

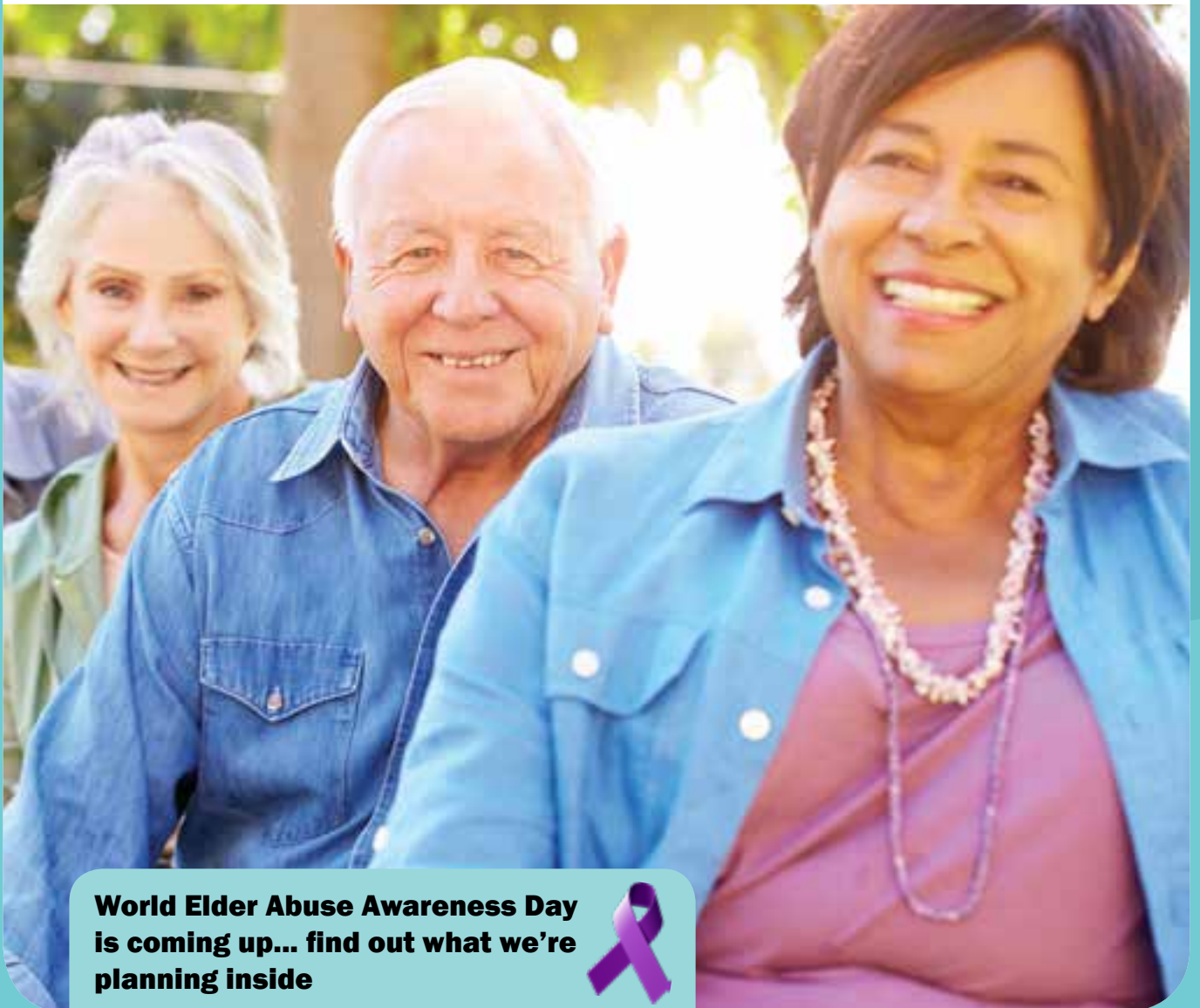
WINTER 2018 QUARTERLY NEWSLETTER
www.ageconcernnt.org.nz



