

AUTUMN 2018 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concerns in Hawkes Bay

Serving the needs of older people



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

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Address: Age Concern Centre, 8 Lahore Street, Wairoa 4108

Postal Address: PO Box 210, Wairoa 4160

Office Hours: 8.30am - 12.30pm Monday to Friday

AGE CONCERN CENTRAL HAWKES BAY

Phone: (06) 858 9158

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Address: 3 Porangahau Road, Waipukurau 4200

Office Hours: 9.00am - 3.00pm Tuesday to Friday

AGE CONCERN HASTINGS

Phone: (06) 870 9060

Email: ageconhast@xtra.co.nz

Address: 415 Heretaunga Street East, Hastings 4122

Postal Address: PO Box 185, Hastings 4156

Office Hours: 9.00am - 3.00pm Monday to Friday

See pages 10 - 11 for more information about each Age Concern.

Age Concern is a not for profit, non-government, community based organisation which has been operating in the Hawkes Bay area since 1965.

Our mission is to provide quality supportive services that meet the needs of older people, and their whanau/families. We serve the needs of older residents by promoting older people's rights and well-being through the provision of quality support, information and advocacy services which can assist and empower older people to live a quality life of their choosing.

We provide services that are accessible, affordable, relevant and responsive to community need. Our work focus has four key areas: critical services, supportive services to help maintain independent living, health promotion, and the provision of social activities to provide connection and reduce social isolation.

- Provision of Information
- Support and Advocacy
- Home Visit Assessments and Referrals
- HBRC Total Mobility Assessments
- Accredited Visiting Service
- Health Promotion and Exercise Programmes
- Fun Social Activities
- Volunteering Opportunities

Age Concerns work, based on the values of dignity, well-being, equality and respect, focuses on supporting older people so they are able to remain happy, healthy, involved and safe within their community.



For all your Complete Denture Systems including:
**Implant Overdentures, Advanced 3D
 Partial Dentures, Immediate Dentures**

Phone John today on 834 4329
 10 Porter Drive, Havelock North Village
www.totaldentures.co.nz

Social Interaction can keep you healthy!

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

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

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

Here are a few ideas to keep your connections strong:

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

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

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

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 anywhere:

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

Total Mobility card accepted and an ACC approved provider.

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

Havelock North Ph: (06) 877 8476
 Hastings Ph: (06) 878 5029
 Taradale/Napier Ph: (06) 844 0620



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

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

Elder Abuse

Older people are a valuable part of our society and should be treated with dignity and respect - yet every year, thousands of older New Zealanders are being abused in many cases by family members. It's our collective responsibility as a community to ensure that older people are always respected, never abused.



What is elder abuse and neglect?

Elder Abuse and Neglect is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.

How you can help to prevent Elder Abuse

- Love and cherish your older relatives/whānau
- Speak respectfully to older people/kaumātua
- Include older people/kaumātua in your social activities
- Phone or visit your older relatives/whanau
- Support older people/kaumātua to spend their money how they wish
- Encourage and support older people/kaumātua to make their own decisions
- Honour older people's/kaumātua's wisdom
- Enable older people/kaumātua to set their own pace
- Respect older people's/kaumātua's stories
- Seek advice from an Elder Abuse and Neglect Prevention Service when you think an older person/kaumātua is being abused or neglected

About Elder Abuse

- Each year, Age Concern's Elder Abuse and Neglect Prevention services receive more than 2,100 referrals for older people who may be facing elder abuse or neglect. That's eight referrals every working day.
- We all need to take a more active role in supporting the well-being of older people - and to treat them with respect.
- Commonly, there are several types of elder abuse that may occur, such as; financial, psychological, physical, and neglect.
- Startling research from the referrals Age Concern receives shows that more than three quarters of

elder abuse occurs at the hands of people's own family members.

- There is a fear with older people that if they speak-out they will lose the only social support network they have, especially if the abuser is a relative - yet our services can work with the older people to retain that relationship if that's what they want.

