

Age Concern Otago

Celebrating Otago's older people since 1948



SERVICE edition

AUTUMN 2022

www.ageconcernotago.com

**Why Lois has
loved SuperGrans
for 20 years** page 10

Why people matter page 12

**Our popular Home Trade Services
What do you think? SURVEY** page 7

**How is your balance?
Find out what Lisa of WellSouth does** page 20

**Serving in the Police:
what does that mean?** page 16

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

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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

From the Executive Officer

Well, it has been 3 months now since I re-started at Age Concern Otago and what a whirlwind quarter it has been! A large chunk of my time has been consumed by things to do with Covid 19, ensuring that people are as safe as they can be without unreasonably restricting access to our services and activities. It is time-consuming keeping abreast of rapid changes in our Covid dominated environment and making sure that our decisions follow the law and the many regulations created in the attempt to flatten the Covid curve.

At the time of writing this, most Octagon Club activities continue on the top floor as 'Vaccine Pass only' with access only from the Octagon. On the office floor the gym is closed for the time being and other activities have moved upstairs. This is to allow unrestricted access to the office, via Bath St entrance only, for anyone seeking services or information. Age Concern Otago staff has split into two 'bubbles' and work opposing days from home so should one of the team contract Covid, only half the remaining staff will need to isolate at home and the office can remain open. We are all working very hard to provide service as usual, but please bear with us if it sometimes takes a little longer to deliver.

It has been an unsettling time for some of our older people who don't cope with change well. While this has seen a slight decline in the numbers of people coming along to the various activities on offer, I applaud those who are still attending, following the rules and adopting safe practices with masks, distancing, hygiene and signing in.

One of the most important services our volunteers

provide is the delivery of Meals on Wheels to some of the most vulnerable people in our community. Whatever happens we need to ensure that the meals get delivered. This can be a challenge for our coordinator as volunteers cancel due to sickness or having to isolate as a close Covid contact. We are always on the lookout for extra volunteer drivers. If you can help please get in touch with us.

Our Home Trades referral service is also looking for Tradespeople and Handypeople willing to offer their services to our members. Police vetting and references are required – If you would like more information please contact us.

The theme for this edition is 'Service' so I thought it fitting to mention a little known range of services offered by Veterans Affairs NZ to those who served with NZ military prior to 1 April 1974. This includes anyone who did Compulsory Military Training (CMT), National Service, or Territorial Service. If this is you, or someone you know, there is free home services including lawn mowing, basic garden maintenance, regular window and house washing, gutter clearing, path spraying, GPS equipped medical alarm, podiatry and home support. All it takes is a phone call to Veterans Affairs NZ: 0800 483 8372. If you have any queries, I would be happy to put my RSA Support Advisor's hat on and help.

Like all of you, I am looking forward to the passing of the current Covid Omicron surge so we can start to get on with our lives and relax some of the rules that have kept us relatively safe but feeling perhaps a little isolated.

Niall Shepherd
Executive Officer



Otago

www.facebook.com/ageconcernotago

Waitaki

www.facebook.com/ageconcernwaitaki



George Street in Dunedin has long been a place people are drawn to.

For some, getting around the inner city is a challenge and we know the current layout doesn't suit all ages and abilities, but that's about to change.

Soon the Retail Quarter upgrade will create a more accessible, people-friendly space on George Street.

The catalyst for the project, due to start soon, is to replace essential underground pipes (some date back to the late 1800s), but it's also an opportunity for us to improve safety and accessibility – creating a more welcoming destination for everyone.

With new paving, street furniture, lighting and public art, we'll have a more vibrant central city. This will be done in a way that celebrates Dunedin's heritage and supports our retailers.

It's an exciting time. I look forward to seeing this once in a lifetime transformation unfold.

Mayor Aaron Hawkins | President

25TH APRIL

LEST WE FORGET

**ANZAC
DAY**



NOTICE OF AGM

**Tuesday 26th April 2022
6-7pm, at 9 The Octagon
and also live streaming on ZOOM**

**Register your interest with us to attend,
or email reception@ageconcernotago.co.nz
to receive the ZOOM link.**



RSA

HAVE YOU SERVED ?

If you have served in any capacity in the Navy, Army or Air Force take the opportunity to individually meet with RSA Support Advisors to gain information on support entitlements that could be available to you and your family.

Call in to either:

- The Oamaru Club (32 Severn St) on Tuesday 17th May 2022 from 9.30am to 3pm,
- The Gore RSA on Wednesday 18th May 2022 from 2pm to 5pm,
- The Gore RSA on Friday 20th May 2022 from 9.30am to 3pm,
- The Mosgiel RSA on Sunday 22nd May 2022 from 9.30am to 5pm

Age Concern Otago Inc
SILVER TECH



SilverTech Smartphone Course & Mobility Scooter Course coming up!

Get smart with technology A 4 weekly, 2 hour session programme

MAY: SMART PHONE COURSES 4 WEEKS FOR 2 HOUR SESSIONS

May 2 - 23: Dunedin - Octagon Rooms: 10 am - 12 pm
 May 4 - 25: Mosgiel - St John/Taieri Age Connect: 10 am - 12pm
 May 5 - 26: South Dunedin - South Dunedin Hall: 10am - 12pm

JUNE: SMART PHONE COURSES 4 WEEKS FOR 2 HOUR SESSIONS

June 8 - 28: Mosgiel - St John/Taieri Age Connect: 10 am - 12pm
 June 9 - 26: South Dunedin - South Dunedin Hall: 10am - 12pm

MAY: STAYING SAFE - MOBILITY SCOOTER COURSES - 2.5 HOUR SESSION 1 DAY

May 9: South Dunedin - South Dunedin Hall: 10 am - 12.30pm

Limited class space available. Book a place or phone Kristen Beardsmore for further information.

