

WINTER 2018 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concerns in Hawkes Bay

Serving the needs of older people

**WORLD ELDER ABUSE
AWARENESS DAY
JUNE 15 2018**



**Show the world you care
about ending elder abuse
and neglect by wearing
something purple on
June 15th 2018.**

Contact Information

AGE CONCERN HAVELOCK NORTH

Phone: (06) 877 6488
 Email: info@ageconcernhb.org.nz
 Address: 41 Middle Road, Havelock North 4130
 Postal Address: PO Box 8733, Havelock North 4157
 Office Hours: 9.00am - 1.00pm Monday to Thursday or by appointment

AGE CONCERN FLAXMERE

Phone: (06) 879 7003 Fax: (06) 879 7023
 Email: flaxmere@ageconcernhb.org.nz
 Address: 38 Bristol Crescent, Flaxmere, Hastings 4120
 Office Hours: 9.00am - 3.00pm Monday to Friday

AGE CONCERN NAPIER

Phone: (06) 842 1346
 Email: napier@ageconcernhb.org.nz
 Address: 98 Taradale Road, Onekawa, Napier 4110
 Postal Address: PO Box 4027, Marewa, Napier 4143
 Office Hours: 8.30am - 3.00pm Monday to Friday

AGE CONCERN WAIROA

Phone: (06) 838 3307 Fax: (06) 838 3309
 Email: acwai@xtra.co.nz
 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
 Email: agecon.rail@xtra.co.nz
 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.

A Royal Morning Tea



Pearls and Tiaras was the dress code for Age Concern Napier's Queens Birthday morning tea and our members didn't disappoint. Tiaras sparkled around the room as we enjoyed musical entertainment from the amazing Joan Shaw. Three tiered plates of home baking, savouries and cucumber sandwiches set the standard for a morning enjoyed by 50 members and invited guests.



At the heart of everything Age Concern does is a passion to see older people experience wellbeing, respect, dignity, and to be included and valued.

PLEASE SUPPORT OUR ADVERTISERS

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

Navigate this winter with ease!

During the winter months the cold weather and shorter daylight hours can make life challenging for everyone, but that's no excuse to hibernate!

Whilst it's a nice thought to be snuggled up inside, with the fire or heating on, sipping on hot drinks, the reality is that winter can often be a jolly nuisance. There are a few things that can be done to help make the winter months more enjoyable:

Be extra careful to prevent falls - Wet, frosty conditions can make it easy to slip and fall causing injuries such as hip and wrist fractures, head trauma and lacerations. Make sure your shoes have good traction with non-slip soles, replace worn cane tips to make walking easier and install handrails up steps.

Wrap up warm in appropriate clothing - With such a large variety of clothing available these days there's no need to be cold, either when you're inside or when you're out and about.

Prepare for electricity outages - Ensure you have supplies on hand in case of an electricity cut. This includes a radio with batteries, canned foods, bottled water and extra blankets. Driving Miss Daisy can help you prepare for this.

Eat well - In winter we need to nourish our bodies with warming, nutrient-rich foods to help boost our immune systems. Think delicious soups and broths, citrus fruits full of Vitamin C and hearty casseroles. You may consider the option of purchasing nutritious prepared meals and soups that are available these days.

Maintain contact with friends and family - Driving Miss Daisy can help drive you to social engagements or appointments. Our vehicles are all maintained to a very high standard, they are warm and clean, to drive you safely in almost any weather, and our amazing drivers will ensure you're delivered safely from door to door.

Driving Miss Daisy can help you stay comfortable and safe, so you will not just survive but thrive this winter! 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.

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 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



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.

Live Stronger for Longer?

The Live Stronger for Longer brand represents the collaborative effort between HBDHB, MoH, ACC, Enliven, community exercise providers, carers and health professionals to reduce the number and severity of falls in our region through Community Strength and Balance classes. The objective of the programme is to increase the number and availability of approved classes which provide opportunities for older adults to improve their strength and balance therefore, maintain their independence.

Do I need to attend a Strength and Balance class?

- ✓ **Have you slipped, tripped or fallen in the last year?**
- ✓ **Do you have to use your hands to get out of a chair?**
- ✓ **Are there some activities you've stopped doing because you are afraid you might lose your balance or fall?**

If you have answered yes to any of the above questions? Time to find a Strength and Balance class.

