

WINTER 2018 QUARTERLY NEWSLETTER

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# Age Concern Horowhenua | Kapiti | Manawatu

*Serving the needs of older people*



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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.

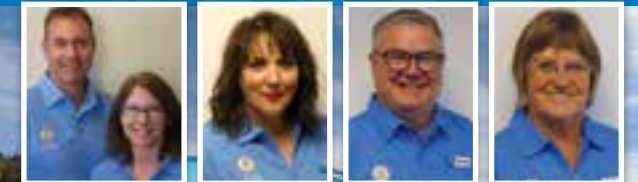
Eat well - In winter we need to nourish our bodies with warming, nutrient-rich foods to help boost our immune systems. Think delicious soups and broths, citrus fruits full of Vitamin C and hearty casseroles. You may consider the option of purchasing nutritious prepared meals and soups that are available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

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*Editorial supplied by Driving Miss Daisy*

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## News from Age Concern NZ Manawatu Outreach

It has been a busy few months at Age Concern NZ Manawatu Outreach Service. I am continuing to settle in to my role as manager and we have a new sign on the wall outside our offices which should make us easier to find. Our Steady as You Go classes are going well and we have started a third class in Awapuni on Thursday mornings. We still have spaces in this group if you would like to join (see page 6).



Two staff attended the Elder Health Ethics and Law Conference in March where a key learning was around the problems that arise for older people who do not have Enduring Power of Attorneys in place for when they are unable to make a decision for themselves, specifically when they need medical or rest home care. There are two types Enduring Power of Attorneys (EPA) that give people you designate authority to make decisions for either your personal

care or welfare (Welfare Guardianship) and/or over your property including money and assets.

Having an EPA in place can save you and your family the cost and stress of having to get a court order to make decisions about you and your property and finances should something happen to you. An EPA has to be witnessed by a lawyer, legal executive or employee of a trustee corporation who can also assist you to put the application together if you wish. There is a cost to this, so it's worth shopping around the legal practices to get the best price. Some lawyers may let you pay their bill in instalments, so don't be afraid to ask. If you would like more information about EPAs contact our office for a brochure.

All staff attended the Age Concerns Everyone Conference in Wellington in April where the key note speaker was the Honourable Tracey Martin, Minister for Seniors. The Minister said that the Office for Seniors had been set up to have a major advocacy role for people aged 65+. Their current work priorities are to review the Positive Aging Strategy; work to combat social isolation amongst older people and to promote Age Friendly Cities. (Palmerston North already has an Age Friendly City Strategy). The Minister also said that we need to redefine what it means to be old and that we must celebrate that people are living longer and healthier lives. If you want to find out more about the work of the Office for Seniors see [www.superseniors.msd.govt.nz](http://www.superseniors.msd.govt.nz). If you want to read the conference papers visit the Age Concern New Zealand website [www.ageconcern.org.nz/conference2018](http://www.ageconcern.org.nz/conference2018).

World Elder Abuse Awareness Day is on the 15th June. Staff will be at Palmerston North airport from 6am to 11am giving out our purple awareness ribbons. If you are at the airport on the 15th come up and say hello and collect a ribbon to show your support. We are also holding a Women's Self Defence Workshop for women aged 55+ on 15th in conjunction with World Elder Abuse Awareness Day (see page 6).

Age Concern NZ Manawatu Outreach Service is looking to grow its services in Palmerston North and the Manawatu and we would be interested to hear

from you if you have any suggestions about what our communities need for people aged 65+. If you would like to know more about our work then consider becoming a Friend of Age Concern NZ Manawatu Outreach Service. Membership entitles you to have this quarterly newsletter sent or emailed to you directly and you will receive advance notice of events (see page 8).

*Marian Dean*

Manager of Age Concern NZ Manawatu Outreach



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## World Elder Abuse Awareness Day 15th June

The United Nations General Assembly, designated June 15 as World Elder Abuse Awareness Day (WEAAD). It is the day when the world voices its opposition to the abuse of older people. An increasing number of activities and events are held across the globe on this day to raise awareness of elder abuse, and highlight ways to challenge such abuse.

Whilst the majority of older people won't experience elder abuse in New Zealand, it is still pervasive with 1 in 10 people over the age of 65 experiencing abuse and 3 out of 4 cases going unreported. Between 1st July 2015 and 30th June 2016 Age Concern Elder Abuse and Neglect services collectively worked to support older people who experienced abuse responding to 1698 cases of elder abuse. 83% of people supported said that their wellbeing increased as a result of assistance from an Age Concern organisation.

Many people who are abused experience more than one type of abuse. Of the people Age Concern Organisations assisted 79% reported psychological abuse; 51% financial abuse; 40% neglect or self-neglect and 22% physical abuse. Of the people supported, 50% were aged between 65 and 79, and

43% were over 80. Two out of five victims live with their abuser and in 46% of cases the abuser is a family member.

