

**SPRING 2018 QUARTERLY NEWSLETTER**  
[www.ageconcernotago.com](http://www.ageconcernotago.com)



# Age Concern Otago

*Serving the needs of older people*

**Celebrating Otago's older people since 1948**



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

A Pukeko Print & Design Ltd publication | [www.pukekoprint.co.nz](http://www.pukekoprint.co.nz) | Please refer to website for disclaimer

## Contact Information

### DUNEDIN OFFICE

Phone: (03) 477 1040

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

Address: 9 The Octagon, Dunedin 9016

Postal Address: PO Box 5355, Dunedin 9058

### 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

### OFFICE HOURS

9.00am - 4.30pm Monday to Friday

Service information available on our website:  
[www.ageconnotago.com](http://www.ageconnotago.com)

Like us on Facebook - Age Concern Otago

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.

## PLEASE SUPPORT OUR ADVERTISERS

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



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

Ph: (04) 293 2705

## From the Executive Officer



Welcome to Spring everyone. It is my favourite time of year! It was so lovely to see lambs frolicking the other day and the sight of beautiful daffodils is uplifting. It's wonderful to feel inspired to get out and about after being hunkered down for the winter months.

Age Concern Otago turns 70 on September 9 this year. Wow, what a milestone!

Here is a snap-shot of the first meeting:

1948 October 14 – The first meeting of the “Otago Older People’s Welfare Council of Otago” (OOPWC) was held.

The following was the decided 6 point programme at this meeting:

1. The formation of an Older People’s Welfare Council to act as a focus of interest and distribution centre of relevant information. (*Age Concern Otago today. Information Hub*)
2. The formation of a club for older people and the collection of 20,000 Pounds for this purpose. (*The Octagon Club within the Age Concern building today*)
3. The enrolment of 100 volunteers for visiting the old people. (*Accredited Visiting Service (AVS) today*)
4. The provision of a mobile canteen and library service. (*Octagon Club and the DCC Home Library Service today*)
5. The provision of a mobile canteen for incapacitated old people. (*Meals on Wheels service today*)
6. The formation of a panel of Practitioners trained in geriatric work. (*OPEN Network today*)

It is interesting to see that the work and issues identified 70 years ago continues today. We provide additional services and supports as well now though, such as; Health Promotion/Education Seminars, Falls Prevention, Elder Abuse Response, Staying Safe Driving courses and Total Mobility assessments for taxi vouchers. The number of people we support has increased to 10,000 per year and we now provide services throughout all of Otago.

Continued on Page 4

## Maintaining your independence

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

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

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

### Total Mobility Scheme

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

For further information contact your local Age Concern, they are happy to help you find out if you are eligible and advise you how to apply.

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

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

Editorial supplied by Driving Miss Daisy

## Driving Miss Daisy 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)



It was noted at this meeting that NZ had the largest percentage of old people in the world – 13% of the population being aged 60 or over. Interesting that 60 was regarded as old. 21% of our population is over 60 today and of course the numbers of people are significantly higher as our population grows. It is predicted that by 2032 there will be more people in NZ over 65 than the number of people under 18. Thank goodness for Age Concern!

Have fun and keep safe out there everyone. I hope you are enjoying some sunshine.

*Debbie George*  
Executive Officer

**Accredited Visiting Service (AVS)**

Volunteers are the life-blood of the Accredited Visiting Service, without them we would not be able to provide this wonderful Service. Their main task is to establish friendship links with an older person through regular visits. We would like to take this time to thank each and every one of you for the time you have kindly given to an older person. Your friendship and companionship means the world to them. Anyone who reads this and thinks they would like to become involved then please contact Tristan on (03) 479 3058 or email: [tristan@ageconcernotago.co.nz](mailto:tristan@ageconcernotago.co.nz)

*What makes you smile?*

Whatever it is, we guarantee you will feel comfortable and confident.

Full & partial dentures  
Repairs and relines  
Snoring appliances

0800 500 730  
[www.thelab.co.nz](http://www.thelab.co.nz)  
the lab<sup>o</sup>  
Something to Smile About



**Hello from the Reception desk!**

Hi everyone,  
The change of season is in the air and the flowers are beginning to blossom. For me it is that time of year to get tucked in and have a good clear out both inside and out. Now that we are having sunny dry days the garden gloves are on and the weeds better watch out.

