Force and it's cohorts in the 21st century, the group of people entitled to be eligible to receive assistance from poppy day funds has broadened. That group now includes: All returned, serving and ex-service and NZ Police personnel, their spouses, partners, widows, widowers and dependants who are in need. You will note that this doesn't require beneficiaries to be members of an RSA, or even be 'returned'. As long as there is a service connection and a need can be demonstrated.

The Dunedin RSA Welfare Trust is a pro-active and progressive group which has always taken a pragmatic view when addressing the welfare of the larger 'service family'. Through their full time Welfare Officer the Trust makes pensions, advice and welfare services easily accessible and widely available to all ex-service people and their families.

If you or someone you know would like assistance or advice and think the RSA Welfare Trust might be able to help please contact Niall Shepherd, the Welfare Officer, at 03 466 4888.





From The Executive Officer

The 'Listener' of 4-10 April 2015 contained a cover page article about loneliness. Contributions from Age Concerns and others highlighted the important issue of loneliness in older age with a number of studies cited

demonstrating that loneliness can have devastating effects on physical health; as damaging as smoking 15 cigarettes a day and twice as damaging as obesity. The article states that "high blood pressure, cardiovascular diseases, cognitive decline and anxiety all become more prevalent when social connections fall away".

The reasons older people suffer from loneliness are numerous but for a good many it is lack of opportunity to interact with others – the loss of a spouse, friends or family, neighbourhoods that are empty during the day, a lack of a sense of community, or transport that is scarce or difficult to access. Many of these issues are well-thought-out when planning for an "Age Friendly Community" such as those proposed in the World Health Organisation's Global Age-Friendly Cities Project. Such cities address older people's health through design, policy and activities which brings people together and fosters a sense of community.

The DCC is working on a plan to make Dunedin "one of the world's great small cities" and they are inviting citizens to tell them what they think. We will be asking the DCC to also make Dunedin an age-friendly community within which our ageing population can live healthy, fulfilling and socially connected lives.

Susan Davidson

Executive Officer



News from Central Otago

Hello Everyone from Not-so-Sunny Central (well today at least)!

I have now completed my first few weeks in the role as

Central Otago Co-Ordinator and, as with any new job, everything was a bit overwhelming at the start. But I am now happy to say, things are beginning to sort themselves out. I have commenced meeting our existing clients and will continue this process over the coming weeks. I have also been to several Steady As You Go classes. The SayGo programme is a fabulous concept and if you haven't been yet, there are several classes running throughout Central Otago, eg Alexandra, Ranfurly, Roxburgh, Cromwell and Wanaka – so give it a try and ask me for details if you are interested.

Another programme which is very popular is 'Staying Safe Driving'. I hope to offer new classes in this programme over the next few months – watch out for the advertising for these.

In the meantime, if you want assistance, information, or just a chat, you are most welcome to either phone me (03 448 7075) or pop into the office in Community House in Centennial Ave, Alexandra. Take care,

Michele

Psychotherapy

Relationship challenges, grief and loss, life changes – offered in Dunedin at affordable rates, by Trainee Psychotherapist with over two years' client experience and a special interest in working with older people.

Contact Ashley 021 192 2392

THANK YOU

Thank you to the very generous people who are now helping distribute this magazine. You make it possible for our messages to reach the community. We are very grateful for your time and kindness.

Have you remembered to pay your 2015 membership fee?



Driving Miss Daisy Your Companion & Your Driver!

Driving Miss Daisy clients throughout Dunedin love using NZ's number one companion driving service to help them get out and about. Friendly, safe and reliable, the local Driving Miss Daisy drivers build lasting relationships with their clients and regularly see the difference the Driving Miss Daisy service makes to their client's lives.

Their clients regularly tell them how much they value the service – they have the comfort of their regular Daisy driver, who really gets to know them whilst providing a fantastic service.

Whether it's getting to a medical or personal appointment, shopping trip or a shared outing to local attractions, Driving Miss Daisy goes the extra mile each and every time. Your Daisy driver can accompany clients into appointments, carry your shopping, help plan a social outing or even help round up your pet for a trip to the vet! This is what makes Driving Miss Daisy a true companion driving service.

