

**SUMMER 2018 QUARTERLY NEWSLETTER**  
www.ageconcernotago.com



# Age Concern Otago

*Serving the needs of older people*

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



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## 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 9054

### 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)

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## From the Executive Officer



Hello everyone and welcome to SUMMER! I have a feeling we're in for a long, hot one. I would like to take this opportunity to wish you all a very happy Christmas and New Year.

### MOVING IN WITH FAMILY:

Multi-generational households can seem the answer to everyone's problems...and they can be, providing support and companionship for old and young. However, unclear or informal arrangements can lead to discomfort, family dissent, elder abuse and even homelessness. There are many things to think about and do before deciding to move in with family - here are some suggestions:

1. Talk frankly about the issues and assumptions involved. e.g. what questions do you have about finances and what questions do others involved have? Does everyone share common expectations about finances, personal spaces, personal possessions, food, cooking, caregiving, transport, noise and friends? Don't assume anything - write a list and go through each issue one-by-one, noting down your agreements and where there is a need for further thinking and conversations.
2. If you are looking at merging your financial interests, for example by selling your house, get independent legal advice and record expectations and agreements in writing. Don't use the lawyer that your family is using - get your own as they will be advising in your best interests only.
3. Consider if your move is reversible if you or your family's needs and choices change? This is very important as often there are changes that take place within your family's lives that may impact upon you. Small children can become difficult teenagers, marriages can break down and finances can become a problem. Similarly, you may require full-time care or can no longer live safely in the space provided for you. Ensure you have options available to you to move elsewhere (and with adequate finances) in the event of these changes.

4. What will your day-to-day life be like? Moving away

*Continued on Page 4*

## Brighten up your festive season

For many, Christmas is a time of family togetherness, the sharing of meals, relaxing together over a holiday break, youngsters playing whilst the adults watch on. Backyard cricket, bbq's, afternoon siestas, long days at the beach, camping, picnics packed in chilly bins and Christmas cake with a cuppa. It's a wonderful season and we're so lucky to live in this beautiful country that offers such natural beauty and wonderful outdoor activities.

In contrast, the festive season can also be a time of quiet reflection, contemplation and memories for many; remembering loved ones and reminiscing of wonderful Christmases and holidays gone by.

At Driving Miss Daisy, we love this time of year and want to help you remain as active and independent as possible so that you can enjoy the traditions of the season. We provide a number of different services to assist you - here are a few ideas:

- Christmas card shopping & posting
- Christmas gift shopping for loved ones
- Clothes shopping for special occasions
- Companion driving to end of year functions & events
- Companion driving to church & carol services
- Grocery shopping for special Christmas meals and treats
- Airport and transport transfers (including at departure and arrival ports)
- Christmas light tours
- Festive outings with a group of friends

Driving Miss Daisy is committed to helping our clients get out and about, so they can live life to the full and make the most of every moment. Remember that many of our franchise owners have fully equipped Wheelchair Accessible Vehicles, to assist with walkers or wheelchairs.

Call us today to discuss your festive season requirements. If there's something you need help with we'd be happy to talk through the options.

*Editorial supplied by Driving Miss Daisy*

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from a family home or familiar neighbourhood can be especially challenging when it means moving away from a life history of experiences and long established networks and support systems.

Things to consider regarding the space you will be living in if you move in with family:

- Your level of health or disability in relation to access to your living space - avoid slopes to the front door and having to use stairs if possible
- Are the bathroom facilities suitable for your level of health or disability - are there grab rails and easy access into the shower or bath?
- Do you have a kitchen area to cook your own meals/make cups of tea and toast or will you share with family?
- Is it a dry and well insulated environment and therefore easier to keep warm?
- Is there sufficient space for you to see visitors in private and stay over if so desired?
- Access to local services and recreation - can you easily get to the Bank, Post Shop, Doctor's Surgery, Library and any clubs or groups you already belong to or would like to join

Finally: It would be helpful to think of someone you trust who is a good listener and independent of your family that you can talk your plans over with. Also consider who may be available to help you if you have a dispute with your family.

