

SPRING 2019 QUARTERLY NEWSLETTER
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Age Concern Nelson Tasman

Serving the needs of older people

ACTIVE SENIORS NELSON TASMAN



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to give away. Details on page 13.**

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OFFICE HOURS

8.30am - 4.30pm Monday to Friday

We are grateful to all our funders:



Words from the Chair



Dear Members and friends,
 I have noticed an increase of Age Concern related appointments in my diary of late! This demonstrates to me just how active our branch really is, in service of older folk in our area. For example, as well as a 6 weekly meeting of the Board, which is always enjoyable, I see entries for Elder Abuse Awareness Week, and a Thank You to many of our volunteers without whom it would be impossible to continue. Added to that, there are a few entries for our homegrown movement called AgeConnect, culminating with the AgeConnect Champions Awards early in August.

Both Management and the Board are excited about the future development of the Age Concern Hall, adjacent to the office. We are delighted that several grant making Trusts have made significant donations to the refurbishment and we can't wait to invite you to events in the hall, which will be an excellent facility for the whole community. More about this when we move a little nearer to the work beginning.

A little personal note. Even though I am officially retired, I am at present caring for the Anglican Parish of Wakefield on a half time basis. Doing this means I am visiting retirement homes with a bit more frequency.

There are many people like me who are privileged to carry on working even after retirement. Never believe it if someone tells you that older folk are a drain on our national budget. People of retirement age and above who can continue to work, are contributing billions of dollars in tax revenue. With the forecasted increase in the numbers of retired folk, this tax take will only increase.

I know that for some folk older age has brought with it a decrease in mobility. However, statistics show that more people are living longer and healthier lives. I hope that includes you.

Continue to take care of yourselves. You are our taonga (special gift) and we celebrate your being with us.

The Very Reverend Charles Tyrrell QSO
 Chair of the Board of Age Concern Nelson Tasman Inc.

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 your companion and your driver!



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

We can drive and accompany you to:

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www.drivingmissdaisy.co.nz

Meet the staff

Manager, Caroline Budge



Caroline has been with the agency for over 5 years, and is relishing the challenge of managing the team as they continue to grow and provide much needed services for our older community.

Elder Abuse Response Service Advisor, Mal Drummond



Mal continues in this vital role as we continue to deliver our Elder Abuse Response service. Older people can find themselves in a vulnerable situation quite suddenly and we're here to offer support and advice to whoever needs it.

Accredited Visitor Service Coordinator, Registered Social Worker, Susan Arrowsmith



Susan looks after our AVS and Carer Relief services, both of which use valuable volunteers from within the community, and offer companionship and friendship to those seeking some more social connections. We have now expanded services into Golden Bay.

Community Support Coordinator Marrit Walstra-Russell



In her varied role, Marrit really enjoys meeting people in the community through taxi assessments, Tea & Talk, community events or general enquiries.

AgeConnect Coordinator Breffni O'Rourke



Breffni is very busy in her role, working on a variety of projects that help build friendships and encourage community connection.

Fundraising and Communication Officer Miriam Clark



Miriam is busy working in all aspects of fundraising and fine tuning our communications and branding.

AgeConnect Hui Connections and Conversations

Ideas on how we can keep our older people socially connected were flying around the room at our recent AgeConnect hui. We had over 70 people turn up from all over the region to gather together, find out about loneliness and what it can mean, and give suggestions and feedback on how we can ALL play our part in moving forward.

Age Concern Nelson Tasman has been very busy over the past two years since we launched the AgeConnect initiative to provide friendships and community connections for the over 65s. In October 2017 Breffni O'Rourke took on the new role of Age Connect Coordinator and has worked tirelessly on projects such as Tea & Tech, PetConnect, AgeConnect Champions, and van trips.

At our hui on the 24th July, we welcomed guest speaker Professor Merryn Gott from the University of Auckland, who gave a really interesting talk on the research she's carried out in this area, and looking at the effectiveness of the Accredited Visitor Service, run by Age Concern around the country. What it showed – and what we've known through our own anecdotal evidence – is that a volunteer visitor does reduce people's feelings of loneliness. Merryn also talked about the importance of listening to older people and how they want to be connected, as well as listening to their cultural and spiritual needs.

