

Official publication of Age Concern Wellington

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9.30am - 4.30pm Mon - Fri

Autumn 2015

**Age
Concern**

Wellington

He Manaakitanga

Kaumātua



Serving the needs of older people



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Serving the needs of older people



Neighbours Day Aotearoa 28th and 29th March 2015 and #wellynextdoor campaign

Every year the last weekend of March is Neighbours Day Aotearoa is celebrated around New Zealand. The aim is to encourage everyone to get to know their neighbours – even just to smile, wave and say hi! There is plenty of information on the national website www.neighboursday.org.nz/.

In Wellington in the lead up to Neighbours Day Aotearoa weekend Wellington City Council is collecting stories through the #wellynextdoor campaign about the little things that neighbours do for each other like sharing excess produce from your garden or collect washing that has blown off your neighbour's line. We are collecting these stories at libraries, community centres and at community festivals. You can also share stories and watch videos based on the stories at <http://www.wellynextdoor.co.nz/> or by e-mailing wellynextdoor@wcc.govt.nz. This campaign has been designed by Massey University design students.



Serving the needs of older people

THE AGE CONCERN WELLINGTON CHARITABLE TRUST

Exists to enhance the wellbeing and interests of older people in the regional district of Age Concern Wellington (Inc), being generally the Wellington, Lower Hutt, Upper Hutt and Porirua territorial areas. The Trust will support provision of advocacy and services to older people in need of assistance and not reasonably addressed through conventional means.

The Trust seeks to create a strong capital base from which it can further its purpose in the short and longer term. This can be achieved through gifts and bequests.

INSTRUCTIONS TO YOUR SOLICITOR

To give a Bequest to The Age Concern Wellington Charitable Trust. Instruct your Solicitor to prepare the necessary documentation for a gift or bequest.

'I give to Age Concern Wellington Charitable Trust, PO Box 11-108, Manners Street, Wellington for its general purposes.'

This Bequest instruction is not effective until written into your will which must be signed.

Please let us know if you make a bequest, so we can thank you personally.

BEST QUOTE OF ANY ERA!

"The Budget should be balanced, the Treasury should be refilled, public debt should be reduced, the arrogance of officialdom should be tempered and controlled, and the assistance to foreign lands should be curtailed, lest Rome will become bankrupt. People must again learn to work instead of living on public assistance." - Cicero, 55 BC

Have we learnt nothing over the past 2,069 years?

Driving Miss Daisy Your companion and your driver!

Driving Miss Daisy is all about offering way more than just safe and reliable transport – as a companion driving service your local Daisy driver genuinely wants to make your shopping appointments and any driving requirements a pleasure and not a chore. It's what makes Driving Miss Daisy stand out as New Zealand's number one companion driving service and throughout New Zealand the Driving Miss Daisy companion driving service is making a difference to people every day who are no longer able to drive themselves.

If you need your groceries carried or even assistance with your shopping – if you would appreciate your friendly Daisy driver accompanying you into your next Hospital or Doctors appointment to be your eyes and ears – if you just feel the need to get out and about to enjoy some local scenery with friends, then Driving Miss Daisy can offer you all of this and more. Safe, affordable and reliable, your local Driving Miss Daisy can collect you and drive you wherever and whenever you need and be your companion at the same time.

Your local Daisy drivers in Upper Hutt, Lower Hutt, Mana-Porirua and Wellington North know their clients love having their friendly and familiar Daisy Driver every time they pre-book. Because you always know who is going to be driving you, you will always have peace of mind about safety and comfort which is so important to Driving Miss Daisy clients.

Driving Miss Daisy accepts Total Mobility cards and is ACC approved plus all of the cars can carry walkers and folding wheelchairs. So make sure you contact your local Daisy soon and find out more about the Driving Miss Daisy experience in your area today!

Newsflash – The area, Wellington North, has a new owner - Philippa Marley is looking forward to hearing from you!

