

**SPRING 2019 QUARTERLY NEWSLETTER**  
www.ageconcernotago.com



# 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. It is with great pleasure that I announce that Age Concern Otago now officially includes the Waitaki District. We welcome our Waitaki Coordinator, Cherie Newlove and Helen Algar QSM, our Waitaki Representative on the ACO Executive Committee.

Both of these amazing women have a passion for empowering older people to live well, embrace older age and be free from harm. They each have extensive knowledge of the Waitaki District and the needs of their communities and will be great advocates for Waitaki's older residents. On top of the wonderful work already happening in the area, more services are being rolled out. These include our Accredited Visiting Service which involves matching a volunteer visitor with a lonely older person for companionship, Health Promotion activities/education, Independent Living seminars covering a range of topics, Staying Safe Driver education and more falls prevention classes. Did you know that in 2013 the population of people over 65 in Waitaki was 22.1% compared to the Nation Average of 14.3? It will be interesting to see the latest census statistics.

Other exciting news includes the newly painted rooms upstairs in the Octagon. Come and check it out - looks fabulous. A big shout out to the Alexander McMillan Trust for the grant for this work and also to Otago Painters for reducing their price to match the grant. Thank you so much!!

LinkAge (information app for older people) was

*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

launched in July. This is a fantastic and informative free resource specifically designed for older people and can be downloaded on any smart device – just jump on our website [www.ageconcernotago.com](http://www.ageconcernotago.com) and see how. This is a collaboration between ACO, Presbyterian Support Otago and Dunedin City Library.

Another successful collaboration between ACO and PSO is the establishment of Taieri Age Connect in Mosgiel. It is now under way and there is keen interest shown for this information/activity Hub.

ACO is most appreciative of a grant from the Dr Marjorie Barclay Trust for the purchase of 3 new cars. We are currently getting 3 Kia Rios sign written – I'm sure they will look very snappy. Keep an eye out...

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

Winter is still upon us, so keep warm!!

*Debbie George* - Executive Officer

## Contact Information

### DUNEDIN OFFICE

Contact us: (03) 477 1040

Email: [agecon@ageconcernotago.co.nz](mailto:agecon@ageconcernotago.co.nz)

Address: 9 The Octagon, Dunedin 9016

Postal Address: PO Box 5355, Dunedin 9054

Office Hours: Monday-Friday 9am - 4.30pm

### CENTRAL OTAGO - ALEXANDRA OFFICE

Contact us: (03) 448 7075

Email: [central@ageconcernotago.co.nz](mailto:central@ageconcernotago.co.nz)

Address: Alexandra Community House,

12-20 Centennial Avenue, Alexandra 9320

Office Hours: Monday-Friday 9am - 4.30pm

### WAITAKI OFFICE

Contact us: (03) 434 7008

Email: [NthOtago@ageconcernotago.co.nz](mailto:NthOtago@ageconcernotago.co.nz)

Address: Community House,

100 Thames Street, Oamaru, 9400

Office Hours: Tuesday-Thursday 9am - 4pm

Service information available on our website:

[www.ageconcernotago.com](http://www.ageconcernotago.com)

Like us on Facebook - Age Concern Otago

## 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!



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Dunedin North Ph: (03) 467 5017

Dunedin South Ph: (03) 486 2033



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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](http://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.

**Contact us on 03 477 1040 or E [agecon@ageconcernotago.co.nz](mailto:agecon@ageconcernotago.co.nz)**



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**Hello and goodbye from the Reception Desk!!**

Well, here we are in what will be my final entry to the Age Concern magazine. After two and a half years as a part of the Age Concern Otago Whanau, I have made the decision to move back home to Australia to be closer to my family. This has been a difficult decision but I know in my heart that it is the best choice for my wee boy and myself.

