

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**



Issue One 2017

Celebrating Otago's older people since 1948

Looking out for one another

Understanding social isolation and loneliness

"Nobody wants to feel isolated or alone. Feeling like we've lost our social circle can affect many aspects of our lives negatively, even our health." Office for Senior Citizens

Being socially isolated means being separated from your family and social groups. You can become socially isolated if you live alone, don't have access to transport, or have poor health.

If you are socially isolated you are more likely to be lonely. You can feel lonely when:

- You don't interact enough with others
- Your existing relationships don't give you the emotional support you need.

Studies show that staying socially connected can have benefits for both our physical and mental wellbeing.

There's no single solution to social isolation - everyone has different needs. Did you know that half of older New Zealanders experience some degree of loneliness?

Staying socially connected

There are many ways to connect with people if you're feeling socially isolated or lonely. You can:

- Use your SuperGold card to get out and about - www.supergold.govt.nz
- Get to know your neighbours - try Neighbourhood Support or www.neighbourly.co.nz

- Get a smartphone or tablet to stay in touch with distant friends and family - find out about learning new technical skills at www.seniornet.co.nz
- Visit your local library, community centre or church to find out about activities
- Have a meal with friends or family - why not invite a friend out for a coffee?
- Try a visiting service like Age Concern's Accredited Visiting service - www.ageconcern.org.nz
- Try volunteering - support your community and meet new people - www.volunteeringnz.org.nz

Looking out for others

If you think that someone you know is isolated or lonely, you can help by:

- Visiting those at risk of isolation
- Giving them a sense of purpose, like a plant or a pet to take care of (if they are capable)
- Sharing your skills with them - it could be gardening or knitting
- Keeping in touch regularly
- Asking a neighbour to keep an eye on them. It's okay to ask for help if you're feeling lonely

Sourced from Office for Senior Citizens resource - Looking out for one another.

**2017 AGE CONCERN OTAGO
MEMBERSHIP NOW DUE!!**

From The Executive Officer



It is a pleasure and privilege to have been appointed to this position. I was motivated to apply for the position because at the heart of everything Age Concern does, is a passion to see older people experience wellbeing, respect, dignity, and to be included and valued. I have

been in the role since mid-January and am on a steep learning curve - there is a lot to learn about Age Concern and its work. I am thoroughly enjoying the challenge and finding out about all the wonderful services, supports and education offered here. The team is just fantastic.

I have inherited an admirable team of individuals who are passionate, committed and dedicated to their work - thank goodness they are in our Otago communities. I am incredibly grateful for the volunteer effort also. We have almost 900 volunteers giving up their time to support the lives of our older population in a variety of ways. This commitment and

effort is testament to the beautiful and generous heart of Otago. I have worked in a few South Island regions and overseas, and have not seen this level of volunteer effort anywhere. Well done Otago!

There are challenges ahead for the organisation as we respond to changes in the Government contracting environment, although with these challenges also come opportunities. Age Concern has demonstrated its ability to respond to such changes over the years - things look very different to the way they looked many years ago. While change is inevitable in the social service sector; I am committed to ensuring we continue to do what we do well, as best we can.

I was born and bred in Dunedin, however I have spent many years away from here. As a qualified Nurse and Occupational Therapist, I have worked in the area of aged care in NZ and overseas. The past 18 years have seen me in management positions in the Not for Profit sector; some of the services I managed were supporting the older population. It is wonderful to come home where my two adult sons and little granddaughter live.

I have always been passionate about doing what I can to make a positive difference in the lives of our older citizens. I am committed to do my very best to achieve this here in Otago. There is so much to learn from the wisdom, knowledge and experiences that only age can bring.

Please stay in touch.

Warm regards,

Debbie George
Executive Officer

The views expressed in this newsletter are not necessarily those of Age Concern Otago. The inclusion or exclusion of any product does not mean that the publisher advocates or rejects its use.

Driving Miss Daisy Outings will add a spark to your week!

We hope you enjoyed the festive season and are looking forward to a busy fun-filled year ahead. Well, it certainly will be if you join us on a Driving Miss Daisy Outing!

At Driving Miss Daisy we can help with a lot more than simply driving you to appointments, or getting you from A to B. Soon after launching our service in 2009 we discovered that our clients wanted more than just the practical service that we offered - they wanted to continue with social activities, meeting people and having fun. So, we decided to add Outings to our service offering, and it is now one of our most popular and appreciated services.

