

SUMMER 2018 QUARTERLY NEWSLETTER
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Age Concern Wellington

Serving the needs of older people

COMPLIMENTARY COPY



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Executive Officers Report

As I write this Diwali festivities are underway, soon it will be Hannukah, Christmas, Hogmany and then Chinese New Year. A multitude of festivals, a reflection of the diversity of our community and a mirror of the diversity amongst our older community.

Whatever the festival it is important to look for ways to include everyone. The holiday season is so often a time when loneliness is exacerbated by absences and that loneliness is so often linked to reduced mobility and social contact.

This issue contains articles that provide some ideas and answers for reducing that isolation. Take the opportunity to read them, pick up on ideas and keep active.

We are still on the lookout for volunteers to help in the office and to help with our Steady as You Go classes. Contact us if you can help.

Our office will be closed from 24 December, reopening on Monday 7 January. Enjoy the holiday season, look out for those around you and see you in 2019.

Marion Cowden
 Executive Officer

Christmas Hours
Our office will be closed from Monday 24 December and reopening on Monday 7 January 2019.

Brighten up your festive season

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

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

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

- Christmas card shopping & posting
- Christmas gift shopping for loved ones
- Clothes shopping for special occasions
- Companion driving to end of year functions & events
- Companion driving to church & carol services
- Grocery shopping for special Christmas meals and treats
- Airport and transport transfers (including at departure and arrival ports)
- Christmas light tours
- Festive outings with a group of friends

Driving Miss Daisy is committed to helping our clients get out and about, so they can live life to the full and make the most of every moment. Remember that many of our franchise owners have fully equipped Wheelchair Accessible Vehicles, to assist with walkers or wheelchairs.

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

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.



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- Social outings, meetings, church
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Wellington East	Ph: (04) 384 8344
Wellington North	Ph: (04) 478 5535



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

Keep Mobile and Strong with Steady As You Go

A recent study by the University of Newcastle and the London School of Economics which has just been published in the Lancet, predicts that middle aged women will need 5 1/2 years more care than men after they hit 65. This is the estimate of care needs in the UK until 2035. For 8 1/2 years women's care needs will be relatively low, such as needing help to have a bath or with housework or shopping. For a further 1.3 years they will need daily help with tasks such as dressing or cooking a hot meal. The final 2.7 years could be a time of intense dependency when they rely on carers to visit the lavatory or transfer from a bed or chair, or to eat.

Men can expect to require care for the final seven years of their lives, 5.1 with low needs, 0.8 with medium dependency and the final 1.11 requiring high levels of care.

This study was based on modelling using risks of disease as well as factors of levels of education, physical activity and risks from smoking, dementia, coronary heart disease, cancer, arthritis, respiratory and diabetes. The biggest surprise was that men currently in their 50s and 60s would, on average, enjoy longer healthy lives by 2035.

Women live longer, with an average lifespan of 86.1 years, compared with 83.7 for men.

Men are stronger than women and lose their muscle mass more slowly than women, and so women reach a threshold when they can't do activities at a faster rate than men do. Professor Jagger, Prof of epidemiology of ageing at the University of Newcastle **reported that lower care needs in old age could be delayed or even reversed by exercise.**

Age Concern Wellington run a number of strength and balance classes called Steady As You Go.

These exercises have been proven to increase strength and balance – they exercise all parts of the body, are fun and most people can participate. The cost of attending is also very low – around \$3.00.

Below is a table of the classes currently available. We plan to start more classes over the next few months.

