

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

Issue One 2016

Celebrating Otago's older people since 1948

Working Together to Prevent Falls

Our Steady As You Go and Tai Chi programmes started in 2003. They are very popular with a total of 80 classes now running. A unique feature of classes is their peer leadership. After a period of time with a professional instructor, a small group of participants from within each class are trained to continue the class. Peer Leaders are trained and supported by the Coordinator. Peer Leaders get a great deal of satisfaction from their involvement with the classes as they see new entrants improve their balance, strength, flexibility and enjoyment of life.

Here are some recent comments from Steady As You Go Peer Leaders:

"As a relative newcomer to Dunedin I have appreciated the opportunity to join SAYGo & become a Peer Leader. Monday p.m. is a highlight of the week when our group joins together not only for the exercises but in friendship & getting to know each other. Not forgetting a cafe stop on the way home."

"It's really great when we get feedback. Recently one of our group reported that one day at home when she did the squat exercise she was able to regain her balance and prevent a fall. "It really works!" she said enthusiastically."

"I had asthma for many years and was very shy. After a nervous breakdown and moving to a new city I felt very alone and bewildered. I joined SAYGo and met lots of friendly people and realised the exercise was helping my asthma. I was surprised when I was asked to train as a Peer Leader and didn't feel confident that I had the ability to lead a class. However I went to the training day and started to take small steps by being more helpful in class; sitting beside new members or the frail elderly and guiding them through the exercises. I really enjoyed each week and felt empowered in my daily life. One day I had to lead the class and was surprised when the class clapped and said how well I had done. The old me was back!"

Margaret Dando





From The Executive Officer

Meals on Wheels is a vital health service. DHB's are required to provide nutritional support to help older people living in the community maintain healthy eating patterns by making low-cost, home delivered hot meals available

to residents. As this issue of our magazine goes to print, we are dealing with the fallout from a change of SDHB meal provider. Meals for this services are now provided by Compass.

Age Concern Otago's part in this long standing and recognised service is the delivery of the meals. Since 1952 we have had the pleasure of organising the wonderful volunteer drivers, who not only give up their time but also foot the bill for running their car, to ensure the required hot meal gets to those who have been assessed as needing this service. Over the years we have had many compliments and some complaints about Meals on Wheels meals but more recently we have been distressed to hear how unhappy some people are with their meals. Our older people deserve a Meals on Wheels service which is nutritious, palatable and enjoyable.

I have spoken with a representatives from the SDHB and Compass and they acknowledge there is a level of dissatisfaction. They have assured us they will work very hard to ensure Meals on Wheels are acceptable. We would be happy to receive your feedback if you get meals on wheels.

Along with the brick bat we have received some wonderful bouquets. The other feedback we have been receiving is how appreciative people are of the wonderful service they receive from our volunteers. Without them many say we would not be able to stay at home.

Susan Davidson
Executive Officer

**"The two best anti-aging agents: humour and a sense of wonder."
Marty Rubin.**



News from Central Otago

I am writing this on a very hot early February day – not complaining, but what a topsy turvy summer it has been!

After a relaxing, quiet Xmas and New Year break, 2016 has got off to a busy start.

The first part of this year will see more of the popular Safe Driving Courses. The venues and dates have not yet been determined but should be advertised in the next issue of this magazine. At present, I am busy organising the Love Later Life seminars which we will be presenting initially in Alexandra. These are a series of seminars, each of two hours duration, held over 4 weeks - March 24 to April 14. The final details are not yet confirmed but we will be offering a comprehensive range of topics focusing on positive ageing – so there should be something of interest for everyone.

The basic principles for the seminars are those espoused by the Mental Health Foundation:

- Keep connected
- Keep learning
- Keep giving
- Keep active
- Keep taking notice

The confirmed dates, times and venues will be advertised throughout Central Otago very soon.

Hope the rest of the summer is warm and pleasant for you wherever you are

Take Care,
Michele



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Enjoy summer with Driving Miss Daisy

Welcome to Driving Miss Daisy's first Age Concern message for 2016. We hope you enjoyed the festive season and are prepared for a busy, interesting year ahead.

