

**AUTUMN 2020 QUARTERLY NEWSLETTER**  
[www.ageconcern.org.nz](http://www.ageconcern.org.nz)



# Age Concerns in Hawkes Bay

*Serving the needs of older people*



For advertising phone Dave 027 652 5220 or email [dave@kiwipublications.nz](mailto:dave@kiwipublications.nz)

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## Contact Information

### AGE CONCERN HAVELOCK NORTH

Phone: (06) 877 6488

Email: [info@ageconcernhb.org.nz](mailto:info@ageconcernhb.org.nz)

Postal Address: PO Box 8733, Havelock North 4157

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

### AGE CONCERN FLAXMERE

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

Email: [ageconcernflax@nowmail.co.nz](mailto:ageconcernflax@nowmail.co.nz)

Address: 38 Bristol Cres, Flaxmere, Hastings 4120

Office Hours: 9.30am - 2.30pm Monday to Friday

### AGE CONCERN NAPIER

Phone: (06) 842 1346

Email: [napier@ageconcernhb.org.nz](mailto:napier@ageconcernhb.org.nz)

Address: 98 Taradale Road, Onekawa, Napier 4110

Postal Address: PO Box 4027, Marewa, Napier 4143

Office Hours: 8.30am - 3.00pm Monday to Friday

### AGE CONCERN WAIROA

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

Email: [acwai@extra.co.nz](mailto:acwai@extra.co.nz)

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

Office Hours: 8.30am - 12.30pm Monday to Friday

### AGE CONCERN CENTRAL HAWKES BAY

Phone: (06) 858 9158

Email: [agecon.rail@extra.co.nz](mailto:agecon.rail@extra.co.nz)

Address: 3 Porangahau Road, Waipukurau 4200

Office Hours: 9.00am - 3.00pm Tuesday to Friday

### AGE CONCERN HASTINGS

Phone: (06) 870 9060

Email: [ageconhast@extra.co.nz](mailto:ageconhast@extra.co.nz)

Address: 415 Heretaunga St East, Hastings 4122

Postal Address: PO Box 185, Hastings 4156

Office Hours: 9.00am - 3.00pm Monday to Friday

**See page 14 for more information about  
some of the many services each Age Concern  
provide.**

## ACCREDITED VISITING SERVICE



A Befriending service that matches older people who are lonely or socially isolated with volunteers who are keen to spend time with them. Some visits take place in the clients home, and some involve going out together. If you know of someone who would like more company, or if you are interested in becoming a volunteer, contact Christine at Age Concern **Napier telephone 842 1346** or email [sw@ageconcernhb.org.nz](mailto:sw@ageconcernhb.org.nz)

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

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



## 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.



**Keep your independence  
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- Scenic drives

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Havelock North	Ph: (06) 877 8476
Hastings	Ph: (06) 878 5029
Taradale	Ph: (06) 844 0620
Napier	Ph: (06) 835 5010



**Driving Miss Daisy®**

[www.drivingmissdaisy.co.nz](http://www.drivingmissdaisy.co.nz)

**Disclaimer:** The views expressed in this newsletter are not necessarily those of the Age Concerns in Hawkes Bay. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.



**Steady As You Go<sup>®</sup>**

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

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

**Raureka class** 9.30am on Fridays at The Community Station Church, Gordon Road. Sometimes they go off to have a cuppa at a café, after the class.

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

**For more information please phone:**  
Age Concern Hawke’s Bay Inc.  
Hastings Office: Phone: 870 9060  
Waipukurau: Phone: 858 9158

**Napier** - 1.30pm on Mondays and Tuesdays at Age Concern Napier, 98 Taradale Road, Onekawa. 1.30pm and 2.30pm on Thursdays at Taradale Senior Citizens, White Street.

