

AUTUMN 2019 QUARTERLY NEWSLETTER
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Age Concern Horowhenua | Kapiti | Manawatu

Serving the needs of older people



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Contact Information

Age Concern Horowhenua

Phone: (06) 367 2181
Email: admin@ageconcernhoro.co.nz
Address: 538 Queen Street, Levin 5510

OFFICE HOURS
 9.00am - 3.00pm Monday to Friday

BOARD MEMBERS

Chairperson: Diane Brown
Committee: Peter Dyer, Daphne Linnell, Sylvia Meijer, Dorothy Moore, Allan Birrell.

STAFF

EANP Coordinator: Dan Geraghty
Administration Manager: Mary Campbell-Cree
Accredited Visiting Service Coordinator/
Admin Assistant: Wendy McMahon

Contact Information

Age Concern Manawatu

Phone: (06) 355 2832
Email: marian.dean@ageconcern.org.nz
Address: 51 Waldegrave Street,
 Palmerston North 4410

OFFICE HOURS
 9.00am - 4.00pm Monday to Friday

STAFF

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

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Contact Information

Age Concern Kapiti

Phone: (04) 298 8879
Email: admin@ageconcernkapiti.co.nz
Address: 1st Floor, Coastlands Mall, Rimu Road, Paraparaumu 5032

OFFICE HOURS
 8.30am - 4.30pm Monday to Friday

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Roger Booth (Chairman), Beverley Chappell, Sonya Sloan, Duncan McDonald, Jill Stansfield, Jane Yoong

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Loneliness and Social Isolation

Loneliness is indiscriminate. There is an abundance of research on this subject in New Zealand currently and young people are just as likely to feel lonely as older generations. It is known that levels of loneliness in this country are escalating and as anyone who has ever experienced it will agree, the feeling can seem insurmountable once it settles in our tummies and our lives.

The importance of being aware of and talking about loneliness and lack of social relationships has been proven to be as bad for health as smoking.

There can be many reasons for being lonely, such as health, mobility impairment, sensory loss, changes to driving ability and bereavement. There are all sorts of things happening as we age which can make getting out of the house increasingly difficult and so social isolation can cause loneliness.

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Editorial supplied by Driving Miss Daisy

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News from Age Concern Horowhenua

Recently while watching a programme on the Television, I listened to an expert talking about how sometime in the future Earth would be struck by a giant meteorite.

His solution was that earthlings should be planning to colonise the moon and Mars.

Why would an expert say this? Many still do not accept that Americans ever landed upon the moon.

To reassure us, it has been estimated that a major meteorite strike occurs about once every 50,000 years.

The question is would we survive or could we have robots to help us?

While short trips and visits to the moon may be manageable, to travel to Mars or any other space object, using today's technology will take considerable amounts of time and vast resources.

It has been suggested that one of the biggest obstacles to overcome will be that of loneliness and the feeling of being completely cut off from all other human contact while travelling through a hugely strange and inhospitable environment.

For the first time humans will depart this planet and not know if they will ever see it again. Rather different from short submarine trips or sailing vessels of 100 years ago. On each of these it is still our planet that is outside and the reverse trip is of relatively short duration.

But to Mars - how lonely could that be?

Amongst my neighbours there are three in particular.

- An elderly lady in her 80's. Her Husband died about 8 years ago, she does not have a drivers licence or children. She has constant visitors and her neighbours keep an eye on her. She still lives in the house she and her husband built and enjoys her country lifestyle. Efforts to move her into a lifestyle village are strenuously refused. *Is she lonely?*

- Another neighbour is a divorced lady well into her late 60's. Her closest child resides with her husband and family 50 kilometres away. *Is she lonely?* Well perhaps she could be - if she was ever at home to feel lonely. She leaves her house every morning at about 08.30 and is not seen until late in the afternoon. She meets her friends in the nearby town, and continues with an active lifestyle.

- My third neighbour and her husband live in a near new house. Mum is involved in community affairs, and Dad is a keen gardener and orchardist, enjoying his wife's help as required by the orchard.

None of this group of three, exhibit signs of being withdrawn, lonely or isolated. All have friends, people keeping an eye on them and are busy in their own way.

But not all our older people have this ability to cultivate companionships. Is this a part of modern living where technology can be of assistance?

