

# Age Concern Otago

Celebrating Otago's older people since 1948



## COMFORT edition

WINTER 2021

[www.ageconcernotago.com](http://www.ageconcernotago.com)



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## From the Executive Officer



Greetings all

Brrr, winter is certainly upon us. I hope you are keeping warm and cozy. Thank goodness for the energy payment over winter! I am heartened to see \$120m in the new budget to extend the Warmer Kiwi Homes scheme.

For those of you who are eligible; please make the most of it. It covers insulation and heating. Check the Cozy Homes information in this magazine.

Winter can be a barrier to catching up with others. If you are unable to venture out; video calling can be a good option. For those of you who don't know how, give Kristen a call to find out whether our Silver Tech Smart Phone course may be just what you are looking for 03 4793054.

I am looking forward to seeing how the new Health Reforms roll out under the Crown entity – Health New Zealand. I will be doing what I can to ensure health services for older people in Otago are adequately catered for given that greater emphasis on primary healthcare and ensuring fairer access for all New Zealanders are two of the main drivers of health sector reforms.

Let's hope there will be more funding for clinical work with a reduction in unnecessary Senior Administration roles within the current structure. Government informs us that the emphasis is squarely on primary and community healthcare and will do away with duplication and unnecessary bureaucracy between regions, so that our health workers can do what they do best – keep people well. According to Andrew Little - the reforms will mean that for the first time, we will have a truly national health system, and the kind of treatment people get will no longer be determined by where they live. Watch this space...

OK, enough from me. Keep warm, stay connected and stay well.

*Debbie George* - Executive Officer

## 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

## The Word “Comfort”

Let's explore the theme-word itself, *comfort*. It comes from old French, *fort* = strong. In Shakespeare's time it meant “strengthening.” The *fort*- component still means “strong” in *fortiress* or *fortitude*. So Isaiah is told, “speak *comfortably* to Jerusalem” — to strengthen the people. A great word.

Great words, though, become prime targets for overuse, misuse, and cliché. Inflation sets in. Jump the centuries to phrases like *comfort stop* or *comfort food*. Or *home comforts* and *creature comforts*. *Comforters* are merely things you buy, like blankets or scarves; or amenities, insurance policies. *Comfort* has dwindled! Take *comfort zone*, joining ease to sloth. So we are told, get out of your *comfort zone*.

How can you be too comfortable?! We do need freeing from the opposite, *discomfort*, or pain, loss, grief. Still, if a good way to be happy is to make a child happy, do we achieve comfort actively, by giving it? Or if it is a state not an action, music provides it. Handel's *Messiah*, words and music together, gives very fortifying comfort when the bass sings “Comfort ye, my people.” Roll on, Christmas.

[I studied languages, then taught English at Otago. I write books and essays about the poet John Milton. Also till last year had an ODT column “WordWays.”]

By *John Hale* - Author



“No, it's not a computer monitor. It's a doggy door.  
Not everything is technology related.”

**FIGHT  
COVID-19  
coronavirus**

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is the best way to protect yourself  
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03 455 1201 | [info@mobilitysolutionscentre.co.nz](mailto:info@mobilitysolutionscentre.co.nz)

[www.mobilitysolutionscentre.co.nz](http://www.mobilitysolutionscentre.co.nz)

## 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”.

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**Call Sally McArthur**

**03 471 8177**

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*Editorial supplied by Freedom Drivers*





**The Bowls Group that plays on Tuesdays and Fridays from 10.30 to noon every week at level 1, 26 Bath Street has about 22 members. Attendance varies. Ray has been playing Bowls with this group for about 18 months.**

**Why did you join the Bowls group?**

Since Ray's wife passed away he wanted to get

back to playing Bowls and to have a bit of a chat. He used to enjoy playing Bowls with his wife when they lived in Dunedin. This Bowls group is very mixed in the abilities of the level they play at. Ray says it doesn't really matter, as most people have some fun and to have a yap. Things can get a bit rowdy from time to time when the excitement builds.

The Bowls group is happy to welcome new members. If you are interested phone Marilyn: 03 4890306.

**What is your fondest memory?**

Ray has very happy memories of raising his family with his late wife. She was a Ward Sister but really "a big softy". Bringing up his children with her and seeing what a beautiful home she made and how much fun they had together doing things including playing Bowls, brings a big smile to his face. When he met her, he was working 60 hours per week working in the building industry in the country. He played cricket up till when he was about 37 and once scored a 50 that got in the paper when he was younger. It was hard work he said working outside, but there was plenty of banter and the building guys looked after him.

Ray's son lives in Australia and his daughter in Central Otago. Bringing up the kids, there were clear boundaries and his daughter remembers dad being strict. For Ray it was doing things together as a family that cemented them together as a strong family unit. They enjoyed life and he loved it.

**What brings you comfort?**

Good neighbours he says. He has a big interest in international cricket and rugby so he loves to watch that. His glasshouse is also a great source of comfort as he grows many tomato varieties and he "only gives them to people he likes". Then in the evenings he enjoys watching programmes on telly about history and he finds the quiz shows quite entertaining because "they keep the brain going". Then there are the cemetery visits where he tends to his late wife's

grave and his young daughter's. He likes to keep it tidy and spend time there. Every week he phones a very good friend who he used to play cricket with. They chat about politics and any topic of interest and enjoy a good yarn. His daughter comes round when she can and he loves to see her. A fellow Bowls player started lending him books, mostly about history. Ray says he still has so many to read. Who has time to be bored?



Above - World Elder Abuse Awareness Day 15 June (runs week till 22 June)  
Staff and Octagon Club members acknowledging the day at the Dunedin offices and enjoying a lunch.

Below - Hostess Angela on the left with the Octagon Club members.



**In my view, my role as the Social Connections Team Leader is one of the most rewarding roles anyone could wish for.**

Everyday I have the pleasure of knowing that I have made some difference in many people's lives. I am able to offer friendship and companionship to older people by introducing them to one of our amazing volunteers. Without our volunteers the Accredited Visiting Service (AVS) would not be able to operate. Our older people state they are happier, and less lonely because of their volunteer visitors. We all know we have done a great job when we hear this.

I am grateful that I have a job that I love!

Kind regards,

*Tristan Kavanagh*

Accredited Visiting Service (AVS)



**Play Instruments**

The wonderful Eukelele group meets every Monday at 9 the Octagon Dunedin from 1-2 pm.