Now not all of us have the ability or the time to get in and do some of these jobs, we here at Age Concern Otago have individuals on our Skills Bank that have been interviewed, police vetted and can be hired to do tasks around your home. These people are skilled or semi-skilled trades people available to do small jobs. These jobs could be general gardening, lawn mowing, minor property repairs, etc. Each trades person has their own charges and service areas. If you would like more information regarding the Skills Bank or if you would be interested in becoming a Skills Bank trades person please contact me on (03) 479 3055.

To all my fabulous Meals on Wheels drivers, I don't tell you often enough how wonderful you all are! You make an incredible difference in the lives of people in our Community. We will be having our Annual Volunteer evening the beginning of December to celebrate and thank you all, keep an eye out in the next few months for your invitation.

If you're in town pop in and say Hi. Take care.

*Fiona McMillan*

**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)



Not all retirement villages are the same...

**Ryman Peace of Mind**

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

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



**Deferred management fee is capped at 20%**

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



**Fixed weekly fee\* – providing certainty about your living costs**

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



**FRANCES HODGKINS**  
RETIREMENT VILLAGE

40 Fenton Crescent, St Clair



*Yvette Williams*  
RETIREMENT VILLAGE

383 Highgate, Roslyn



**RYMAN**  
HEALTHCARE



For more information please phone Kate on 03 455 7936

\*Terms and conditions apply



## Signs that an older person may need help

Changes in physical and cognitive abilities that may occur as we age can be difficult to detect by family/whanau and caregivers. To assist in determining when an older adult may need assistance in the home, there are 10 warning signs. Any of the following behaviours may indicate the need to take action.

1. Changing eating habits, resulting in weight loss, appetite loss, or missed meals
2. Neglecting personal hygiene, including clothing, body odour, oral health, nails, and skin
3. Neglecting the home, with a noticeable change in tidiness and/or sanitation
4. Exhibiting inappropriate behaviour, such as being unusually loud, quiet, paranoid, or agitated, or making phone calls at unusual hours
5. Changing relationship patterns, causing friends and neighbours to express concern
6. Showing physical injuries, such as bruises/burns, which may have resulted from general weakness, forgetfulness, or misuse of alcohol or medication
7. Decreasing or stopping participation in activities that were once enjoyable, such as a exercise group, bowls or book club, dining with friends, or attending religious services

8. Exhibiting forgetfulness, resulting in unopened mail, newspaper piles, unfilled prescriptions, or missed appointments
9. Mishandling finances, such as not paying bills or paying them more than once and losing or hiding money
10. Making unusual purchases, such as more than one subscription to the same magazine or social club, entering an unusually large number of contests, or increasing purchases from television advertisements

It is important the older person's Doctor/Health Professional be informed of any of these changes, as they will send a referral to the Southern DHB's Care Coordination Centre who arrange support services in Otago. They are committed in helping older people or members of their family/whanau, maintain health and independence in the community. The CCC will carry out a needs-based assessment and arrange supports required.

**For further information on Care Coordination you can visit: [www.southerndhb.govt.nz](http://www.southerndhb.govt.nz) or 0800 627 236**

*Kristen Beardsmore*  
Health Promotion

Sharing with an open heart is  
the start of amazing things

## 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.

**AUDIOLOGY SOUTH**  
Hearing Health Professionals

**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)

**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**

## From Central Otago

Spring is on its way. My favourite time of year when the garden starts coming to life, and the days getting longer and the sun brings warmth to my bones.

For many, it has been a long winter in Central with several older adults struggling in the area with heating bills. Another thing I have noticed this winter is how easy it is to sit and stay at home on the short cold days. For some older people it has meant no contact with others for many days and this is a sure way to become isolated and unwell.

Social isolation is one of New Zealand's biggest problems especially for older people. I wish we could think of ways to avoid falling into this winter habit. Perhaps we could plan to commit to going to some form of exercise group such as Age Concern falls prevention classes.

During winter in Ranfurly, Murray and Glenda Newton organise a card afternoon on Tuesday. I have attended one of these fun filled afternoons. Glenda makes a lovely afternoon tea so come and join them. Cromwell, hold a housie group when Care & Friendship take a break during the colder months. This is a lively afternoon activity organised by Noelene Watson. Alexandra Seniors hold a card afternoon on Wednesday and Wanaka Prime Time Group offer various activities.

