

SPRING 2018 QUARTERLY NEWSLETTER

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Age Concern Horowhenua | Kapiti | Manawatu

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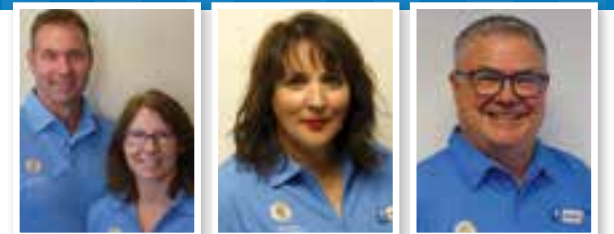
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News from Age Concern Kapiti

Social Isolation and Loneliness

By Tristine Tilly, Acting Manager/AgeConnect Kapiti Coordinator

Age Concern Kapiti has recently received funding for an exciting new three year project around social isolation and loneliness on the Kapiti Coast. The title of the AgeConnect Kapiti. The objective is to increase social connections for older people/kororua and kuia on the Kapiti Coast. Initially we will be looking at the true extent of the loneliness and social isolation in our community. This will then allow Age Concern Kapiti to develop a comprehensive plan for all communities that make up the Kapiti Coast District.

Social Isolation and loneliness has been highlighted through various news links in recent times.

Loneliness and social isolation can mean many different things to many different people. What I deem as loneliness may differ completely to the next person.

Loneliness has been identified as:

- **Emotional Loneliness** - which is felt when we miss companionship of one particular person such as a spouse, sibling or friend
- **Social Isolation** - is experienced when we lack a wider social network, group or friends

Loneliness can be brief, fleeting, it comes and goes. It can be situational which means it could occur

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at certain times, like Christmas, birthdays or even Sunday's when you may go to church. Loneliness can be chronic which is where someone can feel lonely the majority of the time. Although loneliness can be linked to the social isolation, it is not the same thing. One great example of this is - *you can be lonely in a crowded room but you will not be socially isolated.*

Social Isolation can be harmful to our health. Research has shown that those that are lacking social connections is as damaging as smoking 15 cigarettes a day. So friendships do have effect on reducing diseases, mortality and also improves after illness.

Loneliness and social isolation can be felt at all ages, the risk factors increases as we age. There are risk factors which are looked in two ways, Personal and Society.

Personal Risk Factors

- Poor Health
- Loss of mobility
- Sensory loss - hearing, sight and speech
- Lower income
- Retirement
- Bereavement
- Loss of driver's license
- Becoming a carer

Wider Society

- Lack of transport
- Fear of crime
- Housing
- Physical environment such as no public toilets or seating
- Technological changes

Feeling lonely is a natural human emotion and is a signal to us that we are wanting contact with others.

As we are all aware we are living, some studies say 25 years longer and working much longer than we once did. Older people also are moving to cities to be closer to their families and to support networks such as hospitals. This then can lead to breakdown of communities, neighbourhoods, friendships and can lead to lack of social connections and an environment that is not familiar.



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The United Kingdom has taken the 'bull by horns' and appointed a Minister for Loneliness which is for all ages and from this has created a nationwide conversation on how to best tackle this issue. There are many websites that have been set up to either create a discussion, information, advice or how the public can link into activities within their own communities.

In conclusion Age Concern Kapiti will be looking at the issues for the older population and connectivity. The Kapiti District is made up of very distinct communities whose needs will differ from each other. Looking at diversity within our communities. Social isolation and loneliness is not an issue just for the frail and very old, but also impacts on those that are able and also who are still working over the age of 65 years.

Age Concern Kapiti are looking forward to connecting and engaging with the various communities, organisations, groups and the older people on the Kapiti Coast regarding this exciting and new project.



Healthy Ageing Together

By Alison Miller, Age Concern Kapiti

Here are some of the highlights & challenges I face each month running the Healthy Ageing together (Hat) group.

How I plan and deliver the HAT group each month?

The group was already running when I took over. Since then we have ensured that all our guest speakers talk about health-related topics. We regularly ask the Healthy Ageing Together (HAT) Group members for suggestions for future topics. We ourselves (Dermot and I) also talk at each meeting about any big issues in the community or in NZ which we think may be useful information for the group.

I have an attendance sheet and we have name badges for everyone. I run the meetings at the same time each month - first Thursday - so everyone knows how it works.

How Age Concern Kapiti got the idea for the HAT group?

We saw a need in the community for the elderly to have a social group they could attend regularly to meet and mix with other people and also learn from a guest speaker about subjects that are relevant to them as they age. We have some laughs together but there's also a serious side to it.

What works and what doesn't?

