

Age Concern Nelson Tasman

Serving the needs of older people

ACTIVE SENIORS NELSON TASMAN



**Read about our visit from
the Tactix Netball Team on page 13**

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

Call Sheryl now!
For more information

03 539 4856 or 0800 956 956

Total Mobility Provider

ACC
REGISTERED VENDOR



www.freedomdrivers.co.nz

Meet the staff



Manager, Caroline Budge

Caroline has been with the agency for 6 years, and is relishing the challenge of managing the team as they continue to grow and provide much needed services for our older community.



Elder Abuse Response Service Advisor, Mal Drummond

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



Accredited Visitor Service Coordinator, Registered Social Worker, Susan Arrowsmith

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



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.



RYMAN HEALTHCARE

Peace of mind retirement

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

1

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

2

Our deferred management fee is capped at 20% – one of the lowest in Australasia.

3

If your health needs change over time, we can continue to look after you.

**Some conditions apply*

Explore our Ernest Rutherford village today, phone Debbie on 03 538 0882
rymanhealthcare.co.nz

Advance Care Planning
What matters most for your future care?

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

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

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

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

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

Ask your healthcare team for a copy of My Advance Care Plan & Guide or do your ACP online at www.myacp.org.nz

ADVANCE CARE PLANNING

What matters most for your future care?

Kia kōrero
Let's talk





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

editorial supplied by Nelson Marlborough Health

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.

Tea & Talk

Locations

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	Meeting Point
Mon 17 Feb	10am – 11am	Tai Chi	Founders Park, Nelson	Meet at the Village Green in the centre
Thurs 20 Feb	10-11am	Spin Poi	Anzac Park, Richmond	Meet by Age Concern Office, 62 Oxford Street, Richmond
Fri 21 Feb	10-11.30am	Edible Walk	Orphanage Stream Walk	Saxton Road East by Covent Drive - where walkway commences
Mon 24 Feb	10am – 11am	Tai Chi	Botanical Reserve, Nelson	Meet at Milton Street next to clubhouse
Tues 25 Feb	10-11.30am	Guided Walk	Maitai Walkway, Nelson	Meet at Miller's Acre Car Park
Thu 27 Feb	10-11.30am	Sing-a-long in the Park	Washbourn Gardens, Richmond	Meet at the Fuchia House
Mon 2 Mar	10-11am	Tai Chi	Park behind Motueka I-Site	Information Centre, off Wallace Street, meet by Playground
Tues 3 Mar	10-11.30am	Heritage Walk	Isel Park, Stoke	Meet in front of Isel House
Thurs 5 Mar	10-11am	Spin Poi	Broadgreen Gardens, Stoke	Meet outside Broadgreen House
Mon 9 Mar	10am – 11am	Tai Chi	Monaco Reserve, Monaco	Meet by the Playground
Wed 11 Mar	10-11.30am	Heritage Walk	Miyazu Gardens, Nelson	Meet at the carpark off Atawhai Drive
Thu 12 Mar	10-11.30am	Sing-a-long in the Park	Faulkner Bush, Wakefield	Meet at the Playground
Fri 13 Mar	10-11.30am	Edible Walk	Stoke Railway Reserve, Stoke	Meet at Standish Place, off Main Road Stoke
Mon 16 Mar	10–11am	Tai Chi	Isel Park, Stoke	Meet in front of Isel House
Thurs 19 Mar	10-11am	Spin Poi	The War Memorial Garden, Takaka	Meet in the middle of the garden, 63 Commercial Street, Takaka
Fri 20 Mar	10-11.30am	Mobility Scooter Guided Trail	Stoke Railway Reserve, Stoke	Meet at entrance along from Pics Peanut Butter
Mon 23 Mar	10–11am	Tai Chi	Ngawhatu Park, Stoke	Meet by clubhouse off Suffolk Road
Tues 24 Mar	10-11.30am	Guided Walk	Inlet Walkway, Motueka	Meet at the Motueka Community Gardens
Thu 26 Mar	10-11.30am	Sing-a-long in the Park	Isel Park, Stoke	Meet in front of Isel House

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



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 CORNER

Apricot Chicken

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

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



4. 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



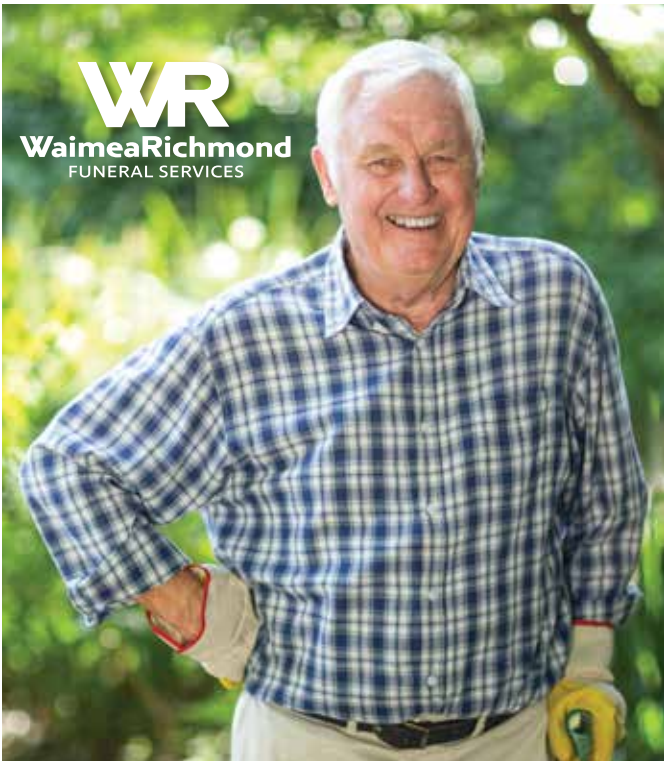
Moving with the times and meeting the continuing change in needs of the public has always been on the forefront of their minds for the team at Waimea Richmond Funeral Services, and we are pleased to announce the opening of our new purpose built Funeral Home at 24 Champion Road, Richmond.

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.



WaimeaRichmond
FUNERAL SERVICES



Opening the doors to our new purpose built funeral home in early March 2020. Call in to meet one of our friendly team and we'd be happy to show you around.
24 Champion Road, Richmond • 03 544 4400 • wrfs.co.nz

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.