If it can offer ways to stop crews on inter Stellar space trips from succumbing to the effects of confinement, loneliness leading to frustrations, despair and less than harmonious inter personal relations, can the same occur within today's society in helping our older persons?

It has recently been suggested that robots can be designed to undertake simple tasks. A robot could have the ability to call for assistance in the home.

Think about that for a moment! A robot could be programmed to deal with a number of household tasks. Already they can mow the lawns, vacuum the house and easily could be a reminder for the taking of medication.

This may at first appear to be humorous - but a real societal need is being shown, as more

and more of Generation Grey worry about the violence that exists in today's society and television programmes re-enforce this.

Can we use technology to address social isolation and loneliness patterns that are becoming increasingly a problem today? If our scientists and sociologists are confident, they can address these problems in long distance space travel, why can we not solve exactly the same issues within our communities?

I wish everyone a safe and happy 2019. Already there are only 10 months left to accomplish our dreams. Please say a cherry "*Hello*" to your neighbour, especially if they are alone. As always a wave and a watchful eye can mean a lot.

Diane Brown

Chair, Age Concern Horowhenua

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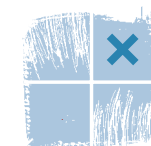
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Editorial supplied by Courtenay Hearing Centre

How well do you know the road rules?

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

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

Dates for workshops: 12 April 2019
7 June 2019

Workshops are from 10am to 2pm at The Queen Street Gospel Hall, 539 Queen Street, Levin (*please note new location*). A light lunch is provided.

BOOKINGS ARE ESSENTIAL



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A Strength, Balance and Falls Prevention Programme

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

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

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

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Katherine, Charles Upham resident

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Social Isolation and Loneliness

On Friday the 12th of April a public forum is to be held for people wishing to gain knowledge and practical advice on dealing with Social Isolation and Loneliness. This forum will have a panel of both nationally and internationally recognised speakers (one of whom is Sir Kim Workman, I am in discussions with two other speakers as we go to print). I can guarantee that you will be both entertained and informed about Social Isolation and Loneliness. After their presentations an opportunity will be given for participants to individually engage with various agencies and organisations that are based within the Horowhenua.

In the past two years Horowhenua Aged Concern has hosted four similar forums on various topics ranging from Scams, Bullying and Intimidation, Enduring Power of Attorney and Wills. All who have attended these previous seminars have commented that they have always gained some extra knowledge and were grateful to have the opportunity to make contact with some group or organisation that they didn't know existed.

Social Isolation and Loneliness does NOT only affect the older people within our community but can and does affect EVERY MEMBER of our community. I would challenge each and every person to deny that at one time or another they can honestly say they have never been overwhelmed with feelings of isolation or loneliness.

I personally remember a lady I was having a conversation with one day, saying to me that as she was hanging out the clothes on a beautiful sunny day she suddenly looked up at the sky and for the first time in her life she realised how lonely she really was. She had two young children and was actively involved within the local community but STILL FELT INWARDLY VERY LONELY.

Social Isolation and Loneliness are really the latest "buzz words" being talked about in our society. I remember a few years ago when any children were misbehaving everyone said it was ADHD and seemed to think as long as we can put a label on something then we can deal with the issue.

I was reading an article published in November last year stating that UK Prime Minister Theresa May had appointed Tracey Crough as the Minister of Loneliness.

Remember that social isolation and loneliness is an invisible condition that cannot be observed or clinically assessed because it is unique to each individual. People have to perceive themselves as lonely or socially isolated for it to be measured. Loneliness comes in many different forms and can arise from a mixture of social, cultural and situational circumstances. We live in a society that in my opinion is now far more competitive than in previous times and our way of communicating with each other has also changed markedly. No longer do we sit and chat over a cup of tea but we send emails or facebook our so called "friends" to tell them what is going on. I have often had discussions with people over their definition of "friends" in relation to social media and it appears that the higher the number of "friends" one has is a measure of how well socially connected they are. I would say that some of the loneliest people around are those that are constantly on or using social media as their main tool of communication.

Remember that TIME is the greatest gift that you can give somebody. So please come along to the Levin Cosmopolitan Club at 47-51 Oxford Street on Friday 12th April from 10am.

Free admission and this is your one opportunity to hear both nationally and internationally recognised speakers on a very important topic.