Age Concern Nelson Tasman

Serving the needs of older people

ACTIVE SENIORS NELSON TASMAN



**World Elder Abuse Awareness Day
is coming up... find out what we're
planning inside**



Contact Information

Phone: (03) 544 7624 Fax: (03) 544 3187

Email: manager@ageconcernnt.org.nz

Address: 62 Oxford Street, Richmond, Nelson 7020

Postal Address: PO Box 3381, Richmond, Nelson 7050

OFFICE HOURS

8.30am - 4.30pm Monday to Friday

Words from the Chair



Dear Age Concern friends, Welcome to the Winter edition of our newsletter. We have had a busy few months and we have much to look forward to. I hope you keep healthy and take precautions against the flu and this year shingles. I am already booked in to

see my practice nurse to receive my winter jabs. Are you?

A few weeks ago, as Chair of the Nelson Tasman Positive Ageing Forum, I hosted the new Minister for Seniors the Hon. Tracey Martin at the Positive Ageing Expo. I hope you were able to attend. The Minister addressed the gathering during which she announced a review of the Positive Ageing Strategy, set up soon after the new millennium by the then Labour government. On behalf of our local Forum, I committed us to being involved in the review. One reason for this is that even though some elements

need to be modified, there is much about the Strategy that is still pertinent. I will keep you informed on this.

A good group of people turned up on 9th March to say a big THANK YOU to our former manager, Sue Tilby. For more than 6 years, Sue turned our branch around to being one of the most successful in the country. We were all sorry to see Sue go but the time is right to devote herself to her beloved Steve and the rest of the family. Sue left behind a vibrant and viable branch of Age Concern and a staff committed to the highest ideals of public service.

The Board decided to advertise the vacancy internally and we were delighted to appoint Caroline Budge to succeed Sue. Caroline is already making her mark on the branch and the high level of productivity continues.

Caroline and I, as well as Susan Arrowsmith, attended the annual Age Concern Conference in Wellington recently. This conference was well run and interesting and we heard from a plethora of excellent speakers. On the last day the Annual General Meeting was held and this was a happy occasion. Age Concern Nelson Tasman was invited to give a presentation describing the great turn around we have experienced and this was well received.

World Elder Abuse Awareness Day falls on Friday 15th June. Look out for events to mark this day. Please remember to take care this winter, not just from the winter ills and chills but protect yourself from people who are trying to SCAM you. Never ever give your personal details like bank account numbers and PIN numbers if you do not know a person. Even if they sound reasonable on the phone (or in an email) DON'T KNOW then it is a NO GO!

Every good wish,

Charles Tyrrell QSO

Chair of the Board of Age Concern Nelson Tasman Inc.

**PLEASE SUPPORT
OUR ADVERTISERS**

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

Navigate this winter with ease!

During the winter months the cold weather and shorter daylight hours can make life challenging for everyone, but that's no excuse to hibernate!

Whilst it's a nice thought to be snuggled up inside, with the fire or heating on, sipping on hot drinks, the reality is that winter can often be a jolly nuisance. There are a few things that can be done to help make the winter months more enjoyable:

Be extra careful to prevent falls - Wet, frosty conditions can make it easy to slip and fall causing injuries such as hip and wrist fractures, head trauma and lacerations. Make sure your shoes have good traction with non-slip soles, replace worn cane tips to make walking easier and install handrails up steps.

Wrap up warm in appropriate clothing - With such a large variety of clothing available these days there's no need to be cold, either when you're inside or when you're out and about.

Prepare for electricity outages - Ensure you have supplies on hand in case of an electricity cut. This includes a radio with batteries, canned foods, bottled water and extra blankets. Driving Miss Daisy can help you prepare for this.

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

Maintain contact with friends and family - Driving Miss Daisy can help drive you to social engagements or appointments. Our vehicles are all maintained to a very high standard, they are warm and clean, to drive you safely in almost any weather, and our amazing drivers will ensure you're delivered safely from door to door.

