

Age Concern Otago

Celebrating Otago's older people since 1948



**AGE
CONCERN
OTAGO**

He Manaakitanga
Kaumātua Aotearoa

SAFETY

WINTER 2022

www.ageconcernotago.com

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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

The theme for this edition is 'safety'. Thinking on this I realised that most of what we do involves safety in one way or another. Not much happens in any workplace that isn't connected to safety or health of workers and clients. Age Concern Otago is no exception, and we spend a lot of time making sure our spaces are safe for everyone and free of hazards.

In our homes we also need to be vigilant and aware of potential threats to our safety. This might take the form of a walk around our homes checking for things like mossy paths, trip hazards, uneven surfaces, things that might fall over, leaks, deferred maintenance, flat smoke alarm batteries, outside lighting. Our Home Trades referral service can connect our members with reputable trades people to help solve those larger maintenance issues.

Personal safety and wellbeing are other concerns as we transition from a World locked down because of Covid 19 into winter where the days are shorter, colder and darker. Don't forget that humans are gregarious animals and usually need to interact with others for our own wellbeing. Here at Age Concern Otago we recognise that isolation and loneliness are significant issues for people who have become conditioned to staying at home because of Covid 19. While there may still be a threat to particularly vulnerable people, hospitalisations are far fewer than some predictions, and with appropriate precautions, proper hygiene and a sensible attitude the risks are reduced. Most people can start to socialise again or at least get out of the house more regularly for fresh air and exercise. If you are looking for an excuse, we have many activities available through our Octagon Club in Dunedin, the South Dunedin Seniors group,

or one of the many Strength and Balance, Tai Chi, or exercise groups we coordinate throughout Otago. Our offices in Alexandra and Oamaru can advise what activities are happening in their areas too.

Age Concern Otago also offers our new Silver Tech course designed to introduce older people to basic smartphone use and how to avoid scams. If that isn't for you there is always our free Staying Safe refresher courses for older drivers, or for those who may be less mobile consider our Accredited Visitor Service which matches volunteer visitors to people who enjoy a friendly chat.

Niall Shepherd

Executive Officer



Safety: Aspects of the Word

Derivations

The word *safety* comes from Latin *salvitas*, the state of being or feeling safe, formed from the adjective *salvus*, "safe." In French *sauf* we begin to hear final /f/ instead of /v/, being voiced not unvoiced, and drop the intervening /l/. The idea continues in *salute* and *salutation*, in which we wish another person health or well-being. And in *salvation*, which is not exactly the safety but the restored health of the spirit. *Salut* in French = a toast, *Cheers*, to "drink a health."

Spellings

But *why* are these historical links so obscured by spelling and pronunciations? Why does /f/ replace /v/, but only sometimes? Why does the /l/ become /u/ in *sauf* and both drop out in *save*? To cut a long story short, pronunciation changes over time because speakers hurry the sound. Spelling follows sound, generally in the direction of shortening.

Phrases

That the idea of safety is reassuring, you can see from countless phrases. If you cut yourself with a *safety razor*, at least it's your own fault. So safety resembles security: you can't have enough of it. How much is enough?

John Hale



Safety is important in many ways – we all need to take care of our health, wellbeing and security.

Councils do a range of things to help wellbeing and safety in their communities, providing things like community housing and facilities you can use to stay fit and mentally well, such as pools and museums.

There's also work to make things more accessible. At the DCC we also offer things like 75+ permits for drivers over 75, book buses that travel around the city, we're continuing work to improve footpaths and making parks and reserves more accessible.

Your local library can be a wealth of knowledge for helping you to stay safe online. In Dunedin, like many other places, libraries offer free classes to help build digital skills, including computer basics, using a smart phone, social media and online banking.

So, please make use of what's on offer in your community and look after yourself.

Lastly, I'd like to acknowledge the recent passing of our Patron Stan Rodger. His was a life of public service and community, and our thoughts are with Anne and their family at this time.

Mayor Aaron Hawkins | President

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Safety What a huge theme with features big and small, personal and wider, especially as we work our way through old age.

For example:

At home: 'check floors for little things which might just trip you up!', 'Hold on to the rail!' 'Have you taken all your pills?' 'Got your stick?' 'Watch for the steps.' 'Take your coat, it's raining.'

And then in the car we have: 'Fasten the seat belt', 'Check behind you.' 'Reverse carefully.' 'Signal when changing lanes.' 'Got the lights on?'

More small stuff, and a total delight when it's for the grandchildren. 'Tie your shoes well.', 'look both ways', 'Hold hands crossing the road.'

– Now there's a reason to curl your fingers round small plump dimpled hands.

Caring attitudes for self and others, for day-to-day living safety.

But then there's a much bigger aspect.

What about those who gave up their lives for the safety of the rest of us?

As I watch Anzac Day services, the safety of my ordinary life is one for which I am enormously grateful. Especially when I read the news these days.

Beatrice Hale



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OTAGO DENTAL SERVICE
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A well-connected community helps to improve the safety, resilience, and well-being of all residents.

Neighbourhood Support initially started out as Neighbourhood Watch which was introduced to New Zealand by the Police in the late 70's as a crime prevention initiative, to improve neighbourhood safety. In the 1990's the movement was renamed Neighbourhood Support to better reflect the work that we do in our communities



Otago Neighbourhood Support is a member of a nationwide community-led movement that brings people and neighbourhoods together to create safe, resilient and connected communities. It is a national network of 69 member organisations who support over 220,000 households across Aotearoa.

We are a registered charity and since 1999 we have been working alongside New Zealand Police and other partners to equip neighbourhoods to improve safety, be prepared for emergencies and support one another so that our communities are great places to live.

