

AUTUMN 2019 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concerns in Hawkes Bay

Serving the needs of older people



For advertising phone Dave 027 652 5220 or email dave@pukekoprint.co.nz

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AGE CONCERN FLAXMERE

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Address: 38 Bristol Cres, Flaxmere, Hastings 4120

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AGE CONCERN WAIROA

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Office Hours: 8.30am - 12.30pm Monday to Friday

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Phone: (06) 858 9158

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Office Hours: 9.00am - 3.00pm Tuesday to Friday

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Phone: (06) 870 9060

Email: ageconhast@xtra.co.nz

Address: 415 Heretaunga St East, Hastings 4122

Postal Address: PO Box 185, Hastings 4156

Office Hours: 9.00am - 3.00pm Monday to Friday

See page 14 for more information about some of the many services each Age Concern provide.

Steady As You Go[®]

It has been a wonderful start to the year with some new faces attending our classes and thoroughly enjoying them. Remember, it is very important to do the exercises at your own pace and not to try and keep up with those members who are into their third year.

The regular attendees were pleased to be back with a number of them finding new muscles – the ones they hadn't been using while the classes were closed over the Christmas break!

At the Hastings group we have had some very good speakers. It is nice to see more of the group staying to listen to them because they always express to me how much they learn from them. We have a variety of speakers twice a month, the first and third Monday. Some of the group members have shared their life stories, travel and the likes and we also have lifestyle speakers.

Steady As You Go improves balance and leg strength, flexibility, general fitness and wellbeing which all help to prevent falls. This is not only a programme for exercise, but encourages socialisation and comradeship. It's great to see everyone interacting so well and having fun while doing the exercises.

These classes are open to anyone and are also a great way to meet new people so feel free to come along or phone our offices for more information.

Hastings - Monday 9.30am at Age Concern Building, 415 Heretaunga Street, Hastings.

Raureka - Friday 9.30am at The Station Community Church, Cnr Gordon Rd & Florence St, Hastings.

Waipukurau - Tuesday 9.30am at Woburn Hall, Waipukurau.

For more information please phone:

Age Concern Hawke's Bay Inc.

Hastings Office

Phone: 870 9060 Extension 3 for Margaret

Age Concern CHB Office

Phone: 858 9158 for Sue

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.

When people are no longer able to drive, that's where Driving Miss Daisy comes in! Driving Miss Daisy is the connection from home to the community. They make it their priority to ensure each and every journey is filled with laughter, kindness and positivity.

Driving Miss Daisy clients can have the same driver every time which is great for building relationships. The drivers also love to catch up with the clients and will do everything possible to make the journey enjoyable. That can be as simple as a trip to the supermarket or regular hairdresser appointments. Sometimes, it can be more adventurous and include trips further afield; outings to the beach for a breath of fresh air or coffee with friends; anywhere the heart desires.

Driving Miss Daisy is committed to helping clients get out and about, so every client can live life to the full and enjoy every moment.

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 anywhere:

- Shopping trips
- Medical and personal appointments
- Social outings, meetings, church
- Airport drop-off and pick ups
- Scenic drives

Total Mobility card accepted and an ACC approved provider.

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

Havelock North Ph: (06) 877 8476
Hastings Ph: (06) 878 5029
Taradale/Napier Ph: (06) 844 0620

 **Driving Miss Daisy[®]**

www.drivingmissdaisy.co.nz

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

ACCREDITED VISITING SERVICE



A Befriending service that matches older people who are lonely or socially isolated with volunteers who are keen to spend time with them. Some visits take place in the clients home, and some involve going out together. If you know of someone who would like more company, or if you are interested in becoming a volunteer, contact Christine at Age Concern Napier telephone 842 1346 or email sw@ageconcernhb.org.nz

LIFE WITHOUT A CAR

Older people stop driving for a variety of reasons. As the time approaches it is important to plan for future transport needs to keep doing what you want.

Adjusting to life without a car doesn't mean losing independence and freedom. Age Concern Napier is pleased to be able to provide information and some valuable insights into how to stay mobile.

The information provided will highlight some alternatives available to help you remain active. It will also give you some solutions to get about with planning and adjustment.

AGE CONCERN NAPIER are hosting a series of 2 hour courses. For dates and venues and to register phone Age Concern Napier 842 1346 or email napiers@ageconcernhb.org.nz



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 – 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

The Ryman Difference

Putting residents first! Our winning formula for over 30 years.