*Debbie George*  
Executive Officer

## Hello from the Reception Desk!

Here we are at the end of another year! I trust you all are enjoying the longer and warmer days. The office is a buzz of pre-Christmas excitement. With all the craziness that comes with the holidays please take care on the roads and allow extra time to get where you need to go, we want everyone to welcome the New Year safely.

I would like to welcome all of the new Meals on Wheels drivers that have come on board this year, and a big thank you to existing and retired Volunteer drivers, without your dedication we could not support so many of Dunedin's older people.

I wish you all a happy and safe holiday season. Take care and keep an eye on each other.

Cheers,

*Fiona McMillan*



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## Holiday Hours

**Age Concern Dunedin and Alexandra offices will be closed from Wednesday 19 December 2018 until Monday 14 January 2019.**

**Messages left on our main answer phone (03) 477 1040 will be cleared regularly.**

**Normal hours will resume Monday 14 January 2019.**

**Meals on Wheels will continue Monday to Friday including statutory days as usual.**

**The Octagon Club will close from Monday 17 December 2018 until Monday 14 January 2019.**

**South Dunedin Seniors will close Thursday 13 December 2018 and reopen on Thursday 14 February 2019.**

**Mosgiel Seniors Bowling Group are already closed for this year and will reopen on Thursday 7 February 2019.**

## PLEASE SUPPORT OUR ADVERTISERS

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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 don't just do estates but have a wealth of knowledge and can manage a wide range of services.

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Summer 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.

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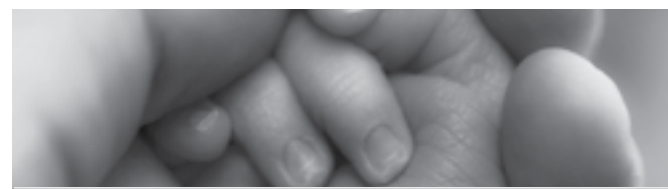
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## From Central Otago

It's been a great year with Age Concern in Central Otago running two seminars on how best to live independently and two on senior's driving safe and one Senior Chef. We hope that we will run a similar line up in 2019 so keep an eye out for these wonderful seminars for us older adults to keep independent happy and healthy.

With Christmas coming up I keep thinking of those without family so please keep in mind the fantastic Christmas Lunch at the Enochs Church in Alexandra at midday on Christmas Day, this is always a fantastic free celebration, if you think you may be interested in coming along please contact me on (03) 448 7075.

I have some fantastic Christmas presents that have been donated by the Clyde Four Square so if I have missed anyone please ring and I can also drop off a parcel for you.

I would like to think I will get around to visit most of you before Christmas but if I don't I hope you all enjoy the time and look forward to seeing you in 2019.

*Marie Roxburgh*  
Central Otago Coordinator

**Season's Greetings!**  
from the staff of  
**Age Concern Otago**

*We wish you a sharing  
and caring Christmas.  
May you receive peace and joy,  
and a safe and happy holiday!*



## International Volunteer Day

December 5th 2018 is International Volunteer Day. All around the world people celebrated and recognised volunteer contribution to their communities. Age Concern Otago showed their appreciation at the annual Volunteer evening on Wednesday 5 December 2018.

Each year, over 1000 plus people and organisations within our region volunteer and donate valuable time to Age Concern Otago. The wonderful volunteer visitors; our Peer Leaders for falls prevention classes; people who deliver hot meals; no matter what the weather; the groups who pack the magazine and deliver them in the community; professional experts who assist in governance and guidance. You are all truly inspiring and we are grateful for your support and commitment.



## Accredited Visiting Service (AVS)

I would like to take this time to thank each and every one of you who have contributed to the Visiting Service over the past year. You have made a considerable difference to the lives of many older people. The festive season can be a very lonely time for many. If you are heading away or taking a break then it might be nice if you write a note, send an email or even make a quick call to those you visit to remind them that you are thinking of them. I wish you all a very Merry Christmas and a Happy New Year and I look forward to meeting up with you all in 2019.

Kind regards,

*Tristan Kavanagh*

Accredited Visiting Service (AVS)



## 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
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- 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)**  
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## Holiday Safety Tips

Holiday safety is an issue that burns brightest from late November to mid-January when families and friends gather, parties are scheduled and travel spikes. Some basic precautions to ensure you remain safe and injury free throughout the season.

