

SPRING 2020 QUARTERLY NEWSLETTER
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Age Concern Otago

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From the Executive Officer



Greetings everyone

How wonderful to see and feel Spring – my favourite season.

I would like to share the benefits of laughing with you, as it feels timely following the rough times we have and are facing due to a jolly virus!!

Have you ever noticed how relaxed you feel after laughing? Laughter has long been known as the best medicine and there are good reasons for this. It positively affects many aspects of our lives – health, wellbeing and energy. Laughter can help relieve stress and depression, anxiety, grief, anger and irritation, thus making it easier for us to cope with challenges and conflicts. It improves and strengthens the immune system, helping to fight infections and prevent a number of diseases. Laughter therapy can be used in the treatment of hypertension, ulcers, arthritis, stroke, diabetes and even heart diseases. Laughter is not just related to facial expressions; but causes a number of chemical changes within the body. Good hearty

laughter helps release enzymes and hormones that are helpful for normal functioning of various organs. It enhances the body to release natural antihistamines, activate T-cells and produce natural antibiotic in the body.

Laughter also reduces pain by releasing endorphins. It improves our attentiveness, pulse and heart rate. Laughter is proven to be beneficial for people suffering from hypertension. It helps lower blood pressure. It causes deeper breathing and increases blood flow so that oxygen and essential nutrients are supplied to all parts of the body. It is a good workout for respiratory, abdominal, leg, back and facial muscles. Laughter tones intestinal functioning massaging abdominal organs and strengthens abdominal muscles, all of which is good for digestion as well as absorption. It also helps burn calories and is beneficial for weight loss.

Laughter boosts our self-confidence and enhances our ability to connect with others. A person with a smiling face is always popular amongst a group. Humour and laughter are contagious and cause a cumulative effect of amusement and joy. We are energized by laughing and our interest in daily activities is often increased. The benefits of laughing are many and lead to a good quality of life.

Our AGM is scheduled for Tuesday 27 October here at Age Concern in the Octagon. Light refreshments at 5.30 pm followed by the meeting at 6.00pm. It would be great to see you there to hear about our work in 2019 - and hopefully enjoy a laugh too.

Keep smiling everyone.

Debbie George - Executive Officer

“You don’t stop laughing when you grow old,
you grow old when you stop laughing.”
~George Bernard Shaw



Only The Lonely.....

You’ll no doubt have heard the words of Roy Orbison’s famous song that goes “Only the lonely know this feeling ain’t right.”

Medical commentators are saying the effects of lockdown with its lack of social interaction has had a dramatic mental impact on the aged. So, we here at Driving Miss Daisy are saying its time to have fun together to beat loneliness and build a healthy mental mind.

Spring is here and the health crisis is hopefully well behind us fortunate Kiwis, so let’s get social and reconnect with each other. With Driving Miss Daisy, you can get a group together to tour your local area, create an event like a trip to the movies/theatre, or plan a catch up with friends and family at a favourite café. Just contact your local Daisy and let them help you enjoy a Spring outing.

We would also like to remind you of the Total Mobility Scheme the Government created to encourage social interaction and independence which is delivered locally by your Regional Council. The Scheme is designed to assist clients with access to appropriate transport to meet their daily needs and enhance their community participation.

For further information contact your local Age Concern Organisation, they will be happy to help you find out if you are eligible and advise you on how to apply. Once you have been accepted, you can access up to 50% discounted travel up to the regional maximum subsidy with Driving Miss Daisy, an accredited Total Mobility Scheme provider.

We encourage you to take advantage of this opportunity to get out and participate in your community with the support and companionship that only Driving Miss Daisy provides.

**Remember if we are Together
we are not Lonely.**

Melanie Harper
Co-founder DMD

Editorial supplied by Driving Miss Daisy

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Happy hellos from the Finance and Fundraising desk

The key ingredient for the coming 4 months will be primarily based in maintaining a “can do” attitude. The good news is that with it having been an interesting year thus far that the door is wide open to new possibilities, growth and learning. Here at Age Concern Otago we have embraced the philosophy of “if something needs to be adjusted or doesn’t work anymore one way, then we need to adapt at making it work another way”. So far the “just fix it and get on with it” motto has served us well.

