AUTUMN 2020 QUARTERLY NEWSLETTER

www.ageconcernnt.org.nz



Age Concern Nelson Tasman

Serving the needs of older people

ACTIVE SENIORS NELSON TASMAN



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OFFICE HOURS 8.30am - 4.30pm Monday to Friday

We are grateful to all our funders:



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Words from the Chair

Dear Age Concern members and readers

To me. Christmas seems like a dream! A lot of us invest so much energy and passion, imagination and yes MONEY when it comes to Christmas and when it is all over, we sometimes feel rather

flat. Elaine and I were thrilled when our daughters (plus a kind friend) came to be with us for the festive season. Now they have gone back to their busy lives in London and our little house seems empty and quiet. Except for our small one year old puppy Zoe, that is, who tries to make up for the lack of having our family with us.

The Age Concern family continues to fill me with joy. We had our first Board meeting of the year recently and already it is shaping up to be an exciting 12 months. The fact that so many individuals (like some of you reading this) and so many grant making organisations give money for our work, is a validation that we are doing the right thing. Your Age Concern Board are careful stewards of every cent that comes in which we use or invest for the good of the older community in our region.

This year we are eagerly looking forward to the opening of the premises next to the Office, which we have been calling the Age Concern Hall. Just before Christmas, when I saw what had been achieved by our wonderful builders, I was impressed and excited. The newly developed building will be a real asset to the community and help us to serve people even more efficiently. Listen out for the date of the opening and then come and see the transformation for yourself. Don't forget, if you want to make a donation to purchase one or more of the new chairs for the hall, please be in touch with Caroline and the Team.

Christmas may seem like a distant dream but the truth hits home that there are many of us of retirement age, who need guidance and support. In Age Concern, we take seriously every call and look forward to being of service.

Have a great 2020.

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

YOU'VE GOT A FRIEND

Companionship is at the heart of the Driving Miss Daisy service. It's the relationship that develops between our Daisy drivers and their clients that makes our business so rewarding.

Now celebrating 10 years of business our clients are evolving with how they use our service, which is a direct result of the companionship that is unique to the Driving Miss Daisy Service.

The business originated to empower the elderly. to give you the freedom to live independently by offering a companion driving service that would be reliable, trusted and affordable. We saw how the elderly could still "be in charge" as they went about their daily errands of shopping and being on time for appointments knowing one of our Daisies would always be by their side.

Today people ask what has changed in 10 years. Well, we are now successfully operating across the country with over 250 fabulous Daisy cars on the road.

We are very grateful to the many who have supported us like ACC, NZTA and numerous Regional Councils who accredited us under their Total Mobility Scheme, which provides half price fares up to certain limits on numerous trips for many of you on our service.

However the biggest change we are seeing are the Daisy Experiences. Every aging expert especially those involved with dementia are in agreement that maintaining our social networks helps maintain not only our physical health but helps reduce the risk of depression.

Daisy Experiences offer endless possibilities. From trips to revisit places we once knew so well, to a drive in the country, to getting friends together for a café outing, an event or simply just getting out and about, it's all good for you.

Talk to your local Daisy or call us to find out how we can help you stay social, active and independent.

Editorial supplied by Driving Miss Daisy



- Take your pets to the vet





Have a Driving Miss Daisy experience with us.

0800 948 432

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

- We can drive and accompany you to:
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Bookings are essential - call today and make your next outing a pleasure!

Nelson East Phone: (03) 547 2133

Nelson West Phone: (03) 541 0020

Driving Miss Daisy®

www.drivingmissdaisy.co.nz

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.

Call Sheryl directly now on (03) 539 4856 or 021 355 843.

Editorial supplied by Freedom Drivers

TRANSPORT YOU CAN TRUST



Reliable and friendly service

- Medical appointments
- Social and business trips
- Shopping
- Sightseeing and outings
- Airport transfers
- Pets to the vet
- One off or regular
- Long trips and local

Meet the staff



Manager, Caroline Budge Caroline has been with the agency for 6 vears, 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

guite 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.

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 Ruth Collingham

Ruth is excited to be working on our projects that build friendships and encourage community connection. and especially loves running our Sing Yourself Well group.

Fundraising and Communication Officer Miriam Clark

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



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For over 35 years we've been putting our residents first.

Our fixed base weekly fee* provides certainty about your living costs.

