

Age Concern Otago

Celebrating Otago's older people since 1948



CONNECTION edition

AUTUMN 2021

www.ageconcernotago.com

**Renting? Annie talks
about the new rules** page 3

CLOSE UP: Why exercise works Yoka on page 12

**Morning Tea with Aaron event +
Mayor Aaron Hawkins column** on page 6

Time to Empower your-self with your Power of Attorney: Page 7

For advertising phone Dave 027 652 5220 or email dave@kiwipublications.nz

A Kiwi Publications Limited publication | www.kiwipublications.co.nz | Please refer to website for disclaimer

From the Executive Officer



Autumn greetings everyone and welcome to 2021!

I hope you all like our new look, refreshed magazine.

The Age Concern Otago AGM was on the 30th of March. Naturally all wanted to hear about the wonderful work

achieved in 2020, which of course included our support of older people through lock down.

I get enormous satisfaction compiling my annual report including information on what we provide in a year and how much. It is so affirming and 2020 was exceptional. This information included the contribution of our many, many volunteers who work tirelessly to support Otago's older people in a variety of ways. I was interested to know what the financial contribution was if all volunteers were paid the minimum wage for their work. I was astonished to see that this equates to a \$900,000 contribution to Otago communities. This is just outstanding!!

Let's all have a big shout out to those people who donate their time to make a difference in older people's lives - they are amazing, and we are all immensely proud of every one of them. We simply couldn't achieve our mission without them. Thank you.

Don't forget to have your fire alarms checked as we prepare for winter. Meanwhile, enjoy the beautiful changing colors that autumn brings.

Cheerio

Debbie George - Executive Officer

Plus Bus ("the shopping bus")



- We transport you to and from the supermarket, help in the store and carry the groceries into your home.
- Affordable and friendly.
- New and temporary users welcome.
- South Dunedin, Hill suburbs and Southern suburbs.
- Helping you to remain independent.

Phone (03) 455 4050

(please leave a message if no one is in the office)

Contact Information

AGE CONCERN OTAGO FREEPHONE:

0800 652 105

Covid web: <https://covid19.govt.nz/helpline>

Vaccine info site: <https://covid19.govt.nz/health-and-wellbeing/covid-19-vaccines/>

Health Line: call Healthline free on 0800 611 116

Congratulations!



Tristan our Social Connections Teamleader has received her Certificate for New Zealand Apprenticeship in Social and Community Services. Very well done!

Independence, comfort and safety.



Mobility Solutions Centre

ONLINE SHOP OPEN

DUNEDIN

✓ Sales ✓ Hire ✓ Service



Mobility Solutions Centre

245 King Edward Street, South Dunedin
03 455 1201 | info@mobilitysolutionscentre.co.nz

www.mobilitysolutionscentre.co.nz

Tenancy laws are changing



This has a direct impact upon Elders' independence and security.

All landlords, including boarding house landlords, must comply with the laws in the Residential Tenancies Act (the Act). From August 2020, broad changes to the Act are taking effect that have

impacted both landlords and tenants. The changes will happen at three key dates:

Phase 1 - (already in force) August 12th - 2020

Phase 2 - February 11th - 2021: <https://www.tenancy.govt.nz/law-changes/#phase2>

Phase 3 - August 11th, 2021: <https://www.tenancy.govt.nz/law-changes/#phase3>

Since January 2021 there has been a reported increase in the number of tenants receiving notice to terminate their tenancies. This is a real concern to us. Several factors appear to have significantly impacted upon Elders.

Accessing rentals via the internet for many Elders is unobtainable:

with limited practical and financial resources, significant health barriers to technology and a lack of practical or familial support. As we are continuing to receive many phone calls about tenancy issues and are not an emergency service, we can best assist by providing information.

An escalation in rental costs renders independent living becoming a situation of being beyond Elders means.

Within the market the focus in Dunedin is on student accommodation and shared living that excludes Elders. Generally speaking, elders are unfamiliar and whakama regarding or approaching Work and Income NZ. There seems to be struggle to accommodate the processes required to access emergency housing which again is a real concern to us.

What can Elders do to access the services needed?

At this point social Housing options via the city council and Kianga Ora are saturated with referrals. Other housing organisations such as Salvation Army or Catholic Social Services appear to have limited access points.

