

Age Concern Otago

Celebrating Otago's older people since 1948



HEALTH edition

SPRING 2021

www.ageconcernotago.com



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From the Executive Officer



Spring – my favourite season. How wonderful to see new life emerging – lambs, calves and blooms. New life and new beginnings. Just beautiful.

Health and wellbeing is the focus of this spring edition of our magazine. Everything we do at Age Concern

is about improving the health and wellbeing of Otago's older residents. This happens in a variety of ways; from hands-on service provision to volunteerism, fundraising and advocacy on many levels.

I spend a fair bit of my time representing older people at various high-level meetings within SDHB, DCC, ORC, Waitaki District Council, Social Housing providers, Age Concern NZ and MSD. I also sit on various community level groups. While at times I feel rather like a 'meeting junkie' I think it is vital that the voice of older people is heard at all levels. I have been shocked during my time in the role at the absence of older people in conversations around mental health particularly. Mental health issues in the over 65s are hugely significant and yet completely under resourced. Similarly, Elder Abuse is often left out of the Family Violence narrative. Furthermore, NZ's new Healthcare Indicators have just been released and astonishingly none of them prioritise the over 60's. You can see the list at <https://www.health.govt.nz/new-zealand-health-system/health-system-indicators>. I'm sure you'll agree that this is unacceptable!! Equitable healthcare for all??? Better care for all NZers???

Be assured I will be working with Age Concern NZ to take these concerns to the very top. Age Concern Otago will also work alongside GreyPower on this. Some have referred to me as 'a dog with a bone' in the past and Age Concern Otago certainly won't be dropping this one!

Meanwhile, we do what we can, and we do heaps! Over 30,000 older people were supported to improved health and wellbeing in one way or another in the past year. This was possible due to the amazing Age Concern Otago team and 1000 exceptional volunteers. WOW!! Awesome job everyone.

Enjoy the wonders of spring everyone – that alone is great for the soul.

Take care,

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

PRIMAVERA

Botticelli's Primavera ("Spring") tells a story you read from right to left. Zephyr the warm west wind pursues the nymph Chloris (= juicy greenness as in chlorophyll). Flowers grow from her mouth. She becomes Flora, goddess of flowers. 190 flowers in the picture, of 130+ species. Venus (goddess of love) stands at centre, her son Cupid flits blindfold above her, shooting arrows of desire. The three Graces dance their ring-dance: good things exchanged are not diluted but increased thereby. Mercury admires the golden fruit overhead, which lead the eye back to the beginning... Mind you, nobody knows the exact symbolism. Anyway, ENJOY.

John Hale



Tuna pasta by Callum serves 2

Ingredients

250 grams spiral pasta
2 table spoons capers
2 cloves of garlic
1.5 teaspoon extra virgin olive oil
1 handful of rocket leaves

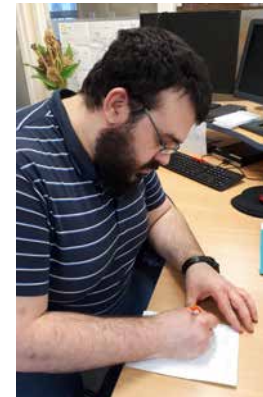
Instructions:

1. Bring water to the boil, cook the pasta
2. Slice the garlic
3. Simmer garlic, add capers (and other ingredients of your choice)
4. Once pasta is cooked, strain the pasta
5. Toss through the rocket leaves and the tuna
6. Serve with a smile. Enjoy!

Chef's recommendation:

Share this with your friends.

"A good recipe always needs to be spread around"



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Editorial supplied by Freedom Drivers



Meet Nola and Liz

Nola has two wonderful volunteer visitors through the Accredited Visiting Service, Liz and Karen. Both volunteers visit on different days of the week.

I met with Nola and Liz recently and asked Nola if the visiting service has made a difference, what she most looks forward to and what makes the relationships work with her two ladies?

Nola’s reply was “It is something to look forward to, we just click. Apart from Sundays and Mondays I don’t go out and it takes a bit to get used to living alone”.

I asked Nola if she would recommend the service to others and she said “most definitely”.

Liz has been a volunteer visitor for the past two years. She decided to become a visitor after being a Meals on Wheels driver and noticed that there were a lot of isolated people out there. Liz wanted to spend more time one on one with someone.

I asked Liz if the role was fulfilling, and would she recommend it to others? She was quick to reply “yes definitely”.

Liz said she feels it is a “two way thing with Nola, we talk about lots of things”.

Would you like to volunteer? Visit an older person who may feel socially isolated, and change their day.

Give me a call on 03 479 3058 or email: tristan@ageconcernotago.co.nz

Tristan



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Level 2 (0800 672 8736)
Philip Laing House

ORC Office Queenstown
1092 Terrace Junction 0800 ORBUSQT
Frankton (0800 672 8778)
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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.

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383 Highgate, Roslyn, Dunedin

rymanhealthcare.co.nz



Introducing Sue



Hello. My name is Sue Thompson and I've recently joined the wonderful Age Concern Otago team!