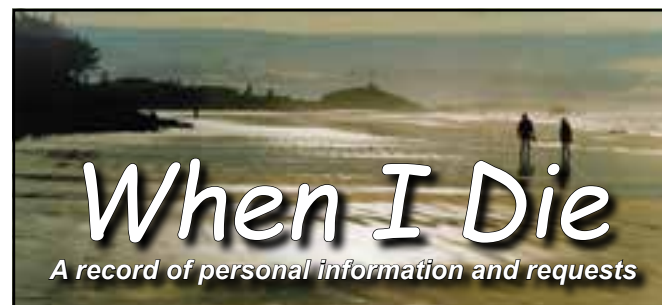
For confidential information and help in Hawke's Bay phone (06) 870 9060 and speak to Lucy or Mary Ellen, Wairoa (06) 838 3256 and speak to Carol or phone 0800 EA NOT OK (0800 32 668 65).

'When I Die'

Have you thought about what your family may need to know about you when you die? Would you prefer to be buried or cremated? What funeral format would you choose? Do you have a Will? Who do you bank with? What insurances, memberships etc do you have? Have you recorded the contact details of your family, friends, professionals and organisations somewhere and told someone where this information is kept?

'When I Die' is a booklet in which you can record your personal information and requests, to help your family, executor or lawyer with the administration of your estate when you die.

For more information, or to order, contact Kathryn Perks in Hawke's Bay on 021 255 8839 or email: whenidie.info@gmail.com



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For more information, or to order, contact Kathryn Perks in Hawke's Bay on 021 255 8839 or email: whenidie.info@gmail.com

www.whenidie.jimdo.com

Editorial supplied by Kathryn Perks



Ryman Peace of Mind

Not all retirement villages are the same...



Deferred management fee is capped at 20%

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



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

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



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

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



For more information about the Ryman difference or for your free guide to living in a Ryman village phone Shona on 06 835 3018

145 Battery Road, Ahuriri

PRINCESS ALEXANDRA
RETIREMENT VILLAGE



*Terms and conditions apply

Combating loneliness and social isolation

As Human beings we've evolved to be social as a way to survive, so being lonely and isolated causes stress. Over a long period of time this can have harmful psychological effects which can lead to a downward spiral of loneliness and reduced wellbeing. Older people experience loneliness and social isolation for a range of reasons. The majority of older people are not severely lonely, but current research indicates that about half of older New Zealanders experience some level of loneliness, and 8-9% feel lonely all or most of the time. This is important, not just because loneliness is painful, but because having inadequate social relationships has been shown to be as bad for health as smoking. Loneliness has also been linked to increased likelihood of entering rest home care.

The good news is that there is growing information on effective interventions to reduce loneliness and social isolation, and greater understanding of how

people can build resilience to prevent loneliness, or help themselves if they find that their social networks are not meeting their needs.

Social Connection through Napier Age Concern

Age Concern Napier offers a variety of different options for developing social connections in Napier and Hawkes Bay. We also link closely with other agencies to and can provide information or referrals for older people who need other types of support.

Activities and Programmes

Age Concern Napier offer a wide variety of opportunities for older people to meet, gather and connect socially while enjoying shared interests. Activities include: Bring Your Own Craft, Games Afternoon, Maraenui Kai and Korero Programme, and the monthly Garden Outing, and Morning Tea. Or you may be interested in connecting through a health and fitness programme such Steady as You Go®, Sit and be Fit, or Tai Chi. Many of our members enjoy connecting socially through Group Shopping Trips, members are collected from their homes in our van and taken on shopping trips to local supermarkets, Taradale shops and library, or to Hastings for a shopping and Luncheon outing.

Another way of connecting is through volunteering; opportunities for people to volunteer include: serving in our Op-Shop, as a van driver, or in offering one to one support through our individualised support services such as transport to hospital or as a visitor through the Accredited Visiting Service.