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Provider

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For more information



VENDOR



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 whanau 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



Summer Activities Series

We are looking forward to our Summer Activity Series. This starts on 17 February and over the course of the following six weeks there is a range of activities in a number of locations across the region, including Nelson, Stoke, Richmond, Motueka and Golden Bay. We have increased Sing-a-long in the Park and introduced SpinPoi as well as the usual favourites of Tai Chi and various walks.

Bookings are not required, simply turn up and enjoy. Full details are listed on the adjacent page.

Locations

Tea & Talk

All sessions run from 10am-11.30am

Age Concern Hall 62 Oxford Street, Richmond **Every Wednesday**

Victory Community Centre 1 Totara Street, Nelson **Every Monday**

Elma Turner Library 27 Halifax Street, Nelson **Every Friday**

Gateway Housing Trust 24A Tudor Street, Motueka **Every Wednesday**

Anglican Parish Hall 42 Commercial Street, Takaka Second Wednesday of Every Month

For more information please contact Age Concern on (03) 5447624 or community@ageconcernnt.org.nz

SUMMER ACTIVITY PROGRAMME FOR SENIORS 17 February - 26 March 2020

Come join us for FREE!

The Summer Activities Series for Seniors kicks off in February. Over the course of the following six weeks there is a range of activities in a number of locations across the region, including Nelson, Stoke, Richmond, Motueka and Golden Bay, Bookings are not required, simply turn up and enjoy.

Date	Time	Activity	Location
Mon 17 Feb	10am – 11am	Tai Chi	Founders Park, Nelson
Thurs 20 Feb	10-11am	Spin Poi	Anzac Park, Richmond
Fri 21 Feb	10-11.30am	Edible Walk	Orphanage Stream Walk
Mon 24 Feb	10am – 11am	Tai Chi	Botanical Reserve Nelson
Tues 25 Feb	10-11.30am	Guided Walk	Maitai Walkway, Nelson
Thu 27 Feb	10-11.30am	Sing-a-long in the Park	Washbourn Gard Richmond
Mon 2 Mar	10-11am	Tai Chi	Park behind Motu I-Site
Tues 3 Mar	10-11.30am	Heritage Walk	Isel Park, Stoke
Thurs 5 Mar	10-11am	Spin Poi	Broadgreen Gard Stoke
Mon 9 Mar	10am – 11am	Tai Chi	Monaco Reserve, Monaco
Wed 11 Mar	10-11.30am	Heritage Walk	Miyazu Gardens, Nelson
Thu 12 Mar	10-11.30am	Sing-a-long in the Park	Faulkner Bush, Wakefield
Fri 13 Mar	10-11.30am	Edible Walk	Stoke Railway Reserve, Stoke
Mon 16 Mar	10–11am	Tai Chi	Isel Park, Stoke
Thurs 19 Mar	10-11am	Spin Poi	The War Memoria Garden, Takaka
Fri 20 Mar	10-11.30am	Mobility Scooter Guided Trail	Stoke Railway Reserve, Stoke
Mon 23 Mar	10–11am	Tai Chi	Ngawhatu Park, S
Tues 24 Mar	10-11.30am	Guided Walk	Inlet Walkway, Motueka
Thu 26 Mar	10-11.30am	Sing-a-long in the Park	Isel Park, Stoke

For more information or cancellations see www.facebook.com/ageconcernnelsontasman or phone Age Concern Nelson Tasman on (03) 544 7624 or email community@ageconcernnt.org.nz





editorial supplied by Nelson Marlborough Health

	Meeting Point		
	Meet at the Village Green in the centre		
	Meet by Age Concern Office, 62 Oxford Street, Richmond		
m	Saxton Road East by Covent Drive - where walkway commences		
e,	Meet at Milton Street next to clubhouse		
	Meet at Miller's Acre Car Park		
ens,	Meet at the Fuchia House		
ueka	Information Centre, off Wallace Street, meet by Playground		
	Meet in front of Isel House		
ens,	Meet outside Broadgreen House		
	Meet by the Playground		
	Meet at the carpark off Atawhai Drive		
	Meet at the Playground		
	Meet at Standish Place, off Main Road Stoke		
	Meet in front of Isel House		
al	Meet in the middle of the garden, 63 Commercial Street, Takaka		
	Meet at entrance along from Pics Peanut Butter		
Stoke	Meet by clubhouse off Suffolk Road		
	Meet at the Motueka Community Gardens		
	Meet in front of Isel House		



The Importance of Enduring **Power of Attorney**



At Age Concern, many of the enquiries we receive are about the legal requirements and processes involving **Enduring Powers of** Attorney. Often this comes about due to a conflict or misunderstanding on what the document actually is and what powers are given

to a nominated 'attorney', as well as when an attorney can act on those powers. We believe that it is important that people take the time to read available material or speak to their family lawyer about having a plan in place for the future. Please note, under the Act an 'attorney' is anyone you nominate to act in your best interest and could be your spouse, child or other trusted person.

