

**SPRING 2019 QUARTERLY NEWSLETTER**

[www.ageconcern.org.nz](http://www.ageconcern.org.nz)



# Age Concern Marlborough

*Serving the needs of older people*



photo supplied by Paul Nicholls

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

There is a saying that “the sunshine always follows the rain”, and this week it is correct. The rain hasn’t stopped people calling into our office, and as usual it is a pleasure to see you.

Just a reminder that the 2019/2020 Membership Subscriptions are due in July/August. As with other years we have kept the cost at \$20.00 per single or \$35.00 for a couple. Sorry we have no EFTPOS facilities in the office, but will take your cheques! As with other NGO’s we are reliant on funding to keep going, and your membership subscriptions, that we are so grateful for, help with the day to day running of the office.

Hope you are able to put your feet up with a cuppa while you read this months magazine, and just a reminder to put the important dates on your calendar.

*Catherine & Melissa*

*When nothing goes right...go left*

*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.*



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**PLEASE SUPPORT OUR ADVERTISERS**  
 Their support enables the production of this newsletter, so please support them.

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



## Driving Miss Daisy We are not just for seniors!

Over the years Driving Miss Daisy has built up a reputation for providing a high quality service to senior citizens who no longer drive. They are a regular at retirement villages and rest homes across the country and senior citizen clients form the largest proportion of their client base. But did you know that they also provide our services to younger people who don’t drive?

Some clients have a disability or medical condition which means they can’t drive, however this doesn’t stop them from being very active in other areas of their life; they work in a professional capacity, run businesses, attend school or tertiary education and enjoy socialising with friends. Driving Miss Daisy drives these clients to their place of work or business meetings, assists them to their lectures and social occasions, ensuring they are where they need to be in plenty of time.

They treat every client as an individual, no matter what their personal circumstance. Every client has different needs, and they make sure they discuss this with their clients so that they fully understand them and provide them with the absolute best support and service.

For Driving Miss Daisy, it’s imperative that all their clients are treated with dignity and respect. They are committed to helping their clients get out and about, so they can live life to the full and enjoy every moment.

If you have an activity you would like them to help with please call them today to discuss – they look forward to seeing you soon!

*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)



**2019  
Seniors Tea Dance  
Sunday 6th October  
4-7pm  
Clubs of Marlborough  
Tickets are \$15.00**

A light finger food tea will be supplied

The theme this year is  
"around the Pacific"



**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)

**VOLUNTEERS  
REQUIRED**

We require people to join our team of volunteers to assist at various Age Concern Marlborough projects and activities throughout the year. If interested please phone 579 3457



**Age Concern Marlborough Inc**

**AGM**

**Thursday 19th September  
10.30am**

**In the meeting room at  
Marlborough Community  
Centre, Alfred Street  
Blenheim**

**Experience the Ryman difference  
you and your family can trust**



Myra and her daughter Brenda

Ryman Healthcare has been named the Most Trusted Brand as voted by New Zealanders in the retirement and aged care sector for the fifth time. We are humbled to receive this accolade again for 2019.

*"She is in a lovely place, is healthy and enjoying life"*

When Ryman was founded more than 30 years ago, our co-founder Kevin Hickman set one simple standard: it's got to be good enough for Mum – or Dad.

Today, Ryman's belief in this standard hasn't changed.

We put our residents first, ensuring they are connected to caring and vibrant communities. Ultimately, that's what makes the Ryman difference.

When Myra started looking at retirement options, Brenda and her family knew it had to be the best. Myra is a very special Mum, so Brenda needed somewhere she could trust for her to move into.

Brenda says she has noticed a massive change in her Mum Myra since she has been living in Ryman's Evelyn Page village in Orewa. "She knows everyone, has become really social and tries new things like table tennis. She is in a lovely place, is healthy and enjoying life."

Ryman delight residents through experience, by providing *Delicious* meals made fresh on-site, by employing staff who really care, and by creating communities where friendships grow.

Our villages have a range of care options to suit residents' needs. From independent and assisted living, to resthome and, in most villages, hospital and specialist dementia care – all within one village community.

