

WINTER 2019 QUARTERLY NEWSLETTER
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Age Concern Otago

Serving the needs of older people

Celebrating Otago's older people since 1948



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From the Executive Officer



Greetings everyone.

Brrr – it's starting to feel like winter. You will certainly need to make the most of your winter energy payment from Government.

Well you may have noticed that our wonderful Maree

Turnbull is back! The Admin role was not the right fit for Maree's replacement, Simone. Maree very kindly offered to return until a replacement was found. We now have Miriam Spronk in the role and she is settling in beautifully. We are all so grateful to Maree for helping us with the transition – actually, we love having her back...

Our work continues to grow as more people access our services. There was an increase of 8,000 people supported by Age Concern Otago in 2018 compared to 2017, which is hugely significant. I am heartened by this as more people are reaching out for help and guidance in their later years. I am immensely proud of the team in stepping up to this demand – they really do a fantastic job in so many ways.

The bigger picture: Age Concern welcomes the release of Better Later Life – He Oranga Kaumātua 2019 to 2034 strategy to help older New Zealanders live well. This is a positive outcome of earlier consultation carried out in 2018, during which Age Concern also contributed. We value this further opportunity to have a say on a strategy that will impact significantly on older people living

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



<https://www.facebook.com/ageconcernotago/>

Age Concern Otago

in New Zealand, making the future better for New Zealanders as we age. Watch this space.

Our building continues to buzz with activity – it makes me smile when I hear the laughter and banter as people enjoy their activities and socialise; it makes me wonder how many friendships have been made as a result of people coming through our door... Make sure you invite others to join you when you come along. The more the merrier.

Age Concern Otago has been very fortunate to receive a donation from the Alexander McMillan Trust to give our upstairs rooms a face-lift. Otago Painters have very generously reduced their quote for the job to meet our grant, for which we are most grateful. We are all feeling excited as we anticipate our new look activity venue. Make sure you drop in in a couple of months and check it out.

Well, that's it from me for now. Take care of yourselves and others.

Keep warm!!

Debbie George - Executive Officer

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www.ageconcernotago.com

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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!



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Have you thought about leaving a gift to support the future work of Age Concern Otago? To find out what we do visit www.ageconcernotago.com

Leaving a donation to Age Concern Otago will directly help older people enjoy a full life for more than your lifetime. Just imagine what it can do for future generations.

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Accredited Visiting Service (AVS)

Winter is fast approaching. We all enjoy days where we can sit at home in the warm and do absolutely nothing. The reality is that many people do this day in and day out and soon tire of it. The days tend to roll into one, it can be a very lonely time for some older people.

The Accredited Visiting Service can help by providing you with one of our wonderful volunteer visitors who will pop in each week and spend some quality time with you. We currently have many willing volunteers waiting to be introduced to someone.

Please feel free to phone me if you would like to become involved.

Tristan Kavanagh

Social Connection Team Leader



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TAIERI AGE CONNECT

May 2019

Background

With dwindling numbers in the Mosgiel Senior Club it was decided to create a "Village Hub" to give older residents a place to get information about groups and services and socialise.

The group Taieri Age Connect, is a collaboration between Presbyterian Support Otago, Age Concern Otago and residents. A start up group with a small number of people was formed several months ago to "get things moving" with the assistance of Presbyterian Support Otago community development facilitator Adrienne Henderson.

A general meeting was held on Wednesday 6th March to rename Mosgiel Senior Citizens to Taieri Age Connect and elect office bearers. The aim is to provide older residents in the area with a Hub for social activities and information. It would be run by the people and be a welcoming place to come to either as a drop in centre for information or to just enjoy company over a cup of tea.

The following office bearers were elected

President:	Ken Whitcombe
Vice President:	Trish Didham
Treasurer:	Maree Turnbull
Secretary:	Carolyn Thomas

A further 5 committee members were also elected.

We will be revamping the present meeting room to include the installation of new double glazed windows, painting and reorganising the meeting room and generally making it a nice, cosy space. We are changing the signage and have ordered a teardrop flag for outside to enable people to see where we are. We are also in the process of having a telephone/internet cable installed and have been donated a computer which will include a database of all clubs and activities being offered on the Taieri.

It was agreed to retain the Mosgiel Senior Citizens name for the hall due to local fundraising for the

original building.

We have various groups currently using our Senior Citizens Hall including Steady as You Go, Powerhoop, Age Concern Otago, Mosgiel Senior Bowls, Yoga and Nations Church.

