

Age Concern Otago

Celebrating Otago's older people since 1948



TOGETHER edition

SUMMER 2021

www.ageconcernotago.com

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is full steam ahead** page 16

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From the Executive Officer



Greetings all.

Wow, what a challenging time for ACO as we respond to the Public Health Vaccination Order effective 15 November. Our work falls under the mandated health and disability group. This means that all our front facing

staff and volunteers must be double vaccinated in order to protect our clients as much as we can. This doesn't affect all positions e.g. meals on wheels can be achieved in a contactless way, however ACO strongly encourages everyone to be vaccinated in preparation for Covid reaching Otago communities. What a strange and stressful time we all find ourselves in - I often wonder how you are all coping...

It is with mixed feelings I report that this will be my last magazine update as Executive Officer ACO. It has been a privilege leading the organization for the past 5 years - it has been one of my favorite positions held during the last 30+ years in the health/disability and social services sectors. During my tenure there has been significant service growth and development and modernization of our internal systems. The number of older people supported by ACO has grown to around 30,000 per year throughout Otago. The team is simply exceptional and is made up of individuals who work tirelessly to improve the lives of Otago's older residents in so many ways. The 1000 volunteers gifting their time is outstanding. I have worked abroad and elsewhere in NZ and I have never seen a volunteer heart and effort like here in Otago. This is something all Otago folk should feel immensely proud of - must be in our DNA! ACO is fortunate to be Governed by a very skilled and experienced board who donate their time for this work. This is the only position reporting to a board where I actually looked forward to board meetings. I am comforted by the fact that I am leaving this wonderful organization in good heart and good health.

My own health has dictated that I have a change of lifestyle. The ACO board has made a commitment to partnering with Otago University to undertake research on the efficacy of our services and programmes. This is very exciting as our research will

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

help inform allocation of funding to ensure equity for older people. It will also guide service development to ensure best possible outcomes for clients. I will be taking the lead on this work for ACO on a very part time basis. You will see updates on this work in future editions of the magazine.

I am thrilled to pass the baton on to Niall Shepherd who is absolutely the perfect person to lead ACO through its next chapter. Niall comes with loads of relevant skills and experience, however most significant is his genuine passion for improving the lives of Otago's older people. I wish Niall all the very best and hope he finds the role as satisfying and rewarding as I have.

Take care of yourselves and each other out there.

Nga mihi

Debbie George - Executive Officer

Let the child within you play, let the joy within you sing, and let the love within you shine.



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OTAGO DENTAL SERVICE
Incorporating Ace Dental Laboratory

Accredited Visiting Service (AVS)

It has been another difficult year with COVID. I would like to thank all of our wonderful AVS volunteers who have continued to stay in touch with our older people. Whether it is on the phone, texting, skyping or with face to face visits. It has not been easy at times, but you have all managed to keep the connection going. For those of you who are heading away, stay safe and enjoy the break over summer.

I wish you all a very Merry Christmas and a Happy New Year!

I look forward to working with you all again in the New Year. Nga Mihi.

Kind regards,

Tristan Kavanagh

Accredited Visiting Service (AVS)



New Executive Officer for Age Concern Otago.

I am delighted to have been given the opportunity to lead the Team at Age Concern Otago as we face the challenges of 2022 and beyond. First though I would like to wish Debbie all the very best for a well deserved and fulfilling retirement as she heads to her beloved West Coast. I have big shoes to fill!

Some of you may remember me from seven years ago when I last worked at Age Concern Otago doing funding, communication, and projects. In the intervening years I have been working as a Support Advisor for the Dunedin RSA and District Manager for RSA Support Services in the Otago / Southland District. The two organisations have much in common and I'll continue to have a small role with RSA as well as being Age Concern Otago's Executive Officer.

As for any newcomer to an organisation I have much to learn in my new role, even though my face has been well lived in and may be familiar to some. I am particularly looking forward to rekindling relationships with our older people, staff, volunteers and the many organisations we collaborate with.

I wish you all well for the festive season and hope that you all have some opportunity to enjoy time with your nearest and dearest.

Niall Shepherd

Chief Executive Officer



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.



NON-EMERGENCY
Ohotata Kore



105





There's something about the familiarity of summer that can be particularly comforting.

The smell of freshly mown grass. The sound of cricket on the radio. The satisfaction of finishing off a good book in the sun.

Nothing beats Dunedin in the summer. It's the perfect time to get out and enjoy our beautiful city and there's no shortage of places to enjoy the outdoors.

The Botanic Garden is a relaxing place to soak in the sun and surrounds. There are countless other options too, with beaches, parks, reserves and tracks across the city. You can find information about what suits your accessibility needs at www.dunedin.govt.nz/walking-tracks.

