

SPRING 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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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 14 - 15 for more information about each Age Concern.

Do You Have A LIFE TUBE?

These are a **“must have”** for young and old. If you have family members, friends or grandchildren who have some form of illness or disease for example diabetes, a brain injury or epilepsy, these are a good product to have.

St John Ambulance and Neighbourhood Support NZ, endorse and promote these Life Tubes. They are plastic cylinders that contain a sheet with your vital health information and emergency contacts and are generally kept in your refrigerator. In the event of an emergency, the police, ambulance, fire service, friend, or even a neighbour, will be alerted by the bright red sticker on the refrigerator door, that vital medical information is contained within the Life Tube.



You can purchase your Life Tube from one of your Age Concern branches.

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


JOHN EGAN
TOTAL DENTURES

Get Your Smile Back with New, Immediate or Partial Dentures

Phone John today on 834 4329
 10 Porter Drive, Havelock North Village
 27A Gloucester St, Greenmeadows Shops (from November)
www.totaldentures.co.nz

Maintaining your independence

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

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

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

Total Mobility Scheme

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

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

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

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

Editorial supplied by Driving Miss Daisy

Driving Miss Daisy your companion and your driver.



Keep your independence and freedom with our safe, reliable companion driving service.

We can drive and accompany you 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.

International Day of Older Persons

1st October is the day Age Concern branches around the country join in to celebrate International Day of Older Persons. Age Concern Napier have partnered with the Napier City Council and Grey Power Napier to host an afternoon tea garden party at the beautiful Kennedy Park Rose Gardens. Hosted by our Mayoress, Shirley Dalton, there will be musical entertainment, information booths and a delicious afternoon tea supplied by Pure Catering.

Bring your favourite china cup and wear a hat to join us for this celebration.

Please join us for an Afternoon Tea Garden Party

When: Monday 1 October 2018

Time: 2.00pm - 3.30pm

Venue: Kennedy Park Rose Gardens, 15 Storkey St, Marewa

RVSP's essential: (06) 842 1346 or email napier@ageconcernhb.org.nz by Monday 24 September 2018

If wet/windy, venue will be Greenmeadows East Community Hall, 3 Tait Drive, Taradale.



Age Concern Napier members outing

An outing to Hastings on a beautiful spring day to enjoy the daytime concerts by Operatunity is always a very enjoyable outing. A group of Age Concern Napier members thoroughly enjoyed the August concert - Golden Era of Musicals. Included in the concert was a lovely luncheon of sandwiches and cake.



Not all retirement villages are the same...

Ryman Peace of Mind

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

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



Deferred management fee is capped at 20%

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



Fixed weekly fee – providing certainty about your living costs

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



For more information about the Ryman difference please phone Shona on 06 835 3018

145 Battery Road, Ahuriri



“Let’s Share”

In 20 years’ time people over 65 will make up nearly a quarter of the population, twice as many as now. Home ownership is declining and half of the over 65’s are likely to become renters in the coming decades.

With the housing situation in New Zealand reaching the crisis stage it has, it makes sense to introduce “Let’s Share” as one solution to the problem. It is a win/win solution for the Householder and the sharer, and we believe with the aging population, now is the time to relaunch.

Sharing is when a person living in a multi roomed house offers accommodation at a reduced rate in exchange for the Homesharer committing to a certain number of hours in which they would spend with the Householder i.e. taking them shopping, driving etc. The homesharer has their own room, can do their own cooking or join with the Householder to share

cooking. The coordinator works with the householder and sharer to produce a unique arrangement that suits them both and is a ‘win/win’. The sharer pays a share of power, internet and the equivalent of the living alone allowance, which the householder will lose having another person in the home, so it does not cost the householder anything, but they do not have an income from sharing either.

The coordinator meets with potential sharers and householders to collect information, police check the sharer and referee check them as well.

When a match is made, they introduce the two parties and if they are both agreeable, a trial of one month is commenced, in which time we keep in contact with both parties to help facilitate the connection. Matches are not only made on availability of people, but also likes/dislikes, interests and personalities. It is very important that both parties are happy and enjoy the living arrangement.

If successful a contract is signed by both parties and the arrangement continues to be monitored closely in its initial stage then allowing more space as time goes on.

If you would like more information on this programme either as a home owner or as a person looking to share please contact Sue Hay at Age Concern Hastings on (06) 870 9060 ext 3 or email letsshare@xtra.co.nz

Age Concern Napier Springtime Activities

4 October -
Morning Tea with
Stuart Nash, MP for
Napier



26 October -
Pekapeka Wetlands and lunch at
Paper Mulberry Cafe

Viv’s Companion Driver Service

LOCAL OWNER - LOCAL KNOWLEDGE

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.**

**TOTAL MOBILITY VOUCHERS ACCEPTED
ACC TRANSPORT PROVIDER**



~ Servicing Central Hawkes Bay ~

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



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 & FLAXMERE
Phone: (06) 842 1346

Providing care and delivering products to your home

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

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

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

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



Miranda Smith Homecare
PROVIDING A CONTINUED QUALITY OF LIFE

Providing quality, tailored home-based care

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

0800 600 026
WWW.MSHOMECARE.CO.NZ

International Day of the Older Person

Age Concern Hastings are also celebrating this important day with an afternoon tea and entertainment provided by the Savage Club, please come along and join them.

