

AUTUMN 2020 QUARTERLY NEWSLETTER

www.ageconcern.org.nz



Age Concern Horowhenua | Kapiti | Manawatu

Serving the needs of older people



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9.00am - 3.00pm Monday to Friday

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8.30am - 3.30pm Monday to Friday

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www.millvalelevin.co.nz**Contact Information****Age Concern Kapiti****Phone:** (04) 298 8879**Email:** admin@ageconcernkapiti.co.nz**Address:** 1st Floor, Coastlands Mall, Rimu Road, Paraparaumu 5032**OFFICE HOURS**

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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

Have a Driving Miss Daisy experience with us.

Driving Miss Daisy is your safe, friendly and reliable companion driving service.

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- Grocery shopping
- Airport pick-ups
- Companion outings
- Keeping your independence
- Taking children to outings
- Or even transporting your pet!

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East Palmerston North

Ph: (06) 355 0040



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

News from Age Concern Horowhenua

“Big Christmas Shout Out” for Horowhenua Aged Concern

Our local office of the Horowhenua Age Concern held their first annual “Big Christmas Shout Out” on Thursday 5th December in recognition of all our Volunteers, Community Group Organisations and Clients. Volunteers, Community Group Organisations and Clients are an integral part of our organisation, and without them working behind the scenes or in the forefront, Age Concern would not be able to continue to provide services to our older people in the community.

Age Concern wanted our Volunteers, Community Group Organisations and Clients to know that their efforts throughout the year were appreciated and had not gone unnoticed. So, the idea of the “Big Christmas Shout Out” was born.

The big day saw a great turn out and the Levin weather did not disappoint, with no sign of the previous rain and wind that had hammered our town. The morning started with a sing along of Christmas songs hosted by Robyn Curtis, who had volunteered her time and skills to entertain us all.

After a few words of welcome, everyone proceeded to take their place at the festive tables set out for

the Christmas lunch. Age Concern were very lucky to have several generous businesses in our community that contributed to this event. Businesses such as New World, Countdown, Garden of York, Harvey Bowler Funeral services, I C Mark Funeral Directors, The Warehouse, RJ’s Licorice, Cloud 9, Susanne Cottle and Robyn Curtis.



Christmas cheer – fun had by all

Once all were seated, the moment everyone was waiting for, the arrival of Santa Claus, also known as Father Christmas, Saint Nicholas, Saint Nick, Kris Kringle, Santa, or simply Dan Geraghty our Elder Abuse Responsive Service Coordinator.

Santa arrived on his trusty mobility scooter, beautifully decorated in the theme of Christmas. Santa then proceeded with the help of his trusty elf, to spread the word of Christmas along with a small gift to take away. A great day was had by all, all went home with full bellies and a special gift chosen just for them. We hope to continue our “Big Christmas Shout Out” in recognition of all our awesome people that allow Age Concern to continue to serve the older people in our community.



Santa and his Elf

AGE CONCERN What’s On in the Horowhenua

Stay Safe Refresher Courses for Older Drivers

Stay Safe is a classroom refresher workshop for the senior road users with the aim to maintain and improve safe driving practices. The workshop aims to maintain and improve safe driving practices while raising awareness about driving behaviours.

Confirmed course dates for 2020

Where: Queen Street Chapel,
541 Queen Street, Levin
When: Thursday 16th April 2020
Cost: Free
Bookings essential as spaces are limited.

Nat & Chat

Nat & Chat is an informal gathering for over 65’s. Held on the last Thursday of each month, with a different guest speaker each month. Come along and enjoy a cuppa, a cake and great company.

Where: Queen Street Chapel,
541 Queen Street, Levin
When: Last Thursday of every month
Cost: Free
A light morning tea will be provided.

Steady as You Go©

Community based, falls prevention exercise classes, improve your balance, leg strength, flexibility, general fitness and wellbeing.

- Includes simple exercises, seated in a chair, standing and walking.
- Proven to improve balance, spatial awareness, flexibility and leg strength.
- Participants feel physically better and more able.
- Class members enjoy being with a friendly group of likeminded people.
- A range on light ankle weights are used for leg strengthening exercises.
- All participants are encouraged to work at their own pace.
- Classes run for an hour and cost \$3.00 to attend.

Age Concern have several classes that operate throughout the Horowhenua areas.

For more information or to secure a place: Contact: Melanie Lilley | Social Connection Coordinator | Age Concern Horowhenua
Email: ageconnect@ageconcernhoro.co.nz
Phone: Direct (06) 920 2175 | Office (06) 367 2181



A Strength, Balance and Falls Prevention Programme

- Falls are the most common cause of injury in older people
- Falls can lead to a significant loss of mobility and quality of life
- 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!
- Joining a SAYGo class and improving your strength and balance can reduce falls & injuries



SAYGo improves:

- Balance and leg strength
- Flexibility
- General fitness and wellbeing
- And is a great way to meet new people

Current classes

1:30pm Thursday and Friday at The Community Hub, 32 Bristol Street, Levin

11:00am Tuesday at Queen Street Chapel Youth Hall, 541 Queen Street East, Levin

New Class

11:00am Wednesday at Te Awahou Nieuwe Stroom, 92 Main Street, Foxton.