And of course, it wouldn't be Christmas in Dunedin without the childhood favourite, Pixie Town, on display

at Toitū Otago Settlers Museum from 4 December.

The crowd pleaser first appeared at the Dunedin DIC department store in 1951 and has been an annual Christmas feature at Toitū since 2004.

And speaking of good books, council have recently decided to do away with fines on overdue library books, and wipe any existing fines you may have had.



Mayor Aaron Hawkins | President

Just in time for your summer reading!

Have you got your Bee Card?

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To find out more or for help registering your card, call or visit the Otago Regional Council, or go to: www.orc.govt.nz/Orbus/Supergold



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144 Rattray Street
Level 2
Philip Laing House

ORC Office Queenstown
1092 Terrace Junction
Frankton
(above Westpac)

TOGETHER: word and idea

Together is formed by joining to- and -gether, where -gether = "gather."

A get-together is a gathering.

Less straightforward is the idea behind the word. What do we mean by together-ness?

Dogs know. Let them guide us, to some doggy rendezvous. Our dog heads straight for the other dogs. Sniff, wag tail, circle, run around, bark, piddle, and so forth. Repeat, ad lib. AND, meanwhile, their humans meet and greet in their own fashion: that is, we talk—about our dogs. Bragging rights.

We may never exchange names, only our dogs' names. Pure togetherness, liberating!

John Hale



Age Concern Otago staff enjoying their Christmas function in Moeraki. Wonderful to enjoy time together and the opportunity to say goodbye to Debbie, the former Executive Officer.



GOLDEN VIEW CARE

Positioned within the township of Cromwell in Central Otago, Golden View Care is a brand-new 60 bed rest home with a specialist and secure 11 room dementia unit (Ruru Close) with a beautiful landscaped internal garden to enjoy a peaceful walk or time outside. It includes individual care rooms with an ensuite, a lounge, dining area and quiet room. Daily activities and nutritious meals.

Call us today and book a visit! Our vision is to create a community where residents in their golden years feel safe, content and valued.



17 Iles Street, Cromwell, 9310 | www.goldenviewcare.co.nz | (03) 928-6015

MEALS ON WHEELS DRIVERS WANTED

Hello, crikey, halfway through November already!

Home Trades update - This service is proving to be meeting the needs of our older persons seeking safe and reliable tradespeople and handy men to assist with those jobs which can cause so much anxiety for our most vulnerable. I am on the hunt for more tradespeople, gardeners, etc., so if you know of anyone, send them our way!!

Meals on Wheels - I am continuously in awe of such wonderful people who regularly give their time to ensure MOW recipients get their hot and nutritional meal. I am on the hunt for more MOW drivers to fill current runs and also to provide fill in for

runs when needed.

If you have time to spare (usually an hour), a car, and a friendly personality then I would love to hear from you. Meals are no longer delivered on public holidays, so it is a Monday-Friday commitment. You can choose to deliver weekly or once a month - whatever suits!

Let's think about Christmas and take time to talk to loved ones, check in on your neighbours and be kind.

Sue



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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Trades include:

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

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

Services are available at reasonable rates and are flexible enough to meet your particular needs.

If you need a job done, or want to be part of our service. Home Trade Services is for you!



AGE CONCERN OTAGO

Please call us at 03 477 1040 or 0800 652 105

email us at reception@ageconcernotago.co.nz



Thank you
Marigold!

This is the lovely Marigold Stanton. Marigold until recently delivered Meals on Wheels for 45+years.

The bond that is formed between MOW drivers and "their" clients on the regular routes can last a lifetime. Marigold has many fond and funny memories about her time as a Mow driver and was known as "the cake lady" as she used to make cupcakes for her clients.

Sue: I know that MOW clients really enjoy the daily visits from the MOW drivers. Marigold has touched the lives of many in the huge commitment of 45 years of service to the Dunedin community. *Thank You Marigold*

WHAT A GREAT YEAR.....

As another year draws to a close South Dunedin Seniors Club is about to celebrate the Christmas Season. Despite lockdown interruptions our group is looking forward to a Christmas afternoon tea on 2 December. We will be joined by Marilyn Hope, one of our regular entertainers. Marilyn is an accomplished pianist who gets our party started and sends us all home with a smile on our faces! On 9 December we are meeting at the Kensington Tavern for our break up lunch. The year has gone so quickly with lots of quality speakers....(we're never too old to learn something new!) and musical entertainers. Of course we always finish our weekly get togethers with a cuppa, some home baking and relaxed chat time....and a 2 draw raffle.

New members are welcome so come along in 2022 for some good company. Contact Age Concern Otago for details. Merry Christmas to you all. Stay well and keep safe. Look forward to seeing you all in 2022.

Trish - South Dunedin Seniors Coordinator

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Waitaki

Age Concern Waitaki Office.

