

**SUMMER 2019 QUARTERLY NEWSLETTER**  
[www.ageconcernotago.com](http://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



Summer Greetings all.

Soon we will gather with family and friends to enjoy a festive season and exchange gifts. It is timely for our organisation to pay homage to those who do not wait for Christmas; rather they provide gifts of time and skill all through the year, thereby

enabling Age Concern Otago to successfully fulfill its mission. Volunteers are without doubt, our life blood. We are most fortunate that Age Concern Otago is the choice for their voluntary work, either as an individual or through their Rotary, Lions, workplace or church group. Thank you to each and every one. You make a world of difference to the lives of older people throughout the province of Otago. You have all delivered the spirit of Christmas throughout the year. Christmas can be a lonely time for some older people, so keep an eye out for those around you who might appreciate someone popping in to wish them a Merry Christmas. Don't forget too, there is a Christmas dinner provided by the Acts of Kindness Charitable Trust at 11.30 in the Town Hall on Christmas day. You can book online at [dch.org.nz](http://dch.org.nz) or call 4716150.

The Age Concern Otago team is ready for a well-deserved, 3 week break. A great deal has been achieved this year and the lives of thousands of Otago's older residents have improved as a result of our work. I am so heartened to hear feedback from many people about the difference ACO support has made for them.

Have a very Merry Christmas everyone

*Debbie George* - Executive Officer

*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.*



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**Age Concern Otago**

**Holiday Hours**  
**Age Concern Otago**  
**offices will be closed**  
**from Friday, December 20**  
**until Monday, January 13**

**Messages left on our main answer phone**  
**03 477 1040 will be cleared regularly. Normal**  
**hours will resume Monday, January 14, 2019**

**Meals on Wheels will continue Monday to Friday**  
**including statutory days as usual.**

**The Octagon Club will close from**  
**Friday Dec 13 until Monday Jan 20.**

**The South Dunedin Seniors will close**  
**from Dec 5 and start Thurs Feb 13.**

## 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

### NORTH OTAGO - OAMARU 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**

## 'TIS THE SEASON

This is the season of family and love and most of all giving. We give gifts to our loved ones, friends and others to show appreciation for all they have done for us through out the year. It's also a special time for us all at Driving Miss Daisy as we get into the spirit with our special festive Daisy Experiences.

There is fun and adventures to be had with your local Daisy. Call your Daisy to go and see the Christmas lights in your town, enjoy singing along at the Christmas Carols, or attend a special festive church service.

A Driving Miss Daisy Experience can be for one, or get a group together and share the costs and have your own festive get together at your favourite café or simply a drive to stroll in the sunshine and enjoy an ice cream.

Aging experts agree that it's good for you to keep active and importantly keep your social networks active. This particularly helps with depression and whilst it is a festive time of year it can be lonely for some, so do reach out and help each other. Talk to your Daisy they will know the local activities that may be of interest to you and your friends.

Driving Miss Daisy can solve the Christmas dilemma of a gift to buy or receive. What better idea than a Driving Miss Daisy Experience gift voucher that can be bought directly from your local Daisy. This has traditionally been a wonderful gift that family can give you, so don't forget to drop them a hint. A Driving Miss Daisy gift voucher creates memories, which is something very special, and you can use anytime you wish throughout the year.

Remember, Driving Miss Daisy accepts the TMS cards ("half price taxi chits"), providing driving discounts on trips.

Have a Wonderful Festive Season.

Melanie  
Co-Founder

*Editorial supplied by Driving Miss Daisy*

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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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## Christmas Time for Older People

Christmas brings family together – sometimes. Christmas brings good memories for some, bad or sad for others. Christmas can remind us of people who have passed away that we miss. Christmas can be full of love and laughter – too much food, lots of people around and children with their faces lit up by their brand new toys.

Christmas for some people can be a lonely time – they may not have family around. They may choose to be alone. Most things shut down over the holidays and it can be long quiet days waiting for the world to come right again.

