

SPRING 2018 QUARTERLY NEWSLETTER
www.ageconcernnt.org.nz



Age Concern Nelson Tasman

Serving the needs of older people

ACTIVE SENIORS NELSON TASMAN



PetConnect is a great way to connect older people with animals. Read more on page 10.

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We are grateful to all our funders:



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Taoist Tai Chi
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 No bookings required / bring a friend
 Visit www.taoist.org.nz

New Beginner Classes are starting in August and September in Nelson, Motueka and Mapua. Other classes are also held at venues in Wakefield and Lower Moutere.

Check local papers for class days and times.
Improve your balance, flexibility and general health in a relaxed, friendly environment.

Phone (03) 545 8375 (please leave a message)

Words from the Chair



LIVE, LAUGH, AND LEARN
 Dear friends of Age Concern, It has been a very busy season for us all at Age Concern Nelson Tasman. We on the local Board have been working hard to support Caroline and her wonderful team in all the work they do. I am so proud of the extent and quality of the services we offer and I hope you feel that way too.

We have gone past the shortest day but still wintry conditions challenge us all. I hope you are taking advantage of the government's winter energy payment which began at the beginning of July.

I am also the Chair of the Nelson Tasman Positive Ageing Forum which is a gathering of organisations and individuals who share information about the support of older persons. The Minister for Seniors, the Hon. Tracey Martin, has initiated a review of the Positive Ageing Strategy and in July a number of invited persons met to look at this and suggest the way forward.

Recently, some of us from this region attended a meeting at the parliament to discuss the World Health Organization 'Age Friendly Communities' initiative. Already we here at Nelson Tasman have put in place some of the ideas and we look forward to building on these in the future.

On behalf of the Board, I want to wish our Kaumatua, Archdeacon Andy Joseph, good health and strength in coming months. Andy has been under the weather for a little while. As Andy would say, 'Kia kaha!' Be strong and very courageous.

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.

Maintaining your Independence

Keeping your independence is something this is very important to most people; they value being able to go about their daily life without feeling like they're being a burden on family members or friends.

When your independence is compromised through disability or loss of your license, this can make life less enjoyable to begin with. However, there's no reason that you can't still remain in control of your life and do what you want to do at a time that suits you.

Furthermore, studies have shown the importance of social interaction for maintaining optimal health and wellbeing. That can be as simple as a trip to the supermarket or coffee with friends. Sometimes, it can be more adventurous and include trips further afield, as the heart desires.

Total Mobility Scheme

In order to encourage social interaction and independence, the government created an initiative called the Total Mobility Scheme, which is delivered locally by your regional council. The Scheme is designed to assist clients with long-term impairments to access appropriate transport to meet their daily needs and enhance their community participation.

For further information contact your local Age Concern, they are happy to help you find out if you are eligible and advise you how to apply.

Once you've been accepted, you can access discounted travel with many providers in your region and throughout New Zealand, including with Driving Miss Daisy who is an accredited Total Mobility Scheme provider. Driving Miss Daisy provides assistance to help you to maintain your independence, and always aims to put the joy back in the journey. Your independence is key to us and we love knowing that we're making a difference in our clients lives.

Driving Miss Daisy will take you wherever you want to go, at a time that suits you. Remember - you're in charge!

Editorial supplied by Driving Miss Daisy

Driving Miss Daisy your companion and your driver!



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

Nelson
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 Mobile: 021 319 397



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.

Funding and Communications Officer, Miriam Clark



Miriam Clark joined us in June in the role of Fundraising and Communications Officer. Miriam is settling into the team, learning about all the work we do and meeting lots of new faces. Miriam also works as the Manager of the Nelson Farmers Market. She comes

to Age Concern with a varied background in writing, research, marketing and fundraising. Miriam can be contacted on support@ageconcernnt.org.nz

Staying Safe Driving Workshops

We run regular and **FREE** Staying Safe Driving Courses for older drivers. These are a great opportunity to brush up on your road knowledge. They are led by driving instructor, Garry Dunn and run through such things as 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.

Over the course of the coming year we will be running Staying Safe Driving Courses across the Nelson Tasman region. Upcoming dates and locations are:

- **Monday 24 September in Nelson, venue TBC**
- **Monday 19 November in Stoke, venue TBC**
- **Monday 25 February in Motueka, venue TBC**
- **Monday 29 April in Golden Bay, venue TBC**
- **Monday 24 June in Nelson, venue TBC**

If you would like to attend any of these workshops please register with us by contacting Marrit on (03) 544 7624 or emailing: community@ageconcernnt.org.nz



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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.



