

AUTUMN 2018 QUARTERLY NEWSLETTER
www.ageconcernnt.org.nz



Age Concern Nelson Tasman

Serving the needs of older people

ACTIVE SENIORS NELSON TASMAN



Our community transport trials are underway as part of AgeConnect – helping get people out and about around the region.

Contact Information

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Email: manager@ageconcernnt.org.nz
Address: 62 Oxford Street, Richmond, Nelson 7020
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OFFICE HOURS
 8.30am - 4.30pm Monday to Friday

Words from the Chair



Dear members and friends,

The BIG news is that our wonderful manager, Sue Tilby, has tendered her resignation to the Board. She is leaving the agency after six years at the helm, overseeing its growth to a strong and well-respected charity.

As a family person she wants to devote her time and energies to her husband Steve and the other members of her beautiful whanau.

When I was elected to the Board Sue was already the Manager. I could see in her a woman of wide community experience, a deep understanding of the role of management, integrity in every aspect of her professional life and a clearly discernible commitment to people of older age. Sue's work ethic is very professional but without being overpowering. She is personable but proficient, an aspect of her professionalism that we all find very attractive.

In the years that we have worked together, Sue with her Team and the Board, have come through as a strong entity. In fact, Age Concern Nelson Tasman is now one of the more successful achievers of the Age Concern brand.

Sue Tilby is a very self-effacing person and would reflect praise to her Team and even to the Board. However, on behalf of the Board, I want to congratulate Sue on the quality of her leadership, the efficiency of her management, and the esteem in which she is held both locally and nationally.

Sue is leaving a very strong branch of Age Concern, a strength which comes in no small measure because of her commitment and leadership. The work has to go on because the number of older persons in our community is growing so rapidly. Sue has prepared us to meet this hour and so inspired by her, we move on with great determination.

The phrase 'open for business' applies to us here and now. Sue would want nothing else.

Good wishes,

Charles Tyrrell QSO
 Chair of the Board of Age Concern Nelson Tasman Inc.

We are grateful to all our funders:



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Social Interaction can keep you healthy!

As you get older and retire or move to a new community, you may not have quite as many opportunities to socialise as you did when you were younger. Recent research from the American Time Use Survey, an annual census by the US Bureau of Labour Statistics, shows that time spent in the company of others plateaus by our mid-50s and we then spend an ever-increasing amount of time alone.

However, if you're not heading to work or getting out and about each day, you may be missing out on important social interaction that you need to stay sharp, healthy and live longer.

Research has shown that staying socially active and maintaining interpersonal relationships can help you maintain good physical and emotional health and cognitive function, with a reduced risk of many diseases, dementia and depression.

Here are a few ideas to keep your connections strong:

- Stay in touch with friends and family and try to visit with them regularly
- Volunteer in your community
- Visit a senior drop in centre
- Join a group focused on activities you enjoy, such as playing cards or a book club
- Try taking a class - learn a new language, a new style of cooking or art class
- Join a gym to stay physically fit

Staying socially active and maintaining your relationships are an important part of healthy aging. Driving Miss Daisy can help you to maintain your connections, so you can stay as vibrant, active, and social as you've always been. We have lots of other clients who get out and about so would be pleased to share our knowledge of local activities with you. We can collect you, drive you to your destination and provide whatever help you need.

Remember that many of our franchise owners have fully equipped Mobility Vehicles, so if you have a walker or wheelchair this is no problem at all. No matter what your requirements please call us today to discuss - we look forward to seeing you soon.

Nelson - Francie Kemble-Welch
 (03) 547 2133 021 319 397

Driving Miss Daisy your companion and your driver!



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

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- Medical and other appointments
- Family/social occasions
- Shopping trips
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Bookings are essential - call Frances today and make your next outing a pleasure!

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Mobile: 021 319 397



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

Meet the staff

Elder Abuse Response Service Advisor, Mal Drummond



Mal continues in this vital role as we continue to deliver our Elder Abuse Response service. Older people can find themselves in a vulnerable situation quite suddenly and we're here to offer support and advice to whoever needs it.

