

**AUTUMN 2018 QUARTERLY NEWSLETTER**  
www.acwellington.org.nz



# Age Concern Wellington

*Serving the needs of older people*

**COMPLIMENTARY COPY**



For advertising phone Monique (07) 577 9092 or email [monique@pukekoprint.co.nz](mailto:monique@pukekoprint.co.nz)

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## Contact Information

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 138-140 Wakefield Street, Wellington 6011  
**Postal Address:** PO Box 11-108,  
 Wellington 6142

**OFFICE HOURS**  
 9.30am - 4.30pm Monday to Friday



## Can you help us?

**We need volunteers to help in our Wakefield Street, Wellington office. We are looking for people to provide periodic back-up answering phones, and to undertake administration work for our Safe With Age Driving Courses.**

**If you enjoy engaging with older people and solving problems please contact Ann on (09) 499 6646.**

## Executive Officers Report

Welcome to our first edition for 2018. Once again we have a range of interesting articles and news for you.

The changes to our organisation that happened last year have meant some changes to how we operate, and have resulted in the small number of remaining staff being stretched in multiple ways, as they undertake new activities including Total Mobility Assessments and Falls Prevention classes. As a result we are advertising for volunteers to help us achieve our goals. We are looking for volunteers who are willing to put in a few hours periodically to answer our phones when our coordinators are out of the office, and others to help with the administration tasks when we run our Safe With Age Driving Courses. We would love to have you as part of our team.

Other changes we are seeing include a small increase in the number of services being set up to help seniors with specific needs such as loneliness or dementia. One newcomer is Golden Oldies Adventures [www.goldenoldies.org.nz](http://www.goldenoldies.org.nz) Helen contacted us to tell us about her free service "to get elderly people who are isolated in their homes out and about, having fun, meeting new people, and connecting with other services and activities in their community. We cannot provide any endorsement but if it sounds like something you would like to try you can contact Helen on 027 223 2309.

Freedom Taxi Service has also entered the scene and their details are in the advertisement in this edition. They are a Total Mobility supplier. Pete and David are well-known in the social services community. And remember, if you do not have a Total Mobility card and believe you qualify please contact us. We can do an assessment provided you are a supporter and have paid a minimum supporter fee of \$20.00.

Happy reading,

*Marion Cowden*

Executive Officer

**Disclaimer:** The views expressed in this newsletter are not necessarily those of Age Concern Wellington. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.

## Social Interaction can keep you healthy!

As you get older and retire or move to a new community, you may not have quite as many opportunities to socialise as you did when you were younger. Recent research from the American Time Use Survey, an annual census by the US Bureau of Labour Statistics, shows that time spent in the company of others plateaus by our mid-50s and we then spend an ever-increasing amount of time alone.

However, if you're not heading to work or getting out and about each day, you may be missing out on important social interaction that you need to stay sharp, healthy and live longer.

Research has shown that staying socially active and maintaining interpersonal relationships can help you maintain good physical and emotional health and cognitive function, with a reduced risk of many diseases, dementia and depression.

Here are a few ideas to keep your connections strong:

- Stay in touch with friends and family and try to visit with them regularly
- Volunteer in your community
- Visit a senior drop in centre
- Join a group focused on activities you enjoy, such as playing cards or a book club
- Try taking a class - learn a new language, a new style of cooking or art class
- Join a gym to stay physically fit

Staying socially active and maintaining your relationships are an important part of healthy aging. Driving Miss Daisy can help you to maintain your connections, so you can stay as vibrant, active, and social as you've always been. We have lots of other clients who get out and about so would be pleased to share our knowledge of local activities with you. We can collect you, drive you to your destination and provide whatever help you need.

Remember that many of our franchise owners have fully equipped Mobility Vehicles, so if you have a walker or wheelchair this is no problem at all. No matter what your requirements please call us today to discuss - we look forward to seeing you soon.

*Editorial supplied by Driving Miss Daisy*

## Driving Miss Daisy your companion and your driver!



**Keep your independence and freedom with our safe, reliable companion driving service.**



We can drive and accompany you to:

- Shopping trips
- Medical and personal appointments
- Social outings, meetings, church
- Airport drop-offs and pick ups

Total Mobility cards accepted and an ACC approved provider.