I have taken on the role of Specialised Support Services Coordinator! This means I am the Meals on Wheels (MOW) Coordinator, Reception /Phone and also our Home Trades Service contact person. All between 8:30 and 3pm Mon to Friday. I really enjoy the different interactions I have with so many people.

It is a varied role and has its challenges especially of late with Covid so close again. I do have a terrible sense of humour so please look out if you happen to be the recipient of it...the lovely Jenna was in this role prior so I hope to continue the great work she did.

In regard to MOW I can say: what a lovely bunch of volunteers we have. All 250+ of them. Many of you have stepped up hugely with your support to ensure our most vulnerable aged and unwell receive not only a meal, but a regular and friendly voice of someone who really cares. It could be your mum, your nana, your grandmother or father.

Not only that, but they will notice and act on any concerns they see or hear (or don't see or hear) going on.... So, thank you MOW drivers!!

Here's a picture of our newest driver, Wal O'Neil. Just another humble volunteer getting the job done.





OCTOBER 1ST

Day of the Older Person
Celebrate this day
with others.





HOME TRADE SERVICES

Get a job done around your home, or maybe you need a personal grooming service.

If so contact Age Concern Otago.

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- 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

Quick note on Home Trade Services, it's becoming more and more popular. Based on the feedback I receive from the clients it is great to hear about our wonderful trades and handymen, gardeners and others who are responding in a timely manner and doing a great job, too!!

We are recruiting firms to further meet the needs of our clients. Next month I hope to have some Home Trade stories. Watch this space!

Keep well and keep safe



Sue



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Waitaki Age Concern Waitaki Office. So much going on in our area...

Jody Macdonald

Social Connections Coordinator
Waitaki | 027 353 2874



Our Accredited Visiting Service continues strong in Oamaru with fifteen matches currently in place, and several more in process. Please contact us if you would like to be a volunteer visitor, or if you or someone you know would like some extra company. Visitors are assigned to visit their client once a week for about one hour. Some stay in for a chat, some prefer to get out and about. We ask volunteers for at least six months' commitment to allow for continuity. A wonderful way to give back, and perhaps make a new friend! We also welcome new volunteers to help run Tuesday's Gentle Exercise and Afternoon Tea usually on a weekly or fortnightly basis.



Enjoying a well-earned cuppa after
Gentle Exercise class

Social Connections Coordinator Jody Macdonald continues to ramp up the activity in the Upper Waitaki area. A big thank-you to Waitaki District Council (Community Resilience Fund) who funded this initiative for the first six months. Monthly morning teas are a regular favourite now in Kurow, and



Information session at Omarama

Housie is a new hit in Omarama, looks to be heading for upward of 30 participants across multiple age groups! Jody is full of ideas for new social connections especially with warmer weather on the way (we hope!).

Age Concern Otago's "Silver Tech" smartphone course will launch in Waitaki over the next couple of months, starting in Kurow. Learn how to use the different features and functions of your phone and build your confidence and skills. This course will sit nicely alongside the training already being offered through Waitaki District Libraries.

In late September the "Life without a Car" seminar in Oamaru will discuss ways to stay active and independent once we stop driving. We will also hold a workshop covering mobility scooters and safety, some time in Spring. We may offer another "Staying Safe" driver refresher course later this year, please contact us to register your interest. Sunday Outings from Oamaru are going strong! Enjoy an afternoon outing to a variety of destinations. All welcome (age 65+), inquiries to 028 406 3004 or NthOtago@ageconcernotago.co.nz. There is no charge for the van, although donations are very welcome! and you pay for your own coffee, lunch, or

whatever is involved in that week's outing!



Van Coordinator
Fiona Toms-Yarnton (standing in van)

Our Social Worker, Sharon McGregor, would like to remind everyone of how important it is to have your Will and Enduring Power of Attorney documents in place. We tend to think we will take care of this when the time comes, but unfortunately, that time sometimes comes sooner than we anticipate.

People are often surprised to learn that you must have an Enduring Power of Attorney in place to enter a rest home. It is a time-consuming process to manage when a person is already hospitalised or otherwise incapacitated and can result in someone taking up a hospital bed while they wait for the legal process to complete.

You will need to work through a lawyer or the Public Trust to set up an Enduring Power of Attorney. The Citizens' Advice Bureau at Community House in Oamaru (mornings from Monday to Friday) can also offer general information if you have questions about how to start this process.



Caitriona Prunty
Waitaki Coordinator



Sharon McGregor,
Social Worker

**Disability Information Service, previously at
Dunedin Community House, has moved and
now trading as**



Now located at Cnr of George and Bath Streets,
Ground Floor, 10 George Street, Dunedin.

Contact details: 0800 115 891 or 03 471 6152

Email: info@livingwellcentre.nz

Web: www.livingwellcentre.nz

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

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Being Self-Compassionate

We are all aware that many New Zealanders are struggling with wellbeing. Mental health is talked about in the media almost daily. So how can we give ourselves a break? Do you show compassion to yourself, speaking to yourself the same way you might speak to your best friend?

Self-compassion is something we can do for ourselves and practice each day.

