

SUMMER 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

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.

COVER PICTURE TAKEN BY ALISON MCKENZIE:

The Seniors Dance to mark International Day of the Older Person was held on 7th October. This years theme was "A night at the Proms" and the dance floor was full.

If you want to view the photo's, please make a time to come into the office, there are many to look at.

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



News from the office...

STAFF INTRODUCTION:

Catherine Donnelly - Community Welfare Coordinator

This role is different each day and can go from making cups of tea, to assessing for the Total Mobility Scheme, to visiting a client who has lost a loved one or is needing extra support or a home visitor. There could be Community talks or helping with hoarding or advocating on behalf of a client.

The Community Welfare Coordinator's hours are 8.30am - 4.00pm Monday to Friday.

Melissa Haylock - Office Administrator

Melissa is the friendly face you see if you come in or usually hear if you call the office. She is able to answer queries from home help in the garden to sending out new Taxi Voucher books. Melissa works from 10.00am - 1.00pm Monday to Friday.

Farishta Peterson-Ihaka - Elder Abuse Response (EARS) Coordinator

Farishta is our new team member and works Wednesdays and Thursdays. Her role is to assist with any enquiries regarding abuse or suspected abuse.

Our service is confidential and we work to support the rights, dignity and wellbeing of our older people, so they are respected, supported, empowered and valued in our community.

The office continues to be really busy and we love it when you pop in for a chat. If you want to see Catherine, it is best to make an appointment as she is often out visiting clients

Catherine, Melissa and Farishta



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

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.

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

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

Breaking News

We are on the move! Over the Christmas period we are hoping to move into our new rooms. The good news is that they are still in the same building but we are moving to rooms 1 and 3, so instead of being half way down the corridor, we will be at the Alfred Street entrance. Our phone numbers and mailing address will still be the same. These rooms are bigger and are going to suit our needs better.



Christmas Hours

**Our offices will be closed from
12noon Thursday 20th December 2018**

**Our normal hours will resume from
Monday 14th January 2018.**

Don't Miss the Deadline

It's not that long to Christmas and if you are going to need a new Total Mobility Book over this period, the last day for mailing these out will be **Monday 17th December**.



Aberleigh

MARLBOROUGH

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

Elder Abuse is often hidden



The most extreme cases of financial abuse can involve pressuring someone to give away property, demanding an inheritance, or misusing their financial documents.

Often financial abuse is subtle and hard to recognise. It can be as simple as a caregiver stealing from a grandparents purse, or a daughter adding personal items to her mum's shopping or not paying rent to a parent. Or taking away their eftpos card so they can't use it.

The abuse may even be unintentional or explained away as "for their own good".

Financial abuse is linked to **depression, psychological harm and declining physical health.**

Seniors are at greater risk of financial abuse, particularly as they get older. Abusers are trusted and relied on by their victims. They're usually family members, friends or neighbours and are motivated by a desire for money and control.

Warning Signs

It often starts small and gets worse over time. It doesn't occur in isolation. People experiencing financial abuse often also experience psychological and physical abuse or neglect. Financial abuse causes embarrassment, fear, stress and anxiety.

Abusers sometimes show unnecessary concern about what their victim spends their money on.

Common Signs of Financial Abuse

- Missing belongings or valuables
- A lack of food or clothing
- Overdue rent or bills
- Inability to access bank account(s)
- Large or unusual withdrawals of money from bank accounts
- A sudden change to a different bank or branch

- Sudden or significant changes to a will or enduring power of attorney

Protect Yourself from Abuse

- Set up enduring power of attorney
- Set up a bank account in your name
- Make sure your income is paid into your personal account
- Don't share PIN numbers or logins with anyone
- Set up a separate bank account with eftpos card for whoever does your shopping
- Put a spending limit on your card or account

Age Concern News

At our AGM in September we farewelled our Chair, Wendy Inder, and welcomed Marge Scott into the Chair position. Our Executive Committee is made up of seven amazing people who have come from all walks of life, to support and look after Age Concern Marlborough. They range from a professional sports player, an accountancy whiz, school principal and teacher, a former bank manager, and an amazing gardener. We are so lucky to have them and our two Patrons, Dr Andrew Wilson and Jenny Andrews JP.

Age Concern Marlborough is a non government organisation (NGO), which means we are a not for profit organization, and we don't directly receive any Government money. We are totally reliant on grants and funding from our funders such as Rata Foundation, COGS, Marlborough District Council and Lotteries. As well as that we ask our Members for a \$20.00 subscription for a single person or \$35.00 for a couple. If you haven't paid yet, it is never too late, and we really appreciate your support to continue to do the work that we do.

"INSPIRING,
MOTIVATING and HELPING
other people achieve things
they never thought were possible;
SETTING A GOOD EXAMPLE,
basically - that's what leadership
means to me."

Nelson Denture Clinic

We are happy to announce the Nelson Denture Clinic will be lead by our new clinician, Thomas Gu. Thomas has studied and worked at the Otago University's Faculty of Dentistry in Dunedin for over 10 years. He has led various departments in removable prosthetics including partial dentures, full dentures, implant supported prosthetics, and orthodontic appliances. In addition, he has worked at a private clinic in Christchurch, for 4 years. As a result, Thomas has an extensive and wide array of experience from complex and highly specialised hospital cases, to the conventional dentures and prosthetics.

With the combination of specialised expertise and his down to earth and friendly demeanour, Thomas and his team are looking forward to provide you with the finest quality dentures that are comfortable, functional, and aesthetically pleasing, to give you your natural smile back.