Email: kristen@ageconcernotago.co.nz Phone: 03 4793054 or 0220 353 606

Age Concern
Otago
He Manaakitanga
Kaumatua



Serving the needs of older people

Visiting Service asking for help

Volunteers wanted! Do you have an hour of spare time once a week?

Would you like to make a difference in an older person's life? Become a Volunteer Visitor for our Accredited Visiting Service.

Urgently looking for caring people to visit elderly socially isolated people in Mosgiel/Green Island/Fairfield areas.

Ph: 03 479 3058 E: tristan@ageconcernotago.co.nz



Age Concern New Zealand welcomes new Chief Executive.

Age Concern New Zealand (ACNZ)
Media Release – 11 March 2022



The Age Concern New Zealand (ACNZ) Board is excited to introduce Karen Billings-Jensen as the new Chief Executive at Age Concern New Zealand.

“I am very pleased to appoint Karen to this critical role for Age Concern New Zealand. She is an influential leader and has extensive experience in the not-for-profit and social services sector, says Wayne

Bradshaw, ACNZ National President.

“New Zealand can be proud that increasing numbers of our people are living longer, healthier, and more active lives. Aotearoa New Zealand’s rapidly ageing population presents both challenges and opportunities for government and non-government organisations alike, says Wayne.

“The Board are confident that Karen will be able to build on our past successes and support the Age Concern network, to achieve our ambitious goals, supporting our growing older population”, says Wayne.

Making the move from Barnardos New Zealand, Karen brings over 25 years of senior leadership experience. She has held many senior roles at Barnardos, but most recently as the Operations Manager for services across the Lower North Island. Prior to that Karen held roles with YWCA and Wellington City Mission.

“I am very aware that while many older New Zealanders are doing well, disparities exist. This is especially the experience for Māori, Pasifika, refugee and migrant older adults, as well as women. I am excited to be part of the solution to address these disparities, says Karen.

“Luckily, I am not starting with a blank slate. The work of Age Concern is already highly respected and visible in our communities across Aotearoa. I am proud to be able to make a difference in the next phase of its history”, says Karen.

LESLIE GROVES

Rest Home Dementia Unit Hospital
Specialist Hospital Day Centre

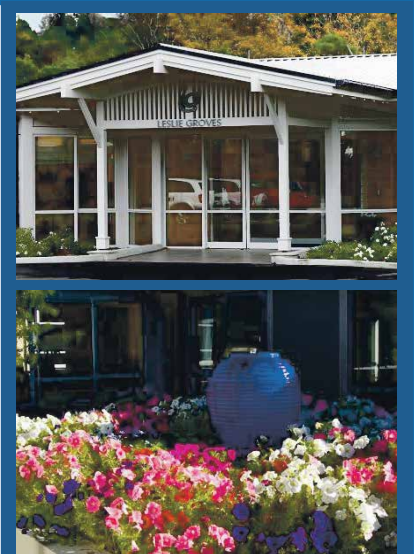
- Park like grounds
- Warm, welcoming and compassionate staff
- Freshly prepared ‘home-style’ cooked meals
- Large, modern standard & premium rooms
- Daily activities, regular outings & entertainers
- Reconnect with old friends & make new ones
- Caring support for all - spiritually, physically, emotionally,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

Come and see how we can make a difference

Phone: (03) 476 3045

Email: reception@lesliegroves.co.nz

Website: www.lesliegroves.co.nz



Central Otago - Age Concern Otago office

We have seen a number of falls in recent months and this can be life-changing for some people. Not only because of the physical injury, but it can rock your confidence, so prevention is something to think about as we come closer to the cold icy months.

1 out of 3 older adults will fall each year. This is a high statistic, so here are a few things to remember, we all know it but sometimes a reminder is good for all of us:

- Wear shoes or boots with rubber soles
- Use handrails and turn on lights
- Keep your porch deck walkways and driveways clear of snow and ice, ask a neighbour or a local service group if you are unable to
- Limit walking to areas that have been cleared

- Take shorter steps, keep hands free
- Slow down and be aware of your feet
- Be careful when getting into the car
- Use your cane or walker or other assist device if you have it
- Attend a Steady As You Go class near you (contact Age Concern)
- Keep warm. There is a lot of support in communities if you are struggling with power bills or lighting your fire and bringing in wood

Stay Safe

Marie Roxburgh
03 448 7075



HOME TRADE SERVICES

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

Trades include:

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

NEW STAFF MEMBER

Fiona Cutler has joined the team at Age Concern Otago as the new Community Hub Coordinator.

Fiona has an extensive background in both not-for-profit and corporate organisations both in NZ and Australia. She comes to us from a stint at Cancer Society Otago Southland where she was involved with Daffodil House and the Volunteer Driving Service.

Fiona enjoys engaging with people and is looking forward to liaising with you all via phone and in person to assist with all your enquiries.

Her family and pets keep her busy outside of work and she is a keen traveller.

Contact Fiona on 03 479 3055

Home Trades Services Survey 2022 - Dunedin area

| FOR EXISTING CLIENTS: | HIGHLY SATISFIED | SATISFIED | NEUTRAL | DISSATISFIED | HIGHLY DISSATISFIED |
|-----------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Customer Service | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Quality of Work | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Turn around/ Responsiveness | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

FOR NEW CLIENTS: YOUR AGE: GENDER: TOWN /SUBURB:

What job do you need help with at home?

What do you find the most challenging about living at home?

Do you have suggestions to help us to improve our service?

.....

.....

