

Official publication of Age Concern Wellington

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OFFICE HOURS:

9.30am - 4.30pm Mon - Fri

Spring 2015

**Age
Concern**

Wellington

He Manaakitanga

Kaumātua



Serving the needs of older people



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Serving the needs of older people

Executive Officers Report

We were very fortunate to receive an invitation from the Governor General Sir Jerry Mataparae for 100 clients to attend a luncheon at Government House.

We invited both our visitors and those who visit them, who were mobile and had been clients for some time. The transport organisation was not easy, and we car pooled to ensure everyone was able to make the day.

The day arrived - a perfect warm sunny day and excitement level was high, guests due by 12 noon were arriving from 11.15 am, some in special dresses bought for the occasion.

The main hall was set up with tables of 10, all magnificently decorated with white linen, silver cutlery and beautifully scented flowers.

The level of noise even before the lunch was indicative of how much the guests were enjoying the occasion. A menu of poached turbot with fondant potatoes, followed by old fashioned custard tart with mulled tamarillos - this was accompanied by Chardonnay and Pinot Noir. Those guests who required a special diet were also catered for.

The Governor General made a very interesting informative speech which highlighted milestones in our history - the 175th anniversary of the signing of the Treaty of Waitangi, 150 years since Wellington became the Capital, 100 years since the Gallipoli landings and 70 years since the end of the Second World War.

He commented that "there has been a huge change in New Zealand over that time and we have lived through some of the big defining events of the twentieth century, and many of you have experienced how much our country has changed. For example, Ernie Sellens, who was at the lunch was born in 1914. Ernie has first class experience of what life was like for a child in New Zealand after the First World War. Ernie and others of you lived through the

Great Depression, the Second World War - and then enjoyed the comparatively good times of the 1950s and 60s. What has not changed over time, and never will change, is our need to connect with other people. It's absolutely essential for our health and wellbeing. His invitation to Government House is because people are important".

The Governor General was dismayed to learn that so many of our senior citizens are isolated and without regular contact with others. He said that we can be deeply grateful, that there was wonderful people who appreciate it is important to keep an eye out for their fellow citizens and help them in anyway that they can, people like the volunteer visitors at Age Concern.

During lunch the Senior Government House staff circulated around the tables, talking to our guests and answering questions. Tables were served with almost military precision by young people selected and trained by Marion at Government House. They did a superb job. The Governor General finished the lunch, ensuring everyone had a glass of port for a toast to the Queen. After lunch everyone was invited to wander through the ground floor to see the paintings, photographs and furnishings. Many stayed on for some time.

It was a wonderful day for all our Accredited Visiting Service visitors and clients who are still talking about it - and thanks must go to the Governor General for the invitation to this wonderful luncheon.

John Gibbons
Executive Officer



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I look forward to speaking to you personally.



Serving the needs of older people

Hannah Benson – Visitor



Age Concern Wellington which includes the Hutt Valley has nearly 100 volunteers visiting elderly folks in the community once a week to provide friendship and company. Our volunteers cover many age ranges from twenties to eighties.

Hannah belongs to the Gen Y generation – those who are shaped by technology – but finds time in her busy life to be a volunteer.

She was brought up in Palmerston North, one of three children in her family, and she tells me her home had an open door policy of embracing people in their lives making for a busy and noisy home! After leaving school she came to Wellington to do a degree in design majoring in fashion. This took her four years. She now works for a menswear label call Mandatory, managing the store and running a website, facebook and other social media where she has been able to put her training to good use. As a teenager she had a part time job working in a rest home as the ‘tea lady’ and this provided her first exposure to older members of our community. One lady called her ‘my angel’ and she realised many craved company and wanted to share the stories of their lives.

Nearing the end of her degree Hannah decided she

had time to become a volunteer and joined Age Concern in Wellington nearly two years ago. For over a year now she has been visiting Joan and has found this the most amazing experience. She has learnt lots about New Zealand history from someone who actually experienced these changes and what it was like to be there at the time. She and Joan have become good friends and as Joan’s health has allowed have been out and about in the city. Hannah says it has been a privilege to share with Joan and to create a friendship which crosses the age barrier and the technology barrier too!

