

SPRING 2019 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concern Horowhenua | Kapiti | Manawatu

Serving the needs of older people



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

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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:****Accredited Visiting Service Coordinator/****Admin Assistant:** Wendy McMahon**Social Connection Service:** Melanie Lilley**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

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

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

EXECUTIVE COMMITTEERoger Booth (Chairman), Beverley Chappell,
Sonya Sloan, Duncan McDonald,
Jill Stansfield, Jane Yoong**STAFF****General Manager:** Dermot Whelan**AgeConnect Kapiti Coordinator/Support****Services:** Tristine Tilly**AVS Coordinator and Health Promotion:**

Alison Miller

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welcoming and tranquil, a home away from home.**REST HOME AND
CONTINUING HOSPITAL CARE**42 Mako Mako Road, Levin
Please contact us on (06) 367 2027www.millvalelevin.co.nz**Driving Miss Daisy****We are not just
for seniors!**

Over the years Driving Miss Daisy has built up a reputation for providing a high quality service to senior citizens who no longer drive. They are a regular at retirement villages and rest homes across the country and senior citizen clients form the largest proportion of their client base. But did you know that they also provide our services to younger people who don't drive?

Some clients have a disability or medical condition which means they can't drive, however this doesn't stop them from being very active in other areas of their life; they work in a professional capacity, run businesses, attend school or tertiary education and enjoy socialising with friends. Driving Miss Daisy drives these clients to their place of work or business meetings, assists them to their lectures and social occasions, ensuring they are where they need to be in plenty of time.

They treat every client as an individual, no matter what their personal circumstance. Every client has different needs, and they make sure they discuss this with their clients so that they fully understand them and provide them with the absolute best support and service.

For Driving Miss Daisy, it's imperative that all their clients are treated with dignity and respect. They are committed to helping their clients get out and about, so they can live life to the full and enjoy every moment.

If you have an activity you would like them to help with please call them today to discuss – they look forward to seeing you soon!

*Editorial supplied by Driving Miss Daisy***Driving Miss Daisy,
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East Palmerston North

Ph: (06) 355 0040

Driving Miss Daisy®

www.drivingmissdaisy.co.nz

News from Age Concern Horowhenua

Nuisance-call blocking landline helps give peace of mind to those worried about scam calls

Spark has introduced a new product for New Zealand seniors: the first nuisance-call blocking home phone (landline) available in New Zealand

Call Screen nuisance-call blocking technology

While it looks and plugs in like a normal home phone, when an unknown caller rings, they are prompted to announce their name and the receiver can decide whether to accept or block the call. Saved contacts, on the other hand, are put straight through.

“Call Screen can help completely block the call from coming through because scammers, unwanted business callers and even autodialing machines either can’t or won’t record their name, which means the phone doesn’t ring, saving customers time, lessening stress and making them feel more secure,” said Tessa.

Over the last few years, the number of phone scam victims has grown considerably with some people losing thousands of dollars after falling for the seemingly legitimate ruses. As avid landline users, many of those who have fallen victim have been seniors.

Call screen is available at all Spark stores, over online chat, over the phone by calling 123 or via the online form available at spark.co.nz/callscreen. ** New and existing Spark customers with SuperGold cards can get a \$30 account credit upon purchasing the Call Screen Twin Cordless Phone by presenting their card and photo ID in a Spark store.

**Call Screen Twin Cordless Phone is available for purchase at \$139.99 however, if you are a new or existing Spark customer, are 65 or over and have a SuperGold card, you can get a \$30 account credit when you purchase Call Screen in store. You do not have to be a Spark customer to use Call Screen however, you will need to ensure you have a landline plan with a provider and that you have the caller display network feature. Spark is offering caller display for free to all new and existing Spark landline plan customers who purchase a Call Screen phone.



Utilities Disputes (formerly The Office of the Electricity and Gas Complaints Commissioner, or EGCC) provides a free and independent dispute resolution service for electricity, gas, and water complaints, and disputes about access to shared property for fibre installations. Most disputes that come to our office are resolved between the parties. Utilities Disputes uses a wide range of dispute resolution techniques, including mediation and conciliation.

Contact for Utilities disputes

Phone: 0800 22 33 40 or (04) 914 4630
Phone (International): +64 (04) 914 4630
Email: info@utilitiesdisputes.co.nz
Mail: Freepost 192682, PO Box 5875, Wellington 6140
Freefax: 0800 22 33 47
Fax: (04) 472 5854



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For more information about the Ryman difference phone Josie on 0800 000 290 or visit rymanhealthcare.co.nz



Where community shapes the heart of your retirement

Introducing Melanie Lilley as Social Connection Coordinator for Age Concern in Horowhenua.