TELL US YOUR EXPECTATION IN TERMS OF COST:

BUILDER:

PLUMBER:

ELECTRICIAN:

GARDENER:

PLEASE WRITE \$ PER HOUR OR PER SERVICE RECEIVED INCLUSIVE OF GST

CLEANER INDOORS:

CLEANER OUTDOORS:

HAIRDRESSER:

PODIATRIST/NAILS:

WHAT IS YOUR GENERAL FEELING ABOUT OUR HOME TRADES SERVICE?

PHONE FIONA OF HOME TRADE SERVICES DIRECTLY ON: 03 4793055

THANK YOU FOR SENDING THE PAGE (OR A COPY) TO:

FIONA / HOME TRADE SERVICE: PO BOX 5355, DUNEDIN 9054

OR EMAIL A SCAN TO : RECEPTION@AGECONCERNOTAGO.CO.NZ

Age Concern Otago - Waitaki

Things have been a bit quieter on the activities front, as we wait for Omicron to move through (and hopefully away!) Many activities continue with appropriate precautions in place; feel free to ring us on 03 434 7008 if you have any questions, or ring your peer leader regarding Steady As You Go classes.

Oamaru-area Sunday Outings with the Age Concern van continue to run with small groups; masks must be worn in the van. For more information contact Fiona Yarnnton at trips@ageconcernotago.co.nz or 028 406 3004.

In Kurow, Jody has been joining the Community Covid Care meetings with the Rural Support Trust. This is a great opportunity for Age Concern Otago to help ensure that our older, rural-based citizens receive the support that they need.



Enjoying an outing to Moeraki on the Age Concern Otago van.



Scarves flying at Oamaru Gentle Exercise class with instructor Anna Stuart!



Ace volunteer Paul Hebden offers 1-to-1 support at Smartphone class

Smartphone Classes around the Waitaki District

With another round of classes finishing in early March we anticipate starting the next series of classes after Easter. Please contact Jody Macdonald to register your interest in joining a smartphone class in Oamaru or the Upper Waitaki Valley.

Direct phone: 021 0293 2844 / Email: kurow@ageconcernotago.co.nz

Volunteer with Age Concern in Waitaki

We love our volunteers and welcome new additions to the team. Whether you'd like to become an occasional volunteer or sign up to a regular weekly or fortnightly activity, we want to hear from you! Examples include helping with Afternoon Tea at Tuesday Gentle Exercise classes, or helping people in and out of our van, playing Board Games on Wednesday afternoons, being a Smartphone class assistant, or becoming a Volunteer Visitor (weekly visits of one hour). Contact us for a chat about your interests.

Saving Money on your Power Bill

Winter is on the way and some of you may have received a notice that your power bill is changing (in most cases it's increasing a bit). Many New Zealand homes are poorly insulated, so we need to be savvy about how we heat our homes and use electricity in general. Here are some tips:

- ✓ Boil only as much water as you need in the kettle. You can save \$25 a year by halving how much you boil. (Maybe keep a small thermos handy for any leftover hot water.)

- ✓ Don't leave your appliances on stand-by; instead, switch them off at the wall. Many devices like televisions and microwaves draw power even when you're not using them. Appliances on standby can cost you more than \$100 a year. (Don't panic over your digital clock as it's not a big user.)
- ✓ Set your washing machine to use cold water when washing your clothes. Most washing machines do a great job washing clothes with cold water, and only really stubborn stains need hot water to clean. Using cold water could save you around \$100 a year.
- ✓ Dry your clothes outside. Each dryer load costs \$1. But use the dryer if you can't hang them on the line – don't dry your clothes inside because it releases dampness that could make you sick.
- ✓ Fix dripping taps. A dripping hot tap is pouring water down the drain. Ring a plumber to fix the drip.
- ✓ Switch to LED bulbs for lighting. They're more efficient and they last longer. The best place to find LEDs is in hardware stores, where they're often more affordable than at other suppliers. They can save you \$100 a year across your house compared to older types of light bulb – but remember to turn the lights off when nobody is in the room.
- ✓ Only heat rooms you're using and close the curtains when the sun is setting, to keep the heat in.



Jody Macdonald
Upper Waitaki
Coordinator



Caitriona Prunty
Waitaki Coordinator



Sharon McGregor,
Social Worker

Planning Ahead in Uncertain Times

Autumn 2022 is very different to last year and the advent of Covid in the South means conversations and questions around end of life planning are more common. When we are asked for advice we always suggest that you take the time to talk to your family about your funeral choices, to share stories and memories and to give them an insight into what is really meaningful to you.

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

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

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

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.



Phone: 03 455 2128 Email: support@gillions.co.nz
407 Hillside Road, Dunedin. www.gillions.co.nz

editorial supplied by Gillions Funeral Services



Special interview with Lois Scott-Muir:

Her 20-year contribution and farewell to SuperGrans. Interview with Miriam

Most have you will have met Lois Scott. You can't miss her in the Dunedin office, and if you have: then you are missing out!

Lois has been Age Concern Otago's fundraiser since the start of 2021. In her long career she made a good fist of everything. Her positive attitude and zest for life makes her an inspiration. (I want to be like her when I grow up.)

When we found out that dear Lois had just finished up a 20 year period with SuperGrans we of course wanted to know more about all her adventures.

Why did you say goodbye to SuperGrans and how did SuperGrans start?

I have had a connection with Supergrans Dunedin for over 20 years now and have loved every minute of it! 20 Years ago, I was working as the fundraiser at the Malcam Trust and was asked by the Founder/CEO to set it up.