We are encouraging other groups to make use of this great facility which we rent at a very modest hourly rate. For more information please contact taieriageconnect@gmail.com.

We also have a book exchange, puzzles and games – more donations greatly appreciated.

We are always looking for new members - there is a \$15 annual membership fee. However you do not need to be a member to come to the Taieri Age Connect HUB.

Our Launch

We are planning a "Festival of Ageing" to launch this new HUB in the Spring.

There will be a variety of activities, talks and information presented - more information will follow. We then will be open for anyone who wants to come in on a Monday, Wednesday and Friday from 10am-3pm.

We will be looking for volunteers to host these sessions and also to drive people to the HUB.

Winter

by Nikki Giovanni

Frogs burrow in the mud
snails bury themselves
and I air my quilts
preparing for the cold

Dogs grow more hair
mothers make oatmeal
and little boys and girls
take Father John's Medicine

Bears store fat
chipmunks gather nuts
and I collect books
for the coming winter.

Hello from the Reception Desk!!

The days are just flying by as we move in to the second half of the year. At the start of May, you may have heard of the new Police non-emergency contact 105. This is a wonderful initiative for reporting non-urgent matters, freeing up the 111 operators to handle real emergency calls where seconds really count.

So what is the 105 number for? You can use 105 to report non-emergency situations, such as when your car has been stolen, your property has been damaged, or you want to give police information about crime in your area. The key message is that if it's happening now or just happened and there's a threat to life or property, call 111; if it's already happened and there's no immediate danger, call 105.

I hope this information is helpful.

Take care and keep an eye on each other.

Cheers, *Fiona McMillan*



Hello from the Health Promotion Team

The end of autumn is here and we start to enter winter. Over the last few months, we have been very busy delivering a number of courses, workshops and seminars throughout the region. There have been Senior Chef Courses run in Central and Dunedin, Staying Safe driving and Life without a Car workshops all over Central, Dunedin and South Otago plus various Independent Living seminars on a heap of subjects requested by seniors to ensure older people age well through-out the region.

Over the coming month, Marie, Cherie and I will be looking at the next twelve months of programmes/projects to be under taken and applying for funding grants. Road safety for senior's programmes will continue to be included, along with information seminars on topical subjects and information to improve older people's lives. We held Life without a Car in Oamaru and Mosgiel as a pilot project, because of their success and the feedback from participants there will be more. The team will be

looking at other exciting projects that reflect the need for our different areas, which may include IT support, social activities, and regular senior information updates etc.

Throughout the magazine there are snippets of HP information and research articles that maybe of interest to you.

Take care and keep warm over the coming winter days and "Watch this space" to hear about new projects and resources we may develop over the next year

*Marie Roxburgh,
Cherie Newlove and
Kristen Beardsmore*

Health Promotion Team



ESTATE SERVICES MADE EASY

Estate of Grace is a local family owned business that prides itself on providing a caring and holistic approach to estate services. They are focused on doing the best for the client, family and their estate by maximising value and making a difference to the community with options to support local charities and non-profit organisations whenever possible.

Andrew Whiley, and his wife Jackie, established the business seeing the many issues facing the elderly down-sizing and families dealing with estates. Today, families often don't live locally; distance can make it difficult to balance the physical tasks required when dealing with an estate. This includes the challenge of transitioning elderly parents to a retirement facility. **Estate of Grace** simplifies the process!

A recent client engaged the company to look after the estate of his late Mother. Household goods were assessed with valuable items sold and the

balance of goods shared across six local charitable organisations. The house was then fully cleaned and staged, including the garden, to ensure that the client was able to maximise the selling price.

His quote says it all. *"In view of what the place looked like before they went in, I think they've worked a miracle. The place inside and out looks fantastic"*.

Estate of Grace can also assist those that wish to pre-plan how their estate is handled. Feel free to contact Andrew to discuss how Estate of Grace can assist you!



Editorial supplied by Estate of Grace



Estate of Grace is a local family owned business that prides itself on providing a caring and holistic approach to estate services. The company works with families, lawyers, executors and trustees to provide services to simplify the estate management process.

