

# Age Concern Otago

*Serving the needs of older people*

## Celebrating Otago's older people since 1948



### **Live Stronger for Longer**

This is the theme for 2018 April Falls Awareness month. We are very proud of our 90 Steady As You Go® and Tai Chi classes throughout Dunedin and Otago. It is estimated these classes prevented 500 falls last year! Here are some typical comments from participants:

*"It changes your brain! I am more aware of where I am putting my feet. Also up the street. I think about how I sit and keep my knees apart to get up".*

*"Enjoying class hugely. Saved my life a couple of times as I live on steep icy hill. I find programme very interesting."*

*"Exercises with weights have strengthened my muscles. Walking on railway tracks has improved my stability".*

*"I am happy to come to class to prevent a fall".*

*"I have had no falls since starting class".*

*"It is so beneficial. I am enjoying the friendly class".*

*"I am partially blind. I walk better on way home after class".*

*"It is important to get out of the house".*

*"I was very weak after being in hospital over 9 months. Class is definitely helping".*

*Continued on Page 9*

## Contact Information

### DUNEDIN OFFICE

Phone: (03) 477 1040

Email: [agecon@ageconnotago.co.nz](mailto:agecon@ageconnotago.co.nz)

Address: 9 The Octagon and 26 Bath Street, Dunedin 9016

Postal Address: PO Box 5355, Dunedin 9058

Like us on Facebook - Age Concern Otago

### SERVICES:

Elder Abuse / Neglect: Marie 479 3053

Falls Prevention: Margaret 479 3052

Visiting Service: Tristan 479 3058

HP Programmes: Kristen 479 3054

Meals on Wheels: Fiona 479 3055

Email: [mealsonwheels@ageconnotago.co.nz](mailto:mealsonwheels@ageconnotago.co.nz)

### CENTRAL OTAGO - ALEXANDRA OFFICE

Phone: (03) 448 7075

Email: [central@ageconnotago.co.nz](mailto:central@ageconnotago.co.nz)

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

*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.*

**Daylight Saving ends Sunday, April 1st**



03 478 1030 [info@knoxpodiatry.co.nz](mailto:info@knoxpodiatry.co.nz)  
[www.knoxpodiatry.co.nz](http://www.knoxpodiatry.co.nz)

Clinics in Mosgiel, Balclutha & Lawrence

. Foot Pain . Ingrown Nails . Corns & Calluses .  
 . Diabetic Footcare . Children's Feet . Orthotics .



## From the Executive Officer

Where on earth did the last year go... I cannot believe it's been a year since I wrote to introduce myself to you all. It's been a fantastic, rewarding and challenging year with all sorts of changes at both Government and local level. It has been a pleasure getting to know and lead such a dedicated and committed team of individuals who work tirelessly to make a positive difference in the lives of Otago's older residents. We are also very privileged to have such a huge number of volunteers who support our work in a variety of ways. We simply could not do our work without them. Our Executive members are dedicated volunteers also and I appreciate their ongoing support, knowledge, wisdom and encouragement, as I learn about all things Age Concern. All of these people, both paid and unpaid, are an asset to our communities. Heartfelt thanks to each and every one of you.



I thrive in Age Concern's rich, generous environment where I see goodness and kindness on a daily basis - this brings reassurances that these qualities continue to flourish in a world where they sometimes appear to be lost.

Let's all enjoy the brilliant, Autumn colours out there!

*Debbie George*  
 Executive Officer

## Find your local hearing experts at Audiology South

Free hearing check. Up to 60 day Trial Period on all hearing aids. Ministry of health or ACC Funding Available in most cases. Locally Owned and Independent. Expert Professional Care.

Bring in this ad to receive \$200 off selected hearing aids

When it comes to your hearing you really should trust the experts. Call for your FREE hearing check.