Sadly, while some of us are having a good time others might be in the midst of turmoil within the family. Elder Abuse doesn't have a holiday. It's a stressful time for families, financial pressure is huge and older people can sometimes be targeted by family to help out... lighten the load.

Please think about how you can support our vulnerable older people over the holidays. Pop in and say hello – it doesn't take much to show you care. And don't forget – It's OK to ask if they are ok.

Our Elder Abuse and Support Services Team are on leave from 20th December 2019 until 13th January 2020.

*From us to you – have a safe and happy festive season. Marie Bennett*

## Over 100 years of Helping Nurses

The New Zealand Nurses' Memorial Fund is a benevolent fund which has given financial assistance to nurses in hardship since 1917 and continues to do so. It was founded by nurses as a practical memorial to the 10 nurses who drowned when the SS Marquette was torpedoed in the Aegean Sea in October 1915.

Money was raised throughout New Zealand to establish the Fund which is NZ wide but has always been run from Dunedin. Bequests and donations are gratefully received to assist in the Fund's ongoing work. If you are in need of help you can apply for an application form.

Please contact [nznmfund@gmail.com](mailto:nznmfund@gmail.com) or PO Box 5363 Dunedin or phone Valerie on 03 455 7380. The Fund is a registered charity (No CC28877).

## Summer Foot Movements

Often classes are in recess over summer but it is important to maintain falls prevention practices. Toes are often forgotten as balance organs and being aware of our feet is an important falls prevention technique. These movements are best done barefoot, so if you possibly can, take off your shoes even if you leave on your socks. They are difficult at first, but do improve flexibility and circulation, plus gently spread your toes. Have a go!

### Toe Spreading

1. Place the heel of one foot on the floor with the ball of your foot slightly lifted.
2. Touch down the outside middle sole of your foot.
3. Then touch down your little toe, and one by one touch down from the little toe through to the big toe. Focus on spreading the bones of your feet wider, bringing your big toe as best you can towards your midline.
4. Reverse this sequence by lifting the big toe first, ending with the little toe.
5. Keep your knees still and apart to get your feet working more.
6. Try with the other foot, starting with the little toe down to the big toe and reverse.
7. You can then get both feet working at once.



### Grabbing the Floor – toe flexibility & strength, arching strengthening

1. With all your toes on the floor, keep your toes long while you draw them towards you and only at the last moment bend and scrunch up the toes.
2. Repeat a few times.....

### Outside Edge Inside Edge – ankle flexibility

1. Keep your knees as still as possible with your thighs parallel.
2. Lift your feet slightly and roll them so only the outside edges are touching the floor.
3. Then keep your knees still and roll back to the inside edge of your feet.
4. Repeat a few times.....

### Heel and Ball Tapping – flexibility and coordination

1. Bounce your heels by bouncing your knees like a restless teen. Notice the spring like quality of the Achilles tendon.
2. Then tap your toes on the floor keeping your heels on the floor.
3. Now, lift up the heel of the right foot while you lift the toes of the left and keep going. Keep alternating.



Margaret Dando QSM

Hello long time readers from a first time writer. My name is Toni Velenski and I am from the Central Otago office Alexandra, new to the role of Elder Abuse and Visitor Service. The two months I have been in the role has flown by and I thoroughly enjoy having my mind full of new information and meeting with so many lovely people.

I have been in the Central Otago Community for around 16 years having lived in Becks, Roxburgh and now Alexandra.

I am thoroughly enjoying the new role and change of career after 12 years locally in the Police and it's great to interact with people now that want to talk to me instead of trying to spit or abuse me.

For local readers, please feel free to call in, say hello, and talk about things that may be concerning you.

### Scam prevention tip#

Never give your personal information out over the phone, via text message, email or internet. With Christmas coming up use a secure and reputable payment service when buying online – look for a URL starting with “https” and a closed padlock symbol.

