

Official publication of Age Concern Otago

Dunedin Office Phone: 03 - 477 1040

9 The Octagon and 26 Bath Street, Dunedin

Alexandra Office Phone: 03 - 448 7075

Community House, 12-20 Centennial Ave,
Alexandra

Age
Concern
Otago

He Manaakitanga
Kaumātua o Otagou

Summer 2015

Celebrating Otago's older people since 1948

National Award for 'Steady As You Go' Coordinator

Age Concern Otago is very proud to have more than ten years work developing our Steady As You Go falls prevention programme recognised by a national award. Margaret Dando is this year's winner of Age Concern's Dignity Champion Award in recognition of her work in establishing a community based peer led falls prevention programme.

In accepting the award Margaret acknowledged the vital role of our 120 volunteer peer leaders, without which 1400 older people would not have access to a neighbourhood strength and balance class known to help reduce falls and the championship, friendship and fun the classes create.



Congratulations Margaret. You are a very deserving recipient of the award.



This is the last issue of our magazine for 2015 and therefore time to say thank you to our large team of volunteers. During 2015, 1112 people gave their time and skills to help us promote the wellbeing, rights, respect and dignity of older people. Your interest in the wellbeing of older people has helped thousands of older people achieve a level of respect and pleasure in life that they would not otherwise enjoy. **Thank you!**

Good Story - Ramona, active and independent



Ramona is living a full and active life in her own home and has a wonderful amount of energy and goodwill to share with those close to her. She has lived in the north end of town and loves the close neighbourhoods that she has been part of for such a long time.

Her message for ageing well is simple and clear. "Use it or lose it" she says. "You have got to keep active and not sit on your chuff!" Ramona makes sure she eats well and does her own shopping. She is perfectly happy living in her upper story flat with her precious cat, Softie. She tends her garden and says that this activity keeps her mobile. Once a week Ramona visits the city library's heritage collection to keep up with the play as she puts it. She travels to relatives twice a year and keeps up her social connections locally.

Well done Ramona, enjoy this your ninth decade.

Yours
to take and
share



From The Executive Officer

Congratulations to Margaret Dando our Steady As You Go Coordinator who was awarded the Age Concern New Zealand Dignity Champion Patron's Award on October 1st, International Day of Older People for her outstanding commitment to her work in valuing older people.

Shortly after starting work for Age Concern in 2002 we began to implement a new model for falls prevention strength and balance exercise classes. Working with our local ACC injury prevention consultant Andy Redfearn, Margaret developed a new peer led model. She supported members of the classes to take on leadership roles and developed and produced a Steady As You Go instructional CD and a training programme for Peer Leaders.

Margaret's relationship with older people is one of mutual respect and she has worked with them to develop supportive techniques and training programmes which today are evident in 60 peer-led SAYGo classes in Dunedin and rural areas and 24 tai chi classes. Together with 120 volunteer peer leaders Margaret continues to manage and grow Steady As You Go which now has 1400 participants. Some of the comments I have received about Margaret include; "Margaret makes you feel you are doing a really important thing, taking a class and helping others. And it does feel good and a big part of that is how supportive and encouraging Margaret is. Nothings ever a bother to her. She is always there to answer all my questions."

Most recently Margaret's development of Steady As You Go has included developing training packages for Coordinators in other areas. She has very successfully transferred her knowledge and skill and there are now peer-led SAYGo classes in several New Zealand areas including Ashburton, Tauranga, Thames, Waihi, Paeroa, and soon Wanganui. Margaret has also travelled off shore to train in Albuquerque, New Mexico, USA. We are all very proud of what Margaret has achieved and delighted her contribution to the wellbeing of older people has been recognised nationally.

Further on in this issue of our magazine you will find an article about the Octagon Club. It is a special place where seniors learn together, have

fun together, make friends while at the same time indulging in an activity they enjoy. There is a lot on offer and if you are a Dunedin reader I recommend you call and make a time to check it out. Betty Booth and Rose Hinds are President and Deputy; they will give you a warm welcome and show you around.

Susan Davidson

Executive Officer



News from Central Otago

Spring is here and we have been lucky to have had some lovely warm days so far.

The end of the year is fast approaching but the work goes on. We received a good response for Volunteer Visitors

in the Wanaka area and these applications are currently being processed.

I am also busy organising a Senior Driving course for Ranfurly in November and then it's onto the Love Later Life seminars planned for early 2016 and onwards – details about these later.