Fair terms

The weekly fee is fixed for the entire time you occupy your townhouse or apartment, guaranteed.*

There are no hidden costs such as waitlist fees, surprise move-in costs or administration fees. And you will benefit from one of the lowest deferred management fees in the retirement sector, capped at 20 percent.



Resident-focused innovation

Ryman Delicious menus offer choice and freshness, our myRyman electronic care programme enables individualised care at the touch of a button, and emergency power generators in every Ryman village centre keep residents safe and warm even if the lights go out.



Care options that suit your needs

We're dedicated to caring for you now and into your future.

We provide independent living, and assisted living in a serviced apartment. Plus, resthome and hospital care, and in most villages, specialist dementia care.

For more information about the Ryman difference phone Shona on 06 835 3018 or visit

www.rymanhealthcare.co.nz

PRINCESS ALEXANDRA
RETIREMENT VILLAGE

Hawke's Bay involved in exploring new medications...

P3 Research has been offering involvement in clinical trials to the Hawke's Bay region for three years. It is located at the Village Health Centre in Havelock North and became the third branch of P3 Research, which first opened in Wellington in 2001. Both its Wellington and Tauranga branches have well established reputations internationally and locally for the quality, safety and reliability of their work.

Most people who volunteer for clinical trials do so in order to contribute to improving treatments for the future. By so doing, they generally benefit themselves through the additional attention they and P3 give to their condition, and through the access they obtain to new and potentially better medications. Many volunteers choose to return again and again to participate in upcoming trials. We get to know them well, and they enjoy their participation and interaction with us.

Call us to become involved.

5 Minute Chocolate Mug Cake - For 2 small cakes:

¼ cup sugar
 1 large egg
 2 Tbsp canola or other light oil
 2 Tbsp cocoa powder
 ¼ cup self-raising flour
 ¼ cup milk
 ¼ tsp vanilla essence
 pinch of salt

1. Measure the sugar into a small bowl, add the egg and oil and whisk until pale and creamy. Add the remaining ingredients and stir just enough to combine.

2. Non-stick spray two microwave-safe teacups or two 250ml ramekins or teacups. Divide the mixture evenly between the prepared containers, then place them in the microwave.

3. Cover with a square of baking paper or a paper towel, then cook on High (100% power) for 2-3 minutes or until the centre of the cakes is firm.

Remove the cakes from the microwave, then tip them out of the cups/ramekins. Cool on a rack for a few minutes or enjoy immediately.



KEEP WARM THIS WINTER

Rooms need to be kept adequately heated for good health. A dry home is a health home so reduce the causes of humidity if possible.

Check doors and windows for drafts. Good thermal backed curtains and closing them at dusk can make a big difference. Our local curtain bank can provide curtains free of charge if you hold a community service card and have no or inadequate curtains in your living area or bedrooms. Age Concern Napier can assist with the application form and have volunteers who can assist with measuring of windows and hanging the curtains.

Winter Energy Payment will commence on 1st May 2019 through to 30th September. Rate is \$20.46 a week for a single person or \$31.80 for a couple. This will be paid with your fortnightly superannuation and should assist with meeting the higher heating bills that arise over the chilly winter months.

Insulation keeps your house warm: Warmer Kiwi Homes is a four-year government programme offering grants covering two thirds of the cost of ceiling and underfloor insulation. Grants covering two thirds of the cost of heating appliances will be available from July 2019 (these grants will be capped)

To be eligible for this programme you must be:
 The homeowner (owner-occupier) of a home built before 2008 **AND**

Have a Community Services Card or SuperGold combo card **OR**

Own and be living in a home in an area identified as lower-income **OR**

Be referred by the Healthy Homes Initiative.

To see if you are eligible for the programme go to www.energywise.govt.nz/tools/warmer-kiwi-homes-tool/

or contact Age Concern for assistance.



Old age ain't no place for sissies!

~ Bette Davis ~

PLEASE SUPPORT OUR ADVERTISERS

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

“To make a difference in someone's life, you don't have to be brilliant, rich, beautiful or perfect. You just have to care.” ...



VOLUNTEERS WANTED

P3 Research is an Independent Clinical Research centre based in Havelock North. We specialise in running clinical trials and need volunteers to take part in current studies looking at new treatments for ...

- **People over the age of 65 years to take part in a study during the flu season**
- **Type 2 Diabetes**
- **Atopic dermatitis - eczema**
- **Bronchiectasis**

All studies receive prior approval by a NZ Ethics Committee.
 All reasonable travel costs and expenses will be covered.