When: Monday 1st October 2018

Time: 1.00pm

Where: Age Concern Hastings, 415 Heretaunga Street East, Hastings (Opposite New World)

Cost: Free

We are 'borrowing' an idea from Napier, to bring along your favourite cup and are looking forward to seeing them all.

For catering purposes, please phone them on (06) 870 9060 ext 0 to let them know you are intending on coming. **All Welcome.**

Confident Driving Course

Our very popular courses are continuing, course dates are below.

This course has been very successful and is open to all ages to refresh their driving skills, road rule changes, pedestrian safety and the impact of medication. Participants work through a work book on road rules and other aspects of driving, some presented as Power Points, and a discussion time is always included and encouraged throughout the course. At the conclusion of these courses, participants have expressed that they have learned more than they expected. Also at the conclusion of these courses, a number of the participants felt they were leaving with more confidence about driving than when they started. This course is supported by the NZ Police and is highly recommended by them. Inspector Matt Broderick from Hawkes Bay speaks at these courses. We are grateful to have Road Safe Hawkes Bay supporting and funding this course for us.

COURSE DATES:

Hastings - Tuesday 9 October - Age Concern Building, 415 Heretaunga Street East, Hastings

Waipukurau - Monday 15 October - Woburn Lodge, St Andrew's Street, Waipukurau

Hastings - Tuesday 27 November - Age Concern Building, 415 Heretaunga Street East, Hastings

To register for one of these courses which starts 9.30am and finishes 2.30pm

Phone: Age Concern Hastings Office on (06) 870 9060 Extension 3 for Margaret or Age Concern CHB Office (06) 858 9158 for Sue or email Margaret at hp.ageconhast@nowmail.co.nz

Cost: \$10 (includes morning tea and lunch)
Limited numbers - BOOK NOW!



Life without a car

Our very successful course Life Without A Car is a "free to attend" course with morning tea provided, has also proved to be a popular course. This course is open to all ages, to educate our community on what other modes of transport options are available, should they no longer be able to drive or they are unable to drive for a period of time due to an accident or injury.

Participants who attended this course and who have been using alternative transport for some years, expressed how wonderful it was to continue to learn about other alternative transport options and the benefits of using their SuperGold cards. Once again, participants are supplied with a booklet outlining modes of alternative transport, social groups they could join, the use of their SuperGold cards and other important services available to them, so they can continue enjoying the things they were taking part in when still driving.

Group participation and discussion is encouraged in this course along with Power Point presentations relating to pedestrian safety and mobility scooter safety. We have guest speakers at these courses relating to other modes of transport, which have been well received by participants. We are grateful to have Road Safe Hawkes Bay on board with us in supporting and funding this course for us.

COURSE DATES:

Hastings - Tuesday 23 October - Age Concern Building, 415 Heretaunga Street East, Hastings

Waipukurau - Monday 5 November - Woburn Lodge, St Andrew's Street, Waipukurau

Hastings - Tuesday 4 December - Age Concern Building, 415 Heretaunga Street East, Hastings

To register for one of these courses which starts 9.30am and finishes 12.30pm

Phone: Age Concern Hastings Office on (06) 870 9060 Extension 3 for Margaret or Age Concern CHB Office (06) 858 9158 for Sue or email Margaret at hp.ageconhast@nowmail.co.nz

Cost: Free - morning tea will be provided
Limited numbers - BOOK NOW!

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 it's 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

PART OF HAWKES BAY SINCE 1976

-BETH SHAN-

FUNERALS

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Ph: (06) 835 9925

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Ph: (06) 870 3399

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

Keeping Active

Keeping active into older age is the key to staying fit, mobile and independent.

Being physically active on a regular basis is one of the healthiest things you can do for yourself. Being physically active can also help you stay strong and fit enough to keep doing the things you like to do as you get older. Making exercise and physical activity a regular part of your life can improve your health and help you maintain your independence as you age.

Along with the physical benefits regular, moderate physical activity can help manage stress and improve your mood, being active on a regular basis may help reduce feelings of depression.

Studies also suggest that exercise can improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

Physical activities are activities that get your body moving such as gardening, walking the dog and taking the stairs instead of the elevator. Exercise is a form of physical activity that is specifically planned, structured, and repetitive such as weight training, tai chi, or an aerobics class. Including both in your life will provide you with health benefits that can help you feel better and enjoy life more as you age.

