

AUTUMN 2019 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concern Southland

Serving the needs of older people



For advertising phone Dave 027 652 5220 or email dave@pukekoprint.co.nz

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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

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.

EMMA – Social Worker Extension 3

Emma is available to sort out any welfare needs and education in the community.

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.

DUNCAN – Queenstown Office (03) 441 3490

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

From the Manager...

Welcome back to the Centre we have had a great start to the year with some unsettled but hot weather. I hope everyone is looking after themselves and drinking plenty of water, ice blocks are a great way to cool down, keeping curtains pulled to stop the sun coming in. The Centre is back to full force and all activities have started again, if there is a activity you would like to see started at the Centre please talk to one of the staff.

It's that time of the year again renewal of member ships are now due.

Enjoy the Centre

Janette Turner

Age Concern Southland Manager

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Anna can help



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Ears Unplugged, 83 Don Stret, Invercargill
 Phone 027 4035016
 Linda Winder | Registered Nurse

Loneliness and Social Isolation

Loneliness is indiscriminate. There is an abundance of research on this subject in New Zealand currently and young people are just as likely to feel lonely as older generations. It is known that levels of loneliness in this country are escalating and as anyone who has ever experienced it will agree, the feeling can seem insurmountable once it settles in our tummies and our lives.

The importance of being aware of and talking about loneliness and lack of social relationships has been proven to be as bad for health as smoking.

There can be many reasons for being lonely, such as health, mobility impairment, sensory loss, changes to driving ability and bereavement. There are all sorts of things happening as we age which can make getting out of the house increasingly difficult and so social isolation can cause loneliness.

When people are no longer able to drive, that's where Driving Miss Daisy comes in! Driving Miss Daisy is the connection from home to the community. They make it their priority to ensure each and every journey is filled with laughter, kindness and positivity.

Driving Miss Daisy clients can have the same driver every time which is great for building relationships. The drivers also love to catch up with the clients and will do everything possible to make the journey enjoyable. That can be as simple as a trip to the supermarket or regular hairdresser appointments. Sometimes, it can be more adventurous and include trips further afield; outings to the beach for a breath of fresh air or coffee with friends; anywhere the heart desires.

Driving Miss Daisy is committed to helping clients get out and about, so every client can live life to the full and enjoy every moment.

Editorial supplied by Driving Miss Daisy

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RETIREMENT VILLAGES ASSOCIATION
Living alone

“She’s leaving home after living alone for so many years” sung by Paul and John back in 1967 isn’t quite the picture envisioned by intending retirement village residents, but it is a testament to loneliness, isolation, and despair. There’s plenty of research that shows that all sorts of people from many walks of life face social isolation and loneliness – young people, refugees, and those with mental health problems, as well as older people.

Older people’s vulnerabilities arise from the loss of a spouse, loss of mobility, loss of income, the children have moved away, or perhaps they’re all by themselves in a big house and everyone else in the street’s out at work. Age

Concern’s extensive work in this area shows that the majority of older people are not severely lonely, but current findings from The Social Report 2016 show that 10% of New Zealanders aged 65-74, and 13% of those aged over 75 feel lonely all, most, or some of the time.