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

The Experts in Denture Care

Nelson Denture Clinic

- Latest technology dentures
- Excellent fit and extremely natural appearance
- Cosmetic dentures to support and improve facial structures
- Implant assisted dentures
- Immediate and replacement dentures
- Denture repairs
- Insurance quotes
- Total professional care for denture patients



NZ made by NZ registered and qualified dental technicians

Ph. (03) 548 1478
reception@nelsondentureclinic.co.nz
35 Waimea Road, Nelson
www.nelsondentureclinic.co.nz

Wills

Around 55% of New Zealanders don't have an up-to-date will, and many people don't realise that often things don't happen 'as they should' after we pass. The costs and time delays that come with not having a will (or having one that's out of date) can be astronomical. Having an up-to-date will in place means affairs are quickly sorted and finalised.

Modern times have come to mean more blended families - a wonderful thing, but one that can complicate arrangements if the correct paperwork is not in place. For example, a married couple may write their wills together, but years later, they may part ways and even remarry. Depending on the will, the new partner might miss out on property and heirlooms in favour of the original partner if the affairs are not in order. The way to avoid this is a solid, up-to-date will.

Some famous wills have included some rather unusual requests:

- **Dusty Springfield:** The British singer, known for such hits as I Will Follow Him, made her cat a priority in her last will and testament. Instructions stated that the cat was to be fed imported baby food and serenaded with Dusty's songs. Additionally, the singer also arranged for the cat to marry his new guardian's pet cat.
- **Luis Carlos da Camara:** When the Portuguese aristocrat wrote up his will, he left his considerable fortune to 70 strangers randomly chosen out of a Lisbon phone directory.
- **Fred Baur:** This chemist from Ohio invented the iconic design of the Pringles can and crisps. Pringles went on to be one of Procter & Gamble's highest earners and today has annual sales of over \$1 billion. In 2008, in accordance with his wishes, Fred's ashes were buried in a Pringles can.

Writing a will can be, surprisingly, a special and satisfying experience - a process that allows us to think about our loved ones and reflect on what we are proud of. Writing a will is a chance to make a difference - and not just financially but by allocating heirlooms and mementos too.

Source: Public Trust - www.publictrust.co.nz

Friendship Parcels

Christmas for some of us is a special time, but we are the lucky ones. We have clients who are lonely or isolated from their loved ones, some clients don't even receive a call or visit at Christmas time, some don't have family. We want to spread some "Christmas Friendship Cheer".

If you know anyone who is in need of some Christmas cheer, please call the office and we will make sure they are visited and given one of our special gifts.

If you prefer to remain anonymous, that is no problem.



Workshops

Confident Driving for Seniors Workshop

**November 21st 2018
9.30am - 12.00noon**

Life Without A Car

**November 21st 2018
1.00pm - 3.00pm**

Where: Civil Defence Emergency Management Centre, Wither Road.

Register with Age Concern on
(03) 579 3457



Senior Move Managers

Senior Move Managers specialise in assisting older adults during the transition of moving home; either downsizing, or moving into a retirement village.

The process of moving home can be very stressful and overwhelming. The team at Senior Move Managers effectively manages and undertakes this move removing all of the burden on you and your family. Everything from decluttering and organising, to packing your belongings and relocating them, right through to selling items on your behalf and professionally cleaning your home.

If you or a loved one are thinking about moving and you're unsure where to start, we can help. Give us a call for a no obligation quote on 0800 667 558.

What our previous clients have said:

We expected a move which would normally have difficulties and stress. With SMM we had no difficulties whatsoever. Great staff who handled everything with a smile. Highly recommended!

I had all stress taken from me and was in good hands. They helped to move me, and helped me to unpack at the new address.

Being based in out of town, both my sister and I appreciated having Senior Move Managers' team on the ground when we couldn't be there for Mum.

Mum's mental well being has also improved significantly since you started helping her! I was afraid this move might be the death of her but I don't feel that way at all now. Thank you!

"Making your next move your best move"

Editorial supplied by Senior Move Managers

Getting exhausted at the thought of downsizing?

SENIOR MOVE MANAGERS CAN HELP

Senior Move Managers specialise in assisting older adults and their families with the emotional and physical aspects of relocating home. We plan, advise, organise and monitor all aspects of the moving process to reduce the burden on and ease the stress of the move.



SENIOR MOVE MANAGERS LTD

Phone us on 0800 667 558
to see how we can plan and manage
your move from start to finish
www.seniormovemanagers.co.nz

Improving the quality of life for those with low vision

We know how important reading is to our independence and living our best life. When the best glasses can't help you read there is help to make the most of your remaining sight.

A partnership between the Blind Foundation and Matthews Optometry Group is providing low vision clinics; aimed at improving the quality of life of people with low vision and building the case for national low vision services. The free low vision assessment will provide

tailored advice to help make everyday activities easier; such as reading documents, emails, the newspaper or recipes, and telling the time.

People attending the clinics need to have had a recent eye examination, and stay in the care of their usual eye health professional for ongoing eye care.

To book your assessment talk to your eye health professional or contact the low vision clinic:

Blenheim Matthews Eyewear Eyecare Ltd, 82 Market Street, Blenheim (03) 578 5880

Editorial supplied by Blind Foundation and Matthews Optometry Group

When the best glasses can't help you read, we can help.

Reading is so important to our independence and living our best life, so it's essential to make sure we can keep on doing it.

Book in for a free assessment at our low vision clinic by seeing your local eye health professional or contacting us directly on **03 578 5880**.

Book your
FREE
assessment
TODAY

A partnership between the **Blind Foundation** and **Matthews Optometry Group**.
Your Low Vision Clinic Matthews Eyewear Eyecare Ltd, 82 Market Street, Blenheim 03 578 5880