

SPRING 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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Address: Marlborough Community Centre,
Room 5, 25 Alfred Street, Blenheim 7201

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.

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.

News from the office...

The office continues to be busy with members and clients popping in to say "hi" something we really enjoy. It's nice to catch up with you and find out the exciting things you are doing.

We would like to introduce a new member to the Team, Farishta, who is now the new Elder Abuse Response Coordinator (EARS).

Elder Abuse Is Not Ok. If you need to speak to Farishta, please call the office and a confidential appointment can be made. Please remember it is all about "love and respect, not abuse and neglect"

A reminder that all membership subscriptions are due. We rely on your donations to help run the office, and as the saying goes, every dollar counts. Members are also invited to our AGM on Thursday 6 September at 10.00am, in our building. We would love to see you there.

Catherine, Melissa and Farishta

AGE CONCERN MARLBOROUGH'S AGM

**Thursday 6 September 2018
at 10.00am
Marlborough Community Centre**



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

Maintaining your Independence

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

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

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

Total Mobility Scheme

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

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

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

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

Editorial supplied by Driving Miss Daisy

Driving Miss Daisy your companion and your driver!



Keep your independence and freedom with our safe, reliable companion driving service.

We can drive and accompany you to:

- Medical and other appointments
- Family/social occasions
- Shopping trips
- Scenic drives
- Take your pets to the vet
- Airport drop-offs and pick ups

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



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

Age Concern Marlborough
would like to announce
the 2018 Seniors Dance is back.

"A NIGHT AT THE PROMS"

Sunday 7 October 2018
At the Clubs of Marlborough
4.00pm - 7.30pm
\$10.00



Did you know...

Promenade concerts had existed in London's pleasure gardens since the mid 18th century, and indoor proms became a feature of 19th century musical life in London from 1838.

Letter from the public...

"I saw your advertisement regarding the Steady As You Go programme in one of the Blenheim Tabloids. This ad caught my attention as this was something I felt I could attend to help myself avoid more broken bones from falls in recent years.

Since my falls I have been left with reduced balance and a CVA. I saw this advertised programme as a way of improving the way I now walk.

I am excited to find this exercise programme meets both these goals for me, plus companionship along the way.

Thank you to Age Concern for this great opportunity and thanks to the folk who step up to run the classes."

Mary



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to follow us on Facebook.



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accommodation
around
New Zealand

You can now locate good quality, pet friendly holiday homes in New Zealand quickly and easily.

On 'Pets Can Come Too' you will find a range of pet friendly accommodation to suit all budgets and holiday styles from home stays / bed & breakfasts to apartments and motels / hotels.

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- Headaches • Neck and Back Pain

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



Steady As You Go®

A Strength, Balance and Falls Prevention 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 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, \$2.00 per class.

PLEASE JOIN US!

Enquiries and Bookings:

Phone Catherine Donnelly on (03) 579 3457

Mr Green

Mr Green is the longest established home services provider in Marlborough that being 24 years. In that time, it has grown to 15 franchises providing lawnmowing, gardening and cleaning services.

All franchisees are fully insured, and health and safety compliant. They have also passed a mandatory criminal security check and are happy to provide WINZ quotes. We pride ourselves on our professionalism, and do a good job for a fair price.

Whether it be lawnmowing, gardening, pruning fruit trees, gutter cleaning, hedge and shrub trimming, to even repairing a fence, we can help keep your section looking great.

Our cleaning franchisees provide a top quality housekeeping service, and will do anything from removing cobwebs, cleaning ceilings, oven cleaning, bathrooms - you name it, we'll do it.

We can provide a regular service, or perhaps a one off spring clean - just whatever suits.



Lawn
Mowing &
Gardening

Section
Clearing
& Rubbish
Removal

Hedge
Trimming &
Pruning

Full House
Cleaning

General
Housekeeping

Domestic or
Commercial

We're cleaning up in Marlborough

Call 579 9333

to get a free quote directly
from your local Mr Green

www.mrgreen.co.nz

Joke Corner

- Q. What did the cat say when the mouse got away?
A. You've got to be kitten me!
- Q. Why don't cats play poker in the jungle?
A. There are too many cheetahs.
- Q. Why should you stand in the corner if you get cold?
A. It's always 90 degrees.
- Q. Where did the music teacher leave her keys?
A. In the piano.

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

The Walkability Map Blenheim

Marlborough's beautiful climate makes it the perfect place to get out and about in the sunshine. Along with the Access and Mobility group, the Council have redeveloped the Walkability Map. This is to ensure safe pedestrian routes whether you are pushing a pram, riding a mobility scooter, or out for a bike ride with your kids.