With Christmas only a short time away, its an exciting time for many of us, with family and friends coming together in celebration. But remember that there are elderly people in your community who will be alone over the holiday period. Reach out and include them, even in a small way – I'm sure it will be greatly appreciated. Have a happy and joyous Christmas!

Take care and see you in 2016,

Michele



- > Great quality dentures and dental repairs
- > House calls to the greater Dunedin area
- > Friendly service
- > Insurance and WINZ quotes



(03) 477 0106
0800 367 120
83 Crawford Street, Dunedin

OTAGO DENTAL SERVICE
Incorporating Ace Dental Laboratory

This October we celebrated Driving Miss Daisy being there for our Dunedin clients for three years. Dunedin North has grown from small beginnings and we now operate four carefully chosen, 'user friendly', Daisy Cars. Dunedin North have two mobility (wheelchair) vehicles and two Skoda Roomsters. Our clients have described our mobility vehicles as "the limousine of mobility vehicles, and their ride as being like on a magic carpet".

Our awesome team of drivers are well qualified to assist you. They all have current first aid certificates, NZQA unit standards in assisting people with Special Needs and Disabilities and Transporting Wheelchair Users. They hold a valid police clearance and have many years of experience helping a wide variety of people in their daily lives. Their focus is helping people to maintain or regain their independence.

Our licence requires us to be a pre-booked service, so call and book with us as soon as you know the dates and times of your trip or outing. Our companion driving service operates 7 days a week, but pre-booking is essential.

Not only do we help with medical appointments, shopping trips and trips to visit friends, we can also provide tailor-made or pre-arranged outings for our clients and their friends. A Sunday drive to Outram for an ice cream, or lunch or afternoon tea at Waitati. Call us with your own choice of outing and we will make it happen.

The Dunedin North territory extends from the harbour side of Prince Albert Road and King Edward Street north to Waikouaiti and includes down both sides of the Harbour and all the hill suburbs with the exception of Corstorphine.

If you are not in our area, call Lyn Hippolite from Dunedin South Driving Miss Daisy who provides the same exceptional service.

Call your local Daisy today on the numbers below! To make your booking.

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:

- Medical and other appointments
- Family/social occasions
- Shopping trips
- Scenic drives
- Take your pets to the vet
- Airport drop-offs and pick ups

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

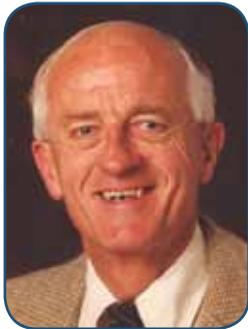
Freephone: 0800 948 432



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

Executive Member Profile - Brian McMahon



I was born in Dunedin in 1929 and received my education at the Otago Boys' High School and the Otago Medical School, graduating in 1955.

Post graduation I worked as a Medical Officer in Dunedin and Waikato Hospitals for seven years before taking up the post of medical superintendent of

the Cromwell Hospital.

From Cromwell I enlisted in the NZ Army for what was intended to be a short service commission, but I remained until I reached the Army retiring age in 1984.

Returning to Dunedin I was appointed firstly as Medical Superintendent of Wakari Hospital and subsequently of Dunedin Hospital. When the Health Service was reorganized and Area Health Boards came into being I became the Medical Officer of Health and the Senior Medical Officer for the AHB.

On retirement from the AHB post I took up a teaching post at the Fiji School of Medicine in Suva for three years, and finally on return from Fiji I joined Professor Barbara Heslop as a Tutor in the Department of Pathology at the Otago Medical School.

My service in Viet Nam and Fiji introduced me to the disease Leprosy, and as a result I became a member of the Christchurch based Pacific Leprosy Trust Board and remain so. I also have an interest in Veterans' Health affairs in particular, and age related health issues in general. Being invited to join the Board of Montecillo Veterans' Home and Hospital on my return to Dunedin was a bonus and kept me in close touch with aged care and to my eventual joining up with Age Concern.

I married Margaret Palmer, a Ward Sister in Dunedin Hospital in 1956, and we had one daughter and four sons. It was sad day for all of us when Margaret died in October 2001.

I am so pleased that we made the decision to return home to Dunedin on retirement from the Army. We had lived in many diverse parts of the world and our children were widely scattered, with none in New

Zealand, so anything was possible. Our reintegration was so easy, and in no time it felt as though we had never been away. As the years have gone by four of our children have found their way back to New Zealand, with three of them now in Dunedin, and one in Invercargill.

