

SUMMER 2022 QUARTERLY NEWSLETTER

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Age Concern Otago



**AGE
CONCERN
OTAGO**

He Manaakitanga
Kaumātua Aotearoa

Community Co-design



**New gadget reduces
scam phone calls** page 8

**Working toward an
Age-friendly Waitaki** page 10

**Make Do and Mend
- join the 'upcycle' trend!** page 18

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Health Line:

call Healthline free on 0800 611 116

Collaboration and team spirit.

Miriam Spronk, Acting CEO and Financial Officer

This year has been one of the most dynamic at Age Concern Otago, and not solely because of COVID-19. Over the last few months, laughter has returned to our halls as our members return to their activity groups and clubs. The Dunedin ukulele group has grown and is enjoying practicing Christmas music. We love it!

Another change in the last two months sadly was saying goodbye to Niall, who had a great time at Age Concern Otago, and he will miss seeing you all regularly. Please know he has valued all the conversations with you, and he appreciates the hard work that has been done by Age Concern Otago's dedicated staff.

In the interim of seeing a new CE being appointed, the team and I are keeping the waka afloat, supported by our Board. We have welcomed new board members since April this year: Professor Debra Waters, Mr Sean Kelly, Professor Christine Jasoni, and Ms Shona Cumming.

Age Concern Otago is well placed to weather storms of all kinds. I would like to thank our fantastic team of staff across all our regional offices, who have rallied together and are standing up for our older people. They are a remarkable bunch with big hearts. I am very proud of what has been achieved together this year. We have reached out to our wonderful members and volunteers, as well as each other. Sometimes we literally put our arms around someone to offer support. These times we are living through can be very hard, and it is so important that we are there for each other.

We anticipate further change and more of it; rest

assured that Age Concern Otago is moving with the times. The future will be more fluid and in anticipation of that we are putting wheels in motion now to be pro-active. A new Marketing person has joined us and Sarah is doing fantastic work. The new Coordinators for Balclutha (Gwynny) and Wanaka (Yvonne) are doing a fabulous job in waving the flag and reaching out in their local communities. It's the team who make the difference. We love our new branding and working with new tools, embracing new ways of working and updating systems as we go.

I will conclude by saying: it has been the most fascinating year I have ever had at ACO. Being Acting CE is not for the faint hearted, however I have been able to adjust and learn and dance on the carpet that keeps shifting underneath my feet. It is the people who matter, and older people are at the center of all we do. We listen to what is being said to us, be it at our office or out in the community. It is crucial to us that we can be of value and to make a real difference in lives. So, keep talking to us and call in.

Thank you for being part of the movement that is the new Age Concern Otago.

Wishing all a very Merry Christmas!

Membership payments

Our membership year runs from 1 April to 31 March.

Thank you to our members who have made payments. If you wish to receive a receipt for an electronic payment please email: accounts@ageconcernotago.co.nz



ATTENTION PLEASE!

PLEASE SUPPORT OUR ADVERTISERS

Our advertisers support enables the continuation of our newsletter. Please support them where you can and let them know where you found them.

Many thanks

Staying Safe on our roads

By Kristen Beardsmore, Health Promotion/Projects Team Leader

The holiday and summer season can be a hectic period, making it dangerously easy to become distracted when hitting the road. Holidays are a time to relax, celebrate, and enjoy life but this can also be a particularly dangerous time on our roads.

If you take a bit of time to ensure you and your vehicle are safe to travel, you can decrease your risk.

Planning ahead should be part of each trip you take: knowing the route you're to travel, avoiding peak traffic times, sharing the driving where possible. Be sure to schedule in plenty of rest stops along the way, making them part of the holiday journey.

For a boost in your road safety, Age Concern Otago continues to provide seniors with Staying Safe driving

workshops throughout the region. The classroom-based workshop is a Waka Kotahi NZTA programme to ensure you are updated on traffic rule changes and safe driving practices, as well as increasing your knowledge to remain mobile as you age.

If you would like more information about Staying Safe workshops or other local programmes, check out our Facebook events or visit our website ageconcernotago.com/events

Take care on the roads, and we look forward to seeing you in 2023!



The 1st course in 2023

Friday, 24 February
9:30 AM to 12:30 PM

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Holiday Hours

Our offices across Otago will be closed from 12 noon on Thursday, 22nd December 2022 and will re-open at 9am on Monday, 9th January 2023.

We look forward to seeing you in the new year!

Community Co-design

By Beatrice Hale, Author

Ageing has always happened, often with medical and disability issues, such as mobility for example, which can have major effects on the older person and their partners/families.

How are these to be dealt with? Despite all the professional help available, the person with disability is left to deal with his/her day after the professionals have gone. So, the consequences are often isolation, loneliness, and struggles to engage in any meaningful activity...

And this is where co-design appears.

Ask the older people themselves what they want and how to achieve improvements.

To stress this, during my time as a social worker, my colleagues and I heard many a comment on isolation and consequent loneliness.

So, we asked our older clients what would they like? Answers came back: Outings! Visitors! Doing things, having fun, meeting people, having a cuppa.

Together with some of our older clients, and with Age Concern Otago, we designed an activities programme. Venue had to be accessible. Parking had to be easy. There had to be good facilities. And of course the right people to listen to the members and to manage the programme items requested by the older people.

How to get to the venue? Volunteer drivers – available through Age Concern Otago. And of course, those were more friends.

That first activities programme was immensely successful. And we believed the success was because the work was **created by the older people using their own experiences rather than being something dreamt up by others.**

And other co-design programmes?

Sharing ideas was something which brought about Carers Otago. Carers themselves, invisible in their role, wanted to become more visible.

So we invited interested carers to form a group to discuss their ideas. They then organized more regular meetings which produced some great ideas – regular monthly meetings to share knowledge and experiences. To make friends. And to hear information from disability services for a better picture of what official help was available. They also passed on information of what else might be needed.