The factors that contribute to elder abuse include inadequate support for an older person or their family; cognitive impairment; social isolation; poor physical health; grief or loss or depression; challenging behaviour and substance abuse and financial stress or dependency. Financial abuse comes in many forms, from an older person being coerced, against their will, into giving someone money, to being caught up in sophisticated phone or internet scams. In Palmerston North and the Manawatu, the Elder Abuse and Response Service is responding to cases where a contributing factor is the housing crisis, resulting in older people allowing adult children or grandchildren to move in with them. If these relatives behave in an anti-social manner the tenant can be at risk of being evicted.

If you have concerns for yourself or someone you know and you live in Palmerston North or the Manawatu contact us on (06) 355 2832 to talk to a staff member in confidence. If it is an emergency then phone 111. If you live outside our area phone 0800 32 6685 (0800 EA NOT OK) to be put in touch with your nearest Elder Abuse Response Service.



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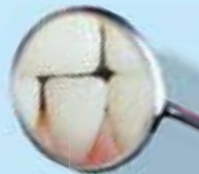
## New “Steady as You Go®” Group in Awapuni

This group is on Thursdays at 9am in the Awapuni Community Centre, Newbury St, Awapuni, Palmerston North. Entry \$2 donation.  
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**Age Concern NZ Manawatu Outreach**  
is offering a free

## Women's Self Defence Workshop Open to Women aged 55+

**On Friday 15th June 9am to 4pm**  
**In conjunction with**  
**World Elder Abuse Awareness Day**

This workshop offers you the opportunity  
to learn techniques for defending yourself  
and keeping yourself safe.

*Facilitator Julie Goldingham*  
*Accredited Teaching Member of Women's Self Defence Network*

**For more information and to register**  
**phone (06) 355 2832 or email**  
**marian.dean@ageconcern.org.nz**

**Places are limited and prior**  
**registration is essential**

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## Advance Notice: International Day of the Older Person 1st October

We will be hosting an Afternoon Tea Dance on the 1st October where you can go to celebrate the day. There will be live music and a delicious afternoon tea and the Palmerston North Older Person of the Year Awards will be presented. There will be more information in the next edition of this newsletter.

## Accredited Visiting Service Recruiting Volunteers



Loneliness and social isolation are becoming an increasing problem for people aged 75+ living in New Zealand. Do you have an hour a week that you could give to visiting an older person in their home? This is rewarding work that will enable you to make a difference in the life of an older person. We will match you with someone who has similar interests to you, give you training and provide ongoing support. Anyone over the age of 18 can be a volunteer in this service.

**For more information phone Fern on**  
**(06) 355 2832.**

## Palmerston North Clubs Day

People have been asking us about what's on offer in the way of learning new skills, meeting new people, being entertained and feeding their life-long curiosity. Members of clubs tell us it can be difficult to attract new members. We are excited to share with you that Palmerston North City Library is hosting a **Clubs Day for 60+ on Thursday 26 July, 2pm - 4pm**. We welcome all 60+ year old members of our community to save the date! We encourage you to come along and see the vibrancy of clubs and groups in Palmerston North, and sign up as a new member/friend/supporter.

**For more information, contact Virginia Warbrick:**  
**virginia.warbrick@pncc.govt.nz**

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## Millvale Lodge Lindale

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There are beautiful gardens and farm animals in the neighbouring paddocks, a seasonal vegetable garden that residents are encouraged to help tend, and shady spots to sit outside and enjoy the sunshine and the relaxing sounds of nature.

Millvale Lodge offers general rest home, dementia rest home and continuing care in individual small homes of around 15 people. All staff are trained in the 'Best Friends' model of care, connecting with each person with acceptance, love and respect.

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*Editorial supplied by Millvale Lodge Lindale*

## Become a Friend of Age Concern New Zealand Manawatu Outreach

Age Concern NZ Manawatu Outreach Service is aiming to become the lead agency supporting people aged 65+ in the Manawatu region. We are offering people the opportunity to support our work by becoming a Friend of Age Concern New Zealand Manawatu Outreach. Friends will receive a copy of this quarterly newsletter sent to them directly by post or via email (you choose how you would like to receive it).

Friends will also receive advance notification of our programmes and invitations to special supporters' only events. To become a Friend complete the application below. The cost is a donation of \$10 pa. individual or couple membership to cover our costs. **Thank you for your support.**

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**For more information please phone Age Concern Manawatu on (06) 355 2832  
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## Levin Home for War Veterans touched by Anzac turnout

Residents and staff at Levin Home for War Veterans are keen to express their thanks to the many community members who attended the home's Anzac Day service this year.

The Levin home's war veterans were touched to see before them a several-hundred strong crowd as they laid wreaths, read poems, and participated in the annual veterans' parade.

"We currently have around 30 returned service personnel and spouses living here, including veterans from the Second World War, Korean and Vietnam Wars," says home manager Jenny Hodgen.

