

SUMMER 2018 QUARTERLY NEWSLETTER

www.ageconcern.org.nz



Age Concern Horowhenua | Kapiti | Manawatu

Serving the needs of older people



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Administration Manager: Mary Campbell-Cree
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Admin Assistant: Wendy McMahon

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Elder Abuse and Response Social Worker:
 Robyn Baker
Social Connections Coordinator:
 Fern Brooking

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 Alison Miller

Brighten up your festive season

For many, Christmas is a time of family togetherness, the sharing of meals, relaxing together over a holiday break, youngsters playing whilst the adults watch on. Backyard cricket, bbq's, afternoon siestas, long days at the beach, camping, picnics packed in chilly bins and Christmas cake with a cuppa. It's a wonderful season and we're so lucky to live in this beautiful country that offers such natural beauty and wonderful outdoor activities.

In contrast, the festive season can also be a time of quiet reflection, contemplation and memories for many; remembering loved ones and reminiscing of wonderful Christmases and holidays gone by.

At Driving Miss Daisy, we love this time of year and want to help you remain as active and independent as possible so that you can enjoy the traditions of the season. We provide a number of different services to assist you – here are a few ideas:

- Christmas card shopping & posting
- Christmas gift shopping for loved ones
- Clothes shopping for special occasions
- Companion driving to end of year functions & events
- Companion driving to church & carol services
- Grocery shopping for special Christmas meals and treats
- Airport and transport transfers (including at departure and arrival ports)
- Christmas light tours
- Festive outings with a group of friends

Driving Miss Daisy is committed to helping our clients get out and about, so they can live life to the full and make the most of every moment. Remember that many of our franchise owners have fully equipped Wheelchair Accessible Vehicles, to assist with walkers or wheelchairs.

Call us today to discuss your festive season requirements. If there's something you need help with we'd be happy to talk through the options.

Editorial supplied by Driving Miss Daisy

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West Palmerston North	Ph: (06) 355 0470
East Palmerston North	Ph: (06) 355 0040



Driving Miss Daisy®

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News from Age Concern Horowhenua

Introducing Mary Campbell-Cree as Administration Manager for Age Concern in Horowhenua

I'm excited to be part of the team, as the Administration Manager. I was drawn to this role as it's a great fit with my values, my desire to be of service and the opportunity to make a positive difference in the lives of Older Persons.

I bring a wealth of administrative experience within service organisations but this is the first time I have worked for a Charitable Trust and I'm loving it. The role is busy and diverse and no two days are the same. I live in Otaki Beach with my beautiful Maltese Poodle and we enjoy having the natural landscape on our doorstep.

I spent 15 years as an Accredited Visitor for a person living in Wellington, who I continued to see once I had moved north to the Kapiti Coast. A few years after I started being a visitor, I wrote an article about the difference, one hour of my time a week made on another person's life. When I started, I had no idea the impact that such a small amount of time would have on myself and the person I visited. It has been life changing for both of us.

I have fond memories of the services Age Concern provide. My closest Uncle, who became my surrogate

Dad when I was a youngster, benefitted greatly from the Accredited Visitor Service who provided him a visitor that was a cheeky man, who brought out the best in my more serious Uncle. They had such fun together and at times acted like naughty boys, it was wonderful to watch. When my Uncle needed to move into a Rest Home, Age Concern were there again, providing us advice on the options for my Uncle and how to go about things. We were very grateful, as it was a huge change and even bigger decision for my Uncle, having lived in the same family home for nearly 50 years.

I am looking forward to networking with and being of service to the people of the Horowhenua.

Ngā mihi

Mary Campbell-Cree

Administration Manager

Do you have time for older people?

Hi I am Wendy McMahon and I have recently commenced the role of Accredited Visiting Service (AVS) Coordinator in the Horowhenua. I was born and raised in Levin, have married and raised my family here and spent my entire working life in Levin. You've guessed it, I love the Horowhenua! For many years, I worked in a law office as a legal executive. In this role, I had the privilege of being involved in elder law and consider myself knowledgeable and skilled in this particular field of the law. When I left the law profession, I threw myself into Volunteer work, where I am an interviewer for the local Citizens Advice Bureau and a volunteer for Horowhenua Volunteer Resource Centre to name but two.

I really enjoyed being involved with elderly clients and I'm excited to be part of the Horowhenua team, as the AVS Coordinator. If you know me, why not pop in and meet me or call me, if you would like to be a visitor or would like to receive a visitor. I look forward to continuing to promote this Age Concern befriending service which is aimed at reducing social isolation and loneliness amongst older people.