For further details please contact
Dan Geraghty
at Age Concern Horowhenua
Phone: 367 2181.

Dan Geraghty

Elder Abuse Neglect Prevention COORDINATOR

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

Friendship

Here's a little food for thought from the positive ageing 'cookbook', Ageing is living: Recipes for life.

Friendship is like cream. It adds richness to life and takes out the sting when things get too piquant.

Our friends and the networks we are part of help bring out the best in us. They also help us get through tough times.

Some connections are made when we're young and last a lifetime. Others develop later in life. It's important to keep building new friendships, and to stay connected with the people and communities you care about.

Keep connections on the boil:

- Friendships need constant nourishment. Make a habit of being in touch with your friends regularly. Try making a 'contact diary', otherwise one week just runs into the next.
- Lean on your friends when you need support –



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- Willard Home

Levin

- Reevedon Home & Village
- Levin Home for War Veterans

Feilding

- Coombræ Home & Village

Paraparaumu

- Kapiti Day Programme

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this gives them permission to do the same with you.

- Decide what communities you would like to be part of (neighbourhood, marae, church, night classes, hobby groups, social organisations) and get involved.
- Find a hobby that brings you into regular contact with others. It's so much easier to get to know people through a common interest.
- Make a point of getting to know people who are not of your generation - younger and older. This will add even more richness and depth to your recipe for life.

Walking with a friend in the dark is better than walking alone in the light - Helen Keller

editorial sourced from Age Concern Tauranga



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Sorting out that muddle - tips on decluttering

Why declutter?

- There is less to clean, tidy and organise but more space to move.
- With more space, there is less risk of falling in the home.
- It will be easier if the time comes to downsize/ move house.

How do I declutter?

- Make a list of what you want to achieve by decluttering.
- Decluttering can be physically and emotionally demanding. Get help from a friend, family members or a professional service who provide support in clearing clutter.
- Focus on falls prevention. Create clear pathways free of debris, cords and rugs.
- Preserve stability 'props' such as furniture if used

- to aid mobility around the house.
- Set reasonable time frames or goals for areas to declutter. Start with one room and narrow it down to a corner of a room, a table, or just a section of the table. Don't try to get it all done in one session.
- Give things back to your children (you are not a storage facility), list items to sell or give away on community websites or donate to your local charitable organisation.
- Dispose of all but the important papers such as tax-related documents and warranties. For each item, decide if you: keep it or get rid of it.
- If it's functional and utilised regularly then keep it.
- In Japan they have a term tokimeku which means 'to spark joy'. If an item sparks joy, then keep it. If something is neither functional nor sparks joy then get rid of it. This is the hard part - actually letting go of stuff.
- Plan to sort your cluttering items into 'give away' 'donate' and 'rubbish' piles or boxes.

Source: Age Concern New Zealand



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Cost: \$10 Per Annum

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

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

RETIREMENT VILLAGES ASSOCIATION Living alone

"She's leaving home after living alone for so many years" sung by Paul and John back in 1967 isn't quite the picture envisioned by intending retirement village residents, but it is a testament to loneliness, isolation, and despair. There's plenty of research that shows that all sorts of people from many walks of life face social isolation and loneliness – young people, refugees, and those with mental health problems, as well as older people.

Older people's vulnerabilities arise from the loss of a spouse, loss of mobility, loss of income, the children have moved away, or perhaps they're all by themselves in a big house and everyone else in the street's out at work. Age

Concern's extensive work in this area shows that the majority of older people are not severely lonely, but current findings from The Social Report 2016 show that 10% of New Zealanders aged

65-74, and 13% of those aged over 75 feel lonely all, most, or some of the time.

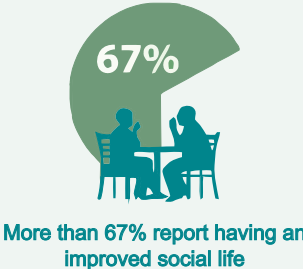
This is important, not just because loneliness is painful, but because having inadequate social relationships has been shown to be as bad for health as smoking. British research suggests that lonely people are more vulnerable to chronic diseases, eat less well and give up on themselves, are more likely to be smokers, overweight or underweight though poor diets, drink heavily and are less likely to engage in physical activity. Breaking the cycle of loneliness takes conscious effort. It's more than just "snapping out of it", but often includes battling with chronic depression, ill-health, lack of money and resources, and poor motivation. The Age Concern website has a number of ways people can break the cycle. Some of these include making a plan – for example, making a point to talking to your local barista or calling someone rather than sending a text message. Volunteering and hobbies are almost certain ways to make new friends. Pets are often a

good antidote – it's important to think beyond oneself and caring for a pet certainly helps.