Remember pre-booking is essential – call your local Daisy on the numbers below:

Wellington North	04 478 5535	021 256 6902
Mana-Porirua	04 235 7985	021 503 520
Upper Hutt	04 970 6636	021 177 4968
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Owen Street, (south entrance) Newtown, Wellington

04 380 2002

E: info@tehopai.co.nz W:www.tehopai.co.nz

5 SMALL CHANGES YOU CAN MAKE THAT MAY REDUCE THE RISK OF ALZHEIMERS.



1. Look after your heart

Certain lifestyle choices can affect the health of your heart. Making sure to adopt a healthy lifestyle can help to prevent developing high cholesterol,

high blood pressure, diabetes and obesity, as not only do these increase the risk for heart attacks and strokes, they increase the chances of developing dementia later on in life.



2. Be physically active

Leading an active lifestyle can help control your blood pressure and weight, as well as reducing the risk of type two diabetes and some forms of cancer. Some evidence also suggests

that being physically active can help to reduce the risk of dementia, and getting active is proven to make us feel good, and a great way of socialising.



3. Follow a healthy diet

Our body and brain both rely on food for fuel. In order to keep it functioning properly we need to consume a healthy, balanced diet.

Some evidence suggests that a Mediterranean-type diet, rich in low sugar cereals, fruits, fish, legumes and vegetables can help to reduce the risk of dementia. While we need to do more studies into the benefits of specific foods or supplements, we do know that eating lots of fatty and processed which are high in saturated fat, sugar and/or salt is associated with a higher risk of heart disease, and is best avoided.



4. Challenge your brain

By challenging the brain with new activities you can help build new brain cells and strengthen the connections between them. This may counter the harmful effects of

Alzheimer's disease and other dementia pathologies. By challenging your brain you can learn some great new things, so how about learning a new language or taking up a new hobby or sport?



5. Enjoy social activities

Social engagement may also be beneficial to brain health because it stimulates our brain reserves, helping to reduce our

risk of dementia and depression. Try and make time for friends and family, you can even combine your activities with physical mental exercise through sport or other hobbies.

See more at: <http://www.alzheimers.org.nz/awareness/reduce-your-risk#sthash.fxipSq9L.dpuf>



Kindness is a gift everyone can afford to give.

- Author Unknown



6 Friendly Villages

All of Ryman's friendly villages include stunning independent living, beautiful serviced apartments and the very best of resthome care. Many of our villages also provide hospital and dementia care - often there is no need to move from the village if extra care is required.

And, we offer you fixed weekly fees for life - guaranteed!



For your free copy of our "Welcome to a Ryman Village" booklet, call 0800 588 222.



RENTAL ACCOMMODATION FOR SENIORS

Age Concern Wellington has recently had a number of enquiries about rental properties from Seniors in the Wellington region, but also from other parts of the country. Often the out of town calls relate to moving from another part of the country, so they can be nearer their families in Wellington. People are often shocked at the price of rentals in the Capital, but also at the number of other potential clients visiting the properties (ie you do not automatically get the property you view, it is often up to the Letting Agent).

In the past older people usually owned their own homes and were mortgage free. However, with the collapse of a number of Financial Institutions and loss of investment funds, together with soaring property prices, it is becoming increasingly usual for Seniors to be looking to rent properties.

We have contacted a number of Agencies that supply rental accommodation, and this is a brief summary of the current situation.

Wellington City Council has one of the largest number of rental properties in the country (apart from Housing New Zealand) and one of their top priorities is the `Fit Elderly`, which is good news if you are medically independent and looking to rent. They have a large number of various sized properties, some of which are one bed roomed and located on flat land near to local services such as supermarkets and transport – these are particularly suitable for the elderly tenants.

There are certain criteria which have to be met before

you can be considered however –

- Financial guidelines need to be met – your income must be under \$45,188 and total assets under \$54,450.
- You must be without adequate housing
- Be a permanent NZ resident.

The rental charged is currently 70% of local market rental, so if a property in a suburb was \$300 per week, the council property in that area would be \$210. An Accommodation Supplement from WINZ may be applicable.

