



Age Concern Otago

Serving the needs of older people

Celebrating Otago's older people since 1948

WORLD ELDER ABUSE AWARENESS DAY JUNE 15 2018

Across the world, people are preparing for World Elder Abuse Awareness Day (WEAAD) - will you join them?

It is estimated that up to 10% of people aged 65+ are victim to elder abuse or neglect in New Zealand - that is up to 3,170 older people living in Otago. We need to educate our community to raise awareness and understanding of elder abuse, and encourage the public to adopt a no tolerance approach to elder abuse.

On June 15th each year, people come together to send out a clear message. The abuse of older people will not be tolerated! We want to end the assault, abuse, intimidation and neglect of our generation.

WEAAD focuses our attention on the need for all of us to take responsibility in preventing elder abuse.

Will you help too?

Why not take the challenge by making a promise to an older person and future generations of older people "Elder abuse is not OK because...". We would love to hear what you have to say. Visit Age Concern Otago facebook page and post your promise.



Contact Information

DUNEDIN OFFICE

Phone: (03) 477 1040

Email: 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

CENTRAL OTAGO - ALEXANDRA OFFICE

Phone: (03) 448 7075

Email: central@ageconnotago.co.nz

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

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From the Executive Officer



Brrr, winter is showing itself. I've dusted off my soup pot and slow cooker and have been enjoying the warmth and nourishment their contents provide. Winter's a fabulous time to give yourself permission to cozy-in and put your feet up with a good book or watch your favorite TV show.

It's also a good time to check smoke alarms to make sure they are in good working order.

National Volunteer week is 17-23 June. I would like to take this opportunity to acknowledge the work and effort of our many volunteers. We are so very fortunate to have you on board and simply could not do our work without you. You truly are appreciated. Thank you all very much.

Don't forget your flu vaccine which is free for over 65s.

Would you, could you rip off your elderly mum or dad? Sounds appalling doesn't it? Who would stoop that low? The stats are shocking. Ten percent of over 65-year-olds will suffer some sort of abuse or neglect. The research says 50 percent of all abuse cases are financially motivated. Worst of all, 75 percent of financial abusers are family member's sons, daughters, and grandchildren. **World Elder Abuse Awareness Day is Friday 15 June.** Let's deliver the clear message that "Elder Abuse is Not OK!" New Zealanders must speak up against abuse.



Age Concern Otago is dependent upon fundraising and donations to provide support to around 10,000 people throughout Otago. If you have the skills, time and inclination to help us attract donor funds, please contact me - I would love to hear from you.

Keep warm and nourished as you hunker down for the next few months and please don't forget to keep an eye out for your neighbours and others in your community.

Debbie George
Executive Officer

Navigate this winter with ease!

During the winter months the cold weather and shorter daylight hours can make life challenging for everyone, but that's no excuse to hibernate!

Whilst it's a nice thought to be snuggled up inside, with the fire or heating on, sipping on hot drinks, the reality is that winter can often be a jolly nuisance. There are a few things that can be done to help make the winter months more enjoyable:

Be extra careful to prevent falls - Wet, frosty conditions can make it easy to slip and fall causing injuries such as hip and wrist fractures, head trauma and lacerations. Make sure your shoes have good traction with non-slip soles, replace worn cane tips to make walking easier and install handrails up steps.

Wrap up warm in appropriate clothing - With such a large variety of clothing available these days there's no need to be cold, either when you're inside or when you're out and about.

Prepare for electricity outages - Ensure you have supplies on hand in case of an electricity cut. This includes a radio with batteries, canned foods, bottled water and extra blankets. Driving Miss Daisy can help you prepare for this.

Eat well - In winter we need to nourish our bodies with warming, nutrient-rich foods to help boost our immune systems. Think delicious soups and broths, citrus fruits full of Vitamin C and hearty casseroles. You may consider the option of purchasing nutritious prepared meals and soups that are available these days.

Maintain contact with friends and family - Driving Miss Daisy can help drive you to social engagements or appointments. Our vehicles are all maintained to a very high standard, they are warm and clean, to drive you safely in almost any weather, and our amazing drivers will ensure you're delivered safely from door to door.

Driving Miss Daisy can help you stay comfortable and safe, so you will not just survive but thrive this winter! 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.

Editorial supplied by Driving Miss Daisy

Driving Miss Daisy your companion and your driver!



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www.drivingmissdaisy.co.nz

Hello from the Reception desk!

Today I am going to talk about something that is relevant to so many people regardless of age... Keeping in touch with loved ones when they do not live close by. For many we are separated by great distances from our relatives.

