

SUMMER 2017 QUARTERLY NEWSLETTER
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Age Concern Wellington

Serving the needs of older people

COMPLIMENTARY COPY



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OFFICE HOURS
 9.30am - 4.30pm Monday to Friday

Executive Officers Report

The support we have received over the past few months from you, our readers and supporters, has reminded us, as if we needed reminding, how much our services to you are valued and needed. The last few months have seen us embark on the changes necessary following the loss of the elder abuse response contract. We are moving into summer with a new structure, new roles and heaps of optimism.

We have received funding to deliver and expand the "Steady as You Go" falls prevention, balance and exercise programme and our staff have begun their training to start delivery in early 2018. If you are interested in joining a group or encouraging a start-up in your area, do let us know.

We held our Annual General Meeting in September and were privileged to have Mike Mendonça the Chief Resilience Officer from Wellington City Council, as our guest speaker. He reminded us that the resilience of a city comes not just from the built environment but also how people work together in their communities to look out for one another. That is something we probably grew up knowing and doing but perhaps have lost in this busy age of electronic connections. Get to know our neighbours: it is a challenge for all of us.

This edition contains lots of material for you to peruse and I am sure you will find some gems of information in the articles. Happy reading and best wishes for the festive season.

Marion Cowden
 Executive Officer



Volunteering

Age Concern Wellington runs a 'friendship' service, whereby we have a volunteer visit an elderly lonely person, often in their own home, for a cup of tea and a chat.

The service is called the Accredited Visiting Service - it is accredited because we interview, train, take up references and police check all volunteers.

The elderly are quite vulnerable, so it is important that as far as possible, we ensure the volunteers are safe. The success of the service is the matching of the volunteer with the client. We try to make sure they have something in common, as the visitor goes weekly. We have instances where the visitor and client have met weekly for several years.

If you are interested in being a volunteer visitor, which will involve a weekly visit of around an hour or so, please get in touch with Ann Dalziel, Community Support Co-ordinator, (04) 499 6646 or e-mail communitysup@acwellington.org.nz

Enjoy the festive season with Driving Miss Daisy

Believe it or not we're heading into the tail end of 2017 already. The days are getting longer and the sun's warmth has sparked the beginning of a new growth cycle. The abundance of blossoms, daffodils and new vegetable shoots indicate that Winter is well and truly over for another year. It won't be long and the memorable smell of Christmas pine will be filling the air.

At this time of year Driving Miss Daisy is thinking not only about how we can help our clients to complete their Christmas tasks, but also how they can enjoy the festive season.

Receiving a card in the post with a thoughtful handwritten message is always much appreciated, but due to email it's becoming a thing of the past. We think it's a tradition worth keeping due to the joy it brings the recipient, so our Daisies can help you to purchase, write and post greeting cards to your friends and family across the world.

Gift shopping for family and friends can often be a challenge. But we're often called upon to assist our clients with this task and to be honest, our Daisies love to help. We'll share ideas, help you get to the shops, assist you with the purchase and can even help with gift wrapping and postage.

The shopping needn't just be for others - if you'd like to purchase a new season item for your own wardrobe, or perhaps treat yourself to a gift, we'd be pleased to help.

You might be asked to bring a plate to a pre-Christmas function, or contribute a dish to a Christmas Day meal. We can help plan this dish and shop for grocery items.

Finally, we can assist you to get wherever you need to go for end of year events. You'll arrive on time, looking fabulous and ready to enjoy the day.

Driving Miss Daisy is committed to helping our clients get out and about, so you can live life to the full and make the most of every moment. Remember that many of our franchise owners have fully equipped Wheelchair Accessible Vehicles, if you have a walker or wheelchair.

No matter what your requirements please call us today to discuss - we look forward to seeing you soon.

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Lower Hutt	Ph: (04) 568 2254
Mana-Porirua	Ph: (04) 235 7985
Wellington City	Ph: (04) 470 7523
Wellington East	Ph: (04) 384 8344
Wellington North	Ph: (04) 478 5535



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Elder Abuse Response Heats Up

On August 28th, Wesley Elder Care began responding to elder abuse in the Wellington region. Wesley Elder Care is the latest service being offered by Wesley Community Action which has been caring for vulnerable and isolated older people throughout Wellington since 1954. In preparation for managing elder abuse response, Wesley Elder Care recruited 4 new team members to work in two new offices.