These groups are just a few of the activities available for older people. They assist us to meet the weekly goal of getting out in the community during winter, talking with others, having some fun, and remaining connected and well.

Looking forward to the long days of summer.

*Marie Roxburgh*  
Central Otago Coordinator



*Sometimes all you need is a hug from the right person...*

*And all your stress will melt away!*



**Disability Information Service**



WALKING FRAMES

### WHAT WE OFFER:

- Free Information & Advice
- Equipment & Assistive Aids
- Continence Product Service



HEALTH SOCKS

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



UCCELLO KETTLE

**VISIT US AT:**  
Dunedin Community House,  
Cnr Moray Place and Great King Street, Dunedin  
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)

## Ageing Well

Preparing for living well into your 80 and 90s is quite a new concept because people have never lived so long or so well. Maintaining a positive attitude, continuing to learn, maintain relationships and creative passion to cleaning out clutter assists us to age well.

### Positive attitude - learning to notice your own negative thinking

It's easy to fall into negative thinking without realising it. To maintain well-being the trick is to practise turning negative thoughts into positive ones.

#### There are two steps

1. Notice what is going on in your thoughts. Learn to notice those negative thoughts.
2. Change your thoughts - turn your negative thoughts into positives, e.g.: "I'm too old to..." can be changed into "I'm willing to try new things". "My body is letting me down" to "My body needs care and attention" Or instead of "I'm stuck in my ways" try saying "I'm open to adventures". This is a good habit to develop.

### Keep doing new things - our brains are very elastic and can grow new pathways

You are never too old to learn new things. Brain research shows that learning and doing new things, like dancing, music, new languages, keeps the brain alert and is good for our memories. Our brains can keep making new pathways and trying new things helps with this.

"It has taken me one year to learn the 108 step Tai Chi and my memory has definitely improved", says

one participant.

When you first start to learn it can be quite difficult and stressful but stick with it, it becomes easier.

Others things you can do to avoid stagnation are:

- try a new recipe
- make a new friend
- sit in a different chair
- walk a different route
- try meditation and mindfulness.

### Clutter clearing - get rid of internal and external baggage

Holding on to baggage as we age weighs us down mentally.

Getting rid of old, attitudes like grudges and blaming others for things that happened in the past can be a real help to mental health. It is time we try to drop these and release into forgiveness and maybe repair a damaged relationship.

And get rid of the old stuff around you, too.

*Definition of clutter: Anything that does not make you smile when you look at it.*

A precious photo of your mother that makes you smile is not clutter. However, anything that feels burdensome, stresses you out or brings you down is.

Ways to weed out the clutter:

- start with one drawer
- if it brings you down, or you think your kids won't want it, get rid of it
- if it makes you happy, find a place for it
- go through your diaries or keepsake boxes, keep the real treasures for a special folder, and ditch the rest
- do the same with old colour slides and photographs, etc.

Once you start to throw out or give things away, the real treasures start to shine and you see what you truly value.

"This is a time to start afresh and be generative or we become musty on the inside."

A great book on the subject is Clear Your Clutter with Feng Shui by Karen Kingston. Her own book Spirited Ageing has helpful exercises, too.

### Relationships - it's vital to make friends of all ages

Building inter-generational relationships is very important because if we live a long life our peers die and we can find ourselves stranded. These relationships keep our neurons firing, so it's good to stay connected with young and old people alike.

Moving to an isolated spot in the country is not a good idea because we need access to resources and connected to and be stimulated by a range of people.

"Love seemingly can make a medical difference", quoting Daniel Goleman, author of Social Intelligence, who also says that "the more frail our condition...the more powerful the health impact of our relationships."

There are at least three long-term studies proving the benefits of community connection. A New Zealand study shows older Maori connected to their marae had a higher quality of life because they have status, are needed and are serving their community.

And of spiritual relationships, the Minnesota Nun Study by Dr David Snowdon shows the power of a loving community and shared spirituality are without any doubt vital to wellbeing and longevity.

### Passion and creativity - connect with your heart

Connecting with your passion is also a vital part of staying vibrant as we age.

"When you do that, it fires you up."