The application process is quite straight forward – contact Wellington City Council to obtain an application form. Once completed, this should be submitted, along with proof of ID, income and asset information, proof of housing costs and medical certificate (if required). You will be advised by an Allocation Advisor if you meet the criteria, and either you will be put on the waiting list, or be advised there are available apartments suitable for you. Contact Wellington City Council 499 4444 <http://wellington.govt.nz/services/community-and-culture/housing>

If you are looking to rent in the Hutt Valley, the **Hutt City Council** have 21 Units, and another 169 Units, both run by Urban Plus. These are very popular, having a low rental, and are well maintained. Their criteria is `low-income elderly` (approximately 85% of their tenants are elderly) There is currently a waiting list. Robyn Palmer, Manager, suggests potential tenants have an Accommodation Assessment via WINZ as a starting point. Robyn can be contacted on 04 5690725 – or check out the website www.urbanplus.co.nz.

Housing New Zealand has recently changed its criteria – previously it had been usual for older people to go to Housing New Zealand for accommodation, but the process for selection is now managed by the Ministry for Social Development, and elderly people wanting accommodation is no longer the prime category. Current elderly tenants accommodation is being reviewed – those who live alone but in a three bed roomed or larger properties may be moved to smaller, single accommodation. If you would like to apply for a Housing New Zealand home, your first step is to contact the Ministry of Social Development. If they think you may be eligible,

they will arrange an assessment interview – to get started call WINZ on 0800 559 009, or Senior Services 0800 552 002.

Dwell is a charity that supplies affordable, stable and healthy housing. There are currently about 40 properties in the Wellington region, most of the tenants have come via assistance from social welfare. There is a very low turnover of properties, so it is advisable to apply early – this is best done via a WINZ assessment. For further enquiries contact 04 384 4854 or e-mail info@dwell.org.nz

Porirua Council Porirua no longer has any Council housing – the units were transferred to Wellington City Council. Most social housing in the area is covered by Housing New Zealand.

Salvation Army has a small number of units in Newtown. These are fully occupied at present, and for people aged over 55 years. Telephone 04 3820767.

Private Letting Agencies – we contacted two Agencies, Quinovic and Oxygen. Both said they receive very few applications from Seniors – most of their potential clients are young professional couples and students. The Agencies claim that they receive far more applications than they have properties, so they have to `choose` the most suitable tenant.

There are, of course, various Boarding, backpackers and guest houses, but those are another category, and may be covered in future Seniority magazines.



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Dear John.....

We are planning an “Agony Aunt “ column for you, dear reader, to send in any queries you might have!

Our amazing manager, John, will reply to these questions and problems and give an answer drawing on his vast experience working at Age Concern.

He can be contacted on Ph 499 6646; emailed on eo@acwellington.org.nz; or written to at PO Box 11-108, Manners St, Wellington 6142

He’s looking forward to the challenge so please do write in, whether it be a problem with WINZ feelings of loneliness, how to sort out an EPOA, someone taking advantage of you, who to contact to access help at home – in fact absolutely anything relating to being a senior citizen.

Care On Call
In-Home Care for Young & Old

Staying at home in your later years is now an affordable and safe option thanks to the care and support Care On Call provides.

From a couple of hours of help around the home per week to full time care Care On Call has experienced, trained and thoroughly screened carers available to cater to your unique needs.

Please call us or visit our website for more information.



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www.careoncall.co.nz

Take Control of your possessions start decluttering now!

A few years ago, a friend of mine had to return to Wellington to sort out the contents of a family home before it went on the market. Carefully and respectfully she went through every item in the house. This took nearly a year and many return trips!

Compare this to the sad sight of a skip parked outside my elderly neighbours' house as the family simply tossed a lifetime of treasured possessions into the bin. "Thank goodness they never knew," I thought to myself.

We've all seen the TV programmes about the houses of hoarders and the unsanitary state they can get into – and the EAN team here certainly see a significant number of these cases.

But most of us are probably **clutterers** rather than hoarders – we simply have too much stuff! I've recently woken up to the fact that I have to take control of my house rather than letting my possessions control me. Sorting and throwing away can be physically and emotionally exhausting, so this may be a better task when we are in our 60's and 70's rather than leaving it to our 80's and 90's when our energy will be needed for the task of staying at home and resisting efforts to dislodge us!

