

AUTUMN 2018 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concern Marlborough

Serving the needs of older people



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

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OFFICE HOURS
Community Welfare Coordinator
 9.00am - 3.30pm Monday to Friday

Administration
 10.00am - 1.00pm Monday to Friday
Office Email: ageconble@xtra.co.nz

Cover Picture taken by Johnathan Donnelly.
 The cruise ship is the Norwegian Jewel berthed at Shakespeare Bay .

From the Team...

Welcome to another addition of our newsletter. The feedback we have received for previous newsletters has been very positive, so thank you.

I am often asked “what is it you do”, so thought I will let you know about a day in the office at Age Concern Marlborough.

For me the day starts around 8am, a lovely quiet time where I can answer emails or work on client issues, presentations, or on the contracts we hold, such as Self Neglect or the Carer Relief. Lately some of my time has been spent on our new initiative Steady As You Go, a falls prevention and strengthening programme (details on page 7). The rest of the day is spent with clients, talking to community groups, assessing for the Total Mobility Scheme, attending meetings and trying to catch up on paper/computer work. I do work 40 hours a week and if you wish to see me, it is best to make an appointment, as I am often out. I can come to you, if that is easier.

Melissa, our Office Administrator (10am-1pm) comes in at 10am, and the phone usually starts to ring before that. Our records show that in November we answered 144 calls, had 55 clients/members call in

and issued 58 Total Mobility books.

Rebekah, our Elder Abuse Response Advisor works 2 days a week, usually Monday and Wednesday. She is often out on visits, so if you would like an appointment with her, please call the office.

Behind the scenes we have a hard working Executive Committee, who meet monthly and who also pop in. Our other Volunteers are wonderful and no job is ever too big for them. We certainly couldn't do the job we do without our volunteers.

Our door is always open if you would like to come in for a chat, or if you need information on such things as gardeners, handyman services, and our pamphlets are always up to date. The kettle is always on but you might need to bring your own milk.

We look forward to seeing or hearing from you.

Catherine Donnelly

Community Welfare Coordinator

Age Concern Marlborough would like to thank the following organisations for their financial support, who enable us to provide the services we do.

The views expressed in this newsletter are not necessarily those of Age Concern Marlborough. The inclusion or exclusion of any product does not mean that the publisher advocates or rejects its use.

Social Interaction can keep you healthy!

As you get older and retire or move to a new community, you may not have quite as many opportunities to socialise as you did when you were younger. Recent research from the American Time Use Survey, an annual census by the US Bureau of Labour Statistics, shows that time spent in the company of others plateaus by our mid-50s and we then spend an ever-increasing amount of time alone.

However, if you're not heading to work or getting out and about each day, you may be missing out on important social interaction that you need to stay sharp, healthy and live longer.

Research has shown that staying socially active and maintaining interpersonal relationships can help you maintain good physical and emotional health and cognitive function, with a reduced risk of many diseases, dementia and depression.

Here are a few ideas to keep your connections strong:

- Stay in touch with friends and family and try to visit with them regularly
- Volunteer in your community
- Visit a senior drop in centre
- Join a group focused on activities you enjoy, such as playing cards or a book club
- Try taking a class - learn a new language, a new style of cooking or art class
- Join a gym to stay physically fit

Staying socially active and maintaining your relationships are an important part of healthy aging. Driving Miss Daisy can help you to maintain your connections, so you can stay as vibrant, active, and social as you've always been. We have lots of other clients who get out and about so would be pleased to share our knowledge of local activities with you. We can collect you, drive you to your destination and provide whatever help you need.

Remember that many of our franchise owners have fully equipped Mobility Vehicles, so if you have a walker or wheelchair this is no problem at all. No matter what your requirements please call us today to discuss – we look forward to seeing you soon.

Marlborough - Dawn Morris
 (03) 579 3162 021 503 354

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

Total Mobility cards accepted and an ACC approved provider.

Bookings are essential – call Dawn today and make your next outing a pleasure!

Marlborough
Phone: (03) 579 3162
Mobile: 021 503 354



www.drivingmissdaisy.co.nz

ELDER ABUSE, IT'S NOT OK



Elder abuse can happen to any older person. It happens to men and women of every religious, cultural, ethnic, sexual orientation and income group.

There are many reasons why elder abuse occurs, most of these can be related to a lack of respect for the older person/kaumatua.