Contact Enliven and they will assist you to find a class.

Editorial supplied by Enliven



10 TIPS to promote respect and prevent abuse

1. Love and cherish your older relatives/whānau.
2. Speak respectfully to older people/kaumātua.
3. Include older people/kaumātua in your social activities.
4. Phone or visit your older relatives/whānau.
5. Support older people/kaumātua to spend their money how they wish.
6. Encourage and support older people/kaumātua to make their own decisions.
7. Honour older people's/kaumātua's wisdom.
8. Enable older people/kaumātua to set their own pace.
9. Respect older people's/kaumātua's stories.
10. Seek advice from an Elder Abuse Response Service when you think an older person/kaumātua is being abused or neglected.



Always respected, never abused.



Putting a face to Elder Abuse

It could be your elderly neighbour suffering her daughter's financial and verbal abuse, too ashamed to reveal the problem. Or the elderly man who inexplicably allows young people into his home, and you notice them taking the man's tv to their car. Or the woman whose moko visit at all hours to bully her for money to feed their drug habit.

In the year from July 2015 to June 2016, Age Concern Elder Abuse and Neglect Prevention Services intervened in 1698 cases where elder abuse was identified. Increasing public awareness is the key to protecting vulnerable elders in the community. Your noticing the elders around you for signs of possible abuse and referring the person when you are suspicious will help Age Concern Hawkes Bay's Elder Abuse Response social workers to identify abuse situations. Making that referral can be anonymous.

Of the cases investigated, more than three quarters of alleged abusers are family members, half of them adult children or grandchildren. Although the abusers are just as likely to be male as female, 67% of the abused are female, and 40% of the abused live alone, while 38% live with the victim.

What you can do: when you suspect an elder may be in an abusive situation, call Age Concern in Hastings on (06) 870 9060 to talk to one of the Elder Abuse Response social workers. It is someone's mum or auntie or granddad you will be protecting.



Falls are not part of the ageing process.

Join a Strength and Balance group to remain

STRONG & STEADY

Find out about classes by phoning

0800 436 548

livestronger.org.nz

ELDER ABUSE IT'S NOT OK SPEAK OUT

0800 EA NOT OK

0800 32 668 65

FOR OUR FREE AND CONFIDENTIAL HELPLINE

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.

hawkesbay@careoncall.co.nz

0800 744 753

www.careoncall.co.nz

Winter energy payment to help older people

The Government is introducing a new winter energy payment to help older people and people on a benefit stay warm and healthy through winter.

You don't need to apply to receive the payment. It will be paid automatically to everyone getting NZ Super, Veteran's Pension, Jobseeker Support, Sole Parent Support, Supported Living Payment or a Youth Service Payment. People can choose to opt out of getting it.

This year, the Winter Energy Payment will begin from 1 July to 30 September and from 2019 for five months from 1 May to 30 September.

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

The Winter Energy Payment won't affect other payments such as Disability Allowance, Accommodation Supplement, Temporary Additional Support or Childcare Assistance.

If people are overseas for longer than four weeks, their Winter Energy Payment will stop while they're out of the country. People who are getting Residential Care Subsidy or Residential Support Subsidy won't be eligible for the Winter Energy Payment.

Free shingles vaccine for Kiwi pensioners



From April 1, 2018, the shingles vaccine Zostavax will be freely available for 65-year-olds. A catch-up programme for people aged 66 - 80 will run until March 2020.

Shingles is a painful and debilitating infection that affects one in three New Zealanders. It's caused by the same virus as chickenpox (varicella-zoster), meaning anyone who has had chickenpox risks developing shingles, but older people are at most risk.

PHARMAC operations director Sara Fitt says the free vaccine will make a big difference to people in their 60s and older.

"Shingles can occur in people at any age, but older people are the most affected, and complications can be more serious and require admission to hospital," says Ms Fitt.

"While most cases of shingles can be managed at home, these attacks can sometimes lead to other serious health complications. Some people may continue to experience pain for months or years after an initial shingles attack."

Ms Fitt says the vaccine will provide "many flow-on benefits to family and whanau."

Zostavax will be available from general practices from April. Those eligible can also receive their free influenza vaccines at the same time, if they wish.