The slogan 'Dunedin, it's alright here' was discarded, but for me it sums up very neatly my feelings for my home town. It is a great place for me to grow old!

Accredited Visiting Service (AVS)



The Accredited visitor service provides regular visits for older people suffering the pain of loneliness. Research shows that loneliness affects older people's health; it comes on slowly, makes them increasingly vulnerable and may cause them to seek rest home support earlier.

Not everyone has someone and we have a waiting list of older people who would benefit from seeing a friendly face and/or having a cheerful chat each week.

Last year our wonderful volunteers made over 5000 visits to older people. Recently a volunteer told us 'knowing that I'm helping someone just by visiting is a wonderful feeling. I see the smile and warm welcome each visit and I know I make a difference. I love visiting my new friend on Wednesday's, it's now my favourite day of the week.'

You can enjoy making an immeasurable difference to an older person's life by volunteering. In return for a gift of time many mutually beneficial friendships develop. It's a win/win programme! Volunteers are offered ongoing training and support.

For further information phone Tristan (03) 477 1040.

Tristan and Chris



Find out why a Ryman village ticks all the boxes...

- ✓ Fixed weekly fees for life - guaranteed!*
- ✓ Beautiful independent and serviced apartments
- ✓ Resort-style facilities
- ✓ Resthome, hospital and dementia care
- ✓ Nine exclusive peace of mind guarantees


FRANCES HODGKINS
RETIREMENT VILLAGE
40 Fenton Crescent, St Clair


Yvette Williams
RETIREMENT VILLAGE
383 Highgate, Roslyn

*Terms and conditions apply

For more information phone Kate Morgan on 03 455 7936



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

We often have families commenting to us about how glad they were that they had discussed and noted down their loved one's funeral wishes before they had passed away. It helps take the stress out of making those decisions at a time when families are feeling sad, confused and sometimes vulnerable. The other thing that can help enormously is the setting up of a pre-paid funeral plan. The Funeral Directors Association of New Zealand Funeral Trust 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 trust so is very secure, and if you are applying for residential care, a pre-paid funeral (up to \$10,000) is excluded from asset testing.

The friendly team at **Gillions Funeral Services** are happy to discuss the options for funerals including pre-arrangements and pre-payments with you and can provide you with pricing guidelines. You can phone us on (03) 455 2128 or email us at support@gillions.co.nz

Eggs and Healthy Ageing



Eggs – when there's an egg in the house – there's a meal in the house! This expression will be familiar to many people as the catch phrase of the former Egg Marketing Board. The

saying is as true today as when it was first coined.

Eggs contain many of the nutrients which are essential for the healthy aging and well-being of older adults. These include:

- Protein which provides energy and is also essential for the repair and maintenance of body tissues. Older adults should aim to have at least 1-2 serves per day of protein-rich foods.
- Vitamin D which has an important role in bone health as it helps our bodies to absorb calcium from food.
- Vitamin B12 which is needed for normal blood and brain function.
- Lutein which helps to preserve the eye against macular degeneration and cataracts, and may even reduce the risk of cardiovascular disease.

While some older adults may unnecessarily be avoiding eggs because of their perceived fat and cholesterol content, research shows that egg consumption has little association with plasma cholesterol levels and heart disease risk. Eggs are recommended as part of a healthy eating pattern that also includes adequate amounts of wholegrain breads and cereals, fruits, vegetables, low fat dairy foods, lean meat, fish, poultry and unsaturated fats.

The New Zealand Nutrition Foundation suggests eating up to six eggs a week as part of a healthy, balanced diet.

For delicious recipes, a free E-recipe book, how-to videos, and lots of information and tips visit www.eggs.org.nz

Credit: Julian Jensen of the NZ Nutrition Foundation

MINI HAM & CHEDDAR FRITTATAS

Ingredients

- 6 eggs
- 1 tbsp Dijon mustard
- ¾ cup finely chopped ham
- ½ cup shredded Cheddar cheese
- ¼ cup finely chopped onion
- 1 small tomato, seeded and diced

Instructions

1. Preheat oven to 400 °F (200 °C). Whisk eggs with mustard. In separate bowl, toss ham with cheese, onion and tomato.
2. Divide evenly between the 24 cups of greased mini muffin tin. Pour egg mixture over top.
3. Bake for 15 to 18 minutes or until eggs are set.
4. Remove from oven when cooked and set aside to cool for 5 minutes. Run a thin knife around the edge of each frittata to remove from the pan. Serve warm - or cool completely.