Personalised services include:

- Assistance with Downsizing & Relocating to Retirement Facilities
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- Shipping Services for Local and International Items
- Rubbish Removal
- Home Staging and Property Preparation for Sale
- Rest-Home Pack-Up Services
- Options for asset liquidation including Garage Sale, Trade Me and Auction Services to Maximise Return
- Working with non-profit, community and charitable organisations for donations of unwanted goods



Phone: 027 465 3222 (Andrew Whiley) | Email: dunedin@estateofgrace.nz
www.estateofgrace.nz

New Online Quiz A new addition for this year is the Age Concern Elder Abuse Quiz that has just been placed on the Elder Abuse and Neglect section and the front page of Age Concern New Zealand's website <https://www.ageconcern.org.nz/>. It is a short 10 question quiz that covers general information about elder abuse and neglect. As an awareness raising tool, this provides an invitation to the public to join in and everyone completing the quiz can get a certificate too!

Total Mobility.

Membership is now due for our Total Mobility users. It is a requirement of Age Concern Otago you are a current member to access the Total Mobility scheme through us. If you are unsure if you have paid your membership for 2019 please give me a call on 03 479 3055. Thank you.

There's no lemon so sour that you can't make something resembling lemonade – ***This Is Us***

There's no doubt that older people are vulnerable to loneliness and social isolation – Age Concern research, amongst others, show that very clearly.

Their vulnerabilities arise from the loss of a spouse, loss of mobility, loss of income, the children have moved away, or perhaps they're all by themselves in a big house and everyone else in the street's out at work.

This is important, not just because loneliness is painful, but because having inadequate social relationships has been shown to be as bad for health as smoking. British research suggests that lonely people are more vulnerable to chronic diseases, eat less well and give up on themselves, are more likely to be smokers, overweight or underweight though poor diets, drink heavily and are less likely to engage in physical activity.

Breaking the cycle of loneliness takes conscious effort. Break the cycle by making a plan – talk to your local barista or call someone rather than sending a text. Volunteering and hobbies are almost certain ways to make new friends. Pets offer a good antidote – it's important to think beyond oneself.

The vulnerabilities above often trigger a move to a village. It's a great opportunity to make new friends in a community of like-minded people. Villages often have a vast array of new activities, events and entertainment designed to pique residents' interests and encourage involvement.

From time to time we survey our residents to see how we're going in meeting their needs and expectations. The last survey asked 1,300 randomly-chosen residents about their life in the village.

66% reported a greater sense of security and confidence, one third said they enjoy better physical health, and a satisfactory 67% said their social life had improved. So we can tick all those boxes!

editorial supplied by Retirement Villages Association

The tax refunds process is now automatic

On 26 April, the latest changes to make tax more straightforward came into effect.

What does this mean for you? The main things you need to be aware of are:

Income tax assessments If your only income is from employment, NZ Super, a benefit or investments (such as interest from bank deposits and savings), you'll receive an income tax assessment between late-May to the end of July to finalise your end-of-year tax information. This will show how much you've earned, how much tax you've paid and your tax calculation – so you'll know exactly where you stand. If you have a myIR account, Inland Revenue will notify you that your income tax assessment is there. If you don't, it will be posted to you.

Automatic tax refunds If you paid too much tax during the year and are due a refund, Inland Revenue will automatically pay the refund directly into your bank account (so long as your bank account details are up to date in the system).

New website and improved myIR. The new Inland Revenue website features a brand-new homepage, look and feel and layout, with improved search functions and the ability to navigate content by role, situation, topic or task. There are also enhancements to myIR, including a new landing page and changes to layout, as well as greater control, visibility and certainty for users of their tax and social policy obligations.

What do you need to do?

Keep your details up to date and Inland Revenue will take care of the rest. Make sure they have your current bank account details so they can pay refunds and entitlements, and your up-to-date email and address details so they can make sure you get your income tax assessment. You can check or update your details using myIR.

What else do you need to know?