Compassion is defined as an awareness of suffering, coupled with a desire to relieve suffering. Self-compassion is an act of noticing when you are struggling, recognizing that this is part of being human and being kind to yourself rather than beating yourself up.

Self-compassion consists of three elements: self-kindness, common humanity and mindfulness.

Self-kindness is exactly what it sounds like, being kind to oneself, like treating yourself as you would a good friend. Common humanity is recognising that suffering and personal inadequacy are part of being human. Mindfulness is entering a nonjudgmental state of mind and being receptive to all kinds of feelings at that moment.

Showing ourselves self-compassion can be important for our health and wellbeing, building resilience which can help us stand the challenges of life. Allowing us to weather difficult situations without sending us spiraling into self-criticism, blame or shame. To do this means to turn towards, rather than away, from challenging emotions and difficult situations. This will make us stronger and help us.

So how can you get better at self-compassion? Here are a few tips.

1. Check in with yourself throughout the day. Ask, "What do I need right now?" Maybe you need to take a break to recharge, a nap or a reassuring conversation with someone who really listens. Taking care of yourself is listening and addressing your needs.
2. Take note of times when you notice harsh self-talk or judgements about yourself. See if there is a pattern. Then ask, how have these harsh judgements helped me and what am I afraid of if I stop them?

3. Find small ways to be kind to yourself. Have a tea break, watch something funny (laughter is the best medicine) take a short walk, prayer or meditation. Rituals can soothe and nourish.
4. Take a course in meditation, mindfulness or self-compassion so you can apply it to your everyday life.



Remember self-care and compassion are not selfish. Times of anxiety and stress hit us all. If we can focus on what gives us positive meaning and makes us feel nourished it can ease those feelings and help us cope.

Take care and be kind to yourself.

Kristen Beardsmore

Health Promotion/Projects
Team Leader
Ph 03 4793054 | E kristen@ageconcernotago.co.nz



Volunteer role

Age Concern Otago are looking for Volunteer Tutors and Assistants to support older people gain confidence and increase their ability to use a Smartphone.

This is a rewarding role and you will be supporting our senior community to become more IT savvy. If you have experience in teaching or tutoring this could be just for you.

Our SilverTech Smartphone course is being delivered throughout the Otago region. The course is held over 4 weeks, 2 hours per session. The course includes introductory skills for seniors to communicate effectively using a smart phone, and become familiar with their device.

Do you live in the Dunedin, Mosgiel, Milton or Balclutha area?

If this could be you, get in touch now!
Phone Kristen for a chat 03 479 3054
or email kristen@ageconcernotago.co.nz

Tutor/Assistant requirements

- * Commit to a course delivery: four sessions, of two hours each over a consecutive four-week period
- * Good facilitation/teaching skills preferred
- * Reasonable confidence with a Smartphone and willing to learn course material
- * Ability to problem solve
- * Able to communicate knowledge to others effectively
- * Friendly, good sense of humour and able to relate to seniors
- * Patient, able to adjust your teaching style and subject matter as needed

Staying Safe driving workshops are coming up!



This Free course is open to anyone 65 and plus

- drivers familiarise with current traffic rules and safer driving practices
- increase driving knowledge and gain confidence

Older drivers have far less crashes, however are more at risk of being seriously injured and take longer to recover if involved in a crash. This is due to increasing physical changes as we age.

Thanks to the DCC, people who attend a Staying Safe course will also be offered a 30-minute on road coaching session. This includes a car fit, to ensure that you and your vehicle are set up correctly. Driving feedback is provided to enhance driving experience and confidence.

**To book a place or more information,
Phone 03 479 3054.**

LIFE TUBE could save your life!



Life Tubes

A life tube is a small plastic cylinder containing a completed medical and information sheet which is kept in the household refrigerator. The RED STICKER provided should be placed on the outside of the refrigerator. In the event of an emergency

Police, Ambulance, Fire Services or Doctor are called and are alerted by the RED STICKER to the fact that vital information is available inside the refrigerator. They could be a 'life saver' and are available for \$5. Phone 03 479 3054 for more information.



Kia ora. As I write this, we're all back in Level 4 lockdown, trying to contain the more dangerous variant of Covid-19 that has emerged since we last had to do this.

While many people in our community have become complacent in the months since, I know that for some of you the (understandable) stress of a global pandemic has never left.

This is what makes Age Concern more important than ever.

Thanks to the team of staff and volunteers for everything they've done to support our members, particularly when they're less able to get out and about.

We've done this before, and we can do it again.

Be kind to yourselves, and each other.

Mayor Aaron Hawkins | President

What sorts of situations is PHONE 105 for?

You can use 105 to report non-emergency situations online or via the phone, such as when your car has been stolen, your property has been damaged, or you want to give Police information about crime in your area.

The key message is that if it's happening now or just happened and there's a threat to life or property, call 111. If it's already happened and there's no immediate danger, use 105.



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September is "Wills Month" – which makes it a good time to put plans into place

Elizabeth Goodyear, Gillions Funeral Services

Going back into Lockdown has given us all a chill down the spine. Although we are more familiar with all that entails this year, the Delta variant has ramped up the anxiety levels for many.