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For more information about the Ryman difference phone Debbie on 538 0882.

49 Covent Drive, Stoke



Elder Abuse Awareness Week



Elder Abuse Awareness Week was held from 15 - 22 June. The theme this year was financial abuse which accounts for around 54 percent of Elder Abuse cases nationally.

At Age Concern Nelson Tasman we receive around 110 - 120 referrals for Elder Abuse annually and a substantial portion of these relate to financial abuse. That might be a loan for a grown-up child with no legal agreement or witnesses that was not reimbursed or financial help for a grandchild to buy a car "with the belief it's going to be paid back and it's not". Financial abuse could have a significant effect on older people because they were often incapable of recovering from it, particularly if involved their life savings, which were relative to each individual.



Each year we organise events to raise awareness of Elder Abuse and this year we had a purple morning tea. This morning tea was very well attended and students from Richmond School came and gave a jump jam demonstration.

It was wonderful to see the Richmond Seniors Rooms decorated in purple and lots of people attending also got into theme and dressed up in purple, including the Richmond School students.

Thank you very much to Good Bitches Baking who provided some delicious baking for morning tea and Simplicity Funerals for their generous donation towards this event.



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Mobility Scooter Training



Did you know that new and existing mobility scooter users can get personalised, one-on-one scooter training at heavily subsidised rates through Nelson road safety programmes? Training is tailored to individual needs and can cover, at a minimum:

- options for buying a scooter (e.g., lottery grants, using a Disability allowance)
- finding the right scooter
- safety and laws about using scooters
- test drives
- maintenance and repair know-how for all skill levels
- information about insurance

The aim of the course is to teach all users, new and existing, increased confidence and skill in using their scooters. All training is provided one-on-one to anyone who needs it, but people can make the course fun if they get together with some of their friends. Doing the session as a group can break down some of the barriers that might exist about asking for help.

The subsidy amount covers the cost of a one hour lesson. If a trainer has to travel a long distance, there could be a small cost to the user. Find out more information contact Margaret Parfitt, Road Safety Adviser on (03) 546 0390.

Be a flamingo in a flock of pigeons!

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

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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.

Did you know...

- The 3 most common languages in the world are Mandarin Chinese, Spanish and English
- A cat has 32 muscles in each ear
- The smallest bones in the human body are found in your ear
- Stewardesses is the longest word that is typed with only the left hand
- Honey is the only natural food which never spoils
- Toilets use 35% of indoor water use
- All the blinking in one day equates to having your eyes closed for 30 minutes
- Hummingbirds are the only bird that can fly backwards
- Pop corn was invented by the Aztec Indians

Stoke loop rides again

Nelson City Council has reintroduced a revamped bus service around the suburb of Stoke.

It hit the streets again from 30 July. The times and route have changed in response to feedback from those who contacted Council following the cancellation of the previous service in July last year.

The new Stoke Loop will cater more specifically for the needs of those who used the service before. By making it a tailored service it becomes more affordable and sustainable to operate.

There are five services a day, starting from the Tennis Courts at Main Road Stoke and travelling around the suburb between Saxton Road East, Quarantine Road, The Ridgeway and Seaview Road.

Please see the route map for details.

The service leaves at 9.15am, 10.15am, 11.15am, 1.15pm and 2.15pm every weekday and takes almost an hour to complete the full loop but passes through Central Stoke three times during the journey so you won't need to spend the full hour on the bus.

Because of the hours it runs the Stoke Loop is always **FREE to Super Gold Card users**. Otherwise there is a flat fare of \$2.50 for adults and \$1.50 for children (children under 5 are free on all NBus services).

The Stoke loop remains a "Hail and Ride" service so there is no need to wait at a formal bus stop. Just signal the driver and the bus will stop where it is safe to do so. You might be able to catch it right on your doorstep!

