

**AUTUMN 2019 QUARTERLY NEWSLETTER**  
www.ageconcern.org.nz



# Age Concern Marlborough

*Serving the needs of older people*



For advertising phone Dave 027 652 5220 or email [dave@pukekoprint.co.nz](mailto:dave@pukekoprint.co.nz)

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### Contact Information

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 Address: Marlborough Community Centre,  
 Room 1, 25 Alfred Street, Blenheim 7201

#### OFFICE HOURS

**Community Welfare Coordinator**  
 Catherine Donnelly  
 9.00am - 3.00pm Monday to Friday

#### Office Administrator

Melissa Haylock  
 10.00am - 1.00pm Monday to Friday

#### Elder Abuse Response Advisor

Farishta Paterson-Ihaka  
 9.00am - 3.00pm Monday to Thursday  
 and Wednesday afternoon  
 The Community Welfare Coordinator and  
 Elder Abuse Advisor are available outside  
 these hours.

Office Email: ageconble@xtra.co.nz

### News from the office...

Welcome to the first edition of Age Concern Marlborough's magazine for 2019.

During the Christmas break we moved into our new rooms, which are in the same building, Marlborough Community Centre, 25 Alfred Street. We are now located in ROOM 1 and now have street access. We would love you to pop in and see our new space and check out all the new information brochures we have.



*Catherine, Melissa, Farishta and Margaret*

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



## 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*

## 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](http://www.drivingmissdaisy.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 COURTESY OF JOHNATHAN DONNELLY.**

The Marlborough night sky.



**Go to [www.facebook.com/ageconcernmarlborough/](http://www.facebook.com/ageconcernmarlborough/) to follow us on Facebook.**

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## Changes to the Total Mobility Scheme

Just a reminder to everyone that as of the 1st of April 2019 the Marlborough Total Mobility Scheme will be moving away from the paper based voucher system to a new personalised photo ID Swipecard system.

Towards the end of March you will receive your new personalised ID swipe card, along with the Terms and Condition of use. Please check the card to ensure your photograph and details are correct.

Note: You will not receive a swipe card unless you have a current photo on our Total Mobility Database.

Also as of the 1st of April the only transport operators that will accept the new ID swipe cards will be: Marlborough Taxis, Driving Miss Daisy and Flo2Go.

Please ensure you advise the company that you are a Total Mobility client when you arrange your transport. You must present your card at the beginning of every journey. The driver will need to see your card to check your details. At the beginning of the trip the driver will swipe your card through a terminal in the vehicle. At the end of the journey the driver will stop the meter and calculate the subsidy.

**If you have any questions  
please call Alana Vallance  
at the Marlborough District Council  
on 03 520 7400**



Please remember that we have a supply of these in the office. If you can't get in and would like some mailed out, let us know

### PLEASE SUPPORT OUR ADVERTISERS

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



## 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](http://www.aberleigh.co.nz)



### Personalised vehicle 'fit' check-ups

**FREE**

### Our AA Carfit event is on again

The check makes sure drivers are aware of all their vehicle's features and can adjust them to fit.

**Registrations now open for the next check-up**

How long does it take? **15 Minutes**

**TO BOOK A TIME CONTACT  
ROBYN BLACKBURN AT MARLBOROUGH  
DISTRICT COUNCIL ON 03 520 7400**



# Where community shapes the heart of your retirement

Ernest Rutherford Retirement Village



Ernest Rutherford Retirement Village in Stoke is a vibrant community where residents enjoy a carefree retirement in the company of like-minded friends.

The village enjoys stunning views of the Tasman Bay ranges, spacious grounds and beautifully landscaped gardens.

With independent townhouses and apartments, serviced apartments, resthome, hospital and dementia care there is often no need to move away from the village that has become your home if your health needs change.

Discover all that a Ryman village has to offer.



To enquire about availabilities at the village phone Debbie on 03 538 0882  
49 Covent Drive, Stoke





*A huge thank you to the team from CCU at Ashwood Park.*

They grew an amazing Sunflower and won a national award for Advida. They were awarded \$500.00 and donated it to Age Concern Marlborough.

It is generosity like this that makes my job even better!

*Thank you Ashwood Park.*

## Friendship Group

We meet on the 3rd Tuesday of each month in the Sowman's Lounge from 10am-11.30am. We have a mixture of a social time, and have guest speakers, entertainment, mixed with the odd quiz and theme days. Our group is open to anyone over the age of 65 and we are a real friendly bunch.

### DATES FOR 2019

- March 19th
- April 16th
- May 21st
- June 18th
- July 16th
- August 20th
- September 17th
- October 15th
- November 19th

We would love to see you. Morning tea is sponsored by Sowman's and provided by Market Street Café.



**JUST A REMINDER THAT IF YOU HAVEN'T PAID YOUR 2018/2019 MEMBERSHIP SUBSCRIPTION, THESE WERE DUE IN JULY. Only \$20 / single or \$35 / couple.**

We rely on grants and donations to run Age Concern Marlborough, we receive no direct Government money.

We have 2 payment options either internet banking or pop into the office. Sorry we have no EFTPOS. Our bank details are WESTPAC 03 0599 0475319 00.

If you use internet banking please ensure your name is shown as reference.

## Nelson Denture Clinic

Our senior clinician Thomas Gu at Nelson Denture Clinic 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

*Editorial supplied by Nelson Denture Clinic*

## Workshops

### Confident Driving for Seniors Workshop

- April 1st
- May 6th
- June 10th

10.00am - 2.30pm

**Where:** Clubs of Marlborough Board Room

Register with Age Concern on (03) 579 3457

*Please note numbers are limited*



**Losing a spouse, having the children move away, or facing a loss of income are often reasons why older people experience loneliness and social isolation.** Plenty of research shows that these can cause serious mental and physical ill-health – lonely people are more vulnerable to chronic diseases, eat less well and are more likely to be smokers, overweight or underweight through poor diets, drink heavily and are less likely to engage in physical activity.

Breaking this cycle takes effort, but it's well worth it. Take some simple actions like talk to your barista when ordering a coffee, take up a hobby or a pet (caring for something outside oneself is a good antidote), or volunteer.

We also know that loneliness is a key driver for residents to chose to live in a retirement village where they find a caring community of like-minded friends. 66% of our residents report an improved social life, so that's a tick!

To find out more, visit the RVA's website – [www.retirementvillages.org.nz](http://www.retirementvillages.org.nz)

*Editorial supplied by Retirement Villages Association*

## 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

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## SAYGO

We currently have 5 weekly SAYGO classes running.

**Monday** 10.30-11.30

Foundry in John Street

**Tuesday** class is full

**Wednesday** 1.30-2.30pm

The Foundry in John Street

**Thursday** 1.30-2.30pm

Marina Cove in Picton.

**Havelock Class** is due to restart in April.

The exciting news is that we also have a class running at Bethsaida Retirement Village, where there is a very enthusiastic group that meet weekly. We think they spend more time laughing than exercising.

### WHAT IS SAYGO?

SayGo is a weekly exercise class that concentrates on strength and balance and these two together statistically help with Falls prevention, not to mention a social time. These classes have been going throughout New Zealand since 2003 and we have over 50 participants in Marlborough each week.

For more information, please contact the office Phone 579 3457.

