

WINTER 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.

News from the office...

We hope this edition of our newsletter finds you well and preparing for Winter. If there are any small jobs that need completing in your home, before Winter, we have a list of trusted tradespeople. Please phone the office for details.

Catherine, Melissa and Rebekah continue to keep very busy. Just a reminder that Catherine the Community Welfare Coordinator works Monday - Friday from 9am to 3.30pm, Rebekah our Elder Abuse Response Advisor works Mondays and Wednesdays and Melissa, our office Administrator is in the office Monday - Friday from 10am to 1pm. If you visit the office after these hours, Catherine may be there or could be out on a client visit. Last month she made 13 visits to clients homes, and had nearly as many clients come into the office. Sometimes it is better to make an appointment, if you need to see her.

If you ring for a new Total Mobility book, please allow at least 5 days for the mail to get to you. We endeavour to post the book on the day that you call.

Fungal Toenails - What if I have tried everything?

Seeking professional advice from Marlborough Podiatry for personalised options for you and your lifestyle is a good start. We have fungal toenail treatment options including the latest UK technology involving micro penetration called ClearANail. For those who like to wear nail polish on the toenails, we now have an option for you! Introducing the skinicer Oxyperm which allows your toenails to be treated with an antifungal and look good in the process. All your toenail solutions are on offer and this winter is the right time to get them sorted.

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**

Editorial supplied by Marlborough Podiatry

Navigate this winter with ease!

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

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

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

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

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

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

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

Driving Miss Daisy can help you stay comfortable and safe, so you will not just survive but thrive this winter! Remember that many of our franchise owners have fully equipped Mobility Vehicles, so if you have a walker or wheelchair this is no problem at all. No matter what your requirements please call us today to discuss - we look forward to seeing you soon.

Editorial supplied by Driving Miss Daisy

Driving Miss Daisy your companion and your driver!



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

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



PLEASE SUPPORT OUR ADVERTISERS

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

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.

“Someone has to make the best teeth...”

There are many reasons why people lose their teeth at any age which can have a strong impact on their health and quality of life. The benefits of dentures today are that they can be a discreet, functional, comfortable and appearance-enhancing solution for a range of ages and dental problems.

With 40 years experience, Gilbert Matravers at Nelson Denture Clinic is an expert in his field and prides himself in making dentures of the highest quality, using the latest materials and techniques to ensure your dentures not only look good but provide fit and function that is second to none.

Gilbert and his team’s professional and friendly manner puts you at ease and you can be confident that you will receive the ultimate in denture care.

For testimonials and information you can go to their website, www.nelsondentureclinic.co.nz

To make an appointment for a complimentary, obligation-free consultation, phone Margaret on (03) 548 1478.

Autumn/Winter Challenge

Last month at conference, we were challenged to come up with our top 5 songs of all times. It is said that music is great for the soul, it helps with relaxation, it is calming and can evoke memories of past experiences, both nice and not so nice.

So a challenge for you. Can you write down your top 5 songs of all time??

Good luck, it isn’t easy.

Save the Date
Thursday the 6th September
Age Concern Marlborough Inc AGM
at Marlborough Community Centre 10am

Friendship Group

The members of our Friendship Group continue to be busy. To mark ANZAC Day they very cleverly made some poppies. “Lest we forget”.

The Friendship Group meets on the 3rd Tuesday, from 10am - 11.30am each month in Sowmans lounge. This is very kindly sponsored by Geoffrey T Sowman and our scrumptious morning tea is supplied by Café le Cupp.

For more information please ring the office and ask to be added to the mailing list.



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

The Quest Catering Co. Menu

Delivered Monday to Friday 9.30 to 1pm
\$12.00 for a main (delivery included)

- Roast Beef or Pork with roasties and vege
- Crumbed Fish with potato cake & vege
- Roasted Chicken Drums with potato bake & vege
- Beef Ragu with mash & vege (casserole)
- Mild Yellow Chicken Curry on rice with vege
- Creamy Macaroni Cheese & vege
- Two Soups with rolls: Creamy Tomato, or Roast Pumpkin, or Hearty Vege, or Ham Bone & Vege, or Chicken & Corn
- Savoury Mince mash & vege
- Fish pie with leeks & mushrooms with mash and vege
- Sausage Casserole with mash & vege

Dessert \$5.00:
 Fruit Crumble, Sticky Date Pud, Self Sauce Choc Pud, Lemon Delicious, Stewed Fruit with Custard, Cheesecake



Meals for Senior Citizens & Others in Need

Phone: Blenheim 577 9400 or Picton 573 7654
Email: lindagrace@xtra.co.nz
Mobile: 027 573 7654