Classes are one hour each week, \$3 per class

ENQUIRIES & BOOKINGS for 2019

Phone (06) 367 2181 - Age Concern Horowhenua
538 Queen Street, Levin.

AGE CONCERN AS A VOLUNTEER VISITOR

I first heard about Age Concern when I was on a community board, and we heard updates about the real problems going on in our region. So, when I became “semi-retired” (hah) I decided I’d like to volunteer.

I told my parents I was doing it and they asked me why. I replied that I’d like to get some real experience for how to deal with them in a few years, as the last suggestion I made about putting them in wheelbarrows so they could have a tour of my garden didn’t go down very well.

I got asked by the local coordinator to meet with a new client and I said “yes”. Then she said that the last volunteer wasn’t well received and so I was a little apprehensive. I do have a couple of things in my favour however, I have no shame and like a bit of a laugh. Well, me and J hit it off straight away. We were gossiping away like people who had known each other for years within the first week.

Pretty soon me, J and her cleaner and I started having

a cuppa together (with some of J’s fantastic afghan biscuits). I would often get to bring afghan biscuits home with me, and J is personally responsible for a 2kg weight gain. J also makes the best pickled onions. I’m generally not a fan, but those onions of hers are like a class B drug.

People often ask me what it’s like volunteering for Age Concern. I get the impression that they imagine that I go and visit, pat J on the head and listen to all her troubles. It’s not like that at all. Yes, we talk about happy things, sad things, health worries and families. We definitely laugh. I help with her gardening, she helped mend a crochet blanket from my great Aunt. We go out for lunch or morning tea, visit her friends (and her doctor) and have even gone for a trip to the cemetery so she can talk with her parents.

It’s a relationship that we both benefit from and she’s now a really important part of my life. So, I guess to finish up I’d like to say “Thank you Age Concern” (or as I like to call you – AC!) for the introduction to a friend. I’d invite you over for pickled onions and afghans, but they’re not for sharing.

SUDOKU

Instructions: Simply fill in the blank spaces with the numbers 1–9. Every row, column and 3 x 3 box must contain all nine digits with no number repeated.

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Do you know an older person who would like more company? - Age Concern Accredited Visiting Service (AVS) can help

What is the AVS
The AVS is a befriending service aimed at reducing social isolation and loneliness amongst older people

Why is it important?
Research shows that loneliness is as bad for health as smoking, and that social isolation almost doubles an older person’s risk of going into residential care.

Who is it for?
AVS Clients must be:

- Willing to be referred
- A risk of social isolation due to having no or very few regular visitors
- 65 and over in most cases
- Able to contribute to a mutually beneficial relationship
- Usually individuals, but may also be couples experiencing isolation, often when one is in a carer role

What does the AVS do?
AVS visitors provide regular visits of about an hour per week, share



interests and activities with clients, and support them, where possible, to make other community contacts

What don’t we do?
Visitors are there to provide social support. They are not allowed to do personal cares, housework, to handle medications or finances, or to do regular shopping

Assessing risk
Older people experiencing the following are more at risk of loneliness and social isolation:

| | |
|--------------|---------------------------|
| Low income | Poor Health |
| Living alone | Lack of Private Transport |
| Depression | Bereavement |

What can you expect when you make a referral to AVS?

- Clients accepted for the service will be contacted within two weeks
- Clients will be assessed, and matched with compatible visitors, subject to availability
- Matches will be regularly reviewed
- Some Age Concerns offer additional social support options such as group activities through the AVS
- The AVS coordinator will liaise as required with other agencies to address client needs outside the scope of the service.

To refer an older person to the Accredited Visiting Service please contact Wendy at Age Concern Horowhenua, 538 Queen Street East Levin ph 06 367 2181

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Talk to a range of lawyers, monumental specialists, tech experts, florists and join a tour through our facilities with a Q&A session.

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Saturday 28th March

Fun Day

10:00am – 2:00pm

(FREE ELECTRIC BLANKET TESTING)

In conjunction with Horowhenua District Council, Neighbourhood Support are having their annual fun day community event at the Village Green in Levin.

Free BBQ, Free Give-Aways and Free Children's Activities, come along and have some fun with the Fire Service, St John's, Civil Defence, Community Patrol and Hits Radio will be hosting from the park on the day.

Also available on the day is **FREE Electric Blanket Testing**



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- Levin Home for War Veterans, Levin
- Kapiti Day Programme, Paraparaumu

retirement villages | rest home | hospital | dementia
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Free phone 0508 ENLIVEN or visit
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Horowhenua Skills4Living

In July 2019 the Horowhenua SuperGrans began trading as "Skills4Living". Our new name has been a long time in the making and we feel it better reflects what we do. In essence, we teach life skills such as budgeting, parenting, cooking, sewing, household routines etc.