Wendy McMahon (left) and Mary Campbell-Cree.

Recent research has shown that loneliness is as bad for health as smoking, and that social isolation almost doubles an older person's risk of going into residential care.

AVS visitors provide regular visits of about an hour per week, share interests and activities with clients, and support them, where possible, to make other community contacts. The Visiting Service is for people over 65 who live in their own homes, who may no longer drive, who would like more company and who are able to contribute to a mutually beneficial relationship.

Volunteering can be flexible, interesting, very rewarding and great fun. Come and join us!

Our visitors tell us:

- It has helped me to have a greater understanding for those who are lonely, have physical difficulties and do not have family close by.
- I see each visit the smile / warm welcome and know I make a difference.
- I enjoy it immensely. The person I visit is wise, shares his experiences and makes it obvious that he enjoys what we do.
- It has made me think of who I am as a person and how I treat people.

Regular visits can make a real difference to an older person's health and happiness, and our volunteers tell us that they really enjoy and benefit from, their role. If you would like to spend time with an older person, and have an hour or so a week to spare, **we want to hear from you.**



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Editorial supplied by MeloYelo Electric Bikes

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How well do you know the road rules?

Staying Safe is a classroom-based refresher workshop for senior road users. The workshop aims to maintain and improve safe driving practices and increase the knowledge of other transport options available to help senior road users remain safely mobile.

Contact for enquiries or bookings:

Please phone (06) 367 2181 or call in at 538 Queen Street East, Levin from 9am to 3pm Monday to Friday.

Dates for workshops: 7 December 2018, 12 April 2019, 10 May 2019, 7 June 2019.

Workshops are from 10am to 2.30pm at The Hub, 32 Bristol Street, Levin. A light lunch is provided.



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Steady As You Go[©]

A Strength, Balance and Falls Prevention Programme

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

SAYGo improves:

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

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

SAYGo has been shown to provide continuous improvements in strength and balance over time in 56 much-loved community based, ongoing peer-led classes.

Classes are one hour each week, \$3 per class

Please Join Us!

ENQUIRIES & BOOKINGS

Phone (06) 367 2181 - Age Concern Horowhenua

Holistic approach key to elders' health

What are the key elements of a meaningful life? A growing body of research suggests opportunities to regularly engage in leisure are vital.

For elders, however, health and mobility issues can make staying engaged in hobbies much more difficult.

"Dealing with a chronic illness or mobility loss is frustrating for anyone, and can make elders reluctant to do things they once enjoyed," says Reevedon Home and Levin Home for War Veterans Manager, Jenny Hodgen.

"That's why first-rate clinical support should always be thought of as being about more than just physical health – it's also vital to ensuring elders feel supported to make the most of life generally."

At both Enliven homes, clinical staff work closely with families and residents to ensure care is tailored

to elders' needs and get a fuller sense of residents' personalities. The home's holistic approach has worked wonders for Reevedon Home resident Betty Spooner.

"Reevedon has really opened my eyes to what older people have to look forward to," Betty says.

"Since moving here, I've gotten involved with bowls, cards, quizzes and games. I also often head out to the beach in the van with other residents too. Nowadays I notice when I joined in with things, oftentimes I end up as the leader!"

To learn more about Reevedon Home and Village or Levin Home for War Veterans, visit www.enlivencentral.org.nz or call 06 368 7900 (Reevedon) or 06 366 0052 (Levin Home).



Editorial supplied by Enliven

Enjoy life with Enliven

Some things make for happier, healthier living, no matter what your age or ability. At Enliven we work with you to achieve the things that are important to you. Talk to us about the Enliven difference, or come to see for yourself!

Feilding

- Coomrae Home & Village

Palmerston North

- Brightwater Home & Village
- 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

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Visit our website www.courtenayhearing.co.nz for more information.

Heart Foundation

The Heart Foundation is New Zealand's heart charity, leading the fight against the country's single

biggest killer - heart disease. As a charity, the Heart Foundation relies on the generosity and goodwill of everyday Kiwis to support our life-saving work.

The Heart Foundation funds cutting-edge heart research and specialist training for cardiologists as well as providing education and prevention programmes that tackle heart disease head-on in the community. Through our work with schools and early learning services we help create a foundation for keeping hearts healthy into the future.

Our Heart Health Advocates are located throughout the country, and help support people, and their families, affected by heart disease in their local communities. Heart Health Advocates run information sessions on key topics, including heart failure, atrial fibrillation and heart medications, as well as raise heart health awareness, activate national campaigns locally and provide resources to the public and health professionals in their communities.

