

SPRING 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@kiwipublications.nz

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Contact Information

AGE CONCERN HAVELOCK NORTH

Phone: (06) 877 6488

Email: info@ageconcernhb.org.nz

Address: 41 Middle Road, Havelock North 4130

Postal Address: PO Box 8733, Havelock North 4157

Office Hours: 9.00am - 1.00pm Monday to Thursday
or by appointment

AGE CONCERN FLAXMERE

Phone: (06) 879 7003 Fax: (06) 879 7023

Email: flaxmere@ageconcernhb.org.nz

Address: 38 Bristol Cres, Flaxmere, Hastings 4120

Office Hours: 9.30am - 2.30pm Monday to Friday

AGE CONCERN NAPIER

Phone: (06) 842 1346

Email: napier@ageconcernhb.org.nz

Address: 98 Taradale Road, Onekawa, Napier 4110

Postal Address: PO Box 4027, Marewa, Napier 4143

Office Hours: 8.30am - 3.00pm Monday to Friday

AGE CONCERN WAIROA

Phone: (06) 838 3307 Fax: (06) 838 3309

Email: acwai@xtra.co.nz

Address: Age Concern Centre, 8 Lahore Street,
Wairoa 4108

Postal Address: PO Box 210, Wairoa 4160

Office Hours: 8.30am - 12.30pm Monday to Friday

AGE CONCERN CENTRAL HAWKES BAY

Phone: (06) 858 9158

Email: agecon.rail@xtra.co.nz

Address: 3 Porangahau Road, Waipukurau 4200

Office Hours: 9.00am - 3.00pm Tuesday to Friday

AGE CONCERN HASTINGS

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[®]

These groups continue to grow and there is always a lot of laughter heard as they are taking themselves through their programme. Many have expressed how much their balance and walking has improved through attending these classes.

Hastings class 10.00am on Mondays at the Age Concern Building opposite New World.

Raureka class 10.00am on Fridays at The Community Station Church, Gordon Road. Sometimes they go off to have a cuppa at a café, after the class.

Waipukurau class 9.30am on Tuesdays at the Woburn Hall, Waipukurau.

For more information please phone:

Age Concern Hawke's Bay Inc.

Hastings Office: Phone: 870 9060

Napier - 1.30pm on Mondays and Tuesdays at Age Concern Napier, 98 Taradale Road, Onekawa. 1.30pm on Thursdays at Taradale Senior Citizens, White Street.

Havelock North - 1.30pm on Wednesdays at the Havelock North Pavillion, Te Mata Road, HN. 10am on Thursdays at the Lusk Centre

For more information please phone:

Age Concern Napier: Phone: 842 1346.

Wairoa - 12.30 - 1.30 on Thursdays at Age Concern Wairoa, 8 Lahore Street.

For more information please phone:

Age Concern Wairoa: Phone: 838 3307.

Flaxmere - 10.45am on Fridays at 38 Bristol Cres, Flaxmere, Hastings.

For more information please phone:

Age Concern Flaxmere: Phone: 879 7003.



**Steady As
You Go[®]**

**A Strength, Balance and
Falls Prevention Programme**

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 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

Keeping Safe



This course was originally called Staying Safe which we have since renamed. Age Concern Hawke's Bay Inc have presented a number of these courses in the past year both in Hastings and Central Hawke's Bay which have proved to be very successful. They relate to maintaining personal safety within your home, garden and the public environment. This course was well received with participants interacting well with the speakers and leaving feeling safer and more secure in their homes and the public environment. This one-day course covers several topics, presented by a range of speakers throughout the day, for example the Police, Fire & Emergency Department, St John, Neighbourhood Support, ACC 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 community environment, enabling them to feel free and safe, and fully participate in life. To register for one of these courses which starts 9.30am and finishes 2.30pm Phone Age Concern Hawke's Bay Inc. Hastings Office 8709060 Extension 3 for Margaret Age Concern CHB Office 8589158 for Sue or email Margaret at hp.ageconhast@nowmail.co.nz or email Margaret at hp.ageconhast@nowmail.co.nz Cost: \$10 (includes morning tea and lunch) **Limited numbers – BOOK NOW**

The Old Cherry Tree

Kereru sits on the old cherry tree
Feasting on fruit and gazing at me

With bellies so full they can't fly away
Oh well they declare "we may as well stay"

Feathers still fall and cover the earth
A sign just to tell us of spiritual birth.

Seeds that have fallen are carried away
By tui and fantail, they flutter and play,

Carried away to flourish and sow
The start of new life, watch the tree grow

Tumatawhero once stood on this land
As history unfolds, Onepoto still stands.

Trees that were planted by nanny for me.
"Hold fast to the land its precious you'll see".