### Even angel hair can hurt

Putting up decorations is one of the best ways to get in a holiday mood, but can cause injuries in the home as well.

- “Angel hair,” made from spun glass, can irritate your eyes and skin - always wear gloves or substitute non-flammable cotton.
- Spraying artificial snow can irritate your lungs if inhaled - follow directions carefully.
- Decorate the tree with kids in mind - move ornaments that are breakable or have metal hooks toward the top.
- Always use the proper, supported stepladder - do not stand on chairs or other furniture.
- Lights are among the best parts of holiday decorating - make sure there are no exposed or frayed wires, loose connections or broken sockets.
- Plants can spruce up your holiday decorating, but keep those that may be poisonous (including some Poinsettias) out of reach of children or pets - The New Zealand National Poisons Centre can be reached on 0800 764 766.
- Make sure paths are clear so no one trips over wrapping paper, decorations, toys, etc.

### It is better to give...safely

When choosing toys for infants or small children it is important to avoid small parts that might become a choking hazard. Here are some additional gift-related safety tips:

- Select gifts for older adults that are not heavy or awkward to handle.
- Be aware of dangers associated with coin lithium batteries; of particular concern is the ingestion of button batteries.
- See which toys have been recalled.
- For answers to more of your holiday toy safety questions, check out [www.consumerprotection.govt.nz](http://www.consumerprotection.govt.nz)

### Watch out for those fire-starters

Fires, burns and other fire-related injuries every year cause thousands of deaths. Increased use of candles and BBQs, combined with an increase of decorations present a fire risk.

- Never leave a lit BBQ unattended.
- Have a fire extinguisher ready at all times.
- Never leave burning candles unattended or sleep in a room with a lit candle.
- Keep candles out of reach of children.
- Make sure candles are on stable surfaces.
- Do not burn candles near trees, curtains or any other flammable items.
- Do not burn trees, wreaths or wrapping paper in the fireplace.
- Check and clean the chimney and fireplace area at least once a year.

### Do not give the gift of food poisoning

Here are some food safety tips for the holidays:

- Do not rinse raw meat and poultry in warm/hot water before cooking - run the cold tap for a few seconds first.
- Use a food thermometer to make sure meat is cooked to a safe temperature.
- Refrigerate food within two hours.
- Bring sauces, soups and gravies to a rolling boil when reheating.
- When storing food, cut the leftovers in small pieces so they will chill quickly.
- Wash your hands frequently when handling food.

Have a safe and enjoyable holiday season and look forward to seeing you in 2019.

*Kristen Beardsmore*  
Health Promotion Coordinator

## Preventing Falls in a Social Group

Age Concern Otago's Steady As You Go® and Tai Chi Falls Prevention programmes have grown to 100 classes throughout Otago with 1800 participants. Two new classes have just started and another two are starting in the new year, in Brighton and Ocean Grove. These programmes are well researched and proven to improve strength and balance, increase socialisation and prevent falls. An estimated 500 falls were prevented in the past year and many friendships made. These classes are run in Dunedin suburbs and rural townships throughout Otago by trained, volunteer Peer Leaders. The volunteer aspect enables the classes to remain affordable.

Tai Chi is great for balance, relaxation, flexibility, strengthening, general fitness, breathing and mental focus. Steady As You Go® includes seated, standing, balance, strengthening and walking exercises. Techniques to walk safely are given to help avoid trips and slips. Participants consistently report more independence and ease with daily living tasks, an extensive list of health benefits and of course a reduction in the incidents of falls. One of our Peer Leaders says: “What a big difference the classes make. I see people standing taller, walking with confidence and moving more freely. Everyone really looks forward to attending for the social aspects where there is always fun and laughter, friendships formed and people often go out for coffee afterwards and stay connected.”

So, if you are in the older age bracket and are looking for an enjoyable and affordable activity to improve your balance and mobility, and a chance to get out of the house, one of our much-loved Steady As You Go® or Tai Chi classes might be right for you.