Positively Work and Income New Zealand are able to help with:

- accessing websites
- bond and rent advice
- tenancy cost cover
- emergency housing and costs.
- Phone: **0800 559 009**
- applying for social housing
- moving assistance costs payment

In Dunedin the Community Law centre have been invaluable in providing advice around landlord and tenant rights - Phone 03 4741922

Call now to get a discount on your first trip! Freedom Drivers Dunedin -- TM cards accepted

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

"I am looking forward to bringing a friendly service to your door 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 prices are comparable to (and often less) than a standard taxi. We take Total Mobility cards (TM) and are ACC Registered Vendors.

Call Sally now to get a discount on your first trip!
03 471-8177 or 027 228 0035 for more info!

Call us for a discount on your first trip!



Reliable, friendly transport for seniors

- Medical appointments
- Social and business trips
- Shopping
- Sightseeing and outings
- Airport transfers
- Pets to the vet
- One off or regular trips
- Long trips and local

Call Sally McArthur

03 471 8177

or 027 228 0035

For more information



www.freedomdrivers.co.nz

Editorial supplied by Freedom Drivers

Home Trade Services
The client perspective
Roz

Roz wanted to get a new toilet installed and to have the toilet and hallway painted afterwards. She was hesitant about getting a trades person in, as her family and friends had told her that it could take months to get quotes. Also she was concerned to hear how disheartening it could be to get lied to, when a trades person would not even show up. Initially Roz came into Age Concern Otago for information about the Staying Safe driving course. She also left with the Home Trade Services brochure. She contacted Jenna at Age Concern Otago to get a plumber in. The plumber turned up promptly to do the quote. A week later the plumber removed the old toilet and installed the new one, within a day. She then asked if Jenna was able to get a painter to

contact her. The painter turned up and did a quote. He emailed it to her when he said he would. A week later a team of men turned up to sand the hallway and toilet. Within 8 days the job was finished. The painter was a pleasure to have in her home.

“It is fantastic to have a list of tradies, who are police vetted and reliable.” It made Roz feel very reassured.

“As you hear about some older people being scammed by so called tradesmen.” Roz said it was very impressive how quick to it was get an available tradesperson.

Jenna was able to call Roz back the next day with the available tradie so the process could be started.

Jenna





HOME TRADE SERVICES

Get a job done around your home, or maybe you need a personal grooming service. If so contact Age Concern Otago.

HOME TRADE SERVICES CONNECTS POLICE VETTED, RELIABLE TRADES PEOPLE TO SENIORS, STRAIGHT TO THEIR DOOR.

Trades include:

- Gardeners
- Beauticians—non diabetic nail cutting
- Hairdressers
- Handymen

- Plumbers
- Builders
- General cleaners
- Pet care
- Plus many more.....

Services are available at reasonable rates and are flexible enough to meet your particular needs. If you need a job done, or want to be part of our service. Home Trade Services is for you!



AGE CONCERN OTAGO
Please call us at 03 477 1040 or 0800 652 105
email us at reception@ageconcernotago.co.nz

RYMAN PIONEERS

Certainty

THE FUTURE. YOU'RE GOOD.

When you choose a Ryman village, you're set. Our Peace of Mind Guarantees are designed to protect you, so whatever the future holds, we've got your back.

- From independent and assisted living to resthome, hospital and dementia care.
- Our deferred management fee is capped at 20% - one of the lowest in the retirement sector.
- Our base weekly fee is fixed for the entire time you occupy your independent or serviced apartment*

*Some conditions apply

Having certainty inspires confidence. It's just one of the ways we're pioneering a new way of living for a new retirement generation.

To learn more about the living options at Frances Hodgkins and Yvette Williams, or to join our no obligation waitlist phone Kate on 455 7936.

FRANCES HODGKINS VILLAGE
40 Fenton Crescent, St Clair, Dunedin

YVETTE WILLIAMS VILLAGE
383 Highgate, Roslyn, Dunedin

rymanhealthcare.co.nz





Just over a year ago, Covid-19 arrived in New Zealand and turned all of our lives upside down.

In the beginning, it was looking fairly bleak. Hospitals were going to be swamped, and as many as 1 in 4 workers would be unemployed.

We did lose 26 people - more than 2000 people have caught the virus and recovered - and it has been hard going for some businesses, particularly those that rely on international visitors.