We at Age Concern are lucky to have such committed young people as Hannah and can only thank them for being open to visiting, listening to and being friends with members of our older generation.

Monica Robinson
AVS Coordinator

Phone: (04) 499 6646
Email: avswgtn@acwellington.org.nz

Help avoid confusion - let your members know there will be new bank notes in October

The Reserve Bank are keen for us to communicate with our members that from mid-October there will be new \$5 and \$10 banknotes - letting older people know that these changes are coming soon can help to avoid confusion. New \$20s, \$50s and \$100s will follow next year.



The good news is that the notes will actually be better for older people - they will be brighter and with the note denomination shown in larger print and greater colour contrast between notes. They'll also have more sophisticated security features. For more information www.brightermoney.co.nz



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WELLELDER WORKS

This is the first of a regular feature for us, WellElder Counselling Trust. It's a good chance to introduce ourselves and share some of our work and activities with a wider group of older people and agencies in Wellington region.



WellElder counsellors sharing a recent book purchase

We provide a specialist counselling service for older Wellingtonians (people aged over 60, and over 55 for Maori and Pasifika). We believe that we all face challenges as we age, and know that counselling can help manage issues and transitions for us all.

Older people are used to getting on with life themselves, but a skilled professional is surprisingly easy to talk to, and can help us to:

- Move through depression
- Reduce anxiety or stress
- Make our own decisions about issues we are finding challenging
- Improve our relationships
- Develop our sense of wellbeing
- Come to terms with events and decisions in our lives.

No issue is too big or small – our relationships, the loss of friends and family, where we live, memories that we live with, coping with the daily demands of life, anxiety, grief or depression – whatever it is we face can be brought to counselling.

We counsel individuals, couples or family and whanau and also run several groups at centres in Newtown, Johnsonville, Porirua and Kapiti. We can work in clients' own homes and rest homes if travel is difficult.

Sessions normally last about an hour, and clients are eligible for up to six individual counselling sessions.

We ask clients to contribute towards the cost of counselling where possible, at a rate of \$10 or more a session. We can negotiate if this is a problem.

Many people get in touch with us themselves – others are referred by medical centres, family members or other agencies. Our phone number is (04) 380 2440, and we are open every Tuesday, Wednesday and Thursday (leave a phone message at other times).

You can check us out further at www.wellelder.co.nz or drop us a line at administrator@wellelder.co.nz.

We look forward to hearing from anyone interested in more! And watch this space for our next contribution.

Thank you Age Concern for including us in your magazine.

Seniors Week 28 Sept – 4 October

Get out in your community and enjoy a whole week of events and activities planned with older residents in mind. This year there is a variety of events ranging from 'have a go' sessions at pools and recreation centres, to local history talks and refresher workshops for senior drivers. For more information about what's happening keep an eye on your mailbox for the Wellington City Council's Spring brochure, pick one up at your local library or community centre, or phone 499 4444.



**You know you're getting on
when the only whistles you get
come from the kettle!**

Making New Zealand a positive place to age

As we age, it is important for us to remain healthy, independent, connected and respected. Ensuring that this happens is a key priority for us as a nation. This is why The Office for Senior Citizens is pleased to share with you the 2014 Report on the Positive Ageing Strategy, which was launched by Minister for Senior Citizens, the Honourable Maggie Barry, in April at the Age Concern Conference.

The Report sets out New Zealand's progress towards the goals of the Positive Ageing Strategy (2001). It affirms the Government's commitment to enabling a society where people can age positively, and provides guidance to central and local government about the core issues facing older people now and in the future. The Report is also an opportunity to discuss the future planning needed to make this vision a reality.

While many people may think of our ageing society as a burden, it's actually one of our greatest achievements. People are living significantly longer and healthier lives than they did 50-100 years ago. As the Report highlights, a growing number of older people have valuable skills and experience, and are willing to continue to make a significant contribution to the economy and society. We would encourage you to read the Report and understand how we, as a country, are progressing with the goals of the Positive Ageing Strategy. You can access the full report online at www.osc.govt.nz.