There were other such groups and activities – the main lesson learned was to listen to those who need help. They will always somehow identify what help is required. They know their own business best.

And those of us in a position to hear have a clear path to follow. Listen and help to make things happen.

That's Community Co-design.

Kia ora and season's greetings,



One of the great privileges of being elected Mayor of Dunedin is that it also means becoming President of Age Concern Otago.

That presents a wonderful opportunity to see first-hand some of the outstanding work the organisation does throughout the region – from delivering meals on wheels,

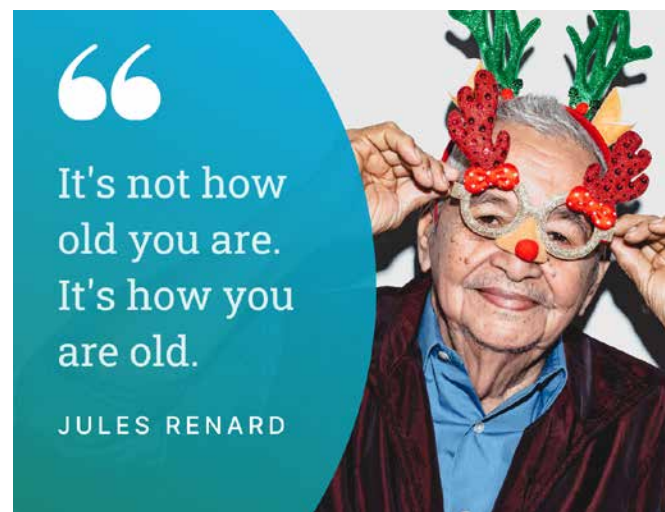
decreasing elder abuse, preventing falls, and providing a visitor service to offer friendship, companionship, and links into the community for socially isolated older people.

Being President of Age Concern Otago also creates opportunities to build even closer relationships with its members. That's important, because in this age of social media and other digital communications, opportunities for face-to-face interaction, and other traditional ways of engaging should not be overlooked.

Indeed, the three key areas of focus I bring to the role of Mayor are a desire to listen to residents and then take positive action in the best interests of the city, and to demonstrate care for community. Hence, I am keen to meet Age Concern members and listen to their thoughts about our city.

I look forward to engaging with you in the months and years ahead. In the meantime, I wish you and your families a safe, happy, and joyful festive season!

Jules Radich | Mayor of Dunedin




South Otago Seniors Space

Coming this summer!
February 2023

7 John Street, Balclutha
Gwynny 027 959 8570
/ageconcernotago

Stats NZ is looking for collectors for the 2023 Census

Know someone who wants to get paid while getting fit and engaging with the local community this summer?

Stats NZ is working with PersolKelly and Mana Recruitment to find census collectors for the 2023 Census. Collectors play a crucial role, delivering and collecting census forms and information and helping people in their community take part in the census.

They are currently recruiting collectors to start in January/February 2023, through to April 2023 (a temporary eight-week assignment), with options to work a 16-hour, 20-hour, or 40-hour week available. Register your interest and keep up to date about Census 2023 on their Facebook page or at censusjobs.co.nz

We need a lot of people for the census, so please register yourself, your whanau, and friends!



Central Otago Friendship Network

For over 30 years we have aimed to offer opportunities for friendships to develop for those who are struggling with loneliness.

We have a range of Volunteers, both male and female, who kindly collect elderly people and drive them to various groups and or local cafes and so on. The Hugo Charitable Trust generously donated a van to the Central Otago Friendship Network, which helps us provide transportation to and from groups and activities.

For those who prefer a one-on-one friendship rather than participating in a group, our Coordinator will aim to find someone, where both will enjoy each other's company.

While we currently provide a service to older people in Alexandra, Clyde, and Cromwell, we would be pleased to hear from anyone in the Ranfurly area who might be interested in the possible extension of our service to the Maniototo.

We would also welcome new members in our Alexandra, Clyde, and Cromwell areas.

If this sounds like something you, or someone you might know could be interested in, please contact the Central Otago Friendship Network Coordinator on 022 411 9140.



COMPUTER AND CELL PHONE HINTS : To make an email larger to read or to print it out in a larger size just hold down "Control" and press + and the document will become larger. Control with - (minus) will reduce the size. I have also found on my cellphone that if I press the up arrow twice that the Capitals will continue until I change to the lower case format.

A daily Inspiration:

If we ever have a golden age, it will be because golden hearts are beating in it. [From Wings of Silver.]

The Home Trade Referral service which Age Concern Otago runs for its members has proven to be a welcome and popular service.



Several of our members who have used the service have mentioned that they have not had to call a tradesman before, because their husbands were very handy and able to do most things. Due to changes in their life of either their partner passing away or just not being able to get up on a ladder or bend down to do the gardening any more, having the service available means a lot to them.

Dunedin Community Hub Coordinator Fiona looks after the service in Dunedin, which includes making random follow-up calls with both the clients and the tradespeople. Below is one of the lovely responses regarding a plumber she had referred:

"Many thanks for helping me with finding a plumber. Paul was absolutely brilliant. He came about 2pm and had it fixed in a flash. Super! He said that the fitting was 'ready to blow'. Imagine the mess I would have had over the weekend if I hadn't got in touch with you. So, I'm really thrilled with the service. Thank you again for your assistance. Good to know that you are there in times like this."



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“

As soon as you feel too old to do a thing, do it.

MARGARET DELAND



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New Independent Living Seminars in Wanaka



Organised by local co-ordinator Yvonne Godfrey, these exciting events are held on the 3rd Monday of the month. Toni Velenski and Marie Roxburgh from the Alexandra office are also there to assist attendees with any of the services Age Concern provide.

We provide delicious homemade cookies and savouries and a cuppa, followed by an interesting speaker on relevant issues that our older people are facing. These talks are designed to promote proactivity and confidence within our older people to live their lives with vitality and hope for the future. Attendance has been very encouraging with lots of word-of-mouth promotion going on around town.