Claire Booth, Elder Care Manager at Wesley Community Action is not surprised by the high numbers of referrals. "Since we began on August 28th, we've had 35 new referrals and 22 more enquiries we have provided information, supported or referred on for legal or other assistance. We have successfully resolved 8 cases following intervention". This prevalence is most concerning; however, we're not surprised. The estimated prevalence of elder abuse in NZ is 10% of all people over 65.

With elder abuse being such a serious and growing social issue, Ms Booth believes growing awareness and activating the community is key to better response to elder abuse. "Unfortunately some elder people and their whanau don't recognise the issues they are experiencing are forms of abuse. Vital to an improved response to elder abuse, is encouraging everyone in the community to keep an eye out for vulnerable elders. We're delighted that Wellington Age Concern is continuing with its important elder abuse and neglect prevention education programme so we can work together to make older people safe."

For concerns about an older person experiencing abuse, please email: help@wesleyeldercare.org.nz or phone us on (04) 805 0880. For urgent out of hours help, call the national helpline on 0800 EA NOT OK (0800 3266 865).

The Wesley Elder Care service is upholding Wesley's commitment to innovative ways of working alongside people in the community. "We've created a website with all the most pertinent information for both older people, their whanau and carers, as well as brochures and a stand-alone elder-focused leaflet. We've attended the National forum about the prevalence of financial abuse for Seniors and are working in this national forum to improve financial

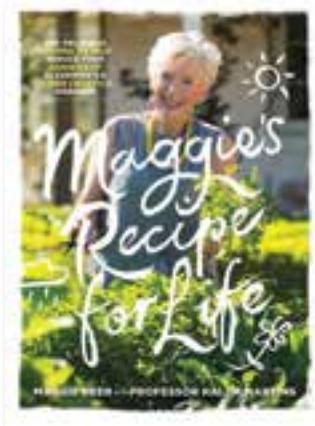
safety and access to redress for elders who are financially abused."

Wesley Elder Care is involved in a new steering group with Hutt Valley DHB, the Hutt City Council, Alzheimers Wellington and other NGOs who support people living with dementia. Tracey Scott, the coordinator for the new activities programme at Wesley Village says, "We are excited to be starting a new and innovative activity programme for people over 65 including people with early dementia. By collaborating with the Hutt Valley Time Bank, people in the group will be giving to their community as well as receiving support from the Time Bank community."

For expressions of interest in this programme please email: info@wesleyca.org.nz or phone (04) 385 3727.

Cookbook Recommendation

I would like to recommend a new cookery book called *Maggie's Recipes for Life*. This has been written by Maggie Beer, who worked with leading Alzheimer's Researcher Professor Ralph Martins. It is a collection of recipes for daily consumption - they are not specific dietary recipes, but ones that are delicious and full of wonderful nourishing ingredients. I have made the caper and liver crostini and also a couple of the soups - they are all quite delicious. It is accepted that if we want to avoid Alzheimer's and other lifestyle diseases, it is what we eat today that matters.



Maggie's Recipe for Life by Maggie Beer with Professor Ralph Martins, published by Simon & Schuster Australia, RRP NZ\$45.

It is available at Wellington City Library too!

Ann Dalziel
Community Support Co-ordinator



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

WELLEIDER WORKS



WellElder is a specialist counselling service for older people in Wellington, Porirua and Kapiti.

Being a carer

Caring for someone else - whether a partner, spouse, family member, friend, or child - can be a difficult and isolating experience.

Many of us will choose to care for someone who is frail, or has a disability or chronic illness, for as long as possible in our own homes, and especially as we age ourselves, it is important to consider how we manage.

For many older people it is one of the unintentional changes in life that can have a profound effect on lifestyle and wellbeing, and our expectations of what we hoped to be doing with our time, may be challenged.

Being a carer will bring both rewards and challenges, and it is important that we recognise both, and set up some ways to manage our particular circumstances.

Your health and wellbeing, as the carer, is essential if you are to do the best you can for the person you care for.

Care giving is not easy

It can be a roller coaster of emotions as you both seek to understand and learn about what is happening for both of you.