Check out [www.ageconcernotago.com](http://www.ageconcernotago.com) to find a class near you or contact Margaret at Age Concern Otago on (03) 479 3052 or email: [margaret@ageconcernotago.co.nz](mailto:margaret@ageconcernotago.co.nz) to enrol! If you prefer another option for a Strength and Balance class, check out the Live Stronger for Longer website.

**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](http://www.healthcarenz.co.nz)**

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## Falls Prevention

I feel a great deal of gratitude to our Steady As You Go® and Tai Chi Peer Leaders all over Otago! They all do such a wonderful job with our 65 Steady As You Go® classes and 27 Tai Chi classes in Dunedin city, the Peninsula, Port Chalmers, Waitati, Waikouaiti, Palmerston, Mosgiel, Allanton, Outram, Waiholo, Milton, Kaitangata, Balclutha, Roxburgh, Alexandra, Clyde, Cromwell, Ranfurly and Wanaka! Age Concern Otago is very proud of its falls prevention programme.

New Steady As You Go® classes have started this year in Mosgiel, St Clair and Concord. Next year Steady As You Go® classes are planned to start in Ocean Grove and Brighton.

Some comments from new participants:

*"I'm loving it. Both for my body and for the companionship with people of my own age."*



*"The group is very welcoming. We get together and have a few laughs."*

*"You don't need to stress if you have a pain because you know you do not need to do everything."*

The Tai Chi Peer Leaders recertified as Tai Chi for Arthritis instructors this year and recently showed their skills in a more advanced Sun 73 workshop.

Make sure over the Christmas holiday you get some exercise to keep up your strength, balance and flexibility. Incorporate exercise as much as possible into your daily routine and always be aware of what your feet are doing! You can exercise core muscles by sitting away from the back of your chair to sustain your own posture. Diaphragm breathing also assist these postural muscles. Ankles can be kept flexible by exercising feet when watching TV. This is excellent when travelling too as it keeps blood flowing to help avoid cramp or deep vein thrombosis. Give your legs a work out too by climbing stairs or hills and doing some sit to stands from a chair.

Remember too that good hydration of brain and body is essential to prevent falls. The summer heat, alcohol, tea and coffee dehydrate the body, so extra care is required.

Have a fabulous Christmas and New Year!

*Margaret Dando*  
Falls Prevention Coordinator

## Fun in the Sun

Now that the weather is heating up, and we are participating in more outside activities remember to prepare for the warmer weather. Be aware of your elderly neighbours, children and those with health conditions as these are the people that can be the most vulnerable to the heat.

### Things to remember;

- Protect yourself from harmful UV rays by using a 50+ sunscreen, wearing a hat and covering up or staying out of the sun in the hottest part of the day.
- Stay hydrated - remember to drink extra water on warm days. If you are drinking alcohol alternate with water in between drinks.
- Use a cool face cloth on the back of the neck to help cool yourself down.
- If exercising - try to do so early in the morning or later in the evening when the sun is not at its strongest.



## Changes to Community Services Card

As from the 1st December 2018

- the eligibility for a community services card is also being extended to people living in public housing and accommodation supplement recipients.
- low cost visits to doctors will be subsidised for community card holders if the general practice chooses to participate in the scheme.

### Current income threshold to be eligible is:

- single living alone \$29,299
- single sharing accommodation \$27,571
- married/civil union or those in de facto relationships \$43,872
- receiving NZ Superannuation

### Contact:

- MSD call centre on 0800 999 999 if you think you might be eligible
- Your local GP to find out if your doctor will be offering these subsidised low cost doctors visits





### Disability Information Service



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**On the sixth day of Christmas my true love gave to me,  
Six rugby players,  
Five chocolate fish,  
Four sausage sizzles,  
Three white sheep,  
Two boogie boards,  
And a meat pie from the local dairy.**





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## Cure Mongering: the case of Medical Cannabis

**A/Prof Yoram Barak, MD, MHA.**  
**Otago University Medical School, Department of Psychological Medicine, Dunedin, New Zealand.**

Disease mongering is the peddling of sickness that widens the boundaries of illness and grows the markets for those who sell and deliver treatments. It is exemplified most explicitly by many pharmaceutical industry-funded disease-awareness campaigns. Drug companies are by no means the only players in this tragedy. Informal alliances of pharmaceutical corporations, public relations companies, doctors' groups, and patient advocates promote these ideas to the public and policymakers - often using mass media to drive a certain view of a particular health problem. We have been much less aware of "Cure Mongering." The concept was first mentioned 25 years ago in the first issue of the International Journal of Alternative and Complementary Medicine wherein a scathing piece accusing practitioners of alternative medicine of cure-mongering was published. The parallels between disease mongering and cure mongering abound and the campaign for "medical" cannabis may be the most extravagant case of cure mongering to date.