But because of the sacrifices we've all made, we're in a far better position than other corners of the world.

We've stayed at home when we've been asked to. We've cancelled celebrations, and not been able to grieve for loved ones in the way we're used to.

We cannot underestimate the significance of this, and so I want to take this opportunity to say thank you for all you have done.

Our social and economic well-being wouldn't be in such good shape, compared to what might have been, without your hard work as individuals, and the critical support of groups like Age Concern.

Recent Alert Level changes, particularly in Auckland, have reminded us that we're not out of the woods yet. Particularly until the nationwide vaccination programme is rolled out.

Until then, we must continue to look after each other.

Mayor Aaron Hawkins

www.dunedin.govt.nz

Morning Tea with Aaron:

Friday the 19th of March the Mayor came to meet with the Octagon Club members and other Older people from our community to hear what is happening in their lives. The Dunedin Mayor is Age Concern Otago's President and is keen to build a closer relationship with our Older members.

Aaron had a very enjoyable time. He met another (former) mayor, Bill, and chatted with him. He also chewed the fat with Bob (93) and others at the table. Bob is always in for a bit of fun! All had a lovely informal time, enjoying their high tea and a good chat.



Above: Aaron and Bob

Below: Age Concern Otago Octagon Club and Aaron Hawkins



Age Concern Otago staff and Aaron Hawkins



Why do we need an Enduring Power of Attorney?

Marie Bennett

We've been advocating for a very long time that you need an Enduring Power of Attorney. It's important that all adults take notice and sort out their affairs because nobody knows what's around the corner.

You need to have a say in who is going to look after your affairs if you can no longer do it. You know who you can trust to act in your best interests and not their own. You need to do this while you have the ability to choose who you want to make decisions for you. You need one or more persons for Property and Finance and you need only one for Personal Care and Welfare.

Do you know what happens if you don't have an Enduring Power of Attorney? What if you are involved in an accident and lose the ability to make decisions? A stroke or similar medical event may take away your ability to voice your choices. What about if you lose mental capacity through Dementia or a similar illness?

Do you assume that your wife/husband/partner/children can make decisions for you? You have next of kin so 'she'll be right'? Please don't assume this as they can't help you. Without an Enduring Power of Attorney they can't decide anything. They can't access your bank accounts, pay your bills or look after your assets. They can't make decisions around your care or who is going to look after you. What if you need residential care? They can't agree to this either.

You might be in a hospital bed for a very long time while someone applies to the Family Court to be a Welfare Guardian or Property Manager. What if that person is someone you wouldn't have chosen? You never trusted them and would have preferred a different person? Then do it while you can.

In the meantime, because there was no EPOA, you're holding up a bed.

Please, talk to your family, talk to a lawyer and get it sorted - for your own sake.



The Otago Regional Council: SuperGold free travel is changing as of 1 March.

Since the Bee Card was launched in September, SuperGold Card holders have travelled free on the Orbus network all day. This offer was designed to help you get your SuperGold details loaded on your individual Bee Card and get used to the system.

As of 1 March, SuperGold Card holders with a concession-loaded Bee Card will now only travel free of charge during off peak times as you did before.

- SuperGold free travel is changing as of 1 March
- Travel with a SuperGold concession-loaded Bee Card will be \$2 during peak times, from 7am-9am and from 3pm to 6:30 pm on weekdays.
- The rest of the time, SuperGold Bee Card holders travel free of charge.
- During peak times, you will pay the standard adult Bee Card fare of \$2 per one-way trip.
- You must travel with a concession-loaded Bee Card to enjoy concessionary travel.
- You must always tag off. If you don't, you will pay a \$3 fare, even if it's during your free travel period.

Julian Phillips
IMPLEMENTATION LEAD
TRANSPORT



Ribbonwood is a small country home offering rest home and hospital level care.

Located in the heart of West Otago in Tapanui, Ribbonwood is a place you will feel proud to call home. It is a modern care facility with spacious, private rooms for residents and sunny lounges for relaxing.

Ribbonwood
COUNTRY HOME

Contact Karen McHutchon for more information

Phone 03 204 8668

Email: Karen@wohealth.co.nz



Waitaki

Sharon McGregor, Social Worker

Finding affordable rental properties is a challenge being faced by families all over New Zealand. High accommodation costs mean

that some older people now have grown-up children or grandchildren moving back in, with many raising their Grandchildren.