I moved to Levin from Australia almost 5 years ago, relocating along with my husband and 3 inherited dogs. I am very lucky to live in the beautiful Koputaroa area and enjoy all the outdoor activities associated with country life.

I am excited to move into my new role, and looking forward to being a part of our diverse and wonderful community that we all call home.

I come from a customer service background, with experience working within community not for profit organisations within the field of disability and mental health. Through to managing workplace injuries, to recruitment. More recently working for the District Court, in Nelson and Palmerston North as a Court Registrar.

I have 3 adult children, 2 of which live in Australia with my youngest now living in Levin. I enjoy spending time with them as able, having just recently had them all home for a week.

I enjoy alternative therapies, having completed Reiki Level one. I also enjoy meditation with a strong interest in aromatherapy and the power of crystals. I love to travel and was fortunate to of spent 5 weeks travelling around the UK and Europe last year.

I am looking forward to wherever this role takes me and spending time getting to know the community in which we live a lot better.



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Steady As You Go[®]

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



SAYGo improves:

- Balance and leg strength
- Flexibility
- General fitness and wellbeing
- And is a great way to meet new people

Current classes

1:30pm Wednesday, Thursday and Friday at The Community Hub, 32 Bristol Street, Levin

New Class

11:00am Tuesday at Queen Street Chapel Youth Hall, 541 Queen Street East, Levin

Classes are one hour each week, \$3 per class

ENQUIRIES & BOOKINGS for 2019

Phone (06) 367 2181 - Age Concern Horowhenua
538 Queen Street, Levin.



horizons

REGIONAL COUNCIL



Runs Monday to Friday
Effective 5 August 2019

Levin to Palmerston North

For more information visit www.horizons.govt.nz or freephone 0508 800 800

Off-Peak Bus Service

OFF PEAK MONDAY

AM	TIME	LOCATION
Depart Levin	9.15 am	Te Takeretanga o Kura-hau-pō (Bath Street)
Foxton	9.30 am	Opposite St Mary's & Rainbow Dairy
Himatangi	9.35 am	Corner SH1 and Highway 56
Arrive Palmerston North	10.00 am	Main Street Terminal
PM	TIME	LOCATION
Departs Palmerston North	2.35 pm	Main Street Terminal
Himatangi	3.00 pm	Corner SH1 and Highway 56
Foxton	3.10 pm	St Mary's & Rainbow Dairy
Arrive Levin	3.25 pm	Te Takeretanga o Kura-hau-pō (Bath Street)

OFF PEAK WEDNESDAY

AM	TIME	LOCATION
Depart Levin	9.15 am	Te Takeretanga o Kura-hau-pō (Bath Street)
Shannon	9.33 am	Ballance Street
Tokomaru	9.45 am	Opposite Tokomaru School
Linton	9.54 am	Opposite Petrol Station
Arrive Palmerston North	10.10 am	Main Street Terminal
PM	TIME	LOCATION
Depart Palmerston North	2.30 pm	Main Street Terminal
Linton	2.46 pm	Outside Kiwi Corner Store
Tokomaru	2.56 pm	Outside Tokomaru School
Shannon	3.08 pm	Ballance Street
Arrive Levin	3.25 pm	Te Takeretanga o Kura-hau-pō (Bath Street)

SuperGold Card holders travel free 9am to 3pm
Travel outside these periods is to be charged at the relevant fare i.e. adult



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The Law of Unintended Consequences Strikes Again!

From our Board Member Peter Dyer

Can you prove you are you or are you the victim of the Law of Unintended Consequences. A few years ago NZ authorities became very concerned about the danger of our country being used as a haven for money launderers and the risk of illegally gained funds being 'washed' through our legal, financial and property entities.

Regulations were put in place so that persons moving substantial and even moderate amounts of money through those areas had to produce legal evidence of identity. Well, that was done to protect us, the citizens of New Zealand, from harm and organised criminal activity. So it was done for the good of us all.

But it's now proving to be a problem for us – the older generation. You see, if you are of a certain age proving you are you can be quite a problem. What can be used as legal evidence of identity? Some years ago 'they' said that if we got a photograph embossed on our Goldcard (it's free!) that could be used for ID purposes. Some of us later discovered that is not correct. The legal profession will not accept the Goldcard as evidence of ID. Some banks will accept it if they know you. Your Drivers Licence and your Passport are accepted as legal evidence of ID. But what happens if you are 85 and you no longer have a drivers licence or a passport? Ah yes, an expired passport and an expired drivers licence are still valid – but only for up to 2 years past the expiry date.

You need to sell your house, where you've lived for the past 50 years, maybe to go into a Retirement Home. Without being able to produce a valid form of ID you can't sell your house – let alone buy another one! Sorry about that, and yes, everybody in the street, the bank staff, the real estate agents – they all know you but you are still going to have to prove you are you.