Steady As You Go Classes 2018/2019

DAY	TIME	LOCATION	ADDRESS
Monday	11.00am	Quaker Meeting Rooms	7 Moncrieff St, Mt Victoria
Monday	12.00pm	Johnsonville Community Centre	3 Frankmoore Ave, Johnsonville
Tuesday	11.00am	Seatoun Village Hall	22 Forres Street, Seatoun
Tuesday	11.00am	Stokes Valley Hubb	184 Stokes Valley Road
Wednesday	12.00pm	Eastbourne Community Hall	Tuatoru St, Eastbourne
Wednesday	12.00pm	Karori Community Centre	7 Beauchamp St, Karori
Thursday	1.00pm	War Memorial Library	2 Queens Drive, Lower Hutt

If you would like further details, please contact Ann Dalziel, Age Concern Wellington on (04) 499 6646 or email: communitysup@acwellington.org.nz

Ann Dalziel

Community Support and Outreach Coordinator



Metlink Accessible Concession



- 1 What is the Accessible Concession?**
 Wellington residents with a Total Mobility card or Blind Foundation membership card get a 50% discount off the adult Snapper fare on Metlink buses, trains and harbour ferries. If you require assistance for your travel, a carer can come with you and travel for free.
- 2 How do I get the discount?**
 For bus, you can use your Total Mobility card or red Snapper card (for Blind Foundation members) to tag on at the start of your journey and tag off at the end of your journey. Blind Foundation members can load their Snapper card with the Accessible Concession by phoning Snapper on **0800 555 345**.

 The Total Mobility card is like a Snapper card that also has the Accessible Concession preloaded onto it. You will need to have some credit on your card before you can use it.

 For train or ferry, there are two types of discounted tickets you can buy: a 'Concession 10-Trip' ticket that is good for regular travel and needs to be purchased prior to travel. The second type is a 'Single Child Cash' ticket good for one-time trips. Single cash tickets cost slightly more because they are rounded up to the nearest 50c.
- 3 How do I top up my Total Mobility or Snapper card?**
 Visit any designated Snapper retailer (most dairies, mini marts or local libraries), or top up your Snapper card at a Snapper kiosk or online. For more information, visit snapper.co.nz or call **0800 555 435**.
- 4 When can I travel using Accessible Concession?**
 You may travel on an Accessible Concession at any time of the day on Metlink's buses, trains and harbour ferry, except the after midnight services.
- 5 How 'accessible' are the buses and trains?**
 Most Metlink services are wheelchair accessible, and have green priority seating areas. Metlink buses have wide aisles suitable for wheelchair use with high contrast grab rails. Real Time Information signs located at bus stops will indicate whether a service is wheelchair accessible.

Talk to your local Age Concern co-ordinator, or contact us:

 **0800 801 700**
 **metlink.org.nz**

Joy Baker - Harcourts

My name is synonymous with Real Estate for the past 22 years in Wellington. Born and bred in Miramar and now a grandmother with a grandson and identical twin granddaughters.

Moving home is stressful. I have helped many people make the transition from their family home into smaller homes and Retirement Villages. A couple wanted to go back to Palmerston Nth. Both in good health, unsure about the move initially but the options meant they could make decisions together and they were very happy. They were together a further 5 years and made close friends in the Retirement Village. They both said it was the best advice they had ever received.

I can answer your many questions. **CALL ME** to discuss your plans. I will provide you with a free market appraisal. I will hold your hand through the sales process keeping you fully informed.

***"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 Heart Kids Wellington as a Grandparent@Heart and The Stroke Foundation.

Joy Baker \$M150 in settled sales.

Email: Joy.baker@harcourts.co.nz **Ph:** (04) 2126771

New Telephone Directories

Like me, you may have been a bit annoyed to find that, although the Yellow Pages were delivered recently, the White Pages with residential addresses and numbers were not.



It seems that Wellington has adopted the Opt In system that had already been introduced in Auckland. The last government did this on the grounds that it would save paper and costs.

However, you can still ask for the White Pages to be delivered to you, though they will not arrive until after the 7th December this year.

They can be ordered either on line or by phoning 0800 803 803. I went on to the ypgbooks.co.nz website and I have to say that, having struggled to navigate the site, I ended up wishing that I'd just phoned the 0800 number.

However, as far as I can tell, by clicking the "Always have them Delivered" box, I will have them delivered to my home until I request otherwise.

Sigh - I am trying to think positively about all the paper saved!