We know that many residents chose a retirement village as a great opportunity to make new friends in a community of like-minded people. Triggers to make the move include the death of a spouse or friends and children moving away. Villages often have a bewildering array of new activities, events and entertainment designed to pique residents' interests and encourage involvement. We've seen village activity noticeboards with a vast array of activities including the traditional pool ladder, bridge, crafts, and choirs through to rather more esoteric activities such as the Men's Gas Bag Group!

From time to time we survey our members to see how we're going in meeting their needs and expectations.

AFTER MOVING INTO A VILLAGE:



The last survey asked 1,300 randomly-chosen residents about their sense of security, their social connectedness and their physical activity compared before they moved in and afterwards.

66% reported a greater sense of security and confidence, one third said they enjoy better physical health, and a satisfactory 67% said their social life had improved. So we can tick all those boxes!

That's not to say that everyone in a village doesn't experience some degree of loneliness. We've heard from Age Concern that some of our residents don't participate and can feel alone in the middle of a crowd. We encourage our village staff to look out for residents who aren't part of the community – of course, some are happy to slam the door shut against the world, and that's absolutely their right. It's important that we recognise that everyone's different, and if someone is lonely, we can offer help.

John Collyns | Executive Director

News from Age Concern Kapiti

By Dermot Whelan, Manager at Age Concern Kapiti

The Office for Seniors has just issued its "Summary of Submissions" report as they work on developing a long overdue new strategy to prepare for an ageing population. The Office received 469 written submissions and about 1,000 people participated in hui and workshops around the country. This public consultation process took place between June and August 2018.

Not surprisingly, the most mentioned topic in the public submissions was housing, followed by health, financial security and work. Of particular interest to us at Age Concern Kapiti was the fact that 'Social connection and participation' were in the top 10 most mentioned themes. Loneliness and social isolation amongst older people were key issues for some submitters, with some raising concerns about the effects of loneliness on individuals, including health and satisfaction with life. Submitters noted that some people can be surrounded by people but still be lonely. So dealing with loneliness is not a simple matter.

Suggestions made for dealing with loneliness and social isolation included; providing more senior centres to encourage older people to keep connected; providing funding for services that address loneliness and social isolation; addressing mobility barriers to social participation.

The new draft strategy will be available for public consultation in the first half of this year. Age Concern Kapiti's three year project to combat

loneliness and increase social connections in Kapiti is well underway. The assistance of Massey University in helping us design and develop a comprehensive survey of older people in Kapiti has been invaluable as it will help determine the extent of loneliness and social isolation in our district. We aim to conduct this survey in May.

We will also be holding focus group meetings at 6 locations around the district to help us find solutions.

Details of these meetings are;

13 March; Raumati Beach, Kapiti Uniting Church, Weka Road

20 March; Waikanae, Baptist Church Te Moana Road

26 March; Paraparaumu Beach, Senior Citizens Hall, Ocean Road

3 April; Otaki, Maoriland, Main Street

10 April; Paekakariki, St Peters Village Hall, Beach Road

17 April; Paraparaumu Central; Te Newhanga Community Centre, Ngahina Street

All these meetings are from 10.30am to 12 noon.

The diversity of these six communities indicates there are likely to be different needs and priorities for each one as well as common themes that apply across all communities.



Dermot Whelan

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We are very excited to say we moved late last year, just along the road, to our lovely new premises to allow for the growth of the business and to host clients in a more professional environment. We were thrilled with the design and flair of our new office and our clients and hopefully clients to come have been so complimentary and pleased we have turned a closed up office space to light and bright business premises. All properties are showcased in the new large LED window display that promotes properties 24/7.

The amount of prospective buyers coming into our office to register their details to receive latest new listings has increased dramatically, mainly out of town buyers desperate to purchase a property in Kapiti. Stock levels are still at an all-time low and prices are still very firm with no signs of the Kapiti market slowing.