Highlights

We get 25-30 people attending each month. They really enjoy having morning tea together. We provide some healthy food with tea, coffee or juice. The group then have around 20-25 minutes to chat with other group members. We (Dermot and I) then talk for a few minutes on current topics which we think will be of interest to the group. The guest speaker talks for approximately 30 - 45mins, followed by around 15 minutes for questions and answers. We have some interesting discussions on the chosen topic. We have a monthly newsletter that goes out a week before each monthly meeting. This will have a summary of the previous guest speaker's address for those who missed the meeting. It also informs them about the next speaker and topic. The group likes to know who is speaking at the next meeting. Sometimes a group member may bring a friend along as a 'oncer' to hear a particular guest speaker. I do tell them after each meeting if the speaker is already confirmed.

Challenges

Getting some of the members to the meetings. We provide a taxi pick up for people with walkers or who can't afford a taxi fee. I have to ring 8-10 people to organise this each month. Some members have trouble hearing so we need to sit them close to the speaker.

Personal stories from participants?

We ask for immediate feedback about the speaker in a simple questionnaire (maximum 5 questions) which they complete and give to us before they leave each meeting. (We provide plenty of pens!) Also people will verbally give us feedback on their impressions of the speaker. This feedback gives us excellent information on how they felt about the topic and the speaker. Our group can relate strongly to most of the topics themselves or through family/friends experiences. We organise a meal out in July which they really enjoy and this means we get to know everyone that much better as we socialise and share experiences and family stories. In December we have a Christmas finger food luncheon with some entertainment - a magnificent choir last year, for example. Most people voiced their enthusiastic appreciation and their enjoyment in the group sing-along with the choir. We find the Christmas lunch a lovely occasion as members ask after other members if they aren't there.

Advice to others who are wanting to start a monthly group?

Keep it as simple as possible. Same time and place each month. Keep to the time limit, and give plenty of notice about the speaker and topic. Have a backup plan if the speaker can't make it on the day. On the very rare occasions this has happened with us, into the breach step the staff to regale the member's with our own personal stories and comment on current issues in the Community. We have had team quizzes which were very well received. The competitive juices still flow freely for some, no matter what age! Some members are reliant on us to get their morning tea for them - they may use walkers or be sight-impaired. Find a volunteer or two to help set up the tables and chairs, serve and tidy up after the morning tea. We are so lucky having the same wonderful volunteer for about 4 years now. She never lets us down.

This is how I ensure the group runs smoothly. Here are some of our speakers:

Health & Disability Advocate, Hospital Dietitian, Alzheimers Wellington, Work & Income, CCDHB, Advanced Care Planning, Kapiti Fire Brigade, Kapiti Librarians, Parkinsons Society, Stoke Foundation, AA Driving Instructor.

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In Depth

Imagine, for a moment, that you had no birth certificate and your age was simply based on the way you feel inside. How old would you say you are?

Like your height or shoe size, the number of years that have passed since you first entered the world is an unchangeable fact. But everyday experience suggests that we often don't experience ageing the same way, with many people feeling older or younger than they really are.

Scientists are increasingly interested in this quality. They are finding that your 'subjective age' may be essential for understanding the reasons that some people appear to flourish as they age – while others fade. "The extent to which older adults feel much younger than they are may determine important daily or life decisions for what they will do next," says Brian Nosek at the University of Virginia.

You might also like:

- What's the prime of your life?
- The ultra-athletes aged 60+
- The amazing fertility of the older mind

Its importance doesn't end there. Various studies have even shown that your subjective age also can predict various important health outcomes, including your risk of death. In some very real ways, you really are 'only as old as you feel'.

Given these enticing results, many researchers are now trying to unpick the many biological,

psychological, and social factors that shape the individual experience of ageing - and how this knowledge might help us live longer, healthier lives.

This new understanding of the ageing process has been decades in the making. Some of the earliest studies charting the gap between felt and chronological age appeared in the 1970s and 1980s. That trickle of initial interest has now turned into a flood. A torrent of new studies during the last 10 years have explored the potential psychological and physiological consequences of this discrepancy.

One of the most intriguing strands of this research has explored the way subjective age interacts with our personality. It is now well accepted that people tend to mellow as they get older, becoming less extroverted and less open to new experiences - personality changes which are less pronounced in people who are younger at heart and accentuated in people with older subjective ages.

Interestingly, however, the people with younger subjective ages also became more conscientious and less neurotic - positive changes that come with normal ageing. So they still seem to gain the wisdom that comes with greater life experience. But it doesn't come at the cost of the energy and exuberance of youth. It's not as if having a lower subjective age leaves us frozen in a state of permanent immaturity.

Feeling younger than your years also seems to come with a lower risk of depression and greater mental wellbeing as we age. It also means better physical health, including your risk of dementia, and less of a chance that you will be hospitalised for illness.

