



Age Concern Otago

Serving the needs of older people

Celebrating Otago's older people since 1948

7 Things Pediatrics Can Teach Us About Aging Well

Older adults can benefit from following the advice we give to kids.

By Dr. Edward Schneider July 21, 2017

Aging is a process that begins on the day we are born - toddlers' seemingly overnight transformations into teens should serve as proof enough of this. And recent research is confirming that the secret to a long and healthy life may be as simple as listening to seven pieces of advice your pediatrician dispensed decades ago:

1. Eat Your Fruits and Veggies (and Skip Supplements)

Just as kids need good nutrition to grow and develop, older adults should meet their nutritional needs to age healthfully. Numerous studies show that, with few exceptions - like taking vitamin D if you are vitamin D deficient - swallowing supplements won't provide health benefits, but following a healthy diet will. The Mediterranean diet, which is rich in plant-based foods, healthy fats and lean protein, may increase heart health, delay onset of some diseases and even help you live longer.

2. Move Your Body

We tell children to engage in one hour of physical activity each day, whether it is jumping rope, riding bikes or running around the yard or playground. This is equally important for adults; even moderate

exercise, like low-impact tai chi, can prolong our balance and mobility, improve concentration and sleep and increase happiness and sense of self-worth. How's this for motivation?: Exercise may lower your risk for many diseases of aging.

3. Stay in School

Researchers at the University of Texas found that adults who learned new skills, like digital photography, showed improvements in memory compared to those who engaged in social activities or more familiar mental activities. Other studies have shown similar benefits from learning to speak a foreign language or play a musical instrument.

In addition, demographers have discovered that healthy aging is linked to one's level of educational attainment earlier in life. A study from my colleague Eileen Crimmins found that older individuals who had more years of education performed better on cognitive tests and experienced slower mental declines.

4. Brush Your Teeth

A recent study found that older patients with dental problems were three times as likely to suffer from malnutrition than those without dental problems. In addition, USC researchers note that good hygiene habits are critical for preventing painful tooth decay and gum disease.

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CENTRAL OTAGO - ALEXANDRA OFFICE

Phone: (03) 448 7075

Email: central@ageconotago.co.nz

Address: Alexandra Community House, 12-20 Centennial Avenue, Alexandra 9320

Spring Falls Prevention

We are starting a new Steady As You Go® class in Concord at the Baptist Church on Wednesday 13th September at 10am - 11 am. The cost will be \$3 per session. Flat shoes and comfortable clothes are the order of the day.

Steady As You Go® is a peer-led programme using gentle exercises designed to improve balance, strength, flexibility and mobility in a friendly atmosphere. You are welcome to just turn up on the day or contact me on 477 1040 or email: margaret@ageconotago.co.nz

There are a total of 46 classes in and around Dunedin, so if you do not live near Concord, there is sure to be one nearby. We also have 18 Tai Chi classes in the city for those wanting a more challenging programme.

Margaret Dando QSM
Falls Prevention Coordinator



It's not easy to talk about planning for your future and end of life care, but it is important to start the conversation. Advance care planning is a process of thinking, talking and planning for the future. For information visit www.advancecareplanning.org.nz or email: info@advancecareplanning.org.nz

Driving Miss Daisy – We are not just for seniors!

Over the years Driving Miss Daisy has built up a reputation for providing a high quality service to senior citizens who no longer drive. They are a regular at retirement villages and rest homes across the country and senior citizen clients form the largest proportion of their client base. But did you know that they also provide our services to younger people who don't drive?

Some clients have a disability or medical condition which means they can't drive, however this doesn't stop them from being very active in other areas of their life; they work in a professional capacity, run businesses, attend school or tertiary education and enjoy socialising with friends. Driving Miss Daisy drives these clients to their place of work or business meetings, assists them to their lectures and social occasions, ensuring they are where they need to be in plenty of time.