On behalf of Marie Roxburgh, Cherie Newlove and Myself we would like to take this time to thank our amazing volunteers who have spent countless hours visiting our clients. Without your help the Accredited Visiting Service would not happen. You have provided friendship and companionship to around 200 older people.

*We wish you all a Merry Christmas and a Happy New Year and we look forward to working with you again in 2020.*



## Season's greetings from the Health Promotion Team

In the New Year, we will be holding Staying Safe driving workshops throughout Otago to ensure that senior drivers continue to have safe journeys on our roads. The classroom-based workshop is a NZTA programme to ensure drivers can maintain and improve safe driving practices and are up to speed on road rule changes.

As we enter the holiday and silly season, it can be a hectic period where we become distracted when hitting the road. Holidays are a time to relax, celebrate and enjoy life but it can be a particularly dangerous time on our roads.

Driving during the holiday period doesn't have to be stressful or dangerous if you take a bit of time to ensure you and your vehicle are safe to travel. Planning ahead, should be part of each trip you take, know the route your to travel, avoid peak traffic periods and schedule rest stop along the way making the journey part of the holiday.

Take care on the roads and we look forward to a busy 2020.

**Marie Roxburgh, Cherie Newlove and Kristen Beardsmore** Health Promotion Team

If you would like more information about the Staying Safe workshop or other HP programmes Check out our website "What's On" or our Facebook page

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## 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.

## Our Adventure on a Mobility Scooter



A warm hello to you all from the Waitaki Office at Age Concern Otago. A few weeks ago Heather and I received a wonderful phone call from a local family who wished to donate a Mobility Scooter to give away to a local older person who was in need of one. It wasn't long before Heather came up with a name and after a quick phone call all we had to do was get the scooter from the South Hill to Oamaru Central.

Neither of us had ridden a scooter and Heather being the braver one of us volunteered to be the driver. The day arrived, it took a few hilarious tries to get the scooter going but after Heather mastered forwards and backwards she was off! I hopped in the Age Concern car as the support crew.

We were going very slowly at first and then Heather



found the dial that accelerated the speed. Heather rode on the foot path and I followed her. Most of the access was very good, but road cones did have to be moved twice and at times footpaths were so narrow that the power poles were a tight squeeze and slowed your journey down. I wondered how an older person would cope with this especially if they had decreased strength and balance issues.

Hands need to be on the inside of the scooter, to avoid accidents.

Cars parked over the the footpaths are a real issue. As drivers we need to remember not to do this as reversing is not easy on a narrow footpath on a scooter. The entries and exits off and on the footpaths were better than we expected, with only one very steep exit on a slope that required careful navigation. The scooter recipient was very grateful and we were relieved to get it there in one piece! It was a great adventure and a wonderful outcome, we are thankful for this generous donation.

*Bye for now from the Waitaki Office*

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## Strawberry Santas

**Makes: 20 Time to make: 15 minutes**

#### Ingredients:

- 20 medium-large strawberries, hulled for a flat base
- 100g Philadelphia Light cream cheese (Note: other brands of cream cheese can be too runny for this recipe; this is the one we've found works best.)
- 4 - 6 tsp icing sugar, to taste
- 40 mini dark-choc bits or chocolate chips

#### Method:

Cut the top third off each berry and reserve. Stand berry bases on a serving platter.

Mix cream cheese and icing sugar until smooth and creamy.

Pipe or spoon 1 tsp cream onto flat berry tops.

Place reserved berry tops on top. Use the smallest piping nozzle

to pipe mixture onto the tip of each strawberry "hat" (pompom) and onto "chest" (button).

Use tweezers to place 2 chocolate pieces onto each cream "face" (eyes). Refrigerate until ready to serve.



## December 5th is International Volunteer Day

All around the world people will have celebrated and recognised volunteer contribution to their communities. Age Concern Otago showed their appreciation at the annual Volunteer evening on Wednesday December 4th.