Often it is physically demanding and stressful, as you manage changes and frailties, and balance them with the demands of everyday living and relationships.

Managing medical appointments, and learning a huge amount, often very quickly, about the condition that affects the person, can be a convoluted process, which may create uncertainties and anxiety as you negotiate the maze of diagnosis and care options. Changing roles in your relationship, and taking on

responsibility for day to day decisions such as more household tasks, finances and personal care, can be a continual challenge as conditions change.

Seek out the rewards

Consciously prioritising what is important to each of you - and keeping this in front of the way you live and decisions you make, will help to ensure you find your own way through these times.

Spending more time together and sharing on new levels can increase the closeness and intimacy you experience together. Joy may be found in relationships as we embark on such a life changing journey.

Seek out help

Finding information about the condition and options is always important. Going to appointments together, taking notes at the time and then deliberately making time to talk about what you understand, will assist you to prepare and plan for what you need to do.

Keep asking questions as well as taking notes, keep a track of your questions and make opportunities to ask them.

It can be useful to seek more explanation and contact community based agencies for information and support about the condition.

Be aware of both formal and informal support

As well as medical support and information, a needs assessment process is available through your GP to assess what home help and support you may be eligible for.

Be clear with family and friends about what help you



would really like; they are often very willing to assist, and what you need may be very different from what they had thought.

You are not alone - there are other people who have been through this before and are in similar circumstances, and you may be able to access some support and networks through local community based organisations such as Alzheimer's Wellington, Parkinson's Society, and societies for many conditions such as Muscular Sclerosis, Motor Neuron and Arthritis. The internet is wonderful to help in finding these organisations.

Pace yourself - take things day by day

Caring for someone is more of a marathon than a sprint - so look for support that is available, and use it day by day.

Check out how your friend or family member is doing, and find ways to ensure they are able to be as independent as possible.

Think carefully about what is most important to do next or today - both for yourself and the person you care for, and prioritise your time and energy accordingly.

Remember your own needs

Your own safety and wellbeing is important - make your self-care a priority.

Daily attention to ensuring you get rest and sleep, eat well and experience things that give you joy such as music, going for a walk, seeing friends, being creative are continually important.

Organise time out and plan for breaks and holidays, possibly together, to have a change of scene and chance to recharge.

There are great resources available. Carers NZ at www.carers.net.nz has support, resources and networks that you may find useful, including a great guide for carers that can be ordered or downloaded.

Counselling can provide time and support to figure out how best to manage - at WellElder we frequently counsel people who are carers for older people - whatever age the carers may be. We can be contacted on (04) 380 2440 on Tuesdays - Thursdays, or at www.wellelder.nz

How do you select the right Residential Care Home?

Unless you have prior experience of a relative or friend in residential care you will be uncertain what to look for in a care home.

Riverleigh Manager, Eileen, offers advice on three key areas to consider.

"Firstly, the staff should be warm and welcoming, and naturally compassionate and empathetic," says Eileen.

"Secondly, consider the quality of care. The Ministry of Health publishes audit results for all residential care facilities on their website," explains Eileen, but the Manager of a facility can also make this available to you upon request.

Finally, Eileen explains that the facility should have spaces for living which is appropriate for the person receiving care.

Eileen is happy to answer questions from anyone considering care or just wanting to understand their options.

Looking for the best care in Lower Hutt?

Let our friendly and professional staff take care of your needs. Whether your stay is one day, several weeks or permanent care you or your loved ones can take advantage of our safe and fully serviced environment.

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Riverleigh Residential Care

1-5 Connolly Street, Lower Hutt
p: (04) 569 7955
e: riverleigh@terranova.net.nz

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The benefits of volunteering in retirement

When was the last time you volunteered to help someone? How did it make you feel? It's easy to see the positive impact that volunteers have on others, but we don't often consider how rewarding it can be for the volunteer themselves to reach out and make a difference in someone's life. Here are five ways volunteering can benefit seniors or retirees:

1. Stay active and engaged with life

Health care professionals have always suspected that loneliness in seniors can cause health problems beyond depression. A review of recent research proves just how right they are. We now know social isolation increases a senior's risk for a variety of serious health problems ranging from obesity and high blood pressure to diabetes.

