

WINTER 2020 QUARTERLY NEWSLETTER  
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# Age Concern Otago

*Serving the needs of older people*

**Celebrating Otago's older people since 1948**



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## From the Executive Officer



Greetings everyone.

Wow, what a crazy time it's been! You have all been on my mind as we navigated our way through this unprecedented time. Thank goodness we are coming out the other side.

I know that experience brings resilience and I am comforted in the knowledge that you all have a wealth of experience. I am inspired by the stories I've heard about innovative strategies people used to stay well and connected to others in spite of the physical distancing rules. Conversations at friends and neighbours windows, connecting with people on the street at the end of driveways, sewing machines being dusted off to make masks - just to name a few. I also understand how challenging all this must have been for many of you; particularly those living alone. I hope you were well supported.

Spending additional time at home may have been an opportunity for you to reflect on your needs and wants as you move forward. I am keen to hear from you about how we can best support you and any ideas you have regarding different things we could offer. I would really appreciate you taking the time to complete the attached survey to help inform our service development.

We at Age Concern Otago are looking forward to seeing you again. Every team member has told me how much they have missed seeing you in person. I would encourage you to start reintegrating into the wider community if you haven't by now. It will contribute to your health and wellbeing.

I would like to take this opportunity to acknowledge the Age Concern Otago team. Everyone stepped up beautifully to new ways of working, including off-site! Flexibility in our work has been vital in order to respond in a way to best support you through this time - the team achieved this in spades! Shhh - just between you and I; I feel rather like a proud parent.

Keep safe, keep well and stay connected.

*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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**Wed 8.30am - 12.30pm**

**Service & Event information available on our website:** [www.ageconcernotago.com](http://www.ageconcernotago.com)

**Like us on Facebook - Age Concern Otago**

## Ever Lasting Gift

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)**



## Lean on Me

The words of this popular song come to mind when thinking about you all and our Driving Miss Daisy community at the moment.

Lean on me when you're not strong  
I'll be your friend  
I'll help you carry on  
For it won't be long

As an essential service we have been at the frontline with the most vulnerable people during these extraordinary times. To be acknowledged and trusted by the Government has enabled us to continue supporting our elderly clients utilising our gold standard health and safety procedures.

Your Daisy can help you live independently by doing those essential errands for you while you remain safe in your bubble. We are able to do your grocery shopping, collecting and delivering prescriptions and get you to your medical appointments and safely back into your bubble. We can make this time more bearable by picking up a magazine, or a fresh bunch of flowers. We have received heart-warming thanks and appreciation for helping you in this time of need.

Whilst the future is unknown, we do know that the current situation will not be forever. If the lockdown has been getting you down, we can get you out and about in our Driving Miss Daisy car bubble. Nature is putting on a beautiful autumnal display at the moment, enjoy it at its best with a trip to your local park or the beach with us, we could even pick up a coffee on the way.

Going forward the core Driving Miss Daisy commitment is to empower you, giving you the freedom to live independently by offering a companion driving service that is trusted and affordable. Safe as well, we follow Ministry of Health hygienic and social distancing guidelines.

Don't forget a Daisy Experience gift voucher is an ideal treat for you or for a friend.

We have always been there for you and we will continue to be by your side in the community especially during this period, post COVID-19. Stay safe, be kind, let's support each other.

Melanie  
Co-founder DMD

*Editorial supplied by Driving Miss Daisy*

# We're your bubble on wheels



**Free at Last! Get out and about, safely and hygienically, with Driving Miss Daisy**

We can drive and accompany you to:

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- Grocery shopping
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North Dunedin Ph: (03) 467 5017  
South Dunedin Ph: (03) 486 2033



Driving Miss Daisy®



## Hello from Central Otago

During our lockdown for COVID-19 some things may have become more relaxed and nutrition may not have been a priority and exercise may have been put on the back burner, now is the time to refocus and take control on how you age.

Firstly the New Zealand guidelines for Nutrition while ageing is:

1. Maintain a healthy body weight by eating well and by daily physical activity.
2. Eat well by including a variety of nutritious foods from each of the four major food groups each day. • Eat plenty of vegetables and fruit. • Eat plenty of breads and cereals, preferably wholegrain. • Have milk and milk products in your diet, preferably reduced or low-fat options. • Include lean meat, poultry, seafood, eggs, nuts, seeds or legumes.
3. Drink plenty of liquids each day, especially water.
4. Prepare foods or choose pre-prepared foods, drinks and snacks: • with minimal added fat, especially saturated fat • that are low in salt (if using salt, choose iodised salt) • with little added sugar (limit your intake of high-sugar foods).
5. Take opportunities to eat meals with other people.
6. Eat three meals every day. Nutritious snacks are recommended, especially for those who are underweight or have a small appetite.
7. Consider food safety when purchasing, preparing, cooking and storing food.
8. If choosing to drink alcohol, limit your intake.
9. Be physically active by including at least 30 minutes of moderate-intensity physical activity on most days of the week. **And my favourite, get plenty of fibre in your meals**