"For many of them, Anzac Day is the most important day of the year, and I know it meant a lot to them to see so many turn out to support them."

The veterans were assisted throughout the morning by soldiers from Linton Military Camp, and

representatives from the TS Tutira Sea Cadets helped raise and lower the flag in front of the home's front lawn.

"It's very important for the residents here to be able to maintain that link with the military community and we're very grateful to them for all their support," says Jenny.

"The residents really enjoy meeting and chatting with the young recruits, and the soldiers tell us they also appreciate the chance to connect with the older generation too."

With this year's Anzac commemorations now over, the home, which opened in 1959 specifically to support veterans of war, will soon turn its attention to next year's 60th anniversary celebrations.

**Levin Home for War Veterans on Prouse Street, Levin offers rest home, hospital and dementia care, as well as respite and healthy recovery care. To learn more visit [www.enlivencentral.org.nz](http://www.enlivencentral.org.nz) or call 06 366 0052.**

*Editorial supplied by Presbyterian Support Central*

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## Palmerston North Older Person of the Year Awards 2018

Age Friendly Palmerston North, in conjunction with Palmerston North City Council, is pleased to announce the opening of the Palmerston North Older Person of the Year Awards on the 4th June. Nominations are open until the 24th August. The winners will be announced on 1st October. These awards are presented to individuals who have carried out outstanding and innovative service to others in the community. Anyone in Palmerston North over the age of 65 is eligible to be nominated, or in the case of business or organisation, is Palmerston North based. Nominations may be made by any citizen of Palmerston North or local organisations, associations, societies or clubs.

Four awards will be presented: the Overall Winner; the Older Woman of the Year (runner up), the Older Man of the Year (runner up) and the Business or Organisation of the Year. The awards will be presented at an Afternoon Tea Dance being held on International Day of the Older Person (1st October) which is being organized by Age Concern NZ Manawatu Outreach, Grey Power and Senior Citizens.

The Overall winner will receive the Age Concern Cup (sponsored by the Mayor of Palmerston North). The Older Woman of the Year will receive the Grey Power Cup (sponsored by Spectra Hair and Beauty), the Older Man of the Year will receive the Alzheimer's Cup (sponsored by Pioneer New World) and the Business or Organisation of the Year will receive the Senior Citizens Cup (sponsored by Property Brokers).

We know that there are some great people out there making big contributions to the Palmerston North community who deserve to be recognised. The 2017 Overall Winner was Gaye Trowe, who has well as being an Executive Member of the RSA, volunteered with the Blind Foundation and Probus and found time to play the trumpet at the Savage Club. The Woman of the Year was Jan Cook who volunteered in rest homes and provided transport for children attending hospital appointments and also hosted meals for older people in her own home. Aaron Schroeder

won the Man of the Year award for the time he committed to Wandersearch. The organisation of the year was Supergrans, a volunteer service which provides invaluable support to families. Please think about who you could nominate and contact us for a nomination form.

**Further information and nomination forms can be obtained from Age Concern NZ Manawatu Outreach Service, phone (06) 355 2832, or email: [marian.dean@ageconcern.org.nz](mailto:marian.dean@ageconcern.org.nz) or from Enable New Zealand, contact Raewyn Cameron phone 027 296 121 email: [raewyn.cameron@enable.co.nz](mailto:raewyn.cameron@enable.co.nz) Andrea Stephen phone (06) 353 5899 email: [andrea.stephen@enable.co.nz](mailto:andrea.stephen@enable.co.nz)**

## New levels of care at Millvale House Levin

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*Editorial supplied by Millvale House Levin*



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*Editorial supplied by Courtenay Hearing Centre*

## News from Age Concern Horowhenua

### Report from Elder Abuse and Neglect

As **June 15th is World Wide Elder Abuse Awareness Day** I thought that I would like to share some of the work that I have been doing in this field for the past couple of years.

Firstly it is important to note that I firmly believe that the Horowhenua has a very caring community when it comes to caring for the elderly. This office is often rung by a concerned neighbour or shop keeper who may be concerned about the not seeing a regular customer for sometime or they have noticed a decline in the personal appearance of the person. We have a strong network within this community which is the strength for many organisations working in this field. Hence the big increase in the number of cases I am called upon to investigate.

Please note that 2017 - 2018 won't be finalised until the end of June.

2013	2014	2015	2016
41(40)	50(43)	98(54)	75(46)

The first figure is the total number of closed cases during that year. The figure in the brackets is the total number of cases where abuse was identified. It is important to understand that although these figures are reflective of the how busy we are, each digit is an individual person with a specific concern. It might be a person feeling intimidated by a neighbour, concern about a family member's relationship with another person, a worrying phone call, not having sufficient resources to cope with day to day expenses, communication difficulties in a rest home, maintenance problems with their property, driving concerns, medical problems, the list goes on and on. The welfare of the elderly takes on many forms and I often wonder if we don't respond to the individual needs of the elderly within our community who will.