The movie Alive Inside, is worth watching – this documentary shows how music can unlock memory and actually bring people out of dementia for a period of time. Dr Gene Cohen that looked at 150 older people with an average age of 80 years showing those involved in arts programmes not only stabilised their health but some also improved it, both physically and mentally.

Connecting with your passion and creativity could mean singing, gardening, enjoying nature, art, listening to music, or giving to others.

**It's never too late to have a happy childhood.**  
- Tom Robbins

## Dunedin City's only locally owned and operated funeral home

Gillions is one of only two locally owned and operated funeral homes in the greater Dunedin area - the other being Campbell and Sons in Mosgiel. Gillions is a third-generation company with connections that go back to the Victorian era. Our building, in Hillside Road - originally the South Dunedin fire station - was converted in the early sixties into a funeral home. Although it is over 100 years old, our facilities are modern.

Our staff are trained, qualified and experienced and really dedicated to helping grieving families. We belong to professional bodies (FDANZ & NZIFH) which means we have support, ongoing professional development and standards to adhere to.

**If you are thinking about pre-planning or pre-payment towards your funeral - get in touch - our friendly team are there to help you.**

**Phone 03 455 2128 or email us at [support@gillions.co.nz](mailto:support@gillions.co.nz)**

We're locally and family owned and operated which means we'll always be here when you need us

Compassionate guidance, support and advice 24/7



Ph: 455 2128 (24-hours)  
Toll-free: 0800 858 555

407 Hillside Rd, Sth Dunedin  
[www.gillions.co.nz](http://www.gillions.co.nz)



- > 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**  
Incorporating Ace Dental Laboratory



Bea-line

SPRING MAGIC - RAMBLING IN THE GARDEN

Having sown my carrot seeds in late winter, I was delighted last month to see a feathery row of leaves poking through the soil. However, I was less than delighted when Mr Nearly-Three announced that he had pulled out ‘all those naughty weeds.’ He was so pleased with his help and his work as chief gardener, that I couldn’t be cross. I have found the packet of carrot seeds, not quite finished, and I am planning to re-sow. My carrots will be a little late this year, me thinks.

Obviously, I’m in spring mood. The books tell you all the tasks you should do: tighten, or tidy the wood in the raised beds by putting stakes inside the wood, and fasten with screws or nails. Fix trellis and fencing. Weed the new spring weeds. Mulch bare spots in the garden. If you need to, add lime, not ‘quick-lime’ but slow acting lime to the soil so that in several weeks, when you start to plant, the soil will be ready for them. And, of course, protect the newly limed soil from run-off during heavy spring showers, by covering it with plastic.

I’m ashamed to say I’ve done none of these things - except for a bit of weeding especially amongst the lavenders, and in my special herb bed, where I have glorious agrimony poking through the soil. We’re



talking agrimonia eupatoria here, by the way, for the gardening pedants among us. This is the common agrimony, which seems to grow all over - well, all over the civilised world anyway. Not a plant to appreciate the ends of earth. A winter-dormant plant, agrimony grows to about a foot tall, and is reputed to be an ‘all-heal’ plant, from treating tired feet, to treating eye ailments, and special brews can be made for ‘disorders of gallbladder, liver and kidneys.’ I am wary about such brews, I must say. Given by a trained herbalist, that’s fine. But made by my own fair hands? No, thanks.

Next on the planting list is potatoes. Each grandchild has a tyre for his/her potatoes. As the potatoes grow, then another tyre is added, and another, and another. One year, when our children were small, we actually managed a tower of six tyres. That was a very good year for potatoes.



Now to stand and stare: bulbs are through and the daffodils, large and small, are superb. I love the delicacy of the tiny daffs, and the triumphant heraldry of the tall ones, standing straight and blaring out their yellow trumpets. Wonderful!

And here are the tulips, upright and colourful, stirring memories of the glorious array of colours in the Keukenhoff Gardens in the south of Holland, when I was lucky enough to go there. Beside the tulips, growing nicely, are the stunning, faintly mottled leaves of the honeywort, that obliging Mediterranean plant which kindly does well in poor dry soils, copes with shade, but prefers full sun. Its blue bracts and purple flowers will be out soon. By the way, if your honeywort grows well in one place, watch out for a honeywort invasion, it will self-sow all over the place.