Accredited Visitor Service Coordinator, Registered Social Worker, Susan Arrowsmith



Susan looks after our AVS and Carer Relief services, both of which use valuable volunteers from within the community, and offer companionship and friendship to those seeking some more social connections. We have now expanded services into Golden Bay.

Funding and Community Support, Caroline Budge



Caroline works in a role that covers fundraising, event organising and marketing & communications. We recognise the value in encouraging positive and active ageing, and are delighted to be bringing more fun events for the 65+ population in the region.

Community Support Coordinator, Marrit Walstra-Russell



In this role Marrit really enjoys the variety of her work linking and working with the wider Nelson community and organising fun events. She is also currently managing our transition of the total mobility scheme to Ridewise ID cards.

AgeConnect Coordinator, Breffni O'Rourke



Breffni joined the team in November as the new AgeConnect Coordinator and has been busy working on lots of projects to offer more social connections and opportunities for our older people looking for more company.

Time to say goodbye from Sue



I write this with some sadness, but the time has come for me to make a career choice. I'm not calling it retirement – it's simply life without work! I have decided to leave Age Concern after being here as the Manager for 6 ½ years.

This has been a big decision but I have 3 beautiful grandchildren, a wonderful husband, a camper van itching to hit the road and lots of other reasons to now start enjoying life without the routine of work.

I have had an amazing journey here with Age Concern and have had the pleasure of meeting many of you during this time. I will miss my contact with you all but know that the staff are busy working hard to ensure our great services continue and that you all feel well supported.

For those who may remember our small office here in Richmond when I started 6 years ago, we sure have grown and now have much bigger offices and 7 staff. This is a sure sign that the services we offer are valued and sought after by our senior people and their families.

There have been many highlights during my years with Age Concern; many fun events, powerful seminars, meeting wonderful people in our community and working with our brilliant funders. I will remember with fondness the many people I have met and the support you have given us.

I thank the board members and the staff for their enthusiasm, professionalism and support over the years. They are a formidable team for sure.

So I say farewell, it is now time to head off and live the dream. I can assure you life will not slow down for me, I will practice what I preach – keeping active, being thankful for life and having fun! I will fill my life with walking, biking, being the best Nana I can, friends, travel and perhaps even some new challenges – who knows!

I have been very proud to have had the opportunity to work for Age Concern Nelson Tasman and sincerely wish you all well for the future.

Aroha - Sue



Retirement living and care at its very best!

At Ryman Healthcare we firmly believe in protecting the interests of our residents. We pride ourselves on offering some of the most resident-friendly terms in New Zealand, which we have developed over the past 30 years.



Ernest Rutherford Retirement Village offers a full range of retirement living and care options; from independent and assisted living,

to the very best of resthome, hospital and dementia care.

One of our nine 'peace of mind guarantees' are fixed weekly fees - guaranteed for life* and our deferred management fee is capped at 20%, that's one of the lowest around!

Not all retirement villages are the same and these guarantees clearly distinguish a Ryman village from the rest.

We call it the Ryman difference.



For more information please phone Debbie Edwards on 03 538 0882
49 Covent Drive, Stoke



Positive Ageing Expo

Come along to Nelson's annual event for older people



Volunteers with Age Concern Nelson Tasman chatting to people at last year's Expo.

One of the biggest events in our calendar is the Positive Ageing Expo, which takes place in early autumn every year.

The Expo offers everyone the chance to come along and gather information and advice from a wide range of businesses, organisations and agencies - from retirement villages and e-bikes, to arts activities and driving agencies.

This year's Expo is at the Headingly Centre, off Lower Queen Street in Richmond, on Friday 6th April, from 10am to 3pm.

There will be the chance this year to find out about how to keep yourself safe from scams with one of the country's leading experts. Bronwyn Groot is the Manager Fraud Education at the Commission for Financial Capability. She has been in Nelson to give talks before and is up-to-date with the latest scams, what to look out for and how to deal with them. Why not come along to hear more from her.