It has been exciting to see it evolve over the years and adapt to change. I believe now more than ever, Supergrans is needed. How wonderful that we have mature men and women – Grans - passing their survival skills onto young people. I love calling in to see the staff at their rooms in the South City Mall. It always has the wonderful smell of cooking and baking when you walk in the door and there's an energy about the place with those learning to knit, sew or just reading to young children.

It is now time for me to move on. I am a very busy girl, and the Trust is in good strong hands with Judy

Marsh as Chair and Sandy and Rosie their incredible staff. I would like to thank the staff and volunteers over the years and The Board for their belief in this stunning organisation.

What is your favourite pastime?

I am one of a large family of 13 children and spent my first 30 years on the West Coast. I consider myself privileged to have come from a very caring, fun, high energy family, who taught me everything I know. This background of caring about others and carrying on, no matter what life throws at you, has given me some very interesting survival skills.

I enjoy family and friends, gardening, theatre, working with young people and shoes!

What achievement or contribution are you most proud of?

I am hugely proud of my husband, my two daughters and my granddaughter. They are all achievers and survivors. I am also proud of my extended, blended family.

This year, I will have been fundraising both as a professional and volunteer for over 45 years. This is not an easy job – it is challenging, sometimes terrifying, but also rewarding. Over the years, I have worked with some amazing people – hugely talented and generous. To those that believed in me and supported me – my heartfelt thanks.

Why do you work for Age Concern Otago?

Isn't it fabulous that at the tender age of 74, the previous CEO of Age Concern Otago, Debbie George

asked me if I was keen to do a 'bit of fundraising' for the organisation? This is year two and I am loving it. I feel very privileged to be working with a small but dedicated team here in the Octagon. I must admit, I did not realise just how much history the organisation has in Dunedin, or the range of services provided to over 65s. It is great to see people coming into Age Concern that I worked with in Broadcasting, or who choreographed shows or were in shows that were organised by myself and my late husband. They are now attending fitness classes provided by Age Concern – the joys of getting older!

Thank you Lois for all that you do, and all that you have done! You are a super star.



pictured above Lois (left) and Sandy (right)

To learn more about SuperGrans head to:
www.supergransaotearoa.org.nz



- > Great quality dentures and dental repairs
- > House calls to the greater Dunedin area
- > Friendly service
- > Insurance and WINZ quotes

(03) 477 0106
0800 367 120
83 Crawford Street, Dunedin

OTAGO DENTAL SERVICE
Incorporating Ace Dental Laboratory

TIM TAM TRUFFLES Makes about 30



Two (2) packets Tim Tam Biscuits (original are best)
250g Anchor Cream Cheese – (original important)
or 250g Philadelphia (original - the packet keeps longer in the fridge)

1 Tablespoon Icing Sugar Coconut - (to roll in)

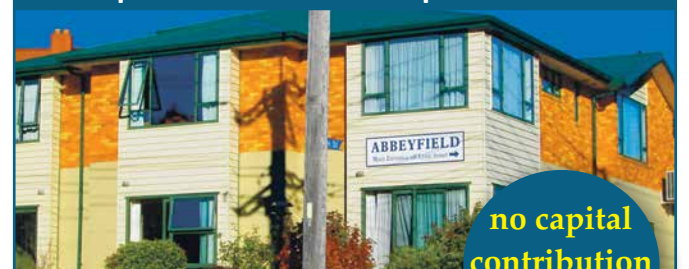
METHOD

Place Tim Tams in food processor (one packet at a time) and process until like breadcrumbs. Put into a bowl and mix in the icing sugar and then the cream cheese and mix all together. Take out teaspoon lots and roll into balls, and then roll in coconut. Place in a container and freeze until ready to use.

These keep for a long time in the deep freeze – and you can use either a few at a time or as many as you want as the rest keep well. Can eat straight out of freezer.

Abbeyfield offers “flating for seniors”

A unique accommodation option in Dunedin



no capital contribution required

- ✓ Our housekeeper prepares lunch and dinner every day.
 - ✓ Accommodation for 10 independent seniors
 - ✓ Modern, sunny studio rooms with ensuites
- An alternative to living alone in your own home**
Warmth, good food, and company
... peace of mind for everybody

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Ph: (03) 464 0082 | abbeyfield.dunedin@gmail.com

Abbeyfield Dunedin www.abbeyfield.org.nz



SERVICE – PEOPLE MATTER!

Beatrice Hale

Right now, I'm reading a great book, Soul and Soil by Alastair McIntosh. It's a message that is about:

People Matter!

To me, that's the message behind the idea of service. People Matter. We show how we value people by giving service. In my view, we also gain something for ourselves. With any service offered, there's a feeling of belonging, to someone, to something, some ideal. We're connecting not only with people but with something beyond ourselves.

So service is not just giving, its hugely rewarding.

Back in my early days in Bonnie Scotland, I used to visit a small boy whose parents had to move overseas. Pa was in the Army. Small Bobby was left to undergo treatment and convalescence in a local children's hospital. We had fun! and we had problems! He never wanted me to leave. Bobby wanted to go on playing, and when I got up to go, he used to howl. I could hear him as I walked down the hospital corridors. I loved that time with wee Bobby,

playing, hugging, teasing, laughing. He used to watch for my coming and then, when I had to leave, as well as howling, he waved me goodbye with both hands! He felt good – and so did I.

Still thinking of Scotland, years ago I was concerned about my frail elderly mother. Her sisters had died or gone into care, as had several friends. Those still around were considerably less mobile and unable to visit. So on one return visit to Aberdeen I managed to organise a visitor for my mother, and wow! The difference that made to Ma. She resisted at first, insisting she did not need anyone, but gradually Muriel worked her way into a friendship, and great were the weekly phone calls too. That's service! My mother felt good, and Muriel did too she told me.