Heart Health Advocates are also available to give talks to community groups about the risk factors for heart disease and signs of a heart attack, with a focus on those people most at-risk.

The Heart Foundation website (www.heartfoundation.org.nz) is a great source of information about heart disease as well as providing nutrition advice and heart healthy recipes. The website includes information about different heart conditions, treatments and medications and real stories from people living with heart disease on the *Journeys* page.

Some of the regular events in the local area are:



Feilding Heart Support Group

Meets 4pm, last Wednesday of the month
The Senior Leisure and Learning Centre
14 Bowen Street, Feilding

Levin Heart Support Group

Meets 1pm, 3rd Monday of the month
Open Meeting Room - Te Takere
10 Bath Street, Levin

We are also considering establishing atrial fibrillation support groups in Kāpiti, Porirua, Wellington and the Hutt Valley, as well as a general Heart Support group in Palmerston North for people, and their families, affected by heart disease. Please contact us you are interested.

Contacts for the local branches:

Manawatu/MidCentral Branch

Email: manawatuoffice@heartfoundation.org.nz
Phone: (06) 358 7745

Wellington Branch

Email: wellingtonoffice@heartfoundation.org.nz
Phone: (04) 472 2780

Keep your eyes on the stars,
and your feet on the ground.

Budget Delivers Cheaper Doctor Visits

The cost of visiting the doctor will reduce for people with a Community Services Card under changes announced in the 2018 Budget.

This will give up to 540,000 people access to low-cost GP visits - making it around \$20 to \$30 cheaper.

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

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

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

To find out more about these changes, go to www.health.govt.nz

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Editorial supplied by Courtenay Hearing Centre

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REBUS (steering a safe course through our retirement years)

The word REBUS is an amalgamation of the words RETired and BUSiness. Rebus is an association of active retirees who join together by forming Clubs, the basic purpose of which is to provide regular opportunities to keep minds active, expand interests and enjoy the fellowship of new friends.

The Levin Ladies Rebus Club previously known as the Levin Ladies Probus Club was established in 1991. We have followed the example of other Clubs in New Zealand by changing our name to reflect independence from a former governing body in Australia. Our Club is the sole “ladies only” Club in Levin and although we currently have 90 members, applications are warmly welcomed from retired or semi-retired ladies.

No community service obligations, just the pleasure of meeting up with others of a similar age and interests. Many new friendships are made within Rebus.

We meet on the 2nd Thursday of each month, from 9.45am until noon at the Levin Cosmopolitan Club.

We have excellent speakers from within the Club and the wider community.

Birthday morning teas on 3rd Thursday of the month.

Dining out trips are held on the last Sunday of the month.

Regular trips to places of interest for members, friends and partners.

Membership Fees for our Club are currently \$20 per annum.

All members are encouraged to participate in as many Club activities as circumstances allow. The greater your involvement, the better the opportunity to get to know Club members and make new friends.

For more information call:
Judy Drake on 362 7615 or Colleen Murray on 368 7262.

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



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Improving the quality of life for those with low vision

We know how important reading is to our independence and living our best life. When the best glasses can’t help you read there is help to make the most of your remaining sight.

A partnership between the Blind Foundation and Matthews Optometry Group is providing low vision clinics; aimed at improving the quality of life of people with low vision and building the case for national low vision services. The free low vision assessment will provide

tailored advice to help make everyday activities easier; such as reading documents, emails, the newspaper or recipes, and telling the time.

People attending the clinics need to have had a recent eye examination, and stay in the care of their usual eye health professional for ongoing eye care.

To book your assessment talk to your eye health professional or contact the low vision clinic:
Paraparaumu Grylls Keleher and Matthews, 8A Ihakara Street, Paraparaumu (04) 298 4426

Editorial supplied by Blind Foundation and Matthews Optometry Group

When the best glasses can’t help you read, we can help.

Reading is so important to our independence and living our best life, so it’s essential to make sure we can keep on doing it.

Book in for a free assessment at our low vision clinic by seeing your local eye health professional or contacting us directly on 04 298 4426.

Book your **FREE** assessment **TODAY**

A partnership between the **Blind Foundation** and **Matthews Optometry Group**.
Your Low Vision Clinic Grylls Keleher and Matthews, 8A Ihakara Street, Paraparaumu 04 298 4426

News from Age Concern Kapiti

By Dermot Whelan, Manager at Age Concern Kapiti

Steady As You Go (SAYGO) Falls Prevention classes

We began our SAYGO classes at 4 Kapiti locations in September.

