

WINTER 2019 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concern Southland

Serving the needs of older people



For advertising phone Dave 027 652 5220 or email dave@kiwipublications.nz

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Contact Information

INVERCARGILL OFFICE

Phone: (03) 218 6351
 Address: 50 Forth Street, Invercargill 9810
 Postal Address: PO Box 976, Invercargill 9840

QUEENSTOWN OFFICE

Phone: (03) 441 3490
 Address: First Floor, Aurum House, Terrace Junction, 1092 Frankton Road, Frankton, Queenstown 9300
 Postal Address: PO Box 1161, Queenstown 9348

Who's Who at 'The Centre'?

JANETTE – Manager Extension 4

Janette promotes and runs 'The Centre'. She also provides a Confidential Advocacy service for clients going through Elder Abuse or any Welfare needs.

HEATHER – Office Manager Extension 1

Contact Heather to book meals, rooms or to answer any queries that you may have.

CHRIS – Accredited Visiting Service Co-ordinator Extension 2

If you feel that you could benefit from this service either as a Visitor or Client please contact Chris.

JANINE – Social Worker Extension 5

Janine works alongside Janette with any Elder Abuse or Welfare needs.

EMMA – Social Worker Extension 3

Emma is available to sort out any welfare needs and education in the community.

KATHY:

Is our wonderful cook who manages the kitchen.

CRAIG:

Is our cleaner at the Centre.

LES – Van Driver Extension 6

Please contact Les if you would like to be picked up to come into the Centre.

DUNCAN – Queenstown Office (03) 441 3490

Duncan looks after our Queenstown office and works in the field of Advocacy and any welfare needs of Elder Abuse situations.

From the Manager...

Welcome to another edition of our magazine, days are getting shorter nights are getting a bit colder, please let us know if you are in need of any heating or blankets to get you prepared for winter.

Remember the flu shot is now available now, there is some bad flu's around this year

Janette Turner

Age Concern Southland Manager

**If you can dream it,
you can do it.**

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

Anna can help



Call Anna for no-fuss personal planning
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Ears Unplugged, 83 Don Stret, Invercargill
 Phone 027 4035016
 Linda Winder | Registered Nurse

IT'S DRIVING MISS DAISY'S 10TH BIRTHDAY!

This May marks a ten year milestone for Driving Miss Daisy. We are New Zealand's first and largest companion driving service and we have been committed to helping older people stay social, active and independent since 2009.

With ten years' worth of hard work and dedication, owner's Melanie and Jack Harper have been successful in establishing Driving Miss Daisy as a trusted and loved brand, giving people the freedom of independence within their community. Driving Miss Daisy is now established all over New Zealand with 73 franchises, from Invercargill all the way up to Kerikeri in the North.

"We are so proud of what we have achieved and all of the people that we have helped along the way. Thank you to all our Daisies - franchise owners, drivers and partners. Thank you to all the wonderful clients we have enjoyed helping, spending time with and making friends with - here's to another decade of making a difference in people's lives!"

Melanie Harper, co-founder Driving Miss Daisy.

As people get older and their situations change, it can be hard to get out and about, socialise or simply manage basic errands. Driving Miss Daisy provides freedom, independence and strong social connections for those who need it. Our Driving Miss Daisy, 'Daisies', provide transport as well as companionship to clients ranging from supermarket shops, to doctors' appointments, or simply accompany them for leisurely activities whether grabbing a coffee or going on a group day trip.

We hold the companion driving service contract with ACC nationally and we are accredited under the Total Mobility Scheme which provides discounts on Driving Miss Daisy transportation services.

It is important to stay socially active and if you would like to find out more about our services please call us to discuss - we look forward to hearing from you.

Editorial supplied by Driving Miss Daisy

Driving Miss Daisy - we've got Invercargill covered



Driving Miss Daisy is your safe, friendly and reliable companion driving service.