Over here in New Zealand, I was lucky enough to meet and work with some volunteer visitors, and I must say that these were amongst some of the finest people I will ever have the good fortune to know. They reached out to others from their hearts, with enormous sincerity and using the experiences of their own needs. That's service!

There can be a funny side. On holiday in one town, I hovered on the pavement thinking, where would I wander? On the right was a busy mall of shops. On the left, there were tempting bookshops and cafes. The streets behind were unknown. Across the road was a beautiful park, but I had been there and I did not want to go back. A young man approached, took my arm and said 'I'll take you across the road.' He was so kind I could not refuse. We crossed! I remained on the opposite side of the road until my escort disappeared on his own journey. Then I crossed back again to where I wanted to be.

**So, joking apart
– service is one of
the wonderful things
in life – to give and
– sometimes, more
difficult – to receive.**



ESTATE SERVICES MADE EASY

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

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

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

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

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

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



Editorial supplied by Estate of Grace



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

Personalised services include:

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



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

The Volunteer Army online shop

<https://shop.sva.org.nz>



The SVA Grocery Delivery Service is for those aged 65+, anyone who may be medically vulnerable, essential workers (and their whānau) and anyone that requires support due to their personal circumstances, such as single parents. Choose from a list of grocery essentials to fill your pantry and a friendly SVA volunteer will fulfil your shop at your local New World and deliver your groceries to your door – all completely contactless.

This service, which is in partnership with New World, is available across New Zealand.

What the service offers:

- Shop online at [sva.org.nz](https://shop.sva.org.nz) or place your order over the phone
- Delivery within 48 hours
- Easy payment with credit or debit card
- Contactless delivery
- Accommodates special dietary requirements
- Delivery available across New Zealand

Or place your order with the SVA over the phone

0800 005 902.

Key details:

- SVA is not a foodbank, they are an online supermarket, which means you must pay for your groceries.
- If you have been texted a voucher, use the link provided. Please call 0800005902 or email shop@sva.org.nz if your voucher is not working.
- This service is available nationwide.
- There is a standard \$15 delivery fee or \$3 delivery fee for Community Service Card holders. This is included within your voucher cost.
- Customers can also choose a \$25 delivery fee if they wish to make a \$10 donation (non-tax deductible) to SVA (\$15 delivery + \$10 donation)
- Deliveries will take place within 48 hours if the order is made before 2pm.
- The service is only available via New World and Four Square supermarkets.
- Payment is via credit or debit card or gift card.

Can SVA help with other deliveries? They are able to collect prescriptions and deliver them. To request, please email support@sva.org.nz or call **0800 005 902.**



The online grocery store is set up in conjunction with New World supermarkets. People who need groceries can shop on the store site, using their own money if they're able to, or a Ministry of Social Development funded voucher if they're not able to pay by themselves.

The Student Volunteer Army grocery service is available nationwide to those in self-isolation or who have no other way to access food.

Why I lead a Falls Prevention class

Our 62 Steady As You Go, 25 Tai Chi and 5 Aligned to Go Falls Prevention classes are run by volunteer Peer Leaders from within the group with my training and support. They perform a much-needed and appreciated service in their community. I asked them why they chose to be a leader for their group. Here are some of their answers:

Steady As You Go:

Support: "We believe it is a privilege to serve others. The three of us have different roles to perform and we work well together. We feel that we receive more than what we give. We have a happy hour with lots of laughs and discussion. At least twice a year we have a coffee get together. The Falls Prevention programme is excellent."

Prevention and morale support: "As an ex - Physio, and nearing eighty years old myself, I understand the importance of keeping on the move, using our muscles and keeping it safe as we grow older. The better our balance the less likely we are to fall. We also need to adjust to the things we can't do anymore but still enjoy the things we can do."

It works! "Being a Peer Leader means that I can help people. I can help them learn how to develop their strength and balance and help prevent injury by falling. One day, when we were doing the "squat" exercise, a member excitedly said, "That works! It really works! The other day I started to fall and I bent my knees and I didn't fall!" I think that says it all!"

Caring: "I first attended St Clair class 9 years ago and the benefits in my strength and balance improved over that time. This outcome encouraged me to step up and lead the class. I have been doing this for the last 2½ years. It is a joy to meet a class that is so friendly and caring."

Companionship: "Although not an official Peer Leader I add my support to our 2 dedicated Peer Leaders. I have been attending classes for 9½ years. During these difficult times with Covid many members are seeking companionship and advice. The phone tree we run gives members a regular friend to talk to. The support we all gain from Margaret Dando during her visits to class is really enjoyed."

Tai Chi:

Exercising and friendship: "It is special to me to see the participants enjoying a slow, safe, non-competitive exercise with many proven benefits in a happy, relaxed environment and forming many new friendships. People

arrive with various balance and other issues and they go out stronger, healthier and more confident."

Wellbeing: I became a tutor by accident as we lost the previous leader and after many years, about 6, I have grown into the role and personally developed. More importantly, I believe I have been successful in teaching Tai Chi to a very special group of people. My particular group are longstanding members who are keen to continue, at the moment, despite the current Covid climate.

Aligned to Go:

Social interaction: "As a Peer Leader my role is to ensure the venue is clean and tidy each week, and the chairs put out for our group. I also look after the registrations and the attendance roll. My wife, Elizabeth provides morning tea and helps look after the kitchen, along with help from other members. We both enjoy being involved in this way for the overall benefit of our Ocean View group, and the social interaction it provides us all."



Margaret Dando



Interview with Cynthia Fairley - A/Inspector - District Co-ordinator ROCC



What is ROCC?