I have very much enjoyed the time I have spent in my role as Receptionist, Meals on Wheels volunteer coordinator and Total Mobility assessor. I have met so many wonderful people and I loved hearing all of the stories from the people of Dunedin. Never have I lived somewhere with such a community spirit and heart.

I would like to send out my heartfelt appreciation to the wonderful Meals on Wheels volunteers that I have had the privilege of getting to know over the last few years. You are all so wonderful, I cannot express my gratitude and respect that I have for you. I am still in awe of the volume and calibre of people that dedicate so much of their time to supporting Age Concern and the people we support. You are all beyond amazing!! Thank you again.



To the team in the office thank you. Take care and keep an eye on each other.

“How lucky I am to have something that makes saying goodbye so hard.”



Cheers, *Fiona McMillan*



Myra and her daughter Brenda



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

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.”

For more information about the Ryman difference phone Kate on 03 455 7936 or visit [www.rymanhealthcare.co.nz](http://www.rymanhealthcare.co.nz)



## Medical alarm service cost changes

The Ministry of Social Development (MSD) funds the costs of medical alarm services to its eligible clients through the Disability Allowance.

As part of this funding, MSD regularly negotiates with medical alarm suppliers to make sure their clients continue to get a quality service at a competitive price. This supports people to stay safe and independent in their own homes.

From 19 August 2019, there'll be a small change in the weekly cost for medical alarm services. The amount may increase, decrease, or stay the same depending on the supplier.

To make sure people stay safe, there'll be no interruption to people's medical alarm service. MSD will write to people letting them know about the change and will automatically adjust the Disability Allowance payments of people affected.

If you have a medical alarm provided by a non-accredited supplier, you can still get the cost of the alarm covered by your Disability Allowance. If you choose to change to a different supplier, you'll need to choose an accredited supplier.

The assessment and application process for the Disability Allowance hasn't changed.

### The MSD-accredited suppliers of medical alarm services are:

ADT Security Ltd 0800 111 238 or 0800 238 272  
Chubb New Zealand 0800 20 30 40  
Freedom Medical Alarms 0800 380 280  
St John Medical Alarms 0800 502 323  
Red Wolf High Level Monitoring 0800 673 252

MSD is also adding more accredited suppliers soon. This will give people more choice when choosing a MSD-accredited supplier.

For more information, go to [www.workandincome.govt.nz](http://www.workandincome.govt.nz)

"Spring is the time of plans and projects."  
Leo Tolstoy



## AVS

Well winter has not been so bad after all. The odd chilly day but otherwise very mild. I thought it might be nice to add some lovely quotes that I have received from people receiving a volunteer visitor.

"I have gained a Grandaughter, I love her so much"

"I wish she could visit everyday, she has changed my life."

"I thought you were going to send me someone old and boring, like myself, but he is younger and so much fun."

"Having my visitor is the highlight of my week."

If you would like to be matched with a volunteer visitor then contact Tristan on 034793058 or email [tristan@ageconcernotago.co.nz](mailto:tristan@ageconcernotago.co.nz)



CARE - Collaboration for Ageing Research Excellence - is dedicated to gerontology research and the study of ageing in all its aspects. CARE is based at the University of Otago but has members from around New Zealand, Australia and beyond who share an interest in gerontology research. Our members include researchers, academics, policy makers, service providers, local communities, community members and more.

If you'd like to join our email list for updates, events and other information, please contact us at: [care@otago.ac.nz](mailto:care@otago.ac.nz)

## 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.

## Breathing Exercises

Good breathing is the secret to solving many issues. It feeds oxygen to the heart and muscles and to the brain making us more alert and relaxed. It also massages the organs in the abdominal area assisting their function. Here are some breathing exercises to try. Use a straight-backed chair.

### Lateral Breathing

1. Sit upright, away from the back of the chair
2. Place your hands on your sides, fingers forward on your ribs.
3. Breathe in and feel your ribs expand. Breathe out and feel them subside.
4. You can then explore the full capacity of your ribs by breathing in as deeply as you can.
5. As you breath out you can push your hands inwards to generate more movement in your ribs and a deeper exhalation.