I am proud to be part of the Andco Brand, which now has eight branches across the greater Wellington region. We are the fastest growing boutique real estate company in the lower North Island. We have the ability and resources to showcase Kapiti properties for our market, not be dictated to from a head office in Auckland or Australia – we solely work and live on the Kapiti Coast.

After living in Kapiti for 35 years I am still passionate about real estate. My business is about repeat and referral clients who enjoy my mix of professionalism, creative marketing expertise and sound knowledge of the local property market and the end results say it all – premium prices paid!

If you would like a friendly chat about any aspect of real estate, and get an understanding why we offer boutique services, do not hesitate to contact me on 0800 684 663.

Editorial supplied by Howard & Co Realty

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Rates assistance for those renting properties

Also in the latest Kapiti Grey Power magazine is an informative piece from Trevor Daniell, Grey Power legend and a former Executive Committee Member of Age Concern Kapiti. Trevor writes;

“Tenants, if they meet the criteria, may receive rates assistance of up to \$300 a year. Their rates must exceed 5% of their gross income.

The Kapiti Coast District Council has revised the application forms for applicants so that private information is not disclosed to landlords.

The difficulty of course is that the renter does not know what the landlord is paying in rates. The renter will have to make a judgement on whether or not to approach the landlord, but if he/she is struggling, then there is nothing to lose by doing so.

The form comes in two parts, one to be filled in by the landlord in which he/she/they disclose the rates paid. The second form is completed by the renter which the renter discloses the income information required by the Council.

The Council has advised us that they have notified those landlords that they know of, that this relief is available to tenants.

Last year only one person applied. For more information go to the Council website; <https://www.kapiticoast.govt.nz/services/A...Z>. Council-Services-and-facilities/rates/rates-remissions.

Steady As You Go (SAYGO) Falls prevention classes

The Steady As You Go (SAYGO) classes have resumed in Kapiti. Three new classes have started in Paraparaumu (2) and Raumati, and the fourth started in Waikanae on 1 March.

Three peer-led classes have also started, with a fourth commencing in early March. All the peer-leaders are enthusiastic about leading their groups and all have done the First Aid training course, run so well by the Red Cross.

Clearly the fact that these classes are designed to help reduce the likelihood of falls has struck a chord with our Kapiti residents. And the fact that the classes are evidence-based further enhances their appeal.

The most pleasing - and very satisfying – single aspect of the 4 classes we ran before Christmas was the significant improvement shown by the attendees in their balance, strength and mobility over the course of the 11 weeks. 100% of all attendees showed an improvement in 7 of the 12 tests over the 4 venues whilst an average of 84% of attendees showed an improvement in the other 5 of the 12 tests.



A SAYGO class at Coastal Villas, Paraparaumu

Hospital and local medical appointment transport options for Kapiti and Otaki residents

The latest magazine of Kapiti Grey Power has an excellent up to date chart of “Hospital and Local Medical appointment transport options for Kapiti and Otaki residents.” It covers transport details, a contact number and costs for the ASK (A Safer Kapiti) Kapiti Health Shuttle, Kapiti Carers, Cancer Society, CCDHB Shuttle services, Driving Miss Daisy, Otaki RSA Coach and the Otaki Health shuttle.



The Age Concern Kapiti H.A.T. (Healthy Ageing Together) Group

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Email: speldhurstcountryestate@gmail.com

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

Become a Friend of Age Concern Kapiti

Mr / Mrs / Miss / Ms

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Address: _____

Telephone: _____

Email: _____

Friend of Age Concern Kapiti only \$15.00

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

TOTAL: \$.....

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

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

Age Concern Kapiti, PO Box 217 Paraparaumu 5032

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MOBILITY SCOOTER AVAILABLE

Age Concern Kapiti has a mobility scooter - kindly donated to us - available to loan or to pass on to somebody in need of one. The scooter has been in storage, is in very good condition and the battery holds charge well.

Please contact Dermot or Alison on 04 298 8879 if you are interested.