This is where Driving Miss Daisy offers so much more than any other service – suddenly your independence is regained by having your familiar and friendly Daisy drive you anywhere you require and the friendly service is a part of every experience.

Pleasure trips shared with others are becoming increasingly popular for Driving Miss Daisy clients in Dunedin with many enjoying a trip down memory lane to places they have known or a scenic drive to local attractions. Not only are these trips fun but very affordable when shared amongst a small group. Your local Daisy drivers are more than happy to plan a trip with you.

So make sure you contact your local Daisy soon and find out more about the Driving Miss Daisy experience.

Driving Miss Daisy accepts Total Mobility vouchers, Cerebral Palsy GOT vouchers and is ACC approved. All of the cars can carry walkers and folding wheelchairs, and the Dunedin North franchise also has a fully-equipped mobility vehicle for wheelchair users.

Remember pre-booking is essential – call your local Daisy today on the numbers below!

Dunedin North – call Kerri Bolt

(03) 467 5017 021 503 298

Dunedin South – call Lyn Hippolite

(03) 486 2033 021 503 498

Driving Miss Daisy your companion and your driver!



Keep your independence and freedom with our safe, reliable companion driving service

We can drive and even accompany you to:

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Cerebral Palsy GOT vouchers and Total Mobility Vouchers accepted
ACC approved provider

Bookings essential - call today and make your next outing a pleasure!

Dunedin North Ph: (03) 467 5017

Dunedin South Ph: (03) 486 2033

Freephone: 0800 948 432



Driving Miss Daisy®

www.drivingmissdaisy.co.nz



Accredited Visiting Service (AVS)

Hi all

At our last Support Meeting we had Helen and Rangī of the Blind Foundation give a brief overview of their service and some useful ideas and tips. Rangī spoke openly about what it is like to live without sight, how she manages day to day tasks and the latest technology available for the blind. Those who attended the meeting found it very interesting and useful, some of our volunteers visit people who are blind and now have a better understanding of the impairment.

Remember we are keen to find males to become visitors, if you can help please let us know.

Tristan and Chris



“Don’t let your life speed out of control. Live intentionally. Do something today that will last beyond your lifetime.”

Steady As You Go © and Falls Prevention

This is the happy Port Chalmers Steady As You Go group having fun with their ball exercises. They are using colourful balls with ‘nobbles’ on them to make them easy to catch. Each group creates their own ball exercises which may be seated or standing. They throw to each other in all sorts of combinations and orders, bounce to each other or if they are seated kick to each other. It is always a time of great hilarity and laughter.

Margaret Dando



Carol and Graeme looking after themselves by putting in time at the Octagon Club gym. Come along and check it out.



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*Terms and conditions apply

For more information phone Kate Morgan on 03 455 7936



Celebrating Otago's older people since 1948



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

Where's the Door?

Health literacy - find, sort, understand, decide, act. It's your health.

Health literacy means knowing how to

- **find and sort out health information**
- **understand it**
- **decide what to do and act on that**

Making informed and appropriate decisions and finding your way from whoa to go is what is called Health Literacy.

Being health literate is a state of mind and an essential life skill.

Improve how you

- **navigate your way through our health system**
- **process forms, instructions or information**
- **understand a label, brochure or website**
- **make decisions that are right for you and your family**
- **seek out the answers you need confidently**

People with good health literacy make effective health decisions because they can find, understand and evaluate information and services. They build the knowledge and skills to self-manage and to look after themselves.

Health literacy is everyone's business and everyone's responsibility. It matters in so much that we do every day. Good health literacy is important because people are living longer and experiencing a wider range of health issues. Better health literacy will lead to improved health outcomes for individuals and for the community. Everyone involved in health needs to take steps toward change. Health providers must give clearer, better and easier to understand messages. Individuals must ask for what they need.

Next time – so what can you do?



Plan ahead for those left behind

For many of us, the thought of leaving our loved ones with our funeral to organise is inconceivable but the reality is, it happens.

There are, however, ways for you to help those you care about most get through this difficult time.