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


**For more information please phone:**  
Age Concern Napier: Phone: 842 1346.

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

**For more information please phone:**  
Age Concern Wairoa: Phone: 838 3307.

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

**For more information please phone:**  
Age Concern Flaxmere: Phone: 879 7003.



**Steady As You Go<sup>®</sup>**

**Steady As You Go<sup>®</sup>**



The year has started off well at each group, Hastings, Raureka and Waipukurau with some new faces attending our classes and thoroughly enjoying them. Waipukurau have welcomed a new Activities Co-ordinator, LeeAnn who is taking them through their paces.

Remember, it is very important to do the exercises at your own pace and not to try and keep up with those members who are into their third year.

The regular attendees were pleased to be back with several of them finding new muscles – the ones they hadn’t been using while the classes were closed over the Christmas break!

At the Hastings group we have continued to have our speakers who speak about their chosen field which have been well received. Participants always comment that they learn many new things from these speakers. These speakers are twice a month, the first and third Mondays.

Steady As You Go improves balance and leg strength, flexibility, general fitness and wellbeing which all help to prevent falls. This is not only a programme for exercise, but encourages socialisation and comradeship. It’s great to see everyone interacting so well and having fun while doing the exercises.

These classes are open to anyone and are also a great way to meet new people so feel free to come along or phone our offices for more information. At present all classes are still going ahead, but that may change at short notice in response to Covid19.

Hastings - Monday 9.30am at Age Concern Building, 415 Heretaunga Street, Hastings.

Raureka - Friday 9.30am at The Station Community Church, Cnr Gordon Rd & Florence St, Hastings.

Waipukurau -Tuesday 9.30am at Woburn Hall, Waipukurau.

For more information please phone:  
Age Concern Hawke’s Bay Inc - Hastings Office  
870 9060 Extension 3 for Margaret  
Age Concern CHB Office 8589158 for Sue

# RYMAN PIONEERS

*Peace of mind*



## RELAX, YOU'RE GOOD

A big reason why people choose a Ryman village over the others, is knowing we have everything from independent and assisted living to a full range of care options, so if you ever need it, it’s there for you. It’s another example of how we’re pioneering a new way of living for a new retirement generation.



**There are two Ryman villages in Hawkes Bay - Princess Alexandra in Napier and our new Havelock North village, which is under construction.**

**PRINCESS ALEXANDRA VILLAGE**  
145 Battery Road, Napier, 835 3018

**HAVELOCK NORTH VILLAGE**  
94 Te Aute Road, Havelock North, 877 0701

[rymanhealthcare.co.nz](http://rymanhealthcare.co.nz)





## Eight ways to see stronger and longer: Make your eyes last as long as you do



As we age, our bodies tend to wear out. Some parts wear out faster than others, and in New Zealand our eyes are especially vulnerable. It's not just the fierce sun that's responsible, it's all those blue-light devices we use and the everlasting LED lightbulbs that are so cheap to power. Specsavers research shows that fully 67% of us fear losing our sight the most.

We can develop cataracts, glaucoma, macular degeneration and other issues, but there are ways we can protect our eyes so they last longer, and any negative symptoms develop more slowly. Here are eight tips to stronger eyes.

### 1. Regular eye checks

Most optometrists perform standard tests for disease and eye changes as part of their regular vision-testing regime. When you get regular eye checks, you'll know what you're facing so you can take steps to treat any issues and slow further development of them. Even if there's no sign of any problem with your eyes, you can still take steps to protect them for the future.

### 2. Eat the right foods

Your eyes give you the pleasure of seeing bright colours, and when it comes to food, this is no accident. Brightly coloured vegetables and fruits have just the right nutrients for eye health – vitamins A, C and E, as well as antioxidants, carotenoids and minerals like zinc are key to warding off or slowing the progression of macular degeneration. Think of red capsicums, green spinach, broccoli, bright red strawberries and dark-blue blueberries as food medicine for your eyes. You may also want to add those essential omega-3 fatty acids found in flax seeds and oil, walnuts, tuna, sardines and salmon to

strengthen your macula.