### Heart Openers

1. Stand and gently move your face backwards to grow tall through the top of your head.
2. Breathe in to open your sternum upwards, arching your upper back slightly.
3. Breathe out as you relax to stand straight.
4. Try raising your arms up as you breathe in and open your sternum. Be careful to avoid tilting your head back as you do this.
5. Let your arms swing down and add a knee bounce as you breathe out.
6. Keep going raising your arms as you breathe in, then bend your knees and let your arms swing down as you breathe out.



### Diaphragmatic Breathing

1. Sit upright away from the back of the chair.
2. Place your hands on your belly just below the navel.
3. Breathe in and feel your tummy expand.
4. Breathe out and feel it subside.
5. Breathe in again and if you like breathe in more deeply.
6. Let the exhale breath happen by itself.

Margaret Dando QSM

## Hello from the Health Promotion Team

As we enter into spring, our team will have a spring in their step! We are waiting patiently to hear what funding comes our way for the projects. Once confirmed you will see more action on events, workshops and courses being run throughout the Otago region. It is exciting to be delivering them in the North Otago area.

We will be shifting to a new nutrition cooking pilot programme this year. Just Cook 4Healthy Ageing is a four-session course on planning, preparing and cooking affordable meals for one or two people. The first course will be held in Dunedin later this year, and then rolled out in other areas.

The following are just some of the programmes coming up

**Silver Teach** – every Friday 1-3pm

**Staying Safe** – are to be held in Dunedin Central (Sept 16), Green Island, Waikouaiti, Lawrence, Tapanui and Mosgiel

**Life Without a Car** – Dunedin Central (Sept 30)

**Healthy Ageing Together** – Alexandra (Oct 12) Dr Yoram Barak – Successful Ageing

**Get Savvy on Scams** – Dunedin Central (Oct 16)

Bronwyn Groot, Manager of Fraud Education from the Commission for Financial Capability

**Health Ageing Together** – Dunedin Central (Oct 23)

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"What's On" or our Facebook page

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"Some old-fashioned things like fresh air and sunshine are hard to beat." Laura Ingalls Wilder



**Disability Information Service**

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Phone: 03 471 6152  
or 0800 115 891  
Email: info@disabilityinfo.co.nz

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For over a decade the RVA, with support from Residents Associations, Grey Power and Age Concern, have been lobbying successive governments to amend the Rates Rebate Act 1973 to include income-eligible Licence to Occupy (LTO) retirement village residents. Although all residents pay their local rates via the village's weekly fees, but because they're not the "named ratepayer" we've been unsuccessful.

However, in January 2018 the Hon Ruth Dyson's Private Member's Bill extending the rebate to income-eligible LTO residents was passed unanimously by Parliament and the first rebates were paid out. We argued that around 50% of our residents only have their National Superannuation to rely on, so the rebate would be a particular benefit to them.

The Department of Internal Affairs (DIA) provided some information about the first year's rebate payments to retirement village residents. Around 4,200 applications were received by 44 Councils across NZ. This is around 13% of all RV units (currently 32,200 units). The DIA advise that around \$2.5 million was paid out to RV residents.

The four Councils that had a remission scheme for RV residents in place had a slightly higher level of rebates paid – Auckland 15.5%, Thames-Coromandel 45%, New Plymouth 31% and Kapiti 10%.

Several Councils where villages often tend to be older and more "affordable" also had a higher percentage of claimants than the national average. In Ashburton, 40% of retirement village residents claimed the rebate, as did 25% in the Far North, 40% in Horowhenua, 29% in Marlborough, 30% in Napier, a massive 47% in the South Waikato District, and 40% in Upper Hutt City.