Notes

1. To freeze, stack the frittatas between small pieces of baking paper and then wrap in plastic wrap or in a freezer safe plastic storage container. To thaw, microwave on low for 20-30 secs.

Credit: <http://www.eggs.org.nz/project/mini-ham-and-cheese-frittatas/>



Aok "Where style and natural fibres meet"
CLOTHING

Do you need Comfortable, Warm, Well-Made Blouses and Knitwear?
AOK Clothing has the Solution!

- NZ and Italian Made Garments
- 100% Natural Fibres
- Quality & Style
- Great Colours
- Designed for Comfort

Phone today for your FREE AOK catalogue!

Join our database to be advised of when the range will be showing in your area!



Shop: 25 Queen Street, Timaru

Ph: 0800 586 737 | E: sales@aoknitwear.co.nz | www.aoknitwear.co.nz

Balance and Hearing

at Green Island Wellness Centre

- ⦿ Hearing Tests
- ⦿ Hearing Aid Batteries
- ⦿ Hearing Aids
- ⦿ Tinnitus Masker
- ⦿ Noise Protection
- ⦿ Earmoulds

Phone 488 54 91 or free phone
0508 HEARING (0508 432 7464)

Balance and Hearing

2 Jenkins Street, Green Island

balance.and.hearing.in.dunedin@gmail.com

3-year warranty*
FREE 30-day trial*
FREE 30-minute* consultation
*Conditions apply



“NO HEARING LOSS and NO TWO EARS ARE THE SAME”

Hearing clinic with a difference

Ronnie has been involved in the hearing aid industry for over 25 years as he gained his degree as a Hearing Aid Acoustician in Germany in 1987.

When Ronnie immigrated to Auckland in the 90's, he joined a leading hearing aid manufacturer, where he established first-class production facilities. Later on, Ronnie went on to open his own independent hearing care clinic with no particular commitment to any one manufacturer. This enabled him to offer his clients the best choice of hearing aids available.

It is with the same level of commitment to specialised service and care that Ronnie opened his new clinic at 2 Jenkins Street in Green Island. No hearing loss and no two ears are the same, he always likes to make sure the hearing aids are fitted precisely - this helps you to hear better in any variety of listening situations.



Celebrating Otago's older people since 1948

EVER THOUGHT OF MR RENTAL FOR....

SUDDEN CHANGE IN HEALTH? Exercise equipment to maintain fitness or for rehabilitation after surgery, or a TV for your bedroom or in Hospital?

NEEDING SOMETHING SHORT TERM? Be it visitors and needing a spare bed or latest technology for the Grandchildren?

REPLACING APPLIANCES? Why buy when Mr Rental has the expertise, will deliver, install, maintain or replace for FREE – no inconvenience or worry!

GREY CARD? We offer NO BOND and 10% DISCOUNT for you (T&Cs apply and available on application).

STILL NOT SURE? We do understand! We're a small team who pride ourselves on CARING PERSONAL SERVICE, you don't even have to leave home!

Why not give Karen, Chris or Rose a call on **0800 111 313** to talk things through, seek REASSURANCE and find out how we can HELP, or go online at mrrental.co.nz

Keep yourself and your grandchildren safe in the car

KEEP YOURSELF SAFE IN THE CAR – Attend a free Age Concern Staying Safe Driver education course.

KEEP YOUNG ONES SAFE IN THE CAR - Plunket Car Seat Service has ACC subsidised booster seats for just \$50 if you have a community services card.

Under New Zealand law, all children aged under 7 years must be in a car seat that's appropriate for their age and size. They must not travel in the vehicle if you can't put them in an approved child restraint. This provides the best protection in a car crash, because the vehicle safety belt on its own doesn't protect a small child.

CHRISTMAS GIFT IDEA – A Plunket booster seat for your grandchildren or great grandchildren for just **\$50 each**.

We have the perfect SOLUTION for a DAY, WEEK, MONTH OR MORE

COMPUTING ENTERTAINMENT WHITEGOODS FURNITURE +MORE!!



Mr Rental comes to the RESCUE for those times you need something RIGHT NOW!

For our latest offers
Call **0800 111 313**
or visit mrrental.co.nz

MrRentalTM
yes you can

*Credit criteria and T&C's apply. Full T&C's available on application.