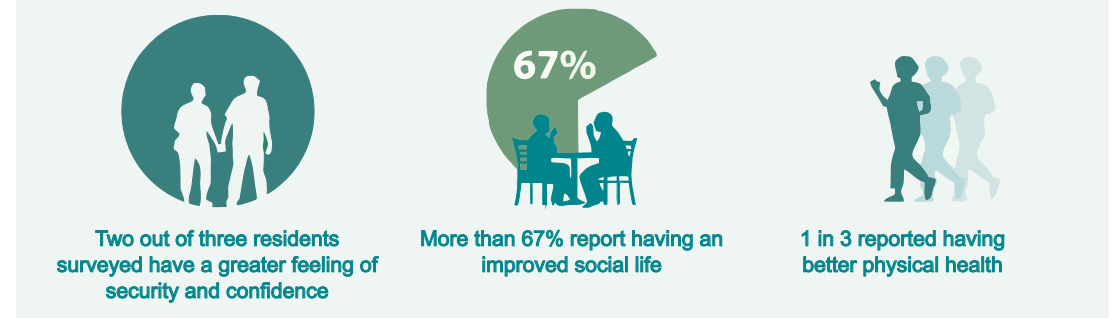
This is important, not just because loneliness is painful, but because having inadequate social relationships has been shown to be as bad for health as smoking. British research suggests that lonely people are more vulnerable to chronic diseases, eat less well and give up on themselves, are more likely to be smokers, overweight or underweight though poor diets, drink heavily and are less likely to engage in physical activity. Breaking the cycle of loneliness takes conscious effort. It’s more than just “snapping out of it”, but often includes battling with chronic depression, ill-health, lack of money and resources, and poor motivation. The Age Concern website has a number of ways people can break the cycle. Some of these include making a plan – for example, making a point to talking to your local barista or calling someone rather than sending a text message. Volunteering and hobbies are almost certain ways to make new friends. Pets are often a

good antidote – it’s important to think beyond oneself and caring for a pet certainly helps.

We know that many residents chose a retirement village as a great opportunity to make new friends in a community of like-minded people. Triggers to make the move include the death of a spouse or friends and children moving away. Villages often have a bewildering array of new activities, events and entertainment designed to pique residents’ interests and encourage involvement. We’ve seen village activity noticeboards with a vast array of activities including the traditional pool ladder, bridge, crafts, and choirs through to rather more esoteric activities such as the Men’s Gas Bag Group!

From time to time we survey our members to see how we’re going in meeting their needs and expectations.

AFTER MOVING INTO A VILLAGE:



The last survey asked 1,300 randomly-chosen residents about their sense of security, their social connectedness and their physical activity compared before they moved in and afterwards.

66% reported a greater sense of security and confidence, one third said they enjoy better physical health, and a satisfactory 67% said their social life had improved. So we can tick all those boxes!

That’s not to say that everyone in a village doesn’t experience some degree of loneliness. We’ve heard from Age Concern that some of our residents don’t participate and can feel alone in the middle of a crowd. We encourage our village staff to look out for residents who aren’t part of the community – of course, some are happy to slam the door shut against the world, and that’s absolutely their right. It’s important that we recognise that everyone’s different, and if someone is lonely, we can offer help.

John Collyns | Executive Director



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.



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For more information about the Ryman difference please phone Julie on 03 215 9752

40 O’Byrne Street North, Waikiki



*Terms and conditions apply

Sorting out that muddle - tips on decluttering

Why declutter?

- There is less to clean, tidy and organise but more space to move.
- With more space, there is less risk of falling in the home.
- It will be easier if the time comes to downsize/ move house.

How do I declutter?

- Make a list of what you want to achieve by decluttering.
- Decluttering can be physically and emotionally demanding. Get help from a friend, family members or a professional service who

- provide support in clearing clutter.
- Focus on falls prevention. Create clear pathways free of debris, cords and rugs.
- Preserve stability 'props' such as furniture if used to aid mobility around the house.
- Set reasonable time frames or goals for areas to declutter. Start with one room and narrow it down to a corner of a room, a table, or just a section of the table. Don't try to get it all done in one session.
- Give things back to your children (you are not a storage facility), list items to sell or give away on community websites or donate to your local charitable organisation.
- Dispose of all but the important papers such as tax-related documents and warranties. For each item, decide if you: keep it or get rid of it.
- If it's functional and utilised regularly then keep it.

- In Japan they have a term tokimeku which means 'to spark joy'. If an item sparks joy, then keep it. If something is neither functional nor sparks joy then get rid of it. This is the hard part - actually letting go of stuff.
- Plan to sort your cluttering items into 'give away' 'donate' and 'rubbish' piles or boxes.