Driven by profits it is predicted that over the next 10 years, the legal cannabis industry will see much progress. Spending on legal cannabis worldwide is expected to hit \$57 billion by 2027. Medical cannabis will take up 33% of this market and the largest group of cannabis buyers will be in North America. Not

surprisingly, this is associated with the burgeoning number of publications on medical cannabis. These have increased almost 9-fold since the year 2000. The most significant number of publications was in the field of psychiatry. The specific indications with the largest number of publications were HIV and chronic pain.

Medical cannabis has received widespread attention as a treatment for various chronic medical conditions, including pain. Although the growing support for state legalization has led to its approval for medical use in most of the 50 USA states, enthusiasm for medical cannabis has been based largely on anecdotal information. The National Academies of Sciences, Engineering, and Medicine (NASEM) report on the health effects of cannabis published recently arrived at nearly 100 different research conclusions related to cannabis use and health. Of these very few conclusions reached the level of "conclusive or substantial evidence" on effectiveness or risk. Cannabis use was effective for the treatment of chronic pain in adults; antiemetic in the treatment of chemotherapy-induced nausea and vomiting and for improving patient-reported multiple sclerosis spasticity symptoms. Risk was substantial for motor vehicle crashes and the development of schizophrenia or other psychoses, with the highest risk among the most frequent users. Of special interest to older adults and people suffering from dementia is the question of using medical cannabis for dementia and particularly Alzheimer's disease. The NASEM report found not only that there is no benefit in using medical cannabis for people suffering from Alzheimer's disease but rather that: "...there is limited evidence that cannabinoids are

ineffective treatments for improving the symptoms associated with dementia."

The words that we clinicians use matter particularly in relation to drug policy. The medical cannabis industry is comparable to the tobacco and gambling industries. Is there much that we clinicians can do about the politics behind policies? Probably not. Abusing cannabis outside the indications highlighted by the NASEM report might cause users to feel unfairly judged if labelled as drug users, but pretending that cannabis is anything but a drug is perhaps doing them an equal disservice.

### Link:

*National Academies of Sciences, Engineering, and Medicine. The Health Effects of Cannabis and Cannabinoids: The Current State of Evidence and Recommendations for Research. Washington (DC): National Academies Press (US); 2017 Jan 12. Available from: [www.ncbi.nlm.nih.gov/books/NBK423845/](http://www.ncbi.nlm.nih.gov/books/NBK423845/) doi: 10.17226/24625*

## Joke Corner

**Q. What do you call a kid who doesn't believe in Santa?**

A. A rebel without a Claus.

**Q. What do you call an elf who sings?**

A. A wrapper!

**Q. What does Santa bring naughty boys and girls on Christmas Eve?**

A. A pack of batteries with a note saying "toy not included".

**As a little girl climbed onto Santa's lap, Santa asked the usual, "And what would you like for Christmas?"**

**The child stared at him open mouthed and horrified for a minute, then gasped: "Didn't you get my E-mail?"**

**My New Year's resolution is to help all my friends gain ten pounds so I look skinnier.**

**I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter.**



### Able Feet Podiatry Ltd

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

## Bea-line

I'm writing this from Australia, where from Sydney, we went north to Armidale then on to Brisbane. Nae bad, or good as gold, depending on where you come from, with the one exception that we nearly ran out of petrol on our way north. There was one very tense driver and tense passenger, until the next open petrol station appeared on the left.



On our way north we passed through settlements of Aberdeen, Dundee, Glencoe, Ben Lomond, and I felt completely at home, despite the blazing heat. As a Scot, the names rang all the bells.

