SPRING 2018 QUARTERLY NEWSLETTER
www.acwellington.org.nz

Age Concern Wellington
Serving the needs of older people

COMPLIMENTARY COPY
Executive Officers Report
Welcome to the Spring magazine - the seasons are zipping round again.

This edition is filled with articles for you to enjoy and so many of them are on the theme of helping. Here at Age Concern we pride ourselves on bringing together resources to help our clients whether that is advice, help in navigating the bureaucracy, or an exercise class to help with balance.

We are pleased to advise that we have received funding to continue starting new Steady As You Go (SayGo) balance and falls prevention classes.

And we need help too. We are looking for volunteers to help us. Right now we need help in the office to cover our phones when our co-ordinators are all out of the office. If you have a confident telephone manner, and would like to help out for an hour or so from time to time taking messages we’d love to talk to you. While we have an answerphone for the times the office is empty, many callers don’t want to leave a message or don’t leave any details about why they are calling.

Volunteers are also needed to help our SayGo instructors with class set-up, measurement and observation.

This does not have to be a regular commitment as we will accept help based on when you are available.

If you are interested in either of these opportunities, phone or email Ann Dalziel on 499 6646 or email communitysup@acwellington.org.nz

And finally, don’t forget all supporters are welcome to our Annual General meeting on 13 September at 1.30pm. Details are on page 4.

Marion Cowden
Executive Officer

维持你的独立

保持你的独立对于大多数人来说是非常重要的，因为你可以通过他们的日常生活而不会感觉到他们正在承担责任或朋友。

当你的独立性受到残疾或因健康状况而走不通时，这种快乐变得不那么容易开始。然而，始终没有理由让你无法在你的生活中继续下去。因此，始终有理由让它继续下去。

此外，研究已经证明，保持社会互动对于保持良好的健康和福祉至关重要。它可以像简单的超市之旅一样简单。

保持你的独立是这样的事情，几乎所有人都认为重要，因为他们重视能够按照自己的意愿行事的能力。

总运通方案

为了鼓励社会互动和独立，政府发起了一个名为总运通方案的倡议，该方案由当地的区域委员会提供。它被设计成在长期内帮助有持续障碍的客户，以满足他们的日常需求并增强他们的社区参与。

对于更多信息，请联系您当地的Age Concern，他们将很乐意帮助您了解您是否有资格以及如何申请。

一次接受后，您就可以访问与您地区的许多提供者以及遍布新西兰的Driving Miss Daisy以及为代表客户提供帮助的交通支持提供商的Driving Miss Daisy一起工作。Driving Miss Daisy为客户提供帮助来保持您的独立性，并且总是希望在旅途回来后感到快乐。您的独立性是您的钥匙，我们知晓哪一个是差异，而且我们希望我们也是如此。

Driving Miss Daisy将带您去任何您想去的地方，去任何您需要去的地方。记住 - 你负责了！

请注意：这些观点并非本杂志所发表，除非是Age Concern Wellington。包括或排除任何产品的出版商并不必然意味着Age Concern Wellington的。本刊包括的任何产品的出版商并不必然意味着Age Concern Wellington的。
Metlink and the New Accessible Concession

As you probably know, there were changes to Metlink bus services that came in on July 15th. There has been a lot about all this in the media, some good and some not so good, but we won’t go into that here!

However, there is one really excellent change. Total Mobility card holders and Blind Foundation members can now get a 50% reduction off their peak time travel by using their Total Mobility card as a Snapper card.

New and some existing TM card holders will see the red Snapper logo on the bottom right of their green cards. Money can be loaded on to the TM card in the usual way - at a kiosk or a retail outlet - and then all you have to do is tag on and off the bus using your TM card.

And yet there’s more...if the card holder needs assistance to travel, a carer can accompany you and travel for free. All you need to do is show the driver your TM card or your BF card.

This is a much more flexible way of looking at travelling with a disability. My initial reaction was to think that having a TM was saying someone can’t get on a bus at all! But in fact disability can fluctuate and sometimes there are occasions when bus travel is possible. And if you were trying to get to an early appointment by bus, for example, it would be very useful to be able to travel in peak hours (before 9am and between 3pm and 6pm) at half price.

If you have any queries, please do feel you can contact us at Age Concern as well contacting Metlink.

Sheila Reed

Ryman Peace of Mind

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.

Deferred management fee is capped at 20%

This makes it one of the lowest in the retirement sector. And it’s even capped if you transfer to another townhouse or apartment within a Ryman village. There are no hidden costs.

