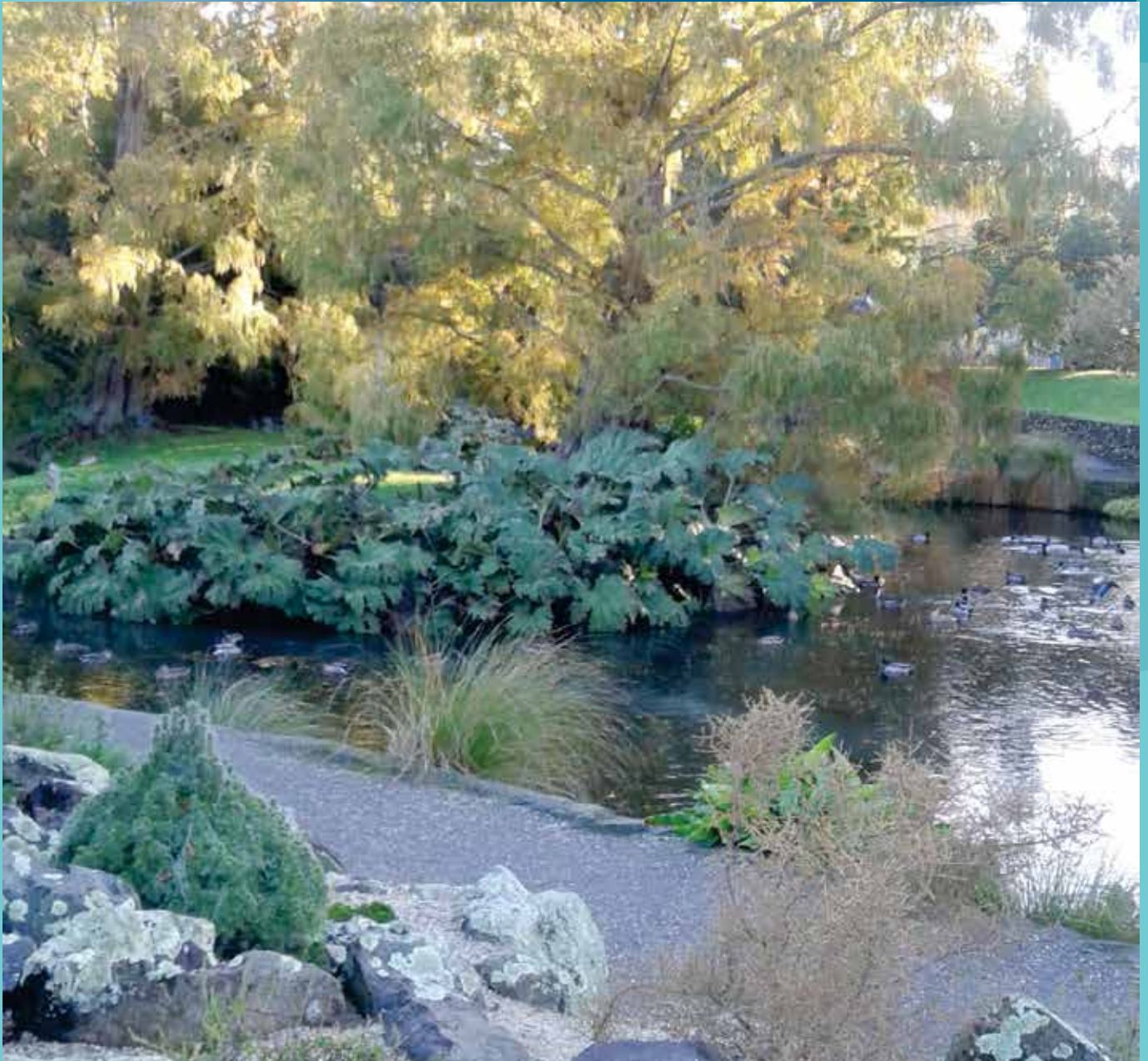


**WINTER 2019 QUARTERLY NEWSLETTER**  
[www.ageconcern.org.nz](http://www.ageconcern.org.nz)



# Age Concern Marlborough

*Serving the needs of older people*



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

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### Contact Information

Phone: (03) 579 3457  
 Email: fieldageconble@xtra.co.nz  
 EARS Email: advisorageconble@xtra.co.nz  
 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, Wednesday and Friday  
 The Community Welfare Coordinator and  
 Elder Abuse Advisor are available outside  
 these hours.