Yannick Stephan at the University of Montpellier examined the data from three longitudinal studies which together tracked more than 17,000 middle-aged and elderly participants.

Most people felt about eight years younger than their actual chronological age. But some felt they had aged - and the consequences were serious. Feeling between 8 and 13 years older than your actual age resulted in an 18-25% greater risk of death over the study periods, and greater disease burden - even when you control for other demographic factors such as education, race or marital status.

There are many reasons why subjective age tells us so much about our health. It may be a direct result of those accompanying personality changes,



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with a lower subjective age meaning that you enjoy a greater range of activities (such as travelling or learning a new hobby) as you age. “Studies have found, for example, that subjective age is predictive of physical activity patterns,” Stephan says.

But the mechanism linking physical and mental wellbeing to subjective age almost certainly acts in both directions. If you feel depressed, forgetful, and physically vulnerable, you are likely to feel older. The result could be a vicious cycle, with psychological and physiological factors both contributing to a higher subjective age and worse health, which makes us feel even older and more vulnerable.

Stephan’s analysis, which is now in press in the journal of Psychosomatic Medicine, is the largest study of the effect of subjective age on mortality to date. These large effect sizes demand close attention. “These associations are comparable or stronger than the contribution of chronological age,” says Stephan.

Put another way: your subjective age can better predict your health than the date on your birth certificate.

With this in mind, many scientists are trying to identify the social and psychological factors that may shape this complex process. When do we start to feel that our minds and bodies are operating on different timescales? And why does it happen?

Working with Nicole Lindner (also at the University of Virginia), Nosek has investigated the ways the discrepancy between subjective and chronological age evolves across the lifetime. As you might expect, most children and adolescents feel older than they really are. But this switches at around 25, when the felt age drops behind the chronological age. By

age 30, around 70% of people feel younger than they really are. And this discrepancy only grows over time. As Nosek and Lindner put it in their paper, “Subjective ageing appears to occur on Mars, where one Earth decade equals only 5.3 Martian years.”

Lindner and Nosek also measured the “desired age” of their participants - which, to their surprise, also followed Martian time. “It keeps going up with us, and at just a slightly slower rate than how we feel right now,” Nosek said. This would seem to “support the idea that we experience our life experiences as continuously getting better, just a bit more slowly than our actual experiences,” he says. It’s not as if there is one single peak age. Again, this flip occurs in our mid-20s: 60% of 20-year-olds want to be older. But by the age 26, 70% would prefer to be younger, and from then on, most people view the recent past with the rosiest spectacles.

Some psychologists have speculated that a lower subjective age is a form of self-defence, protecting us from the negative age stereotypes - as seen in a nuanced study by Anna Kornadt at Bielefeld University in Germany.

Kornadt’s study hinged on the idea that people’s subjective age might be a multifaceted thing that varies in different domains. You may feel differently when you think about yourself at work compared with when you think about your social relationships, for example. And so Kornadt asked participants to say whether they felt younger or older than they really were in different areas of life.

Sure enough, she found that people’s subjective ages were lower when negative age stereotypes are most prevalent – such as work, health and finance – which would seem to support the idea that this

thinking helps people distance themselves from the negative connotations of their age-group. Believing “I may be 65 but I only feel 50” would mean you are less worried about your performance at work, for instance. Kornadt also found that people with a lower subjective age tended to imagine their future self in a more positive light.

By protecting us from our society’s dismal view of ageing and giving us a more optimistic view of our future, this self-defence could, in turn, further explain some of the health benefits of feeling younger than you really are.

Despite these advances, scientists are only getting to grips with their potential implications, though it is certainly possible that future interventions might try to reduce participants’ subjective age and improve their health as a result. In one of the few existing studies, elderly participants in a fitness regime enjoyed greater strength gains if the experimenters praised their performance relative to other people of their age.

And given its predictive power - beyond our actual chronological age - Stephan believes that doctors should be asking all their patients about their subjective age to identify the people who are most at risk of future health problems to plan their existing health care more effectively.

In the meantime, these findings can give us all a more nuanced view of the way our own brains and bodies weather the passing of time. However old you really are, it’s worth questioning whether any of those limitations are coming from within.

David Robson is a science writer based in London, UK.

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News from Age Concern NZ Manawatu Outreach

It still seems pretty cold as we put this edition of the newsletter together, but there are a few bulbs coming up so spring must be just around the corner. When the weather is cold we often feel like hibernating at home, but sometimes going out can be just what we need. In June we asked people who attend our Steady as You Go® and Rhythm and Move classes for some feedback and we got some great comments from people in both classes about what a difference doing even a small amount of exercise makes to their lives. In July we started a new Steady as You Go® group at the Central Library in Palmerston North. For information about all our exercise groups see page 13.