Dunedin Clinic:  
 Cnr Moray Place and Filleul Street  
 Phone: 03 471 5866  
 Clinics also in Queenstown, Invercargill, Gore, Winton, Mosgiel and Te Anau.  
[www.audiologysouth.co.nz](http://www.audiologysouth.co.nz)

## 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.

**Dunedin North - Kerri Bolt**  
 (03) 467 5017 021 503 298

**Dunedin South - Lyn Hippolite**  
 (03) 486 2033 021 503 498

*Editorial supplied by Driving Miss Daisy*

## 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



Driving Miss Daisy®

[www.drivingmissdaisy.co.nz](http://www.drivingmissdaisy.co.nz)



## Hello from the Reception desk!

Autumn is here already, how did that happen!? Over the last few years Autumn has become quite a novelty for me. Where I grew up in Australia, very few trees drop their leaves. Now I look forward to the beautiful changes in colours and running about in the park with my wee boy crunching leaves.

For our Meals on Wheels recipients, they may be seeing one of our exciting new delivery drivers over the coming months. The Pulse Energy Highlanders have come on board to deliver Meals on Wheels as part of their Community involvement in Dunedin. This is an exciting addition to our existing fabulous volunteer's drivers.

I am looking forward to seeing where the rest of the year takes us. If you're in town pop in and say Hi.

Take care,

*Fiona McMillan*

## Total Mobility

The Total Mobility programme is subsidised taxi transport for individuals who are no longer driving and unable to safely use the buses. If you are interested in the Total Mobility programme and would like more information or wish to be assessed, please call the Age Concern Otago office.

If you are a current Total Mobility user your annual subscription is due, please see our membership form on the last page for the payment details. If you have already paid your membership thank you, if you are not sure please give us a call and we can look your profile up on our database.



Logic will get you from A to be. Imagination will take you everywhere.

**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**

## Mobility Scooters Otago

Since 1999

### YOUR LOCAL SPECIALIST

New & Used Mobility Scooters  
Electric & Manual Wheelchairs  
B4 Cabin Scooters

Walkers • Personal Service & Back Up  
Hire: Scooters, Wheelchairs & Walkers



[www.mobilityscooters.co.nz](http://www.mobilityscooters.co.nz)

Call *Tony McCarthy*

**03 455 2875**  
**0800 566 100**

Showroom  
Opposite  
Westpac

Email: [mobilityscooters@xtra.co.nz](mailto:mobilityscooters@xtra.co.nz)

211 King Edward Street, South Dunedin



# Ryman Peace of Mind

Not all retirement villages are the same...



### 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 fees – know what you've got to 'play' with

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



### 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.



40 Fenton Crescent, St Clair



383 Highgate, Roslyn



\*Terms and conditions apply

For more information please phone Kate on 03 455 7936



## We have all your funeral questions covered

Now is a great time to talk to your family about your funeral choices, to share stories and memories and to give them an insight into what is really meaningful to you.

Would you like cremation or burial? Have you thought about a special piece of music or a poem that you love? Where would you like your final resting place to be?

We often have families tell us how glad they were that this had all been sorted out before their loved one died. It helped to take the stress out of such a difficult time. The other thing you can do is to make pre-payment towards your funeral through the FDANZ Funeral Trust. The money is held in trust so is very secure, and if you are applying for residential care, up to \$10,000 is excluded from asset testing.

The friendly team at Gillions Funeral Services are happy to discuss the options for funerals including pre-arrangement and pre-payment and can provide you with pricing guidelines. Phone us on (03) 455 2128 or email us at [support@gillions.co.nz](mailto:support@gillions.co.nz)



We have all your funeral questions covered



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

*Editorial supplied by Gillions Funeral Services*

## Website Launch

We're excited to announce that our new and refreshed website is live. The updated site includes changes to navigation, with drop down menus for services offered, resources and what's on. We've also improved the structure of our content, so you'll get more in-depth information.

When we started the project we had big ideas, from updating our organisation message to help older people get information from one place on important content on ageing. Brett Collins our intern was able to meet all the challenges asked of him and what a fabulous job he has done.