I was inspired to look at different options after my son went on a trip overseas and the time difference made it very hard to keep in regular contact, so here are my favourites that I use to keep in touch with my family.

1. Sending post cards and letters. My son loves getting mail, sending a post card when not on holidays may be a bit strange but for the person receiving the card they can see a snapshot of where you live. Regular letters are also a great way for families to keep in touch, they do not need to be long, having the young ones send a

- wee handwritten note, and artwork to the grandparents is always going to be enjoyed.
- 2. Using Skype or similar video chat.** If you have a smart phone, tablet or computer with a video camera and internet connection you can download programs that enables you to video chat with others. This means you can share a cuppa and have a chat as if you are right next to each other when you are really miles away.
 - 3. Social Media.** There are varieties of social media platforms that can be used to keep in touch. For example using Facebook and setting up a closed group, that you can add only family members too. Each member can write stories and share photos that only the group members can see this keep you in touch and the images or stories private.
 - 4. Email.** Very much like sending a normal letter but the recipient receives it instantly. You can attach photos, videos, links to articles
 - 5. Make plans and keep them.** Whether you plan in advance a get together or schedule a phone call, make the plans and follow through. It can be very disheartening when you had something planned and it doesn't happen, the disappointment and frustration can ruin what would have been a nice chat.

Now I know that several of my ways to keep in touch use technology, never fear, if you are not familiar with modern technology there are groups that you can go to and learn. SeniorNet have multiple locations across the South Island where over 50's can go and learn about technology in a friendly, fun and stress free way. You can also try your local library for Tech for Seniors sessions.

Hope this has given you some alternative ways to keep in touch with your loved ones.

Take care and keep an eye out for each other,

Fiona McMillan

Leaders who don't listen will soon be surrounded by people who have nothing to say.

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 membership form on the last page for the payment detail. If you have already paid your membership thank you, if you are not sure please give Fiona a call and she can check on our database.

This is a special call for Meals on Wheels Drivers in Dunedin!

Can you spare an hour one day a fortnight or one day a month? Or would you prefer to be a relief driver? Or a School Holiday driver? Any help is greatly appreciated. We are needing volunteer drivers to deliver Meals on Wheels in the South Dunedin, City Central and Hill areas urgently. If you are interested or would like more information please contact Fiona on (03) 479 3055.

“

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in”

”

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 Otago.



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

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Editorial supplied by HealthCare NZ



Disability Information Service



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www.disabilityinfo.co.nz

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!

Editorial supplied by Estate of Grace



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
www.estateofgrace.nz

Tai Chi and falls prevention

If specific tai chi principles are incorporated into tai chi practice, the result will be better balance and reduced falls. The principles are:



1. Movement control

Tai chi movements are slow, smooth and continuous, helping to strengthen internal muscles, like the deep stabilisers that support and strengthen the spine. Additionally, tai chi practitioners move against a gentle resistance to build full muscular strength. Slow and smooth movements calm the mind, helping to reduce falls resulting from sudden movements that lead to significant blood pressure drop, especially in older people taking medication that can cause change of blood pressure.

2. Weight transference

Tai chi practitioners are mindful of transferring weight with each step, helping to improve mobility, coordination and balance. This, in addition to emphasis on upright and supple posture, further strengthens muscles.

3. Integration of mind and body

Tai chi is an internal art, which stresses the integration - and balance - of mind and body. Tai chi practitioners focus, calm their minds, and loosen and relax their joints and ligaments. A number of studies indicate that being confident results in less falls, since the fear of falls increases the risk of falling. Practicing a mind body exercise, such as tai chi, builds confidence, thus alleviating the fear of falling.

www.taichiforhealthinstitute.org/tai-chi-for-fall-prevention/

Margaret Dando
 Falls Prevention Coordinator

Accredited Visiting Service (AVS)

"I am so grateful you have found the right person for me"

"I just love my visitor, she is like the Granddaughter I never had"

"I wish my visitor could come every day to see me"



These are only a few of the hundreds of wonderful comments I receive from those who have a regular visitor through the Visiting Service.

With winter fast approaching many older people will be confined to their homes as it is too cold to leave the house, this can result in feeling down and isolated. The Visiting Service is an effective response to loneliness and social isolation. Surveys tell us that most clients of the service are happier and less lonely because of their volunteer visitor.

New referrals and volunteers always welcome.

Tristan Kavanagh
 Accredited Visiting Service (AVS)

If plan A fails remember you have 25 letters left.