So much going on in our area...

Jody Macdonald

Social Connections Coordinator
Waitaki | 021 0293 2844



Announcing the Valley Cruisers Project!

We have received funding to use two of our community vehicles from Kurow for day trips to visit the many wonderful places and watering holes around our area, plus funding for flasks to use on picnics.

Trips will run fortnightly during the summer and monthly in winter, with up to six people each trip. A wonderful way to get out and about as the months warm up. Thanks to some wonderful volunteer drivers, we are now nearly ready to book in our first trip. We are very grateful to the team that believed in this idea and made it a reality!
kurow@ageconcernotago.co.nz

Oamaru-area Sunday Outings with the Age Concern van will continue through the summer, with a short break over Christmas. Contact our Coordinator Fiona Yarnton at trips@ageconcernotago.co.nz or 028 406 3004.



Van Coordinator Fiona with wonderful Sunday volunteer regular, Marlene Sandi

Smartphone Classes around the Waitaki District

Participants in our smartphone classes in Oamaru and Kurow are having fun AND learning a lot! Weekly classes run for 4 weeks, 2 hours per class, and start with the very basics. We will add more classes early in the new year, including some new locations. Please contact Jody Macdonald to register your interest in joining a smartphone class.
021 0293 2844 / kurow@ageconcernotago.co.nz

A message about dementia, from Sharon McGregor, Social Worker in Waitaki

Are you worried that a family member or friend might be having memory problems? A good plan is to set up a GP appointment for a cognitive test and guidance for next steps. These might include further evaluations, enrolling in Cognitive Stimulation Therapy workshops, and/or information about supports available to dementia sufferers, carers, and family.

10 Top Tips for supporting people with dementia

1 Get to know me

- Know my likes and dislikes and learn my life story
- Take time to build trust and rapport

2 Maintain eye contact and smile

- I will notice your emotional state
- I will notice your body language and the tone of your voice
- I will notice how you made me feel

3 Slow down

- Plan ahead so support can be provided in a relaxed manner
- Support me to do things for myself
- Keep it simple

4 Talk with others

- About your experiences and how you dealt with different situations
- Tell me your name and what you are here for
- Refer to me by my name

6 Don't argue or quibble

- Go with the flow and understand that I am making sense of my world
- Acknowledge and respect what I am saying and doing
- Denying or correcting my story is unlikely to be helpful

- Distract where appropriate

7 Keep it quiet

- Create a relaxed environment, avoid crowds and lots of noise
- Stop, listen and avoid distraction

8 Step into my world

- If I become upset, reassure me
- Acknowledge that I am upset
- Validate what I am saying or doing

9 Engage and encourage

- Empower me by offering choices of activities, and help me get started
- Focus on what I can do and enjoy doing
- Set an appropriate duration

10 Communicate clearly

- Talk about one thing at a time, speak clearly in a warm, calm voice
- Offer simple choices. Yes or no. This or that.

Contact Alzheimer's North Otago:

03 434 9090 / north@alzheimersotago.co.nz



Housie in action at Omarama



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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Growing diversity in retirement villages

Traditionally, retirement village residents have tended to be mostly pakeha and come from a fairly standard background. We're often asked what we're doing to encourage older people from other ethnic backgrounds to move in, and for a long time, the answer was "not very much". However, more recently that's started to change, so we asked our writer Janet Brown to investigate.

By Janet Brown, Head and Heart Ltd

I'm talking with a group of Chinese residents at Summerset at Heritage Park when it becomes clear that it all started with Heidi's housewarming party. Heidi Ng and her husband moved to effects of his Parkinson's Disease. Heidi invited about forty of their friends to come and celebrate their new home, and that party sparked a chain reaction that's still continuing.

Village managers often say that it's quite common for each new resident to trigger one or two inquiries from their friends and family. In this case, Heidi and her husband are Chinese, as are many of their friends. And that party has led, in just over a year, to fifteen apartments (and counting!) in Heritage Park's new Heritage Apartment Building being occupied by other Chinese residents. Heritage Park Village Manager Leticia Chuck believes this trend is likely to continue, "The village is really a reflection of the wider Auckland community."

Heidi picks up the story and explains how it started. "We looked at several villages, then the first time I walked in here I felt the warmth, the welcome. But when I told people we were moving to a retirement village, they often said "Poor you!", so I had a party to show them how lovely it was." She doesn't mind not getting capital gains because of the support and activities retirement village living offers. That view has been strengthened by the marked improvement in her husband's wellbeing and enjoyment of life since they moved in. Everyone in the group nods and agrees.