2014 Report on the
Positive Ageing Strategy

Prepared by the Office for Senior Citizens



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.

Offerings

A little child in church for the first time watched as the ushers passed the offering plates. When they neared the pew where he sat, the youngster piped up so that everyone could hear: "Don't pay for me Daddy, I'm under five."

Loving Later Life

I'm a person who gets better with practice. Getting older is awesome - because you get more practice.

Zoey Deschanel

Why are people afraid of getting older? You feel wiser. You feel more mature. You feel like you know yourself better. You would trade that for softer skin? Not me! **Anna Kournikova**

As I started getting older, I realized, 'I'm so happy!' I didn't expect this! I wasn't happy when I was young. **Jane Fonda**

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Dear John.....

Dear John
 I don't know whether you've come across this sort of thing before, but my lovely caregiver who comes to shower me twice a week, has been talking to me about the terrible financial difficulties she's having. She's a single parent with 2 teenagers who seem to be getting into all kinds of trouble, and to add to her difficulties, her car has to have a huge amount of work done to it before it'll pass its WOF. She keeps saying to me how nice it would be to be like me and not have to worry about paying the bills. It makes me feel really bad and sort of guilty and I wonder if I should offer to help her out. What do you think?

Dear Margaret
 Alas this is a scenario we see much too often where you, the person receiving a service,

comes under subtle (and sometimes not so subtle but quite overt) pressure to assist a caregiver financially. So my answer is NO, do not lend or gift money to someone who has come to work for you. A caregiver abuses their position of trust if they angle for any financial involvement with the person their agency has sent them to help and in fact it would also be breaching their terms of employment with their agency.

Next time she starts talking about money and you feel like some kind of response is expected from you, perhaps you could suggest that she gets some budget advice. Try to steer the conversation to what she could do to help herself, rather than what you could do for her. After all, the agency has sent her to help you to stay at home, not for you to help her!

Please send in any queries you might have and 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 499 6646; emailed on eo@acwellington.org.nz; or written to at PO Box 11-108, Manners St, Wellington 6142.

A new solution to scams?

There are few things more upsetting than seeing an older person being preyed upon by unscrupulous tradesmen, scammers, greedy family or friends. At Age Concern we have recently come across some disturbing cases.

One case involved an elderly person who was receiving piles of mail each day from various lotteries, psychics and "wealth" advisors. All of these letters contained promises of one kind or another. They promised massive winnings and prizes as well as an opportunity to pay off debts from a former life by the use of "karmic credit". Over the years this trusting person gave tens of thousands of dollars to these scammers.

A second case involved a trusting and grateful person paying thousands of dollars to a taxi driver in gratitude for giving him rides in the taxi. (The driver charged the usual fare as well!). Matters got worse when the greedy taxi driver suggested that our client might want to buy him a new taxi! In each case family members were pulling their hair out trying to stop their loved senior falling prey to these scammers. There are a number of things that can be tried but a recent one that we have suggested is to arrange for cheques to have 2 signatures. The older person keeps their independence and decides what they think should be paid but before the cheque can be paid a second signature is required. This would usually be a family member or another trusted individual. The person's bank needs to arrange the new signing method but banks are always very willing to help protect their customers!

If you think that your elderly parent or friend (or even you) may be tempted to pay money for dodgy tradespeople, scammers or "helpful" people in the community, think about asking for cheques to require a second trusted signature.

Ken Daniels
 Elder abuse and Neglect Co-ordinator
 Age Concern (Wellington)

**Growing old is compulsory.
 Growing up is optional.**

PAUL FOSTER-BELL
 NATIONAL LIST MP BASED
 IN WELLINGTON CENTRAL

Paul is working hard to:

- Support growth in our Wellington Economy.
- Assist businesses, and all Wellingtonians, with their issues.
- Encourage our world-renowned Wellington innovation.