We then had Louise Rees, who works for Age Concern New Zealand in Wellington, talk about some of the work that is happening in other parts of the country on social connection opportunities.

The morning was rounded with a great demonstration by Breffni on the many projects that she has led, such as van trips, Tea & Tech, PetConnect and the AgeConnect Champions.

If you have any ideas about how we can keep older people socially connected, why not get in touch? We'd love to hear from you! You can call us on 03 544 7624, or email: ageconnect@ageconcernnt.org.nz.



Experience the Ryman difference you and your family can trust



Myra and her daughter Brenda

Ryman Healthcare has been named the Most Trusted Brand as voted by New Zealanders in the retirement and aged care sector for the fifth time. We are humbled to receive this accolade again for 2019.

"She is in a lovely place, is healthy and enjoying life"

When Ryman was founded more than 30 years ago, our co-founder Kevin Hickman set one simple standard: it's got to be good enough for Mum – or Dad.

Today, Ryman's belief in this standard hasn't changed.

We put our residents first, ensuring they are connected to caring and vibrant communities. Ultimately, that's what makes the Ryman difference.

When Myra started looking at retirement options, Brenda and her family knew it had to be the best. Myra is a very special Mum, so Brenda needed somewhere she could trust for her to move into.

Brenda says she has noticed a massive change in her Mum Myra since she has been living in Ryman's Evelyn Page village in Orewa. "She knows everyone, has become really social and tries new things like table tennis. She is in a lovely place, is healthy and enjoying life."

Ryman delight residents through experience, by providing *Delicious* meals made fresh on-site, by employing staff who really care, and by creating communities where friendships grow.

Our villages have a range of care options to suit residents' needs. From independent and assisted living, to resthome and, in most villages, hospital and specialist dementia care – all within one village community.

Winning the Most Trusted Brand for the fifth time is an achievement that everyone at Ryman is proud of. Chief Executive Gordon MacLeod says, "There's nothing more important than trust."

Explore our community today, phone Debbie on 03 538 0882 or visit rymanhealthcare.co.nz



Advance Care Planning What matters most for your future care?

Have you got a plan in place for your future healthcare? No matter your age or your health, now is a good time to start thinking about it.

An Advance Care Plan or ACP tells your loved ones and healthcare teams what healthcare you want, or don't want. An ACP is designed by you and is often described as a gift to your loved ones.

Having an Advance Care Plan in place makes it much easier for everyone to know what healthcare you want – especially if you can no longer speak for yourself.

It can save the important people in your life a lot of worry and concern if they have to make a decision on your behalf.

The first step is to think about what is important to you. Then you need to talk about it with your family and healthcare team, put your wishes in writing and share a copy with your whānau and GP practice. You can review your ACP and make changes whenever you want.

Ask your healthcare team for a copy of My Advance Care Plan & Guide or do your ACP online at

www.myacp.org.nz

ADVANCE CARE PLANNING

What matters most for your future care?

Kia kōrero
Let's talk

www.myacp.org.nz Or talk to your GP practice

editorial supplied by Nelson Marlborough Health

Living for today but planning for tomorrow

Ensuring her family knows exactly what she wants for her end-of-life care was the key reason Valerie Schroeder decided to complete an Advanced Care Plan (ACP). Valerie was also encouraged to do an ACP after her book club chose to read practicing surgeon, Atul Gawande's book *Being Mortal: Medicine and what matters in the end*. The book addresses end-of-life care and challenges many traditionally-held notions about the role of medicine and the effect of medical procedures on terminally ill people. "I haven't liked the idea of having really intensive treatments if I am not going to have quality of life," Valerie says. "I just want to slip away." Valerie also has strong environmental concerns which influenced her desire to write her requests down. "I have been interested in natural burials and funerals for some time and would like to follow that path, and I really don't want to be embalmed," she says, "Both my parents were embalmed and when I saw my mother I just couldn't look at her." Valerie's starting point for putting her ACP together was planning her funeral, and then she went back a few steps. "It's a lot more than just a question of cremation vs burial, there are things in there you need to sit down and think about.