Age Concern is also running its CarFit programme at the Expo. This is when you get the chance to find out how to sit in your car to ensure you're as safe and comfortable as possible. With the help of trained

volunteers and an Occupational Therapist, this takes approximately half an hour and is completely free of charge. If you have any issues when you drive, ie a sore back or hips, then this is a great opportunity to get some hints and tips on how you can be seated best. If you'd like to have a CarFit assessment, please phone Marrit on (03) 544 7624 to make an appointment.

Celebrant services



The very Revd. Charles Tyrell is a retired senior minister of the Anglican Church and is available to assist you as a marriage or funeral celebrant. If you wish to get in touch with him to discuss his availability then please contact the Age Concern office who will put you

in touch. He can then visit you to talk about these services, give advice based on over 40 years as a Christian minister and the costs involved. So, if you are no longer connected with a Church but would still like a Christian service, Charles would be delighted to assist.

Elder Abuse – It's Not OK



All our older people have the right to feel safe and free from abuse. As part of the revised national Elder Abuse Response Service, the Ministry of Social Development has now set up a free helpline that's manned 24/7.

The helpline is manned by specially trained staff who can work with callers to make sure they're safe, and talk them through how to handle their situation.

In Nelson Tasman, we are the agency with the MSD's contract to provide Elder Abuse Response Services, but there are times when people might need to speak to someone outside office hours, or at the weekend.

If you ever feel threatened or scared, then don't hesitate to call the new helpline on 0800 32 668 65.

Enjoying life and all its moments



Thinking about hearing aids?



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Our revolutionary Oticon Opn hearing aids can give you outstanding hearing benefits because they support the way your brain naturally makes sense of sound.

Now the popular Opn miniRITE is also rechargeable. An easy overnight charge gives you full power for the day without the hassle of handling batteries.

Hearing Quiz

Take this quick test and check your ability to hear properly

- 1. Do people seem to mumble or speak in a softer voice than they used to?
- 2. Do you sometimes miss key words in a sentence, or frequently need to ask people to repeat themselves?
- 3. When you are in a group or in a crowded restaurant, is it difficult to you to follow the conversation?
- 4. When you are together with other people, does background noise bother you?
- 5. Do you often need to turn up the volume on your TV or radio?

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Simplicity Funerals are firm believers that all funerals should reflect the wishes of the family and deceased, no matter what their financial circumstances may be, and Simplicity Funerals will make sure that this philosophy is always upheld.

Whether you need to arrange a funeral for a loved one, or you are trying to take the burden of arranging your own funeral from someone else, we are here to guide you through all of the arrangements, respecting your wishes every step of the way.

We are happy to discuss all aspects of funerals including preplanning and prepayment options, and to make things a little easier, we are happy to come to you at home.

We value the trust and confidence our clients place upon us and you can depend on us to meet your needs with compassion and integrity, *always*.

Staying Safe driving

Do you find yourself avoiding driving at night time, or a bit unsure about the rules at intersections? We run a regular free Staying Safe driving course for older drivers that is a great opportunity to brush up on your road knowledge.

Led by driving instructor Garry Dunn, Staying Safe is a classroom-style presentation with lots of opportunities to ask questions and share knowledge. It runs through things such as any recent road rule changes, plus the process for renewing your licence once you reach 75 and the options for what to do if you have to give up your driving licence.

Our next Staying Safe workshop is on Monday, 16th April from 10am to 12pm in the Richmond Seniors Rooms, next door to Age Concern at 62 Oxford Street, Richmond.

If you'd like to come along, all you have to do is register with us by contact Marrit on (03) 544 7624, or emailing: community@ageconcernnt.org.nz



Driving safely as we age is hugely important to retaining independence and freedom.

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AgeConnect Nelson Tasman

An update on what's happening with our new project

Our AgeConnect initiative continues to help create connections and socialising opportunities for older people in Nelson Tasman. Coordinator Breffni O'Rourke, who started in November, has been working very hard since she started, and progress is well underway in lots of different areas.

AgeConnect was set up last year after feedback from our members showed that loneliness and a lack of socialising was seen as one of the key issues facing older people.