In recent conversations with families – apart from talking about how devastating it is to lose someone during Lockdown - the subjects of funeral planning and wills have come up. These are my thoughts from a funeral director's perspective.

Questions about whether a will is in place is one of the first questions we ask when starting the funeral arrangement process. This is often where the preference for burial or cremation is stated, and it lets us know who the executor of the will is. When someone dies and there is a will in place, it makes it so much easier for all. As funeral directors, it is important we know who should give us instructions, and who will be taking responsibility for the arrangements.

Where there is no will, things can get complicated with the administration of the estate and the organisation of the funeral, especially if family members have different ideas on how they would prefer your life to be honoured.

Pre-planning your funeral is the next important step to help your family. Take some time to share your stories and let them know what you would like to do. Gather together your important documents, photos and precious keepsakes.

You might also like to think about setting up a pre-payment funeral plan with the Funeral Directors Association Funeral Trust, especially if you are going into residential care (up to \$10,000 is exempt from asset testing). This is a secure way of pre-paying towards your funeral and has many advantages; no health checks or personal questions are needed, you can pay in a lump sum or by regular instalments, the funds are available once the funeral account is finalised, any funds remaining will be returned to the estate and the money is held in trust so is very secure. An added bonus is that the plan is now "Fees

Free".

The friendly team at Gillions are happy to discuss the options and can provide you with a funeral planning pack and pricing guidelines. There is no cost and no obligation. Phone us on 03 455 2128, email support@gillions.co.nz, or pop in to our offices at 407 Hillside Road, South Dunedin.

editorial supplied by Gillions Funeral Services

Looking into Residential Care?

If yes, you might be interested to know that a pre-paid funeral of up to \$10,000 is excluded from asset testing

Now fees free!

Pre-planning a funeral lets you have your say and it makes it easier on your family too. If you're applying for residential care, there are significant benefits in pre-planning at the same time.

For more information contact the team at locally owned and operated Gillions Funeral Services today.



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Central Otago - Age Concern Otago office Nutrition



Nutrition influences our wellbeing. This statement isn't new: anything that is good for the heart is good for the brain. As you and circumstances change, you may lose a spouse, or your physical health may have declined, and cooking is just a drag.

This is when you can pick up certain foods and know that you are eating the right things to keep you well. I struggle to cook. My husband does all the cooking. When he is not there I either do not eat or buy fast food (which I know is bad for me). I try to have salmon or oily fish in the fridge. Sardines are a good source of fish oil and are still cheap enough. I also keep berries in the freezer. I love blueberries and when berries are in season, they are lovely, fresh, and cheap.

If you feel like a snack have some nuts around to chew on. Keep a salad in the fridge or a coleslaw and add this to each evening meal. Legumes are also a wonderful way to bulk up a meal. You can pick up a cooked chicken from the supermarket and this could last for two meals and even a lunch.

Try and stay clear of saturated fats like butter, cheese, and fried foods. Once a week should be the maximum, use olive oil instead. This may sound boring, but once you start eating these fresh light foods your body will respond very quickly and you will see improvement fast. I am sure most of you do eat a well-balanced meal but for those of us that do not enjoy cooking: make sure you have the mentioned brain foods in your pantry and fridge.



Marie Roxburgh

Elder Abuse

As we now face the difficult situation of restrictions back in Level 4 and 3 lockdown please be aware that there are people to talk to if you find yourself having difficulty coping with a situation you find yourself or others in.

Awareness is a key word that I want to point out in regards to elder abuse. Awareness that it may be happening to you or someone you know, awareness that there are people you can talk to who can discuss options to help.

Definition:

Elder Abuse and Neglect is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.

This covers all areas such as physical, financial, psychological, sexual including scams.

One in 10 older persons in New Zealand are a victim of abuse so please don't look away and think what you are dealing with or seeing isn't that big of a deal. It is a big deal and it is not okay. Tell someone. The government also allows people to break their bubble in Level 3 and 4 if they are unsafe in their current situation.

Also don't assume it doesn't happen in our community, as it does. Just recently published in a local newspaper we read about an elderly person in Alexandra who had approximately \$90,000 taken without permission from her bank account by her granddaughter. I have also worked with Police on a referral where an elderly person had been taken advantage of by their power of attorney.

It's not that we are too trusting but that too many dishonest people take advantage of others.

In Central Otago, the numbers below are there for you to ring and talk to someone today, now, even though the different lockdown levels:

Elder Abuse Helpline

0800 3266865

Central Lakes Family Service

0508 440255

Age Concern Elder Abuse

Response Worker

03 4487075

New Zealand Police 111

Toni Velenski

Central Otago Elder Abuse Response Worker

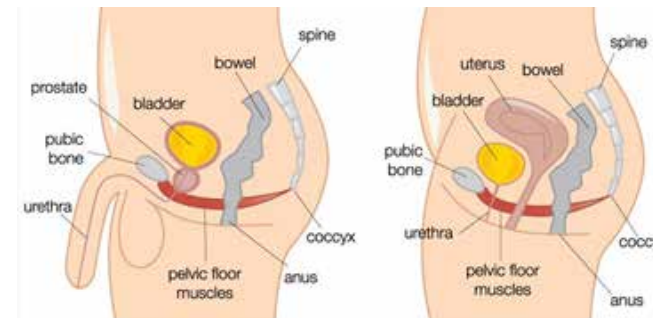


Pelvic Floor Muscle Training

The group of muscles that you most probably never think about.....until they stop working. The Pelvic Floor.