Short-term arrangements can end up lasting indefinitely, becoming difficult for everyone involved.

Some thoughts to keep in mind:

Set Clear Boundaries

Before family or friends move into your home set boundaries around living arrangements and ensure costs are shared equitably. Consider using a formal contract for room and board payments, with a built-in review process. It's hard to address issues after the fact and people can quickly feel entitled to live rent free!

Ask for Help

We often help people who need family members to contribute to household costs. We can also make referrals to Budget Advisors who offer practical financial planning and budgeting advice.

Home Security

Recently I have helped people get their house keys back from friends. Please think twice about giving people access to your home or your keys. Nobody wants to be accused of stealing and if they don't have access that's not such a problem. Consider storing your key in an outside combination lock box. These are inexpensive to buy and still allow access in an emergency.



Van Outings and new Steady as You Go classes

Thanks to a donation from the Oamaru Licensing Trust we plan to add Steady As You Go classes this year, starting with our first new class in Weston, please pass the word along! Wednesdays at 1:30pm. Weston Church Hall. To register, ring Debbie Melton at 03-434-8885.

Our popular Sunday outings will continue through winter but we will try to get you home a little earlier on those shorter winter days. We welcome Fiona Yarnton as our new Van Coordinator, taking over from Carole Wood who has accepted a new role at Observatory Village – they are lucky to have Carole joining their team! For questions about Sunday outings please ring Fiona at 028 406 3004 or ring our office (closed on Fridays) at 03 434 7008.



Please get in touch if you'd like to know more about our activities, or if you would like to volunteer.

03 434 7008. *Caitriona Prunty*
Waitaki Coordinator



News from our Gardner

Two books to come!

My two Scottish books for children, Ice Escape and The Resolute Heart are to be republished by Aberdeen publishers, Kellas Cat. Keep fingers crossed that all goes well!

Both are based on my adventurous ancestors. My grandfather and his crew rescued the American Flying Family in 1932 when their Sikorsky plane crashed off the coast of Greenland. Harry Watson was press-ganged into Nelson's navy – and his wife went too. That became a spy story.

So watch out, please, for Ice Escape, and The Resolute Heart -

Beatrice Hale



Talk to us about
our dermatologically
approved Contenance
product service
with free samples.



DIS Contenance Product Service
is simple, discreet, and
cost-effective.

For more information and samples please
contact Disability Information Service on
0800 115 891 or call in to see us at
Community House, 301 Moray Place, Dunedin.

Planning Ahead

Now is a great time to talk to your family about your funeral choices, to share stories and memories and to give them an insight into what is really meaningful to you.

Would you like cremation or burial? Have you thought about a special piece of music or a poem that you love? Where would you like your final resting place to be?

We often have families tell us how glad they were that this had all been sorted out before their loved one died. It helped to take the stress out of such a difficult time. The other thing you can do is to make pre-payment towards your funeral through the Funeral Director's Association of New Zealand's Funeral Trust. The money is held in trust so is very secure, and if you are applying for residential care, up to \$10,000 is excluded from asset testing. Another bonus is that the trust is now "Fees Free".

The friendly team at Gillions Funeral Services are happy to discuss the options for funeral and farewells including pre-arrangement and pre-payment and can provide you with pricing guidelines. Phone us on 03 455 2128 or email us at support@gillions.co.nz

We're locally and
family owned and
operated which
means we'll always
be here when you
need us

Compassionate guidance,
support and advice 24/7



Ph: 455 2128 (24-hours)
Toll-free: 0800 858 555
407 Hillside Rd, Sth Dunedin
www.gillions.co.nz

**APRIL:**

- 12: Staying Safe - Dunedin
- 20: Staying Safe - Tapanui
- 21: Staying Safe - Lawrence
- 22: Staying Safe - Balclutha
- 23: Staying Safe - Balclutha

MAY:

- 24: Planning for the Future The Hard Stuff
- 26: Silver Tech Open Day
- 31: Planning for the Future The Hard Stuff

JUNE:

- 1-22: Silver Tech Smart phone course - Dunedin

- 3-24: Silver Tech Smart phone course - South Dunedin

Every week: Silver Tech Drop Ins - Octagon Club on Tuesdays

Silver Tech Drop Ins - Mosgiel on Wednesdays

Silver Tech Drop Ins - South Dunedin on Thursdays

Goodbye Summer, hello Techweek!