These figures illustrate an important point – retirement villages are not always for the well-off. Most units are priced around the average freehold home's value in the area where the village is based. We want residents to sell their home, move to a village and release some equity, thereby adding to their retirement savings and enjoying a better quality of life.

If you're a retirement village resident and you only have your National Superannuation to live on, think about claiming a rebate for the current financial year. Ask your village manager about the details and/or check out the Rebates Guide that's available on the RVA's website (www.retirementvillages.org.nz).

**You could find yourself better off by more than \$600!**

*editorial supplied by Retirement Villages Association*

### Seniors are being warned to be on the alert for scammers contacting them by phone trying to trick them out of money.



Bronwyn Groot

Bronwyn Groot, Fraud Education Manager at the Commission for Financial Capability (CFFC) says a scam involving fraudsters claiming to be from Spark and the Police is on the rise, and many people have had thousands of dollars stolen.

The caller typically claims they are from Spark, claiming there is a security or internet issue with their computer or router.


They are then told they are the subject of identity theft through their emails and are transferred to a member of the "Police Cyber Crime Unit", where they are spoken to by a person claiming to be a police officer.

The victim is then told that Police need their assistance "to set a trap to catch the criminals". They are convinced to withdraw large sums of money – often around \$10,000 to \$15,000 – and given an address to post the money to or a bank account number to transfer it to.

Groot says a telco, the Police or your bank would never ask for your bank details over the phone, or ask you to send money this way. "Other red flags are if the caller pressures you with a sense of urgency, or asks you to keep the call secret," says Groot.

"They will try to fluster you, but the best thing you can do is stop and think 'Is this for real?'. Hang up and if you want to check, call your telco, the bank or the Police directly and ask if the call you just received was genuine."

If you've been a victim of this scam, or know someone who has, contact your local police station or call the new Police reporting number, 105.



**Scammer on the phone**

**Stop and think - is this real**

**Hang up**

**Call your telco, bank, or the Police and ask if the call you received was genuine?**

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If you are looking for a speaker at your next event, give us a call – we are experienced at presenting to groups and answering your questions.

You can contact the friendly team at Gillions by phoning us on 03 455 2128, popping into our office at 407 Hillside Road, South Dunedin or emailing support@gillions.co.nz



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*Editorial supplied by Gillions Funeral Services*

## Bea-line

I wish silly ditties didn't spring into my head:

The spring is sprung, the grass is riz/  
wonder where dem boidies is? Dem  
little boids is on de wing/Oh no! der  
little wings is on der boid.

Equally informative, Shakespeare says: Now 'tis spring  
and weeds are shallow-rooted; Suffer them now and  
they'll o'ergrow the garden. (From Henry V1, pt 2 should  
you want to pursue this).

However it is true: birds are flying and singing, the spring  
is indeed sprung and the grass is rising and so are the  
weeds.

Not that these ever stop as far as I can see. I will  
confess to being a fair-weather gardener, unlike my  
mother-in-law who would be out even in the snow,  
clearing it from her favourites, tucking them up warmly  
with small stones round them, breaking up the soil a  
little until it was more friable round the roots. The plants  
deserved, and got, the best treatment possible. And of  
course they flourished. Plants do like attention.

My own winter gardening is confined to indoor plants. I  
love succulents and their soft smooth, rounded feel.  
Favourites? String of pearls, or senecio rowleyanus  
and greater favourite if possible is crassula marnieriana  
or Jade Necklace Vine, and crassula tetragona – or  
miniature pine tree, and crassula rupestris, Tom Thumb,  
very like the rowleyanus but slightly smaller. I like  
crassula plants because the flowers crowd the stems in a  
lovely greeny-blue mat.

Add grey and start out with Donkey's Ears, one of the  
kalanchoe family. My soft grey donkey's ear plant  
doesn't seem to fit with the various web photos that I  
see. But mine is an oldie but goodie, growing tall, a few  
'pups' coming up from the soil, and no flowers at all. It  
looks good, and even better, feels good, with its soft,  
furry leaves.