Here are the topics we have covered so far, with many more thought-provoking issues to be addressed in 2023:

Nifty Gadgets for Better Living: Rochelle Fox from Livingwell demonstrated some incredibly clever products to make everyday living easier. There were just so many clever resources available and many of us walked out the door excited to try our new tools!

Handing on the Baton: Tegan Hall from Galloway Cook Allan shared her wisdom on the importance having a clear written Will, about putting an Enduring Power of Attorney in place and to make your wishes and intentions crystal clear.

Stretching Your dollar at the Supermarket: Dell Taylor taught us how to outsmart the supermarket's marketing tricks to get people to spend more money, and practical ideas to minimise wastage.

Cyber Safety – recognising a Scam: Our very own Kristen Beardsmore from Age Concern Otago in Dunedin equipped us to protect our personal and financial information, to learn how to spot common scams and what to do if we become a victim of a scam.



Nuisance – call screening offers peace of mind from phone scams

By Kristen Beardsmore
Health Promotion/Projects Team Leader

Over the last few years, the number of phone scams victims have grown considerably with some people losing thousands of dollars after falling for the seaming legitimate ruses. Many of us are avid landline users, and many of those who have fallen victim have been seniors.

Get your privacy back and only talk to people you want to.

Spark has a premium cordless phone with nuisance call screening, answer machine, and Bluetooth contact synchronising with your mobile phone.

Call Screen automatically prompts unknown callers to record their name before your phone even rings. This blocks most annoying calls because scammers, unwanted business callers, and auto-dialling machines either can't or won't record their name. This means your phone won't ring.

If the caller records their name, it's announced when you answer, so you can decide to accept or block the call. You can have peace of mind that you're in control.

The Call Screen Twin Cordless Phone is available for \$139.99 at all Spark stores, over online chat, over the phone by calling 123 or online at spark.co.nz/callscreen

You do not have to be a Spark customer to use Call Screen. However, you will need to ensure you have a landline plan with a telephone provider and the caller display network feature.

Remember, if anyone asks for your banking or credit card number, hang up!



The importance of befriending

By Tristan Kavanagh, Social Connections Team Leader



Age Concern Otago is taking action to reduce chronic loneliness and social isolation amongst older people. Our focus is to enhance their quality of life through social wellbeing, made possible by the kind volunteers for our Visiting Service.

Friendship is a vital part of maintaining wellbeing at any age, as well as improving overall health. A study conducted by University of Otago researchers has found that loneliness is associated with reduced quality of life and typically worsens with ageing. Social isolation is associated with a wide range of conditions such as hypertension, cardiovascular disease, dementia, depression, and insomnia.

Age Concern Otago's Visiting Service matches volunteers with older people in the community who would like companionship. The service is free and confidential, and is designed to give older people a special visitor—someone to spend valuable and quality time on a regular basis.

The value of the personal relationship is very important to those involved. Many of our members have said that they would be lost without their visitors, that they look forward to the visits, and they treasure the friendships they have made.

The Visiting Service carefully matches an older person with a volunteer visitor, with consideration to their background and interests. If you would like to become a volunteer or to receive a visitor, please make contact with Tristan Kavanagh on 03 479 3058.

Need a photo ID?



You can add a photo to your SuperGold Card with the help of your local AA. This could be useful if you don't have a current form of photo identification, such as a driver licence or passport.

To arrange for a photo to be added to your SuperGold Card, visit your nearest AA Driver and Vehicle Training Licensing outlet with your card, along with three forms of identification that verify your name and date of birth, plus evidence of your address (e.g., your rates form, power bill, or bank statement).

The AA will send your photo to the SuperGold Card head office who will print the photo on the back of a new SuperGold Card. It will then be posted back to you.

All for FREE. No appointment necessary.



VISITING SERVICE FRIENDS WANTED

Our befriending service provides regular visits to older people who would like more company.

Sign up today to receive visits or to volunteer!

03 479 3058
tristan@ageconcernotago.co.nz



Working toward an Age-friendly Waitaki

By Kathryn Bennett & Sharon McGregor

In 2017, a senior’s survey was undertaken by Stronger Waitaki in conjunction with Grey Power and Age Concern Otago. The aim of the survey was to enable more to be learnt about the barriers, needs and circumstances of seniors living in our community.

The Stronger Waitaki Coalition decided in 2022 that the time was right to run the survey again, including extra questions directly related to the cost of living and COVID-19. The survey questions covered: demographics, transport and mobility, social activity, personal safety, wellbeing and health care, cost of living, and access to information. You can learn more at www.waitaki.govt.nz/News/Waitaki-Senior-Survey

Waitaki District Council Community Development Coordinator, Yvonne Avis said, *“The comparative data we will be able to get from this survey will be invaluable to help inform future initiatives that will improve the health and wellbeing of our older people and continue us along the path of creating an age-friendly Waitaki.”*

The World Health Organization started the global Age-friendly Cities Network in 2006. There are now many countries taking part with hundreds of cities and communities involved.