Accredited Visiting Service

Age Concern Napier has recently taken over the contract for the Age Concern Accredited Visiting Service throughout Hawkes Bay. The Accredited Visiting Service is a befriending service which matches older people who are lonely or socially isolated, with volunteers who are keen to spend time getting to know them. The volunteers are police checked and trained and spend about an hour each week sharing conversation and activities with their older friend. This service offers a safe way for older people to connect in an ongoing one to one relationship. Client-volunteer matches are made carefully on the basis of personality, shared interests, and location.

If you are interested in either attending, participating in any of our services, programmes or activities or would like more information on what we do please contact us at Age Concern Napier on (06) 842 1346.



Did you know...

- A bear has 42 teeth
- Unless food is mixed with saliva you can't taste it
- August has the highest percentage of births
- An ostrich's eye is bigger than its brain
- 8% of people have an extra rib
- 11% of people are left handed
- The average person falls asleep in 7 minutes
- 85% of plant life is found in the ocean
- The 3 most common languages in the world are Mandarin Chinese, Spanish and English
- Dreamt is the only word that ends in mt

Gentle Touch Funerals offers a service that is fitting for you and your family. We believe in the value of a funeral, and take time to listen and create with you a meaningful and beautiful farewell that reflects and honours the person that has passed.

From the first call through to the aftercare, our directors are there to help and guide our family's through all of the processes. We take care of any requests and to help those left behind with exceptional care and support.

Gentle Touch Funeral Services arranges a variety of funeral, including full funeral services for cremation, burial and eco-burial (from 2018 dependent on council consent), private family gatherings, memorial services and simple direct cremations. These services can be conducted at a place of your choice, or at our venue. Our funeral directors are here for you and your loved one 24 hours a day, every day of the year.

www.gentletouch.co.nz



Viv's Companion Driver Service

LOCAL OWNER LOCAL KNOWLEDGE

Viv's Companion Driver Service has been successfully providing transport in CHB for three years.

To continue to meet the needs of the people of CHB we have expanded and now have a second mobility vehicle and are very happy to introduce our new driver Annette Libby. We can help you with short trips or longer journeys.

You can be sure that your needs are met, you arrive at appointments on time and that you are well looked after by either Viv or Annette. We are honest, reliable, efficient, friendly, helpful and very safety conscious.

Viv and Annette are available to safely and reliably drive you.

**TOTAL MOBILITY VOUCHERS ACCEPTED
ACC TRANSPORT PROVIDER**



For bookings, enquiries and no obligation quotes please call Vivienne Dahm on (06) 856 6824 or 027 211 3663

Funerals for a life worth celebrating

At Gentle Touch we know arranging a funeral is a daunting task at a very sad time.

That's why we offer a friendly, personal service, to help guide you through the process with transparency and respect.

Our services include:

- ✦ Full cremation & burial service
- ✦ Affordable options & plans
- ✦ Simple direct cremation
- ✦ Pre-arranged & pre-paid funerals



Call us today 06 876 7942

Heretaunga St West, Stortford Lodge, Hastings

Helping families in Hastings, Havelock Nth & Napier

Steady As You Go[®]

This is a strength, balance and falls prevention programme developed by Margaret Dando, Falls Prevention Coordinator, Age Concern Otago. Since 2003 it has spread from Otago, to many areas of New Zealand. These classes are of great benefit to participants, male and female, with the aim to prevent falls and to improve strength, flexibility, fitness, wellbeing and balance.

Many members have given me some great positive feedback about how much their stability, walking, strength and balance has improved since beginning these classes. As I've visited the various classes, it has been great to see those who were unable to get out of chairs correctly, now doing it so well, along with other personal improvements. It is a delight to see smiling faces light up as they achieve their personal goals. Many have expressed how much easier it is to stand longer, once again the correct way. Some of the member's doctors have seen remarkable improvements in their patients with a couple of people now not using their walking sticks. Many new friendships have developed within these groups, with some going to coffee or lunch after their programme.

At the Hastings Age Concern group there is always a speaker. These speakers have spoken about Health and Lifestyle Choices and have been received well by the group.

