

AUTUMN 2018 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concern Southland

Serving the needs of older people



For advertising phone Monique (07) 577 9092 or email monique@pukekoprint.co.nz

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Who's Who at 'The Centre'?

JANETTE – Manager Extension 4

Janette promotes and runs 'The Centre'. She also provides a Confidential Advocacy service for clients going through Elder Abuse or any Welfare needs.

HEATHER – Office Manager Extension 1

Contact Heather to book meals, rooms or to answer any queries that you may have.

CHRIS – Accredited Visiting Service Co-ordinator Extension 2

If you feel that you could benefit from this service either as a Visitor or Client please contact Chris.

JANINE – Social Worker Extension 5

Janine works alongside Janette with any Elder Abuse or Welfare needs.

JAN – Community Educator Extension 3

Jan is always willing to go out and talk to groups and individuals about the services we have here at Age Concern Southland.

KATHY:

Is our wonderful cook who manages the kitchen.

CRAIG:

Is our cleaner at the Centre.

LES – Van Driver Extension 6

Please contact Les if you would like to be picked up to come into the Centre.

HELEN – Queenstown Office (03) 441 3490

Helen looks after our Queenstown office and works in the field of Advocacy and any welfare needs of Elder Abuse situations.

Contact Information

INVERCARGILL OFFICE

Phone: (03) 218 6351

Address: 50 Forth Street, Invercargill 9810

Postal Address: PO Box 976, Invercargill 9840

QUEENSTOWN OFFICE

Phone: (03) 441 3490

Address: First Floor, Aurum House, Terrace Junction, 1092 Frankton Road, Frankton, Queenstown 9300

Postal Address: PO Box 1161, Queenstown 9348

From the Manager...

Welcome back and Happy New Year.

Haven't we had a great start to the year weather wise, remember to keep the fluid intake up and take time to rest in this heat.

In this magazine I have added an article on tips to cool down, who would have thought we need this in Southland.

It has been a busy start to the year with lots of referrals which is good to see, if you have any queries please don't hesitate to mention to one of the staff and they will point you in the right direction. Enjoy the Centre.

Janette Turner

Age Concern Southland Manager

Social Interaction can keep you healthy!

As you get older and retire or move to a new community, you may not have quite as many opportunities to socialise as you did when you were younger. Recent research from the American Time Use Survey, an annual census by the US Bureau of Labour Statistics, shows that time spent in the company of others plateaus by our mid-50s and we then spend an ever-increasing amount of time alone.

However, if you're not heading to work or getting out and about each day, you may be missing out on important social interaction that you need to stay sharp, healthy and live longer.

Research has shown that staying socially active and maintaining interpersonal relationships can help you maintain good physical and emotional health and cognitive function, with a reduced risk of many diseases, dementia and depression.

Here are a few ideas to keep your connections strong:

- Stay in touch with friends and family and try to visit with them regularly
- Volunteer in your community
- Visit a senior drop in centre
- Join a group focused on activities you enjoy, such as playing cards or a book club
- Try taking a class - learn a new language, a new style of cooking or art class
- Join a gym to stay physically fit

Staying socially active and maintaining your relationships are an important part of healthy aging. Driving Miss Daisy can help you to maintain your connections, so you can stay as vibrant, active, and social as you've always been. We have lots of other clients who get out and about so would be pleased to share our knowledge of local activities with you. We can collect you, drive you to your destination and provide whatever help you need.

Remember that many of our franchise owners have fully equipped Mobility Vehicles, so if you have a walker or wheelchair this is no problem at all. No matter what your requirements please call us today to discuss - we look forward to seeing you soon.

Invercargill – Rachel Goodall
(03) 216 7763 021 503 334

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Driving Miss Daisy®

www.drivingmissdaisy.co.nz

Rongoā Kākāriki GREEN PRESCRIPTION

Want to Move More and Eat Healthier?

Our trained Green Prescription (GRx) staff provide **free** personalised support for you to begin your journey to a healthier, more active you. The programme is designed to enhance physical, mental and social wellbeing through free physical activity and healthy eating support. We will work with you to find the best solution for your circumstances, whether you are new or returning to physical activity.

Our Service Includes:

- Phone based consultations (once a month for three months).
- Ideas, tips and information about healthy eating and activity/sport options.
- Trial passes and subsidised rates for some facilities/physical activity options.
- Opportunities and support to try new things.
- Goal setting and motivational support.

Green Prescription is for Anyone Who:

- Is 17 years of age or above.
- Is getting less than 30 minutes of moderate to vigorous physical activity on most days of the week.
- Is ready to make changes to their lifestyle, no matter how big or small.

How to Get a Green Prescription Referral:

- Fill out an online Green Prescription Self-Referral form
- Contact us on 0800 ACTIVE (0800 22 84 83)
- Contact your medical practice and request a Green Prescription referral.

What Happens After a Referral is Made?

Once you submit your referral, we will contact your nominated medical practice on your behalf to make sure that you are medically safe to do activity. Once we have received a response from your medical practice a Green Prescription Advisor will make contact with you via telephone. This process can take up to 4 weeks.

Please contact us if you would like more information or have any questions about Green Prescription.

You can find out more about GRx on the Ministry of Health website.



Specialist care for your loved one

We understand the impact that dementia can have on a person and their family.