The good news is there are many ways older adults can stay active and engaged with life. One of them is

by volunteering their time and talent to a cause they believe in. Besides being a lot of fun, volunteering has a positive impact on the mind, body and spirit.

2. Helping others makes you feel happy

According to a study from Merrill Lynch, some 70 percent of retirees say being generous provides a significant source of happiness. Most volunteers report that helping others brings them more happiness than spending money on themselves. Retirees who are active in charities also have a stronger sense of purpose and higher self-esteem. They have lower rates of depression as well as lower blood pressure and lower mortality rates.

3. Make new social connections

Another reason retirees volunteer is for the social interaction. After people stop working and their kids are gone, they lose many of the usual social connections. Volunteering helps retirees meet people with similar interests and values. Some 85 percent of retiree volunteers say they have developed new friendships through their volunteer activities the Merrill Lynch study found.

4. Have new experiences and learn new skills

Volunteering may provide you with opportunities and experiences you may not otherwise encounter. Step out and experience life - whether you decide to utilise your existing gardening skills to support a local conservation project, help out at a fundraising event for your favourite charity, or support those going through difficult times by answering calls to a helpline - you will have new experiences, meet new people and even learn new skills.

5. Change someone's life - change your own

Volunteering provides the chance to look beyond our own circumstances and appreciate what others are experiencing. You can have a positive influence in someone's life. The simple act of visiting someone, holding someone's hand or offering a listening ear may seem like a small thing, but is actually quite powerful because that simple act of caring brings them immeasurable comfort, joy and encouragement. The difference that you'll make in someone else's life will make an even bigger difference in yours.

Bernardine Reid is responsible for volunteer training and volunteer management for Samaritans Wellington. She has been a volunteer for Samaritans

for over 20 years since retiring from full time work as a careers counsellor. She sought out Samaritans as an opportunity to use some existing skills

in a different setting and with an altruistic purpose and has found that the rewards listed above continue to make it all worthwhile. **For more information about volunteering for Samaritans please call (04) 472 3676 or visit www.samaritans.org.nz**



Scam Alert - Purportedly from the IRD

I recently got an email with "myIR You're Eligible for a GST tax refund (IR 587)" in the subject line.

The body of the email then informed me that... *After the last calculations of your fiscal activity, we have determined that you are eligible to receive a tax refund of \$ 274 .82 NZD.*

I was then ungrammatically told to "submit the tax refund request by follow the link below and allow us 1-5 days to process it."

Oh, and we'll need your bank account details if you're due a refund!

I don't think so! I remembered the last attempted IRD scam and deleted it immediately. Also I really didn't know quite what fiscal activity is and concluded that perhaps I don't have any!

Remember - the IRD website says that "we will never advise you that you are due for a tax refund through email."

And of course the timing was very odd; the dates for this supposed return was mid September to mid October 2017.

This is a phishing scam designed to get your bank account details and empty your accounts. The best thing to do is to report it to phishing@ird.govt.nz

Sheila Reed
Elder Support Co-ordinator

E Morris Jnr Simplicity Funerals Simply respectful. Simply affordable.

In years gone by the name E Morris Jnr holds a very historical association with funerals in the Wellington area. 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 in cemetery and cremation fees, so we have four pricing plans available to suit people's individual needs".

E Morris Jnr Simplicity Funerals also offer options for prearranging and prepaying towards funerals in a safe, secure manner, through the FDANZ Funeral Trust. They are always willing to offer obligation-free assistance so for more information or to talk to Andy, simply free call 0800 222 155 - calls answered 24 hours, 7 days or visit our website:

www.simplicity.co.nz

E Morris Jnr

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Enliven most trusted

Presbyterian Support (Enliven) has been named New Zealand's most trusted in aged care and retirement villages.

The accolade comes from independently-commissioned research by Roy Morgan Research for the 2017 Reader's Digest 'Most Trusted Brand' survey.

Enliven regional manager Suzanne Simpson says survey respondents highlighted Enliven's not-for-profit values, genuine care, honesty and high quality services and support.

"Our staff love what they do as well as the people they support, and it shows. We have a terrific team."

Having previously managed Enliven's Huntleigh Home and Apartments in Karori, Suzanne knows first-hand the type of environment her organisation fosters.

"It's really important to us that elders at all of our homes feel in control of their own lives – that's a key part of the Enliven philosophy."