Office Email: ageconble@xtra.co.nz

### News from the office...

A big hello from the team at Age Concern.

We hope that this newsletter finds you all well and getting prepared for winter. By now your Winter energy payments should have started. I meet many people who even though they are happy to receive them, don't actually use them. Don't be afraid to use your heat pumps or heating. The experts say heat pumps are more efficient if left on and kept at a steady temperature.

Even though covering yourselves in blankets is rather tempting, tripping over blankets can result in falls and injuries.

Heat pumps and fireplaces should be checked. If you have any questions please call the office.

It feels a little strange writing this about winter warming, when many of us have spent the weekend in the garden.

This issue of our newsletter includes some articles on heating.

*Catherine, Melissa, Farishta and Margaret*

### 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, owners 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 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!

To err is human.  
 To blame it on someone else shows management potential.

*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.*

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



**Previous quick solution**  
**Across** 6. Broaden 7. Embed 9. Rob 10. Slaughter 12. Blockbuster 15. Awkwardness 17. Ham-fisted 19. Fan 21. Abuse 22. Traipse.  
**Down** 1. Droop 2. Fad 3. Dell 4. Emphasise 5. Referee 8. Turban 11. Blow a fuse 13. Cerise 14. Swear by 16. Pause 18. Earn 20. Din.



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

Marlborough  
 Phone: (03) 579 3162  
 Mobile: 021 503 354



[www.drivingmissdaisy.co.nz](http://www.drivingmissdaisy.co.nz)



## Funding for insulation

EECA is offering Warmer Kiwi Homes grants for ceiling and underfloor insulation to make homes warmer, drier and healthier.



### Am I eligible for a Warmer Kiwi Homes grant?

To be eligible for a grant you will need to:

- be the homeowner (owner-occupier) of a home built before 2008, **AND**
- have a Community Services Card or SuperGold combo card, **OR**
- own and be living in a home in an area identified as lower-income. **OR**
- be referred by the Healthy Homes Initiative

For further information contact 0800 749 782 or visit the EECA website at [www.energywise.govt.nz](http://www.energywise.govt.nz) Keep an eye out for the Warmer Kiwi Homes programme extending to provide funding for heating from 1 July. Grants for heating will be capped at \$2,500. To be eligible the home will need to have insulation installed to the Warmer Kiwi Homes standard before getting a grant for heating.



## Aberleigh

MARLBOROUGH

Aberleigh Rest Home provides loving care in small homes of between 9 and 18 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)

## Buying firewood isn't always a simple matter of ringing up and getting it delivered.

Below are some tips from Consumer NZ

### Buying tips

If you're calling to check firewood prices there are some questions you should ask:

- Does the supplier have a certificate of approval for their measure? Traders that sell firewood by the cubic metre must use a measure – a truck, trailer or bin – that has been certified by the Measurement and Product Safety Service.
- Does the quote include GST?
- What are the delivery costs?
- What is the condition of the wood? If you're buying it to burn straight away, green or unseasoned firewood will not be "fit for purpose" under the Consumer Guarantees Act.

### Burning efficiently

Woodburners are almost twice as expensive to run as heat pumps but you can reduce costs by making sure you're burning dry firewood of the right size (less than 110mm in diameter) and burning cleanly by managing the amount of wood burning rather than turning down the air supply.