SeniorNet Hawkes Bay

SeniorNet Hawkes Bay was established in 1996 with a mandate to provide older adults with the knowledge necessary to understand and use new technology. Our aim is to give our students the tools and confidence to help you share your life lessons, knowledge and wisdom with the younger generations. At the same time we are able to develop your skills in all areas of Social Media, which enables you to communicate and maintain contact with your family and friends.

We are an incorporated, non-profit organisation comprised entirely of volunteers who have an interest in sharing our knowledge with those over 50 years of age. We are supported in these endeavours by a number of younger IT Specialists, also on a voluntary basis. This additional support enables us to keep abreast of new developments and to pass this knowledge on to our students.

We provide an extensive range of classes, workshops, subject-specific group sessions and one-to-one tutoring, on a regular basis. Whether you just want to write an email, manage a photo or add a new friend to your Contact List, we are able to help. Registration is only \$20.00 per year, and...

- **Classes and Workshops are \$5.00 per hour to a maximum cost of \$40.00 for a complete course.**
- **Subject-specific group sessions are \$3.00 for two hours.**
- **1to1 Tutoring is \$10.00 per hour.**

If you qualify, 1to1 Tutoring can be carried out in your home.

Why not visit our website at www.seniornethb.org.nz or call us on (06) 877 2157, to find out who we are and to discover the many different ways we can help.

Editorial supplied by SeniorNet Hawkes Bay

**Are you are looking for some help to learn new computer skills?
Do you want to find out how to use your Tablet or Smartphone?
Do you need to catch up to your kids and learn how to use Social Media?**

SeniorNet Hawkes Bay has a goal to provide older adults with knowledge to help understand and use new technology.

We can help, whatever the need.



Hawkes Bay
SeniorNet
Learning technology together.



**To find out more go to www.seniornethb.org.nz
or phone (06) 877 2157**



PROFESSIONAL HOME AND COMMUNITY CARE PLUS AGENCY SUPPORT

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Hawke's Bay involved in exploring new medications...

P3 Research has been offering involvement in clinical trials to the Hawke's Bay region for three years. It is located at the Village Health Centre in Havelock North and became the third branch of P3 Research, which first opened in Wellington in 2001. Both its Wellington and Tauranga branches have well established reputations internationally and locally for the quality, safety and reliability of their work.

Most people who volunteer for clinical trials do so in order to contribute to improving treatments for the future. By so doing, they generally benefit themselves through the additional attention they and P3 give to their condition, and through the access they obtain to new and potentially better medications. Many volunteers choose to return again and again to participate in upcoming trials. We get to know them well, and they enjoy their participation and interaction with us.

Call us to become involved.



VOLUNTEERS WANTED

P3 Research is an Independent Clinical Research centre based in Havelock North. We specialise in running clinical trials and need volunteers to take part in current studies looking at new treatments for...

- Bronchiectasis
- COPD (smokers lung)
- Hepatitis B
- Type 2 Diabetes
- Type 2 Diabetes with heart or kidney problems

If you have one of these medical conditions and would like to find out more, please phone 0800 141 559 or HBTrials@p3research.co.nz

Editorial supplied by P3 Research

National Volunteer Week

With National Volunteer Week being celebrated on the 17th to 23rd June, Age Concern Napier were thrilled to have one of their longest serving volunteers, Alan Hjorring, awarded the monthly Age Concern New Zealand Dignity Champion Award. Alan has been a volunteer for Age Concern Napier since 2001, driving the van, assisting at activities and 'just being there' whenever assistance is needed. Alan has touched the lives of many of our past and present members and on their behalf we would like to say thank you Alan - you are a superstar.

A presentation was made to Alan at our monthly morning tea, he received a Dignity Champions Certificate, letter of congratulations from Age Concern New Zealand CEO, Stephanie Clare and a box of frozen meals from the sponsor, Tomorrows Meals.

While we honoured Alan for his long service to Age Concern, we also would like to acknowledge and thank our many volunteers who assist in so many ways. We would not be able to offer our services without volunteers generously giving their time and skills. They are truly the backbone of our organisation.