"I started off writing screeds by hand but when I came to type it up I realised I needed to abbreviate it." She says she didn't really speak to anyone before she wrote her ACP but Valerie's family are fully on board with it. "They have been amazing. One of my sons and my daughter have read what I've written and we've talked very openly about it, and joked a lot - they have been great." "When I said I didn't want to be resuscitated, we talked about what if something happened right now, and I could be brought back? I trust they will make the right decision." She says once she has died she has specified a few simple details about her funeral, such as not being embalmed, but ultimately she is leaving the format up to her family. Her approach to doing the ACP was to do a whole lot, forget about it, and then come back to it.

"The process really makes you think about what you want and what your priorities are," she says. "It is easy to say 'if I have a major illness I don't want treatment' but when it comes to the crunch how are you going to feel about the process of dying? And then there's the whole euthanasia thing."

One thing Valerie is adamant about when it comes to putting an ACP together is that it must be real and not covered up with pretense.

"I think it's important to do it for your own peace-of-mind and so your family know what your wishes are."



Editorial supplied by Dana Wensley

Question and Answer with Dana Wensley

Name: Dana Wensley. I am seeking re-election as councillor on the Tasman District Council.

What Experience do you have? As a councillor, I have worked hard with the community for the last three years to bring their voice to decision-making. I have previous board experience at national and local levels, having served as the Community Representative on the Hospital Advisory Committee (NMDHB). I have a background in health law, and currently serve on the National Ethics Advisory Committee (appointed by the Minister of Health).

What is your connection to Tasman? I was born and raised in Motueka and travelled overseas for my further education and career. I attended schooling in both Motueka and Waimea College. I returned to Tasman six years ago and now live and raise my family in Richmond.

What is your focus on council? I am the councillor appointed to the Positive Ageing Forum and I chair the Accessibility for All Forum. I work hard to bridge the gap between community and council across all areas of housing, transport, rates, urban planning, and the environment.

Why are you standing for Council? Because I want to make a positive difference. Everything we do at council affects

the people who live here, whether it be water quality, road safety, air quality, urban design, or environmental management. Every decision I make comes from talking to the community to bring their voice to the council table.

What are you most proud of from your time on council? There are a number of things. It has been a busy time! The highlight would be the new Barrier Free Checklist I worked on with the fantastically motivated Accessibility for All Forum. This is a checklist for businesses in the region so they can update their services and shops to ensure people with hearing / vision impairment, or mobility loss can continue to get out and about and connect. As Deputy Chair of Community Development I successfully advocated to adopt the new Age-Friendly Policy, using focus groups to gather the concerns and ideas of people who live here. I also initiated changes so the youth voice was not lost in decision-making. I have worked closely to support organisations such as the Nelson Taman Transport Trust and Waimea Inlet Forum to ensure this region continues to grow for us and the generations to come.

What else should we know about you? I'm passionate about promoting balanced, resilient communities. I personally volunteer on committees for arts and environmental groups.

Authorised by Dana Wensley, 9 Langdale Drive, Richmond

VOTE

Dana Wensley
Councillor, Tasman District Council Since 2016

- ✓ Promoting Age-Friendly Policy
- ✓ Financial accountability
- ✓ Safe walking and cycling
- ✓ Championing open government
- ✓ Looking after your health and well-being
- ✓ Engaging with community groups across Nelson-Tasman

Proud to be...
"YOUR VOICE ON COUNCIL"

"It's been fantastic to work alongside Age Concern in this community for the last few years. *Thanks...* for all the hard work, enthusiasm, and dedication that makes this region a better place for us and the generations to come."

www.tasmanissues.net

Editorial supplied by Freedom Drivers

Farewell to Breffni

It is with great sadness that we're saying goodbye to Breffni O'Rourke in early August. After almost two years in the role as AgeConnect Coordinator, she's heading off on the next part of her career with NZME, having made an invaluable contribution to this great role at Age Concern Nelson Tasman. Breffni says she has hugely enjoyed her time with us, adding: 'It has been an extremely challenging and rewarding role. It has allowed me to contribute to this community in a way that I had not done before and I hope one day to be able to return to this field. It has been an incredible opportunity to work with an amazing team of people at Age Concern, an inspiring community of older people, gob-smackingly generous volunteers and a wonderfully supportive community at large.'

