

SUMMER 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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AGE CONCERN HASTINGS

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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.**

The Hard Stuff Workshop

This is a 'must do' workshop. These are the topics we need to know about but it can be hard to think about and seek information. It is relaxed workshop, and believe it or not, there was plenty of laughter coming from the room. Some comments received from recent participants include: *'Everyone should do this course!'*, *'Have learnt and gained valuable information'*, *'Was a great day, glad I came to it'*

Topics covered include:

- Wills and Enduring Power of Attorney
- Advanced Care Planning and Organ Donation
- Needs Assessments – What are you entitled to?
- Retirement Villas and Rest Homes
- Funeral Plans

Speakers present their topics of expertise so that participants will receive the most up to date information available. The workshop presents a brief overview of the topics, with brochures and information being supplied to take home.

This workshop will be running again in the New Year in Hastings and Waipukurau. All Welcome (you do not need to be an Age Concern member to attend)

To book in please Phone:
Hastings - 870 9060 ext 0
Central Hawke's Bay 06 858 9158



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

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Please call us or visit our website for more information.



hawkesbay@careoncall.co.nz

0800 744 753
www.careoncall.co.nz

'TIS THE SEASON

This is the season of family and love and most of all giving. We give gifts to our loved ones, friends and others to show appreciation for all they have done for us through out the year. It's also a special time for us all at Driving Miss Daisy as we get into the spirit with our special festive Daisy Experiences.

There is fun and adventures to be had with your local Daisy. Call your Daisy to go and see the Christmas lights in your town, enjoy singing along at the Christmas Carols, or attend a special festive church service.

A Driving Miss Daisy Experience can be for one, or get a group together and share the costs and have your own festive get together at your favourite café or simply a drive to stroll in the sunshine and enjoy an ice cream.

Aging experts agree that it's good for you to keep active and importantly keep your social networks active. This particularly helps with depression and whilst it is a festive time of year it can be lonely for some, so do reach out and help each other. Talk to your Daisy they will know the local activities that may be of interest to you and your friends.

Driving Miss Daisy can solve the Christmas dilemma of a gift to buy or receive. What better idea than a Driving Miss Daisy Experience gift voucher that can be bought directly from your local Daisy. This has traditionally been a wonderful gift that family can give you, so don't forget to drop them a hint. A Driving Miss Daisy gift voucher creates memories, which is something very special, and you can use anytime you wish throughout the year.

Remember, Driving Miss Daisy accepts the TMS cards ("half price taxi chits"), providing driving discounts on trips.

Have a Wonderful Festive Season.

Melanie
Co-Founder

Editorial supplied by Driving Miss Daisy

Have a Driving Miss Daisy experience with us.



**Keep your independence
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We can drive and accompany you to:

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- Medical and personal appointments
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- Scenic drives

Total Mobility card accepted and an ACC approved provider.

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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

Throughout Hawkes Bay local Age Concern Branches are delivering health promotion programmes and education workshops on a variety of issues that older people face as they age

With the resource materials and presentations provided by Age Concern New Zealand, NZ Police and New Zealand Transport Authority. Programmes are available in your area, contact your local Age Concern branch for details.

Accredited Home Visiting Service

The Accredited Home Visiting Service is a befriending service for Hawkes Bay people over the age of 65, and is aimed at reducing social isolation and loneliness amongst older people who are lonely or socially isolated and matching them with volunteers who are keen to spend time getting to know them.

Our service supports and cares for ageing people to enhance the lives of AVS clients, giving them the opportunity to share their knowledge, life experiences, develop ongoing friendship, have fun and engage with another person in their life.

Our volunteers are police checked and trained and spend about an hour each week sharing conversation and activities with their older friend. This service offers a safe way for older people to connect in an ongoing one to one relationship, share interests, activities and support them and where possible, to make other community contacts.

Client-volunteer matches are made carefully on the basis of personality, shared interests, and location.

We are currently seeking new volunteers to join our AVS team.

If you would like more information on what we do please contact us at Age Concern Napier on 842 1531. My hours are Monday to Thursday 11am to 3pm.