At present it seems the only way out of this problem, that was not of your making, is to get a Kiwicard. It costs \$55 from the Post Office. It is accepted by the authorities as proof of ID.

Kiwibank is going cheque free

Kiwibank's proposal to phase out cheques shows that Kiwibank has morphed into a bank run by robots. Robots have no understanding of the older, non-internet user sector of our population. Robots have no concept of places like Horowhenua with 24% of the population being aged 65 and over. Only robots could announce that they would 'help' us by 'upskilling' us. They can't understand that it would be near impossible to 'upskill' an older human who doesn't have a computer. Only robots would announce that humans who don't have a computer and email facilities could 'contact the Bank by email'!

What has happened to 'The People's Bank'? When did the aliens take over? Clearly the older folk of Horowhenua need to look to other banks - the ones that have a notice on the door 'No robots work in this bank'.

Kiwibank needs to reflect on what they are doing to Jim Anderton's vision. I'm sure he would be horrified at this underhand attempt to exclude so many faithful older clients.

Peter Dyer

independence

purpose

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fun

active

community

variety

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choice

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Some things make for happier, healthier living, no matter what your age or ability. At Enliven, we create elder-centred communities where older people have companionship, choice and control, meaningful activity as well as quality care.

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 - Willard Home
- Levin

 - Reevedon Home & Village
 - Levin Home for War Veterans
- Feilding

 - Coombræ Home & Village
- Paraparaumu

 - Kapiti Day Programme

Free phone 0508 ENLIVEN or visit www.enlivencentral.org.nz

FOR THE COMMUNITY, BY THE COMMUNITY

HOROWHENUA COMMUNITY HEALTH SHUTTLE



The Horowhenua Community Health Shuttle provides a service for the residents of Horowhenua to attend all medical appointments in Palmerston North. The destination from Levin, through Foxton, Shannon and Tokomaru is to Palmerston North hospital. However, passengers are taken to any medical facility or care facility in the area. Relatives can visit family in the hospital and patients discharged are taken home.

The Trust has four shuttles which run five trips a day five days a week, this is a scheduled service departing the Levin Community Health Centre at 6.30am, 9.00am, 11.00am, 1.00pm and 3.00pm, returning from Palmerston North hospital at 9.00am, 11.00am, 1.00pm, 3.00pm and 5.00pm. The vehicles are equipped with hoists, crews are first aid trained; undergo an annual medical and six monthly driving assessments. The Trust employs a coordinator and fifty four retired volunteers run this service.

While there is no fixed charge for this service, on board donations are welcomed. This service would not be possible without the generous donations from Businesses, Organisations, Clubs, Churches, Personal Donations and Bequests, plus the time given to help the community by the volunteers. Their contributions keep the wheels turning.

Bookings are essential
Phone: Raewyn on 06 368 5519 to reserve your seat

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.

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HealthCare
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**HOROWHENUA VOLUNTEER
RESOURCE CENTRE VOLUNTEER
RECOGNITION
EVENT.**

It is with great pleasure that Age Concern Horowhenua Board and Staff nominate Age Concern Volunteer Visitor, Evelyn Beach, for the VRC Volunteer Recognition Event.



Evelyn first became an Age Concern Accredited Visitor with Hamilton Age Concern in 2000. In 2001 when Evelyn and her husband moved to the Horowhenua she became a volunteer visitor with Age Concern Horowhenua. Since then she has been an ardent supporter of all Horowhenua Age Concern services.

Evelyn has been a regular visitor to Age Concern Clients by providing regular caring contact, shared interests and activities with clients. She enjoys giving of herself and helping to make a real difference to the lives of our elderly clients who for different reasons endure loneliness and social isolation. Evelyn has made a real difference to the health and happiness of our Age Concern clients.

One occasion she went above and beyond her visiting role when a client suddenly became unwell and contacted her early in the morning. She called at the client's home and arranged ambulance assistance. Evelyn continued to regularly visit the client whilst in hospital and in the rest home. The client's only family member resided overseas and did not visit for some time. Sometimes Evelyn would be the only person to visit the client from week to week.

Accredited Visiting Service Workshop

In mid July we held a Workshop led by Louise Rees, National Social Connect Advisor for Age Concern National Office. The workshop was a great opportunity for visitors to receive further relevant information and skills training as well as establishing support links with each other by sharing experiences and ideas.



DO YOU HAVE TIME TO BE A VOLUNTEER VISITOR TO OLDER PEOPLE?

Are you:

- Sincere, friendly and enjoy a chat
- Keen to spend time with an older person
- Able to give an hour a week on a regular basis
- Respectful of confidentiality and of other cultures and ways of doing things
- Ready to be part of a team and experience ongoing support and training

If this is you, you could be an Age Concern Accredited Visitor.