We sent out a survey with our last magazine and it has given us feedback that indeed there are quite a lot of people who wish to learn more IT related skills; how to manage to operate their laptop, computer or smart phone. It is helpful to learn more skills as this way we can take charge of our own life more easily. We have started to set up workshops to help you do just that.

Banks have come to the party and all of them have set up systems to improve helping you managing your finances online. It does not have to be daunting or scary, it is a matter of phoning your bank and seeing what they can do for you their customer. You can tell them how you work and what you use and they can suggest ways you can have more access working online or to order a debit card so you can pay for online orders and deliveries.

As always, we caution you to only talk to your bank and to never give your card or bank details to anyone else as it is important to safeguard yourself and your finances.

Because of the above, this article is focused on tips how you can start today by making things easier:

- Contact your bank by phone and discuss your needs and what options are available
- Checks are phasing out in 2021 so it pays to get prepared before they stop
- Organise a debit-card if you wish to be able to make online orders and deliveries
- Make sure you consider how you connect to others, is your telephone sufficient or do you perhaps need access to the internet by getting broadband or Wi-Fi: find out about Skinny Jump a specific plan that is cost effective

- Remember never to store passwords on your phone as one local lady found out recently when it was stolen, and she became the victim of theft
- Consider whether you need help and in what area: that you know where to go and who to contact. Have a list by the phone of your family and friends and those who support you with their services
- Check out <https://seniornet.co.nz/> who provide courses to learn IT skills online Eleanor McDuff: seniornetdunedin@gmail.com and Phone 03 471 8855 and read <https://seniornet.co.nz/about-us/seniornet-computer-courses/>
- Age Concern Otago will be holding Digital Literacy Courses in the future and we have started in Dunedin a Smartphone course that deals with: setting up the basics, how to download apps (including banking and social media – Facebook and Whatsapp etc), how to transfer photos and other helpful ‘how tos’.

Enquire with Kristen Beardsmore our Health Promotions Coordinator for availability and more information: kristen@ageconcernotago.co.nz or Phone 03 4793054.

There is always something to smile about so if you are unsure about how to proceed, find out who can help you find the answer. Google is also very helpful in pointing you in the right direction too.

Wishing you well & Happy Learning!

Miriam

Hi from Central Otago

During the last few weeks we have received a number of calls from older adults worried about venturing outside because of the threat of COVID-19. Because we are in level 2 you should get out and about to help your social connection but it’s about keeping yourself safe. Wear a mask if you feel vulnerable, use elbow bumps being aware of who you give cuddles or handshakes to, keep your distance when around others but most of all look after yourself. Being socially connected is so important to our health so if you are feeling a little anxious about getting out, phone a friend, contact St Johns for the caring caller or contact your local Age Concern office.

Marie Roxburgh | Support Services

Changing Times

Wow, what a lot has been happening this year that has impacted on our delivery of our health promotion programs.

At the end of lockdown, going into level 1 our thoughts returned to setting courses and workshops up again. There has been uncertainty and anxiety as we now are again moving into different levels set by the Government to ensure people can attend and everyone to remain safe and sound. As a team we have assessed what we do, how we provide beneficial information and skills to our senior community. With this done it’s time to return to a new normal with new measures put in place.

Our recent survey provided valuable information which is now being reflected in up and coming events, especially around digital technology. In Dunedin we will be offering Silver Tech courses so keep an eye out for them and what is happening in this space. Staying Safe driving workshops, Just Cook 4 healthy Ageing and Independent Living seminars continue to run throughout the region plus the Waitaki region offer Social Sing and Gentle Exercise weekly sessions, and Gentle Massage in Dunedin. Contact your local office to find out more.