If Paul can be of service, contact his office: **DDI: (04) 817 6887**
Email: wellingtonoffice.national@parliament.govt.nz
Website: www.pfb.co.nz @PARFosterBell

Funded by the Parliamentary Service and authorised by Paul Foster-Bell MP, Parliament Buildings, Wellington

I am honoured to be writing in this month's Age Concern Wellington. If there is anything I can do to assist you please contact my office. It has been a busy few months in Wellington with the hosting of many successful events showing again and again that Wellington is the events Capital and our local economy is strong and vibrant with the Manufacturers and Exporters Association survey showing net confidence surging from a negative -13% in May to positive 6%. I was glad to see a funding boost of over \$30 million for palliative care announced in July. That's \$4.6 million extra for Wellington hospices, which do a great job caring for patients and their families at a very difficult time. Also pleasing is the lowest power price rises in a decade and the Government's commitment to wind and thermal power. Hope you are keeping warm in this weather.

Paul Foster-Bell
 List Member of Parliament based in Wellington Central

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Day care is another option. Come and spend time in our warm, comfortable care homes. Enjoy a tasty lunch, meet other people and get involved with our varied activities.

Meals - Perhaps preparing a meal is just a little too much for you at the moment. We can offer you a meal and a chat any day of the week.

Showering - Maybe you need some help to shower.

You might be waiting for your own bathroom to be altered to make it more safe for you.

Equipment - We can help you to source exactly what you need to keep you safe and independent. A medical alarm or our Safer at Home products might be just the thing.

Referral - Maybe you are ready for additional support, but not sure who to ask.

Let our friendly support team help you navigate through the system. Our established networks, experience and knowledge can connect you to the right health professionals and support groups.

Rehabilitation - Recovering from a fall, an operation or just needing some extra care? Our care homes or specialised sites have experienced staff that will support you on your road to recovery including physiotherapy and other specialist services.

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E Morris Jnr Simplicity Funerals Simply respectful. Simply affordable.

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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

Dementia Pathway

The Cognitive Impairment and Dementia Pathway has been available since late 2014, giving guidance, resources and support to GP's and other health providers as they respond to people presenting with symptoms of cognitive impairment and/or dementia.

The pathway encourages medical personnel to screen for dementia rather than assume a patient has normal old age forgetfulness. Emphasis is placed on involving family in the diagnosis process by asking for a history of how this person has changed from 5 - 10 years ago. Where appropriate the family will be asked to complete a set questionnaire from the Pathway.

If tests show that symptoms are consistent with Mild Cognitive Impairment the patient will be reassessed at six monthly intervals so that if this develops into a dementia it is picked up early and can be responded to.

Getting a diagnosis of dementia in the early stages is ideal as a person may then have the opportunity to trial medication which can help with symptoms (but this medication does not cure). This also gives a person the opportunity to think about their future, make an advance care plan etc.

If you are concerned about your (or someone else's) memory or cognition (thinking) do discuss with your GP. Sometimes these symptoms are treatable, and if not the Cognitive Impairment and Dementia Pathway will guide your GP to offer the appropriate resources and supports for you. For example a referral to Alzheimers Wellington. (0800 004 001)

Kids Kwotes

Q. Name the four seasons.

A. Salt, pepper, mustard and vinegar.

Q. How is dew formed?

A. The sun shines down on the leaves and makes them perspire.

Q. How can you delay milk turning sour?

A. Keep it in the cow.

“Sweet Poison” by David Gillespie

I knew I’d put on a bit too much weight – well actually a lot too much, as at 5 foot 2 inches I was heading for over well 10 stone!

But it still came as a shock when my GP informed me that I was 43 on the HbA1c Test.*This meant that I was already becoming glucose intolerant and therefore more likely to develop full blown diabetes over time if the test results progressed through the 40’s and got to over 50. From my work with older

people over the last twenty years or so, I am well aware of the health implications of diabetes but have always seen myself as someone who eats healthily and therefore unlikely to bring down such dire consequences on herself! My greatest fear about diabetes has always been loss of eyesight, as not being able to read would be a catastrophe as far as I’m concerned, not to mention not being able to fiddle around with my craft activities.

