

AUTUMN 2019 QUARTERLY NEWSLETTER
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Age Concern Otago

Serving the needs of older people

Celebrating Otago's older people since 1948



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From the Executive Officer



Greetings everyone. It is with great sadness that we bid Maree Turnbull farewell as she embarks on her next exciting chapter called retirement. Maree has given 25 years of dedication, commitment and hard work to Age Concern Otago for the betterment of

older people - she will be sorely missed. Maree has become like the glue that kept everything and everyone together and connected. She has been the go to person for almost everything at Age Concern and the knowledge and wisdom she takes with her is just enormous. We wish her all the best living her life doing more of her favourite things.

Simone Emery will be our new Administrator from 1 April. Simone is a very experienced Administrator and I am confident she will ensure our systems remain streamlined. 10 hours per week of Simone's time is for fundraising work.

There have been other recent staff changes too. We welcomed Annie Nevin to our team this year. Annie is a Registered Social Worker who works in the community 20 hours per week with Dunedin's over 65s. Gina Cracroft-Wilson has joined us 20 hours per week as the Elder Abuse/Neglect Response Worker covering Central Otago.

We also have the privilege of having Miriam Hendry 8 hours per week for 6 months, developing a Communications Strategy and promotional material for our organisation. Miriam is here on an Internship placement for the final semester of her Bachelor of Communication through Massey University. We are currently working through a process with Age Concern Waitaki so that Age Concern Services in Waitaki come under the Age Concern Otago umbrella. It is very exciting and we are all looking forward to rolling out additional services in the area.

As we grow in response to community need and to ensure our rural communities are serviced well, our structure needed to change. In order to ensure consistency and best practice across the whole region our work has been grouped into teams, each of which has an expert Team Leader. These are; Social Work (Marie Bennett), Health Promotion/Education (Kristen Beardsmore) and Social Connections (Tristan Kavanagh).

Age Concern Otago and Presbyterian Support Otago have been working together on 2 wonderful

new initiatives related to older people. One is the development of a Resource App for information and contacts specifically related to older people. The second is the establishment of Taieri Age Connect. This is a community resource and drop-in Hub at the Seniors hall on Hartstonge Ave in Mosgiel. This replaces the Mosgiel Senior Citizen's club and has a newly elected Committee who is really keen to take this forward. There is a lot on in the area but it's tricky to know what's on, where and when, so this will be wonderful and hopefully help people feel connected. Our AGM is scheduled for Tuesday 30 April, here at Age Concern at 6pm. You are most welcome to join us.

Take care out there everyone

Debbie George - Executive Officer

Contact Information

DUNEDIN OFFICE

Phone: (03) 477 1040

Email: agecon@ageconcernotago.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@ageconcernotago.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.ageconcernotago.com

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Loneliness and Social Isolation

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

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

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

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

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

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

Editorial supplied by Driving Miss Daisy

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Aligned to Go

Matthew Onarheim-Smith and Margaret Dando are happy to announce the release of a complimentary programme to Steady As You Go© called ‘Aligned to Go’. This is scheduled to be released April 2019.

Matthew approached Margaret about creating a new programme in early 2018. He had been awarded the Caroline Plummer Fellowship in Community Dance at the University of Otago. Matthew’s successful proposal was to create movement classes for older humans including older men and a class for fathers and their babies!! Matthew has been a professional dancer and teacher who has worked internationally. He recently retrained and had just finished his Masters in Osteopathy prior to coming to Dunedin for the Fellowship.

Before commencing his projects he had a look at what else was being offered for older humans and came across Steady As You Go©. He contacted Margaret and participated in both a Tai Chi and Steady As You Go© class. Margaret was aware of a growing wish for a new class to compliment Steady As You Go© and so having Matthew arriving seemed serendipitous and Aligned to Go was born.

The idea with Aligned to Go was to create a new set of movements for falls prevention. Matthew has drawn on his extensive movement and health training to create the new programme. He has worked with several groups in Dunedin to develop the movements and to test his recorded instructions for

a new CD. He has worked closely with Margaret who pioneered the Steady As You Go© programme. He is also working with an old school friend and talented musician and composer Craig Monk who is writing original music for Aligned to Go.