As preparation, the two day 'Steady As You Go®' Falls Prevention Coordinator training course Alison and I attended was excellent. The Village Hall venue was ideal, nestled among the pohutukawa trees in the lovely, tranquil suburb of Seatoun. Nice choice!

Hanny Naus (Age Concern New Zealand) co-ordinated and steered us through the training course with aplomb, while Steady As You Go® Guru Marion Dando was on hand for the duration to expertly demonstrate the exercises and explain the benefits of each one. As newcomers, it was very beneficial to also listen to the experiences and knowledge of those who have run the classes before and were attending for 'refresher' purposes. In particular, it was good to anticipate some early teething problems such as people turning up on week 1 who hadn't registered. And the discussion about peer-led groups was very informative.

We both left the two day session, armed with a very good understanding of how and why 'Steady As You Go®' has been so successful for many years, a CD to guide us and an easy to read training manual, confident we would bring the classes successfully to Kapiti at 4 locations, and that Kapiti Coasters would benefit from the classes as much as thousands of people around New Zealand already have.

Our SAYGO classes started in Kapiti the week after the training course and are now running very well at Paekakariki, Raumati Beach, Paraparaumu Beach and Waikanae. The total attending - 58 - have settled into 4 very keen groups, determined by the size of each venue. Paraparaumu Beach for example has 20 people attending every week because the spacious Senior Citizens Hall can accommodate that number comfortably.

The response to the classes has far exceeded our expectations. Well before they started, we had waiting lists at 3 of the 4 venues. It's good to know that there is a strong awareness in the community about the danger of falls which are the most common cause of injury to older people. One in three people over 65 have at least one fall a year, and this incidence increases to 1 in 2 people over 75 years. SAYGO classes have helped thousands of older people to improve their leg strength and balance, reduce their risk of having a fall, and improve their general health.



Dermot Whelan



SAYGO participants at Waikanae



SAYGO at Paraparaumu Beach

AgeConnect Kapiti

Our "AgeConnect Kapiti" three year project is well underway. The purpose of the project is "to increase social connections for older people/koroua or kuia in Kapiti." Funding for 3 years from the Kapiti Coast District Council (KCDC) has been secured and we have gratefully received other early funding support from the Working Together More Fund.

The impetus to help us increase social connections received another boost a couple of weeks ago when four Victoria University Bachelor of Commerce Information Systems students delivered a Communications Plan for our AgeConnect Kapiti project to us. It is a comprehensive plan with a simple aim - to increase the availability and spread of information to older people on the Kapiti Coast who may be socially isolated. Thanks Aleisha, Ben, Emma and Meg!

In the past month we have held energetic, informative Stakeholders and Public meetings at Paraparaumu and Waikanae respectively. At those meetings we explained our project and asked the attendees to consider 6 discussion topics very relevant to our project. The topics were; barriers to social engagement; what services already exist and what is being done well; how agencies can collaborate to tackle social isolation and loneliness; the role the general community can play; what low-cost or no-cost solutions would look like, and; how to reach older people who feel lonely.

We received excellent feedback on these topics, all part of the information gathering aspect of year 1 of our project. Also, and very encouragingly, there was a very keen interest from many people to be part of a Working Party which will help shape and drive AgeConnect Kapiti forward.

We are now planning our Year 1 survey of older people in Kapiti which will help us determine the extent of social isolation and loneliness in our district. This survey will be carried out early in 2019 and we are very grateful to Massey University for their substantial 'in kind' assistance in helping us ask the right questions in the survey and also in analysing the results.



At the public meeting to discuss social isolation and loneliness

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A round table at the AgeConnect Kapiti stakeholders meeting



AgeConnect Kapiti Stakeholders meeting

Celebration of the International Day Of Older Persons

Age Concern Kapiti in conjunction with the Kapiti Older Persons Council had a lovely public celebration of International Day Of Older Persons at the Te Newhanga Paraparaumu Community Centre on 1 October. Master of Ceremonies John Hayes did a wonderful job orchestrating the fine entertainment and the meeting's acknowledgment of three Kapiti people for their marvellous contribution to the enhancement of many people's lives on the Kapiti Coast. Acclaimed Otaki author Renee and CAMEO Society Founder Alison Vautier were humbled to receive their awards, as was the man himself - John Hayes - who was quite taken aback when Sonya Sloan announced him as one of the three very worthy recipients.