The weather has been all over the place this summer, across the country; Mother Nature is showing the attributes of the season to its full potential this year, from balmy blue sky days to tropical thunder storms. We can only hope that farmers prepare accordingly for the droughts forecast in the upcoming months.

One positive of the season is the late summer garden, which has a tranquillity like no other time of the year. It's heartening to see all the hard labour put into the garden over spring and early summer come to fruition, in the form of stunning floral displays and delicious home-grown crops. If you don't have your own garden there are many wonderful public gardens and parks to enjoy, most with easy walking paths and handy seats from which to rest and enjoy the surroundings.

At Driving Miss Daisy we can help with a lot more than simply driving you to appointments. We love to take our clients out on trips, such as to the park or a garden. Other quintessential summer activities might be enjoying an ice cream at the beach, a glass of wine and a platter to share at a winery, a picnic at a local beauty spot or a visit to the sculpture garden. Many of our clients gather together a friend or two to share the experience – there's always plenty of fun to be had!

Driving Miss Daisy is committed to helping our clients get out and about, so you can live life to the full and enjoy every moment. If you have an activity you'd like us to help with please call us today to discuss – we look forward to seeing you soon!

Dunedin North - Kerri Bolt
(03) 467 5017 021 503 298

Dunedin South - Lyn Hippolite
(03) 486 2033 021 503 498

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Whatever you want to learn, it's never too late to charge those grey cells

When we were very young we were learning non-stop how our world worked. As we got older we entered formal schooling where we learnt maths, science, language etc. We learned about making friends, music, art, hobbies and dealing with authority. After high school or university we learnt about our job functions and workplace politics. Up until this point learning is somewhat mandatory. In older age learning becomes optional. We are no longer required to learn new things, at this point we can choose to continue to learn new things or stop learning.

Learning in older age can improve happiness, wellbeing and connection to the wider community in old age. Recognised benefits of learning in the latter stages of life includes delaying the onset of Alzheimers, improving people's mental health and reducing reliance on medications. All levels of learning, whether it be mental activities or artistic immersion, can help older people achieve a healthier life.

In a 2009 survey of older learners in Hungary, people gave the following reasons for wanting to undertake some form of learning;

- To get information about the ageing process
- Spending free time with a sense of purpose
- Making up for learning missed
- To stay up with changes (such as technology)
- To maintain a sense of competence
- To train the brain
- Broaden social contacts,
- Spiritual (meaning of life) understanding
- Learning new skills to help others
- Building self-expression and creativity
- Pleasure in processing new knowledge
- A sense of increased respect and recognition
- Enhanced resilience to the biological challenges of ageing
- Preserving further useful activity in society

Over all learning contributes to enhancement of all components of quality of life; basic needs, personal relations, significant engagements and changes. Pablo Casals, regarded as one of the world's greatest

cello players and composers, expressed his desire to keep learning when he was asked why he continued to practice at age 90. "Because I think I am making progress" he replied. Mortimer Adler advised "The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live. Studies suggest however if we ensure we keep our minds growing it will also benefit our matter, making us both mentally and biologically healthier in our older age.

There are so many opportunities in life that the loss of two or three capabilities is not necessarily debilitating. It can give you the opportunity to focus more on art, writing, or music.

Jim Davis

SPECIAL VOLUNTEER NEEDED

Age Concern Otago is privileged to be a recipient of Food Share Dunedin but we need help to manage it.

Would you like to become a valued volunteer for Age Concern Otago?

Do you have transport and a couple of spare hours each week?

Do you have good organisational skills and an ability to get on with other volunteers?

If so, we need you!
Please contact Marie Bennett on 477 1040 ext 703 or marie@ageconcernotago.co.nz



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For more information phone Kate Morgan on 03 455 7936

Can our will power be strengthened?

That was the question a group of researchers recently set out to answer. Their findings suggested what has been thought for many years. Your willpower is like a muscle. It gets tired and requires exercise to strengthen it. With this knowledge, it becomes apparent that our willpower can be strengthened with the right practice. Here are 5 scientifically proven strategies to help you flex your willpower strength.