If you are concerned that someone you know is experiencing elder abuse, it's okay to help. Asking someone how they are can make a real difference.

Try asking:

- Are you okay?
- Do you want to talk?
- Is someone hurting you?
- Is there anything I can do?

Don't judge, listen to what they have to say, try not to give advice or tell them what to do. You could encourage them to call their local Elder Abuse Response Service or the 0800 number for **Free and Confidential** advice and support.

The sooner you reach out, the sooner they can get help!



Make sure it has St John on it

St John is New Zealand's leading medical alarm provider and is the medical alarm doctors prefer to recommend*. The St John Medical Alarm is the only medical alarm that connects you directly to St John, meaning you can continue to enjoy your independence knowing help is at hand any time of the day or night.

Also, by choosing a St John Medical Alarm you are helping to support our ambulance and other community services.

Call **0800 50 23 23** or visit www.stjohnmedicalalarms.org.nz

*IMS GP Omnibus survey, 2017

Russ Smith



Our sincere congratulations to Russell Smith on being awarded the Queens Service Medal in the 2018 New Year's Honors list.

For us at Age Concern, Russ is always just a phone call away, and no question is too hard. We have seen first-hand the amazing work he does, and the calm reassuring manner that he has.

Well done Russ



Aberleigh Rest Home provides loving care in small homes of between 10 and 15 people, with access to beautiful gardens.

We offer every level of aged care, so no matter what the future holds, you will never have to move.

REST HOME, HOSPITAL AND DEMENTIA CARE

17-19 McCallum Street, Springlands, Blenheim 7201
Please contact Maja on (03) 578 7966
www.aberleigh.co.nz



Sticky Dippy Lamb Chops

Serves 1

Ingredients

- 2 teaspoons Oil
- 2 Lamb loin chops
- 2 tablespoons Tomato Sauce
- 2 teaspoons Runny Honey
- 2 teaspoons Soy sauce
- 1/4 teaspoon Minced garlic
- 1/4 teaspoon Mild chilli powder (optional)

(For 2 people, double all except the tomato sauce. For that, just do 3 tablespoons)

Method

1. Heat oil in a fry pan and cook the chops over a medium heat for 4 - 5 minutes on each side until nicely browned.
2. Mix tomato sauce, honey, soy sauce, garlic and chilli powder in a bowl.
3. Stir sauce mixture into the pan and heat until bubbling. Cook for a further 2-3 minutes, turning the chops once or twice, until the sauce is thick, stick and coats the meat.

Serving Suggestion: Serve with sour cream dip, salad or vegetables, and oven fries.

Neighbours Day Aotearoa 24-25 March 2018

When was the last time you spoke to your neighbour?

Neighbours Day is about getting together for a cuppa, a chat over the fence, swapping vegetables or plants, (like the good old days), or perhaps even a street BBQ.

It was estimated that over 60,000 New Zealand Seniors would have been lonely over the Christmas period. Was your neighbour one? Were you one? Perhaps this is a good time to reach out. If you do know of anyone who is lonely, or if you are, please feel free to make contact with us at Age Concern.

"Loneliness and the feeling of being unwanted is the most terrible poverty".

Mother Teresa

Do your feet STOP you in your tracks?

Here in Marlborough, Kaylene, your local podiatrist, can visit you at home. Kaylene is now at RENWICK Medical Centre monthly, as well as in Picton and her main clinic in Blenheim Monday to Friday 9am-3pm, After hours call to enquire.

At **Marlborough Podiatry** we offer a discount for Supergold card holders, off all products and services.

Kaylene comments "with my help, many of my patients are creating their own success stories." Be one of her success stories and give Kaylene a call today, **your feet will love you for it.**

Come in and take a load off, you will be amazed at how relaxed and refreshed you feel...
"like you are walking on air"



24 George St, Blenheim
p. (03) 972 2927

e. kaylene@marlboroughpodiatry.nz
www.marlboroughpodiatry.nz

HOME VISITS & PICTON CLINIC

Corns | Callus | Nails

Seniors Mini Health Expo

**WEDNESDAY 11 APRIL
10.00am - 3.00pm
CONVENTION CENTRE**

This year's expo will be a little different due to the smaller venue. The focus will be on health of older people 65+. Plans are to have health checks, stalls with a health focus along with some interesting talks on various health related topics including Elder Abuse, Falls, Nutrition, Sexual Health, Advanced Care Planning and Enduring Powers of Attorney.