I am very aware how hard it is to be motivated to think about nutrition but it is one of the key steps to a healthy heart and brain. My favourite way to look after my nutrition is to make a soup, nothing nicer on a cold day than a hot cup of soup. We have added a simple recipe that anyone can make. But if you would like a little help, Age Concern Otago run “Just Cook” classes throughout the region. We were in the middle of our 4 sessions in Alexandra, when we had to close down, so if anyone would like to join in please give me a ring. The classes are welcoming, fun and a great way to meet others and share a meal you have prepared. We will be running another lot of

4 sessions in Cromwell later in the year and I’m very keen to run one in Ranfurly or Roxburgh. Staying Safe, a refresher for older drivers are another programme we offer. The next course will be in September in Alexandra. These courses are always fun and everyone has said they learned something new and for a lot it has enabled them to continue driving. So, let’s get positive and sign up for a class or take a good look at your nutrition. Ring us for more information. Our phone in Alexandra is 03 4487075.

*Marie Roxburgh* | Support Services Central Otago

### Quick & Easy Minestrone Soup

Serves 2-3

#### Ingredients

1T	Oil
2t	Minced garlic
1 small	Onion (diced)
1x 425g can	Tomatoes (chopped/diced)
1½ t	Vegetable stock powder
1½ cups	Water
1 t	Dried mixed herbs
½ cup	Dried pasta
½ cup	Mixed frozen vegetables
1x 400g can	Mixed beans or red kidney beans (drained)
	Salt and pepper to taste
	Juice of ½ lemon
2T	Parmesan or tasty cheese
	Small handful of fresh herbs to garnish

#### Method

Heat oil in a large saucepan. Add onion and garlic and cook for 2-3 minutes or until soft. Add tinned tomatoes, vegetable stock powder, water and dried herbs. Bring to boil. Stir in pasta and cook for 10-15 minutes or until pasta is cooked.

Add frozen vegetables and tinned beans. Cook for another 3 minutes or until they are heated through. Add lemon juice. Adjust seasonings to taste. Sprinkle with grated cheese and finely chopped fresh herbs.

Serve warm crusty bread.

**Tip:** Substitute fresh vegetables such as tomatoes, beans, courgettes and red peppers for tinned and frozen foods when plentiful and cheap. Add 100g diced tofu to create a protein rich meal.



## ELDER ABUSE HITS CLOSE TO HOME

ELDER ABUSE AWARENESS 15 - 22 JUNE

**Call 0800 EA IS NOT OK  
or Age Concern  
0800 65 2 105**

**DONATE AT AGECONCERN.ORG.NZ**

More than three quarters of alleged abusers are family members

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

Alleged abusers are six times more likely to be female than male

Hello everyone, I am sure you are relieved as are most of New Zealand to move out of lockdown restrictions as we start to get back to some sort of normal. While a lot took the opportunity to try new skills and enjoyed spending quality time with family, spare a thought for those who may have been in lockdown with their abusers feeling isolated and unsafe.

The abuser is often someone close to their victim. It is someone trusted: family members, friends and even neighbours. Abusers are often someone they depend on for support or care. And this is why we must bring it out into the open more than ever.

In New Zealand the Ministry of Social Development have said as many as one in ten older people in New Zealand will experience some kind of elder abuse. The majority of cases will go unreported. In other words, many of our elders suffer in silence and isolation.

- Psychological abuse includes threats, humiliation or harassment. This creates distress, shame, or stress, which often leads to a sense of powerlessness in the older person.
- Financial abuse ranges from illegal use of their money (or assets) to coercion (such as being pressured to change a will or sign documents).
- Physical abuse includes any personal harm or injury.
- Sexual abuse includes any non-consensual sexual activity.

June 15-22 is Elder Abuse awareness week. Please take the time to reflect on how we can show they are valued and important.

#### 10 TIPS TO BE KIND AND STOP ELDER ABUSE

- 1 Love and cherish your older relatives/whānau.
- 2 Phone, zoom or facetime older people/kaumātua.
- 3 Visit older people / kaumātua in your neighbourhood.
- 4 Involve older people / kaumātua in your social activities.
- 5 Encourage older people / kaumātua to make their own decisions.
- 6 Support older people / kaumātua to use their money for their needs.
- 7 Honour older people’s / kaumātua’s wisdom.

- 8 Enable older people / kaumātua to set their own pace.
- 9 Speak respectfully and listen to older people’s / kaumātua’s stories.
- 10 Seek advice from any Elder Abuse Service or Age Concern if you think an older person / kaumātua is being abused or neglected.