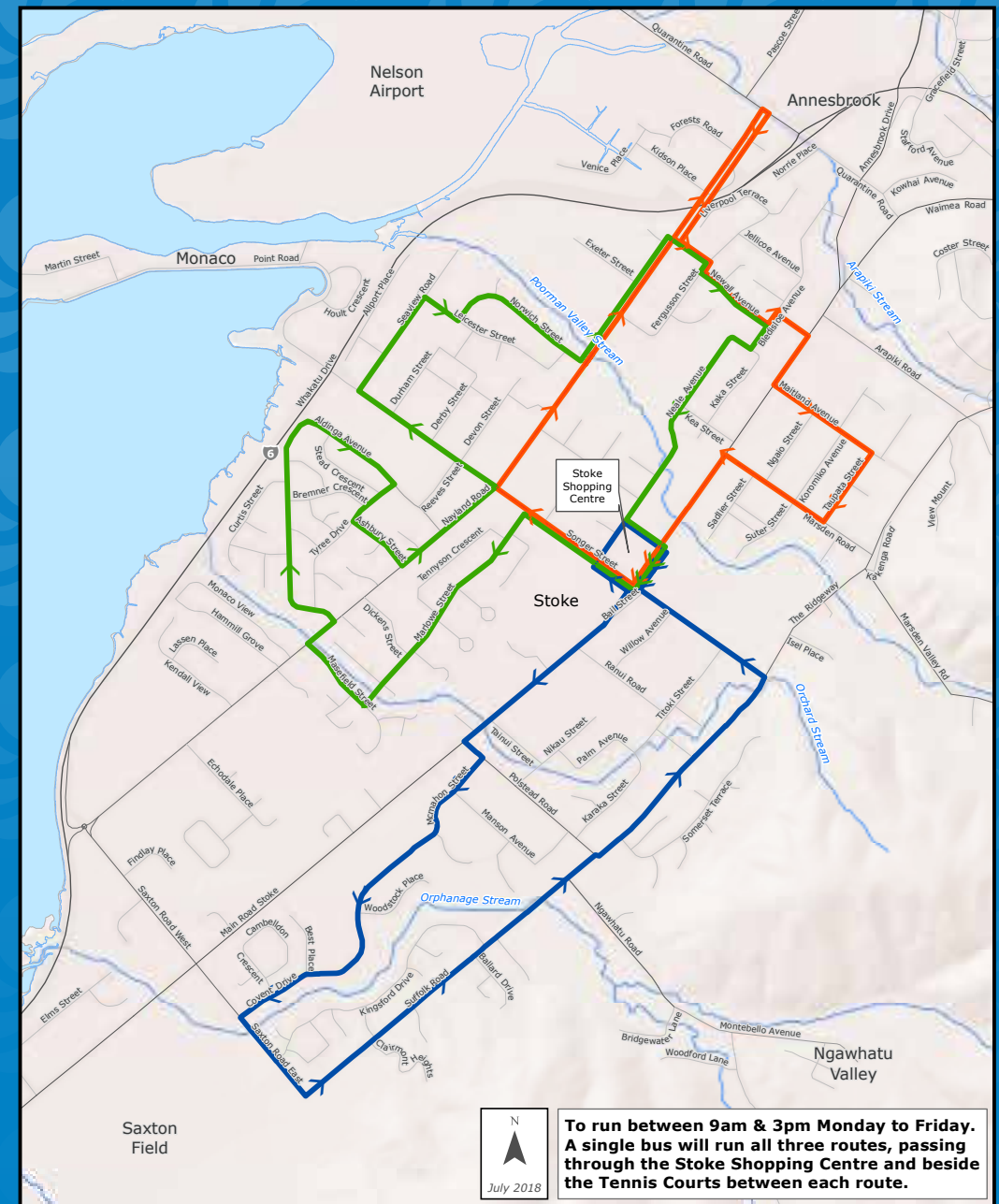
New low floor buses operate on the route making it much easier for anyone with limited mobility to get aboard - no steps to climb!

For more information visit www.nbus.co.nz



Editorial supplied by Nelson City Council

Stoke Loop route



To run between 9am & 3pm Monday to Friday. A single bus will run all three routes, passing through the Stoke Shopping Centre and beside the Tennis Courts between each route.

— Marsden Loop - 7a — Saxton Loop - 7c
— Nayland Loop - 7b



NBUS JUST KEEPS GETTING BETTER



PetConnect Nelson Tasman

PetConnect Nelson Tasman is about connecting older people with the unconditional love of animals. Imagine being told you could no longer have your pets. Imagine how much you would miss their touch, their company, the sounds they make. Many older people are forced to give up their pets when they move into smaller accommodations and some make the hard choice not to replace the ones they have because they do not want to outlive them. But they miss them.