ROCC programme's purpose is to help and support communities to be resilient to the impact and harm caused by organised crime.

Where are you from?

I was born and raised in South Otago into a large family with Mum and Dad immigrating to New Zealand from Northern Island with half the family born in Great Britain and the rest of us here.

Being raised in a small rural community with little family connection meant we're reliant on each other and were well supported by the Salvation Army as a new family into the area. Our parents always encouraged us all to do well at school and go off to tertiary education, we were hardworking and diligent.

Why did you join the Police?

I joined the Police after completing my degree at Otago University by accident really, the workforce was inundated with newly graduated accountants and I didn't want to pursue a career as a teacher. My best friend at Uni encouraged me to pick up a pamphlet from the café table and look into being a Police Officer. I wanted to make a difference and help others. Fitness wasn't my thing, but I worked hard and finally was accepted into the Police in 1993 and was posted to Gore as the only female Constable at Gore was leaving. Gore was a great training ground with a variety of work and opportunity to learn- by either sinking or swimming. It was a challenge with the centre parks, bogans, alcohol and scraps on the Main Street - but over time the environment changed and improved once the centre parks were

removed, and the liquor ban put in place. I dealt a lot with female victims and offenders, and children in homes exposed to violence, drugs or alcohol use and abuse. I continued to learn and sit exams and eventually joined the Criminal Investigation Branch at Gore where I dealt with more serious incidents, homicides, arsons and fatal car crashes. This also led to me being the first female Detective Sergeant in Southland which I was incredibly proud of. I continued to lead the Gore CIB until 2011 when an opportunity arose to lead a sub-area. I had always wanted to be a decision maker and have my own wider rural team and work within rural communities to make a difference to our vulnerable people.

What are aspects you really like about your work?

I then proceeded as Sub Area Commander at Western Southland for four years covering the area from Riverton to Milford Sound and Kingston. This was a huge challenge mainly due to the spread of staffing across the region but did expose me to large Search and Rescue operations. I then went to Invercargill for two years as Senior Sergeant - Youth and Community where I ran the Youth Services team and Neighbourhood Policing Team, I ran the Prevention site at Southern Field Days and was part of Safe in the South initiatives. This exposed me to the collective strength that you can obtain when agencies, NGOs, community groups all work together on issues arising in vulnerable communities.

Why did you change to another role?

I did miss being my own boss to an extent and working within rural communities so I then headed to Clutha-Taieri as Area Response Manager where the area included Mosgiel, the Airport and Otago Correctional Facility. These new locations had their own challenges and it was enlightening to be able to work alongside other sectors on issues arising in smaller communities due to changing demographics and other issues that were emerging. I then came back to Eastern Southland and I did not miss the commuting, using my time to re-immersing myself into the community and refresh lines of communication and networking.

Can you tell us more about your current role and work? Why is it important to you?

After three years I sought to challenge myself and

am currently on a 12 month secondment as District Co-ordinator for Resilience to Organised Crime in Communities. This is at Inspector rank and I am there to support our three Area Commanders and Area Prevention Managers in the roll-out of this ROCC programme. Its purpose is to help and support communities to be resilient to the impact and harm caused by organised crime. This is a larger piece of work where we listen to the aspirations of the community, have strong local governance or leadership and seek out sustainable investment and local decision making. I'm still trying to make a difference for those who are vulnerable and have no voice. There have been very challenging parts of my journey and I couldn't have pursued roles that I wanted without the full support of my partner, also in the NZ Police as a Youth Aid Officer. I can encourage anyone out there who wants to join the NZ Police to do so- no matter what people throw at you - no matter how many people try to put you down or tell you you're not good enough - the most rewarding part comes when you don't expect it, when you find out you have made a difference in someone's life.

Thanks

Cynthia Fairley

A/Inspector - District Co-ordinator ROCC



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Service comes in many forms, we all know about the high-profile people or organizations, however, every one of them relies on individual members to make the magic happen.

When all is said and done, service is one person reaching out in support of another. From a wave across the fence, or practical help to a listening ear, we can all serve each other in some way. In these uncertain Omicron times, supporting each other has never been more needed.

Otago Neighbourhood Support is part of a nationwide community led movement that brings people and neighbourhoods together, to create safe resilient and connected communities. We work alongside Police and other partners to equip neighbourhoods improve safety, be prepared in emergencies, and support one another to make our communities even better places to live!

Our many members Reach Out, Look Out, and Help out, serving their neighbours.

The arrival of Omicron means some of us will be self-isolating. So how best can we be prepared at home and in our Neighbourhoods? Who are our support networks? A Neighbourhood Support Network would be very useful, so if you are not in one, why

not get one going? It is very simple, and you will have support from myself (contact me 03 456 0857, or email: coordinator@nsotago.nz) and the team at Neighbourhood Support NZ. There may well be groups in your area and there is no cost to join.

We can help you get a group and networks established, to ensure support is at hand. We have a variety of resources (and connections to wider networks) available to our members, such as our "Neighbourhood Plan" or our "Kia Ora Neighbour" flyer. We can supply the fliers for you to fill in and pop into your neighbours' letterbox as a friendly reminder that you are available to help. You can find more information on our Facebook page: Neighbourhood Support Otago, or our website: <https://nsotago.nz/>

Nau te rourou, naku te rourou, ka ora te manuhiri.
- with your food basket and my food basket, the people will thrive.

Kia haumarū, kia atawhai, kia tau
(Be safe, Be Kind, Be settled)

Joy Davis | Regional Coordinator



2022 membership

ANNUAL MEMBER APPEAL



Dear Members and Dunedin Total Mobility Recipients:

April sees the start of our 2022/2023 membership year, and we would like to remind you that your Membership subscription for this year is now due.
(If you have already renewed your membership, thank you.)