Wowing his audience, the mornings entertainment was provided by the amiable and very talented singer/musician Fernando Figueroa and also included a memorable "Fashion through the ages" show from Julie Maltby.

Annette Helliwell

Annette (pictured) is a stalwart of our monthly Healthy Ageing Together (H.A.T.) Group. She recently won an award from Stroke Central as "The Most Outstanding Stroke Survivor of the year 2018."

Well done Annette, you are an inspiration!



Annette Helliwell with her Awards from Stroke Central

Howard & Co Realty

It is hard to believe that the last half of 2018 is with us - I am sure the time passes quicker as we age!

What a year it has been in the real estate market in Kapiti. We have experienced our lowest number of listings over the whole of Kapiti in decades and although we are seeing the "spring" influx the number of properties on the market are still at critically low levels.

Talking to my retired clients, the wait to get into the many retirement villages throughout Kapiti is taking sometimes years for a suitable property to become available, so it does pay to put your name down at your desired village at least 5 years prior to you thinking you will be ready.

Out of town buyers are still very active in the Kapiti market - wanting to get the benefits of great facilities, weather and community spirit, we really are very fortunate to live in this desirable location.

There are on going law changes in buying and selling real estate - but don't be dismayed as I look after every aspect of selling your home and take all the

stress away. The new AML/CFT affects all properties listed from January 2019. What is this? Anti-Money Laundering (AML) and Countering the Financing of Terrorism (CFT). What does this mean for a Vendor? When your agent completes the listing form we have to take a copy of your passport or drivers' licence and a copy of a utility account with your name and address on it and keep it on file for 5 years. Your solicitor also must have this on file at their office as well.

We are slowly seeing a trend with the sale prices being achieved versus the new(ish) rateable values. This obviously depends on the value of the home and of course the condition and location of the property but our office is achieving 10% -25% over the RV's. Very happy to give you an updated appraisal at any time.

I would also like to wish you and your family a lovely safe and healthy Christmas and enjoyable summer. As I work through the Christmas season I would be happy if you would like to make contact for a chat 0800 684 663.

Editorial supplied by Howard & Co Realty

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A Disclosure Statement is available upon request by contacting the Village Manager - Debra Bishop

Advance Care Planning Community Champions

More challenging, rewarding work for Age Concern Kapiti is in the offing. This is the Advance Care Planning (ACP) Community Champion initiative in conjunction with the Capital and Central District Health Board (CCDHB).

An ACP is a plan for the healthcare you want in the future and for the end of your life.

Opportunity - Expressions of Interest Invited Advance Care Planning (ACP) Community Champions

Age Concern Kapiti is inviting Expressions of Interest (EOI) from members of the public interested in becoming Advance Care Planning Community Champions.

Advance Care Planning (ACP) involves discussing and planning for future health and end of life care. It can include talking about someone’s hopes and worries for the future as well as what they might want if they needed others to make decisions for them in the future. It is good to start ACP early while health is stable. ACP can start at home with family discussions, however, many of us put these conversations off and wait until there is a health crisis when it may be too late.

ACP links with other end of life planning activities such as writing a will and appointing enduring power of attorney.

New Zealand has a national programme of advance care planning hosted by the Health, Quality & Safety Commission (HQSC) www.hqsc.govt.nz/our-programmes/advancecareplanning/ and locally Capital & Coast DHB supports advance care planning in a number of ways as part of people receiving the best care possible.

Age Concern Kapiti now has the opportunity to have some local ACP Champions trained by the HQSC national ACP Manager. The ACP Champions will receive two days of training and will be able to then discuss ACP with other individuals or groups to encourage them to start their advance care planning.

If you are:

- ✓ Interested in helping people to get prepared for the future
- ✓ Want to become an Advance Care Planning Community champion
- ✓ Available for 2 days of training (lunch provided) in Paraparaumu (22 Feb and 8 March 2019)

Then please contact Age Concern Kapiti at:
Email: admin@ageconcernkapiti.co.nz
Phone: (04) 298 8879

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Become a Friend of Age Concern Kapiti

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Donation:

☐ \$10 ☐ \$20 ☐ \$30 ☐ \$50 ☐ \$Other.....

TOTAL: \$.....

Donations of \$5 and over are eligible for a tax credit under the terms or Section LD1 of the Income Tax Act 2007

For direct bank transfer A/C:
WESTPAC 03 0732 0153395 000

A receipt will only be sent if this box is ticked ☐

Age Concern Kapiti, PO Box 217 Paraparaumu 5032

Get Savvy on Scams

It is reported that online scams are costing us \$500 million per year with 72% of New Zealanders saying they have been targeted by a scam.