Bees will love it! I don’t mind, but then I’m not a neat gardener. I like to see favourite plants making themselves at home all over the garden. All the same, you could be in for a take-over.

Further checks: celery doing nicely, thank goodness I planted it earlier. Beets a bit slow – but coming along. Look at the rocket and silver beet. Spring onions a bit thin, alas.

All the edible herbs are growing well, maybe because our lovely bay tree, beautifully trimmed, is standing guard over them. We love the fragrance and taste of bay leaves, and I use several in every tomato-dish I make.

Other successful herbs? French tarragon, wow, what a flavour! Marjoram of course, thyme, sages, parsley and rosemary.

Incidentally, I saw a stunning rosemary in a friend’s garden. I’ve read that it was a herb sacred to Egyptians, Jews, Greeks and Romans. In the Middle Ages rosemary was cultivated to keep away the plague. It was burned in hospitals during epidemics; it was also used to scent beer and wine. It has numerous medicinal and cosmetic uses, but the warning is: don’t eat too much of it! It can have unpleasant side effects.

That’s a pretty good all-purpose herb, isn’t it?

I grow my rosemary alongside rue – no doubt Shakespeare would approve. In Hamlet, Ophelia says, ‘There’s rue for you, and here’s some for me. We must call it herb of grace o’ Sunday’. Apparently, on Sundays, way back, the Catholic church used branches of rue to sprinkle holy water over its congregation.

Ophelia also says, ‘There’s rosemary, that’s for remembrance. Pray you, love, remember.’

And I’d better remember to weed a bit more every day so that the favourite plants will show to their advantage.

*Beatrice Hale*  
Defiant Gardening Granny

**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.

**HealthCare**  
New Zealand

*Supporting independence*

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

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

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

For more information about how we can support you please phone 0800 002 731 or visit [www.healthcarenz.co.nz](http://www.healthcarenz.co.nz)

Healthcare of New Zealand Limited is a wholly owned subsidiary of Healthcare of New Zealand Holdings Limited (HealthCare NZ). ©HealthCare NZ April 2018.

*Editorial supplied by HealthCare NZ*

*Free Will Service*

**SOLOMONS**  
*Barristers & Solicitors*

**03 477 8574**



## Legionnaires' season is coming

Gardening is a popular pastime enjoyed by thousands of New Zealanders, helping people relax and escape the stresses of life. It provides enjoyment and exercise. The huge growth of interest in home-grown vegetables and fruit in recent years has added to people's culinary enjoyment, and helped stretch their budgets further. Soil does however contain some organisms that can be harmful to people, if simple precautions are not taken. A type of Legionella bacteria, which is commonly found in warm, moist conditions, is the cause of Legionnaires' disease. Spring and Summer months we see an increase in people affected by this disease.

Legionnaires' disease is a form of pneumonia. You can catch the disease by inhaling airborne droplets or particles containing the bacteria. The illness may be mild but can sometimes be fatal. It is more common in older people, particularly if they have poor immunity or a chronic illness. Symptoms include dry coughing, high fever, chills, diarrhoea, shortness of breath, chest pains, headaches, excessive sweating, nausea, vomiting and abdominal pain. Anyone who gets these symptoms should see their general practice team right away and let them know if you have been handling potting mix or compost.

### Reducing the risk

There are a few simple, easy and natural steps that all gardeners can take, to reduce the risk of the disease while continuing to enjoy their garden. When working around bulk supplies of potting mix, avoid breathing dust or inhaling steam or mist. As a reminder, potting mix and compost packaging should contain a warning panel alerting gardeners of the risks.

- ✓ Water your garden and indoor plants using a gentle spray.
- ✓ Read the warning on bags of composted potting mixes.
- ✓ Wear gloves when handling soil, mulches, compost or potting mix.
- ✓ Wear a dust mask if handling potting mixes indoors or in windy conditions.
- ✓ Dampen potting mixes before use.
- ✓ Open bags of soil products or composted potting mixes slowly and away from the face.
- ✓ Make sure the working area (glasshouse, potting shed) is well ventilated.
- ✓ Wash hands thoroughly after gardening or handling soil products.

See your doctor immediately if you develop a flu-like illness that is worsening. Antibiotics are effective against Legionnaires' if given early.