Winning the Most Trusted Brand for the fifth time is an achievement that everyone at Ryman is proud of. Chief Executive Gordon MacLeod says, "There's nothing more important than trust."

Explore our community today, phone Debbie on 03 538 0882 or visit [rymanhealthcare.co.nz](http://rymanhealthcare.co.nz)





## Workshops

### Confident Driving for Seniors Workshop

**19th August - Picton**  
Union Parish Centre

### 2nd September - Blenheim

Taylor Restaurant Clubs of Marlborough

### 7th October - Blenheim

Taylor Restaurant Clubs of Marlborough

### 11th November - Blenheim

Taylor Restaurant Clubs of Marlborough

### 9th December - Blenheim

Taylor Restaurant Clubs of Marlborough

**All classes start at 10am and finish around 2.30pm**

Register with Age Concern on  
(03) 579 3457

Lunch Provided

*Please note numbers are limited for each class*



My young grandson called the other day to wish me Happy Birthday. He asked me how old I was and I told him. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"

### An 18 month trial of a bus service between Picton and Blenheim will start on Tuesday 6 August.

It will run two return services on Tuesdays and Thursdays between 9am and 3pm, starting and ending in Waikawa.

Timetables, and maps showing the stops along the route, will be available on the Marlborough District Council website, or hard copies from the Council office in Blenheim and the Picton Service Centre and Library.

In Picton and Waikawa, passengers will need to wave the bus down if they want it to stop. Between Picton and Blenheim, the bus will stop at Tua Marina, Spring Creek and Grovetown. In Blenheim, it will stop at the Railway Station, Stadium 2000 and outside Countdown on Seymour St.



**Personalised vehicle 'fit' check-ups**

### 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 in November**

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

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



## Positive Aging Profile

### Sandra McLachlan.



"Get on with it", is Sandra's mantra to herself, and she certainly does.

Sandra is a very busy retiree and is often seen about helping Age Concern, with their exercise programme, being an active member of the ukulele Group

and the RSA Entertainers and on the Governance Board for the local MS/Parkinsons branch. She recently won Volunteer of the Month through Volunteer Marlborough.

She has had a busy working life from being a bus driver, to a Diversional Therapist, working in a garden centre and of course a mother and grandmother. She is quite proud of the fact that she still has 1 grandson, who isn't taller than her – yet.

After the death of her husband Sandra embarked on some adventures that included working in the UK for a year as a Caring Companion and then coming back to NZ and travelling around NZ in a campervan for 4 years. But the call of Marlborough and her family called her back to Blenheim.

Her hobbies include gardening, knitting, Country and Western club and of course her family.

Sandra has a few health issues herself but she says that keeping busy, being positive and enjoying people are the reasons she enjoys life, and the reason she gets up and "gets on with it".

*if you are interested in becoming a volunteer for Age Concern, call or pop into the office. We would love to hear from you.*

## SAYGO

We currently have 5 weekly SAYGO classes running.

**Monday** class is full

**Tuesday** 11.30-12.30pm  
St Christopher's Hall

**Wednesday** 1.30-2.30pm  
The Foundry in John Street

**Thursday** 1.30-2.30pm  
Marina Cove in Picton.

### 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.



## Angel Cupboard

**Our cupboard is bare.** We are in urgent need of toiletries, tinned food, jams, etc. that can be given to our needy.

*all our thanks*





# Kitchen CORNER



## 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.

## Advance Care Planning What matters most for your future care?

Have you got a plan in place for your future healthcare? No matter your age or your health, now is a good time to start thinking about it.

An Advance Care Plan or ACP tells your loved ones and healthcare teams what healthcare you want, or don't want. An ACP is designed by you and is often described as a gift to your loved ones.

Having an Advance Care Plan in place makes it much easier for everyone to know what healthcare you want – especially if you can no longer speak for yourself.

It can save the important people in your life a lot of worry and concern if they have to make a decision on your behalf.