Please contact Wendy McMahon (AVS/Admin Co-ordinator)
Phone (06) 3672181
or email avs@ageconcernhoro.co.nz

Membership Form Age Concern Horowhenua

Mr / Mrs / Miss / Ms

Name: _____

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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



**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 3672181 or call in at 538 Queen Stree East, Levin from 9am to 3pm Monday to Friday.

Dates for workshops: to be confirmed, but tentatively 26th September 2019 and 6th November 2019.

Workshops are from 10am to 2.30 pm at Queen Street Chapel, 541 Queen Street East, Levin.

A light lunch is provided.

www.nzta.govt.nz/traffic/senior-road-users

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News from Age Concern Kapiti

By Dermot Whelan, Manager at Age Concern Kapiti

AgeConnect Kapiti Survey

As part of Age Concern Kapiti's wider project – To increase social connections among older people in Kapiti – we are very pleased to have the support of the Health and Ageing Research Team (HART) at Massey University. Professor Chris Stevens and her team at Massey have been working with us to study the experience of social connections and loneliness among older people on the Kapiti Coast. We know that loneliness can be experienced by people of any age, but older people may be at risk of being socially isolated. We are interested in how many older people in our District experience loneliness, what sort of social connections they have, and what might support people getting to social events or meeting others in the way they would like to.

The best way to meet the initial aim of determining the extent of social isolation and loneliness among older people in Kapiti and providing a general overview of the issues that need to be addressed is to run a survey of a representative sample of the population.

So approval to conduct the survey was granted by the Human Ethics Committee, the survey questions were

finalised (thanks to those people who provided us with feedback on the questions) and the survey has now been distributed to Kapiti residents. It includes questions about your social contacts, how you feel about different aspects of your life, your general living circumstances, and also some personal questions. Massey University have used the electoral roll to randomly select (as in a lottery) a group of people over 65 who are living on the Kapiti Coast, to receive the invitation to participate in the survey. Participation of course is the choice of every individual.

We have heard anecdotally that some people are worried about the electoral roll data and how they were chosen. One participant complained that we are not being honest because age is not included in the electoral roll data. In fact, age is in the full electoral roll data available to researchers who are recognised as conducting legitimate research by the Electoral Roll Commission, and those over 65 were then randomly selected (as in a lottery) to be included in the mail out.

The response to the survey has been good so far, and I urge those who have not yet completed and returned it to do so. The data gathered from the survey will be analysed by Massey University who will provide us with a written report. We expect this report by October.



Dermot Whelan

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Howard & Co Realty

Hopefully with the winter months almost behind us it is a great time to start thinking about spring cleaning and those home maintenance jobs that keep your home sound.

Many people considering coming to the market find that there is a lot of maintenance jobs that need to be completed prior to them being able to market their property. This can become overwhelming and challenging if you need to sell quickly. You get one opportunity to get a premium price for your property so first impressions are critical, and buyers will reduce their offer if maintenance work needs to be completed.

At Howard & Co Realty we are not just your selling agent, we work with you to get your home into the best condition possible by using our extensive list

of professional trades people who work to a high standard, are affordable and can accommodate our quick time frames. We also offer the services of professional home stagers – from staging an empty home or just to “jazz” up your home with fresh cushions, rugs, flowers, bedding, or just the odd piece of furniture – nothing is too much trouble. We are happy to come and chat about all the valuable services we can offer, our knowledge and experience comes at no charge.

Stock levels are at an all-time low in Kapiti and we have genuine cash buyers waiting for the right property to become available. If you want to use a highly respected, results driven team with a proven sales record call us in to discuss your needs. We offer a boutique service with premium results achieved time and again and a good old fashion “honest” approach from our handpicked team of agents.

For all your real estate needs do not hesitate to contact us on 0800 684 663.

Editorial supplied by Howard & Co Realty

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Thanks for your wonderful contributions Martin and Mollie

It's lovely to take the time to appreciate and acknowledge the wonderful contribution, often unheralded, that people give to our community. Martin Sloman and Mollie Loftus have both made a huge difference in the lives of those they have touched.

The news that the engaging, rugby-loving Welshman and Kapiti resident Martin Sloman has received a Queen's Service Medal for services to mental health has been warmly welcomed by everyone who knows him. After immigrating to New Zealand in 2009, Martin was employed as the Mental Health Co-ordinator for Compass Health in Kapiti. He became concerned with the number of male suicides and how few men were seeking support. In 2010 he co-founded (with Ryan Edwards) Whirlwind Trust, a men's mental health charity which aims to enable men to positively embrace their mental health through sharing stories. Whirlwind currently has around 300 members, and has a public face that reaches thousands more. Martin also has a Kapiti counselling business but devotes much of his time to voluntary mental health work.