The website allows older people to register for events or classes, people can be referred to services and organisations can register for education and professional development.

We hope you like the changes, and if you have any feedback, please let us know on our website or facebook page. Search Age Concern Otago or [www.ageconcernotago.com](http://www.ageconcernotago.com)

Please  
**SUPPORT**  
OUR ADVERTISERS



- Rest Home Care
- Hospital Level Care
- Dementia Care
- Day Activity Programme
- Specialised Hospital Care (Psychogeriatric)

*The person you care about deserves the best*

321 Taieri Road, Wakari, Dunedin, Otago  
Ph: (03) 476 3045 | Email: [lyneta@lesliegroves.co.nz](mailto:lyneta@lesliegroves.co.nz)

## From Central Otago

We have enjoyed a great summer and now prepare for the colder weather to hit us. One of the important strategies for everyone but especially for us as we get older is to be conscious of what we are eating so we keep well during the flu season. Protein is the most valuable food for repairing and building the immune system and muscle fibres. Studies show that 12 percent of men and 24 percent of women over age 70 eat significantly less than the recommended daily allowance of protein per day.

Along with protein in our diet, without question exercise is the most powerful intervention to address muscle loss whether it occurs in the context of advancing age or debilitating chronic or acute disease. So with all this in mind what can we do to ensure we age positively and take immediate positive steps to keep well over the cold months?

Age Concern provides a great falls prevention programme in our area. Steady As You Go® classes are in Alexandra on Monday 11am at Memorial Hall, and Friday 2pm at Community House, Clyde - Tuesday 1.30pm at Dunstan Hospital, Cromwell - Monday 10.30am at the Anglican Hall, Blyth St - Ranfurly Tuesday 10.30am, Rugby Club, Maniototo Stadium; Roxburgh Wednesday 10.30am, St Johns Hall, Scotland St; Wanaka - Tuesday 2pm, St Johns, Link Way. These classes are a great opportunity to keep up your mobility, flexibility, heart and lungs healthy and to connect with others.

There are also Tai Chi classes available in Alexandra on Mondays 10am at the Memorial Hall, and in Cromwell on Mondays in the Anglican Hall 9.15am. So give me a ring and I can help you out to attend.

Remember to walk where and when you can.

With your exercise taken care of you now need to address your diet, make sure you include in your daily intake, one of the following: Red meat, whey protein, lentils, fish (salmon, mackerel, tuna etc), chicken, beans, milk, yogurt, free range eggs or cheese. Include plenty of vegetables in your meal and some fruit, berries and nuts for those in-between moments.

Healthy living to us all so we can deal with the obstacles ageing presents!

*Marie Roxburgh*

Age Concern Central Otago

## A Brush With Kindness

Many low income home owners can't pay for their house maintenance, because they struggle to afford their weekly expenses.

Owning a home can be a costly business. What once was affordable may have become unaffordable over time due to reasons such as unemployment, expanding family or rising costs.

Habitat's home repair programme 'A Brush With Kindness' (ABWK), helps low income families back on track with their home maintenance. For affordable repayments to the home owner, Habitat carries out most urgent home repair projects, such as fixing a leaky roof, painting the outside or renovating a bathroom or kitchen.

ABWK-projects may also involve creating a more suitable place for the occupants when life situations have changed; such as building a wheelchair ramp or installing bathroom aids for less mobile people.



**Dunedin  
Electric Bikes**

Try out an ebike with no obligation in our quiet side street of North East Valley... the ebike revolution is changing lifestyles - Whether you would like to cycle to work, to the supermarket or along the Rail Trail, **we have the perfect ebike for you.**

Phone Nathan 027 214 8294 or visit our website  
[www.dunedinelectricbikes.nz](http://www.dunedinelectricbikes.nz)



For help with computers,  
cell phones and tablets

43A Manor Place  
Please call 471 8855 or email  
[seniornetdunedin@gmail.com](mailto:seniornetdunedin@gmail.com)

## Problems between Neighbours

Is your neighbour's behaviour driving you crazy? Before you start a neighbourhood war, put your diplomat's hat on and have a nice talk with them.