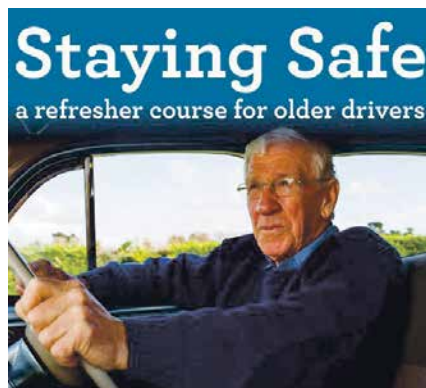
It is almost time to say goodbye to the summer and a changing season is a good time to reflect and make our own changes. Our health promotion programmes and events reflect this. Seniors can take part in fun activities, gain knowledge and education opportunities enabling them to continue to connect with others and improve their wellbeing.

Staying Safe driving workshops are held throughout our region. You can learn about changes in the road code, how ageing may affect your driving and how to maintain your driving independence.

Independent Living Seminars in our region respond to various regional need for information delivered by experienced and knowledgeable speakers on relevant subjects to improve wellbeing and prepare for the future.

Just Cook 4 Health Ageing courses are held in areas and focuses on cooking affordable nutritious meals for one or two, improving cooking skills and tips on meal planning and healthy choices.

New Silver Tech Smartphone course. Covid-19 and the phasing out of cheques has highlighted the need for older people to embrace the digital world. ACO's new digital Silver Tech smartphone programme we are trialling in the Dunedin area is enabling seniors to gain confidence and motivate them to connect with others and enjoy technology in their everyday lives. Twelve courses will be run between January to June in areas across Dunedin with further courses planned. David Bowie said, "Tomorrow belongs to those who can hear it coming" and the response from people enrolling or who have attended a course so far is encouraging.



SILVER TECH OPEN DAY MAY 26



Age Concern Otago will run an event during TechWeek for seniors offering digital literacy, tools, and information. The aim is to align with our vision to improve senior quality life. Due to the changes to financial banking access and the withdrawal of cheques by major NZ Banks. The effects caused by Covid 19 highlighted the need for people to become more online savvy regarding their banking needs.

SilverTech Open Day - May 26 - 2021 | Age Concern Building, 9 The Octagon, Dunedin | 10am - 3pm

- attendees to sign up to online banking (Bank representatives)
- help desks: downloading bank online apps + answering questions about devices.
- 2 speaker sessions on Online Safety (morning & afternoon)
- information for digital literacy providers (ACO, COMP2TECH, Senior Net)
- display for innovated fun technology. Café area
- Skinny - phone top ups



Central Otago - Age Concern Otago office

What a strange year we have had in 2020 but some things have been really positive. Age Concerns Accredited Visiting Service has had great outcomes with really positive feedback for our reporting about wonderful relationships forming and people feeling less lonely.

Some other positive things that have happened in the Alexandra office, at Christmas time the ladies from Bums on Bikes in Alexandra baked beautiful home baking and wrapped up some wonderful toiletries for us to deliver to older adults.



Dunstan High School baked lollies with ingredients donated from Rotary and the young adults delivered them to our older adults

Money has been granted to communities to employ Community Connectors, these are people that connect any age group to what their needs are. This will fill a gap and it will be great for our older adults

to walk into Community House and be sorted with the correct service there and then. Money has also gone into Mental Health and we have HIP's (Health Improvement Practitioners) connected to the Doctors; these nurses will have a more holistic lens on people's health and ensure they are connected to the right service. We also have Wellness Coaches, these health professionals will ensure clients are informed of the best health choices. So although it's been a strange year lots of great resources have emerged for 2021.

Another positive note, a lady in Alexandra is doing research into developing a senior playground in the area. This would be great for older adults in terms of social connectedness and keeping fit.

The Alexandra RSA women's bowling group are doing a raffle this month and the proceeds are going to Age Concern Central Otago.

St John's in Wanaka have organised a fun, food and

friendship group once a month. Age Concern has supported this and there was lots of laughter and good times.

A group of us who are interested in the wellness of adults, have formed in Alexandra. We have done a survey and have some great data on what older adults want to help them age in place.