Bookings are essential – call today and make your next outing a pleasure!

Upper Hutt	Ph: (04) 970 6636
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



**Driving Miss Daisy®**

[www.drivingmissdaisy.co.nz](http://www.drivingmissdaisy.co.nz)



Quality Care In Your Home  
 Staying at home in your later years is now an affordable and safe option thanks to the care and support Care on Call provides.

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

Please call us or visit our website for more information.



[wellington@careoncall.co.nz](mailto:wellington@careoncall.co.nz)  
**0800 776 815**  
[www.careoncall.co.nz](http://www.careoncall.co.nz)



# Steady As You Go<sup>®</sup>



Serving the needs of older people



- Falls are the most common cause of injury in older people
- Falls can lead to a significant loss of mobility and quality of life
- One third of people over the age of 65 fall each year
- Half of people over 80 fall each year
- Falls in older people are almost always associated with weakened leg muscles and poor balance
- Falls are not a natural part of ageing
- Falls ARE preventable!
- Joining a SAYGo class and improving your strength and balance can reduce falls & injuries

### SAYGo improves:

- Balance and leg strength
- Flexibility
- General fitness and wellbeing
- And is a great way to meet new people

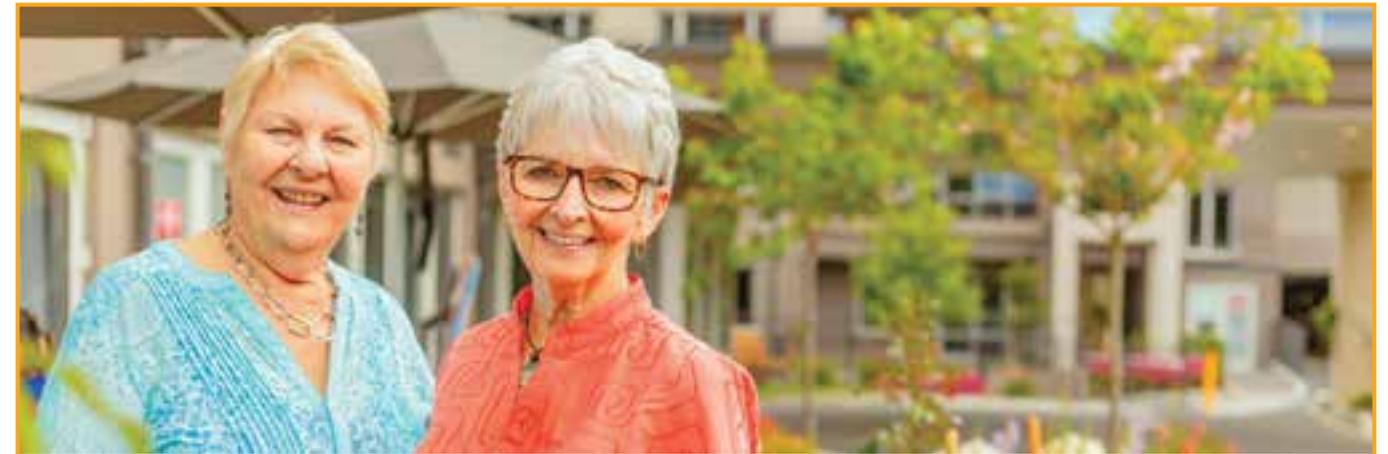
Three simple tests carried out in the first week and at 10 weeks check improved strength and balance

SAYGo has been shown to provide continuous improvements in strength and balance over time in 56 much-loved community based, ongoing peer-led classes

Classes are one hour each week, \$2 per class

### Please Join Us!

Contact Ann Dalziel, Community Support and Outreach Coordinator on (04) 499 6646 or [communitysup@acwellington.org.nz](mailto:communitysup@acwellington.org.nz) to find out if there is a class near you, or you would like to set up classes for your community or group.



# Ryman Peace of Mind

Not all retirement villages are the same...



### Deferred management fee is capped at 20%

This makes it one of the lowest in the retirement sector. So even if you transfer to another townhouse or apartment within a Ryman village, your investment is secure without any hidden costs.