- 1. 10 minutes of meditation** – Meditation is proven to give the fastest results of all the willpower exercises. It helps the brain to focus and resist the urge to wander aimlessly which in turn boosts energy levels and the ability to concentrate for longer periods. There are plenty of guided meditation tracks available online to get you started.
- 2. Keep a food diary** – Research has found a link between keeping a food diary and an improvement in willpower. The majority of us don't record our food intake and it takes a conscious effort to keep track of every little thing. Try downloading an app like My Fitness Pal or just using a notebook/pen to keep track for a fortnight.
- 3. Correct your speech** – Shifting your natural speech requires you to actively assert yourself against your instinct, which takes considerable willpower. A simple change like eliminating a certain word or changing from saying "Hi" to "Hello" for a couple of designated hours each day is effective enough to hugely improve your willpower.
- 4. Create and meet deadlines** – If you've ever studied or worked to a concrete deadline you'll know just how productive and effective it can make you. Creating self-imposed deadlines can have the same impact on our willpower. To get started, pick a task and set a deadline for accomplishing it. Picking a task you've been putting off is a good choice, as it'll increase the effectiveness of the experiment even more.
- 5. Tempt yourself, and resist** – If you really want to challenge yourself, try increasing your ability to say "no" by carrying around something really tempting that you'd usually eat or drink for the full day. Pop whatever it is in your pocket or handbag and flex your willpower to continually resist temptation.

By Naomi Cotterill

Accredited Visiting Service (AVS)



Happy New Year. I hope you had a happy festive season. For some it may have been lonely. Families head out of town, friends are busy with their own families, or you may have some health problems that kept you at home.

Loneliness is now a known risk factor for health problems like cardiovascular disease, depression, dementia and lowered resistance to infection. Research shows that weak social relationships influence health as much as smoking and alcohol consumption, and more than obesity or physical activity. Failing to address social isolation therefore results in significant costs to Government and the community through increased health costs and avoidable admissions to residential care.

Our Accredited Visiting Service (AVS) is an effective response to loneliness and social isolation. The service provides friendship, companionship and links into the community for socially isolated and lonely older people. I am pleased to share with you the difference a friendship formed through AVS made:

Mr F was referred to by his daughter. Legally blind he does not leave the house often and he has very little social contact. Mr F did not want to attend a Day Programme and was not ready for a Rest Home. Mr F was matched with a Volunteer Visitor and because of their professional backgrounds they formed a good rapport straight away. Mr F quoted his Volunteer being a "brilliant person, I look forward to seeing him every week".

If you would like a visitor or would like to volunteer please feel free to contact Tristan or Chris at Age Concern.

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Love Later Life

Guide to Independence and Wellbeing Seminars:

Toward the end of 2015, Age Concern held its first Love Later Life Seminar in Mosgiel. The response to the four week course was quite astounding with all participants telling us how informative and valuable it was in helping them add new things to make the most of life.

There are a number of simple principles that help us to live well in older age. Keeping active – mentally, socially and physically- is important for staying happy and well in older age. But how we address those principles can sometime be challenging and difficult. Age Concern's Love Later Life seminars are aimed at helping people overcome these challenges. Expert speakers inform and assist on a wide range of topics. Brochures, pamphlets and website information is also on hand to enable a whole range of choices on how to incorporate habits into your life that will help make life easier and happier.

Age Concern will be running two more four week

Love Later Life seminars soon. Places are limited so please book for the one you wish to attend:

DUNEDIN Starting Tuesday March 1st
10:30am-12:30pm

MOSGIEL Starting Wednesday May 4th
10:30am-12:30pm

ALEXANDRA Starting Thursday March 24th



Bea-line

Here we are towards the end of summer, and what a summer!

Our roses have been superb, the clematis likewise, lavenders blooming blue, pink, purple, and my most favourite plant, the black-leaved chervil with its tall spikes of white flowers has been like a white cloud throughout all the other plants. I hope it's sown itself all over the place. And we've been busy weeding, of course.



Gardening is supposed to be healthy exercise; it certainly gives you every chance to bend, stretch, walk, tiptoe, use your peripheral vision – all the things I learn and practice at Steady As You Go. In fact, gardening is for everyone, fit or unfit, able or incapacitated. Garden outside, or garden indoors – do what interests you most and what you can manage comfortably and safely.

