

Official publication of Age Concern Wellington

Office Phone: 04 - 499 6646 Fax: 04 - 499 6645

Suite 4, Anvil House, Level 1

138-140 Wakefield Street, Wellington

PO Box 11-108, Wellington 6142

email: [eo@acwellington.org.nz](mailto:eo@acwellington.org.nz)

web: [ageconcern.org.nz](http://ageconcern.org.nz)

OFFICE HOURS:

9.30am - 4.30pm Mon - Fri

*Summer 2016*

Age  
Concern

Wellington

He Manaakitanga  
Kaumātua



*Serving the needs of older people*



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## Executive Officers Report

What a treasure trove of activities we had around the district in the weeks surrounding International Day of Older Persons. Staff from Age Concern Wellington participated in activities at local Community Centres and an Expo in the Hutt Valley. We also ran one of our always popular Safe with Age Driving Courses in conjunction with Wellington City Council.

Now we are already into the tail-end of the year. Please remember to look out for others in your community who may find the holiday period hard and spare some time to say hello, to connect and to appreciate the company of the older people around you.

On another note, you may be aware of the recent change to the care contract with the two District Health Boards in our area and that there is now only one provider in the area. We were pleased to be asked to assist with the review of the tenders but have since become very concerned to hear that allegations have been made that we were in favour of a single provider. I want to take this opportunity to refute that allegation. Our stance throughout was that there should be more than one provider to maintain competition and standards. Our view was, in the event, overruled by, what we understand were, financial considerations.

*Marion Cowden*  
Executive Officer



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**We are pleased to announce that our website [www.acwellington.org.nz](http://www.acwellington.org.nz) is now fully operational.**

**Do take a look and check out the fantastic job that Anita at i4Design has done for us.**

## Rise of the Super-agers

I recently read an article in The Times (UK) about the rise of the so called Super-Agers. Below are a couple of somewhat extreme examples that we might like to follow(!):-

**Helen Mirren** - "Look at what young people are doing and copy them - don't copy what old people are doing".

**Mick Jagger (73)** - "I train five or six days a week, but I don't go crazy. I alternate between gym work and dancing, then I do sprints, things like that."

*Ann Dalziel*  
Community Support  
Co-Ordinator



## Brighten up your festive season!

It's unbelievable to think that yet another year is drawing to a close. As the warm Spring days are gradually lengthening and the sun is becoming stronger and higher in the sky, the festive season is fast approaching, with lights twinkling and baubles shining.

For many, Christmas is a time of family togetherness, the sharing of meals, relaxing together over a holiday break, youngsters playing whilst the adults watch on. Backyard cricket, bbq's, afternoon siestas, road trips and long days at the beach, catching the one that got away, camping, picnics packed in chilly bins and Christmas cake with a cuppa. It's a wonderful season and we're so lucky to live in this beautiful country that offers such natural beauty and wonderful outdoor activities.

In contrast, the festive season can also be a time of quiet reflection, contemplation and memories for many; remembering loved ones and reminiscing of wonderful Christmases and holidays gone by.

At Driving Miss Daisy we love this time of year and want to help you remain as active and independent as possible so that you can enjoy the traditions of the season. We provide a number of different services to assist you - here are a few ideas:

- Christmas card shopping & posting
- Christmas gift shopping for loved ones
- Clothes shopping for special occasions
- Companion driving to end of year functions & events
- Companion driving to church & carol services
- Grocery shopping for special Christmas meals and treats
- Airport and transport transfers
- Christmas light tours

Call us today to discuss your festive season requirements. If there's something in particular you need help with we'd be happy to talk through the options.

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**Lower Hutt - Andrew Dykes**  
(04) 568 2254 027 280 0668  
**Mana-Porirua - Jo Rangiwai**  
(04) 235 7985 021 503 520  
**Wellington North - Philippa and Brett Marley**  
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**Wellington City - Ermanno Lubich**  
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## Financial Safety Quiz

I've been doing a lot of work this year around raising awareness of Financial Abuse and have devised a quiz to get you thinking about what you could do for yourself to keep yourself financially safe.

Give it a go and see if there are any areas where you could make some changes!

