

SUMMER 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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Find us: Alexandra Community House,
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Office Hours: Monday-Wed 9am - 4.30pm

Service & Event information available on our website: www.ageconcernotago.com
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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

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From the Executive Officer



Summer greetings everyone. 2020 has been a year like no other! The global pandemic has affected each and every one of us in some way – and continues to do so. Thank goodness we live in NZ. I would like to take this opportunity to acknowledge the incredible Age Concern

Otago team and volunteers who stepped up and changed the way they work to support Otago's older people through this situation while maintaining the necessary precautions. I've never been more proud as I am during 2020. I am heartened too by the resilience shown by older people this year – we all have a great deal to learn from each of you.

Christmas may be a difficult time for people due to international travel restrictions meaning some intended family members will be absent. Those of you with devices will be able to connect virtually, however we are hearing that many older people are not tech savvy. Let's all be mindful that some people will be lonely and may appreciate a friendly pop-in from a neighbour.

Our post Covid survey saw 43% of respondents wanting to learn basic smart phone/computer skills. In response, we have developed and piloted a successful Smart Phone course and will be rolling it out next year. This will help bridge a gap for those who have loved ones living outside of NZ.

Merry Christmas to you all from all of us at Age Concern Otago. I hope you have a wonderful festive season.

I am looking forward to continuing our mission in 2021.

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.

We wish you a Merry Christmas

Ho Ho Ho what a year we've had. I think we all deserve something special for being so well behaved and there is nothing better to give, or to wish for, than a Driving Miss Daisy Gift Voucher.

A Driving Miss Daisy Gift Voucher can be purchased directly from your local Daisy and whether receiving or giving, it makes such a thoughtful gift.

But you don't have to wait for Santa; there is plenty to do with Driving Miss Daisy to fully enjoy the festive season:

- Christmas lights tours
- Festive coffee mornings with friends
- Christmas carol services

Then there are the Christmas chores that Driving Miss Daisy can take care of with you:

- Christmas Shopping and don't forget they will do the posting
- Shopping for that special Christmas Day outfit
- Airport Transfers
- A companion to end of year functions and events

But you really don't need a reason to call on Driving Miss Daisy, as just getting out and about and enjoying the company of your Daisy driver is good for the soul by simply having a good time, creating positive memories. So, don't sit inside lonely while the world buzzes along, there are very few reasons not to have a little fun. If needed many of our vehicles are fully equipped with wheelchair access, to assist with walkers and wheelchairs.

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

To end I wish you all a very Merry Christmas after what has been a most challenging year for all of us. So please help us, help you, by considering buying a Driving Miss Daisy **Gift Voucher** or dropping the hint to family that it would be an ideal gift for yourself. It's as easy as calling your local Driving Miss Daisy Franchise owner.

Looking forward to taking care of you in 2021.

Melanie | Co- Founder

editorial supplied by Driving Miss Daisy

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Home Trade Service

Finding a reliable tradie, like a plumber, electrician, or builder, can be a chore for a lot of us. But what if you're over 65, living alone and the tradie you used to call, is now retired? Who can you trust to do a good job? What do you do if you can no longer get to the hairdressers or beauticians?

Wouldn't it be great to have someone give you a bit of pampering in your own home? Age Concern Otago receive many phone calls like this every week. So, we did something about it.

Age Concern Otago police vet and interview local trades people who have either heard about our service or are referred to us. This allows us to provide seniors with information about the tradesperson, charge per hour including any extra charges, skill range, geographic areas they work in and availability. We also ask seniors to give us feedback about our tradespeople. Meaning the tradespeople, we refer to seniors are proven reliable.

The trades include gardeners, beauticians (non-diabetic nail cutting), plumbers, electricians, builders, general cleaning, handy people, plus many more.

The tradespeople are small business owners in your community. We are lucky enough to be able to support these businesses by providing them with the best form of advertising, word of mouth from happy clients.

If you are or know any tradespeople that would like to be part of Home Trade Services, or if you need a job done, please contact Age Concern Otago (03) 479 3055.



HOME TRADE SERVICES

Get a job done in and around your home, or maybe you need a personal grooming service. If so, contact Age Concern Otago and ask for Jenna. Services are available at reasonable rates and are flexible enough to meet your particular needs.

Trades include:

- gardener
- beautician - non diabetic nail cutting
- hairdresser
- painter
- builder
- general cleaner
- pet care
- plus many more...