### 3. Get out and move your body

Exercise is great for your whole body, and your eyes are no exception. Type 2 diabetes can damage the blood vessels in your eyes, and one way to manage it is to improve your circulation. Walking, dancing, lifting weights – do whatever suits you to get your body moving and your blood pumping.

Diabetes isn't the only condition that can affect your eyes – high blood pressure, obesity and chronic inflammation can affect the optic nerve. Again, regular exercise and an excellent diet that cuts out refined sugars and trans-fats – the fats found most in red meat and dairy – can go a long way toward saving your eyes and improving your general health.

### 4. Protect your eyes

It's surprising how many seemingly innocuous things can damage your eyes. Home workshops should always have strong, protective goggles at hand, and even when you step out for a walk, slip on some UV-protection shades.

Ordinary sunglasses might make you look cool, but if they aren't UV-blocking they're not actually protecting your eyes. Look for sunnies that block 99% of UVA and UVB rays, and you'll help slow the progression of cataracts, macular degeneration and pterygium, a growth over the whites of your eyes. Oh yes, and wear a wide-brimmed hat.

### 5. Try 20-20-20 to protect your 20-20

You might take pride in your 20-20 vision, but if you're looking at a computer screen for long periods, you could be damaging your eyes. As well as using UV-blocking glasses, it's a good idea to stop what you're doing on the computer every 20 minutes, and look out the window at a view that's at least 20 metres away. Do this for at least 20 seconds before you go back to your computer.

### 6. Stop smoking tobacco

Not everyone is aware that smoking increases the likelihood of cataracts and macular degeneration as you age. The effects of quitting can be immediately dramatic – you won't have to wait for months or years to begin recovery from the damage tobacco causes to your circulation and vital organs. Your inflammation will reduce and your eyes will thank you.

### 7. Check your genetics

Macular degeneration, glaucoma and other eye

conditions can be hereditary, so if you have a great aunt who is blind from glaucoma, or a parent who has dim eyesight because of macular degeneration, be warned and extra vigilant about protecting your eyes.

### 8. Exercise your eyes

Just like walking and other forms of all-body exercise, eye exercises can improve your eye health and vision. Here are some easy eye movements you can do during your breaks from the computer or phone.

**Palm your eyes:** Rub your hands together so they're warm, then cover your closed eyes with your palms slightly cupped, to block all light. Take deep breaths, focus on the blackness, and picture a calm scene. Repeat for several minutes.

**Give your eyes a massage:** You can do this several ways: alternate draping a hot, wet towel with a cold one over your eyes; rub your whole face with a warm wet flannel and massage your eyes and forehead with your fingertips; or rub your eyes gently with circular movements and press lightly on them.

**Eye-focus exercises:** Hold up your thumb about 25cm in front of your face. Focus on it and stretch your arm out, moving it away and then back in again, as close as 7-8cms. Do this several times, at least three times a week.

**Follow a figure-8 with your eyes:** you can imagine one on the wall in front of you, or draw a large one on a sheet of paper. Look at it from 3 metres and trace the figure with your eyes, one way and then the reverse.

**Work the direction of your eyes:** look ahead, then up, then right, then down, then left, then straight ahead again. Go in reverse, and repeat three times, making sure you focus on what you see at each point. Improve your outlook, save your eyes

If you want your eyes to last, you need to eat a healthy diet rich in nutrients and antioxidants, quit smoking, get regular exercise and watch your weight. You can also protect your eyes from damage by chemicals, dust and dirt with goggles, and from harsh sunlight and artificial blue light with UV protective sunglasses. Eye exercises can help keep your eyes strong, and an optometrist can check for any progressive conditions you may be developing.

**All of these steps are fairly easy so why not start today, and help your eyes be the best they can be?**

## SuperCue Seniors being offered free of charge

As a senior, you may be worried about getting out and about to your usual exercise classes and sport or leisure activities, with the fears of exposure to COVID-19. But exercise helps support your immunity, so you don't just want to sit around the house all day.