If you have an outing that you'd like to organise we can create a tailor made experience for you. Perhaps you might like a trip down memory lane to, or a visit to a particular art exhibition or movie. Other quintessential outings might be enjoying an ice cream at the beach, a walk through a botanic garden or enjoy a local rugby game. You might even like to round out the experience with coffee or a meal at a café.

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 also regularly organises Outings for individuals to join - if you're interested in hearing about our upcoming Outings we'd love to hear from you. You'll have a wonderful time and these Outings are a fantastic way to meet new people.

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. Remember that many of our franchise owners have fully equipped Wheelchair Vehicles, and all our vehicles can fit a fold down walker or wheelchair which is no problem at all. If you have an Outing you'd like us to co-ordinate for you 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

Free hearing checks for everyone aged 18 plus.

Sam surprised his dad Graham while he was getting a hearing test. Now he has hearing aids and doesn't miss a trick.

Bay Audiology clinics are conveniently located in:
Dunedin
Mosgiel
Cromwell

Call Bay Audiology to book your free hearing check today on 0800 700 862

Driving Miss Daisy your companion and your driver!



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

We can drive and 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 are essential - call today and make your next outing a pleasure!

Dunedin North Ph: (03) 467 5017
Dunedin South Ph: (03) 486 2033



www.drivingmissdaisy.co.nz

News from Central Otago

Greetings from Central. Autumn is upon us already - and it's a beautiful time of the year here.

There have been big changes in our office over the past few weeks. Michele has returned to nursing with another organisation but has retained reduced hours with Age Concern working in the visiting service and health promotion programmes.

And we welcome Ruth Panelli, a social worker, who will be working in the areas of Elder Abuse and Social support.

In a few weeks, our central office is also moving to a new location within the Alexandra Community House. If you are visiting us, please ask at reception for directions. Our telephone number and email address will not change, and is the same for both Ruth and Michele.

Driving courses for seniors are underway for 2017 and we will be offering courses in Alexandra, Cromwell and Wanaka. Our Love Later Life seminars will also return and the first offering is set for May at Alexandra Community House. More advertising for these courses will appear in our local newspapers soon.

Meanwhile, Ruth will be settling into her new role and will be meeting many of you as she gets out and about into the community.

Enjoy those Autumn colours.

Take care until next time,

Michele & Ruth



Accredited Visiting Service (AVS)

So far the start of 2017 has been a very busy time for the Accredited Visiting Service. We have many new people joining our service and wanting to have the experience of meeting one of our lovely volunteer visitors for company and friendship.

It is always such a pleasure to be able to introduce two people who we know will have a long and lasting friendship, this makes our job so worthwhile and rewarding.

Last year we started the Visiting Service in Milton, Balclutha and Clinton. The response has been very positive. If you know of anyone who would benefit from the service then please feel free to contact us.



We are currently on the lookout for some more volunteers as we do have some people waiting. If you have one hour spare each week and would like to put it to good use then the volunteer visiting role may be for you.

Everyday our volunteers make a real difference to someone's life, thank you.

Tristan Kavanagh
Accredited Visiting Service (AVS)



With the new day comes new strength and new thoughts



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

For more information phone Kate Morgan on 03 455 7936

Bea-line: Summer!

Well, we haven't had much of a summer, have we?

But our garden has loved the rain, and the roses have been wonderful, especially those tapping gently on the window to remind us that they're there. 'We belong here' they seem to say.



I'm also feeling smug at my array of vegies and herbs just outside the kitchen door. Last year it was just a bit of a struggle to get down slippery steps, on to the damp grass and pick the vegies. So this year, guess what?

We've brought them right up into planters outside the kitchen. Lettuces, spring onions, kale, celery, silver beet, nestling happily in good compost, well watered (with tea leaves and coffee grounds too), and growing up to be picked safely when the time comes.

Not only salad vegies, I may say. I was lucky to find a group of pots arranged round a handle. Easily transportable, and ideal for a deck. So I potted up roots of mint, parsley and oregano, and added new plants of French tarragon and thyme.

Like the vegies, I pick what I need when I need them, quite safely.

I'm probably overdoing the anxieties, but it is good to have a kitchen garden handy to the kitchen.