My own enthusiasm for gardening began years ago when I read the Dimsie books – which some of you might remember. Dimsie was a Scottish schoolgirl who wanted to be a doctor, but because of lack of money, was unable to go to medical school. Instead she decided to become a herb doctor and began

a herb garden, continuing an interest in healing inherited from a far-off ancestress. I still love that book. In fact I read it again recently, wondering if I needed to keep it as we were trying to purge our overfull bookshelves. But Dimsie remains! She nips off the bells of comfrey, she tidies up the parsley, she weeds the marigold bed, she savours the scent of lavender. And for me, aged 10, that seemed a most romantic thing to do.

When we came to New Zealand forty years ago my husband said 'Now's your chance to have a herb garden'. And we began by planting the useful bouquet garni, of parsley, sage, rosemary and thyme – and our great favourite, lavender.

We've added more since those days. When I planned the herb garden I decided to focus on taste and smell rather than healing. For taste, you can't beat the usual parsley/sage/rosemary/thyme, but you can add lovage, which is a wonderful perennial, easily grown, and great in savoury dishes. Try tarragon, and sorrel, with its wonderful lemony flavour, and

the easily grown annuals of coriander and chervil, both of which add great flavours to any savoury dish. I never have much luck growing basil, possibly because I nibble the fresh leaves whenever I can.

For scents I planted lavenders, and discovered camphor and costmary plants. Camphor has the most magnificent scent, and as for costmary, alecost or Bibleleaf – that's another knockout fragrance. So pungent is it that if you use it as a bookmark, you will never nod off over the pages. Dry it first, though, between two sheets of newspaper, because you don't want it to mark the book pages! Small branches of

applingie to add pungency to the dried mixture, or by itself to use as a moth repellent.

Now of course it's the season for harvesting. That's fun! And the reward of good gardening.

Dr. Beatrice Hale: Scot, Granny, Gardener, Social Worker and Anthropologist.



Personal independence

Disability Information Service Otago now offers for sale a wide range of health and bed socks essential for people with fluid retention, circulation problems and diabetes. We also sell **ATTENDS** continence products which you can buy discretely and effortlessly by coming to visit us at Community House, Moray Place, Dunedin or by calling **0800 693 342** or email **dis.dn@xtra.co.nz**. The ATTENDS products will be delivered direct to your door **FREIGHT FREE**.

Please note cash or cheque sales only no eftpos, DIS will invoice for phone or email sales.



The **Disability Information Service Otago** is all about joining the dots for people, helping them achieve greater personal independence. We assist in connecting people with the right information so they can make informed decisions, we advise on enabling equipment, products and services available to support and enhance people's lives and provide information on a broad range of health and disability and age related issues. DIS is a registered charitable trust and has been serving the Otago region since 1987.

DIS also has for sale a small range of daily living aids, a new range of health top and bed socks and we also offer ATTENDS continence products for sale, providing a discreet, personal service.

You can contact DIS by phone (03) 471 6152 or 0800 693 342, email **dis.dn@xtra.co.nz** or come in and see us at Community House, corner Moray Place and Great King Street Dunedin. We are here Monday to Friday from 9am – 5pm.

I Am Not Old

I Am Not Old

I am not old...she said

I am rare.

I am the standing ovation

At the end of the play.

I am the retrospective

Of my life as art

I am the hours

Connected like dots

Into good sense

I am the fullness

Of existing.

You think I am waiting to die...

But I am waiting to be found

I am a treasure.

I am a map.

And these wrinkles are Imprints of my journey

Ask me anything.

- Samantha Reynolds



DIGNITY
FUNERAL SERVICES

Have you thought about preplanning your funeral?

Today, more people are changing the way they think and it makes sense to pre-arrange a funeral or join a pre-payment plan. Visit www.dignity.co.nz to find out more.

03 487 8600

Planning and paying for your funeral in advance may seem a difficult task to face, but like making a will, the ideal time to make these plans is well beforehand, without worry or stress.

Pre-paying for all or part of your funeral service helps to relieve your family and loved ones of the responsibility of the funeral expenses. Pre-paid funerals up to \$10,000 are currently excluded from asset testing when assessing eligibility for a subsidy for long-term residential care for the elderly.