That's why here at Iona, the dementia care area of Peacehaven Village, we have introduced a sensory room and PARO, an interactive robotic seal, to help further improve the wellbeing of our dementia care residents.





To find out more about Iona, please call Karl today.

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You'll love the warm and vibrant community at Rowena Jackson, where life isn't about slowing down, it's about having the time to do so much more!

✓ All Ryman villages offer fixed weekly fees for life – guaranteed!*



For more information please call Julie on 03 215 9752
40 O'Byrne Street North, Waikiwi



Tips to cool down

1. Take advantage of the cooling power of water. Fill buckets or basins and soak your feet. Wet towels and bandannas can have a cooling effect when worn on the shoulders or head. Take cool showers or baths, and consider using a spray bottle filled with cold water for refreshing spritzes throughout the day.
2. For a homemade "air conditioning" system, sit in the path of a box fan that is aimed at an open cooler, or pan filled with ice.
3. Try to visit public buildings with air conditioning during the hottest hours of the day if the heat becomes unbearable. Libraries, shopping malls, and movie theaters can all be good places to cool down.
4. Finally, remember that pets also suffer when the temperature rises. Cooling animals (dogs, rabbits, cats) by giving them a "cool" bath or shower will help keep their body temperature down. A cool towel on a tile floor to lay on, a cool towel or washcloth laying over the skin next to a fan will also help cool the animal. Make sure they have plenty of cool water to drink as well.
5. Avoid alcoholic beverages and caffeine, as both of these substances can act as diuretics and promote dehydration.
6. Remember to maintain an adequate level of hydration, which means you'll need to consume more water than you usually do when it's hot.

Older people to benefit from access to shingles vaccine

Over 600,000 New Zealanders will be able to avoid the often painful and debilitating shingles infection following PHARMAC's decision to fully fund the shingles vaccine.

From 1 April 2018, the shingles vaccine Zostavax will be available fully funded for people aged 65 years, while a catch-up programme for people aged 66-80 years runs until March 2020.

PHARMAC Director of Operations, Sarah Fitt, says the vaccine will make a big difference to the one-in-three New Zealanders who will have at least one attack of shingles in their lifetime.

"Shingles can occur in people at any age but older people are the most affected and complications can be more serious and require admission to hospital," says Ms Fitt.

"While most cases of shingles can be managed at home, these attacks can sometimes lead to other serious health complications. Some people may continue to experience pain for months to years after an initial shingles attack."

Shingles is caused by the same virus as chickenpox, varicella-zoster. Anyone who has had chickenpox is at risk of developing shingles later in life, although the

AGE CONCERN SOUTHLAND MEMBERSHIP

February 2017/2018

Please complete the following and return with payment to:
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 50 Forth Street, Invercargill Phone: (03) 218 6351
 Or post to P O Box 976, Invercargill 9840

Name(s): _____

Address: _____

Phone: _____

Email: _____

Membership Type (please tick):

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Corporate \$50.00

Do you require a receipt? (please tick if yes)

Please help our work by including a donation:

Amount Enclosed: \$ _____ (Tax deductible over \$5).



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Method of Payment: _____ Entered on Database: _____

most significant risk factor for developing shingles is age.

Zostavax will be available from general practices from 1 April 2018. Eligible people will be able to receive funded shingles and influenza vaccines at the same time if they wish.



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, 2017

DRC Disabilities Resource Centre
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Freephone: 0800 55 0800 or (03) 214 3180
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*Grief is a journey, not a destination.
 We are here to help and support you during this time.*

Clare House Retirement Village

There is absolutely no doubt that moving into a retirement village is a significant decision and one that no-one makes lightly. There is a myriad of glossy advertising to wade through enticing you to make that move, however, at the end of the day it needs to be a decision that you have made having reviewed all the facts and information before you.

Retirement Villages are a fabulous way of life and there would not be many retirement village operators around the country that would not have heard “I wish I had made the move earlier”, on more than one occasion.

So what is the most common “mind block” about moving to a retirement village?

The most common one is “I am not quite ready”. Ready looks different and is different to each person. Retirement Village living is not about entering an institution where your independence is taken away. It is the exact opposite. Retirement Village living is about putting life in those years to provide you with

the environment to enjoy life without the concerns and worry of maintaining your own home. By moving into a retirement village the biggest decisions that you will have to make are all about you!

The second most common mind block is “what will my family and friends think?” You may be surprised to know that more often than not friends and family are so supportive of your decision. Many a daughter or son has said, “I have wanted Mum or Dad to move in a retirement village sooner”. When you consider your time with your family, is it quality time or are they rushing around doing things for you that allow you to stay in your own home? Retirement village living allows you to have quality time with your family because there is not that list of jobs for family to do – be it cleaning the leaves from your gutter, bringing in the fire wood, mending that leak under the sink. Enjoy having lunch out or that visit to the museum instead.

Clare House staff wish to make your move to our village as smooth and as stress free as possible. As Winston Churchill said “There is nothing wrong with change, if it is in the right direction”. Let Clare House be that right direction.



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Contact Lynley Irvine
51 Durham St, Waikiwi
Ph 03 215 6966
enquiry@clarehouse.co.nz
www.clarehouse.co.nz

 **CLARE HOUSE**
RETIREMENT VILLAGE