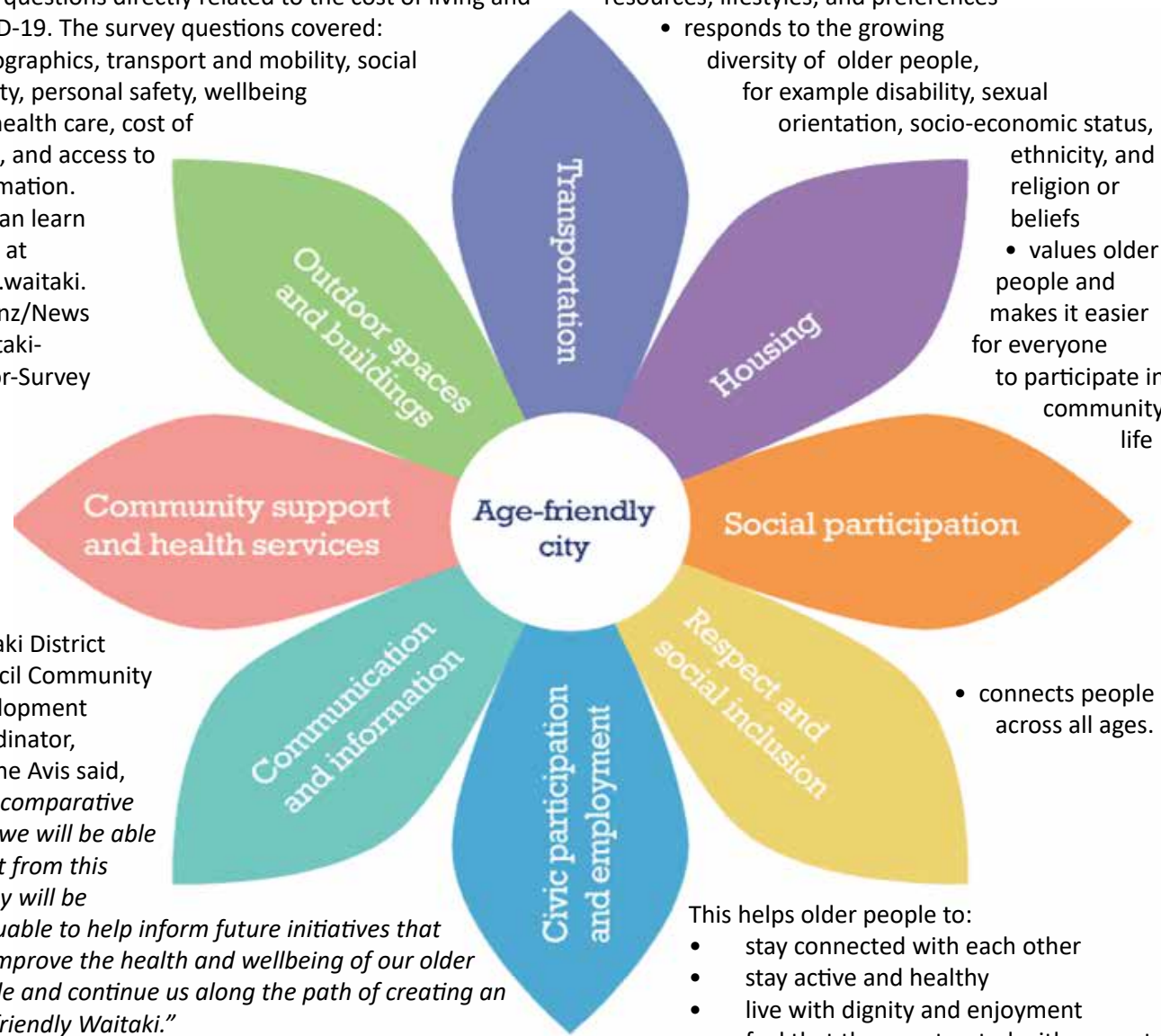
An age-friendly community:

- respects the rights of older people
- celebrates older people—including their capacities, resources, lifestyles, and preferences
 - responds to the growing diversity of older people, for example disability, sexual orientation, socio-economic status, ethnicity, and religion or beliefs
 - values older people and makes it easier for everyone to participate in community life

- connects people across all ages.

This helps older people to:

- stay connected with each other
- stay active and healthy
- live with dignity and enjoyment
- feel that they are treated with respect.



Accessibility key component of Retail Quarter upgrade

By Dr Glen Hazelton
DCC Project Director – Central City Plan

The Farmers Block of Dunedin’s main shopping street is now officially ‘Totally Georgeous’, with the first completed section of the George Street Retail Quarter upgrade opened on 11 November 2022.

As well as replacing old underground pipes, one of the main objectives of the upgrade is to ensure George Street offers an accessible and safe environment for all residents, including those with disabilities and/or mobility impairments.

As part of that, we have consulted extensively in developing detailed designs for the upgrade, including with a wide range of disability groups and individuals with disabilities or mobility impairments.

We have had regular contact with representatives from these groups, discussing design features like greater use of level surfaces, paving and other new materials, slower vehicle speeds, more space for pedestrians, intersection changes and accessible clear zones.

All this work seeks to create a more age-friendly environment, including for people with disabilities or mobility impairments.

Our construction partners and key staff have also been trained to improve the way construction sites and temporary traffic management accommodate people with disabilities or mobility impairments. We welcome feedback on our efforts, as we acknowledge we may not always get it right first time.

The final design for George Street also includes extra mobility parks and other features, such as water fountains, are also being designed with mobility issues in mind.

Our plans have also been independently reviewed to identify any accessibility issues, which resulted in further adjustments, and we will continue to work with the disability community and others to ensure the best possible outcomes.

You can follow the project’s progress at totallygeorgeous.nz



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An Age-friendly Waitaki
— let’s work together to achieve this for our older people.

Research spotlight: New directions in mental health care for older adults

by Associate Professor Yoram Barak

The world's population is aging, bringing about an ever-greater burden of mental disorders in older adults. By the year 2050, the United Nations projects one in every six people will be 65+ years of age. Given this increasing number of people entering the worldwide aging community, coupled with lower birth rates, there is concern about the growing ratio between older people and working adults.

A common misconception is that elders are mostly a burden to society. The fact is, most live independently and keep contributing through meaningful endeavours such as childcare, volunteer activities, or serving in leadership roles in community organisations. Yet, as these elders continue to age, they often face increasing disabilities, gradually leading to significant impairments.

Mental disorders in older adults are a leading cause of suffering and disability in the world, much of it avoidable. These disorders are common, impairing social functioning and economic productivity, undermining adherence to medical treatments, and increasing the risk for loss of independence and early mortality from suicide and physical illness. Prevention, timely recognition, and treatment are global public health and moral priorities.