All the team at Age Concern Nelson Tasman would like to take this opportunity to thank Breffni hugely for the passion, warmth and great ideas that she's brought to our team . . . and to the older population of the region.

We will miss her in the office and want to wish her the very best of luck.

We will be appointing someone else in the role of AgeConnect Coordinator.



Dates for Upcoming Staying Safe Driving Courses and CarFit

Are you an older driver who would like to brush up on your road



knowledge or do you know someone who does? Upcoming dates and locations for **Staying Safe Driving** are:

- **Monday 2 September** in Stoke.
Stoke Baptist Hall from 10am - 12 noon.
- **Monday 21 October** in Nelson.
Time and venue to be confirmed
- **Monday 9 December** in Tahunanui.
Tahunanui Community Centre from 10am - 12 noon.

We also run **CarFit workshops**, an AA programme that offers senior drivers a free check to ensure they're seated in their cars as safely and comfortably as possible. Dates and locations for CarFit are:

- **Sunday 3 November**
venue and time to be confirmed.

If you would like to attend any of these workshops please register with us by contacting Marrit on (03) 544 7624 ext 4 or emailing community@ageconcernnt.org.nz

Tasman

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We create a loving, warm and homely atmosphere where each person is supported to experience each moment richly.

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

International Day of the Older Person

Please join us to celebrate the International Day of the Older Person!

The International Day of the Older Person is held on 1 October every year. At Age Concern Nelson Tasman we have been celebrating this for the last 4 years and hold an annual afternoon full of entertainment, fine food and good company.

This year is no different, and we'd love to see as many of you as possible at our IDOP celebration, once again at the Annesbrook Church, on Tuesday 1st October, from 2pm to 3.30pm. We'll have a lovely afternoon tea, local entertainment and some amazing creations from the Summerset in the Sun Waste to Waist creative art entries.

The theme for this year's IDOP is 'The Journey to Age Equality', which focuses on pathways of coping with existing and preventing future inequality. The older population is projected to increase globally from its current 901 million to 1.4 billion by 2030. Given this statistic, age inequality is an important area to target and open up opportunities for older people.

If you would like to attend our IDOP celebration, please RSVP to Marrit on phone 544 7624 ext 4 or community@ageconcernnt.org.nz

Notice of AGM

You are warmly invited to attend our AGM on **Monday 16 September** from **11am to 12pm**

Followed by a light lunch.
The venue to be confirmed in August.

This is a great chance to hear about our year in review and celebrate our achievements.

Please RSVP to Miriam on support@ageconcernnt.org.nz or phone 5447624.

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

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

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

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

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

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Nelson Denture Clinic

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

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

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

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Editorial supplied by Nelson Denture Clinic

Sing Yourself Well

'Sing Yourself Well' has been humming along nicely!

This group has been operating for nearly three months and now has a core group of regulars. You don't have to be an experienced or confident singer, the emphasis is simply on having fun and feeling good about singing. Sessions are run by Ruth Collingham, who was Founding Singing Leader of the very successful 'Sing Your Lungs Out' in Wellington. She saw significant improvements in people's health and wellbeing as a result of the singing sessions.

Please come along and join in! Sing Yourself Well is on **EVERY TUESDAY** in the Age Concern Hall at 62 Oxford Street, Richmond, starting at 10am with a cuppa and chat to limber up, followed by around an hour of singing. The cost is \$2

If you would like to know more about, 'Sing Yourself Well' please contact Marrit on 5447624 ext 4, or email her at community@ageconcernnt.org.nz



Saying thanks to our volunteers!

As part of the National Volunteer Week in June, we held an afternoon tea to say a special thank you to some of our amazing volunteers. We have over 140 people of all ages, and from all walks of life, who give up their time and help us run so many of our services, including our board members, the visiting service, Carer Relief service, Tea & Tech, Tea & Talk, PetConnect, van trips... the list goes on!. We simply couldn't do without them.

We said a personal thank you to many of our volunteers at the afternoon tea, some of whom have been with us for over 12 years! Thank you all so much.



Susan with volunteer visitor Margaret Plumstead

SpinPoi is Coming to Nelson!