If you want a changed lifestyle with more activity and friendships, call Margaret on (06) 870 9060 Ext 3 to find out where our classes are.

Steady As You Go is also being run in Napier – 3 classes per week, contact Napier Age Concern for information.

New classes starting in Otane in April.



Steady As You Go[®] has commenced in Havelock North

**Weekly at the Lusk Centre,
Havelock North, Thursday
10.30am to 11.30am**

**A Strength, Balance and Falls
Prevention Programme**

**Age Concern Napier, in
collaboration with Age Concern
Havelock North and The Lusk
Centre have introduced this
programme.**

**Contact Age Concern Napier on
(06) 842 1346 or email
napier@ageconcernhb.org.nz
for bookings.**

Influenza season on its way - get protected

One in four New Zealander's are affected by influenza every year. It takes up to 2 weeks for the flu vaccine to provide protection. The vaccine is free for over 65's. Contact your health professional now for further information.



Abusing Elders - Scams

You receive a letter or email saying your grandson is stranded and needs funds urgently...

A young woman offers to cook a meal for you and in short order she has a litany of financial issues she desperately needs help with...

An email says you've been closed out of your bank account and will need to re-enter your information...

A lovely young man convinces you to buy a computer tablet as a gift, and the monthly payments are higher than you agreed, and go on longer than expected...

You receive a letter or email that promises you riches if you just pay a small up-front fee...

Scammers are getting craftier, and the more legitimate the scam looks or sounds, the better they work - for the scammer. As long as there are people who are lonely, need of money, or are looking for social connection, scams will be effective. Elders are a perfect target because they may be less wary, have health or cognitive issues, and may wish to help others in times of crisis.

Netsafe announced that in 2017 New Zealanders reported losing over \$10 million dollars in online scams, many of which are perpetrated by sophisticated criminal operations that succeed in making their scam look authentic. Protecting yourself gets more challenging as technology advances on a daily basis. Ultimately this is still worthy advice: If it seems too good to be true, it probably is.

If you suspect you have been scammed, or are considering responding to a request for banking information or passwords, here are a few knowledgeable resources that could help:

- www.netsafe.org.nz or call 0508 NETSAFE
- www.scamwatch.govt.nz Consumer Affairs
- scam@reportspam.co.nz, or forward a TXT scam message to 7726. Department of Internal Affairs
- New Zealand Police
- Age Concern Elder Abuse Response



Providing care and delivering products to your home

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

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

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

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



Miranda Smith Homecare
PROVIDING A CONTINUED QUALITY OF LIFE

Providing quality, tailored home-based care

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

0800 600 026
WWW.MSHOMECARE.CO.NZ

Age Concerns in Hawkes Bay - SUPPORTIVE SERVICES

HAVELOCK NORTH

- In home support and advocacy from our Community Worker
- Home visits and referrals
- Referral to Elder Abuse co-ordinator
- Visiting services
- Health promotion programs
- Fun social activities
- Loan equipment is also available for use
- Total Mobility assessment agents
- Frozen meals are available for purchase
- We have a loan service for wheelchairs and walkers
- Shopping services
- Friday morning tea at St Luke's - 9.30am

FLAXMERE

OUR REGULAR WEEKLY PROGRAMMES:

Arts and Crafts Group

Every Monday morning from 10.00am
\$2.00 donation, tea and coffee provided.

Indoor Bowls

Tuesday afternoon 1.00pm - 3.00pm

Weekly Club Day

Every Wednesday from 9.30am

Get Active and Keep Moving!

Sit and Be Fit Classes with a twist...and whole lot of Fun!
Monday's 9.30am to 10.30am

OUR FORTNIGHTLY AND MONTHLY PROGRAMMES:

Day Trip Thursday

The majority of our day trips happen on a Thursday. Trips are always clearly advertised in newsletters and posted up around the hall.