What is an Enduring Power of Attorney? (EPOA)

An EPOA is a legal document that allows you to plan for the future if and when you are not able to manage your own affairs.

Do you have an Enduring Power of Attorney?

Do you feel confident that others will know how to look after you and your property if you become unable to do so yourself? There may come a time through an accident, serious illness or incapacity, when you become unable to make or communicate decisions yourself.

Many people assume that if they lose the ability to make decisions for themselves, their partner or a close relative will legally be able to make decisions for them. In fact, the law does not work like that.

The law, specifically the Protection of Personal Property rights act 1988 (PPPR Act), allows for you to plan ahead by making an EPOA, where you give someone you **trust** the power to make decisions for you if you become unable to make them yourself. An EPOA does not replace any people you have chosen as executors or beneficiary in your will. Your EPOA is separate from your Will. On your death, the EPOA has no further authority and your will takes effect instead. So essentially your EPOA document dies with you.

Can I change my mind about giving someone Power of Attorney?

Yes. You can change, vary or revoke your EPOA at any time while you are mentally capable.

When does my EPOA come into effect?

Your EPOA will come into effect when it is decided that you have lost 'Mental Capacity' (apart from if you have chosen for your property EPOA to take effect when you sign it). You should be aware that under this law, every person is presumed to be mentally competent until the contrary is shown.

It is important to note that the question of whether you're still mentally capable must be decided by a health practitioner, not a family member or friend!

How do I go about setting up an Enduring Power of Attorney.

You will need legal advice - either a lawyer, a legal executive or an authorised officer of a trustee company. You're legally required to use a standard form or they will not be valid. You can include clauses specific to your wishes, such as requiring your nominated attorney to consult with other family members or provide information to other people named in the document.

Additional information can be obtained from the Age Concern New Zealand and Community Law websites as well as easy to read pamphlets from our organisations.



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

Tasman offers every level of aged care. so no matter what the future holds, you will never need to move.

REST HOME, HOSPITAL AND DEMENTIA CARE

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



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Be a Star, **Sponsor a Chair!**

Would you like to contribute to new chairs for our Hall?

The renovations are well underway and we are now exploring the furniture and fittings. We would love to get some top guality comfortable chairs to put in the new Hall.

The chairs are stackable, with a comfortable foam seat and arms to make it easier in getting up or sitting down.



Each chair sponsored is \$150 and our target is to get 50 new chairs.

If you would like to sponsor a chair (or several) contact Caroline on 544 7624 ext 1 or manager@ageconcernnt.org.nz



Contact US: To find your local Probus Club, please visit our Club Locator at www.probussouthpacific.org or contact us or

0800 1477 6287 **Enhance your retirement** join our Probus Community today

This advert is proudly sponsored by Anchor Restaurant & Bar 62 Vickerman St, Port Nelson 03 546 6614

Hall Renovation Update

The hall renovations are coming on in leaps and bounds. The structural work at the back is completed and has been painted in some amazing bold colours which are dementia friendly. The interior of the hall has yet to be done and will be a soft yellow and the kitchen is in the process of being installed. At this stage we are not certain when we will reopen so stay tuned and we will be sure to let you know.





Tea and Tech is back for 2020!

We are delighted to announce that Tea and Tech will be running again this year. At the moment Waimea and Nayland Colleges are back on board as our youth volunteers, and we'll be joined for the first time by Nelson College for Girls.

If you are not familiar with Tea and Tech, this is a way for our members to get some help upskilling on their digital devices using tech savvy young people from our local community. It is a fantastic way for you to learn more about your existing smartphone, tablet or computer and our one-on-one mentoring sessions take place in a fun and informal environment. It's also a wonderful way to meet and socialise with the younger generation - stories are shared as well as tips and tricks, and of course there is a cup of tea to chat over.