In his typical self-effacing manner, Martin says he is "unbelievably surprised and incredibly humbled to be the custodian of this honour."

Social connection is such a big part of what Age Concern stands for and Mollie Loftus truly embodies that. Human connection lies at the heart of human

well-being. Mollie has been a volunteer visitor for Age Concern Kapiti for 21 years. She has helped and committed to many clients over that time and she continues to provide that social connection that is so needed. Mollie's contribution to Age Concern Kapiti and the older people of the Kapiti Coast has been recognised by our national body who have now made her an honorary Age Concern New Zealand Dignity Champion. In making the award, the Chief Executive of Age Concern New Zealand, Stephanie Clare, told Mollie "you embody our Dignity Champions pledge because you build relationships that combat isolation and recognise the uniqueness of every individual." Mollie cannot understand all the fuss. "I've just been doing what I thought was a nice thing to do, to help others", she said.

Thank you Martin and Mollie, two wonderful, caring people giving so much to our community. Kapiti is a better place for your presence.

Thank you Olive and Mary

Two wonderful ladies who have devoted their time and energy to enhance social connections for older people locally are Olive Mihailov and Mary Fraser. The Pop In Centre, started by Olive and Mary, celebrates its fifth birthday this month at the Te Newhanga Kapiti Community Centre. Older people who seek company and friendship are invited to "just pop in for chat and a cuppa" every Friday from 1pm – 3pm. Congratulations Olive and Mary!



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Age Concern Kapiti, PO Box 217 Paraparaumu 5032

International Day of Older Persons 2019

The Kapiti Older Persons Council, in partnership with Age Concern, will be recognising International Day of Older Persons (IDOP) on 1 October. The event we are planning will be a celebration of older people and will feature fine entertainment, engaging speakers – including former Prime Minister Jim Bolger ONZ PC – and the presentation of awards to some who have made a significant contribution to the Kapiti community over a long period. Another award on the day will be for the local business or organisation which has presented the most innovative idea to increase social connections for older people in Kapiti.

Details of the IDOP day celebrations are as follows;

Date; Tuesday 1 October
Time; 10.30am - 12.30pm followed by lunch
Place; Waikanae Baptist Church, Te Moana Road

Seniors at work initiative

Ian Fraser is a man on a mission. And an admirable one it is – he's promoting the benefits of tapping into a senior workforce and helping solve the growing skills shortage in New Zealand. Ian, founder of Seniors@work, says "It seems crazy to me that New Zealand businesses are complaining about a skills shortage when we have a goldmine of skills, experience and talent available in our senior community."

At Age Concern, we have heard many stories about the difficulties people over the age of 60 have in finding employment. It's fair to say that the biggest challenges for them to overcome is a subconscious bias and the negative connotations associated with being elderly. Seniors@work is working to overcome these challenges, has a goal of providing one thousand job opportunities to over 60s in the next twelve months, and will provide coaching and advice to seniors keen to find work and connect them with businesses who see the benefits of employing older workers. You can find out more about Ian Fraser's mission at

www.seniorsatwork.nz

Update; Since appearing on TV3s AM show recently, Ian tells me it was "very good exposure for Seniors@work. "My phone, email and texts ran hot the same day with 150+ new job seekers signing up with online profiles and new companies registering." So that's some impressive early momentum for Ian's mission, let's hope it continues.

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AgeConnect Kapiti collaboration

The word ‘collaborate’ is derived from the mid 19th century latin word ‘collaborare’, meaning ‘work together.’ Collaboration will be a big part of Age Concern Kapiti’s 3 year project, the purpose of which is “To increase social connections for older people/ koroua or kuia in Kapiti”, or, to put it another way, to alleviate social isolation and loneliness among older people. Collaboration between generations fosters learning and growth on both sides of the age spectrum. A recent study in the USA showed that; 45% of those working in retirement said they wanted to work with youth; Older adults learn new innovations and technologies from their younger counterparts; in schools where older adults were a regular fixture, children had more improved reading scores compared to their peers at other schools.

Last month, Age Concern Kapiti enjoyed a wonderful intergenerational collaboration with the very impressive youth organisation, Zeal Kapiti. It involved Age Concern bringing along 25 older people to the Zeal Kapiti Youth Development Centre on Rimu Road, and Zeal having a group of their youths waiting there to teach the adults how to use their mobile phones. Devon Welch (Zeal Events Manager) organised the day with Tristine (AgeConnect Kapiti coordinator). It was a huge success. From the hearty greetings for everybody upon arrival, there was a very relaxed ambience about the place, an air of positivity,



Age Concern Kapiti and Zeal Kapiti intergenerational activity

respect and immediate positive engagement and connections between the generations.