Blooms that display the beauty of life
Early memories, marshmallows at night

We sit at the window Tuatara and me
Waiting for Pa,
Who planted these trees with nanny for me.

Memories come and memories go
Raised in Dunedin we played in the snow.

Cherry Court blossoms with food from the past.
Recipes remain close to our hearts.

Cherries once grew and covered the land
Feeding our people how great was the jam.

We played in the water and ran thru the breeze
Climbing the maunga, hid in the trees

Mist maiden mountain
The old cherry tree

Waikaremoana homeland to me

By: *Riripeti Paine*



The Ryman Difference

Putting residents first! Our winning formula for 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 on our Havelock North Retirement Village which will be selling soon, phone Maureen on 0800 500 285



For more information on our Princess Alexandra Retirement Village, phone Shona on 835 3018

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

CONFIDENT DRIVING COURSE

This course is well worth attending to brush up on road rule changes, especially roundabouts which are presently causing some accidents in the Bay due to people not indicating and not being in the correct lanes. We will be offering more of these courses before Christmas. This has been a very successful course and is open to anyone over 65 to refresh their driving skills, road rule changes, pedestrian safety and the impact of medication on your driving. Participants enjoy working through a workbook on road rules and other aspects of driving, some presented as Power Points, and a discussion time is always included and encouraged throughout the course.



Feedback indicates that participants have learned more from them than they expected, some having learned things they'd not previously known. Also, at the conclusion of these courses, several the participants felt they were leaving with more confidence about driving then when they walked into the course. This course is supported by the NZ Police and is highly recommended by them. Inspector Matt Broderick from Hawke's Bay speaks at these courses and is very interesting to listen to. He is always happy to answer any questions participants have.

To register for one of these courses which starts 9.30am and finishes 2.30pm Phone Age Concern Hawke's Bay Inc. Hastings Office 870 9060 Extension 3 for Margaret Age Concern CHB Office 858 9158 for Sue or email Margaret at hp.ageconhast@nowmail.co.nz
Cost: \$10 (includes morning tea and lunch)

Limited numbers – BOOK NOW!







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



**AGE CONCERN HAVELOCK NORTH
PROUDLY PRESENTS FOR SENIORS
AND THEIR FAMILIES**



Next Steps LIFESTYLE EXPO 2019

**Wednesday 25th September,
9.00am to 2pm, Havelock North
Function Centre, Te Mata Road**

Join us for this **FREE** community event learning about what's out there for seniors, their families & carers.

FREE ENTRY, REFRESHMENTS AND ENTERTAINMENT

For more information contact:
P **06 877 6488** E info@ageconcernhb.org.nz
Or call into 41 Middle Road, Havelock North.

Exhibits Include:

- Legal information
- Exercise options
- Supportive services
- Learning about health services in your area and how YOU can access them
- Medical alarms
- Living well with dementia
- And much more!



**Also happening
at Next Steps**

EASIE living
Enabling life, your way

**Independence
never felt so good!**

Looking for daily aids or equipment to make life easier and safer? Come and see, touch and try out a whole range of products designed to help make your life simpler.



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

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 the Age Concern branches listed on Page 2 of this Newsletter.

Let's Share Hawke's Bay



In 20 years' time people over 65 will make up nearly a quarter of the population, twice as many as now. Home ownership is declining and half of the over 65's are likely to become renters in the coming decades.

With the housing situation in New Zealand reaching the crisis stage it has, it makes sense to introduce “Let's Share” as one solution to the problem. It is a win/win solution for the Householder and the sharer, and we believe with the aging population, now is the time to relaunch.

Sharing is when a person living in a multi roomed house offers accommodation at a reduced rate in exchange for the Homesharer committing to a certain no. of hours in which they would spent with the Householder i.e. taking them shopping, driving etc. The homesharer has their own room, can do their own cooking or join with the Householder to share cooking. The coordinator works with the householder and sharer to produce a unique arrangement that suits them both and is a 'win/win'. The sharer pays a share of power, internet and the equivalent of the living alone allowance, which the householder will lose having another person in the home, so it does not cost the householder anything, but they do not have an income from sharing either.

The coordinator meets with potential sharers and householders to collect information, police check the sharer and referee check them as well.

When a match is made, introduce the 2 parties and if they are both agreeable, a trial of one month is commenced, in which time we keep in contact with both parties to help facilitate the connection. Matches are not only made on availability of people, but also likes/dislikes, interests and personalities. It is very important that both parties are happy and enjoy the living arrangement.

If successful a contract is signed by both parties and the arrangement continues to be monitored closely in its initial stage then allowing more space at time goes on.