They treat every client as an individual, no matter what their personal circumstance. Every client has different needs, and they make sure they discuss this with their clients so that they fully understand them and provide them with the absolute best support and service.

For Driving Miss Daisy, it's imperative that all their clients are treated with dignity and respect. They are committed to helping their clients get out and about, so they can live life to the full and enjoy every moment.

If you have an activity you would like them to help with please call them today to discuss – they 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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From the Executive Officer

SPRING IS A WONDERFUL TIME OF RENEWED ENERGY AND IDEAL FOR EMBRACING COMPANY, STEPPING OUT OR INVITING PEOPLE IN.

A lot has been happening in ACO since our last edition. The two significant changes are regarding our Elder Abuse/Neglect and Falls Prevention work. We have a new contract with MSD to provide a response service to reports of Elder Abuse/Neglect across the whole of Otago. Our Social Worker Marie Bennett has been given a very well earned promotion to Team Leader Elder Abuse and Neglect Response Service. To join Marie's team is our new Central Otago Coordinator. It is my pleasure to introduce Marie Roxburgh to our ACO whanau. Marie comes highly recommended and has a wealth of experience in working with the elderly, public health and family violence. She is very well respected and connected within the Central Otago communities. Marie will also be covering the Visiting Service and Independent Living Seminars throughout Central. We are currently recruiting to fill the Waitaki based position to also join Marie B's team.

Unfortunately, ACC has changed its funding model for Falls Prevention and will no longer fund programmes such as our Steady As You Go and Tai Chi. I'm sorry to say that our contract was not renewed from 1 July. Funding from health ceased last year. The good news is that ACO is committed to continuing its Falls Prevention programmes. Its efficacy in reducing falls and overall wellbeing through social connectedness are well evidenced. I am working alongside ACNZ

on a National approach to ensure standardised best practice across the country and to explore national contracting and corporate sponsorship to ensure financial sustainability. Meantime, it will be fundraising, fundraising, fundraising!

I was shocked and alarmed to hear that loneliness should be considered a major public health hazard, according to the biggest ever review into the problem. Researchers in the US looked at 218 studies into the health effects of social isolation and loneliness involving nearly four million people. They discovered that lonely people had a 50 per cent increased risk of early death, compared to those with good social connections. Indeed, many nations around the world now suggest we are facing a 'loneliness epidemic'. Research suggests that people should be preparing for retirement socially as well as financially, because for many people the workplace is their biggest source of companionship. ACO provides social opportunities through almost all its programmes and services and the Octagon Club has 148 members. We see volunteering as a wonderful solution to this also, as it gives people a sense of purpose, social connections and contribution to community. Of course some people prefer their own company and identify as being happy without engaging in groups or social activities, so it's important we don't put pressure on people – we just provide information and allow people to make their own decisions.

We do know however that some people living in Otago from various ethnic backgrounds feel culturally isolated. Age Concern provides a valuable weekly 'English for Elders' class which is proving popular. Otago Access Radio runs a 'Connecting Cultures' programme 7pm - 9pm Mon, Tues, Wed every week at 105.4FM, 1575AM or online podcast at www.oar.org.nz. ACO has engaged OT students to work with local ethnic communities to identify an effective approach to improve their older members social connections. I would also appreciate hearing any suggestions you have for increasing social connectedness for Otago's older residents.

Let's embrace company, if we want it, and check in with those people in our neighbourhood who appear to be isolated.

Please keep in touch.

Debbie George
Executive Officer



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Changes coming to Dunedin bus service

From 18 September, there's new routes and timetables coming for many of Dunedin's bus routes. Keep an eye out for the timetable in your mailbox soon – and do give the bus call centre a ring on 474 0287 if you haven't received it by 8 September.

The changes are geared towards buses that come more often and get you where you're going faster. To achieve this, some routes have been made more direct, going up main roads rather than smaller residential streets.

From 18 September, routes will be the same all day and seven days a week, without variations, making planning your bus trips less complicated.

