



Driving  
Miss Daisy®  
We're There For You



# Daisy Chain

Summer / January 2020

## You've Got a Friend

Companionship is at the heart of the Driving Miss Daisy service. It's the relationship that develops between our Daisy drivers and their clients that makes our business so rewarding.

Now celebrating 10 years of business our clients are evolving with how they use our service, which is a direct result of the companionship that is unique to the Driving Miss Daisy Service.

The business originated to empower the elderly, to give the freedom to live independently by offering a companion driving service that would be reliable, trusted and affordable. We saw how the elderly could still "be in charge" as they went about their daily errands of shopping and being on time for appointments knowing one of our Daisies would always be by their side.

Today people ask what has changed in 10 years. Well, we are now successfully



operating across the country with over 250 fabulous Daisy cars on the road.

We are very grateful to the many who have supported us like ACC, NZTA and numerous Regional Councils who accredited us under their Total Mobility Scheme, which provides half price fares up to certain limits on numerous trips for many of you on our service.

However, the biggest change we are seeing are the Daisy Experiences.

Every aging expert especially those involved with dementia agrees that maintaining our social networks helps maintain not only our physical health but helps reduce the risk of depression.

Daisy Experiences offer endless possibilities. From trips to revisit places we once knew so well, to a drive in the country to see the Spring lambs, to getting friends together for an event or simply just getting out and about, it's all good for you!

Contact Driving Miss Daisy Pakuranga to find out how we can help you stay social and independent.

Call us today on 09 537 1452



# Beat the Heat this Summer

As we age, our bodies can't adjust to high temperatures in the way that younger ones can. Are you prepared for a hot New Zealand summer?

It's important to stay hydrated. Don't wait until you feel thirsty; drink plenty of cool water throughout the day and avoid alcohol and caffeine. Eat light, cold meals like chicken or salad instead of heavy, hot dishes.

Wear layers of lightweight clothing in light colored cotton so it's easy to adjust to the temperature throughout the day by removing or adding. You can also keep your house cool by closing doors, drapes and blinds during the hottest part of the day.



Water offers many solutions. Place a damp washcloth on the back of your neck with a pan of cool water close by to periodically re-cool the towel. Or rest your feet in a pan of cool (but not too cold) water.

Of course, you can also take a cool shower or bath but for maximum cooling, keep the water just below body temperature.

Have a great summer!

## Be aware of the signs...

It's important to recognise signs of distress which can lead to hypothermia.

If you notice any of these signs from you or a friend, seek medical help immediately.

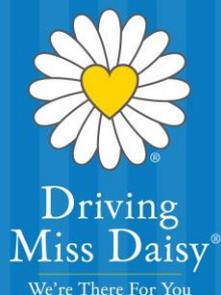
- Moody behaviour
- Dry skin with no sweat
- Nausea or vomiting
- Headaches
- Fainting
- Trouble breathing



## Don't forget...

Driving Miss Daisy is not just for the elderly, so spread the word about our services:

- Assisting anyone needing transport with a wheelchair or walker.
- Ensuring children safely get to their appointments and activities when parents can't.
- Providing company and support for getting through life's daily tasks.



Driving Miss Daisy Pakuranga  
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