Keep an eye out, as more details are to follow.



Go to www.facebook.com/ageconcernmarlborough/ to follow us on Facebook.

What causes you to slip, trip or fall?

Older adults tell us the things that commonly cause them to fall are;

Not concentrating/distracted, uneven surface (e.g. footpath), loose mats, poor lighting or not seeing properly, wet surface (in shower or spills on floor), leaves on the path, pets under your feet, clutter/cords in the way, not using my walking aid or walking too fast, garden tools (e.g. hose) not put away, slipped off shoes/slippery shoe soles, lost my balance, medication side effects or feelings of light headedness or dizzy.

Whether you're at home or somewhere else, a sudden fall can be startling and upsetting. If you do fall, stay as calm as possible. Take several deep breaths to try to relax.

HOW TO GET UP FROM A FALL

- Remain on the floor or ground for a few moments. This will help you get over the shock of falling.
- Decide if you're hurt before getting up. Getting up too quickly or in the wrong way could make an injury worse.
- If you're hurt or can't get up, ask someone for help or call 111. If you're alone, try to get into a comfortable position and wait for help to arrive. If you do fall, please ask your doctor to refer you to falls prevention. By taking this action you might prevent the slip or trip that could lead to a broken hip.



Steady As You Go[®]



- Falls are the most common cause of injury in older people
- Falls can lead to a significant loss of mobility and quality of life
- One third of people over the age of 65 fall each year
- Half of people over 80 fall each year
- Falls in older people are almost always associated with weakened leg muscles and poor balance
- Falls are not a natural part of ageing
- Falls ARE preventable!
- Joining a SAYGo class and improving your strength and balance can reduce falls & injuries

ENQUIRIES & BOOKINGS

Catherine Donnelly
Age Concern Marlborough
Ph. (03) 579 3457

SAYGo improves:

- Balance and leg strength
- Flexibility
- General fitness and wellbeing
- And is a great way to meet new people

Three simple tests carried out in the first week and at 10 weeks check improved strength and balance

SAYGo has been shown to provide continuous improvements in strength and balance over time in 56 much-loved community based, ongoing peer-led classes

Classes are one hour each week, \$2 per class

Please Join Us!



- Rheumatic Pain • Arthritis • Muscle Strains
- Headaches • Neck and Back Pain

162 Scott Street, Blenheim | Ph 03 578 4434
admin@mosl.co.nz | www.mosl.co.nz



Private Services: Home help, personal cares, overnight support. Peace of mind that your loved ones are in safe hands with trained, experienced support workers.
ACC provider: We support people recovering at home.
Flo2Go companion driving service: Our support workers will accompany you to appointments or shopping.

Ring us on 577 9343
Putting Heart into Community Care



Alzheimers Marlborough

Concerned about somebody with memory loss?

Our Community Support Workers can assist the family to get a diagnosis and provide ongoing support.

Phone: (03) 577 6172

Email: help.marlb@alzheimers.org.nz



Do you need hearing aid batteries?

Grey Power Marlborough sells a card of 6 batteries for \$6.00.

They currently have in stock numbers 10, 13 and 312 for sale.

Grey Power are in the same building as us, 25 Alfred Street, and are open Monday to Friday from 9am-4pm.

Have you paid your 2016/2017 subscription?

New subs for the 2018 year will be sent out in June.

The cost is only \$20.00 for a Single membership or \$35.00 for a Couple or Business.

STAY SAFE
ENJOY DRIVING
FOR LONGER



As an older driver your experience is invaluable and we understand maintaining mobility independence is vitally important to your lifestyle. We're working together to keep you safer on the road for longer.

Subsidies are available for senior drivers who may want to update their driving skills with one of Marlborough's driving instructors.

Free driver workshops offered by the Marlborough Road Safety Council for senior drivers who want to keep their skills and knowledge of the road rules up-to-date.

AA CarFit checks offer older drivers a 12 point check to ensure that everything is set up in their cars correctly including seat height, steering wheel height and side mirror settings.

FOR MORE INFORMATION CONTACT
ROBYN BLACKBURN AT MARLBOROUGH
DISTRICT COUNCIL ON 03 520 7400