Christine Mulholland AVS Coordinator
Age Concern Napier



AGE CONCERN NAPIER

Age Concern Napier Christmas festivities have begun with the members luncheon on 21st November at the Duke of Gloucester Taradale. 60 members enjoyed a 2 course meal, raffles and spot prizes. Many thanks to the staff for the delicious meal and wonderful service.

Christmas activities also include the very popular Operatunity Christmas at the Proms on 5th December and morning tea on 17th December.

This year's morning tea is complimentary, thanks to donations from SAYGO Taradale Senior Citizens group and Womens Section Taradale RSA. Instead we are asking members to donate an item to our Christmas cheer appeal, to be distributed to older people in the community who will be spending Christmas on their own.



Medicines delivered to your door

NZ owned and operated, ZOOM Pharmacy delivers medication to your door, so you can keep your treatment on track without frequent trips to the chemist. Prescription medication is delivered by courier in 1-2 days, packaged discreetly. They'll also help you keep on top of refills by organising your repeats for you, repeat prescriptions happen seamlessly. And, when you need professional care and advice, ZOOM's NZ-qualified pharmacists are also just a phone call away.

One happy ZOOM customer puts it like this: "Simple to use and saved lots of my old hassles for regular three-monthly repeats prescriptions I always hated sorting!"

To get started, simply ask your GP clinic to fax your prescription direct to ZOOM, or FreePost it yourself. Find out more at zoompharmacy.co.nz

**Don't annoy me this week,
Because if you do...**



**I will give
your number
to all the kids
and tell them it's
Santa's Hotline.**

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

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

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 9.30am on Mondays at the Age Concern Building opposite New World.

Raureka class 9.30am 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
Waipukurau: Phone: 858 9158

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**

Christmas Hours

**HASTINGS and CHB Offices:
Close 20th December 2019**

Office reopens 13th January 2020

Elder Abuse Response Services resume 6th Jan 2020 (other staff available by phone and appointment). Activities resume week of 20th January (Some Steady as You Go dates vary)

NAPIER Offices:

Close 20th December 2019

Office reopens 6th January 2020

FLAXMERE Offices:

Close 20 December 2019

**Office (only) reopens 13 January
Officially reopening 20 January 2020**

**We would like to wish everyone a
very merry, happy and prosperous
xmas and may everyone be safe over
the holidays. We will see you all in
the New Year. Happy Holidays!**

HAVELOCK NORTH Offices:

Close 20th December 2019

**Office reopens 6th January
(with limited days)**

WAIROA Offices:

Close 20th December 2019

Office reopens 20th January 2020

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



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



Food tips for caregivers

Caring for an elderly parent or grandparent? Checking in on a friend who needs an extra helping hand? Caregiving duties range on a scale from providing transportation to appointments all the way to administering skilled nursing care including giving medicines and changing dressings. A significant portion of caregiving may also include cooking or providing meals and snacks throughout the day. Food is such an integral part of health and wellbeing, but so often, the other tasks of caregiving can overwhelm it and prevent loved ones from getting all the nutrition they should. Depending on the condition and needs of your loved one, here are a handful of fun food tips and ideas for boosting nutrition and sharing tastier (easier) meals:

To help your loved one gain weight

Putting on weight and maintaining a healthy, strong weight can be difficult, especially for people grappling with a chronic illness who lose muscle mass from lack of activity or whose appetite is suppressed by medicines they are on. Gaining weight safely means not overloading on sugars and fried foods, but instead, intaking healthy fats that can give your loved one energy and a little extra padding. Free range eggs, avocado, full-fat milk and greek yogurt, heavy cream, dairy butter, peanut butter and cheese are all great choices for incorporating healthy fats into a diet and can easily be added (and blended) with meals. Many of them contain Omega-3s which are vital to brain and heart health, as well as monosaturated fats which have been shown to lower bad cholesterol levels. Recipe to try: Bacon wrapped avocado eggs, Crustless quiche, Creamy carrot and lentil soup, Chicken pie.