Pop in to see what they sing and how they play! It's good fun.

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**Your direct line to ASB.**

If you're 65 and over, call our priority line.  
**0800 272 119**

**ASB**  
ONE STEP AHEAD





## Home Trades Services



Well, the Home Trade Services in Dunedin has been going great guns! Currently we are getting between 8 and 12 calls a week from seniors needing a trusted tradesperson. Seniors that just want a tradesperson to return their call, without needing to chase them.

Over the summer the need for gardeners was our biggest request. All the gardeners I have were

booked solid for over a month, or unable to take on more customers. What a fantastic position for our local small businesses to be in.

It does mean we are always on the hunt for more gardeners for next spring/summer to try and meet this demand.

Now with the winter upon us the gardeners have spaces in their diaries again. So please do give us a call if your garden needs a bit of TLC. We also have tradespeople that can help with winter issue leaking roofs and heat pump servicing and repairs.



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:

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- Handymen

- Plumbers
- Builders
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- Pet care
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AGE CONCERN OTAGO

Please call us at 03 477 1040 or 0800 652 105

email us at [reception@ageconcernotago.co.nz](mailto:reception@ageconcernotago.co.nz)

## Toward a Neurology of Loneliness - Associate Professor Yoram Barak

Based in part on the article by: Stephanie Cacioppo, University of Chicago. Psychol Bull. 2014

Social isolation has been recognized as a major risk factor for morbidity and mortality in humans for more than a quarter century. The brain is the key organ of social connections and processes, however, and the same objective social relationship can be experienced as caring and protective or as exploitive and isolating. There is a large body of evidence demonstrating that the perception of social isolation or loneliness impacts brain and behaviour and is a risk factor for broad-based morbidity and mortality. However, the causal role of loneliness on neural mechanisms and mortality is difficult to test conclusively in humans.

Mechanistic animal studies provide a lens through which to evaluate the neurological effects of a member of a social species living chronically on the social perimeter. Experimental studies show that social isolation produces significant changes in brain structures and processes in adult social animals. These effects are not uniform across the brain or across species but instead are most evident in brain regions that reflect differences in the functional demands of solitary versus social living for a particular species.

For more than a quarter century, epidemiological studies have noted an association between objective measures of social isolation—typically operationalized as being unmarried, having less than monthly contact with friends and family, and or having no participation in organizations, clubs, or religious groups—and health outcomes. The most common explanation for this association is the social control hypothesis, which posits that interactions with friends, family, and congregations incline better health behaviour, which in turn decreases risks for morbidity and mortality.

Investigators in psychology and the neurosciences over the past 15 years have also addressed the association between social isolation and health. In addition to examining objective measures of isolation, as in the epidemiological literature, investigators in these areas have typically measured isolation in terms of the person's perceptions of being socially isolated. The notion underlying this approach is that the brain is the key organ of social connections and processes, and the same objective relationship can be experienced as caring and protective or as callous and threatening. Consistent with this notion, the number and frequency of contacts with others is not as important a predictor of feeling isolated as the quality of the social relationships. Objective social isolation can contribute to perceived loneliness, but individuals can feel lonely in a marriage, friendship, family, or congregation. In addition to the nonsalutary nature of

some relationships, the consequences of objective and perceived social isolation can differ due to individual differences in the extent to which individuals choose to form and maintain social relationships—variations that have often been analyzed in terms of broad personality traits, such as introversion. However, introversion rarely emerges as a strong risk factor for individual outcomes such as broad-based morbidity or mortality; rather, the most toxic mental and physical health effects were found to be associated with perceived isolation and loneliness.

The causal role of loneliness on neural mechanisms and mortality is difficult to test conclusively in humans. Mechanistic animal studies are needed to evaluate the causal effects of being a member of a social species living chronically on the social perimeter, deprived of mutual assistance and companionship. There is no animal literature on perceived loneliness per se, but there is a large literature in which social animals are randomly assigned to either normal social living conditions or socially isolated living conditions.

Members of many species need the aid and companionship of others to survive and prosper. Animal studies of social isolation are an important complement to human studies because randomization and experimental manipulations of isolation in humans are limited in intensity and duration by the possible damaging effects, and the manipulations and measurements of brain structures and function that are appropriate for human studies limits the mechanisms that can be investigated. A closer integration of human and animal research would help overcome these limitations. The integration of human and animal research also holds promise for the development of biomarkers and more effective interventions for loneliness to improve well-being and to mitigate the deleterious behavioural, neurological and health effects.

The development of effective interventions for loneliness is still needed and is a timely goal given increasing prevalence of social isolation in industrialized countries. According to the U.S. Census Bureau, about 31 million Americans were living alone in 2010. By 2050, the U.S. Census Bureau projects this number to range between 43.2 and 57 million Americans. Unfortunately there is indirect evidence demonstrating similar trends in New Zealand.

Given an aging population in New Zealand and the rise in the prevalence of perceived isolation, the integration of animal and human studies of isolation to determine underlying mechanisms and treatments is needed now more than ever before.





## Waitaki

Jody Macdonald, Social Connections Coordinator  
027 353 2874 / NthOtago@ageconcernotago.co.nz

We had a wonderful inaugural winter morning tea at the St.

John Rooms in Kurow. 13 lovely ladies joined us for a

fun morning of Bollywood dancing with Gail Shephard and Rachel Gard. The group also received beautiful bindi (head jewels) for our dancing. Indi Gard pulled out the best Bollywood moves and won herself a colourful scarf, and we enjoyed morning tea and a chat afterwards.

Thank you to my wonderful volunteers for a delicious morning tea. Next one is Thursday 24th June (last Thursday of every month). Everyone welcome.



Don't forget Steady As You Go classes are offered at the Kurow Presbyterian Church every Monday at 2pm! Essential for anyone getting a little unsteady on their feet, or to build strength and mobility in general. And please get in touch if you are interested in playing Euchre (or helping us start it up), or for information about any of our activities in Kurow.



Steady As You Go at Weston Community Church, Wednesdays at 1:30

**The Waitaki District Libraries are offering classes to help you get the most out of your smartphone or other device like a tablet or a computer.** Start with a beginner course (2 hours) where you will learn things like "what is mobile data and what is wi-fi?", "what is an App?", and how to stop your phone from falling asleep after 10 seconds!