PetConnect asks willing locals to share their suitable pets with older people in a group setting, perhaps in a resthome or retirement village. We have recently run several PetConnect sessions and have six further sessions planned over the coming months. We hope to have a few community based events in the warmer months too.

You can find more information on the **PetConnect Nelson Tasman Facebook page** or by contacting **Breffni** on (03) 5447624 or emailing her at ageconnect@ageconcernnt.org.nz



Sudoku

Each row, column and 3 x 3 square should contain the digits 1 - 9

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

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Tea & Talk



Tea & Talk is held in four separate locations across the Nelson Tasman region. It provides the opportunity for those aged 65+ to get together for a weekly cuppa tea and a chat. A delicious morning tea is provided and all sessions run from 10.00am to 11.30am. The cost is just \$3.

Locations:

Victory Community Centre

1 Totara Street, Nelson
Every Monday

Richmond Seniors Rooms

62 Oxford Street, Richmond
Every Wednesday

Elma Turner Library

27 Halifax Street, Nelson
Every Friday

Anglican Parish Hall

42 Commercial Street, Takaka
Second Wednesday of Every Month

Let's Get Ready

Let's Get ready is a workshop developed by the Red Cross and aims to teach people what to do in emergencies such as tsunamis and earthquakes. During the course, people work in groups to discuss scenarios like not being able to get home, having no power or having to evacuate. They then take home a preparedness pack filled with resources and templates so they can talk and create an emergency plan.

Aly Curd from the Red Cross in Nelson will be attending our Tea & Talks to present an informal Let's Get Ready session. These will be held from 10am to 11.30am on:

- **Wednesday 12 Sept in Golden Bay**
- **Monday 8 October in Victory Community Centre**
- **Wednesday 10 October in Richmond Seniors Rooms**
- **Friday 12 October in Elma Turner Library**

If you would like to know more about Tea & Talk or the Let's Get Ready session please contact Marrit on (03) 544 7624 or email: community@ageconcernnt.org.nz



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AgeConnect Champions Awards

The AgeConnect Champions Awards were created to acknowledge businesses and organisations who are doing something positive to make the Nelson Tasman region a better place for older people by promoting positive ageing and encouraging community connections.

The inaugural awards were held on 31 May 2018. These were an overwhelming success. In total Age Concern recognised over 100 AgeConnect Champions. Age Concern selected a winner in eight categories and an overall supreme winner. Key aspects that Age Concern was looking for when selecting for these awards were organisations or individuals which went above and beyond 'the norm' in order to meet the needs of older people. We were particularly impressed by the number of organisations who did this even when providing services to older people was not their core business. A prime example of this is Fitzgerald Construction who provide a community van which various organisations use to take older people out and about thereby allowing them to stay connected with their community.

The Overall Supreme Champion Award was won by Stoke Seniors. They were recognised for their consistent support and positive influence on the lives

of older people in our regions, not just in Stoke. This included helping older people with transport, proving great meals created with love in a tiny kitchen, providing many exercise programmes, and countless social connections. On winning the award Stoke Seniors stated "we were thrilled to be recognised for the great job our club does to combat isolation and loneliness". In the near future Stoke Seniors will be relocating to the Stoke Community Centre at Greenmeadows. They are really excited about this move; "Our area is looking great we can't wait".