**Source:** [www.healthed.govt.nz/resource/safer-and-healthier-gardening](http://www.healthed.govt.nz/resource/safer-and-healthier-gardening)

### What the kids said

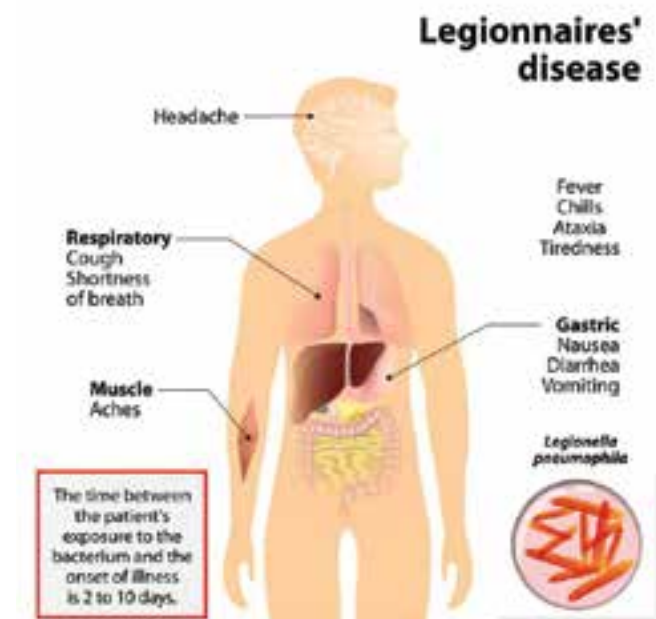
This is a picture of an octopus. It has eight testicles. (Kelly, age 6)

Oysters' balls are called pearls. (Jerry, age 6)

If you are surrounded by ocean, you are an island. If you don't have ocean all round you, you are incontinent. (age 7)

Sharks are ugly and mean, and have big teeth, just like Emily Richardson. She's not my friend any more. (Kylie, age 6)

A dolphin breathes through an asshole on the top of its head. (Billy, age 8)



## 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](mailto:dunedin@estateofgrace.nz)**  
**[www.estateofgrace.nz](http://www.estateofgrace.nz)**



## 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 don't just do estates but 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)**

Spring is here and it's a great time of year to think about having a good clear out. We can help with house cleaning, decluttering advise or assistance. We can help you with rubbish removal, tidy up of garden along with any maintenance jobs around the house. Maybe you need some painting done we can do that too. We can do as much or as little as you need. Do you have a garage full of unwanted stuff? We can clear it out for you. Do you live out of town? No worries we are happy to do out of town work for you.

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.

**Call us at Estate Property Solutions 0800 00 11 26 or 027 878 9473.**  
**[info@estatepropertysolutions.co.nz](mailto:info@estatepropertysolutions.co.nz)**



### 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*

## Love Food Hate Waste

Collectively, Kiwi households are throwing away more than 47,000 tonnes of vegetables a year, contributing to almost a third of food wasted by New Zealand households.

In an effort to help combat this huge amount of waste, the University of Otago partnered with the Love Food Hate Waste campaign, conducting research to find the best home storage methods to give produce a longer shelf life.

Here are some of the findings that reveal easy methods to make your produce last, in some cases, up to 10 times longer!

**Bagged salad greens** - you can make them last up to two days longer by removing them from the bag and putting them in an airtight container.



**Avocado** - by wrapping a cut avocado in cling wrap, forming a tight seal around it, is enough to make it last four times longer than if left uncovered. Don't brush the avocado flesh with lemon juice or olive oil as this makes the avocado deteriorate faster.

**Carrots** - these were found to last 10 times longer if they were stored in an airtight container lined with a paper towel, rather than left loose in the fridge.

**Pumpkin** - pumpkin will last longer if wrapped tightly in cling wrap. It makes no difference if the seeds are left in or out if you're storing it in this way.

**Celery & Iceberg lettuce** - both celery and iceberg lettuce can be wrapped in a paper towel and then stored in a zip-lock bag. This will give them a couple of extra days of freshness.