This is complemented by 1-to-1 drop-in sessions to focus on your key issues. Following the beginners' class you can choose from topics like setting up a new phone, organising your photos, Facebook and social media, online banking, and more. Classes are scheduled based on interest, so please ring Debbie

Price-Ewen, Lifelong Learning Librarian at 03 433 0842 or 027 292 1275, for more information, or pop into your local branch library.

Our new Van Coordinator Fiona has been keeping up the tradition of variety and fun with our Sunday Outings, including a special ANZAC Day Ramble to visit memorial sites around the area. Sunday Outings are open to anyone aged 65 and above, even if you are still driving. You just need to be able to get in and out of our van with a little help. "Staying Safe", a classroom-based refresher course for older drivers ran very successfully in May, with strong attendance in both Oamaru and Kurow. It is a great way to brush

up on your rules of the road and how to be safe, learn about changes, and help you review your own driving habits! We will run these classes again in the future, so let us know if you are interested.

## Singing is good for your health!

Does a beautiful sunny day make you break into song? Can't help joining in with your favourite golden oldies on the radio? People love to sing because it makes us feel good, regardless of how tuneful we really are!

But did you realise that singing is scientifically proven to be good for our physical and mental health? Singing increases the amount of oxygen in your blood and using your respiratory muscles when singing may help with lung and breathing conditions. Studies have shown that people with dementia and Alzheimer's can remember song lyrics more easily than other words. Singing may also relieve stress and help stimulate your immune response to fight off infections. And singing with a group brings the added benefits of social connections and having fun with other people.

So many reasons to come along to Social Singing Oamaru! Sally Randall will lead you in song, accompanied by a professional guitarist. You will sit in a circle to sing some familiar songs with word sheets, learn new songs by call and response and create harmonies singing rounds, canons, and companion songs. Come along and sing for the fun of it!

Monday mornings 10-11:30 at the Orwell Street Church Hall. Contact Sally at 03 434 9396 or socialsingingoamaru@gmail.com for details. Supported by Age Concern Otago.

Finally, a big thank-you to everyone who has taken out membership in Age Concern Otago, or renewed their sub. We really appreciate your support for our services.

**Caitriona Prunty** Waitaki Coordinator



## Hibernation season!

Yes, winter certainly comes with its own unique challenges, and the Healthy Lifestyle Team at Sport Otago know that it can make keeping active and eating healthily tougher than at other times of the year. Gardens are dormant, footpaths icy, and the days are short. But it is not all bad...



Frosty mornings can become your best friend! Frost in the morning is usually followed by a sunny day. Now the heat that it puts out is not going to knock your socks off – it is enough to take away a frost, but a decent jacket and beanie will usually do the trick (gloves optional). Sunlight is a great source of vitamin D which is essential for optimal health (osteoporosis, depression, muscle weakness) so try make the most of it when it does come out.

Food provides us with great comfort, and it is amazing what you can put (or hide) in a soup or casserole. It is so important to pack in all those vitamins and minerals to keep us going over the cooler months. Keep in mind that if you are not able to be as active as you usually would be, our portion sizes and not over-eating becomes even more important. A few tricks for the heavy handed are eating from a smaller plate, eating slower with no distractions, or having a decent glass of water with meals.

Naturally, there are going to be extended periods of time where you are unable to get outside to be active. I bet you can see where this is going... There are many ways to remain active indoors and the Healthy Lifestyle Team can provide free individualised support for this. Whether it is support around movement and physical activity, finding a community group that is appropriate, or advice around positive eating habits we are here to help. Mention it to your GP/nurse, self-refer on the Sport Otago website, or give us a call on 03 474 6350 and ask to speak the Healthy Lifestyle Team for more information.

**Chanél Pienaar** | Healthy Lifestyles Manager



Changes to banking services

The way we're banking is changing. That's mostly because banks are phasing out cheques and closing some branches. The banks are encouraging us to bank online or use their mobile phone banking apps. That's not great news for some of us who cannot, or prefer not to, change the way we've always done things. The good news is that there are still other ways of banking that don't involve computers or mobile phones.

Banking options for those who can't bank online

Customers who prefer not to use digital banking, or who cannot, can still:

- Phone their bank seven days a week to speak to someone. In most cases automated telephone banking is also available.
- Use ATMs for cash withdrawals, deposits (smart ATMs only) and other account transactions.
- Use branches for most transactions.
- Use direct debit authorities to allow businesses you pay regularly to withdraw what you owe them from your account. Direct debits provide a useful alternative to cheques for regular payments such as monthly bills. They only need to be set up once and the bill payee can help you with that. Payments are made subject to available funds on the due date, so you never have to miss a payment.
- Set up automatic payments for regular fixed-amount payments, for example donations to charities. Your bank can help you set up automatic payments.

How banks are helping older customers

Most banks have a priority phone service for older customers. Some have a dedicated phone number for older customers, and others automatically direct your call to the priority service when you call their main 0800 number. See the banks' phone numbers below.

Banks offer a range of information and education services for customers who would like to learn about banking online and on mobile phones.

Banks are also proactively contacting customers who regularly use cheques to talk to them about other ways to make payments. When branches close, banks will contact customers who use the branch regularly to discuss other options with them.

Why cheques are being phased out

Fewer than one per cent of bank customers today regularly use cheques. Many merchants and government agencies no longer accept cheques. For example, you cannot generally buy groceries or petrol with a cheque, or pay a tax bill for that matter.

The move to digital payments is driven by customers who prefer the convenience and safety of online payments, direct debits, and automatic payments.

Branch closures

Banks are closing some branches. That's because customers prefer other ways of banking and some branches are no longer sustainable. In some cases there may be fewer than ten customers a day in those branches.

Switching banks is easy

If you're not happy with your bank it's easy to switch to another bank. Your new bank can make all the arrangements within five working days. You don't even need to talk to your old bank. Your new bank will transfer your money to your new accounts. Importantly, they'll also make sure that any recurring payments (e.g. direct debits, automatic payments, and bill payments) are linked to your new accounts, so you won't miss any payments. You only need to sign one form to authorise everything.

Talk to your bank in the first instance.

If you have any questions about your banking options, your bank will be happy to talk through your options.