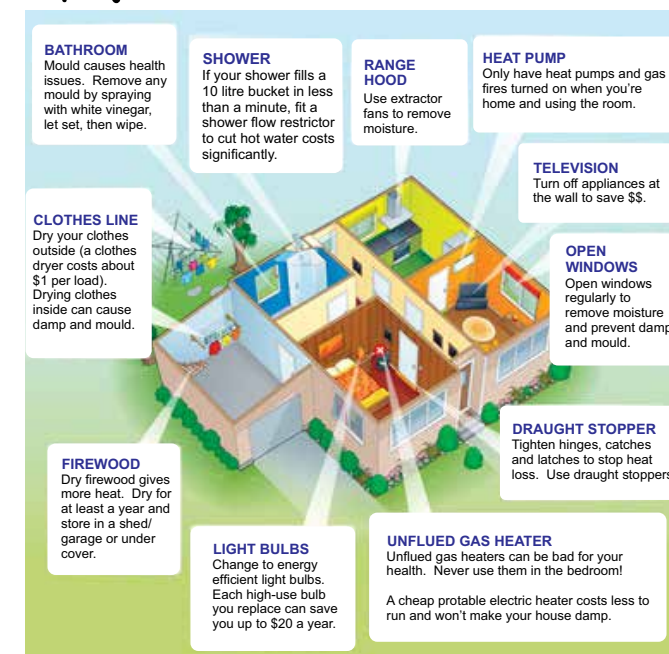
For more information on the other changes that have become law, including tax code notifications and donation receipt uploading through myIR, visit www.ird.govt.nz

Using heat pumps wisely

- Only heat when you need it - don't leave your heat pump on all day if you're not there. Use the timer to turn on the heat pump shortly before you get home and turn it off when you don't need it.
- Only heat the space you're actually using - shut doors and curtains to keep the heat in.
- Set the thermostat to a healthy temperature - aim for 18°C to 20°C. High thermostat settings cause high electricity use. Inadequate heating can lead to mould growth and dampness.
- Avoid using the 'Auto' mode - use the 'Heating' mode. In 'Auto' mode, the heat pump tries to maintain the set temperature by constantly changing between heating and cooling, as the room temperature fluctuates. This can waste a lot of energy.
- Clean the filter regularly - inside the indoor unit, as per the manufacturer's instructions.
- Avoid using it as an air conditioner when you can - try opening windows and doors on either side of the house to create a through-breeze. Close curtains on hot, sunny days to keep your home cool and shady.

<https://www.energywise.govt.nz>

Tips for a warmer, healthier home



Disability Information Service

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Bea-line

This autumn there are so many interesting plants I've been tucking in, and then weeding, of course! Does that ever stop? And getting the garden ready for winter, spreading large quantities of newspaper over the weeded paths, and topping these with a thick layer of woodchip. Taking hardwood cuttings and starting up seeds for late autumn planting, or some special seeds for indoor plants.

To increase my favourite herbs, I take cuttings, - early morning is best - of hardwood in autumn, choosing firm woody stems about 3 inches long, and make a sharp cut. I dip them in rooting hormone and straight into a potting mix, water and either wrap cutting and pot in plastic, or take an old lemonade bottle, cut it so that it fits over the cutting and tuck it over. Cuttings like to be kept reasonably warm and humid. And be patient! Some cuttings take longer than others, maybe a month or two to root and slowly put forth shoots.

Seeds? I am collecting all the egg cartons I can, and filling up the spaces with seed mix. Sow brassicas, sow herbs, and once the seedlings are up, it's easy to cut out the segments and put straight into the soil. Or keep the seedlings until they're tough enough to be transplanted either outdoors, or into pots for indoors. My current favourite is the mimosa pudica, or the shy plant, which I'm hoping to coax into good growth. The leaves shudder and close up if you touch them. A great defence against predators.

A new favourite plant for outdoors is Good King Henry, which will undoubtedly be one of my favourites, since I love plants with odd names, and GKH promises to be one of these. Either its named after French King Henry IV, who promised peasants a chicken, fattened by this plant, in every pot, or its after Good Henry, a domestic spirit who could be bribed with a saucer of cream to help in the house. Or....hunt up the websites if you're curious.

As well as its intriguing name, this plant apparently tastes like spinach. Once it's well established, trim off the leaves and cook the stems.

Picture these in mediaeval cottage gardens, with the goodwife rushing out to pick the plants for the



simmering stews on the range.

Another summer-late autumn task is cutting back lavender, drying the flowerheads and making potpourris to hide the possibly less-than-pleasant smells in the bed linen and clothes. Potpourris are lovely things to make - dried rose leaves, dried lavender flowers, and dried sage, among other plants. Crumble them, when dried, mix them and spoon the mixture into muslin bags. Then tuck them into the linen cupboard/wardrobe/shelves/drawers. Who needs the expensive perfumes of the day when you have these plants to hand?

Herbs are marvellous multipurpose plants. Basil, oregano, parsley, rosemary, rue, thyme provides a basis for interesting dishes. Dry the leaves and use them as insect repellents. Applingie or Artemisia abrotanum, is a great flies, bees and wasp repellent. Well worth growing!