Shopping Trips

Fortnightly trips into town. You can be picked up from home or meet at Age Concern Flaxmere on Fridays of the Pension pay week. \$5.00 transport.
Please note this is a members only service.

Men's Afternoon Pool

Fortnightly Fridays (pension off week) \$2.00 at the door will cover your pool games and afternoon smoko.

NAPIER

Age Concern Napier have a registered Social Worker working to support older people in the Napier community, offering information, advice and support with a wide range of issues affecting older people. The services include interagency referrals, Total Mobility Scheme assessments, advocacy and case work.

SUPPORTIVE SERVICES:

- Transport for medical/hospital appointments
- Personal support shopping
- Group transport grocery shopping twice weekly
- Group transport shopping trips - monthly
- Group transport trip to Library and Taradale shops - monthly
- Volunteer based house maintenance/handyman/gardening
- Service Provider information

Health Programmes:

- Steady As You Go Strength and Balance exercise
- Sit and be Fit
- Tai Chi

Social Activities:

- Regular activities held

We service Napier City and surrounding districts.

WAIROA

- Support Services, Information, Advice and Personal Advocacy
- Information Resources
- Visiting Services
- Social Activities
- Social Connection Programme Thursdays 10.30am-1pm
- Exercise/Mobility: Holding exercise classes
- Representation: Providing representation and advice on older peoples' issues
- Other services provided: Wairoa Community Transport Service contact number is 838 7775
- MORNING TEA: Join us on the first Tuesday of each month commencing at 10am. Come along early (9.30am) and have a free medical check from the KE nurses, and then stay and take part in...
- **SIT & BE FIT:** Each Tuesday and Thursday Kahungunu Classes commence at 11 am
- Elder Abuse Response Service
- Social Connection Programme Wednesday 9.30am - 1.00pm
- Tai Chi - Thursday 9.30am - 10.30am
- Kai Cupboard
- Swap a book

CENTRAL HAWKES BAY

- In home support from our social worker. Services which include: information, advice and advocacy
- Trips and outings
- Education from Health Promotion Activities Support
- Total Mobility assessments, we are the centre for CCS parking permits in Central Hawkes Bay
- Elder Abuse Response Service
- Steady As You Go Strength and Balance exercise classes
- Clinics - monthly podiatry clinics
- Frozen meals are available
- Rummikub (Fri), Scrabble (Wed) and 500 (Tues)
- Representation - we represent older people on committees with Local Council, Rotary and Lions Clubs
- Life Tubes; A life tube with all your medical information on it sits within your fridge
- Scooter Club
- Fortnightly Housie
- Library - books and Jigsaws
- Digital Seniors Computer Courses and Internet Café

HASTINGS

- Support with completing forms
- Service provider information i.e. gardener, handyman, electrician, plumber etc.
- Resources and local information for a wide range of age related topics and initiatives i.e. Tai Chi, Stroke Support group, RNZFB equipment
- Frozen meals are available for purchase
- Total Mobility scheme application assessments
- Elder Abuse Response Service provided by two Social Workers to all of Hawke's Bay
- Housie Tuesday and Friday
- Scrabble Thursday afternoon
- Scrumptious Lunches monthly
- Rummikub on Thursdays
- Indoor Bowls afternoon on Thursdays
- Foot Care Clinic appointments monthly with Lynette
- Library to borrow books, jigsaw puzzles or videos
- Life Tubes; A life tube with all your medical information on it sits within your fridge
- Sit and Be Fit Thursday morning
- Steady As You Go Strength and Balance exercise classes, Monday at Age Concern and Frimley, Friday at Raureka
- Trips and Outings
- Informative guest speakers Monday morning on health and lifestyle topics
- Wheelchair hire

Enliven services support you to maximise your independence

Enliven Restorative Home Support provides support for older people in their own homes, and is the only service of its kind that offers a whole team to their clients. Support workers can help with practical, everyday tasks around the home, the team also includes a nurse, dietician, physiotherapist, occupational therapist, speech therapist and social worker. **Community Day Programmes** are run from the Enliven Centre on Pakowhai Road. Programmes include morning tea, a nutritious two course lunch, strength and balance class, and afternoon activities. **Senior Chef**, is a free 8-week cooking course for 65+yrs. **Carer Support** meetings are for unpaid carers to have time out, express their feelings and focus on their own wellbeing. Time to talk with others in similar circumstance in a relaxed caring environment with the occasional speaker. **Community Strength and Balance** is an ACC initiative and Enliven is lead agency with the goal to reduce fall rates in Hawkes Bay.