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Supporting the Dental Laboratory

Warmer Kiwi Homes Programme Launches 1 July 2018

The Government has announced a new programme designed to help warm up homes across New Zealand. The “Warmer Kiwi Homes” programme will provide subsidised ceiling and underfloor insulation for homeowners who have Community Services Cards or a combo SuperGold/Community Services Card, if the home was built before 2008. The new programme can also assist homeowners who live in a Decile 9 or 10 area regardless of income.

Ceiling and underfloor insulation are your first and most important defences against cold, unhealthy homes. Insulation helps keep things dry and warm, and keeps energy costs from heaters down to manageable levels. Have you had your insulation checked lately? Products installed before 2008 may have degraded or shifted, leaving you with inefficient insulation and higher energy bills. This programme will allow for top-ups if your existing insulation is no longer performing well.

The Government has committed to paying 66% of the costs of insulation, and locally the Cosy Homes Charitable Trust will be working alongside other funders to make additional subsidies as generous as possible, with a goal of making the insulation free for eligible households. Further details will be available in June ahead of the 1 July 2018 launch date, and will be broadcast by Age Concern Otago in this publication and on the Age Concern website. Watch this space!



Do you still do a tax refund form?

A few years ago, the Inland Revenue decided there was no need for many taxpayers to file an annual IR3 or IR5 if their total income was taxed at source (i.e. the tax was taken out before payment was made). Examples of income taxed at source are payments of national superannuation, interest and dividends.

The down side of this policy is if too much tax payments is taken out, the Inland Revenue will not refund unless requested to do so by the taxpayer.

Many people receiving national superannuation, plus some other income which has had tax deducted at source, are due for a refund. This is especially so if the other income is dividends as they are taxed at a higher rate than national super. It can also apply when the other income is from wages or interest, and tax is deducted at the wrong rate.

If total income is under \$48,000 for the year and includes dividends there should be a refund. Income up to \$70,000 could also, in some cases qualify for a refund. If this applies to you, there are ways to check if a refund is due by:

1. Go online to Inland Revenue website to the section “**Work it out**”
2. Get a copy of an individual tax return guide and use the worksheet

A taxpayer can ring IRD (0800 227 774) and ask them to check. Once a taxpayer contacts Inland Revenue by phone or online, they will take the necessary steps to issue a personal tax summary, and then follow this up with an assessment showing if there is a refund or tax to pay. The taxpayer then **has** to complete a return. It is best to check first if a refund is due by using the online tools or the worksheet before making contact with IRD. That way if tax has been underpaid, there is no requirement to put in an individual tax return and pay any additional tax.

It is worth noting that tax refunds maybe claimed up to the previous 5 years.

Di Cooper

Easy Minestrone Soup

Serves: 6-8

Ingredients

- ¾ cup (135g) Pasta spirals or shells
- 1 large onion peeled and chopped
- 6 cups chicken stock
- 1x 500ml Tomato pasta sauce
- ½ teaspoon oregano
- 1 tablespoon sugar
- 1 cup pumpkin, peeled and chopped
- 1 large potato, peeled and chopped
- 1 large carrot, scrubbed and chopped
- 1 cup frozen peas
- 1x 425g canned 4 bean mix, or red kidney beans, drained
- 2 tablespoons fresh parsley, finely chopped



Instructions

1. Combine pasta, onion, chicken stock, pasta sauce, oregano, sugar, pumpkin, potato and carrot in a saucepan. Boil uncovered for 15 minutes.
2. Add peas and 4 bean mix and cook uncovered for 10 minutes.
3. Add parsley, stir until hot.

Serving Suggestion: serve with parmesan or grated tasty cheese and bread



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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

Winter is a time where we need to keep warm and dry. Here are some of the things you may want to keep in mind over winter.

- Keep warm
- Keep in touch with family and friends
- Check your doctor if a Flu Vaccine is necessary
- Minimise draughts in the home where possible
- Exercise regularly
- Eat healthy
- Make sure there is clear areas around your heaters and fires
- Get fresh air in your house by opening windows during the day where practical
- If outside be careful not to slip when it is wet and icy

If you need any help managing the tasks of a property no matter how big or small maybe we can help carry you through the process.



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- Maintenance and repairs of buildings
- Arranging for sale of goods

Phone: 0800 00 11 26
Email: info@estatepropertysolutions.co.nz
www.estatepropertysolutions.co.nz

Could you be saving money on your power bill?

As the weather gets colder it's a good time to check if you're getting the best deal on your power.

This has been made easy with a quick two-minute check you can do.