A new connector service, called the Ridge Runner, will skirt the hills just above the town belt, dropping down to the flat at both ends of the route (campus and the Hillside Rd / Andersons Bay corner). This will be of particular interest to those in parts of South Dunedin, the Glen, Mornington, Belleknowes, Roslyn, and Maori Hill.

Total mobility scheme for those who can't access the bus

If you are unable to independently access the bus service, the Total Mobility scheme could be an alternative for you - those eligible are able to get a subsidy on taxi fares. You can find out more about your eligibility online at www.orc.govt.nz/totalmobility or by calling the Regional Council on (03) 474 0827. Age Concern is an assessment agent for Total Mobility.



Hello from the Reception desk!

Hi everyone, I just want to take the time to introduce myself, I am Fiona and I'm the friendly voice on the end of the phone when you call Age Concern. I am very excited to be a part of the Age Concern team. My role involves the day to day reception work and coordinating the Meals on Wheels volunteer drivers (You are all Superstars!). I am amazed at the number of wonderful people who take the time to volunteer each month. I would like to thank you all so very much, without your help we would never be able to achieve so much. I look forward to settling in to my role here and getting to know you all in time.



Total Mobility

Over the last few months we have had several changes to the Total Mobility programme for people with disabilities. The Regional Council have discontinued the paper voucher system and replaced with a swipe ID card. The changeover has gone smoothly with only a few minor bumps in the road. There are several advantages to the new system, a highlight for many clients is that you no longer have to fill out the chits, you just give the driver your card as soon as you get in the taxi and they do the paper work. Another advantage is you no longer have to worry about running out of chits before your next set arrive in the mail. If you are interested in the Total Mobility programme and wish to be assessed or are a current user and have not had your photo taken or received your swipe card, please call the Age Concern Otago office.



Daylight Saving

Clocks go forward by 1 hour at 2am on 24 September 2017.



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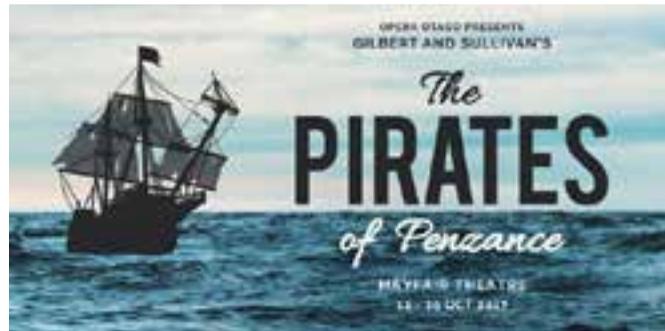
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Did you know that if you are applying for residential care, a pre-paid funeral (up to \$10,000) is excluded from asset testing? And that Gillions offer a discount for Super Gold Card holders as well?

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Funerals are important - they are a time for family, friends and community to come together to support each other and to share memories. Preplanning your funeral lets you have your say about what you would like for your final farewell, and it makes it so much easier for your family too. At Gillions, we can help by answering any questions and providing information about the options available including pre-paid funerals. Ask us today for one of our free funeral planning packs.

You can contact the friendly team at Gillions by phoning us on (03) 4552128 or emailing support@gillions.co.nz



The Pirates of Penzance

Opera Otago presents their second opera for 2017, The Pirates of Penzance by Gilbert and Sullivan.

Ahoy there me hearties! Join us for a light hearted adventure featuring a cast of talented, fresh and vibrant pirates, policemen and pretty maidens.

Director: Nadya Shaw-Bennett

Music Director: Sam van Betuw

When: Thursday 12 October at 7.30pm
Saturday 14 October at 7.30pm
Sunday 15 October at 2.00pm
Tuesday 17 October at 6.00pm
Thursday 19 October at 7.30pm

Where: The Mayfair Theatre

Price: Adults \$40; Students (Uni) \$15

Purchase tickets:

Online: operaotago.co.nz

In Person: Miracle, Wall St Mall

Phone: (03) 476 2644

Could you get a better deal from your power company?