The logo for Enliven features the word "enliven" in a white, lowercase, sans-serif font. Above the letters "i" and "v", there is a stylized white graphic of a bird or a person with arms raised, suggesting movement and vitality.

- Home Support
- Community Day Programmes
- Senior Chef
- Carer Support
- Community Strength and Balance

Call Free: 0800 436 548
(0800 4 ENLIVEN)
Email: enliven@psec.org.nz

Confident Driving Course

These courses are endorsed by NZ Police and NZ Transport Agency and have been well received with full classes and many participants commenting on how much they have learned from it, especially in relation to some of the road rule changes - some of which they were not aware of.

Participants are also commenting on about how much they enjoy the group participation and that it's especially interesting to hear that some people have made the same mistakes on the road as them. Presenting some of this course through Power Point on a large screen, shows some great insights into the road rule changes and the impact of medication can have on driving. We also show DVD's from the NZ Transport Association relating to pedestrian safety, planning ahead and other driving changes. A number of participants have expressed that they've enjoyed the DVD's and power point presentations because they are clear and precise, making it easier to understand and learn from.

NZ Police highly recommended the courses and we have had Inspector Matt Broderick speak. He encourages group participation and has addressed many questions and made it very interesting for the participants.

As people leave the day, they have mentioned how much they have enjoyed the course and learned many new things. Some have said they will be telling their friends, who they think would also benefit from the courses. Many others are saying that they have really enjoyed the lunch we have supplied.

The next courses to be held are:

CONFIDENT DRIVING

When: Wednesday 28 March

Where: Age Concern Hawke's Bay premises, 415 Heretaunga Street East, Hastings

When: Wednesday 4 April

Where: St Peter's Anglican Church Hall, Kenilworth Street, Waipawa

Each of these courses is from 9.30am - 2.30pm. Cost \$10 (includes morning tea and lunch). You will receive a Certificate at the completion of the course.

LIFE WITHOUT A CAR COURSE

This is another new initiative from Age Concern Hawke's Bay. We have had two of these and will be presenting another two in the next couple of months.

This course, also with the use of a power point presentation on a big screen and the showing of some DVD's from the NZ Transport Association is aimed at adjusting to life without a car. Throughout this course some pedestrian rules are shown and discussed along with rules relating to riding a mobility scooter and cycling.

Group participation is encouraged and it has once again been expressed by some participants that it's great being able to discuss various options for transport etc.

Throughout the course some very beneficial insights are given as to how to stay mobile through other modes of transport, so you can continue to do and enjoy the things you were taking part in when you were still able to drive. Rod Gay from Able Mobility comes and speaks to the group about some rules of riding a mobility scooter, the importance of getting the one suitable for you and other matters.

In Hastings we have had Monique from Monique Driving You, speak to the group and in Central Hawke's Bay, Viv Dahm from Viv's Companion Driving Service. A number of people have commented about the number of new options of transport they have learned about from these courses, and that they can see that they can still be mobile once they stop driving, and also the use of using their SuperGold Card.

When: Wednesday 11 April

Where: Age Concern Hawke's Bay premises, 415 Heretaunga Street East, Hastings

When: Wednesday 2 May

Where: St Peter's Anglican Church Hall, Kenilworth Street, Waipawa

Each of these courses is from 9.30 - 12.30pm. Free of charge (a cuppa and biscuit will be provided for morning tea).

To find out more about these courses or to register for the Hastings Courses please phone Margaret on 650 2780 or to register for the CHB Courses please phone Sue on 858 9158.