Each year, over 1000 people and organisations within our region donate valuable time to Age Concern Otago. The wonderful volunteer visitors, our Peer Leaders for falls prevention classes, people who deliver hot meals, no matter what the weather, the groups who pack up magazines and deliver them in the community, professional experts who assist in governance and guidance, you are all truly inspiring and we are grateful to your support and commitment.



## Relationship changes in a village

Retirement villages are microcosms of the wider society. Residents' relationships and obligations can change in a village, just as they do elsewhere. But retirement village residents' obligations are governed by contracts that usually don't have the level of flexibility to easily allow for changes when personal circumstances change.

Leaving aside a move to care or leaving the village entirely, there are three ways residents' circumstances can change. These are:

- Divorces and separations
- Late life love
- Moving a child or other dependent adult in

Over the next few issues we'll be having a look at these in more detail.

### The framework for looking at these issues

It's important to stress that every village is unique and there are many different approaches taken by operators. Generally speaking, village managers will look at the context of the request as well as the resident's circumstances before making a decision. The starting point is recognising that an occupation right agreement (ORA) is usually a personal contractual right to occupy a unit and is non-transferrable. Further, residents will usually hold their interests jointly rather than as tenants in common.

An ORA will typically contain provisions relating to the length of time that guests may stay with a resident without first obtaining the operator's consent. Guests are often limited to stays of no more than two weeks at any one time and a total of six weeks in total each year. These limits ensure that guests don't interfere with the rights of other residents and to avoid the abuse of village facilities.

All disclosure statements for registered retirement villages are required to disclose the effect of marriage on an occupation right agreement.

### Divorce, or when a resident couple separates

Operators will not agree to any change to the occupancy arrangements of a separating couple until



they are satisfied that both parties have first received proper legal advice on how to proceed.

The ORA will usually be relationship property. As with any separation, one partner may offer to give up their right to occupy the unit and their interest in the termination proceeds in exchange for some other benefit. Many, but not all operators, will be willing to acknowledge this arrangement and may formally document the change, subject to both residents obtaining independent legal advice.

It is not uncommon for operators to find that residents are concerned about legal costs and will try to avoid formally documenting the division of their relationship property. Some residents will try to hand over the responsibility of documenting their relationship property division to the operator. Operators, of course, do not wish to be put into this position and will actively avoid getting involved.

Unfortunately, as with any relationship break up, there may be insufficient assets or income available to allow one partner to stay in the village and to pay the other resident out, or there could be angst among other residents if one party stays and the other leaves. While village managers will be sympathetic to the change, it's not their job to get involved in relationship property disputes.

**Next time we'll have a look at what happens when a resident falls in love.**

*editorial supplied by Retirement Villages Association*



## Bea-line

Summer is coming, but hasn't the spring blossom been marvellous? I love walking or driving along the streets to see the rhodies and camellias in full bloom. Our kowhai is doing very well this year, and it's just in front of a wonderful prunus in the next door garden. Wow!

But we are fighting climate changes, it seems, and the weather, as I write, is still raining. Emphasise the word 'still'!

Rain is good for the ground, good for the garden, good for replenishing reservoirs, keeping dams full.... and so on.

And yes I do appreciate it – much of it. More especially since I have just been in New South Wales and experienced the drought there. Awful! A drive into the countryside shows dead and dying trees, dead plants, cracked earth, dry waterholes, kangaroos dead by the roadside. Dust storms are highly visible in the distance as we drive along, and always of course, there is the danger of the bush fires. Careful with water! Yes indeed. Don't shower, catch spare water in a bucket, wash hands very carefully, tap off, soap rubbed in, tap on for a count of ten. No watering the garden and no cleaning of cars. What a precious commodity is our water supply.