We are very grateful to Manawatu District Council for giving us a grant which will enable us to start a Steady as You Go® group in Feilding later in the year. If you live in Feilding and would like to attend keep an eye out for information in the Feilding Rangitikei Herald and at the Feilding Health Centre or phone us on (06) 355 2832 to let us know you are interested in attending.

It has been another busy few months for staff. World Elder Abuse Day on the 15th of June saw staff at Palmerston North airport from 6am giving out Elder Abuse Awareness pins. Many people took the

opportunity to wear one and show their support for what Age Concern is doing to promote the issue and also for the work we do to support older people who have been abused.

Later in the day we held a Women's Self Defence Workshop for women aged 55+ where we learnt techniques for keeping ourselves safe. Julie Goldingham is an excellent facilitator and really knows her stuff. The women who attended said that they found the workshop very informative and felt they would be able to use some of the techniques that Julie taught us. We were pleased to receive sponsorship from BUPA which enabled us to run the workshop and provide lunch.

Marian Dean

Manager of Age Concern NZ Manawatu Outreach



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Older Person of the Year Awards 2018: Nominations Open

Age Concern New Zealand Manawatu Outreach is pleased to be supporting Age Friendly Palmerston North to host the Older Person of the Year Awards 2018. Nominations for these awards are open now and close on 24th August.

Marian Dean, Manager of Age Concern New Zealand Manawatu Outreach, says "These Age Friendly Palmerston North awards are a great way to recognise just what older people are achieving in Palmerston North, through volunteering, employment and other activities. We all know people who make a huge difference to their communities and we need to be nominating them".

Awards will be presented to the Older Woman of the Year; Older Man of the Year; Business or organisation of the year and to the Overall Winner by the Hon. Iain Lees-Galloway at an Afternoon Tea Dance on International Day of the Older Person, Monday 1st October. Nomination forms for the Older Person of the Year Awards can be obtained from Raewyn Cameron at the EASIE Living Centre, 585 Main St, phone 027 291 6121 or from Age Concern, 51 Waldegrave St, phone 06 355 2832.

International Day of the Older Person 1st October Afternoon Tea Dance

This event is being organised by Age Concern, in conjunction with the Senior Citizens Club and Grey Power with the support of Palmerston North City Council. It will take place in the Senior Citizens Club rooms from 1pm to 4pm and free tickets to the event will be available from Age Concern NZ Manawatu Outreach in September. There will be a delicious afternoon tea and plenty of time for guests to socialise. Music will be provided by Ian Farmer. For more information and to request a ticket contact Age Concern phone (06) 355 2832.

Age Concern NZ Manawatu Outreach Group Exercise Classes

We all know that exercise is good for us but sometimes it can be difficult to make the time for it, particularly in the cold winter months. Now that spring is here perhaps we should start to think again. Physical activity is very important for older people and the benefits are many and well known. Regular physical activity has been shown to increase muscle strength, flexibility, balance and coordination. Conditions that typically develop with aging can be delayed by staying active. Research has shown that physical activity can extend life expectancy, improve bone strength, give participants more energy and improve sleep. It can also contribute to controlling blood pressure, blood sugar levels and weight. It can help prevent and manage health conditions including strokes, obesity, type 2 diabetes, osteoarthritis, and improve mental health. It can enhance wellbeing and quality of life. Why not give one of our exercise groups a go?

Exercise Class Times

Steady as You Go®

Gentle one-hour programme specifically designed for older people.

Wednesday mornings: Rangiora Community Centre, 102 Rangiora Ave, Roslyn

Thursday mornings: Awapuni Community Centre, Newbury St, Awapuni

Friday mornings: Central Library Palmerston North, 4 The Square

Cost: \$2 donation

For class times phone Age Concern NZ Manawatu Outreach on (06) 355 2832.

Rhythm and Move

A faster paced one-hour exercise programme for people aged 65+

Monday: 10.30am Gravitare 24 Gym, 1043 Tremaine Ave, Roslyn

Wednesday: 9.15am Gravitare 24 Gym, 1043 Tremaine Ave, Roslyn

Cost: \$2 donation



Working after 65

Are you aged 65+ and in paid employment or volunteering, or are you considering working beyond the age of 65? Retirement is now less likely to mean a sudden withdrawal from full-time paid work. People continue in paid and volunteer work after 65 for many reasons: these could be financial considerations, or because they want to contribute, be occupied and connected to their community.

Continuing to be work after 65 years is a growing trend: in 2013, 22% of New Zealanders over the age of 65 years were in paid employment. This is up from 16.8% in 2006 and 11.4% in 2001. In 2051, older workers will be 10.5% of the total workforce.

Being over 65 means that you have more choices about how work can fit into your life while still meeting your commitments, such as caring for others

and enjoying more leisure. You should talk to your employer about flexible work options before you consider leaving. Some of the common work options are: reducing to part-time hours; flexible work hours and location; job sharing; seasonal work; options for extended leave; phased retirement; job rotation, or starting your own business.