Pre-paid funeral funds are not held by Dignity Funeral Services. Dignity Funeral Services complies fully with the pre-paid bylaws of the Funeral Directors Association of New Zealand. The funds are held in trust until they are needed.

Funeral-Link Prepaid Funerals is a prearrangement plan available through members of Funeral-Link New Zealand, of which Dignity Funeral Services is a member.

It's as easy as contacting **Dignity Funeral Services**: phone (03) 487-8600, email admin@dignity.co.nz or visit www.dignity.co.nz.

Cook's Corner Easy Recipes



The recipes use readily available ingredients and are quick and easy to prepare as well as being nutritious and delicious and for one to two people.

If you are fond of sardines you will love this quick easy recipe. Sardines not only taste great they are a good source of protein, Omega-3, vitamin D and calcium.

Ingredients

- 1 x 200g can sardines
- 1 egg
- 2 T milk
- 2 t Dijon mustard
- 1 t vinegar
- 1 T margarine, melted



Method

Combine all ingredients in a small saucepan and cook over a medium heat. Remove as soon as the mixture curdles. Beat well. Toast 4-6 slices of bread. Divide the hot mixture among the toast, sprinkle with finely chopped parsley and serve.
Source: Senior Chef



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For more information:

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Healthcare NZ Community Health is part of a national network of experienced and trained professionals. Our person centred approach means we work alongside people and their family each step of the way, with a personalised support plan that incorporates the individual's needs and goals.

We have a proven track-record of successful outcomes working with people who have either basic or very complex support needs. Our tailored services can typically include help with:

- Washing, dressing, grooming and toileting
- Preparing and managing meals
- Shopping and home management needs
- Taking medication safely
- Exercises to help increase mobility and strength
- Assistance to achieve mobility goals such as walking to the park
- Learning new skills to manage symptoms of any illness you have such as breathing exercises for people with respiratory problems
- Being part of a community group, club or activity programme.

Healthcare NZ Community Health is community-based and committed to supporting the people of Otago.

Volunteering for wellbeing

There are over one million New Zealanders who volunteer. For older people and communities, voluntary work is a win-win opportunity! For example, did you know that volunteering enhances physical and mental health wellbeing?

You can use your expertise and knowledge, put your hobby to good use, develop some new skills or try something completely different.

Volunteering in older age may take the form of additional social responsibility with older people being asked to take on leadership roles as kaumatua, advisors or mentors, or can be as simple as stuffing envelopes or helping with morning tea for a meeting. The knowledge and experience of a lifetime is shared with younger generations, or with an organisation, enabling maintenance, change and growth.

Without volunteers, many things would not be done and many community organisations would not exist. Take Age Concern in New Zealand, for example we have a paid staff of around 150 people with the support of over 4,500 volunteers who donate over 5,000 hours of their time every week in communities throughout New Zealand. Age Concerns simply couldn't manage to run vital services without our volunteers and we always need help – behind the scenes or in the forefront, volunteering for Age Concern makes a difference in the lives of others.

You too can make a difference – in your community you can help Age Concern Otago to serve the needs of older people by volunteering in a variety of roles including meals on wheels delivery, a volunteer visitor, a trained peer leader in our Steady As You Go falls prevention programme or as a collector for our street day appeal later in the year. Age Concern Otago also needs volunteers to help us support older people through the Dunedin Foodshare programme.

Volunteers ensure that vital Age Concern services are available to older people in their communities. If you have time to spare, want to meet new people and contribute to your community, would enjoy being enriched by enriching the lives of others, fancy trying something a bit different, then consider volunteering. Phone us on (03) 477 1040 to find out more about volunteering for Age Concern Otago. Or call Volunteering Otago (03) 471 6206 to find out more about other volunteer roles available in our community.



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.



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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



3 Tenors
& a Soprano
Reunited

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**Contact Don to discuss your options.
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Don Broad (Ffin), Grad Dip Bus (PFP)



Interest rates and deposits

What happens when interest rates rise or fall on my interest bearing investment?

This depends on what type of investment you have.