Otago Neighbourhood Support empowers you to get to know your neighbours, stay up to date with important community news and alerts, employ tips and resources that improve your household and neighbourhood safety, learn how to be better prepared for emergencies, and more, and we are free to join!

Our resources such as street signs and window / letterbox are provided to households and supporters by their local Neighbourhood Support contact once they've joined. At NO COST to you.

You will receive information that will keep you up-to-date with news from our community partners, including The Dunedin City Council, New Zealand Police, Fire and Emergency New Zealand, and the National Emergency Management Agency. Along with other tips like: steps to take when going on holiday, how to give a good description to police, and other

safety tips. Currently the feature is winter fire safety tips.

Households are connected to local groups which come in many shapes and forms. Neighbourhood Support is run by the people for the people so that it can be tailored to suit your local needs and help you feel safe. Great for those of us who live alone.

We value our engagement with Community Partners, such as Age Concern, recently we organised a Community Constable to call on an older resident to advise her re some safety issues.

Remember if you are concerned about something happening now, ring Police on 111 or if it is not so urgent, ring 105 or email 105.police.govt.nz

Working together, we can support each other, solve local issues and make our neighbourhoods safer and more welcoming.

If you would like to know more about Neighbourhood Support or would like me to speak to one of your groups, do get in touch, phone me on 03 456 0857 or email me coordinator@nsotago.nz.

Kia haumaru, kia atawhai, kia tau
(Be safe, Be Kind, Be settled)
Joy Davis | Regional Coordinator
Otago Neighbourhood Support
Ph: 027 476 6047



www.nsotago.nz



Some Otago Neighbourhood Support Resources/Covid Care Package

Winter brings a unique set of fire dangers that you need to be aware of. Follow these fire safety tips to help keep yourself and your family safe, no matter the season.

Fireplaces and Chimneys

- Clean chimneys and flues before you light the first fire of the season.
- Always use a fireguard or spark-guard when using an open fire.
- Never throw rubbish into the fireplace – particularly batteries and aerosol cans.
- Always empty ashes and ashtrays into a metal bin and pour water over them before disposal. Remember that ashes can take up to 5 days to cool.
- Keep matches, lighters and anything else that can create fire out of reach of children.

Electric Blankets

- Replace your electric blanket every 5 years with newer heat-protected models, which are safer. Worn and old electric blankets can cause an electric shock, fire and possibly even death.
- At the first sign of wear have your electric blanket checked by a qualified electrician.
- Don't place heavy objects on the bed while the blanket is on and never sleep with it on.
- Make sure the blanket is always flat on the bed and that controls or cords are not twisted or caught between the mattress and the base of the bed. Twisted cords are a common cause of electric blanket fires.
- Roll your blanket when you store it for the summer, don't fold it.

Heaters and Clothes Dryers

- Remember the heater-metre rule – always keep furniture, curtains, clothes and children at least 1 metre away from heaters and fireplaces.
- Never cover heating appliances or store objects on top of them.
- Don't overload clothes dryers and clean the lint filter after each load cycle.

Portable LPG Gas Heaters

- Check to see the gas hose is in good condition and doesn't show any signs of damage or wear.
- If the heater does not light straight away, turn it off and then try again. Don't let the gas build up before trying to relight it.
- Always have fresh air coming into rooms where a gas heater is in use.
- Have your heater serviced every 12 months.

Want to make sure your home is fire safe? Use the fire safety checklist on the Fire and Emergency NZ website to find anything that might be putting you at risk. For more fire safety tips at home, visit: <https://fireandemergency.nz/at-home/>

KEEPING EACH OTHER SAFE

The Visiting Service is about providing friendship and companionship to an older person.

To ensure it runs smoothly we have rules and boundaries in place so that both the client and the volunteer visitor are protected. Both parties are made aware of these when I first meet with each of them.

As time goes on some people do forget that they apply and may go over and above what is required of them.

This can sometimes put people in a tricky situation.

If you feel you would like to be reminded, then please do not hesitate to ask.

Kind regards,

Tristan Kavanagh

Accredited Visiting Service (AVS)



Total Mobility updates

Fares

Reduced Total Mobility fares will stay in place for an **extra two months**, until the end of August.

Instead of paying the usual half of your fare, Total Mobility users currently pay **a quarter of the full fare**.

Covid readiness

As part of your own Covid readiness plan, consider your alternative transport options should Total Mobility services be disrupted.

Talk to friends, family, and neighbours to see how they can help. Please wear a mask, unless you have an exemption, and follow any health and safety guidance requested by your driver.

Check the **ORC website** for more information.



www.orc.govt.nz/orbus



Office Mascot
Monty

Central Otago - Wanaka

Yvonne Godfrey works every second Friday between Midday to 4pm from the Wanaka Community Hub.

She brings to the role her skills of networking, leadership and life coaching skills with a lifetime of entrepreneurship and a passion for strengthening families.

As an ambassador for Age Concern Otago, Yvonne will be available at the hub to explain the many services available to older people, help navigate pathways when dealing with service providers and other agencies, and to make referrals for follow up action with either our Age Concern Otago staff at Alexandra or other appropriate agencies.

Yvonne will promote Age Concern Otago's activities throughout the Wanaka area with a particular focus on addressing social isolation.



South Otago - Balclutha

Gwynneth Butler (Gwynny) is our Balclutha based Ambassador who works every Friday from St John's base in High Street. Her hours are 10am to 2pm.