Perfect for:

- Transporting you to your appointments
- Grocery shopping
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Invercargill

Phone: (03) 216 7763

Mobile: 021 503 334



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

Could you be saving money on your power bill? **Steady As You Go**

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 checking to see if you're getting the best deal for you.

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.

Steady As You Go is a peer-led programme with exercises classes that started in Otago. It is being extended to some other regions, so we asked some regular participants in Dunedin about their experience.

What you learn at Steady As You Go

"Once you hit 60, that's when the aches and pains start," says Valda. "Your hearing and sight is affected and that affects your balance."

Steady As You Go exercises are designed to help older people in their ordinary everyday lives. Groups practice balance, coordination-building and muscle-strengthening exercises such as standing on tip toes or moving from a sitting to standing position.

There are eye exercises to assist balance and strengthen the muscles used for peripheral vision, which are needed for driving.

Participants are also taught practical steps to avoid injury – like squatting down to the pot cupboard and being careful not to step on the bedspread when making the bed.

Doctors and physiotherapists have started to recommend Steady As You Go to their patients.

"It's about preventing falls," says Valda. "And the company. And the laugh!"

New Steady As You Go class in Queenstown Every Thursday at 2pm at St John's Queenstown, 10 Douglas St, Frankton. \$2



An urban myth

– **"Villages are just for rich people"**

We've often heard that villages are just for the rich. While it's true that you'll need some capital to be able to purchase an Occupation Right Agreement, it need not necessarily be that much. Leaving aside the splendid palaces in Remuera or Epsom, there are still plenty of more affordable units and apartments.

Have a look on Trade Me Property, where there's a section devoted just to registered retirement village units. A quick look though recently showed that there are at least 30 units and serviced apartments priced at \$300,000 or less, in a huge range of places across New Zealand.

Taupo, Christchurch, Rotorua, Pukekohe, Manukau, Napier, Tauranga, Red Beach, the Hutt Valley, Nelson and Whanganui are just some of the options. The average price of the 30 units is \$199,000 – which, coincidentally, is the same price my former next-door neighbour paid when she moved to a central Lower Hutt village.

The RVA's website (www.retirementvillages.org.nz) has a list of member villages and their contact details, so you can check the minimum entry age, who's got rental units, and ask questions.



RETIRED ON A BUDGET?

Paying less for power is a quick way to squeeze more out of your budget.

Check whatsmynumber.org.nz to see if you can get a better deal.

WhatsMyNumber
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NEW LOOK KIWI ACCESS CARD TO REPLACE 18+ CARD FROM JANUARY 2019

Posted on December 18, 2018 by NZSA Admin

The new Kiwi Access Card has enhanced security features, which makes it a secure and reliable form of identification (like the 18+ Card currently). The updated features of the Kiwi Access Card include the use of embossing, micro text, and also braille. To get a full insight into all the security features and unique design details of the card you can visit <https://security.org.nz/new-look-kiwi-access-card-to-replace18-card-from-january-2019/> as a helpful resource with the full information on it.

You can use this information as a guide for verifying the validity of Kiwi Access Cards used to purchase goods or services through your business. Please familiarise yourself with the Kiwi Access Card security features, and share this resource with staff members that will be responsible for accepting the ID. We are producing a small flyer which shows the cards that are valid, which can be put up around your point of sale areas, behind the bar, etc, to assist staff with identifying valid cards. We will circulate these to you in the new year – if you require more please contact our office.

The new Kiwi Access Card has been designed with everyone in the New Zealand community in mind.

We have changed the name and the look of the card so that it can better address the needs of everyone, across our society, that needs a form of secure identification to give them access to goods and services. You do not need to be a New Zealand citizen or passport holder to apply for the Kiwi Access Card.

There have been no changes in the process to obtain a card. Like the 18+ Card, applicants must be 18 years or older to be entitled to apply for a Kiwi Access Card. Proof of age is required as part of the application process. Applications for the new Kiwi Access Card will be available from 14 January 2019, and can be made via NZ Post. The Kiwi Access Card will retail at \$55 including GST.