Sheila's Decluttering Tips

- Give things back to your children. This may annoy the in-laws but we are not a free storage facility and they have houses of their own
- Keep an "Op Shop" bag in the wardrobe for clothes
- View paper as an enemy – we don't need ancient phone bills and bank statements. (Buy a cheap paper shredder if you feel anxious about just putting them in the recycling bin.)
- Every time you think, "this could come in useful" replace this thought with "this could come in useful for someone else" and take to the op shop/local social services agency/latest appeal for items for the fair etc
- Op shops will often collect heavy items and good bookshops might come to select what they could sell. Likewise old records.
- Ask family what could be sold on Trade Me – they might be happy to do this for you if you can't
- Have a look at the Freestuff website, it's amazing what people need and it feels good to help young families out
- Google "decluttering elderly" – there are websites just for us!
- Consider employing someone through a private agency if family cannot help out or it would be too physically taxing for you
- If it feels too overwhelming, just start somewhere and

be satisfied with small progress. Try tipping out a drawer and deciding what you want to keep rather than what you want to throw away

- Don't accept anything else from a friend who is also decluttering!

This is not an exhaustive list of course, and we all have to find the method that suits us best.

I would love to hear from you if you have any useful tips. And if you have any stories of your own, it would be good to hear from you. You can give me a ring on 499 6646 or email me at eanwgtn@acwellington.org.nz

Sheila Reed EANP Coordinator



Wellington Timebank

Weaving reciprocity, resilience and generosity into the fabric of daily life.

The Timebank is a community of people who exchange skills, time and knowledge. We use time instead of money as our currency and everyone's time is valued equally.

For every hour you help somebody, you are entitled to one hour of help from another member.

The possibilities are endless.

Timebank members have helped each other get to the supermarket, fix bikes, learn languages and get job advice. Others have shared their companionship, life advice, sewing, music and cooking. You can choose what you'd like to offer; and you can request anything that you need.

Coordinator, Hannah Mackintosh says "The thing people love most about being in the Timebank is the wonderful people that they meet. They may join to get a specific need met but it is always the joy of making new connections that keeps them trading."

Who can join?

Anyone can join the Wellington Timebank. Our current members range from primary school children to rest home residents, and every age in-between. Everyone has something to offer.

Age Concern is a member of the Wellington Timebank and together with Hannah, the Timebank Coordinator we can help you link up with other people in the community who need your skills, or people who can help you get your needs met.

Phone 04 920 6708

Email wgtn.timebank@gmail.com

E Morris Jnr Simplicity Funerals

Simply respectful. Simply affordable.

The name E Morris Jnr holds a very historical association with funerals in the Wellington area of years gone by, today as "E Morris Jnr Simplicity Funerals", we combine our history of caring professionalism with considerations towards affordability.

Manager Andy Ellis, a fully qualified FDANZ-associated funeral director says "These days there are inevitably costs to consider". "There's no question funerals have become more expensive with rising costs of cemetery and cremation fees, so we have devised four pricing plans to suit people's individual needs".

We also offer options for pre-paying and pre-arranging funerals in a safe, secure manner, through the FDANZ Funeral Trust and our staff are always willing to offer obligation-free advice.

For more information or to talk to Andy, simply call free on 0800 222 155 – calls answered 24 hours, 7 days or visit our website: www.simplicity.co.nz

E Morris Jnr

Simplicity Funerals

Simply respectful. Simply affordable.



Simplicity Funeral Director Andy Ellis

Wellington wide, we're part of your community.

At Simplicity Funerals we believe that a funeral should be fitting and meaningful - while remaining affordable.

We offer a range of pricing plans which we can tailor to your individual needs. Call us for a free, Funeral Planning Pack including information on FDANZ pre-paid funerals.

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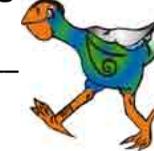
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Concert in Lower Hutt
23rd March 2015, 11am
P: 0508 266 237 (toll free)
E: bookings@operatunity.co.nz
W: www.daytimeconcerts.co.nz

We celebrate melody and memories with timeless classics we know and love, as well as famous war songs that commemorate the centenary of Anzac and 70 years since the end of the Second World War.