### Fixed weekly fees – know what you've got to 'play' with

Few things in life come with certainty. However, Ryman's fixed weekly fees provide just that. Your weekly fees are fixed for the entire time you occupy your townhouse or apartment, guaranteed.\* Therefore, worries such as increasing council rates are no longer a concern.



### Full continuum of care – keeping care at the heart of everything we do

We understand that your health needs change as you age. Our full continuum of care means that Ryman villages can provide independent living, serviced apartments, resthome care; and in the majority of villages, hospital and specialist dementia care. You can be reassured that, if your needs change, we can continue to look after you.



\*Terms and conditions apply

7799



For more information about the **Ryman difference** or for your free guide to living in a Ryman village phone Josie on **0800 000 290**

## Serving the Wellington/Kapiti area since 1993

Here at **Courtenay Hearing Centre** we focus on providing solutions that best meet people's needs and budget. We source products from all the major hearing instrument manufacturers - from whom we are independent, allowing us to provide unbiased professional advice, and to offer the best solution to maximise your hearing potential.

Courtenay Hearing Centre provides a full range of audiology services including tinnitus assessment and treatment, ear protection solutions, assistive listening devices as well as batteries, hearing aid repairs and accessories.

If you or a family member are having problems hearing, call and make an appointment today to see the team at Courtenay Hearing Centre, for friendly, professional advice.

Visit our website [www.courtenayhearing.co.nz](http://www.courtenayhearing.co.nz) for more information.

## WELLEIDER WORKS



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

### Decreasing mobility

Throughout our lives, most of us are accustomed to being active enough to look after ourselves - dress, wash, make a cuppa. Many of us also expect to be active enough to get out and about to work, visit, volunteer, help with family, go to events, garden and maintain our expected lifestyle.

As get older we gradually get used to being a bit slower, taking more care and doing less, and many of us stay active, and expect to, all our lives.

But an injury or illness can have major impacts on our mobility, and may be very challenging to adjust to. This can be short term - such as a broken bone; or a chronic or debilitating illness such as arthritis or motor neurone disease.

It can be intensely frustrating not to be able to do things we have always taken for granted, and hard to learn 'ways around' how to manage in drastically changed circumstances.

Practically it can become difficult to look after ourselves - we may need help from others for all sorts of tasks and every day living. Asking for, and accepting help, either from professional care givers or family members/friends, is another hard lesson to learn.

We suffer a sense of lost opportunities and missing out on things we have always enjoyed and expected to be able to do.

Finding other ways to fill our time, being part of social activities, ways to relax and be part of the world around us can be challenging.

Anxiety about the future and what it will hold, what the implications are for us, can feel overwhelming.

These are all very natural reactions to a wide range of circumstances which lead to decreasing mobility, and ones we are often aware of in our counselling work with older people.



It will be different for everyone for many reasons, and bottling up frustrations and anxieties, or soldiering on, is not the only possible response.

Being able to voice how physical changes impact on you is a starting point, describing and talking about what you are experiencing will help to see it more clearly, and lead to understanding how to manage.

There are a number of practical things that are important. Ensure your environment is as safe and helpful as it can be - ramps, handles, no loose rugs, and good sturdy stair rails are the kind of things that will assist at home. Don't delay in finding out and setting up what will work for you.

Learn to slow down and appreciate the here and now of the world and relationships you have. When we slow down we start to notice new things, and savour and enjoy life in different ways. It's about not packing in as much as possible - but to nurture pleasures and enjoy the detail in life and find how to be creative in other ways.

Learning to accept help is important. Finding ways to ask for the help you need, rather than wait until you are desperate, or are having to manage unwelcome assistance is an art that needs to be developed.

Finding ways to live with decreased mobility is always a challenging process, and is one where counselling can significantly help. **At WellElder we are available for people over 60 years old (55 if Maori or Pacifica) for confidential, professional counselling - we can be contacted directly on (04) 380 2440, or through our website [www.wellelder.nz](http://www.wellelder.nz)**

### Providing care and delivering products to your home

Miranda Smith Homecare is New Zealand's longest running private homecare agency. Our focus is on providing a personalised service ensuring clients maintain their independence and feel safe within their own homes. Care arrangements are tailored specifically to our clients' needs, lifestyles and preferences.