Volunteering Opportunities

We have many areas of volunteering that support older people living independently in the community:

- Van transport for twice weekly supermarket shopping, monthly general shopping trips and library.
- Van transport for attendance at all Age Concern Napier social activities, exercise classes and falls prevention programmes.
- One on One transport and support for medical and hospital appointments.
- One on One transport and support for supermarket shopping.
- Handyman available for all those odd jobs around the house and light garden maintenance.
- Assisting with activities and office.
- Op Shop assistance and fundraising activities.



“

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in”

”

Accredited Visiting Service

The Age Concern Accredited Visiting Service (AVS) is a befriending service that 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 an hour each week sharing conversation and activities with their older friend. Some visits take place in the client's home, and some involve going out together. Matches are made carefully, on the basis of personality, shared interests, cultural needs, and location, and are regularly reviewed.

AVS Clients are often older, with issues like reduced mobility, sensory losses, bereavement, depression or lack of social confidence. We offer a safe way for them to reconnect.

Age Concern Napier provide this service throughout the Hawkes Bay region, including Central Hawkes Bay.

If you would be interested in becoming a volunteer for the AVS service or any other volunteering role, contact Age Concern Napier telephone (06) 842 1346 or email: napier@ageconcernhb.org.nz



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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
- 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 inter-agency 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

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

Email: napier@ageconcernhb.org.nz

Opening Hours

Monday to Friday 8.30am - 3pm

AGE CONCERN HASTINGS

Address: 415 Heretaunga Street East, Hastings

Phone: (06) 870 9060

Email: ageconhast@xtra.co.nz

Opening Hours

Monday to Friday 9am - 3pm

AGE CONCERN CENTRAL HAWKES BAY

Address: 3 Porangahau Road, Waipukurau

Phone: (06) 858 9158

Email: agecon.rail@xtra.co.nz

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.



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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

Editorial supplied by Miranda Smith Homecare

Kitchen CORNER



Roasted Brussels Sprouts

Ingredients

- 400-500 grams Brussels Sprouts
- ½ cup virgin olive oil
- 6 cloves garlic, crushed, peeled and sliced
- ½ cup coarsely grated fresh Parmesan
- ¼ cup toasted pinenuts
- Drizzle balsamic vinegar (optional)

Method

1. Preheat the oven to 200°C. Pour the olive oil into a large ovenproof dish and place into the oven to preheat.
2. Cut a cross in the base of each Brussels sprout and peel away any tough outer leaves. Blanch quickly in boiling salted water for 1 minute and then drain well. Transfer to the hot oil with the garlic.
3. Bake in the preheated oven for 20 minutes until lightly roasted and tender. Season well with salt and transfer to a serving plate. Garnish with the parmesan, pinenuts and a drizzle of balsamic vinegar, if using.

Blanching the Brussels sprouts quickly before roasting will remove some of the 'cabbage-notes' from the vegetable.



Steady As You Go[®]

A Strength, Balance and Falls Prevention Programme

- Falls are the most common cause of injury in older people
- Falls can lead to a significant loss of mobility and quality of life
- One third of people over the age of 65 fall each year
- Half of people over 80 fall each year
- Falls in older people are almost always associated with weakened leg muscles and poor balance
- Falls are not a natural part of ageing
- Falls ARE preventable!
- Joining a SAYGo class and improving your strength and balance can reduce falls & injuries

SAYGo improves:

- Balance and leg strength
- Flexibility
- General fitness and wellbeing
- And is a great way to meet new people

Three simple tests carried out in the first week and at 10 weeks check improved strength and balance.

Please Join Us!

ENQUIRIES & BOOKINGS

AGE CONCERN HASTINGS & CENTRAL HAWKES BAY
Phone Margaret: (06) 870 9060 ext 3

AGE CONCERN NAPIER & HAVELOCK NORTH
Phone: (06) 842 1346



Do You Have A LIFE TUBE?

The Life Tube is a small plastic container which, once completed, will contain information about you, your next of kin, who has your Enduring Power of Attorney, who your doctor is, your medical conditions and your medication. It is kept in the refrigerator and a red sticker is placed on the fridge door which in the event of an emergency alerts police, ambulance, fire service or even a friend or neighbour that crucial medical information is located inside.

You can purchase your Life Tube from one of your Age Concern associations. Contact details on Page 2 of this newsletter.