And so the herbs continue. French tarragon is doing well, and would be even better if I didn't pick and eat so much as I pass. Add several leaves of French tarragon to a green salad for extra flavour. Sages are doing very well; I like them best as a winter herb because I use so many leaves in different meat dishes. And I could go on!

Happy gardening!

Good King Henry



Beatrice Hale - Defiant Gardening Granny

Government Programme to Warm Up Homes

The Central Government and local funders have joined forces to help improve the health and energy efficiency of Otago houses through the new Warmer Kiwi Homes programme.

This programme currently provides 100% subsidised (free) ceiling and underfloor insulation in eligible owner-occupied Otago homes. Also included is a ground vapour barrier underneath the house, which helps prevent rising damp. Eligible owner-occupiers will have a home that was built before 2008, and will either hold a Community Services Card OR live in an area designated as a 'warm up zone' for this programme. Owner-occupied households who live in a warm up zone can qualify without a Community Services Card.

To check your eligibility, including to determine if you live in a warm up zone if you don't hold a Community Services Card, you can use the simple tool found here:

<https://www.energywise.govt.nz/tools/warmer-kiwi-homes-tool/>

This programme is free for qualifying Otago households thanks to the generosity of Otago Community Trust, Central Lakes Trust, and the Dunedin City Council.

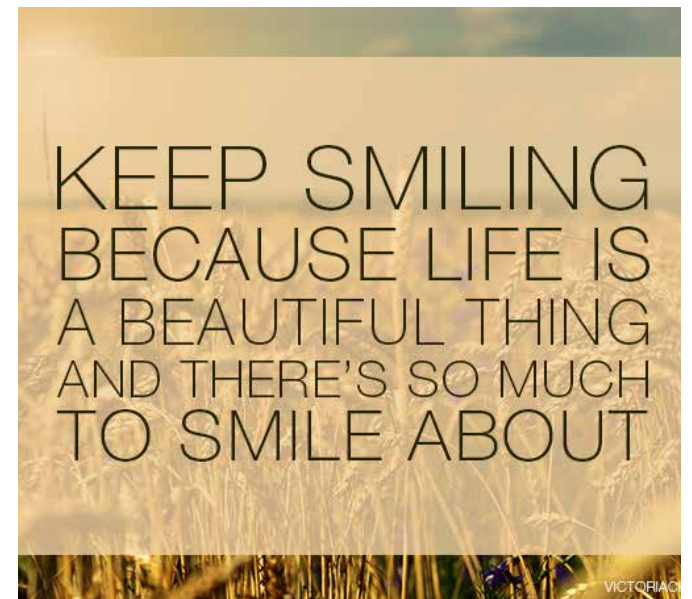
Please note that commercial installers are contracted to perform insulation work for the Government, but that the programme is 100% subsidised and eligible households will not have to pay for the work completed under Warmer Kiwi Homes. The Government and local funders are invoiced for the job.

On 1 July 2019, the Government will also launch a subsidised heating appliance programme, which will apply to heat pumps, pellet fires and efficient wood burners for eligible households. The subsidy will be 67% of the cost of one of these appliances and their installation, capped at \$2,875. Some restrictions will apply.

Watch this space for more information as we will publish details in our next issue.



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Winter Exercises

Here are some movements from our new 'Aligned to Go' falls prevention programme to help keep you warm during winter weather:

Elbow Running

This is a bit like running on the spot with your arms. It gets you breathing and warms your core.

1. Bend your arms by your sides.
2. Keep your feet still and move your arms as though you are running quickly.
3. Keep the range of movement small.
4. Guide your shoulders down and back.
5. Relax your buttocks and hips so they move quickly in opposition to your arms

Arm Swings

This movement incorporates your head and neck and gets your legs working too.

1. Swing your arms in opposition to each other.
2. Add a small bounce in the knees as your arms drop down and swing up
3. Gently add turning your head toward your back arm as it swings up.

Tapping

Once you get the pattern of this movement you can speed it up and bend your legs more.

1. Bend both knees slightly and take your left leg out to the side, touching the floor lightly, keeping your weight in the support leg.
2. Bring it in and change legs to take the right leg out to the side.
3. Keep alternating the leg you take out to the side.
4. To progress you can speed this up or bend your legs more, or both.