About the same time, Graham and Janet moved in. Graham is New Zealand born, an accountant who's still working, and doesn't speak either Cantonese or Mandarin, and Janet came to New Zealand from Hong Kong aged

nine. She speaks Cantonese, and before they moved in mostly did so with her mother in her nineties; now she has a group of neighbours to talk with in Cantonese. Janet had looked at a number of retirement villages and brought Graham to look at Heritage Park; he knew the area and liked the lake views, so they put a deposit down on their three-bedroom apartment.

Raymond Sun was the first party-goer to act: "After the party I picked up some fliers on the way out, and started looking at villages." He settled quickly on Heritage Park, and next thing his friend Sylvia was keen as well. Others were interested too: Kitty, Jenny and May from Raymond's tai chi class, and Heidi's friends from Eastern Howick Baptist Church. All have now moved in, as well as others. They all appreciate the amenities, each enjoying different aspects. Raymond enjoys getting to know non-Chinese residents at happy hour, and encourages others to come: "Everyone should go to happy hour, it helps you know what's going on and it's great for getting to know people." Chinese New Year became a village-wide celebration, enthusiastically supported by residents, who watched Raymond demonstrate the art of the traditional tea ceremony, while Heidi introduced them to Chinese calligraphy.

Living on two floors of the same apartment block, it's easy to pop in to catch up – Heidi laughs about how they walk barefoot from apartment to apartment: "We don't even need to put our shoes on to go and see each other!" Raymond adds, "Every day, people are ringing my doorbell. In Howick, that didn't happen."

But the group is at pains to tell me that the disadvantages of a village are heavily outweighed by what they've gained. Graham's final comment, as he leaves to go to work, is "Everyone is very friendly here." Heidi sums it up: "I know, if anything goes wrong, I'm already in a safe place with my friends around me."

But for now, they're all enjoying life in their new apartments and community. Heidi has the last word on this too: "Every day it's like having a holiday together on a cruise!"



editorial supplied by Retirement Villages Assn.

TRAFFIC LIGHT SYSTEM AT A GLANCE

The new system for Covid-19 response took effect from 11.59pm on Thursday, December 2



Red

- Working from home encouraged. Hospitality, retail, and gatherings allowed for vaccinated but with limits similar to level 2.
- For venues that don't use vaccine certificates - contactless pickup only for hospitality, gathering limit of 25, no gyms or hairdressers.

Orange

- Close to normal life for the vaccinated, with more masks required and some capacity limits.
- For venues that don't use vaccine certificates - contactless pickup only for hospitality, stricter gathering limits, no gyms or hairdressers.

Green

- Essentially normal life for the vaccinated, with schools, retail, hospitality all open with no limits.
- For venues that don't use vaccine certificates - some gathering limits, similar to level 2.

If you do not yet have your My Vaccine Pass

If you have requested a My Vaccine Pass by post

If you have not received your pass by Friday 3 December, you will still be able to access basic needs services. If you require a pass urgently, visit a pharmacy that is offering COVID-19 vaccinations. They can help you print your My Vaccine Pass.

Web info from the government:

<https://covid19.govt.nz/covid-19-vaccines/covid-19-vaccination-certificates/my-vaccine-pass>

To sign up via phone: **0800 222 478.**

To sign up on the phone you will need your National Health Index (NHI) number — you can find this on a hospital letter, a prescription, or a prescription receipt.

Dunedin Libraries: a good online guideline of how to install the digital pass. This is their web address to access this information:

<https://my.nicheacademy.com/dunedinpubliclibraries/course/40000/lesson/124344>

Instructions on how to create a free email account with Gmail, can be found:

<https://my.nicheacademy.com/dunedinpubliclibraries/course/2016>

Age Concern Otago

The aim of Age Concern Otago is to support Older people. It is our mission to provide services and to continue offering support safely through a pandemic. Because Age Concern Otago is inclusive and wishes to focus on supporting all older people: the decision has been made to remain open to all people to be of service.

The Octagon Club will also be open and welcoming to all and will continue to have health and safety measures in place. We ask that everyone: signs in on arrival, wears a mask and keeps one metre apart. Please respect others and your own safety.

Thank you for being kind and patient during these times.

Where the Magic begins

Our interest in purchasing a Tovertafel (Magic Table) followed a conversation with a facility in the North Island, who had purchased one for their new building. We secured a Magic Table to trial from the Australia distributors and as soon as we witnessed the first resident interacting with one of the games we were sold!

The Tovertafel is ceiling mounted and projects multicoloured images onto a table or floor. Infra-red technology detects the movement of hands or feet which allows interaction with the projected images. Residents playing respond to the lights which in turn responds to their finger and hand movements. Sound also enhances the experience bringing to life rustling leaves, waves on a beach, or musical notes playing familiar tunes.

The Residents at Leslie Groves have certainly enjoyed the large selection of games available. Our Diversional Therapists report how amazing it is to see residents' reactions. Some with reduced cognitive ability or who are generally shy and withdrawn start to react to some of the games – smiling, giggling and interacting with others playing.