We are aiming to have at least three sessions a month. each one at a different resthome across Nelson and Richmond. We have already confirmed sessions at The Wood, Oakwoods and Stillwater Gardens, and may add more as the school year gets going. Whilst Tea and Tech is hosted at a resthome in our community, ALL sessions are open to anyone in the community who would like to





TIME TO PLAN FOR **THE FUTURE**

We're part of your community

(03) 539 0066 www.simplicity.co.nz

attend whether they are a resident at that facility or not. We do ask that you register in advance of attending a session so we can ensure we have the right number of students and participants. And if after a few sessions you're feeling confident on your tech device that doesn't mean vou're no longer welcome at Tea and Tech chatting and doing more Tea than Tech is most definitely encouraged!

Exact days and times of sessions are still being finalised, but if you are interested in joining one of the sessions please contact Ruth on ageconnect@ageconcern.org.nz or 544 7624 x5.



Introducing Nelson Connects

Nelson Connects is a joint initiative between us here at Age Concern Nelson Tasman and Volunteer Nelson. The overall aim is to help generate a 'volunteering army' of older people! We're lucky that we have so many amazing volunteers and staff to help recruit and retain them. However, other smaller groups and clubs sometimes struggle to attract volunteers, and this new initiative is about helping them.

As part of Nelson Connects, we're organising Nelson's first Volunteer Expo. It's on at the Annesbrook Church on Saturday 7th March, from 10am to 2pm. We warmly invite you to come along to this and find out more about how to get involved in volunteering, and to meet face-to-face with organisations looking for willing helpers. Or, if you are part of a group that's looking for more volunteers, why not sign up and book a stall?

If you would like more information please contact Ruth, our AgeConnect Coordinator on 5447624 ext 5 or ageconnect@ageconcernnt.org.nz.

Dates for Upcoming Staying Safe Driving Courses, Life Without a Car and CarFit

Staving Safe Driving Course

Are you an older driver who would like to brush up on vour road knowledge or do vou know someone who does? Upcoming dates and locations for Staving Safe Driving are:

- Monday 2 March, in the Holy Trinity Community Hall, Richmond, from 9.30am-12.30pm
- Wednesday 29 April, at Hills Community Church, Mapua, from 9.30am-12.30pm
- Monday 29 June, at Ernest Rutherford Retirement Village, Stoke, from 9.30am-12.30pm

CarFit

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. This session is a great follow up to the Staying Safe Driving Course. Our next CarFit is on:

- Saturday 29 February, at Saxton Fields, Stoke from 11am-3pm
- Friday 3 April, at the Positive Ageing Expo at the Headingly Centre, Richmond from 10am-3pm.

Life Without a Car

We provide information about keeping mobile when you are no longer driving. Not driving doesn't have to limit your activities or prevent you from enjoying life. Come along and find out how to maintain your independence and freedom on:

• Thursday 5 March, at Greenmeadows Community Centre from 1.30pm-3.30pm

If you would like to attend any of these workshops please register with us by contacting Marrit on (03) 5447624 ext 4 or emailing community@ageconcernnt.org.nz



Shone & Shirley is now under new ownership

Check out our website: www.shoneandshirley.com



"We understand how important family is and are here to support and assist in every way we can at a time of great transition for you and your family. Our dedicated and professional staff are available 24 hours a day to answer your questions and help you to prepare to say goodbye to your loved one." -Alastair Hebberd (New owner)

We have the experience to provide you with any type of farewell you can imagine, in any style whether it be traditional or contemporary. From small and intimate private ceremonies to large public ones, we have the resources to put your desires in place and create a special and memorable occasion that will help you begin the healing process. We know that the smallest details are important and the extra service we give makes the difference.

honouring the past supporting the future

phone 03 546 5700 24hrs www.shoneandshirley.com 164 Tahunanui Drive, Nelson

Positive Ageing Expo 2020

We do love a good Expo and the Positive Ageing Expo is the highlight of our autumn calendar. This year's Expo is booked in for early April, and we'd like to encourage you to come along and discover recreational, health and social services that can help you live life to the fullest.

The Expo has been running since 2007 and this year.

along with over 80 stalls. there will be seminars, demonstrations and a chance to have a go at a range of activities, games as well as the opportunity for some quick health checks. Last year over 2000 people attended the Expo proving it is a popular event.