If you would more information on this programme either as a home owner or as a person looking to share please contact Sue Hay at Age Concern Hawkes Bay Inc 06 8709060 ext 3 or email letsshare@xtra.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

♥ love your hearing

Hear, every time Hawke's Bay

Your local hearing expert, Barclay Winter, is here to keep you connected. Be sure you're part of the conversation, **every time**.



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Call: (06) 650 7248
106 Raffles St, Napier South, Napier 4110
BSc, PGDipSci, MAud (Hons), MNZAS

BARCLAY WINTER audiology
100% privately owned and operated

Long life groceries

It is a pity when fruit and vegetables get soft and mushy before you've had a chance to enjoy them. Fortunately, we've dug out some handy tips for keeping your 5+ a day fresh for as long as possible.



Greens

Greens wilt quickly, so to keep them in top condition in the fridge, rinse and dry your greens thoroughly, then place them in a bowl. Layer a paper towel on top of your greens, then seal tightly with plastic wrap and store in the fridge. Replace the paper towel throughout the week as it becomes damp (it's absorbing moisture from the greens!).

Celery and broccoli will last longer if they are wrapped in tin foil – cut and rinse them, pat dry and wrap tightly.

Extend the life of your asparagus, coriander and parsley by trimming the stalks and sitting them in a jar of water in the fridge. For maximum storage, sit a small plastic bag over the top of them.

Berries

Fresh berries will soon start to become plentiful for the season again – but all too often, the ones at the bottom of the punnet end up mushy. To avoid this, mix 1/2 cup of white or apple cider vinegar in five cups of water. Add the berries, mix thoroughly, then drain the berries and let them dry completely.

Bananas

Every family has a preference for how they like their bananas – if the sight of a black spot renders bananas “yuck” in your household, did you know you make your bananas ripen more slowly using plastic food wrap?

Cut a long, thin strip of plastic wrap – then wind it around the crown of the banana bunch. You will be able to store them in your fruit bowl for longer.

Older New Zealanders are a growing force for good through Spend My Super



Among everyday New Zealand superannuants, a movement is gathering power. A compassionate sea of people who have lived their lives well are coming together with a shared vision. That vision is to stamp out childhood poverty so all Kiwi kids can reach their full potential.

When Liz Greive, became eligible for her super, she realised she could live comfortably without it. It troubles her that 1 in 4 New Zealand children is born into poverty. Liz says she pictured physically taking the money and handing it to someone who needed it, but that was hardly practical.

It struck her that others in her generation are equally as generous. Now, with Sarah Trotman, ONZM onboard as Chief Executive, Spend My Super helps superannuants easily make a difference, whether it's a small portion of their pension or all of it. Everything helps.

“With many hands, each doing our bit, we can really change the future. Those of us who have managed to set up lives free from want can give others in society an opportunity to do the same. Together we can be proud to know we're helping leave the state of equality in Aotearoa better than when we found it”, says Liz.

Liz was right when she thought others might also

want to use some or all of their pension to change children's lives. The Spend My Super community is growing quickly with donors like Shona and Robin. Shona has chosen to give while she's still working. Although she could use her pension on her long personal wish-list, she recognises the need is greater for some of our worst-off children.

Robin says, “When I compare my story with the outlook facing many of today's children, it's difficult to believe the stark contrast.” He likes Spend My Super's commitment that every dollar goes straight to the charity – Spend My Super is privately funded to ensure this. In some cases, matching arrangements can even double the value of your donation for the charity.

Spend My Super also takes care of the due diligence. It has chosen twelve outstanding charities that are making a measurable impact. Some offer emergency support for things like food or warm clothing. Others address education. They work at the highest levels of policy advocacy too.

Spend My Super's website, www.spendmysuper.org.nz makes giving straightforward and transparent. When you visit you'll see a list of all of Spend My Super's charities and you can choose which you'd like to support, how often and what amount. Sarah keeps in touch through regular newsletters to share the charities' work and their impact.

Spend My Super is rallying those who fortune has favoured, Liz says. It's easy to join this incredible 'silver wave' and help build its momentum as a force for good.

If you'd like any help or more information visit www.spendmysuper.org.nz or contact Sarah directly by email sarah.trotman@spendmysuper.org.nz



When supporting the advertisers within this magazine **PLEASE LET THEM KNOW**. Their continuation enables our newsletter to be provided free of charge - they need to know where you found them and that the advertising is working for them too.

Thanks

When nothing goes right...go left



**Clean, Repair & Restore
Venetian, Verticals, Wooden,
Roman, Rollers & Supply New Blinds**

Unit 1/30 Hyderabad Road, Napier, 4110
Ph: 06 876 7111 | Mobile: 027 532 0776
Email: info@easycleanblinds.co.nz

LIFE WITHOUT A CAR

Our very successful course Life Without a Car is a “free to attend” course with morning tea provided, has also proved to be a popular course.