Bank phone numbers

ANZ 0800 269 296 ASB 0800 272 119  
BNZ 0800 275 269 TSB 0800 872 226  
Kiwibank 0800 487 888  
Westpac 0800 400 600

From the New Zealand Banking Association



- > Great quality dentures and dental repairs
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- > Friendly service
- > Insurance and WINZ quotes



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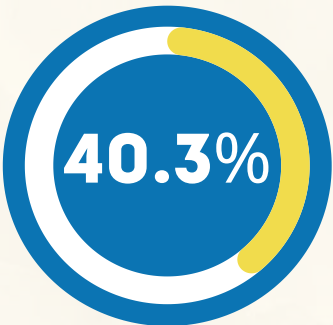
0800 367 120  
83 Crawford Street, Dunedin

OTAGO  
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Incorporating Ace Dental Laboratory

FINANCIAL FUTURE  
MEMBER SURVEY 2021  
RESULTS



4500 Seniors surveyed - wide Otago region - March 2021



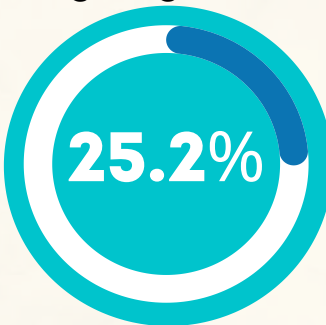
CASH OUT FROM  
SUPERMARKET/  
GROCER

Safety reasons and  
convenience.



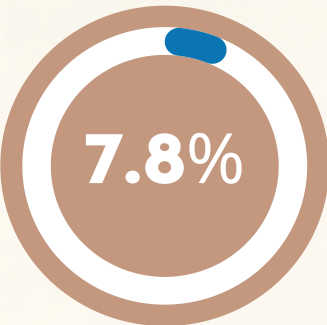
FAMILY GETS  
CASH OUT

Due to lack of  
mobility or other.



GOES INTO  
BANK TO DRAW  
CASH OUT

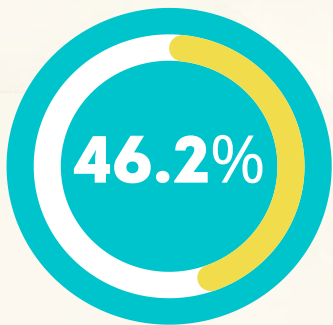
Instead of using the  
ATM.



USES CASH  
THEY HAVE  
AT HOME

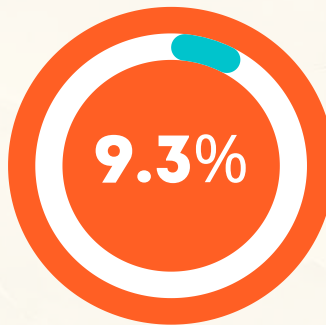
And like to keep  
enough on hand.

Cheques have phased out. How are Older people adjusting? Many use the Telephone banking option if they do not have a computer /smart phone. For some there is a need to learn digital literacy skills. A smaller number is unsure or anxious about what to do, they fall largely in the 80+ year old age bracket.



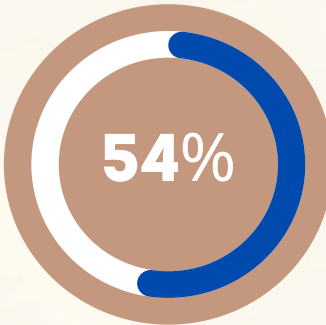
FEELING OK  
ABOUT  
CHANGES

Have made  
adjustments and are  
doing well.



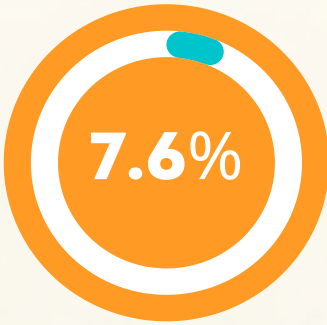
WORRIED/  
UNSURE ABOUT  
FUTURE

Are not sure what to  
do and are feeling  
anxious.



USING DEBIT  
OR CREDIT  
CARDS

Do not need help.



NEED HELP  
WITH ONLINE  
BANKING

Have family or  
friends to assist or  
wish to learn.

Smartphone course: 69 are interested  
and most of them have signed up.

48 would like to learn more about  
computers or mobile devices.

49 expressed interest to learn more  
about online banking

'WE NEED TO KEEP UP, NOT THE  
BANKS DUMBING DOWN.'

Mr H.

'CHEQUES PHASING OUT SHOULD BE  
CONSIDERED ELDER ABUSE.'

Mrs S.

'I AM A SECRETARY OF A CLUB AND  
NO ONE WANTS TO REPLACE ME.'

Ms A.

AGE CONCERN  
OTAGO ADVISES  
MEMBERS TO  
TALK TO THEIR  
BANK IN THE  
FIRST INSTANCE.





## Insulation and Heating Appliance Subsidies Now Available

The Central Government's Warmer Kiwi Homes programme is entering its final year, so now is the time to take advantage of the subsidies that are available to help you have a warm, dry and healthy home.

**Insulation:** ceiling and underfloor insulation is available at NO COST for eligible households in Otago. The eligibility criteria are set out below. Do you think you may have some insulation, but it was installed more than 10 years ago? Top-ups of existing insulation are available if you meet the eligibility requirements below.

**Heating appliances:** Funding is available for heat pumps, woodburners or pellet fires for eligible households.

This programme is open to homes that have either NO fixed heating or NON-FUNCTIONAL fixed heating in the main living area. Only have an old open fire in the lounge? You may be eligible. Does your lounge heat pump no longer put out warm air? Old burner well past its useful life, or too difficult for you to maintain a fire physically? This programme may be for you. The heating appliance subsidy covers 90% of the cost of the appliance, up to a maximum of \$3300. You will be responsible for the remaining balance.

**Eligibility:** Check out the eligibility requirements below and see if you can receive assistance getting your home warmer and healthier. To access the

programme, call 0800 749 782 or use the simple online tool at [www.warmerkiwhihomes.govt.nz](http://www.warmerkiwhihomes.govt.nz).

Don't have a Community Services Card? You may be able to qualify for Warmer Kiwi Homes based on location. Enter your address in the tool at [www.warmerkiwhihomes.govt.nz](http://www.warmerkiwhihomes.govt.nz) and see if you are in a designated "warm up zone" for this programme. Note the warm up zones were expanded in late 2020, so if you were not eligible before it would be worth checking again.