Order the day before or by 8.30am same day

World Elder Abuse Awareness Day
15 June



10 Tips to Promote Respect and Prevent Abuse

1. Love and cherish your older relatives/whānau.
2. Speak respectfully to older people/kaumātua.
3. Include older people/kaumātua in your social activities.
4. Phone or visit your older relatives/whānau.
5. Support older people/kaumātua to spend their money how they wish.
6. Encourage and support older people/kaumātua to make their own decisions.
7. Honour older people’s/kaumātua’s wisdom.
8. Enable older people/kaumātua to set their own pace.
9. Respect older people’s/kaumātua’s stories.
10. Seek advice from an Elder Abuse Response Service when you think an older person/kaumātua is being abused or neglected or call 0800 32 668 65.

“Someone has to make the best teeth”

Nelson Denture Clinic
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Gilbert Matravers
 Clinical Dental Prosthetist

Ph/Fax: 548 1478
0800 2 SMILE
35 Waimea Road, Nelson

Our guarantee is in your smile

Experience Counts

Editorial supplied by Nelson Denture Clinic

ELDER ABUSE
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Could you be saving money on your power bill?

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

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

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

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

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

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

Top tip to lower your bill

Well-installed insulation is always the top priority for a warmer, healthier home. Get your insulation checked to make sure it is up to scratch – it may have been moved or need topping up.

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

Kitchen CORNER



Carrot Soup

Ingredients

- 1 onion
- 2-3 sticks of celery
- Knob of butter
- 1 litre of vegetable or chicken stock
- 4 carrots
- 1 cup orange juice
- Salt and pepper

Method

1. Melt butter and add chopped onion and celery. Stir until soft.
2. Add 1 litre of stock and peeled and chopped carrots. Cook until soft.
3. Remove from heat and mouli. Add orange juice, salt and pepper and any herbs you wish to add. Re-heat gently. Serve with warm bread.

Rates Rebate Scheme

Applications for 2017/2018

The Rates Rebate Scheme provides a rebate of up to \$620 for low income earners who were paying rates for the home in which they were living on 1 July 2017.

How do I apply?

Application forms are available from your local council or can be downloaded from the internet on

www.dia.govt.nz/ratesrebates

You need to apply to your local council.

What do I need to provide?

- Accurate information about your income (and that of any spouse/partner and/or joint home owner who lives with you) for the tax year ended 31 March 2017.
- Your regional council rates bill if received separately.

Where do I go for help?

You should contact your local council. Their details will be on your rates bill or you can go to

www.localcouncils.govt.nz

Applications close on 30 June 2018.

How is my rebate worked out?

Your rebate will be calculated based on your income, rates and the number of dependents living with you.

The income eligibility for a rebate is \$24,790.

However, if your income exceeds this amount you could still be entitled to a rebate depending on the total cost of your rates and the number of dependents.

Please refer to the application form or your local council for more information.

You cannot apply for a rebate if:

- the property is used principally for farming, commercial, industrial or business purposes; or
- the property is a rental property; or
- you have already applied for a rebate in the current rating year; or
- you do not qualify as a legal ratepayer.

For more information see www.dia.govt.nz/ratesrebates

Word Search

E I T Q R W S Y K A T E M T H
 V R V A A A L O G B R P U A G
 U Y A I Y D R E H U A I R S U
 D A R U N L C A T C A C O M O
 T A I E Q O O L N M E T F A R
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 J P I F I S H I N G D M S U B
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MARLBOROUGH

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 Please contact Maja on (03) 578 7966
www.aberleigh.co.nz

Steady As You Go[©]

Falls Prevention Strength & Balance Programme



- 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 and injuries

SAYGo Improves:

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

Three simple tests carries 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, \$2.00 per class.

PLEASE JOIN US!

Enquiries and Bookings:

Phone Catherine Donnelly on (03) 579 3457

AGE CONCERN MARLBOROUGH MEMBERSHIP APPLICATION

Please complete the following and return to:
Age Concern Marlborough, Room 5, 25 Alfred Street, Blenheim 7201
Ph: (03) 579 3457 Email: ageconble@xtra.co.nz

Date:.....

Name:

Address:

Phone:.....

Email:

Subscriptions (please tick):

Single \$20.00 Married Couple \$35.00

Please help our work by including a donation

Amount Enclosed: \$.....
(Tax deductible if over \$5.00).

Payments may be made either to the office or online to our bank account:

Westpac 030599 047531900

Please ensure your name is shown as a reference.

Sorry no eftpos at the office.

We welcome Donations and Bequests which help us to continue to promote the welfare of older persons in Marlborough.

Would you like to receive newsletters by email? Yes

Would you like a receipt for your payment/donation? Yes

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