Whether you are looking for a carer to assist a loved one with daily living activities, respite for someone living with a dementia, short-term convalescence care or end of life palliative care, we can help. Support can be for as little as two hours through to 24-hour care. Carers are trained to help with medication management and Registered Nurses are available for specialised nursing care needs.

Miranda Smith Homecare can also provide a wide range of products, including continence supplies, mobility equipment and bathroom and kitchen aids.

Call us today for more information or to arrange an obligation-free home visit. We are here to help.



*Miranda Smith Homecare*  
PROVIDING A CONTINUED QUALITY OF LIFE

Providing quality, tailored home-based care

- Home Help and Advanced Care Services
- Mobility Products and Continence Supplies
- 24 hour Care and On Call Support

**0800 600 026**  
**[WWW.MSHOMECARE.CO.NZ](http://WWW.MSHOMECARE.CO.NZ)**

*Editorial supplied by Miranda Smith Homecare*

**COURTENAY**  
Hearing Centre

### Caring for your Hearing



#### For independent professional advice

- Hearing assessments
- Digital hearing aids - all brands (60 day trial)
- Tinnitus assessments and treatment
- ACC, Ministry of Health and War Veterans funding
- Musician and noise plugs
- Accessories, Batteries and Servicing



**CALL (04) 385 9144**  
**FREEPHONE 0800 432 766**

**WELLINGTON**  
Level 2, 15 Courtenay Place

**WAIKANAE**  
Waikanae Specialist Centre,  
Marae Lane

**PARAPARAUMU**  
8A Ihakara Street

**LEVIN**  
SeeHear, 174 Oxford Street

[info@courtenayhearing.co.nz](mailto:info@courtenayhearing.co.nz)  
[www.courtenayhearing.co.nz](http://www.courtenayhearing.co.nz)

## About Total Mobility

The Total Mobility card provides access to subsidised door-to-door transport for people who cannot use regular public transport services because of a permanent disability.

The card is accepted by a range of approved transport operators across the Greater Wellington Region and includes wheelchair accessible vehicles.

Currently, the Total Mobility subsidy is 50% of the total fare, up to a maximum of \$40.00 per trip.

**For more information contact:**  
Ann Dalziel, Community Support and Outreach Coordinator  
Phone (04) 499 6646 or email: [communitysup@acwellington.org.nz](mailto:communitysup@acwellington.org.nz)

## Using Total Mobility

**1** Contact an approved company to book your trip or hail from a rank. Do not contact the driver directly.



**2** Give your card to the driver before the trip starts or pay full fare.



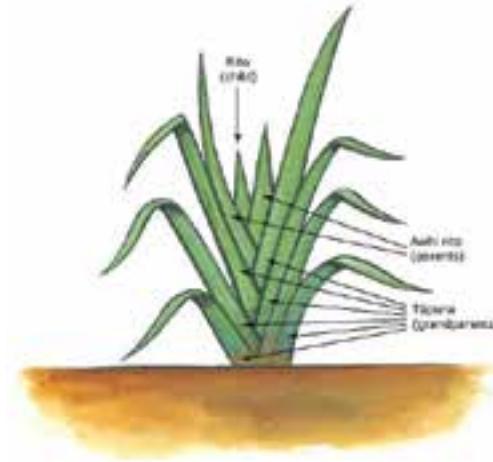
**3** Pay the driver at end of trip.



**4** Keep your receipt.



## The Harakeke Plant



In Maori thought, the harakeke plant (flax) represents the whanau (family).

Harakeke grows in a fan like pattern with the rito, the inner shoot, being the tamaiti, child or baby. The awhi rito, parent leaves, flank the rito/tamaiti on either side as guardians.

These two groups of leaves, child surrounded by parents, are never cut or taken for flax weaving.

Only the third, or preferably the fourth, set of leaves from the centre are cut. These are the tupuna, or grandparent leaves. In this way the baby and parents are retained for future generations of growth. At the same time, all the whanau will share common roots and draw strength from being part of a larger whole.

Whether we are grandparents or not, this is a beautiful model for the role of older people in society. We can provide wrap-around love and nurture for the generations preceding us. They in turn can look to us for protection when they need to, whilst also, essentially, respecting and recognising our place and role.