Gwynny has a strong background in Community Development, Community Promotion, Networking and Social Service Provision with groups and individuals. She already has an extensive network in the Balclutha area and will be using that to promote Age Concern Otago's activities. Similarly to Yvonne, Gwynny will focus on the issues of social isolation by promoting programmes like the Accredited Visitor Service, various exercise and Falls Prevention groups, and other Health Promotion activities run from time to time in the area, as well as making referrals to our Dunedin based staff and/or other appropriate agencies.

Both Yvonne and Gwynny's roles serve to widen Age Concern Otago's area of influence in their respective areas and will serve to help identifying specific needs within those communities.



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



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

Central Otago - Age Concern Otago office

We had a fantastic workshop in Wanaka last week about smart shopping and nutrition. There were tips and tricks on how to be more savvy when shopping.

Dell TAYLOR, the St John chairperson, ran the workshop. She has owned restaurants in Chile (South America) and a catering business. Dell was vibrant, fun and delivered a honest workshop.

She weaved sustainability into everything and how to manage waste. We came away ready to make some changes in how we shop so we can have

more change left in our pocket. How wonderful is that!

If you live in Central Otago and would like to attend a similar seminar, please contact Age Concern in Alexandra at 03 4487075 and we will arrange for another workshop.

Keep warm and savvy

Marie Roxburgh

03 448 7075



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Age Concern Otago - Waitaki

All activities are continuing as we watch the Covid case numbers starting to recede (fingers crossed!), and we are rescheduling seminars that had to be postponed. Omarama Housie is back for the winter season from 8th June and based on last year's experience will be a lot of fun! In Oamaru, we would welcome new volunteers to help prepare and serve Afternoon Tea after Gentle Exercise on Tuesday afternoons, either weekly, fortnightly, or "on call" when needed.

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 Yarnton at trips@ageconcernotago.co.nz or 028 406 3004.

And from our departing Waitaki Coordinator, Caitriona Prunty: *"All the best to our wonderful clients, and a special THANK YOU to our volunteers without whom we could not function! It's been a privilege to meet and get to know you all over the past few years, first as a volunteer, and then in the Coordinator role."*

SilverTech Smartphone Classes

Classes are ongoing in Oamaru and Kurow. Please contact the Waitaki office to register your interest in joining a smartphone class or becoming a volunteer class assistant.

Direct phone: 03 479 3054

Email: kristen@ageconcernotago.co.nz

Driving Safe or Life Without a Car?

There are many reasons to stop driving, especially later in life. Around the world, many young people are opting not to drive at all, as they try to live a "greener" lifestyle. Of course, this can be tricky if you don't have good public transport nearby, but even in North Otago it's possible to stay active, connected, and independent without having a car.

First, consider how much it costs to run your own car. Petrol prices are up, close to \$3 per litre at the moment! Add in the cost of insurance, WOF, oil changes, brake service, not to mention any repairs, and you are up to thousands of dollars each year. Think about how many taxi trips that would pay for! Spending more time walking will not only save money, it will also improve your fitness and general health.

Do you sometimes (or often):

- ✓ Say to yourself, 'Where did that car come from?'
- ✓ Find people beeping their horn at you in traffic?
- ✓ Have trouble gauging the speed of other vehicles?
- ✓ Find you've missed seeing a traffic light or other sign?
- ✓ Been confused about who should give way?

These are just a few indicators that it might be time to cut back on driving, and maybe sign up to an Age Concern Otago seminar that will offer ideas for how to keep your independence even after giving up your car, or to refresh your road safety knowledge. The "Staying Safe" driver refresher course and "Life Without a Car" seminars will be offered later this year. Contact one of our regional offices for details.

And remember, if you are an AA member aged 74 and over, the AA offers a free coaching session to help you stay safe and confident behind the wheel. Contact the AA for details.

It has been a sad occasion at the Age Concern Otago Waitaki office as we farewell our awesome Co-ordinator Caitriona Prunty. Over the last 3 years Caitriona has done a fabulous job of promoting Age Concern Otago Waitaki. Caitriona has worked tirelessly to increase and improve our membership, programmes and the resources available to older people in the Waitaki. We are going to miss that smiling face and the wonderful Irish humour in the office.

A new Coordinator has been appointed. She will introduce herself soon.



SilverTech smartphone class, learning in action!



Wednesday Board Games at Oamaru Library.



Jody Macdonald
Upper Waitaki Coordinator



Sharon McGregor,
Social Worker

Big thank you to departing Executive Team member Prof Linda Robertson



It is with regret that we at Age Concern Otago farewell Dr Linda Robertson ONZM from the ranks of our Executive Board. Linda has been a board member for the last 10 years providing valuable insight from an occupational therapy point of view, a field in which she has

worked for more than 40 years. 33 of those years were spent with the Otago Polytechnic where she researched how occupational therapists can facilitate older people to age in their home environment. She also researched the Age Concern Otago Steady As You Go community peer-led exercise programme for older people. Linda continues to assist with Age Concern Otago lead research into services available to Otago's older people.

Welcome to 2 new Executive Team members

As the saying goes: "One door closes and another opens". In this light Age Concern Otago welcomes Professor Debra Waters and Mr Sean Kelly to its Executive Board.

Prof Waters is the Director of Gerontology Research with the University of Otago and has had a long association with Age Concern Otago through her valuable research focussing on falls and frailty prevention and also the loss of skeletal muscle mass and function with ageing.

Sean has a health services related background and has been the General Manager of Leslie Groves Hospital since April 2020. Sean brings with him a wealth of experience from the health sector and practical management skills.