Repair tissue

For bed or chair-limited loved ones, bedsores (pressure ulcers) may be a daily concern which requires vigilant monitoring and treatment. Did you know diet can play an important role in fuelling tissue growth and keeping skin strong to help prevent bedsores from progressing, and also help heal wounds (like from a surgical procedure)? Vitamin C has a significant impact on tissue growth, from skin and nails to blood vessels, so make sure your loved one is consuming citrus fruits, broccoli, and bell peppers regularly. Protein for muscle and skin growth is also important so prioritize more lean meats (skinless chicken or beef) and plant-based proteins like legumes, beans, quinoa, and nuts in your loved one's diet. Recipes: Baked beans, Chicken soup with dumplings, Broccoli bacon and walnut salad.

Reduce blood pressure

With 1 in 5 New Zealanders experiencing hypertension, or high blood pressure, chances are caregivers are in the business of helping keep their loved one's blood pressure at normal levels. In addition



to constant monitoring using a blood pressure by age chart, caregivers can make a significant impact with diet modifications.

A DASH diet low in sodium and high in whole grains, fruits, vegetables, and other foods with electrolytes (potassium, magnesium, calcium) has been shown to lower high blood pressure. Top that with heart-healthy nuts, fats, and lean meats, plus loads of hydrating water, and you can enhance the efficacy of your loved one's high blood pressure treatment. Some beverages like beetroot juice, hibiscus tea, and milk have also been shown to help lower high blood pressure.

Recipes to try: Berry porridge, Beetroot risotto, Vegetable stew.

Eat easier

Both chronic disease, as well as some natural wear and tear of ageing, can result in swallowing difficult and discomfort – this is called dysphagia. Special dietary modifications may be recommended by a speech pathologist including drinking thickened liquids and only eating smooth, pureed foods. Caregivers may initially think the only options for their loved ones with dysphagia are nutritional shakes, plain yogurt or pudding, but tons of whole, fresh foods can be cooked and blended to pudding, honey, and nectar consistencies.

Blend a banana with roasted acorn squash, peanut butter, and ice cream for a hearty, nutritious shake. Whip together spinach, strawberries, and applesauce for a flavorful, vitamin-rich snack, or blend avocado, berries, spinach, banana, and greek yogurt for a superfood smoothie. Recipes to try: Liver detox smoothie, Blueberry banana smoothie, See more smoothie recipes here.

Promote brain health

Omega-3 fatty acids have been linked to lowered risk of heart disease as well as a boost in brain function, memory, and critical thinking, which may help combat Alzheimer's disease and dementia. Flaxseed oil, chia seeds, salmon, sardines, walnuts, hemp seeds, herring, and mackerel are just a handful of Omega-3 sources that may benefit your loved one's cognitive thinking. Omega-3 fatty acids, alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA) can also be found in some liquid and supplement forms at your local drugstore or online. Recipes to try: Chia porridge, Chia jam, Salt and pepper salmon.



What your loved one consumes in the way of beverages and food can make a huge difference in their overall health and wellbeing, especially when you utilise food to fuel specific functions like helping repair tissue or lower blood pressure. Caregiving is a powerful and fulfilling role but is rich with its own ups and downs. Transform preparing and serving food from a daily hassle to a handy caregiving tool, and as a caregiver, you will notice a positive difference for both you and your loved one.

love your hearing

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Kitchen CORNER



Roast Vegetable Salad Recipe

This is a useful recipe for using up left-over vegetables. You can substitute the vegetables for any you like – courgettes and asparagus are great options currently.

INGREDIENTS:

- 1 cup - Pumpkin, kumara, red onion (or other vegetables of your choice). Cut in to 2-3cm pieces
- 1T - oil
- 1T - Balsamic vinegar
- 1t - Brown sugar or honey
- 1/8t - Rosemary, dried
- to taste - Salt and Pepper
- 2 handfuls - Rocket or spinach leaves
- 1/4 cup - Feta, cubed (optional)

METHOD:

1. Preheat oven to 200°C.
2. Line a baking pan with baking paper.
3. In a bowl combine oil, vinegar, brown sugar, rosemary, salt and pepper.
4. Add vegetables to oil mixture and mix to coat.
5. Put vegetable mix into baking pan and arrange in a single layer.
6. Roast for 30-40 minutes or until vegetables are cooked and slightly browned.
7. Remove from the oven and allow to cool.
8. Arrange rocket/spinach leaves and vegetables on a plate.
9. Add feta (if using).