The first step is to think about what is important to you. Then you need to talk about it with your family and healthcare team, put your wishes in writing and share a copy with your whānau and GP practice. You can review your ACP and make changes whenever you want.

Ask your healthcare team for a copy of My Advance Care Plan & Guide or do your ACP online at [www.myacp.org.nz](http://www.myacp.org.nz)



**ADVANCE CARE PLANNING**

What matters most for your future care?

Kiā kōrero  
Let's talk

[www.myacp.org.nz](http://www.myacp.org.nz) Or talk to your GP practice

Nelson Marlborough Health Nelson Bays Primary Health Marlborough Primary Health

editorial supplied by Nelson Marlborough Health

## Living for today but planning for tomorrow:

Ensuring her family knows exactly what she wants for her end-of-life care was the key reason Valerie Schroeder decided to complete an Advanced Care Plan (ACP).

Valerie was also encouraged to do an ACP after her book club chose to read practicing surgeon, Atul Gawande's book *Being Mortal: Medicine and what matters in the end*. The book addresses end-of-life care and challenges many traditionally-held notions about the role of medicine and the effect of medical procedures on terminally ill people.

"I haven't liked the idea of having really intensive treatments if I am not going to have quality of life," Valerie says. "I just want to slip away."

Valerie also has strong environmental concerns which influenced her desire to write her requests down. "I have been interested in natural burials and funerals for some time and would like to follow that path, and I really don't want to be embalmed," she says, "Both my parents were embalmed and when I saw my mother I just couldn't look at her." Valerie's starting point for putting her ACP together was planning her funeral, and then she went back a few steps.

"It's a lot more than just a question of cremation vs burial, there are things in there you need to sit down and think about.

"I started off writing screeds by hand but when I came to type it up I realised I needed to abbreviate it."

She says she didn't really speak to anyone before she wrote her ACP but Valerie's family are fully on board with it.

"They have been amazing. One of my sons and my daughter have read what I've written and we've talked very openly about it, and joked a lot - they have been great."

"When I said I didn't want to be resuscitated, we talked about what if something happened right now, and I could be brought back? I trust they will make the

right decision."

She says once she has died she has specified a few simple details about her funeral, such as not being embalmed, but ultimately she is leaving the format up to her family.

Her approach to doing the ACP was to do a whole lot, forget about it, and then come back to it.

"The process really makes you think about what you want and what your priorities are," she says. "It is easy to say 'if I have a major illness I don't want treatment' but when it comes to the crunch how are you going to feel about the process of dying? And then there's the whole euthanasia thing."

One thing Valerie is adamant about when it comes to putting an ACP together is that it must be real and not covered up with pretense.

"I think it's important to do it for your own peace-of-mind and so your family know what your wishes are." How to access an Advance Care Plan

An ACP form is available from the [www.myacp.org.nz](http://www.myacp.org.nz) website. It is important that the electronic version of an ACP be downloaded from the website first and then saved to a computer where it can be easily found and either filled in electronically or printed out for completion by hand. GP practices also have copies of Advance Care Plans available.

Once done an ACP should be lodged with a GP, either by emailing it to the practice or taking a hard copy in. A special appointment should be arranged to go through the ACP with the GP or practice nurse to ensure the questions have been understood and to provide an opportunity to discuss current and future health.

It is particularly important to discuss section 6, the Advance Directives section, with the GP or practice nurse – this is about choosing specific treatments a person would or would not want in different circumstances if they were no longer able to speak for themselves.

Once this is done the GP or someone from the practice will upload the ACP to Health Connect South where it is stored and can be accessed by any healthcare professional, across the South Island, who may be involved in the patient's care in the future.

For more information go to [www.myacp.org.nz](http://www.myacp.org.nz) or call into Age Concern Marlborough to pick up a Advanced care plan, or with help to complete one.





# MVIP

## Marlborough Violence Intervention Project

MVIP are working with Age Concern to make it easier for older people in our community to "Ask for Help" when they feel unsafe or are being intimidated by the behaviour of people who are supposed to look out for them.

It's about respect, and the older members of our community deserve our respect.