For a standard bank term deposit the effect will be minimal in that the deposit has a defined time & interest rate for that period, a term deposit is a contract possibly locked into a lower interest rate for some time, missing out on a better interest rate, the reverse will apply should interest rates fall.

The risk with a long term deposit is liquidity, the deposit is a contract, and there is no obligation for the bank to agree to break the deposit early should you need the funds.

Given the current low interest rates, many banks and corporate's have been issuing new securities (bonds etc.) at lower interest rates fixed for longer terms, which is beneficial for the company as it lowers their borrowing costs.

Investors need to consider, where the interest rate is likely to be in say five or seven year's time?

Is the interest rate on offer sufficient for that period and any risk involved?

Many bank and corporate bonds are listed on the NZDX exchange and can be traded on what is referred to as the secondary market.

This exchange allows for the sale and purchase of debt with the price largely linked to market rates at that time, also taking into account the security of the company issuing the debt.

When interest rates fall, the price of debt on this market would generally rise, ie. for a \$1.00 investment you may pay say \$1.05 as the coupon (the set interest rate) doesn't change until the rollover, maturity or reset date.

(eg. \$1000 Investment (paying 10%pa \$100) interest rates fall to say 8%pa the investment's value would rise to \$1250.00 calculated @ 8%pa for the same (\$100). Conversely if interest rates rise, the value of the investment would fall, (12%pa interest rate, investment value would be approx \$833.00).

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

Disclosure statement available on request free of charge.

Depression

You can get through depression. Realising that you have it can be the first step to take. Sometimes depression is mistakenly thought of as a natural part of growing old. Though depression can be an understandable reaction to loss, it is not an inevitable part of life in older age. Depression can be prevented and effects can be minimised when it's recognised and treated appropriately.



People experience depression in different ways. Depression is not the same as sadness or grief. In fact, not everyone who suffers from major depression complains of sadness, though they do acknowledge not being their usual selves. People experiencing depression for the first time often comment that it is not what they thought depression would be like.

Those who have experienced both grief and depression say the two felt quite different. Those experiencing grief emphasise the sadness, while those experiencing depression emphasise a lack of motivation and pleasure, a physical and mental slowing and difficulty thinking as clearly as usual.

Depression can be mild or severe and may come on gradually or quite quickly. Sometimes a person may experience a chronic low grade depression over a long period of time, for example, two years or more. They may appear gloomy, withdrawn, lethargic, with low self-confidence and little pleasure from life. While this depression is not as severe, it still may have a significant effect on life and put people at risk of harming themselves.

How do I know if it's depression?

Depression can present differently in older people and often goes unrecognised. Some of the symptoms of depression are similar to common physical illnesses. For example, loss of appetite or disturbed sleep may be due to depression or to heart disease or arthritis. If you are also feeling sadness – often worse in the morning, then lifting as the day goes on – restlessness, irritability, wanting to withdraw

from people and activities, then it is likely you're experiencing depression.

Depression can be experienced as severe worry or anxiety, sometimes to the point of feeling confused. Confusion may be put down to "just getting old", or to poor memory or even loss of hearing, or mistakenly thought of as the first signs of becoming senile. This may lead people to delay seeking help through fear of being labelled.

Asking for help. Many people feel embarrassed about getting help for depression, or may not recognise that they are depressed. It may be friends or family who recognise that something is not right and who seek help. A good first step is to talk to your doctor. Most GPs are experienced in dealing with depression.

Treating depression. Recovery from depression is the rule, not the exception. The goal of treatment is to get well and be better able to cope with emotional problems in the future. Treatment of major depression may be with medication, but may also include counselling and help to make physical or mental changes.

The great majority of older people suffering from depression are treated in their own homes, through their GP and with the support of a psychiatric district nurse or community mental health team. A minority may require hospital treatment. Family and friends are an important part of recovery and can provide valuable support.

Facts

- About one in every seven people will develop depression at some time in their lives.
- There is a comparatively low rate of depression among older people living in the community, despite the major losses that occur in older age.
- Lesser degrees of depression are more common than severe depression. However when severe depression does occur it can be life threatening.
- Rates of depression are higher among people who are unwell and for older people in supervised care settings – about three to six times higher than the general senior population.