FREEPHONE 0800 652 105
E: reception@ageconcernotago.co.nz

Taking the Holiday chill pill

The holiday season is meant to be a "season of goodwill" and time to celebrate and play with family and friends. It can easily slip into ill-will, a ton of stress, leaving you feeling overwhelmed and on edge if you don't take a 'Chill pill'. There can be stress over organising presents or how to pay for them.

Here are some ways to get you through:-

- Writing a list of the things you need to get done and prioritising them.
- Try to be patient with your family and to keep your sense of humour
- Offer to help, whether it is friends or family, or even a stranger.
- Know what annoys you – if a certain family member gets on your nerves, try to identify the trigger and how you can react differently.
- Just say 'No'. If it is all getting to be too much and you are feeling overwhelmed, it's okay to acknowledge that and suggest meeting up or do activities at a later date if that works better.

Feel free to take some time out to look after yourself:

- Ring a friend or family member for a chat.
- Get active – go for a walk, have a swim, or go fishing.
- Take some me-time – read a book, write in your journal, or listen to your favourite music.
- Challenge yourself to learn something new or choose something fun to do for you
- Plan a surprise for someone. It could be a treat, an activity, a concert, or anything else you think they would enjoy

A change of scenery or getting out of your normal day to day can be a revelation. Visit a new beach or café; invite a friend to spend a day or a weekend exploring a national park you have never been to before. Be adventurous, try something new, you never know where this journey will lead. Get in the car, go out on foot, pack a lunch, trust your feet, and do not turn back...unless you get lost. Then you should probably turn back.

If things get too tough and you are unable to cope, you may like to talk to someone who is not too close to the situation. Free call or text 1737 any time for support from a trained counsellor.

Mrs Claus

HP Team

For many of us, farewelling 2020 will be done with a sigh of relief. We have all 'got through' facing many challenges, learning new ways to communicate and how to support each other with kindness. As a team we have had to be innovative and flexible when and how to run some of our programmes.

This reminds me of Robert Anthony's saying, *Courage is simply the willingness to be afraid and act anyway*".

As we head into 2021, we will be travelling a bit into the unknown again. Marie, Caitriona and I will focus on programmes in road safety and driving workshops, cooking classes, information seminars and a variety of social activities, including digital literacy programmes.

Check out 2021 coming workshops/events in our Otago region <https://ageconcernotago.com/events>
 On behalf of the HP Team, may your holiday season be safe and enjoyable.

Kristen Beardsmore | Health Promotion Team

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.
 Afternoon tea and time for a chat
 Informal and friendly atmosphere

COST: \$3.50 weekly entry fee.
 \$15.00 Annual Membership Fee

**ALL ENQUIRIES TO AGE CONCERN
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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.

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Time-out for Carers?

As a carer, what do you need the most? You would probably answer – time – time and respite from the continual onslaught of necessary tasks.

A technique, new to NZ, has been developed and tested in the US with great success to help with the symptoms and problems associated with dementia, stroke, brain injury, MS, MND and to ease the boredom and discomfort of dialysis and other procedures. What is it? It is called Personalised

Music Therapy.

Simply put, the technique relies on the power of music to reach deep into the emotional memory of the patient to stimulate mental activity. The effects can be stunning. I first saw this therapy at work in the Alive Inside documentary shown at a U3A lecture in Dunedin. We watched as a 96 year-old gentleman who had been withdrawn for several years, sitting slumped in a chair, came alive before our eyes as he listened to the music he used to play as a young man. This miracle was repeated over and over with a variety of patients. What hope for so many people! To our dismay we were informed that this therapy was not available in NZ! This news was so heartbreaking that a group of us got together and set up a Charitable Trust to bring this therapy to patients and their carers in the Dunedin area and eventually, hopefully, the whole country.

So what is this therapy?

A personal music system (usually a headset with integrated MP3 player) is provided preloaded with several hours' worth of music specifically tailored to suit the recipient used for at least an hour per day, either all in one go or in shorter sessions. The most important benefit is the improvement in communication through the mental stimulation encouraged by regularly listening to familiar, much-loved music.

The benefits to the recipients:

once a patient is settled listening to their music, the carer has time. Time to just sit and relax with them, perhaps listening in on another set of headphones, time to do something for themselves or simply to get on with tasks unhindered. The carer has peace of mind to know that their loved-one is calm, distracted from their pain or distress and able to enjoy life

again for at least a little while. Over time the general improvement in mood and engagement has untold benefits for both parties.