The temperatures are hot! 38 degrees in the north. I don't want to be outside, just lead me to a comfortable air conditioned room. Slightly cooler in Armidale, but still the plants in boxes need to be checked, moved into the shade, watered and given lots of water crystals.

And I noticed composting to be very interesting in this weather. I dump some kitchen waste on the compost heap, and move back fast! Snake? No? A slithery glossy black lizard. He darts to the fence, climbs up and looks at me. He runs further along, stops and stares. Then since I haven't moved, he drops back down the fence to the garden, and disappears. A beautiful creature.

That's not the case with the ants, with which I argue daily. 'Out of there!' Squash, squish, splash - and away they go.

Any predator on the precious plants gets the same treatment.

However there are other creatures just waiting to be admired. Kangaroos, for example. I only saw two, and they stared at me before lolloping off to the watery gullies. They are magnificent creatures.

And, believe it or not, a kookaburra, sitting on a log, staring at me unblinking. He didn't seem to worry about the traffic line, just sat there and stared at these weird people streaming along the road while he gazed dreamily over the landscape.

More birds - flocks of lovely green and red parrots and a stream of white and noisy cockatoos flying past the window.

From birds to trees. In Brisbane, lots of wonderful colour, with bougainvillea, and grevilleas and magnificent blue jacarandas. When I can take my eyes off the trees I look at the roses, lilies and irises. Marvellous.

And I find myself appreciating foliage more and more. I love the myriad greens, and varying textures of trees and bushes, and small plants: the smoothness of alecost and slight roughness of sorrel; blades of tarragon, and the lovely rounded soft green of basil. Temptation persuades me to nibble. Leave them! I'm told. They're there for the kitchen.

I've just discovered the name of my favourite plant: anthriscus sylvestris 'ravenswing'. Gorgeous lacy black leaves, wonderful miniature white petals. It's of the cow parsley family, doesn't sound romantic does it?

Never mind! The kitchen garden back home is doing quite well, despite slightly late plantings. Beans growing mightily, lots of celery, and all the salad vegies in boxes flourishing. Beets seem to be a bit slower for us this year but the potatoes are coming along nicely, to my surprise, since I don't think they're in the best position. However, 'the gang' is adding tyres and earth to the first group holding the seedling tatties, so I look forward to a mighty crop, maybe of tiddlers, but certainly some biggies amongst them.

Back soon!

*Beatrice Hale*

*Defiant Gardening Granny*

### Can I ask everyone for a big favour?

Those of you planning to place Christmas lights and decorations in your yards, can you please avoid anything that is red or blue and flashing? Every time I drive by such homes, I think it's the police, and I have a panic attack. I have to take my foot off the accelerator, toss my beer, fasten my seat belt, throw my cellphone on the floor, turn my radio down, and push the gun under the seat. It's too much for me to do in such a short notice. Thank you for understanding.

~ David Jones, Duluth



## 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:

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

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#### 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 Driver 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 9054

### 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 Otago building. Entertainment or travel trips are available on our Website or Facebook page or phone (03) 477 1040.

### MOSGIEL SENIORS

Bowls; Total Mobility assessments each Wednesday 1.00pm - 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.



**Age Concern Otago would like to thank our 2018 funders, sponsors, other major financial supporters and our members and supporters who made individual donations in both money and kind throughout the year - together you make all the difference.**

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## Strawberry Santas

**Makes: 20 Time to make: 15 minutes**

### Ingredients:

- 20 medium-large strawberries, hulled for a flat base
- 100g Philadelphia Light cream cheese (*Note: other brands of cream cheese can be too runny for this recipe; this is the one we've found works best.*)
- 4 - 6 tsp icing sugar, to taste
- 40 mini dark-choc bits or chocolate chips

### Method:

1. Cut the top third off each berry and reserve. Stand berry bases on a serving platter.
2. Mix cream cheese and icing sugar until smooth and creamy.
3. Pipe or spoon 1 tsp cream onto flat berry tops.
4. Place reserved berry tops on top. Use the smallest piping nozzle to pipe mixture onto the tip of each strawberry "hat" (pompom) and onto "chest" (button).
5. Use tweezers to place 2 chocolate pieces onto each cream "face" (eyes). Refrigerate until ready to serve.



### Sender:

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