Our mentors teach these life skills in a non-judgmental and caring manner. We offer "Money mates" which is a budgeting programme that can be undertaken in a group or individually. Budgeting is an important skill to learn and age is no barrier. We offer the Incredible Years parenting course which caters for parents, grandparents and caregivers of children aged between 3-7 years. It is about building relationships with our children and learning skills to effectively parent.

We run cooking classes focusing on cheap, nutritious food and how to make meals stretch. One on one cooking in the home is also available using one of our mentors. We have an industrial sewing machine and over locker available in our office to teach sewing at any level. We all have to tackle housework so we can help make the process smarter not harder. If you would like to learn a life skill or have the necessary skills to teach life skills please contact our office.

8 Bath Street, Levin
Phone: 06 367-0680

Email: coordinator@skills4living.co.nz

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STAYING SAFE
a refresher workshop for senior road users

How well do you know the road rules?



Staying Safe is a classroom-based refresher workshop for senior road users. The workshop aims to maintain and improve safe driving practices and increase the knowledge of other transport options available to help senior road users remain safely mobile.

Contact for enquiries or bookings:

Please phone 06 3672181 or call in at 538 Queen Stree East, Levin from 9am to 3pm Monday to Friday.

Dates for workshops for 2020 to be confirmed.

A light lunch is provided.

www.nzta.govt.nz/traffic/senior-road-users



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Thanks



Christmas raffle winner Anne Riach

Age Concern Horowhenua wishes to thank all our sponsors in 2020 for making our work possible

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I GOT SICK OF BEING ALL ABOUT ME

(Your weekend Magazine/Stuff – Sharon Stephenson)

Everyone has different skills. I'll go first: I'm good at walking in heels, making jam and using an apostrophe.

I'm bad at reversing into car parking spaces, swimming backstroke and baking sourdough (I've yet to nail the perfect starter).

Until about five years ago, I was also catastrophically bad at giving my time and energy to anyone other than myself. I got up, went to work, did stuff with family and friends, and went to bed. The sands drifting through my life's hourglass were all about, and for, me.

But one grim July night, while pretending to jog around Wellington's waterfront, I spied a group of eight people wearing distinctive SPCA hi-vis vests and walking adorably fat puppies. Stopped, nuzzled into that delicious puppy smell and bailed up the organiser, who told me that every Monday evening a group of volunteers walked the shelter puppies to socialise them with people and the great wide world. I signed up on the spot.

Almost every Monday, through howling southerlies and warm summer evenings, I joined this group of dedicated volunteers who shared a love of animals and a realisation that giving up a few hours each week provides a sense of purpose and a connection both to others and – without wanting to sound too

woo-woo – something bigger than ourselves.

I've since moved away from Wellington so, sadly, had to break up with the Monday night puppy walkers. But not far from my new home is a dog shelter where, once a week, I walk adult dogs hoping to find their forever home. I'm not going to lie: trailing behind 25-plus kilos of mixed breed canine who could easily outpace and out-power me isn't always easy, especially when the weather turns feral. But on the drive home I always end up smiling like a loon. I probably get more out of those three hours than the dogs do: I feel happier, calmer and as if I've actually given back in some minuscule way.

Google "volunteering" and you'll be inundated with research that backs this up: doing something for someone else without the expectation of payment, thanks or even acknowledgement can improve one's mental health, life satisfaction, wellbeing and skill levels while at the same time reducing stress and its harmful effects on the body.

Volunteering, say the experts, is known to kick-start the brain into producing feel-good endorphins which result in the so-called "helper's high" and it can help people feel more connected to each other and have a heightened sense of purpose. Which in turn, can help relieve depression, PTSD, lower self-esteem and even obsessive compulsive disorder.

It gets better: a 2017 study from the University of Calgary showed that people who volunteer could be a lower risk of dementia. The study found that seniors who volunteered for at least one hour a week on a regular basis were 2.44 times less likely to develop dementia than those who didn't. Social service

apparently improves elasticity in the brain and as volunteers age, it might help maintain those brain connections that often break down in Alzheimer's patients.

As I'm currently watching my mother being dredged through the horrific swamp that is dementia, I say as a big fat yes to anything that could help me avoid a similar fate.

The late great Muhammad Ali was known for saying a lot of things, mainly to do with floating like a butterfly. But he was also a man who knew his way around charitable causes and one of his better utterances was: "Service to others is the rent you pay for your room here on Earth" Whether that's walking dogs, helping at a soup kitchen or teaching English to refugees, each of us has a skill with which we can, and should, pay our Earthly rent.





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Cost: \$10 Per Annum

Donations of \$5.00 and over are eligible for a tax credit under the terms or Section LD1 of the Income Tax Act 2007.

For more information please phone Age Concern Horowhenua on (06) 367 2181

News from Age Concern Kapiti

By Dermot Whelan, Manager at Age Concern Kapiti

SURVEY TO HELP DETERMINE THE EXTENT OF LONELINESS AMONG OLDER PEOPLE



Part of the audience listening to the Age Concern Kapiti Survey results

Professor Christine Stephens from the Massey University School of Psychology certainly kept her audience fully engaged at Age Concern Kapiti’s recent function to announce the very interesting findings of our survey of older people.