Here are just a few of the comments that the ‘oldies’ made about the learning sessions with the Zeal youth;

- “For being so young, there was great patience, understanding and listening to what I was asking”;
- “the young girl who assisted me is an absolute star”; “I cannot believe that they have taken time to spend teaching us how to use our phones, such a pleasure to meet and learn from these young people”;

“It was well received and really well run too.”
“Many folk I have recently spoken with are asking will there be another?” “I went away with above and beyond what I was wanting – great!”

This initial collaboration was so successful that Age Concern, Zeal and the Kapiti Youth Council are all keen to explore other intergenerational activities where we could work together. If you have any ideas, please let us know.



At the Age Concern Kapiti and Zeal Kapiti Intergenerational activity

Let’s collaborate!

Annual Street Appeal

Thanks to all who helped us with our Annual Street Appeal on Friday 21 June. Like all our street appeal days in past years, we were fortunate again to enjoy a lovely, mild winters day. We were delighted with the amount of money we raised. The strap line “No One should have no One” on the collection boxes and stickers prompted several positive comments. The money raised on the day which will be used for our AgeConnect Kapiti project.



SAYGO action in Kapiti

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News from Age Concern NZ Manawatu Outreach

Afternoon Tea Dance

Tuesday 1st October

International Day of the Older Person

International Day of the Older Person is a time to celebrate all that older people contribute to our communities. This year the theme is "The Journey to Age Equality". What better way to celebrate this, than by attending the Afternoon Tea Dance, which Age Concern will be hosting in conjunction with the Senior Citizens Club and Grey Power with the support of Palmerston North City Council. It will take place in the Senior Citizens Club rooms, Palmerston North from 1pm to 4pm and free tickets to the event will be available from Age Concern NZ Manawatu Outreach in September. There will be a delicious afternoon tea and plenty of time for guests to socialise. Music will be provided by Ian Farmer. For more information contact Age Concern phone 06 355 2832.



Ian Farmer getting people up and dancing at last year's Afternoon Tea

We are pleased to be offering more Confident Driving and Life without a Car workshops this year (see page 19). We are expanding our popular Steady as You Go group out to Ashhurst this month (see page 20).

Marian Dean

Manager of Age Concern NZ Manawatu Outreach

Trish Larson Recognised For Contribution to Community

We are grateful to the many volunteers who donate their time to Age Concern in various ways. We could not operate our Accredited Visiting Service, run our Steady as You Go programmes or deliver our newsletters without the support of volunteers and we thank all of you for what you commit to Age Concern New Zealand Manawatu Outreach Service.

At the recent Volunteer Resource Centre Manawatu and Districts Recognition Event 2019, one of our volunteers, Trish Larson, was recognised for all of the volunteering that she carries out. As well as volunteering with Age

Concern as a volunteer visitor in the Accredited Visiting Service, a Peer Leader for a Steady as You Go group and newsletter deliverer, Trish is a volunteer driver at Palmerston North Hospital, driving the mini bus that takes patients and their support people to and from the hospital carpark to the hospital main entrance, and volunteers for her church. It was great to see Trish recognised for all this community work at the Event on 21st June at the Convention Centre in Palmerston North. Trish received a certificate from the Mayor of Manawatu Helen Worboys.

Congratulations to Trish and to all the volunteers who were recognised.



Above: some of the volunteers recognised at the Volunteer Resource Centre Manawatu and Districts Volunteer Recognition Event on 21/6/19. Trish Larson is on the far right of the picture.

Life without a car doesn't mean life stops

Elsie Downing has been a volunteer with Age Concern Manawatu for many years. Elsie decided to give up her driving licence when her eyesight began to cause her problems, for her own safety and those of others. Although she lives with family who can drive her, the lack of a licence means she "had to build a new life", walking to visit friends, the people she volunteers with or to the pharmacy, rather than relying on her car. Elsie has always been active in the community and had a positive frame of mind, but she worries about other people who have to give up their driver's licence. "You've got to have the right attitude to cope with it," Elsie said.



When drivers approach their 75th birthday they are required by The New Zealand Transport Agency to get a medical certificate to renew their licence and again as they approach their 80th birthday and then every two years after that. Some people may be required to undergo further medical assessments or take a driving test

Age Concern New Zealand recognises that giving up your driving licence can be difficult and has developed a new programme for older people to look at alternatives to driving. This programme is called "Life without A Car".

Joanne Reid, Health Promotion and Policy Manager at Age Concern New Zealand described the process of giving up your licence as like a type of grief and many people anticipated a dramatic change in their lifestyle. She said the new "life without a car" course was designed to allay some of those fears by showing elderly people alternative ways to get around, and activities in their region.