A visit to www.whatsmynumber.org.nz will tell you if you could save money on your power bill by switching electricity providers.

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

If you don't have access to the internet, your local Citizens Advice Bureau can help you run the check or you could ask your family to help. And if you decide to change, the new electricity company will do all the work for you.

Even if you're happy with your current company it's worth giving them a call to see if they can offer you a better deal.

Top tip to lower your bill

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 – it may have been moved or need topping up.

Visit www.energywise.govt.nz for more information.

Immunisation across one's life

Southern District Health Board (SDHB)



marked Immunisation Week in early May by promoting the importance of immunisation across people's lives, including shingles and influenza immunisation for those aged 65 and older. As people age, their immune system may also no longer work as well, and they become more vulnerable to diseases that can be prevented through immunisation, particularly influenza, shingles and tetanus. Talk to your practice nurse, family doctor or vaccinating pharmacist about getting protected.

Immunising against influenza

Influenza immunisation is free for those aged 65 and older and is recommended every year. The vaccine is made from a killed virus; it cannot give you the flu. Every year, the influenza vaccine is adjusted to protect against strains of the influenza virus that are most likely to be circulating the following winter, as these change from year to year.

Immunising against shingles

Shingles immunisation is now free at age 65, and until 31 March 2020, anyone aged 66 to 80 is also eligible for a free dose of the vaccine. Talk to your doctor if you are immunosuppressed or immune deficient as the shingles vaccine may not be suitable for you.

Shingles is a painful rash affecting a particular nerve. It is a long-term effect of chickenpox that can occur many years after a person has recovered from the initial disease. It can affect anyone who has previously had chickenpox and is more common in older people. Shingles usually lasts 10 to 15 days but can cause scarring and loss of vision if it affects the eyes. One of the most serious complications, particularly among older people, is nerve pain that lasts long after the rash has disappeared.

Immunising against tetanus and diphtheria

The free combined tetanus and diphtheria immunisation is recommended at ages 45 and 65 to boost the immunity you received as a child (there may be an administration fee).

Reactions

After an injection, you may get a sore arm or mild fever for a day or two. Very rarely a person might experience a serious allergic reaction (anaphylaxis) shortly after vaccination. For this reason you will be asked to wait at the clinic or surgery for 20 minutes after a vaccine is given. This is to make sure that medical treatment is available if an allergic reaction occurs.

Contact your doctor, practice nurse or vaccinating pharmacist if you experience any unusual or severe symptoms after immunisation.



Dunedin woman Mavis Torr is pictured receiving free flu and shingles immunisations from Roslyn Healthcare registered nurse manager Suzanne Crosado. Mavis was partly motivated to get shingles immunisation by the experiences of two friends who had shingles, who said the pain was excruciating.

Gillions Funeral Services - there for you

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?

Every day we help people get through one of life's most difficult tasks. Many years of experience have shown us that our values, our expertise and our community relationships really matter to the families we look after.

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) 455 2128 or emailing support@gillions.co.nz



We have all your funeral questions covered



Ph: 03 455 2128 [24-hours] Toll-free: 0800 858 555
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www.gillions.co.nz

Editorial supplied by Gillions Funeral Services

IN THE TIME IT TAKES

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SEASONS

By the time you read this autumn will be over and we will be in the throes of winter. But at the moment I'm gazing out on the autumn scene.



We do live in a lovely city, don't we? Aren't we lucky? In autumn, I've been driving and strolling around the streets admiring the colours, revelling in the changes from green to soft golds, reds and browns. The Town Belt is great for an autumn walk, as is the meander across to Robin Hood Park, where the mass of colours makes a lot of people just stop and stare. The drive up to the Botanic Gardens, let alone the gardens themselves, is best done with someone else driving, so you can gaze round about you. As one poet said, What is this life, if full of care, we have no time to stand and stare?

And in winter the city is just as beautiful with the evergreens and the wonderful sculptured branches of the leafless trees.

We can see the birds more easily too. There seem to be more starlings around at the moment, would I be right? Waxeyes a-plenty, sparrows I love, blackbirds with their perky beaks, and the stunning piwakawaka or fantail, spreading its elegance on the hedge by the

kitchen window, before it flies off to dazzle someone else.