In the Wellington/Wairarapa region, Enliven owns and operates Kilmarnock Heights Home in Berhampore, Huntleigh Home and Apartments in Karori, Cashmere Home and Cashmere Heights Home in Johnsonville, Longview Home in Tawa, Woburn Home and Apartments in Lower Hutt, Kandahar Home and Kandahar Court in Masterton, and Kapiti Day Programme in Paraparaumu.

To find out more about the Enliven philosophy and its homes in the Wellington region, visit www.enlivencentral.org.nz

Age Concern Education

Age Concern offers a variety of educational presentations for rest homes, facilities that work with the elderly or vulnerable adults, or professional bodies.

These include the following or could be on a topic specially requested:

- Introduction to Elder Abuse and Neglect
- Patient/Client Rights and Organisational Responsibilities
- Abuse and Neglect of the Vulnerable Adult
- Enduring Powers of Attorney
- Domestic Violence and the Older Person
- Intimacy and Sexuality

Our experienced educators have extensive knowledge of community work in the aged care sector to draw upon.

There is a standard fee and this can be discussed by calling the Age Concern Office.

Please contact Ann Dalziel, Community Support Co-ordinator:

Email: communitysup@acwellington.org.nz or
Telephone: (04) 499 6646.

Counterpunch Wellington

Counterpunch Parkinson's is an accredited exercise programme developed by Parkinson's Exercise specialists Lisa Gombrinsky Roach and NZ legendary heavy weight boxer Shane Cameron.

Discover the benefits of boxing and exercise for people with Parkinson's in a fun and supportive group led by Certified Coach Kathy McConville.

The programme promotes purposeful movements, improves posture and walking whilst building strength and confidence. Boxing combination are modified to develop programmes that are therapeutic, challenging and fun.

The programme has been running for 6 weeks now and it's fantastic to already see the improvement in coordination, strength and mobility within the group.

Counterpunch Wellington is based at Wellington Boxing Gym in Kilbirnie. If you are interested in 'fighting back' against Parkinson's disease you are welcome to join my boxers every Thursday at 2pm.

For further information please contact Kathy on
Email: mconvillekathryn@gmail.com
Mobile: 021 256 1005
Visit: www.CounterpunchParkinsons.com



In the Law(yers)' words*: Take Home Tips

Three of the Community Law Centre's lawyers were asked what was the one thing that they wished everyone knew, and their replies were:

Always talk to a lawyer as soon as you can.

Sometimes there are time frames involved that can limit the legal options available.

Writing a letter is often the best way to resolve a dispute. Before exploring legal options a first step is to lay out clearly your issue to the other party and sometimes that is all that is needed.

Extended warranties are not necessary. Everyone has specific rights under the Consumer Guarantees Act and extended warranties often replicate those rights without providing you extra protection.**

*Taken, with permission, from The Community Law Centre's newsletter

** The Consumer website expands a little on this and says "If you're buying a home appliance and the retailer offers you an extended warranty, don't be tempted. In most cases they're often trying to make you pay for protection you already have."

The exception would be if the extended warranty offers something that isn't covered by the Act e.g. guaranteeing a replacement if something goes wrong rather than waiting for repairs or an extended service contract if you anticipate giving an appliance a heavy workload. However, useful as this might be for a family of 8 purchasing a washing machine, older people are less likely to fall into this category!

(Author's note - my washing machine had a very heavy workload the week I offered the next door family with small child plus baby unlimited access to my washing machine for the 10 days theirs was waiting its repair! But this simply made up for under use by a single person who is in no way a Domestic Goddess.)

Enjoy life with Enliven

Some things make for happier, healthier living, no matter what your age or ability. At Enliven we work with you to achieve the things that are important to you. Talk to us about the Enliven difference, or come to see for yourself!



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DEAR JOHN...



Dear John...

My sister's husband is a difficult man, the "iron fist in a velvet glove" sort of a person, and the whole family has had to tiptoe round him for years for my sister's sake.

She herself has managed the situation cheerfully and uncomplainingly, even though her children left home at the first available opportunity, to her great sadness. However one of my nieces lives locally and does keep in touch with her mother on a regular basis. I know she shares my concerns as we have discussed it on the phone. If she says anything to her father about her mother, he just says she is fussing unnecessarily.