We are so looking forward to bringing Dr Kate Riegle van West, founder of SpinPoi, to Nelson in August, with support from Nelson Bays PHO and Nelson City Council. She's going to be here to run hands-on workshops and training for people interested in running poi classes.

Dr Riegle van West carried out her PhD at Auckland University. She revealed significant improvement in grip strength, balance and the ability to sustain attention after just one month of classes. These results are very exciting when applied to quality of life for older people. Participants in her research said doing poi made them feel more loose and flexible, while enjoying the challenge of learning a new skill, and having fun!

Kate will be running three different workshops for people interested in learning more about SpinPoi and training to become a SpinPoi instructor. Dates and times are listed below:

- **Thursday 15th August**, 10am to 11am - FREE workshop/presentation open to anyone interested in learning about poi.
- **Thursday 15th August**, 1pm to 3pm - Training course for people interested in running poi sessions for rest home & hospital level adults. Cost \$30.
- **Friday 16th August**, 10am to 3pm - Training course for people interested in running poi sessions for community living and independent older adults. Cost \$50, lunch provided.

Please register with us if you'd like to come to any of the workshops. Contact Marrit on: community@ageconcernnt.org.nz, or call 544 7624, extension 4. If you'd like to find out about Kate's work and research, you can visit <https://www.spinpoi.com/>.



Shone & Shirley Funeral Directors

At Shone & Shirley, we provide sympathy, understanding and caring guidance throughout the funeral arrangement process. Our purpose is to help each family tailor a funeral for their loved one that is unique, personal and true to the person who has passed, reflecting their life, personality, beliefs and culture. We are there to support and assist your family in anyway we can, caring for your loved ones as if they were our own.

In times of great transition, Shone & Shirley Funeral Directors will put your needs first. Traditional or contemporary but always memorable, dignified farewells.

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164 Tahunanui Drive, Nelson

Editorial supplied by Shone & Shirley

Tea & Tech Spaces Available Monthly

Tea & Tech is an initiative we have been running for around 18 months. It provides support from youth to older people to upskill the older person on tablets, smartphones and computers. The youth work one-on-one with the older person to respond directly to their individual needs and questions, thereby rapidly advancing the older person's knowledge and enabling them to use digital technology in a way that is personalised, meaningful and useful to them.

Tea & Tech is going really well and both the students and older people are finding this such a great learning experience. One of the greatest things about these sessions is the conversations that occur between the youth and the older person. Both state they gain so much in terms of developing respect and understanding of each other.

At the moment these Tea & Tech sessions are held

at retirement villages in the Nelson Tasman region. Eventually we will establish community sessions but until then we are extremely excited to offer two community places at each of our monthly sessions at The Wood, Summerset in the Sun and Oakwoods. Bookings for these spaces are essential so if you would like to attend or know someone who does please let us know. You can contact us at Age Concern on 544 7624 or email ageconnect@ageconcernnt.org.nz for more information or to make a booking.



Approved Strength and Balance Classes

Did you know there are lots of Community Group Strength and Balance classes in the Nelson Tasman region? These focus on improving lower body and core strength and balance which will, ultimately, lead to gains in movement confidence.

There are some 'huff and puff' activities as well as stretching and flexibility exercises. Classes may also include dancing, exercise to music, circuit work and things like Tai Chi, Zumba or Langi Mai - there will be something for everyone! You will be in a friendly

environment, and will get to meet other people within your community.

Exercise providers who meet nine clinical assessment criteria for community group strength and balance, or in-home strength and balance programmes, have an endorsement tick so look out for this when choosing a exercise class.

If you'd like to find out more, you can jump online to www.livestronger.org.nz and find what's available locally. Alternatively, we have a number of booklets that list the classes in the region which have the 'tick of approval'. These are available at our front desk so pop in and get one or phone us on 03 544 7624.