Then choose colourful coleus, 'painted nettles'. I like  
mine indoors for a bright variegated show, splendid  
against greens and greys. Give them light, quick-  
draining soil, and reasonable warmth. Colourful plants,  
variegated leaves and easy to take cuttings, coleus are  
easy to grow.

A colourful tactile display.

However, for motivation and 'get out there' gardening I  
like to read gardening books. My current favourite which  
I have just re-read for the umpteenth time is The Secret  
Garden, by Frances Hodgson Burnett. Mary is thrilled to



find a secret garden, and once in, she is enchanted by  
the branches and leaves. Inspired by ancient gardener  
Ben Weatherstaff, she learns about bulbs and letting  
the green spikes have fresh air. So she begins to weed.  
She's joined by young Dickon, knowledgeable about  
plants and animals, with his motto of treat them with  
kindness, speak to them nicely. He even 'speaks robin'  
and chats happily to a local redbreast perched on a  
nearby branch. Delightful! Together Mary and Dickon  
rescue invalid Colin and the motto is clear: get in the  
garden and get well.

I could go on – but I won't because why? Spring is  
calling. So?

What's your garden focus this year? A bee-loud glade?

Plant lavender! Lots of it and rosemary, sages,  
thymes, and a variety of flowering plants. Sweet peas,  
forgetmenots, and campanula.  
Weed, trim back any odd growth, make space to  
encourage growth of existing plants and get the soil  
ready for new growth. Seeds to the fore!

A taste garden?

More coriander and yet more coriander! Parsley has  
survived the winter so no more parsley. However, let's  
have basil with a choice of different varieties: opal, giant  
Genovese, greek mini basil, cinnamon basil. Outdoors  
where possible, indoors when it's cool. Sages, French  
tarragon and thyme of course and for a bit of change, try  
epazote, the Mexican spice plant. It grows very well from  
seed.

Then vegies: carrots, maybe broad beans for  
midsummer's eating. King's Herbs offers broad beans  
Robin Hood to mature in 75 days from sowing. Beetroot  
maturing 55 days from direct sowing. Or buy plants  
and tuck them into the good warmed up soil in boxes  
comfortably within reach. I have cleaned out some  
boxes, got them with new soil from a well-resourced  
compost heap. And off we go...plant for spring and  
summer.

A garden in baskets?

Geraniums and yet more geraniums, and maybe mix with  
petunias. They always seem such happy plants with their  
colour and vigorous growth. I've had great success with  
fuchsia and begonia, which respond well to daily misting,  
and even to small hands picking the flowers and weeding  
the baskets. The 3 year-old grandson is a very good  
gardener.

Onwards and upwards!

Happy gardening – and reading.

*Beatrice Hale* - Defiant Gardening Granny

## Kitchen CORNER



### Spring fish pie

#### Ingredients:

250g bag washed  
leaf spinach  
250g small new potato  
2 eggs  
300g skinless,  
boneless white  
fish fillet, cut into  
large chunks  
100g half-fat crème fraiche  
juice ½ lemon  
1 tbsp olive oil



#### Method

1. Heat oven to 220C/fan 200C /gas 7. Tip the  
spinach into a colander sitting in the sink and tip  
the potatoes into a saucepan. Bring a kettle  
full of water to the boil and pour enough over  
the potatoes to cover and slowly pour the rest  
over the spinach to wilt it. Bring the potatoes to  
the boil and cook for 8-10 mins until tender, then  
drain and roughly mash.
2. Leave the spinach to cool, then squeeze out  
excess water with your hands. Scatter the  
spinach over the bottom of 2 individual or 1  
small ovenproof dish leaving two gaps for the  
eggs. Crack the eggs into the gaps, then season  
with salt and pepper. Distribute the fish over the  
spinach and eggs. Spread over the crème fraîche  
and drizzle with the lemon juice. Loosely spoon  
over the potatoes, drizzle over the olive oil, then  
bake for 20-25 mins until the top is crispy and  
golden and the sauce is bubbling at the sides.  
Leave to stand for a few mins, then serve straight  
from the dish.