"When it comes to problems with neighbours, a touch of diplomacy can go a long way." says Dianne Lowry of Citizens Advice Bureau Dunedin. "Whether you're being kept awake every night by noisy neighbourhood parties, their tree is blocking your sun, or the dog from next door uses your lawn as a toilet - it's always best to discuss the problem with your neighbour first and try to come to a compromise. They may not even know there's a problem, and be quite willing to sort it out. When we see people with "problem neighbours", we usually ask whether they've tried talking to them. If they have and it hasn't been successful, we can help them work out where they stand with their particular situation and what their options are."

If you've tried negotiating with your neighbour and they won't budge, you may have to consider taking further action - and you'll need to know what your rights are if you do. For example, when it comes to neighbourhood noise, you can contact your local council to find out what (if any) noise restrictions apply in your area. If you complain to your local council they can send a noise control officer to assess the situation. They can issue a notice asking the neighbour to reduce the noise if it's deemed

excessive or unreasonable, and non-compliance could result in confiscation of the noise-making equipment (such as a stereo or jackhammer).

Similarly, if you are bothered by constant barking from a neighbour's dog, you can complain to your council and they can send a dog control officer to investigate. But try to work it out with the dog owner first, because drastic action (such as having the dog removed by a dog control officer) is sure to ruin any goodwill that you might have with your neighbours.

"If you have a problem with something that your neighbour is doing, and you haven't been able to sort it out by talking to them, come and see us at 301 Moray Place. We're open Monday - Friday 8.45am - 5pm and Saturday 10am - noon. You could also phone us on 471 6166 or toll free on 0800 367 222, or send us an email: [dunedin@cab.org.nz](mailto:dunedin@cab.org.nz). We also have information about neighbourhood problems on our website [www.cab.org.nz](http://www.cab.org.nz). Or visit us on Facebook [www.facebook.com/cabdunedin/](http://www.facebook.com/cabdunedin/)



## Accredited Visiting Service (AVS)

A belated Happy New Year to you all.



I would like to take this opportunity to thank my wonderful volunteers who were able to continue visiting over the Christmas break. Christmas can be a very sad and lonely time for some, but knowing that you were there to pop in or make a phone call can make the world of difference to that person.

Currently I have a large number of willing volunteers waiting to be introduced to someone. They are available to spare an hour or so each week to provide friendship and companionship to those who are feeling alone.

If you know of anyone who may benefit from the Accredited Visiting Service then please feel free to contact me. I will then arrange to meet with the person to discuss their needs and wants.

I look forward to hearing from you.

*Tristan Kavanagh*

Accredited Visiting Service (AVS)

## Live Stronger for Longer cont.

"I practice at home. My balance is better".

"I feel more free. Not so stiff".

"I am more stable when walking. Not veering off course and banging walls".

"I am more confident. I can lift my feet higher and I am more stable".

"My vertigo is under control and my balance improved. Feel ever so much better".

"Really made a difference. No pain going up and down stairs. Naturally lifting feet when walking".

"I haven't had a fall for a long time".

"It feels easier to get up, muscles feel looser".

"Really like it. Feel fitter and can walk further".

"Can do a lot of things I was having trouble with".

"More confident to be outside".

"Neck, shoulders upper body less painful".

"Made me more conscious of always putting my heel down first".

*Margaret Dando* QSM  
Falls Prevention Coordinator

## Missing things in conversation?

Hearing Therapy is a FREE and independent national service funded by the Ministry of Health.

We can help you to live well with your hearing loss.

Call 0800 008 011 to book your free appointment with one of our qualified hearing therapists.



0800 008 011 [www.hearingtherapy.co.nz](http://www.hearingtherapy.co.nz)

Part of Life Unlimited Charitable Trust



## ACME ACUPUNCTURE & CHINESE HERBS CLINIC

### Suffering?

We can help you with:

Acupuncture, Massage, Acupressure, Chinese Herbs, Cupping, Moxibustion...