### How much cash do you keep in the house?

Very little    under \$100    over \$100

### Have you ever given your eftpos or credit card to someone else to use?

Never    Sometimes    Often

### Where do you keep your PIN number?

In my head    Written separately from my card  
Visible on the table

### Do you allow anyone access to your online account?

Never    Someone I trust    Anyone who asks

### Do you regularly check your bank statements for untoward activity?

Regularly    Sometimes    Never

### Do you feel able to say "no" to anyone who asks for money?

Yes    It depends who it is    No

### Have you ever given money to online scammers?

No    Once    More than once

### Do you feel confident that your money is yours to use?

Yes    Most of the time    No

I think you can see the point of these questions without me spelling it out - that the best way to avoid people taking advantage of you financially is to

- keep as little cash as possible in the house or on you
- not give your banking details to anyone
- check your bank statements regularly
- say NO assertively to personal, telephone or online requests for money
- never give your PIN number or bank account details to any anonymous callers

*Sheila Reed*  
EAN Co ordinator

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## 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.

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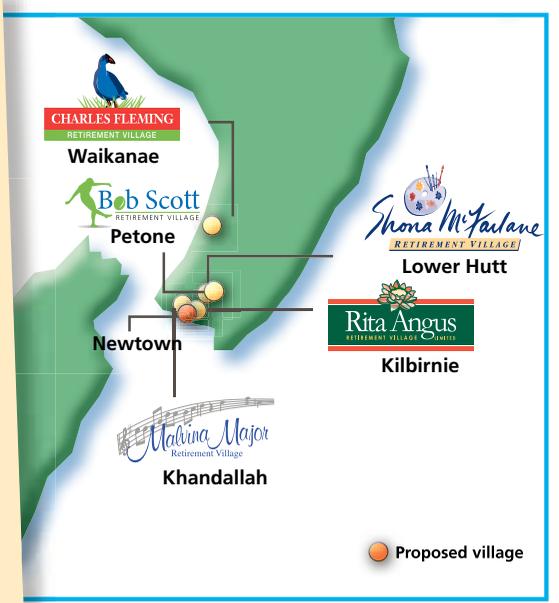
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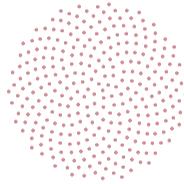
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# WELLELDER WORKS



## WELLELDER WORKS

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

### Transitions

Transitions happen for people of all ages - at all stages of life.

For older people transitions seem to come more often, more quickly, are often unsought, and can be unwelcome.

This can be very unsettling, and create major changes for older people trying to get on with living independently and well.

At WellElder we have heard a quote that people go through more transitions in the last twenty years of life, than at any other stage. We often find transitions are an important issue in our counselling relationships, and people can experience a number at the same time, with many linkages and compounding impact.

Consider some transitions that happen as we age:

#### Paid work and 'retirement'

Retirement has become an almost redundant word as more people increasingly work longer, part time and in their own businesses.

Sometimes decisions can be made for us, as in a redundancy situation, but often difficult decisions need to be made about how much work to take on, and how to find interesting and engaging ways to spend time when we are not in paid work.

Then the issue can become juggling different commitments including caring for grandchildren, community and volunteer activities, hobbies and social activities all vying for time and attention.

#### Health and wellbeing

Reduced energy and physical capacities come with ageing - and poor health for many. Not being able to do things you took for granted for all your life,

stopping or decreasing driving, forgetting names and words, losing keys and double checking every day tasks, are frustrations on many levels for many people. Accepting changes, and ensuring that any health issues are appropriately treated can be hugely challenging.

#### Relationships between generations

Family ties between older people and their adult children, grandchildren, and increasingly frequently great-grandchildren, are an everyday concern for many older people. We can easily be entangled in past ways of relating to each other and not recognise changing needs as everyone ages, and needs different support and relationships with each other. This isn't always a smooth process and can cause differing expectations, tension, and hurtful communications.



#### Lifestyle and living arrangements

All policies are clearly oriented to older people living independently in their own homes. And the majority of older people live on their own. This can be difficult and expensive, but with increasingly mobile and independent families, there are fewer other family or community based options. Decisions about retirement villages or rest home care are difficult to make, hard to find, and are often even more expensive.

#### Money

None of us know how long we are going to live - yet we all need to make decisions about how to support ourselves financially as we age. Poverty is a grinding reality for many - and worries about adequate housing, medical attention and meeting our needs and wants is a constant concern for many more older people.

#### Letting Go

There are many letting goes to experience as we age. Grief from loss of partners and friends comes increasingly often and fast, and older people experience grief more often than younger people, and it doesn't necessarily get any easier with practice.

We also need to let go many of the things we took for granted when we were fitter, more energetic, healthier, so experiencing some very sharp limitations to our activities.