*Toni Velenski* | Elder Abuse Response Central Otago

## ELDER ABUSE HAPPENS CLOSE TO HOME

June 15th is World Elder Abuse Awareness Day.

This is a day to raise awareness that Elder Abuse is sadly alive and kicking in our communities. Elder abuse affects many people over the age of 65 and may include physical, financial, emotional abuse or neglect of basic needs. Here at Age Concern Otago we raise awareness of elder abuse and neglect every day. We have an experienced educator in Kristen who provides workshops on the three important R's - Recognise, Respond, Refer. It is so important that our communities understand not only how to recognise what is elder abuse and neglect but how to respond to it and where to get help.

Our EAR's Team (Elder Abuse Response Service) has 3 experienced workers who will listen to concerns and worries, provide information, options and support choices. We cover Waitaki down to Balclutha and out to Wanaka. Heather in Waitaki, and Toni in Central Otago are amazing and are dedicated to eradicating Family Harm within our communities. Marie, as Team Leader for EAR's, covers the rest of the area and supports her team to do the best work we can.

Elder Abuse may be happening in your area, it may be happening in your local community, in your street, in your family. If you know about it, or have concerns, please reach out to the older person. Ask if they are OK. Ask if they want to talk. Ask if you can contact someone for them. Together we can help make our vulnerable older people safer.

*Marie Bennett*

Team Leader, Elder Abuse Response Service



## A Message from the Waitaki Team

It's great seeing people out and about again as the COVID restrictions ease, and we look forward to welcoming everyone back to our regular activities over the coming weeks. We'd also like to let you know that after two years as Waitaki Coordinator Cherie Newlove has handed the reins to Caitriona Prunty, who some of you will know from Gentle Exercise classes. We will miss Cherie, but hope that our paths will still cross regularly!

Our goal here in the Waitaki is to support the community through Elder Abuse Awareness and Response Services and Education

- Addressing loneliness and social isolation
- Promoting total health and healthy ageing
- Connecting people across the community

During the second half of 2020 we will expand our Accredited Visitor Service, providing clients with a weekly social visit from a volunteer. If you know someone who would benefit from this service, anywhere in the District, or if you would like to volunteer, please get in touch.

**None of our activities would be possible without the support of our volunteers, thank you all!**

Here's what's happening now:

### Gentle Exercise

Seated workout to music. \$4 per session includes afternoon tea. Tuesdays at 1:30pm, Orwell Street Church, Oamaru.

### Steady as You Go

Classes to improve balance and prevent falls. Offered on Mondays, Wednesdays, and Thursdays in Oamaru, and on Mondays in Kurow and Hampden. Ring for details.

### Social Singing

Singing experiences creating harmony and joy, led by Sally Randall. Learn songs by call and response. Mondays at 10am, Blind Foundation Hall, 6a Steward St, Oamaru.

### Get on Board

Board Games, tea and chat. Wednesdays at Oamaru Public Library. Ring for details.

### Health Education Classes and Workshops

A variety of useful topics, offered in Oamaru and

elsewhere. This spring we will restart with "Staying Safe" (a driver refresher course) and "Just Cook 4 Healthy Ageing" (cooking along with nutrition information). Ring for details.

Keep an eye on Facebook @ageconcernwaitaki for news and updates. If you aren't online, we also list many of our activities in the Oamaru Mail and the Telegram. Or drop in to see us at Community House, 100 Thames Street, Oamaru. Feel free to ring us first on 434 7008, as we are sometimes out of the office for client visits and other activities. New volunteers are always welcome; phone us to chat about your interests and availability!

We look forward to hearing from you.

**Caitriona Prunty**

Waitaki Coordinator

Photo below: Catriona and Phyllis Creedy



**We would appreciate you taking the time to complete the attached survey to assist us in our service planning.**

You can drop/post your completed survey into our Age Concern offices.

**Dunedin** - 9 the Octagon, PO Box 5355 Dunedin

**Central Otago** -Community House

12-20 Centennial Ave, Alexandra

**Waitaki** - Community House

100 Thames Street Oamaru.

**It is also available online via Survey Monkey**

**<https://www.surveymonkey.com/r/ZQRG2WS>**

**Many thanks**

## Lockdown Protocols and Tips

While Elders in particular have done well and we have returned to level one with supermarkets functioning normally, we need to be mindful things could change again - therefore we need to be mindful and retain "good practice".



Don't be surprised how tiring this will be and different to how you have shopped before!