Please also note that the current and previous versions of the 18+ Card remain valid for 10 years from the date of issue.



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Simplifying Income Tax for Individuals

The government has proposed a number of changes to simplify the end of year tax processes for everyone. Some of the changes described are subject to legislation currently going through Parliament.

Key changes

Making the tax refunds process automatic*

Moving from cheques to direct credited refunds*

Ability to claim donation tax credits online*

Helping people to pay the right amount of tax during the year*

Making all tax returns easier to complete.

* These proposed changes are subject to legislation being passed.

When will these changes take place?

The changes to the end of year tax processes will apply for the year ending 31 March 2019.

Proposed changes for salary and wage earners

The following changes will affect all individual taxpayers whose only income is from salary, wages or investment income, such as interest on bank deposits and retirement funds where tax has already been deducted.

Making the tax refunds process automatic

Currently, individual tax payers need to request, receive and confirm a Personal Tax Summary to see whether they have overpaid their tax and to claim a refund, or to see if they have underpaid their tax and have a bill to pay.

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Avenal Park Funeral Home

From preplanning and/or prearranging of funerals, to looking after you when your loved one dies, through to designing and organising of memorials, the team at Avenal Park Funeral Home are here for you.

We have prearrangement packs at our office - 75 Fox Street, Invercargill or we can come and visit you. Prearrangement information can either be held in safe keeping at our office or you can keep the paperwork with your other important documents. Just remember to tell a family member, or someone close to you where this information is stored. Prepayments are managed through the FDANZ Funeral Trust. It is not an insurance policy, the money you pay is yours - held in trust for when it is required.

If you would like to talk to someone about funeral/monumental options or would even like a tour of our premises, please visit us or phone (03) 218 9021.

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FUNERAL HOME
and MONUMENTAL MASONS

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TO KEEP YOUR MEMORIES ALIVE

**TAKE THE TIME
TO TALK**

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03 218 9021

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Take the stress away from your loved ones and talk to us about your funeral requirements

A MEANINGFUL FUNERAL SUPPORTS HEALTHY GRIEVING

Editorial supplied by Avenal Park Funeral Home

Providing Free
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for all of Southland

**SOUTHLAND COMMUNITY
LAW CENTRE**

Freephone: 0800 55 0800 or (03) 214 3180
100 Spey Street, Invercargill

AWHI MANA TOHU TOHU ME MIHI KI MURIHIKU

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Under the proposed legislation, they will no longer be issuing Personal Tax Summaries (PTS). Instead, if a person's only income is from salary, wages or investments, they will send them an Income Tax Assessment notification to finalise your end of year tax information automatically. This will tell you how much you have earned and how much tax you have paid – and if you are due a refund or have tax to pay. If a person has paid too much tax during the year and is due a refund, they will automatically pay the refund directly into their bank accounts.

To get refunds quickly and simply, people will need to make sure their bank account details are up to date. They will no longer be issuing refunds by cheque.

If someone hasn't paid enough tax, they will let them know how much they owe and when they need to pay it. People will generally have until February the following year to pay any tax owing. There will continue to be a range of payment options available, including payment plans.

The information in this document was current at the time of publication. Please refer to the website for the most up-to-date information. www.ird.govt.nz

Automatic tax refunds – *soon the process could be a lot simpler. Here's an example*

Sophie is currently a busy working mum. She is pregnant with her second child and will take extended parental leave for the second time. The last time she was off work was when she had her first child. She was told by her friend that she may be due a tax refund as she had only worked part of the year. Sophie completed the tax refund process through an independent tax refund company, Welcome\$.co.nz and received her refund minus the fee charged by the company.

Sophie can choose to continue to use Welcome\$, her independent tax refund company, but doesn't have to. Provided Inland Revenue has her correct contact details and bank account, she won't have to do anything and any refund will be paid straight into her bank account from May-July 2019.

Sophie can keep her contact

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Visit arrowtownretirement.co.nz



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