Margaret and Matthew hope you will enjoy having another movement programme to try and hope you enjoy the similarities and differences to the original. There is a focus on the health and function of the feet. Some of the movements are subtle or require a bit of coordination but once you master them you will feel like you are dancing.

Matthew Onarheim-Smith



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For more information about the Ryman difference phone Kate on 03 455 7936 or visit www.rymanhealthcare.co.nz



Where community shapes the heart of your retirement

Elder Abuse Response Service Social Work & Support Service

It is with great excitement I announce the arrival of our awesome team to cater to the safety and social support needs of Otago's older population. For many years we have had multiple gaps in our services and been unable to respond as quickly as we'd like, if at all in some cases. At last, some light in the tunnel. Thanks to our Executive Officer, Debbie, we now have plugged some gaps and I for one am thrilled to be a part of the changes.

Introductions to our team;

Marie Bennett, myself, is Team Leader of the Age Concern Otago Elder Abuse Response Service and Social Work/ Support Service. My Elder Abuse work covers Dunedin and South Otago plus I'm responsible for the rest of our team. I give them support, information, provide back up and troubleshoot.

Annie Nevin is our new Dunedin Social Worker. Annie works part time, 20 hours a week, and will respond to requests for help around many issues including health, housing, information etc. Annie has a large Social Work experience in many different medians and brings a down to earth approach to problems, with a lovely sense of humour to match.

In Waitaki we currently have **Peggy Waite** working as Elder Abuse Response Service. Peggy has done a sterling job in getting the service recognised in Waitaki but, sadly for us, is moving on to retirement and in our next magazine we will introduce her replacement.

In Central Otago we welcome **Gina Cracroft-Wilson** to our Elder Abuse Response Service. Gina is fairly new to Central Otago but as an experienced Social Worker I believe she will have the service running smoothly and professionally very quickly.

And last but not least we have **Marie Roxburgh**, a wearer of many hats, who is now our Social Support worker in Central Otago. Like Annie, Marie's role is to respond to requests for information options and practical support around issues affecting older people. Marie is well known in Central Otago, coming from a health background, and has a passion for working with older people in need.

All of our team members can be contacted by using the staff directory printed in this magazine. Please don't hesitate to contact any of us if the need is there.

Marie Bennett - Team Leader

Accredited Visiting Service (AVS)

Happy Belated New Year to you all!

Firstly, I would like to say "welcome to Cherie Newlove" who is our new Visiting Service Coordinator for Age Concern Waitaki.

Myself, Marie Roxburgh from Age Concern Central and Cherie are now known as the Social Connections Team. Our focus is around decreasing social isolation for older people, we know how harmful it can be. By doing this we have our wonderful Accredited Visiting Service that is for people 65 years and over who would appreciate a regular visitor for friendship and companionship. We recruit lovely volunteers who want to give back to the community and visit people in their own home. If you are interested then please feel free to contact us.

Tristan Kavanagh

Social Connection Team Leader

Ever Lasting Gift

Have you thought about leaving a gift to support the future work of Age Concern Otago? To find out what we do visit www.ageconcernotago.com

Leaving a donation to Age Concern Otago will directly help older people enjoy a full life for more than your lifetime. Just imagine what it can do for future generations.

**Contact us on 03 477 1040 or
E agecon@ageconcernotago.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
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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
www.estateofgrace.nz

MoneyTalks helpline

Getting older can mean a change to your finances and it can be hard to know where to turn to for advice.

The new MoneyTalks helpline offers free and confidential budgeting advice for people experiencing financial hardship.

The helpline can also put you in touch with free financial mentors who work for financial capability and budgeting services based in your community.

They work with you to create a plan for your money.

That can include developing a budget by assessing your change of circumstances, looking at your income, expenses and debt.

They can also help you to work out what benefits and support you might be entitled to.

Researching and finding out the different benefits that you are entitled to as a senior can be a time-consuming process. Financial mentors can help you save time and make sure that you are receiving all the support that you are entitled to and make sure that you are enjoying your retirement without financial worries.

MoneyTalks is a free financial helpline provided by FinCap and funded by the Ministry of Social Development.