Something had to be done! Immediately cut out cakes and biscuits and sadly decided that home baking would have to stop – another favourite activity of mine especially as I have a friend who’s a wonderful baker and passed on such lovely recipes.



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The levels of care available are rest home, continuing care and a secure dementia unit; there are also 12 independent care villas owned by licence to occupy.

Sprott House is set in lovely landscaped gardens for residents to stroll about or just sit and enjoy and the dementia unit has its own secluded sensory garden. It is on a bus route and is minutes away from Marsden Village and the Karori Mall.

There is a wide range of activities, both in-house and outings, offered to all residents. A hairdresser is on site during the week, a masseuse, podiatrist and manicurist make regular visits and there is a weekly interdenominational church service and Catholic communion. A doctor’s clinic is held on weekdays.

I also quickly changed from my daily fruit yoghurt to a non-sweetened one. Soft drinks weren’t an issue fortunately as I’ve never wanted to rot my teeth and hate trips to the dentist.

My next task was to look at what a diabetic diet should be and I headed off to the bookshop to see what I could find. This is where I first encountered the book that has changed my life, and, if not saved it, has undoubtedly improved its quality and my longevity.

Sweet Poison by David Gillespie tells it like it is. As an overweight Australian with a sweet tooth he too knew he needed to take control of his weight and therefore began to investigate the effect of sugar on the body. The science of it all is complicated but basically he says that too much fructose in the body means that not only can we not produce enough insulin to remove the sugar from our bloodstream but that it also destroys our appetite control mechanism. And so we eat more, become obese and are in danger of developing diabetes. A couple of pieces of fruit with about 10g of fructose a day is

fine as the fibre counteracts the effects of the sugar, but 60-75g of fructose a day, which is what a lot of us are eating, is not. As well as obvious things like confectionery, cakes and biscuits and soft drinks, sugar has been added to so many foods to give them more taste as the fat has been removed. Tomato ketchup and pre-prepared sauces are a case in point.

Reading the chapters about the politics of the sugar industry is enough in itself to give it up. To subsidise the sugar and corn producers and then have to pay through the health budget for the damage that sugar causes is surely madness as well as the most colossal waste of money. Some decades ago, the decision was made to push the “low fat” message at the expense of the “low sugar” one. Heart disease rates have fallen, but our weights have steadily risen and diabetes is the new killer. Thankfully the low sugar message is starting to make its mark, though Gillespie** would say “no sugar” - this is a deadly substance that can’t be taken in moderation.

So his rule is simple – **Don’t eat Sugar**. As Professor John Yudkin said all those years ago, sugar is **pure, white and deadly**, or as Gillespie would say, **sugar is poisonous** because of the great damage it causes in our bodies. He even suggests a link between diabetes and dementia, starting of course with excess sugar consumption. Not for nothing has diabetes been called the Silent Killer. And personally I find it best to stick to no sugar at all because for me sugar is addictive, and I struggle with sugar cravings even if I have a small amount – one biscuit always leads to another.

Happily, my last two blood tests gave a reading of 39 and I am doing everything I can to stop it rising again into the 40’s.

And best of all, (vanity thy name is woman) I have been able to go back to wearing clothes that haven’t fitted for a long time, and have been able to buy new ones as well. Every cloud has a silver lining!

Sheila Reed EAN Coordinator

* The old HbA1c test results were expressed as percentages and the new version is in millimoles per mole.

** David Gillespie also appears as an adviser in the current popular movie by Damon Gameau, *That Sugar Film*.

Support Age Concern Wellington

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

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Age Concern Wellington Inc

Forward this form or contact us with your address.

Age Concern Wellington, PO Box 11-108, Manners Street, WELLINGTON 6142, or tel 499 6646

Transport Issues for Seniors

We regularly receive requests for transport, often for hospital appointments, so we thought we would put together a few facts that may assist.