SERVING SUGGESTION:

Serve with cold meat, fish or scrambled egg.

SERVES 1 - for two serves double the above ingredients.

Recipe from Senior Chef: <https://www.seniorchef.co.nz/recipes/salads-vegetable-sides/128-roast-vegetable-salad>



Depression and Mindfulness Groups now Available

Over the last year or so we have had increased interest in a Mindfulness group, and a Depression Support group. We are very lucky to have Mary-Ellen who is qualified and experienced in facilitating both of these groups.

Our first groups will start in February 2020, and we would appreciate it if you would let us know if you're interested. We will keep a list and contact you in January to firm up the dates. They are 2 separate courses which will run one session a week for each course for 8 weeks.

Mindfulness

The Mindfulness group will incorporate a bit of education, a guided meditation, and will end with sharing a cuppa. We hope that as a result of attending, you will continue to enjoy a mindfulness practice that reaps great benefit physically and emotionally. Not bad for brain function, too!

Depression

The Depression Support group will also start with an educational component, and will lead into discussions by the group members. Agreement to respect each individual's privacy is mandatory for anyone who participates. We hope that by the time the group ends, participants will find moods have lifted, have a greater understanding of how depression affects their lives, and have some tools to deal with blue days when they inevitably come. A short meeting with Mary Ellen will take place prior to signing up for this group and there will be no more than 7 participants.

To express an interest in these groups, please phone 06 870 9060 ext 0. Lurene will take your details and Mary Ellen will call you when exact start dates are being set.

Grief Group

We also have the opportunity to run Grief Groups next year. As we age there are so many griefs, not just the death of loved ones – the loss of ability, no longer being able to drive, leaving a career, as well as loss of special people and much more. If you would like to register your interest in this group please phone Lurene on 8709060 and she will take your contact details to let you know when dates are set.

All courses we run are open to members and non members

Exercise at your own pace at your own place!

So, it's Summer and maybe you're on holiday or you have family and friends over to visit, and what do you know? Your exercise routine has gone out the window! Or maybe you didn't even have an exercise routine.

SuperCue Seniors might just be the perfect solution for you!

Launched in October, this is a new approach to exercise programmes specially for those aged 60+ with fresh, fun, fully choreographed workouts at your pace and at your place, or "any" place for that matter. SuperCue provides options for those looking for a seated exercise programme, right through to a more energising standing routine. They can be accessed online or on DVD so there really are no excuses to not give it a try!

A big difference is the focus on educating you on good posture and movement with lots of instruction so you can be confident that you're doing things correctly and safely. Plus, the bonus of improving your strength, balance and mobility

"People just love our workouts," says SuperCue co-founder Rebekah Charlton, "and they are really feeling the difference."

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Strength & balance programmes for 60+

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www.supercue.nz or Ph: 027 7735483

editorial supplied by Supercue



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

RELATIONSHIP CHANGES
IN A VILLAGE

Retirement villages are microcosms of the wider society. Residents' relationships and obligations can change in a village, just as they do elsewhere. But retirement village residents' obligations are governed by contracts that usually don't have the level of flexibility to easily allow for changes when personal circumstances change.

Over the next couple of issues we'll look at divorces and separations, late life love and moving a child or other dependent adult in.

The starting point is the occupation right agreement (ORA), which is usually a personal contractual right to occupy a unit and is non-transferrable. Residents will usually hold their interests jointly rather than as tenants in common. Each village is different, and will approach the issue according to the resident's circumstances, but all disclosure statements are required to disclose the effect of marriage on an ORA.

An ORA usually restricts the length of time that guests may stay with a resident without first obtaining the operator's prior consent. This could be no more than two weeks at any one time and a total of six weeks in total each year.

Divorce, or when a resident couple separates

The ORA will usually be relationship property. As with any separation, one partner may offer to give up their right to occupy the unit and their interest in the termination proceeds in exchange for some other benefit. Many, but not all operators, will be willing to acknowledge this arrangement and may formally document the change, subject to both residents obtaining independent legal advice.