“Time goes on. So whatever you're going to do, do it. Do it now. Don't wait” - Robert De Niro

Check out our coming events

<https://ageconcernotago.com/events>

- | | |
|-----------------------|--|
| Sept 7-28 | Just Cook 4 Healthy Ageing, Dunedin |
| Oct 5 & 12 | Planning for the future seminar “The Hard Stuff”, Mosgiel |
| Oct 28 | Staying Safe driving workshop, Mosgiel |
| Nov 2 | Staying Safe driving workshop, Dunedin Central |
| Nov 3-24 | Silver Tech – Smartphone Course (Dunedin only) 4, 2hr sessions |

Places are limited for some events so please phone us to register your interest. Dunedin 03479 3054; Central 03 448 7075; Waitaki 03 434 7008

We look forward to hearing from you. Keep smiling, enjoy life in this flexible time.

The Health Promotion Team

Mighty Douglas Firs

When you step into a grove of Douglas firs, a gentle hush falls like a curtain around you, as if you have just crossed the threshold of an ancient library. The towering canopy above you soars past the blanket of mist that covers the mountain slopes, their spindly tops brushing the sky. Thick, gnarled roots plunge into the saturated earth and somewhere beneath your feet lies a living web of mycorrhizae; the hair-like fungi that help form the foundation of all nutrient exchange between trees.

Cristina Mittermeier cristinamittermeier.com



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

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**



Meals on Wheels and the amazing volunteers that assisted during lockdown

The shock news that New Zealand was going into Level 4 lockdown, brought about some uncertain and scary times for some of our older people. For Meals on Wheels coordinator Julie, it was a time to urgently reach out to the Dunedin community for drivers that were able to continue this vital service of getting meals to our most vulnerable communities.

As I am sure most are aware, being in the high-risk group, people over 70, were no longer able to provide essential services, like Meals on wheels. Much to these driver's dismay. This eliminated roughly half of the Meals on Wheels volunteer drivers. Couriers, Dunedin Rotary and Lions Clubs and Red Cross were all used in the early stages of lockdown to get the meals out. Thank you to all these groups for their can do attitudes and assistance.

Drivers aged under 70 were identified and rosters were made. These volunteers went over and above the call of duty during lockdown, in some cases doing two shifts per day. This was a fantastic effort by the team, providing a hot meal to our vulnerable community during such trying times.

The latest changes in levels for everyone outside of Auckland to Level 2, has again highlighted the need to have a prepared and ready team of drivers. In preparedness for a Level 3 and 4, there was another 'call for assistance' email sent out. By the next day I had a team of drivers willing to help where they could. Prepared to help every day, if needed. Most of the Over 70s team, were also putting their hands up to help where they could, even if they couldn't drive.

This is my first month in my role as Meals on Wheels Coordinator. I couldn't be more proud to be part of this compassionate, selfless, energetic and can-do Dunedin team. Thank you so much for all of your help and support for Meals on Wheels.

Jenna Paton | Meals on Wheels Coordinator

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.

Greetings from Waitaki!

Our new Sunday outings are a big hit, along with midweek lunches, which started with a lovely visit to The Fort pub in Enfield. These outings are an opportunity to visit new destinations, revisit old favourites, enjoy afternoon tea or lunch in good company, or just a scenic drive, and to make new friends. We also support the great hospitality businesses in our area during these tough times.



Sunday destinations include Kakanui, Moeraki, Trotter's Gorge, Duntroon Hotel, Whitestone City and more. A huge shout-out to our volunteers who make these trips possible, Helen and Audrey Harrison, Debbie Roberts, and our Van Coordinator, Carole Wood: 028 406 3004.

We welcome new volunteers for all of our activities and will work with you to choose a role and schedule that work for you. Accredited Visitors spend one hour a week with someone who needs a little extra company; other volunteers make afternoon tea at Tuesday's Gentle Exercise, or join in board games on Wednesday at Oamaru Library. We also need volunteers on an occasional basis for one-off activities. Give us a call to see how you might be part of the Waitaki team! 03 434 7008

Finally, a warm welcome to Sharon McGregor, our new elder abuse support worker, based in Oamaru.



Meet Audrey, one of our busiest volunteers. She particularly enjoys supporting the Sunday outings, supervising Gentle Exercise, and visiting people in the community (lots of pats!).