This course is 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 due to an accident or injury. We will be offering another of these courses before Christmas. Participants who attended this course and who have been using alternative transport for some years, expressed how wonderful it was to continue to learn about other alternative transport options and the benefits of using their SuperGold cards. Once again, participants are supplied with a booklet outlining modes of alternative transport, social groups they could



join, the use of their SuperGold cards and other important services available to them, so they can continue enjoying the things they were taking part in when still driving. Once again, group participation and discussion are encouraged in this course along with Power Point presentations relating to pedestrian safety and mobility scooter safety. We have guest speakers at these courses relating to other modes of transport, which have been well received by participants.

To register for one of these courses which starts 9.30am and finishes 12.30pm Phone Age Concern Hawke’s Bay Inc. Hastings Office 870 9060 Ext 3 for Margaret Age Concern CHB Office 8589158 for Sue or email Margaret at hp.ageconhast@nowmail.co.nz

Cost: Free - morning tea will be provided
Limited numbers – BOOK NOW!



Movie Fundraiser



Date: Tuesday 17th September 2019
Time: 5.30pm (Movie starts at 6pm)
Where: Focal Point Cinema & Café, 126 Heretaunga Street East, Hastings
Cost: \$22.00

Tickets available from Age Concern Hawke’s Bay Inc:
415 Heretaunga Street East Hastings, Ph 06 8709060, or
3 Porangahau Road Waipukurau, Ph 06 8589158

Price includes a drink of your choice (beer, wine, coffee or a soft drink).
For you dinner reservations please ring Focal Point Cinema & Café on 06 8715418 ext 1.



**\$20 Personal Alarm
For peace of mind**

Your Safety is Paramount!

Functions as an exceptionally loud alarm when you push the red button, or as a small torch when you need some extra light.

For more information
Phone Age Concern Flaxmere
06 879 7003

We make the meals so you can make the most of your day.

Made with TLC and by a local catering company with the freshest of ingredients, our meals are a tasty, wholesome alternative to fast foods and great value for money too!

Relax and enjoy the things you like to do because we’re taking care the meals.

Meals currently available:

- Cottage Pie
- Roast Chicken
- Roast Lamb
- Roast Beef
- Roast Pork
- Beef Casserole
- Curried Sausages
- Lasagne
- Sausages and Onion Gravy

All meals come with vegetables and in a standard size for \$6.70, large size for \$8.80. Delivery options are available also.


Orders must be in by 12pm on a Wednesday with delivery being the following Wednesday.

If you would like more information, or would like to place an order then please phone Age Concern Hawke’s Bay:
Hastings Office – (06) 8709060 ext 0
Waipukurau Office –(06) 8589158



FREE Ear Health Assessment

last minute appointments are always available!



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 audiologists 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.

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).
- 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)
- SayGo (weekly)

Social Activities

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

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

INFORMATION TECHNOLOGY PRACTICAL TRAINING AND FUN SESSIONS

In collaboration with the Central Hawke's Bay District Council, Age Concern Waipukurau are offering free training sessions to its members to help improve and develop knowledge of information technology.

The sessions cover such topics as:

- Email
- Google and internet
- Introduction to social media
- Trade me
- Home Finances – online banking
- Facebook and/or Skype
- Digital photos
- Introduction to tablets
- WINZ my account
- Ancestry
- Photobooks

The weekly sessions started on Wednesday 14 August. Sessions take place every Wednesday at the Waipukurau Library at 10.30 am and are run by John McConville (Central Hawke's Bay District Council Community Programmes and Partnership Lead). Feedback on the first sessions has been extremely positive.

Members can bring their own device or use the devices provided. If you would like to know more about this fabulous service, please phone Age Concern CHB 06 858 9158



*On 18 September 2019
Age Concern Flaxmere
celebrates our 25th
Anniversary*

Over the years we've visited some cool places like this (Horse of the Year parade)...



and this (British Car Museum)



not to mention The Coromandel/ Whitianga area just for fun.



...and we have worked with and served people in the Hastings and Flaxmere community just like you.

Age Concern Flaxmere (Inc)

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 your 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 Bruce Finlayson, the Manager of Beth Shan Funerals.

Bruce says his team of 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.

Beth Shan Funerals 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, readings or the casket. It is gratifying to see that their wishes are then carried out," Bruce 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.

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-BETH SHAN-

FUNERALS

www.beth-shan.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 Beth Shan 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 <https://beth-shan.co.nz/preplanning> to find out more or to simply record your choices online for free.

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