Over the past twelve months I have delivered 26 talks or presentations to various groups and organisations

throughout the Horowhenua as against 17 for the previous period. These presentations included two well attended public forums on Scams and secondly Wills, and Enduring Power of Attorney.

This year to highlight World Wide Elder Abuse Awareness day I have arranged for the following Public Forum to address any issues relating to:

#### **Bullying and Intimidation** **Tuesday 19 June 2018 at the Cosmopolitan Club - 11am**

It is my intention to hold a public forum as detailed above during which we will provide information on bullying and intimidation by means of a panel presentation and then provide the opportunity for the participants to individually discuss their concerns, worries or anxieties with one of the professionals.

The ever increasing number of calls that this office, together with other agencies receive regarding such things as neighbours, family members, friends, trades people and government departments bullying or intimidating the elderly is growing at an alarming rate.

The format for this meeting is basically a general introduction into what constitutes bullying and intimidation. Then my panel members will each give a very brief presentation of between six and eight minutes of how they or their organisations can assist people to cope with bullying and intimidation.

The panel at this stage includes neighbourhood support, lawyers, police, mental health, court, community housing social worker, alzheimers field worker, age concern abuse/neglect coordinator.

Then we come to the main purpose of the meeting which is for individuals to have the opportunity to meet with a representative from the different organisations who will be set up in separate areas around the hall to be available to have a **very short** individual consultation.

Since taking up the role of Elder Abuse and Neglect Prevention Coordinator I have learnt that as long as the older person can see the person they are talking to they are much happier than just talking on the phone.

*Dan Geraghty*  
Elder Abuse Neglect Prevention Coordinator  
**Phone:** (06) 367 2181  
**Email:** eanp@ageconcernhoro.co.nz

### Parkinson's Community Educator brings a world of experience to Horowhenua

The Parkinson's Society Community Educator serving the Horowhenua district, Tammy Ramsey-Evans, brings a world of experience to her work.

Tammy has been working in the role since November and impressed everyone she's met with her energy and bubbly personality.

She completed her nursing degree in 1999 but soon after took off to see the world and further her nursing experience.

"I've been a nurse for almost 20 years now and worked all over the world and in many different settings," she says.

"I have nursed in sole nurse stations in some of the remotest parts of Australia and also in large Primary Care Trusts in London."

Outback Australia presented its particular challenges. "It was a crazy place," she says. "You never knew what was going to happen. "It wasn't uncommon to call in the Flying Doctor service to deal with a stab wound."

Tammy says that her experience has left her with a preference for community-based work.

Working the equivalent of two days a week, the continued growth in the number of people diagnosed with Parkinson's Disease in the Kapiti-Horowhenua District presents her with all the community-based work she could want.

She was attracted to her current job by the combination of education and case management work.

"I especially like to home visit and identify unmet needs, then use my nursing knowledge to put in place an intervention that ultimately helps to keep a client safe at home," she says.

"I have worked in the past with complex care patients providing community care packages and some of those people had Parkinson's as have many of the people I have nursed in hospital. So I have a good knowledge base of Parkinson's Disease and what that clinically looks like.

"What I am learning every day in my role as a community nurse educator is what that 'means' for people in their everyday life. Recently attending a Parkinson's specific course in Christchurch has increased my knowledge further.

Tammy regards Parkinson's as a condition requiring very individual care provision.

"It can't be standardized; it requires a very individual approach recognising that each person and their family are experiencing this condition called Parkinson's very differently," she says.

Away from work, Tammy loves to garden and really enjoys producing vegetables. "I would love to produce enough food that I could give up going to the supermarket!" she says.

As a community educator, Tammy works with patients to help them successfully live with Parkinson's, visits patients at home, supports carers and is involved in providing exercise groups, support groups, education sessions and seminars.

**Tammy works Wednesdays and Thursdays and can be contacted on 027 531 3263.**



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## A happy ending

Welcome back to my column. In the Autumn issue of our magazine I shared a personal story with you about my parents. I am pleased to be able to finish that story with a happy ending. My parents have now been in Te Whanau Rest Home & Hospital here in Levin for just over a month and have settled in extremely well. We could not have got a warmer welcome when we arrived just before Easter. I had booked two adjoining rooms for them with a shared bathroom and when we arrived we were greeted by a caregiver dressed as an Easter bunny who said she understood mum and dad had never been separated in their 62 years of marriage and so with the maintenance man they quickly moved the beds around so they had one room as a bedroom and the other as their own private lounge. Once their furniture arrived from Thames I took their favourite lazy boy chairs down to their room and they are set up like royalty. At last we have big smiles again. After many years of falling through the cracks of the medical system with no regular doctor, they have now seen their doctor more times in the last month than probably in the last 3-4 years and are getting the best possible care.