- Stay 2 metres away from other customers and staff - don't worry if you must prompt or ask others who are too close, to keep their distance or being told to keep yours.
- Supermarket staff are expected to support and help people and guide them where to go.
- Take your time to read the signage and prompts where to go. Expect staff to be patient with you if you have trouble hearing or seeing information.
- Be patient and take your turn to access goods in fridges and freezers.
- When purchasing your shopping, try to keep your distance from shop workers as well. With self-service checkouts and pin pads, you may have no choice but to come into contact with surfaces that have been handled by many people.
- Shop alone rather than in groups. Clearly there will be exceptions: for example, single parents with small children who cannot be left at home, or shopping with a helper due to your needs.
- There is no packers or handling of personal bags, so take your time when packing your bags that suit you
- Smile and acknowledge everyone who is playing their part. Be mindful!
- Avoid touching your eyes, nose or mouth until you have washed your hands. Some stores are providing hand sanitiser, and cleaning shopping trolleys and baskets between customers.
- Keep clear of people on the way to and from the shops, and when inside them as well, if possible.
- Wash hands and wipe surfaces, you have touched when you get home and relax!

**Annie Nevin** | Social Worker

## Gillions Funeral Services - What we learnt over lockdown & beyond

Like most New Zealanders we experienced the range of emotions as we entered the Alert level 4 period in late March. There was fear of the virus and the unknown, and sadness for those families who had someone die at such a difficult time. We had to adapt very quickly and work out new ways of operating.

We learnt how to have virtual viewings, committals and on-line funerals including with a Zoom room. When Jacinda announced the move to Level 1, we were delighted. How wonderful it felt to be safe and to hug each other again. And we relearnt something that we already knew – that all the technology in the world cannot replace basic human connection and support.

As we have touched base with the lockdown families, we have had conversations about the best way to re-connect and remember. While borders remain closed, technology will continue to play an important role in funerals and memorial gatherings. Our learning journey is still on-going.

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](mailto:support@gillions.co.nz)

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*Thanks*

## Health Promotion Update

The last few months have been challenging for us all. Lockdown meant all our planned events; workshops; group sessions and programmes being cancelled in the blink of an eye, with no idea when things would return to some type of normal.

The HP team staff responsibilities changed to responding to phone calls from many people asking about help with how to get their groceries, bills paid, banking done, needing specific information, what they were still able to do keeping safe throughout the region. Staff have been working remotely from home and through the ever-changing Covid-19 levels to ensure that we all could remain safe and sound. It was great to see staff met these challenges and provided innovative solutions timely. I would like to welcome Caitriona to our Waitaki office who joined us during lockdown and faced the challenges this entailed. Her experiences and expertise will be beneficial to older people of the area.

As this is being written the country will hopefully head to level 1 and it is now time to start planning the return to programmes etc. The Staying Safe driving workshops that were cancelled throughout the region will be rescheduled as venues become available. Remaining safe on the roads and keeping up with changing rules and environment as we grow older is ever so important. The JUST Cook courses will begin also to provide nutritional information and cooking skills, followed by other Living Well and Staying Well programmes. We are excited to get back to the office and start planning. Watch out for What's On in your local newspapers, radio stations, social or Website.

A survey is being included with this magazine to hear what you may have identified as important moving forward. This information will enable us to look at future innovations for Otago's older citizens so they can age well in the future. The survey can be completed online on our Age Concern Otago website "Home" page or posting a copy to PO Box 5355, Dunedin 9054.

Take care and do come and see us again soon!

*Kristen Beardsmore*

Health Promotion/Projects Team Leader

## Age Concern Otago would like to acknowledge and thank all of our wonderful volunteers.

Accredited Visitors, Executive Committee, Elder Abuse Advisory Panel, SayGo & TaiChi Peer Leaders, Dunedin Meals on Wheels drivers and the many other Age Concern supporters who help us work together to promote the wellbeing of Otago's older people.

## How to cope with the anxiety of life after lockdown

You don't have to brave it alone if you're feeling overwhelmed

Are you feeling anxious about life after lockdown? For many of us, the past few weeks have been spent in the comfort of our homes, away from common anxiety triggers, and at a much slower pace than before. But, with lockdown restrictions beginning to lift, some people may be feeling anxious about whether they will be able to readjust back to 'normality'.

Whether you usually feel anxious or not, the change in lifestyle may feel particularly challenging for some. Change and uncertainty are difficult for most of us to deal with, and can affect our mental health and wellbeing, potentially leading to increased stress, anxiety, and depression.

None of us really know exactly what the future looks like. It's therefore understandable that many people will be worried about life after lockdown, whether that is concerns around returning or generally adjusting to former routines, social activities and events, returning to work or volunteer jobs, looking after children, adjusting to new finances.

Just as we were getting comfortable with this new 'normal', the next new adjustment phase could also take some getting used to — and it's OK to take your time.

### **Here are a few tips how to navigate through this season of uncertainty.**

One of the best things you can do for your own mental health is to have open conversations with loved ones around you. "If you're worried you might find the transition back to 'normality' difficult, talk to others you trust".