The past cannot
be changed.
The future
is yet
in your power

Christmas Gift wrapping at Coastlands Mall

Thanks to the management of Coastlands Shopping town for the opportunity to do the christmas gift wrapping in the mall for 20 days in December (5th-24th inclusive). Thanks also to the 46 wonderful volunteer gift wrappers who happily give us their time, energy, good humour and wrapping skills during the 20 days. Many of these volunteers were happy to do several 4 hour shifts over the course of the 20 days.

Our Executive Committee member Sonya Sloan did a wonderful job co-ordinating the whole show.

Eight Kapiti College students were among our fantastic volunteer gift wrappers. Every one of these students was a credit to their College, their families and to themselves. We were so impressed with their maturity and ability to relate so very well to the members of the public who arrived at the booth with their gifts to be wrapped.

And thank you to the members of the community who donated generously to Age Concern Kapiti. As Arthur Daley of the TV series "Minder" would undoubtedly have said, it was "a nice little earner" for us. All the funds raised will be used towards our 3 year social isolation and loneliness project.

We are delighted that Coastlands have invited us to do the gift wrapping again in December 2019.



Di, Sophie and Gemma
3 super volunteer Christmas gift wrappers
for Age Concern Kapiti in Coastlands Mall



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Phone 06 323 2770
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News from Age Concern NZ Manawatu Outreach

Age Concern New Zealand Manawatu Outreach is pleased to be able to bring you some new programmes in 2019 as well as continuing with our existing services: the Accredited Visiting Service; Elder Abuse and Response Service; Health Promotion; and Information and Advice.

We are aware that many older people and their families are concerned about the process for renewing their drivers licence at age 75, when a medical is required. Dr Ashok Dahya, of the Health Hub Project, will discuss what is involved in completing the medical certificate at “Demystifying Driver Medicals” information sessions beginning on the 5th March. We hope to repeat this talk later in the year. Phone office for more information.

In May we will be working with Whakapai Hauora Best Care to launch two new workshops to the community. The first is “Confident Driving”, an information

SuperGold and Community Services Cards are now combined

Did you know that the Community Services Card and the SuperGold have been combined for people aged 65+? This means that people aged 65+ who are eligible for a Community Services Card, only need to carry one card. The SuperGold Card is a discount and concessions card for seniors and veterans, in recognition of their contribution to New Zealand society. With the SuperGold Card you can get: discounts and offers from a range of businesses and government concessions (including free off-peak public transport).

What you need to know

If you have a current Community Services Card at the time you're granted NZ Super, your current Community Services Card can be used to its expiry date. You'll need to reapply when it expires. This is because NZ Super is counted as income and Work and Income need you to update your income details. You will also be asked to give all sources of income including NZ Superannuation.

The Combo Card replacement

- If you're successful when you reapply for a Community Services Card, Work and Income will send you a new 'combo card'.

session and a chance to ask questions that you may have about changes to the road code, road layouts etc. This will be followed by “Life without a Car”, an opportunity to consider how we can get around if we no longer have a driver's licence or we choose to stop driving (see page 19 for details).

Our popular exercise programmes Rhythm and Move and Steady as You Go@ continue and we have room in all our groups for new people. We began two new Steady as You Go@ groups this year one for Pacifica people at the Pasifika Community on Wednesday mornings and the other at Kelvin Grove Community Centre. For details of Steady as You Go see page 20.

Marian Dean

Manager of Age Concern NZ Manawatu Outreach

- The card will have the initials 'CSC' on the back. The expiry date on the back of your card can range from one to three years, depending on your personal financial circumstances.
- Your new 'combo card' replaces your Community Services Card and can be used for both health subsidies and SuperGold Card discounts.

What happens when your combo card expires?

- When your 'combo card' is due to expire, Work and Income will automatically reissue a new card in most cases.
- If you're on NZ Super and your income is close to the limit to receive a Community Services Card, you will be sent a renewal application before your current card expires.
- You'll need to complete and return the application so Work and Income can send you the correct new card.
- If you receive a Veteran's Pension you receive a new 'combo card' automatically.

For more information about this combined card see: <https://www.workandincome.govt.nz>
For information about SuperGold card discounts see <https://www.supergold.govt.nz/>

Confident Driving

9th May

Opportunity for older people to learn about changes to road code, road layouts etc. To be run by Age Concern with support of police and Whakapai Hauora.