Now I'll put my AVS Coordinator (Accredited Visitor Service) hat on and bring you up to date with what is happening on that front. We now have 21 clients receiving visits each week from our wonderful

volunteers. Several of our clients are now in rest homes but continue to enjoy the company of their special visitor. Many of our clients are being referred to us with multiple health issues which are keeping them isolated in their homes. Some have family members who do keep in touch but need that extra someone special. Others have either no living relatives or everyone is overseas. If you or someone you know is in this situation please do not hesitate to contact me on (06) 367 2181. I would love to visit with you and see what we can do to help you. I have had several cases recently, where I have needed to involve other agencies in Levin to provide additional services for my clients to keep them safe as they had no one else to help them and didn't know how to get help. This is what we are here for - we want to make sure you are not feeling lonely and isolated, but as happy and safe as we can help you to be. As with my parents, I am also finding many of our elderly are falling through the cracks as they never see the same doctor when they attend their Medical Centre. This is a huge problem throughout New Zealand, not just in Levin. Once again, if you are concerned this is happening to you and want to talk to someone, please pick up the phone and ring me. I am generally in the office Monday morning and all day Tuesday but if you leave a message for Robyn Curtis, I will call you back as soon as possible.

You will see the advertisement right for new volunteer visitors. One of our new visitors initially contacted us thinking she needed a visitor, but after a good chat, decided she would like to become a visitor and is already finding it very rewarding. If you think this is something you would like to do, again, pick up the phone and give me a call.

While we have had a wonderful run of weather for the last few months, winter is just around the corner. If you haven't yet had a flu injection, talk to your doctor about whether this is right for you and remember to keep warm during the colder weather.

*Robyn Curtis*

Accredited Visiting Service/Admin Coordinator

If plan A fails remember  
you have 25 letters left.

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- Respectful of confidentiality and of other cultures and ways of doing things?

If this sounds like you, and you live in the Horowhenua area (including Foxton and Shannon), we would love to hear from you.

**Please contact Robyn Curtis  
(AVS/Admin Coordinator)**

**Phone: (06) 367 2181 or email:  
avs@ageconcernhoro.co.nz**

## Age Concern Horowhenua wish to thank all our sponsors in 2018 for making our work possible:



## A Change of Direction Part 2 A diary from Mr and Mrs Smith - Our travels in our caravan

Oh that weather - remember all the rain. It certainly curtailed our first adventures. We then spent some of the time waiting for a decent forecast to sort out which DVDs and CDs we should take with us in the event we would need them!

And then there was stocking the cupboards. What do we need! What do we want!

The adventure has now begun. Our decisions on trips away are impromptu, determined by our local commitments and the weather. What shall we do tomorrow? Lets turn left at the gate. The home fridge is emptied and clothes put into the caravan and away we go.

At this stage we have gone to four different locations but visited them more than once to explore more and also to utilise the cycle tracks on our e-bikes (what a great asset they are).

Being a member of the NZ Motor Caravan Association we can use their parks and an hour and a half heading south they have a park at Plimmerton. What a convenient set up. It is within walking distance of Palmers Garden Centre, within biking distance of Pukerua Bay in the north or Paekakariki in the south. There is a domain to throw a ball, take the dog for a run and then to top it off just past the domain is an underpass to catch the train to Wellington. Free outside rush hours and, as we are not in a rush...

The Plimmerton village is also a little gem with cafes and walks along the waterfront. Another destination has been Takapau. There is a little camp ground there which is much cheaper than your standard camping ground. Not much to do there but a great place for a change of scenery and lots of quiet time. Travelling on there is Napier where in contrast there is so much to do. Bike trails everywhere, walking tracks, cafes, orchards, wineries, shopping, and tourists to talk to. You can be as busy as you want. A good excuse to call into Takapau on the way home. The beauty of all this is that you are able to do what you want when you want.

Health has again curtailed us for a few months but hopefully soon we will be off again. In the meantime we will continue to look for more places to stay when we can get out and about. The dreaming never ceases.



Community Constable for Levin

Hello, my name is Simon Carter.

I am the Community Constable for Levin. I am based at the Levin Police Station situated at Bristol Street, Levin. I normally work weekdays between 8am and 4pm but these do vary.



I have been the Community Constable for a little over 18 months in a role that I love performing. Prior to this I was a front line officer in rural Te Kuiti for just over 10 years before my wife and I moved to Levin around 7 years ago.

Parts of my role is to try and resolve neighbourhood disputes, attend a number of events held in our area, our most recent being the medieval fair. I also speak to various groups and organisations concerning Crime Prevention, Scams, Road Safety to name a few. I walk the beat in and around our local CBD area, work alongside and be involved with a number of organisations like Age Concern, Neighbourhood Support and the Levin Community Patrols. I am also the alcohol harm reduction officer for our area and assist with the vetting of applications, site visits, interviewing of potential managers and the

enforcement side when things don't go well. This all centres around reducing crime and making our communities a safer place. The best part of what I do is talking and working with a large range of people and having the opportunity to make a difference, both young and old.