In both autumn and winter I turned my attention to making sure the garden was ready for winter. Weeds! As a friend of my mother's used to say: *Don't tell me!* Meaning, she didn't want to know. Well, I did want to know because I had to protect the winter vegies, as well as favourite plants. So, weed! Bending and stretching is improving, thanks to the Steady As You Go exercise group. But more was needed. What else? No to poison, of course, and boiling water takes ages. The kettle is heavy and I have to hurry from kitchen to garden down some rather slippery steps. Someone mentioned vinegar to me as a great weed-killer. I googled it, of course, and found that white vinegar, plus a dollop of dishwashing soapy liquid, will kill oxalis.

I tried it! First hours after dousing, I waited to see. Next morning, was anything going to happen? Afternoon? Surely something would happen, I couldn't have wasted two litres of vinegar on that long band of fresh green upright oxalis.

But wait for it!

Lo and behold! The next morning I saw a long stretch of white wilted oxalis, flat along the side of the vegie bed. The vinegar solution worked!

However, back to thoughts of slippery steps, Watch your Step has a new meaning in our house. I came a right cropper on one of ours recently. Yes, it was painful! Luckily there was no damage. We now have our steps waterblasted, and we have sand to spread over them to make sure it doesn't happen again. And I am looking out for wire mats for the surfaces of the steps to make sure of safety.

Now it's the 'cauld blast' of winter, and gardening is more focussed on indoor plants, a lovely group of colour, scent, touch and taste plants, right there to my hand in the warmth.

Beatrice Hale
Defiant Gardening Granny

Age Concern Otago Statement of service performance

for the year ending 30th November 2017



28,903

Meals provided around Dunedin



1,145

User of Total Mobility



7,056

Provided with information/support



145

Referrals for elder abuse support (EARSP)



1,526

Falls participants

90

Weekly classes



108

People visited through AVS



223

Weekly attendees to the Octagon Club, Mosgiel and South Dunedin Seniors



208

Staying Safe participants



699

Elder Abuse education attendees



246

Independent Living Seminars attendees



12

Participated in cooking classes



13

Skills bank and trades people



22

Learning to play the ukulele



20

English for Elders participants

Senior Chefs – Making Friends Making Meals - Cooking classes for men and women

There is a cooking class in town and its proving you are never too old to learn. The free lessons include tips on meal planning, making economical choices, and keeping your meals healthy and nutritious, and you get to eat what you prepare.

Sharing food and cooking for others provides motivation for cooking which is important for many people who live on their own and find that meals become a boring necessity. When meals become unattractive it can lead to a lack of appetite, poor nutrition and a number of related health concerns.

Working in pairs in the class, our 'chefs' create some wonderful recipes including vegetable quiches, coleslaw, fruit smoothies, omelettes, chilli con carne, and yummy apple crumble. Over eight weekly morning sessions the 'chefs' learn to prepare and cook a variety of food making a complete balanced and nutritious menu.

Our Senior Chef programme has a bonus social by-product too. It is a fun programme where people come together for the common purpose of learning

to cook for themselves so friendships are bound to develop. As well as enjoying the company of others the 'chefs' take away a greater sense of wellbeing, the ability to fend a little better for themselves and are less socially isolated.

While we cannot guarantee to make you a Master Chef, you will certainly be a Senior Chef if you come and join us for this wonderful free cooking course.

If you are over 65, we have a free, 8 session, 4 week courses starting July 23rd. Places are limited so phone Age Concern Otago for more information and to book your place 477 1040.



SENIOR CHEF

Easy recipes for one or two



Cooking classes for older adults

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- ◆ Practical informative sessions
- ◆ **FREE** recipe book
- ◆ Learn about nutrition, budgeting, shopping & meal planning
- ◆ **FREE** 8 week cooking class (2 hours, one morning a week)
- ◆ Meet new people in a relaxed, social environment
- ◆ **Courses available in Dunedin and Central Otago—Now!!**

Ph: 03 477 1040 to book

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 (EARS): 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 about Elder Abuse Response Service (EARS), HP programmes, Accredited Visiting Service, (EARS) & Falls Prevention classes

Email: central@ageconcernotago.co.nz

NORTH OTAGO:

Elder Abuse Response Service (EARS) -

Contact Peggy: 027 2314 880

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.

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. 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

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



2018 Age Concern Otago Membership is now due

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

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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

Men's Health Month - June 2018

Throughout the month of June, we are encouraging men in New Zealand to open up and start talking about their health. Gents should get along to the Doc for a check-up once a year.

Now is a great time to become proactive. This year Men's Health Week encourages guys all over the country to take the Accuro What's Your Score health check online: www.menshealthweek.co.nz

The website has useful information as well as some fantastic services and offers for men. Take your time to look around.



Sender:
Age Concern Otago
PO Box 5355
DUNEDIN 9058