If you are concerned about going back to a social group or out into the community talk to the organiser of the group or find out about what measures they have in place to make you feel safe. Take things gradually, one step at a time.

### **PLAN TO DO THE THINGS YOU LOVE AGAIN**

We have been living in a time like no other, so naturally, it may take time to get back into the swing of things. A simple way to help relieve heightened levels of anxiety is to plan ahead; make a list of the simple pleasures you want to do again, friends you want to visit, places you want to travel to, or the cafes/restaurants you want to dine at.

It's worth capturing the things that you've missed, such as going out to eat and visiting friends and family at their homes. Consider organising these kinds of events post-lockdown, continue virtual alternatives of contact if you have established these as well.

Re-establishing familiar former routines can be helpful, but

it might also be a good opportunity to reflect on whether you can continue some of the things you have been doing differently. If you've been using technology e.g. online shopping, internet banking, was there anything that helped make things easier?

### **REVIEW YOUR PRIORITIES IN LIFE**

"When it comes to our personal lives, many of us are finding the current pace of life easier to deal with, as we're less pressured to attend social groups, gatherings, for example. It's worth reflecting on whether we want things to return to how they were before, or if there's an opportunity to review our priorities and really think about what makes us happy".

### **BE CAREFUL WHERE YOU READ YOUR NEWS**

While it's important to stay informed with the news around us, be careful where you get your information from. "Feeling well-informed can help us cope with uncertainty. But make sure that you're turning to reliable sources of news that reflect facts, not rumours and speculation."

If you're feeling nervous, switch off from reading or watching the news for a while and instead catch up once a day. Make sure you do things that boost your mood such as baking, drawing, reading, writing, going for a walk or chatting to a friend or family member on the phone.

It's unlikely that any of us will be instantly granted all the freedom we had pre-lockdown, and some of us, including older people and/or those with compromised immunity may have to wait a little longer before things return to 'normal'.

As lockdown restrictions lift, remember that it will take a while for life to get back to 'normal' — and it's OK if you take longer to adjust than others. When adjusting to change take a phased approach, rather than large and sudden ones. It's also important to recognise that some people won't be ready to return to "normality", even if the lockdown eases and things reopen. It is OK to take your time, what is the rush?

*Kristen Beardsmore*

Need to talk? - free call or text 1737 any time for support from a trained counsellor.



Bees have been thriving during lockdown



### **Visit us at:**

Dunedin Community House  
Cnr Moray Place and  
Great King Street, Dunedin  
Phone: 03 471 6152  
or 0800 115 891  
Email: [info@disabilityinfo.co.nz](mailto:info@disabilityinfo.co.nz)

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## Bea-line

Gardening is so much more than plants and planting. It seems to me that as much as a feast for the senses, the garden is a map of our lives.



Roaming round, weeding, tidying, reorganising, I realised this again recently. We tallied up our years of living in our home and it comes to nearly 50. And would you believe it? Some of the plants were here before we were. One special is a splendid lavender, tough gnarly stems, almost mini-tree-trunks, and a wonderful display of purple in spring and early summer, which lasts for weeks. Near it is a lovely deep pink camellia which we planted where Charlie – Two is buried. He was a very friendly favourite budgie.

The dogwood speaks for itself. Memories of Patch and Sapphy, two great family dogs, are linked here, while a nearby fuchsia commemorates Pierre Lapin, the large friendly rabbit whom we looked after for years, and when he decided to explore, led us to discover minute gaps in the hedges surrounding the garden. He could squeeze through. We couldn't! Among other things, we have the 'magic step', which slides in and out of a gap, to help us climb some steep-ish stairs, and there is the 'picnic place' of log seats, and a large log table, for children's picnics. Not to mention the grandchildren's garden creations.

But on to the plants themselves and what pleasure they bring. I know Prince Charles talks to his plants, so I feel quite at liberty to do the same.

Mint gets a good talking-to, believe me, with its vigorous and often unwanted growth. I thought I had managed to contain it in a pot. Not so.

More lavenders, from deep purple to paler lilac demand to be admired and encouraged verbally as well as hands-on tending. When I read the lines 'even the ranks of Tuscany could scarce forbear to cheer' I think of lavender rather than ancient Roman heroes. For me lavender epitomises the Mediterranean but also now Central Otago where we have magnificent lavender fields.

And another hugely successful herb is rosemary, with its needle-like leaves and blue, white and pink flowers. Smell it, dry it, cook with it, nibble it. And read about it. Its origins are way back in Egyptian

times, mentioned on cuneiform stone tablets as early as 5000BC! Then it became a favourite of the Romans, and probably was brought to the UK with the Roman invasion. The next mention of it was in 1338 when cuttings were sent to Queen Philippa, wife of Edward II, with an accompanying letter describing the wonders of the rosemary plant. And we have these – and many more – tucked into our small patch here.