Come along to a free, fun and interactive workshop to Get Savvy on Scams. The workshop, proudly hosted by Wesley Community Action and presented by Bronwyn Groot (Manager Fraud Education, Commission for Financial Capability), will show you how you can protect yourself, family members and clients from the latest scams and frauds. Get tips on how to recognise a set-up and avoid a scam, and what to do if you discover you have been scammed.

When; Wednesday 21 November 2018 - 11am to 12pm

Where; Coastlands Rimu Conference Room, State Highway 1, Paraparaumu Kapiti Coast

Please RSVP to; info@wesleyca.org.nz

For all queries contact; Wesley Community Action (04) 385 3727.



Christmas gift wrapping at Coastlands

Help us spread some Christmas cheer! We are looking for enthusiastic, friendly and fun people, to help at our Christmas wrapping station at Coastlands Shopping Centre from Wednesday 5th - Monday 24th December inclusive. Ideally, you would be able to commit to at least 2 x 4 hour shifts (between 9.30am - 5pm, with some late nights until 9pm) and a gift wrapping training session. Everything you need to volunteer on the day will be provided. There are a few special skills required for the job - the ability to wrap gifts neatly (training provided), interacting with the public, providing Age Concern Kapiti promotional material and the confidence to ask for a gold coin donation in return for wrapping the gifts.

Please call us on (04) 298 8879 if you are able to help us.

Writing the memoirs

My father had a profound influence on me - he was a lunatic. *Spike Milligan*

I wanted to be President of the United States. I really did. The older I get, the less preposterous the idea seems. *Alex Baldwin*

It took me 15 years to discover I had no talent for writing, but I couldn't give it up, because by that time I was far too famous. *Robert Benchley*

History will be kind to me for I intend to write it. *Winston Churchill*

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Email: scott@hms.nz

News from Age Concern NZ Manawatu Outreach

International Day of Older Persons on 1st October was celebrated in style in Palmerston North with an Afternoon Tea Dance organised by Age Concern NZ Manawatu Outreach with the support of Grey Power, the Senior Citizens Club and Age Friendly Palmerston. Over 100 invited guests listened and danced to music provided by talented muso Ian Farmer and enjoyed a delicious afternoon tea and celebration cake supplied by Pioneer New World. Guests enjoyed socialising with one another and meeting our volunteers including a group of students from Freyberg High School.

We are grateful to Palmerston North City Council for making this event possible by awarding us a grant and to the Cosmopolitan Club for allowing us to use their van to collect guests who would otherwise have been unable to attend. It was also great to have students from Freyberg High School volunteering with us.

The Age Friendly Palmerston North 'Older Person of the Year Awards 2018' were presented at this event. The Organisation/Business of the Year was won by Palmerston North Senior Citizens Club, the Older Man of the Year was won by Jim Wilkinson, the Older Woman of the Year was won by Anne Odogwu and the Overall Winner was Don Robertson. Congratulations to the winners and to everyone who was nominated.

The team at Age Concern New Zealand Manawatu Outreach service are really excited to bring Steady as You Go® to Feilding in November. This has been made possible with the support of a grant from Manawatu District Council. (See page 20 for details).

Are you a driver? When was the last time you looked at the NZ Road Code? Driving regulations change from time to time and it can be difficult to keep up with the changes to the NZ Road Code. Horizons Regional Council is running free workshops in November that may be of interest to you; Staying Safe workshops for senior drivers provide an opportunity to learn about updates to the Road Code and tips for keeping yourself safe on the road. (See page 20 for details). You may not be aware that when you renew

your driver's licence at 75 you are required to have a medical and some people find that the process for renewing it confusing. Feilding Library is running free drop in sessions on Demystifying the NZ Driving Licence Process in November and December with driver educator Andrew Robertson (see page 20 for details).

Marian Dean

Manager of Age Concern NZ Manawatu Outreach



Jan Cook, President of Palmerston North Senior Citizens Club, cuts the cake at the International Day of Older Persons Afternoon Tea Dance. The Senior Citizens Club was awarded the Age Friendly Palmerston North cup for Organisation of the Year 2018.



Musician Ian Farmer gets people up and dancing.



Winners of the Older Person of the Year Awards with the Hon Iain Lees Galloway MP and His Worship the Mayor Grant Smith.

Free Parking permits for people with a SuperGold Card in Palmerston North

If you have a SuperGold card parking permit, you can park for free in the central city between 9am and 12noon on weekdays. You must be a Palmerston North ratepayer or resident to apply, and you must display a valid permit in your car to qualify for the free parking.