As one of the organising agencies, Age Concern will have a strong presence at the Expo. We will have information about our many services including elder abuse advice,

visiting services and our many social activities and events. We will also be running our regular CarFit check-ups, offering older drivers a FREE opportunity to have a check to make sure they are seated as safely and comfortably in their car as possible.

The Positive Ageing Expo is a collaboration with Tasman District Council, Nelson City Council, Positive Ageing Forum, Age Concern and the Ministry of Social Development.



The Expo is on Friday 3 April 2020 10.00am to 3.00pm at the Headingly Centre, Richmond.

There will be a free bus service running from Sundial Square in Richmond to the Headingly Centre during the day.

Recipe



Apricot Chicken

Ingredients:	1 Serve	2 Serves
Chicken pieces Canned apricots	1 4 apricot halves and ¼ cup juice	2 8 apricot halves and ½ cup juice
Minced ginger Cornflour	¹ ⁄ ₄ - ¹ ⁄ ₂ tsp 1 tsp	½-1 tsp 2 tsp

Method

- 1. Pre heat oven to 180°C.
- 2. Place chicken, apricots and ginger in a small casserole dish.
- Cover and bake for 25-30 minutes or until 3. cooked.

In a small bowl mix cornflour with a little water to form a smooth paste. Add to the casserole and cook for an extra 5 minutes or until sauce thickens.

Microwave

- 1. Prepare chicken as above placing in a microwave safe dish. Cook covered on medium-high for 4-5 minutes for 1 serving and 8-10 minutes for 2 servings. Check to see that chicken is thoroughly cooked through and, if necessary, cook for a little longer.
- 2. In a small bowl mix cornflour with a little water to form a smooth paste. Add to the casserole and cook for an extra 30 seconds to 1 minute on medium-high power or until sauce thickens.

Serving Suggestion: serve with rice or baked potato and cooked vegetables. Leftover Ingredients: Store any leftover apricots in a covered container in the refrigerator and use the following day for breakfast or with custard or ice cream for dessert.

Tactix Comes to Visit

Our Christmas Tea & Talk Richmond on 11 December was a real hit! We were so lucky to have students from the Richmond School Choir come and sing. They sounded amazing and it is so lovely to see such bright smiling faces. The choir sung six upbeat Kiwiana Christmas songs. Such a delight!

One of our members. Ruby Aberhart, knew the Tactix Netball Team was visiting Richmond School as part of Super Club Netball which was being held in Nelson that week. Ruby asked the teacher with the pupils if it would be possible for the Tactix to pop in.

Ruby is an avid netball fan, having been a coach at many levels. She organised the Kiwi Netball in the Nelson district and was an umpire at provincial level. She also received a QSM in 1986 for her involvement in netball (and cricket) and holds a Netball NZ Award for all her work in the region. Ruby received an Order of NZ Merit a few years ago for her work for older people.

Understandably, Ruby was interested in meeting the Tactix players so imagine our surprise and delight when four members of the Tactix team did call in. It was very inspiring to see such fit athletic young women. Thanks so much for making the time for Tea & Talk. Gestures like this mean so much and it really did make our day!

If you are a netball fan, the Tactix will be back in Nelson on 28 March and 7 June playing at the Trafalgar Centre. Tickets are available at Ticketec.

If you are interested in attending a Tea & Talk we run these at five different locations throughout Nelson Tasman. See the advertisement on page 6 or please contact Marrit Walstra-Russell at Age Concern on 5447624 ext 4 or community@ageconcernnt.org.nz



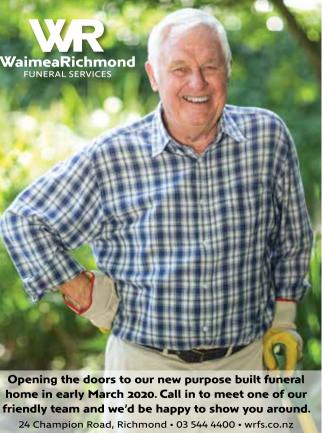
This spacious new state-of-the art Funeral Home has been designed to incorporate the use of light colours and modern fabrics to provide a calm and peaceful atmosphere. It has a chapel with seating for over 100 including full audio and visual needs, and an adjacent open area for refreshments following a funeral service. Complementing the facility, G Miller and Son's Monumental Masons will also be operating on-site continuing to provide exceptional monumental masonry services to the top of the south.