Letting Go is always hard - it requires understanding, new ways of seeing ourselves, and knowing what to accept and what to fight for.

The serenity prayer becomes more profound every day:

*God grant me the serenity  
To accept the things I cannot change;  
Courage to change the things I can;  
And wisdom to know the difference.*

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### Hutt Expo

1 October was International Day of Older Persons. Councils in our area took the opportunity to promote a range of activities designed to involve, entertain and amuse our older citizens. One of these was an Older Persons Expo in Hutt City. Age Concern Wellington staff arranged a stand to publicise our services and took the opportunity to engage with the wide range of other agencies and groups represented on the day.

With Melva at the helm our team threw themselves in the spirit of the event, dressing up in 1940s clothing to fit the theme of the day and draping the stand with camouflage nets and other World War II memorabilia interspersed among the pamphlets and information packs. It was, indeed, a memorable event.



Pictured here are Sheila Reed, Ann Dalziel and Melva Howard.

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## Celebrating Age!

In the Wellington area we have some 50 volunteer visiting clients who are isolated in their own homes. My most mature visitor is Mary Ryan who visits Ernie every Sunday. Ernie and Mary's combined ages are 189 years and of course Mary is the younger of the two!

I had a chat to Mary recently to learn a little of her past and she tells me she was born in Pahiataua



and attended the District High School there. She was a keen member of the Girl Guides and later the Rangers.

Mary trained as a nurse at Wellington Hospital and then embarked on her O/E. Her first job in London was working at a Lyons tea shop which was a real institution in Britain at that time. She then worked as a nurse both in London and then later returned to work in Melbourne.

This was the time of the Polio epidemic and she did a Polio course in England.

On her return to NZ Mary did a midwifery course in Auckland and a Plunket course in Dunedin.

After some time back in Pahitua Mary became a nurse at St Helens hospital in Wellington and worked there until her retirement.

However her retirement was only temporary as she spent four years at a drug clinic and four as a nurse

manager at Kilmarnock Rest Home.

Mary is a breast cancer survivor and very grateful for the care and support she received at that time and enjoys her time now both in town and at her beach cottage in Raumati South.

She and Ernie spend time talking about articles and the latest discoveries as written in the National Geographic magazine, testament to the saying 'you are never too old to learn'.

A big 'thank you' to Mary and all the wonderful volunteers who take time to visit those who are house bound and enjoy the company and conversation of a regular Age Concern visitor.

*Monica Robinson*  
Coordinator Visiting Service

**Sometimes  
all you  
need is a  
hug from  
the right  
person and  
all your  
stress will  
melt away.**



## Living a Healthy Life with Diabetes

**Physical Activity Age Concern magazine**

There are lots of benefits from physical activity - keeping your blood sugars, blood pressure and cholesterol down; reducing weight; releasing pheromones for happy mood; relieving stress; keeping your joints moving; reducing your risk of falling and increasing your strength.

Any kind of physical activity is good even housework! Parking the car a bit further away from your destination and walking. Getting off the bus a stop earlier. Walking up the stairs or down. Making time for a walk - good to do it with a friend or neighbour. Gardening, swimming, bowls, croquet; tai chi, yoga or pilates for stretching and flexibility. Playing with your grandchildren and walking to the park with them. Taking up a class in the community, more fun to do it with others. You are aiming for 30 minutes a day of activity that raises your heart rate. You should still be able to talk but not sing!

If you take sulphonylureas (tablets like Gliclazide or Glipizide) or insulin then there are a few safety rules to keep in mind. Check your blood sugar before you start exercising. If you are under 5mmols, then you should have a small snack e.g. a small banana or a glass of milk or 2 crackers. Check your blood sugar afterwards to make sure you are not low. Have some glucose and snacks with you if you are out doing exercise. If your blood sugar is higher than you want it, check after the exercise and it should have come down. Positive feedback that exercise is good for your diabetes!

If you are on rapid acting insulin (Novorapid, Humalog or Apidra) do not exercise if your blood sugar is over 15 mmols. Remember it has a 3 hour action so if you are planning to do something vigorous or over an extended period of time you may want to reduce the dose at the meal before you start your physical activity.

It's a good idea to warm up with some stretches, do the exercise and then cool down to prevent any injuries.

If you aren't sure about exercise with other ailments you may have, talk to your GP. Once you can manage 10 minutes of gentle exercise you can add a few minutes extra each day or week. Walking is often a good activity to start with, or a non-weight bearing exercise in the pool. But the most important thing is to enjoy it!