There are more electricity retailers offering more deals than ever - but that can make things confusing.

Fortunately there's one easy, two-minute check you can do to see if there might be a better deal out there.

A quick visit to www.whatsmynumber.org.nz will tell you if there's savings to be had.

It's a free, independent website that compares the electricity prices available in your area and lets you know what your potential savings are.

If you don't have access to the internet Citizens Advice can help you run the check, or you could do it with your family - and get them to check too.

Even if you're happy with your current company you might learn something to help you have a chat with them about improving their deal.

You could also ask them about different plans and payment options they offer.

Well-installed insulation is always the top priority for a warmer, healthier home. Get your insulation checked to make sure it is up to scratch – free phone ENERGYWISE on 0800 749 782 or visit www.energywise.govt.nz for information about subsidies and funding options.

There Are Still Subsidies to Help Insulate Your Home

Many of us will still be feeling the cold bite of winter, especially if our homes are uninsulated or inadequately insulated. Proper insulation in the ceiling and underfloor are the “hats and socks” of our homes. You wouldn't go outside in winter without warm headwear and thick socks, would you?

Many older homes have no insulation, as they were constructed before it was a building code requirement, which came into effect in 1978. An uninsulated home loses 30-35% of its heat through the roof, and another 12-14% through the floor.

If your home was last insulated more than 10 years ago, it's a good idea to have the insulation checked to be sure it hasn't degraded to the point where it is past its useful life. The older the insulation, the less likely it is still effective.

If you're able to look in the ceiling cavity, check to see that the existing insulation comes up to the top of your joists. You can also measure the depth of the existing insulation, which should be about 90mm to reach the top of the roof joist framing. If it's any less than this, or only some areas of your insulation are this thick, you likely need to top up your insulation so it's effectively keeping the warm air in your home. If you only have foil paper in your underfloor, this needs to be removed and replaced with modern product by a professional. Please take care not to touch any foil insulation when you're inspecting it, as there is risk for electric shock.

If you're not able to look in your ceiling or floor cavities, you can contact Cosy Homes Charitable Trust, who will refer you to a professional who will evaluate your existing insulation at no cost to you.

The Central Government has recently announced its Warm Up New Zealand insulation subsidy programme can now be accessed by homeowners with Community Services Cards, or Gold/Super Gold Cards that have a Community Services Card endorsement. Under this programme, the Government will pay 50% of the cost of insulating the ceiling and underfloor (where accessible) of your home.

All areas of New Zealand are eligible for this subsidy, including the whole of Otago. Additionally, if you live in Dunedin City or Clutha District, your respective Councils have programmes to help you finance the remaining 50% of the cost by spreading it across your rates for 5-10 years.

This subsidy programme will end 30 June 2018, but it is recommended you begin the process of getting your existing insulation evaluated soon, as installers will be dealing with high demand in the months prior to the end of the programme.

For more information, you can contact the Cosy Homes Charitable Trust, a community organisation dedicated to improving the health and warmth of Otago homes: 021 999 395 or info@cosyhomes.org.nz



Meals on Wheels

VOLUNTEER DRIVERS NEEDED!

Do you have 1 hour spare during the lunch hour?

Age Concern Otago needs volunteer drivers to deliver a hot meal to older people in the Dunedin areas. You can choose to drive from once a month or more often - its up to you!



**For more information
Phone 477 1040**

Email: MealsonWheels@ageconcernotago.co.nz

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Dealing with scammers - Part 2. Email Scams or the Suckers' Call List

In my last article I talked about phone scammers, and some of the ways you can spot them. This time I'm going to focus on email scams.

Email scams have been around for as long as emails themselves. And like everything else in the world they have become more sophisticated over time.

There are actually two types of email scams. For this article, we'll call them passive and aggressive.