Phone: (03) 552 2189

108 Highgate, Dunedin

Email: [AcmeAcu@gmail.com](mailto:AcmeAcu@gmail.com)

[www.AcmeAcu.co.nz](http://www.AcmeAcu.co.nz)



### 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](http://www.stjohnmedicalalarms.org.nz)

\*IMS GP Omnibus survey, 2017

## Free Will Service

SOLOMONS  
Barristers & Solicitors

03 477 8574



## Property Solutions for the Elderly

Estate Property Solutions is a Dunedin owned family run business that can assist you with all the details of an estate so that you don't have to. We have a wealth of knowledge and can manage a wide range of services.

Check out our website [www.estatepropertysolutions.co.nz](http://www.estatepropertysolutions.co.nz)

Autumn is a great opportunity to sort your home ready for the cooler weather to come. Here are some of our tips that can help you get started.

"These are just a few simple tasks, talk with your friends/family or professional to make a list that suits you."

- Make a list
- Check your inside & outside lighting is working
- Check your paths & walkways are clear
- Check your guttering and drains are clear
- Make sure your doors & windows close & lock properly
- Check your heaters & fireplaces are working correctly
- Trim back plants & shrubs if needed
- Check your taps are not leaking
- Check any electrical plugs, cords & sockets are not damaged



### Deceased estate services Aged-care relocation Clean-up and repair service Hoarding clean-up

- Full house cleaning and clean-up
- Disposal of unwanted goods
- Declutter advice and assistance
- Gardening and section clearing
- Maintenance and repairs of buildings
- Arranging for sale of goods

Phone: 0800 00 11 26

Email: [info@estatepropertysolutions.co.nz](mailto:info@estatepropertysolutions.co.nz)

[www.estatepropertysolutions.co.nz](http://www.estatepropertysolutions.co.nz)

*Editorial supplied by Estate Property Solutions*

## Retirement village advice

People thinking of moving into a retirement village can gain answers to questions at a *free* public seminar to be held in Mosgiel on May 4.

The seminar will be led by Troy Churton, the National Manager of Retirement Villages at the Commission for Financial Capability (CFFC), an independent government agency that monitors and reports to government on the retirement village industry, and advises both village companies and residents of their rights and responsibilities.

Around 12.5% of New Zealanders aged 75 and over now live in retirement villages, and the CFFC estimates that number will more than double over the next 20 years.

The seminar is designed to help retirees consider their options and make the right decision about whether to stay in their own home, or move into a village. Churton says the implications of making the wrong decision can be far-reaching. "There are fish-hooks in many village agreements that intending residents may not understand when they sign. For example, if a married couple buy into an independent-living unit, then the husband or wife needs to move into a care facility, additional costs may apply."

Legal, financial and personal issues to consider will be discussed in an interactive format, with time for questions and answers.

"The CFFC aims to ensure New Zealanders are fully informed objectively of the implications of moving into a retirement village before they do so, and have time to obtain legal advice and discuss their decision with family. This is not a marketing event" says Churton.

**Thinking of Living in a Retirement Village:  
Friday May 4, 10.30am - 12pm.  
Mosgiel Senior Citizens Hall. Free to attend.**

**Please register by phoning 0800 268 269 or via this link: [www.eventfinda.co.nz/2018/thinking-of-living-in-retirement-village/otago](http://www.eventfinda.co.nz/2018/thinking-of-living-in-retirement-village/otago)**

**Please register by phoning 0800 268 269 or via this link: [www.eventfinda.co.nz/2018/thinking-of-living-in-retirement-village/otago](http://www.eventfinda.co.nz/2018/thinking-of-living-in-retirement-village/otago)**

## Help to stay warm over winter



The Government has announced a new Winter Energy Payment.

"The Winter Energy Payment is an investment in Seniors and others, to help them stay healthy over the winter months." Says Minister of Seniors Tracey Martin.