### So why complain of rain?

The plants are growing well; beans climbing nicely, peas 'coming along', celery standing tall, crisp and crunchy, kale, lettuces, rocket – all greens loving this weather. So our food supply is holding up nicely. On a major weeding afternoon I slithered into the herb garden to find out what had happened to my favourite lovage. It had been overtaken by fennel, currently the fastest growing plant in the herb bed, and it was hiding lovage from any sun going. I had great pleasure in slashing back intrusive fennel. The other superb grower at the moment is yarrow or achillea, which is overshadowing tubs of camphor and costmary. I still have to slash back the yarrow, but the problem is, I love it, it's a vivid plant brightening up a dark-ish corner of the garden. So I don't want to cut it back.

And sorrel is doing very well indeed. I have the



English sorrel which makes a lovely soup. But there are numerous varieties of sorrel – French which also has a citrus-y taste like the English one, and there is apparently a 'sour sorrel' or *Rumex arcticus* – I think I'll avoid that, doesn't sound too tasty.

### What else is livening up the wet days?

Echiums are beginning to flower, and will alas be over when the delphiniums are out. These are burgeoning, and since they're beside the comfrey, are obviously going to fight for territory. Beside these I've noticed more black chervil, lovely lacy black leaves sending tall spikes of tiny white flowers skywards. When I began gardening I loved flowers first, foliage second for what it could do – eating, cooking with, scenting – but now I love foliage for its colour. Black, dark red, reddish, and various shades of green. Even without flowers the garden looks good.

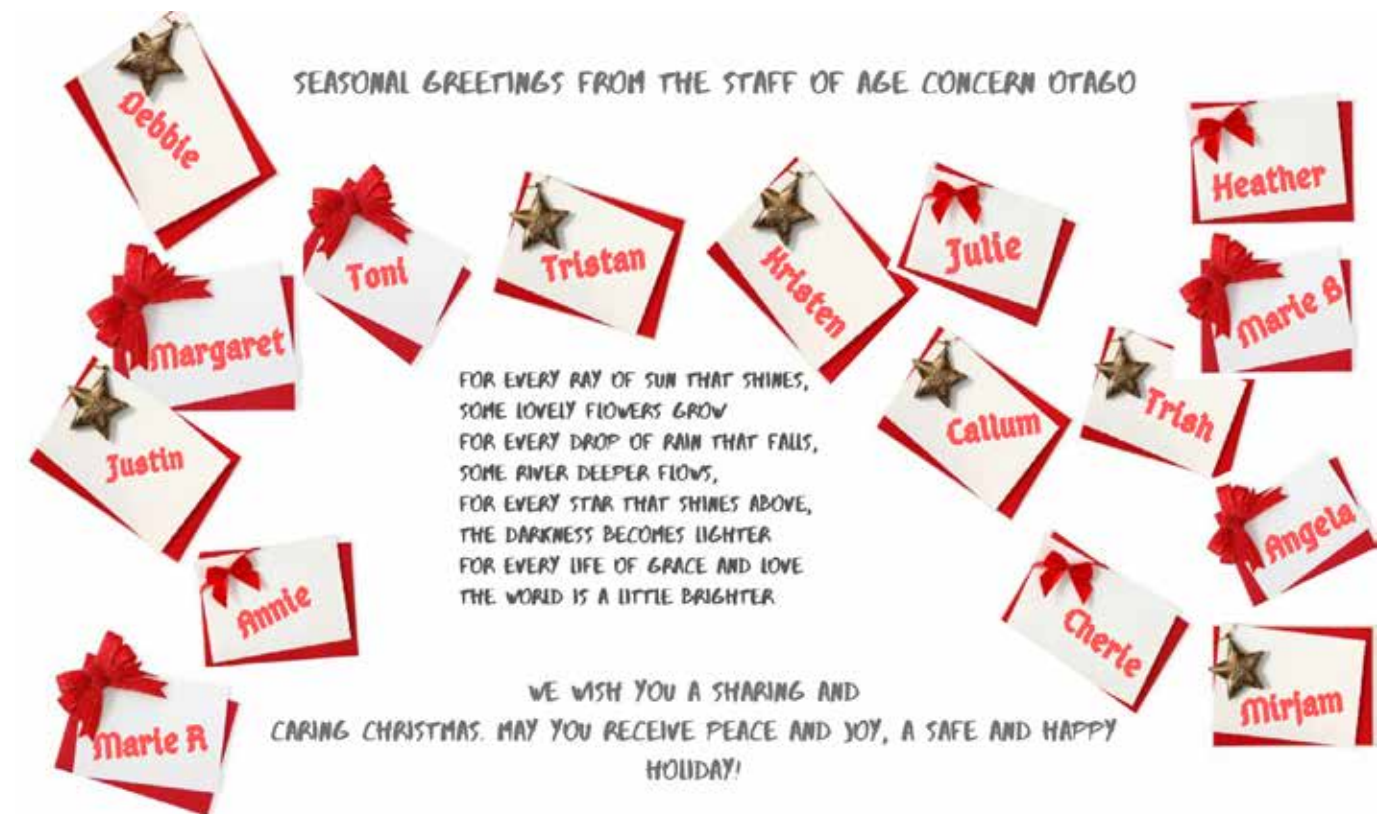
**Still raining?** Now I turn to gardening books and magazines. Not just the ones on the shelves, but there are several intriguing titles to be explored on the Internet Try the American title Gardening Know How – not only does it have mouthwatering pictures but it also offers ideas about planting and tending. Discourage snails and slugs by coffee grinds round the plants, or by crushed eggshells. Crushed eggshells do it for me, and they also add calcium to the soil. Of course the seasons are different but we can manage that!