AgeConnect Champion Awards Results

> **Winner of the AgeConnect-friendly Environment Champion**

Hurst & Taylor Unichem Pharmacy

> **Outstanding Elder-friendly Customer Service Champion winner**

Wakefield Four Square

> **Creating Connections Champion winner**

Neighbourhood Support Nelson
Neighbourhood Support Waimea

> **Above and Beyond Champion winner**

Russell Moore - Nelson City Taxis

> **One Person Makes a Difference Champion winner**

Annette Hodges

> **Intergenerational Champion winner**

Age to Age

> **60 Plus Employer of the Year winner**

Mitre 10 Mega Nelson

> **Magic FM People's Choice Champion winner**

Mitre 10 Mega

> **Supreme AgeConnect Champion**

Stoke Seniors



Photo courtesy of Martin De Ruyter/Stuff

List of AgeConnect Champions

Following page



AgeConnect NelsonTasman

- Access Community Health
- Access Mobility
- Age To Age
- Alzheimers Nelson
- Annesbrook Church
- Annette Hodges
- ANZ Motueka/Richmond/Nelson
- Arthritis NZ
- B Fit 4 Ever
- Bay Audiology
- Boulevard Café
- Bowater Toyota
- BP Richmond
- Broadgreen Historic House
- Bunnings Nelson
- Chapman ER
- Collingwood Health
- Countdown Stoke
- David Kemp
- DeVilleville
- Dowsons
- Driving Miss Daisy
- Enliven Positive Ageing Services, Presbyterian Support
- Eyebright
- Fitzgerald Construction
- Forget Me Not Life Stories Nelson Tasman
- Founders Park
- Freedom Drivers
- Fresh Choice Richmond
- Fresh FM
- Glenda Phelan - Walk With Me
- Golden Bay Pharmacy
- Good Bitches Baking Nelson
- Greenwood Health
- Grey Power - Nelson
- Harley Street Medical Centre
- Harley's Pharmacy
- Harrington Eyecare Nelson
- Health Action Trust
- Hearing Nelson
- Heartland Bank
- Heather Kelling - St John
- Hillbilly Hire
- Hurst & Taylor Unichem
- Isel House
- Isel Park: NCC's Parks & Facilities Team
- Jellyfish Café
- Katy Steele
- Life Pharmacy Prices
- Life Unlimited
- Lifelinc Nelson
- Lydia's Café
- Mediaworks Nelson/Magic FM
- Medical and Injury Centre
- Menzshed Waimea
- Ministry of Social Development
- Mitre 10 MEGA Nelson
- Neighbourhood Support Waimea Inc
- Neighbourhood Support Nelson
- Nelson Bays Community Foundation
- Nelson Bays Police
- Nelson City Medical Centre
- Nelson City Taxis
- Nelson City Council
- Nelson City Council Service Centre
- Nelson City Council Parks & Facilities team
- Nelson East Medical
- Nelson Family Medicine
- Nelson Hearing Association
- Nelson Marlborough District Health Board
- Nelson Marlborough Rescue Helicopter
- Nelson Public Libraries
- Nelson Women's Centre
- Nelson Youth Council
- New World Stoke
- Nutrimetics -Laura Richards
- Perpetual Guardian
- Public Trust Nelson
- Queen Street Pharmacy
- Queenie Pickering - Our Community Walks
- Queens Gardens : NCC's Parks & Facilities Team
- Rachel Gray , Stoke School
- Rata Medical
- Ray Of Sunshine
- Richmond Mall Unichem Pharmacy
- Richmond School
- Richmond Town Hall
- RV Leisure Centre
- Rona Abbott "Age In Action"
- SeniorNet Nelson
- Shapers Hair Design
- Simplicity Funerals
- Specsavers Nelson
- Sport Tasman
- St John
- Stoke Seniors/Stoke Community Centre
- Sun City Taxis
- Support Works / Needs Assessment Service
- Tahunanui Medical Centre
- Taoist Tai Chi Nelson
- Tasman District Council
- Tasman District Council Reserves Team
- Tasman District Library
- Tasman/Marlborough Red Cross Centre
- Te Korowai Trust
- The Leader/Stuff
- The Suter Art Gallery
- Toi Toi Medical
- Trafalgar Probus Club of Nelson
- U3A Nelson
- Vicky Jackson
- Victory Community Centre
- Volunteer Nelson
- Wakefield Four Square
- Z Rutherford & Motueka

Nelson Denture Clinic

We are happy to announce the Nelson Denture Clinic will be lead by our new clinician, Thomas Gu. Thomas has studied and worked at the Otago University's Faculty of Dentistry in Dunedin for over 10 years. He has led various departments in removable prosthetics including partial dentures, full dentures, implant supported prosthetics, and orthodontic appliances. In addition, he has worked at a private clinic in Christchurch, for 4 years. As a result, Thomas has an extensive and wide array of experience from complex and highly specialised hospital cases, to the conventional dentures and prosthetics.

With the combination of specialised expertise and his down to earth and friendly demeanour, Thomas and his team are looking forward to provide you with the finest quality dentures that are comfortable, functional, and aesthetically pleasing, to give you your natural smile back.

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

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www.nelsondentureclinic.co.nz

Editorial supplied by Nelson Denture Clinic

Tea & Tech - Youth Needed

Tea & Tech was a new initiative this year and we have run workshops in two Retirement Villages in the region. Thanks so much to the Nelson Youth Council for their support at these sessions.