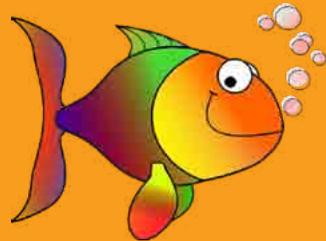



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“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”



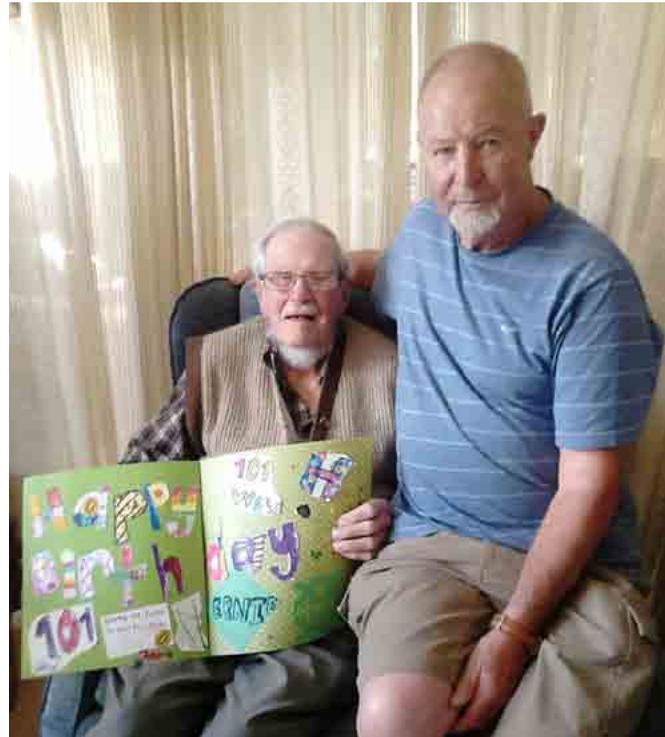
Albert Eienstein



ANZAC BISCUIT RECIPE

- ¼ cup margarine
- 1 tablespoon golden syrup
- 1 cup wholemeal flour
- 1 cup rolled oats
- 1 egg, lightly beaten
- 1 teaspoon baking powder
- ¼ cup brown sugar
- ½ cup coconut

Melt margarine and golden syrup.
Mix all ingredients together.
Roll spoonful's into balls and place on a lightly greased oven tray and flatten.
Bake at 180°C for 15-20 minutes or until golden brown.
For a healthier version, replace coconut with sultanas.



OLDEST CLIENT 101

By Monica Robinson

Age Concern accredited visiting service in Wellington and the Hutt Valley has well over ninety volunteers visiting clients mostly on a weekly basis.

Here in Wellington the age range for volunteers stretches from the early twenties to the middle eighties. A good percentage of the clients are in their eighties and nineties, however one Ernie Sellens has just attained his 101st birthday!

Pictured is Ernie with his volunteer visitor Terry Young. Ernie is showing a card especially made for him by young children at his local church. Terry and I shared morning tea with Ernie last week. We are also impressed that Ernie uses email to connect with family and friends.

Ernie came to New Zealand in the early 1900's and attended the first day at school at Rongotai College on February 7 1928. He also attended Victoria University and during the war served as a chemist in an Australian Munitions factory.

On returning from the war Ernie met and married his wife Ivy and for the past 60 years has lived in the home he built in Miramar. Ivy has since passed on but Ernie is still living in this home and only recently decided he had better get a rail down the steep

track to his house! He has some very supportive neighbours but still manages his own meals and daily living tasks.

One piece of advice Ernie has given is if you need to make changes, maybe downsize your house or find one with easier access don't leave these decisions until too late. As Ernie says as you age it gets more difficult to make decisions and to make the changes necessary.

If you would like to become a volunteer or would like to have someone come visit you please contact Monica Robinson, 04 4996646 in Wellington and Porirua area or Melva Howard on 04 5283366 in the Hutt Valley area



To Hell With Growing Old

An 'Inspiration' received as a gift on a tea towel.