You may also wish to see if you're eligible for a Community Services Card + Super/Gold Card combo if you don't already have one. Ring the 0800 on your Gold Card to inquire. For more information on these programmes and other healthy homes resources, go to [www.cosyhomes.org.nz](http://www.cosyhomes.org.nz).

### Eligibility Criteria for Free Insulation

- Owner-occupied home (no rental)
- Home built before 2008
- Owner has Community Services Card or a Super/Gold Card + Community Services Combo Card

### OR

- Owner-occupied home (no rental)
- Home built before 2008
- Home is located in a 'warm up zone'

### Eligibility Criteria for Heating Appliance Subsidy

- same as above AND
- either no fixed heating in main living area OR
- non-functional fixed heating in main living area
- \$3300 maximum available

## 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](mailto:reception@lesliegroves.co.nz)

Website: [www.lesliegroves.co.nz](http://www.lesliegroves.co.nz)



## 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*



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](mailto:dunedin@estateofgrace.nz)**  
**[www.estateofgrace.nz](http://www.estateofgrace.nz)**



# Central Otago - Age Concern Otago office

Age Concern Otago collaborates a lot to ensure older adults in the area are getting the best possible support. The picture is of the St Johns day in Wanaka, it is a great day with heaps of entertainment and delicious food. Recently they even had a Shetland pony, so we make sure our Wanaka clients know about the day and get transport there if needed.



We talk a lot about loneliness but to actually talk to someone who is lonely and see the huge negative impact is very powerful. The social days like the St John's day are so important when life changes and one partner may find themselves alone after a lot of years of marriage. People can find it difficult to re-enter the community as a single person.

Marie Roxburgh



## World Elder Abuse Awareness Day 15 June 2021

I have been in the role as an elder abuse response worker and visitor service co-ordinator for nearly two years based in Alexandra. Prior to that I was a front-line Police Constable based in Alexandra for 10 years. What surprised me with the change of role was how much elder abuse was prevalent and under reported compared to what I was familiar with. When

people ask me 'what is elder abuse'? I tell them it's situations like the grandson who won't pay rent, it's the daughter who won't pay back a loan, family who put pressure on them to change their will, taking advantage of someone older who needs help.

One in ten seniors will experience some sort of elder abuse and of that abuse 79% are family members, shocking statistics really. My role is to talk with them and see what solutions we can come up with together that might help improve the situation they have found themselves in; it could be enough that they have someone to share their thoughts with or possibly talk to other agencies such as medical or legal professionals through to Police.

It's great to be able to have the time to sit and engage with them, offering support at a time that can often be extremely distressing particularly if the situation involves family members or someone you trust.

This role has enabled me to talk to so many enjoyable older people in our community and hear the stories of their lives, their day to day struggles and get inside tips on how they have lived happily and healthily which is great. I am happy to be contacted by anyone who may be concerned about a neighbour, a friend or family member and have a confidential conversation about what is worrying them.



Toni Velenski



## LILLE Healthcare

# HOW TO CHOOSE CONTINENCE PRODUCTS

Problems with bladder control can increase as you get older, this is known as 'incontinence'. Many people may feel embarrassed and find it difficult to address the problem which can diminish the quality of life for those affected.

There is a range of easy-to-use products that can help, but it's important to choose the right one!

**Correct style** - The product needs to suit the user's lifestyle. There are pads that can be placed into underwear or pull ups that are an all-in-one style to be worn instead of regular underwear.

**Correct absorbency** - Pads and pull ups have different absorbency levels from light to heavy. It's important to have the right one to avoid overly moist skin and the associated skin irritation and infections. If you are wearing the pad and still have spillage then we will recommend a higher absorbency. If you are feeling reasonably dry, then it's the right one for you. Of course, the absorbency level you need can change over time.

**Correct size** - The continence product you choose must fit properly to avoid leaking and inconvenience. There are sizes to fit all body shapes. It's hard to

know which product will best suit your needs, which is why Lille Healthcare offers free samples for you to try before you buy.

Lille Healthcare has a wide range of products that can help you manage incontinence. If you require further advice, contact a continence specialist, nurse or doctor, or visit our online store for more information.

**Properly managed incontinence improves independence and confidence, making everyday life more enjoyable.**

*editorial supplied by Lille Healthcare NZ*

## Texting FOR Seniors

- |                 |  |
|-----------------|--|
| <b>BFF</b>      | - best friend fell                               |
| <b>BTW</b>      | - bring the wheelchair                           |
| <b>TTYL</b>     | - talk to you louder                             |
| <b>BYOT</b>     | - bring your own teeth                           |
| <b>LMDO</b>     | - laughing my dentures out                       |
| <b>FWIW</b>     | - forgot where I was                             |
| <b>IMHAO</b>    | - is my hearing aid on?                          |
| <b>OMMR</b>     | - on my massage recliner                         |
| <b>ROFLACGU</b> | - rolling on the floor laughing and can't get up |



Our Lille Healthcare range includes pads, pants, adult diapers and underpads.

Lille Healthcare New Zealand offers a comprehensive range of disposable products suitable to manage all types and levels of incontinence. Our technologically advanced products are 100% breathable and hypoallergenic, ensuring optimum comfort, security and discretion.

## ORDER ONLINE for DELIVERY DIRECT TO YOUR DOOR

Our easy-to-use Lille Healthcare Online Shop provides the ability to buy continence products discretely in the privacy of your own home and have your package delivered direct to your doorstep.

Order now at [www.lillehealthcare.co.nz](http://www.lillehealthcare.co.nz)



# Let's not confuse retirement village living with home ownership

A housing crisis is gripping the country and every day we hear reports of New Zealanders losing out on their dream home, queues at open homes and 'standing room' only at auctions.

Owning your own home is seen by many Kiwis as a birthright, and despite recent Government announcements, property remains a popular investment choice for many people.

Retirement village living is also riding a wave of popularity with 100 people moving into a village across the country every week. However, in most cases, residents are choosing to sell their homes, release the equity and forgo home ownership in favour of a different model. The most common model is called "Licence to Occupy".