Anyone who feels that they and the person they care for could benefit from this therapy is welcome to contact us at info@musicfordementia.org.nz and we will get back to them for a chat and to set up a meeting.

Deirdre Tucker
Music for Dementia

Walking With Nana

*I like walking with Nana,
Her steps are short like mine.
She doesn't say "now hurry up"
She always takes her time.*

*I like to walk
with Nana,
Her eyes see things
like mine do,
Wee pebbles bright,
a funny cloud,
Half hidden drops
of dew.*

*Most people have to hurry,
They do not stop to see.
I'm glad that God made Nana
Unrushed and young like me!*



Total Mobility

2020 Membership is due for our Total Mobility users. It is a requirement of Age Concern Otago you are a current member to access the Total Mobility scheme through us. If you are unsure if you have paid your membership for 2020 please call on 03 479 30558. *Thank you.*

Christmas – a time of giving

Christmas is about joy. It is about family, holidays, sunny weather, food, and drink, catching up with people we don't see over the year and it's about peace and goodwill to all.

Sounds a bit like a fairy tale although for some people it is a true picture of how their life is.

Sadly, for many it is a vision of a dream. They may not have family; they may not have family who are kind to them, or they have family who are too busy to visit. Some people do not have food in the cupboard, they do not have visitors and their days are grey and miserable despite the sun shining outside.

We urge you to think of these people. Think about your neighbourhood or community and who might be alone. Think about how you might be able to brighten their day – a smile, cheerful hello and wave, little things can make a difference.

It's also a good idea to remember the 'It's Not OK' campaign – it doesn't hurt to ask if someone is ok.

I am taking this opportunity to thank my fantastic Team members – Annie in Dunedin, Toni and Marie in Central Otago and Sharon in Waitaki. An awesome group of workers providing Elder Abuse/Social Work and Support to 100's of older people every year.

Have a safe and happy festive season and I hope 2021 is kind to you.

All the best from

Marie Bennett | Team Leader, Elder Abuse Response Service and Social Supports



Social Connections

Christmas can be a very lonely time for some people. Whilst we are out enjoying a lovely Christmas meal with family or friends, take a moment to reflect on those who will be alone on this day.

Some do not choose to be alone; they may not have anyone to celebrate with. If you have an elderly friend, relative or neighbour, please take some time to check in on them, phone them for a chat, send them a Christmas card, or pop in for a cuppa.

Our Accredited Visiting Service is available to those who would like a volunteer visitor. We are currently asking for new volunteers in the Mosgiel area. For more information on the Accredited Visiting Service call me on 03 4793058.

The Octagon Seniors Club is closing on Friday 11th December and reopening on Monday 18th January 2021.

The South Dunedin Seniors are closing on Thursday 17th December and reopening Thursday 4th February 2021.

I would like to wish everyone a very Merry Christmas and a Happy New Year.

Tristan Kavanagh

Social Connections Team Leader.



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CENTRAL OTAGO

Age Concern in Alexandra is part of a community aged focus group with topics on the agenda regarding transport, loneliness, and access to health services to name a few. As a result of the consultation a volunteer driving service was launched by Alexandra Community Advice which has been well supported, so much so that further volunteers are needed.

The group also recently sent out a survey covering these topics with around 400 responses received. The results are currently being analysed but so far has provided some very important information about current and future needs for our older people. Current agencies of the group include Alexandra Community House, Parkinson's society, Alzheimers and Healthcare NZ.

Just this week we held a dinner and dance for 55+. This was to help reintegrate people back into the community who to date have been reluctant to socialise due to Covid. The night was a great success with nearly 60 people taking up the offer to get out and kick up their heels. After the next meeting, we will discuss if it could/should be a more frequent event so watch this space.

Toni Velenski and Marie Roxburgh
Central Otago Co-ordinators.



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Tips & tricks to take the edge off



Reduce anxiety with a four-square breathing exercise

Try the Four-Square exercise to reduce anxiety.

- Breathe in slowly to a count of four.
- Hold the breath for a count of four.
- Exhale slowly through pursed lips to a count of four.
- Rest for a count of four (without taking any breaths).
- Take two normal breaths.
- Start over again with number one.

Give yourself a 10-second Hug to boost your mood

• a 10-second hug a day can change biochemical and physiological forces in your body that can lower the risk of heart disease, combat stress, fight fatigue, boost your immune system, and ease depression? You can begin by giving yourself a hug. By squeezing your belly and back at the same time, you are again giving yourself proprioceptive input (letting your body know where you are in space), which can help stabilize you.