Tea & Tech has been incredibly successful and popular and monthly ones in several locations are planned over the coming year. During these workshops students aged 14 – 24 help upskill older people with using tablets, smartphones and computers, or any tech need. The youth work one-on-one with the older person to respond directly to their individual needs and questions, thereby rapidly advancing the older person's knowledge and enabling them to use digital technology in a way that is personalised, meaningful and useful to them.

These sessions have been so popular that we are on the lookout for more young people to help out as trainers. If you know of anyone who could be interested, please contact Breffni at Age Concern on (03) 544 7624 or email: ageconnect@ageconcernnt.org.nz



Winter Warmth Donations

We have been truly touched by the amazing donations of quilts, blankets, socks and beanies. Over the past couple of months, we have had several donations of the above items for us to pass onto older people in need. Hugh and Ann McKenna donated some gorgeous hand knitted blankets that were as colourful as they were warm. Leone Burborough and June Mannix from the Nelson Quilters Guild gave us a number of absolutely stunning quilts in a range of sizes and finally Christine Weir donated a number of beanies and neck cowl. We have handed many of these out to people in need but we still have some remaining along with a number of handknitted socks. We would love to give these away to those in need so if you know of anyone who would benefit from any of these quilts, blankets, socks or beanies, then please contact Marris on 544 7624 or email: community@ageconcernnt.org.nz



Hugh McKenna, Caroline Budge, Ann McKenna



Christine Weir



Susan Arrowsmith, June Mannix, Marris Walstra-Russell, Leone Burborough

International Day of Older Persons - Keep the date

The International Day of Older Persons arose out of a resolution from the United Nations General Assembly in 1990 when they voted to establish 1 October as the International Day of Older Person. The holiday was first observed on October 1, 1991.

The Day is celebrated by raising awareness about issues affecting the elderly, such as senescence and elder abuse. It is also a day to appreciate the contributions that older people make to society.

In 2018 the theme of UNIDOP is "Celebrating Older Human Rights Champions". Older human rights champions today were born around the time of the adoption of the UDHR in 1948. They are as diverse as the society in which they live: from older people advocating for human rights at the grass roots and community level to high profile figures on the international stage. Each and every one demands equal respect and acknowledgement for their dedication and commitment to contributing to a world free from fear and free from want.

At Age Concern Nelson Tasman we will be celebrating International Day of Older Person by having a celebratory event on Monday 1 October featuring performances, the opportunity to dress up and naturally some fine food and a cuppa. Watch this space or contact Age Concern for more information.

We will also be having a sausage sizzle at Bunnings on Saturday 3 November to raise awareness of the International Day of Older Persons and the challenges older people face. The sausage sizzle runs from 9am to 4pm outside Bunnings on Saxton Road. Please feel free to come along and support us.



Can you help us?

Volunteers Needed in Motueka

"I am very happy I made the decision to become a visitor. The person I visit has had a huge impact on my life"

We need volunteers for our Accredited Visitor Service (AVS) in Motueka. AVS was set up to reduce social isolation and the risk of people becoming vulnerable to self-neglect or abuse. The service recruits, trains and supports volunteers who are matched with an older person in the community and visit them to offer friendship and companionship. There are currently over 100 volunteers who visit 84 older people each week, BUT sadly we do not have enough volunteers for our older people in Motueka. Being a visitor can make a real difference in the health and happiness of an older person. Research shows that loneliness and social isolation are as bad for health as smoking and can contribute to serious health problems like heart disease and depression.

Here are some of the things older people have told us about having a visitor:

"Sometimes she is the only person to visit from week to week."

"I love her weekly visits and the news of the world she brings to me. We are both interested in the same things. It is very special."

If you are interested in becoming a volunteer or would like to find out more then please let us know by contacting Susan on (03) 5447624 or emailing coordinator@ageconcernnt.org.nz

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

Freedom Drivers Nelson, run by Sheryl Greenwood, brings a warm and friendly driving service right to your door.

"As a Total Mobility (TM) service provider, we provide TM discounted transport so make sure you let us know you have a TM card when you enquire," says Sheryl. "Some residents may not realise that we provide the TM service which was previously known as the 'taxi chit' or voucher system," she adds.

"We specialise in providing safe caring transport and assistance for our senior citizens. We cover a wide area including Nelson, Richmond, Wakefield and Motueka but will also travel further afield to pick up those living out of the main urban areas," says Sheryl.

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

Call Sheryl directly now on (03) 539 4856 or 021 355 843.

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For more information

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