Four disorders that are the greatest source of years lived with disability are neurocognitive disorders (including dementia), major depression, schizophrenia, and substance use disorders. These conditions often go untreated or ineffectively treated among older adults, even in wealthy countries. Despite the "ageing tsunami" we are currently witnessing, the rise of special care for older adults has been slow to develop.

In their article 'Mental health care for older adults' published in the scientific journal *World Psychiatry* (October 2022), researchers Charles Reynolds 3rd, Dilip Jeste, Perminder Sachdev, and Dan Blazer explore recent advances and new directions in clinical practice and research.

Positive elements of ageing such as resilience, wisdom, and pro-social behaviors, need to be highlighted and promoted to help protect and improve mental health in older adults. The positive psychiatry of aging is not an oxymoron, but a scientific construct strongly informed

by research evidence.

It is essential to champion the assessment and promotion of wellness within illness, to enhance wellbeing, resilience, optimism, and self-efficacy/personal mastery. Moreover, it is important to evaluate the social determinants of mental illness in older adults, particularly loneliness and social isolation, and to use interventions that target these issues in individuals and the family caregivers.

Because optimal care of older adults with mental disorders is both patient-focused and family-centered, enhancing the wellbeing of family caregivers is essential. The caregivers of older persons with mental disorders are themselves burdened and in need of information and support. Including them as informal members of the caregiving team repays benefits to the individual and to caregivers alike and facilitates accurate clinical assessment and targeted interventions to promote wellness and to prevent serious adverse events (including suicide).

Further, recent technological developments now allow the use of mobile interventions, including novel use of telehealth, mobile health technology, and peer support, plus the use of smartphones allows older people to self-manage their conditions. It is important for older people to maintain their technological skills to stay connected and to better care for their physical and mental wellbeing.



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Co-designing the Clutha District Libraries



Clutha District Libraries is a network of five community libraries in Balclutha, Milton, Lawrence, Tapanui, and Owaka. Each is focused on the delivery of wide range of community wellbeing services to meet the needs and aspirations of their local communities.

We want everyone to feel welcome and comfortable within our facilities and to have the opportunities to use our spaces and resources in whatever way best meets their needs. Some of our recent activities that have been driven by individual customer need and/or developed in collaboration with the community include:

- Digital Device Assistance in the library and Home Service
- Dementia resources collection
- Community-led Book Chat Groups

A lovely example of a successful long-standing community co-design programme is 'Cosy Yarns' at

our Milton Community Library. This was born out of a group of senior library customers wanting a neutral space to gather and chat over a stitching project.

The group has since widened in scope to include migrant women keen to practice their English. After two Sri Lankan women approached staff for English Language opportunities, they were asked if they enjoyed crafting. They did and were introduced to the Cosy Yarns group.

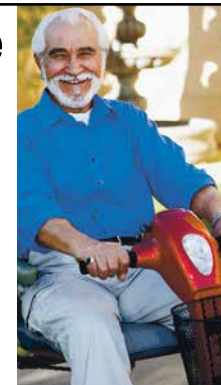
This simple example succeeds on several levels; it's community-led, intergenerational, provides shared learning opportunities, and most importantly it provides the connections needed to support social inclusion.

Debbie Duncan | Clutha District Libraries
Free: 0800 801 350 | www.cluthaNZ.com
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Shaping up Steady As You Go

By Margaret Dando QSM

The impressive growth of Steady As You Go® Falls Prevention has been due to the community-led design involving local classes, dedicated individuals, and community organisations over the years.

When I first was employed by Age Concern Otago in 2002, Steady As You Go was a limited 10-week programme funded by ACC and The Ministry of Health. ACC requested Age Concern Otago to grow the programme and make it long-lasting, and so the powerful peer-led model was born:

Powerful, because it allows classes to continue without a paid instructor, increasing the number of classes in suburban Dunedin and rural Otago to experience the benefit of increased balance, mobility, and confidence.

Powerful, because it empowered the older population with ongoing training, a much-appreciated avenue for social connection and physical improvement, under the protective umbrella of Age Concern Otago.

In the establishment years, I employed Physical Education university students to train classes for the first 10 weeks. The students, Peer Leaders, and I were trained by the Physiotherapy School of the University of Otago. Now, I train Peer Leaders myself.

For peer leadership to be successful it needed to be as easy as possible, so I reviewed and further developed an existing soundtrack. The studio engineer at Otago Access Radio made audio recordings of the transcript.

Two student instructors and prior Age Concern Otago CEO Niall Shepherd were willing voices on these recordings. Each time we recorded a revised transcript,

I took it to classes to test their reaction. Their feedback was invaluable in refining the instructions and timing, making them easy to understand and follow.

Along with the personal feedback of participants, the evaluation of the physical and social benefits of Steady As You Go by researchers at The University of Otago led by Debra Waters and consequent studies have been instrumental in the acceptance of the programme by medical professionals.

"I was a very lonely person prior to joining Steady As You Go, when a friend asked me to go with her. I have gained confidence and made many new friends."

I progressed to being a Peer Leader and get great satisfaction from seeing my class improve their strength and balance and doing things they thought impossible both physically and mentally before they joined SAYGo.

I enjoy the company of my many new friends and look forward to class every Wednesday."



Shaping up Steady as You Go Dunedin class



Shaping up Steady as You Go Peer Leaders in 2022

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 Travels of David Horne

David Horne is 83 years old, and he has travelled to 303 countries. His tales of adventure that span the globe remind us of how much we can learn from each other, and how every individual may have a surprising and inspiring past to share.



David recently told a selection of his more memorable travel stories to the South Dunedin Seniors Club, which is related in part below.

I am an old boy of King's High School in Dunedin and was at the school between 1954 and 1958. Even before I started at King's, in fact going back to when I was six years old, I had a passion to travel the world.

My father contributed to the National Geographic, which I studied avidly and even at the age of six there were 20 places I wanted to visit, including Kerguelen, Bhutan, Tibet, Jan Mayen Land, North Korea, and the North Geographic Pole.