One of the areas we've been working on is transport, and finding affordable solutions to getting people out and about. A lack of transport is recognised as being one of the main barriers to people being connected to their communities - many older people give up driving, or don't have family around to help them get places.

To help remedy this, AgeConnect is trialling the use of community vans with the generous support of Red Cross Nelson, and local companies Fitzgerald Construction and Bowater Honda. Breffni has been planning and implementing some local outings using the vans and volunteer drivers, and the hope is that this will lead to long-term, affordable community transport for older people.

We'd like to take this opportunity to say a huge thank you to the Working Together More Fund, Red Cross Nelson, Bowater Honda and Fitzgerald Construction for their very generous support.

AgeConnect Champions

Another area that we're working on is creating AgeConnect Champions - recognising businesses, organisations, places and spaces that support older people, or go the extra mile to look out for them. It could be a shop that gives great customer service, or ensures their premises are accessible and age-friendly. We already know of many, but we know there will be lots more we don't know about! By becoming an AgeConnect Champion, a business will be publicly recognised as such via a variety of

media that Age Concern Nelson Tasman uses. We are also planning an awards ceremony in Nelson later in the year to recognise those who are the most outstanding AgeConnect Champions in the Nelson Tasman community.

Get in touch

If you are interested, or know someone, who would like to get out and about more often, and join others in outings, or would appreciate transport to get to the shops, then why not get in touch with us to find out some more.

Alternatively, you may want to nominate a business or organisation as an AgeConnect Champion. To do so, you can call Breffni on (03) 544 7624, or by email at: ageconnect@ageconcernnt.org.nz



The response from organisations to help with our transport trials has been amazing. Here's Mike and Barry from RV Leisure Centre, with their very generous donation of a step to help people get in and out of the vans.



Anna Loach: Manager & Funeral Director

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Give A Little response

The Nelson Tasman community's response to our Christmas Appeal

We had an amazing response to our annual Christmas appeal for donations to make into care packages. For the past three years we've run a Give A Little campaign, asking for donations of non-perishable foods, toiletries and treats that we can then distribute to our more vulnerable older people across the region.

In December we were delighted with how much people gave to the campaign, allowing us to make around 50 beautiful boxes that we hand-delivered.

We were also lucky enough this year to have the support of our neighbours, the Richmond Primary School, who also wanted to do something for older people in their community. The children decorated the boxes in bright paper, made gorgeous Christmas cards to go in the boxes, and also helped us make over 40 boxes one morning.

Some of the feedback we received showed how much the care packages meant to people. One woman wrote to tell us that a package she had distributed around their shared living had been 'really well received', adding: 'I can't thank you enough for it certainly created quite a stir and everyone was quite taken with the fact that someone had gone to all that effort and thought of them. These things really do make a difference.'



Some of the children from Richmond Primary School, who helped make up the care packages.

Arvida - Breaking the mould of retirement living

Arvida, a group of New Zealand retirement villages, is challenging the traditional retirement model and breaking the mould! Arvida believes that New Zealanders want more choice and more control over their retirement lifestyles, and be able to remain part of their greater communities, not closed off from them.

The Attitude of Living Well

The Arvida 'attitude of living well' underpins our mission to transform the ageing experience and support all of our residents to feel younger for longer and actively engaged in life. We value every unique individual and the contribution they bring to our communities. We're focused on the holistic wellbeing of each person as well as providing clinical care. We support them to feel truly at home, to lead us with how they want to live daily and to feel they're still part of things. We live in home environments, not institutions with rules and timetables and we feel privileged to be working in our resident's homes, rather than residents living where we work.

Living Well in Nelson

Our Nelson communities, including The Wood in central Nelson and Oakwoods in Richmond are both implementing our 'Attitude of Living Well Model', where residents are empowered to live each day as they like, making their own timetables and doing the things they love. Each of our boutique Arvida communities offers our residents unique and inspiring opportunities to continue to live rich and meaningful lives.

If you're looking at aged care options, don't make a decision until you've experienced an Arvida village.

Find out more at www.arvida.co.nz



The Wood offers you a truly exceptional retirement lifestyle to enjoy, right in the heart of Nelson.