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Bea-line

SMALL THINGS

These last few months have been very much in line with one of my favourite Bible phrases: 'Who dares despise the day of small things?' (Zechariah 4:10). The day of small things is undoubtedly what we have been experiencing recently, since lock-down, and its changes to different levels of safekeeping.

What beauty there is in small things! My 5-year-old grandson unearthed a tiny white stone from the garden. He washed it very carefully, and dried it on a 'soft cloth please' and then wandered round the garden murmuring 'What a treasure.' He loved its size, its shape, and loved tracing the tiny lines on its surface.

He was right. It was a treasure for him. And he is a treasure for us.

This same grandson stood under my tall angelica with its golden-white flowers. 'It's so beautiful'. And he wanted to hug the standard lavenders – until I pointed out the bees in them.

Other than that? Lots of gardening. Vegies are growing very well indeed – beans are springing up, all the salad vegies are flourishing – courgettes, and celery coming along nicely. What a pleasure to look, smell, pick and use.

Small things, perhaps? But how satisfying.

And gardening leads me on to books about the garden. Recently I've been reading Penelope Lively's *Life in The Garden* where she says that 'gardening is a defiance of time', meaning, I guess, that our history lies in our plantings, with the past times of plantings, the present of growth and the anticipation of their future flowering and maturing. She also writes of enthusiastic gardeners who write, - or writers who garden with enthusiasm, such as Virginia Woolf who says 'The first pure joy of the garden...weeding all day to finish the beds in a queer sort of enthusiasm which made me say this is happiness.' I'll go along with that! Happiness is definitely gazing at a weed-free garden bed.

And there's more. Recently I discovered a history of gardening in New Zealand. An article in the



New Zealand Gardener in its September 2019 issue described war-time gardening for food, and the interest in pesticides, and the slow-growing reluctance to use these. Organic gardening became mainstream only in the 1980s.

Another intriguing feature was that NZ natives were not initially held in high regard, with manuka being described as 'scrub plants of New Zealand...regarded by many as commonplace pests not worthy of inclusion in the garden.'

To read more on gardening, look up some great books on NZ gardens. *Flourish* by Barb Rogers and Juliet Nicholas takes a look at gardens developed by women from Stewart Island to Auckland. One garden within our reach is the celebrated garden at Larnach, which is a real beauty. Thank you, Margaret Barker!

Another beauty is Fiona Eadie's work on the *100 Best Native Plants for New Zealand Gardens*. Fiona belongs to Larnach as well, where she is head gardener.

And for useful down-to-earth advice, I turn to Gillian Vine's column in the ODT – good helpful how-to. Thanks, Gillian!

But back to gardens themselves. Don't miss the Botanic Gardens. They are always excellent, but right now they are magnificent. The top gardens with the rhododendrons and azaleas are spectacular. The lower gardens are eye-catching in their beautiful plantings. We do have some visionary people in Dunedin, don't we?

Maybe these things of family, books, plants, local beauty spots are small things. But the effect on our daily lives has been a sense of warmth and belonging, and comfort.

Beatrice Hale - Defiant Gardening Granny



Salted-Caramel Cracker Candy

Master a sweet-and-salty-dessert trend – without turning on the oven!

INGREDIENTS

1 sleeve saltine crackers
1 c. butter (no substitutions)
1/2 c. granulated sugar
1/2 c. packed light brown sugar
2 tsp. vanilla extract
2 tbsp. cider vinegar
1/4 tsp. Flaky sea salt



DIRECTIONS

- Line large jelly-roll pan with aluminium foil; lightly coat with non-stick cooking spray. Arrange crackers on pan in single layer.
- In large microwave-safe bowl, microwave butter on high 1 minute, or until melted. Whisk in granulated sugar, brown sugar, vanilla, and vinegar until smooth. Microwave uncovered on high 6 minutes in 2-minute intervals, whisking thoroughly after each interval before returning to microwave. Microwave 1 to 2 minutes more or until dark amber (or until candy thermometer registers 320 degrees F).
- Carefully remove caramel from microwave; pour over crackers in pan. Spread caramel into thin layer using offset spatula; tap jelly-roll pan on flat surface to evenly distribute. Sprinkle with salt, if desired. Let cool 15 minutes, or until caramel hardens; break into pieces.