Driving Miss Daisy can help you stay comfortable and safe, so you will not just survive but thrive this winter! 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.

Editorial supplied by Driving Miss Daisy

Driving Miss Daisy your companion and your driver!



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

We can drive and accompany you to:

- Medical and other appointments
- Family/social occasions
- Shopping trips
- Scenic drives
- Take your pets to the vet
- Airport drop-offs and pick ups

Total Mobility vouchers accepted.
ACC approved provider.

Bookings are essential - call Frances today and make your next outing a pleasure!

Nelson

Phone: (03) 547 2133

Mobile: 021 319 397



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

Meet the staff

Manager, Caroline Budge



Caroline has taken over the role of Manager from Sue Tilby, and is really excited about leading the agency forward. She's been with Age Concern Nelson Tasman for 4 years and is passionate about increasing social connection for older people.

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.

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.

Elder Abuse - help us stop it happening



Every year on June 15th, people around the world mark Elder Abuse Awareness Day - to raise awareness of this very serious issue and look at how we can stop it happening in our own communities.

Here in Nelson Tasman we deal with around 100 cases of elder abuse every year unfortunately - about ¾ of that is financial abuse, and the majority carried out by family members. We know it happens in our communities and we want it to stop.

Age Concern Nelson Tasman has marked EAAD every year, and 2018 is no exception. The theme for this year is to be aware of, and look out for, financial abuse.

We will be:

- Putting on a purple-themed morning tea on Wednesday 13th June in the Seniors rooms next door to our offices at 62 Oxford Street, Richmond. The morning will get underway at 10am, and everyone's welcome to come along and enjoy some food and drink with others. Please wear purple!
- A sausage sizzle fundraiser on Saturday 16th June.

Age Concern Nelson Tasman works hard to protect older people's rights to live safely free from harm, abuse and exploitation, and to promote dignity and respect.

If you know of, or suspect, elder abuse is happening to someone you know, please don't keep it to yourself. Get in touch with us on (03) 544 7624 to talk in confidence with our Elder Abuse Advisor, Mal Drummond.

If you want to come along to any of our Elder Abuse Awareness Day activities, please contact Marrit on (03) 544 7624, or email: community@ageconcernnt.org.nz



Disclaimer: The views expressed in this newsletter are not necessarily those of Age Concern Nelson. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.



Ryman Peace of Mind

Not all retirement villages are the same...



Deferred management fee is capped at 20%

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



Fixed weekly fees – know what you've got to 'play' with

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



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

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



For more information about the Ryman difference or to enquire about the townhouse that is available, phone Debbie on 03 538 0882

49 Covent Drive, Stoke



*Terms and conditions apply

Farewelling Sue

In early March we held a very lovely party to say farewell to our former manager Sue Tilby. It was a sad but special day as we marked an amazing six and a half years of Sue at the helm of Age Concern Nelson Tasman.

She had made a huge contribution to the agency and to the older population of the region in general - bringing us to the forefront of the public eye, raising awareness of the needs of older people, and building up a range of services over the years. We are now a thriving branch of Age Concern, and held up throughout the country as one of the most forward-thinking and progressive.

Sue left Age Concern to spend more time with her husband Steve, her three children and three grandchildren, as well as travel around the country in their campervan.

Many friends from other agencies and connected organisations, the DHB, councils and even the chief executive of Age Concern New Zealand, came to a leaving party on Friday 9th March. We enjoyed some speeches, and paid tribute to her work over the years. All the staff and board wish Sue the very best in the next stage of her career - enjoying life without work!



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.

REST HOME, HOSPITAL AND DEMENTIA CARE

14 Browning Crescent, Stoke, Nelson
Please contact Al on (03) 547 6867
www.tasmanrh.co.nz

We are grateful to all our funders:



Lovely van outings

Our community van trials have been out and about all over the region over the past few months, using fabulous volunteer drivers and hosts to put on weekly excursions.

Local companies Bowater Toyota and Fitzgerald Construction have been kindly loaning their community vans to Age Concern as part of our AgeConnect project that's looking to create friendships and community connections.