Chilli Con Carne Recipe

Ingredients	1 Serve	2 Serves
Oil	2 tsp	1 Tbsp
Onion, peeled and finely chopped	½ small	1 small
Minced garlic	¼ tsp	½ tsp
Lean minced beef	125 gm	250 gm
Chilli powder or sweet chilli sauce	Pinch of powder or 1 Tbsp sauce	¼ tsp powder or 2 Tbsp sauce
Baked beans or kidney beans	½ 220 gm can	1 x 220 gm can
Tomato paste	1 Tbsp	2 Tbsp
Water or red wine or beef stock	¼ cup	½ cup
Fresh vegetables finely chopped* Eg beans carrot, courgette, mushrooms	½ - 1 cup	1 - 2 cups

*Frozen vegetables can be substituted for fresh. Add frozen vegetables 5 minutes before serving.

Method

1. Heat oil in saucepan and add onion and garlic. Cook for 2-3 minutes or until onion is softened.
2. Add mince and continue cooking until mince is browned.
3. Add chilli powder or sauce, baked beans (or kidney beans), tomato paste and water or red wine or beef stock. Cook over a gentle heat for 10 minutes.
4. Add vegetables and extra water if necessary and cook a further 10-20 minutes.
5. Check seasoning and adjust to taste.
6. Serving Suggestion: serve with cooked rice or mashed potato.



Elder Abuse Awareness Week

Elder Abuse Awareness Week runs every year from 15-22 June. At Age Concern Nelson Tasman we held multiple events to raise awareness around this issue. We started the week with a sausage sizzle at Mitre 10 MEGA Nelson which was a great publicity raising exercise, and helped us raise over \$200. Throughout

the week we had purple-themed morning teas at all our Tea & Talks. It was wonderful to see so many people dressed up in purple for the occasion. It was also great to see that some aged care facilities did their own - some of which we've captured in these photos.

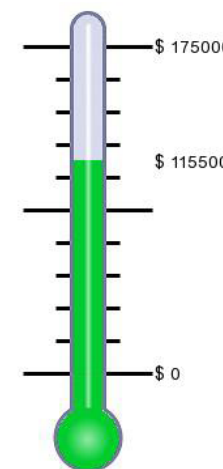


Help us make a community hub

As you are all probably aware we have been busy fundraising in order to renovate and refurbish the Age Concern Hall beside our offices - and we're delighted that we're making great progress! With our own efforts, donations from supporters and two grants from Pub Charity and the Lotteries Community Facilities Fund, we're already at the \$115,000 mark. So, a huge thanks to everyone so far who has made this happen.

We need to keep on going to raise enough to do the renovations and improve the facility. Our end goal is to transform the hall into a welcoming and vibrant people with a funky 1950s retro vibe.

If you'd like to help us, every little counts! You can donate online at our page on the Give A Little website at: <https://givealittle.co.nz/org/age-concern-nelson-tasman>. We also have donation boxes at the Age Concern Office and Hall, at 62 Oxford Street in Richmond. Thanks very much.



Winter Warmth to give away

Cold knees? Cold hands? We have a solution! We have a number of blankets and quilts in varying sizes as well as beanies, socks and hand-warmers which have been kindly donated to us from the Nelson and Tahunanui Knitting Groups and the Nelson Quilter's Guild. If you know anyone who would benefit from having one of these then please contact Marrit on 5447624 Ext 4 or community@ageconcernnt.org.nz.

Thanks very much to everyone who donated. We are busy handing out all these wonderful items and are not looking for further donations at the moment.



Inspiring Older Person

Ash Wells



Ash Wells is a great example of an inspiring older person who continues to live a full and interesting life well into his retirement. He is really enjoying this stage of his life. At 70 years of age, he is active and

connected, has many hobbies and interests and enjoys being involved in several organisations as a volunteer. He also continues to work on a basis that suits him and appeals to his interests. He particularly enjoys the laid back nature of this stage of life and feels lucky to be in reasonable health and able to fully participate in life. He feels sad when he sees people of a similar age who are not able to do this, which encourages him to give back and keep doing things while he can.

Ash had an incredibly successful career as a watchmaker and businessman. After attending St Josephs and Nelson College, he became an apprentice watchmaker to Louis Kerr Jewellers in 1966. Ash felt this family business was slowly winding down so, once he was qualified, Ash headed to the bright lights of Wellington to work for Robert Harrap, based at Clements & Holmes Jewellers. The store expanded and moved into a larger workshop doing trade work for many stores in Wellington and further afield. Ash took over from Robert in 1976 and formed Capital Watch Services.