Phone: 0800 345 123

Text: 4029

Email: help@moneytalks.co.nz

Live chat www.moneytalks.co.nz



Oral Health in Older People

Participants wanted

We wish to interview people aged 65 years and above who live in Otago, have some of their own teeth, live at home, and receive some living assistance/support (i.e. home help, community nurse or physiotherapist visits etc). This Ministry of Health funded study explores the dental/oral health of this group and how they look after their mouths, teeth, and gums.

The interviews will be in your own home (or another convenient location) or via telephone if you prefer, and will take a maximum of an hour. A \$30 voucher for a shop of your choice (where possible) as well as a toothbrush and toothpaste will be provided.

If the above criteria applies to you and you would like to participate please contact Dr Lee Smith

(email: lee.smith@otago.ac.nz or telephone 4794203).

The project has been reviewed and approved by the University of Otago Ethics Committee [D18/411]



Minimum entry ages

Recently operators have been getting a bit of stick because they've raised the minimum entry age. The "minimum entry age" is an interesting issue. When villages first became commercially popular some 40 years ago, Councils would grant resource consents to "elderly persons housing being over 55" and this definition is still in place in some places. Generally, a relatively young cohort of residents move to a newly-established village. As they and the village mature, prospective residents see a group of older people and decide that suits or does not suit them. As a result, it can be difficult to rejuvenate an older village when the incoming resident wants to fit in with the existing cohort.

Residents who chose a village without care on site needed care could be penalised financially when they had to move because they had to wait for their unit to be sold, often while needing funds for that care. While many "lifestyle" villages have an agreement with a nearby care facility where their residents get priority on a rest home bed should it be needed, it's still not a simple matter.

The ideal promise is that the resident moves to a village and is looked after for the rest of their natural life. On exiting, the financial costs are quantified. If the resident has to move, and generally it is only ever those that come to a village quite young and then have family circumstances change, then the understandable resentment and angst flows when the costs are incurred. Operators tell us they've had residents say "I never thought I would lose money like this" even though it was explained at the start – what they really meant is that "I never thought I would have to move".

Increasing the minimum age tends to minimise the financial burden of having to move prematurely. The RVA's website www.retirementvillages.org.nz has details of the minimum age, whether there are any rental units, and a host of other helpful information.

*Finally, isn't 70 today,
what a 55 once was?*

editorial supplied by Retirement Villages Association

Hello from the Reception Desk!!

Welcome to autumn, my favourite time of year. The office is buzzing with all of the activities and many comings and goings. With all the movement going on, the phones have also been particularly busy. Do not feel discouraged if you are not talking with someone when you ring, leave us voicemail including your number and we will get back to you when we can.

Next time you come in to the office you will see some new faces, no need to be shy, come on in and say hi.

Take care and keep an eye on each other.

Total Mobility.

Membership is now due for our Total Mobility users. It is a requirement of Age Concern Otago if you are a current member to access the Total Mobility scheme through us. If you are unsure if you have paid your membership for 2019 please give me a call on 03 479 3055. *Thank you.*

Fiona McMillan



Visit us at:

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It's a great time of year to think about having a good clear out. We can help with house cleaning, decluttering advice 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.

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Editorial supplied by Estate Property Solutions

Bea-line

The richness of Dunedin

This year we had what I'm learning to call a 'staycation', or a holiday at home, and I have to say how much I enjoyed it. Comfortable and relaxed with no rushing around or packing and unpacking, I was motivated to move around our city and explore what we normally pass through too quickly. From the Botanic Gardens to Fe29 the Art Gallery in St Clair, and back to our own garden, we had a fun.

And please let me begin by boasting. We must have THE most gigantic marrow in Dunedin. It will take us three pairs of hands to heave it up, or the barrow to wheel it to the kitchen. Now that's something!

And now to gloat over local major gardening skills - Dunedin Botanical Gardens must be among the best in the country. A walk from one gate to another, from the down to the up through the rockery, and you have nothing but beauty and interest. The herb bed is magnificent. A wander round, with the invitation to touch and smell, is beguiling. Walk along the rose beds, and enjoy the scents and marvel at the colours, and the perfection of the petals. The restored renovated hothouses with their succulents and cactus plants are well worth a visit, preferably with camera at the ready, to capture the detail of these fascinating plants.