5. Take your left foot behind you and touch the floor lightly with the support leg taking your weight.
6. Return your foot to centre,
7. Change legs and lightly touch the right leg in front of you.
8. Bring it back to centre, change legs and take the left foot back again.
9. Repeat a few times keeping your body upright.
10. Now start with the right foot back first, and the left leg forward.
11. To progress, you can speed up or bend your legs more, or both.



Go slowly and watch your footing on slippery surfaces when you are out and about!

Margaret Dando QSM

My therapist told me the way to achieve true inner peace is to finish what I start. So far I've finished two bags of M&Ms and a chocolate cake I feel better already – Dave Barry

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Pumpkin and Carrot Soup

Lovely soup – you can freeze the leftovers, then all you need to do is pour it into a pan to reheat for next time.

Ingredients 4-6 Serves

- 1 Pumpkin, peeled and seeded
- 2T Coriander seeds
- 1t Ground cinnamon
- 2 Dried red chillies (optional)
- 2t Olive oil
- Salt and pepper to season
- 1 bunch fresh sage leaves, or 1t dried sage (optional)
- 1 Onion, peeled and finely chopped
- 1 Carrot, sliced
- 1 stick Celery, chopped
- 1.4 litres Vegetable stock (use liquid stock or follow instructions on packet of vegetable stock powder)
- 4T Sour Cream



Method

1. Preheat the oven to 200 °C.
2. Cut pumpkin into even-sized chunks and transfer to a roasting tray.
3. Chop and mix the coriander seeds, cinnamon, and dried chillies until nice and fine, then sprinkle over the pumpkin.
4. Drizzle with a little olive oil, season with salt and pepper, then roast in the preheated oven for about 40 minutes until nice and soft.
5. Before the pumpkin is ready, gently cook the onions, carrots, and celery with a little olive oil in a large pan for 10 to 15 minutes.
6. Add the roasted pumpkin to the pan and pour in the vegetable stock.
7. Bring everything to the boil then turn off the heat.
8. Purée the soup using a stick blender or bench top blender.
9. Fry the sage leaves in a little olive oil for 2 minutes until crispy.
10. Serve soup with a swirl of sour cream and a sprinkling of crispy sage leaves in each bowl.

Property Solutions for the Elderly

Estate Property Solutions is a Dunedin owned family run business that can assist you with all the details of an estate so that you don't have to. We don't just do estates but have a wealth of knowledge and can manage a wide range of services.

Check out our website:

www.estatepropertysolutions.co.nz

It's a great time of year to think about having a good clear out. We can help with house cleaning, decluttering advice or assistance. We can help you with rubbish removal, tidy up of garden along with any maintenance jobs around the house. Maybe you need some painting done we can do that too. We can do as much or as little as you need. Do you have a garage full of unwanted stuff? We can clear it out for you. Do you live out of town? No worries we are happy to do out of town work for you.

If you need any help managing the tasks of a property no matter how big or small maybe we can help carry you through the process.

Call us at Estate Property Solutions

0800 00 11 26 or 027 878 9473.

info@estatepropertysolutions.co.nz



Deceased estate services

Aged-care relocation

Clean-up and repair service

Hoarding clean-up

- Full house cleaning and clean-up
- Disposal of unwanted goods
- Declutter advice and assistance
- Gardening and section clearing
- Maintenance and repairs of buildings
- Arranging for sale of goods

Phone: 0800 00 11 26

Email: info@estatepropertysolutions.co.nz

www.estatepropertysolutions.co.nz

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** 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.

Let Work and Income know about you overseas travel plans

At this time of year many seniors are planning a trip out of New Zealand. Along with organising insurance and stopping the mail and paper, you might need to let Work and Income know. If you’re planning on going overseas for a few days or a couple of weeks (up to 28 days), your payments won’t be affected and you don’t need to contact Work and Income. If you’ll be away for more than 28 days while you’re getting Winter Energy Payment, the Disability Allowance or Accommodation Supplement, please let Work and Income know your travel plans so you can be paid the right amount. These payments stop at 28 days but you can still get your NZ Super or Veteran’s Pension. The easiest way is using the form on their website www.msd.govt.nz/overseastravel - or call them on 0800 552 002. Extended trips: If you’ll be away for more than 26 weeks in a year, or you’re moving overseas it’s really important you get in touch with Work and Income at least six weeks before you leave as you may be able to keep getting your NZ Super or Veteran’s Pension. Check www.workandincome.govt.nz or call International Services on 0800 777 227. By letting Work and Income know your travel plans before you go, you can make sure you’re being paid the right amount and enjoy your trip. Bon voyage!