E hara taku toa, I te toa takitahi engari he toa taku tini

*My strength is not from myself alone, but from the strength of the group.*

*Sheila Reed*

## Respite guest makes Cashmere her home

After ten days' respite at Cashmere Home, Margaret Houghton decided she'd found her new home.

The elder had booked herself in for short-term respite while her daughter and son-in-law visited Australia, but loved the place so much she decided to stay.

Margaret's daughter only found out when she came to drive her mother home.

"I couldn't see any signs of packing in her room," she recounts.

"I started thinking I'd better speak to the manager about all this when Mum said 'No you don't, I've already spoken to her and this is going to be my room!'"

Margaret says she's glad she made the decision.

"This place is wonderful. I love the beautiful tree outside my room, taking trips in the van with the other residents and visits from my family."

**To find out more about Enliven's Cashmere Home, call (04) 477 7067.**

independence    meaning  
pets welcome    variety  
trusted    support  
active    caring  
choice    fun



Enliven creates elder-centred communities that recognise the individual and support people in a way that's right for them.

**Call us on 0508 ENLIVEN to find out more.**

Cashmere homes, Johnsonville | Huntleigh Home, Karori  
Longview Home, Tawa | Woburn Home, Lower Hutt

[www.enlivencentral.org.nz](http://www.enlivencentral.org.nz)

## Joy Baker - Harcourts

I have worked for 22 years in Real Estate and was born and bred in Miramar where I raised my daughter and son. I have lived in Island Bay for 20 years.

My name is synonymous with Real Estate, living and selling properties all over Wellington. The market in Wellington has remained buoyant and I have achieved some fabulous sales for my clients. 80% of my business is repeat business. I have worked with many folk who have moved to smaller homes in and out of Wellington and Retirement Villages. If you are thinking of selling now or planning your future, call me for a confidential chat. I can give you and a free market appraisal and we can discuss your plans to sell. I am friendly, professional, hard working and passionate about Real Estate and I will help you through the sales process whilst keeping you fully informed along the way.

*"When my 93 year old mother decided to take the very big step of selling her family home of 62 years it was very important we got the right Real Estate Agent. Joy was both gentle and kind, professional in her approach and her wonderful way with people."*

Irene Morton

I support SYLO (Sing your lungs out), Stroke Awareness Week and Heart Kids Wellington as a Grandparent@Heart. Heart Kids Wellington were recipients of the Harcourts Team Wellington Giving Back Programme.

**Joy Baker \$M150 in settled sales**  
Contact Joy today.



## Dementia Wellington

At the beginning of March, Alzheimers Wellington became Dementia Wellington! This name change better reflects who they are and how they support people with all dementias - not just Alzheimer's disease - and also aligns them with the dementia organisations working in other metropolitan areas around the country.

They have a new name and a new look but they're still the same team providing vital support to local families affected by dementia across the entire Wellington region. They are always looking for ways to improve their services, and this year they also launched the *Living Well With Dementia* programme.

### Living Well With Dementia Programme

This exciting new initiative is about finding ways for people with dementia to keep doing the things they've always enjoyed. Living Well With Dementia is a personalised socialisation programme that enables people diagnosed with dementia to remain connected and engaged in their community. A

tailored plan is developed with each client to identify the activities they enjoy, how they can remain active in and connected to their community, and any support they need.

Clients can also participate in activities and therapies designed to provide cognitive stimulation and socialisation opportunities, such as Music Therapy, Art Therapy, or Cognitive Stimulation Therapy.

A core aspect of this programme includes working with local organisations, councils, community groups and businesses to foster understanding and encourage dementia-friendly environments.

### Other services provided by Dementia Wellington include:

#### One-on-one expert advice

- Their team of professional Dementia Advisors provide individualised information and advice to families affected by dementia, through one-on-one consultations and ongoing support.

#### Education Programme

- They offer a comprehensive education programme for people with dementia, those supporting a person with dementia, health professionals, and the general public.

#### Supporter Meetings

- Dementia Advisors facilitate regular supporter groups for people caring for a family member with dementia. These meetings offer a forum to gain support from others in a similar situation, and share information and ideas.