Gentle Exercise with visiting instructor Pip from Sport Waitaki

PREVENTING FALLS

The basic ingredients we need to keep us safe from falls are balance, muscle tone and alertness. Checking out our living environment is also a wise precaution, especially with wintery weather. We have many Steady as You Go, Aligned to Go and Tai Chi classes around Dunedin and Otago that are of real benefit to prevent falls and generally improve mobility. I also run Zoom classes for each of these programmes for those who would like a class session from the comfort of their home.

Balance:

It's good to improve our balance by practicing some basics. Stand side-on to the kitchen bench or dining table and using it as a hand support, practice standing on one leg. To get the most benefit, it is good to challenge your balance by lifting your hand slightly off the bench. If that goes well, try closing your eyes (eyes are powerful balance organs). Then you can lift your hand off and close your eyes at the same time! If your ankle shakes, it shows you are challenging your balance, so it is a good sign. Remember to give it a go on the other leg too.



Another way is to stand on an imaginary line with one heel touching the toes of the other foot. Again, taking your hand off the bench or closing your eyes, or both, gives your body more balance practice. You can try with the other foot in front too.

Muscle Tone:

Strong muscles help us to control our movements and so improve balance. One of the best exercises to build up leg muscle tone is getting out of a chair without pushing off with your hands. If this is difficult, perhaps a stable cushion will raise the seat height to make it achievable. Just 5 on the first day is enough but do increase the number per day. You can go up to 20 if you like.

Alertness:

Alertness and brain function can be diminished by several factors including distractions, fatigue, illness, lack of water, lack of food, lack of light. So, it is very important to be aware of your surroundings and your body movements, especially where you put your feet. Be mindful of your feet at all times and if you are with friends be

careful not to distract them if hazards are approaching.

Our judgement is distorted by illness, fatigue, lack of water, nutrients and light, so if you are going to town do ensure you have water and a snack. At night do make sure, one way or another, that there is enough light for your balance. If you are tired or sick, take extra time with your movements to give your brain time to register all the information.

Living environment:

If you need it for stability, do use a stick or other walking aid. It is best not to have mats on your floors as they are easy tripping hazards. In the bedroom be especially careful of the electric blanket cord, making sure it is tucked well out of the way. Also bed covers that come down onto the floor, duvets or blankets on the floor are all lethal tripping hazards. Be extra wary. Handrails in the bathroom and toilet are also most helpful. Make it a habit of always having your hand on the handrail when using stairs or steps. Keep your eyes on the steps and avoid carrying too much at home or when out.

Check that outside paths are free of slippery moss, and never wear smooth soled slippers or shoes outside especially if it is wet. Wearing them is the best way to slip and fall! In the garden, keep a cell phone handy in case you need assistance. If you have a personal alarm, do wear it all the time and use it if you fall. If you do fall and hit your head, make sure your GP records that you hit your head. Delayed concussion can be confused with dementia. I have a great booklet "Love Your Independence" from Live Stronger for Longer that has wonderful guide for analysing your home for hazards. It is free.

Margaret Dando
Falls Prevention



Age Concern Otago is delighted to announce that zoom classes are now available for their popular falls prevention programmes!

You do need to a paid-up member of Age Concern @\$25 per year and have enough floor space at home. A straight-backed chair for Aligned to Go and Steady As You Go is also recommended. Each class lasts for an hour.

Days and times are:

Monday 1.30pm
Aligned to Go
(dance-based falls prevention)

Tuesday 10.30pm
Steady As You Go (physiotherapy-based falls prevention)

Wednesday 1.30pm
Advanced Tai Chi (Sun 73)

Friday 1.30pm
Beginners Tai Chi (Tai for Arthritis)

Margaret at Age Concern
margaret@ageconcernotago.co.nz will be able to answer any questions and include you on her zoom list.

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ELDER ABUSE HITS CLOSE TO HOME

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ELDER ABUSE AWARENESS 15-22 JUNE

Knowledge helps prevention

June 15th is World Elder Abuse Awareness Day.

Every year I write a story on what Elder Abuse is but this year I decided to focus on preventing it happening to you – or someone you love.

What can you do to make sure you don't become a victim of Elder Abuse? Here are my tips.

EPOA – Enduring Power of Attorney. Make sure you have these in place and make sure you are appointing someone you trust that understands you and what your wishes would be. A Financial & Property Power of Attorney can be more than one person and can take effect immediately or when you can no longer manage your finances. A Personal Care & Welfare Power of Attorney will make decisions around your care needs when you can no longer make safe choices around your care eg when you might need to go into a rest home. You will also need to decide if your appointee needs to keep certain people informed. I often see siblings who don't get on and when one is appointed, they won't tell the others what is happening for you.

Will – is it up to date? Has there been changes in the family since you last made a Will? Have you distributed your estate in the way you want to? Without any pressure from others who may expect to inherit? And please get your Will signed and placed somewhere safe, preferably where it can be found when needed.

Banking – never give your PIN or card to anyone. Find another way to work out how to pay for things. It's so easy for a 'helper' to help themselves when

they have access to your funds.

Housing and Family – are you thinking of selling your house and moving in with the family? Maybe building a wee unit on the back of their property? Maybe combining money to buy a house and live together? Maybe have family move in with you? All of these ideas may be a great support but please make sure everything is clear from the start. Ensure the financial side is in writing (where the money came from/ ownership rights/and who owns what). Talk about the expectations of both sides. Who does what around the house. Who pays what eg Rates/Insurance/Food/ Electricity. Does everyone have space for privacy?

Grandchildren: lastly how about when a child/ grandchild has nowhere to live and you let them stay with you. We all love our children and we want to protect them but at what cost? Have the conversation. Yes you can stay here but only for ...? Put a time limit on it. Are there drug or alcohol issues? Make some rules around what is ok with you. Do they have health or mental health issues? Make it a condition that they agree to seek help.