We offer a choice of retirement living options from our beautiful villas, serviced apartments and studios through to our wonderful rest home and full 24hr hospital level care. With the friendly and inclusive community atmosphere, you'll love your new home at The Wood!



The Wood

ARVIDA RETIREMENT & CARE

156 Milton St, Nelson. Call Nathan anytime on 03 545 6059 or 0800 728432 or email nathan.davis@thewood.co.nz
www.thewood.co.nz



Brand new, luxurious and affordable villas available. Come and view our show homes, open now!

If you're considering your next move, you should check out our brand new villas at Oakwoods. We have two unique villa styles offering luxury, elegance and charm and our established community hosts all the amenities and services you'd expect in a premium village. Come visit us today!



Oakwoods

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357 Lower Queen St, Richmond, Nelson
Call Derryl on 03 543 9746 or 0800 278432 or email derryl.beck@oakwoods.co.nz
www.oakwoods.co.nz

Supporting independent living in our community

An article outlining local services from St John

Providing ambulance services throughout New Zealand will always be a core activity for St John, however they are also playing an increasing role in meeting the broader health needs of New Zealand communities.

They believe it's important to develop strong communities to help people live independently, get the social connections they need and improve their wellbeing.



Nelson Health Shuttle Service

Our team of dedicated Health Shuttle volunteers provide an excellent door-to-door service available to people of all ages, to all health-related appointments. The service operates Monday to Friday except statutory holidays. They travel as far as Wakapuaka to Wakefield and can transport people in wheelchairs.

Bookings must be made at least 24 hours in advance and by 2pm Friday for Monday appointments. As spaces are limited on there shuttle, we recommend you book as early as possible. They do not charge a set fee, however they gratefully accept donations to help cover costs.

To make a booking, or for more information, please phone St John Nelson on (03) 548 8157.

St John Medical Alarms

They provide there medical alarm service to help people live safely in their own homes. Medical alarms help seniors and people with disabilities to continue enjoying their independence for longer. They also provide reassurance for families and friends. Very importantly, St John alarms are the only medical alarms monitored directly by St John 24 hours a day, 7 days a week.

St John is proud to be one of the accredited suppliers of medical alarms for WINZ. Heather Kelling and Teresa Jones are our local medical alarm representatives. They are happy to visit and discuss our alarm service and WINZ funding eligibility. They can also set up a free trial for up to one month. To contact them for a no obligation demonstration or any St John Medical Alarm enquiry please call 0800 50 23 23.

St John Caring Caller service

Caring Caller is a service that St John provides for people who live alone or feel a bit lonely. Volunteers phone clients regularly to check that everything is okay. This free service provides a friendly phone call to check on someone's wellbeing.

Just having someone ask about your day can make all the difference to how you're feeling. It's even better if that someone shares your interests, like gardening, reading or sport. Looking forward to a good conversation can really brighten up the day.



Make sure it has St John on it

St John is New Zealand's leading medical alarm provider and is the medical alarm doctors prefer to recommend*. The St John Medical Alarm is the only medical alarm that connects you directly to St John, meaning you can continue to enjoy your independence knowing help is at hand any time of the day or night.

Also, by choosing a St John Medical Alarm you are helping to support our ambulance and other community services.

Call 0800 50 23 23 or visit www.stjohnmedicalalarms.org.nz

*IMS GP Omnibus survey, 2017

St John's Caring Caller service connects people who need a friend with people who have time to listen and chat. While it's not a helpline in any way, a Caring Caller can also notify the right people – St John – if their chat friend isn't well or doesn't answer. If you or someone you know would benefit from a Caring Caller please phone St John Nelson (03) 548 8157.

St John has made improvements to the 111 service in the Nelson Area

The changes will help St John get an ambulance to you faster when you need them urgently. If you call them with something that isn't time-critical or life threatening, they will see if there is a better way to help you. It's all part of how St John provides the right care at the right time.

St John has experienced nurses and paramedics sitting in our 111 Clinical Control Centre. Their job is to carry out detailed clinical assessments over the phone and help you determine the best options for treatment.