If you decide to continue in paid employment when you reach 65, you can still receive NZ Superannuation but your earnings plus your Super may be taxed at a higher rate. Contact Work and Income to find out more about this.

Don't underestimate the value of your skills. There is currently a skills shortage in New Zealand and employers are looking for experienced, loyal and reliable workers to meet their demand. Age discrimination is illegal and you cannot be forced to retire due to your age.

Older New Zealanders make a huge contribution to their communities through unpaid work. Older people contribute to the voluntary sector through regular voluntary work in a range of community organisations that rely on the work of volunteers. In addition many older people are involved in caring for spouses, grandchildren, and friends. If you are interested in volunteering in Palmerston North and the Manawatu and want to know about what you can do, contact the Volunteer Resource Centre Manawatu and District 0800 865 2687 to find role in your area that suits your interests and skills. Age Concern NZ Manawatu Outreach Service is always looking for volunteers in our Accredited Visiting Service. If you would like to know more about this service phone our office.

Working and volunteering helps maintain social connections, keeps you physically and mentally active, can keep you busy and give you a sense of purpose and provides enjoyment and learning. You also contribute to your community.

Source: Adapted from Age Concern New Zealand "Working After 65. Some Questions to Consider" For more information see the Age Concern NZ website www.ageconcern.org.nz



Most of the problems in life are because of two reasons, we act without thinking or we keep thinking without acting.

Friendly, local Total Mobility (TM) provider for personalised transport

Freedom Drivers Kapiti, run by Lindsey Gott, brings a warm and friendly driving service right to your door.

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Service is personalised and Freedom prices are comparable to (and often less) than a standard taxi but with lots of extras.

Freedom Drivers are all police checked, take Total Mobility cards (TM) and are ACC Registered Vendors.

Call Lindsey directly now on (04) 298 3184 or 021 355 142 for more information or to get a quote.

Well-Able Information & Equipment Services

Well-Able are assessors in Kapiti for the Total Mobility Scheme. This scheme run by the Greater Wellington Council, offers a card which entitles the holder to a 50% discount off taxi fares and Metlink bus fares in Kapiti and Wellington.

Please call us on (04) 298 2914 for further information.



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Editorial supplied by Well-Able

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Editorial supplied by Freedom Drivers

Age Concern New Zealand Manawatu Outreach Services

Accredited Visiting Service
A befriending service for people aged 65+. If you would like to volunteer or you would like to have someone visit you on a weekly basis please give us a call.

Elder Abuse and Response Service
If have concerns for yourself or someone else over the age of 65, phone the office to talk to someone in confidence. If it is an emergency situation dial 111.

Information
If you have a query about Age Concern, or services for older people in Palmerston North and the Manawatu etc. phone the office or send us an email. Staff are also available to come and give talks and presentations to groups and organisations.

For all services phone (06) 355 2832 or Email: marian.dean@ageconcern.org.nz

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 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 p.a. individual or couple membership to cover our costs. **Thank you for your support.**

Application to become Friend of Age Concern NZ Manawatu Outreach

Mr / Mrs / Miss / Ms

Name: _____

Address: _____

Telephone: _____

Email: _____

Annual Friends Fee

☐ \$10 per person or per couple pa ☐ \$100 corporate pa

Donation: _____

How would you like to receive the newsletter? ☐ By Post ☐ By Email *(please tick one)*

How would you like to receive other information from us? ☐ By Post ☐ By Email *(please tick one)*

Donations of \$5.00 and over are eligible for a tax credit under the terms of Section LD1 Of the Income Tax Act 2007.

For more information please phone Age Concern Manawatu on (06) 355 2832 or email: marian.dean@ageconcern.org.nz

Post application to Age Concern NZ Manawatu, PO Box 5063, Palmerston North, 4410

Pre-Paid or Insurance ?

Take Time to Plan

Exploring the ways to plan financially

What most Insurance companies don't want you to know, And most Funeral Directors don't get a chance to tell you!

As we age insurance generally gets more costly. If we live longer than expected then what seems to be a small policy can often costs many thousands of dollars more than expected.

Conversely the thought of paying a lump sum to a pre-paid funeral fund conjures worries about inflation, and expensive on-going costs.

"I heard a story from a client, says Andrew Malcolm, "that shocked me. This person worked out they had paid \$17,000.00 over the years into a funeral insurance only to get \$4,500 at the end. This was half the money I needed for the funeral, but if they had paid into a prepaid funeral instead they would have had twice the money needed". When he asked why they had not just paid it into a pre-payment plan they said it was because they thought there were on-going fees and they thought they couldn't pay it in instalments.