The Social Connections study carried out by Massey on behalf of Age Concern Kapiti used two established measures to find the levels of loneliness in the over 65s living on the Kapiti Coast. The first – the UCLA Loneliness Scale – found that 21% of respondents reported moderate or high levels of loneliness. The second – The De Jong Gierveld Loneliness Scale which distinguishes between social and emotional loneliness – found that 44% reported moderate to high levels of loneliness.

Prior to this study we were not sure of the extent of loneliness among older people in Kapiti. The

study has confirmed it’s real and that steps need to be taken to understand the issues and find solutions. There are implications in the findings for the likes of central and local governments and the Age Friendly initiative here on the coast. Of particular interest to us in the findings is the important role that neighbours and neighbourhoods can play in alleviating loneliness. Survey respondents’ sense of Neighbourhood Security and Neighbourhood Social Cohesion, as well as Housing Satisfaction and Neighbourhood Accessibility were all found to be ‘moderately strongly associated’ with loneliness.

Individual factors such as health and personal relationships are important to understand. However, in terms of aspects of social life that we can change, the associations of neighbourhood factors with loneliness are stronger and more consistent than the relationships between people’s group memberships and social activities with loneliness. Individual factors like health and belonging to restricted networks must be taken into account when considering who is at the highest risk of loneliness and may require provision of services. However, these are factors that are difficult to change. When considering prevention of loneliness, neighbourhood qualities are broader aspects of the environment that may be strongly influenced by central and local government policy and planning.

One of the strategies we are currently working on in our AgeConnect Kapiti project is encouraging people to get to know their neighbours.

Of interest to us also is the recently published New Zealand Government Strategy - Making the future better for New Zealanders as We Age 2019-2034. The strategy document “Better Later Life” identifies 5 key areas for action, one of which is “Enhancing opportunities for participation and social connection.” The strategy highlights the need to reduce loneliness among older people, by such means as raising awareness of the impact of



Dermot Whelan

loneliness and social isolation on older people and encouraging communities to address these.

Our AgeConnect project is all about increasing social connections for older people in Kapiti and it is now a clearly defined Government strategy. The findings of the Massey University study which reported moderate or high levels of loneliness in Kapiti make it even more vital for AgeConnect Kapiti and all other interested organisations, groups and individuals to find initiatives that reduce these concerning figures.

Increased interaction with our neighbours at street level is a factor we can all change for the better. So it’s good to hear that Neighbourhood Support will have a strong presence in Kapiti in 2020. Emma McGill, Neighbourhood Support Coordinator says that there have been approximately one hundred neighbourhood groups set up over time in Kapiti, with about 50 of these in Paraparaumu. We will be working with Emma and Neighbourhood Support this year, as we strive to “increase social connections for older people in Kapiti”, the purpose of our AgeConnect Kapiti project.



Above left to right; Louise Rees (ACNZ), Professor Chris Stevens (Massey University) and Tristine Tilly (AgeConnect Project Coordinator) at the function to announce the survey results



STEADY AS YOU GO FALLS PREVENTION CLASSES



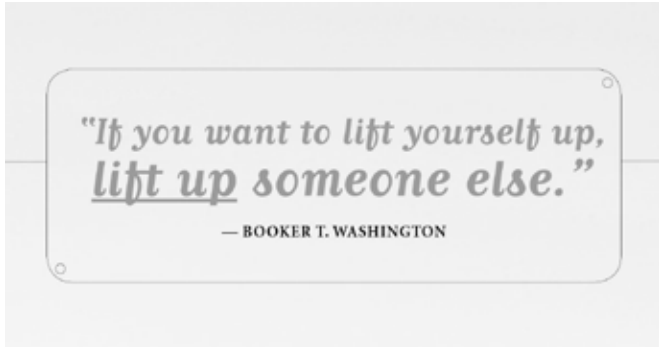
We are continuing our well-established Steady As You Go (SAYGO) Falls Prevention classes, with four new weekly classes having just started around the District at Otaki, Waikanae, Paraparaumu Beach and Raumati. As many are aware, falls are the most common cause of injury among older people. One third of people over the age of 65 have at least one fall every year and this increases to 1 in 2 people over the age of 80.

These falls are almost always associated with weakened leg muscles and poor balance. But falls are preventable and by joining our evidence-based SAYGO classes you will improve your strength and balance to help reduce your likelihood of having a fall.

It may not be too late when you read this to enrol yourself or a friend for a SAYGO class near you.



The Steady As You Go Waikanae class



STAYING SAFE AND LIFE WITHOUT A CAR

We are soon to launch two new initiatives in Kapiti - Staying Safe and Life Without A Car.

Staying Safe is a refresher course for older drivers, a free classroom based course that will help you re-familiarise yourself with traffic rules and safe driving practices. It will also increase your knowledge about other transport options and help you remain independent for longer.

Older people stop driving for various reasons. The resultant feeling of loss of independence can be overwhelming for some. They will agonise about such issues as how can they continue to do their shopping, make medical appointments, cost of alternative transport, loss of social connections, reluctance to being perceived as a burden on others. But stopping driving need not be a limiting factor that prevents you doing what you want.