SuperGold card parking permits are available from the Palmerston North City Council Customer Service Centre on the Square. They are valid for a calendar year (January to December) and cost \$10.00.

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.

"We specialise in driving seniors to a wide range of appointments and outings - the usual medical and business appointments as well as shopping or just a nice afternoon out with a friend or two. We will even take you and your pet to the vet. Travelling with Freedom is like travelling with trusted friends or family as you build a relationship with a driver you get to know and trust," says Lindsey.

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.

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- Shopping
- Sightseeing and outings
- Airport transfers
- Pets to the vet
- One off or regular
- Long trips and local

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For more information

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Editorial supplied by Freedom Drivers

Steady As You Go® classes now in Feilding!

Venue: St John, 35 Bowen Street, Feilding
Date and Time: Tuesdays 10.30am - 11.30am
Cost is a \$2 Donation and all 65+ seniors are welcome.

Steady As You Go® classes 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 when you join a group and after 10 weeks, so that participants are able to track their progress. They are a great way to improve your strength and balance and are a proven way of reducing your likelihood of falling.

Steady As You Go® groups continue in Palmerston North on **Wednesday mornings**: Rangiora Community Centre, 102 Rangiora Ave, Roslyn; **Thursday mornings**: Awapuni Community Centre, Newbury St, Awapuni and **Friday mornings**: Central Library Palmerston North, 4 The Square.

For more information or to register for any group phone Fern Brooking at our Age Concern Manawatu office on (06) 355 2832 or mobile 022 657 3139.

'Demystifying the NZ Driver Licensing Process'

Feilding Library, 60 Stafford St, Feilding 4702.
Friday 14th December 10am to Midday

Do you have queries about the NZ Driver Licensing processes? Are you interested to find out about the process for renewing your driver's licence at 75? Do you have a relative who is approaching 75 and want to know how you can support them? Feilding Library is running free information drop-in sessions, which anyone can attend. Sessions will be run by Driver Educator Andrew Robertson.

For more information phone Feilding Library on (06) 323 5373 or Age Concern New Zealand Manawatu Outreach on (06) 355 2832.

STAYING SAFE - a refresher course for senior drivers

Nearing the age where you need to renew your driver's licence?

How well do you know the road rules?

Staying Safe is a free classroom based, road rule refresher course that aims to maintain and improve safe driving practices.

No test or exams, and a light lunch is provided.

FREE COURSE TO BE HELD:

Friday 23 November 2018, 10am - 2.30pm
 Feilding Baptist Church, 43 Bowen Street Feilding Or
 Monday 26 November 2018, 10am - 2.30pm
 Palmerston North Golf Club, Brightwater Terrace
 Palmerston North.

Please register with Horizons Road Safety Coordinator Alastair Mayston on (06) 952 2874.



Life Tubes

These are available to purchase for \$5 from many Age Concern offices including from Age Concern NZ Manawatu Outreach. A Life Tube is a plastic container that contains a sheet with your vital information and emergency contacts. The Tube is kept in a prominent easily identifiable and accessible place such as your refrigerator. In the event of an emergency, the police, ambulance, fire service, or friend will be alerted to the bright red sticker on the refrigerator door, that vital information is contained within a Life Tube inside.



Please 'Like' our new Facebook page!
You will find us by typing 'Manawatu Outreach Service' in the search bar.

Remembrance Service

Christmas, the season to be jolly, but sometimes it is not so. As this Christmas season is upon us we often tend to fix our thoughts on family, and especially those family members who are no longer with us, the ones who have died this year, and those who have gone before. For this reason we have developed a special Christmas gathering, a time to get together with others to support each other and to involve the one who has gone before us, into Christmas.

The opportunity we have created is often a bittersweet time of remembering, as grief does come to the fore more at significant times of the year such as Christmas.

So what should we do about it? We should gather, support each other, not hide from the reality and include them openly with us in Christmas.

The special time we are inviting you to will be led by the Funeral Home staff and will include lighting candles, reading reflections, a story time, singing, and a chance to participate silently by writing a message in a card (provided if you don't bring one) to the one you have come to remember. We will then have a time where we all decorate a Christmas tree with our cards.

This is open to everyone, so come, reflect, and take time out for them this Christmas.