Total Mobility is a regional subsidised taxi service for people, who because of a disability that prevents them using public transport, can apply for a Total Mobility Photo Card. The referrals for the card often come directly from Disability Agencies such as the Stroke Foundation, Multiple Sclerosis etc., or you can apply directly to Total Mobility 0800 801 700, website www.gw.govt.nz/total-mobility/

The Total Mobility Card entitles individuals to half price taxi fares up to a maximum of \$80 (one journey) and can be used with most taxi companies – Wellington Combined Taxis, Kiwi Cabs, Hutt & City Taxis and Porirua Taxis. They can also be used with Driving Miss Daisy.

Shuttle Service – Kenepuru to Wellington Hospitals.

There is a free minibus service that operates between the two hospitals for patients and families. It is available Monday to Friday between 8.00am and 6.00pm and runs every hour between the two hospitals. The journey takes between 30-45 minutes and it is recommended that patients using the shuttle notify clinic staff, so that appointments can be scheduled for 15 minutes before the hour, or on the hour. Proof of a hospital appointment such as an appointment letter is required. All journeys must be pre-booked, either by telephone (04 806 2708) or on-line: shuttle.booking@ccdhb.org.nz. The shuttle bus is not wheelchair accessible, but when making an appointment if this is mentioned, they will try to organise this for you.

Driving Miss Daisy is a franchise driving service that covers Wellington, Upper and Lower Hutt and Porirua. It is a pre-booking service (0800 948 432) and has been very popular since it arrived in the region. It is a personal service, you will not find people beeping horns outside to say they are here! – Driving Miss Daisy will take you to hospital appointments, and arrange to collect you after your consultation. They also provide an outings programme, where they will collect a number of people and go to morning coffee or

afternoon tea. Recently they have acquired a mobility vehicle, so that those with wheelchairs can access the service.

Many people who use the service are also in receipt of a Total Mobility Card, which halves the costs of the journey. There may be an additional payment required where there is a special service provided, such as taking the person to the hospital department and booking them in, and returning to collect them. For further details, please contact Driving Miss Daisy on 0800 948 432.

Freedom Companion Driving Service – is an affordable, personalised driving service ‘There when you need us!’. It operates in a similar way to Driving Miss Daisy, but is based in Lower Hutt. Their contact phone number is 0800 956 956 or (04) 565 3132.

Ann Dalziel
Community Support Co-Ordinator

The only sport left for me now is hunting for my glasses.



LEGENDARY VOCAL GROUPS

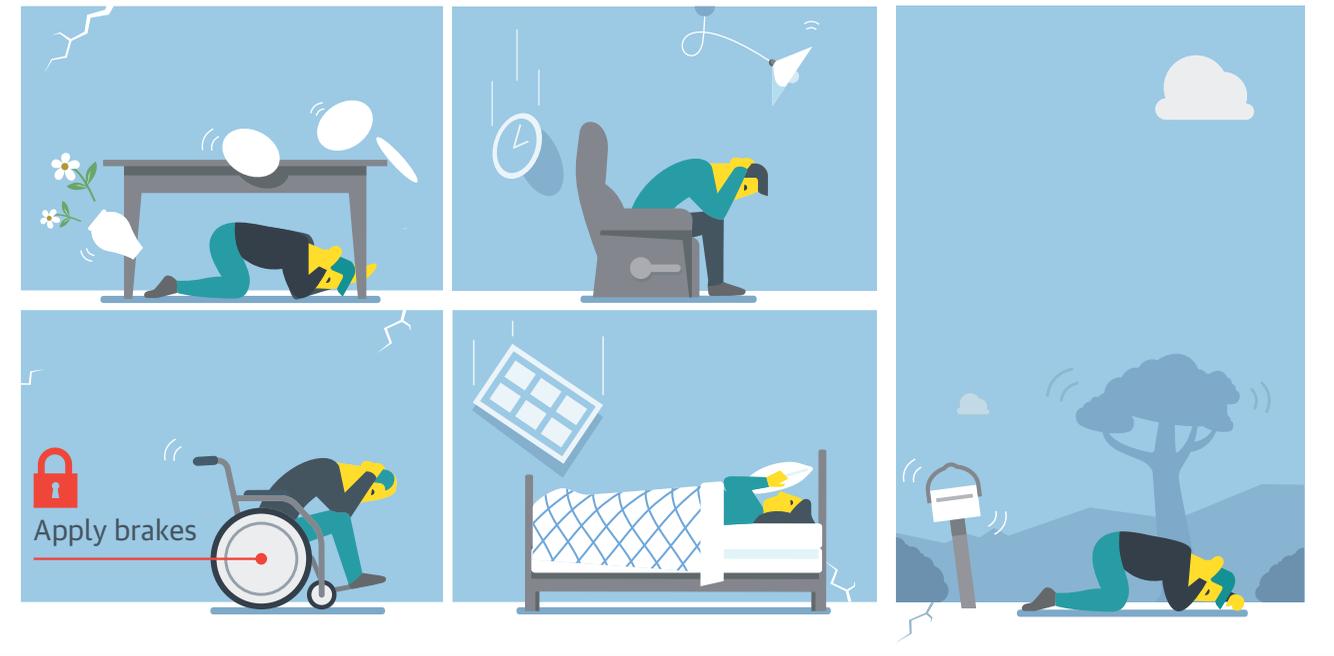
Concert in Lower Hutt
14 September 2015, 11am
P: 0508 266 237 (toll free)
E: bookings@operatunity.co.nz
W: www.daytimeconcerts.co.nz