### Buying wood

**When to buy**

Spring and summer are the best times to buy firewood. Why buy so early? For wood to burn well and cleanly it needs time to dry. You can buy "unseasoned" wood and store it (in an area where air can circulate) ready for use when the cold weather arrives. If you leave it until later you may have to buy pre-dried firewood – and pay more.

### How much to buy

To keep a woodburner going most evenings and weekends through winter you'll need at least 10 cubic

metres of wood. It's best to buy in larger quantities. Many suppliers will provide free delivery to a local address but only for orders of at least 2 cubic metres.

Tip: Get a dated receipt with the supplier's name and address, the type of wood, quantity delivered and price.

### Type of wood

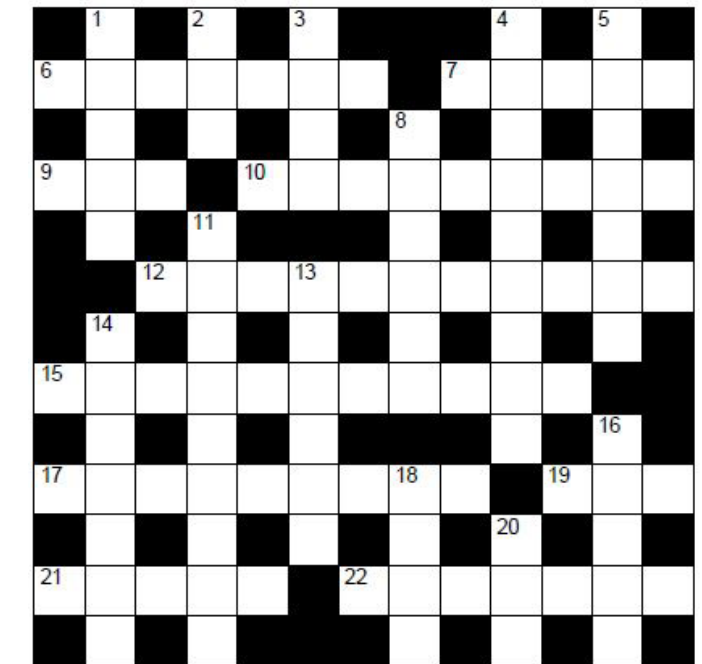
**Softwoods** like pine dry in around 6 to 12 months but burn rapidly. This means regularly adding wood to keep a cosy blaze going. "Old man pine" is from trees aged 30 years or more. It's denser than ordinary pine and contains more resin, so it burns for longer and puts out more heat.

**Medium-density woods** like macrocarpa burn a bit slower and contain more energy. If you have an open fire, avoid macrocarpa as it's prone to sparking. Hardwoods such as gum and manuka make a better fire as they have greater heat content and burn slowly. But freshly felled hardwoods can take up to 18 months to dry.

Many suppliers also offer a blend of softwood and hardwood called "hot mix". The idea is to use softwood (usually pine) to get the fire started, then to add slow-burning hardwood once the room is warm. There is no standard ratio to hot mix so you should ask your supplier about proportions to make sure you're getting a good deal. In general, the more hardwood in the mixture, the better.



## Quick crossword



### ACROSS

- 6. Expand (7)
- 7. Implant (5)
- 9. Burgle (3)
- 10. Butcher (9)
- 12. Smash hit (11)
- 15. Self-consciousness (11)
- 17. Clumsy (3-6)
- 19. Groupie (3)
- 21. Making an older person's decisions for them (5)
- 22. Plod (7)

### DOWN

- 1. Sag (5)
- 2. Craze (3)
- 3. Small valley (4)
- 4. Accentuate (9)
- 5. Sports official (7)
- 8. Head dress (6)
- 11. Lose your temper (colloq) (4,1,4)
- 13. Light red (6)
- 14. Have confidence in (5,2)
- 16. Hesitate (5)
- 18. Merit (4)
- 20. Racket (3)

**21 Across:** If a family member or carer takes decisions out of your hands or disregards your wishes, it's elder ABUSE & it's not OK. What is OK is seeking help. Call 0800 32 668 65 for free, confidential support. Brought to you by the Office for Seniors.