So we are feeling really positive for 2021. The old saying "It takes a Village to raise a child" also goes for older adults, "It takes a Village to look out for everyone especially our more vulnerable" seems to be the mantra for this year. So keep smiling and look out for your neighbour.

*Marie Roxburgh /
Toni Velenski*



Avocado Chocolate Mousse

Ingredients:

2 ripe avocados - chopped
200g of good quality dark eating chocolate (60-75% cocoa)
1/3 - 1/2 a cup of milk (cow's, almond or coconut) 1-2 tablespoons of liquid honey or pure maple syrup (optional)
Fresh berries or any other fruit to garnish



Method: Melt chocolate in a double boiler or in a glass bowl set above a pot of simmering water (make sure the water does not touch the bottom of the bowl or else it will risk the chocolate burning or becoming grainy).

Place avocado and melted chocolate in a food processor and blend together until smooth, whilst pouring in the milk. Keep blending until the mousse is very smooth and creamy. Taste, and if you would like it a little sweeter, you can add a bit of honey or maple syrup, however I think it's sweet enough as is! Spoon into serving glasses and chill in fridge briefly for 10-15 minutes. Garnish with fresh berries and extra chocolate if desired.

"Created for NZ Avocado by Nadia Lim"

FOR MORE INFORMATION, CONTACT KRISTEN 03 479 3054

Yoka and Steady As You Go®



Yoka has been coming to a Steady As You Go® class since 2003. "A looong time" she says. Dorothy, another lady who takes part in the class, walks over to see Yoka. "Oh we go way back" they laugh and then Dorothy pokes a finger at Yoka and says "you've been very stropky today!" Yoka and Yvonne get the giggles when she says it. Giselle comes over too and shows

Yoka and Yvonne a photo of her new grandchild. The photo is of a very happy beautiful baby. They coo over her and exchange banter about grand kids and parents.

Steady As You Go® has made a very big difference in Yoka (92)'s life. During Covid she was feeling sad that she couldn't come to this class. Yoka says her moveability has increased enormously with doing the Steady As You Go exercises. "I can't go without it." Yoka uses a wheelchair mostly but can walk if she has to thanks to this program.

She twinkles her eyes when she shoots replies to Dorothy who bounces around her. "Oh come on!" Dorothy says and they laugh again. "Get with the programme!" she shouts.

So no matter what age we are, we can continue to keep going, keep supporting others and to keep laughing!

For more information contact Margaret 03 4703052



NEW STAFF



I am delighted to be part of the Age Concern Otago team, having started work as their Fundraiser in

January this year.

I have an extensive background in fundraising (over 45 years), broadcasting, TV, event organising, recruitment/HR, Arts, marketing and sales.

This is a wonderful, stimulating environment for me to be working in – positive and passionate management and staff (who enjoy a good laugh), and a cause that is very close to my heart.

I am also amazed at just how much this organisation has grown with so many exciting programmes and services on offer – so much hard work has already gone into ensuring that these services continue.

I believe that even with the challenges of Covid, we are in for an exciting year.

Lois Scott MNZM - Fundraiser

ESTATE SERVICES MADE EASY

Estate of Grace is a local family owned business that prides itself on providing a caring and holistic approach to estate services. They are focused on doing the best for the client, family and their estate by maximising value and making a difference to the community with options to support local charities and non-profit organisations whenever possible.

Andrew Whiley, and his wife Jackie, established the business seeing the many issues facing the elderly down-sizing and families dealing with estates. Today, families often don't live locally; distance can make it difficult to balance the physical tasks required when dealing with an estate. This includes the challenge of transitioning elderly parents to a retirement facility. **Estate of Grace** simplifies the process!

A recent client engaged the company to look after the estate of his late Mother. Household goods were assessed with valuable items sold and the

balance of goods shared across six local charitable organisations. The house was then fully cleaned and staged, including the garden, to ensure that the client was able to maximise the selling price.

His quote says it all. *"In view of what the place looked like before they went in, I think they've worked a miracle. The place inside and out looks fantastic".*

Estate of Grace can also assist those that wish to pre-plan how their estate is handled. Feel free to contact Andrew to discuss how Estate of Grace can assist you!