Sheila Reed



Merry Christmas & Happy New Year



Joy Baker

Licensed Salesperson REAA 2008

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joy.baker@harcourts.co.nz

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"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

Harcourts

SLEEP - or lack of it?

We have more control over our lives than ever before, but control over being able to get to sleep eludes us. Nearly a third of people are severely sleep deprived, according to a report by the Mental Health Foundation. This has many consequences - we perform less well at work, have a less positive outlook, and to top it all, we tend to die sooner.

There are numerous cures for sleeplessness, but I thought the one selected is interesting.

The **'talk to your legs'** approach was deployed during the Second World War to help fighter pilots sleep. This was devised by Bud Winter, a running coach, which allowed pilots to fall asleep, day or night, in under two minutes. After 6 weeks of practice 96 per cent of pilots could fall asleep in this time, no matter if they had drunk coffee, were sitting upright, or if there was the noise of gunfire in the background.

You start by closing your eyes and breathing slowly and deeply, relaxing all of your face - feeling your cheeks, jaw, mouth and tongue relax. Let your eyes fall deep into their sockets and let your eye sockets go limp. Then drop your shoulders and the back of your neck, while continuing to breathe in and out deeply. If you are right handed, focus on relaxing your right bicep, then forearm. Let your hand fall like a dead weight against your leg. Then talk to your legs and tell your right thigh muscle to sink as though it's very heavy, and do the same for the right calf muscle. Then your ankle and foot. Repeat with your left leg. Clear your mind for ten seconds by holding a static image - lying on a comfy couch in a pitch-black room, perhaps. If this doesn't work, say: 'Don't think...don't think...don't think' for ten seconds.

It's worth a try?

Ann Dalziel
Community Support and Outreach Coordinator



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




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FREE about funerals booklet.

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Lower Hutt Ph: (04) 570 0111	
Kapiti Coast Ph: (04) 298 4888	

www.harbourcityfunerals.co.nz

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In years gone by the name E Morris Jnr holds a very historical association with funerals in the Wellington area. Today as "E Morris Jnr Simplicity Funerals", we combine our history of caring professionalism with considerations towards affordability.

Manager Andy Ellis, a fully qualified FDANZ-associated funeral director says "These days there are inevitably costs to consider. There's no question funerals have become more expensive with rising costs in cemetery and cremation fees, so we have four pricing plans available to suit people's individual needs".

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

www.simplicity.co.nz

E Morris Jnr

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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

Editorial supplied by E Morris Jnr Simplicity Funerals

Smoke Alarms - install long life photoelectric alarms for a safe night's sleep



I recently had a fire engine call at my house, probably making the neighbouring lace curtains twitch! But no, I wasn't about to burn the house down: two very pleasant, very young (!) fire officers had called at my request to inspect my smoke alarms and install new long life ones.

They looked at the alarms I currently had, throwing one away as it wasn't working and approving one that could stay in place.

They then installed two new long life alarms in the bedrooms, mine and the one the grandchildren use when they come to stay. They look like very discreet bumps on the ceiling, carefully and correctly positioned to be at their most effective in the event of a fire. They have given me a greater sense of security and allow me to sleep better at night.

Your local Fire Station offers this invaluable service. They will inspect smoke alarms and change batteries for you as you should **not** be balancing on ladders to do this. They will install new ones if needed. These can be purchased from the usual outlets to be installed by the fire(wo)men or if they have them in stock, you may be lucky like me and have them installed for free.

The advantage of the long life photoelectric ones is that they are in a sealed unit and do not have to

have the batteries replaced. The box promises a 10 year warranty but Nicki told me they may not actually last that long. However, that's better than the annual beeping in the middle of the night.

And on the subject of things that go beep in the night, Tim told me that if an alarm wakes us in the night, we should ring 111 to have it checked out and have the battery removed by the fire service. We should not put up with it till morning or attempt to get the battery out ourselves. The Fire Service would rather come and check it out in case there is cause for concern than have anything untoward happening. Apparently batteries are more likely to beep at night when they are cold. So remember this next time the beeping starts in the wee small hours - dial 111 for a visit from a young, friendly fireman.