Source: Age Concern New Zealand 2016



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Editorial supplied by MeloYelo Electric Bikes

Chicken and Ginger Rolls

500g chicken mince
1tsp salt
2 tblsp chopped coriander or parsley
2 tblsp grated ginger
Zest of 1 lemon
2 eggs lightly beaten
1 cup bread crumbs
2 sheets pastry
¼ cup flour
A little milk for brushing
Preheat oven to 200c. Place chicken, salt, coriander/parsley, ginger, lemon zest, eggs and breadcrumbs in a bowl and mix until well combined.
Divide the mixture in half and shape into 2 rolls the length of the pastry sheets, roll then in the flour.
Place each pastry sheet separately on a flat surface and wet one edge so that the chicken mixture will stick to it. Place the chicken mixture on the damp area and roll up to form a log.
Cut into desired size, brush with milk, bake for 20 minutes or until the rolls are golden brown and cooked through. Makes approx. 10.

“When I Am Old” by Jenny Joseph

When I am an old woman I shall wear purple
With a red hat that doesn't go, and doesn't suit me,
And I shall spend my pension on brandy
and summer gloves And satin sandals,
and say we've no money for butter.
I shall sit down on the pavement when I am tired,
And gobble up samples in shops and press alarm
bells, And run my stick along the public railings,
And make up for the sobriety of my youth.
I shall go out in my slippers in the rain
And pick the flowers in other people's gardens,
And learn to spit. You can wear terrible shirts and
grow more fat, And eat three pounds of sausages
at a go, Or only bread and pickle for a week,
And hoard pens and pencils and beer mats
and things in boxes. But now we must have clothes
that keep us dry, And pay our rent and not swear in
the street, And set a good example for the children.



We will have friends to dinner and read the papers.
But maybe I ought to practise a little now?
So people who know me are not too shocked and surprised,
When suddenly I am old and start to wear purple!

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

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*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

5 Minute Chocolate Mug Cake - For 2 small cakes:

- 1/4 cup sugar
- 1 large egg
- 2 Tbsp canola or other light oil
- 2 Tbsp cocoa powder
- 1/4 cup self-raising flour
- 1/4 cup milk
- 1/4 tsp vanilla essence
- pinch of salt

1. Measure the sugar into a small bowl, add the egg and oil and whisk until pale and creamy. Add the remaining ingredients and stir just enough to combine.
2. Non-stick spray two microwave-safe teacups or two 250ml ramekins or teacups. Divide the mixture evenly between the prepared containers, then place them in the microwave.
3. Cover with a square of baking paper or a paper towel, then cook on High (100% power) for 2-3 minutes or until the centre of the cakes is firm. Remove the cakes from the microwave, then tip them out of the cups/ramekins. Cool on a rack for a few minutes or enjoy immediately.



Some days you just need a hug - especially if you're apprehensive before a medical procedure

eldernet
where good decisions start

Good information keeps you in control.

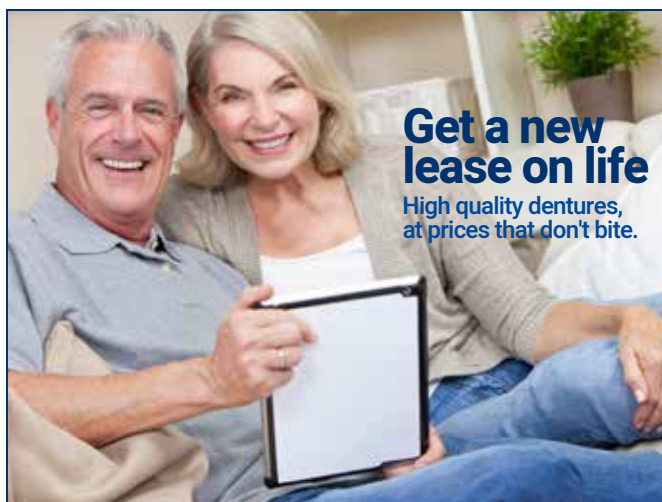
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