ENDURING POWER OF ATTORNEY (EPOA)

Yes, an Enduring Power of Attorney is something we should all think about, no matter what our age. Having no EPOA in place when required may cause a lot of difficulties for family and yourself. Think of this example: Mr Brown has Alzheimer's and tends to wander off if not supervised. His wife, Mrs Brown, is doing an amazing job looking after him but due to stress is not coping well. There are limited options that work suitably to support both. Mr Brown is deemed to have lost capacity and has no appointed Enduring Power of Attorney. Mr Brown is entitled to respite care and he remains at home in a status duo as he lacks legal capacity to make his own decisions or an appointed attorney. A situation no-one would like to be in but unfortunately quite common.

In this example, Mrs Brown or someone needs to make an application to the Family Court to become Welfare Guardian. This process takes time, requires legal advice and support, incurring costly legal fees. This situation could apply to Mr Brown at any age, with any condition such as stroke or head injury.

The alternative is to plan ahead, appointing someone as your personal care Power of Attorney before it is required. This involves finding someone suitable along with a witness and completing documents with a lawyer. The process can take about 45 minutes and costs (depending on the lawyer) around \$600.

The following government website outlines the details of Enduring Power of Attorney in detail: <https://www.govt.nz/browse/family-and-whanau/enduring-power-of-attorney>

You can also download your own forms to read over and take to the lawyer, which may make the fee cheaper. Forms can be found at: <https://www.justice.govt.nz/family/powers-to-make-decisions/the-court-and-enduring-power-of-attorney-epa/>

If you have any questions about the whole process, then we are more than happy to have a chat and discuss.

Toni Velenski | Age Concern, Alexandra

If interested in hearing more about EOPA and more. Join us to talk about "The Hard Stuff" planning for the future seminars being held in Mosgiel, Dunedin, October 5th & 12th at 10am. Phone 03 479 3054 to register as spaces are limited.

Dorothy Darling

Sadly, the Octagon Club lost its President recently with the sudden death of Dorothy Darling. Dorothy was a cheerful positive person always ready to assist. She had a gift of relating well to everyone, particularly the elder members of the Club.

Her outside interests extended to her beloved dog Winnie, garden, family, sports, and particularly watching her grandchildren play.

Club members and Age Concern extend their sympathy to her family. She was one of life's special people.



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Food for thought

There is so much research around about ageing and having a good diet and regular exercises to help the heart and brain, but what does that mean at a personal level. I know when cooking for myself it's more about convenience than nutrition, so I have a few rules: I must include in my daily diet

Vegetables – Fruit – whole grains – legumes – protein – nuts and seeds.

As age is limiting my ability to bend down a lot, I'm going to start thinking about raised gardens. There is nothing like walking outside and picking fresh vegetables. As I write, it is mid-August and there are still parsnips, brussel sprouts and silver beet in my garden, good and cheap to incorporate in the evening meal. There is an opportunity for cheap and plentiful fruit in summer so freezing when available is a great option to have fruit with your morning cereal or as a desert after your meal. Whole grains are your grainy breads, cereals, not the surgery ones. My treat food is nuts or seeds during the day and legumes are a great way to bulk up your evening meal or add to soups. Trying to incorporate a fish meal weekly can be expensive so a good cheaper fish option is tinned smoked fish into a fish pie.

Protein is so important. Not being a big red meat fan when choosing my protein, my rule is keep the three "SSS" at a minimum – Salt, Sugar and Saturated fats. These are labelled on products to assist you to make informed decisions about what you buy. Polyunsaturated fat found in Avocados are good at keeping your cholesterol down. Hope this might be useful when you do go shopping next, also check out a community garden in your area to supplement your fresh produce.

Marie Roxburgh

Have you got your Bee Card yet?

Load your SuperGold travel concession on to a Bee Card in order to keep enjoying your free bus travel from the end of year. Instead of showing your SuperGold card to a bus driver you'll use your Bee Card, just like all other passengers, to tag on and tag off the bus using the card readers by the door. For assistance to register your Bee Card visit the ORC customer centre at Philip Laing House, Level 2 on the corner of Rattray Street and Princes Street, Dunedin or call 0800 672 8736

Ageing Badly

Indices of old age structure in Australia and New Zealand.