The simple answer is 'Yes' pre-paying a funeral can be paid in instalments just like insurance policies', and 'Yes' there is a scheme that has No Fees!

Why wouldn't you just use a pre-payment scheme

But pre-payment schemes are not all the same. Some do have hefty set up fees, some have on-going fees, some have break fees at the end and some all three, so you do need to choose wisely.

BNZ bank had a pre-paid system called 'Client Funds'. They have the ability to charge ZERO fees if the agent also chose not to charge fees, and that's exactly what you get at Kapiti Coast Funeral Home!

So why not be financially savvy and pre-pay with a 'Kapiti Coast Funeral Home BNZ Client Fund pre-paid scheme' and save your family financial stress in the future.

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We provide
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Or fill in the attached reply slip for a free information pack to be sent out

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Please send me an information pack about pre-paid funerals

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Phone: _____

Address: _____

News from Age Concern Horowhenua

Greetings

I hope everyone out there is keeping warm as I sit here in the office with my hat and scarf on!

Catch up

I would like to mention again that our very friendly friendship group called **Nat and Chat** continues to be enjoyed by all who attend.

At each gathering (usually monthly) we have had different guest speakers who have covered a wide range of interesting, inspiring and informative topics. Our latest guest speakers were Bernard and Lynn who upon retirement travelled NZ on their Vespa scooters for a year. Lots of hilarious stories heard and enjoyed by all who attended.



Back to front: Bernard (biker), Daphne (Age Concern committee member), Dan (Age Concern staff) Robynne (Age Concern staff) and Lynne (biker).

New members are more than welcome. Please contact Age Concern to register your interest for future get togethers

Our Get Fit while you Sit class has been suspended until the beginning of October.

We are planning to move to an exercise programme called **Steady As You Go**.

These exercises are designed to help older people in their ordinary everyday lives. We will be practicing

balance, coordination-building and muscle-strengthening exercises.

Also included are eye exercises to assist balance and strengthen the muscles used for peripheral vision, which are needed for driving. Participants are also taught practical steps to avoid injury. A lot of laughter will be included.

Doctors and physiotherapists recommend Steady As You Go to their patients.

Just to remind you of some of the other services we offer.

Reducing Elder Abuse and Neglect

Age Concern offer free, confidential assessment and intervention services to older people when abuse or neglect is suspected. We work cooperatively with other social, health and legal agencies to ensure that the outcome for the older person is the best possible. An analysis of data from the NZ Longitudinal study of aging concluded that 10% of the population aged 65 and over who are living in the community experience abuse.

Types of abuse: Psychological, Financial, Physical, Neglect, Self-Neglect, Sexual and Institutional abuse. Anyone can contact or make a referral to our Elder Abuse and Neglect Prevention Service.

For more information regarding our services or a chat about anything please call Age Concern (06) 367 2181. Or call in at 538 Queen Street, Levin Monday to Friday from 9am to 3pm.

A footnote!

Age on the Go Expo 2018 will be held on Friday 5th October at the Event Centre, Victoria Street, Levin 10am to 3pm. More information to come from the organisers Horowhenua District Council.

Kindest regards

Robynne

Activities Coordinator/Administrator
Age Concern Horowhenua

Horowhenua Neighbourhood Support District Coordinator



Hello everyone, my name is Deborah Campbell and I am the Horowhenua District Neighbourhood Support Coordinator. Here is a little about my background. I was born in Levin and have lived here most of my life. I spent a few years travelling around living in places like

Palmerston North, Tauranga, Canberra Australia and Upper Hutt.

Since taking on this role 2 years ago I have been busy setting up new groups, having talks at Retirement Villages, street groups, and Community Groups, also participating in Community Events.

As part of my role I work closely with our Community Constable Simon Carter, Horowhenua Council, Civil Defence, which I am a member of the Horowhenua Emergency Management Team, Dan at Age Concern, Anne from Alzheimer's Manawatu, Community Patrol and many other like-minded people and Organisations.

My main role is to inform and educate members of the community on how to better protect themselves against crime, scams and educate you on what you need to do in a Civil Defence emergency including getting individuals details of the most vulnerable members of the community so we can quickly respond in an Emergency to get you help ASAP. **If we know about you we can help you.**

In our District we have an elderly population which is growing by the day. Whether it is talking to your Neighbours, giving them a wave, or just letting them know that they exist is an important part of being a caring Neighbour. If you haven't seen your Elderly Neighbour for a day or so go and check on them. It doesn't take long and your vigilance could be the difference between life and death.

I am grateful to all the community for their support and assistance, and look forward to helping you to the best of my ability. Make this year a year to get involved, to have fun and make others smile.

So if you wish to be part of Neighbourhood Support as a member or a helper, you can contact me at the Levin Police Station or ring me on the details below and be part of a great Community Organisation.