No wonder the garden is so exciting – present and past, immediate pleasure and fun in further planning. I'm thinking of creating a Biblical herb garden, starting with rosemary and lavender, adding basil, rue and hyssop, and coriander. And more. Could be an interesting exercise! I have most of the seeds ready to sow, so watch this space.

*Beatrice Hale* - Defiant Gardening Granny

## The EDRS (Early Discharge Rehabilitation Service) staff at the SDHB donated this food for Age Concern Otago to deliver to older people affected by Covid-19.

The spokesperson, Liz Kirkland, told Marie Bennett they knew of the amazing work we do and they knew of older people struggling to do their shopping or obtain food so the staff put their heads together and came up with this wonderful array of snack food including homemade chutneys. Age Concern will make sure these treats get to those in need and we say a huge thank you to the EDRS staff for their kind and thoughtful gesture.



## What does Age Concern Membership mean to you?

This April, the lockdown requirements prevented us from posting out our usual membership renewal letter and newsletter. Like you, we have had to adapt to a new normal, with our staff finding ways to continue supporting our membership and community, while working from their living rooms, bedrooms, spare rooms... wherever they could find a quiet space to work! Our phones continued to ring with requests for help and support, sometimes with very difficult situations at home, and our social and community workers sprang into action to provide guidance, comfort, and practical support.

Some of our programmes had to stop during the lockdown, while others, such as Dunedin's Meals on Wheels service, were classed as essential services. The stricter lockdown highlighted once again the great contribution that older citizens make to our society, as new (under 70) volunteer drivers had to be recruited to replace many of our regular Meals on Wheels drivers!

We received calls from people who understandably felt lonely and apprehensive, and an army of wonderful Age Concern volunteers have supported older people across Otago with regular grocery deliveries and phone calls to stay connected from their bubbles.

Our team also looked at alternative ways to bring people together. Angela phoned the Octagon Club members regularly. Trish stayed in touch with the South Dunedin Thursday senior citizens group. Falls Prevention guru, Margaret, made videos in her living room to help our Steady As You Go and Tai Chi classes stay on track! Tristan helped Visiting Service volunteers transition to phone contact, and connected directly with many people who wanted a chat.

We hope you will consider renewing your membership with Age Concern Otago, becoming a member for the first time, or making a donation. In 2019, Age Concern Otago touched the lives of over 35,000 people, helped prevent an estimated 680 falls, resolved many difficult and dangerous situations, got people moving and grooving, and helped create countless new friendships across the region.

We are looking forward to offering our full range of services and activities as we proceed to Level 1, and to welcoming you all back. Watch our Facebook pages (Otago and Waitaki) for the latest news, or give us a ring. If Facebook and the Worldwide Web are a mystery to you, and you'd like to learn how to use a smart phone or computer to access your bank account, to have video calls with your family, or just surf the internet, let us

know, so we can contact you as learning opportunities become available.

Thank you for keeping well and keeping safe. We have been thinking about you a lot, and we believe in the work we do. We appreciate it so very much that you do, too.

Mā te wā / see you soon!

Accredited Visitor Service with University of Auckland Feasibility Study:

## Addressing loneliness for Elders 12 week Study has been deferred until 2021 due to Covid-19

Age Concern Accredited Visitors Service in Dunedin and Oamaru are participating in a feasibility study run by the University of Auckland to look at the usefulness of a group programme for older adults who are experiencing loneliness. There has been no previous New Zealand clinical trial on reducing loneliness among older adults.

We will undertake relaxation exercises, work in a small group looking at social networks and loneliness, participate in art activities and outings. Group facilitators will ensure the group members respect each other's privacy and feelings. The facilitators from Age Concern will facilitate the discussion of loneliness among the group participants, including sharing of your own experience of how loneliness affects participants.

The group program will offer the participants an opportunity to learn new strategies to overcome loneliness and art activities that can stimulate creativity and thinking. Participants may find an increased sense of wellness. Group programs usually have a positive, friendly and supportive atmosphere. The process will be

- Initial assessment by researchers using two initial questionnaires to confirm your symptoms of loneliness and to make sure you do not have any significant difficulty with your memory or thinking abilities.
- We will also collect information on your medical conditions and measure your blood pressure, height and weight because physical health problems are often associated with loneliness in older adults. 1-2 hours.
- You will be randomly assigned to either: a group programme or matched with an individual accredited visitor.
- Upon completion of programme individuals and groups will be reassessed by researchers.

We are looking forward to hearing from you if interested. Phone 03 479 3059.