Passive email scams are those that try to entice you into a conversation. They will tell you a story, and try and draw you into replying. Once you're engaged they will ask you to send them money, perhaps through something like Western Union. The most well-known of these was the Nigerian Prince email, where someone claiming to be a prince needed help getting access to their money, but could only get it if you helped them pay some sort of fee. They may ask for money straight away, or build up a relationship over several emails before asking.

I call these passive scams because if you don't reply then nothing happens. Even if you do get lured in and send money, at the most you've only lost the money you've sent. However the best thing to do is delete the email straight away.

The **aggressive emails scams** are generally more sophisticated, and their aim is to steal all your money. They might claim to be from your bank, or contain an attachment with an unpaid invoice that you must pay immediately to avoid penalties. They might have a link in the body of the email which will take you to the bank website.

The scammers' main aim with these types of emails is to get your online banking password. They are either trying to download a virus to your computer, or they're going to be more direct. The purpose of the virus is to record your key strokes, basically a spy on your computer that will let the scammers know what buttons you're pressing, and from this they can work out your passwords. They might also send out emails, purportedly from you, to everyone on your contact list. This is their way of spreading the virus, and that's

also why you will sometimes get emails from friends that look a little strange.

The good news is protecting yourself is pretty easy. Make sure you have good computer security. Most computers come with virus protection, but you need to make sure it stays up to date. If you're not sure then ask for help from family or friends. There are also mobile computer experts that will come to your house and check it out for you, although there is a cost. My father thought his virus protection was up to date, but it had lapsed, and he downloaded a virus which resulted in a sum of money being taken from his bank account, so never assume you're protected.

Sometimes you'll get an email from your bank saying you need to log into your online banking. The link they send you might take you to a page that looks like your bank, but it isn't. The best way to avoid problems is never follow the link. Instead go to your bank's website as you would normally do. Another way to spot this scam is if you do click on the link, then look at the address of the page. The one that should say www.anz.co.nz for example. Chances are it'll say something different from what it should.

An important thing to remember is that scammers are not out to get you personally. They don't know who you are, where you live, or any details about you, other than your email address. Scammers send out tens of thousands of emails each day to random people whom they call suckers. You're safe as long as you take steps to protect yourself.

Rodney Strong
Age Concern Feature Writer

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Accredited Visiting Service (AVS)

With winter coming to an end the days are becoming longer and lighter. It is time to come out of hibernating and embrace the warmer weather that is on its way.

Do you feel like taking a drive to the beach, going for a walk in the sun or having a coffee at your local café? Would you like someone to accompany you on these outings so you can both enjoy it together?

The Accredited Visiting Service is here to help, we have a number of volunteers waiting to be introduced to someone who would appreciate one on one company and friendship.

Not all of us have someone to share these special moments with. Our volunteer visitors can be that person for you.

For more information phone Tristan on (03) 4703058 or email: tristan@ageconcernotago.co.nz

VOLUNTEER SUPPORT MEETING to be held on Wednesday 20th September, 1.30pm in the Octagon Clubrooms at Age Concern. Could you please RSVP by Friday 15th.

Warm regards,

Tristan Kavanagh
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Bea-line: Intriguing pathways

Curiosity leads us into intriguing pathways.

Recently I wandered down the garden, secateurs in hand, thinking I might do a bit of tidying up, and pick sprigs of witch hazel, some beautiful daffodils, not to mention primroses. Pure gold.

In the herb bed I moved past the delicate branches of appleringie. They were slightly brittle to the touch but the leaves are coming through nicely.

Appleringea or lad's love, or old man wormwood, or Artemisia abrotanum, to be scientific about it, has a stunning fragrance. I've used it in a herb mixture in the house to act as a fly deterrent, but on a higher level, it has also been associated with marriage, with young men putting a sprig in their buttonholes during courting rituals, and it was also thought to be a sign of fidelity.