Then out again, via the duckpond to the playground - that's part of the fun, with the grandchildren eagerly making sure those ducks are well fed and the playground's amenities thoroughly explored. I've never been one for much exercise, but believe me, chasing round that playground gives a sense of having done a lot!

Then the herbaceous border which is a splendid sight - a blend of vibrant colours, and heights, from border plants to tall plants at the back. I thought the bergamots this year were particularly striking with their vibrant red blooms. Alstromerias were pretty special too!

Then when tired of exercise, guess what? Back home, pick up a book - or two. My great favourite of all times is Beverley Nichols, and I love revisiting his books. Not everyone enjoys his prose style, says my home team, but I enjoy his enthusiastic raves. I always appreciate the description of his Hampstead garden where he re-styles it to revamp an irritating triangular shape. He builds a fence, more than halfway across the garden, thus giving the impression of two large areas. And at the triangle's apex, he builds a round greenhouse, with a splendid roof, where he places plants round the roof circle. Excursions with Bev are fun. But so they are too with other gardeners. Try the History of the Daffodil by Helen O'Neill. This is a marvellous book, of course including poetry, starring Wordsworth. Helen has provided some lovely pictures too,



detailed sketches of the various narcissi, as well as more distant general views. And there are more, for example, Led by the Nose - a Garden of Smells, by Jenny Joseph. But that's for another time.

Gardens and the senses - smell, sight, touch, taste - even hearing is what we've enjoyed all summer, despite or because of the weather. The beauty of the blossom, the wonderful scents, the stunning perfection of individual flowers and leaves, and the happy drone of bees circling then plunging into my lavender. I just want to sit and enjoy. From flowers in the garden to flowers in paintings - from landscapes to paint-scapes, from creating beauty and meaning in the garden to gazing at paintings - and from one end of Dunedin to another. Driving carefully, of course! Gallery Fe29 in St Clair.

Another delightful place I've visited this summer is the gallery in St Clair. Cecilia and Megan, owner and directors, and extremely knowledgeable about paintings, immediately make you feel welcome when you step through the gateway. You can begin by wandering through the pleasant front garden, with sculptures on display before entering the gallery itself, or looking at the sculptures in the back garden.

Paintings hung and lit well in a home-style gallery allows you to dream of how you could do this too. This is a splendid Art Gallery - but it is also a home with paintings, which is how I felt on entering. This intimacy generates a very satisfying experience, and I've learned so much about artists previously unknown to me.

For example, I've caught up with Matheson Beaumont's photographs. Yes, I've seen some of his work before, but the collection here is mouth-watering. Wow! View from Shag Point. That's one of the best, but then, so is The Anchorage, and so are the photographs of Carey's Bay - all local and all stunning. I want to go back and gaze and gaze. So I will!

And John Drawbridge's work: I love mezzotint, I love line, I love the elegance and the shading, and I love the simplicity. And also his colours. Lucky for me there was an exhibition with John Drawbridge and Robert Macdonald.... whose watercolours are rich and vibrant, glowing and demanding of close attention.

And glimpses from a previous exhibition of Di Ffrench's work show the exuberance of flowers and offers a vivid experience.

Thank you, Cecilia and Megan.

There are more gardens and more galleries. Dunedin is a treasure trove.

So paintings and the plants in the botanical gardens, along with our own vigorously growing garden with its magnificent courgettes/marrows (and yes, we do have some weeds), and great books - it's been a good summer!

Beatrice Hale - Defiant Gardening Granny

There has been much talk and comments made about the proposed tax changes outlined in the Tax Working Group Report.

Unfortunately, much of what has been said, and reported, has concentrated on the Capital Gains Tax and not the overall changes that were in the recommendations.

So here are 10 points regarding this Tax Working Group Report that might help clear up some commonly held misconceptions.