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-BETH SHAN- FUNERALS

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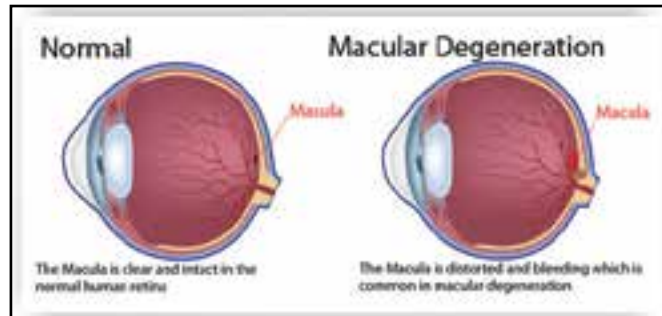
157 Georges Drive, Napier
Ph: (06) 835 9925

Cnr Maraekakaho & Orchard Roads, Hastings
Ph: (06) 870 3399

staff@beth-shan.co.nz | www.beth-shan.co.nz

Glaucoma vs Macular Degeneration

Macular degeneration and glaucoma are very different but the similarities are; they get common with increasing age and secondly both are capable of causing blindness.



Macular Degeneration

The macula refers to the central area of the retina that is specialised for seeing fine details. It is 6mm in diameter and lines up with the direction of gaze, i.e. it lies on the visual axis. The eye chart with its letters of decreasing size tests how well the macula is working. With increasing age the macula can wear out and the centre of the retina develops irregularities or blemishes. This is early evidence of macular degeneration. In the early stages these are visible to the doctor but usually don't affect the vision at all. As macular degeneration worsens the vision becomes affected. This is experienced as difficulty with reading or distortion of straight lines or both.

The type of vision affected is central vision; the vision required for reading the eye chart that is recognising faces and all fine work. It is usually very obvious. Treatments are available for some types of macular degeneration once the vision is affected.

Glaucoma

Glaucoma affects the optic nerve, the nerve of sight. The optic nerve carries all the electrical impulses from the retina, including those from the macula, to the brain to create visual images. In glaucoma the optic nerve wastes away slowly. In all but the advanced stages the sufferer is not aware of this. This is because the vision lost first in glaucoma is side vision (and not central vision as with macular degeneration). The central vision nerve fibers are usually the last to be damaged in glaucoma. Generally people are not aware of losing side vision.

Even though you think your experience of vision is one integrated whole in actual fact it is not. Those with glaucoma who have lost side vision are not necessarily aware of it because the mind paints the world in. Take the blind spot for instance. Everyone has a blind spot and if you actively search for it you can find it, but you are otherwise not aware of the blind spot because the brain fills in the gap. Visual field tests are undertaken to determine the extent to which the side vision has been degraded and reference the effectiveness of glaucoma treatments.

Bold claims from stem cell treatment but caution advised

A recent television news article hailed a stem cell treatment as a cure for macular degeneration. Macular Degeneration New Zealand has received many enquiries about the treatment. Here is an update on that treatment.

The treatment consists of incorporating stem cells from human embryos onto a synthetic backing membrane and surgically inserting this underneath the macula (central part of the retina). The stem cells had been allowed to develop into RPE cells and these cells support the photoreceptors (light capturing cells in the retina).

Two patients with advanced macular degeneration (MD) have already been treated and permission has been given for a total of 10 patients to undergo treatment. The 2 patients gained 21-29 letters on the vision chart effectively gaining 4-6 lines of vision. Whilst this gain is impressive the patients have reported troublesome distortion and dimmer vision.

The treatment relies on using immunosuppression in the form of local steroids inside the eye to prevent rejection. There were several adverse events that occurred, one of which was a retinal detachment that required further surgery to correct. Fortunately, the patient retained their vision.

There are several risks with stem cell treatments such as rejection, tumour formation, uncontrolled proliferation of cells and the development of stem cells into different cell types that don't belong in the eye.