Everyone's fitness level is different. This means that walking may feel like a moderately intense activity to you, but for others, it may feel vigorous. It all depends on you - the shape you're in, what you feel comfortable doing, and your health condition. What's important is that you do physical activities that are right for you and your abilities.

Napier Age Concern have programmes for both exercise and falls prevention. Weekly there is Tai Chi and Sit and Be Fit, held at their community room, with Steady As You Go Falls Prevention Programme held at both their community room and various other venues across Hawkes Bay. Whatever your level or interest there is bound to be programme that will help you stay physically active and get the most out of life.

Contact Age Concern Napier for information on programmes available on (06) 842 1346.

Staying Safe

Age Concern Central Hawkes Bay are pleased to be presenting a new course, Staying Safe, for the 65 years and over age group in the Bay. Before Christmas, we will be presenting one in Hastings and one in Waipukurau.

This course will be a one-day workshop covering a number of topics relating to maintaining personal safety within their homes, gardens and in public. There will be a range of speakers throughout the day, for example the Police, Fire Department, St John, Neighbourhood Support and others. There will be time for participants to ask each speaker questions.

The aim of the course is to empower and enhance our participants to become more aware of safety for themselves in their home and environment, enabling them to feel free and safe, and fully participate in life. If you miss the courses below, we will be running more in 2019.

HASTINGS COURSE

When: Wednesday 31 October 2018

Where: Hastings Age Concern (opposite New World), 415 Heretaunga St East, Hastings.

Time: 9.30am to 2.45pm

Cost: \$10 (Lunch and Morning Tea provided)

WAIPUKURAU COURSE

When: Wednesday 14 November 2018 (yet to be confirmed)

Where: Waipukurau Memorial Hall

Time: 9.30am to 2.45pm

Cost: \$10 (Lunch and Morning Tea provided)

To register for these courses phone:

Hastings Office (06) 870 9060 Ext 3 or

Central Hawke's Bay Office (06) 858 9158



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@extra.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@extra.co.nz

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.

- 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

Moving into a rest home

Residential care in New Zealand is provided by private companies and not-for-profit organisations. In many cases the cost of care to the individual is subsidised by Government funding known as the **Residential Care Subsidy**. Eligibility for the subsidy is decided on you having been assessed by the Needs Assessment Unit at the Hospital as needing long-term care in a hospital or rest home and meeting the financial means assessment.

The Residential Care Subsidy only pays for a standard room.

The bar for entry to residential care is higher than many people expect. You are likely to be eligible for residential care if you have 'high' or 'very high' needs and cannot be safely cared for at home. For more information about needs assessment go to www.agewell.org.nz/health_home_support or www.seniorline.org.nz

Admission Agreement

This is the contract you sign with the rest home before moving in. Take your time before signing this agreement. Treat it as you would any other legal document or contract. Have someone you trust look over it. Don't be afraid to negotiate and don't sign up to extra services and charges if you don't want them.

If you do decide to receive extra services that incur charges, the rest home must specify these in the Agreement. You must be given a genuine choice over extra services and to be able to refuse them or



change your mind. If you change your mind later, you must inform the manager of the rest home and have your Agreement amended.

Problems over fees can be very stressful if they come to light after you have moved in.

Additional services generally fall into two categories:

- those that are able to be easily stopped e.g. own phone line, Sky TV etc
- those that relate to superior fixed elements in the room (known usually as 'premium rooms') e.g. ensuite, additional space, tea/coffee making area etc

Premium Rooms and the 10km rule

There are guidelines about how this works.

- If the standard rooms in your preferred home are over 90% full and they can only offer you a room that costs more, then you can choose to move into the better room and pay the extra charges until a standard room is available.
- If you can't afford the extra fees for a better room at your preferred home and there is a home with a standard room within a 10km radius of your preferred home, then you may have to move into the other home until a standard room is available at your preferred home.
- If there is no standard room available in your preferred home and no other home with a standard room within a 10km radius, then you can move into a better room in your preferred home. In this case, you only pay for a standard room, but you have to move to a standard room as soon as one is available. You'll usually get three days' notice when you change rooms.
- If you are paying premium room fees you can review this every two months. If you wish to move to a standard room, you should give written notice. The Rest Home operator then has three months to move you to a standard room, (giving three days' notice) or to cease charging premium fees.

Source:

www.seniorline.org.nz and www.ageconcern.org.nz

Kitchen CORNER



Baked Pear with Ginger and Walnut



Ingredients

• Pear, cut in half and cored	1	1 Serve	2 Serves
• Crystallised ginger, chopped	1Tbspn		2Tbspn
• Walnuts, chopped	1Tbspn		2Tbspn
• Ground almonds	1Tbspn		2Tbspn
• Orange, rind and juice	1Tbspn		2
• Honey	1tsp		2tsp

Method

1. Preheat oven to 180° C.
2. Place pears in small ovenproof dish.
3. Mix ginger, walnuts and almonds together and divide between pear cavities.
4. Mix together the honey, orange juice and rind and pour over the pears.
5. Cover with foil and bake for 25-30 minutes or until the pears are soft. If you like a caramelized effect, place under a grill for a minute or so before serving.