Disrespect (abuse) comes in many forms.

Look out for people who behave in the following way:

- Talk to you in a threatening manner
- Abuse your home or possessions
- Threaten you for money or control of your resources
- Isolate you from your friends or family
- Make you feel like you owe them something.
- Threaten your personal safety
- Touch you inappropriately
- Hurt your pets
- Take advantage, by helping themselves to your car, food, possessions or money.
- Invade your space when they are not welcome.

- Make decisions on your behalf against your wishes.

Since you deserve to be treated with respect, there is no shame in taking action to keep you, your pets, your home, possessions and your finances safe – we are here to stand by you to make sure you are respected. We will listen to you and only act in a way that respects your wishes. We understand that sometimes it might be your family who is responsible for this disrespectful behaviour, so will be guided by your wishes.

A free call number - **0800 32 688 65** - was established in July, and there was a website ([superseniors.msd.govt.nz](http://superseniors.msd.govt.nz)).

**Marlborough Champions  
are volunteers in our  
community who you can  
approach if you or someone  
you know needs help with a  
disrespectful or abusive person.**

[http://www.mvip.co.nz/  
our-champions.html](http://www.mvip.co.nz/our-champions.html)

**"Be safe on the road and safe at home."**

Dawn Morris  
Driving Miss Daisy

**MVIP.co.nz**  
Marlborough Violence Intervention Project

**Marlborough  
Champion**

**IT IS OK  
TO ASK  
FOR HELP**

I didn't know if my granddaughter had learned her colours yet, so I decided to test her. I would point out something and ask what colour it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I think you should try to figure out some of these colours yourself!"

## Get your free flu shot today

Did you know that you could still be infected with the flu even if you don't feel sick or show symptoms? And you could pass on the virus to others.

Severe influenza can lead to a stay in hospital which may in turn increase frailty and loss of independence for older people.

The vaccine immunisation is the best protection against influenza. It naturally boosts your immune system to fight the virus when it attacks.

Influenza is not the same as a cold. It is a more serious disease that can also make other existing medical conditions worse.

Influenza immunisation is especially important for people aged 65 years and over. People aged over 65 experience up to 91 percent of flu-related deaths and around 70 percent of flu-related hospital stays.

### Free flu shots are available for people 65 and over from general practices and many community pharmacies.

The influenza vaccine is a prescription medicine. Talk to your doctor, nurse or pharmacist about the benefits and possible risks. And, if you're aged between 65 and 80 years old, ask if you're also eligible for the free shingles immunisation.

Check out [www.fightflu.co.nz](http://www.fightflu.co.nz) to find out whether you qualify for free flu immunisation or call 0800 IMMUNE 0800 466 863.



## 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)



## Nuisance-call blocking landline helps give peace of mind to those worried about scam calls

Spark has introduced a new product for New Zealand seniors: the first nuisance-call blocking home phone (landline) available in New Zealand

### Call Screen nuisance-call blocking technology

While it looks and plugs in like a normal home phone, when an unknown caller rings, they are prompted to announce their name and the receiver can decide whether to accept or block the call. Saved contacts, on the other hand, are put straight through.



“Call Screen can help completely block the call from coming through because scammers, unwanted business callers and even autodialing machines either can’t or won’t record their name, which means the phone doesn’t ring, saving customers time, lessening stress and making them feel more secure,” said Tessa.

Over the last few years, the number of phone scam victims has grown considerably with some people losing thousands of dollars after falling for the seemingly legitimate ruses. As avid landline users, many of those who have fallen victim have been seniors.

Call screen is available at all Spark stores, over online chat, over the phone by calling 123 or via the online form available at [spark.co.nz/callscreen](http://spark.co.nz/callscreen). \*\* New and existing Spark customers with SuperGold cards can get a \$30 account credit upon purchasing the Call Screen Twin Cordless Phone by presenting their card and photo ID in a Spark store.