A/Professor Yoram Barak, Dr Shona Neehoff and Professor Paul Glue. Otago University Medical School, Department of Psychological Medicine, Dunedin, New Zealand. Published by: J PRIM HEALTH CARE. 2020;12(3). doi:10.1071/HC19095

Australia and New Zealand will experience a great increase in the population aged >65 years until 2050. Studying differences in indices of old age structures between the two countries can inform policy makers.

The presence of people above the ages of 65, 90 and 100 years in the total population of various countries may be used to calculate a number of indices that reflect the quality of ageing on a national level, better than mean-life expectancy, or percentage of older adults in a country. Population ageing measured through a fixed old-age threshold (usually >60 years or more commonly >65 years), ignores other key dimensions of ageing such as years lived with disability. We aimed to calculate and analyse five indices of old age structure for Australia and New Zealand.

Five indices of old age structure were calculated: centenarian ratio (number of centenarians per 100,000 population), longevity index (proportion of >90/>65 population), longevity level (proportion of >80/>60 population), ageing tendency (>60 elderly population/total population), and centenarity index (ratio between centenarians and the total population >90 years).

All indices of old age structure were greater for Australia compared with New Zealand, with 35% higher values for centenarian ratio, 28% for longevity index, and 36% for centenarity index in Australia. There may be several processes that account for the lower values for indices of population ageing in NZ compared with Australia, potentially due to lower government expenditure on health, smaller numbers of health care staff, and higher rates of expatriation of health care staff. Rates of obesity and obesity-related diseases are higher in New Zealand. The prevalence of cardiovascular disease is also higher in New Zealand than in Australia, with higher mortality across all socioeconomic groups. In both countries, there are socioeconomic gradients in usage of cholesterol-lowering medication, percutaneous

coronary intervention, and coronary artery bypass surgery, however Australians are more likely than New Zealanders to receive these treatments. From 2000-2007 there were 15% more deaths from cancer each year in women in New Zealand compared with Australia, and nearly 5% more deaths from cancer in New Zealand men. Higher cancer deaths in New Zealand are not simply due to higher incidence.

The indigenous populations of Australia and NZ have life expectancy substantially lower than the total population. Premature adult mortality (<60 years) has improved for all populations, but mortality ratios show little change since 2000, with Aboriginal mortality at nearly 4 times that of all Australians, and Māori mortality nearly 3 times that of non-Māori. In conclusion, public health policy needs to target ageing in New Zealand as a major goal in advancing the 'Ageing Well' policy advocated by the current government.

What gap this fills:

What is already known?

Both Australia and New Zealand are moving towards becoming ageing societies.

Indices of old age structure that take into account the changing characteristics of the population allows us to analyse ageing more broadly and precisely.

What this research adds:

Using five indices of old age structure we demonstrated greater values in Australia compared with New Zealand. The reasons for these differences are multifactorial, and could reflect differences in health systems, treatment availability, and lifestyle factors. Health inequalities experienced by indigenous and minority groups and survival statistics for cancer and cardiovascular disease may account for some of the differences between Australia and New Zealand.

Rates Rebates — From July 2020, the maximum rebate and income abatement threshold of the Scheme will be adjusted by increasing: • the maximum annual rebate from \$640 to \$655 and • The income abatement threshold from \$25,660 to \$26,150. These changes reflect the 1.9% movement of the Consumer Price Index (CPI) All Groups Index for the 2019 calendar year. For more information <https://www.orc.govt.nz/rates/rates-rebate>



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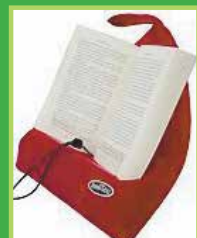
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Bea-line

Just for the record, I've spent the last four and a half months with family in New South Wales. Having gone there for a fortnight's holiday in early March, things happened to delay the return!



We were allowed out of the house so long as we didn't go shopping, into crowds, have parties, visitors... and generally be with people. So wandering around the deserted streets of the neighbourhood was our 'recreation'. I 'met' (at a good social distance) a number of interesting people – and dogs.