Call us today and ask about the options available.



Locally owned and operated for three generations.

407 Hillside Rd, Dunedin. Ph 455 2128 (24 hours)
www.gillions.co.nz

If you have been to a funeral lately, you may have been prompted to think about what you would like when the time comes for your family to arrange your funeral.

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 a free funeral planning pack which we are happy to send to you with no obligation.

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



Celebrating Otago's older people since 1948

RAPID RESPONSE SERVICE, SouthernDHB

The Rapid Response service is a community based nursing service focused on patients over 65 years old, or if Maori or Pacific Island 55 years and older. Referrals to this service can now be accepted from Non- Government agencies, such as field officers and educators from these organisations.

The aim of the Rapid Response Service is to put services in place to keep patients in their own home, while recognising that they may need urgent support. By providing this support, this hopefully prevents visits to the Emergency department or admissions to hospital.

The Rapid Response Nurse receives referrals via phone and visits the patient at home. She completes a full nursing assessment and then starts organising supports as needed. The nurse communicates back to the patients General Practitioner as to the outcome of the visit.

Supports may include aids to assist with walking or getting in and out of bed, advice and suggestions around medications, and if assistance is required with personal cares either temporarily or to see someone through an episode of illness, this can also be organised.

There is one Rapid Response Nurse based in Dunedin, and one in Invercargill. The Invercargill nurse has experience in Emergency department, District nursing, and Outpatient clinics. The Dunedin nurse has a background of working in public and private hospitals with over 65 year olds for the last 20 years. Both nurses, having done this work found it hugely satisfying to see a good outcome for the patient and patients have reported that it has been very reassuring to have that support come into place so quickly.

INTRODUCING GREY POWER

Nationally, Grey Power began life in 1986 when a group of Auckland super-annuitants protesting a proposed surcharge on New Zealand Superannuation, came to the attention of the media. Before long the national organisation was formed.

Grey Power is an advocacy organisation promoting the welfare and wellbeing of citizens in the 50+ age group. There are now seventy-six associations throughout the country.

Federation board members are allotted areas of concern and have a watching brief of proposed legislation and how it impacts on members.

Our local president Jo Millar has a watching brief for health and on our behalf is vigorously questioning the wisdom of outsourcing the preparation and delivery of frozen meals to Southern District Health Board hospitals, care facilities and meals on wheels.

The Grey Power Electricity Scheme for discounted rates through Pulse Energy, has had a positive effect on local membership which to date is 1,400.

Other benefits of Grey Power membership are, free AIL insurance cover of \$2,000 for accidental death, Interisland Ferry discounts for off season travel, local business discounts and the latest benefit, extending Challenge Service Station eight-cents per litre fuel prices to members other than Gold Card holders.

While the concerns of the 50+ age group is the main focus of Grey Power, there is no age limit for membership; therefore younger people wishing to join receive all the advantages of membership.

For any inquiries contact Grey Power Otago (Inc) Ph 456 1585 or visit the office, 211A King Edward St Monday – Thursday 11am – 2pm

I Can Explain

A police officer in a small town stopped a motorist who was speeding down the main street. "But officer," the man began, "I can explain." "Just be quiet," snapped the officer. "I'm going to let you cool your heels in jail until the chief gets back." "But, officer, I just wanted to say,..." "And I said

to keep quiet! You're going to jail!" A few hours later the officer looked in on his prisoner and said, "Lucky for you that the chief's at his daughter's wedding. He'll be in a good mood when he gets back." "Don't count on it," answered the fellow in the cell. "I'm the groom."

Source: www.grownups.co.nz



Otago Neighbourhood Support Charitable Trust

Getting to Know your Neighbours – Sharing a Meal Together

Food is central to our lives. We have all experienced the social value of eating together, whether it was the fun moments of sharing a meal with family and friends, feeling special because someone had taken time to bake for us, or making a meal for someone needing support.

There is real value in the social aspects of food and appreciating that eating together makes for healthier relationships and communities. Research has found that food practices are rich resources for fostering social relationships leading to increased levels of connectedness.