OLD! Who 's old!
You're only as old as you feel.
They say I'm slowing down
I'm growing grey,
But I'm getting younger every day
To hell with growing old!

OLD! Who's old?
Maybe I'm at that awkward stage
I'm gaining weight
I'm wearing beige,
But I'm not about to act my age.
To hell with growing old!

OLD! Who's old?
I'm sorry but I can't agree
As long as I've got breath in me
I'm going to live my life
Ungracefully!
Vivaciously!!
Outrageously!!
Three cheers for immortality.
To hell with growing OLD!



Making the most of life in care

Vincentian is far more than just a place to live - our aim is to give you an enjoyable quality of life. We provide the medical care you should expect and strive to ensure that every aspect of your stay is comfortable, interesting and stimulating. Make a time to visit us and experience the homely atmosphere.

Vincentian Home and Hospital

Rest Home | Hospital | Respite Care
2A Stanley Street, Berhampore, Wellington

P: 04 380 0294 | **E:** Sue.delahunt@vincentian.co.nz
W: wellingtonCatholicHomesTrust.org.nz

Vincentian is owned by the Wellington Catholic Homes Trust and welcomes all spiritual denominations

Who said?

There is a very old proverb that says you can't teach an old dog new tricks. People used that expression at least 400 years ago and it is often heard today. It means of course that it is impossible, or almost impossible, to change people's habits, traits or mind sets.

But it's not necessarily true. My old labrador Queeny learnt several new tricks in her old age especially if it meant that she could get rewarded with food. Food for her was the key!

But people too can learn new tricks even in their senior years. Learning a new game; reading a different sort of book; trying a new type of food; learning some words in a different language; doing crosswords or Sudoku or even exploring a new place to walk. The constant stimulation of the brain is not only possible but it is good for us. New tricks, new ideas, new stimulation for the brain!

Perhaps the old dog can learn new tricks after all!
Ken

Loneliness: A threat to Health

Most of us have experienced loneliness at some time of our lives. If we lose a person dear to us, we feel bereft without them. If a social activity we enjoyed is no longer possible, we feel lonely without the companionship of others and the enjoyment of the activity.

This is all normal even if it sometimes unpleasant to experience. However, perpetual loneliness is an actual health risk according to Age UK, who have just published a report "Promising approaches for reducing loneliness and isolation" for their Campaign to End Loneliness.

This report says that:

- The effect of loneliness and isolation on mortality exceeds the impact of well-known risk factors such as obesity and physical inactivity, and has a similar influence as smoking 15 cigarettes a day
- Loneliness increases the risk of high blood pressure
- Loneliness increases the risk of the onset of disability

- Loneliness increases the risk of cognitive decline and the chance of developing clinical dementia
- Lonely people are more prone to depression and possibly more disposed towards suicide
- Lonely people are more likely to visit their GP, have a higher use of medication, have a higher incidence of falls and go into residential care earlier

This makes for depressing reading and highlights the need to reduce loneliness in older people.

What can we do?

- Phone Age Concern if you have concerns about people you know who are lonely or who are neglecting themselves. Our **Accredited Visitors Services in Wellington and the Hutt** are set up specifically to alleviate loneliness. You might welcome a friendly regular visitor yourself, or could suggest it to a friend who seems to be getting too low in mood. You can talk to Monica in Wellington on 499 6646 or Melva in the Hutt on 528 3366.
- If you are feeling too lonely, think about what you could do to reach out beyond your home situation or phone Ann here in the office on 499 6646 to talk through possibilities
- Neighbours Day Aotearua is on March 28-29, a day we could consciously reach out to neighbours
- Have a look at www.neighbourly.co.nz to see if there is a neighbours group near you.

I Can Explain

A police officer in a small town stopped a motorist who was speeding down the main street. "But officer," the man began, "I can explain." "Just be quiet," snapped the officer. "I'm going to let you cool your heels in jail until the chief gets back." "But, officer, I just wanted to say..." "And I said to keep quiet! You're going to jail!" A few hours later the officer looked in on his prisoner and said, "Lucky for you that the chief's at his daughter's wedding. He'll be in a good mood when he gets back." "Don't count on it," answered the fellow in the cell. "I'm the groom."