THE NZ NURSES MEMORIAL FUND INC

Over 100 years of Helping Nurses

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

Money was raised throughout New Zealand to establish the Fund which is NZ wide but has always been run from Dunedin. Bequests and donations are gratefully received to assist in the Fund's ongoing work.

If you are in need of help you can apply for an application form, provided you have completed 2 years full time work in NZ post registration. Nurses do not need to be currently working to apply.

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

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BOOST YOUR CONFIDENCE THIS FESTIVE SEASON

The festive season is nearly upon us and with that brings much cheer, but unfortunately for some it can also bring up some uncomfortable feelings. When we think of parties and get togethers, some people tend to shy away from the festivities due to fears around bladder weakness or incontinence. Despite these fears, it is important for us to remember that these symptoms are more common than we think – 1 in 5 people experience some form of continence struggles in their lifetime. With these statistics, we need to ask ourselves why we are feeling shy, embarrassed or uncomfortable, and strive to be more confident in who we are. To help with these struggles, here are a few tips to help manage these discomforts during this festive season and live a life in full view!

1. Keep Hydrated | Some people believe that by reducing fluid intake, they won't have to go to the toilet as often. Well this is what really happens: your urine becomes concentrated (a dark yellow colour) and this irritates the inside of the bladder. Your bladder then wants to squeeze itself to remove the urine making you have to go to the toilet more often. Even worse, some drinks also have this effect on your bladder – drinks that have caffeine in them such as coffee, tea, soft drinks, energy drinks and alcohol should be reduced to help us maintain a healthy bladder. So how much fluid should you drink each day? It's a simple question with no easy answers. Studies have produced varying recommendations over the years, but in truth your water needs depend on many factors; including your health, how active you are and where you live. Consequently, try to drink when you are thirsty but keep in mind that you should be having around 6- 8 glasses of 250 ml of fluids per day. Just remember that water will always be your best choice of fluid!

2. Try to keep alcohol intake in check | To promote a healthy bladder, it is recommended to have at least 2 alcohol free days a week – however the more the better! Both men and women should consume no more than 2 standard drinks on any day (which may be hard during the festivities) where one standard drink is equivalent to:

- One 375ml can or stubbie of mid-strength beer
- 100ml wine (13.5% alcohol)
- 30ml nip spirits
- One 250ml can of full strength pre-mix spirits (5% alcohol)

3. Eat plenty of unprocessed, fresh foods | I could prattle on for hours about eating well, however it all boils down to this simple rule. Processed foods (biscuits, cakes, takeaways, soft-drinks etc.) are all laden with sugar, salt and bad fats – so fresh is best! Don't think of it as a 'diet', think of it as 'eating well'. Don't forget it's also a good idea to eat more fibre, which can be found in vegetables, fruits and whole grains. This helps prevent constipation – a cause of urinary incontinence.

4. Toilet Visits | Teach your bladder good habits! Try not to go to the toilet 'just in case'. This can result in a lazy bladder that gets into the habit of believing it needs to be emptied regularly. Try to go to the toilet only when your bladder is full, and you really need to go. Also, whilst you are out and about, to help you be better prepared find a toilet close by for you in advance.

5. Get moving! | Honestly, we all know that we sit on our butts way too much, but we make lots of excuses as to why we can't exercise. Let's change our mindset and decide that it isn't exercise that we are going to do, but just moving. By 'moving' 30 minutes at least a day, you will be doing your body (and its future) a huge favour. This will help by keeping your bowels regular and assist you in losing any extra weight that may be putting strain on your bladder and its supporting muscles. There are lots of different ways to get moving but the trick is to find something that suits you. Try parking the car further away from your destination and walk the extra distance instead. That will be a great start!

6. Use the right protection | Make sure you are using the correct size and absorbency for your continence products. If you are not using the correct product, you may find that the performance will not provide the results you require and you may feel uncomfortable. If you are unsure if you have the right product for your needs, Lille Healthcare NZ can send you a few samples to try before you buy.

7. Personal Hygiene | Good personal hygiene is very important in managing incontinence. If you wear an absorbent product it is always a good idea to have a pack of wet wipes or wet wash gloves on hand for your personal hygiene and wellbeing so that you can refresh when needed.

Please remember, if you have any questions surrounding your bladder discomforts or continence troubles, you can reach out to the Continence NZ Helpline 0800 650 659. Ref: <https://www.ontexhealthcare.com.au/articles/boost-your-confidence-this-festive-season/> December 12, 2018

Editorial supplied by Lille Healthcare New Zealand

Not smoking and being socially active keys to longevity

University of Otago researchers have discovered some of the secrets to longevity with new research revealing not smoking and being social engaged throughout older age are common traits of New Zealand centenarians.