I work alongside a group of highly dedicated and professional officers who also share the same goal of trying to make our community a safer and better place to be part of. In being part of this wider group I have been involved in youth development programmes and community projects.

There is a lot of information out there concerning crime prevention for both yourself, your property and the wider community out there, please don't hesitate to drop in, call for a quick chat or stop me if you see me walking the beat.

Best regards

Sye

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
- 85% of plant life is found in the ocean
- It is physically impossible for you to lick your elbow

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For more information please phone Age Concern Horowhenua on (06) 367 2181



Tavenier Howard & Co

Well after a lovely long and hot summer we are all thinking about bunkering down for the winter - so what happens in the Real Estate world in Kapiti during these colder and wetter months? Yes, the market slows slightly BUT we still list and sell over these months. Clients are always asking me "when is the ideal time to come to the market?" well we are fortunate enough that unless you suffer from lack of winter sun, anytime is good. I often tell my clients that if they wait until spring you put your property under a lot more competition with the increase of properties coming to the market in the spring. There are always buyers looking every day of the year!

If you are contemplating coming onto the market, take your time to present your property

to the highest standard you can. If small jobs are an issue for you due to lack of equipment or health problems don't take any risks - get help. These services can be very cost effective that could maximise your sale price by thousands. Try Small Jobs Kapiti Coast 021 798 227 I have found their services excellent for my clients who need a wee hand.

We are now 6 odd months selling with the new 2017 RV's and it is interesting to see that most sales are exceeding these RV's. The percentage over is dependent on the competition created between the buyers and if you would like to get a better indication on your own area please ring or email me and I will prepare the data for you.

Keep warm and I am always available for a chat or a no obligation market appraisal so call me, Ceinwen on 0800 684 663.

Editorial supplied by Tavenier Howard & Co.

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News from Age Concern Kapiti

By Dermot Whelan, Manager at Age Concern Kapiti

Age Concern New Zealand Annual Conference

I attended the Age Concern New Zealand (ACNZ) annual conference in Wellington on April 16 - 18. The array of excellent speakers and presenters that ACNZ attracted is testament to the steadily increasing esteem in which this conference is held among the aged care industry.

Here's just a few of the interesting points I took away from the three days at the James Cook Hotel;

- A surprisingly emphatic defeat by 20 votes to 8 of a motion by Age Concern Tauranga to the AGM to change the name of 'Age Concern New Zealand' to 'Age Connect New Zealand.'
- The Minister for Seniors, Tracy Martin, advised the conference that the Government's Positive Ageing Strategy will be open for consultation from June this year. Workshops will be held throughout New Zealand. Here's an extract from a recent media release on the new Positive Ageing Strategy;
- The Government will develop a new Positive Ageing Strategy to shape the policies needed to help older New Zealanders live well, Seniors Minister Tracey Martin announced today. "Like the rest of the developed world, New Zealand has an ageing population," says Minister Martin. "That's great news in that more of us are living longer, healthier lives than ever before. But it also means there are some things we have to consider as a country."

Currently there are around 725,000 people aged over 65. By 2036 there will be more than 1.2 million people 65 or older. Combined with the low birth rate, this means seniors will make up almost a quarter of the total population. "We need a strategy to ensure that we are in a good position to deal with these demographic shifts and the wider changes that are happening in society, and that are going to happen.



Dermot Whelan

"Along with having a positive environment for the individual people represented in these figures, our ageing population has implications for our economy, for employment and housing, health and aged care, and social services. "Two key areas the strategy needs to examine are supporting seniors in the workforce and how businesses can better recruit and retain older people; and promoting housing options appropriate for older people.

"A lot of policy affecting older people is based on the majority of them owning their own homes and being mortgage free in retirement, but we now have a trend where home ownership rates are dropping. "We also need to talk as a country about what it means to keep connections throughout our lives and stop people being isolated or lonely."

The Minister said there would be public consultation before the strategy was developed to ask New Zealanders what they want from it. This would run from June until late August and include workshops throughout the country. "This is about finding out how people want to live as they get older, as well as how they are living now," Mrs Martin says. "And for this to work properly, we really need to engage with the people who aren't seniors yet, but who are going to be in the next 10 or 15 years."

- The ramifications of our ageing population were discussed and debated at length throughout the conference. We remain a long way behind Japan in the numerical ageing stakes however - they have 80,000 people over the age of 100! (the 'Super Aged' as they are affectionately known).
- There were interesting presentations from ACC and ACNZ on falls prevention. Both presentations highlighted the fact that falls are the most common cause of injury among older people. One in three people over the age of 65 have a

fall every year, this incidence increases to 1 in 2 over the age of 75. Falls can be a catastrophic event for some. The ACC presenter, Gill Hall, hailed the SAYGO (Steady As You Go) Falls Prevention classes as 'world renowned', high praise indeed for these classes which we at Age Concern Kapiti are looking to introduce to our District from July.