They might send you an ambulance, or recommend a visit to your GP, or a local Accident and Medical centre. The best treatment might be to stay home and rest, but call them back if anything changes. It's an international system that has also been proven to work in New Zealand.

Please remember if there's an emergency you should never think twice about calling 111.



Tasman NELSON

We create a loving, warm and homely atmosphere where each person is supported to experience each moment richly.

Tasman offers every level of aged care, so no matter what the future holds, you will never need to move.

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See our website www.ezirider.nz and phone us a for a hot deal, discounts for two - as usually couples end up in a argument, if one partner has one!!

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Contact Peter: 0274 937 025
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Summer Activity Series 2018

Our summer activity series has just kicked off, with 19 different events on offer across the region. All the details are here in this handy table. Please note all activities are free. There is only one we are asking people to register for and that is the walk at the Gardens of the World in Hope on Thursday 8th March. Please call Marrit on (03) 544 7624 or email at: community@ageconcernnt.org.nz

Summer Activity Series 2018 - Nelson City Events

DATE	TIME	ACTIVITY	VENUE	MEETING POINT
Mon 19 Feb	10-11am	Tai Chi	Victory Square, Nelson	Near the playground
Wed 21 Feb	10-11.30am	Guided walk	Maitai Walkway	Miller's Acre Car Park
Mon 26 Feb	10-11am	Tai Chi	Broadgreen Gardens, Stoke	Outside Broadgreen House
Wed 28 Feb	10-11.30am	Heritage Walk	Miyazu Gardens	Miyazu Gardens car park, off Atawhai Drive
Fri 2 Mar	10-11.30am	Edible Walk	Orphanage Stream, Stoke	Saxton Road East by Covent Drive - where walkway commences
Fri 9 Mar	10-11.30am	Have a go at Bowls	Tahunanui Bowling Club	Clubhouse
Mon 12 Mar	10-11am	Tai Chi	Queens Gardens	By the fountain in the middle of the park
Wed 14 Mar	10-11.30am	Heritage Walk	Queens Gardens	By the fountain in the middle of the park
Mon 19 Mar	10-11am	Tai Chi	Founders Park, Nelson	Village Green in the centre
Fri 23 Mar	10-11.30am	Edible Walk	Stoke Railway Reserve	Standish Place, off Main Road Stoke
Mon 26 Mar	10am - 11am	Tai Chi	Botanical Reserve, Nelson (Centre of New Zealand)	Milton Street next to clubhouse
Wed 28 Mar	10-11.30am	Sing-a-long in the Park	Queens Gardens	By the fountain in the middle of the park
Fri 30 Mar	10-11.30am	Have a go at Bowls	Tahunanui Bowling Club	Clubhouse

Summer Activity Series 2018 - Tasman District Events

DATE	TIME	ACTIVITY	VENUE	MEETING POINT
Thur 22 Feb	10 - 11.30am	Sing-a-long in the Park	Washbourn Gardens, Richmond	Fuchsia House
Fri 23 Feb	10 - 11.30am	Guided walk	Inlet Walkway, Motueka	Motueka Community Gardens, Old Wharf Road
Mon 5 Mar	10 - 11am	Tai Chi	Washbourn Gardens, Richmond	Fuchsia House
Thur 8 Mar	10 - 11.30am	Guided Walk	Gardens of the World, Clover Road East, Hope	Please call (03) 544 7624 to register
Fri 16 Mar	10- 11.30am	Have a go at Bowls	Richmond Bowling Club, Lower Queen Street	Clubhouse
Wed 21 Mar	10 - 11.30am	Guided Walk	Te Waikoropupu Springs, Golden Bay	Car Park

"Someone has to make the best teeth..."

There are many reasons why people lose their teeth at any age which can have a strong impact on their health and quality of life. The benefits of dentures today are that they can be a discreet, functional, comfortable and appearance-enhancing solution for a range of ages and dental problems.

With 40 years experience, Gilbert Matravers at Nelson Denture Clinic is an expert in his field and prides himself in making dentures of the highest quality, using the latest materials and techniques to ensure your dentures not only look good but provide fit and function that is second to none.