Associate Professor Yoram Barak, a consultant psychogeriatrician, says the results show people can have some control over the ageing process.

"Electing not to smoke and committing to maintain social networking will be the best investment one can make towards successful ageing," he says.

Together with his colleague Professor Paul Glue, from the Department of Psychological Medicine, and Dr Sharon Leitch from the Department of General Practice and Rural Health, Associate Professor Barak set out to investigate the variables associated with exceptionally healthy extreme old age.

The researchers examined data relating to 292 centenarians who were free of common chronic diseases such as diabetes, depression, dementia and hypertension. They also included information relating to a further 103,377 older people aged over 60. All of these people were living in private accommodation in the community and not in aged residential care.

Results showed social engagement of participants, whereby they are participating in social activities of long-standing interest was similar across all age groups.

There is evidence that exercise improves health and length of life but in this study most participants had a similar profile of physical activity and there was not sufficient spread of duration or intensity of physical activities to test the effects on ageing.

However, among those surveyed the highest physical activity groups were at the lowest risk of dementia. As of 2011, there are estimated to be between 400 to 500 centenarians living in New Zealand. Of these, fewer than 40 would be aged over 105. The mean age of those interviewed in the study was 101. The centenarians were more likely to be female (75 per cent) and in any age group, women were more likely to be free of the common chronic diseases outlined above.

This study found higher rates of centenarians free of common chronic diseases in New Zealand than reported in other countries.

However, one explanation is that this survey considered only centenarians living in the community, who were likely to be in better health compared with those living in residential care or hospital settings. Professor Barak explains the biopsychosocial foundations of remarkable health and longevity among centenarians is unclear. Genetic factors, certain geographical locations and life-style characteristics have all been studied in an effort to identify potential predisposing factors of exceptional longevity.

Journal Reference:
1. Yoram Barak, Sharon Leitch, Paul Glue. The Great Escape. Centenarians' exceptional health. Aging Clinical and Experimental Research, 2020; DOI: 10.1007/s40520-020-01552-w



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Editorial supplied by Estate Property Solutions

Super Seniors at SuperGrans:

“SuperGrans feels like a place where people are inspired to share.”

SuperGrans is a place where people are encouraged to share knowledge and skills with others.

Co-manager, Sandy McKay, joined the organisation in July and feels excited to be part of the team. “Our Grans come from all walks of life. A lot of young people have missed out on gaining the basic skills of cooking, sewing, budgeting, gardening and generally running a household. Life has become increasingly complex for many and somewhere along the way people have missed out on learning the basics.”

SuperGrans are a group of volunteers (male and female) whose aim is to help people gain the skills (and confidence) they may need to live a healthy life. The service has a two-pronged approach:

- We can provide one-on-one mentoring in the home.
- We also deliver classes and courses to groups and individuals from our premises. People can self-refer or be referred from an agency.

“We believe in an informal, non-judgmental approach that includes walking alongside clients and encouraging them to become resourceful and independent.”

Rae Jackson has been a ‘Gran’ with SuperGrans for almost two years. “It’s such a rewarding thing to do. Sandy: “If you have something to offer and you enjoy passing on skills to the younger generation then this could be the place for you. We are specifically focussed on cooking, budgeting, sewing, knitting, gardening and other practical life skills.”

For anyone interested in becoming a ‘Gran’ phone Sandy on 021 0535 144 and have a chat.



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) 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.
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 03 479 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.

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)

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Email

A receipt will only be sent if the box is ticked ☐

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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

Merry Christmas from Age Concern!

We wish you a merry Christmas with lots of cake, carols and caring. While world health may be a long shot, we hope peace and joy reign in your corner of the world. Drive safely, happy holidays and all the best for 2021.



Holiday Hours

**Age Concern Otago offices will be closed
from 12 noon Wednesday, December 23
until Wednesday, January 7 2021.**

Messages left on the main answer phone
03 477 1040 will be cleared regularly.

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

**Normal hours will resume
Monday, January 11, 2021**

The Octagon Club will close from
Friday December 11 until Monday January 18
The South Dunedin Seniors will close from
December 17 and start Thurs February 4

Sender:

Age Concern Otago
PO Box 5355
DUNEDIN 9054

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