

SPRING 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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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...

Hi everyone,

I do hope you are all managing to keep warm this winter, please don't forget if you are having trouble contact one of the Age Concern staff and see what we could do to help.

We are more than half way through the year with our mid-winter Christmas dinner now a distant memory. I am looking forward to spring and do see little glimmers that it is not far away, with quite a few daffodils out around town.

Janette Turner

Age Concern Southland Manager

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.

Maintaining your Independence

Keeping your independence is something very important to most people; they value being able to go about their daily life without feeling like they're being a burden on family members or friends.

When your independence is compromised through disability or loss of your license, this can make life less enjoyable to begin with. However, there's no reason that you can't still remain in control of your life and do what you want to do at a time that suits you.

Furthermore, studies have shown the importance of social interaction for maintaining optimal health and wellbeing. That can be as simple as a trip to the supermarket or coffee with friends. Sometimes, it can be more adventurous and include trips further afield, as the heart desires.

Total Mobility Scheme

In order to encourage social interaction and independence, the government created an initiative called the Total Mobility Scheme, which is delivered locally by your regional council. The Scheme is designed to assist clients with long-term impairments to access appropriate transport to meet their daily needs and enhance their community participation.

Not everyone is eligible, so to find out how to apply or for further information contact your local Age Concern who would be happy to help you.

Once you've been accepted, you can access discounted travel with many providers in your region and throughout New Zealand, including with Driving Miss Daisy who is an accredited Total Mobility Scheme provider. Driving Miss Daisy provides assistance to help you to maintain your independence, and always aims to put the joy back in the journey. Your independence is key to us and we love knowing that we're making a difference in our clients lives.

Driving Miss Daisy will take you wherever you want to go, at a time that suits you. Remember - you're in charge!

Editorial supplied by Driving Miss Daisy

Driving Miss Daisy - we've got Invercargill covered



Driving Miss Daisy is your safe, friendly and reliable companion driving service.

Perfect for:

- Transporting you to your appointments
- Grocery shopping
- Airport pick-ups
- Companion outings
- Keeping your independence
- Or even transporting your pet!

Total Mobility vouchers accepted.
ACC approved provider.

Bookings are essential – call today and make your next outing a pleasure!

Invercargill

Phone: (03) 216 7763

Mobile: 021 503 334



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

DRC Southland
Disabilities Resource Centre
Charitable Trust

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Call 0800 100 531
Monday - Friday, 9am - 5pm
25 Gala Street, Invercargill
www.drcsouth.co.nz

Keeping Warm

It is not easy keeping a home warm during the cooler months and with record cold temperatures this year it is even harder. Please do not hesitate to make contact with Age Concern if you are struggling to keep your home warm as we can help. We have blankets and heaters available to give away and can also source firewood. We may even be able to help with large or unexpected bills. Age Concern doesn't want to see older people in the Southland Community struggle, so if you or someone you know needs assistance to keep warm give us a call.



Office for Seniors Discussion Document

The Office for Seniors has released a new discussion document to develop a new strategy to prepare for an aging population as it has been 17 years since the Positive Aging Strategy was introduced in 2001. With population growth and the number of people aged over 65 increasing, they are calling for submissions from New Zealanders to find out people's priorities for the future. We will be having discussions at the centre and preparing our own submission containing thoughts on positive aging and strategies for the future.

PLEASE SUPPORT OUR ADVERTISERS

Their support enables the production of this newsletter, so please support them.

Age Concern Defibrillator

Age Concern Southland now has a defibrillator onsite. It is located in the storage cupboard in the hallway and clearly marked with a poster on the cupboard door. Thank you to Invercargill RSA for their kind donation of the defibrillator from left over proceeds from their Poppy Appeal.

Love Local

Love Local delivers locally sourced (where possible) fruit and vegetable bags to customers in Invercargill. This is super convenient and great value. The primary charitable activity is their 'Healthy Whanau' scheme, which supports families with access to below cost fruit and vegetables. Buying your fruit and vegetables from Love Local puts money into local businesses and provides healthier outcomes for those in our community that most need it. This will grow in proportion to your support! If you are not a customer yet and would love to join Love Local, you can order directly from their website www.lovelocal.org.nz or phone them on (03) 928 5073.



Influenza season is here - get protected

One in four New Zealander's are affected by influenza every year. It takes up to 2 weeks for the flu vaccine to provide protection. The vaccine is free for over 65's. Contact your health professional now for further information.



Ryman Peace of Mind

Full continuum of care – keeping care at the heart of everything we do

We understand that your health needs change as you age. Our full continuum of care means that Ryman villages can provide independent living, serviced apartments, resthome care; and in the majority of villages, hospital and specialist dementia care. You can be reassured that, if your needs change, we can continue to look after you.



Deferred management fee is capped at 20%

This makes it one of the lowest in the retirement sector. And it's even capped if you transfer to another townhouse or apartment within a Ryman village. There are no hidden costs.



Fixed weekly fee – providing certainty about your living costs

Few things in life come with certainty. However, Ryman's fixed weekly fee provides just that. Your weekly fee is fixed for the entire time you occupy your townhouse or apartment, guaranteed*. Therefore, worries such as increasing council rates are no longer a concern.



For more information about the Ryman difference please phone Julie on 03 215 9752
40 O'Byrne Street North, Waikiwi



*Terms and conditions apply

Avenal Park Funeral Home

From preplanning and/or prearranging of funerals, to looking after you when your loved one dies, through to designing and organising of memorials, the team at Avenal Park Funeral Home are here for you.