**Contact Age Concern to book
Phone: 06 355 2832**



Life without a Car

23rd May

Opportunity for older people to think about their options, if they have to give up driving or choose not to renew their drivers licence. To be run by Age Concern with support of police and Whakapai Hauora.

**Contact
Age Concern
to book
Phone: 06
355 2832**



HealthCare New Zealand

Being independent is key to our quality of life. For most people, that means staying in our own homes, close to our family, friends, communities and favourite activities.

Sometimes we need a hand to maintain our independence, and that's where HealthCare New Zealand can offer high quality help, tailored to your lifestyle.

HealthCare New Zealand supports people around the country with personal care, home management and domestic support, nursing services and rehabilitation. Their specialist skills, knowledge and expertise lets them work with you to create a plan that suits your needs, regardless of age, illness, injury or disability.

With a national network of experienced and trained professionals, HealthCare New Zealand works alongside people and their families each step of the way, with a personalised support plan that incorporates your needs and goals.

With a toll-free 0800 number and website – www.healthcarenz.co.nz it's easy to get the support that works for you.



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Falls Preventative Exercise

Steady as You Go® is a “Falls Preventive” exercise programme. It had its origins in Otago, starting in 2003. The exercises that form this programme have been taken from various sources. The first being a home rehabilitation programme that Physiotherapists delivered. There are also elements of Tai Chi-mindfulness and slow purposeful movements in Steady as You Go®. The exercises have been researched and approved as being safe and true to their purpose. Sports Manawatu, our Lead Agency for the “Live Stronger for Longer” programme have given this the ‘Tick’ of approval.

Age Concern New Zealand, has taken this programme throughout NZ for all people over the age of 65 years old. In the Manawatu we have three well established groups and a new one in Feilding. The exercises are picked because of their ability to build weakened leg muscles and improve overall flexibility. Falls are not a natural part of aging and statistic’s say 1 in 3 people over 65 years old will fall each year with this increasing to 1in 2 for those older than 80years old. Falls impact negatively on people’s lives.

Our groups are held on various mornings of the week. They are an hour long. While Age Concern gets these groups up and running, group members are trained to take the group over. There are five sets of exercises all based around the use of a chair for balance. A warm up, then standing, and a walking segment. Members have a lot of fun walking, marching and other different walking type exercises. Lastly a warm down using various exercises including for your eyes and coordination.

These exercises are a lot of fun, they help your coordination and improve balance, all for the cost of a \$2 donation. Exercises aside, people form friendships and renew friendships. Christmas saw our groups organising morning teas to celebrate the end of the year. Throughout the year coffee mornings develop.

Steady as You Go® Groups

- Awapuni Community Centre, Newbury St, Palmerston North, Thursday mornings
- Central Library, George St, Palmerston North, Friday mornings
- St Johns Hall, Bowen St, Feilding, Tuesday mornings
- Rangiora Community Centre, Rangiora Ave, Palmerston North, Wednesday mornings
- *New Groups 2019***
- Pasifika Community Centre, Havelock St, Highbury Palmerston North, Wednesday mornings
- Kelvin Grove Community Centre, Kaimanawa St, Thursday mornings

If you would like to look into this further call Fern Brooking at Age Concern NZ Manawatu Outreach on 06 355 2832.



Life Tubes

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



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

“When I Am Old” by Jenny Joseph

When I am an old woman I shall wear purple
With a red hat that doesn't go, and doesn't suit me,
And I shall spend my pension on brandy and summer gloves
And satin sandals, and say we've no money for butter.
I shall sit down on the pavement when I am tired,
And gobble up samples in shops and press alarm bells,
And run my stick along the public railings,
And make up for the sobriety of my youth.
I shall go out in my slippers in the rain
And pick the flowers in other people's gardens, And learn to spit.
You can wear terrible shirts and grow more fat,
And eat three pounds of sausages at a go, Or only bread and pickle for a week,
And hoard pens and pencils and beer mats and things in boxes.
But now we must have clothes that keep us dry,
And pay our rent and not swear in the street,
And set a good example for the children.



We will have friends to dinner and read the papers.
But maybe I ought to practise a little now?
So people who know me are not too shocked and surprised,
When suddenly I am old and start to wear purple!

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Elder Abuse doesn't always live at someone else's address or neighbourhood.

What is Elder abuse?