So, love your family but protect yourself from Abuse. Ensure you have support and advice when you need it and don't be afraid to ask for help.

Marie Bennett

Social Worker
Team Leader – Elder Abuse
Response Service & Social Work Services



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

80% Insulation and Heating Subsidies Now Available

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

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

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

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

Eligibility: Check out the eligibility requirements below and see if you can receive assistance getting your home warmer and healthier. To access the programme, call 0800 749 782 or use the simple

online tool at www.warmerkiwihomes.govt.nz.

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

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

Eligibility Criteria for Free Insulation

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

OR

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

Eligibility Criteria for Heating Appliance Subsidy

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

If you’re a former Spark customer and paid for a service called ‘wire maintenance’ whilst on a fibre or wireless connection, you may be owed a refund.

Wire maintenance is an older Spark service designed to cover the cost if something goes wrong with your internal wiring. It was created at a time when customers were predominantly connecting via copper, which required maintenance at times. In more recent years, it was made available on fibre connections and while some fibre customers have benefited from the wire maintenance service, it was not applicable for the majority.

It was also identified that a small number of wireless broadband customers were charged for wire maintenance because of separate historical system errors.

Since then, Spark has stopped offering wire maintenance as a service on fibre and has also processed a refund for all Wire Maintenance payments customers made while on a fibre or wireless connection. They have contacted all customers who are owed a refund; however, some former customers may have changed their contact details since then.

To ensure all customers can claim what’s owed to them, Spark are encouraging customers who used to be with Spark and believe they paid for a Wire Maintenance service while on a Fibre or wireless connection to check if they are owed a refund by visiting <http://www.spark.co.nz/refund-check> or by calling 123.



Are you a former Spark customer?
Did you pay for a service called
‘wire maintenance’ whilst on a fibre
or wireless connection?

YOU MAY BE OWED A REFUND
Call 123 to check or visit
<http://www.spark.co.nz/refundcheck>

Winter Energy Payments

The Winter Energy Payments will start again on the 1st of May. If you get NZ Super or a Veteran’s Pension, you will be entitled to the Winter Energy Payments all winter. That’s from 1st of May to 1st of October. The payment is made automatically, no need to apply.

Couples will get \$31.82 a week. Single people will get \$20.46 a week. If you want to opt out of getting this payment or you want to get back in, call the Senior Services contact centre 0800 552 002.

If you are travelling overseas for more than 28 days you really need to let the MSD know, otherwise they may pay you too much and have to ask for the money back.



80% WARMER KIWI HOMES GRANTS.

80% Insulation Grants

80% Heat Pump Grants

Check your eligibility today!

www.brighttr.co.nz/wkh 0800 888 766

10 EASY TIPS TO KEEP YOU, YOUR FLATMATES OR YOUR FAMILIES FIRE-SAFE



1. Do you have smoke alarms in bedrooms, hallways and living rooms? We recommend installing at least one working smoke alarm on every level of the house and within three metres of each bedroom door. It's even safer if there is an alarm in every bedroom. If you live in a rental property, your landlord is required by law to install smoke alarms. For more information **visit [tenancy.govt.nz](https://www.tenancy.govt.nz)** or call **0800 836 262**

2. Have you tested your smoke alarms? Landlords are responsible for installing working smoke alarms in rental properties, but you're responsible for maintaining them. Don't tamper with it, this reduces your chance of escape in a fire and carries a fine of up to \$3000. Check your smoke alarms every month by pressing the test button.

3. Don't drink and fry. Coming home from a night out, turning on the fry pan and falling asleep is a recipe for disaster. Smoking and drinking can also be a lethal mix. Always extinguish cigarettes safely.

4. Keep looking while you're cooking. Don't get side-tracked by distractions. Stay in the kitchen when you are cooking.

5. Do a tech check. Don't overload your power sockets. When using appliances such as laptops, TVs, Xboxes, etc, consider using multi-boxes with circuit breakers.

6. Keep anything flammable at least one metre away from heaters and open fires. Cutting costs by drying your undies on the heater could cost you more than a steep power bill.

7. Do you have an open or solid fuel fire? Get your chimney checked and/or swept each year. Always use a fire screen and safely remove ashes with a metal bucket. Ashes can take up to five days to cool.

8. Make sure your house letterbox number is clear and easy to read so that emergency services can find your home easily.

9. If the smoke alarm goes off, don't muck about, get out! This is the early warning that could save your life.

10. In an emergency call 111. Call from a neighbour's house or your cell phone. Never go back into a burning house.

Acupuncture for chronic low back pain

Participants wanted



Chronic low back pain is the dominant cause of disability in New Zealand and acupuncture is a promising treatment. This study aims to compare the effectiveness of two positive acupuncture schemes for chronic low back pain.

We are seeking adults who have had low back pain for more than three months. You'll receive eight treatments of either acupuncture at pain-sensitive points or routine acupuncture plus cupping. Both schemes are considered effective and safe, however, we do not know which treatment is more effective. All treatments will be free. You'll be asked to complete clinical questionnaires on a weekly basis during the treatment and two months after the completion of all treatment sessions. Using other pain relief during the study is allowed and the usage should be recorded in detail.

Schedule: Treatments will be delivered twice a week and for four weeks in total. Each treatment session will take approximately 50 minutes. The weekly assessment will take around 30 minutes.

Huijuan Tan
(registered acupuncturist with five+ years of clinical experience)
Email: huijuan.tan@postgrad.otago.ac.nz
Tel: 022 076 8652

This project has been reviewed and approved by Health and Disability Ethics Committees (HDEC)
Reference: 2022 FULL 11076

Have you paid membership?