A licence to occupy means a resident purchases the contractual right to occupy a property such as a villa or an apartment at a village, but has no legal ownership of the property itself or the land. The purchase of this right to live in a residential unit is often at a substantial discount to the average price of a freehold property in that area.

In return, the village operator assumes the ownership risks for the property such as long-term maintenance, renovations, storm or earthquake damage, pays rates and insurance and continues to invest in the village by providing an age care facility, upgrading the common areas, or rebuilding units to appeal to a new generation of residents. These investments are made at no risk or cost to the resident.

In addition, 60% of villages fix weekly fees so the resident is insulated from any increases in rates, insurance, staff salaries, and general overheads. For example, village residents on fixed weekly fees won't worry about Wellington City Council's proposed 17% rates hike.

Many of our residents tell us they like the model because it provides them with certainty of costs. Unlike owning a home, they aren't exposed to risks. So why is this important? Well, just like a licence to occupy model is not like owning a home, it also means that in most cases, residents or their estate do not share any capital gains when the property is re-licensed to another resident.

Any 'gains' made on the re-licensing of units is used by an operator to off-set the risks of owning the property such as maintenance and necessary expenditure. The resident, with no ownership stake in the village, is not liable for any unexpected property costs.

Understandably, many of our residents recognise they can't have one without the other – either they can share the risk of ownership and the unexpected costs, or they forgo capital appreciation in the security of knowing they do not face these costs.

In my experience, the residents I talk to understand this. They are astute, they've done their research and due diligence and have, as is required by the law, sought independent legal advice before moving into a village.

Arena Living | Retirement Villages NZ | Peninsula Club



Editorial supplied by Retirement Villages Association

## Super Gold Card and AA Photo ID



After several inquiries from community I have confirmed that AA provide Photo ID via Gold Card update, although not an official form ID such as driving licence or passport. It does provide photo reference accepted by many agencies e.g. GP.

Steps to follow:

- Attend your local AA store with your Gold Card (is there any alternative access point if there is no AA near you?)
- Provide documentation typically a birth certificate, passport or drivers licence (expired or current)
- 2 house hold bills accounts/bills with your details on them
- Have your photo taken
- No cost and AA send the documentation to Super Gold administrators
- Approximate time is up to 10 working days for processing.

You can find more information regarding your questions at [https://supergold.govt.nz/info\\_for\\_cardholders/q\\_and\\_a#id-card](https://supergold.govt.nz/info_for_cardholders/q_and_a#id-card)

Annie Nevin | Social Worker Age Concern Otago

**Dunedin Line Dancing - 1.00 - 2.30pm**  
**Tuesdays with Chris, phone 027 600 3073**  
**Thursdays with Lynn,**  
**phone 487 8664 / 027 862 1808**

Line dancing is great for the body, for the brain, for enjoying moving to music and for just having fun. We cater for brand new dancers as well as those who have been dancing for a while. You are welcome to contact Chris or Lynn for more information, or just come along and join us at a class. We hope to see you soon.

**Come and join us at a class - 9 The Octagon**

## Disability Information Service has rebranded as Living Well, Disability Resource Centre.

**We have moved:** To Burns House, corner of George and Bath Streets, 10 George Street, Dunedin. With easy access on the ground floor, close to the Octagon, 30-minute parking on George and Bath Streets and two accessible car parks close by on George Street.

**Contact Details:** phone numbers remain the same:  
 03 471 6152 or 0800 115 891  
 Email: [info@livingwellcentre.nz](mailto:info@livingwellcentre.nz)  
 Web: [www.livingwellcentre.nz](http://www.livingwellcentre.nz)

**We are open:** Monday to Friday 9am – 4.30pm

**We continue to provide:**

- Free disability and health information and advice
- Assistive products, for sale and hire, to support independent living
- Continence product service
- Assessments for Total Mobility the half price taxi scheme
- Mobile Service covering the Otago region
- Specialist access advice and education

Come and visit us, we'd love to see you! Check out our new space and wide range of products and services available.



**Visit us at:**

Burns House, Ground Floor  
 Cnr George & Bath Streets, Dunedin  
 0800 115 891  
 Email: [info@livingwellcentre.nz](mailto:info@livingwellcentre.nz)

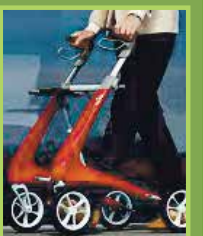
### BOOK SEAT

This book seat holds your book or tablet so you don't have to



### ULTRALIGHT CARBON WALKER

At 4.8kg this carbon walker is the lightest in the world



**UCELLO KETTLE**  
 Tilts on the base to safely pour your cup

editorial supplied by Livingwell Disability Resource Centre



## My Tai Chi Story

I first came across Tai Chi when I was in my late 30's and stressed by high school teaching and bringing up children. I was at an end of year function for a dance class I was attending when a woman did a Tai Chi demonstration for us. I had no idea what she was doing and had never seen such a thing but decided right then that whatever it was I wanted it! I started her classes and loved every moment. It was a peaceful time and made me very strong too. In fact, I did not realise how strong until I was invited to climb Taranaki. Having not grown up in the region I had not climbed the mountain in my youth and had some trepidation toward such a feat. I was stunned to find I had no problem at all. My legs, heart and lungs were all fine as well as my balance.

Tai Chi trained my body in other amazing ways as well. Once I tripped on the top step of a friend's terrace. I landed at the bottom of the six steps like a cat, crouched down on my hands and feet with nothing hurt. My body just 'took over' and did what it needed to do to land me safely. No wonder ACC used to call Tai Chi "a self defense against falls". Another time I was at a BBQ standing in front of an outdoor, open fire when a drunk guy slammed into me while I was holding a bowl of dessert in my hands. Again, my body took over and I remember having a sensation of "waking up" to find the guy being thrown to the side while I still standing and holding the bowl of dessert in my hands! Another time I fell out of a tree because I allowed myself to be distracted when I stepped onto the ladder. I knew I was falling and had no control, so I just relaxed. A witness said there were arms and legs going everywhere (to miss hitting the branches

and the ladder) and I landed safely on a patch of soft grass with the ladder to one side, not under me. The only mishap was a glancing blow to my head that caused a lot of blood but no brain injury. Luck? No, the Tai Chi had trained my body to defend itself and keep safe in times of danger.