I have been to all these places now.

Today, I am a member of an international club known as the Travellers Century Club, which is open to people who have been to 100 or more countries. It has about 3,800 members throughout the world and currently recognises 329 countries and territories.

I have met two people who have been to all 329 countries; they are very rich.

The hardest island territory to get to in the world is Bouvetøya—a cold, stormy, windswept ice-covered island in the Southern Ocean about 58 degrees due south of South Africa. Its yearlong temperature ranges between -1 and 1°C.

I have two friends who have been there.

One 35-year-old billionaire who paid US \$500,000 dollars to get a ship to take him there. He only stayed there ten minutes. I have another friend who has been able to count Bouvet Island by putting his two feet against the cliff of Bouvet.

The Travellers Century Club's rule regarding counting a country is to have one's feet in that country. I did this once when I was climbing in Tajikistan. We had been following the border with Afghanistan for five days, and

we were not scheduled to cross over into Afghanistan.

However, the temptation was too great for me. I offered the two border guards US \$100 each if they let me in. They did but followed me with rifles pointed at me. I got in 10 meters before they made me stop. They would have been in big trouble if their commanding officer had found. Luckily it was siesta time.

One of my most pleasant trips was that to the Geographic North Pole and Franz Josef Land, which is north of Russia. This trip was done on the world's strongest nuclear icebreaker, the Yamal. With a hull thickness of 48 cm, this ship can crash through the thickest and heaviest ice up to 4 meters.

The surface of the polar ice is not just one flat continuous surface of ice. There are hummocks and pressure ridges, and there are channels of water that go right to the pole itself in summer. These conditions made it very difficult for early explorers who sought to reach the Pole, which was first accomplished in 1946 by Sir Walter 'Wally' Herbert a British polar explorer.

On our way to the Pole, we saw an icebow. Unlike a rainbow that reflects and refracts off water droplets, an icebow reflects off ice crystals suspended in the air.



At 85' North, we had to stop and let King Neptune on board. To proceed to the Pole, we needed his permission. To do so we all had to dance for him and give him a huge bottle of vodka. It was worth it; the day at the Pole was the only sunny day on the whole trip.

We spent nine hours at the Pole, which included going for a swim in togs. The water was -1.4°C. After 10 minutes one was meant to die. But there were some hearty Russian sailors who stayed in much longer. After the swim, we all got a large glass of vodka. It wasn't that cold at the pole: 2°C.

While I have had some great experiences, I also have had some really terrible experiences. One is an experience that I would never forget.

In 2007, a friend and I set off to Climb Mount Kilimanjaro in Tanzania. With an altitude of 5,895 meters, Mount Kilimanjaro is the highest mountain in Africa, the highest free-standing mountain in the world, and the highest volcano in the world. At the top, there is 43% of the oxygen that we have at sea level.

We set off at 5:30am and after hours trudging up the scree, we got to Gilman's Point on the rim of the crater. We had two more hours to go. It was very cold, we were exhausted, and my friend lost consciousness briefly.

We were debating whether we should go on, when a team of Indian climbers arrived to say that they had reached the summit. They mentioned that our past Prime Minister Mrs Helen Clarke had made it. I thought, "If Mrs Clarke was able to do it, so could we!" and so we made it. It was three days up and one-and-a-half days down Mount Kilimanjaro.

Having gone to the highest point in Africa, we decided to go to the lowest point in Africa: to Lac Assal in Djibouti. Djibouti, an old French Colony, is situated on the horn of Africa.

Unfortunately, my travelling companion indicated on his arrival form that he was a reporter—a thing never to do in a country in this part of the world. The gendarme said, "Well mate, you can't come in here; you'll have to wait in the transit lounge for three days. There is no more planes".

I began negotiating in French, as I had studied this at King's for five years. My friend, who is a relaxed fellow, fell asleep with his mouth wide open. Then I had an idea. I said, "This is not true, he is a schoolteacher like myself. He got dementia, and I have been having a terrible time—losing him all the time". I then burst into tears and the gendarme believed me. We were both allowed passage to the lowest point in Africa.

Other adventures have included three weeks exploring North Korea, and hunting for lowland and mountain gorillas in the jungles of the Congo, but those are stories for another day at the South Dunedin Seniors Club.

In addition to the Travellers Century Club, David is also a member of the South Dunedin Seniors Club, which is organised by Kerry Otto on behalf of Age Concern Otago. The group meets Thursdays at 1:45pm at the South Dunedin Community Hall. Join us for a cuppa and to share your own tales!

New funding for "anywhere" medical alarms



The Ministry of Social Development has introduced Disability Allowance funding for "anywhere" medical alarm services, which is a change from only offering in-home services prior to 1 December.

"It's important that our clients feel safe when they're out and about, so we made this change".

This means that if eligible, you can receive financial support for an "anywhere" medical alarm service that works at home and outdoors (for example, when you're out for a walk or at the shop), so you can feel safe everywhere you go.

The devices use the same kind of technology as a cell phone to ensure you're connected to medical services.

The Ministry of Social Development has partnerships with five accredited medical alarm suppliers, with whom they ask clients to register their medical alarm service:

- ADT Security Ltd 0800 111 238
- VitalCall (Chubb New Zealand) 0800 10 20 30
- Freedom Medical Alarms (WFA) 0800 380 280
- St John Medical Alarms 0800 502 323
- Securely 0800 865 865
- Tracecare 0800 559 720

They have also added steps on their website covering how clients can apply for, or update, their medical alarm service costs for their Disability Allowance.

If you have any questions, you're welcome to call 0800 777 227, visit your local Service Centre, or go to workandincome.govt.nz and search for 'Medical Alarms'.

THE NZ NURSES MEMORIAL FUND INC

Over 100 years of Helping Nurses

Nursing is about caring for others but sometimes we need help ourselves. Nurses who have found themselves in financial difficulty may apply for assistance from the above fund.