All this adds to the garden features which intrigue our grandchildren. We've had our share of visitors recently and it amused us all immensely when the five year-old took the hand of one elderly cousin and led him round our small patch.

'This is the 'secret' garden' he announced, pointing to a dark corner behind a couple of rhododendrons. Secret indeed, because no one can penetrate there, though Mr Five has had a good try at it.

From there he walked to the First Picnic Place, behind the shed.

'We sit here.' And he pointed to several chunks of trees. 'And we put the food there', and he pointed to a larger slightly smoother tree trunk. Then he moved to the Next Picnic Place, slightly more sophisticated, with *real* chairs! After that the journey took him to the 'magic step', a small step which rolls under a larger one, and pulls out when required. He rolled it out, and pushed it back. 'See!' he chortled. 'Magic!'

The joy of a child's imagination! His map of the garden gives him a sense of being at home.

That led me to have another look at our own idea of home. We're making our house and garden as

safe as possible, and we have a wonderful street of friendly, helpful people. We also have memories of former neighbours, as in 'that was so-and-so's old house', and 'that's where Ben the Black Labrador used to live.' And 'goodness, look at their roses!' 'And they've been weeding!' We have plenty of weed-free gardens nearby, and I'm always motivated to get home to our own weeds.

Well-weeded garden - in planters or in the earth.

Along with increasing safety, that's another big resolution for this year!

Dr Beatrice Hale

Scot, Granny, Gardener, Social Worker and Anthropologist.

WOULD YOU LIKE TO LEARN TO PLAY THE UKULELE?

If so, give us a call on 477 1040 extn 704.

We are looking at setting up a class of musically minded older people. A relaxed and friendly qualified teacher will teach you to read a song chart, learn cords and have some fun. Look forward to hearing from you.



Make sure it has St John on it

St John is New Zealand's leading medical alarm provider and is the medical alarm doctors prefer to recommend*. The St John Medical Alarm is the only medical alarm that connects you directly to St John, meaning you can continue to enjoy your independence knowing help is at hand any time of the day or night.

Also, by choosing a St John Medical Alarm you are helping to support our ambulance and other community services.

Call 0800 50 23 23 or visit www.stjohnmedicalalarms.org.nz

*IMS GP Omnibus survey, 2015

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

Free Will Service

SOLOMONS
Barristers & Solicitors

03 477 8574

bbquick!
DOOR TO DOOR

TIRED OF COOKING EVERY DAY?

Then why not give these quality frozen meals a try. We are shipping out hundreds of chillybins weekly and can deliver to any address nationwide including rural!

Order online or phone us for more details.

For Dunedin folks come see us at 2 Hocken St, Kenmure (the old bakery at the corner of Bryant St and Kenmure Rd).

Over 30 different tasty meals to choose from.
Very healthy and nourishing with home-style flavors...

Good honest food at a good honest price.

www.bbquick.co.nz
2 Hocken St, Kenmure, Dunedin 9011
Phone: (03) 453 1000
Email: info@bbcatering.co.nz

The brief on "BBQUICK"

Gordon McKenzie Chef/Owner at bbcatering which specializes in Weddings and other offsite catering events, decided to try and add a new income stream to help the business, by creating retail type wholesome portion packed meals with homestyle flavours.

For convenience and to preserve the freshness he decided to snap freeze them. Then he set about finding a way to get them fast delivered direct to all New Zealanders at an affordable price.

Well since then nearly 90,000 bbquick meals have been shipped to all corners of NZ.

Chef "Entrepreneur"

\$5.00 off your first order
use code **AC0317** when ordering.
Valid until 30 June 2017



A Mobility Scooter may be a mode of transport

Mobility scooters are an increasing trendy mode of transport that enables people with mobility impairments to remain independent.

As New Zealand's population ages, the use of mobility scooters is expected to rise, and they are already becoming increasingly common in Mosgiel and Dunedin areas.

A mobility scooter may be a mode of transport if you no longer drive or choose not to drive. A scooter can assist you to get to the local shops, attend church, access the library and independence to visit friends and travel around your neighbourhood if it is too far to walk.

If you use a scooter, or you're thinking about getting one in the future there are things you should know. Fundamentally mobility scooters are safe, but like controlling any motorised vehicles there are ways they should be used to ensure the safety of others. Footpath etiquette and courtesy is absolutely vital - mobility scooter users need to demonstrate the same sort of thoughtfulness, patience and understanding as motorists do on the road.