1. The primary objective of the Tax Working Group was to look at the structure, fairness and balance of the tax system.
2. It included looking at personal income tax, business income, GST as well extending the capital gains tax (yes, we already have a partial scheme in NZ), the economic and environmental impact of taxes and opportunities to improve the tax system.
3. Any tax changes that are adopted will be tax neutral i.e. an increase in one tax will be offset by a decrease in another. So, the government will not be taking any more tax than they do currently under the present regime. One of the proposals in the report is that income tax be lowered for those on lower to middle incomes.
4. The report suggests that there be no change to GST. Although this tax affects us all (an ODT editorial suggested this could be increased) it places a heavier burden on taxpayers on lower incomes and therefore it is not the fairest of taxes.

The following points will concentrate on the proposed changes to Capital Gains Tax as most of the information and misinformation that has made the headlines has been on this proposal.

5. A comprehensive capital gains tax is considered by most countries, international monetary organisations and economists to be needed to ensure a fair tax system. Australia has had a capital gains tax since 1985 so there is no point in emigrating there. Instead one would have to move to countries such as Switzerland, Singapore or the Cayman Islands to avoid paying this tax.
6. It will not affect the Kiwi way of life as most of us know it. It is estimated that only about 5% of

New Zealanders will be affected. It will not stop Kiwis from having ambition to do well, own their own businesses and save for retirement. It will just even out the playing field so that all Kiwis will be paying tax on income earned from savings. Those who invest in a business or property as a way of saving will still be able to do so. They will just be paying tax on such income the same as wage earners or those who have money deposited in banks.

7. The tax rate on Capital Gains tax would be progressive. That is, it would be set at the same rate of tax as personal income tax and only those who currently earn over \$70,000 pay any tax at the rate of 33%. Currently only 17.4% of kiwis pay 33% on some of their earnings.
8. The family home and personal effects are automatically exempt from any Capital Gains tax when sold.
9. Only the profit from the sale of capital assets will be taxed. It is the difference between what the asset was bought for and what it is sold for. So, if the property or shares or business was bought for \$100,000 and then sold for \$150,000 it is only the difference, the \$50,000 profit on the sale, that would be taxed.
10. According to the experts in the industry the effect on the amount that people will get on retirement from their Kiwi Saver funds will be minimal and more than offset by other changes to the tax laws.

All changes to the tax system including a capital gains tax are only proposals at this stage. There is plenty of time for rational discussion by all New Zealanders including the usual parliamentary processes which allow our voices to be heard. At the earliest any changes will not take effect until 2021. In relation to the proposals for the Capital Gains tax the bought value of any assets will be set at 2021 values. So, any profit made on sale will be calculated using this value and only profit made from 2021 will be taxed.

If you would like to find out more about the Tax Working Group proposals go to www.taxworkinggroup.govt.nz to read the report.

Di Cooper

Former chartered accountant, tax adviser and business consultant now retired.

Fun Ways to Live Longer

A healthy lifestyle doesn't have to mean treadmills and salads every day. Many activities that are fun and pleasurable are also good for you. By understanding how these activities can help you live well and what most benefits, you will be putting some fun into healthy living.

1. Have more intimacy

Touching is an essential part of health. Getting intimate on a regular basis boosts your immune system. Your body's defenses go to work and help you to fight off infection. Your risk for heart disease and prostate cancer decreases. If that isn't reason enough, it's been proven that frequently hugging people you love can lower your blood pressure almost as well as prescription medication. And if you want to improve your dental hygiene, pucker up for at least 30 seconds each day.

2. Drink red wine

Red wine is packed with resveratrol, an antioxidant. These work to protect your body against the effects of aging. One or two glasses of red wine a day can help keep your body young.

3. Eat Dark Chocolate

Dark chocolate is a wonderful food that contains a large amount of antioxidants that protect your body from aging. Find good quality dark chocolate, learn to appreciate it, and have a bit of it each day. Eating chocolate may lower your blood pressure and cholesterol while providing an energy boost.

4. Smile

Smiling is a great way to change your attitude, connect with people and give benefit to your body. Like relaxation, smiling can work to counteract the effects of stress. By forcing ourselves to smile, we

"trick" our body into believing that everything is good, thereby reducing stress. Like a switch, smiling can actually change your mood. So put a smile on, even if you don't feel like it, and pretty soon you'll be smiling for real.