Moderate exercise aids blood flow and helps immune cells migrate throughout your body. As well as getting you in shape, exercise lifts your mood, which is always a good thing. You'll breathe better, sleep better and generally feel better and all those things add up to a healthier body that can better ward off the bugs and viruses it may be exposed to.

So, what are your options for exercise in the comfort and safety of your own home? If you are computer savvy or have a tablet or smartphone, you could check out the internet. But although there is a lot on offer, fun and effective exercises targeted at seniors aren't that plentiful.

Fortunately, we have our own home-grown option - SuperCue Seniors. This is a new exercise programme designed specifically for those 60+ available online and on DVD. It provides options for all levels of fitness from seated, to standing to more active, with a focus on good posture and good movement technique. And because of COVID-19 the founders of SuperCue Seniors Rebekah Charlton and Marya Hopman, are making subscription to their online programmes free of charge for the next few months.

The website is in fact still in development phase and will be undergoing a total overhaul over the coming weeks. "But it already features a number of workouts and we don't want to wait until the new website is up and running. We know people need options right now," says Marya Hopman "We want to help if we can, you just need an email address to register."

If you don't have access to the internet, you could purchase a SuperCue Seniors DVD instead. For free online subscriptions or to purchase a DVD go to [www.supercue.nz](http://www.supercue.nz) or email [info@supercue.nz](mailto:info@supercue.nz) or phone Rebekah on 027 773 5483.



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*editorial supplied by Supercue*



## BRINGING PEOPLE TOGETHER TO SHARE HOMES

Would you like someone in the house at night?

Do you have a spare room?

Are you looking for accommodation?

### The Let's Share Programme offers:

- Police vetting of participants • Reference checks • Lower than market rent
- Ongoing contact with both parties • No cost to the householder
- Interview prospective householder / homeshare and match them



Further information please contact:  
Sue at Age Concern Hawke's Bay 06 870 9060 ext 3 or email [letsshare@xtra.co.nz](mailto:letsshare@xtra.co.nz)



## What is Let's Share?

Let's Share is based on an exchange in which a Householder provides accommodation in their home to a Homesharer. In turn, the Homesharer provides about ten hours of help each week, and the assurance that someone will be there at night. The Homesharer continues their usual occupation or activities during the day.

The Let's Share Co-ordinator finds out what the Householder needs and proposes a suitable Homesharer. All Homesharers are Police Checked. Homesharers are selected very carefully, after interviews and reference checks by the Co-ordinator. Applicants are matched on the basis of compatibility and introductions are made with the assistance of the Co-ordinator.

No two arrangements are alike. Householders' needs vary and so do the skills that Homesharers have to offer. Some people ask only for company in the house at night; others need help with cleaning, cooking, laundry, shopping, care of pets etc. Cooking and sharing meals are often an important part of the arrangement. The Homesharer is not able to do any personal cares eg showering or toileting.

If after meeting and spending some time together the Householder and the Homesharer want to proceed, a trial period of 2 – 4 weeks is commenced and Let's Share will help draw up an Agreement, setting out what the Homesharer will do and what the Householder will provide, and how living costs will be shared. Help and advice will be available throughout the Let's Share arrangement.

Only when the Householder and the Homesharer are both happy do arrangements go ahead. The Householders family may want to be involved at every step for peace of mind.

Let's Share is about two people helping each other. This type of Programme has been very successful for many, many years in various countries and we believe now is the time for Hawke's Bay to benefit, especially with our accommodation crisis and with our growing number of older people wishing to stay in their own homes - they have the extra space, they just need a little bit of help. This may be the answer. This may be you or someone you know.

I look forward to hearing from you  
**Tanya 06 8709060 extn 3 or 022194 1543**  
[letsshare@xtra.co.nz](mailto:letsshare@xtra.co.nz)



## Keeping Safe



- This course was originally called Staying Safe which we have since renamed. Age Concern Hawke's Bay Inc have presented a number of these courses in the past year both in Hastings and Central Hawke's Bay which have proved to be very successful. It relates to maintaining personal safety within your home, garden and the public environment, covering several topics, presented by a range of speakers throughout the day, for example the Police, Fire & Emergency Department, St John, Neighbourhood Support, ACC and others. There will be time for participants to ask each speaker questions. The aim of the course which is from 9.30am to 2.30pm, is to empower and enhance our participants to become more aware of safety for themselves in their home and community environment, enabling them to feel free and safe, and fully participate in life.