Age Concern Otago have two mobility scooter workshops coming up in Mosgiel and South Dunedin. People attending the training workshops will have a chance to discuss safe and responsible use of mobility scooters, understand the laws around the use of these motorised vehicles and also be able to use loan scooters to practice what they have been taught. A trained facilitator will take people through the aspects of road safety and responsibility as road users to keep themselves and others from harm. Guest speakers at the training workshops include Community Police and a local retailer who will discuss what they see on the roads every day and how people can maintain and look after their vehicles.

Age Concern want older people to remain independent, enjoy life as they want to and remain safe. The Mobility Scooter classroom based workshop is a great opportunity for people using these modes of transport to update their knowledge, improve safe practices and gain confidence.

WORKSHOPS

Mosgiel - Monday March 27
Dunedin - Tuesday April 4

To place your booking and further information you can phone Kristen Beardsmore at Age Concern on (03) 477 1040.

10 years on and thriving!

Abbeyfield Dunedin is celebrating 10 years since opening its purpose-built "flating for seniors" facility in Wakari. Abbeyfield Chairperson Alan Somerville said: "It's an exciting birthday milestone when we are celebrating being able to offer more affordable rents and welcoming four new residents. Our experience over the last ten years shows what a difference a warm home, healthy home-cooked meals and companionship can make towards our residents remaining well, active and independent."

Abbeyfield is planning a special event in April which will acknowledge all those who have helped make this unique, family-style, small scale rental retirement accommodation a success.

Abbeyfield is currently full, but enquiries are always welcome for the waiting list or from people interested in becoming involved as volunteers or supporters.

Contact Abbeyfield on (03) 464 0082 or email: abbeyfield.dunedin@gmail.com for more information.



Margaret Malcolm and Fionna Ogilvy who have both lived at Abbeyfield for the last 10 years, raise a glass with Alan Somerville, Chairperson

Order your 2017 Entertainment Book Now!

Funds raised will support Age Concern Otago's Volunteers who continue to support older people throughout Otago.

They will arrive in April and cost \$60 to pick up or \$65 posted to you.

To order, follow the link below or phone 477 1040.
www.entertainmentbook.co.nz/orderbooks/26140y1

Take time to care

If you have a little time to spare there are many ways you can help in your community.

Presbyterian Support Otago is always looking for friendly, reliable people who are able to spend a few hours each week or fortnight in our care homes or charity shops. We will work with you to find something you enjoy and that suits you.

For more information about the work that PSO does contact Michelle on 03 477 7115 or michelleg@psotago.org.nz



psotago.org.nz

Books to brighten a day

On a Wednesday afternoon Miriam Vollweiler finishes work early. It's not so that she can head home to put her feet up. In fact, it's quite the opposite.

Miriam heads to Ross Home (Dunedin) where she spends 2 ½ hours as the voluntary librarian. Around 100 of the 130 residents borrow books from Miriam.

"In early 2016 an advertisement for a volunteer librarian at Ross Home caught my eye. A match made in heaven for a book lover who had dreamed of being a librarian."

"Dunedin Public Library restock the items monthly and I spend 2 ½ hours a week with my library trolley meeting residents each week who love books. Many residents read 4 - 6 books a week and are waiting on my arrival."

"I feel like I have a whole world of new friends in my life and they are such interesting people with marvellous histories and experiences. It's hard work but it's satisfying and has become one of the most important parts of my week."

"No matter what other things I am juggling at work or home - when I finish my library run, it makes the world seem a more balanced place and it centres me."

If you have a skill to share and time to spare visit psotago.org.nz and find out about becoming a volunteer with Presbyterian Support Otago.



Taxi Books and Age Concern Otago Members

Your 2017 subscription is due now.

Please complete the form on the back page and return to Age Concern.

New members welcome.
Donations appreciated.

Your subscriptions and donations support ongoing work to promote the wellbeing and quality of life of Otago's older people.

Making a bequest in your will to Age Concern, big or small, will also help Age Concern Otago make a real difference to the lives of older people?

A gift in your will changes people's lives for the better;

- Assisting older people to remain independent
- Ensuring older people remain socially connected, valued and respected, participating with families and communities
- Keeping older people free from abuse and neglect

If you would like to include a bequest to Age Concern Otago in your will, we recommend it is checked and approved by your legal advisor.