WIN a double pass to the Legendary Vocal Groups show by simply filling in the details below and posting to Pukeko Print & Design, 927 Cameron Road, Gate Pa, Tauranga, to go into the draw

Name _____
Phone Number _____
Alternatively email your details to:
monique@pukekoprint.co.nz and quote ACWE 3/15



During an earthquake drop, cover and hold. Protect your head.



Know what to do in an emergency!

New Zealand Shake Out is a national earthquake drill taking place at 9.15 am, 15 October 2015. It's a chance for everyone in New Zealand to practise the right action to take in an earthquake – drop, cover, hold. To remind you about these steps we have developed a poster that outlines these steps. The poster is relevant to everyone and includes alternatives to the ‘standard’ drop, cover, hold, should you have a mobility issues that prevents you from getting down to the ground.

The poster also provides a reminder about what items to store in your household emergency kit. Remember you may need to look after yourself for 3 days or more, so you need to make sure you have enough food and water stored for you and your family for at least this long.

The poster is available in Wellington as an A4 poster with a fridge magnet attached, as an A3 flyer for people with low vision and as an A2 poster. For more information please email getprepared@wcc.govt.nz or call 803 8330.

To find out more about New Zealand Shake Out, or about preparing for an emergency, including creating a household plan go to <http://www.civildefence.govt.nz/>

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Enjoy life with Enliven

Enliven offers a full range of positive ageing services across Wellington, including boutique retirement villages, practical in-home support services and warm, welcoming elder-directed rest homes, hospitals and dementia care. So when your needs change, so too can the support Enliven provides.



Boutique retirement villages

Huntleigh Apartments, Karori | Woburn Apartments, Lower Hutt

The residents of Enliven's vibrant villages enjoy the best of both worlds – an active, independent lifestyle, as well as the security of knowing help is on hand from the neighboring rest home whenever it's needed. At Enliven villages we take care of the hard work so you can focus on really enjoying your retirement.



Rest homes with spark

**Woburn Home, Lower Hutt | Longview Home, Tawa
Cashmere and Cashmere Heights Homes, Johnsonville
Kilmarnock Heights Home, Berhampore | Huntleigh Home, Karori**

At Enliven we believe in creating elder-centred communities. Our vibrant rest homes take every opportunity to bring companionship, spontaneity, fun, meaning and purpose to the lives of residents. As well as providing high quality clinical care, we'll support you to continue doing the things you love in a way that's right for you.



In-home support

Wellington | Hutt Valley

Enliven's practical in-home support services can help you maintain, or regain, your independence at home. Our services include household management, personal care and support for you to regain your mobility and confidence.