"We are trying to assure older people that they can live a fulfilled life without a licence. There is a high demand for these programmes and there is nervousness among older drivers about losing their licence."

The course provides information about keeping mobile when we are no longer driving. It highlights a range of possibilities to remain mobile and offers alternative ways of getting about in the community.

The overall objective is for the participants to see how they can continue to participate in their communities, participate in activities, connect with other people and not become socially isolated, when they stop driving.

Age Concern New Zealand Manawatu Outreach will be running Life without A Car Workshops regularly. The next one is on the 21st August. The programme takes 2 hours and we would be happy to deliver it to community and church groups. Phone Age Concern for more information. Phone 06 355 2832.

Confident Driving

A refresher course for mature road users:

- including New Zealand Police input on new laws and Road Code updates
- thought-provoking and informative discussion
- booklets and handouts to take home
- refreshments provided

This course gives strategies to assist keeping ourselves and others safer on the roads by:

- recognising the effects of adverse driving conditions around us
- raising awareness about driving behaviour
- recognising the effects of ageing on driving
- making safer driving decisions
- improving driving confidence on busy roads

FOR DATE OF NEXT COURSE AND TO BOOK

YOUR PLACE: Phone Age Concern NZ Manawatu Outreach on 06 355 2832 or email marian.dean@ageconcern.org.nz



Life Without a Car

Is there Life Without a Car?

We provide information about keeping mobile when we are no longer driving. Not driving doesn't have to limit our activities or prevent us from enjoying life. Adjusting to life without a car doesn't mean losing independence and freedom.

Our Life Without a Car course:

- highlights a range of possibilities to remain mobile
- offers alternative ways of getting about in the community
- suggests many options to keep involved and enjoying activities
- gives valuable insights into adapting our lifestyle
- encourages living positively without driving

Next course on 21st August from 10 a.m. to 12 p.m. at Age Concern NZ Manawatu Outreach. 51, Waldegrave St, Palmerston North

Bookings essential as spaces are limited.

For more information and to book: Phone Age Concern NZ Manawatu Outreach on 06 356 2832 or email: marian.dean@ageconcern.org.nz



Accredited Visiting Service Very Worthwhile



Whilst the majority of older people in New Zealand are not severely lonely, 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 in older people as smoking. Loneliness in older people has also been linked to increased likelihood of entering rest home care (from <https://www.ageconcern.org.nz>).

Age Concern NZ Manawatu Outreach is working to support lonely older people through various activities including finding volunteer befrienders through the Accredited Visiting Service. Sally* has been an Accredited Visiting Service (AVS) volunteer with Age Concern New Zealand Manawatu Outreach Service in Palmerston North for two years. Sally volunteered to visit two older people through the AVS. She says that she finds it very worthwhile, not just to the older people she visits but for herself. Her visits have made a big difference to the lives of the two people she visits.

Sally has been visiting Jane* for 2 years. Jane is a widow who has low vision. She lives on a back section and has no family living close by. She was quite lonely at one time but considers herself lucky to have been recommended to contact Age Concern to see if she could have a visitor.

Jane said that when Sally started to visit her that “Life took on a complete change”. She added that “Over a matter of time my visitor has become a great friend. Time together is full of fun, laughter and chatter. Such a lovely friend and to think I would not have met her had I not spoken to Age Concern”.

Sally said that she finds the relationship to be beneficial too. “When I finished work I always thought I would do some voluntary work but I (wasn’t) sure where and somehow (I) found myself with Age Concern. I have two older people who I weekly visit which I thoroughly enjoy. I feel it is a ‘two way street’ in that I gain pleasure from their company and hopefully they gain pleasure from mine. Love it!”

Do you have an hour a week that you could use to visit an older person in their own home? As you see this valuable work which makes a real difference to the life of an older person. We will provide training and on-going support. We aim to match volunteers with older people who have some interests in common and who live close by to one another. All our volunteers must agree to be police vetted and provide references.

Anybody over the age of 18 can be a volunteer visitor with Age Concern. We have older people who would like visitors living in Palmerston North, Ashhurst and Feilding. If you would like more information about becoming a visitor and the Accredited Visiting Service phone Fern on 06 355 2832.

**Names have been changed*

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New Group:

- **ASHHURST starts in August!**
Phone Fern on 06 355 2832 for details.

Groups accepting new members:

- **Central Palmerston North**, City Library, Events Room (George St entrance)
Tuesdays 11a.m. to 12 p.m.
- **Hokowhitu, Palmerston North**, Hokowhitu Bowling Club Rooms, 279, Albert St
Wednesdays 10.30 a.m. to 11.30 a.m.
- **Terrace End, Palmerston North**, Rangiora Community Centre, 102 Rangiora Ave
Wednesdays 10.30am to 11.30am.