"What's great is that you don't need to apply for the payment. Everyone getting NZ Super or the Veteran's Pension will receive it automatically".

The Winter Energy payment will be paid with your NZ Super or Veteran's Pension.

The rate for single people (with no dependants) will be \$20.46 a week, and couples or people with dependants will get \$31.82 a week.

Payments will be made from 1 July to 30 September in 2018, and 1 May to 1 October in 2019.

People who get a Residential Care Subsidy or a Residential Support Subsidy are not eligible for the Winter Energy Payment.

Not everyone will want to receive this payment therefore you can choose to opt out. If your circumstances change you can then choose to opt back in.

The Winter Energy Payment doesn't affect your eligibility for other support such as the Disability Allowance, Accommodation Supplement, Temporary Additional Support or Childcare Assistance.

If you travel overseas for four weeks or more your Winter Energy Payment will stop. Once you return to New Zealand you can restart payments by contacting Work and Income.

**For more information visit [www.workandincome.govt.nz](http://www.workandincome.govt.nz) and search for Families Package.**

## We are going Mobile!

The Disability Information Service is a charitable organisation offering health and disability services, advice and equipment to the people of Otago.

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.

The new Mobile Service makes it easier for you to access information and equipment in your local community. We service Greater Dunedin, North, South and Central Otago, excluding Queenstown.

We provide a unique guest speaker experience for community group meetings and disability support groups. Keep up-to-date with information and resources for community, disability and health organisations along with simple yet practical solutions to maintain your independence.

**Dunedin Community House, 301 Moray Place**

**Phone: (03) 471 6152 or 0800 693 342**

**Email: [info@disabilityinfo.co.nz](mailto:info@disabilityinfo.co.nz)**

**[www.disabilityinfo.co.nz](http://www.disabilityinfo.co.nz)**

**Find us on Facebook: Disability Information Service (Otago)**

## Disability Information Mobile Service



- Equipment + aids to support daily living
- Attends continence products
- Walkers + handy reachers
- Free information and advice

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

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

**Dunedin Community House  
Cnr Moray Place & Gt King Street, Dunedin  
Ph: (03) 471 6152 or 0800 693 342  
Email: [info@disabilityinfo.co.nz](mailto:info@disabilityinfo.co.nz)  
[www.disabilityinfo.co.nz](http://www.disabilityinfo.co.nz)**



*Editorial supplied by Disability Information Service*



## Bea-line

### RAMBLES!

Late summer, and what weather! This has been a season of looking at other people's gardens, before I got myself into gear for our own.

Walking slowly along the street I can appreciate neighbouring gardens, and take ideas home with me. I muse and mutter as I walk. Where did the gardener find the metal pyramid to stack pots which then hold glowing flowers? Gardening in the air as well as on the ground. I like it! Look at the hanging baskets, just a mass of petunias and glowing geraniums. Look at the superabundant roses. Gardening brings an immediate pleasure, of working the soil, planting and long term delight in watching things grow.

Another ramble. We succeeded in tearing ourselves away from our own garden, blooming nicely I might say, to go to Hanmer Springs on holiday. And once there, we managed a stroll or two along the lovely Forest Walks. On one of these walks I had a new companion - a fledgling fantail. He flew beside me, behind me, in front of me. He perched and chattered so that I had to stop listen, admire and respond. He looked at me so confidently that I thought all I had to do was hold out my arm and he'd hop on to my wrist. I didn't. But we continued our walk/flight together in great harmony.

More rambles? I've been rambling through Penelope Lively's book *Life in the Garden*, dipping in and out of the chapters I want to read most. At the moment, my favourite chapter is 'The Written Garden', quoting what she calls 'real' garden writers who got their hands dirty and talked of what they knew from what they did. Reading her account of Margery Fish's "how we made a garden" reminds me of what we had to do to in our early gardening days. Margery and Walter Fish hauled stone, cleared away 'old beds, rusty oil stoves, ancient corsets, pots, pans, tins and china, bottles and glass.' We didn't

find any ancient corsets nor oil stoves. We did find lots of shells and, believe it or not, two single shoes, one man's shoe, one lady's high heeled elegant pink shoe. We dug further in the garden, but never found the other shoes. What could have happened to them? There could be the making of a detective story here.