Topics like incontinence, prolapse and sexual disfunction are often seen as taboo. But these conditions are part of an important health conversation, especially as we age. I hope you might learn a couple of things reading this article. To have a better understanding of these conditions and debunk the taboo!

The pelvic floor is a group of muscles that attach to your spine and hip bones. They contribute to the stability of the spine and pelvis, which is important for balance. They are part of your deep abdominal structure that includes the diaphragm, abdominals, and small back muscle, multifidus. They are also the structure that supports the pelvic organs, bladder, bowel, and in women the uterus. As you can see from the picture these organs function through the pelvic floor muscles. Making the pelvic floor also responsible for the emptying of the bladder and bowel, as well as sexual function in men and sexual sensation in women.



Right, so now we know the what and where. Now how it affects you. The pelvic floor is muscle just like biceps or the glutes. As we age muscles weaken and become thin if they aren't strengthened with specific exercise. When this happens to the pelvic floor muscles our ability to control the emptying of the bladder and bowel decreases, causing urinary and faecal incontinence. Also, the support of the pelvic organs to stay within the body decreases, causing pelvic organ prolapse. These conditions are common, with urinary incontinence affecting 1 in 3 women, faecal incontinence affecting 1 in 12 people, and 50% of women over the age of 50 experiencing some degree of pelvic organ prolapse. Men who have had prostate surgery may also experience

urinary incontinence due to the valve (sphincter) in the bladder neck being damaged and the pelvic floor being weak.

Good news: you CAN protect yourself and treat these conditions with pelvic floor muscle training. You may also have heard this being called Kegels. This is an easy and effective way to strengthen and bulk up these muscles. And best of all, it's FREE! It is so easy I'm going to talk you through one Kegel. Please excuse my technical terminology for this next bit.

The exercises: if you can, imagine you need to wee, but you can't and you're in the car. You're holding on, aren't you? Good! Then imagine you need to break wind, but you can't as you're in a lift. Goodness, now you're really holding on! Great!

Now this bit is for us girls. Think about your vagina, from the part closest to your underwear all the way up inside, to your tummy button, squeeze.

Not forgetting the boys, this part is for you. Think about lifting your testicles up inside, to your tummy button and holding. If you are holding all three of these areas right now, excellent! But I hope you're breathing too. All of these three areas are pelvic floor muscles. Squeezing and holding these muscles, is doing a Kegel.

If you can, try and hold one of these squeezes for 8 seconds. If not, that's ok, you now have target to aim for. As we do need to wee and break wind at the right moment, it is important to remind these muscles to relax. So, relax these muscles for 5 seconds. Repeating the hold and relax 8 times will take you roughly 1 and half minutes and is called pelvic floor muscle training.

Incontinence is not a normal part of ageing, and with physiotherapy and pelvic floor muscle training, it can be treated. Don't suffer in silence.

If this article has raised any questions or concerns for you or those around you, please talk to your GP or your nearest Women's Health Physiotherapist. The Dunedin Hospital Physiotherapy Department, the Otago University School of Physiotherapy and The Core Centre offer pelvic floor physiotherapy in Dunedin. Alternatively, you can find further information about this topic online at www.continence.org.nz or www.pelvicfloorfirst.org.au.

Jenna Paton | former Octagon Club Gym Instructor, Receptionist and Meals on Wheels Coordinator

Fashion! Enjoying life with Style

While in lockdown, there was no need to dress up. Now that we are dropping levels you may want to celebrate Spring in earnest. Iris Apfel turned 100 and let's wish her a very happy birthday!



I vividly remember seeing a mature lady getting off a bus a very long time ago. There were nudging elbows, whispers and some sniggers at this lady's bright purple rain coat accompanied by an equally purple jaunty rain hat. Didn't she look ridiculous? No, I thought she looked amazing and mentioned this to my fellow passenger. Shining bright in a sea of beige, light-brown and mauve (the general choice of colour in the older person's wardrobe at the time) she was a beacon of strength and inspiration.

My grandmother was a grand lady. Quite the Chanel flavour and definitely strong on the pearls and intricate brooch. Up until her final days she insisted on her lippy and had no inclination to leave us without telling us exactly what she thought. I absolutely adored her.

In a recent article in the NY Times, I discovered that younger people have taken up the trend to look at timeless fashion, classic lines and are basically dressing like a new version of 'Thursday throwback'. Dressing like older people is "so hot right now". Check it out yourself on Instagram. (For how to download Instagram on your phone contact Kristen, all her

smart phone courses are filled up till the end of the year.)