It is not uncommon for residents to be concerned about legal costs and will try to avoid formally documenting the division of their relationship property. Occasionally they might try to get the operator to decide. Operators, of course, do not wish to be put into a position of trying to decide who gets what and will actively avoid getting involved.

Unfortunately, as with any relationship break up, there may be insufficient assets or income available to allow one partner to stay in the village and to pay the other resident out, or there could be angst among other residents if one party stays and the other leaves. While village managers will be sympathetic to the change, it's not their job to get involved in relationship property disputes.

Next time we'll have a look at what happens when a resident falls in love.

editorial supplied by Retirement Villages Association

Te Puna Paiarehe/Sacred Springs

My mother tells a story of times not long ago
When fairies kept a vigil and fell to earth like snow.

Just as tiny snowflakes fall upon the land
Little fairies footsteps imprinted in the sand.

She often tells this story it helps to calm our minds
These gentle little spirits beneath the forest vines.

One day while she was strolling with moko by her side
Felt this strange vibration and knew what she would find.

The day was filled with sunshine that glistened on the shore
She heard a tiny whisper, could this be old folklore.

She thought about the fairies that played along the springs and wondered if the noise she heard was just those howling winds.

Te Okiwa our sacred dog sat upon the prow and guided our old Tipuna onto 'This long white cloud'.

Along the fairy trail, patupaiarehe sing, our moko sings along with them a spirit guide within.

She gazed into the crystal springs, reflection she did see, a tiny little fairy gazing back at me.

She knew that this was special the fairies they had come to guide them with their magic to play and have some fun.

My mama she remembers the stories that were told by nanny and her Kuia when she was not so old.

They spoke of fairy people the ancient Turehu
And how they dwelt within the hills amidst the autumn dew.

Riripeti Paine Age Concern Wairoa

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 audiologist are sending us many patients.

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- 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.

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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 2020 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

Age Concern Wairoa offers support and guidance to our elderly/Kaumātua and their families/whanau by providing a range of services that are accessible, relevant and responsive to community need.

Key Areas; Health

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

Social Activities include

- Morning Tea (monthly)
- Crafts Group BYO (fortnightly)
- Special Outings (as arranged)
- IT Support (weekly)
- Dinner and movie evening (monthly)
- Dementia Carer Support Groups (monthly)
- STROKE Recovery Support Groups (monthly)

Our Core Services include

- Provision of Information
- Connection to the Elder Abuse Response Service 0800 EA NOT OK (0800 32 668 65)
- Volunteering Opportunities

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

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

COURSES AVAILABLE IN YOUR LOCAL AREA

CONTACT

AGE CONCERN NAPIER
for courses in Napier and Havelock North
Telephone 8421346

AGE CONCERN HASTINGS
for courses in Hastings and Waipukurau
Telephone Hastings 870 9060
Telephone Waipukurau 858 9158

What is this course about?

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

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

CONTACT YOUR LOCAL AGE CONCERN FOR BOOKING ENQUIRIES:

AGE CONCERN NAPIER: PH: 842 1346

AGE CONCERN HASTINGS: PH: 870 9060

AGE CONCERN HAVELOCK NORTH: PH: 877 6488

AGE CONCERN WAIPUKURAU: PH: 858 9158







STEADY AS YOU GO®

(SAYGo Preventing Falls)

Falls are the most common cause of injury in older people.

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!**

You could save yourself from a fall by attending a SAYGo class and improving your strength and balance.



DESIGNED FOR MEN AND WOMEN

SAYGo improves;

- Balance and leg strength
- Flexibility
- General fitness and wellbeing

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

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

Classes available in your area contact your local Age Concern

NAPIER and HAVELOCK NORTH contact Age Concern Napier: PH: 842 1346

HASTINGS contact Age Concern Hastings: PH 870 9060

FLAXMERE contact Age Concern Flaxmere: PH 879 7003

WAIROA contact Age Concern Wairoa: PH 838 3307

CENTRAL H.B. contact Age Concern Waipukurau: PH 858 9158