*Recipe from Good Food magazine, April 2006*

## Use your SuperGold card as photo ID

**SuperGold Card** carriers may choose to add a photo  
to their SuperGold Card. This could be useful if you  
don't have a current form of photo identification, such  
as a driver licence or passport.

To arrange for a photo to be added to your card, visit  
your nearest AA Driver and Vehicle Training Licensing  
outlet with your card, along with **three forms of  
identification** that verify your name and date of  
birth, plus, evidence of your address. It's a free  
service for all SuperGold card holders.

Your photo will be taken and a new card posted to  
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in your power

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## Heating appliance subsidies now available

The Central Government's Warmer Kiwi Homes programme has now expanded to include a subsidy for heating appliances, including woodburners, pellet fires and heat pumps.



Energy Efficiency and Conservation Authority  
Te Tari Tiaki Pūngao

The programme is still providing 100% subsidised ceiling and underfloor insulation for eligible households in Otago.

**No insulation in either the ceiling or underfloor?** Please inquire. If you haven't had your ceiling or underfloor insulated in the last 10 years, and you meet the eligibility requirements, please inquire to see if you need a top up, which is also free under this programme.

The heating appliance programme launched on 1 July 2019. This provides a subsidy on woodburners, pellet fires or heat pumps for eligible households. This programme is designed for homes that have either NO fixed heating or NON-FUNCTIONAL fixed heating in the main living area. Only have an old open fire in the lounge? You may be eligible. Does your lounge heat pump no longer put out warm air? Aged burner well past its useful life? This programme may be for you. The heating appliance subsidy covers 67% of the cost of the appliance, capped at \$2,875. You will be responsible for the remaining 33% balance. You must use one of the Government's approved installers.

Check out the eligibility requirements below and see if you can receive assistance getting your home warmer and healthier. To access the programme, call 0800 749 782 or fill out the brief tool at [www.warmerkiwihomes.govt.nz](http://www.warmerkiwihomes.govt.nz)

**Don't have a Community Services Card?** You may be able to qualify for Warmer Kiwi Homes based on geography. Enter your address in the tool at [www.warmerkiwihomes.govt.nz](http://www.warmerkiwihomes.govt.nz) and see if you are in a designated "warm up zone" for this programme. You may also wish to see if you're eligible for a Community Services Card + Super/Gold Card combo if you don't already have one. Ring the 0800 on your Gold Card to inquire.

### Eligibility Criteria for Free Insulation

- Owner-occupied home (no rental)
- Home built before 2008
- Owner has Community Services Card or a Super/Gold Card + Community Services Combo Card

OR

- Owner-occupied home (no rental)
- Home built before 2008
- Home is located in a 'warm up zone'

### Eligibility Criteria for Heating Appliance Grant

- same as above AND
- either no fixed heating in main living area OR non-functional fixed heating in main living area
- 67% grant, capped at \$2,875

"Don't wait for someone to bring you flowers. Plant your own garden and decorate your own soul." Luther Burbank

## Winter is here and it's starting to get cold and when it's cold, it's really hard to stay motivated about your health and fitness. We tend to take on a "Snuggle up" mentality, we eat more and we do less – human hibernation!

Here are the top two reasons to keep moving when the temperature drops.

1. Make most of the sunshine when it's here. Not only does it keep us warm, but provides us with vitamin D, improves our bone and immunity strength, benefits high blood pressure, diabetes and cancer. It also boosts positivity.
2. Save electricity and an expanding waistline by heating your body up naturally with a workout.



If you are thinking about moving more and want some individualised advice on how to do so, ask your doctor about Green Prescription or contact us on 03 474 6350.