But to continue gardening! We began to feel real kinship across the years for people like Walter and Margery Fish as we continued clearing and building our own small garden. The soil was heavy. It needed feeding. So we added compost and seaweed, lots of seagrass, stuffed into sacks, hosed gently, then shaken out and dug into the garden. Another area which was very clay-ey we improved by the No-Dig method, following the ideas in Esther Deans' book. We laid down newsprint pages, not the glossy pictorial ones, and sprinkled them with water. Then we covered this layer with straw to a depth of 10cm and finally added compost on top. We planted salad and green vegies which grew well, and in a few months the layers became excellent topsoil and we could dig this friable earth and plant root crops. And always soil maintenance goes on. Good growth comes from good soil.

Now we're considering building a raised bed or two so that we can reach both to plant and to harvest easily. However, motivation can sometimes be lacking! Moving on from books and actual gardening to DVDs, recently I've been gazing with huge admiration at *The Victorian Kitchen Garden*, filmed at Chilton Foliat in Berkshire. I do enjoy other people's gardens and gardening and this is a big beauty - there are, believe it or not, 30 acres of glass! That's something! Maybe, methinks, I should clean our one tiny glasshouse and start planting there. And so onwards. The soil is ready, and autumn planting is underway.

*Beatrice Hale*

*Defiant Gardening Granny*

### Able Feet Podiatry Ltd

*Dunedin's New Home Visit Service*



Struggling to care for your feet?

Can't get to a clinic?

**Registered Podiatrist**

**Sally Woodward**



Phone: 476 1918 / 0212 301 177  
or email: [ablefeetpodiatry@gmail.com](mailto:ablefeetpodiatry@gmail.com)



- > 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

**OTAGO DENTAL SERVICE**  
Supporting the Dental Laboratory

## ESTATE SERVICES MADE EASY

Estate of Grace is a new local family owned business that prides itself on providing a caring and holistic approach to estate services. They are focused on doing the best for the client, family and their estate by maximising value and making a difference to the community with options to support local charities and non-profit organisations whenever possible.

Andrew Whiley, and his wife Jackie, established the business seeing the many issues facing the elderly down-sizing and families dealing with estates. Today, families often don't live locally; distance can make it difficult to balance the physical tasks required when dealing with an estate. This includes the challenge of transitioning elderly parents to a retirement facility. **Estate of Grace** simplifies the process!

A recent client engaged the company to look after the estate of his late Mother. Household goods were

assessed with valuable items sold and the balance of goods shared across six local charitable organisations. The house was then fully cleaned and staged, including the garden, to ensure that the client was able to maximise the selling price. His quote says it all. ***"In view of what the place looked like before they went in, I think they've worked a miracle. The place inside and out looks fantastic"***.

**Estate of Grace can also assist those that wish to pre-plan how their estate is handled. Feel free to contact Andrew to discuss how Estate of Grace can assist you!**



**Estate of Grace**  
A Caring Approach to Estate Services

Estate of Grace is a local family owned business that prides itself on providing a caring and holistic approach to estate services. The company works with families, lawyers, executors and trustees to provide services to simplify the estate management process.

#### Personalised services include:

- Assistance with Downsizing & Relocating to Retirement Facilities
- Professional Estate Clean-up
- Asset Inventories - including video-graphic and photographic
- Estate Liquidation
- Packing & Moving
- Storage Arrangements - Short and Long-term
- Shipping Services for Local and International Items
- Rubbish Removal
- Home Staging and Property Preparation for Sale
- Rest-Home Pack-Up Services
- Options for asset liquidation including Garage Sale, Trade Me and Auction Services to Maximise Return
- Working with non-profit, community and charitable organisations for donations of unwanted goods



Phone: 027 465 3222 (Andrew Whiley) | Email: [dunedin@estateofgrace.nz](mailto:dunedin@estateofgrace.nz)  
[www.estateofgrace.nz](http://www.estateofgrace.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.