Being a good neighbour has many benefits that help increase the feeling of well-being in your life. Do you have a neighbour who you know and trust that you could share a meal with? It's amazing how fantastic you'll feel getting to know your neighbour – and what better way than through food! Take some time to get to know your neighbours – you never know when you may need them and you may even make some new friends!

If you would like more information about how Neighbourhood Support can help build relationships with your neighbours, call us on 456 0857 or email us on neighbourhoodsupport@gmail.com. We also have some great safety resources to help keep you and your homes safe.

Our office is now based from the South Dunedin Police Station, 77 Macandrew Road. Swing by if you're in the neighbourhood! I'll put the jug on! Take care and stay safe.

Kim Romeril, Regional Coordinator, Otago Neighbourhood Support Charitable Trust

HAPPY BIRTHDAY OUTRAM SENIOR CITIZENS CLUB



Kindness is a gift everyone can afford to give.

- Author Unknown

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Exec Profile - Rob Aitken



My interest in working with and for older people started when I looked after my father as he tried to deal with the ravages of a terminal illness. While providing my father with simple things such as company, friendship, humour and understanding, I began to realise that such simple things

are not always available for older people-even in a country that prides itself on its commitment to social welfare and individual well-being. My resolve, since that time, has been to help those who need it most. I have been involved with Age Concern, first as a co-opted member of the National Board to develop the re-branding of Age Concern, and latterly as the Chair of Age Concern Otago and as an elected member of the National Board. I am constantly amazed and impressed by the dedication and commitment of those working and volunteering for Age Concern and I hope that my contribution adds to the outstanding work that they do. I strongly believe that the quality of a nation can be judged by how well it treats its most vulnerable members, and on this measure, we still have a long way to go. My recipe for a (hopefully) long and fruitful life includes equal amounts of Guinness, fly-fishing, Van Morrison, cheese straws and vegetable curry and large amounts of love and affection for my special people.

A New Year's Diet.....

Reginald was terribly overweight after Christmas, so his doctor placed him on a strict diet. "I want you to eat regularly for two days, then skip a day, and repeat the procedure for two weeks. The next time I see you, you'll have lost at least 10 kilos", his Doctor assured him.

When Reginald returned, he shocked his Doctor by having lost almost 20 kilos. "Why, that's amazing", the Doctor said, greatly impressed. "You certainly must have followed my instructions." Reginald nodded. "I tell you what though, I thought I was going to drop dead on the third day."

"Why, from hunger?" asked his Doctor. "No, from the skipping."



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Prayer for Tourists

For those adventurous travellers amongst you, here is a prayer supplied by Betty Jordan. Betty tells us that renown commentator Ron Murtha would read it to the busloads he accompanied to the Inter Dominion Trotting Championships in days of old. Thank you Betty.

Heavenly Father, look down on us your humble, obedient tourist servants who are doomed to travel this earth, taking photographs, mailing postcards, buying souvenirs and walking around in drip-dry underwear.

Give us the day Divine Guidance in the selection of our hotels, that we may find our reservations honoured, our rooms made up, breakfast included and hot water running in the taps.

We pray that the telephones work and the operators speak our tongue.

Lead us, dear Lord, to good, inexpensive restaurants where the food is superb, the waiters friendly and the wine served complimentary.

Give us the wisdom to tip correctly in currencies we do not understand. Forgive us for undertipping out of ignorance and overtipping out of fear. Make the locals love us for who we are, and not for what we can contribute to their worldly goods.

Grant us the strength to visit museums, the cathedrals, the colonial houses, national parks, and convict gaols listed as 'must see' in our guidebooks.

And if perchance we skip an historic monument to take a nap after lunch, have mercy on us, for the flesh is but weak.

Amen

Yummy Hot Lemon Pudding

Beat together ½ cup sugar and 1 Tbsp butter.
Add – in this order:

2 Tbsps flour, pinch salt, rind and juice of one lemon, 1 cup milk, yolks of 2 eggs and lastly stir in the two stiffly beaten egg whites. Bake in a buttered pie dish (standing in a dish of hot water) for about 30mins.