Sheila Reed

Making Connections

This month our Hutt coordinator, Imelda, met with the North Wellington Senior Citizen Club. This club was formed on 23rd September 2018 in Newlands Wellington to promote and provide for cultural, emotional and material welfare of senior citizens of North Wellington. It is registered as an incorporated society and has 25 financial members. The club has monthly meetings and programmes on every fourth Thursday of each month at F.I.A. hall Petone followed by tea. The programmes are quite lively and entertaining and all the members take active part in basic exercises, singing, quizzes, plus many more. The group planned to celebrate most of the festivals, Diwali on 25th October 2018 (which Imelda attended), followed by Christmas and ending the year with a picnic. Vijendra (president) is optimistic that next year they will have more challenging activities and programmes - Making ageing a reality!

To make contact with the group phone Vijendra Mishra (04) 478 7200 or 027 279 3032.

**Don't limit your challenges.
Challenge your limits.**

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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.

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

Editorial supplied by Courtenay Hearing Centre

DEAR JOHN...

**Dear John...**

My father, who is in his late eighties, has recently been assessed as eligible for a shower three times a week and to have his elastic stocking put on every day at 9am and taken off at 4.30pm. Apparently the stocking needs to be on 8 hours a day to be effective.

We are very grateful for this assistance but I often have my father on the phone to say that the support worker hasn't been to do his shower or that his stocking wasn't put on until midday.

I then phone the agency who provide this help but they don't always return my calls.

What do you think I should do? He gets very upset if he's in his pyjamas all day and gets annoyed with me for not sorting it out for him.

Dear Chris,

Unfortunately we take a lot of calls in the office here about this very concern. But the good news is that we have often been able to get people's care packages sorted satisfactorily.

If your father gives permission for us to contact the agency on his behalf, we can email the Client Resolution Manager of the agency and give the details of what has been happening. She can then look on her files to see and contact the right person in the agency to sort out what the support workers should be doing.

We've done this many times now and prompt action usually seems to follow our emails.

We shall look forward to hearing from you!

Protect your online self

Recently Sheila Reed, our Accredited Visiting Service and Outreach Coordinator, did a presentation, on 'Keeping Your Money Safe' in association with the ASB bank at the Stadium in Kilbirnie. Below are some important and relevant points to help keep yourself safe.

**"Protect your online self"**

CERT NZ is a government enabled organisation and they receive cyber security incident reports from all over New Zealand. They advise everyday New Zealanders and organisations on how best to avoid and manage cyber security threats. They have some great advice on how you can protect your online self.

Think of securing your online self like you'd secure your home. You wouldn't lock the front and back door of your house, then go out and leave the bathroom window wide open - anyone could get inside. It's the same online.

Here are four easy ways to help keep you safe online:

1. Use unique passwords

Create unique passwords for your online accounts. That way if an attacker gets hold of one of your passwords, they can't get access to all of your other accounts. This is one of the most effective ways you can secure your online self.

If you need some help remembering your passwords, write them down and keep them somewhere safe, like in a notebook that you keep separately from your computer.

2. Turn on two-factor authentication (2FA).

Make your online accounts more secure with 2FA. It's often a password, and something else, like a code.

This is a simple way to add an extra layer of security to your online accounts and means that even if someone discovers your password, they still can't get into your account

3. Update your apps

When you're alerted to an update for one of your apps on your smart phone or device, don't ignore it - install it as soon as possible. Updates aren't just about adding new features. They're also about fixing vulnerabilities that attackers can use to gain access to your information.

4. Check your privacy

Set your privacy settings so you know exactly who can see what you post on social media. It's important to check your online privacy settings and be aware of how much of your online self you're sharing, and with whom.

To report a cyber security incident or find out more information, visit www.cert.govt.nz

**Are you living with atrial fibrillation? You are not alone**

The Heart Foundation is hosting a FREE session on how to live well with atrial fibrillation (AF).

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.