Our membership year runs from April to March. The annual fee is \$25, which is less than 50 cents per week.

The benefit of becoming a member is being able to take part in club activities, amongst other things, and to have access to our Home Trade Services database connecting you to police vetted trades people and professionals.

You are welcome to our quarterly magazine which can be sent to you by email so you can read it electronically, or sent by post which is \$5 annually. If you wish to be added to the mailing list please let us know: accounts@ageconcernotago.co.nz

Thank you for making payment online for membership \$25 and magazine \$5 if posted (\$25 or \$30)

01-0907-0010004-00 Age Concern Otago.

Other options are:

coming into our offices to pay using cash (or eftpos in Dunedin). We can also accept payments over the phone.

When paying online please put your first and last name and another identifier if possible. There is no need to reference membership.

Receipts and Email addresses updating:

We are happy to send a receipt on request. Receipts are mostly sent electronically and not automatically.

Can you please notify us of your new email address if this has changed in the last 2 years.

Membership letter:

We don't send reminder letters in the post anymore, instead we placed a reminder letter to pay membership in the last magazine on page 19 (*Autumn edition*).

Thank you so much for your ongoing support which is invaluable. 75% of our fundraising is to cover expenses, activities, services and programmes we provide.

We strive to continue to provide you with current information, relevant programmes and community support work. If you have feedback please send that to us at accounts@ageconcernotago.co.nz.

Thank you

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 advice or assistance. We can help you with rubbish removal, tidy up of garden along with any maintenance jobs around the house. Maybe you need some painting done we can do that too. We can do as much or as little as you need. Do you have a garage full of unwanted stuff? We can clear it out for you. Do you live out of town? No worries we are happy to do out of town work for you.

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

Call us at Estate Property Solutions

0800 00 11 26 or 027 878 9473.

info@estatepropertysolutions.co.nz



Deceased estate services

Aged-care relocation

Clean-up and repair service

Hoarding clean-up

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

Phone: 0800 00 11 26

Email: info@estatepropertysolutions.co.nz

www.estatepropertysolutions.co.nz

The Retirement Villages Association (RVA) has recently completed a national programme of meetings with retirement village residents to share its *Blueprint for the Future*.

The blueprint, which was launched last year, includes providing residents with a stronger voice, strengthening the complaints process and working with the Te Ara Ahunga Ora – Retirement Commission (formerly the Commission for Financial Capability) to monitor re-licensing times so best practice standards can be developed.



The forums in Tauranga, Wellington, Christchurch and Auckland were chaired by former Seniors Minister and MP the Hon Tracey Martin, who has recently stepped down as an independent member of the RVA’s Executive Committee.

RVA Executive Director John Collyns said the meetings were extremely positive and excellent progress was being made with the industry collaborative approach aimed at addressing residents’ concerns and issues. “We understand that a review of any legislation as proposed by the Retirement Commission is appropriate at some time but we have always felt that more pressing issues currently exist for government,” said Mr Collyns.

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

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

The Blueprint for Change addresses weekly fees (fixed or a predictable increase, ceasing when a unit is vacated), commits to making sure operators re-licence vacant units as quickly as possible, pledges to ensure the terms around transfers to care are transparent, and addresses and perceived or real “unfair” clauses in Occupation Right Agreements (ORAs).

Mr Collyns and RVA president Graham Wilkinson attended all forums to give presentations and answer questions.

A frequent question was around the role of Statutory Supervisors – who monitor the financial position of a

village and the security of residents’ interests. “There appears to be a lack of clear understanding over the legislative role of the Supervisor and the RVA will explore how we can improve awareness and understanding of this,” said Mr Collyns.

Other points included the use of ‘re-licensing gains’, transparency around the business income and outgoings and greater ability to negotiate terms of ORAs. Mr Collyns and Mr Wilkinson addressed all points, providing details wherever possible on where residents could access the information they required. “We agree there is a role for continuously educating operators and residents about the re-licensing process and to encourage best practice including dealing with potential drawn-out re-licensing times,” said Mr Collyns.

Ms Martin said the RVA has committed to exploring what more could be done to support a more streamlined transfer to care both inside the sector and where they could with the Ministry of Health and Ministry of Social Development. “The retirement villages sector agrees that the move to care should be transparent. The RVA is identifying where improvements can be made, and will work with operators and regulators to ensure the process around the move is as transparent as possible.

“It was also acknowledged by both the RVA and residents at the meeting that there could be some more clarity on wording in the ORAs around “intentions” to provide care facilities.”

Ms Martin said that following each forum she enjoyed informal discussions with residents. “There were very few who were not happy with their village and none who wished to leave their village. “At the Auckland forum, a member of the residents spontaneously asked all those residents who felt that their village had kept them safe during Covid to raise their hands. Almost the entire room raised their hands. Residents attending again and again verbalised how happy they were in their villages.”

The RVA recently commissioned research into retirement village residents’ degree of vulnerability. “The research covered almost 1,700 residents across 105 member villages. It showed that there was a very small minority of residents who might be considered vulnerable,” said Ms Martin. “Nevertheless, the RVA is launching a trial with Fairway Resolution across 11 Auckland villages with a confidential service to allow residents to discuss any problems no matter how small, with a skilled person.”

Due to other commitments, Ms Martin is stepping down from her RVA role with former MP and former Senior Citizens Minister Hon Jo Goodhew taking on the position.

editorial supplied by The Retirement Villages Assn.