The New Zealand Nurses' Memorial Fund is a benevolent fund which has given financial assistance to nurses in hardship since 1917 and continues to do so. It was founded by nurses as a practical memorial to the 10 nurses who drowned when the SS Marquette was torpedoed in the Aegean Sea in October 1915.

Money was raised throughout New Zealand to establish the Fund which is NZ wide but has always been run from Dunedin.

Bequests and donations are gratefully received to assist in the Fund's ongoing work.

If you are in need of help you can apply for an application form provided you have completed two years full-time work in NZ post registration. Nurses do not need to be currently working to apply. Many applicants are retirees.

Please contact nznmfund@gmail.com or PO Box 5363 Dunedin 9054

The Fund is a registered charity (No CC28877).



Make Do and Mend

By Christine Ogilvy, Beyond Repair

So you are throwing out that old tatty dress? STOP!!

More and more these days we are choosing to 'Make Do and Mend' just like our mothers did in olden times. Creative visible mending has even become fashionable. Finally, my stash is coming into its own in my mending and remaking business called Beyond Repair.

The work so far has been wonderfully varied. Let me share some of the more interesting projects!

A man's favourite retro cardigan that had definitely seen better days (perhaps a dog had chewed the cuffs?) Definitely quite a holey relic! I found a matching stripy pair of socks which I cut in half to make new cuffs and some of the salvaged knit was made into patches to cover the holes. He loves it!

A local café needed 19 cushions using only recycled materials. The stuffing was recycled wool felt (used as insulation for 'My Food Bag' meal deliveries). Donated fabric offcuts and buttons were used to cover the cushions, and colourful 'Designers Guild' sample swatches were used to embellish each one.

Dresses have become skirts, shirt collars have been 'turned', an old patchwork quilt has been repatched, oriental carpets reinforced, a Burberry camel coat given new inner pockets, a jacket given new life by patching with herringbone tweed (enhancing its style immensely), recabbling a jersey sleeve in a different coloured wool to make the careful repair work visible, cushions out of Victorian upholstery fabric from an old settee, a lampshade was lavishly embellished with velvet roses with their brooch pins removed and baubled napkin rings!

There is no end to the creative solutions.

It makes such good sense (and saves cents) to prolong the life of your favourite garments. I'm sure I don't need to convince you! With sustainability and waste minimisation such an important consideration these days, let's continue to appreciate what we already have.

If you have a favourite garment that needs some 'TLC', please contact Christine (Age Concern Otago's approved mender) on 021 216 8727 or at catalyst.ogilvy8@gmail.com



Fun in the sun

By Kristen Beardsmore,
Health Promotion/Projects Team Leader

Now that the weather is starting to heat up and we spend more time outside, remember to prepare for warmer weather. Be aware that older people, children, and people with some health conditions can be especially vulnerable to heat. This can lead to dehydration, heat exhaustion, and even heat stroke if not addressed quickly.

Things to remember when it's hot outside:

- Stay hydrated – drink extra water on warm days. If drinking alcohol over the holidays, alternate with water in between drinks.
- Use a cool face cloth on the back of the neck to help cool yourself.
- If exercising, try to do so early morning or later in the evening when it is cooler.

It's also never too late to be sun smart and protect our skin and eyes from sun damage. Protect yourself all year round when you are:

- in the mountains or on the water
- around reflective surfaces like concrete, water, and sand
- or have a health condition such as an autoimmune disease or are taking medicines (such as antibiotics) that make you sensitive to the sun.

When you're outside from September to April, it's especially important to protect yourself between 10 am - 4 pm as the UV rate is highest then, even on cloudy days.

Be sure to 'Slip, slop, slap, and wrap':



Slip on clothing that covers as much skin as possible, such as a top with a collar and long sleeves, trousers, or long shorts or skirts. It's also important to Slip into the shade of a leafy tree, building or shade sail.



Slop on plenty of broad-spectrum, water-resistant sunscreen of at least SPF 30. Apply generously 20 minutes before going outside and reapply every two hours, or after being in water or sweating.



Slap on a hat with a wide brim or with flaps covering the ears and neck. More people are sunburnt on the face and neck than any other part of the body.



Wrap on sunglasses that are close fitting, wrap-around style sunglasses. Not all sunglasses protect against UV radiation, so always check the label for the sun protection rating. Learn more at sunsmart.org.nz

Now
grab your
sunhat
and
enjoy the
summer!



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of caring for
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www.hopeandsons.co.nz

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Remembering 135 years...

What are some of the challenges of climate change adaptation for wellbeing in South Dunedin?

The findings of a University of Otago study conducted in collaboration with South Dunedin residents by Sarah

Harrison, Alex Macmillan, Sophie Bond, and Janet Stephenson suggest there are many potential tensions or trade-offs that arise between different health and wellbeing priorities when thinking about adapting to flooding and sea-level rise.

In particular, the impacts of climate change on housing access, the local economy, and the insurance market are highly interconnected and have complex flow-on effects for wellbeing and equity. Understanding these relationships can enable discussions not only about policy trade-offs, but also win-win policies that support multiple community wellbeing priorities.

In South Dunedin, some important considerations include:

- Meaningful, ongoing community involvement in adaptation planning and decision-making is essential for supporting community agency and wellbeing
- Collaboration is required across sectors, government departments, and between community, policymakers, and scientists to share knowledge and build the relationships necessary for effective adaptation
- Well-planned government investment is required to support climate resilience, community vibrancy, and a positive sense of future in the area. However, government must consider how increasing the appeal of the area to live in may lead to more people moving into what is an increasingly at-risk area.
- Adaptation must address existing housing affordability and quality issues. The development of high-quality, climate-resilient social housing may provide a way to improve housing in the area while avoiding runaway house prices and gentrification.
- There is a need to carefully manage land use for new housing developments and for blue-green



spaces like wetlands. The latter can reduce flood risk and benefit wellbeing by bringing more nature into the area.