We appreciate and count on your support that enables us to continue the amazing mahi/work in our communities. As a not-for-profit organisation Age Concern Otago provides support to over 30,000 older people annually in North Otago, the Dunedin region, South Otago and Central Otago, supported by a large team of wonderful volunteers.

We are excited about the year ahead and are continuing to provide helpful information and referrals, Community Social Work and Elder Abuse support, Falls Prevention Steady As You Go and Aligned to Go classes, Tai Chi, a variety of social activities, our Visiting Service, and lifelong learning opportunities like our SilverTech Smartphone programme.

In Dunedin, the Total Mobility scheme provides a subsidised taxi service to people with mobility impairments by way of taxi swipe cards. To continue to be part of the Total Mobility Scheme and use the swipe card through us, you need to be a current 'Friend of Age Concern' subscriber.

Show your support for Age Concern Otago's work in your region **by completing the form at the back of this magazine** and return it to us with your payment, or email us at accounts@ageconcernotago.co.nz to let us know you have paid electronically. Please include your name and address to help us match you to the correct region within Otago and let us know if you require a receipt (email preferred, if possible). You may also pay using a card.

Thank you so much for supporting older people in Otago!

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Health interview with Lisa Wallbutton from Well South

Falls and Fracture Prevention Service

Lisa's position at WellSouth: Falls and Fracture Prevention Coordinator at WellSouth.

Lisa Wallbutton is an exercise physiologist who works across all areas for prevention of falls and fractures, as well as supporting those having experienced falls.

These 3 divisions are Fracture Liaison, In-home Strength and Balance, supporting Live Stronger for Longer Community Strength and Balance classes.

How does the in-home strength and balance service work?

WellSouth receives referrals from sources such as GPs, the SDHB, St Johns and self-referrals. Lisa talks to a client on the phone first and makes sure they are medically fit and appropriate for the programme. This particular WellSouth programme is aimed at older adults aged 75 years and above who have had a fall and can't access community strength and balance groups. For example: they might not be able to drive or they might have other health or mobility issues that make it difficult to access these community groups. Lisa then makes a time to go to the person's house for a comprehensive falls assessment with them looking at everything from their general health, falls history, hearing, vision, footwear, medications, blood pressure, home safety and social support. Lisa then tests their leg strength and balance and starts them on a home based exercise programme with a series of scheduled follow up visits and phone calls and monitoring of progress.

How long does it take before a client can expect to see her?

On average it is usually 1-2 weeks once they are referred. If there is higher demand it can be several weeks up to a maximum of 4 weeks between first contact and for Lisa or the team to see them.

Lisa has been working with the WellSouth Falls Prevention team for several years. She studied sport and exercise science and later clinical exercise physiology. Coming out of university Lisa worked in age-care facilities with frail elderly. She also worked with older adults overseas - mostly Vietnam veterans

with chronic injuries and illnesses, using exercise for long term health management. She very much enjoys working with the older population. "Older adults can be overlooked; it is important to keep exercising throughout life and it's never too late to start."

Currently Lisa works mainly in the Fracture Liaison service. This is a relatively new service and deals with people of 50 years and older who have had fragility fractures. When you break a bone from standing height or less (for example through a fall) it can indicate that your bones are not as strong as they could be and there could be some underlying osteoporosis.

The idea of the fracture liaison service is to identify the first fracture and prevent secondary fractures from occurring. The service offers information about bone health and Lisa does bone health assessments over the phone. She looks at a person's falls and fracture history, health status, lifestyle, diet, exercise, bone mineral density, medications and vitamin D. Based on the information she gathers she may recommend the person gets a bone density scan done or they might benefit from starting bisphosphonates (bone sparing medication). She also gives people information about community strength and balance classes such as Age Concern's Steady As You Go and strength and balance exercises they can do at home to prevent falls and fractures. She also provides information about calcium, protein and Vitamin D intake.

Can you receive diet advice too?

Nutrition: dieticians are also employed as part of WellSouth's wider team. Is someone's Calcium intake adequate? Are they eating enough protein to build muscle mass and strength? Maintaining a well-balanced diet is important for bone health, physical function and resilience if a fall should occur. It is also important that older people are eating enough food in general, high energy snacking between meals is a good way to keep energy levels up. In the team can refer onto a dietician for more specialized advice if needed.

Why does Lisa do what she does?

"I love connecting with people to focus on their health. It's nice to be able to positively impact someone's mobility, confidence or quality of life." For Lisa it is all about the health journey.

What are the Live Stronger for Longer approved exercise classes and who are the tutors?

These are community strength and balance classes in the Southern Region that are approved under the Live Stronger for Longer movement, basically they are designed to improve the leg strength and balance of older adults and reduce the risk of falling just like the Age Concern classes are. Some are peer-led, some are led by trained exercise professionals. There is a real variety of classes as the tutors have diverse backgrounds. You can find everything from a gym circuit to chair yoga: different levels of difficulty and activity so something to suit most people. WellSouth do not rank the classes in how challenging they are physically, all of them are on the Live Stronger for Longer website and have a brief description of the class and Lisa can discuss which type of class would best suit her client.

Who can benefit from an in-home visit, as opposed to joining a community strength and balance class?

For more frail elderly people who cannot access services like a community group it is beneficial for Lisa and the team to see them at home. If they can't drive or there are other factors like someone having incontinence issues, social phobias, or if they cannot visit a building because it might not have a lift for example. Lisa: "Home visits are very satisfying; I get to know people personally and see how they progress. It is quite special being invited to someone's home and building that rapport." For people who can attend community strength and balance groups that is what Lisa recommends, as the social aspect is really important too. Often at the end of class the participants will get together for coffee and a chat which is just as important as the exercise!