We have prearrangement packs at our office - 75 Fox Street, Invercargill or we can come and visit you. Prearrangement information can either be held in safe keeping at our office or you can keep the paperwork with your other important documents. Just remember to tell a family member, or someone close to you where this information is stored. Prepayments are managed through the FDANZ Funeral Trust. It is not an insurance policy, the money you pay is yours - held in trust for when it is required.

If you would like to talk to someone about funeral/monumental options or would even like a tour of our premises, please visit us or phone (03) 218 9021.



Registered member of the FDANZ
(Funeral Directors Association of New Zealand)

03 218 9021

Funeral Directors and Monumental Masons



- 24 hour service
- Preplanning of funerals
- Prepayment - managed by FDANZ Funeral Trust
- Full assistance throughout the funeral process
- Monumental - design of new and restoration of memorials
- Professional and compassionate staff
- Bound by the FDANZ Code of Ethics and Code of Conduct



*Grief is a journey, not a destination.
We are here to help and support you during this time.*

Editorial supplied by Avenal Park Funeral Home

Knitting and Craft Group

A Knitting and Craft group has started at the Centre on Wednesday afternoons from 1.00pm - 3.00pm. Bring along any crafts that you are working on and complete them in the company of new friends. *Donations of wool are also welcome.*



Texting Classes

We are running Texting Classes regularly at the Centre through August and September. These classes are run by Frontline and have a group of young people come along and teach texting tips and tricks.

We have had great feedback on these classes with one participant saying how surprised her children were with how much she had learnt!

Contact Heather on (03) 218 6351 ext 1 to sign up or find out more information.



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What is elder abuse and neglect?

Elder Abuse and Neglect is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.⁽¹⁾

Elder abuse is a violation of Human Rights and a significant cause of injury, illness, lost productivity, isolation and despair.

What does Age Concern do to prevent elder abuse and neglect?

Age Concern offers free, confidential, specialist Elder Abuse and Neglect Services throughout New Zealand. Many provide education about elder abuse for those working with older people/kaumātua and other interested groups and organisations.

Contact details for all these services are available at www.ageconcern.org.nz

Age Concern works with other agencies such as health services, needs assessment services, the police, and banks to ensure the best possible outcome for the older person/ kaumātua.

“Confronting and reducing elder abuse requires a multisectoral and multidisciplinary approach”

⁽¹⁾ Active Ageing, A Policy Framework, WHO, 2002

ELDER ABUSE IT'S NOT OK

SPEAK OUT

0800 EA NOT OK
0800 32 668 65
FOR OUR FREE AND CONFIDENTIAL HELPLINE

10 TIPS to promote respect and prevent abuse



1. Love and cherish your older relatives/whānau.
2. Speak respectfully to older people/kaumātua.
3. Include older people/kaumātua in your social activities.
4. Phone or visit your older relatives/whānau.
5. Support older people/kaumātua to spend their money how they wish.
6. Encourage and support older people/kaumātua to make their own decisions.
7. Honour older people's/kaumātua's wisdom.
8. Enable older people/kaumātua to set their own pace.
9. Respect older people's/kaumātua's stories.
10. Seek advice from an Elder Abuse Response Service when you think an older person/kaumātua is being abused or neglected.

Always respected, never abused.

If plan A fails
remember you have
25 letters left.

*Providing Free
Community Legal Services
for all of Southland*



**SOUTHLAND COMMUNITY
LAW CENTRE**

Freephone: 0800 55 0800 or (03) 214 3180
100 Spey Street, Invercargill

AWHI MANA TOHU TOHU ME MIHI KI MURIHIKU

Sign up as an Age Concern Dignity Champion

Age Concern strives to create a New Zealand in which everyone is valued, supported and empowered no matter how old they are. However, this is not the society we live in - not yet. That's where you come in. We need New Zealanders from all walks of life to join us and become Age Concern Dignity Champions. An

Age Concern Dignity Champion pledges to:

1. Reject stereotypes and focus on the uniqueness of every individual
2. Speak up when they hear people speaking negatively about growing old
3. Have the courage to question practices they feel are disrespectful to older people
4. Not patronise older people
5. Be patient, polite and friendly
6. Have zero tolerance for abuse or neglect
7. Build relationships – they combat isolation and loneliness by getting to know the older people in their lives.

AGE CONCERN SOUTHLAND MEMBERSHIP 2018

Please complete the following and return with payment to: Age Concern Southland, 50 Forth Street, Invercargill - Ph: (03) 218 6351 or post to PO Box 976, Invercargill 9840

Name(s):

Address:

Phone:

Email:

Membership Type (please tick):

☐ Single \$25.00 ☐ Couple \$35.00

☐ Corporate \$50.00

☐ Please tick if you require a receipt

Please help our work by including a donation

Amount Enclosed: \$

(Tax deductible if over \$5.00)

OFFICE USE ONLY

Date Received:

Membership Card #:

Method of Payment:

Entered on Database:

HealthCare New Zealand 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 New Zealand is community-based and committed to supporting the people of Southland.



**HealthCare
New Zealand**

Rehabilitation. Community Health.

Supporting independence

With over 30 years of experience and a professional team of local, caring and highly qualified staff, we can support you to live independently in your own home.

We can provide you with the following services:

- Personal care, such as support with dressing, bathing and showering
- Nursing services
- Home Care services, including support with cleaning, washing and grocery shopping
- Goal based services that enable you to gain greater strength, confidence and mobility

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

For more information about how we can support you please phone 0800 002 731 or visit www.healthcarenz.co.nz