Falls Prevention

An Appreciation



Age Concern Otago is most grateful to the classes that have shown us support over the years by making us a much needed donation. Funding is never certain and especially at this time when our present funding for falls prevention is unknown after June this year.

At the end of last year I was most delightfully surprised when a class I visited presented me with a cheque to go toward our falls prevention programme (after they had dressed me up!).

Margaret Dando
QSM

> 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

Volunteering and Health Study

Researchers at the University of Otago are seeking **200 people** to participate in a new study looking at whether volunteering in the community affects older adults' health and wellbeing. The criteria for participation are:

- Aged between **65 and 75 years**
- Retired (not in part or full-time paid employment) for at least 6 months
- Have basic mobility (able to get around independently)
- No diagnosis of dementia or other neurological conditions
- Normal vision (glasses or contact lenses are allowed)
- Have volunteered less often than once a month over the past year

As a participant in the study, your time commitment will involve:

- Two ~ 1-hour sessions held six months apart in the Psychology Department at the University of Otago. You will be reimbursed \$20 for each session.
- Volunteering in the community for at least 2 hours each week for 6 months.

To be involved in this project, or if you have any questions, please contact Hayley Guiney at:

Department of Psychology,
University of Otago
Email:
hayley.guiney@psy.otago.ac.nz
Phone: (03) 479 4077

The secret of happiness is something to do.

NEIGHBOURS DAY 2016

We all have someone in our street we don't know. Why not take time to meet them during the annual celebration of neighbourliness that will take place all over New Zealand. What a great opportunity to get to know someone new, build connections and spend time with a neighbour.



Free resources can be found here:
www.neighboursday.org.nz/resources/

Retain your independence

Shop in comfort and privacy with the support of our friendly staff

- Aids to support mobility and daily living
- Attends continence products
- Health Top Socks
- Wheelchair hire
- Free information and advice

And much more, come and see us at...

Dunedin Community House
Cnr Moray Place & Gt King Street, Dunedin
Ph: (03) 471 6152 | Email: info@disabilityinfo.co.nz
www.disabilityinfo.co.nz



The **Disability Information Service** is a charitable organisation offering health and disability services, advice and equipment to the people of Otago. This service is free and available to everyone. We have been serving our community for over 25 years, helping people join the dots, removing barriers to independence.

Our Information and Equipment Consultants provide unbiased, professional advice, letting you know the range of options available so that you are able to make informed choices about what is right for you.

We have for sale a good range of daily living aids and equipment that support independence, here's an idea of what we have available at not for profit prices!

- Handi-reachers and book seats
- Shower stools and bathboards
- Sock aids, dressing sticks and toe washers
- Pill splitters, jar openers and tap turners
- Walkers
- Walking sticks, tips and straps

Come in and see us ground floor of Dunedin Community House, Cnr Moray Place and Great King Street or call (03) 471 6152 or outside Dunedin 0800 693 342 or email: info@disabilityinfo.co.nz

We are here weekdays from 9am - 5pm.

WIN

Concert in Dunedin
28th April 2017, 11am
P: 0508 266 237 (toll free)
E: bookings@operatunity.co.nz
W: www.daytimeconcerts.co.nz

WIN a double pass to Glenn Miller and the Andrews Sisters show by simply filling in the details below and posting to Pukeko Print & Design, 927 Cameron Road, Tauranga 3112, by the 19th April to go into the draw.

Name _____
Phone Number _____
Alternatively email your details to:
monique@pukekoprint.co.nz and quote ACO 1/17

The latest IRD Scam

"Hello my name is Thomas and I'm calling from Inland Revenue, my employee ID is 12345678. I'm calling about your debt, we require your solicitors name as Inland Revenue is taking you to court."

I'm going to stop there because there is a lot wrong with those words, things that point to it being a scam.

First off they give you an employee ID number. This is meant to show it's an official call, but Inland

Revenue staff **do not** give out employee ID numbers. Employee numbers for most organisations are for payroll purposes only.

Next they tell you they're calling about your debt. Their wording is quite deliberate: "your debt", suddenly you're worried. Then they quickly follow up by asking for your solicitors name as they're taking you to court. Now you're probably really worried.