For further information, you are welcome to come and visit us downstairs in the Village Health Centre, 33 Napier Road, Havelock North

Or check out our website

www.p3research.co.nz

Or phone us on **0800 141 559**

Or send us an email: hbtrials@p3research.co.nz



Staying at home in your later years is now an affordable and safe option thanks to the care and support Care on Call provides.

From a couple of hours of help around the home per week to full time care Care on Call has experienced, trained and thoroughly screened carers available to cater to your unique needs.

Please call us or visit our website for more information.



hawkesbay@careoncall.co.nz

0800 744 753
www.careoncall.co.nz

Live Stronger for Longer?

The Live Stronger for Longer brand represents the collaborative effort between HBDHB, MoH, ACC, Enliven, community exercise providers, carers and health professionals to reduce the number and severity of falls in our region through Community Strength and Balance classes. The objective of the programme is to increase the number and availability of approved classes which provide opportunities for older adults to improve their strength and balance therefore, maintain their independence.

Do I need to attend a Strength and Balance class?

- ✓ *Have you slipped, tripped or fallen in the last year?*
- ✓ *Do you have to use your hands to get out of a chair?*
- ✓ *Are there some activities you've stopped doing because you are afraid you might lose your balance or fall?*

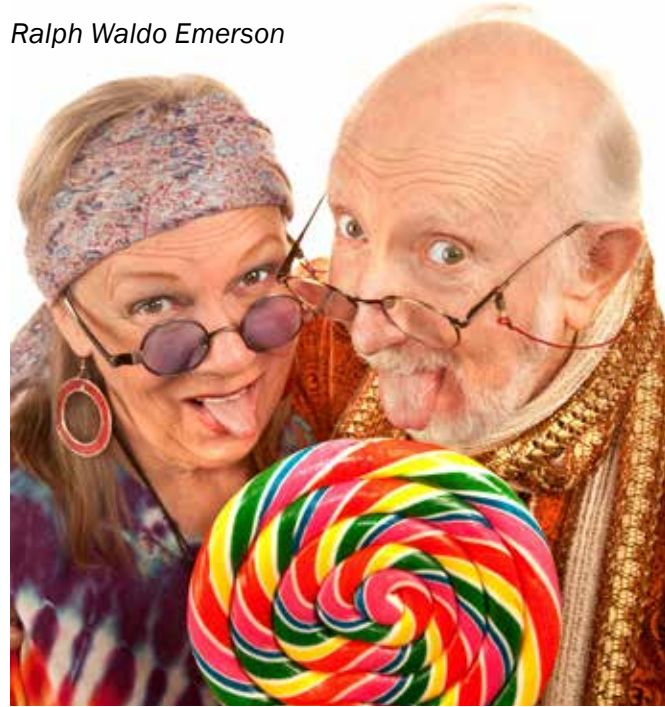
If you have answered yes to any of the above questions? Time to find a Strength and Balance class.

Contact Enliven and they will assist you to find a class.

Editorial supplied by Enliven

It is one of the blessings of old friends that you can afford to be stupid with them.

Ralph Waldo Emerson



As autumn approaches it is wise to start thinking ahead to winter. Make sure you get your flu injection about April or May.

It probably seems silly to mention this as it is so hot but if you have a wood burner it is now time to order your lovely dry wood and get it stacked away to keep it nice and dry ready for winter. Also get your Pellets in and put away ready for the cold weather.

LIFE TUBES

These are a “must have” for young and old. If you have family members, friends or grandchildren who have some form of illness or disease for example diabetes, a brain injury or epilepsy, these are a good product to have.

St John Ambulance and Neighbourhood Support NZ, endorse and promote these Life Tubes. They are plastic cylinders that contain a sheet with your vital health information and emergency contacts



and are generally kept in your refrigerator.

In the event of an emergency, the police, ambulance, fire service, friend, or even a neighbour, will be alerted by the bright red sticker on the refrigerator door, that vital medical information is contained within the Life Tube.

You can purchase your Life Tube from one of your Age Concern branches.

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

Falls are not part of the ageing process.

Join a Strength and Balance group to remain

STRONG & STEADY

Find out about classes by phoning
0800 436 548
livestronger.org.nz



Kitchen CORNER



Apricot Loaf



Delicious, moist and easy to make.