Orbus news

Weekend trips to east coast

The East Otago weekend bus service kicked off in May. The bus makes **four return trips to Palmerston on Saturdays** and **two return trips on Sundays**.

The weekend trip is free with a Supergold card. Do try the bus out if you haven’t yet had the opportunity to visit this beautiful area. You can journey out in the morning to visit the stunning Karitane beach and peninsula, cafes and arts and crafts shops at destinations en route to and including Palmerston. Check out the timetable on the Otago Regional Council website or call us on 0800 672 8736.

Supergold still means super savings

Half price fares have been extended until the end of August 2022. If you have a Supergold card you may be wondering what this means for you. Fares are still free for Supergold passengers on weekdays in off-peak times – between 9am and 3pm; after 6.30pm; all day during weekends and public holidays.

Any trips outside these times will be \$1 with your card and \$1.50 if paying by cash. Remember you can top up your card online at www.beecard.co.nz, or by paying cash to your driver, or on the 2nd floor of Otago Regional Council in Philip Laing House and at the DCC customer services desk. Don’t forget to tag on and tag off!



Detours galore!

You may have noticed more frequent alerts about detours, disruptions and other changes including bus stops being shifted for passenger safety. This is to be expected for the next couple of years whilst upgrades such as the revamp of George Street and the hospital rebuild take place.

As always, we will endeavor to alert you as soon as any detours or bus stop changes are necessary, and we thank you for your ongoing patience while improvements are made to our great little city. Search Orbus if you want to find the latest information on detours and disruptions that impact buses on our webpage, on Facebook, on Transit or call the 0800 number for the most up to date information.

Travel with your furry friend

Do you need to take your pet to the vet but not sure if you can take it on the bus? Essentially, when you travel free during off-peak hours between 9am and 3pm and after 6.30pm, passengers are welcome to bring their pets on the bus free of charge. The pet must be fully enclosed in a suitable pet carrier which must be on your lap to avoid any tripping hazards.

If a disability assist dog (guide dog) enters the bus, please move your pet away from the disability assist dog and its owner, so they don’t have any added distractions. Please keep dogs on a lead at bus stops prior to getting into the carrier and boarding.

More information about taking your pet on a bus can be found on ORC’s website – just search for ‘Animals on Buses’.



For more information

► www.orc.govt.nz/busalerts **0800 ORBUSDN (672 8736)**

Stay Cyber Safe

A scammer can target anyone and will look like a reputable company or person you know, with an attempt to trick you into giving away personal or financial details or money.

In NZ Reported Scams, fraud etc accounted for almost \$12 million (69%) of the total financial loss reported in 2020. Of that loss: Almost \$5.4 million was lost to unauthorised or falsified money transactions. Over \$2.4 million was lost to scams when buying, selling, or donating goods online. This was a 65% increase on 2019. CERTNZ have again reported another high increase of scams in the first half of 2022.

While some scammers will simply ask directly for money, others will be more subtle about what they want. They can trick you into parting with personal or business details that they can use to:

- get access to your finances
- steal your identity
- buy goods or services
- access your business networks or systems.



Don't be put off or panic about scams. They only affect people who haven't learnt how to detect them!

If you follow ways to spot scams and how to protect yourself being online, it can be a rewarding experience.

- **Scammers PRETEND to be from an organisation you know**
- **Scammers say there's a PROBLEM or a PRIZE.**
- **Scammers PRESSURE you to act immediately.**
- **Scammers tell you to PAY in a specific way.**
- **Scammers tell you to "Not Tell"**

The signs of a scam

Scams are as varied as their perpetrators' imagination, but they all have certain things in common. Not every scam raises all these warning signs, but all raise at least one.

- **An unexpected contact:** If you are not expecting a call, email, text message or visit from a business or government agency, the communication you receive might be from an imposter.
- **A request for money or personal information:** The goal of most scams is to get you to hand over your money or your personal information. If you get an unexpected request for either, it could be a scam.
- **A sense of urgency:** Being rushed (to hand over your money, give personal information or make an important decision) usually means someone does not want to give you time to do some research and make an informed choice—often the sign of a scam.
- **A threat or enticing offer:** Scammers get their victims to pay them or give them information by playing on their emotions—typically fear (threats of arrest, deportation, loss of account access, etc.) or hope (promises of easy money, romance, a solution to a financial problem, etc.).
- **Demand for a particular method of payment:** Crooks do not want you to be able to get your money back once you realise you've been scammed, and they don't want police to be able to track them down, so they typically request payment in the form of a wire transfer, prepaid card number, gift card or other unrecoverable method.

Tips to protect your devices

1. Back up your data
2. Keep your devices and your programs/apps up to date
3. Choose unique passwords
4. Turn on two-factor authentication
5. Be creative with the answers to your account recovery questions
6. Avoid sensitive transactions on free Wi-Fi

Our behaviour can let scammers in so..

- **STOP – Is this real! Check it out before you click anything.** Scammers often pretend to be a legitimate business, like a bank. It's good to be aware of this so you can work out what's a genuine request and what isn't. Don't give out personal information online unless you know who's asking for it and why.

- **Limit the personal information you give out.** For example: a bank will NEVER email you with links to online banking and ask you to login.
- **Be smart about social media.** Unfortunately, this window into your life not only lets your friends and family know what you're up to, it also gives cyber criminals information that they can use to access your data or steal your identity. Check the privacy controls on your social media accounts. Set them so only your friends and family can see your full details. Only accept/request from friends that you know personally.
- **Check your financial statements:** Keep an eye on your bank accounts and credit cards – always check your statements. Ring the bank and query any suspicious payments or withdrawals as soon as you see them.
- **Get a credit check.** Get a credit check done annually or if you are suspicious. It will let you see if anyone's using your personal details to get loans or credit for big purchases, like a car.