VERO INTERNATIONAL FESTIVAL OF HISTORIC MOTORING
DUNEDIN NZ 2016

A great day out for the whole family

Vero International Festival of Historic Motoring

Wings and Wheels Open Day
Sunday 17 January 2016 10am – 4pm
Taieri Airfield, Dukes Road, Mosgiel
Over 600 historic cars **PLUS** planes on display
Live music, **FREE** kids entertainment, Craft fair, lots of delicious food, plane and helicopter rides and plenty more.
Adults \$10, Children 6-16 \$5, Family (2 adults, 2 children) \$25, Children Under 6 free.

Otago Daily Times

Dunedin Budget Advisory Service – Using Credit Cards

We often see older people who have credit card debt. There is nothing wrong with using a credit card but unless you are able to pay it off in full every month you end up paying a lot more than the original purchase price of each item.

Consumer published figures that show that if you have a credit card debt of \$3,000 and only pay the minimum amount each month, it will take you 19 years to pay it off and you will pay \$3,000 extra in interest. If the balance is \$4,000 it will take you 60 years to pay it off and the interest you will end up paying will be \$19,400.

No matter what income we get we should live within that income or we go into debt. Everyone should look at their income and reduce expenditure to fit within their income. This is sometimes difficult to do when the income is low. When you are on National Super you need to count your Government pension and any other regular income you have.

If you are using your credit card you need to be sure you can pay the balance owing each month. This may require you to seek assistance with some of the expenses so that you can manage.

- Have you applied for Rates rebate?
- Are you getting disability allowance from Work & Income?
- Is your expense one that Work & Income can help with?

If you find you are getting into trouble with your credit card contact Dunedin Budget Advisory Service and we will help you go over your options. You can visit us at Community House, 283-301 Moray Place, Dunedin or please call on phone (03) 471 6158. You can find out more about us on our website

www.budgetingdunedin.co.nz

*To keep your marriage brimming
With love in the loving cup,
Whenever you're wrong, admit it;
Whenever you're right, shut up.*

Ogden Nash

**Bank deposit interest rates low?
No personalised investment options?**

With 37 year's professional financial experience, Don Broad born and educated in Otago provides personalised investment advice & management solutions to clients.

**Contact Don to discuss your options.
Ph (03) 455 0625**

Don Broad (Ffin), Grad Dip Bus (PFP)



Financial Advice

There are essentially two styles or types of financial advice being provided in the new regulated environment.

All clients should be asked to complete a risk profile to assist the adviser as to what type of investor you may be. Risk profiles should in my opinion be the starting point for any discussion as to what sort of investment is appropriate for you. In my experience it is this discussion that becomes the most important part for determining any potential investment options.

Firstly: Personalised Advice

This is personalised to the client's needs and goals and takes into account the client's desires and preferences as to what type of investments they feel comfortable with. This type of advice is provided by an Authorised Financial Adviser (AFA) licensed to provide such advice.

Secondly: Class Advice

Class advice is provided based on the type of investor you may be as a result of the risk profile, ie conservative, balanced etc.

Class advice does not specifically take into account your needs and goals and investment options are linked to your profile.

Much the same as classifying you based on what colour your car is, red, blue etc, and not asking further questions to find out what type of car it is, high powered sports car or small hatchback for around town running.

Class advice is becoming more prevalent in larger institutions such as banks etc as it is easier for them to provide generic investment options to many clients with no specific individual advice.

Unless you have a large amount to invest based on the bank's definition of a large amount!

To have more personalised investment advice unique to you seek out an Authorised Financial Adviser who asks questions as to what you want.

Don Broad (Ffin), Grad Dip Bus PFP
Authorised Financial Adviser

Disclosure statement available on request free of charge.

Guts

Guts, intestines, bowels...by whichever name you call it, the digestive tract has a huge impact on overall health so it's worth taking care of. Did you know that your gut houses one of the most densely populated ecosystems on the planet? A large population of microbes (fungi, viruses and bacteria) called a microbiota. In fact, we are made up of ten times more bacteria cells than human cells. From the moment we are born we are exposed to a number of different microbes through the birth passage, from breast (or formula) milk, via touch and the surrounding environment. These early experiences partially determine the gut microbiota for the rest of our lives. Some of these microbes will be harmful to our health and others helpful, but by eating the right foods, we can promote the growth of good bacteria and gain the health benefits.