But most of all stay safe.

Deborah

Phone: (06) 366 0574

Email: horowhenua.nsg@gmail.com

Mobile: 021 222 1006



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



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Chronicles of a Traveller

I thought I would give a brief outline of some of my travel adventures during our two month holiday overseas.

My daughter, her partner (who is from Panama) and their one year old baby Isabella had convinced my wife and I to accompany them back to Panama to celebrate Isabella's 1st birthday. It didn't take a lot of convincing as we had been to Panama 10 years ago and thoroughly enjoyed ourselves on that occasion.

Our party of four adults and one baby departed on 27 November 2017 from Auckland to Buenos Aires in Argentina. A 12 hour flight and Isabella slept most of the way (thank goodness).

We spent the next three days exploring the city, its monuments, buildings and churches. Traffic was very different to Levin with the main thoroughfare in Buenos Aires having, 16 lanes of traffic to cross. I have heard that it is apparently the widest street in the world. We watched hundreds of people joining in a protest - don't know what they were protesting about - but they have these on fairly regular bases with lots of music, singing and drumming. Police trucks lined up in the street with water cannons and police with riot shields etc. but no problems or violence and after an hour or two no dramas and everyone went off happy until the next time.

Lots of beautiful bar-be-qued meat and everyone drinks mate (a type of tea). Taxi drivers would stop at the lights pull out their thermos and top up their cup with hot water and drink. Tourists would be carrying bottled water and the locals carried thermoses of hot water which they use to top up their mate.

Then off to Uruguay which once again was a beautiful country with lots of markets and lovely beaches including a much slower pace of life than Buenos Aires. Most people tended to go out and about from 11pm onwards as it is cooler in the evenings and it was a common sight to see families with young children shopping at this time of night.

The South Americans certainly love their steaks and different types of meat which were often cooked over open fires in most restaurants. The portions were really big and the taste just kept you wanting to go back for more.

Then onto Lima in Peru where we took lots of photos of Paddington Bear as this is where he began his travels from. There is a beautiful statue of him in a park by the beach and it has become a real tourist attraction.

Once again we noticed lots of beautiful buildings as we walked along an esplanade that housed lots of embassies high above the waterfront. The parks in Lima were truly wonderful and we witnessed a truly spectacular and magnificent laser light display projected onto fountains depicting the history of this beautiful country. Many thanks must go to our friendly driver who I make mention of later for taking us to this free mind blowing event.

We arrived in Panama on 6 December and made our way to David in the north of the country, where the family had organised a typical one year old birthday party for Isabella. This was truly a magnificent affair because in Panama people celebrate the following occasions for young women, their 1st birthday, their 15th birthday and their wedding. Clowns and professional photographers were hired, mountains of food including pig on a spit, and probably sixty to seventy people excluding all the children. Family connections and family life is very important in Panama.

One of the high lights of travelling, especially in countries where language and customs are different from what we are used to, is some of the interesting people one meets. Such an example was the taxi driver in Peru who initially took us to the apartment we had booked online the previous day. When we arrived at the complex there had been a mix up in the arrangements so no accommodation was available and he advised us that the area it was located in was not a good area. He arranged to take us to another

Finding purpose at Enliven's Coombrae Home

It's not uncommon for elders to feel disheartened by the prospect of moving to a rest home.

But at Coombrae Home, residents are proving that rest home life can open up new avenues for personal growth and connection.

"Moving to a rest home is a big transition for anyone, but it's also an opportunity," says Home manager Michelle Malcolm.

"Here at Coombrae, we're like our own little community. Many of the residents relish the opportunity to help out their neighbours, contribute their skills, and take part in life at the home."

Among those residents is Brian Rush, who approached staff earlier in the year about running a '500' card game group.

"There were a few people around who expressed interest in joining and knew how to play, so I thought it could be a nice thing to do," says Brian.

The friendly resident says he's careful to hold the activity on Tuesday afternoons so one particular respite guest can attend.

The group also uses cards with extra large print so that the guest, who is visually-impaired, can take part.

"It's lovely to see residents looking out for each other, and I think it really reflects the friendly environment we have here," says diversional therapist Rachael Trembath.

Coombrae Home follows the elder-centred Enliven philosophy, which encourages elders to enjoy companionship, independence and choice.

To learn more about Coombrae Home visit www.enlivencentral.org.nz or call 06 323 4491.



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Palmerston North

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- Willard Home

Levin

- Reevedon Home & Village
- Levin Home for War Veterans

Paraparaumu

- Kapiti Day Activity Programme



Free phone 0508 ENLIVEN or visit www.enlivencentral.org.nz

hotel and despite my initial suspicions of his motives he turned out to be a marvellous person and became our personal escort and driver for the remainder of our time in Peru; he would take no extra money for the service he provided.