#### Information and advice

- The Dementia Wellington team provides advocacy, advice and support to anyone with questions about dementia, including brain health and all aspects of living with dementia.



## Harbour City Funeral Home, Proudly Locally Owned and Operated

Harbour City Funeral Home personnel are available to serve families throughout Wellington and greater Wellington region with premises in Wellington, Lower Hutt, Upper Hutt, and later this year will be open in Paraparaumu, Kapiti Coast.

Started in 1989 by Simon Manning, the business is still locally owned and overseen by Simon's keen eye for innovation, passion and excellence in funeral service. Whilst many funeral companies are under the ownership of multi-national funeral chains Harbour City has proudly remained locally owned.

Harbour City Funeral home looks after all aspects of funeral care including at-need, pre-planning and pre-payment, monumental work (headstones and plaques), online memorials at [www.tributes.co.nz](http://www.tributes.co.nz), bereavement support services as well as being certified to carry out natural burials.

Please contact us for a copy of our free, no-obligation funeral information booklet. Our location phone numbers are listed in the advertisement below.

[www.harbourcityfunerals.co.nz](http://www.harbourcityfunerals.co.nz)

**Harbour City**  
... FUNERAL HOME ...



Locally owned funeral directors, caring in your community. Contact us today for your **FREE** about funerals booklet.

Wellington Ph: (04) 387 8301  
Upper Hutt Ph: (04) 528 8924  
Lower Hutt Ph: (04) 570 0111  
Kapiti Coast Ph: (04) 298 4888

**Kapiti Coast**  
**Opening**  
**Late 2018**

[www.harbourcityfunerals.co.nz](http://www.harbourcityfunerals.co.nz)



### Joy Baker

Licensed Salesperson REAA 2008

M 027 453 5845 P 04 803 1742

[joy.baker@harcourts.co.nz](mailto:joy.baker@harcourts.co.nz)

[www.harcourts.co.nz](http://www.harcourts.co.nz)

### Team Wellington Ltd

Licensed Agent REAA 2008

54-56 Cambridge Terrace

Te Aro, Wellington

**Harcourts**

*"Your professionalism and ability to go the extra mile was much appreciated. Joy, you understood our needs and were both empathetic and patient with us during a very difficult time and made the process a lot less stressful"*

Gary and Sue Wells

## 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](http://www.simplicity.co.nz)



### Dear John...

*I recently had someone knock on my door to persuade me to get one of his company's medical alarms and he just wouldn't take no for an answer. I ended up filling in some forms and he said he'd take them to my doctor for her to sign. It was very upsetting and when my son heard what had happened he put a stop to it all. He then worked out which was the best alarm for me and helped me contact the company. I feel much safer with my medical alert bracelet.*

*Is this sort of thing allowed and what should I have done?*

### Dear Lorraine,

Thank goodness your son intervened on your behalf! It is most definitely not OK for alarm companies to door knock and make cold calls and is actually illegal. The caller might have dressed it up as a call about home security, but it was the medical alarm business he wanted - hence the form filling.

Your son could ring TSANZ (Telecare Services Association New Zealand) an organisation that specifically monitors medical alarm companies to ensure that they stick to correct policies and procedures. They investigate complaints about breaches of bad practice, and cold calling would fall under this heading.

There are five MSD-accredited medical alarm suppliers that WINZ may help you pay for if you qualify for the Disability Allowance. These are: Freedom Medical Alarms (WFA Wellington's very only free ambulance service), St John Medical Alarms, ADT Security Ltd (Neva Alone), VitaCall (Chubb) and Red Wolf High Level Monitoring. However, all of them are expected to maintain high standards and may not cold call.

Please do feel free to phone Sheila or Ann with any queries about getting a medical alarm - could be a very good safety investment!

## The Gentle Art of Swedish Death Cleaning - How to free yourself and your family from a lifetime of clutter

By *Margareta Magnusson* (aged "between 80 and 100")

The title was enough to intrigue me and send me off to Unity Books to buy a copy! And yes, it is about decluttering in later years for the benefit of those who might otherwise be saddled with sorting out an accumulation of lifetime possessions. We usually talk about cleaning up *after* someone else but this is cleaning up *before*.....we die/move/become single/can't fit anything else in to the drawer etc.