Sounds a strange mixture but comes out with a crust on top and like lemon cheese underneath.

DO YOU NEED ASSISTANCE DOING YOUR WEEKLY SHOPPING? Plus + Bus - The shopping bus



The Plus Bus is a service for people in Dunedin who need help to get to the supermarket. You can shop by yourself or with assistance. The bus will pick you up from your home, take you to the supermarket, and deliver you home again. A volunteer helper will help pack your groceries and carry them back into your house.

Cost is \$6.00 per trip Ph: 455-4050.

Please leave a message if there is no one in the office.

How to book a trip on the PLUS+BUS

1. Select a time from the list below

Tuesday

9.00am Hill suburbs to Countdown Mornington

1.00pm North Dunedin suburbs to Gardens New World

Wednesday

9.00am South and Hill suburbs to Countdown Mornington

1.00pm South suburbs to Pak'n'Save

Thursday

9.00am South suburbs to Pak'n'Save

1.00pm South suburbs to Countdown A/Bay

2. Ring **455 4050** to book a time. You can leave a message if there is no reply.

3. Be ready at the time, and the PLUS+BUS will arrive within the half hour. The escort will come to your door.

4. Pay the fare of \$6.00 to the escort, who will help you in to the van.

5. After you have finished shopping, your bags will be placed in a numbered bin in the back of the van.

6. When you get home your shopping will be carried to your house and placed inside for you to unpack.

7. Once you are on our regular list we will phone you the day before your preferred shopping time to see if you want to go that week.

ASK THE LAW

Q “Our family experienced the frustrations that ensued when my husband went into care & there was no EPA. Since talking to others in the same situation it is surprising how many are not aware how important this is”.



A An **Enduring Power of Attorney** is one of the most important documents an adult should ever authorise and must be made through a lawyer. Accidents can happen at any time and can result in your sudden inability to make decisions for yourself regarding welfare and property. There are two separate types of Enduring Power of Attorney (EPA):

In relation to your **property**:

- Property means everything you own –your house, bank accounts and personal items
- Your authorised attorneys will make decisions on your behalf about your property and finances
- You can choose when this takes effect eg immediately or if you become mentally incapable.

In relation to your personal care and **welfare**:

- Personal care and welfare means the what, when, how of medical or care processes as well as housing and other day-to-day arrangements.
- Your authorised attorneys will make decisions on your behalf about these matters
- This will only take effect if you become mentally incapable.

If there is no EPA in place before you become mentally incapable, the process becomes difficult and a court process will be followed to appoint a welfare guardian.

Paperboy, 100, has spring in his step

Rain or shine, Walter Sharp is on the go at 6.30am every day. At 100, he may be the oldest paperboy in the World, and almost certainly the only one who stormed a Normandy Beach on D-Day. Since he retired at 79, he has delivered the news to his neighbours with Harry, his terrier, in Camelon, Falkirk, Scotland. “If you keep walking, you’ll keep living.” Mr Sharp said.

Do you live in a damp home? Would you like it insulated for free?

Technobond is part of the DCC Warm Dunedin Homes and the national Warm Up New Zealand programs and can provide FREE insulation if you meet the following criteria:

- Have a Community Services Card or Gold Card with CSC on the back
- Be over 65 or have someone under 17 living in the home

Or

- Have a letter from the DHB stating your medical condition which makes living in a cold, damp house detrimental to your health.

Ellis Fibre has been manufacturing Technobond from recycled plastic bottles in Kaikorai Valley Rd since 2011. Give Technobond a call to come and check your house for you. **Remember, if you meet the criteria, you can live in a warmer, drier and cosier home for free.** Phone 0212259634 or 4764221.

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HOUSEHOLD ENERGY STUDY PARTICIPANT RECRUITMENT ADVERTISEMENT



You are invited to participate in a Dunedin-wide study to understand how households use energy. The study involves a face-to-face interview and is expected to last about an hour. You will be asked to share your experiences and views with regard to what energy consumption means to you and your household, and how it impacts on your daily life. Each participant will receive \$20.

If you would like more information about participation, please contact:
fatima.mckague@otago.ac.nz or please call
03 479 3928.