And CNN mentioned a couple from Berlin who have taken the world by storm: Britt Kanja and Günther Krabbenhöft. They each have an Instagram account as well (search by their name)



In any case: why is there such a thing as fashion? Humans for some unfathomable reason are not naturally kitted out with colorful plumage so we have to fling something on. If you have any sense of fun and even better, pizzazz, do us all a favour and share that unique canvas with the world. The best fashion advice is: be clean, dress crisp, remember your layering and don't go overboard with the accessories. Have fun!

Miriam



Book review

Kākāpō Keeper **Gay Buckingham**

From Dunedin to Fiordland in 1894.

Kākāpō Keeper

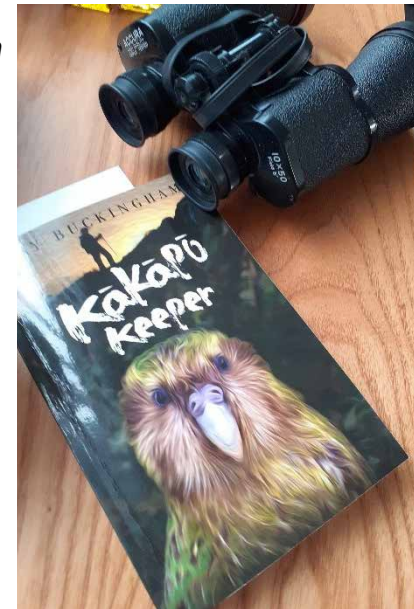
is a rollicking adventure story which introduces children to New Zealand's history, environment and wildlife. Written by local writer, Gay Buckingham, it is the story of fourteen-year-old Andrew Burt who, in 1894, leaves his secure Dunedin home to live in remote and dangerous Fiordland. He is there to help Richard Henry attempt to save kākāpō and kiwi from the newly arrived, fiercely menacing stoats, ferrets, weasels, rats, dogs and cats.

Andrew doesn't just catch birds, however, he must learn how to sail a boat, build a house, cook on a camp oven using limited supplies and develop a garden – all while enduring Fiordland weather and being attacked by sandflies.

When wearing one of her many other hats Gay Buckingham has been great supporter of Age Concern Otago. She has provided solid advice and information regarding tenancy issues and the needs of older people, to our social workers.

This is the sort of book many children would benefit from reading (as well as natural history Andrew learns important life lessons), and then enjoy discussing with their parents or grandparents. Her book has appeal at a time of uncertainties, change, generational distancing and fundamental practical challenges.

Kākāpō Keeper can be purchased at the University Book Shop in Great King Street, Dunedin.



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

It's here!

The Coffin Project

Build your own Coffin!

– Here's how.....

Age Concern Otago in partnership with Bunnings Dunedin and the North Dunedin Shed Society offers you an opportunity to build your own coffin.

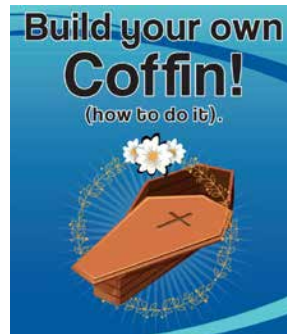
- Get family members involved to work alongside you with guidance and assistance from experienced and caring volunteers at the North East Valley Shed.
- Personalise your life's story on your coffin and ask friends and family to help decorate it.
- Construction materials are provided courtesy of Bunnings and the NEV Shed.
- Painted, stained, or varnished – you choose.
- A donation towards construction costs, would be appreciated.

How and Where?

All construction is carried out at the North East Valley Shed, at 35 Bonnington Street, (just over the little bridge) off Norwood Street, North East Valley Dunedin, under supervision of experienced volunteers.

- Construction is estimated to take 6 half days over 6 weeks to complete.
- Transport and storage of your completed coffin will be your responsibility.
- Wednesdays and Saturdays are Coffin Project days at the NEV Shed.
- MDF timber, handles, polythene lining, screws and varnish/paint are provided.
- Morning or afternoon tea provided.
- Age Concern Otago will link you up to the NEV Shed and your Coffin Project starts from there.

For further information on this project, contact Age Concern Otago on 03 4771040 or email fundraising@ageconcernotago.co.nz



Ombudsman: The Banking Ombudsman Scheme



About Nicola

Nicola Sladden has been Banking Ombudsman since 2015. She has over 25 years' experience leading banking and health complaint services. Nicola has a law degree from Victoria University and a Masters of Public Health from Boston University. She

is passionate about resolving disputes early and preventing them from happening in the first place.

This year, the Banking Ombudsman Scheme has heard from a number of older people concerned about access to banks and bank accounts, particularly as branches have closed and cheques have been phased out. There are many other options for banking, including online, by phone, mobile apps, and by direct debits or automatic payments. If you need help, we advise the best place to start is by contacting your bank and asking what support they are providing. Banks are committed to helping to meet the needs of older people, and people with disabilities. Most banks have a priority phone service for older customers. Some have a dedicated phone number, and others will automatically direct your call to the priority service when you call their main 0800 number. Banks are also offering a range of information and education services about banking online and on mobile phones.