Source: www.grownups.co.nz



AVS (Accredited Visiting Service) in Wellington and Hutt Valley for Age Concern

Coordinators - Monica Robinson (Wellington)
- Melva Howard (Hutt Valley - Petone to Upper Hutt)

- We invite an expression of interest for caring volunteers to spend time on a weekly basis to visit an older person.
- We wish to hear from older persons living at home who would like a visitor for friendship to enhance happiness.

AVS ("Accredited Visiting Service") of AGE CONCERN operates a team of Valuable Volunteers who visit older people in their homes. It is mutually beneficial for the Visitor and the Older Person with no cost involved.

The sharing of knowledge, experiences, ideas and opinions creates good company for at least one hour a week.

Should you wish to contribute something back into the community, meet interesting people, enjoy a laugh and some fun, knowledge share and gain lifetime friendship; contact us at our - Wellington Office of Age Concern for AVS (Accredited Visiting Service)

04 4996646
Serving the needs of older people



Senior Hydrorobics
Monday & Wednesdays
10.30 - 11.30am

A fun class for over 60s, with an emphasis on socialising.

Free tea and coffee afterwards.

For more info tel: 04 527 2113
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I wish to support the work of Age Concern Wellington by:

(Please tick the relevant boxes)

- Become an individual supporter by an annual donation \$_____
- Making a donation of \$_____
- Becoming a Corporate supporter \$_____
- Becoming a volunteer visitor

Note: Donations of \$5 or more are tax deductible

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Manners Street, WELLINGTON 6142,
or tel 499 6646



Wellington Village - a popular choice

Sprott House, a leading provider of residential elderly care, continues to be a popular choice, receiving regular enquiries from potential residents. The accommodation ranges from independent villas to rest home and hospital care facilities and a state-of-the art dementia wing.

Chris Sanders, General Manager at Sprott House, says there are currently two independent villas available (a double and a single), offering “a warm, safe, environment, designed to provide comfort and security.”

“We encourage people to remain as independent as possible and our villas with their own private entrances and address, telephone number and keys are a way of achieving this”, says Chris Sanders.

“Villa owners also have priority access to the rest home and hospital should the need ever arise”.

Ownership is through a licence to occupy with access to 24- hour support.

Sprott House is set in ¾ of a hectare among established trees and landscaped gardens, close to the Marsden Village and Karori Mall. It is a not for profit, Charitable Trust Residential Care Home and Hospital.



SECURE LIVING AND INDEPENDENCE

Sprott House is a not for profit registered charity which offers you a secure, comfortable village way of life.

Sprott House gives you the security of knowing help is on hand when you need it. You can have as much or as little care and help as you need 24 hours a day.

Come and visit us any time to view our facilities and talk with our staff.

29 Messines Road, Karori,
Wellington 6012
Tel: 04 476 8759
Fax: 04 476 6856
www.sprotthouse.co.nz
manager@sprotthouse.co.nz



Established 1898 as St Mary's Guild

The Grandma Scam

Beware the caller who rings or emails to say that your grandchild is in dire trouble somewhere overseas and desperately needs money to extricate themselves from jail/ pay a hospital bill/ replace money or tickets that have been stolen(the list of reasons is endless.)

This scam targets people over 70 because they are a group of people who often have ready access to cash, are trusting about messages they receive and their love of grandchildren can be exploited.

If the situation purports to be an emergency where secrecy is essential, and only your money will save your grandchild, be alert to the fact that you may be about to be scammed. There is a huge red danger flag if it's a dire situation, you're told not to tell anyone else, and you're asked for money.

The most important thing to do is to **phone a family member to check the story out.**

Chances are your grandson or granddaughter is right here in NZ.

This is a nasty scam and you will be highly unlikely to get your money back.

Check out www.youtube.com/watch?v=kqq77EGlfaA#t=12 to hear the story of the grandma who was went to the bank for a loan to send money overseas and the alert bank manager who realised this was a scam and put a stop to it.



Could Enliven be your new home?