A healthy gut means:

- A healthy, well developed immune system
- Lower risk of obesity, heart disease, diabetes, inflammatory bowel disease and bowel cancer

- Fewer symptoms of allergies and asthmas
- Increased absorption of nutrients from food
- Increased production of vitamins made in the large bowel (colon), such as B12, K and folic acid
- Less constipation and gut discomfort (irritable bowel syndrome) such as bloating, gas or pain
- Better mood

Pamper your gut

Many factors can cause the over production of harmful bacteria, such as medications, stress, alcohol and a diet high in sugar, but there are two things your gut will love you for: prebiotics and probiotics.

Prebiotics are the undigested parts of high fibre foods that are fermented by good bacteria in the large bowel. In other words, prebiotics selectively feed good bacteria, giving them the upper hand over bad bacteria.

Fibre rich foods include: vegetables and fruit (particularly the skins, pips and pith), nuts, seeds, legumes (dried beans, lentils, chickpeas, split peas), whole grains (brown rice, bran, whole oats, grainy

continued on pg 13

Snow White & the 3½ Dwarfs

Concert in Dunedin
20th November 2015, 11am
P: 0508 266 237 (toll free)
E: bookings@operatunity.co.nz
W: www.daytimeconcerts.co.nz

The Operatunity famous and infamous panto puts a smile on the face and a lilt in our step as we romp through our own slightly twisted story of Snow White and with budget constraints, 3 and a half dwarves, plus a few other characters thrown in for good measure!

WIN a double pass to the Snow White and the 3½ Dwarfs 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:
monique@pukekoprint.co.nz and quote ACO 4/15

MOBILITY SCOOTERS
Otago SINCE 1999

Keeping the people of Otago mobile for over 16 years

MOBILITY SCOOTERS
NEW AND USED

- ▶ Electric & manual wheelchairs
- ▶ Walkers
- ▶ Hire available
- ▶ Personal service & backup
- ▶ **We specialise in community grants**

Free home demonstrations and delivery

Phone 0800 566 800

Tony McCarthy
Phone 455 2875
 Website www.mobilityscooters.co.nz
 211 King Edward Street, South Dunedin. Opposite Westpac

The Otago Symphonic Band

Christmas Concert

Conductor - Mark Anderson
Sunday 29th November 3:00pm

Bring this ad and get in for half price

Otago Boy's High School Auditorium
Entry:
Adults \$10.00
Children Free with a paying Adult
Sorry no EFT-POS

Including Movements from
the Nut Cracker Suite
and Christmas Carols



The Otago Symphonic Band

A symphonic or concert band is an orchestra without strings, but includes saxophones. The Otago Symphonic band is representative of the concert/symphonic band movement in New Zealand, which is becoming more and more popular with both musicians and audiences. The band aims to provide classical and contemporary programmes for Otago listeners as well as offering a quality performance medium for aspiring and accomplished wind and brass musicians.

The Otago Symphonic Band was founded by the Southern Sinfonia's principle trombonist William Henderson in the early 1990s as a response to a demand from woodwind and brass players who sought performance opportunities in a community setting. Since then the band has attracted a wide range of musicians, including secondary school and

tertiary students as well as community performers.

Since 2002 the band has successfully presented an annual concert series incorporating diverse themes and the expertise of a range of New Zealand conductors. Recently the band introduced (in conjunction with the University of Otago's music department) a biannual New Zealand Composition Competition, which a number of promising young composers entered.

In September we combined with the Mosgiel Brass to perform Tchaikovsky's 1812 Overture, in a concert of classical music, which received a standing ovation.

We look forward to bringing Dunedin people a concert of Christmas music which will include movements from Tchaikovsky's Nut Cracker Suite, as well as well loved Christmas carols.

Health & Care

We reinvest
back into
the health
of New
Zealanders



Making a difference in health and care.

Providing care homes, retirement villages, medical alarms and rehabilitation services throughout New Zealand. We have a range of choices to help you live the best life possible.



0800 60 80 99



bupa.co.nz

Bupa Short Stay is a way to take a break – with care

Bupa Short Stay gives you choice and flexibility to take some time out - anything from joining us for a meal, to staying for several days or weeks in one of our care homes. We can help with equipment, advice or rehabilitation too.

Residential care - We can meet your needs in any of our care homes around New Zealand. We have subsidised and privately funded options. We'll provide you with exactly the care you need while still helping you to live 'your day, your way'.

Day care is another option. Come and spend time in our warm, comfortable care homes. Enjoy a tasty lunch, meet other people and get involved with our varied activities.