The trial results are encouraging but the reality of this as a routine treatment is still many years away. It is important to realise it is not a curative procedure, but it is encouraging to see new regenerative technology advancing. For more info go to: www.mdnz.org.nz

Changes to Residential Care Subsidy Rates

On 1 July 2017, the new Residential Care Subsidy rates came into effect. If you need long-term residential care in a rest home or hospital, you may now qualify for a subsidy. The new combined asset thresholds have increased to:

- \$224,654 for people who don't have a partner or have a partner who is also in long-term residential care
- \$224,654 for people who have a partner who is also in long-term residential care including the value of their house and car

\$123,025 for people with a partner who is not in care, not including the combined value of their house and car. (The house is only exempt when it's the main place where your partner who is not in care or a dependent child lives). The new income from assets exemptions have increased to:

- \$982 a year for single people
- \$1,964 a year for a couple when both are assessed as needing care
- \$2,946 a year for a couple where one partner has been assessed as needing care.

Your assets and income will be assessed by Work and Income. All other eligibility is assessed by the Ministry of Health.

Could you be saving money on your power bill?

As the weather gets colder it's a good time to check if you're getting the best deal on your power.

This has been made easy with a quick two-minute check you can do.

A visit to www.whatsmynumber.org.nz will tell you if you could save money on your power bill by switching electricity providers.

It's a free, independent website that compares the electricity choices available in your area and lets you know what your potential savings are, should you choose to switch.

If you don't have access to the internet, your local Citizens Advice Bureau can help you run the check or you could ask your family to help. And if you decide to change, the new electricity company will do all the work for you.

Even if you're happy with your current company it's worth giving them a call to see if they can offer you a better deal.

Top tip to lower your bill

Well-installed insulation is always the top priority for a warmer, healthier home. Get your insulation checked to make sure it is up to scratch – it may have been moved or need topping up.

Visit www.energywise.govt.nz for more information.

THE TEMPERATURE HAS

HIT SINGLE DIGITS, SEE IF

YOU CAN SAVE TRIPLE DIGITS

ON YOUR POWER BILL.

Don't forget to check.

WhatsMyNumber.org.nz

Free & Independent

consumer powerswitch

ELECTRICITY AUTHORITY

9 easy ways to live more sustainably

While the concept of sustainable living can sound overwhelming, it's less about sacrificing luxuries and more about being aware of what you consume, and where it comes from. And the good news is that with a few easy lifestyle tweaks you can reduce unnecessary waste and help contribute to building a happier, healthier planet.

Shop sustainable

While it's tempting to snap up deals at your local Countdown store, if you keep tabs on the amount of packaging you go through you'll likely be shocked.

DIY garden

Whether you have the luxury of a spacious back garden or only have a few square metres of deck to work with, growing your own produce is one of the easiest and most satisfying ways to live more sustainably.

BYO vessels

There are so many ways you can reduce your footprint simply by supplying your own vessels in everyday scenarios. Like to enjoy a takeaway coffee? Why not bring your own travel mug? You can also offer to supply Tupperware when ordering takeaway, carry around a metal straw, remember to bring your reusable bags to the supermarket and of course, swap plastic water bottles for a reusable one.

Embrace your freezer

Food waste is a huge issue in New Zealand, with an estimated 230,000 tonnes of food sent to landfill every year. From a financial perspective, this costs the nation \$872 million p/a. One of the easiest ways to avoid contributing to waste is to embrace your freezer.

Catch public transport

Sure, buses and trains still chew up fuel and electricity. But your footprint is certainly much smaller than if you drove to your destination.

Eat less meat

While we love a good shank of New Zealand lamb as much as the next person, there's no denying that meat does take its toll on the environment. While you don't have to go vegetarian, becoming a conscious meat eater is a great way to minimise your environmental footprint.

Pay attention to labels

From shade-grown coffee to fair trade clothing, there

are some clear leaders when it comes to sustainable goods. Paying attention to labels and looking out for certain endorsements can make a big difference when it comes to minimising your impact on both wildlife and the planet.

Buy in season

Another big one is to buy in season. New Zealand produces some pretty darn delicious crops, so why not enjoy them and support Kiwi farmers in the process? Sorry mango lovers, but tropical fruit in the middle of winter just isn't sustainable. Instead learn to love your local farmers market, or at least look for NZ grown produce at your go-to supermarket. You can also make an effort to buy organic whenever possible. It might cost a little more, but it keeps harmful pesticides out of the land, the water and ultimately, your body.

Make the switch to energy efficient

If you haven't already, making the switch to energy-efficient bulbs is one of the easiest ways to cut down your eco-footprint. Check out Energywise for even more tips on how to "greenify" your home.

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