*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



## 'Home as my First Choice' Programme coming soon

Southern DHB will soon be launching the 'Home as my First Choice' programme to support older people to stay at home, or return home after being in hospital, if that's the right place for them.



Even though home is where most people want to live, often the only option given to older people after an illness, or when they are struggling to cope at home is to go into aged residential care.

"Many older people are telling us that for them, being in their own homes is their first choice. This won't be possible in all situations, but we want to explore every way that we can help make this happen using support that is available. We see older people as being important partners in this - along with family/whanau and others," says Southern DHB Director Allied Health; Strategy, Primary and Community, Andrew Metcalfe.

Through the 'Home as my First Choice' Programme, Southern DHB wants to ensure that both patient and their families-whanau, and staff are aware of the options when an older person wants to either stay or returns home from hospital and that they know that there is support available for them.

To do this, information and resources including information leaflets and posters will soon be available to encourage patient and their families-whanau, and staff to talk more about the option of staying or returning home with support.

If 'home is your first choice' whether you're at home or in hospital there are supports the DHB can put in place to make this happen. Talk to a health professional (your GP, a nurse, doctor or allied health team member) who can put you in touch with the right person to explore how 'home can be your first choice.'

## 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 - Age Concern Otago**

#### SERVICES:

**Elder Abuse / Neglect:** Marie 479 3053

**Falls Prevention:** Margaret 479 3052

**Visiting Service:** Tristan 479 3058

**HP Programmes:** Kristen 479 3054

**Meals on Wheels:** Fiona 479 3055

**Email:** mealsonwheels@ageconcernotago.co.nz

#### CENTRAL OTAGO (ALEXANDRA) OFFICE:

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

**Contact Marie:** (03) 448 7075 for Information & Resources, Advocacy, Health Promotion, Accredited Visiting Service (AVS), Elder Abuse Response Service (EARS), Falls Prevention, Stay Safe Driving, Independent Living Seminars  
**Email:** central@ageconcernotago.co.nz

#### NORTH OTAGO:

**Contact Peggy:** 027 2314 880 for Elder Abuse Response Service (EARS)

**Hours:** Monday - Thursday 10.00am - 10.30am

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

### 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.

#### Mosgies 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. What's On is available on our Website or our Facebook page.**

**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





## 2018 Age Concern Otago Membership is now due

(Please accept our sincere thanks for your support and if you have already paid)

Mr / Mrs / Miss / Ms

Name: \_\_\_\_\_

Street: \_\_\_\_\_

Suburb: \_\_\_\_\_

City/Town: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

A receipt will only be sent if you tick this box

**Subscription** **\$25.00**

January 2018 - December 2018

**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)

**Age Concern Otago - PO Box 5355 Dunedin 9058 Email: [agecon@ageconcernotago.co.nz](mailto:agecon@ageconcernotago.co.nz)**

## Retirement village resident rates rebate bill passed

Parliament has given a third reading to the Rates Rebate (Retirement Village Residents) Amendment Bill.

The private member's bill, introduced by Labour MP Ruth Dyson on 5 May 2016, will affect rates in a rating year which begins on or after 1 July 2018.

The bill ensures that retirement village residents are recognised as paying rates and are therefore entitled to apply for a rates rebate regardless of the billing practice of the local authority.

The bill has passed in spite of a select committee report in which the majority recommended that the bill not progress because of the complexity of issues identified in the rating process. However, the Labour

Party, Green Party and New Zealand First members of the select committee disagreed, stating that there was no complex issue.

The main provision in the new law is a new section 7A in the Rates Rebate Act 1973 which outlines the process and requirements.



Sender:  
Age Concern Otago  
PO Box 5355  
DUNEDIN 9058

*New Zealand*

Permit No. 247902