Fixed weekly fee* – providing certainty about your living costs

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

For more information about the Ryman difference or for your free guide to living in a Ryman village, phone Josie on 0800 000 290
Barry and Vanessa Meiring take on Mongolia

A married couple in their 40’s, a little 1.2 litre car, a journey of about 16,000km through 2 continents, 5 mountain passes, 3 deserts and 20 countries over 6 weeks...how hard can it be?

Mongol Rally 2020

Team: Where in the world are we?

In July 2020 Barry and Vanessa are celebrating their 20th wedding anniversary. How to celebrate this milestone? What better way to celebrate than spending 6 weeks together in a car no bigger than a shoebox exploring 20 or more countries on the way, while at the same time raising money for 2 very worthwhile charities - one being Age Concern Wellington! Please join them on this incredible journey over the next 2 years - regular updates on YouTube and their Blog with daily updates (WiFi permitting) once the Mongol Rally commences in 2020.

Rally Statistics

Youngest Participant: 18 Yr 1 Mth
Oldest Participant: 74 Yr 1 Mth
Most Popular Car: Nissan Micra
Rally Speed Record: 72 Mph
Longest time at a border crossing: 28 days
Marriages Created: 2
Earliest punch-up between teammates: Calais
Average Speed: 23 Mph
Average amount of breakdowns: 9 per team

More Information:

www.meiringstonmongolia2020.com

Donate:


Budget Delivers Cheaper Doctor Visits

The cost of visiting the doctor will reduce for people with a Community Services Card under changes announced in the 2018 Budget. This will give up to $40,000 people access to low-cost GP visits - making it around $20 to $30 cheaper.

Seniors who have either a combined SuperGold and Community Services Card or a Community Services Card should also see a reduction in the cost of visiting their GP by 1st of December 2018.

General practices can choose whether or not to provide the new low-cost visits so please check with your doctor later this year to see whether they have chosen to opt in.

Under the changes, people receiving the Accommodation Supplement or living in public housing will also get a Community Services Card, giving them access to cheaper doctors visits.

To find out more about these changes, go to www.health.govt.nz and search for ‘primary health care subsidies’.

Song for Rosaleen by Pip Desmond

This recently published book by Pip Desmond about her mother’s progression through dementia will be of great interest to Wellingtonians as it is set in our city about 10 to 12 years ago. You will learn about the implications of living with dementia from the point of view of the person and their family and friends.

You will also learn a great deal about dementia itself, like the difference between vascular dementia (which Rosaleen had) and Alzheimer’s. Pip tells us about Anasogosnia - most people with dementia don’t know they have dementia and can’t remember that they can’t remember. She introduces the “therapeutic fibbing” model, when you don’t argue with a demented person about time or place but go into the feelings behind the statements. If someone thinks you are their sister, and you’re not, talk about their sister and what she meant to them.

The importance of the standard of care versus real estate is discussed several times, as is the sometimes intimidating nature of some institutions. The agencies and institutions are not named but it doesn’t take long for a Wellingtonian to recognise them. Fortunately much has improved in the last 10 years - we have new private home care agencies for example who are client centered - but the requirements for dementia training for staff in facilities has not. Some institutions seem surprisingly short of strategies when caring for someone with dementia, and they have after all accepted payment short of strategies when caring for someone with dementia.

The stars of this book are the caring family and their real estate is discussed several times, as is the sometimes intimidating nature of some institutions. The agencies and institutions are not named but it doesn’t take long for a Wellingtonian to recognise them. Fortunately much has improved in the last 10 years - we have new private home care agencies for example who are client centered - but the requirements for dementia training for staff in facilities has not. Some institutions seem surprisingly short of strategies when caring for someone with dementia, and they have after all accepted payment short of strategies when caring for someone with dementia.

The stars of this book are the caring family and Alzheimer’s Wellington (now Dementia Wellington). If all families were like Rosaleen’s family, I would have been out of a job as your Elder Abuse and Neglect Prevention Coordinator. And the manager at the time of Alzheimer’s Wellington provided exactly the right kind of information and support when it was needed.

I got my copy from the library but it will be available in most bookshops. Highly recommended if not sobering reading.

Sheila Reed

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 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.
Daylight saving will begin at 2.00am on Sunday 30 September (ends at 2.00am on Sunday 7 April 2019)

Staying Safe On The Road
Once you turn 75, there are a few changes to the process for renewing your driver licence. So if you’re nearing this age, you might want to start thinking about attending a Staying Safe workshop. They are delivered as part of collaboration between the NZ Transport Agency, Age Concern NZ and other providers.