5. Relax

Relaxation is the opposite of stress. While stress brings harmful health effects, relaxation helps our bodies to rest, heal and function better. By practicing daily relaxation techniques, you can train yourself to turn off your stress and replace it with calm energy. This will improve your blood pressure, heart rate and ability to cope with life's challenges.

6. Make Exercise Play

Physical games and sports are a great way to keep both your body and mind healthy. Simple exercise routines are great for maintaining balance, flexibility, endurance and strength. Group games and sports can give your mind a workout as well, as you anticipate other people's actions and how to work together. Find a game and activity that suits your level of physical ability and play often.

7. Sleep

Sleep is an essential body function. Most Americans do not get enough sleep. Medications, stress, illness and poor sleep habits all can prevent you from getting between 7 and 9 hours a night. The health benefits of sleep include more energy, better immune function, and more.

8. Spend Time with Love ones

Relationships are an important part of health. Not only do strong bonds with other people mean you will have help when you need it, being connected also means protection from loneliness, depression, and mental illness. Spend time cultivating your relationships with friends and family to improve your

health and your life.

9. Solve Puzzles and Play Games

Mind games are a great way to stay involved and engaged in the world. Games can exercise different parts of your mind and entice your curiosity. If possible, choose social games like chess or bridge that exercise your brain while keeping you connected with others.

10. Be Positive

Having a positive attitude about aging can add more than seven years to your life, according to researchers. Avoid the cultural push to glorify youth and regret each passing year. Find ways to pleasure in your increasing age and enjoy greater learning, experience, and control in your life.

Hi, from the Health Promotion team!

2019 has got off to a good start, and we are enthusiastic about making positive differences for older people in our region.

Our HP team is Marie Roxburgh in Central Otago, Cherie Newlove in Waitaki and myself for the Dunedin and South Otago region. We are looking forward to enhancing people's lives with quality programmes, according to the needs in our various communities. Planning for the future and Independent Living Seminars are always popular.

The year is going to be a busy one for Health Promotion activities including; Staying Safe driving workshops to support older drivers, Independent Living Seminars with relevant experts covering topical subjects and holistic wellbeing, Senior Chef to increase cooking skills and nutritional knowledge, Ukulele Choir and a new programme called Life without a Car. Our Silver Tech sessions in the Octagon Club will be starting again from March 22 and is an opportunity for individual tutoring in how to use your digital device. Check out our website <https://ageconcernotago.com> where programmes are in your area or contact a member of the team.

We are open to suggestions of topics or information that can assist you to live well, please let us know.

"Happiness is the highest form of health" *Dalai Lama*

Enjoy your day,

Kristen Beardsmore

Health Promotion/Projects Team Leader

Time for a Makeover...

If it has been some time since you've been to Gillions for a funeral, you may be surprised on your next visit. The chapel had been looking a bit tired of late, so we decided it was time for a spruce up. The seats have been recovered, the walls painted, and the carpet replaced. It is lighter, fresher and feels more spacious. Our chapel can seat up to 200 people, and with the overflow areas operating, we can cater for larger funerals as well. While the chapel was being refurbished, we took the opportunity to extend our technology features through our foyer and into our reception lounge so that we can cater for smaller funerals in those spaces as well.

This has been the final stage in our premises upgrade. Last year it was the reception lounge and the year before, the offices and meeting rooms. As always, we are more than happy for you to pop in for a chat, or to send you a funeral planning pack. We pride ourselves on being friendly and approachable, flexible and caring.

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Have you heard of the Greater Green Island Community Network?

We are a committee who work in community development.

Since 2013, the Greater Green Island Community Network has grown to comprise of several projects sustained by many volunteers including:

- A committed office space which is accessible for all community members Monday to Fridays school hours.
- The Greater Green Island Community Informer Newsletter (monthly distribution)
- Creation and distribution of a printed community directory (please contact us if you would like one)
- Development of Greater Green Island Website - <https://greatergreenisland.nz/>
- Range of community events aimed at all age groups – Neighbours day events, Community Suppers, Artisan Market, Community Expos
- Support to establish the Green Island Community Garden
- Support to establish the Green Island Shed (like a Blokes shed but for women and men)
- Road Safety report and advocacy which led to the roundabouts being developed in Green Island in 2018.
- Greater Green Island Community Playground consultation and development - installed in 2018
- Greater Green Island Food Distribution (8 weeks of food for local families with food insecurity).