We also used the Red Cross vans and drivers to put on some Friday trips as well - including places such as Eyebright, Mapua and Berrylands.

One of the most successful has been a monthly Blokes Day Out, and this has seen a group of around half a dozen men enjoy a guided trip around the building of the new Nelson airport, to visit a model railway set-up by local enthusiast Ian Smyth, and most recently to Peter Muton's boatyard in Appleby.



Pictured here are the men enjoying being shown one of the craft Peter's working on and giving a hugely interesting talk on his techniques.

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

"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"

Nelson Denture Clinic

The Smile Designers

Specialising in:

- Latest technology European dentures
- Excellent fit and extremely natural appearance
- Cosmetic dentures to support and improve facial structures
- Implant assisted dentures
- Immediate and replacement dentures
- Denture repairs
- Insurance quotes
- Total professional care for denture patients

Gilbert Matravers
Clinical Dental Prosthetist

Ph/Fax: 548 1478
0800 2 SMILE
35 Waimea Road, Nelson

Our guarantee is in your smile

Experience Counts



Call Nathan to book an appointment & mention this ad to get a free \$20 garden voucher

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



Call Derryl to book an appointment & mention this ad to get a free \$20 garden voucher

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

ARVIDA RETIREMENT & CARE

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

18526_AgeCon_fullpg_0418

ARVIDA RETIREMENT & CARE

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

Editorial supplied by Arvida Retirement & Care

Tea & Tech, the perfect combo!



What happens when you put a group of fabulous and talented teenagers into a local retirement village to help some of the residents with their tech skills? You have a great morning full of learning, laughter and fun conversations.

This was the inaugural Tea & Tech, an AgeConnect initiative that we trialled recently with some inspiring young people from the Nelson Youth Council. They're a group of around 20 people aged from 14 up to their early 20s, who meet as a council to ensure the voice of Nelson's youth is heard in local decision making, strategy and policy. They represent local colleges, home-schooled youth as well as the Nelson Marlborough Institute of Technology.

We approached them early in the year to see if they'd be interested in an intergenerational project and they willingly put their hands up to be guinea pigs in our idea of Tea & Tech - helping upskill older people with tablets, smartphones and computers on what they were looking for help on. Some might want to know how to set up Skype, or how to text message, for example.

A group from Summerset in the Sun in Stoke were willing to be the test users for our first Tea & Tech in April - and everyone came away having not only learned something, but had a great social morning as well. We will be running more of these, so please get in touch if you'd like to get involved.

You can contact Breffni O'Rourke, the AgeConnect Coordinator, on (03) 544 7624, or email: ageconnect@ageconcernnt.org.nz

New positive ageing strategy announced

Nelson was the choice of venue for the government to announce it will be consulting the country to come up with a new positive ageing strategy.

Seniors Minister Tracey Martin MP, was in Nelson to open the Positive Ageing Expo recently, and took the opportunity to say they wanted a fresh look at how the country will deal with its ageing population.

“Like the rest of the developed world, New Zealand has an ageing population,” said Minister Martin. “That’s great news in that more of us are living longer, healthier lives than ever before. But it also means there are some things we have to consider as a country.”

Currently there are around 725,000 people aged over 65. By 2036 there will be more than 1.2 million people 65 or older. Combined with the low birth rate, this means seniors will make up almost a quarter of the total population.

The Minister said the new policy will be examining two key areas: supporting seniors in the workforce and how businesses can better recruit and retain older people; and promoting housing options appropriate for older people.

She said they were also interested in talking as a country about what it means to keep connections throughout our lives and stop people being isolated or lonely.

A series of workshops will be held throughout the country between June and late August to ask New Zealanders what they want from the new strategy.

The Minister said there would be public consultation before the strategy was developed to ask New Zealanders what they want from it. This would run from June until late August and include workshops throughout the country.