Life Without A Car is a free classroom based course which demonstrates that adjusting to life without a car doesn't mean losing independence and freedom. The information provided will highlight some alternatives available to remain active and some solutions on how to go about life with some planning and adjustment. Several Age Concerns around NZ are successfully running these courses and we are delighted to be joining them.

We will be running several Staying Safe and Life Without A Car courses in the first half of 2020, starting next month. Let us know if you would like to attend either or both.

Become a Friend of Age Concern Kapiti

Mr / Mrs / Miss / Ms

Name: _____

Address: _____

Telephone: _____

Email: _____

Friend of Age Concern Kapiti only \$15.00 Donation:

☐ \$10 ☐ \$20 ☐ \$30 ☐ \$50 ☐ \$Other.....

TOTAL: \$.....

Donations of \$5 and over are eligible for a tax credit under the terms or Section LD1 of the Income Tax Act 2007

For direct bank transfer A/C: WESTPAC 03 0732 0153395 000

A receipt will only be sent if this box is ticked ☐

Age Concern Kapiti, PO Box 217 Paraparaumu 5032

SCAMS, CONTINUE TO BE ON FULL ALERT

We've talked about scams on many occasions and the need for everyone to be very vigilant about anything that could be a scam. Sadly, scams keep coming.

Here's another one to ignore - A sophisticated email scam, which pretends to be from the NZ Transport Agency, is taking unsuspecting people to a webpage to renew their vehicle licence (rego) and asks for many personal details such as NZ driver licence details and banking information. Depending on how much personal information the scamming website receives, the fraudsters may have enough information to carry out a virtual identity theft.

How to spot this scam email - If you've recently received an email asking you to renew your rego, please check the email details carefully. Genuine Transport Agency emails always use an nzta.govt.nz suffix. If the email was genuinely sent from the Transport Agency, it will include your specific vehicle details including: your vehicle's plate number, vehicle make, the expiry date of your current vehicle licence. If the email you received does not include your specific vehicle details, do not complete the online renewal transaction webpage that the email takes you to.



SUPERGOLD SMARTPHONE APP

A recent government announcement slipped by relatively unnoticed by the New Zealand media. The Right Honourable Winston Peters wisely chose 1 October - International Day of Older Persons - to launch the new SuperGold SmartPhone app and updated SuperGold website.

One of the many fine features of the new app is finding discounts easily through the 'near me' button. Simply push the button and you will see a map highlighting the discount closest to you. There are thousands of instant discounts available with your SuperGold card. The new app helps you find them easily, both in your own neighbourhood and across the country.



Sue Russ (guest speaker from Welcome Tours) and Alison Miller (Health Promotion Co-ordinator) at the February Age Concern Kapiti HAT Group meeting

Personal and economical transport with extra help

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Call Freedom Drivers for medical, business and personal appointments or assistance with shopping. How about a drive with a stop for morning or afternoon tea for yourself and a couple of friends?

"We bring our friendly service to your door and we will provide extra help at either end of the journey as needed. For medical appointments we make sure you get to the right place and will wait if necessary or pick you up after the appointment. Travelling with Freedom is like travelling with friends or family. You build a relationship with a driver you get to know and trust."

Service is personalised and Freedom prices are comparable to (and often less) than a standard taxi. We take Total Mobility cards (TM) and are ACC Registered Vendors.

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Call Lindsey now!

For more information

04 298 3184 or 0800 956 956

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HealthCare New Zealand

Being independent is key to our quality of life. For most people, that means staying in our own homes, close to our family, friends, communities and favourite activities.

Sometimes we need a hand to maintain our independence, and that's where HealthCare New Zealand can offer high quality help, tailored to your lifestyle.

HealthCare New Zealand supports people around the country with personal care, home management and domestic support, nursing services and rehabilitation. Their specialist skills, knowledge and expertise lets them work with you to create a plan that suits your needs, regardless of age, illness, injury or disability.

With a national network of experienced and trained professionals, HealthCare New Zealand works alongside people and their families each step of the way, with a personalised support plan that incorporates your needs and goals.

With a toll-free 0800 number and website – www.healthcarenz.co.nz it's easy to get the support that works for you.



With over 19 years of experience and a professional team of local, caring and highly qualified staff, we can support you to live independently in your own home.

Our services include:

- Personal care
- Home care services
- Nursing services
- Goal based services

Our services are fully certified and in some cases may be free for eligible residents.

We also support privately paying clients.

For more information:
Freephone: 0800 275 174
www.healthcarenz.co.nz



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New Zealand

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Living with an ICD? (Implantable Cardioverter Defibrillator)

Free information sessions on ICDs with
Lin Coleman, Specialty Clinical Nurse in Heart Rhythm Management.

Share your experience and ask questions.

Kāpiti

Date: Wednesday 29 April 2020

Time: 5.30 to 7pm

Where: Te Newhanga Kāpiti
Community Centre,
15a Ngahina St, Paraparaumu

Register at
icdinfo.eventbrite.co.nz
or phone 04 472 2780
heartfoundation.org.nz



Heart Support Groups

Support groups for people and whānau impacted by heart disease including atrial fibrillation.