Here's what to do if you've been targeted by a scam or fraud online.

If you gave out some personal or financial details:

- contact the service provider for your online accounts – like your bank or your email/mobile provider. Let them know what's happened and ask what they can do to help.
- change the passwords for any online accounts you think might be at risk.
- Tell the following if have given out, Passport info - Department of Internal Affairs; Your driver license info - New Zealand Transport Agency

- get a free credit check done. This will let you see if any accounts have been opened in your name. There are three main credit check companies in NZ. You can ask to have your credit record corrected if there's any suspicious activity on it.



BE PROACTIVE - CONTACT

NETSAFE. offer advice for people who have lost money in a scam or think they are about to. This includes letting you know the steps you can take and advice about how to stay safe in future. 0508 638 723. E help@netsafe.org.nz TEXT 4282

CERTNZ. CERT NZ works to support businesses, organisations and individuals who are affected (or may be affected) by cyber security incidents. They receive cyber incident reports, track incidents or attacks, providing trusted and authoritative information and advice to prevent further attacks. Report online to <https://www.cert.govt.nz/> 0800 CERT NZ (0800 2378 69) E info@cert.govt.nz

Kristen Beardsmore

Health Promotion/Projects

Team Leader

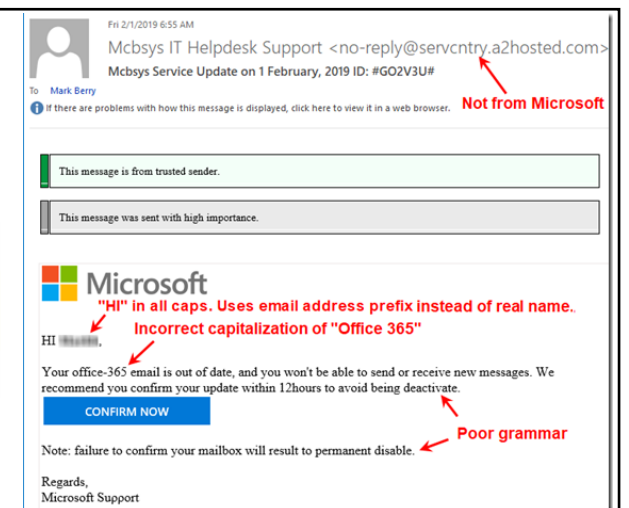
Ph 03 4793054 | E kristen@ageconcernotago.co.nz



Examples of scams:



When in doubt: check it out!
Stay safe and warm





In Memoriam **Patron Hon. Stan Rodger**

Our wonderful Patron passed away recently and we are feeling the loss.
Hon. Stanley Joseph: CMG, Former Member of Parliament.
May 29, 2022, at Dunedin.

Everyone at Age Concern Otago was saddened by the recent news of the Hon Stan Rodger’s death. Stan was one of the World’s larger than life characters who was passionate about most things he did. Age Concern Otago, and the welfare of Otago’s older people in particular, were high on his agenda. Stan was always eager to support our work and showed a keen interest in everything we did. For many years he chaired the Executive Committee and was never short of valuable advice. As Executive Officer I have been particularly grateful of Stan’s wise counsel as, no doubt have my predecessors. *Niall Shepherd | Executive Officer*

Rest in peace, Stan, you deserve a comfy place with a good view so that you can see how all the good work that you did throughout your life will continue to flourish. On a personal note, Stan you were a great inspiration to me and a wonderful example of how important it is to be clear, considerate and collegial. Professionally, you were a man of absolute integrity with a fine eye for detail, an enormous capacity for ideas and an endless source of energy and enthusiasm. Let’s not forget your sharp wit and your cheeky sense of humour. You had the amazing capacity to make meetings interesting as well as effective and managed (usually) to get your own way without annoying anyone – a testament to your diplomatic skills and parliamentary experience. Thank you for the time and service you gave to Age Concern, both locally and nationally, and for the help and advice that you gave so generously. Rest well.
Professor Rob Aitken | Chair Age Concern Otago



Get smart with technology

Sign up for a SilverTech Smartphone Course

A 4 weekly programme to get the most out of your smartphone, starting with the basics.

NEXT courses starting Now!

To book a place or find a course in your area

contact Age Concern Otago 0800 65 2105

Dunedin & South Otago 03 479 3054

North Otago 03 434 7008

Central Otago 03 448 7075

To find out more visit ageconcernotago.com

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

Reception/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

Kathryn Bennett (Waitaki) 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

Kathryn Bennett (Waitaki) 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.*

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.



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**



THANK YOU

**A BIG thank you
to our funders**



**Otago Community Trust, Lotteries,
Otago Third Age Trust, Age Concern NZ,
the Crawshaw Family, Mr/s Harvey.**

In the Waitaki:

**North Otago Grey Power, the Waiareka
Valley Lions Club, Mrs Simpson.**

In Central Otago: Mr Flawn



Age Concern Otago Membership Application

(Please accept our sincere thanks for your support)

Mr/Mrs/Miss/Ms First name Surname

Street

Suburb

City/Town Postcode

Telephone D.O.B.

Email

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

Subscription \$25.00

Magazine \$ 5.00

Donation (Tax Deductible)

☐ ☐ ☐ ☐ ☐ \$
\$10 \$20 \$30 \$50 Other

TOTAL \$

Method of payment:

☐ Over the phone payment

☐ Internet banking - ANZ

Account Name: **Age Concern Otago**

Account No: **01 0907 0010004 00**

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