Expo round-up

There was a great turnout to the annual Positive Ageing Expo, held at the Headingley Centre, on Friday 6th April. An estimated 2000 people turned up to enjoy over 70 stalls with a wide range of information, as well as guest speakers and entertainment. There were also demonstrations of Tai Chi, Fitness Classes, and a display of Vintage cars.

Bronwyn Groot of the Commission for Financial Responsibility talked about keeping yourself safe from scams, and what to look out for either online or in the mailbox.

Age Concern Nelson Tasman also ran CarFit during the day. This is an AA programme that offers senior drivers a free check to ensure they’re seated in their cars as safely and comfortably as possible. This is run using the help of volunteers from the Rotary Club.

New Nelson Tea & Talk

If you fancy a lovely morning tea, served in vintage china, and the chance to meet some new people, why not pop along to our newest Tea & Talk session.

Every second Monday, Victory Community Centre is hosting a Tea & Talk as part of our ongoing efforts to create more socialising opportunities across the region.

The community centre is part of the campus of Victory Primary School and has a wide range of activities on offer throughout the week, including Sit & Be Fit and a Multicultural Seniors morning. They were delighted to offer to host a Tea & Talk, and the first one was held in February.

It’s on fortnightly, with upcoming dates on: June 4th and 18th, and July 2nd and 16th, from 10am to 11.30am. It costs \$2, with baking kindly provided by the Good Bitches Baking charity. Victory Community Centre is on Totara Street, Nelson.



Wendy Pearson Tall Poppy Nelson

I have been selling real estate in the Nelson Tasman area since 2007, and this is my third year with Tall Poppy. I joined Tall Poppy as I believe in their principles of making real estate FAIR to house sellers through sensible fees, and a thorough and effective real estate process where you only work with one salesperson throughout the whole process and they manage all your buyers, ensuring the best sales result every time.

Tall Poppy believes in values, and treating all parties involved in the real estate transaction with respect, with our focus firmly on achieving the best possible sales result for our vendor.

When we work together to sell your property, I achieve the best price for you through combining the following: proven sales and negotiation skills, gained through many years in sales (in real estate, and prior to that, in other industries), a transparent, flat fee, guaranteed to be the lowest, which leaves thousands of dollars more of the proceeds of your property sale in your own pocket, and Tall Poppy’s excellent ‘behind the scenes’ processes which keep you updated throughout the selling period as well as ensuring complete compliance with current real estate practice.

Let my real estate experience and success, combined with Tall Poppy’s lowest fee guarantee, help you achieve the best result from your house sale. Call me anytime for an appraisal or just a chat about real estate.

FLORENCE NIGHTINGALE AGENCY

- Personal Care
- Home Help
- ACC Funding via Solora
- Serious Injury
- Private Care - Dementia and Palliative
- Overnight Support
- MOH Funding



19 Henry Street, Blenheim
blenheim@florence2care.co.nz

CALL US ON (03) 577 9343
Putting Heart into Community Care

Uncompromising service

our low, flat fee is a fair fee

100% NZ owned



Wendy Pearson Ph 541 9667

Bulsara Ltd REAA Licensed MREINZ Licensed Real Estate Salesperson (REAA 2008)



Physio at Home

Physio at Home is the convenient, ACC registered service you can call on to receive the physiotherapy you need, in the comfort of your own home.

Owner and operator Diane Scott has been a registered physiotherapist for twenty years, and since then has worked in hospitals and the community, in both Scotland and New Zealand. She is motivated to help people recover from falls or fractures, through to neurological conditions such as strokes and Parkinson's disease. She is also an experienced provider of physiotherapy to Rest Homes, including manual handling training for staff.

For more information visit:
www.physioathome.kiwi

Editorial supplied by Physio at Home



Physiotherapy in the comfort
of your own home.



Contact us on 027 967 4932
Email: admin@physioathome.kiwi
www.physioathome.kiwi

You could come in contact with influenza at any time

Information about this year's 'flu jab

Around 1 in 4 New Zealanders are infected with influenza each year. Many people won't feel sick at all, but can still pass it on to others. Contact with the influenza virus is almost unavoidable, and while contact does not necessarily mean infection, it does mean that you are never far from the possibility of catching influenza.