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**2020 personally escorted small group experiences**

<b>Greece Turkey &amp; the Med</b> 30 May - 24 June	<b>Canada &amp; Alaska</b> 3 - 26 July
<b>England, Ireland &amp; Scotland</b> 1 June - 1 July	<b>Spain, Portugal &amp; Morocco</b> 21 Aug - 18 Sep
<b>Southern Belle &amp; the Caribbean</b> 7-29 June	<b>Wild Africa</b> 25 Aug - 14 Sep
<b>Scandinavia the Baltics, Russia &amp; Germany</b> 21 Jun- 17 Jul	<b>Southern India &amp; Sri Lanka</b> 19 Sep - 16 Oct
	<b>European Xmas Markets</b> 25 Nov - 14 Dec

**CALL NOW for further information or a copy of our 2020 brochure**

**PH: 03 338 1222**  
FREEPHONE: 0800 12 12 22  
[www.travel2u.co.nz](http://www.travel2u.co.nz)

**TRAVEL 2U**

**EARLYBIRD OFFER - SAVE \$300 Per Person**

Book and deposit by 30 September 2019 and take \$300 p/person off the tour price, plus pay a reduced deposit of \$1,000 p/person.

## 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](http://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 advise 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](mailto: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](mailto:info@estatepropertysolutions.co.nz)**  
**[www.estatepropertysolutions.co.nz](http://www.estatepropertysolutions.co.nz)**

*Editorial supplied by Estate Property Solutions*



Taieri Age Connect was established to provide older residents in the area with a Drop In centre for information on clubs and services offered on the Taieri, as well as providing social activities.

We are open every Wednesday from 10am-1pm in the Senior Citizens Hall, 5a Harstonge Avenue, Mosgiel – we are hoping to extend these hours in the summer. Everyone over 55 is very welcome to come along for a chat and a cuppa.

Our goal is to provide a warm and welcoming environment and to encourage older people to connect to the community by social interaction. We gauged interest at our opening and have already formed an Art Class, Cards, singing group – we would love to hear from anyone who may have ideas for other interest groups that we could organise. We already have a knitting group meeting each Wednesday, whilst the Drop-In centre is open.

We have been successful in gaining a \$5000 grant from Bendigo Valley Trust which will be put towards installing heat pumps in our meeting room and hall. We have also applied to the Lotteries Community grant and Alexander McMillan Trust – we are hoping to install 4 heatpumps – 1 in our meeting room and 3 in the Senior Citizens Hall. We also want to put in double glazed windows in these areas to retain the warmth.

Campbells Funeral Services sponsored our first Newsletter and we are very appreciative of their support.

We are planning a Festival of Ageing Expo on Friday 1st November which will showcase local and nationwide organisations promoting the wellbeing of the older people in the community.

We are always looking for volunteers who could come on a Wednesday as a “hostess” or could drive older people to the Drop In centre who have no means to get there.

For further information, phone 021 2543232 or email [taierageconnect@hotmail.com](mailto:taierageconnect@hotmail.com)

## 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](http://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) 03 434 7008

**Community Social Work/Support**  
Staff to work co-operatively with you, your family/Whanau and other organisations. Contact:  
Annie Nevin (Dunedin) 03 479 3059  
Marie Roxburgh (Central Otago) 03 448 7075

**Total Mobility**  
Assessment agents for Otago Regional Council's Total Mobility scheme. Contact:  
Julie Bates (Dunedin) 03 477 1040

**Meals on Wheels – delivery**  
Coordinate Volunteer drivers to deliver Meals on Wheels in the Dunedin area. Contact:  
Julie Bates (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  
Toni Valenski (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
- **Just Cook 4 Healthy Ageing** - a four 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.

### TAIERI AGE CONNECT

For information and 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.





# 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](mailto:agecon@ageconcernotago.co.nz)**



Sender:  
Age Concern Otago  
PO Box 5355  
DUNEDIN 9054