\*\*Call Screen Twin Cordless Phone is available for purchase at \$139.99 however, if you are a new or existing Spark customer, are 65 or over and have a SuperGold card, you can get a \$30 account credit when you purchase Call Screen in store. You do not have to be a Spark customer to use Call Screen however, you will need to ensure you have a landline plan with a provider and that you have the caller display network feature. Spark is offering caller display for free to all new and existing Spark landline plan customers who purchase a Call Screen phone.

## KiwiSaver changes for older New Zealanders

People aged over 65 will be able to join KiwiSaver under changes that come into effect from next month.

From 1 July 2019 the KiwiSaver scheme will be open to people of all ages – giving people 65 and over the ability to join KiwiSaver. The changes will also remove the lock-in period that required people over 60 to remain in the scheme for five years before withdrawing their money.

At the moment, people over 65 can't join KiwiSaver or move to a new scheme, although you can continue to contribute to their accounts if you are already a member.

If you joined after the age of 60, you still have to wait five years before withdrawing their money.

Other changes will be put into place from 2020. From 1 April 2020 KiwiSaver members impacted by the five-year lock in period can elect to opt out of this lock in period any time after they reach the age of eligibility for NZ Super. However, this means you won't be eligible for compulsory employer contributions or the government contribution.

For more information about KiwiSaver go to [www.kiwisaver.govt.nz](http://www.kiwisaver.govt.nz)

Source: *SuperSeniors.msd.govt.nz*

## Industry initiative makes it easier for intending residents

If you've visited a retirement village you'll know that you'll be taking home a huge pile of paper – village disclosure statements, the Code of Practice and Code of Resident Rights, an occupation rights agreement (or contract) and perhaps the village's financial statements. All this material must be provided by law so you can make a decision to move to a village (or not) with full disclosure and transparency. All intending residents must also have proper legal advice and the operator cannot counter-sign the contract without an affirmation from the resident's solicitor to say they've been given that advice.



The Association supports this approach. It's in everyone's interests that the decisions are made with full knowledge and understanding what's involved. We also urge intending residents to discuss their decision with their families. All too often we see children misunderstand what their parents' contracts mean, and an early discussion will ease that concern.

However desirable all this information is, it can be difficult to distinguish one village's offering from another, especially if some of the key details about costs and fees are buried in the body of the documents. We felt that this should be improved so we have developed a double-sided A4 page that sets out the village's offerings:

- Details of the deferred management fee (DMF) and the method of calculation
- Details of the weekly fees, how they can be increased, and when they stop when the resident leaves the village
- Details of any other fees payable by the resident
- Whether the resident shares any capital gain or is liable for capital loss, and if so, how it's calculated
- When the resident or their estate receives the capital refund
- Whether there is any home, hospital, dementia or other specialist care available
- Whether the resident has priority over non-residents when transferring to another unit or when moving to care

- How the DMF is treated for any move to another unit or to care

The Summary of Key Terms is a template that allows you to compare each village's offerings side-by-side and will save you a lot of time and effort wading through pages of legal documents to find the information you need.

If you haven't got one from the villages you've visited – ask for it! It's a RVA member benefit so only RVA member villages will have it. We are relying on customer demand to encourage members to use the Summary.

*editorial supplied by Retirement Villages Association*



- Rheumatic Pain • Arthritis • Muscle Strains
- Headaches • Neck and Back Pain

162 Scott Street, Blenheim | Ph 03 578 4434  
[admin@mosl.co.nz](mailto:admin@mosl.co.nz) | [www.mosl.co.nz](http://www.mosl.co.nz)



## Staying Safe at Home

Being burgled is no fun. There are the shocks of having your home invaded and items stolen or damaged, plus the stresses of insurance, cleaning, getting replacement items and worrying about whether the offenders will come back for another go. Most New Zealanders will never experience a burglary, but you can reduce the odds by making things harder for would-be-thieves.

