

SPRING 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

A Pukeko Print & Design Ltd publication | www.pukekoprint.co.nz | Please refer to website for disclaimer

Contact Information

Phone: (04) 499 6646 **Fax:** (04) 499 6645
Email: eo@acwellington.org.nz
Address: Suite 4, Level 1, Anvil House,
 138-140 Wakefield Street, Wellington 6011
Postal Address: PO Box 11-108,
 Wellington 6142

OFFICE HOURS
 9.30am - 4.30pm Monday to Friday

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

**PLEASE SUPPORT
 OUR ADVERTISERS**

Their support enables the production of this newsletter, so please support them.

Maintaining your independence

Keeping your independence is something this is very important to most people; they value being able to go about their daily life without feeling like they're being a burden on family members or friends.

When your independence is compromised through disability or loss of your license, this can make life less enjoyable to begin with. However, there's no reason that you can't still remain in control of your life and do what you want to do at a time that suits you.

Furthermore, studies have shown the importance of social interaction for maintaining optimal health and wellbeing. That can be as simple as a trip to the supermarket or coffee with friends. Sometimes, it can be more adventurous and include trips further afield, as the heart desires.

Total Mobility Scheme

In order to encourage social interaction and independence, the government created an initiative called the Total Mobility Scheme, which is delivered locally by your regional council. The Scheme is designed to assist clients with long-term impairments to access appropriate transport to meet their daily needs and enhance their community participation.

For further information contact your local Age Concern, they are happy to help you find out if you are eligible and advise you how to apply.

Once you've been accepted, you can access discounted travel with many providers in your region and throughout New Zealand, including with Driving Miss Daisy who is an accredited Total Mobility Scheme provider. Driving Miss Daisy provides assistance to help you to maintain your independence, and always aims to put the joy back in the journey. Your independence is key to us and we love knowing that we're making a difference in our clients lives.

Driving Miss Daisy will take you wherever you want to go, at a time that suits you. Remember - you're in charge!

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

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.



Go to www.facebook.com/ageconcernwellington/ to follow us on Facebook.



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
0800 776 815
www.careoncall.co.nz

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.

And don't forget that your friendly Age Concern staff are now authorised to do Total Mobility assessments. All we ask for is a \$20 membership sub to Age Concern and the great advantage of asking us is that you won't have long to wait for us to arrive on your doorstep.

Sheila Reed



Age Concern Wellington Inc 42nd Annual General Meeting

**Thursday 13 September 2018
at 1.30pm**

Venue:

**Anvil House, Level 1, 138
Wakefield Street, Wellington**

Guest Speaker:

**Helen Rigby, Capital and Coast
DHB, will talk about
Advanced Care Directives.**

Afternoon Tea will be served.

**Please rsvp by Monday 10th September
to Ann Dalziel, Community Support and
Outreach Coordinator.
Ph: (04) 499 6646, or
communitysup@acwellington.org.nz**



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 You tube 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.meiringstomongolia2020.com

Donate:

www.meiringstomongolia2020.com/charities-and-sponsorship



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 540,000 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.

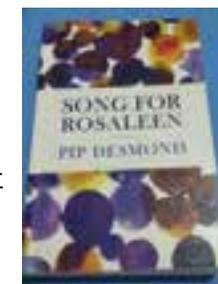
Under the changes, people receiving the Accommodation Supplement or living in public housing will also get a Community Services Card, giving them access to cheaper doctors visits.

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

If you're not making mistakes, then you're not making decisions

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 Alzheimers. Pip tells us about Anasognosia - 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 intimidatory 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 to do this.

The stars of this book are the caring family and Alzheimers 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 Alzheimers 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.



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

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 Annelize 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.

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
• Wellington • Lower Hutt • Upper Hutt • Masterton



0800 43 27 25
www.hearingconsultants.co.nz

members of Independent audiologists new zealand

www.independentaudiologist.co.nz

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...



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 "Anosognosia" - 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.



Heart Foundation information sessions

Living with atrial fibrillation (AF)? You are not alone.