Resources: Mental Health Foundation's "Late Life Depression" Pamphlet. For more information contact www.mentalhealth.org.nz or phone (09) 300 7030.

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Careless Driving

Careless driving is the most common reason for elderly being apprehended by police. Getting behind the wheel appears to be the leading cause of elderly people getting in trouble with police. But experts say age should be no barrier to driving, as everyone makes mistakes.

Figures obtained under the Official Information Act show, detailing the oldest people apprehended in each policing district in the year to June 2015, show 81 of the 132 apprehended elderly were in trouble for some form of careless driving. Careless driving can involve not giving way, driving cars not fit to be on the road, travelling in the wrong lane, or speeding.

AA spokesman Liam Baldwin said people should be able to drive, as long as they are fit and keen. There were some people older than 100 still driving, he said.

While Ministry of Transport data showed drivers aged 15-19 were most likely to be in a crash, those older than 80 were next on the list.

Baldwin said there would be more older people on the road as the "baby boomer" generation moved into retirement, and they would want to keep driving. An AA survey from 2014 of members 75 and older showed how much they valued driving. Thirty-five per cent said they would be frustrated if they lost their licence, while 28 per cent would feel isolated.

Baldwin said people should pay attention to any signs they may not be fit to drive, and go to the doctor with any issues. "Ultimately, this is all about safety, and ensuring you are safe behind the wheel."

According to the New Zealand Transport Agency, people must renew their licence when they turn 75, then every two years once they turn 80. To do so, people must get a medical certificate, during which they have their eyes checked. If the doctor says they are fit to drive, their licence is renewed. A doctor can put conditions on the licence, such as needing to wear corrective lenses or not travelling certain distances, or require people to take an on-road safety test. Excluding the cost of a medical certificate, the renewal fee is \$18.70, but goes up to \$60.50 if someone has to sit the safety test.

BY THE NUMBERS

- Over-80s apprehended for careless driving in 2014/15: 81
- Oldest people apprehended: Two 95-year-olds, both charged with careless driving
- Number of New Zealanders with a car or motorcycle licence: 3.38 million
- Over-75s with a licence: 183,000

Sources: Stuff



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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 this 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.

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Staying Safe

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

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Senior Chef

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- Keen to learn some new cooking skills and improve food knowledge

Classes starting Monday February 15th and Thursday February 18th

Bookings Essential. Phone to book your place.

Love Later Life Seminars

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

Find out more about Love Later Life in the article on page 10.

Dunedin: Starting Tues March 1st 10:30am-12:30pm

Mosgiel: Starting Wed May 4th 10:30am-12:30pm

Central Otago: Starting March 24th

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 the 3rd Wednesday every month. 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.



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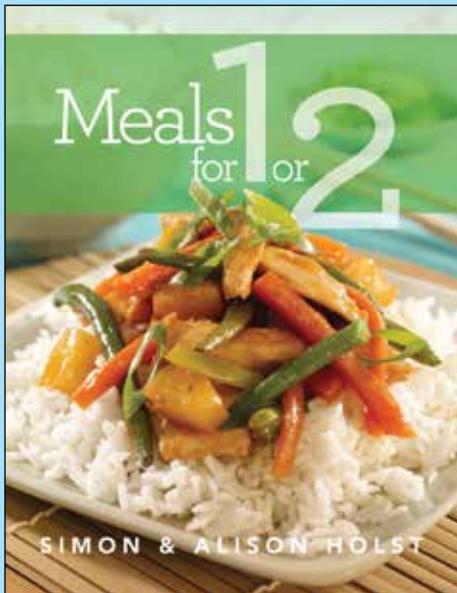
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Get in now to order this fantastic cookbook from Simon and Alison Holst. 'Meals for 1 or 2' is full of easy-to-follow, mouth-watering recipes that are perfect for someone either living solo or with one other person. With recipes such as golden brown chicken pot pies, creamy spaghetti carbonara, hearty curried pumpkin and kumara soup and even chocolate fudge pudding, this could be the perfect gift for your older relative – or even the student in your life who has just started out flatting on their own!

Age Concern is thrilled to be able to offer the cookbook for the special price of \$15 plus postage. Proceeds from these orders will go towards making a difference in the lives of older people in New Zealand.

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