Most drivers are very safe, responsible and have been driving for many years without any problems. But driving a car is a complicated task and you need to be in good health and able to concentrate for long periods of time. As you get older, you might notice some changes that could affect your driving. For example, you might notice changes in:
- Your eyesight
- Your memory
- How quickly you can make decisions
- How quickly you react when you’re driving

The Staying Safe workshops can help you understand how to recognise these changes and the steps you can put in place to continue driving safely. If there comes a time when it is no longer safe to drive, you can get advice on how to reduce your driving yet still maintain mobility and independence.

For more information, go to the NZ Transport Agency website.

Huntleigh Home elders forge friendship with Early Years children
When it comes to friendship, residents of Enliven’s Huntleigh Home are proving age is just a number.

The elders recently made a trip out to Early Years Leeds Street childcare centre, where they painted pots, sang songs and chatted with the centre’s young charges.

Over the coming months, the Karori residents hope to forge an ongoing relationship with the children, and teach them how to garden as part of the Sustainability Trust’s Get a Grandy, Grow a Garden programme.

“A number of residents here are parents, or grandparents, or have looked after children at some point, so it’s wonderful to see them have the opportunity to build ongoing relationships with the lively children here,” says Huntleigh Home recreation team leader Amelize Steyn.

“Providing elders with opportunities to be around children, stay connected to the community and enjoy variety, choice and companionship in their lives is really important to us at Huntleigh and a key part of the Enliven philosophy.”

Huntleigh Home resident and former school teacher Nan Sanders says she’s appreciated the opportunity to take part in the programme.

“I’ve always loved children, and I’m so used to being around them, so it’s nice to be able to come out and do something like this. Apart from being a nice change of scene, the children are just lovely!” she says.

To learn more about Huntleigh Home visit www.enlivencentral.org.nz or call on 04 464 2020.

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!

Cashmere Home
51 Helston Road, Johnsonville.
Phone: 04 477 7067
Cashmere Home offers rest home, hospital, respite and health recovery care in a relaxed yet vibrant atmosphere.

Cashmere Heights Home
16 Helston Road, Johnsonville.
Phone: 04 478 9051
Cashmere Heights Home is warm, homely and boutique, offering rest home and respite care.

Huntleigh Home
221 Karori Road, Karori.
Phone: 04 464 2020
Huntleigh Home is bright and friendly, offering rest home, hospital, health recovery and respite care.

Free phone 0508 ENLIVEN or visit www.enlivencentral.org.nz
Dear John...

My friends and I are all so worried about our mutual friend Sally. I know we’re all getting a bit forgetful about this and that but her forgetfulness seems to have got beyond what is normal ageing. She used to be the one who usually organised our get-togethers and social outings but lately she’s been getting muddled up about all our arrangements, turning up too early or very late and being very unsure about what day of the week it is. For example, she was always a regular at our Saturday lunches but now we have to help her get there with reminders the day before and on the day, and arriving early to pick her up in case she’s already forgotten to get ready. And we’re sure she’s not eating properly as she’s lost weight and the fridge and cupboards are full of cakes and biscuits, not her usual nutritious purchases.

The problem for us is that Sally refuses to talk about all this and gets very defensive at the slightest comment that could be construed as a criticism of her.

What do you think we can do to help?

Dear Isabel,

How lovely that you are all so concerned about Sally and want to help. It does sound as if the memory loss has progressed to dementia - don’t worry, this isn’t an inevitability!

Now I recently heard a talk by Dementia Wellington about “Anasognosia” - a total unawareness of decline or difficulties - and this may be why Sally appears to not want to talk about what is happening. For her, there is nothing wrong so why discuss it?

Could you ask her if one of you could take her to her doctor? Or do you know any close family members who could get involved? It’s sometimes friends who notice more as family can be a bit dismissive or even not want to know.

The doctor could be tactfully reminded about the new Dementia Pathway they can use. This is a questionnaire for a family member to fill in and compares how someone was five or ten years ago to how they are at present.

However, the best thing to do will probably be to phone Dementia Wellington and ask to talk to one of their Dementia Advisers. In the meantime, keep on keeping in touch with her so that she feels supported by her friends. Talk about what you know she knows and don’t worry too much if she gets a few facts wrong. Feeling supported and cared for is the thing at the moment, and familiar faces will be reassuring.

Wrong. Feeling supported and cared for is the thing at the moment, and familiar faces will be reassuring.

Dear Isabel,

How lovely that you are all so concerned about Sally and want to help. It does sound as if the memory loss has progressed to dementia - don’t worry, this isn’t an inevitability!