Tuesday 16 October, 5.30pm – 7.00pm
Meeting Room 1, Te Rauparaha Arena, Porirua

Dr Matt Webber, cardiologist and electrophysiologist, Capital & Coast District Health Board, will talk about understanding and managing AF, medical treatments and how to keep well.

You will have the opportunity to share your own experiences or to ask questions about AF. Whānau are also encouraged to come along and learn more about your heart condition.

Registrations essential.

Please register at: atrialfib.eventbrite.co.nz
or by contacting Cath, on (04) 472 2780 or cath1@heartfoundation.org.nz

Medications for the heart

Various dates and locations across the Wellington region.

Would you like to understand more about the medications prescribed to you for your heart condition? Come along and learn more about what they are for, and what they do.

For more information please contact Cath, on (04) 472 2780 or cath1@heartfoundation.org.nz

These events are organised by the Heart Foundation for people impacted by heart disease and their whānau.

Resonance Podiatry

Our wonderful team at Resonance Podiatry are a group of highly experienced Podiatrists, who are specialized in treating a wide array of conditions affecting the feet and lower limbs. Our Resonance Podiatry clinics are the first podiatry clinics in New Zealand to become Allied Health Care Accredited providers, meaning that we are qualified at the highest possible health care standard for podiatry services.

Resonance Podiatry provides specialist assessment, treatment and management, utilizing leading-edge technology to provide you with the best management plan to get you back on your feet. We provide services ranging from general comfort care, to falls risk prevention, and general management of musculoskeletal conditions and chronic pain.

If you or anyone you know is suffering from any lower limb problem, don't hesitate to contact our friendly team for an appointment so we can get you back to work, sport, or play as quickly as possible!

resonance
functional podiatry

Resonance Podiatry are a specialist team of Podiatrists, working in collaboration with you, and our fellow medical colleagues, to get you back to being pain-free. At Resonance we implement up to date evidence-based practice, and are committed to getting you back on your feet as quickly as possible.

If you suffer from:

- Painful feet
- Bunions
- Falls
- Corns
- Callus
- Difficult toe nails or ingrown toenails
- High Risk Foot: Diabetic Foot or Rheumatoid Foot



Come and see us at our Wellington CBD, Lower Hutt, or Mana clinics.

Whatever your pain, we are committed to getting you back on your feet!



0800 4 RESPOND
www.respod.co.nz



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.



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 find 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 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, 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.

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

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 caring, professional advice.

Visit our website www.courtenayhearing.co.nz for more information.



COURTENAY Hearing Centre

Caring for your hearing

For independent professional advice

- Hearing assessments
- Digital hearing aids — all brands (60-day trial)
- Tinnitus assessment 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

<p>WELLINGTON Level 2, 15 Courtenay Place</p> <p>PARAPARAUMU 8A Ihakara Street</p>	<p>WAIKANAЕ Waikanae Specialist Centre, Marae Lane</p> <p>LEVIN SeeHear, 174 Oxford Street</p>
--	--

info@courtenayhearing.co.nz
www.courtenayhearing.co.nz

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

Obviously you can add additional items to your kit e.g. spare car keys, sleeping bags/blankets but the most important thing is to ensure that it is maintained and in an easy to access location.

Source: getthru.govt.nz; www.consumer.org.nz; www.civildefence.govt.nz

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

Sheila 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 inevitably costs to consider. There's no question funerals have become more expensive with rising costs in cemetery and cremation fees, so we have four pricing plans available to suit people's individual needs".

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

www.simplicity.co.nz

E Morris Jnr

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

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!

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.

TRANSPORT YOU CAN TRUST



Reliable and friendly service

- Medical appointments
- Social and business trips
- Shopping
- Sightseeing and outings
- Airport transfers
- Pets to the vet
- One off or regular
- Long trips and local

Call Pete now!

For more information

**04 971 8596 or
0800 956 956**

Total
Mobility
Provider



freedom.
companion driving

www.freedomdrivers.co.nz