Ingredients

- 1 x 410g can apricots in juice
- 1 cup dried apricots, chopped
- 1 cup sugar
- 2 T margarine or butter
- 1 t baking soda
- 1 cup wholemeal flour
- 1 cup plain flour
- 1 t baking powder

Method

1. Preheat the oven to 180° C.
2. Lightly grease a 22cm loaf tin with a pastry brush and oil or oil spray.
3. Puree canned apricots and juice together using a stick blender or a food processor.
4. Place the first four ingredients in a large saucepan and bring to the boil.
5. Leave to cool and then add the baking soda.
6. Add the flours and baking powder to the apricot mixture and mix until just combined.
7. Pour mixture into the loaf tin and bake for 1 hour or until a skewer inserted in the middle of the loaf comes out clean.
8. Leave in tin for 10 minutes before turning out.

LIFE WITHOUT A CAR

This is another very successful course we are presenting throughout this year, open to all ages to educate our community on what other modes of transport options are available should they no longer be able to drive or they are unable to drive for a period of time due to an accident or injury.

At this course we have speakers relating to other modes of transport, the importance of purchasing the correct mobility scooter, DVD's from the NZ Transport Agency and Power Point presentations relating to planning your route, pedestrian safety, cycle safety and mobility scooter safety. Group participation and discussion is encouraged at this course. On leaving the course, participants have expressed how much they learned not only from the course, but hearing about other participant's experiences with other forms of transport.

SuperGold card holders are encouraged to take advantage of the many benefits they are entitled to, some of which are listed in the booklet supplied to participants on the day. This booklet also outlines alternative modes of transport, social groups they could join and other important services available to them, so they can continue enjoying the things they were taking part in when still driving or are temporarily unable to drive.

To register for our next course:

- When:** Tuesday 14 May 2019
Where: Age Concern Building, 415 Heretaunga Street East, Hastings (opposite New World)
Time: 9.30am to approximately 12.30pm
Cost: FREE (morning tea provided)
Phone: Age Concern Hawke's Bay Inc. Hastings Office 8709060 Extension 3 for Margaret or email Margaret at hp.ageconhast@nowmail.co.nz



Limited numbers – BOOK NOW!

Fun times at Age Concern Flaxmere.

MORERE HOT SPRINGS

In February when the summer weather was still beautiful and warm, we headed off, firstly, to visit our friends at Age Concern Wairoa, where we were treated to a sumptuous morning tea. Many thanks to Rebecca and team.

We then carried on further north to soak our cares away in the hot springs at Morere. Our lunch time hunger was sated with a yummy on-site bbq, and a little later we hit the trails again for the picturesque trip home.

We acquainted ourselves with The Ferry Hotel in Wairoa for a quiet beverage. Thereafter we continued on home to the "Bay", stopping for a lovely meal of Fish and Chips at HB Seafoods in Napier, before being dropped off at our homes in the evening. What a super, fun filled day had by all. Nga mihi.





BRINGING PEOPLE TOGETHER TO SHARE HOMES

Would you like someone in the house at night?

Do you have a spare room?

Are you looking for accommodation?

The Let's Share Programme offers:

- Police vetting of participants
- Reference checks
- Lower than market rent
- Ongoing contact with both parties
- No cost to the householder
- Interview prospective householder / homeshare and match them



Further information please contact:
Sue at Age Concern Hawkes Bay 06 870 9060 ext 3 or email letsshare@xtra.co.nz

Staying Safe



Staying Safe, for the 65 years and over age group, is a new course Age Concern Hawke's Bay Inc have presented last year and have just had one in Waipukurau. Throughout the year we will be presenting more of this course which relates to maintaining personal safety within your home, garden

and in public. This course has been well received with participants interacting well with the speakers and leaving feeling safer and more secure in their homes and the public environment.

This is a one-day course covering a number of topics, presented by a range of speakers throughout the day, for example the Police, Fire & Emergency Department, St John, Neighbourhood Support and others. There will be time for participants to ask each speaker questions.

The aim of the course is to empower and enhance our participants to become more aware of safety for themselves in their home and environment, enabling them to feel safe and fully participate in life. Our next courses are to be held in Waipukurau in February and Hastings in March.