Judy was adding pots to her already over-full garden. The pots were precarious on stone bases, sometimes with a stronger balance on the ground, and best of all, firmly standing, lined up on her verandah.

What was she growing in there, I yelled over the space to her.

She said – again in a yell – that she was swithering between beauty and edible in the plants on the verandah. Beauty and colour she really liked, lots of lavender cuttings, maybe some rosemary, a small patio rose or two? She couldn't decide. But at the same time she also wanted a vegie garden near her kitchen so she could step out, pick some veg, quickly and easily.

In the garden itself she wanted colour – leaves and flowers. We talked coloured leaves. Nandina? Yes.... Loropetalum aka the Chinese Fringe Flower. Yes again, she liked the colourful leaves. White-flowering or pink-flowering? Maybe both? She wasn't sure. And I suggested my favourite black chervil? Never heard of it, she shouted, will look it up.

Other neighbours along the streets? One man can't garden because he's too busy with his dogs. I can understand that. Dogs do demand attention, don't they? Ours certainly rules us with a firm paw. But even so, we still manage some gardening.

In another house lived Luna, a terrier dog, who yelled greetings every time she heard me in our garden. And a neighbouring husky-type animal greeted me with cries of joy whenever I passed his gate. I never saw his owners, but Husky and I had wonderful conversations.

And there were people, too, non-dog-owners and non-gardeners. An old man sitting on his verandah waved at me. He wanted to talk, so I stopped at his fence. His ancestors were Scottish and he told me, in a very loud voice, all about how they came over from the Old Country. The young woman with four children who shouted how much she was enjoying remaining home and not ferrying the children around to all their pursuits. An Iraqi refugee family offered naan bread from their tandoori oven. When we were allowed to visit, I visited them and they came to visit us.

Eventually I managed to return home to New Zealand and to quarantine. The journey was smooth, staff well organised, no problems, no hitches. Since the Auckland hotels were full, about thirty of us were flown to a hotel in Christchurch. Wow! What a place! comfortable, warm, and with excellent food, delivered to the door. In the room itself, what was there? Zooming with family in the evenings, but a longish day broken up by exercise. Steady As You Go exercises took up part of the morning. TV? A little! DVDs – wonderful. Luckily I had a three-series of Dr Finlay's Casebook with me, and I went through the lot. Plus emailing, plus some writing, plus some computer games, plus my tapestry - I got a lot done and these helped the angst times, which arrived usually after Zooming when I missed my family, and just had the four walls to look at.

Exercise helped, both indoors and outside. Friendly guards were in place at the exit to the exercise courtyard, making sure your mask was in position and you sanitised your hands. And no doubt ensuring nobody left the hotel.

It was fun in the courtyard even though we were all masked, and keeping at a distance. One charming young man offered to dance with me to the music in the background. At a distance of course! We swayed from foot to foot, bobbed up and down, for a few bars, and then I offered to teach him some Scottish dance steps. He laughed, whether at my efforts or his own I didn't discover.

What I wanted to do most was to walk laps of the courtyard. I managed ten laps in the mornings and ten in the afternoons, and a lap consisted of 124 steps. Count that out! A group of friendly young women were gathered in the smokers' corner and they kindly counted my laps for me as I passed them at fairly regular intervals. They held up one, two, three fingers as I passed several times – then I think they

lost count – or more likely, lost interest.

One woman in the yard was very anxious – she had come over from Australia to help her 95 year old mother and was keen to get to her, worrying about how her mother was coping, when she'd really needed help immediately. The young woman obviously had hoped for a release from hotel quarantine, and perhaps quarantining at home. But no such thing.

Someone else was busily working at his business from the hotel room, phoning, emailing and Zooming. I shared the Age Concern Steady As You Go exercises with a woman of roughly my age, and we did a few exercises together outside.

And fourteen days later, I came back home to Dunedin. It was hard to begin with being back in the 'real' world – noisy and busy and a different routine.

It was also lovely. The garden needs weeding BUT the magnolia is coming out, the red rhodies are burgeoning and my scented southernwood aka appleringie is leafing up nicely. Walking round the neighbourhood – with the intention of keeping up my ten laps-style exercise – I noticed cherries out, big time, narcissus glowing in the gardens, prunus blossoms along the roads.