On another occasion in Uruguay an elderly gentleman met Jill and I struggling with our packs one very hot afternoon. He took it upon himself to arrange new accommodation for us after the hotel we initially booked was full, by ringing several hotels and getting an excellent deal for us. Once again he would take nothing other than our thanks.

The beaches are very interesting places where one has to hire the seats and umbrellas and then try and find a spot to sit down. Although the water was very warm and crystal clear in some places, other areas have a serious pollution problem.

I suffered a serious foot infection which necessitated a trip to a hospital whilst in Panama but I can say that the medical care and ongoing treatment that I received was exceptional.

You are never too old to travel and it is not about expensive hotels and flash restaurants but rather the small day to day experiences such as exploring the markets or just sitting in a park watching the way people interact with someone who cannot speak the language. It is the interaction with people that makes life interesting and exciting. Sometimes experiencing situations outside our comfort zone is the very thing that keeps us young at heart.

In the next edition I hope to continue to give some more tit bits of information about our experiences

while travelling around Central and South America such as our experience on New Year's Eve in Montevideo.

Dan Geraghty
Elder Abuse Neglect Prevention Coordinator

Flu Vaccination

This vaccination is available each year free of charge for those 65 years of age and over, or those with a specified medical condition. It takes up to 2 weeks for the flu vaccine to provide protection. Contact your local GP or Medical Centre to make arrangements to have one if you so wish.



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

Membership Form Age Concern Horowhenua

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Name: _____
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Email: _____

Cost: \$10 Per Annum
Donations of \$5.00 and over are eligible for a tax credit under the terms or Section LD1 of the Income Tax Act 2007.

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

Life Tubes

(Endorsed and promoted by the New Zealand Police)



A Life Tube can speak for you when you can't. A special tube contains vital personal information for emergency services in case of accident or illness.

Age Concern Life Tubes are small sealable plastic containers with a red label. Inside, you'll find a form you can use to communicate and medical conditions, medications, doctor, next of kin, and contact numbers to be used by emergency services coming to your aid in a medical or civil emergency.

This container is kept inside your refrigerator, with a red sticker to alert emergency personnel. They are trained to look inside your fridge for a Life Tube. (If there are changes to your medications, we advise you to add a dated note advising the changes.)

Why the refrigerator?

It has a good chance of surviving earthquakes or floods. It's distinctive and hard to miss, it can usually be found in the same place, and almost all homes have one. It's the humble fridge - your emergency information storage vault!

Where are these Life Tubes available?

Life tubes are available from our office at 538 Queen Street East, Levin. Phone (06) 367 2181.

Extra Forms

Should you need additional forms or wish to update your original forms - these are available for free from our office.



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Here at **Courtenay Hearing Centre** we focus on providing solutions that best meet people's needs and budget. We source products from all the major hearing instrument manufacturers - from whom we are independent, allowing us to provide unbiased professional advice, and to offer the best solution to maximise your hearing potential.

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Howard & Co Realty

You may notice our slight change in our brand name, to Howard & Co Realty Ltd, since my business partner of 8 years has decided to take a break and go travelling. We continue to be proud to be part of the Andco Brand which have 6 branches currently. Lowe & Co Realty in Wellington, Cummings Kilgariff & Co Realty Petone, Jo-Kelly & Co Realty Carterton, Clarke & Co Realty Plimmerton and Voyle & Co Realty Paraparaumu. Our point of difference is that we are all independently owned with the owners being at the forefront of every listing giving our unique boutique services to our clients. All our owners have had years in the industry being highly successful professional agents who wanted to offer a more personal approach to real estate. We are very proud of the brand we have created and our many clients, many repeat clients, love the approach that we take. With a hand picked team backing us up you can be guaranteed of one on one service and not run the risk of an agent you don't even know from a very large team trying to sell your biggest asset. Please check out our web site to get a feel of our differences www.howardandco.nz

The Kapiti real estate market remains very tight with the lowest stock levels I have ever seen over the past 15 years. To have such a large area that we cover, Paekakariki to Otaki and only have mid 200 listings across this territory is very unusual but good for vendors who are still enjoying firm prices and often multi offers on their properties. The buyers are still coming to Kapiti as they see great advantages with often newer homes being available than their existing property, warmer weather, great facilities, improved roading, good educational options - just to name a few of the advantages buyers tell us about. Stock levels generally improve as Spring approaches - which means vendors are under more competition - so if you are thinking of making a real estate decision over the coming months, don't leave it too late and it is never too early to call us in for a chat to discuss preparation and the selling processes. If you would like a chat please feel free to ring me anytime or one of my team and we would love the opportunity 0800 684 663.

Editorial supplied by Howard & Co Realty

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