It's common for people to have shared financial responsibilities and it's important to notify the bank as soon as possible after someone passes away. Signing authorities and powers of attorney will no longer be valid, and a bank can only take instructions from someone authorised to act on behalf of the estate. Banks will freeze the customer's individual accounts, and joint accounts will usually be transferred to the remaining account holder's name. The loss of a loved one is a really difficult time, and banking challenges are the last thing people need.

We received over 70 complaints last year about deceased customer accounts, and some related to misunderstandings about who can access accounts and how. Complications can arise when one person is the account holder and the other a signatory. Signatories will no longer have the ability to operate the account.

If you have questions about your banking arrangements, contact your bank to ask about who owns, and who can access the account. If there is debt on the account, consider seeking guidance and making arrangements for that now to avoid future complications. See our quick guides on deceased customer accounts and account mandates on our website: www.bankomb.org.nz

Source: MSD SuperSeniors August newsletter

The Queen's Birthday Honours recognises the unique achievements of many great New Zealanders from all walks of life. Those who were honoured this year include Dr Linda Robertson who has served on the Age Concern Otago executive board for a significant time.

Dr Linda Robertson was named an Officer of the New Zealand Order of Merit (ONZM) for services to Occupational Therapy and seniors. She has worked in the field for 40 years and published the key text "Clinical Reasoning in Occupational Therapy" (2012). Dr Robertson has been an advocate for older people as a regional representative on the executive committee of the New Zealand Association of Gerontology (NZAG) for 15 years, being made a Life Member of the association in 2020 for helping develop and grow the Otago branch. She has also been a Board member of Age Concern Otago for 10 years.



Age Concern Otago & the Regent Theatre Sunday November the 21st 2021 at 1pm

*Sing your heart out
to music you know & love!*

**Free 65+ screening of the
"Sound of Music" at the
Regent Theater Dunedin**

- Free ice-cream, wine and chocolates
- Wonderful prizes for the best dress-up character
- Audience Participation Host - Hugh Spiers

**For Regent Theatre & Age Concern
Otago Volunteers + members.**



Book your seat now!

**REGENT
THEATRE**

**RSVP by phoning Age Concern Otago on 03 4771040/1
or by emailing: fundraising@ageconcernotago.co.nz**

RETIREMENT VILLAGES ASSOCIATION RVA RELEASES A BLUEPRINT TO TAKE US FORWARD

You may have seen some media coverage of the Commission for Financial Capability's (CFFC) White Paper that proposes a review of the retirement village legislation. In our view this proposal is misplaced, as the legislative framework protecting residents' interests in the village is both robust and world-leading. The beauty of the regime is that it permits a huge range of commercial terms that allow residents genuine choice about their village. Looking for somewhere that shares capital gain? There are villages that do that. Want the certainty of a fixed weekly fees? 60% of villages offer that. And so on.

However, we also recognize that there are aspects of the commercial terms, which are the focus of the CFFC's White Paper, that can create problems for residents, especially if units take longer to re-licence than expected and families have to wait longer than desirable for the repayment of the capital sum.

On 25 May 2021, at our Conference, the RVA launched a comprehensive blueprint to introduce a range of improvements in the industry. In particular, the blueprint includes providing residents with a stronger voice, strengthening the complaints process and working with the CFFC to monitor re-licensing times so best practice standards can be developed.

The RVA will also explore establishing an Ombudsman to hear and resolve complaints and invite an independent member of the public to sit on its Executive to represent residents' interests. Retired High Court Judge Hon. Dr John Priestly QC is already the independent chair of the RVA's separate Disciplinary Authority to look at complaints about egregious operator behaviour.

"The growth of our sector, the fact more than 100 Kiwis are choosing to move into a retirement village every week and the overwhelming satisfaction levels among residents clearly demonstrates that we have struck the right balance between robust regulatory oversight and effective self-governance," says RVA President Graham Wilkinson.

"However, we accept there is always room for improvement and refinement around certain practices as our sector and our offering evolves. This blueprint sets out the tangible and definitive steps we will be taking to achieve that goal."

As a first step, the RVA has invited the Hon Tracy Martin, a former Minister for Seniors, to be the Independent Member on the RVA's Executive Committee to ensure the residents' voice is heard at our Board level. We are delighted that someone with Tracey's mana and experience has agreed to take up the role.

As part of the blueprint, the RVA has agreed with the CFFC to survey all members annually to examine

emerging trends and work with members, residents and the Retirement Commissioner to design a best practice approach to re-licensing that reflects the reality of the local real estate market, yet ensures residents' estates do not wait an unreasonable period of time for a refund.

"We agree there is a role for continuously educating operators and residents about the re-licensing process and to encourage best practice including dealing with potential drawn-out re-licensing times," said Mr Wilkinson.

The blueprint also sets out plans to review Occupation Rights Agreements (ORAs) to address any perceived unfair terms or confusing clauses and ensure clarity around what the resident and operator are responsible for, in particular, repairs, maintenance and replacement of operator-owned chattels.