Age Concern defines elder abuse as “a single or repeated act, or lack of appropriate action occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person”

Unfortunately statistics suggest that up to one in ten older people are being abused within our communities.

Elder abuse can happen in anyone's family - rich or poor.

What are the different types of abuse?

Psychological abuse: behaviour including verbal abuse or threats.

Financial/material abuse: unauthorised or improper use of money, property or other resources.

Physical abuse: Non-accidental use of force



causing injury, pain or impairment.

Neglect: failure to meet the physical, emotional and or social needs of an older person/kaumatua.

Self-neglect: Failure of an adult to take care of himself or herself that impacts on their well-being.

Sexual: Any non-consensual sexual acts or exploitive behaviours including threats.

Application to become Friend of Age Concern NZ Manawatu Outreach

Mr / Mrs / Miss / Ms

Name: _____

Address: _____

Telephone: _____

Email: _____

Annual Friends Fee

☐ \$10 per person or per couple p.a. ☐ \$100 corporate p.a.

Donation: _____

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

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

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

For more information please phone Age Concern Manawatu on (06) 355 2832

or email: marian.dean@ageconcern.org.nz

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

Institutional abuse: a policy or accepted practice within an organisation/agency that causes harm to or disregards the rights of an older person.

Who can you call for advice when you suspect abuse or neglect?

If you are being abused or know of an older person who you think is being abused you are welcome to contact us.

We offer a free and confidential service for older people, who are vulnerable, isolated and are at risk of being abused

What happens if I contact Age Concern?

You will be connected with an Age Concern worker who will:

- listen to your concerns
- offer to assess your situation
- respect the wishes of the older person/kaumatua
- make the safety & wellbeing of the older person/kaumatua the main consideration
- work alongside families/whanau and others involved with the older person/kaumatua

For further information or to make an appointment to discuss your questions or concerns please ring Age Concern NZ Manawatu Outreach's elder abuse social worker on: 027 356 0510 or email robyn.baker@ageconcern.org.nz.

Become a Friend of Age Concern New Zealand Manawatu Outreach

Friends receive a copy of this quarterly newsletter sent to them directly by post or via email (you choose how you would like to receive it) as well as advance notification of our programmes and invitations to special supporters' only events. To become a Friend complete the application left. The cost is a donation of \$10 p.a. individual or couple membership to cover our costs. Thank you for your support.

Plenty to do at Palmerston North Senior Citizens Club

Do you enjoy dancing and are looking for somewhere you can go? Would you like to find people to play scrabble or cards with? These are some of the activities that Senior Citizens Club has on offer, which all take place in, the purpose built, Senior Citizen's Hall, 309, Main St, near the centre of the City. The Club organises an excellent programme with something on most afternoons. It also hires out the hall to a social dancing club and for Tai Chi.

For some of the activities you have to be a club member to attend, but membership is only \$10 per year (January to December). Other activities do not require membership, and the cost is a \$2 donation. If you become a member of the Club you will be given a parking notice to enable you to use the car park during working hours.

The RSA Welfare Officer Mike O'Connor is also available for meetings at the Hall, phone him on 358 9983 and Grey Power has an office there, phone 357 1930 or email greypowermanawatu@digitalcloud.nz

2019 Senior Citizens Club Programme

Concerts (includes Afternoon Tea): Every Tuesday 1.30pm to 3.00pm Cost, \$2 donation

Cards: (Includes Afternoon Tea): Wednesday & Thursday 1.00pm to 3.30pm, Club members only

Dance Club: Every Friday 3.00pm to 6.00pm, Club members only.

Scrabble: Every Sunday 2.00pm to 4.00pm
All enquiries to Val
Phone 06 358 8246 or 0274 588 288

Other Programmes at the Senior Citizens Hall

Manawatu Dance: every 2nd Saturday evening and Tuesday evening from 7.30pm to 10.30pm contact Tom Fitzsimmons on 356 9620 or email tomfitz@inspire.net.nz

Inner Smile Tai Chi: Monday and Thursday 9.30am to 11am and Wednesday 7pm to 8pm contact Tony van Rysewyk phone 021 0466 835 or email tonyandsallie@gmail.com

Weight Watchers: Contact co-ordinator Karla Forsyth phone 027 992 425 or email k.forsyth@weightwatchers.co.nz



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