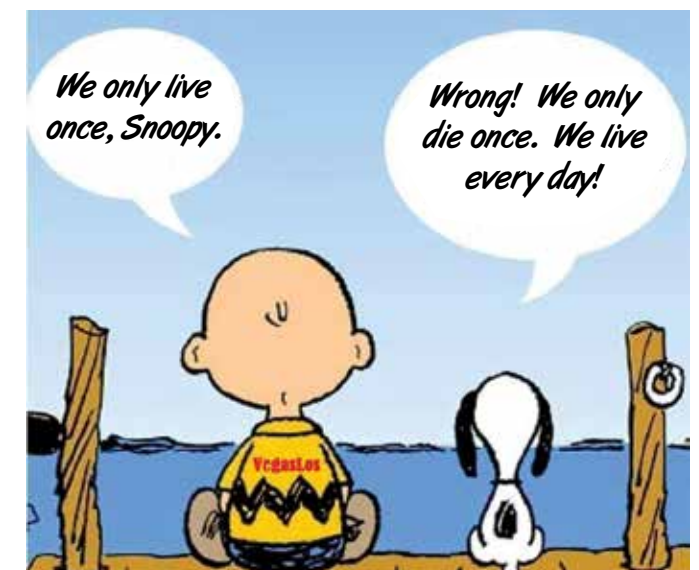
At the time of writing this, our March course will have taken place but below are the next courses.

To register for our next Hastings course:

When: Tuesday 9 April 2019
Where: Age Concern Building, 415 Heretaunga Street East, Hastings. (Opposite New World)
Time: 9.30am to 2.45pm
Cost: \$10 (includes morning tea and lunch)
Phone: Margaret at Age Concern Hawke's Bay Inc Hastings Office 870 9060 Ext 3

To register and for more information for the Waipukurau course

When: Wednesday 1st May
Where: Memorial Hall, Waipukurau
Time: 9.30am to 2.45pm
Phone: Sue at Age Concern Hawke's Bay Inc Central Hawke's Bay Office 8589158



FREE
Ear Health
Assessment

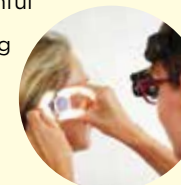
Pull your finger out... get your ears checked for FREE!

Are you going around as if you have fingers stuck permanently in your ears? Do your ears feel itchy, painful or blocked? Are you struggling to hear or feeling dizzy? This probably means your ears are full of wax, so find out with our **NO WAX, NO FEE** free ear health assessment. My name is Anne Roberts and I own Ear Suction HB, the home of wax free, clear and healthy ears. I'm HB born and bred and a NZ

registered nurse with 28 years training and experience in nursing and later microsuction.

I have used safe, comfortable, pain free visualised microsuction to remove the wax from thousands of ears. Doctors and audiologist are sending us many patients.

- Sort your ears when it suits you
- Get your ear wax removed within a week, or you don't have to pay!
- Totally personalised service - you will see ear Nurse Anne on every visit.



last minute appointments are always available!



EAR SUCTION
HAWKE'S BAY LIMITED
THE CLEAR EARS PEOPLE

Check the website for clinics near you in Hastings, Napier, Taradale, Havelock North, Dannevirke and Waipukurau. To make an appointment call Nick on 021 225 6425 anytime from 8am to 7pm every day except Sunday, or email nick@earsuctionhawkesbay.co.nz

BOOK ONLINE & ON FACEBOOK
www.earsuctionhawkesbay.co.nz

SUPPORTIVE SERVICES - AGE CONCERNS IN HAWKES BAY

HAVELOCK NORTH

- In home support and advocacy from our Community Worker
- Home visits and referrals
- Referral to Elder Abuse co-ordinator
- Visiting services
- Health promotion programs
- Fun social activities
- Loan equipment is also available for use
- Total Mobility assessment agents
- We have a loan service for wheelchairs and walkers
- Friday morning tea at St Luke's - 9.30am

FLAXMERE

Age Concern Flaxmere enjoys the support of the other local Age Concerns to enable access to such services as Elder Abuse support and the Accredited Visitor Service. We also offer advice, wisdom of the sages, and advocacy support with various agencies and organisations.

Our 2019 offerings are:

- Fun social days and outings to local eateries (We are going to Te Papa this year).
- Zumba Gold classes / Exercise to International Rhythms
- Craft and Mahi Toi / Raranga
- Indoor Bowls / Men's Pool
- Total Mobility Assessments / Taxi Chits
- Falls Prevention Programmes - Steady as You Go®
- Kori Tinana / A gentle kapahaka based exercise and well being programme
- Support Services to assist with independent living
- Informative guest speakers
- A lovely little Op Shop

NAPIER

SOCIAL SERVICES: working with older people in the Napier community, offering case management, information, support, advocacy and interagency referrals.