More information on this splendid plant tells us that the name comes from the Greek goddess Artemis, who was protector of the moon, of birth, and of women. The temples of Artemis were centres of healing, especially for women during confinement.

Another pathway is that of its use as a strewing herb, to be picked and mixed with others like



meadowsweet, which was apparently a favourite of Elizabeth I. These used to be placed in the rushes on the floors of the various rooms in dwellings from cottages to palaces. The release of the scent by being crushed underfoot must have helped sanitise some of the more pungent places in the days of yore.

See what I mean about intriguing pathways? Health and healing, scents, romantic love, and spiritual care too.

Yet another pathway...in my searches I came across a wonderful job, advertised by no less than King Charles II in 1660. He wanted a Royal Herb Strewer.

Now wouldn't that make you want to rush off and apply? A hard labour job, I imagine, all that bending and stretching to get the numerous herbs essential to add to the rushes and for cleansing the atmosphere in the various palaces of the Stewart monarchy. But how interesting it could be.

And what a title!

However, since that has not been my destiny, I shall just enjoy my small herb garden - and other things in the varied pathways in Dunedin.

And these are...? How about the following?

Recently I've discovered a colourful hat-making business, 'Aurora' with hats based on the 1920s and 1930s - shades of the Agatha Christie Tommy and Tuppence stories! Hats are designed and made by a local designer, in various sizes and styles, and they are sent all over the world, and also specially made for the film 'Light Between the Oceans', part of which was filmed in Port Chalmers. The hats can be bought from stock or made to order and the shop/showroom is open Friday to Sunday 10am - 5pm. Look up www.aurora.felt.co.nz for more information.

The same location also houses a boutique home cinema room which is used to run a private Film Club showing old movies of favourites such as Alastair Sim and Charlie Chaplin, Katharine Hepburn, Cary Grant and recently a spell of Alfred Hitchcock movies. And I do mean 'spell' as in magic spell! I love these old movies, not just for themselves - can anyone match Charlie for his body language? And my first Alastair Sim movie, many years ago, gave our little school group plenty of ideas about pulling faces. We practised opening our eyes widely, pulling down the corners of our mouths, and giving the sideways glance.

And the gruesome fearsome Hitchcock? Shudders and shivers and cover the eyes and ears, peeping from time to time. If you want to know more, email: madhouseboutique@gmail.com.

For the viewers it was also the memories these movies bring with them. Way way back as I remember, it was sixpence to go to the cinema, and maybe if you were lucky, another penny or two for an icecream. Yes, it was a long time ago, in another world.

On a different note, I've discovered FE29, the gallery in St Clair, which shows marvellous art works, jewellery, sculpture, prints, paintings from various painters, my favourite being New Zealander John Drawbridge. I love his work, especially the Holy Family, which leapt out at me from its frame, and his graceful bottles on a shelf/windowsill, a mixture of straight and curved lines. A wander round those beautifully hung pictures, in elegant comfortable rooms, with a knowledgeable guide, was a major highlight of early August. Guide Megan was also kind enough to show me more of his work. What a rich feast. As is the whole gallery. The sculptures of his wife, Tanya Ashken, also a silversmith, are stunning. The beauty of the lines catches the eye and remains with you. And look out for the magnificent photography of Matheson Beaumont! And there's more. Edward Povey, for example!

A pathway to be pursued further.

Goodness! Dunedin has a lot going for it!

Beatrice Hale

Defiant Gardening Granny

Other studies have even shown that tooth and gum problems may be associated with heart disease.

5. Make Friends

According to the American Psychological Association, strengthening the network of people who provide you with emotional and social support is important for reducing stress as well as lowering risks for health problems such as cardiovascular disease. Don't forget to give back - providing support to others is important as well, with recent USC research showing that striking a good balance between giving and receiving support from friends and family is best for our psychological well-being.