The problem is that with her increasing health difficulties, she is losing the energy to stand up to him and he really is ruling the roost now. She wanted to go and see her doctor the other week with a symptom that is troubling her but he said it was too expensive to be always running off to the doctor and he wouldn't allow it. If I had the symptom my sister has, I'd definitely want it checked out.

What do you think I should do? It wouldn't trouble me at all if I never saw my brother in law again but I would hate to get into a position where I wasn't allowed to see my sister.

Dear Anne

Oh dear, I truly sympathise with you on this. We see so many cases where one family member

decides what will or won't be done and orders everyone around. And of course, if the behaviour has been going on for years, it has become quite entrenched and it is difficult to make changes.

As a starting point, as you and your niece are in touch I think it might be a good idea to sit down together and talk about what can be done. In my book, this is a case of neglect - denying health care to someone who needs it. He may not have looked at it in this way.

I think you should also include your sister rather than going over her head, so that she has a say in your strategy. If she knows she has your support, she might be able to summon the energy to insist.

Could one of you google or look up the symptom so that you can give him information about its potential seriousness? An informal meeting where you express your concerns would support your sister and send a signal that you are serious about this. If cost is a barrier, you could call his bluff by saying that you will pay the account, as I expect this might shame him - he would not like to be seen as a bad provider. And I don't think he would like the idea that there is involvement from an agency like Age Concern who are there to look out for the welfare of older people.

Your niece may have to lay down the law to her father and say "I am taking my mother to the doctor" with an implication perhaps that it's a condition that cannot be safely left untreated.

If this approach doesn't work then the next step might be to inform the doctor. They could offer pertinent advice.

The law* would take a very dim view of denying medical access to a vulnerable adult and would see it as neglect of a vulnerable person.

And of course, you are very welcome to call Age Concern in person to discuss it in more detail.

*Amendment to the Crimes Act 2012

Vinnies Re Sew

A 'Good Works' initiative by St Vincent de Paul Society Wellington Area



Vinnies Re Sew is an up-cycling, sustainable sewing initiative focused on repurposing the textiles we can't sell in SVDP Wellington Op Shops.

A significant amount of clothing and textiles that are donated to Vinnies Wellington can't be sold or stored long-term. We are currently spending close to \$1500 every month to dispose of this waste. That's \$1500 every month not going in to the welfare services that people in our community rely on.

With the help of a regular supervisor and volunteers, we will now be turning this waste into something new or repairing it for resale. Re Sew is a place where ideas, crafts and skills are shared across the generations and cultures that live in our diverse community.

But that's not all - this initiative is a platform to broaden the Vinnies work experience program for participants from welfare clients, new immigrants, refugees and bridging programs. The goal is to build participants confidence and skill sets so that they can move into paid work or further education.

Re Sew is a creative community hub. Not only is it for Vinnies projects, this is a space for community groups, organisations and individuals to make their own. We'll be linking in with other social enterprise projects, providing them with fabric and our time, as well as connecting with schools and universities to offer work experience opportunities for students.

We need your help! We are in need of volunteers to help get our Re Sew space up and running as we begin the early stages of operation and beyond.

Also, donations, donations, donations. If you have old thread, ribbon, fabric, patterns or machines you no longer use, please think about donating them on to be utilized by the Re Sew community.

For more information or to register your interest, please contact Caroline at re sew@vinnieswgt n.org.nz

Vinnies Re Sew:

SVDP Op Shop Kilbirnie, Mezzanine Floor, 32 Rongotai Road, Kilbirnie, Wellington



If you find walking difficult then the **Freedom Chair** could help. It's great for indoors, outdoors and when you want to travel.

The Freedom Chair is one of the lightest and most versatile alternatives to a mobility scooter and it's your best choice for all round convenience and performance. Driving the Freedom Chair is easy and fun. Simply press the power button on the Controller, set the speed and use the Joystick to move around.

Low speed is perfect for around the house or in buildings. Manoeuvring in passageways and through doors is easy and this also makes it safe for beginners to learn with confidence. Medium speed is perfect for keeping pace with sidewalk traffic or a friend on foot. In High, the Freedom Chair will take you up to 7 KPH. Indoors or out, on trains, planes, or automobiles, when it's time to go anywhere, there's no better travel companion than a Freedom Chair.