Come along and join us for a chat and a cuppa, and the opportunity to meet others with similar conditions.

Feilding

When: 4pm, last Wednesday of the month
Where: Senior Leisure and Learning Centre,
14 Bowen St, Feilding

Levin

When: 1pm, third Monday of the month
Where: Totara Room
Te Takere, 10 Bath St, Levin

Contact Cath at
cathl@heartfoundation.org.nz
or phone 04 472 2780 ext 2



TRANSMISSION GULLY

Isn't it good to hear that the Transmission Gully opening date has been announced – 1 November 2020! What a transformational change this will make for the Kapiti region. It won't be just the older generation coming to live here in big numbers, but the young families too. Six thousand people living in Kapiti commute to Wellington for work each day. Transmission Gully will slash the travelling times from Kapiti, making it an even more desirable place to live.

Transmission Gully's completion is certainly not before its time. The November opening will come just a shade over a century since the first publicly recorded discussions of the need for a new inland road connecting Wellington to the north, reported in The Evening Post in 1919. Whoever that visionary person was in 1919, I'm sure he or she did not think it would take 100 years to happen. But it is, and it will be good!



Four of our wonderful Christmas gift wrappers in Coastlands Mall.

Nothing is particularly hard if
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Harbour City Funeral Home, Proudly Locally Owned and Operated

Harbour City Funeral Home personnel are available to serve families throughout Wellington and greater Wellington region with premises in Wellington, Lower Hutt, Upper Hutt, and now in Paraparaumu, Kāpiti Coast.

Started in 1989 by Simon Manning, the business is still locally owned and overseen by Simon's keen eye for innovation, passion and excellence in funeral service. Whilst many funeral companies are under the ownership of multi-national funeral chains Harbour City has proudly remained locally owned.

Harbour City Funeral home looks after all aspects of funeral care including at-need, pre-planning and pre-payment, monumental work (headstones and plaques), online memorials at www.tributes.co.nz, bereavement support services as well as being certified to carry out natural burials.

Please contact us for a copy of our free, no-obligation funeral information booklet. Our location phone numbers are listed in the advertisement below.

www.harbourcityfunerals.co.nz

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Wellington

Ph: (04) 387 8301

Upper Hutt

Ph: (04) 528 8924

Lower Hutt

Ph: (04) 570 0111



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Caring in our Community

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community. Contact us
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www.harbourcityfunerals.co.nz



News from Age Concern New Zealand Palmerston North & Districts Branch Inc

I am counting down the weeks until Age Concern Palmerston North and Districts will be a stand-alone branch of Age Concern. This will take effect at the end of April, when the services, staff and resources will be handed over from Age Concern New Zealand to Age Concern Palmerston North and Districts. As an independent organisation, we will be better able to support older people in the Manawatu Region (Palmerston North and Manawatu Districts.). The Board, staff and volunteers are all very excited about this change.

A lot of work has gone in to making this happen. An Advisory Group, made up of members of the local community, met throughout 2019 to work to establish the new organisation. At a community meeting on 15th July 2019 attendees unanimously voted to establish Age Concern Palmerston North and Districts as an incorporated society and a governing Board was elected consisting of Christina Brenton (Chair), Jeff Rayner (Vice Chair and Finance Officer) with Joan Chettleburgh, Tracey Sefton-Wiggins, and Tracy Lynn elected as Board members. Paul Rieger and Sharon Matthews-Smith joined in August and September. These board members bring a wealth of knowledge and experience to their roles and the community is fortunate that they are volunteering to lead the organisation.

Our vision is that "Older people live a valued life in an inclusive society". Our mission is to work for the respect, rights, well-being and dignity of older people in the Manawatu Region. Our services are open to all people aged 65+ and any person or organisation can contact us for information and advice. You do not need to be a member to use our services.

We do invite everyone to support us in our work by becoming members of Age Concern Palmerston North and Districts. Your membership fee will entitle you to receive the quarterly newsletter by post or email and to receive advance notice of events. In becoming a member, you will be able to make a big difference to the lives of older people in the region. As a charity we need to fundraise to fulfil our budget and keep our services running.

The membership year is for 12 months from 1st July to 30th June. The cost is \$20 for individuals and \$30 for a couple and \$100 for an organisation. If you join before the 1st July, we will give you membership through to 30th June 2021. A membership form is included in this issue.

On a sad note we said goodbye to Robyn Baker our Elder Abuse social worker who retired on the 4th February. Robyn had been a big part of Age Concern for the past 10 years and she will be greatly missed in the community. We thank Robyn for all the service she committed to older people in the region and to Age Concern and wish her well in her retirement.

Marian Dean

Manager, Age Concern NZ Palmerston North & Districts Branch Inc.

Age Concern Palmerston North and Districts wishes to thank all our sponsors for making our work possible.

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COMMUNITY TRUST**

Gordon Lindsey Isaacs Trust

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Thanks to Symons Palmerston North for their recent support in enabling us to obtain a new printer photocopier.