The routes marked in yellow on these maps have been improved to give you a better journey to town. Other great walking trails are on the map, including wide sealed tracks along the Taylor River and tracks through Pollard Park and Seymour Square.

The Blenheim town centre map is packed with information on accessibility, including parking, toilets and bus routes.

There is now an adult change table at Liz Davidson Place, which requires a swipe key and is available from the Marlborough District Council.

Maps will be available from the Council and Age Concern.

Sudoku

Each row, column and 3 x 3 square should contain the digits 1 - 9

	6		3	7	2			
	5						3	
	2		5			9	7	
2				1	5			4
		3		9		6		
4			6	3				2
	9	7			1		6	
	3						4	
			7	6	3		2	

Logic will get you from A to B.
Imagination will take you everywhere.

Talk/Tech/Teach

For the past 6 years Wendy has been teaching the seniors of Marlborough how to use a smart phone, ipad or tablet.

Technology is now a big part of everyday life. Her passion is to teach seniors how to use the internet: how to connect with family with video calling, how to do internet banking, use the calendar on their phone so they don't forget to attend appointments when memory is not so good, and also to be able to look at all the fun things on their ipad and smart phone.

One of her clients was terminal ill and in and out of the hospice. Wendy was taking her ipad and smart phone to visit his place every week, using her personal hotspot so he could video his daughter from his bed as she lived in another city. The last video call reduced Wendy to tears as they both told each other that they loved each other and said goodbye. What we did not know was that would be last time they would talk. He died suddenly 2 hours later.

Another client, Wendy set up their new ipad and taught them how to use the group messenger page. The client had a very nasty fall in her rest home villa (her heart had stopped), the ambulance rushed her to another city away from all family and friends. She took her ipad with her and for that day in hospital she was not alone waiting for heart surgery, she had 20 of her family and friends with her on group messenger giving her love and support.

If you are thinking about getting a smart phone and don't know what to get, give Wendy a call, she is only to pleased to help, or if you have an old phone and it's time to upgrade send her a text. If you have had a phone longer than 6 months and don't know how to use it, then its time to get help.

Wendy's clients age is 60 to 94, most of them all move on to learn that their phone is not just a phone, it's a computer, and they all learn to use it.

In her class you will never be asked to do anything that you can't, she helps you along with baby steps learning one thing at a time.



Each new client has a one on one with her before they can start in the class, this is to make sure they have a phone, ipad or tablet that they can learn on. Also so Wendy knows what it is you want to learn.

Tech class is at St Christophers Church in Lounge every Thursday except the 4th of the month.
9.30am to 11.30am - \$2.00per class
For more information give Wendy a call on 021 223 0160.

My Home, My Choices

My Home, My Choices is an information and decision-support toolkit that has been designed and tested with older people and organisations that support older people, including in Marlborough.

The toolkit is designed to help people when considering whether to stay in their current home, or to move. It provides people with information and ideas to help them explore their needs, priorities and options and whether their current situation meets their needs.

A wide range of topics are included, such as home help, financial assistance, support services, managing the garden, falls prevention, repairs and maintenance, home heating and insulation, different housing options, and selling or buying a home.

A few kits are available at the Age Concern office.

The toolkit is also available on this web page www.mychoices.goodhomes.co.nz



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"like you are walking on air"

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www.marlboroughpodiatry.nz

HOME VISITS & PICTON CLINIC Corns | Callus | Nails



Free personalised vehicle 'fit' check-ups

Marlborough Road Safety is teaming up with the Automobile Association and Occupational Therapy New Zealand to run another CarFit event, a **FREE** community education service for older drivers.

CarFit events offer a free check on how well people personally 'fit' their vehicle. The check makes sure drivers are aware of all their vehicle's safety features and can adjust them to fit. Information is also provided that can improve people's safety as drivers and maximise their mobility in the community, says CarFit Coordinator Rochelle Comber from the AA.

"Older drivers can improve their safety by making the best use of their car's features. For example, making sure they are using all their mirrors to minimise blind spots, having their seat adjusted to the best position for them, and being aware of other safety features in their car and using them if they need to."

A CarFit check takes about 20 minutes and involves trained community volunteer technicians and health professionals working with each participant to ensure they 'fit' their vehicle properly for maximum comfort and safety. The technicians also offer tips and advice and information about products or services that older drivers might benefit from.

"Staying independently mobile is incredibly important for our well-being. We all depend on our cars to access essential services as well as for family and social activities.

"It's amazing what can be done to keep people driving safely for longer. Programmes like CarFit are going to become increasingly important as the number of older people in our community grows," says Comber.

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@extra.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

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.

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**