*Kirsty Newton*  
Diabetes Nurse Specialist



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*Sprott House*

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**Sprott House** offers a caring environment for those for whom total independence is no longer an option whilst enabling them to remain as independent as they can be.

The levels of care available are rest home, continuing care and a secure dementia unit; there are also 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 beautician make regular visits and there is a weekly interdenominational church service and Catholic communion. A doctor's clinic is held on weekdays.

## Mobility

I recently attended the Conference of the NZ Association of Gerontology in Wellington, where the emphasis was on 'Making Active Ageing a Reality'. One of the key points to come out of the Conference was that mobility and social connectedness are vital to successful ageing.

Keeping active and mobile has many advantages - these range from maintaining the ability to live independently, as well as reducing the risk of falling and fracturing bones. Other benefits include reduced risk of developing coronary heart disease, high blood pressure, colon cancer and diabetes. It also helps reduce symptoms of anxiety and depression, and induces a feeling of 'well-being'.

But where to start? If you are not already exercising it is worth checking with your GP. Physical exercise need not be strenuous in order to achieve health benefits. Previous sedentary older adults can start with 5-10 minutes of moderate activity and build up. This does not necessarily mean a frenetic Zumba class, but a brisk longish walk that caused you to break into a 'warm glow'. It is not about fanatically pounding along pavements, but swimming or cycling, exercise that gets you a little out of breath. Not only is aerobic exercise good for your heart, but the type of resistance exercise that has your muscles pulling on your bones is good for maintaining bone density.

All the local authorities provide a range of exercise classes.

Wellington City Council has a comprehensive list which ranges from Active Aqua, Sit and Befit, Walking Groups, Tai Chi, Zumba and many more. The



information is available online from the four local councils - if you are unable to access it, just give me a ring on (04) 499 6646.

**Wellington City Council** - info@wcc.govt.nz

(04) 499 4444

**Lower Hutt Council** - contact@huttcity.govt.nz

(04) 570 6666

**Upper Hutt Council** - askus@uhcc.govt.nz

(04) 527 2169

**Porirua Council** - enquiries@pcc.govt.nz

(04) 237 5089

*Ann Dalziel*

Community Support Co-Ordinator

## Moving and grooving through dementia

Hearing a favourite song can transport you back in time, reminding you of happy days long past. It's this phenomenon that Alzheimers Wellington Educator Emma Fromings is bringing into the new music therapy course for people with dementia in Wellington.

"We are always looking for more ways to help our clients and their supporters to live well, and with a grant from Eastern Hutt Rotary and assistance from an amazing music therapist Rani Heath, we were able to start trialling a music therapy programme," says Emma.

Participating in music therapy - singing, playing instruments, and sharing stories about each song, rather than simply listening to the music - has been shown to improve memory recall, increase feelings of positivity, and help with freedom of movement in people with dementia. "It also gives people with dementia and their supporters a chance to interact with other music lovers," continues Emma.

Alzheimers Wellington teamed up with Memory Lane, an Auckland-based company that provided Simple Music Players for this course. The Simple Music Player is an MP3 player designed to be easy to use for people with dementia and other cognitive impairments.

"We want people with dementia to remain active

members of the community for as long as possible, so part of the services we offer is access to groups and activities designed to provide social opportunities and cognitive stimulation," she says.

Emma's role as Educator with Alzheimers Wellington does not focus solely on people directly affected by dementia; she also provides presentations for community groups and education for health professionals across Greater Wellington.

"At Alzheimers Wellington we want to break down the stigma and isolation associated with a dementia diagnosis, and a key part of this is getting dementia known and understood in the community. We hope that existing programmes and resources aimed at older people will include or be adapted for people with dementia, and we want people to know that we are here to help," says Emma.

**For more information, or if you are concerned about memory loss in yourself or someone you know, please check out [www.alzheimers.org.nz/wellington](http://www.alzheimers.org.nz/wellington) or call 0800 004 001.**



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## How do you select the best Care Home for you?

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 Residential Care Manager, Eileen Thomson, a registered nurse and veteran of the residential care sector with some 25+ years experience, 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."

"We are exceptionally proud at Riverleigh, which is highly recommended by healthcare providers in the Hutt Valley for its high standard of personalized care and warm, friendly atmosphere. Finally, Eileen explains that the facility should have spaces for living which are appropriate for the person receiving care.