Gilbert and his team's professional and friendly manner puts you at ease and you can be confident that you will receive the ultimate in denture care.

For testimonials and information you can go to their website, www.nelsondentureclinic.co.nz

To make an appointment for a complimentary, obligation-free consultation, phone Margaret on (03) 548 1478.

"Someone has to make the best teeth"

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Experience Counts 

A lasting legacy for the future

'Whatever you have to contribute, it all helps.'

Leaving a legacy to Age Concern Nelson Tasman is one of the most effective ways that you can ensure there will always be someone there for older people. We are the only agency in the region that is dedicated solely to older New Zealanders and have been valuing and supporting older people for over 40 years. We promote wellbeing, respect, dignity and positive ageing.

In 2017 we:

- helped over 100 people dealing with abusive situations or self-neglect.
- matched over 40 volunteers who offer friendship and support to people seeking more company
- offered respite to full-time carers looking after loved family at home
- provided a wide range of talks, activities, events and workshops to hundreds of people

But we're operating in an environment of increased demand. As a charity we rely primarily on the generosity of the community around us - as well as contracts to provide services, we need regular grants, donations and membership fees. All money we receive goes back into helping support older people across the Nelson Tasman region.

Our work continues to grow as the ageing population grows, and we now employ 6 people in a range of roles to ensure we continue to be the go-to agency for older people locally.

More funding will allow us to help more people, particularly around offering more socialising and connecting opportunities. Social isolation and loneliness can be very debilitating and we know there's work to be done to help the community wrap around our older and more isolated members of society.

If you like what we do and would consider supporting us with a gift in your will, we'd love to have the opportunity to chat with you about how we can help... and how your money will help in the future.

So, once you've looked after your family and friends, why not consider supporting Age Concern to help directly support older people in Nelson Tasman enjoy a fuller life?

To talk to us about leaving a gift, please call Caroline on (03) 544 7624, or email: support@ageconcernnt.org.nz

Dolls with Attitude!

When Ruth Thomson tells you she makes dolls, you might be forgiven for imagining a stereotypical, baby-like doll with cute child-like clothes. But her dolls are a bit different – they're Dolls With Attitude! The dolls she produces are a range of fun and quirky characters – each with their own name – and oozing attitude.

Ruth moved to Nelson about 5 years ago from Christchurch. She'd always wanted to move back to the region after living here about 40 years ago when her sons were at primary school. But family commitments meant she couldn't do so until she retired, and after the death of her husband she decided to move to Summerset in the Sun in Stoke to be near close friends.

Now she spends a lot of her time making the exquisite dolls, which she displays at occasional crafts markets and exhibitions and sells. The dolls have been designed by a woman in Wanganui, who sells the pattern to people such as Ruth to make by themselves.

Her interest in sewing began several years back when she joined a class in Christchurch and was shown how to make dolls. Now she enjoys rummaging around op shops and two-dollar shops to buy fabric offcuts, jewellery and accessories to customise her creations. The attention to detail is important to her, and she says it can take three or four days of work to create just one.

'I like to tweak with their clothes a bit and I do enjoy putting my own touches in there as well,' says Ruth. 'I spend quite a bit of time on the details as I think it's important and I really enjoy that. If you stare at them for long enough you'll definite start to recognise some people!'

Ruth is happy to make the dolls to order and she is also open to people coming to her home to view those that she has already made.

You can contact her on (03) 923 2172 or on email: thomson.ruth@gmail.com



Each of Ruth's dolls are characters – here's Thelma and Louise!

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Contact **Jim Ward**
on **03 546 8157** or **027 534 7150**
jim.ward@heartland.co.nz

HEARTLAND
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An advertisement for Nelson Taxi. It features a white taxi car parked on a beach. The background shows a blue sky and ocean. Logos for 'NELSON TAXI' and 'NZTF' are visible. Text on the right says 'Reliable, Safe and Trusted Travel. We have a range of cars, vans and wheelchair transport available 548 8225'. A wheelchair accessibility symbol is at the bottom right.