**To register for one of these courses, a date yet to be confirmed: Phone** Age Concern Hawke's Bay Inc. Hastings Office 8709060 Extension 3 for Margaret or Age Concern CHB Office 8589158 for Sue  
**Cost:** \$10 (includes morning tea and lunch)

## The Hard Stuff Workshop

Last week we held this workshop in Waipukurau for the first time. This was well attended with names registered for the next one down there with a date to be later advised. It was well received by all participants with some speakers varying from our Hastings workshop.

Speakers presented their topics of expertise so that participants were receiving the most up to date information relating to their field. It was presented in a way that participants received a brief overview of the below topics, with brochures and information being supplied by the speakers. These topics were:

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

Thank you very much to all to all our speakers. We really appreciate the time you took out of your busy work schedule to share such wonderful information with the group.

Some of the comments made were: 'Have learnt and gained valuable information', 'Was a great day, glad I came to it', 'the food was great', 'the speakers were very good'. If you would like to put your name down to attend the next workshop, please phone 8709060 ext 0 for Hastings and 06 8589158 for Central Hawke's Bay.



A word from the Elder Abuse Social Workers

Hello everyone! Mary Ellen and Andrea here, we are the two Elder Abuse Response Social Worker’s working out of the Age Concern Hawke’s Bay office here in Hastings. The Elder Abuse contract is funded by the Ministry of Social Development to provide services across Napier, Hastings and Central Hawke’s Bay.

Across New Zealand there were around 2,300 reported cases of Elder Abuse in 2018 though we suspect there are a lot more than this. There is often publicity about the extreme cases, but less is known about the everyday subtle abuse. From prevalence studies about 1 older person in 10 says they have been abused, this does not mean elder abuse has been reported, investigated or that abuse has been substantiated. Elder abuse is largely hidden from public view, within families, within communities, and within organisations with more than three quarters of alleged abusers being family members.

We receive referrals from family members, neighbours, police, medical professionals/DHB staff, rest homes, home support workers/carers, social workers, lawyers, our call centre as well as self referrals. Most cases involve more than one form of abuse - in 2019 most of our cases have involved psychological and financial abuse.

We rely on members of the public, such as yourselves, contacting us if they have any concerns about an older member in their community.

**So the question is, how can you recognise elder abuse?** The following could be signs of abuse: unexplained disturbed sleep, loss of interest in food, withdrawal and/or edginess, fear of a particular person, confusion, unexplained injuries, drowsiness (over medication), not wanting to be touched, lack of money for necessities, unexplained bank account withdrawals, weight loss, poor hygiene, poor health and a noticeable change in a person’s personality.

**So what can you do if you suspect something isn’t right?** You can call Age Concern Elder Abuse 24-hour helpline on **0800 326 6865** with the option of reporting anonymously. You can also visit our Age Concern Office located on **415 Heretaunga St East, Hastings (Opposite New World)** during business hours 9am-3pm or call us on **06 8709060 Extn 1 or 4** for free & confidential advice.

Thank you for sharing our aim to reduce Elder Abuse and Neglect- we look forward to working with you to support older people’s safety.

**“The Book of Life”**

A mothers love  
Like the book of life  
Is shared by those who are willing  
Tis written with neither beginning nor end  
Yet bound with courage  
and strength we depend  
Chapters draw of life’s experiences  
Pages full of knowledge and wisdom  
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and aspirations  
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Sentences lend meaning to feelings forlorn.  
Words that hold secrets that we all will adorn.  
Letters that watch as these journeys unfold.  
Comer’s that mark the stories we hold.  
Spelling mistakes only you will erase.  
The book of life is shared by those  
who are willing  
Telling stories of love and life a worth living.