Editorial supplied by Kapiti Coast Funeral Home



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Date : Thursday 13 December
 Time: 7:00pm — 8:30pm
 Venue: The Funeral Home Chapel
 11 Hinemoa Street
 Paraparaumu
 Phone 04 298 5168



Total Mobility Scheme: Plastic Cards Replace Vouchers

The Total Mobility Scheme (TMS) assists people who have aged related impairments, disabilities or mobility issues with the cost of paying for taxis or companion driver services (that are in the scheme). The TMS is partly funded by New Zealand Transport Agency (NZTA) and partly funded by Regional Councils. On 1st September Horizons Regional Council moved to an electronic card system which replaces the pink paper voucher book and ID card. This new card provides for ease of use for clients and transport operators. The TMS provides a travel discount of 50% of the cost of the taxi fare up to a maximum amount that varies across the Region (Palmerston North \$10, Levin \$10, Feilding \$5, Whanganui \$10 and Marton \$5).

To qualify for the scheme you must be assessed for eligibility. You need to have mobility issues or be managing a diagnosed disability which limits your ability to leave home. If you drive a car you can still be eligible for the scheme. Assessments can be arranged by ringing Horizons Regional Council Freephone

0508 800 800 or alternatively contacting one of the following agencies dependent on where you live:

Palmerston North - CCS phone (06) 357 2119 or Horizons phone 0508 800 800; **Feilding and Marton** - Horizons phone 0508 800 800; **Levin** - Age Concern Horowhenua phone (06) 367 2181 or Community Hub, Contact Inc. phone (06) 368 1195; **Whanganui** - Age Concern Whanganui phone (06) 345 1799 or Sommerville Disability Support Services phone (06) 345 0566.

The assessment process involves answering questions about your mobility needs and your personal circumstances. Although there may be some clinical questions, this assessment is to establish eligibility for funding. Once you have completed the questions your assessor will take a photo of you. This photo will be transferred onto your electronic ID card, which will be sent out to you with a letter of acceptance, once approved by the Total Mobility Coordinator at Horizons. If the TMC is unsure whether or not you meet the eligibility criteria you may be required to provide a medical certificate from your doctor. You will be contacted if this is required.

For more information contact Horizons Regional Council on 0508 800 800 or visit their website www.horizons.govt.nz

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 p.a. ☐ \$100 corporate p.a.

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

Alzheimers Society Manawatu Inc. (ASMI) building a New Dementia Specific MKC Club

It is estimated that by 2050 170,000 New Zealanders will be living with dementia. The total cost of dementia to New Zealand is now around \$1.7billion and will reach around \$5billion by 2050. New models of care that keep people healthier at home for longer could achieve cost benefit ratios of 6.6 times the value of each dollar of investment.

It is vital that the community prepares now, to meet the future needs of people with dementia, in order to empower people with dementia to live well and maintain their quality of life for as long as possible. Alzheimers Society Manawatu Inc. are well on the way to raising funds to support the new purpose built Marion Kennedy Centre Club (MKC) to support the community and future proof its services.

People with dementia will spend the majority of their journey with dementia living in the community. To maintain a sound quality of life for individuals with dementia, it is essential to maintain their independence for as long as possible. This new specific dementia designed building will allow clients the freedom and confidence to use their abilities fully, in all things from the mundane to the creative;

aiding memory in day-to-day living; and reinforcing personal identity.

The new facility will not only be a space that empowers its clients and families but also be a model to display strategies that others can incorporate and adapt to create dementia friendly spaces.

If you would like to know more or even contribute to this project contact Donna Hedley on 0800 004 001.

Donna Hedley
Alzheimer's Manawatu

Friendship Centres

These aim to provide friendship and support for seniors of Palmerston North and help prevent social isolation. Friendship Centres organise a range of activities from card and board game playing sessions to music and afternoon tea. Transport is available for people who require it.

There is a Friendship Centre held at All Saints Community Centre (338 Church St, Palmerston North) on Monday (2.00pm - 3.15pm), Tuesday (9.30 - 11.30) and on Fridays (9.30 - 11.30am). There is another centre at Milson Combined Church on the corner of Milson Line and Purdie Place which operates on Thursdays from 1.30 - 3.30pm.

For more information contact Judy Gibb phone (06) 355 1204.

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Phone 06 355 0022
Email: bdladmin@inspire.net.nz

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Phone 06 323 2770
Email: feilding@blddenture.co.nz



Two great retirement villages to choose from:



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Levin. Ph 06 368 1850.**



**53 Brooklyn Heights Drive,
Palmerston North. Ph 06 355 4665.**

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All occupation licences for units at the village are secured by a first-ranking mortgage over the village land in favour of the Statutory Supervisor.