### Think ahead

- Don't open the door to strangers
- Install a peephole in your door
- If you don't know someone, keep the door closed
- Have a phone by your bed
- Arrange with a neighbor to phone or visit you if your curtains aren't open after a certain time in the morning
- Have a personal or medical alarm that you can press in an emergency
- Never tell someone that you are alone in the house
- Ask for a security checklist from Neighborhood Support <https://neighbourhoodsupport.co.nz>
- Don't be tricked? If someone you don't know asks to make a phone call from your home, get the phone number and offer to make the call yourself. Then they don't need to enter your home and you don't need to open the door
- Never do business with strangers who come to the door, phone you or contact you via email
- Never talk to strangers about your financial affairs
- Never give out your name and address or chat if you receive a wrong number phone call
- Use tried and trusted tradespeople. Get several quotes
- If you are cheated, tell Police. Help Police catch the criminal and stop other people from being cheated
- If you suspect someone is being cheated or abused, contact Age Concern North Shore, your Community Constable or Local Police
- Go to a safe place and wait for Police

### Stay safe indoors

- Install a wide-angle door viewer so you can see who is at your door
- Keep your doors and windows secure and close your curtains at night
- Invest in good quality, secure locks
- If you live alone, don't advertise the fact. Keep your

answerphone message generic – say 'no one is available to take your call' rather than 'I can't take your call'

- If you think something is not right, but are not sure, call 111 and let Police decide

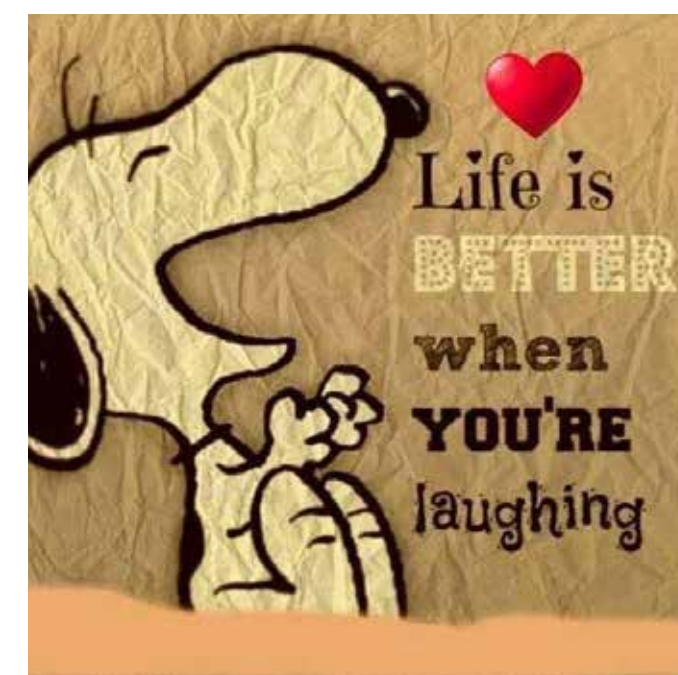
### Life Tube

Get a Life Tube from Age Marlborough. In an emergency the red Life Tube sticker on your fridge will alert Police, Ambulance or Fire Services that vital information about you is available inside the fridge.

### Know your neighbours

The most important action you can take to make your place safer is to know your neighbours. Exchange contact details, discuss your crime and safety concerns and decide what you would do in an emergency. If you or your neighbours are away, follow our property protection suggestions:

- Let neighbours know when you are going to be away. Swap holiday addresses and phone numbers
- Let each other know if visitors or tradespeople will be in your house while you are away
- Be a good neighbour. If your neighbours are away, you can help them by making their house look 'lived in'
  - Turn on lights at night
  - Close curtains at night and open them during the day
  - Mow lawns
  - Clear mail, especially junk mail and newspapers
  - Use their clothesline or driveway
  - Keep an eye on their house and walk around it once a day to check it is secure
  - Question strangers, but don't say the neighbours are away. Write down their description, visit the Neighbourhood Support website for a fact sheet
- Write down the registration numbers of unfamiliar vehicles moving slowly or stopping in the street
- Report anything suspicious to your local Police station
- If you think a crime is being committed or someone is in serious danger, call Police immediately on 111
- Start a Neighbourhood Support group
- Neighbourhood Support helps neighbours to talk to each other and works closely with Police and other organisations in your community to reduce crime, improve safety and prepare to deal with emergencies and natural disasters