Influenza, commonly called the flu, can be a serious illness that is sometimes fatal. Infection with the influenza virus may lead to a stay in hospital, particularly if you are over 65 or have an ongoing medical condition. Influenza can make an existing medical condition, a whole lot worse. Even if you do not end up in hospital, influenza can keep you in bed for a week or more, preventing you from doing just about anything that requires leaving the house.

The influenza virus is different from a cold virus. A cold virus only affects the nose, throat and the upper chest and lasts for a few days, whereas influenza can be a serious illness that affects the whole body.

By getting a flu jab every year, you can protect yourself and lessen the chance of giving it to a young grandchild, older relative, or someone with a medical condition who could develop serious complications.

Influenza facts:

- It isn't just a bad cold - it can be serious and can kill
- Immunisation prepares your immune system to fight influenza
- You cannot get influenza from the vaccine
- Being fit and healthy will not stop you getting influenza
- Influenza immunisation is FREE for people over the age of 65

You may have heard that the shingles vaccine is now free for adults aged 65-80

- Shingles is a painful, blistering rash that may result in scarring

- The blisters can persist for several weeks
- The nerve pain that comes from shingles can last for months or even years after the rash heals

Shingles is caused by the same virus that causes chickenpox. After your chickenpox blisters heal, the virus that caused them stays in your body in nerve cells. The virus may be there for many years and not cause a problem. Sometimes, though, it becomes active again. If this happens, it can cause a blistering and painful rash. The best protection against shingles is immunisation. Talk to your doctor and ask if this is right for you.

AgeConnect Champion Awards

Age Connect is a new initiative by Age Concern Nelson Tasman to help build friendships and community connections for over 65's across Nelson Tasman.

AgeConnect was set up in 2017 with a goal of improving the lives of older people by helping build friendships and community connections. It aims to reduce social isolation and loneliness by encouraging the community to support initiatives that help older people engage with their community again.

In the not too distant future 30% of our population in New Zealand will be over the age of 65. In some areas in our region, this is already happening!

Rather than fearing the "gray tsunami" (as some call this wave of aging population) the Age Connect philosophy is to embrace it, prepare for it, support it and make the most of it here in the Nelson Tasman.

The inaugural AgeConnect Champion Awards are being held on May 31st. AgeConnect would like to acknowledge businesses and organisations who are doing something positive to make the Nelson Tasman a better place for older people. If you would like to nominate a local business or an organization who you know goes the extra mile for older people please let us know.

Contact: Breffni O'Rourke - AgeConnect Coordinator/
Age Concern Nelson Tasman
Phone: (03) 544 7624
Email: ageconnect@ageconcernnt.org.nz

"The Conversation"

It is very important to have *The Conversation* about Death and what you would like to happen when the time comes.

Here at Shone and Shirley we feel the benefit of having *The Conversation* with your loved one is invaluable. It can be hard to start talking about your death and wishes but once you have had *The Conversation* you will feel at peace.

Things to discuss may include the style and venue for the service. Any special reading, poem or music you would like.

The Conversation may be hard to start but worth it for a grieving family to know that they are carrying out your wishes.

At Shone and Shirley we can prearrange or prepay your funeral through a secure Funeral Trust.

Please contact one of our caring team for a confidential conversation at Shone and Shirley, or we can visit you at your home.

Check out our website: **www.shoneandshirley.com**



locally owned and operated

phone 03 546 5700 24hrs
www.shoneandshirley.com
164 Tahunanui Drive, Nelson

Editorial supplied by Shone & Shirley

Keeping active over Summer



Over 250 people enjoyed a range of activities, outings and walks as part of our Summer Activity Series across the region. Both Nelson City and Tasman District Councils supported the programme this year - allowing us to put on more events across the district.

There were several walks, including a heritage walk around Miyazu Gardens in Nelson, a visit to the beautiful Gardens of the World in Hope, as well as guided walks around the Motueka Estuary and Te Waikoropupu Springs in Golden Bay. Unfortunately the wet summer did mean some of the events were held on rainy days, which affected attendance, but overall the series was yet again a resounding success.