- Even during positive transformations, residents need support and guidance to minimise the negative wellbeing effects of disruption and the potential loss of connection to one's existing community, space, or identity.

For more information, you can view and download a copy of the full research report at <http://hdl.handle.net/10523/13621>

Mum's Easy Fudge Recipe

By Kristen Beardsmore

Christmas is a time when tempting, yummy food is available that may not always be so good for us. Remember to eat plenty of the salads, fruits, and vegetables—and then you can enjoy a taste of mum's rich, chocolatey fudge. Well, why not? It is Christmas!

Ingredients

- 2 x 180g blocks of good chocolate (milk or dark)
- 1 x can of condensed milk
- 1½ cups of chopped fruit/nuts (optional)

Steps

1. Microwave chocolate in a large bowl on high 2-3 minutes, or until chocolate is almost melted, stirring halfway through heating time.
2. Stir in milk until smooth. Add chopped fruit/nuts (optional)
3. Spread in greased 8-inch square pan.
4. Refrigerate until cool.
5. Cut into squares and enjoy!



Who we are: Citizens Advice Bureau (CAB) has been in Ōtepoti | Dunedin for 41 years. Our service is provided by trained volunteers. CAB has access to a free on-demand phone Language Support service and a face-to-face interpreter service.

What we do: CAB provides free, confidential, and independent information and advice. We are a service for everyone, about everything. We help people to understand their rights and obligations, how to access the services they need, and empower clients while assisting them to take action.

How our service works: Whether you phone or come in, you will be made to feel welcome by one of our friendly volunteers. They will take the time to listen to your issue in an empathetic and non-judgemental way.

They will ask you questions, gather the relevant facts, and help pick out the key information so they know what to research for you. After researching,

the volunteer will consider your options and present this information to you so you can make an informed decision.

Visit our website www.cab.org.nz for answers to thousands of questions, Your Rights articles, AND to access our Community Directory of hundreds of local groups, organisations, clubs, and social services.

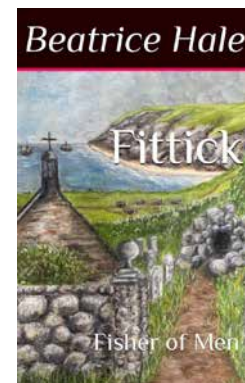
Digital inclusion: The recent focus on shifting public services online is excluding some people from their right to access these services. We are campaigning to put people first and ensure public services are available to everyone. You can share your story of exclusion in a digital age at inclusioncampaign.cab.org.nz - or contact us for a paper form.

To get in touch

- 0800 367 222 – free phone nationwide
- Dunedin: 155 Princes Street, 03 471 6166
- Queenstown: 44 Stanley Street, 03 442 6799
- Oamaru: 100 Thames Street, 03 434 9743

Fittick, Fisher of Men, by Beatrice Hale

Impulsive. Brave. Dedicated.



Following in the footsteps of Colman and Machar, a young man sets out to bring news of Christ to North-East Scotland. Shipwrecked and alone, he has no idea how he will be received, or what challenges he will face.

Based on the traces Fittick left behind, this is an imagined story of his life and encounters on the shore at Torry, by Aberdeen.

Available on Kindle and paperback by Kellas Cat Press.

About the Author

Beatrice Hale is Aberdeen born and bred, but now lives in New Zealand where she draws on the vibrant tales from her family history for her books for adults and children.

Show us how!

By Sandy McKay, SuperGrans Dunedin

The kaupapa at SuperGrans, Dunedin is all about 'Helping people to help themselves'. Groups are led by volunteers and people from all walks of life are encouraged to come along and share their skills.

"Show us how! That's our mantra," says manager Sandy McKay. Most people learn best by doing and prefer to be shown rather than told.

Kaye Winter (crochet maestro!) takes crochet sessions on a Tuesday. She taught herself to crochet back in the 1970s after trading in the knitting needles for a crochet hook.

something women have done together forever, says Kaye. "Spinners, weavers, knitters, quilters - We learn best when we join forces to share and create."

Crafting together provides a real sense of community at SuperGrans.

"Like all our groups," says manager Sandy, "the crochet sessions cater for all ages and stages. Mothers and daughters; sisters and friends (men are welcome, as well!). The group is nurturing and supportive, with everyone taking pride in each other's progress."

Kaye thinks crochet is making a resurgence in the crafting world, which she is pleased about.

"The great thing about crochet is you can make

something to take home in a single session," she says. "And once you learn a few basic stitches you can make anything. You can follow a pattern or create something of your own."

Kaye's classes are just another example of things growing organically at SuperGrans. "Our rooms provide the space and the structure for people to share skills", says Sandy.

"The rest is up to our volunteers. We welcome anyone along who has a skill to share. Come along and 'Show us how!'"



"Crochet is the perfect craft," says Kaye. "It's practical, fast, and fun. And sooo portable."

During life's stressful times Kaye finds crochet very therapeutic. Bright colours seem to make her heart sing. Her crochet tea cosies are completely glorious and fun!

"There is a real sense of satisfaction in passing on what you know," Kaye says.

Her crochet classes radiate joy! And concentration and focus. Laughter is never far away as learners pull wool round hooks in earnest attempts to slip stitches and make chains.

Learning together in small groups feels natural and fun. "It's



SuperGrans
Dunedin Charitable Trust

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

New Chief Executive Officer: tbc
Financial Officer:

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

Office Manager:

- **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.



NON-EMERGENCY
Ohotata Kore



105



NEW ZEALAND
POLICE
Ngā Pirihimana o Aotearoa

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**



**Waitaki District Council - Mercy Hospital
Quakers Peace & Service - Federation of
Graduate Women - Dunedin City Council
- Age Concern New Zealand - Mrs B. Simpson,
Waitaki - Taieri Women Steady As You Go
group - Mr Geoff Thomas, Dunedin
- Friends and Neighbours Mosgiel**



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

**Membership year runs from
1st April to 31st March.**

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)