If you, or your loved one, needs extra support, then Enliven's homes may be the perfect option. You'll enjoy companionship, fun and vibrant surroundings, whilst we support your daily living through our rest home, hospital and dementia care. We are also able to offer some short-term respite and convalescent care.

We offer warm and welcoming homes throughout the Wellington region:



Woburn Home and Retirement Apartments

Located in sought-after Wai-iti Crescent in Lower Hutt, hugely popular Woburn Home offers rest home, hospital, dementia, respite and convalescent care, all while maintaining a relaxed and engaging atmosphere.



Huntleigh Home and Retirement Apartments

Huntleigh Home in central Karori provides rest home, hospital, respite and convalescent care. Huntleigh offers a vibrant, modern home and is adjacent to Huntleigh Retirement Apartments.



Longview Home

Light, bright and friendly - Longview Home in Tawa offers panoramic views of the township and beautiful grounds for elders and their families to enjoy. Longview provides rest home, hospital, respite and convalescent care.



Cashmere Home and Cashmere Heights Home

These long-standing community icons in Central Johnsonville offer hospital care in a fun and friendly environment. Cashmere is warm and welcoming - you'll feel at home the moment you step through the door.



Kilmarnock Heights Home

Located in park-like grounds in Berhampore, Kilmarnock Heights is warm and lively. You'll enjoy the varied social calendar and company of others at a similar stage of life. Kilmarnock Heights offers rest home, respite and convalescent care.

Call 0800 36 54 83 or visit www.enlivencentral.org.nz



Serving the needs of older people



BUPA IN WELLINGTON

Bupa's purpose is to enable people to live longer, healthier, happier lives. We do this by providing a broad range of healthcare services, support and advice to people of all ages.

0800 60 80 99
www.bupa.co.nz

Care Homes

Care is at the heart of everything we do; at each care home we develop individual care plans and tailor activities to suit. Understanding what you need is really important, so that we can make sure your care is personalised and you live the best life possible. Your enjoyment of each day is our main focus – we make sure you can live 'your day, your way'. We would love to have the opportunity to talk to you so contact the care homes in your community below:

Fergusson Rest Home and Hospital
 654 Fergusson Drive, Upper Hutt - (04) 528 7689

Gardenview Care Home
 134 Bath Street, Levin - (06) 368 1070

Harbourview Rest Home and Hospital
 5 Bowlers Wharf Lane, Porirua - (04) 233 0756

Stokeswood Rest Home and Hospital
 18 Glen Road, Lower Hutt - (04) 562 9060

Te Whanau Rest Home and Hospital
 603 Queen Street, Levin - (06) 368 1081

Whitby Rest Home and Hospital
 4 Observatory Close, Whitby - (04) 234 7981

Winara Rest Home and Hospital
 9 Winara Avenue, Waikanae - (04) 293 6034

Medical Alarms

Bupa medical alarms are designed to keep people as safe and independent as possible. Caregivers and families can relax, secure in the knowledge that they will be alerted immediately, if something happens. Each person's situation is different, so for more information call us on **0800 60 80 99**

Retirement Villages

Residents enjoy living in our retirement villages because they offer home comforts, a sense of community and everything is tailored to suit. If you are thinking of moving to relax and feel safe, but still want an independent lifestyle, our villages are just the answer. Contact our Bupa retirement village in your community.

Fergusson Retirement Village
 8 Ward Street, Upper Hutt - (04) 238 1273

Winara Retirement Village
 9 Winara Avenue, Waikanae - (04) 293 2591

Bupa Care Services

We are the largest residential aged care provider in New Zealand, providing residential aged care to over 4,200 people in over 60 care homes, 30 retirement villages and 7 rehabilitation sites. We also have over 10,000 medical alarms customers and 24 dental clinics. Bupa has no shareholders so we invest all our profits to provide better healthcare to our customers. We specialise in dementia care and play a leading role in shaping dementia services, providing around one third of New Zealand's specialist dementia beds.

Bupa Care Services New Zealand

- Care Homes
- Retirement Villages
- Medical Alarms
- Rehabilitation

We are Bupa