ACCREDITED VISITING SERVICE: is a befriending service that matches older people who are lonely or socially isolated with a volunteer to share conversation and activities.

Total Mobility Assessments

Support Services: transport available for

supermarket and general shopping, medical and hospital appointments. Handyman services and light garden assistance.

Educational Workshops: Scamming, Life Without A Car, Confident Driving.

Health Programmes: Tai Chi, Sit and Be Fit, Falls Prevention (Napier and Havelock North)

Regular Social Activities and outings.

WAIROA

Here at Age Concern Wairoa we work for the rights and well-being of older people, and their whanau/families by providing of quality support, information and services which can assist and empower older people to live a quality life of their choosing. Our services are accessible, affordable, relevant and responsive to community need.

Key Areas;

Health

- Sit and Be Fit (twice weekly)
- Tai Chi (weekly)

Social Activities

- Morning Tea (monthly)
- Crafts Group BYO (fortnightly)
- Special Outings (as arranged)

Core Services

- Provision of Information
- Connection to the Elder Abuse and Neglect Prevention Service
- Volunteering Opportunities
- Community Bus

CENTRAL HAWKES BAY & HASTINGS

Age Concern Hastings and Central Hawkes Bay provide support and education to older people. Included in our staff of seven, we have three Social Workers and a Health Promotion Coordinator who work with older people and their families. We have a vast number of services, these include:

- Social Support Services
- A variety of regular Social Activities
- Elder Abuse Response Service for all of Hawkes Bay
- Regular Health Promotion courses e.g. Confident Driving, Staying Safe, Life Without a Car
- Total Mobility Assessments
- Let's Share - Shared accommodation

Confident Driving Course

We are continuing to present this very successful course, throughout the year. This course is open to all age groups and is endorsed by the NZ Police and the NZ Transport Agency. Participants refresh their driving skills, road rule changes, pedestrian safety and the impact that medication can have on their driving. Power Points and DVD's from the NZ Transport Agency, reinforce some of these. Inspector Matt Broderick, Road Policing Manager, Eastern District, NZ Police, speaks at this course encouraging participants to ask questions and to discuss road issues.

At the conclusion of this course, participants have expressed that they have learned more from them than they expected, some having learned things they'd not previously known. Also at the conclusion of this course, a number of the participants felt they were leaving with more confidence about driving than when they arrived.

To register for our next course:

When: Tuesday 30 April 2019

Where: Age Concern Building, 415 Heretaunga Street East, Hastings (opposite New World)

Time: 9.30am to approximately 2.30pm

Cost: \$10 (includes morning tea and lunch)

Phone: Age Concern Hawke's Bay Inc. Hastings Office 8709060 Extension 3 for Margaret or email Margaret at hp.ageconhast@nowmail.co.nz

Limited numbers – BOOK NOW!



Stuart Nash MP for Napier

Lower Doctors' Fees under the Labour Led Government

The cost of visiting the doctor has been slashed for more than half a million Kiwis as part of a package of initiatives to help more New Zealanders get the primary health care they need. Those with a Community Services Card will be saving up to \$30 per visit.

The eligibility for the Community Services Card has been extended to an estimated extra 540,000 people, so if you were ineligible previously, it is worth your while checking with MSD whether you may now be eligible. This would mean a great saving on doctors' bills for those on a limited income.

Furthermore, the needs of the ageing population have been recognised with work this financial year on developing options for a free annual health check, including vision, for all SuperGold card holders. There has also been a major investment in supporting the 33,000 New Zealanders who need assistance for physical, mental or sensory disabilities.

The government is determined to make healthcare more affordable for all New Zealanders. We do not want cost to be a barrier to visiting the doctor.

Stuart Nash MP for Napier

Minister of Police

Minister of Fisheries

Minister of Revenue

Minister of Small Business

Authorized by Stuart Nash, 155A Tennyson Street, Napier

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

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.

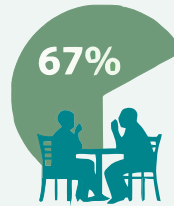
We know that many residents chose a retirement village as a great opportunity to make new friends in a community of like-minded people. Triggers to make the move include the death of a spouse or friends and children moving away. Villages often have a bewildering array of new activities, events and entertainment 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:



Two out of three residents surveyed have a greater feeling of security and confidence



More than 67% report having an improved social life



1 in 3 reported having better physical health

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 Collins | Executive Director