We repeated the Sing-a-Long sessions in the park, this year putting one on in Washbourn Gardens in Richmond as well as the Queens' Gardens in Nelson. Alice Robins of the Boathouse Community Choir led these sessions, encouraging everyone who attended to have a go, and which led one man who came along to phone us up the following day to tell us he was still smiling!

Tai Chi was again a big hit, and 6 have-a-go sessions in various parks in Nelson and Richmond were very well attended. We are hugely grateful to members of the Nelson Taoist Tai Chi Society for leading these and having several volunteers present at each to help guide those who came along.

Lastly, this year we also decided to put on a couple of have-a-go sessions of outdoor bowls - at Tahunanui Bowling Club and the Richmond Bowling Club, and again these were well attended.

The benefits of keeping active and socialising as we age are well known, and we hope that by putting on free and fun activities in the warmer months we are encouraging Nelson's seniors to get out and about, try something new and meet some new people in the process.

Winter energy payment to help older people

The Government is introducing a new winter energy payment to help older people and people on a benefit stay warm and healthy through winter.

You don't need to apply to receive the payment. It will be paid automatically to everyone getting NZ Super, Veteran's Pension, Jobseeker Support, Sole Parent Support, Supported Living Payment or a Youth Service Payment. People can choose to opt out of getting it.

This year, the Winter Energy Payment will begin from 1 July to 30 September and from 2019 for five months from 1 May to 30 September.

The rate for single people (with no dependent children) will be \$20.46 a week, and couples or people with dependent children will get \$31.82.

The Winter Energy Payment won't affect other payments such as Disability Allowance, Accommodation Supplement, Temporary Additional Support or Childcare Assistance.

If people are overseas for longer than four weeks, their Winter Energy Payment will stop while they're out of the country. People who are getting Residential Care Subsidy or Residential Support Subsidy won't be eligible for the Winter Energy Payment.

Did you know...

- A bear has 42 teeth
- Unless food is mixed with saliva you can't taste it
- August has the highest percentage of births
- An ostrich's eye is bigger than its brain
- 8% of people have an extra rib
- 85% of plant life is found in the ocean
- Dolphins sleep with one eye open
- 11% of people are left handed
- The average person falls asleep in 7 minutes
- Your foot has 26 bones in it

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*.



Anna Loach: Manager & Funeral Director

Our Price Promise

From the simplest to the most elaborate of funerals, you can trust us

NELSON & TASMAN WIDE,
WE'RE PART OF YOUR COMMUNITY

**Simplicity
Funerals**

Simply respectful. Simply affordable.

69 Haven Road, Nelson | Phone 03 539 0066
www.simplicity.co.nz

Could you be saving money on your power bill?

As the weather gets colder it's a good time to check if you're getting the best deal on your power.

This has been made easy with a quick two-minute check you can do.

A visit to www.whatsmynumber.org.nz will tell you if you could save money on your power bill by switching electricity providers.

It's a free, independent website that compares the electricity choices available in your area and lets you know what your potential savings are, should you choose to switch.

If you don't have access to the internet, your local Citizens Advice Bureau can help you run the check or you could ask your family to help. And if you decide to change, the new electricity company will do all the work for you.

Even if you're happy with your current company it's worth giving them a call to see if they can offer you a better deal.

Top tip to lower your bill

Well-installed insulation is always the top priority for a warmer, healthier home. Get your insulation checked to make sure it is up to scratch – it may have been moved or need topping up.

Visit www.energywise.govt.nz for more information.

Sudoku

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

Dreams and dedication are a powerful combination.

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

IN THE TIME IT TAKES

FOR THE KETTLE TO BOIL,

YOU COULD FIND YEARLY

POWER SAVINGS OF \$164

Don't forget to check.

WhatsMyNumber.org.nz

Free & Independent

consumer powerswitch

ELECTRICITY AUTHORITY