Meals - Perhaps preparing a meal is just a little too much for you at the moment. We can offer you a meal and a chat any day of the week.

Showering - Maybe you need some help to shower.

You might be waiting for your own bathroom to be altered to make it more safe for you.

Equipment - We can help you to source exactly what you need to keep you safe and independent. A medical alarm or our Safer at Home products might be just the thing.

Referral - Maybe you are ready for additional support, but not sure who to ask.

Let our friendly support team help you navigate through the system. Our established networks, experience and knowledge can connect you to the right health professionals and support groups.

Rehabilitation - Recovering from a fall, an operation or just needing some extra care? Our care homes or specialised sites have experienced staff that will support you on your road to recovery including physiotherapy and other specialist services.

Whatever you need, we can help, call 0800 60 80 99 for more information.

continued from pg 10

bread etc).

Most adults only get about two thirds of their fibre they needs, so to help get your daily dose choose 'breads and cereals' (breads, crackers, muesli bars and breakfast cereals) that contain more than 6g of fibre per 100g of product. If you are constipated (have hard, painful bowel movements), fibre supplements may be helpful. These include psyllium husks, bran flakes, inulin, flaxseeds, prune juice/prunes, Kiwicrush, Benefibre or Metamucil.

Probiotics are live microbes such as yeast and bacteria that are beneficial for health. Probiotics occur naturally in many fermented foods and have been a healthy addition to traditional diets throughout the world for centuries. These foods include yoghurt, kefir (Europe), miso paste (Japan), kimchi (Korea), sauerkraut (Germany) and kombucha (China). Many of these are now available in supermarkets, Asian food stores or health shops

- get a little adventurous next time you shop.

Probiotics are also available in capsule form and can successfully treat symptoms of diarrhoea, constipation, lactose intolerance, irritable bowel syndrome and ulcerative colitis. However, not all probiotics are equal and each condition should be treated with a specific strain. Ask your doctor, dietitian or pharmacist which product may be right for you. Buy well before the expiration date and store in a cool, dark place.

Source: Senior Chefs Table Talk Issue 20 September 2015



Free Will Service

SOLOMONS
Barristers & Solicitors

03 477 8574

HOW WE PLAYED "ONLINE"



BEFORE THE INTERNET

The important part of growing older was the growing part. Resisting change meant forever standing still, which was a sad way to live.

Barbara Delinsky

Grow old along with me
-the best is yet to be

R. Browning





Celebrating Otago's older people since 1948

The Octagon Club

At the heart of everything Age Concern Otago has a passion to see older people experience wellbeing, respect, dignity and to be included and valued. Age Concern's Octagon Club is a place where people can enjoy all of this and where they have opportunities to make the most of life. Simple principles for ageing well like 'use it or lose it', 'rest is rust' and 'attitude is everything' are seen in action every day of the week. The Octagon Club offers affordable and accessible opportunities for keeping active, for social enjoyment and for mental challenges.

Around 200 people come into Age Concern's Octagon Club each week where they choose an activity which suits their style. Body Beat provides excellent aerobic exercise as do the Gym classes which also provide resistance activities to help with muscle and bone strength. Bowls and Tai Chi help with balance as does choreographed Line Dancing, an aerobic activity which also gets the grey matter working. It's never too late to start regular physical activity – older muscles are just as trainable as young ones.

There is plenty at the Octagon Club that is less physically demanding – the craft group and the social outings group are two such examples.

Being part of an Octagon Club activity also gets people into the habit of making contact with others and being part of a network and making friends brings out the best in us. Friends also help us get through the tough times. It's important to keep building new friendships, to stay connected to others and it's so much easier to break the ice with new people when you are sharing a common interest like a game of bowls or an exercise class.

The Octagon Club always welcomes new members. You can come along for a couple of weeks to try an activity and if you decide to join membership is just \$20 per year for as many

activities as you want to be part of. Each activity has a small activity fee.

There are also plenty of learning opportunities held by Age Concern in the Octagon Club - Love Later Life seminars aimed at helping people make the most of being older, Staying Safe older driver education and Senior Chef cooking classes. There are no fees for any of these courses.

Age Concern Otago's Octagon Club is a tried and true way to make the most of life no matter what age or stage you are at, the Octagon Club has a host of opportunities for living well and everyone is welcome.



**Supporting you to live
in the comfort
of your own home**



With over 27 years of experience and a professional team of local, caring and highly qualified staff, we can support you to live independently in your own home.