My very favourite chapter was "Did the Vikings know the real secret of death cleaning?" (She is Swedish after all so you could substitute Anglo Saxons or Egyptians etc. depending on your ancestry!)

When ancient peoples buried their relatives, they buried possessions with them to use in the next life. This neatly solved the problem of what to do with all their stuff given that the relatives didn't have room for it in their small dwellings. Can you imagine this scenario today? With all the *skrap* (Swedish for junk) that people have now they would have to be buried in Olympic sized swimming pools!

There are delightful aphorisms all the way through the book, and I will quote but a few to give you food for thought.

*A loved one wishes to inherit nice things from you. Not all things from you.*

*You won't be taking it with you so why hold on to it now?*

*Don't start with photographs, or letter or personal papers.....if you start with them you will get stuck down memory lane and may never get round to cleaning anything else.*

*Keep only what you love and makes you happy in the moment.*

*Save your favourite dildo - but throw away the other fifteen! But there's no sense in saving things that will shock or upset your family.*

*Ageing is certainly not for weaklings. That is why you should not wait too long to start with your downsizing. (She says it can take at least a year to do this.)*

*If you decide to downsize, it is a good thing not to be in a hurry. If possible, take your time and proceed at a pace that suits you...You must not forget to take care of your present life.*

*Living smaller is a relief.*

*Death cleaning is also something you can do for yourself, for your own pleasure...the chance to find meaning and memory.*

*Sheila Reed*

## E Morris Jnr

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# Simplicity Funerals

Simply respectful. Simply affordable.

### A Wellington Wide Service.

At Simplicity Funerals we believe that a funeral should be fitting and meaningful - while remaining affordable. Call us for a free, Funeral Planning Pack including information on preplanning and prepayment funeral options.

## 0800 222 155

[www.simplicity.co.nz](http://www.simplicity.co.nz)

Editorial supplied by E Morris Jnr Simplicity Funerals

Better health  
*starts with*  
Better hearing

**Your Hearing loss is more noticeable than a Hearing aid**

ACT NOW - PHONE

## Hearing Consultants

Independent Audiologists

your locally owned Independent Audiology clinic

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0800 43 27 25

[www.hearingconsultants.co.nz](http://www.hearingconsultants.co.nz)

Independent audiologists  
new zealand  
[www.independentaudiologist.co.nz](http://www.independentaudiologist.co.nz)



**STROKE**  
Central Region Inc  
*Partners in Recovery*

Stroke Awareness Week

# THE BIG BLUE BRUNCH

3-14 April 2018

**It's real easy**  
Organise a get together  
'bring a plate' or meet at your favourite cafe  
(gold coin donation)  
**Don't forget to wear BLUE!**

**Registration/Information**  
Call: 0800 298 858 or Email: [stroke@strokecentral.org.nz](mailto:stroke@strokecentral.org.nz)  
All donations will support the Field Officer Service in your community.  
Please use the attached deposit slip to bank any donations.

## Living with Heart Failure? You are not alone

The Heart Foundation is hosting FREE information sessions across the Wellington region to discuss living with heart failure.

**LOWER HUTT:** Tuesday 1 May, 5.30pm - 7.00pm  
Hutt Hospital, The Learning Centre, Level 1, Clock Tower Building

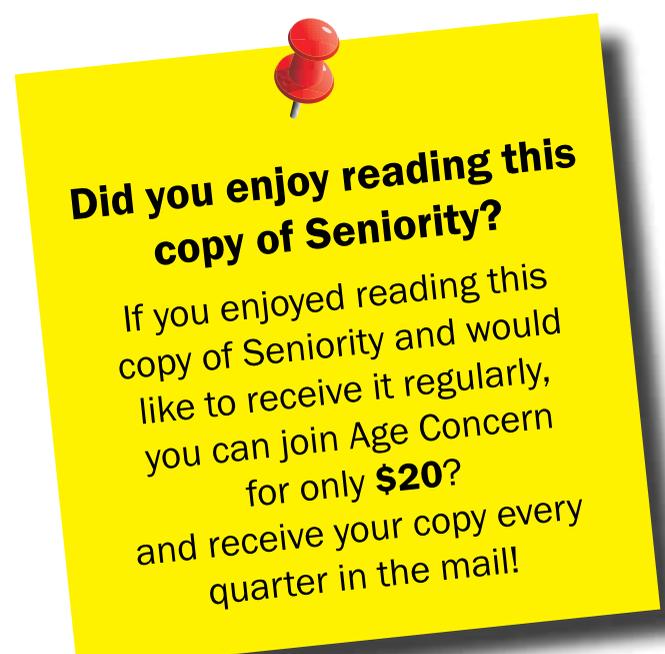
**WELLINGTON:** Tuesday 8 May, 5.30pm - 7.00pm  
St Patrick's Church Hall, 1 Childers Terrace, Kilbirnie