**For more information check out:**  
**[www.lovefoodhatewaste.co.nz](http://www.lovefoodhatewaste.co.nz)**

## AGE CONCERN OTAGO NOTICE BOARD

### Make us your first call for information, education & advocacy

All service information is available on our website:  
**[www.ageconcernotago.com](http://www.ageconcernotago.com)**

#### **STAFF DIRECTORY:**

##### **Chief Executive Officer:**

Debbie George (03) 479 3056

##### **Accounts/Administrator:**

Maree Turnbull (03) 479 3051

##### **Accredited Visiting Service (Dunedin & South Otago):**

Tristan Kavanagh (03) 479 3058

##### **Falls Prevention Programmes:**

Margaret Dando (03) 479 3052

##### **Health Promotion Programmes/Elder Abuse Educator:**

Kristen Beardsmore (03) 479 3054

##### **Elder Abuse Response Service:**

Marie Bennett (Dunedin) (03) 479 3053

Marie Roxburgh (Central) (03) 448 7075

Peggy Waite (North Otago) 027 231 4880

##### **Reception/Meals on Wheels Diver Coordinator:**

Fiona McMillan (03) 479 3055

**Office Hours: 9.00am - 4.30pm Monday to Friday**

#### **DUNEDIN OFFICE:**

**Phone:** (03) 477 1040

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

**Address:** 9 The Octagon, Dunedin 9016

PO Box 5355, Dunedin 9058

#### **CENTRAL OTAGO (ALEXANDRA) OFFICE:**

**Phone:** (03) 448 7075

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

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

### **CLUBS NOTICE BOARD**

#### **OCTAGON CLUB**

**Various weekly social and exercise group activities for people 55 plus.**

To find out all that is on offer, come in to pick up a brochure from the Octagon Clubrooms, Age Concern building. Entertainment or travel trips are available on our Website or Facebook page or phone (03) 477 1040.

#### **MOSGIEL SENIORS**

Housie and Bowls; Total Mobility assessments each Wednesday 1.00-2.00pm. Phone Tristan to find out more (03) 479 3058.

#### **SOUTH DUNEDIN SENIORS**

Thursday social group, weekly meet at the South Dunedin Community Hall. Everyone welcome. Phone Age Concern reception to find out more.

**Our health promotion programmes empower older people to enjoy older age and have better health outcomes. All programmes are available in Dunedin and a range of programmes offered in Central and Otago districts. Check out our Websites What's On page to find out the current class/programme schedule or Phone Dunedin (03) 479 3054 or Central (03) 448 7075.**

### **English for Elders**

**Weekly English classes open for all older migrants to improve their conversational English.**

Volunteer tutors assist you to gain confidence for daily activities like shopping, banking or making appointments; speaking with neighbours/whanau and improving opportunities for social contacts, plus getting to know Dunedin areas.

### **Independent Living Sessions**

**Seminars or talks are held to assist 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.

### **Staying Safe**

**Refresher workshops for senior road users. Bookings required.**

This popular NZTA driving safety programme re-familiarises seniors of traffic rules, road conditions and safer driving practices, also increase knowledge about other transport options available.

### **Senior Chef**

**An 8 session cooking course for seniors who live alone or with one other person. Registration required.**

Cooking classes are for seniors to improve cooking skills, increase confidence or motivation around cooking and understand nutritional needs as we age.

### **Steady As You Go® and Tai Chi**

**Falls prevention classes running throughout all of Otago.**

Exercise group classes to keep you fit, balanced and strong to assist you to be free from falls.





## 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)**

## Budget Delivers Cheaper Doctor Visits

The cost of visiting the doctor will reduce for people with a Community Services Card under changes announced in the 2018 Budget.

This will give up to 540,000 people access to low-cost GP visits - making it around \$20 to \$30 cheaper.

Seniors who have either a combined SuperGold and Community Services Card or a Community Services Card should also see a reduction in the cost of visiting their GP by 1st of December 2018.

General practices can choose whether or not to provide the new low-cost visits so please check with your doctor later this year to see whether they have chosen to opt in.

Under the changes, people receiving the Accommodation Supplement or living in public housing will also get a Community Services Card, giving them access to cheaper doctors visits.

**To find out more about these changes, go to [www.health.govt.nz](http://www.health.govt.nz) and search for 'primary health care subsidies'.**



Sender:

Age Concern Otago

PO Box 5355

DUNEDIN 9058

*New Zealand*

**Permit No. 247902**

Permit