So, onwards and upwards as we continue to enjoy and appreciate the late spring blossoms, with the Cherry Walk in the Botanic Garden having been particularly stunning, and, now we move along into summer, hopefully.

*Beatrice Hale* - Defiant Gardening Granny

*"If you want to lift yourself up,  
lift up someone else."*

— BOOKER T. WASHINGTON



Age Concern Otago would like to thank our 2019 funders, sponsors, other major financial supporters and our members and supporters who made individual donations in both money and kind throughout the year – together you make all the difference.

## Strengthening of elder abuse helpline

The elder abuse helpline (0800 EA Not OK) is now being managed by a team of counsellors and mental health practitioners.

This change will enable people to be offered brief intervention support as well as being referred or signposted to suitable service providers. The helpline team will provide information and low level support, adding capacity to the Elder Abuse Response Service (EARS) system, and referring cases to EARS providers where appropriate.

People seeking information and support for elder abuse can contact the team via email and text, in addition to the helpline number (0800 32 668 65). The email address is [support@elderabuse.nz](mailto:support@elderabuse.nz) and people can text 5032. **Further information** <http://www.superseniors.msd.govt.nz/elder-abuse/>

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## Introducing Heather and Cherie in the Waitaki Office.



### Heather :

Kia ora koutou katoa

Its a pleasure to introduce myself as part of the 'tight twosome' that make up the team at Waitaki Age Concern under the safe umbrella of Age Concern Otago. I am newly arrived HOME to Oamaru after leaving approximately 25 years ago. I have the role of intervention worker and am enjoying the people I work with and loving the wonderful older people of Oamaru.

My time away from the role is spent biking, hiking, at the local pool and with the many amazing people I have the privilege of getting to know. I can often be found at many of the local coffee shops 'chatting' and partaking of the great coffee.

*Its great being back home.*

### Cherie:

Kia ora I am a local of 38 years, married to Matt for 25 years and two adult children. I attended local schools and love living in the Waitaki. I started working with Age Concern Waitaki in March 2018. During 2019 our committee made the decision to move under Age Concern Otago's wing for financial and governmental support. This has increased our services, programs and opening hours. The introduction of AVS has been a real highlight for me.

Three things I love to do in our great Waitaki are....