Even my son had a taste of my Tai Chi when he was a teenager and cheekily flicked my hair. With two fingers and no effort I took his hand behind his back. He looked at me in shock. "How did you do that Mum?" I answered him that I had no idea. He never was cheeky to me again.



*Margaret Dando*

### Classes

**Dunedin:** 45 SAYGo Classes; 3 Aligned to Go classes; 16 Tai Chi classes

**Otago:** 20 SAYGo classes; 9 Tai Chi classes



**SCAM  
ALERT**

**We have been made aware of a scam involving people calling and saying they are from Age Concern, advising we are no longer accepting cheques as a form of payment and could we have their credit card details. The credit card is then being used to make unauthorised purchases. This is a scam, and we are not making calls of this nature.**

**If you receive a call like this, please do not give out your credit card details. If you have any concerns, or questions, you can call our office on FREEPHONE: 0800 652 105**

## Citizens Advice Bureau's volunteers are doing a marvellous job answering queries and giving free, independent, confidential advice and information.

6% of our calls in the last month have been from people 60-69 years, 9.5% 70-79 years and 4% 80 and over. The main categories we are responding to in these age groups are;

**Consumer** - Community Law Centres and other free legal advice, the Consumer Guarantees Act, Internet providers

**Legal and Government** - Lawyers, Access/custody/guardianship, Buying and Selling a house, Disputes Tribunals, Family Trusts.

**Community** - Doctors, , Passenger Transport, Trees, Venues for hire, People looking for a community group.

**Finance and Benefits** - Income support enquiries, Life insurance, loans, Frauds and Scams.

Our CAB service in Dunedin is provided by 40 trained volunteers. Our volunteers are supported by a comprehensive knowledgebase and regular learning and development.

We provide free, confidential, independent information and advice to anyone. We help you to understand your rights and how to access services you need. We provide you with the confidence and support you need to take action

Kevin is live on Radio Dunedin 1305AM on a Tuesday morning after 11.00am news with a replay after the 9.00am news on Sunday. He talks mainly about consumer issues but has featured Scams both national and from local sources, Supermarket pricing pitfalls, Quotes/Estimates/breakdown of quotes, A local story on taking produce back to a supermarket, Cases either CAB local ones or Consumer NZ ones, Credit card surcharges on accounts. The aim of the show is to 'keep elders safe'.

**Anna Leslie** | Manager  
Citizens Advice Bureau Dunedin  
- Te Pou Whakawhirinaki o Aotearoa



Physical address: Rodgers House Ground Floor  
155 Princes Street Dunedin 9016  
Postal address: PO Box 5263 Dunedin 9054  
Freephone: 0800 367 222 | 03 471 6166  
Website: [www.cab.org.nz](http://www.cab.org.nz)

## Property Solutions for the Elderly

Estate Property Solutions is a Dunedin owned family run business that can assist you with all the details of an estate so that you don't have to. We don't just do estates but have a wealth of knowledge and can manage a wide range of services.

**Check out our website:**  
[www.estatepropertysolutions.co.nz](http://www.estatepropertysolutions.co.nz)

It's a great time of year to think about having a good clear out. We can help with house cleaning, decluttering advise or assistance. We can help you with rubbish removal, tidy up of garden along with any maintenance jobs around the house. Maybe you need some painting done we can do that too. We can do as much or as little as you need. Do you have a garage full of unwanted stuff? We can clear it out for you. Do you live out of town? No worries we are happy to do out of town work for you.

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

**Call us at Estate Property Solutions**  
**0800 00 11 26 or 027 878 9473.**  
**[info@estatepropertysolutions.co.nz](mailto:info@estatepropertysolutions.co.nz)**



### Deceased estate services Aged-care relocation Clean-up and repair service Hoarding clean-up

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

**Phone: 0800 00 11 26**  
**Email: [info@estatepropertysolutions.co.nz](mailto:info@estatepropertysolutions.co.nz)**  
**[www.estatepropertysolutions.co.nz](http://www.estatepropertysolutions.co.nz)**



## Senior Tech Event - 26 May

We would like to thank Mayor Aaron Hawkins for coming along and seeing first-hand how seniors are finding the banking changes and learning on-line digital literacy skills.



## Health promotion Digital Literacy is all the go this year!

June is always a time of reflection and future planning around health promotion programmes that Age Concern Otago run to improve the wellbeing of seniors in our region. This is always an interesting time as I evaluate what has been beneficial and what has not.

**The Staying Safe driving workshops and Independent Living Seminars** will continue throughout the region. These very successful programmes provide an opportunity for seniors to think of the future, be safe and sound on the road, plan a safer independent future. In the Central Otago region we will be trailing new nutritional workshops that can be delivered to senior groups

**Smart phone course:** the last six months has seen my focus mainly involved in writing and developing a seniors smartphone programme to assist people become more digital literate. This has been an interesting ride of learning even for me. Along the way I have increased my own confidence, knowledge and skills, now exploring more features of my phone that I had never considered using. It was planned to run six courses in Dunedin from Jan – June, this quickly changed to thirteen. They have been held regularly in our building, South Dunedin and Mosgiel with a course in Outram, Otakou Marae and Alexandra. It is exciting that we will be also working with the Otago University to evaluate our SilverTech programme plus the Digital Inclusion Alliance Aotearoa and Victoria University as we deliver Appy Seniors within our course.

I am proud to say that our SilverTech Smartphone courses will continue and be rolled out in the Dunedin wider community, South Otago and Central Otago region. I welcome on board our new tutors Leyton, Tina and Natalie in Dunedin also Sonia and Rosanna in Central Otago. We will be getting together to set the class schedules. These will be posted in events on our website or facebook page. **You can find us at <https://ageconcernotago.com>**

In partnership with four banks and other IT educators we held a very successful tech day as part of

TechWeek 2021 and there is interest to repeat this event in other areas. People attending were empowered to setup, start banking online and learn how to stay safer while doing so. Watch this space.

More and more each day we take calls and enquiries from people wanting to improve their digital knowledge on a device they have or just bought. Please contact us if you are looking for information on what is out there regarding learning and some tech support. We would love to hear from you if you have had either a positive or negative experience from a technical provider so that we will be able to recommend quality service providers in the future.

Stay warm.