Our doors will be open at the start of March and we welcome you along to show you through this beautiful new building to continue to provide the care and support to all throughout the Nelson Tasman and top of the south regions.





Moving with the times and meeting the continuing change in needs of the public has always been on the forefront of their minds for the team at Waimea Richmond Funeral Services, and we are pleased to announce the opening of our new purpose built Funeral Home at 24 Champion Road. Richmond.



Inspiring Older People

John Mead and Anne Kavanagh

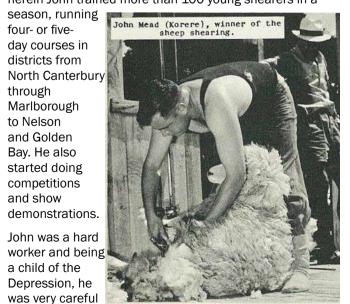
Our Inspiring Older people this edition are Anne Kavanagh, who visits John Mead as part of our visiting service. She has been visiting him for around a year and started when John was 'a bit down to it'. But he is doing 'alright now'. thanks to Anne and Nurse Maud. This is their story.

John was born on 6 October 1934 at the Nurses Home in Wakefield, His family lived at Motupiko opposite Ouinney's Bush. He lived there until he was four and then, towards the end of the Depression, his parents bought a large block of land up the Rainey River for £200. Times were tough but fortunately his mother was a seamstress who made all their clothes and they lived off the land. From the age of 7. John boarded with his grandparents in Wakefield so he could attend school. In 1944 his parents purchased a 1,600 acre farm at Korere and John attended Tapawera Area School. He left school at age 15 to work on the family farm. "In those days you worked for your tucker, boots and shirt" says John "so that's what I did". John began shearing when he was 18, after returning from his compulsory military training. It took him a while to get the hang of it and he was paid 37 shillings and sixpence for every 100 sheep. "When I started it took all day to do 100 sheep, but after a while I got up to 200 per day".

In 1955, at age 20, John attended a shearing course run by the NZ Wool Board who taught the Bowen technique. Godfrey Bowen of Hastings was the fastest shearer in the world, setting his record in 1953 by shearing 456 sheep in nine hours. In those days, a top shearer in the South Island was lucky to do 200 a day, so the Wool Board hired Bowen to form a team of 30 instructors to run courses throughout New Zealand to improve the standard of shearing. From herein John trained more than 100 young shearers in a

day courses in districts from North Canterbury through Marlborough to Nelson and Golden Bay. He also started doing competitions and show demonstrations.

John was a hard worker and being a child of the Depression, he was very careful



with his money. Through hard work and being thrifty, he was able to purchase a 720 acre block of hill country by the time he was 21 in 1956. He met his wife Joycelyn in 1958 and they married a year later and subsequently had five daughters.

John was also a good shearer himself. He and his late brother Tom had a shearing run, with 110,000 sheep on their books to shear between October and March each vear. Back in the 1960s shearing was well regarded and a key part of rural life. In 1963 John received a special invitation to shear before the Queen and the Duke of Edinburgh at Fraser Park, Lower Hutt. Public demonstrations were big back then. The shearers had to synchronise, working on the same part of the sheep in unison. They also sheared blindfolded, which was a crowd favourite. John also sheared a few times in the shop window of Nelson store McKay's, where wool-to-fashion demonstrations showed the fleece being taken off the sheep, spun and then knitted into a jersey!

In the late 1960s John contracted spinal meningitis in the middle of a shearing season. In those days there was no ACC so if you didn't work, you didn't get paid. He lost all coordination between his legs, arms and brain. John forced himself to return to work as soon as he could and on his first day back he had to be carried out of the shearing shed, having collapsed.

John was twice offered the opportunity to go to India to train shearers. He turned down the first offer because his wife was expecting a baby. In 1970, he again got a ring from Bowen asking if he wanted to go. Initially John was reluctant as had just bought the family farm and was heavily mortgaged. However, after consulting with his bank and State Advances, he was told he would be 'a fool not to go', and John is no fool! So off he went for five months to train shepherds in Harvana, Punjab and Uttar Pradesh as part of United Nations aid to India. John says it was possible only because of the support of his wife Joycelyn and their five daughters, who kept the farm running.