- One of the three 'themes' of the conference was 'Social connectedness and loneliness', an issue which is of mounting concern in many communities and countries around the world. A recent University of Otago Christchurch comprehensive survey - 72,000 people - concluded that 21% of older New Zealanders are lonely.

Arthritis Clinics in Paraparaumu on 7 June

Age Concern Kapiti has been facilitating Arthritis clinics for many years. The clinics are run by Arthritis New Zealand and have been well-attended and well-received.

Here's your chance to enrol, free of charge, to any of the following clinics on Thursday 7 June;

9.30am - 10.30am	Polymyalgia Rheumatica
11.00am - 12.00pm	Gout
1.00pm - 2.00pm	Rheumatoid Arthritis
2.30pm - 3.30pm	Osteoarthritis

The clinics will be held in the Rimu Room, First Floor Coastlands Mall. Please advise Alison or Dermot at Age Concern Kapiti on (04) 298 8879 if you wish to attend any of these clinics.



Go to [www.facebook.com/ageconcernkapiti](https://www.facebook.com/ageconcernkapiti) to follow us on Facebook.

Pre Paid Funeral Trust

Some people have funeral insurance but premiums seem to rise as you get older, yet the amount claimable remains the same. Some have thoughts about prepaid funerals but worry funeral prices will rise with inflation plus there are on-going fees aren't there?

Andrew Malcolm of **Kapiti Coast Funeral Home** tackled this problem finding a pre-paid fund that has no fees and all interest goes to the client. Sound too good to be true? Its not! Kapiti Coast Funeral Home partnered with BNZ client funds and agreed that neither will charge fees so all the funds invested, plus interest go back to the client. Money is lodged in individual accounts with each person's own IRD number. They don't even have to be a BNZ client.

So why not take the ownness off your family and arrange an interest earning no fees pre-paid funeral unique to Kapiti Coast Funeral Home.

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## Falls Prevention Classes on the way to Kapiti

Falls are common in older adults and are a major concern for individuals and health care funders. We know without a doubt that people who have good leg and 'core' strength also have good balance. Building your strength will improve your balance, and help prevent a fall. Doing exercises that strengthen your leg and core muscles and improve balance will reduce your risk of falling. It's that simple.

With this in mind, we intend to introduce **Steady As You Go (SAYGO)**, the community-based falls prevention exercise classes, as part of our Health Promotion projects here in Kapiti, starting in July.

The programme is delivered in a community setting on a weekly basis for 10 hours by a trained instructor. Classes are 1 hour long, and there are usually 12-15 people per class. They begin with a warm up in a chair followed by standing exercises, walking exercises, and ending with a warm down in a chair. A range of light ankle weights can be used for the leg strengthening exercises and all participants are encouraged to work at their own pace. Three simple strength and balance tests are carried out at week 1 and week 10 of the programme so that participants are able to track their progress. Following the initial 10 weeks, a potential peer leader from the group is identified and approached to continue and lead the class.

SAYGO class participation has reported impressive outcomes. A recent study by the University of Otago showed that sustained participation in SAYGO reduces fall incidence. Further, only a minority of falls resulted in the participant receiving medical treatment, suggesting that participation in the SAYGO classes may decrease the severity of fall-related injuries. Previous research suggested that the functional measures of strength and balance were significantly better in a peer-led SAYGO group compared to a seated exercise control group. There was also a 27% decrease in falls in the peer-led group compared to the control group. Additionally, SAYGO programmes have been shown to have a strongly positive social connectedness component.

## Volunteering for Happiness

Research published by Harvard Health found that the more people volunteered, the happier they were. Compared with people who never volunteered, the chance of being "very happy" rose 7% among those who volunteer monthly and 12% for people who volunteer every two to four weeks. Among weekly volunteers, 16% felt very happy.

Volunteering New Zealand's Chief Executive, Scott Miller, agrees, stating that "there is no exercise better for the heart than reaching out and lifting people up."

Have you considered becoming 16% happier? You can by becoming an Accredited Visitor for Age Concern Kapiti.

## Annual Street Appeal - Friday 22 June

And another way you can help Age Concern Kapiti is by volunteering to be a collector on our Annual Street Appeal day on Friday 22 June. We will have collections points in Paraparaumu, Raumati, Waikanae and Otaki.

Please call the Age Concern Kapiti office on (04) 298 8879 if you can help us with the collection, and indicate the time and place you would prefer. The appeal funds raised will be used towards the alleviation of social isolation and loneliness among our older people.