Tuesday 19 February, 5.30pm-7.00pm
Meeting Room 1, Te Rauparaha Arena, Porirua
Please register at afheart.eventbrite.co.nz or by contacting Annette on **04 472 2780** or email annettes@heartfoundation.org.nz

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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.

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

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New faces at the helm of Tawa's Longview Home

The residents and staff of Tawa's Longview Home have welcomed two new managers to the helm.

Longstanding Tawa local Sue Daken has taken on the role of Home Manager, bringing strong managerial experience in the aged care, social service and public sectors.

Sue is excited by the opportunity to make a positive difference in the lives of local elders.

"I actually lived on Sunrise Boulevard almost right opposite Longview Home for a number of years, walking through the grounds on the weekends, so I feel really a sense of responsibility to the residents and their home," she says.

"Family is really important to me and I'm keen for families to feel involved and included, and to help residents to stay engaged with the Tawa community.

"I would like Longview to be somewhere residents feel valued, heard and respected...and, of course, comfortable."

The second exciting appointment recently is Clinical Nurse Manager Prescila Serrano who brings more than three decades of experience in the health sector.

The veteran nurse says her varied career has taught her the value of focusing on elders' strengths and the wellbeing goals which matter most to them.

"Each resident is special and unique, there's no one catch-all formula for offering great care," she explains.

"I see my job as helping residents in their quest to live their best life, and that means listening to them, finding out what they want out of life, and working with them together with the rest of the staff to see how we can help them achieve that in a holistic way."

The dynamic pair is looking forward to getting to know Longview Home's residents and families, along with the home's dedicated staff, over the coming months.

Enliven's Longview Home on Sunrise Boulevard, Tawa offers rest home, hospital, respite and health recovery care. Brand new boutique retirement apartments are also being built on site. To learn more, visit www.enlivencentral.org.nz or call 04 232 6842.



Editorial supplied by Presbyterian Support Central

The secret is out about CST



Rosaleen Macbrayne is on the left and Dianne Sanders on the right.

When imagining a course for people with dementia, you may picture a rather sombre activity, with people sitting quietly and perhaps a box of tissues nearby. However, the exact opposite proved true in Dementia Wellington's recent Cognitive Stimulation Therapy (CST) course. In fact, any tissues would have been used to wipe away tears of laughter!

CST is an evidence-based treatment for people with mild to moderate dementia, and involves sessions of themed activities twice a week for seven weeks. The benefits arise from the mental stimulation of the activities and the social interaction of the group.

As Dianne Sanders said, "It's not about you getting better - because that's not going to happen - but you can find other ways to still be able to use the things in your mind. And you'll meet other people in the same situation, you'll make friends, you won't have to hide at home."

Another participant, Rosaleen Macbrayne, agreed, "I was surprised how quickly we all bonded really. We all came along being a bit unsure, we had no idea what to expect, and it was quite soon that we were close and sharing, it was amazing. That's been a huge benefit. And the laughing! The laughing sets me up until the next meeting, it's very healing in a way."

CST is part of Dementia Wellington's Living Well With Dementia programme, which encourages people

affected by dementia to remain active and engaged in their community. Different activities and therapies are available across the region, and range from music to golf to yoga.

As Dianne simply says, "We know that this is helping us, and to be able to put that on paper, to let people know about it, well, hopefully that will help others too."

Contact Dementia Wellington to find out about our next CST course, and you can read more about CST at www.cstnz.com



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 Heights Home

16 Helston Road, Johnsonville.
Phone: 04 478 9051

Longview Home

14 Helston Road, Johnsonville.
Phone: 04 232 6842

Huntleigh Home

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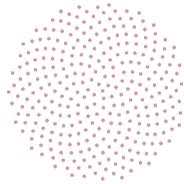
Many people don't ever receive the solution that would best resolve their hearing issues. That's because the hearing clinics that make up the big chains answer to overseas hearing aid companies who only allow them to offer a limited range of aids.