"Riverleigh is particularly light and sunny, with large lounges, bedrooms with en-suites. The facility can also provide couples rooms with recreational space and courtyard gardens available for resident to enjoy" says Eileen. The food is cooked on site by our City and Guilds trained chef. Eileen and her team is happy to answer questions from anyone considering care or just wanting to understand their options.

**For more help in how to choose a care home, call Eileen at Riverleigh Residential Care today on (04) 569 7955.**



**Dear John...**

*I have at last started the process of appointing my Enduring Powers of Attorney even though I'm a mere 73 and seem to have all my wits about me so far. When it's done, my daughters will stop nagging me!*

*But we have encountered a problem that I'd like some advice with. My eldest daughter whom I'm very close to has said that she will be my Welfare Attorney and will consult her sister about the big decisions and so on. However she has said that she does not want to be my Property EPA as she doesn't like working with figures and it would be all too much.*

*The problem is that my other daughter has some issues in her life - well to be truthful she drinks too much and always seems to be short of money. I think that appointing her as my Property Attorney might be putting too much temptation in her way. I haven't even allowed her access to my internet banking when I'm trying to sort out my muddles and I contact the bank directly. On the other hand, I wouldn't want to be the cause of ill feeling between my daughters.*

**Dear Harry**

*This is a very wise approach you are taking and I wish more people would think through more carefully who the best person to be their Property Attorney might be, as it must be someone very reliable.*

*Is there another family member who would do this, or even a close friend? There can be more than one Attorney appointed under a Property EPA where they must act jointly and your daughter could be one of those.*

*However, this Attorney does not have to be a person but can be an institution. There are trust companies like Perpetual Guardian or Public Trust that you could contact for details and charges. Some offer good rates for superannuitants and Perpetual Guardian has a special relationship with Age Concern. An added advantage is that the trust companies are completely independent and are not distracted by any influencing factors that can arise within families.*

*Alternatively, some lawyers or accountants will undertake this duty for their clients.*

*As always, you are welcome to phone Sheila to talk through what to do.*

**Dealing with scammers - Part 2. Email Scams or the Suckers' Call List**

In my last article I talked about phone scammers, and some of the ways you can spot them. This time I'm going to focus on email scams.

Email scams have been around for as long as emails themselves. And like everything else in the world they have become more sophisticated over time.

There are actually two types of email scams. For this article, we'll call them passive and aggressive.

**Passive email scams** are those that try to entice you into a conversation. They will tell you a story, and try and draw you into replying. Once you're engaged they will ask you to send them money, perhaps through something like Western Union. The most well-known of these was the Nigerian Prince email, where someone claiming to be a prince needed help getting

access to their money, but could only get it if you helped them pay some sort of fee. They may ask for money straight away, or build up a relationship over several emails before asking.

I call these passive scams because if you don't reply then nothing happens. Even if you do get lured in and send money, at the most you've only lost the money you've sent. However the best thing to do is delete the email straight away.

The **aggressive emails scams** are generally more sophisticated, and their aim is to steal all your money. They might claim to be from your bank, or contain an attachment with an unpaid invoice that you must pay immediately to avoid penalties. They might have a link in the body of the email which will take you to the bank website.

**The scammers' main aim with these types of emails is to get your online banking password.** They are either trying to download a virus to your computer, or they're going to be more direct. The purpose of the virus is to record your key strokes, basically a spy on your computer that will let the scammers know what buttons you're pressing, and from this they can work out your passwords. They might also send out emails, purportedly from you, to everyone on your contact list. This is their way of spreading the virus, and that's also why you will sometimes get emails from friends that look a little strange.

The good news is protecting yourself is pretty easy. Make sure you have good computer security. Most computers come with virus protection, but you need to make sure it stays up to date. If you're not sure then ask for help from family or friends. There are also mobile computer experts that will come to your house and check it out for you, although there is a cost. My father thought his virus protection was up to date, but it had lapsed, and he downloaded a virus which resulted in a sum of money being taken from his bank account, so never assume you're protected.

Sometimes you'll get an email from your bank saying you need to log into your online banking. The link they send you might take you to a page that looks like your bank, but it isn't. The best way to avoid problems is never follow the link. Instead go to your bank's

website as you would normally do. Another way to spot this scam is if you do click on the link, then look at the address of the page. The one that should say www.anz.co.nz for example. Chances are it'll say something different from what it should.