**Beryl is a member of St Clair SAYGo Wed class and a meals on wheels driver.**

## For services to the community 2020

Beryl Maultby said she was an ordinary person who did not feel deserving of an award. "It's incredible, I never thought something like this would happen." "I was shocked to hear I was a recipient."

Mrs Maultby (71) has spent a lifetime serving the Dunedin community in a variety of roles. Now, her efforts have been recognised with a Queen's Service Medal. Her roles included working as treasurer for a variety of organisations, beginning when she managed the accounts for university clubs while studying in Christchurch.

Back in Dunedin, she held numerous volunteer positions within the Knox Presbyterian Church, beginning in 1977, and was made a deacon in 1984. She has also served as a pastoral visitor, supporting many in need in the community, including refugees. She was also the treasurer of the Arai Te Uru Marae for five years, the St Martin Island community for several years in the 1980s and 1990s, and for the Quarantine Island community council from 2013 to 2019. She was treasurer of Friends of the Hocken Library from 2015 to 2018, and worked in the cataloguing section of the University of Otago library from 1977 until retiring in 2015.

Even after retirement, she has continued as a delivery driver for Meals on Wheels. Mrs Maultby was a key driver behind the 150th and 175th reunions of the Kennard family — one of the original Otago settler families — in 1990 and 2015 respectively, and also published their family tree book.



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## Social Connections

The last couple of months has been a very trying time for all of us. The Visiting Service has still managed to continue without face to face contact but with phone calls, skyping, emailing and text messaging.

Introductions were made over the telephone and will continue once we get back to normal.

We would like to take this time to thank all of our wonderful volunteer's who took time to check in on the person they visit more often, those who volunteered to run errands or collect shopping.

The Visiting Service has been a vital service during the lockdown and we are so grateful that we could provide it.

The Octagon Club have resumed their activity groups from Monday 8th June, South Dunedin Seniors Thursday 11th June and the Taieri Age Connect Hub are now open for all activities.

Keep safe and well. *Tristan Kavanagh*  
Social Connections Team Leader

## Restarting classes

Now that we are emerging from our homes after the experience of "lockdown" and living a more normal life, although possibly not as it used to be, it is my hope that we remember the good parts of our experience and maintain them. As venues are reopening, it is also my hope that you are returning to your Steady As You Go®, Aligned to Go and Tai chi classes. In fact, I strongly encourage you to maintain this habit of pre-lockdown to reconnect in a more physical means with your friends in the group. Evidence backs up what we all know to be true that social connection is so necessary to promote good physical and mental health. Telephone and video calls greatly assist, but physical presence adds a vital quality.

If you had regular walks and maybe followed your class routine at home with the aid of a CD, the Age Concern Otago Facebook videos or some other means, you will now be able to enjoy this in the company of your class. If you were not able to exercise over lockdown be gentle on yourself when you return to class. Give your body time to readjust to the movements and sit as much as you need to take a rest. Soon, you will enjoy the benefits of improved flexibility, balance, strength, health and the improved mobility and confidence these bring again.

I am looking forward to the time I can visit your class once again. Until then, go well my friends.

*Margaret Dando* QSM

**Otago Neighbourhood Support greatly values all our partnerships, the ones we have with Age Concern Otago and Taieri Age Connect Mosgiel, in particular. And so, we are delighted to have this opportunity to share our exciting news with all of you. Some changes are taking place!**

As of March 9th, our Regional Coordinator (Lois Scott-Muir) stepped back from this role to a part time one concentrating on ONS funding and events. Joy Davis (formerly Community Facilitator Saddle Hill Foundation Trust) took up the role of Regional Coordinator. The third member of the ONS team is former Community Constable Jacqui Hyde. Jacqui is the Mosgiel Taieri Community Coordinator and is based out at the Mosgiel Police Station. She is also our District rep to Neighbourhood Support NZ and manages our data bases. Jacqui has 20 hours per week to devote to this, thanks to DCC Place Based Funding.

This team has worked together in different roles over many years and now together under Otago Neighbourhood Support, we look forward to continuing our work to build stronger more resilient communities. We are happy to come and speak to groups or help on an individual level, do get in touch. See below for more information:

**Want to make a difference in your Community? Make your community safer, more resilient and better connected in 2020? THEN... Become a Neighbourhood Supporter today!**

As part of a Neighbourhood Support Group you will:

- Get to know your neighbours
- Gain tips and resources to improve your household and neighbourhood safety
- Receive emails & alerts updating you with news from our community partners, including NZ Police, Fire & Emergency NZ, Civil Defence.

**18,982 households are already involved across NZ!**

Talk to our District Rep: Jacqui Hyde 0211660924 or email her: Jacqueline.HYDE@police.govt.nz or Regional Coordinator Joy Davis 027 476 6047 email: neighbourhoodsupport@gmail.com. Check us out at: <https://www.neighbourhoodsupport.co.nz/get-involved>



## New driving service for Dunedin – friendly, personal and safe – Total Mobility cards accepted

Freedom Drivers Dunedin North, run by Sally McArthur, brings a warm and friendly driving service right to your door. Sally is based in Company Bay and her service will cover the whole Dunedin area.