We are Independent Audiologists with no affiliation to or bias towards any particular manufacturer. We listen intently to our patients and then select the hearing aids that are the best for their needs - from the many, many available.

And that's why we have happy customers who not only return to us, but recommend us to others.

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0800 43 27 25 | www.hearingconsultants.co.nz

WELLEIDER WORKS



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

Taking care with medicine

As we get older many of us have increasing prescriptions for medicine. Living with these raise challenges for many clients at WellElder.

In particular it is important to be careful that when we are prescribed something new, or by another Doctor (such as a locum or specialist), that we specifically ask for information about what previous medicine(s) we should keep taking.

It is too easy to accumulate multiple prescriptions for different conditions, and not adjust usage of medicines with changing circumstances. This can lead to unwelcome side effects, and problems such as confusion and increased risk of falls.

This includes over-the-counter medicines and supplements - it is always useful to be clear with Doctors what other things we are regularly taking.

As consumers it is important to be aware of the impacts of medicines we take - obviously they have been prescribed to improve some condition or health concern. If we are concerned that we are not achieving the expected result, or experiencing unexpected side effects, it is important to follow up.

As well as going back to the Doctor (or whoever prescribed them), it can be useful to seek advice from a pharmacist. Also, remember we can always seek another opinion from another Doctor if we want to get another perspective.

People can experience different reactions to medicines, do not rely on accounts from friends or family of what they may have experienced.

There have been extraordinary developments in use of pharmaceuticals, and new and different drugs are available all the time. So, if something appears to not work as we expect, there may be new options that were not available when it was first prescribed. For instance, asthma medication is a good example

of this - over the years there have been an increasing range of products available to care for different situations. So sometimes take stock and check out that what we are getting is still the most useful.

Making up multiple medications into easy to use daily packs will help keep clear about what we are taking - and gives us a check about where we are up to at any time. Daily packs can be purchased for us to use ourselves, and most chemists will make up prescriptions into packs for people to use.

In short, it's very important to:

- Check we are clear about what different medication is prescribed for, and its expected result.
- Check what previous medications we should continue to take, or which to stop.
- If we notice side effects, or medicines not having the expected result, seek professional advice.



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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 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.

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- Difficult toe nails or ingrown toenails
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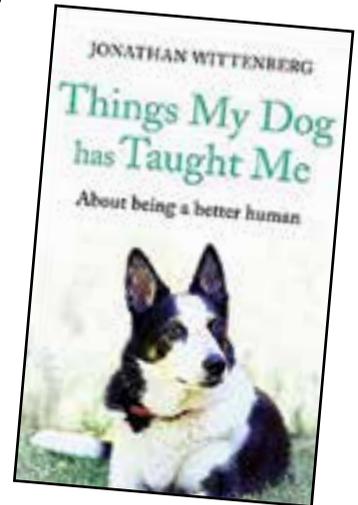
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Things my dog has taught me - About being a better human being

This is a book, decidedly for dog lovers.

It is written by the Senior Rabbi for Masorti Judaism, Jonathan Wittenberg.



It is an amusing book - apparently the Rabbi mentions his dog Mitzpah in every one of his sermons - his congregation regularly check how many minutes into the sermon he is before the dog is mentioned.

There are lots of reasons he mentions Mitzpah - 'faithful' is one of them and dogs expand our capacity for love - they love unconditionally, are patient, abiding, forgiving and do not harbour resentments. Dogs rarely interrupt, never say the wrong thing and have an unimpeachable record on confidentiality. Dogs are often found visiting patients in hospice care.

Wendy Wale, who is chaplain of Wadham College, Oxford says she often leaves students on the sofa with a cup of tea and her dog Jonah - he is the perfect listener and instinctively knew if someone just needed to cry.

Dogs are essentially an antidote to our human and machine obsessed culture. We are often alienated from the natural world and dogs remind us to think differently, it's a reminder we humans urgently need.

Jonathan Wittenberg - Things My Dog has Taught Me is published by Hodder and Stoughton.

Ann Dalziel
Community Support and Outreach Coordinator