An important thing to remember is that scammers are not out to get you personally. They don't know who you are, where you live, or any details about you, other than your email address. Scammers send out tens of thousands of emails each day to random people whom they call suckers. You're safe as long as you take steps to protect yourself.

*Rodney Strong*  
Age Concern Feature Writer

A river cuts through rock, not because of its power, but because of its persistence.



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## Deprescribing

Deprescribing is the process of tapering or stopping medication with the aim of improving a persons functioning and well being.

Deprescribing was the subject of a recent keynote talk by Professor David Le Couteur, Professor of Geriatrics at Sydney University to New Zealand Geriatricians which he entitled "Multi Morbidity, Polypharmacy and Deprescribing"

Polypharmacy is people being on more than 5, or up to 10 or more medications taken regularly. It happens commonly when people have more than one illness simultaneously, which in medical speak is multi morbidity. As people are living longer, more and more are relatively well, but also there are now more, who are 75 years and older, who have multiple illnesses living longer as well. That is partly possible because treatment options are available to enable this to happen, but when the medications mount up in number there is an increasing risk that drug complications may also ensue. From 25 to 30%

of hospital admissions for those 75 and over are medication related, and the majority of those events are preventable. Professor Le Couteur believes that 1 in 5 prescriptions for older people are inappropriate. That may then lead to a risk of falls, decreased physical and social functioning, delirium and other complications.

An essential point to finding the best possible medication options is to attain real partnerships between patients and their doctors. In these complex situations that means patients, their GP and Specialists should be collaborating well. The patient needs to feel comfortable about the process, fully aware of what each medication is meant to achieve, the benefits and risks involved, and that they are part of the decisions about medication/ treatment options.

The Australian geriatricians are to the fore in this regard. Several research papers have been published. Those papers all propose a systematic regime. eg:-

1. All medications must be ascertained - not just the prescribed ones but also any over the counter pills or potions as well. Also if there is more than one prescriber that too should be noted.
2. The overall care goals and patient values and preferences relative to symptom control, quality of life, cure or prevention are discussed and noted.
3. The benefit and/or significant risk of harm must be decided as to which individual medication(s) may be causing symptoms, either tapering one at a time off slowly or stopping as might be best in each instance
4. Monitoring the process and potential situations carefully should be regular and ongoing.

As a medical gerontologist I was 'brought up' on the principle of the fewest possible drugs in the lowest effective dose for older people but over time, as more and more medications have emerged and more of us now survive with more than one condition, this situation of polypharmacy as the cause of increasing complexity has arisen. This is a really important issue for a significant number of older people. To gain the best possible outcome they and their families need to understand why they need to understand why polypharmacy is an issue.

*Dr Margaret Guthrie*

**TODAY you are you,  
that is truer than  
true. There is  
NO ONE ALIVE  
who is youer  
than YOU!**

~ DR SEUSS



## Rest homes with a difference

At Enliven we see the years that went before, recognise what's important to you and support you to enjoy life.

### It's an elder-centred community

We don't just provide rest home, hospital and dementia care; we create elder centred communities. As well as providing daily living support we make sure residents have companionship, choice and control, fun and meaningful activity in their lives.

### Family and friends welcome

At Enliven homes, family and friends are always welcome. There's no such thing as visiting hours, and for the young children in your family - we have a fully stocked toy box to keep them entertained!

### Your pets are welcome too

We believe pets can be both calming and energising. So, we welcome animals at our homes. If you have a pet that's part of your family, talk to us about them moving in too.

### The social life

We support residents to continue doing the things they love in a way that's right for them. The busy social calendar and stimulating recreation programme certainly make for a vibrant and engaging atmosphere.

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Huntleigh Home  
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Visit: [www.enlivencentral.org.nz](http://www.enlivencentral.org.nz) or Free phone: 0508 36 54 83

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Serving the needs of older people

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Alternatively you could visit the Rates Rebate website [www.ratesrebate.govt.nz](http://www.ratesrebate.govt.nz) to see if you qualify. And of course, we would be very happy to send you a copy of the form. We are after all in the same street as the Wellington City Council offices and can pick one up and post it out! (The same form is used for all councils so this suggestion is applicable also if you live in the Hutt Valley and Porirua.)

In general, if you're receiving the standard rate of NZS, most councils won't need any more information.

*Sheila Reed*

EAN Co ordinator

(Information taken from the SuperSeniors eNewsletter October 2016)

### Did you enjoy reading this copy of Seniority?

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