Ash stayed in Wellington for around 30 years owning and operating Capital Watch Services. The business has played an important role in training the next generation of watchmakers and in total 12 watchmakers learned their

craft there before taking their skills around the world. Watchmaking has changed dramatically during the time Ash has been involved. When he first trained, watches were mechanical but changed to being quartz, then digital. Watchmakers declined during this time but now there is a swing back and all top quality watches are now mechanical. Capital Watch Services is now the only watch repair shop in Wellington.

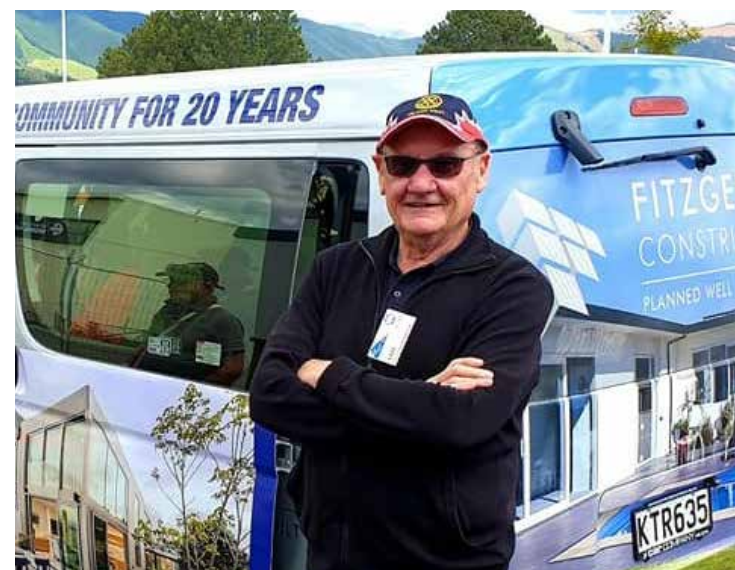
Ash and his wife Carol moved back to Nelson 20 years ago. They retained ownership of Capital Watch Services but also bought Craighead Jewellers in Hardy St. Soon after they moved to a better placed shop in the Trathens Building in Trafalgar Street (called Tempus Jewellers). Ash says that Nelson was a hard place in which to run a business due to the variations in the economy, and high rents. It also has a lot of seasonal workers so the winter months were hard as people lacked the income during this time which had a big impact on retail.

Ash closed Tempus Jewellers around four years ago, but has continued to be actively involved in watchmaking. He is still the Managing Director of Capital Watch Services and commutes to Wellington either weekly or fortnightly to help and stay in touch with the business. Ash also has a small workshop at home and selectively does work which he finds interesting – a bit of antique work and general watch/small clock repairs. He does some restoration for collectors or for sale. Ash has worked hard on NOT collecting clocks and watches but he does have a few which he describes as ‘technically interesting’ due to their mechanics. He prefers the rare and obscure enjoying the workmanship in such pieces

It should come as no surprise that Ash has an appreciation for the mechanical. He has a love of motorcycles and over the years has owned over 50 motorcycles and classic cars. He currently owns three motorbikes – a Triumph Thruxton R and a couple of Hondas. As he has become older Ash has downsized his bikes. He used to have a Ducati which was very big and fast but now prefers his Honda at 1200cc (still big and fast!), which he describes as ‘beautiful’ and ‘so reliable’. Ash spent several years restoring a Triumph Stag car. He has owned a sleek white Jag which he recently sold and now has a zippy black MGRv8. He has also restored several bikes, building one from two wrecks. He also owns a Motocompo which is a 50cc fold up motorcycle aimed to fit in the boot of a Honda City. These were only manufactured from 1981-1983 so are a real collector’s item.



Ash still goes out riding on a regular basis, he really enjoys the opportunities and lifestyle that owning a bike offers, pointing out that as there are so many different motorcycle groups in Nelson there is always someone to go out riding with. He recently described his prized possession as his motorbike over and above his unique watches and clocks! Three years ago Ash and Carol moved to a 5 acre property in Enner Glynn and they are slowly building up an extensive



garden and fruit trees. They are able to grow a range of fruit including avocado and he even has a banana plantation! They are looking at becoming more self-sufficient.