Microwave

1. Prepare pears as above and place in microwave-safe dish.
2. Cook covered on medium-high power for 1½-2 minutes for 1 serve and 2½ - 3½ minutes for 2 serves. Check to see that pears have softened, otherwise cook for a little longer.

Serving Suggestion: Serve with thick plain yoghurt or vanilla ice cream.

Have a laugh

Q. What did the traffic light say to the car?
A. Don't look! I'm about to change.

Q. Why was the little strawberry crying?
A. His mum was in a jam.

Q. Why are frogs so happy?
A. They eat whatever bugs them.

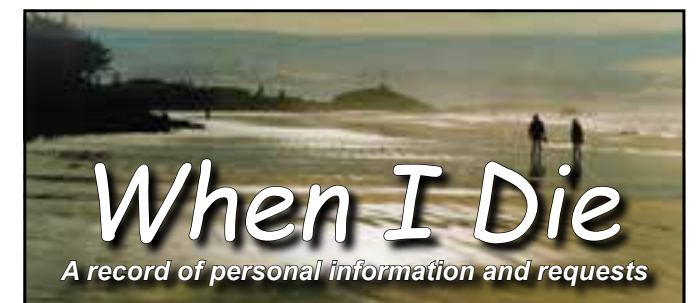
'When I Die'

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

Editorial supplied by Kathryn Perks



'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

www.whenidie.jimdo.com

Care On Call
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

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
- 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 and assist older people in the Napier community, offering case management, support, advocacy and interagency referrals.

- Total Mobility Assessments
- Accredited Visiting Service in Hawkes Bay, including Central Hawkes Bay
- Falls Prevention Programmes in Napier, Havelock North and Flaxmere
- Support Services to assist with independent living
- Regular exercise programmes, social activities and information programmes

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

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

Logic will get you from A to B.
Imagination will take you everywhere.

CENTRAL HAWKES BAY & HASTINGS

Age Concern Hastings and Central Hawkes Bay provide support and education to older people. Included in our staff of seven, we have three Social Workers and a Health Promotion Coordinator who work with older people and their families. We have a vast number of services, these include:

- Social Support Services
- A variety of regular Social Activities
- Elder Abuse Response Service for all of Hawkes Bay
- Regular Health Promotion courses e.g. Confident Driving, Staying Safe, Life Without a Car
- Total Mobility Assessments

Budget Delivers Cheaper Doctor Visits

The cost of visiting the doctor will reduce for people with a Community Services Card under changes announced in the 2018 Budget. This will give up to 540,000 people access to low-cost GP visits - making it around \$20 to \$30 cheaper.

Seniors who have either a combined SuperGold and Community Services Card or a Community Services Card should also see a reduction in the cost of visiting their GP by 1st of December 2018.

General practices can choose whether or not to provide the new low-cost visits so please check with your doctor later this year to see whether they have chosen to opt in.

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

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



Sudoku

Each row, column and 3 x 3 square should contain the digits 1 - 9

8			9	3				2
		9					4	
7		2	1			9	6	
2							9	
	6						7	
	7				6			5
	2	7			8	4		6
	3					5		
5				6	2			8

SEE A STROKE

F FACE DROOPING

A ARM WEAKNESS

S SPEECH DIFFICULTY

T TIME TO CALL 111

STROKE FOUNDATION OF NEW ZEALAND

Up to 92% insulation subsidy for homeowners

Are you ready for the spring months ahead? Don't forget about the importance of insulation - it will keep your home warm in winter and cool in summer. And now is the best time to get it sorted! The government announced a new four year insulation and heating programme in July targeted at homeowners, with qualifying household's receiving up to 92% subsidy on the costs of ceiling and underfloor insulation.

If affordability is an issue for homeowners, CEA may be able to organise other financial assistance including interest free payment plans over a number of months. Criteria applies.

From July 1st 2018 homeowners will be eligible for subsidies if they meet the following criteria:

- The home must be owner-occupied - i.e. it can't be a rental property AND
- The home must be built before 2008.

In addition:

- The homeowner must have a Community Services Card or a Super Gold combo card OR
- The homeowner has been referred by the Ministry of Health (currently North Island only) OR
- The home is located in an area identified as lower-income; contact CEA to find out if your address qualifies.

Please note: The new subsidy does not include landlords.

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 Presbyterian Support East Coast

LIVE STRONGER FOR LONGER
PREVENT FALLS & FRACTURES



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