**Kristen Beardsmore**

Health Promotion/Projects Team Leader  
Ph 03 4793054 | E [kristen@ageconcernotago.co.nz](mailto:kristen@ageconcernotago.co.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](http://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

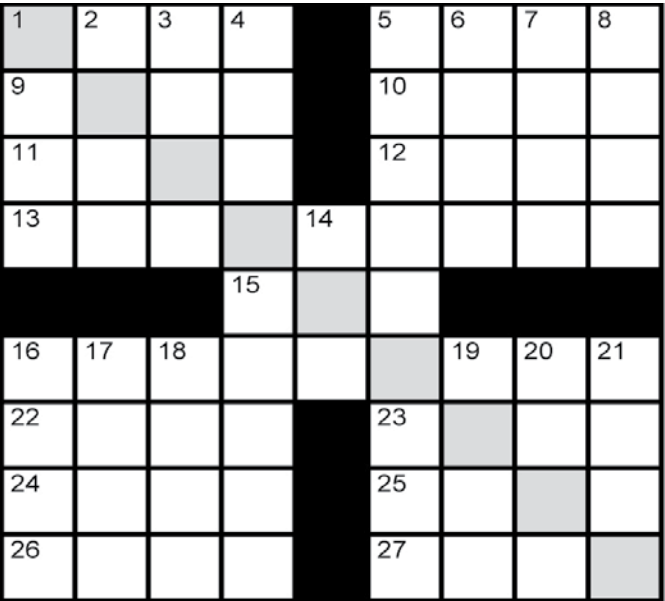
NORTH OTAGO (OAMARU) OFFICE

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.

Glamorous Kin of Coffee



Across

1. Pesky insect
5. Artist's inspiration
9. Lion's den
10. Snack often twisted  
apart
11. Site of the Taj Mahal

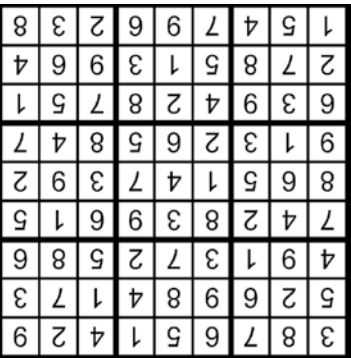
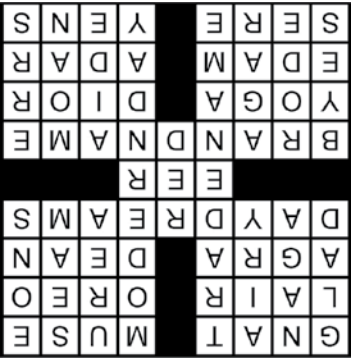
12. Campus V.I.P.

13. Flights of fancy
15. Always, in verse
16. Coke or Pepsi
22. Lotus position  
discipline
23. Last name in fashion

24. Wax-coated  
cheese
25. Sixth Jewish  
month
26. Bone-dry
27. Cravings

Down

1. Happy
2. Serpent of Hindu  
myth
3. Breezy
4. Product identifier
5. Characteristic of  
the present
6. Fertilizer chemical
7. Tailor's line
8. A long, long time
14. Danger color
16. Tournament  
passes
17. Went on  
horseback
18. Biology lab supply
19. Assistant

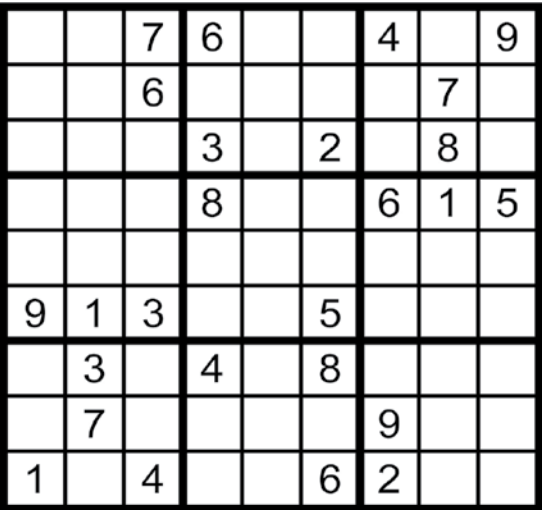


20. Complain
21. Commits a faux pas

Jury Duty search



How to solve sudoku puzzles. No math is required to solve a  
sudoku. You only need logic and patience. Simply make sure that  
each 3x3 square region has only one instance of the numbers 1-9.  
Similarly, each number can only appear once in a column or row in  
the larger grid. The difficulty on this puzzle is easy.





## From your Editor

Happy winter to you! I am Miriam and I have taken over from Kristen to look after the quarterly magazine since January. Thank you so much Kristen for your dedication and hard work over the years. Our members are grateful for all your contributions and the valuable information that was shared.

My professional background is primarily in sales, design and management. Being active in my local community is important to me: I'm on the Clutha Budget Advisory Trust as well as on the recently started Milton Opportunity Charitable Trust (Milton Op Shop+ to open in October).

When I'm not carrying out work for Age Concern Otago,

I run around in gumboots with my Saanen (milk) goats on my 12 hectare farm. Frankie my 4 year old dog usually comes with me on my rounds and rolls in the grass while I break fence the grass for the 2 Highland cattle.

Thank you for your ongoing support of Age Concern Otago! We are here to assist you and my colleagues have the biggest hearts and the highest dedication. Next time you see them, tell them thanks for all they do as they work very hard to help Older people living healthy, happy and dignified lives. Working at Age Concern Otago is not "just a job" - it is a choice.

Wishing you a winter in comfort.

*Miriam*



## Ever Lasting Gift

Have you thought about leaving a gift to support the future work of Age Concern Otago? To find out what we do visit [www.ageconcernotago.com](http://www.ageconcernotago.com)

Leaving a donation to Age Concern Otago will directly help older people enjoy a full life for more than your lifetime. Just imagine what it can do for future generations.

**Contact us on 03 477 1040 or  
E [agecon@ageconcernotago.co.nz](mailto:agecon@ageconcernotago.co.nz)**



**A BIG thank you  
to our funders  
(April - June)**



**Mercy Hospital Charitable Trust,  
Lotteries, Otago Motorclub Trust,  
Balance Agri Nutrients - Waitaki,  
Lions Club of Waiareka - Waitaki,  
RSA Bowls Alexandra District Club**



## 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:

☐ 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](mailto:agecon@ageconcernotago.co.nz)**