"I am looking forward to bringing you a friendly transport service with extra help at either end of the journey depending on your needs. For medical appointments I'll make sure you get to the right place and will wait if necessary or pick you up after the appointment. I can help out with shopping and other errands. I really value my customers and look forward to getting to know you. Please don't hesitate to give me a call to find out more about the service".

Service is personalised and Freedom Driver's prices are comparable to (and often less) than a standard taxi. We take Total Mobility cards (TM) and we are ACC Registered Vendors.

**Call Sally now on 03 471-8177 or 027 228 0035 for more info!**

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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.

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*Editorial supplied by Estate Property Solutions*

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A life tube is a small plastic cylinder containing a completed medical and information sheet which is kept in the household refrigerator. The RED STICKER provided should be placed on the outside of the refrigerator. In the event of an emergency Police, Ambulance, Fire Services or Doctor are called and are alerted by the RED STICKER to the fact that vital information is available inside the refrigerator.

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Phone 03 479 3054 for more information.



The aim of this study is to explore the experiences and behaviours of individuals who have been involved in an accidental house fire.

People aged 18 years and over who have been involved in an accidental house fire in the past year are invited to take part in a telephone, skype, or zoom interview. Interviews are likely to be 30-60 minutes long and will ask people to reflect on their experiences and responses to the fire event.

Participants will receive a \$30 voucher in recognition of their participation.

If you are interested in taking part please contact:  
Dr Amy Richardson Email: amy.richardson@otago.ac.nz  
Phone: 021 279 0734 Or:  
Dr Rebbecca Lilley Email: rebecca.lilley@otago.ac.nz

*This project has been reviewed and approved by the University of Otago Human Ethics Committee. Reference 20013*

**AGE CONCERN OTAGO**  
**NOTICE BOARD**

**Make us your first call for information, education & advocacy**

**All service information is available on our website:**  
**www.ageconcernotago.com**

**Chief Executive Officer:**  
Debbie George (03) 479 3056

**Accounts/Administrator:**  
Miriam Spronk (03) 479 3051

**Accredited Visiting Service:**  
Social support with regular visits from a friendly volunteer. Contact:  
Tristan Kavanagh (Dunedin & South Otago) 03 479 3058  
Marie Roxburgh (Central Otago) 03 448 7075  
Caitriona Prunty (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:  
Tristan Kavanagh (Dunedin) 03 477 1040

**Meals on Wheels – delivery**  
Coordinate Volunteer drivers to deliver Meals on Wheels in the Dunedin area. Contact:  
Jenna Paton (Dunedin) 03 477 1040

**Elder Abuse Response Service (EARS)**  
Experienced worker to provide information, options and support choices. Contact:  
Marie Bennett (Dunedin & South Otago) 03 479 3053  
Toni Velenski (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 03 479 3052

**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 alternative transport options for planning ahead.
- **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 plus Master Chef sessions

Contact:  
Kristen Beardsmore (Dunedin & South Otago) 03 479 3054  
Marie Roxburgh (Central Otago) 03 448 7075  
Caitriona Prunty (North Otago) 03 434 7008

**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)

**Due to staff changes in the Dunedin office we appreciate payments to start July 27th onwards.**

### If you or your whānau are unwell, the best ways to get support are:

- call your family doctor – for advice or information 24 hours a day, 7 days a week.
- call Healthline free on 0800 611 116:
- if you don't have a family doctor
- if you're feeling unwell but you're not sure if you need to see a doctor
- for advice about what's happening for you and next steps
- if you want some advice about a family member or a friend who's sick (if you are with them)
- if you want advice on finding services near you - you can also check [www.healthpoint.co.nz](http://www.healthpoint.co.nz).
- if it's a medical emergency – call 111.
- A medical emergency includes chest pain or tightness,

difficulty breathing, choking, severe bleeding or bleeding that won't stop, sudden weakness or difficulty talking, fainting or unconsciousness.

### Good things to know about Healthline.

- The Healthline team are specialists in assessing and advising over the phone.
- They can arrange to talk with you in your language - when your call is answered, say you'd like an interpreter and the language you'd like to speak in.
- Phone calls are free – including from a mobile phone.
- You can call anytime 24 hours a day, 7 days a week.

Healthline is staffed by an experienced team that includes registered nurses, paramedics and health advisors, who can provide you with health information and advice on care. Learn more about the service, how to provide feedback and how to order Healthline resources.

### Sender:

Age Concern Otago  
PO Box 5355  
DUNEDIN 9054

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