However this is really important: If you owe a debt to Inland Revenue, you will receive a letter from them, most likely more than one. The first contact telling you, you have a debt should **never** be over the phone.

So what are the scammers hoping to get? They'll ask you to confirm your IRD number, possibly they'll tell you that you can settle the matter before it goes to court if you provide them with a bank account or credit card number. Inland Revenue will **never** ring you and ask for those details.

It can be unsettling having someone on the phone telling you that you're in trouble. However here are some things you can do to protect yourself:

- 1.** Inland Revenue has a Voice ID system. Basically you ring Inland Revenue and register your voice on their system. So if someone rings up saying they are from Inland Revenue and asking you to confirm your IRD number, just ask to be put through to the Voice ID system. If they won't then it's likely this is a scam.
- 2.** Ask to ring them back. They will give you a phone number to call them back on. Ignore it. Instead look up the number on the IRD website, or in the phone book.
- 3.** Say that your son/

daughter/friend has financial power of attorney and all matters should go through them. If it is a genuine phone call they will happily follow up with the appropriate people, but it's more likely they will hang up.

4. The longer you are on the phone the harder it is to get rid of them. They will be persistent, going over the same thing again and again, "we are taking you to court", "you owe a debt". Never attempt to engage them in conversation, especially if you feel pressured or uncertain about anything.

5. Which brings us to the most important weapon you have. They are on the phone, so you have the power. If at any point you feel uncomfortable, then **hang up**. That may sound rude, but remember they're trying to steal your money. They may try and ring back, if they do then my suggestion is say that you've contacted Inland Revenue in the meantime and everything is under control.

Next time we'll talk about email scams and how to spot them.

Rodney Strong

Age Concern Wellington Feature Writer

PS: Scammers have recently been saying they are from other companies like Spark, Gensis. They use the same tactics and it is all about scaring you into giving them money or access to it. Hang Up.

Are you housebound and unable to get to church? Would you like to receive the Sacrament of Holy Communion in your own home? Or perhaps you would just like me say a few prayers with you.

I am a retired Anglo Catholic priest who is happy to bring the Reserved Sacrament to the homes of those Anglicans who wish it and, where there is a group in a rest home, to celebrate a service of Holy Communion.

I ask only that you were confirmed into The Anglican Church and that you live within Dunedin.

Contact Fr Ian Woodman on (03) 453 0034 or 021 419 012

The loss of a loved one

There comes a time when we all have to deal with a loved one passing

When that time comes you'll need dedicated, compassionate guidance

We'll be there for you with the support & advice that will get you through

GILLIONS FUNERAL SERVICES

Ph: 03 455 2128 [24-hours], Toll-free: 0800 858 555
407 Hillside Road, Sth Dunedin. www.gillions.co.nz

Gillions Funeral Services - how can we help you?

We will work with you and your family to craft a farewell that reflects the life and significance of the person you have lost. A funeral is a time for your family, friends and community to come together to support each other. We will do our very best to guide you and to lessen the stress by helping you handle the many tasks that must be done before a funeral. We are happy to accommodate your wishes and your vision of how you would like this most special of occasions to be.

Preplanning your funeral allows you make informed decisions about your final farewell. From choices such as cremation or burial to the type of music you would prefer, you can record your preferences as a guide for your family. At Gillions, we can help you by answering any questions you may have and providing information about the options available including pre-payment. It is worth knowing that if you are applying for residential care, a pre-paid funeral (up to \$10,000) is excluded from asset testing. Ask us today for one of our free funeral planning packs and for information about our SuperGold Card discount.

You can contact the friendly team at Gillions by phoning us on (03) 455 2128 or emailing support@gillions.co.nz



Supporting you to stay independent

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.

Our services include:

- personal care
- nursing services
- home care services
- goal based services

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

For more information:

Freephone: 0800 002 731
www.healthcarenz.co.nz



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.

The Golden Years

Several days ago as I left a meeting at a hotel; I desperately gave myself a pat down. I was looking for my keys. They were not in my pockets. A quick search in the meeting room revealed nothing.

Suddenly I realized I must have left them in the car. Frantically, I headed for the parking lot. My wife has scolded me many times for leaving the keys in the ignition.

My theory is the ignition is the best place not to lose them. Her theory is that the car will be stolen. As I burst through the door, I came to a terrifying conclusion. Her theory was right. The parking lot was empty.