The Magic Table is inclusive with a universal appeal and certainly has a very positive influence on our dementia level residents allowing them to experience lost or fading memories. One game, Autumn leaves, has residents moving leaves around the table and listening to the rustling sound they make:

the Diversional Therapist weave in stories around childhood memories of running through mounds of golden leaves. During autumn leaves from our grounds are placed on the table to increase the tactile experience.

The Magic Table offers a variety of intuitive games to suit varying levels of dementia, but it's actually more about the activity taking place and bringing everyone together. The reaction from our residents is where the magic really begins.



Sean Kelly | General Manager Leslie Groves

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Website: 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
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- Estate Liquidation
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- Shipping Services for Local and International Items
- Rubbish Removal
- Home Staging and Property Preparation for Sale
- Rest-Home Pack-Up Services
- Options for asset liquidation including Garage Sale, Trade Me and Auction Services to Maximise Return
- Working with non-profit, community and charitable organisations for donations of unwanted goods



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

Central Otago - Age Concern Otago office

Once again Bums on Bikes from Alexandra are baking for our older adults for Christmas. This is such a generous act from these fit ladies some even fit the older adult label as well, but they get out there 4 or 5 times a week for a bike ride. The physical benefits are well researched and proven to be great but friendship and connectedness bring a real feeling of wellbeing, and this certainly shows with their generosity of baking for those not so able. Last year they donated toiletries as well as baking and we felt so privileged to be Father Christmas to a vast number of older adults. So big Thank you to the girls with their bums on bikes.

This year has brought its challenges for older adults. One of my clients walked to church with his mask on and fainted at the door, the rules were not as clear as the first lock down with 70+ allowed to be out and about but with restrictions. I am aware of a few older adults that have still not gone to the supermarket. Because of that, I hope over this festive season that you reach out to neighbours that may be struggling. Another of my clients has started up Meals on Wheels and although happy with the meals it is the contact of the person delivering that she is enjoying the most. If I say I am calling around it can never be after 12 midday or before 1pm. A huge thank you to all the volunteer drivers for Meals on Wheels. I hope you know how important your quick visit is to most of our older adults.



The Community gardens around the area are also a wonderful way to get together and enjoy each other's company while doing something with real purpose. I love watching the guys down in Roxburgh as they toil away always laughing about something.

Marie Roxburgh



Health Promotions



As the year ends, its good time for me to reflect on achievements and highlights for 2021. There have been a number of highlights this year, especially around digital literacy.

Many seniors were faced with getting online for the first time, doing online banking or understanding and using their digital devices. We decided to hold a Tech event during the national TechWeek and develop an introductory smartphone course. What an exciting time to be in!

The TechWeek event was great success, and an opportunity to partner with a number of organisations to deliver the expo. During the day, people were able to visit their Bank or Tech booths, to set up for online banking, ask questions and get answers on everything Tech. There was also the opportunity to attend an Online Safety talk.

February saw the rollout of the SilverTech smartphone pilot, where twelve courses were to be delivered in the Dunedin area. The course has been in great demand and is an outstanding achievement and success for ACO.

By early December; twenty seven courses will be delivered in the Dunedin district alone. People have left the first session saying, " I have learnt so much already", with the majority reporting increased confidence and motivation to learn more. The programme is now being extended into South Otago,



Susan clarifying some topics for Howard who attended a SilverTech course in Oamaru.

Central Otago and the Waitaki district. Who knew we would grow that fast! What a fantastic time for all!

I would like to offer a heartfelt thank you to Leyton. He has assisted me in delivering and refining the ongoing course content over the year. If you are interested in attending a course contact one of our regional offices.

Our Staying Safe driving programme continues to be a well recognised and received workshop. It assists senior drivers to travel well and maintain independence. This year the programme moved into a number of small rural South Otago areas. Covid again caused disruption and the postponement of some programmes and events. This is always a disappointment for everyone Involved. Hopefully as a new year dawns they will be held and we continue to meet challenges with a positive outlook.

I would like to wish everyone a safe summer holiday season and that there are opportunities to connect with people you love.

Take care

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



Kristen teaching at one of the oversubscribed Smartphone courses held in Dunedin .

The Christmas spirit: the table as a place of connection

The meaning of Christmas and the spirit of Christmas can hold different meaning for people. Historically Christmas is foremost a celebration of the birth of Christ. It has a place in our hearts as the coming together of friends, family and loved ones on the 25th of December.

There's nothing more kiwi than having time together, catching up and enjoying the Christmas crackers, the lunch or dinner and the pavlova, sitting around the table together. Some have a cold lunch; others fire up the BBQ.