## Wellington Male Voice Choir

This wonderful choir are performing at The Kapiti Playhouse Theatre, Rauhiine Street, Paraparaumu on Sunday June 17 at 2.30pm. Tickets cost \$20 and can be purchased at the Coastlands Mall information desk, or by calling Age Concern Kapiti on (04) 298 8879.

Proceeds go to Age Concern Kapiti. We are grateful to the Wellington Male Voice Choir. Thank you.

## Working together to create social connection

**By Louise Rees**  
**National Coordinator Social Connection**  
**Services Age Concern New Zealand**

Loneliness has been in the news lately. We're seeing headlines about a loneliness epidemic, and the health effects of loneliness. There is concern about lonely older people, and the economic impact of loneliness and social isolation as our population ages. We're seeing articles about Age-Friendly Cities and Communities, and the UK's new minister for loneliness. There are campaigns to end loneliness and promote kindness, and there are stories about people and communities coming together.

So, what's behind all the headlines? Is there an epidemic? The answer is not simple, because loneliness is measured differently in different studies and across different locations. Cautiously though, the work of lead researchers from the UK and US provides some evidence that the prevalence of loneliness and social isolation may be increasing. One thing we can say for certain is that, since the 1960s, there has been an extraordinary, and unprecedented rise in the number of one-person-households in developed and developing nations across the world. By 2015, 24% of Australian and New Zealand households contained only one person, and in Scandinavia and Germany around 40% of households were single-occupancy.

What we can also say is that older people in New Zealand, especially older women, are disproportionately likely to be living alone. New Zealand stats show that here, as in other parts of the world, rates of loneliness decrease in mid-life, but rise again in the 75+ age group. A recent study of over 70,000 frail older New Zealanders aged on average 82.7 years, showed that 21% of the study participants (and 29% of those living alone) were lonely. This means that, as the population ages, we will see greater numbers of older people living alone, and experiencing loneliness. This matters, not just because loneliness is a painful experience, but because it's a known risk factor for a range of serious health conditions, early mortality, entry into

rest home care, and increased use of formal health services. As a result, there is increasing concern from policy-makers about the economic impact of loneliness and isolation. There is also interest in the potential of communities to support older people to remain connected.

Fortunately, there's a lot that can be done. We're seeing approaches and interventions that range from international to individual level, and involve policy-makers, researchers, campaigners, service providers, the business sector, not-for-profit organisations, and people in their own neighbourhoods and communities. However, there are challenges ahead.

Though loneliness can happen to any of us as we face life's challenges and transitions, it has been referred to in the UK as "the last taboo". At the UK Campaign to End Loneliness 2017 conference, one theme that emerged strongly was the need to destigmatize loneliness, and reframe it as a cue to take action, and a solvable problem. Another key theme was the need for organisations to work together, because no single agency can create transformative change.

Age Concern New Zealand promotes social connection through a range of interventions from our national visiting service, to locally-developed solutions such as social groups and outings, navigation of services, and transport to activities.

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We are aware though, that other organisations are making equally valuable contributions.

At local level, we see the benefits of collaboration. One example is the lunch and games club in Turangi. RSA had an underused venue, and willing volunteers. Age Concern knew of older people who wanted to get out and meet each other. We put those things together, and now have a thriving weekly club. Group members decide on the games and activities, and teach each other skills. Volunteers help with transport and morning tea, and the low-cost activity is made sustainable through gold coin donations from participants.

Age Concern New Zealand are now exploring how we can scale up those local collaborations to national level. We want to share and spread what works, and develop messages that make it easier for people to ask for and offer support if they, or those they know, experience a lack in the quantity or quality of their social connections.

As a first step, we ran a workshop in April, with local Age Concerns and external organisations. We explored what we're all currently doing in this space, and how we could work together to do better. Thank you to the organisations who took part, and shared their knowledge. We are collating the information and will be in touch again soon. If you want to join the conversation please get in touch.

**Naku te rourou nau te rourou ka ora ai te iwi.**  
For more information contact Louise Rees, National Coordinator Social Connection Services, Age Concern New Zealand  
Email: [Louise.rees@ageconcern.org.nz](mailto:Louise.rees@ageconcern.org.nz)

**This blog has been contributed by a member of the ComVoices network**  
ComVoices is a Wellington based network of national community and voluntary sector organisations. It was established so that sector organisations would have a more powerful voice at Government level and in the community.  
Visit their website: [www.comvoices.org.nz](http://www.comvoices.org.nz)



Robert Drage, 92, talks to the Age Concern Kapiti Healthy Ageing Together (H.A.T.) Group about his ANZAC medals. Beverley Jay, who took Robert to the Paraparaumu Anzac day parade, assists.

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A trip down Memory Lane; Enjoying the Age Concern Kapiti 21st birthday celebrations, October 2010.



From the archives; Age Concern Kapiti Volunteer Visitors listening intently at a 2015 Dementia workshop

# 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](http://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](http://www.energywise.govt.nz) for more information.

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