"We will work with our members, residents and the Retirement Commissioner to identify best practice for future ORAs which define each party's responsibilities, so that residents are not responsible for usual maintenance and replacement of operator-owned chattels, whilst protecting operators from bearing the cost of making good resident abuse or damage to chattels.

"Already some operators have moved towards this position and we anticipate the majority of operators will follow quickly."

The RVA has worked with the CFFC to develop best practice standards around the disclosure of information about residents' transfer to care and have called for these to be incorporated into the Retirement Villages Code of Practice.

"We also agree that the retirement sector can encourage best practice standards, as is illustrated by the sector actively encouraging operators to stop charging all fees when a resident moves out," says Mr Wilkinson.

"This is an example of education and market pressure. The practice was extremely rare 20 years ago, but today the majority of villages have adopted this practice and we expect more to follow, although this will always be a challenge for smaller and not-for-profit villages."

Last year, the RVA signed a Memorandum of Understanding with the Retirement Village Residents Association of New Zealand to work together on issues. These include guidelines on dealing with the media, ensuring complaints raised via either organisation are dealt with expeditiously and fairly, implementing a comprehensive village manager training programme, and regular meetings between both the RVA and the RVRA's Executive Committees.

advertorial supplied by the Retirement Villages Association

Taieri
Age Connect



Taieri Age Connect has now been up and running for more than 2 years and we are open every Wednesday between 10am – 1pm for a cup of tea, conversation and information.

Our goal is to offer a drop-in centre and a warm, welcoming environment for social interaction for seniors in Mosgiel. Many bring along their knitting and crocheting and the men just enjoy “putting the world to rights”.



If you enjoy Art please bring along your paints, crayons or sketchbook on a Wednesday and share your ideas or learn from others.

We have also revived Indoor Bowls which is held on Mondays from 1.30pm – 4pm, followed by afternoon tea. We are looking for more bowlers to join our group.

Our Cards group, coordinated by Tony Robinson, meets on a Thursday from 1.30pm.



Our Singing Group meets every second Friday from 9.30am-10.30am. We all know how beneficial singing is for our mental and physical health and each fortnight we test our lung capacity by trying songs with higher notes.

We are very lucky to be led by Maree Turnbull and accompanied on the piano by Christine McKinlay and have a good group of very enthusiastic people who just like to sing. We are currently planning a Christmas concert for our members.



If you are over 55 and would like to come along to any of our groups please just turn up and we will make you welcome – you can find us at the Senior Citizens Hall, 5a Hartstonge Avenue in Mosgiel.

We are always looking for new members – for further information phone 021 254 3232 or email taieriageconnect@gmail.com

Trish Didham | President Taieri Age Connect
ph 021 623724

DOING NOTHING

DOING NOTHING OFTEN LEADS TO
THE VERY BEST OF SOMETHING

- Winnie the Pooh -

When was the last time that you did absolutely nothing? Can't remember? You're not alone but being able to completely switch off – to still our minds and hands and just be – can have wonderful benefits.

By *Angelique Kasmara*

AGE CONCERN OTAGO
NOTICE BOARD

Make us your first call for information,
education & advocacy

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

All service 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) 03 434 7008
Community Social Work/Support
Staff to work co-operatively with you, your family/
Whanau and other organisations.

Contact:
Annie Nevin (Dunedin) 03 479 3059
Marie Roxburgh (Central Otago) 03 448 7075
Total Mobility
Assessment agents for Otago Regional Council's
Total Mobility scheme in Dunedin.
Contact:
Tristan Kavanagh (Dunedin) 03 479 3058
Meals on Wheels – delivery
Coordinate Volunteer drivers to deliver Meals on
Wheels in the Dunedin area.
Contact: Sue Thompson (Dunedin) 03 479 3055
Home Trade Services
Police vetted tradies and professionals
Contact: Sue Thompson 03 479 3055
Elder Abuse Response Service (EARS)
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 anyone

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
- **Smart phone course** - 4 consecutive classes,
provided in different locations in Otago.

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

*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.*

Footwear and falls in older people

- Have you slipped, tripped or fallen in the last year?
- Do you need to use your hands to get out of a chair?
- Have you stopped some activities because you're afraid you might lose your balance?
- Do you worry about falling?

If you answer "yes" to any of these questions, we need your help.

We are looking for European/Pākehā participants aged 65 years and older, and Māori and Pasifika participants aged 55 years and older, to assess the role of foot function and footwear in falls risk.

For more information about participating in this study please contact:

Dr Tori Booth, Master's student,
Department of Medicine
Email blavi610@student.otago.ac.nz
Phone 021 558 464

This project has been reviewed and approved by the University of Otago [Human Ethics Committee Reference Number: H21/044]



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 debbie@ageconcernotago.co.nz**



THANK YOU

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



**Ministry of Social Development
COGS - Waitaki
Dunedin District Council
Mr Murray Hanan, Age Concern NZ
Lions Club of Waiareka Valley-Waitaki**



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:

☐ Over the phone payment

☐ Internet banking - ANZ

Account Name: **Age Concern Otago**

Account No: **01 0907 0010004 00**

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