Because of all the recent developments to do with Covid: this Christmas might look different for you. Loved ones might not be able to visit. What can we do to find solace and enjoyment while we are on our own or celebrating Christmas in a different way?

Counting the blessings. How often have we heard that one? It sounds really corny, however feeling gratitude and practicing it can do wonders for your wellbeing. It shifts our focus and makes us look at what we may have forgotten.

Do we really take the time to see and sit down and pause for a minute? Most of us rush around and collapse into bed at night. There's no need to be religious to ponder life's wonders and gifts. To acknowledge a dear friend who we hadn't spoken to for some time. Even when life is grim there are usually a few things that may inspire us and make life feel to be gentler.

How fortunate we are that we know of caring people. All of us know that wonderful person who cares (if you are having a bad week and are wondering where they live, call us at Age Concern Otago). Some of us see them only now and again. It is good to know that we can reach out and phone someone or have a chat when we walk down the street. Then there is the blessing of having good food on a plate. Enjoying a hot shower. Looking out over a garden. Meeting a friend. Talking to our pet. Watching the clouds go by or admiring the moon at night.

At Christmas, I hope that all of us feel that bit of Christmas Spirit, in whatever form it may come to you. Jesus was very much about breaking bread

around the table and sharing the love. To invite the unfortunate and diseased. To consider those far less fortunate. To practice compassion and understanding. Patience. It's amazing what answers may come to us when we take things like ego out of it and decide to act with love and a genuine interest to understand another person. To invite them in opposed to shutting them out.

1 Peter 3:8 Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind.

Philippians 2:4 Let each of you look not only to his own interests, but also to the interests of others.

Being present and living from the heart seems to be really all that matters right now. May your Christmas be one of peace, of enjoyment and of keeping good health. May you be blessed with sunshine, relaxation and love.

Miriam



BE PREPARED

Recently I had a fall and an unexpected trip to hospital. It made me realise the need to be prepared for this eventuality as we get older. It's particularly important for those who live out of town, live alone, have no next of kin and/or no close friends. Have a bag packed and ready to go if the occasion of unexpected hospitalisation arises.

Be prepared with a bag containing the following;

1. Nightwear and dressing gown – the hospital will provide gowns but they are not suitable for walking around corridors during recovery
2. Day clothes – you are encouraged to get dressed each day if possible
3. Toothbrush, toothpaste and soap
4. Eye protectors for bright lights at night
5. Beeswax ear plugs for night noises including snoring patients
6. Money – say \$50 for a long stay to \$20 for a short stay – to cover incidentals
7. Constipation can be a problem so I recommend Phloe tablets (available from Health shops) to keep regular without purging
8. I was surprised to learn that patients can only receive telephone calls from relatives. No relatives no phone calls???

POST OPERATIVE

A great deal of help is available. I found Meals on Wheels very helpful providing nutritious and delicious lunches. I am particularly grateful to Age Concern Otago in Central Otago and Marie Roxburgh without whose help recovery would have been much harder.

There is a very useful booklet given to me while in Dunedin Hospital "Recovery from a Hip Fracture" issued by NZ Govt Health, Quality and Safety Commission which illustrates types of fractures and information to cope at home.

The Chinese character for disaster/catastrophe is the same as for opportunity. After a life changing event there is an opportunity to re-evaluate and adjust.

I hope the foregoing will help anyone dealing with an Unexpected emergency – BE PREPARED.

Ola Reeve
Wanaka

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
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- Full house cleaning and clean-up
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- Maintenance and repairs of buildings
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Phone: 0800 00 11 26
Email: info@estatepropertysolutions.co.nz
www.estatepropertysolutions.co.nz

WEST DUNEDIN CARE & CRAFT CENTRE CLOSSES

After 29 years of providing for the elderly, lonely or disabled folk to have the opportunity to meet, socialise and have fun and companionship, West Dunedin Care & Craft Centre held its final closing dinner, which was also its 29th birthday and Christmas party combined, with a delicious meal at Equinox restaurant at the end of October. All but one of its current guests and helpers were able to attend.

Presentations and thanks were given to long-serving supervisor, Peg Makinson (who said 29 years ago, that “I’ll just be supervisor until Christmas”. Unfortunately for her, she did not specify which Christmas.) And to long-serving catering co-ordinator, Ann Thompson, who said she would arrange a roster to do the catering! Also to Craft co-ordinator, Felicity Prescott. All the helpers received thanks and everyone a special gift. Lots of laughter as memories were shared whilst looking through photo albums which showed the great variety of crafts and activities undertaken over 29 years.

**DUNEDIN
OFFICE HOURS**

Last day: December 22 - noon
Office reopening: January 10 2022
Activities recommence: January 17



Connection with our Body for Summer Safety

As we step into Summer we need all our skills of mindfulness and awareness to keep ourselves safe. It is easy to get a bit excited or distracted and forget where our feet are landing or what we are doing with our body.