To register for one of these groups or for more information phone Fern at Age Concern NZ Manawatu Outreach on 06 355 2832

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Pre Paid Funeral Trust

Some people have funeral insurance but premiums seem to rise as you get older, yet the amount claimable remains the same. Some have thoughts about prepaid funerals but worry funeral prices will rise with inflation plus there are on-going fees aren’t there?

Andrew Malcolm of Kapiti Coast Funeral Home tackled this problem finding a pre-paid fund that has no fees and all interest goes to the client.

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– a unique community service

Manchester House Senior Services offers a unique



Melbourne Cup Day at Feilding Seniors Leisure & Learning Centre

service for the community.

Operating from its purpose-built premises on Bowen St, Feilding, the Centre is the only facility of its kind available for the over 65 demographic. It offers more than just a monthly meeting, but is open and accessible to all seniors and provides something for everyone.

Co-ordinator Tracey Cuff says the Centre provides an environment where people over 65 can socialise and join any of the activities offered or they can just drop in for a cuppa and a chat.

“It’s a warm, friendly and welcoming atmosphere,” says Tracey.

The Centre, which networks with other social services, offers programmed activities and organised outings as well as special functions. These range from high teas, dances and calendared events such as “Hats and Frocks Melbourne Cup Day”. The Centre encourages social inclusion, acknowledging that Feilding not only has a large ageing population but a problem with social isolation. It enables people to get out and about, to try new things and meet new people.

Growing and developing new relationships with others and friendship based support networks are part of the Centre’s role as well as assisting people to navigate the social services that are available to them.

It aims to share experiences with caring and supportive people in confidence. The Senior Centre is the only one of its type in Feilding and its surrounding districts. Its central location has easy access and space for parking. It is a long-standing community group that is linked with Manchester House Social Services.

The Centre has been active in the Feilding community since 1997 and provides an inviting, warm and friendly space for

people to drop into, to seek support and engage in varied activities. It is a Hub that adds value to social well-being and its focus is on providing its service to more people by increasing awareness of its presence.

The Senior Leisure and Learning Centre is at 14 Bowen St, Feilding, phone 06 323 2410, email seniors_coordinator@mhss.org.nz.

Office opening hours are Monday to Friday 9am to 2pm; programmes run Tuesday, Wednesday and Thursday 10am to 3pm.

**Thank goodness my book finally arrived,
I almost started cleaning the house.**



Experience of Elder Abuse

When older people move in with their adult children, other relatives or even friends, it can result in stress on the older person and the people they are living with, who may feel that they are trying to do the best for everybody, while the older person may not wish to appear to be a burden. Whilst Pat’s story is “made up” it is not untypical of some situations that are reported to our Elder Abuse and Response Service.

Pat’s Story

Names and details are changed in this story which is a composite scenarios and does not represent any one particular person, place or situation



After her accident, Pat spent a long time in hospital and wasn’t yet safe to go home. Her son and his wife, offered to have Pat stay as they had renovated their home once their children left so there was a spare bedroom. With the new carpet and new furnishings, their house looked like a photo in a magazine. Her daughter in law hated the marks Pat’s walker left on the new carpet and watched Pat like a hawk wherever she walked, to make sure she didn’t bang into the walls and scrape the new wallpaper. After the night Pat didn’t make it to the toilet on time, they stopped her evening medication as they said it made Pat too drowsy, but they would not tolerate a commode in her bedroom to make it easier for Pat either. Pat wasn’t allowed to have the heat pump going during the day when her son and his wife were at work. They didn’t leave food that she could easily prepare and swallow, as had been recommended by the dietician at the hospital. Pat had not realised how scared she would feel staying with her own family, even though she was trying hard not to be difficult.

When Pat’s daughter (living in another city) heard her Mum’s dejected voice on the phone, she contacted Age Concern. During the Age Concern social worker’s visit Pat cried, as she desperately wanted to leave her son and daughter in law’s house but didn’t know how. When the Age Concern social worker suggested having a family meeting, Pat said “No way”, but the social worker reassured her everyone would get a chance to speak. Afterwards Pat admitted: “It was pretty tense, and some difficult things were put out into the open, things we should have talked about years ago. But I think they all got the message that I’m still their mother and I have thoughts and feelings too.”

The Age Concern social worker arranged for an assessment for Pat’s situation, which provided for a three month recuperation stay in a rest home. Pat’s daughter noticed a big difference in her Mum when she came to visit. Pat was eating slowly but at the table with others, and could navigate the wide corridors without hitting the walls. They both agreed that this was a great solution to give Pat the best chance of improving enough to return to live in her own house.

If you are concerned for yourself or for someone you know you can phone us and talk to us in confidence on 06 355 2832.

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