Now I recently heard a talk by Dementia Wellington about “Anasognosia” - a total unawareness of decline or difficulties - and this may be why Sally appears to not want to talk about what is happening. For her, there is nothing wrong so why discuss it?

Could you ask her if one of you could take her to her doctor? Or do you know any close family members who could get involved? It’s sometimes friends who notice more as family can be a bit dismissive or even not want to know.

The doctor could be tactfully reminded about the new Dementia Pathway they can use. This is a questionnaire for a family member to fill in and compares how someone was five or ten years ago to how they are at present.

However, the best thing to do will probably be to phone Dementia Wellington and ask to talk to one of their Dementia Advisers. In the meantime, keep on keeping in touch with her so that she feels supported by her friends. Talk about what you know she knows and don’t worry too much if she gets a few facts wrong. Feeling supported and cared for is the thing at the moment, and familiar faces will be reassuring.
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: ___________________________
Postal Address (if different from above): ___________________________
City: ___________________________
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.

Wellelder works

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

The art of accepting help

None of us are ever totally independent - although we all value our independence and rarely take time to appreciate the web of relationships around us that sustain who we are. In our families and living situations we frequently rely on each other for daily issues such as paying bills, sharing household tasks, communications with each other.

As we age, the balance of these tasks inevitably changes, and older people cannot manage physical and sometimes cognitive tasks - and will need to find ways to get these things done.

Such tasks as housework, gardening, shopping, paying bills, arranging tradesman and maintaining social relationships and activities all change depending on circumstances, sometimes quickly and sometimes over time. Coming to terms with changes and developing ways to manage them is something that counselling can frequently assist with.

There are several stages in learning how to accept help with grace and dignity, and it is certainly a creative process, an art, rather than a straightforward issue.

It is natural to avoid or minimise difficulties we have, but facing up to them and being aware of what we have difficulty with is an essential step. We will find it very difficult to accept help if we haven’t accepted we need it, and at the same time can make life difficult for everyone around us if we try to struggle on long past the point at which it is obvious to others that we could do with help.

There will be things you can do to help yourself by reducing risks and managing differently as your abilities change. Cues such as writing lists, ensuring your home is as organised as you need it, creating patterns and habits for things such as taking medications, preparing meals are the kind of practical things that are very useful.

Then there will be things that you can identify that you do need help with. Housework, gardening, shopping are tasks that others can do for you. Either family or friends, or home help are the immediate avenues for assistance.

Home help can be arranged privately through a number of agencies, or through an assessment by the DHB which your GP can arrange. There is a fee for private agencies, but home support assessed by the DHB is provided as part of public health service. Contacting these agencies will help with assessing what you can do for yourself and where help would be most useful.

Be as specific as possible - frequently family and friends are willing to help, but don’t know where to start. So think about what you would like assistance with, and be clear when talking to either family, friends or agencies about what this is.

Do not be afraid of saying if it doesn’t help - remember this is to assist you and you need to be the judge of that.

Consider what you can give in return. A smile is never wasted, and thanks is always appreciated. There may be items you want to pass on, gifts you can give such as lemons or flowers from your garden, or help with mending or knitting or something others don’t have time to do themselves.

This will change with time and circumstances. If we reduce our anxiety or worry about things we can often operate better. As we age further, we may need help with more tasks. Stay aware of your circumstances and develop ways to express what is happening for you.

Older people often come to us for counselling who have never had counselling before and we are aware that contacting us is a courageous and major initial step. It is a step into the unknown, and the prospect of talking about oneself to a stranger can be difficult to imagine. We understand this, and know that sharing a burden, and having time to consider and reflect on ones own circumstances, can have major benefits when times are tough and we are managing unwelcome changes.

We are here for those tough times - WellElder is a counselling service in Wellington, Porirua and Kapiti for people over 60 (or 55 if Maori or Pacifica). You can contact us directly at (04) 380 2440 or through our website at www.wellelder.nz

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 latter 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, 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

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

Editorial supplied by Harbour City Funeral Home
Emergency Survival Items

Emergency Kit
Civil Defence suggests that everyone should have an Emergency Kit that would sustain you for 3 days or more, as well as a Go Bag in case you have to leave your home in an emergency.