6. Don't Smoke

The Centers for Disease Control (CDC) reports that smoking cigarettes is the leading cause of preventable death in the United States. Smoking contributes to the causation of many diseases, including cancer, heart disease and age-related macular degeneration. If you are a smoker, quitting now can produce health benefits within just one year and can help add years to your life.

7. Get Enough Sleep

It's not just children who need a full night's sleep. The National Institutes of Health says that older adults need about the same amount of sleep as younger adults - seven to nine hours per night. Following bedtime routines similar to what we recommend for babies can help get the rest you need. Here are a few suggestions: stick to a regular bedtime, read a book or find another screen-free way to unwind, avoid drinking alcohol, caffeine and other liquids close to bedtime and reduce light and noise in your bedroom.

Pediatricians operate on the principle that it is never too early to begin healthy habits. But it is also never too late. Start taking some of these baby steps today. They can make a big difference in your health and wellness, no matter how old or young you are.

Edward Schneider, M.D., is a professor and dean emeritus at the USC Leonard Davis School of Gerontology. He is a former deputy director of the National Institutes on Aging and completed a research fellowship in pediatrics before turning his focus to improving the health of older adults. Printed with permission from Next Avenue www.nextavenue.org



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.



Department of Human Nutrition
 Diabetes Research
 Dunedin-based study

Nuts and Seeds Study Female Participants Wanted

Could eating sunflower seeds and hazelnuts make a difference to your **Type 2 diabetes?**

We are seeking **women** for a new Dunedin-based study looking into the effect of hazelnuts and/or sunflower seeds over 12 weeks. Nuts and seeds supplied.

We would like to hear from women who are:

- **50 years and older**
- **have type 2 diabetes**
- **in good general health**

If you would like further information, please contact:

Liz Fleming
 Tel **03 479 8153**
 Mob **021 082 48880**
 Email **nused@otago.ac.nz**

Lead investigator: Dr Alexandra Chisholm. This study is approved by the Southern Regional Ethics Committee (reference number 15/STH/237).

AGE CONCERN OTAGO NOTICE BOARD

CLUBS NOTICE BOARD

Club entertainment days are available on our Website or our Facebook page.

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 and Bowls. Total Mobility assessments each Wednesday 1-2pm. Phone Tristan to find out more or to make an appointment (03) 479 3058.

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.

Cold houses and impact on health

The World Health Organization recommends a minimum indoor temperature of 18°C, and ideally 21°C if babies or elderly people live in the house. The average daily indoor temperature in the winter for most New Zealand houses is just 16°C.

How do cold houses affect health?

If house temperatures fall below 16°C, the risk of respiratory illness increases. This is because cold houses are also usually damp, which can lead to respiratory symptoms.

House occupants produce a significant amount of moisture in their day-to-day activities, for example, cooking, showering and drying laundry. Even breathing has an effect - each person produces one litre of moisture per day this way. Moisture condenses on cold surfaces, such as uninsulated walls.

Living in a cold environment is also physiologically stressful for people who are old, sick or very young.

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

Independent Living Seminars

Independent Living 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

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

Be Sunsmart

Warm days and sunshine are to be enjoyed and we should always be sunsmart when spending anytime outside. Protect yourself and others by - Slip, Slop, Slap and Wrap.

Always use a broad-spectrum, water resistant, sunscreen of at least SPF30. Check the use-by date.

Apply sunscreen using the "two coat" approach this helps cover areas you may have missed on your first application and gives you a thicker, protective layer of sunscreen. Apply it 20 minutes before going outside and again when you've been outside for 10 to 20 minutes.

You need about seven teaspoons of sunscreen for one full body application for an adult. About half a teaspoon for your face, ears and neck, then one teaspoon to each leg and arm also for your front and back body. Reapplying our sunscreen is necessary every two hours, as well as after swimming or sweating, even if your sunscreen says it's "water resistant".



Sender:
Age Concern Otago
PO Box 5355
DUNEDIN 9058