If you are interested in any of the above, or want to

know what you can get involved in around Abbotsford, Brighton, Burnside, Concord, Green Island, Fairfield, Waldronville or Ocean View - please feel free to call Amanda Reid Community Worker on 4700 814. The GGICN office is based in the Green Island Police Station at 198 Main south road, Green Island.



www.greenergreenisland.nz



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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

STAFF DIRECTORY:

Chief Executive Officer:

Debbie George (03) 479 3056

Accounts/Administrator:

Simone Emery (03) 479 3051

Accredited Visiting Service:

Social support with regular visits from a friendly volunteer. contact:

Tristan Kavanagh (Dunedin & South Otago) 03 479 3058

Marie Roxburgh (Central Otago) 03 448 7075

Cherie Newlove (North Otago) 03 4347008

Community Social Work/Support

Staff to work co-operatively with you, your family/ Whanau and other organisations. Contact:

Annie Nevin (Dunedin) 03479 3059

Marie Roxburgh (Central Otago) 03 448 7075

Total Mobility

Assessment agents for Otago Regional Council's Total Mobility scheme. Contact:

Fiona McMillan (Dunedin) 03 477 1040

Meals on Wheels – delivery

Coordinate Volunteer drivers to deliver Meals on Wheels in the Dunedin area. Contact:

Fiona McMillian (Dunedin) 03 479 3055

Elder Abuse Response Service (EARS)

Experienced Social Worker to provide information, options and support choices.

Marie Bennett (Dunedin & South Otago) 03 479 3053

Gina Cracoft-Wilson (Central Otago) 03 448 7075

Peggy Waite (North Otago) 03 434 7008

Elder Abuse Prevention Education

Professional development sessions for those working with older people, and awareness talks to interested people

Contact: Kristen Beardsmore 03 479 3054

Falls Prevention

Steady As You Go and Tai Chi classes held throughout Dunedin and Otago

Contact: Margaret Dando 03 4793052

Health Promotion/Projects

Initiatives that aim to empower older people to take action to improve their well-being and health

- **Staying Safe** – classroom-based workshop for mature road users
- **Life without a Car** – a workshop to explore the challenges that driving brings
- **Independent Living Seminars** – a series of seminars to assist older people to look after their holistic well-being
- **Senior Chef** - an eight session course offered to increase cooking skills and nutritional knowledge in a small group setting

Contact:

Kristen Beardsmore (Dunedin & Sth Otago)
03 479 3054

Marie Roxburgh (Central Otago) 03 448 7075

Cherie Newlove (North Otago) 03 4347008

Active Ageing Centre & Groups

Where people can meet others who have similar interests and take part in a varied activity programme, seminars or events.

Octagon Club

South Dunedin Seniors

Taieri Age Connect

Contact: Tristan Kavanagh 03 479 3058

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.

Ribbonwood is a small country home offering rest home and hospital level care.



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Contact Karen McHutchon for more information
Phone 03 204 8668
Email: Karen@wohealth.co.nz



Age Concern Otago Membership Application

(Please accept our sincere thanks for your support)

Mr/Mrs/Miss/Ms First name Surname

Street

Suburb

City/Town Postcode

Telephone D.O.B.

Email

A receipt will only be sent if the box is ticked ☐

Subscription \$25.00

Magazine \$ 5.00

Donation (Tax Deductible)

☐ \$10 ☐ \$20 ☐ \$30 ☐ \$50 ☐ Other \$

TOTAL \$

Method of payment:

☐ Cheque payable to Age Concern Otago

☐ Internet banking - ANZ

Account Name: **Age Concern Otago**

Account No: **01 0907 0010004 00**

(Please ensure you place your full name in the reference field and send in this form)

Age Concern Otago, PO Box 5355, Dunedin, 9054

Email: agecon@ageconcernotago.co.nz



DAYLIGHT-SAVING TIME ENDS SUNDAY APRIL 7

- Turn your clock back one hour before going to bed
- It's also time to check that your smoke detectors are working!

Sender:

Age Concern Otago
PO Box 5355
DUNEDIN 9054

New Zealand

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