Always be aware of landing on your heel before moving your body because it is when we shift our weight that we may lose balance. Landing on the heel is important to safely step over those little cracks that would trip us if we don’t lift our toes. Keeping hydrated in hot weather is important as our brain needs water to function so we can make accurate judgements of distance. We also need food for optimum brain function, so summer salads and cold cuts are the order of the day.

Do make a point of doing a few exercises or movements to stretch, limber and strengthen dotted through the day. Keep your feet moving when you sit and if you can, deliberately go for a walk each day. Remember posture too, lengthening your spine to improve breathing, digestion and core muscle tone. A nice way to relax is to sit straight, eyes closed, hands on tummy, breathe deeply and just be aware of your body and breathing without thinking about anything else. Great for high blood pressure too. Remember lots of fresh air and some sun for vitamin D for our immune system and bones.

An Oamaru class recently gave me these lovely comments:
No falls since coming. Balance better all round. Very much enjoying the class. Very friendly group. Exercises are good. Hospital recommended it to me. Good and friendly. Dr. recommended class. Certainly helps. Helps all after two small strokes. Helps all my joints. Balance has improved. Much freer all around. Sleep better. Leaders are confident helpers. Pain in knee has gone. Great for eyesight. Don’t rely on my walker as much. Coordination has very much improved.

Keep smiling!

Margaret Dando



A huge thankyou to Rotary Shoebox from Age Concern Otago and our members who will be the recipients.

Pictured above: Robyn Bryson with Heather Ferguson
Pictured below: (from left) Marie Bennett (Team Leader Age Concern), Annie Nevin (Age Concern), Heather Ferguson (St Kilda Rotary Cub, Robyn Bryson (Dunedin Central Rotary) and Murray Eskdale (Dunedin Central Rotary).



CARERS: A SPECIAL GROUP

Introduction

Caring by family members, looking after those with disabilities and disabling diseases and illness at home, has been around ever since time began, as an unpaid and informal care service to be called on when necessary.

How long has this been going on?

Would you believe that there is evidence of such caregiving in Neanderthal times? True! Various skeletons exhibiting problems of disease or injury have been identified as being given considerable care, otherwise they would have perished sooner than they did.

And now? The big move to wider recognition came

from the UK when Mary Webster in 1963 wrote to the local newspapers about the difficulties of working and also caring for elderly parents. And two years on she formed the National Council for Single Women and their Dependents, which later became Carers UK.

Caring in Dunedin, 1980s. Creating a sense of belonging

I was completely unaware of that when, as a medical social worker with older people, I began a family support group in the 1980s in Wakari Hospital, with the interest and help of hospital board member, Cr Louise Croot. This group came into being in response to a number of family members. It seemed a good idea to share the problems and discuss possible solutions, and so offer a sense of support. The general idea was to emphasize experiences in common, and to break down any sense of isolation.

We met for a six-week period to allow a sharing of problems and a sharing of solutions. And by request

we had speakers on community care services and on legal issues. The meetings were well attended. Luckily, Professor John Campbell, senior geriatrician and the management of Wakari Hospital was very supportive, offering a regular meeting room, and my time for working with such a group.

In the group itself, the members were marvellous. Each recognised the situation of others, each was ready to share stories, solutions, helpful ideas with others. The Carers' Circle, as we called it then, continued for many years, morphing into Carers' Otago, and helping many many people. The main problem as we all saw it, was recognising the carer role as maybe an expansion of the family role, but certainly with its own work and considerable knowledge.

Today

It must be said that people want to care. There is a growing awareness and interest in carers who are also in the workforce, by a number of employers. And there is some financial support for those who need it and practical support through Carer Support breaks, whereby someone else will take over, either at home or in care facilities. So there is some recognition. But is it enough? Personal care, looking after yourself is vital. Carers New Zealand has a website which offers considerable information and contact details. Likewise there are local organisations, such as Alzheimer's, Stroke Foundation and Parkinsons. There is of course Age Concern who will be able to answer questions and put a carer in touch with a relevant help agency or individual. And there are the hospital Needs Assessors who are able to answer questions and arrange help when possible.

Caring is major important and significant work. It may seem made up from small tasks, like help to sit up, or ensuring the food is soft enough to cut and digest, or ensuring medications taken at the right time. Do not underestimate what you are doing as a carer. At the same time: ensure you look after yourself. And never forget that you are a person in your own right.

Beatrice Hale



What I see for those who care

Our Government has a perspective of Ageing In Place. They want us to stay in our own home for as long as possible and why not, it is what most of us would like to do. I often have older people tell me 'they will carry me out in a box' and they have no intention of leaving the familiar home where they feel safe and comfortable.