Editorial supplied by Estate of Grace

LESLIE GROVES

Rest Home Dementia Unit Hospital
Specialist Hospital Day Centre

- Park like grounds
- Warm, welcoming and compassionate staff
- Freshly prepared 'home-style' cooked meals
- Large, modern standard & premium rooms
- Daily activities, regular outings & entertainers
- Reconnect with old friends & make new ones
- Caring support for all - spiritually, physically, emotionally, intellectually

Come and see how we can make a difference

Phone: (03) 476 3045 Email: reception@lesliegroves.co.nz

Website: www.lesliegroves.co.nz



Estate of Grace is a local family owned business that prides itself on providing a caring and holistic approach to estate services. The company works with families, lawyers, executors and trustees to provide services to simplify the estate management process.

Personalised services include:

- Assistance with Downsizing & Relocating to Retirement Facilities
- Professional Estate Clean-up
- Asset Inventories - including video-graphic and photographic
- Estate Liquidation
- Packing & Moving
- Storage Arrangements - Short and Long-term
- Shipping Services for Local and International Items
- Rubbish Removal
- Home Staging and Property Preparation for Sale
- Rest-Home Pack-Up Services
- Options for asset liquidation including Garage Sale, Trade Me and Auction Services to Maximise Return
- Working with non-profit, community and charitable organisations for donations of unwanted goods



Phone: 027 465 3222 (Andrew Whiley) | Email: dunedin@estateofgrace.nz
www.estateofgrace.nz

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 + Communications/Marketing:

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) 03 479 3058

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

DUNEDIN OFFICE: Contact us: (03) 477 1040

9 The Octagon, Dunedin

CENTRAL OTAGO (ALEXANDRA) OFFICE

Contact us: (03) 448 7075, Alexandra Community

House, 12-20 Centennial Avenue, Alexandra

NORTH OTAGO (OAMARU) OFFICE

Contact us: (03) 434 7008

Community House, 100 Thames Street, Oamaru

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.

Meals on Wheels – Driver Interview

Waverney has been volunteering for Meals on Wheels since 1976. (We'll let you figure out how long that has been!) She started helping to fill in for a work colleague who was a Rotarian driver.

Waverney started doing her own run not long after, as it seemed so worth-while to do. She saw how grateful people were for the meals. A lot were lonely and did not have anyone. She felt she was able to give them something to look forward to, at least one person a day to talk to. Waverney doesn't remember bumping into carers like you do nowadays.

There are the occasional rainy and windy days, however getting to know the people that she sees regularly make up for those. She really enjoys doing the deliveries.

When her children were little, Waverney would take them along with her. Funnily enough they couldn't stand the smell of the cabbage in the meals! She happily reported that she is quite glad that has changed now. She also used to take her friend's mother and aunty out on the runs. They would make an outing of it, going to lunch afterwards.

Waverney has also volunteered donating blood and at the Budget Advisory. "We wouldn't exist without volunteers, so many organisations need volunteers to keep working." Waverney would encourage you, if you are fit and able, to get involved with Meals on Wheels deliveries.

"It is quite satisfying, to be able to help people. It makes you feel good".

To get on board as a Meals on Wheels driver, contact Jenna on 03 4793055.



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.

If you need any help managing the tasks of a property no matter how big or small maybe we can help carry you through the process.

Call us at Estate Property Solutions

0800 00 11 26 or 027 878 9473.

info@estatepropertysolutions.co.nz



Deceased estate services

Aged-care relocation

Clean-up and repair service

Hoarding clean-up

- Full house cleaning and clean-up
- Disposal of unwanted goods
- Declutter advice and assistance
- Gardening and section clearing
- Maintenance and repairs of buildings
- Arranging for sale of goods

Phone: 0800 00 11 26

Email: info@estatepropertysolutions.co.nz

www.estatepropertysolutions.co.nz

Editorial supplied by Estate Property Solutions



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
(accepted until May 20th 2021)

☐ 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

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



THANK YOU



**A BIG thank you to our funders
(December - March)**

**The Bob Turnbull Trust
The Lion Foundation &
Oamaru Licensing Trust
Central Lakes Trust
Otago Community Trust
Lotteries**

**Waitaki District Council
Ministry of Social Development**

Sender:

Age Concern Otago
PO Box 5355
DUNEDIN 9054

New Zealand

Permit No. 247902

Permit