WellSouth's programmes have a lot of overlap with Age Concern Otago and they share the same goal: to support older adults with their strength, balance and health. WellSouth recommends Age Concern Otago's exercise classes to people they speak to, as they know these classes are fantastic and available in many locations across the whole Southern Region. Lisa has also referred her clients to Tristan to assist with the Accredited Visiting Service. Margaret has been supplying WellSouth with a lot of data over the years to assist them with their work.

If you would like to make contact with the Falls and Fracture Prevention Team then please call 0800 477 115 or email bwellfallsandfractureteam@wellsouth.org.nz or for more information head to <https://wellsouth.nz>



Grandparents raising grandchildren in retirement villages

Article supplied by Retirement Villages Association

Isobel Harris-Clark doesn't remember a time when she didn't live with her grandparents in Summerset by the Ranges, Levin. She was just over two when her grandmother, Gwyneth Harris, collected her from the social worker who'd brought her south on the bus and took her home to her villa, and there Isobel stayed, until she left in 2019 to go to Otago University.



Isobel's babyhood had been challenging, with her parents unable to provide the stability she needed. Gwyneth had raised six children, and nurtured Isobel in the village within the same frameworks – love, routines, expectations and lots of activities. She remembers, "I knew Isobel needed routines to give her security. I got her into preschool three mornings a week to give her friends, and we did lots of activities – we went to plays, the pantomime, the circus, and library programmes. When she was little, I took her to meetings in her pushchair; she had books and snacks, she was always happy." On Sundays Isobel went to church, sitting with Gwyneth in the choir stalls.

Isobel was also part of village life, going to all the events with her grandparents. Gwyneth remembers explaining, "Isobel, there are people here with wobbly legs and walkers, so you have to be careful and quiet." She quickly became the Christmas fairy and the Easter bunny's helper. Isobel's still Santa's helper when she goes home for Christmas. Her great aunt and uncle also lived in the village; Isobel remembers "They were very gregarious, they ran all the events – St Patrick's and St Andrew's Day breakfasts, shared dinners, communal fireworks – and I loved getting involved. If I lost a tooth – especially the time I lost one at a potluck dinner – I got lots of coins from all the Tooth Fairies there."

Sometimes living in the village gave Isobel an advantage over her schoolmates. The mini-golf course was a great drawcard, as were the grounds. "We could practice gymnastics on the lawn – I had a bigger backyard than anyone else! One of the residents told me recently how much she enjoyed watching us practicing from her window – she'd been a gymnast herself." Looking back, Isobel says, "Growing up in a retirement village was my normal, and we made it work."

By contrast, Milly French is only ten, but she has very similar views about the time she spends in Northbridge Residential Village on Auckland's North Shore. Milly's mother Rachel died when Milly was four; since then she's spent every second weekend and much of her school holidays with her grandmother Carol and step-grandfather Dennis Thornbury. Carol says Milly's made friends with their neighbours, mainly women on their own: "People have been very welcoming, especially on our apartment floor. Our neighbours treat her like a friend, they look forward to seeing her. And there's so much to do – we swim in the pool, use the spa, and go to the beach. Northbridge is informal and unfussy, so it's easy to have her here. It's her second home, and she feels safe."

Milly agrees. "I love seeing all the lovely people here. And it's really fun in the pool. Gramps races me, and I make a little floaty house out of the pool noodles and Gramps pretends to be a leopard seal."

The differences between living in her father's house and her grandparents' apartment are all taken in her stride as well: "It's quite different to come to the apartment, it's bigger than my house and I like the way Granny has a rubbish chute so we don't have to do the bins and mow the lawns. It's really nice and quiet out on the balcony. At Christmas people decorate their doors and railings, and Ross, who delivers the mail, puts tinsel on his mobility scooter basket, it's lots of fun. We give the neighbours on our level Christmas baskets with fudge and biscuits."

As growing up in a retirement village did for Isobel, Carol says going to village functions has given Milly confidence. "It makes her feel grown up, being part of an adult community. I think it's been very good for her."

While these arrangements are relatively uncommon, with goodwill on all sides they can work well for the families concerned and for other residents. They give a taste of multi-generational living in an older community, and having a child around regularly may go some way in filling the gap for residents whose grandchildren don't live nearby. Isobel and Milly are living proof that it can indeed take a village – even a retirement village – to raise a child.

To read more about this remarkable story, visit Retirement Life website - <https://www.retirementlife.co.nz/grandparents-in-retirement-villages>

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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

Receptionist/Admin/Memberships

Fiona Cutler 03 479 3055

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

Hub Support Coordinator:

- **Meals on Wheels** – delivery. Coordinate Volunteer drivers to deliver Meals on Wheels in the Dunedin area. Contact: Fiona Cutler (Dunedin) 03 479 3055

- **Home Trade Services.** Police vetted tradies and professionals Contact: Fiona Cutler 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.

AVS: Visiting Service is looking for volunteers in Fairfield, Abbotsford and Mosgiel

Volunteering has its rewards

health improvement, community service hours and personal growth.

You can learn new skills and gain experience. Reading or hearing about the issues is not quite the same as getting involved. If you would like to get involved in the Accredited Visiting Service and commit to visiting someone for one hour per week then we would love to hear from you.

Volunteer visitors are desperately needed in the Fairfield, Abbotsford and Mosgiel areas.

Contact Tristan for more information: 03 4793058

Everlasting 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**



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Age Concern Otago Membership Application

(Please accept our sincere thanks for your support)

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

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Account No: **01 0907 0010004 00**

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