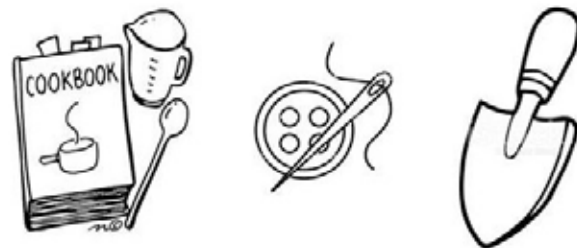
- Go camping at the Lakes with my family.
- Meet friends, family for coffee and Pizza at Scott's.
- Walking down by the harbour and through our fantastic walkways.

*Haere ra from the Waitaki*



### 'Mentors of Life Skills'

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FaceBook: <https://www.facebook.com/supergransdunedin/>

## White Ribbon 2019 Waitaki Zonta Breakfast

Around seventy-five people including four White Ribbon Riders attended the White Ribbon Breakfast organised by Zonta and Safer Waitaki. Heather Johnston who has worked in family violence for many years gave a powerful talk containing alarming statistics on the family harm situation in NZ. All present were made very aware of the effects of family

harm particularly on children. Heather is currently working for Elder Abuse & Neglect Intervention Worker for Age Concern Otago based in Oamaru, also talked about the elder abuse she has come across in Oamaru which often involves a betrayal of trust. She encouraged those present to listen and to carry out the three R's: -recognise, respond and refer to someone who can help. Heather finished by saying that if we all work together and help then family violence can be reduced.



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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  
has now been up and  
running for 3 months  
and we are open  
every Wednesday  
between 10am – 1pm for a cup of tea,  
conversation and information.



Our goal is to provide a drop-in centre and a welcoming environment for social interaction .

Our Cards group meets on a Thursday from 1.30pm and our Art Group from 11am on a Wednesday – these are all proving popular. We are also about to start a Singing group which will be held every 2nd Friday from 9.30am-10.30am.

We have successfully been awarded grants totalling \$30,000 which included \$15,000 from the Alexander McMillan Trust, \$10,000 from Lotteries Commission and \$5000 from Bendigo Valley Trust – this has enabled us to install heat pumps in the Senior Citizens Hall and Hub as well as replacing the current Perspex windows with double glazing. We also intend to paint the meeting room and give it a total freshen up.

We held a Festival of Ageing Expo on Friday 1st November with the theme “Claiming the Future” in the Senior Citizens Hall. We had in excess of 25 stands comprising local and regional organisations who showcased resources available in the area as well as demonstrations on the Wii Fit for balance from the University of Otago School of Physiotherapy, Dietetic students and their Supervisor from the University of Otago Nutrition Dept who bought tips for healthy eating and food samples. The Taieri Spinning and Weaving group spun their time away and the Taieri Blokes Shed showed their wares. The Outram Garden Club will also sold plants and produce.

It proved extremely successful with 80-100 people attending during the day. Feedback was very positive with a lot of the standholders wanting to book in again for next year !! We wanted to create a warm, welcoming expo and we are satisfied that we achieved this goal. A huge thanks to those local businesses who have supported us with sponsorship for our marketing (Campbells and Knox Podiatry) and donations for our raffles (Mosgiel New World, Weavers Restaurant & Wals).

We are always looking for new members – for further information phone 021 254 3232 or email [taieriageconnect@gmail.com](mailto:taieriageconnect@gmail.com)

Trish Didham Vice President Taieri Age Connect  
– ph 021 623724

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:  
Fiona McMillan (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 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 various means of transport.
- **Independent Living Seminars** – a series of seminars to assist older people to look after their holistic well-being
- **JUST Cook** - 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)

# Remember to be SunSmart



## Cancer Society

Te Kāhui Matepukupuku  
o Aotearoa



## Slip, slop, slap and wrap!

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Age Concern Otago

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DUNEDIN 9054

New Zealand

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