Running the farms was a family affair. John was busy with his shearing as well as working the farms. They were not at the stage of hiring a farm worker so his wife did a lot of farm work and his daughters also helped. Life is not easy living on the land and there were some tough times. When he purchased the family farm in 1970 he was 'mortgaged to the hilt' with a development loan costing 18 percent interest. There was a severe drought in 1982 and he lost a lot of stock. John recalls "I opened all the gates and it was survival of the fittest. Ewes were only worth 25cents".

John's contribution to shearing was recognised in 2009 when he was awarded Life Membership of Shearing Sports South Island. John and his wife moved to Brightwater in June 2017 and he sold the Korere farm to a neighbour. John regrets he did not move earlier as his wife had been in ill-health for some time and was struggling with the

stairs out at Korere. John did find it an adjustment moving from Korere to a small suburban section of 600m² but life got really hard for him when Joycelyn died in September 2018. John explains "I did struggle and got a bit down on it. I was confined to a 600m² section. I can't walk (due to an ankle problem), have hip trouble (all those years of shearing), can't drive or read as I have macular degeneration. I struggle with 4-7pm on the weekends in particular". John notes "I've been around people all my life, I've been a School Trustee, shearing instructor, on Federated Farmers". It was also disappointing to him that only one of Joycelyn's friends made contact after her death. John states "I know lots of people but most of my shearing or rugby mates are all gone".

John saw some information about Age Concern in the Grevpower handbook so gave us a call. Susan Arrowsmith. our AVS Coordinator called round and matched him up with Anne Kavanagh, who had recently registered with us as an AVS volunteer.

Anne saw an article in a local paper noting Age Concern needed volunteers and thought "I could do that!" She was used to spending lots of time with her mother, mother's sister and brother, all whom were in Stillwater Retirement Home. Anne is motivated by a genuine interest in people and desire to find out more about the past. She grew up in Nelson before moving away after she was married. "Mum is not here to ask so it is great to have someone like John and hear his stories. You learn so much from the elderly", she says.

Anne had a rural upbringing. Her father managed the Golden Hills Orchard and then McKee & Sons Orchard. Her upbringing means Anne and John have a shared understanding of working on the land and some similar values. After she married in 1972 Anne left the district for many years as her husband was with the BNZ. They lived in a number of places including Wellington, Dunedin and then back to Wellington. When her husband retired, they returned to Nelson and have been here for the past 8 years.

John notes he has had some tough times after Joycelyn died but is 'coming right' thanks to Anne and Nurse Maud. He has decided 'I've got to live again' and his advice is to get all the assistance you can. He could not live in his house without the help he receives. He has Nurse Maud three times a week who cook and prepare meals for him which he then heats up in the microwave. His weekly visits from Anne have made a huge difference to his life. He greatly looks forward to these and the opportunity to have a chinwag, along with the cups of coffee and baking. John states the visits are invaluable to anyone who needs some company. "I had a great companion who was great to talk things through with. That's what I really miss". John feels it's really useful to have someone outside the family to talk with. He notes his daughters are great but "I can't impose on them all the time". "We talk about all sorts of things"

Both John and Anne would advise anyone thinking of getting a visitor or becoming a visitor to 'go for it'. If you would like to know more about this service then please contact Susan Arrowsmith on 5447624 ext 3 or coordinator@ageconcernnt.org.nz

states Anne. "John is really positive and has some great stories. I just come and listen". Anne also greatly enjoys these sessions and states "in my experience the volunteer gets even more out of it than the older person".

John also goes on car trips once a week with someone who drives his car. He likes driving to places where he used to work and shear such as Lake Rotoiti and Cable Bay. John has 3 daughters nearby who do shopping for him and stock up the fridge and freezer.





Iohn and his AVS visitor Anne

Christmas Care Packages and Volunteer Thank You

We were absolutely blown away by the kindness and generosity of so many people for our Christmas Care packages.

A special thanks to all the individuals and organisations who donated items, particularly Port Nelson, St John, Nelson College Prep, Support Works, Nelson Inner Wheel, Tahunanui Primary School and Richmond Primary School. Thanks also to Richmond School for making up the boxes and creating lovely cards to go with the Care Packages.

We are also fortunate to have staff from Richmond-based insurance broker firm Crombie Lockwood Nelson, to help deliver these packages as volunteer drivers.

We also said a lovely thank you to many of our 150+ volunteers who help us deliver services throughout the year, in a special afternoon tea in December. Our photo collage below captures some of these events.