Please
SUPPORT
OUR ADVERTISERS

FROZEN MEALS NOW AVAILABLE

*Traditional home style cooked meals
Frozen for your convenience*

- Cottage Pie
- Mild Curry Sausages
- Roast Lamb
- Roast Pork
- Beef Casserole
- Old Fashioned Smoked Fish Pie
- Meatballs with tomato sauce
- Lasagne
- Roast Chicken
- Roast Beef
- Mustard Chicken
- Lambs Fry & Bacon

Sizes Available:

Standard: \$6.50ea

Large: \$8.50ea

Local Delivery: \$3.00



AVAILABLE FROM:

AGE CONCERN HAVELOCK NORTH

Address: 41 Middle Road, Havelock North

Phone: (06) 877 6488

Email: info@ageconcernhb.org.nz

Opening Hours

Monday, Wednesday and Thursday 9am - 1pm

Tuesday 9am - 12pm

AGE CONCERN NAPIER

Address: 98 Tardale Road, Onekawa

Phone: (06) 842 1346

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7 tips to reduce your blood pressure

Although this information may not be suitable for everyone, before you take any kind of action please consult your Doctor.

It's important to know what blood pressure actually is, after all, knowledge is power and the more you know the more you can do about it.

What is blood pressure?

Your blood pumps oxygen and nutrients around your body and the force that it pumps causes pressure on the blood vessels and this is blood pressure.

It's measured in two metrics. The top number is systolic and the second is Diastolic. A healthy BP reading is about 120/80.

The systolic number is the highest amount of pressure the heart produces when it beats, and the diastolic is the lowest amount of pressure after it relaxes. Hence the two numbers.

Why is it so dangerous?

Having high blood pressure is dangerous because the pressure on the arteries put a huge amount of stress on them. Imagine a hosepipe bursting at the seams because there is too much pressure pushing the water through. Eventually, something will give way and it's usually the joints that start to leak. So the problem starts when you have high blood pressure for long periods of time, and most people

don't even know until something happens. It's referred to as being a 'silent killer'. That's why it's so important to lead a healthy and active lifestyle.

People with Hypertension are at risk from serious health conditions such as:

Haemorrhagic Strokes - When an artery in the brain ruptures after being weakened by high blood pressure.

Kidney Failure - The kidneys are full of arteries and prolonged stress from high BP can cause them to weaken.

Enlarged Heart - This is because the heart is a muscle and like any muscle, if you cause it to work hard, it will get bigger and stiffen, this inhibits the heart's capacity to pump blood and increases the risk of a heart attack.

Is it permanent?

You can absolutely reduce your blood pressure, but if you have had any health conditions that have arisen as a result then that may be a different story. Even so, reducing it will have positive health benefits.

7 Tips you can do right now to Lower Your Blood Pressure

1. Switch out coffee and caffeine for green tea

The reason for this is that caffeine causes sharp spikes in blood pressure. So if it's high it will go higher. Green Tea has a huge range of health benefits so it's a win-win.

2. Start exercising - This doesn't have to be super strenuous but studies show that regular exercise can reduce BP for up to 22 hours after the session. PEH - Post Exercise Hypotension. If you are new to exercise then getting active on a daily basis should be a priority. A 30-minute walk every day will start to make a positive difference.

Weight Training is also beneficial and I recommend a full body workout twice a week. This workout should concentrate on working the major muscles of the body - Legs, back, chest core.

3. Drink more water - Well hydrated veins and arteries will ease the heart's workload.

4. Avoid Salt - Salt or sodium because when we consume too much salt, our blood gets salty. Our bodies try to dilute this by drawing in more water, this causes the blood volume, which causes the heart to work harder which increases your blood pressure.

It's advised to eat about 2300mg a day or less. A good way to track this is using a food tracker such as myfitnesspal. But by eating less processed foods, and more fruit and veggies you will be on the right track.