Ash is a member of Nelson West Rotary, recently having got an award for the best attendance. Through Rotary he heard that Age Concern was looking for drivers for our AgeConnect initiative. Ash volunteered and has been a driver with AgeConnect for a couple of years. He also drives for Red Cross and the Hospital. He started doing PetConnect with Duke, a very handsome Japanese Spitz but handed this over to his wife Carol who now does this.

At Age Concern we have been inspired by Ash’s approach to retirement. Retirement can be a challenge for some, particularly men because of the sudden lack of social contact and having something to do. However Ash has a rewarding balance between ongoing work, hobbies, interests and giving back to the community, including driving for Age Concern.

Thanks Ash – we really appreciate all you do.

Thanks to Jewellery Time who featured an article on Ash in its June 2018 edition.



The Arvida Attitude of Living Well is transforming the ageing experience.

At Arvida, we’re creating communities that enable you to enjoy your retirement and to feel actively engaged in life. If you’re thinking about retirement care for yourself or a loved one, why not visit The Wood, one of our three unique communities in Nelson. We have sunny serviced studios available which are ideal for those who require a little more help day-to-day and we have a range of fun activities and events.

Call Nathan or Karen on 03 545 6059 or 0800 278 432 or email sales@thewood.co.nz



Plan ahead today, for peace of mind tomorrow

Planning your funeral in advance can make a difficult time easier for your family

Thinking about your own funeral plans may seem odd to some, but by planning ahead, you can help ensure that your family will not experience extra distress at an already difficult time, knowing your wishes are being fulfilled.

Keeping a record of what you'd like when it comes to the service and burial or cremation, can take a lot of pressure off family members at a time when they're likely to be very stressed. Grief can affect our ability to make considered decisions and it can be overwhelming to think of all the things that need to be done. Even though talking about death can be difficult, planning ahead is such a helpful thing to do.

"Planning ahead not only makes things much easier for the family but can also offer peace of mind," says Anna Loach, the manager of Simplicity Funerals Nelson.

Anna says funeral directors are happy to meet with people to talk them through what they'd like, so there is no uncertainty after they've passed away. It's a particularly good idea if you'd like some personal touches as part of your funeral, or if there are certain things you definitely don't want.

Simplicity Funerals Nelson can supply you with a free preplanning pack which enables you to record your information

as required by the Registrar-General of Births, Deaths and Marriages, as well as including details of who needs to be notified of your passing and also your preferences for your funeral. "People do find it is a useful thing to do. Straight away you can see that it's like a weight has been lifted off their shoulders. Similar to writing a will, there is satisfaction in knowing that everything is taken care of."

This recorded information is also greatly appreciated by families. "We have a lot of people saying it gives them peace of mind and a sense of direction in the planning of a funeral because the person who has died was able to have their input into the music or the readings or the casket. It is gratifying to see that their wishes are then carried out," Anna says.

The other thing you can talk to a funeral director about in advance is the cost. This can help to avoid a financial burden on your family, who may otherwise have to pay for the funeral themselves. The FDANZ Funeral Trust allows people to pay for part, or all of their funeral. The money is paid into the trust and released to the funeral director at the relevant time.

While a major life change like going into a rest home or being diagnosed with a serious illness may prompt you to begin planning your funeral, it's never too soon to start thinking about what you may want.



“ Planning ahead not only makes things much easier for the family but can also offer peace of mind...”

– Anna Loach, Manager of Simplicity Funerals Nelson.

Nelson Tasman

Simplicity Funerals
Simply respectful. Simply affordable.

Ph: 03 539 0066 (24/7, 365 Days a year)
69 Haven Road, Nelson

www.simplicity.co.nz

Whether you need to plan a funeral now or are just thinking about the future, we are happy to provide you with a free funeral pack which contains material about Simplicity Funerals and important information with regards to planning a funeral. We are also happy to come out to you and discuss your needs, and can provide a free, no obligation estimate if you wish.

Alternatively, please visit simplicity.co.nz/nelson/preplanning to find out more or to simply record your choices online for free.