When nothing goes right...go left

AGE CONCERN OTAGO NOTICE BOARD

Make us your first call for information, education & advocacy

All service information is available on our website:

www.ageconcernotago.com

Chief Executive Officer:
Debbie George (03) 479 3056

Accounts/Administrator:
Miriam Spronk (03) 479 3051

Accredited Visiting Service:
Social support with regular visits from a friendly volunteer. contact:
Tristan Kavanagh (Dunedin & South Otago) 03 479 3058
Marie Roxburgh (Central Otago) 03 448 7075
Cherie Newlove (North Otago) 03 4347008

Community Social Work/Support
Staff to work co-operatively with you, your family/ Whanau and other organisations. Contact:
Annie Nevin (Dunedin) 03479 3059
Marie Roxburgh (Central Otago) 03 448 7075

Total Mobility
Assessment agents for Otago Regional Council’s Total Mobility scheme. Contact:
Fiona McMillan (Dunedin) 03 477 1040

Meals on Wheels – delivery
Coordinate Volunteer drivers to deliver Meals on Wheels in the Dunedin area. Contact:
Fiona McMillian (Dunedin) 03 479 3055

Elder Abuse Response Service (EARS)
Experienced Social Worker to provide information, options and support choices.
Marie Bennett (Dunedin & South Otago) 03 479 3053
Gina Cracoft-Wilson (Central Otago) 03 448 7075
Heather Johnston (North Otago) 03 434 7008

Elder Abuse Prevention Education
Professional development sessions for those working with older people, and awareness talks to interested people
Contact: Kristen Beardsmore 03 479 3054

Falls Prevention
Steady As You Go and Tai Chi classes held throughout Dunedin and Otago
Contact: Margaret Dando 03 4793052

Health Promotion/Projects
Initiatives that aim to empower older people to take action to improve their well-being and health

- **Staying Safe** – classroom-based workshop for mature road users
- **Life without a Car** – a workshop to explore the challenges that driving brings
- **Independent Living Seminars** – a series of seminars to assist older people to look after their holistic well-being
- **Senior Chef** - an eight session course offered to increase cooking skills and nutritional knowledge in a small group setting

Contact:
Kristen Beardsmore (Dunedin & Sth Otago) 03 479 3054
Marie Roxburgh (Central Otago) 03 448 7075
Cherie Newlove (North Otago) 03 4347008

Active Ageing Centre & Groups
Where people can meet others who have similar interests and take part in a varied activity programme, seminars or events.

Octagon Club

South Dunedin Seniors

Taieri Age Connect
Contact: Tristan Kavanagh 03 479 3058

CLUBS NOTICE BOARD

OCTAGON CLUB
Various weekly social and exercise group activities for people 55 plus.
To find out all that is on offer, come in to pick up a brochure from the Octagon Clubrooms, Age Concern Otago building. Entertainment or travel trips are available on our Website or Facebook page or phone (03) 477 1040.

MOSGIEL SENIORS
Bowls; Total Mobility assessments each Wednesday 1.00pm - 2.00pm. Phone Tristan to find out more (03) 479 3058.

SOUTH DUNEDIN SENIORS
Thursday social group, weekly meet at the South Dunedin Community Hall. Everyone welcome. Phone Age Concern reception to find out more.

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.





Age Concern Otago Membership Application

(Please accept our sincere thanks for your support)

Mr/Mrs/Miss/Ms
First name Surname

Street

Suburb

City/Town Postcode

Telephone D.O.B.

Email

A receipt will only be sent if the box is ticked ☐

Subscription \$25.00

Magazine \$ 5.00

Donation (Tax Deductible)

☐ ☐ ☐ ☐ ☐ \$
\$10 \$20 \$30 \$50 Other

TOTAL \$

Method of payment:

☐ Cheque payable to Age Concern Otago

☐ Internet banking - ANZ

Account Name: **Age Concern Otago**

Account No: **01 0907 0010004 00**

(Please ensure you place your full name in the reference field and send in this form)

Age Concern Otago, PO Box 5355, Dunedin, 9054

Email: agecon@ageconcernotago.co.nz

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



More than three quarters
of alleged abusers are
family members



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



Alleged abusers are as
likely to be female as male

Sender:

Age Concern Otago
PO Box 5355
DUNEDIN 9054

New Zealand

Permit No. 247902

Permit