Moving Away from Cheques

For many years the use of cheques has been quickly declining. In New Zealand the use of cheques has more than halved in the five years between 2013 and 2018. So far, large organisations like Kiwibank, New Zealand Post, Inland Revenue and ACC have announced they will no longer be accepting cheques from the following dates:

- **Kiwibank from 28 February 2020**
- **New Zealand Post from 29 February 2020**
- **Inland Revenue from 1 March 2020**
- **ACC from 1 March 2020.**

Even though the use of cheques is declining, New Zealanders still wrote 18.7 million cheques in 2018 and they are still used for many different reasons, especially large payments.

We know that the decision to move away from cheques is likely to affect seniors most. Many older people are not tech savvy, cannot afford devices or access the internet. Some seniors also intentionally avoid using the internet out of fear of scams. We understand cheques can feel like the safest option.

Kiwibank have taken a few steps to try and make this transition easier. They have introduced face-to-face support through 'Tech Teas' at their branches and free digital banking workshops at about 120 selected community centres and libraries across the country. A Digital Education Hub has also been set up to provide how-to videos and step-by-step guides to help people with the basics of internet banking and keeping safe online. You can find out more about this help through the Kiwibank website at www.kiwibank.co.nz or by visiting the Palmerston North branch of Kiwibank, at 227, Broadway Avenue.

From Super Seniors Newsletter February 2020



Kiwibank support with internet banking in Palmerston North

Kiwibank are offering their customers one-on-one support with a staff member for internet banking.

Customers can make an appointment by phoning or calling in at the branch. The bank has a Digital Hub where there are 5 iPads available for customer use for their banking. There are also videos that customers can watch with step by step instructions in internet banking available on the Kiwibank website www.kiwibank.co.nz.

To make an appointment for one-on-one support phone the branch on 06 952 1283 or call in at the branch 227, Broadway Ave., Palmerston North.



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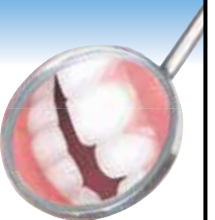


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Phone 06 323 2770

Email: feilding@bdlenture.co.nz



Don't be a Money Mule

New Zealanders of all ages can unwittingly become money mules for international fraudsters, but many of those targeted are retirees.

You don't need to leave home to become a money mule, since a money mule is anyone who transfers illegally acquired money on behalf of a criminal – unknowingly or willingly. Mules are recruited to move money electronically through bank accounts, take it out in cash or buy virtual currency like Bitcoin. Money mules can be recruited by criminals through a variety of channels including job websites, dating websites, social networking websites and online classifieds.

As the incidence of scams and fraud increases, so does the number of victims used as money mules. "Many online scams involve asking the victim to receive money to 'look after' and then transfer it to another account, usually offshore," says Bronwyn Groot, the Commission for Financial Capability's (CFFC) Fraud Education Manager.

"In most cases the money has been scammed from someone else and is destined to fund organised crime."

There are a few things to do if you think you're a money mule:

- Contact your bank immediately
- Stop all communication with suspected criminals
- Stop transferring any money or valuable items
- Keep all receipts, contacts and communications, such as texts, emails or chats
- Notify NZ Police immediately.

Money mules are a part of criminal money laundering operations and there are serious consequences including imprisonment, negative impacts on credit and inability to open bank accounts in the future. For more information including how to protect yourself or those around you from becoming a money mule go to www.cffc.org.nz

From Super Seniors Newsletter February 2020



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
- **Guest speaker Desley Monks, Horizons Regional Council, she will talk about Total Mobility Scheme and the new Bee Card for buses**

Friday 15th May, Age Concern, 51, Waldegrave St., Palmerston North 10am to 12.30pm
Wednesday 17th June, Ashurst, 10am to 12.30pm venue to be confirmed
Wednesday 24th June, Senior Leisure and Learning Centre, 14, Bowen St. Feilding 1pm to 3pm

Bookings essential as spaces are limited. For more information and to book: Phone Age Concern NZ Palmerston North & Districts Inc. on 06 355 2832 or email: marian.dean@ageconcern.org.nz

There are no limits to what you can accomplish except the limits to your own thinking.

You may have to fight a battle more than once to win it. Margaret Thatcher.

Staying Safe Refresher Courses for Older Drivers



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

Age Concern New Zealand received a national contract from NZ Transport Authority (NZTA) for Age Concerns to deliver these workshops throughout New Zealand. The workshop uses material developed by the NZTA and also by Age Concern Canterbury. **We deliver these workshops with the support of the NZ Police.**

Course Dates:
April 24th 9.30am to 2.30pm 51 Waldegrave Street, Palmerston North
June 10th 9.30am to 2.30pm Ashhurst venue to be confirmed.

For more information and to book a course phone Age Concern NZ Palmerston North and Districts Branch Inc. on 06 355 2832

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*conditions apply

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Please send me an information pack about pre-paid funerals

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Address.....

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type 'Manawatu Outreach Service'

Pre Paid Funeral Trust

Some people have funeral insurance but premiums seem to rise as you get older, yet the amount claimable remains the same. Some have thoughts about prepaid funerals but worry funeral prices will rise with inflation plus there are on-going fees aren't there?