Home again!

Beatrice Hale - Defiant Gardening Granny

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Life Tubes

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SOUTH DUNEDIN SENIORS CLUB NEW MEMBERS WELCOME!

- WHEN:** Every Thursday at 1.45pm
- WHERE:** Supper room
South Dunedin Community Hall
255 King Edward Street South
Dunedin
(Next to the Podiatry Clinic)
Free parking at the back of hall
- WHAT WE DO:** Musical entertainment.
Speakers. Quiz days.
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time for a chat
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Social Work Corner Stones

The elderly population have to date responded with resourcefulness and tolerance. The consequence of self-isolation and a restriction of liberty have had a significant impact. Within Age Concern Otago, regarding referrals and feedback we have received as Community Support and Social workers, it is evident the emergence and escalation in age related needs.

Within the lockdown the interventions appeared to involve making more frequent telephone contact with significant others, close family and friends, voluntary organisations, or health-care professionals, community outreach - and in some community's informal networks - providing peer support throughout the enforced isolation.

Online technologies could be utilised to provide social support networks and a sense of belonging which has shown us is crucial, although there is evident significant disparities in access to or literacy in digital resources. (Find helpful pointers to how you can access free services for IT learning elsewhere in this magazine.)

Families of Elders in the community whose needs changed prior to, during and following to the lock down, have reported a compounding negative impact of the disruption in access to resources. What we mean by this is that primary health providers (GP and Practice Nurses) undertook non face to face / telephone consultations, there was a reduction in home based agency services, evident financial issues due to utility bills not being serviced, we found there were delays in applying for Residential Care Subsidies and there was a disruption and reduction in access to an already limited provision for respite care.

Naturally in our line of work we hear all the good, the bad and the ugly. Services were stretched so it took some time before there was collaborative amongst providers and a push for proper support to fill the gaps. At the same time communities came together and showed great kindness and generosity in helping their isolated older neighbours.

For Elders without Enduring Power of Attorney in place, (or have family who have not been able to travel internally or internationally) the needs are sometimes left "unattended". This can create

unnecessary stressful situations and we do recommend that older people consider their situation and seek counsel on how this can be set up.

What has been helpful is Seniorline: free national information available on how to get help at home, community health services and anything to do with rest homes: PHONE 0800 725463, 8am – 4pm, Monday – Friday

Annie Nevin – Social Worker

Steady As You Go® feedback

The lovely Steady As You Go® group in Oamaru who meet on a Monday in the Salvation Army rooms sent me these comments about the benefits of Steady As You Go®:

- Not so much pain. I can now lift my arms
- Walking better. Fitter too.
- Transferring weight / balance better.
- A lot fitter. Strengthens everything.
- Breathing better.
- Like exercises. Enjoy them. No pains.
- Arm and neck a little better.
- Makes quite a difference after the exercises.
- Legs are better (took a long time).
- Motivates me. Social occasion.
- Improving balance and posture slowly.
- More supple.
- Keeps me moving. source of exercise.
- Knees improving. Balance too.
- Arm and calf better. Good for motivation.
- Flexibility!
- Walking, balance and feet improving.
- Stopped falling so much.
- A little fitter.
- Better balance most days.
- In all ways. Balance and vision improved.

Congratulations to you all!

Margaret Dando | QSM

"Drama is very important in life: You have to come on with a bang. You never want to go out with a whimper. Everything can have drama if it's done right. Even a pancake."

Julia Child

Tips & ticks to take the edge off



Pressure point hand massage. You can do this anywhere and no one will notice. Simply use the thumb of one hand and press around the palm of the other. It is very soothing.

Relieve stress and ground yourself with a palm push. Push your palms together and hold for 5 to 10 seconds, lets your body know where it is in space. You can pull it out anytime to calm down.

Combat stressful situations by closing your eyes. 80 percent of sensory stimulation comes through the eyes, so shutting them every now and then gives your brain a much-needed break. For highly- sensitive people laying down with eyes closed for a period of time for chill time can assist before being bombarded with stimulation.