I immediately called the police. I gave them my location, confessed that I had left my keys in the car, and that it had been stolen. Then I made the most difficult call of all, "Honey," I stammered; I always call her "honey" in times like these. "I left my keys in the car, and it has been stolen."

There was a period of silence. I thought the call had been dropped, but then I heard her voice. "Idiot", she barked, "I dropped you off!" Now it was my time to be silent. Embarrassed, I said, "Well, come and get me." She retorted, "I will, as soon as I convince this policeman I have not stolen your car."

South Dunedin Senior Citizens Club



In December members of South Dunedin Seniors bid farewell to Kevin and Lesley Gallagher who assisted the Club for the last two years by providing transport and running the weekly activities. We wish Kevin and Lesley all the very best in the future.



New Co-ordinator - Dawn Howe

Hi everyone, I've taken over the role of co-ordinating the South Dunedin Seniors Club, which meets on a Thursday from 2.00pm - 3.30pm in the Community Hall in King Edward Street.

It would be good to see more members joining the group in South Dunedin. Sometimes Transport difficulties can deter people from joining groups. I would very much appreciate any kind offers from anyone who could become a volunteer driver - someone, perhaps, who may like to stay and enjoy the entertainment and afternoon tea.

I will be looking out for new entertainers, and interesting speakers. Does this sound like you or someone you know? I'd love to hear from you if you have any suggestions.

Please contact Age Concern if you are interested in joining the Club, or are able to offer your services as a volunteer driver.

Thank you,

Dawn

Age Concern Otago Notice Board

Make us your first call for information education & advocacy

Dunedin Office:

Contact us: (03) 477 1040

Find us: 9 The Octagon/26 Bath Street, Dunedin 9016
PO Box 5355, Dunedin 9058

Email: agecon@ageconcernotago.co.nz

Website: www.ageconcernotago.com

Like us on Facebook

Services:

Elder Abuse / Neglect:	Marie	Ext 703
Falls Prevention:	Margaret	Ext 702
Visiting Service:	Tristan	Ext 708

Central Otago (Alexandra) Office:

Contact us: (03) 448 7075

Find us: Alexandra Community House, 12-20
Centennial Avenue, Alexandra 9320

Email: central@ageconcernotago.co.nz

Services:

Elder Abuse / Neglect:	Ruth
Health Promotion:	Michelle

All services/programmes are available in Dunedin and a range of programmes are offered in South and Central Otago.

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 of the 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 (03) 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.

To find Clubs in your area, phone Age Concern and we will put you in touch.

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. 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, 3 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 the changes and challenges we may face and when we have information to help us meet those challenges positively.

English for Elders

Free English classes for older migrants are aimed to assist older adults to meet others in the same situation and improve conversational English so you can:

- Talk with family/friends/neighbours and make friends
- Join clubs and groups
- Gain confidence for shopping, banking, making appointments
- Get to know Dunedin
- Enjoy watching television, listening to the radio

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) 486 2333



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



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

Subscription \$25.00

January 2017 - December 2017

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)

Mr / Mrs / Miss / Ms

Name: _____

Street: _____

Suburb: _____

City/Town: _____ Postcode: _____

Phone: _____

Email: _____

A receipt will only be sent if you tick this box

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

WEST DUNEDIN CARE & CRAFT CENTRE

Could Care & Craft be right for you? Or do you know someone for whom it might be right?

The purpose of a Care & Craft Centre is to provide a community service for people wanting friendship and/or companionship through a weekly range of fun activities, crafts and games. Care & Craft is not affiliated to any religious denomination.

Care & Crafts Centres cater for people known as guests to participate in a variety of social and creative activities over a cuppa and chat. There is lots of fun and laughter including lunch. The group provides a sense of community and friendship. Volunteers, called helpers organise and staff the centre. There are no paid staff and costs are kept to a minimum.

West Dunedin Care & Craft Centre meets every Thursday (during primary school term) from 10.30am to 2pm at the Wakari Scout Hall, Holyrood Ave, (off Mayfield Ave). You are welcome to drop in any Thursday to see what it is like. Transport options are available. Cost: \$4 per day (covers morning tea and light lunch)

For Information please contact Peg Makinson, phone 466 7407.

Sender:
Age Concern Otago
PO Box 5355
DUNEDIN 9058

New Zealand

Permit No. 247902