**THESE DAYS HAPPY HOUR IS NAP HOUR
THE ONLY SPORT LEFT FOR ME NOW IS
HUNTING FOR MY GLASSES**

Landscape - Curves and Corners

Don Barham,
NZILA Registered
Landscape
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Water - too much water and not enough are both dangerous situations. Droughts and floods both kill life. Swamps, ponds and lakes are some of Nature's ways of keeping water on the land. We can do similarly by running our roof water into tanks for house and garden use in dry times. If you can see what a difference this would make in your property, seek advice from a professional first and get it happening!

Actually, a big issue showing up now is water quality. When I was a child we could drink water from any stream but now it's reported that most are polluted. What's up? All the rain and snow that falls on our little green Aotearoa/New Zealand comes as naturally pure and distilled water. What comes onto our property should leave it in the same state; it's not to be mixed with poisons and chemicals and sprayed on our bodies, fauna or flora. Let's clean up our act and start thinking about what we put on our land and ourselves, and take personal responsibility to return our situation to clean and green for the sake of our great grandchildren.

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

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GROWING UP IS OPTIONAL**



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Dunedin
offices - thanks
Raewyn, you
do a great job**

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Celebrating Otago's older people since 1948

Quiz Answers:

1. John Russell
2. Walford East
3. Paul Oakenfold
4. Uzbekistan
5. Kirrin
6. Corsica
7. Berlin
8. Frog-like
9. Jay-Z
10. Ukraine



Concert in Dunedin
18th June 2015, 11am
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W: www.daytimeconcerts.co.nz

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Alternatively email your details to:
nicole@pukekoprint.co.nz and quote ACO 2/15

If You Should Meet a Crocodile

If you should meet a Crocodile
 Don't take a stick and poke him;
 Ignore the welcome in his smile,
 Be careful not to stroke him.
 For as he sleeps upon the Nile,
 He thinner gets and thinner;
 And whene'er you meet a Crocodile
 He's ready for his dinner.

Anonymous



Murray Hanan (Life Member) and Gillian Bremner (CE of Presbyterian Support Otago) at the 2015 Age Concern Otago Annual General Meeting

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:

Michele 03 4487075

Email: central@ageconcernotago.co.nz

Alexandra Community House, ALEXANDRA 9320

Senior Chef Courses

A free, social and relaxed 8 week course for seniors. Bookings are essential.

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

Dunedin classes on Mondays 11th May – 6th July (9 weeks due to Queens Birthday) Age Concern, 9 The Octagon.

Falls Prevention

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

83 Steady As You Go and Tai Chi classes are running this year throughout Otago. Phone Margaret 03477 1040 Ext 705, for a class near you.

Staying Safe

A free, 4 hour, refresher workshop for senior road users. Bookings are essential.

Calling all senior road users

- Fine tune your safe driving knowledge
- Improve your safe driving practices
- Friendly, low stress, no exams
- Lunch provided

21st May Octagon Club, Dunedin

English for Elders

Conversational English speaking classes for immigrants over 65.

Classes on Mondays 10-11.30am Age Concern, 9 The Octagon.

Tea & Talk

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

Planning for Winter: Preparing your home & yourself for winter. 2pm, Wednesday 27 May, Mosgiel.

Enduring Power of Attorney: What does this mean, how does it affect me and how can I ensure it works for me? 1pm, Thursday 25 June, 9 The Octagon.

Wednesday 22 July, Mosgiel.



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Quiz (answers Pg 14)

1. Prior to Tony Blair, who was the last serving prime minister to have a child in Downing Street?
2. What is the name of the tube station featured in Eastenders?
3. Which British DJ wrote the theme tune to Big Brother?
4. In which modern country is the ancient city of Bukhara?
5. What is the shared surname of the children in Enid Blyton's Famous Five series?
6. Ajaccio is the capital of which European territory?
7. At which film festival does the best picture receive the Golden Bear award?
8. If feline is cat-like what is ranine?
9. In music, how is Shawn Carter better known?
10. Which country witnessed an 'orange revolution' between 2004 to 2005?



Sender:
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