We can provide you with the following services:

- ▶ personal care, such as support with dressing, bathing and showering
- ▶ nursing services
- ▶ home care services, including support with cleaning, washing and grocery shopping
- ▶ goal based services that enable you to gain greater strength, confidence and mobility.

Our services are fully certified and in some cases may be free for eligible residents. We also support privately paying clients.

For more information please phone **0800 002 731** or visit www.healthcarenz.co.nz

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) 448 7075

Email: central@ageconcernotago.co.nz

Alexandra Community House, ALEXANDRA 9320

Our health promotion programmes empower older people to enjoy older age and have better health outcomes. All programmes are available in Dunedin and Central Otago areas. Make a resolution to join us in the New Year. Phone the Dunedin (03 477 1040) or Central Otago office (03 448 7075).

Steady As You Go and Tai Chi

Classes running throughout all of Otago.

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

Staying Safe

A free, 4 hour, refresher workshop for senior road users. Bookings are essential. Phone to find out when the next courses start.

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

Senior Chef

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

Bookings are essential. Phone to find out about when the next courses start.

- Living on your own or with one other person
- Keen to learn some new cooking skills and improve food knowledge

Love Later Life Seminars

Love Later Life seminars are aimed at helping you make the most of life as you grow older.

No matter what our age we have to learn to adapt to life's challenges. We do that best when we are armed with knowledge about changes, the challenges we may face and when we have information to help us meet those challenges positively.

Clubs Notice Board

Octagon Club

Exercise groups, social outings, lunches, line dancing, bowls, arts and crafts, bus trips. Find out all that's on offer, pick up a brochure from the Age Concern Office. Concert to be held on Wednesday Nov 18th. 1:45-2:45pm followed by afternoon tea, \$3pp, everyone welcome. Phone Age Concern 03 477 1040 or Club President Betty Booth 03 456 2000 to find out more.

Mosgiel Seniors

Housie, Bowls and Monthly entertainment afternoons. All welcome. Phone Tristan at Age Concern to find out more 04 477 1040 ex 708.

South Dunedin Seniors

Meet weekly on a Thursday, 1:30pm, South Dunedin Community Hall, King Edward St, for social activities including concerts, speakers and outings. Everyone welcome, phone Age Concern Reception to find out more.



Dunedin City Council flats

the viable worry free housing option



No Lawns
to mow

No Gutters
to clean

No Painting
to worry about

Maintenance Staff on call

Phone 474 3737 - Give us a call



Yes, I would like to contribute to Age Concern Otago's work with a subscription and/or donation

Mr / Mrs / Miss / Ms

Name: _____

Street: _____

Suburb: _____

City/Town: _____ Postcode: _____

Phone: _____

Email: _____

A receipt will only be sent if you tick this box

Subscription \$25.00

January 2015 - December 2015

Magazine \$5.00

Donation (Tax Deductible) \$

TOTAL \$

\$10 \$20 \$30 \$50 Other

Pay by cash, cheque, phone or internet banking

Bank: ANZ

Account Name: Age Concern Otago

Account No.: 010907 0010004 00

(Please ensure your name is in the reference field)

Age Concern Otago - PO Box 5355 Dunedin 9058 Email: agecon@ageconcernotago.co.nz

I Give this Marriage a Year

Whirlwind romances can happen any time of life, they can be wonderful dramatic things and they might include some of the more than 11% of people who are single and over the age of 65. Sadly, however, some of these pairings don't stand the test of time and the law makes special provision for what's known as a 'marriage of short duration'

The property (Relationship) Act 1976 defines a 'marriage of short duration' as one lasting less than three years. The 50/50 rule only applies to marriages of short duration when the contributions to the relationship are equal.

When dealing with property division in a 'marriage of short duration' the court must consider if the contributions of one spouse to the marriage has clearly been disproportionately greater than the contribution of the other spouse as set out in section 18 of the PRA when the marriage ends in separation. The principle is straight forward - at least in theory. Spouses are entitled to an equal share in the relationship property unless the contribution of one is clearly greater than that of the other.

Interestingly if a marriage (or civil union) of short duration (even if it is very brief) is ended by a spouse dying, it will be treated the same as a marriage of long duration and the surviving partner is entitled to an equal share of shared property unless the courts considers that it would be unjust.

Source: Wilkinson Rodgers, Lawyers. www.wrlawyers.co.nz

Sender:

Age Concern Otago
PO Box 5355
DUNEDIN 9058