Your Emergency Kit should include:
- Food and water for 3 days or more
- Non-perishable food (canned or dried food) that doesn’t need cooking. Include food for any pets and be aware of any dietary needs
- 9 litres of water per person/per day - at least 3 litres of which is safe for drinking
- Manual can opener; mess kits or disposable cups, plates and utensils
- You can use old fizzy drink and juice bottles for water, but milk bottles are a no-go as residual bacteria can infect the water
- If you are storing tap water from a mains supply treated with chlorine, you don’t normally need to add anything to the water
- Check and replace food and water every twelve months
- Toilet paper and large plastic buckets to fashion an emergency toilet
- Dusk masks and work gloves

Your Go Bag should include:
- Battery-powered radio and additional fresh batteries
- Torch and additional fresh batteries
- First aid kit
- Medications - prescription and non-prescription that are regularly used. Check with your physician or pharmacist on storage requirements
- Special items, such as denture needs, contact lenses and supplies, extra eyeglasses and hearing aid batteries
- Hand Sanitiser
- Cash
- Raincoat and hat
- Warm clothes
- Photo ID and other important documents
- Extra eyeglasses and contact lenses and supplies
- Extra eyepieces, etc.
- Manual can opener
- Additional fresh batteries
- Water purifier, water treatment tablets
- Emergency food bars, protein bars, nuts
- Biscuits, crackers, pasta, rice, cereals, rice, pasta products
- Tinned, dried and frozen foods
- Long-life milk
- Please remember, you can’t store a lot of food in your Go Bag

Phone Scams
From this month scam education brochures and wallet cards will be available at Spark stores around the country and dispatched with every new phone purchased from Spark. As older customers may be more targeted by scammers, brochures have also been placed in branches of Age Concern and Senior Net. (Please do contact Age Concern Wellington if you would like one.)

The brochure provides simple guidance on how to spot a scam, how to stay safe, and what to do if you think you have been scammed, including a six-step infographic.

This is all part of Spark’s proactive plan to reduce scamming activity and to raise awareness. They have a webpage that lists real time scam alerts and have included a safety reminder on the bottom of bills. Staff have also been trained to help customers with scam issues when they go into a store.

Netsafe has some alarming figures that highlight the extent of the scam issue. “In 2017, $10.1 million in scam and fraud losses were reported to Netsafe. Losses in 2018 have already exceeded last year, with over $12.5 million in losses being reported in just the first quarter of 2018.”

The Spark Press Release reminds us “Spark will never contact you out of the blue and ask for your personal information like banking details or passwords. Avoid calling back international numbers you don’t recognise and if you are unsure whether the call is genuine, the best thing to do is hang up.”

Source: The above information has been taken directly from the Spark Press Release in August 2018

Shelley Reed

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 inevitable 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 Simplicity Funerals

For independent professional advice
- Hearing assessments
- Digital hearing aids — all brands
- Tinnitus assessment and treatment
- ACC, Ministry of Health and War Veterans funding
- Musician and noise plugs
- Accessories, batteries and servicing

Emergency: How to get in touch
- Wellington Level 2, 15 Courtenay Place
- Paraparaumu 8A Ihakara Street
- Levin SeeHear, 174 Oxford Street
- Waikanae Wakanai Specialist Centre, Main Road

Contact: (04) 385 9144

Free Phone 0800 432 766

COURTENAY HEARING CENTRE
Level 2, 15 Courtenay Place, Waikanae
www.courtenayhearing.co.nz

SPRING 2018
A Long Life of Endless Curiosity

This was the title of a recent column in the DomPost by Rosemary McLeod. I hope to write more another time about Curiosity as a Good Thing in the fight to keep dementia at bay. In the meantime, I thought I’d share some of her amusing life tips.

• Don’t buy shoes that aren’t instantly comfortable
• Don’t buy clothes a size too small.
• Don’t make decisions when drunk. Better still, don’t get drunk
• Cheap chocolate isn’t worth it
• Lipstick is necessary

And to add a couple of my own. I was brought up on the Golden Rule, so
• Do as you would be done by
• Fake it till you make it – you may be feeling wretched but put a smile on your dial

I’d love to hear from you if you have any tips to live by. You can send them to me at: avswgtn@acwellington.org.nz

Sheila Reed

Freedom drivers Wellington is expanding its service

Pete Mill and David Duff offer the usual Freedom kind and friendly service with a spacious wheelchair accessible vehicle and a second large vehicle at the ready.

“We’re very excited to bring Freedom Companion Drivers to Wellington Central. Demand for the service has meant we have already added an additional vehicle!” says David.

“Our comfortable wheelchair vehicle can accommodate a manual or power chair plus four other passengers. We are 3 minutes from the airport and 10 mins from the Regional Hospital. Service is flexible, providing 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. We are ACC Registered and we take Total Mobility cards (TM).

Call Pete today on 021 800 061 or toll free on 0800 956 956 to find out more.

Editorial supplied by Freedom Drivers