Andrew Malcolm of Kapiti Coast Funeral Home tackled this problem finding a pre-paid fund that has no fees and all interest goes to the client.

Sound too good to be true? Its not!
Kapiti Coast Funeral Home partnered with BNZ Client Funds, and agreed that neither will charge fees so all the funds invested, plus interest, go back to the client. Money is lodged in individual accounts with each person's own IRD number. They don't even have to be a BNZ client.

So why not take the onus off your family and arrange an interest earning no fees pre-paid funeral unique to Kapiti Coast Funeral Home.

editorial supplied by Kapiti Coast Funeral Home

Thinking of moving house?
Think of Lifetime Design



If you are thinking of moving house or renovating your home, it's a good idea to think about the things your home may need for you to be independent and comfortable in later life from the outset so that you can continue to live there as you grow older or if your mobility become impaired.

If you are buying an existing property or looking for a new rental property then consider how the home is adapted to your needs now or to your future. If you are considering renovating a house or building a new home, it's sensible to make any necessary changes at the start of the project rather than having to make changes later.

It is good to consider things that will make access easier. Some of these have been identified by

Lifetime (or Universal) design. Universal design is about making homes that people can live in and enjoy regardless of their age, mobility or stage of life. Some basic principles of universal design that make access easier include:

- having flat access to the main entrance
- having the main floor at entry level
- having the kitchen, bathroom and at least one sleeping area at entry level (note: the sleeping area could also be used as a study or living area)
- ensuring all walkways and doorways are wide enough for wheelchairs or mobility scooters to easily pass through (an 800mm-wide doorway will allow minimum clearance for wheelchairs of 760mm width)
- ensuring all rooms are large enough for residents to easily move around in
- doors opening outwards in small bathroom areas
- providing grab bars beside toilets
- providing a wet area or 'European' shower (i.e. a shower that drains directly through the floor with no door or 'lip' that must be stepped over)
- ensuring door handles are lever-style (which are easier to grip and open than doorknobs)
- providing kitchen benches and other work/storage spaces at the appropriate height
- planning appliance heights to reduce bending or kneeling
- installing light switches by beds and a telephone outlet by the main bed
- ensuring garages and carports are large enough for wheelchair access



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- **Ashhurst**, 131 Cambridge St, Thursdays 11 a.m. to 12 p.m.
- **Terrace End**, Palmerston North, Rangiora Community Centre, 102, Rangiora Ave. Wednesdays 10.30 a.m. to 11.30 a.m.
- **Central Palmerston North**, City Library, Events Room (George St entrance) Tuesdays 11a.m. to 12 p.m.

To register for one of these groups or for more information phone Fern at Age Concern NZ Palmerston North & Districts on 06 355 2832

- having light switches, socket outlets and door handles at easily reached heights.
- Many of the features of universal design can be built into any new home or renovation, saving costly alterations further down the track.
- Resources
- For information on adapting your home for future needs see www.smarterhomes.org.nz
- From www.ageconcern.org.nz

Words of Wisdom

Age is a mind over matter.
If you don't mind, it doesn't matter.
You can't help getting older,
but you don't have to get OLD.
Growing OLD is inevitable, growing UP is optional.
Laughter is the medicine of life.
Never look down on anybody,
unless you are helping them up.
It's important to have a twinkle in your wrinkle.

Digital Help Sessions at Awapuni Library, Palmerston North



Do you need some help with your phone or computer or other technology? The friendly staff at Awapuni Library are running digital help sessions in March and April. These are drop-in sessions, so you do not need to book. The library has three computers available for public use. You can also bring your own device (mobile phone/laptop/tablet/iPad etc.) There is free internet access (WiFi) within the Library The library computers have virus protection and firewalls in place.

Digital Help Sessions take place on the 11th and 25th March and 8th April from 1–2pm. Awapuni Library is located at 96C College St, Palmerston North. For more information. phone Awapuni library on 06 356 7634

Application for Membership

Age Concern NZ Palmerston North & Districts Branch Inc.

Mr / Mrs/ Miss / Ms

Name(s):

Address:

Telephone:.....

Email:

Membership Fee from 1st March 2020 to 30th June 2021

Individual \$20 Couple \$30 Corporate \$100

Donation:

How to pay:

Internet Banking - You can pay the membership fee directly into our bank account

Account number 03 1522 0158520 00 (Age Concern New Zealand Palmerston North & Districts Branch Inc.)

Please add your name as reference and post or email this completed form to us at the address below.

Payment by cheque (excluding KiwiBank cheques) – You can send us a cheque with this completed form to the address below.

How would you like to receive the newsletter and other information? Post Email (please circle one).

Post form to: Age Concern NZ Palmerston North & Districts Branch Inc., P.O. Box 5063, Palmerston North 4441. **For more information please phone Age Concern on (06) 355 2832**

THANK YOU for supporting the work we do. Donations of \$5.00 and over are eligible for a tax credit under the terms of Section LD1 Of the Income Tax Act 2007.



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