**PORIRUA:** Tuesday 22 May, 5.30pm - 7.00pm  
Kenepuru Hospital, The Education Centre, Ground Floor, Main Entrance

**KAPITI:** Wednesday 30 May, 5.30pm - 7.00pm  
Kapiti Community Centre, 15 Ngahina St, Paraparaumu

**Registrations essential.** Please register at [wellheartfailure.eventbrite.co.nz](http://wellheartfailure.eventbrite.co.nz) or contact Annette on (04) 472 2780 or [annettes@heartfoundation.org.nz](mailto:annettes@heartfoundation.org.nz)

This event is organised by the Heart Foundation for people impacted by heart disease and their whanau.

**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!

## 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

Please tick box if you require a receipt

**GST Registered Number:** 20-448-962

Title: Mrs / Mr / Miss / Ms \_\_\_\_\_

First Name: \_\_\_\_\_

Surname/Agency/Society/Organisation/Corporate: \_\_\_\_\_

Street Address: \_\_\_\_\_

Suburb: \_\_\_\_\_

Postcode: \_\_\_\_\_

City: \_\_\_\_\_

Postal Address (if different from above): \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

Information is confidential, and will not be passed on to any other persons or agency and is held in accordance with the Privacy Act 1993.

**Bank Account:** 0305 1007 19509 00

Pay by cheque or online with name as reference **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.**

## New! Personal driving service for Wellington residents

Freedom Drivers are delighted to announce the launch of a dedicated Wellington central and suburbs service in addition to our established Hutt Valley and Kapiti businesses. Pete Mill and David Duff offer the usual Freedom kind and friendly service with a spacious wheelchair accessible vehicle at the ready.

"We're very excited to bring Freedom Companion Drivers to Wellington Central. With extensive career backgrounds in government, business and community sectors in people-support and care roles we are ideally placed to serve our community. In the community sector we've worked in social service agencies supporting and caring for elders, people living with disabilities, those recovering from accident/injury, and vulnerable community members with special needs," says local driver Pete Mill.

"We offer a modern European wheelchair/powerchair vehicle which can also carry four other passengers - ideal for group transport. Located in Wellington's Eastern suburbs we are also just 3 minutes from Wellington airport and 10 mins from Wellington Regional Hospital. Our service is very flexible and we are happy to provide transport after hours, weekends and public holidays," says Pete.

Freedom prices are comparable to (and often less) than a standard taxi but with lots of extras. Service is highly personalised to our client's needs with a convenient pick up and drop off at your front door. We always personally escort our clients to the car and to their destination. We are ACC Registered Vendors and we take Total Mobility cards (TM).

**Residents and visitors are welcome to call Pete today on 021 800 061 direct or toll free on 0800 956 956 to find out more about our service in the capital city.**

**[www.freedomdrivers.co.nz](http://www.freedomdrivers.co.nz)**

*Editorial supplied by Freedom Companion Driving*

## Transport you can trust Wellington central & suburbs



### Do you need a reliable friendly driver you can get to know?

- Extra care for seniors
- Medical appointments
- Social and sightseeing
- Shopping trips
- Airport transfers
- Business appointments
- Pets to the vet



**Total Mobility  
Provider**



**Mention  
this advert  
for \$5 off  
your first  
fare**

**Call Pete Mill now on  
021 800 061**

**free-phone 0800 956 956  
[wellington@freedomdrivers.co.nz](mailto:wellington@freedomdrivers.co.nz)**

**freedom.**  
companion driving