But how do we keep them safe at home? How do we ensure their health and well being is being attended to?

We know that our health system has limited \$\$\$\$\$. We know that yes there is some help for those who become unwell, or frail or vulnerable. Our DHB system will provide Personal Care for those who need it, you may get a shower a couple of times a week, you may get medication oversight daily and you may qualify for Domestic Assistance if there is no able bodied person in the house to do the chores for you.

But who is going to be there for you 24/7? Is it going to be your partner? Your children? Friends? What I see is stressed carers. Those who are there for the 24/7 hard yards. Those who do the personal care, help their loved ones shower, dress, eat or move. They provide all the company, their time, their energy and don't always leave some for themselves. Who looks after the carer?

You are the only one who can do that. My plea to you is – if you find you have become a carer (and let's face it, it's not always a choice) – make sure you have support. Make sure you have a plan of time out for you. Check out what services may be available like Day Care, Carer Support or Respite Care. Ask what help is out there – ask your GP, the Needs Assessors at the hospital, any health workers involved, maybe Work and Income or Age Concern. You are not alone, you don't have to do it all but you do have to look after yourself. You are important and so is your health and mental well being. Take care.

Marie Bennett



Is your household ready if someone gets COVID-19?

Tē tōia, tē haumatia | Nothing can be achieved without a plan and a way of doing things

It's only a matter of time before a positive case of COVID-19 is in your community. The health care system will always be there for those who need help but most people who contract COVID-19 will not require hospitalisation and will be able to isolate safely at home. Everyone who tests positive for COVID-19 and their household needs to stay at home and avoid contact with others, including whānau.

Being ready is about people, conversations, connections and knowing what to do. Being ready will mean your whānau and community can help each other if needed.

Use the list below to have a kōrero and work out how ready you are to deal with COVID-19. Then, make a plan for your household.

1. Make a plan

Work out what you'll do if someone gets māuiui/sick

- Identify people outside of your home who could help if your family is isolating, for example by dropping off food or supplies or for social support.
Services like The Student Volunteer Army might be able to help with drop offs and Work and Income may be able to help with costs.
- Are there people in your household who might need additional care or support? Talk to any in-home carers you have to make sure you agree in advance about what will happen if you need to isolate. Make plans if you have shared custody of a child or dependent.
- Talk to your school, work, community groups and networks to find out what their plan is - do they need anything from you? Will they be able to support you?
- Work out how to let people know your household is isolating - this could be a sign for your front door or fence. Set up a spot outside your front door with sanitiser and a pen and paper or QR code for people to record their details if they are helping with contactless drop off.
If people are helping with contactless drop offs, do you want them to text or message before they arrive? Beep the car horn from the gate? Use an agreed entrance?
- Write down any household instructions someone else could easily follow if you get sick. Cover things like feeding pets, paying bills and watering plants.
- Think and talk about how you reduce the chances of COVID-19 spreading across your household. Can you reduce shared spaces, or increase cleaning?

2. Have what you need

Work out what you'll need to help you and those around you

- Make a list of whānau information - include everyone's names, ages, national health index numbers (NHI), any medical conditions and medication they normally take or medical supplies each person will need. Include emergency contact information like your Doctor's clinic, afterhours, and any support agencies.
- Gather things you enjoy. What might help stop boredom if you're isolating at home?

3. Know and share your plan

Make sure the people who matter know what they'll need to do

- Have a house meeting so everyone (including younger ones) knows what to do, how to support each other and who to contact if someone gets sick or has to go to hospital.
- Share your plan with wider whānau, neighbours and regular manuhiri/visitors and talk to them about what you'll need them to do and how you can help each other.

4. Reach out to friends and whānau

We're all in this together and we'll get through together

- Stay connected - arrange regular catch-ups with your whānau, friends and community. If you're isolating make sure these are online or by phone.
- Support your friends, whānau and workmates to make their own plans to get ready.
- Find out what your community is doing - is there a group making meals to freeze, sharing planning tips or just staying in the know?

Find out more at **Covid19.govt.nz**

Te Kāwanatanga o Aotearoa
New Zealand Government

**Unite
against
COVID-19**

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:

Niall Shepherd (03) 479 3056

Exec Assistant/Accounts/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.



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
eo@ageconcernotago.co.nz**

THANK YOU



**A BIG thank you
to our funders
(September - November)**

**West Dunedin Care & Craft
Mr Murray Hanan
NZ Federation Graduate Women
Mrs Barbara Simpson - Waitaki
Bendigo Sport & Charity Foundation
DCC
Mrs Jude Gillies**



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)	
<input type="checkbox"/> \$10 <input type="checkbox"/> \$20 <input type="checkbox"/> \$30 <input type="checkbox"/> \$50 <input type="checkbox"/> 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)