THAT'S THE FREEDOM CHAIR ADVANTAGE!



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A life changing Experience

Call Paul on: 0800 466 626

Email: paul@montec.nz

Web: www.freedom-chair.nz

Keep dementia at bay simply by catching up with friends!

If you're meeting a friend for a walk every week, you're already doing two of the five things you can do to keep your brain as healthy as possible.

According to Alzheimers Disease International, there are five key lifestyle changes people can make to reduce the risk of developing dementia. These are: look after your heart, be physically active, follow a healthy diet, challenge your brain, and enjoy social interaction.

Being part of a bridge or bowling club, participating in your local library's activities, or volunteering with a charity can all contribute to keeping both brain and body sprightly and healthy. Simply by joining in, being active and involved in your community, being a non-smoker, and enjoying healthy food means you're ticking all the boxes for brain health!

There are currently over 60,000 people in New Zealand diagnosed with dementia (the most common form being Alzheimer's Disease), and this number is set to rise to over 170,000 by 2050. Dementia occurs because of physical changes in the structure of the brain. Symptoms include memory loss, difficulties with thinking and problem solving and language, and changes in mood and behaviour.

If you are concerned about changes in memory or thinking in yourself or a friend or family member, your GP should be your first port of call.

Resources

If you or someone you know has been diagnosed with dementia, Alzheimers Wellington provides free services, support and information for anyone affected by dementia in the Wellington region. www.alzheimers.org.nz/wellington

And if you'd like to find out more about keeping your brain active and healthy, here are some great websites:
www.yourbrainmatters.org.au
www.brainhq.com

Volunteer Opportunities for 2018

There is a social connection project going on in the Hutt Valley with Age Concern and Hutt City Libraries and YOUR HELP IS NEEDED!

The Accredited Visiting Service of Age Concern and the Libraries have established monthly visits for friendship and conviviality with our Senior's in the community. Sharing a morning tea, conversation, discussing topics of interest, theme sessions and interesting guest speakers.

Tell us your special talent and passion to be able to coordinate with Age Concern that would continue to enhance these wonderful groups of interesting Senior's who look forward to some external companionship away from their homes.

We are looking for genuine caring people with bubbly personalities to maintain these sessions, to either telephone our Senior's and assist or be a van driver, transporting our Seniors to the library and returning them back home.

If this sounds interesting, do not hesitate in calling our Wellington Office (04) 499 6646.



Taxi Vouchers

Age Concern Wellington are now able to assess whether you qualify for the Total Mobility subsidised taxi vouchers. These can be used with both Combined Taxis as well as Driving Miss Daisy and entitled the user to up to 50% off their fares.

For enquiries, please contact Ann Dalziel, Community Services Co-ordinator, on (04) 499 6646 or email: communitysup@acwellington.org.nz

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<p>PARAPARAUMU 8A Ihakara Street</p>	<p>LEVIN SeeHear, 174 Oxford Street</p>

info@courtenayhearing.co.nz
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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 \$.....
- Becoming a Volunteer Visitor

Note: Donations of \$5.00 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 phone (04) 499 6646.

Did you enjoy reading this copy of Seniority?

If you enjoyed reading this copy of Seniority and would like to receive it regularly, you can join Age Concern for only **\$20?** and receive your copy every quarter in the mail!

Sun Protection

Skin cancer is the most commonly diagnosed cancer in New Zealand. Melanoma is the most serious type, and our rates are amongst the highest in the world.

Skin cancer is largely preventable. Over 90% of all skin cancer cases are attributed to excess sun exposure. We encourage all New Zealanders to be SunSmart and to 'slip, slop, slap and wrap.'

When to be SunSmart

It is important to be SunSmart in the months between September and April, especially between the hours of 10am-4pm when UV radiation levels are very high.

Sun protection should also be used throughout the year when at high altitudes or near highly reflective surfaces, such as snow or water.

Note: People with a history of skin cancer, sun damage or those taking medicines that make them sensitive to the sun should use sun protection all year round.



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We also can provide you with a range of products to help with your day to day needs. These include continence supplies, mobility equipment and aids to help in the bathroom and your kitchen. They have been designed specifically to help with your independence and safety while in your own home.

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