Sigh to help yourself be fully present in the moment. Take a few mindful sighs by breathing in, to a count of five through your mouth, and then you let out a sigh. These sighs assist you to adjust your energy level and focus.



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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

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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0800 00 11 26 or 027 878 9473.
info@estatepropertysolutions.co.nz



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Phone: 0800 00 11 26
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Editorial supplied by Estate Property Solutions

Keeping Socially Connected

South Dunedin Seniors and the Octagon Club are closed until further notice.

For those of you feeling disconnected socially then there is the Accredited Visiting Service. It is our way of connecting older people with a regular visitor for friendship and companionship.

Lockdown has made many of us think about the importance of connecting with our community and helping those who most need it. We have many people coming forward wanting to volunteer.

A lot of older people were alone during this time, they became very isolated and the only means of contact from the outside world was from the television or the radio.

Those who were part of our Visiting Service still maintained social connectedness from the volunteer visitor phoning them each week to check in on them, until face to face contact could resume.

No one should have to be alone, we are here to help. For enquiries phone your local Age Concern office.

Tristan Kavanagh | Social Connection Team Leader

Octagon Club coming events

Sept 30 or Oct 1 – To celebrate International Day of Older People. A games day and singalong will be held. Further information to come.

October 28 – Monthly concert, 60plus entertainers, starting 1.45pm, \$3pp, afternoon tea included. Raffles available.

Check out the notice boards or our facebook page for what is happening <https://www.facebook.com/OctagonClubDunedin>

Join our Skills Team

Are you a handyman/retired builder, plumber, electrician, bricklayer, gardener or similar who is able to undertake minor home repairs, gardening, lawnmowing etc in return for a modest fee for seniors?

We are looking at increasing our Skills Bank to provide seniors with reliable trades people. People on our Skills teams are police vetted. For more information, please give us a call on 477 1040

AGE CONCERN OTAGO NOTICE BOARD

Make us your first call for information, education & advocacy

All services 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 4347008

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

Total Mobility
Assessment agents for Otago Regional Council's Total Mobility scheme.
Contact:
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.
Marie Bennett (Dunedin & South Otago) 03 479 3053
Toni Velenski (Central Otago) 03 448 7075
Sharon McGregor (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 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.

TAIERI AGE CONNECT
For information and Total Mobility assessments each Wednesday 1.00pm - 2.00pm.

SOUTH DUNEDIN SENIORS
Thursday social group, weekly meet at the South Dunedin Community Hall. Everyone welcome.

For Group and activity details contact:
Tristan, phone 03 470 3058



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**

(Reference: full name / send in form or email)

Age Concern Otago, PO Box 5355, Dunedin, 9054

Email: agecon@ageconcernotago.co.nz

Membership is now due! Please make payment

Vegetable Rosti

Ingredients

3 medium potatoes	1 large carrot
¼ cup frozen peas	½ cup baby spinach
2 eggs	20 g feta cheese
½ tsp teaspoon Dijon mustard	½ tsp lemon juice
olive oil	extra virgin olive oil

Method

Preheat the oven to 180°C/350°F/gas 4.

Mix mustard, a good squeeze of lemon juice, and a couple of lugs of extra virgin olive oil, season with salt and pepper set aside.

Peel the potatoes and carrots, coarsely grate, add salt, toss and scrunch it all together, then leave for

5 minutes. Handful by handful, squeeze the potato and carrot mixture to get rid of the excess liquid, then add to bowl. Add a good luge of oil and mixed well, then evenly scatter it over a large oiled baking tray (roughly 30cm x 40cm). Roast for around 35 minutes, or until golden on top and super-crispy around the edges.

Meanwhile, blanch the peas for a minute, then drain, add to the bowl of dressing and pile the spinach on top and toss. Just before your rösti is ready, with the water gently simmering, crack in the eggs, poach eggs to your liking

Serve the rösti with the eggs on top. Scatter the salad in piles on the rösti, then crumble over the feta and serve.

Sender:

Age Concern Otago
PO Box 5355
DUNEDIN 9054

New Zealand

Permit No. 247902

Permit