## Police announce non-emergency number

**105 is a national non-emergency number that will be answered 24/7 by highly trained Police staff. It is free to call from all landline and mobile numbers.**

## it's 105





## Better Later Life - He Oranga Kaumātua 2019 to 2034

The Office for Seniors would like to hear your feedback about the draft strategy, *Better Later Life - He Oranga Kaumātua 2019 to 2034*.

The draft new strategy, takes a fresh look at what is required to ensure New Zealand has the right policies in place and is prepared for an ageing population.

### Have your say!

Either complete the online submission or download a Word document of the submission form. The completed Word document submission form can be emailed or be posted to:

Strategy for an Ageing Population,  
Office for Seniors, P O Box 1556, Wellington 6140.

**Feedback closes at midnight on 3 June 2019.**

If you would like a copy of this document, please call into our office and we will print a copy for you.

**Smoke alarms are our voices. If you need help with your smoke alarm, call the Blenheim Volunteer Fire Brigade on 579 5799**

### Maintenance guide:

#### BATTERY SMOKE ALARMS

##### Once a month

Press the test button to sound the alarm

**Tip** - if you cannot reach the button easily, use a broom handle

##### Every 6 months

Vacuum or dust your smoke alarms to help reduce false alarms

##### Every year

Check the expiry date. This is usually located on the bottom or side of the alarm. If your smoke alarm does not have an expiry date on it, it is best to replace it.

##### Every 10 years

Replace all smoke alarms with new long-life photoelectric smoke alarms.

\* If you have a replaceable battery smoke alarm, replace the battery every year.  
**Please note:** Your alarms will start to beep regularly if the battery is low.

## An urban myth

### – “Villages are just for rich people”

It's true that some retirement villages are seriously expensive. You won't get much change from a million dollars in some places, but the price also reflects the amenity value, location, views – all the sort things you'd expect from a real estate transaction.

Retirement village operators are acutely aware that their residents, generally speaking, come from a 10 or 15 km radius of their village, so they can keep the social connections, clubs and activities they've enjoyed for decades. Operators also know that their Occupation Right Agreements (ORAs, or the contracts between the residents and the operator) should reflect the average freehold home price in the area where the village is based. That means that an ORA in the premium parts of Auckland or Christchurch will come at a higher price than in other places. It also means that residents have a huge range of prices and options to choose from, if they're prepared to look a little further.

Releasing pent-up equity from the family home is another driver of demand in recent years. It's a bit like winning Lotto if you can sell your family home and move to a village at a significantly lesser cost. The additional money can dramatically improve your retirement, and remember, you can't eat equity unless you realise it.

Trade Me Property has a section devoted just to registered retirement village units. A quick look through 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](http://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.

*Editorial supplied by Retirement Villages Assn*

## 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](mailto:reception@nelsondentureclinic.co.nz)

35 Waimea Road, Nelson

[www.nelsondentureclinic.co.nz](http://www.nelsondentureclinic.co.nz)

*Editorial supplied by Nelson Denture Clinic*

Please  
**SUPPORT**  
OUR ADVERTISERS

## ELDER ABUSE

IT IS OK TO ASK AGE CONCERN FOR HELP!

ELDER ABUSE AWARENESS 15 - 22 JUNE



CALL 0800 EA NOT OK  
- 0800 32 668 65

75% More than three quarters of alleged abusers are family members

50% More than half of the alleged abusers are adult children or grandchildren

50/50 Alleged abusers are as likely to be female as male

## 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](http://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 moved or need topping up.

Visit [www.energywise.govt.nz](http://www.energywise.govt.nz) for more information.

## SAYGO

We currently have 5 weekly SAYGO classes running.

**Monday** 10.30-11.30

The 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.



## RETIRED ON A BUDGET?

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

Check [whatsmynumber.org.nz](http://whatsmynumber.org.nz) to see if you can get a better deal.

WhatsMyNumber  
.org.nz