5. Eat a variety of vegetables and fruits and foods high in potassium which helps balance out the negative effects of salt.

- Avocado
- Spinach
- Sweet potato
- Wild-caught salmon
- Dried apricots
- Pomegranate
- Coconut water
- White beans
- Banana

6. Eat lean protein - A recent study published in Circulation reported that increasing protein intake may actually help lower systolic blood pressure by more than 2 mmHg. So Chicken breast, fish and lean cuts of unprocessed meat will be a staple. How to do it, simply use your hand as a guide. For every meal, a palm-sized amount of protein should do the trick.

7. Lose weight - Doing all of the things above will help you lose weight, after all cleaning up your diet and adding daily exercise will do so much for your weight loss.

8. Bonus - De-stressing is a huge factor and it can be difficult to do. But try, Exercise is a great de-stressor, but more importantly, do things you enjoy, spend time with people you enjoy spending time with, and don't worry about things you have no control over. Blood pressure can 99% of the time be controlled with lifestyle changes and it's a lot better than taking medication to do it. But don't try and tackle everything in one go, just pick one thing and work at it, make it a habit and then tackle something else.



Retirement village resident rates rebate bill passed

Parliament has given a third reading to the Rates Rebate (Retirement Village Residents) Amendment Bill. The private member's bill, introduced by Labour MP Ruth Dyson on 5 May 2016, will affect rates in a rating year which begins on or after 1 July 2018.

The bill ensures that retirement village residents are recognised as paying rates and are therefore entitled to apply for a rates rebate regardless of the billing practice of the local authority.

The bill has passed in spite of a select committee report in which the majority recommended that the bill not progress because of the complexity of issues identified in the rating process. However, the Labour Party, Green Party and New Zealand First members of the select committee disagreed, stating that there was no complex issue.

The main provision in the new law is a new section 7A in the Rates Rebate Act 1973 which outlines the process and requirements.

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Help to stay warm over winter

The Government has announced a new Winter Energy Payment.

“What’s great is that you don’t need to apply for the payment. Everyone getting NZ Super or the Veteran’s Pension will receive it automatically”.

The Winter Energy payment will be paid with your NZ Super or Veteran’s Pension.

The rate for single people (with no dependants) will be \$20.46 a week, and couples or people with dependants will get \$31.82 a week.

Payments will be made from 1 July to 30 September in 2018, and 1 May to 1 October in 2019.

People who get a Residential Care Subsidy or a Residential Support Subsidy are not eligible for the Winter Energy Payment.

Not everyone will want to receive this payment therefore you can choose to opt out. If your circumstances change you can then choose to opt back in.

The Winter Energy Payment doesn’t affect your eligibility for other support such as the Disability Allowance, Accommodation Supplement, Temporary Additional Support or Childcare Assistance.

If you travel overseas for four weeks or more your Winter Energy Payment will stop. Once you return to New Zealand you can restart payments by contacting Work and Income.

For more information visit www.workandincome.govt.nz and search for Families Package.

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Where it's all about you

Are you considering selling your home, if you are, take the time to think about what it is you want to achieve and how that will impact the next step you are wishing to take.

A good place to start is to find out how much your property is worth in the current market. The Rateable Value of your home is the value the local council use to determine the rates on your property but may not reflect the current market value nor does it take in to account any recent improvements you may have made, especially those that have not required council consent.

Having your property looking its best to get the best price when selling is also a key factor, think carefully about major renovations and tackling the big jobs and whether in fact you will get that money back.

Should you sell in summer if your home doesn’t get much winter sun, should you sell your home first and wait to buy or should you buy and sell at the same time, can we negotiate a long settlement if we haven’t sold, should we Auction the home...

There are certainly many things to consider and think about when bringing your home to the market. Armed with knowledge of the local market and the skills to guide you through the process we can take the hard work away **for you**. We can help you make the decisions that work in the best way **for you**.

Please feel free to call Shannon or Jack at the Bronwyn Kay Office with any questions you may have, we look forward to your call.

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