## AGE CONCERN MARLBOROUGH MEMBERSHIP RENEWAL/NEW



Please complete the following and return to  
Age Concern Marlborough, Room 1, 25 Alfred Street, Blenheim 7201  
Phone (03) 579 3457 / Email [ageconble@extra.co.nz](mailto:ageconble@extra.co.nz)

Date: .....	<u>Subscriptions:</u>	
Name: .....	Single (\$20.00)	\$ .....
Address: .....	Married Couple (\$35.00)	\$ .....
.....	Donation:	\$ .....
Telephone: .....	Total :	\$ .....
Email: .....		

Payments may be made either to the office or online to our bank account: Westpac 03 0599 0475319 00. Please ensure your name and 'subscription' is shown as a reference. Sorry, no eftpos at the office.

We welcome Donations and Bequests which help us to continue to promote the welfare of older persons in Marlborough.

OFFICE USE ONLY:

RECEIPT NUMBER: ..... MEMBERSHIP CARD GIVEN: ..... ENTERED: .....



# Plan ahead today, for peace of mind tomorrow

Planning your funeral in advance can make a difficult time easier for your family



**Thinking about your own funeral plans may seem odd to some, but by planning ahead, you can help ensure that your family will not experience extra distress at an already difficult time, knowing your wishes are being fulfilled.**

This can easily be done by keeping a record of what you'd like when it comes to the service, burial or cremation, plus any other wishes or personal touches. Grief can affect our ability to make considered decisions and it can be overwhelming to think of all the different options, so making your wishes known in advance can relieve this pressure from family members.

"Planning ahead not only makes things much easier for the family but can also offer peace of mind for you," says Barry Holmwood, the manager of Geoffrey T Sowman Funeral Directors.

Barry says funeral directors are happy to meet with people to talk them through what they'd like, so there is no uncertainty after they've passed away. It's a particularly good idea if you'd like some personal touches as part of your funeral, or if there are certain things you definitely don't want.

"Some people tell us about their hobbies and passions, like fishing, motorbikes, cars, music, and we take notes to ensure these personal touches are included within the funeral. One person asked for an old 78 record to be played so I got my very old gramophone and played it on there, during the funeral. I had to wind it up first, but it worked really well. It was great."

Geoffrey T Sowman Funeral Directors can supply you with a free preplanning pack which enables you to record your information as required by the Registrar-General of Births, Deaths and Marriages, as well as including details of who needs to be notified of your passing and also your preferences for your funeral.

"People do find it is a useful thing to do. Straight away you can see that it's like a weight has been lifted off their shoulders. Similar to writing a will, there is satisfaction in knowing that everything is taken care of."

The other thing you can talk to a funeral director about in advance is the cost. This can help to avoid a financial burden on your family, who may otherwise have to pay for the funeral themselves. The FDANZ

Funeral Trust allows people to pay for part, or all of their funeral. The money is paid into the trust and released to the funeral director at the relevant time.

While a major life change like going into a rest home or being diagnosed with a serious illness may prompt you to begin planning your funeral, it's never too soon to start thinking about what you may want.



*" Planning ahead not only makes things much easier for the family but can also offer peace of mind... "*

**– Barry Holmwood, Manager of Geoffrey T Sowman Funeral Directors**

GEOFFREY T  
**SOWMAN**

FUNERAL DIRECTORS

Whether you need to plan a funeral now or are just thinking about the future, we are happy to provide you with a free funeral pack which contains material about Geoffrey T Sowman Funeral Directors and important information with regards to planning a funeral. We are also happy to come out to you and discuss your needs, and can provide a free, no obligation estimate if you wish.

Alternatively, please visit [sowmans.co.nz/preplanning](http://sowmans.co.nz/preplanning) to find out more or to simply record your choices online for free.

**Ph: 03 578 4719 (24/7, 365 Days a year)**  
**Cnr Hutcheson & Parker Sts, Blenheim**

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