*By Riripeti Paine*

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27A Gloucester Sdt, Greenmeadows  
(opp Grenmeadows Four Square)

The friendship conundrum: How to make new friends



As we get older and our lives change, some of us get isolated and lonely. Our children grow up and move out, we retire from work, and we might have lost a partner through death or divorce. Moving house or simply fewer opportunities to meet new people can also leave us with many empty hours to fill.

And if you’re a shy person, you’re even worse off. But you’re not the only one – almost half of people over 50 see themselves as shy!

That worry about loneliness can mean you hold on to friendships that are doing you no good. Do you have a ‘friend’ who seems to do nothing but criticise you? Maybe they block your efforts to improve yourself or meet new people. The answer to both issues is the same – getting out, meeting new people and building meaningful relationships.

Ways to make new friends Understand yourself

Are you shy, or are you an introvert? If you genuinely like being alone, and you’re happy in your own company most of the time, you’re an introvert –that’s not a bad thing and doesn’t mean you’re tongue-tied with strangers.

Still, it’s a rare person who likes being alone all the time, so whether shy or introverted, you may still want new friends.

Get rid of any pre-conceived ideas

You might know exactly the kind of person you want for a friend, but keep your mind open! Good friends can come in a range of ages and have all sorts of

hobbies, opinions and attitudes. You won’t know which ones will become BFFs until you meet and get to know them.

Get out and join up

Think about what interests you – gardening, cycling, knitting, cars – and look for groups around that. Resurrect an old hobby, or be brave and try a new one. Take a class, volunteer in your community, and generally get yourself out there.

Make your own gatherings

Once you’ve made a few acquaintances, try organising small gatherings or outings yourself. That way, you have a better chance of getting to know those acquaintances better, and you’ll enjoy yourself while you’re doing it.

Go on a jaunt with a group

If you can afford to travel, but you don’t want to go alone, book a tour with a group. Contact travel companies that specialise in smaller-group travel – adventure holidays, cruises, guided tours, whatever takes your fancy. When you travel with other people, you have plenty of chances to get acquainted.

You deserve to be happy

Whether you’re shy, lonely, or both, it’s time to make your life more enjoyable. Join groups, get acquainted with more people and put yourself out into the world. Go on group journeys, take up a new hobby or just socialise more. Great friends can make everything else worthwhile.

When supporting the advertisers within this magazine **PLEASE LET THEM KNOW.**

Their continuation enables our newsletter to be provided free of charge - they need to know where you found them and that the advertising is working for them too.

*Thanks*



**Gentle Touch Funerals** offers a service that is fitting for you and your family. We believe in the value of a funeral, and take time to listen and create with you a meaningful and beautiful farewell that reflects and honours the person that has passed.

From the first call through to the aftercare, our directors are there to help and guide our family's through all of the processes. We take care of any requests and to help those left behind with exceptional care and support.

Gentle Touch Funeral Services arranges a variety of funeral, including full funeral services for cremation, burial and eco-burial private family gatherings, memorial services and simple direct cremations. These services can be conducted at a place of your choice, or at our venue.

Our funeral directors are here for you and your loved one 24 hours a day, every day of the year.

**www.gentletouch.co.nz**

## DEPRESSION SUPPORT GROUP

We are now offering a Depression Support Group starting on Tuesday, April 14 at 10:00 am. The group will run each Tuesday for 6 sessions, and it is expected that group members attend each week unless there are extenuating circumstances. We will meet until 11:30 and share a cuppa and maybe a chin wag afterward.

The object of the group is to help people who feel at the mercy of their blue feelings. You may be aware of what's causing those feelings, or not, on medication for them, or not, suffering in silence, or not. If you have an issue with depression and hope to find ways to make your life better, we will try to help. As Facilitator, I will call you to schedule a short meeting before the group convenes and we can talk a bit about your experience of depression. Once the group begins, we will not receive new members... they will wait for the start of another 6-week course.

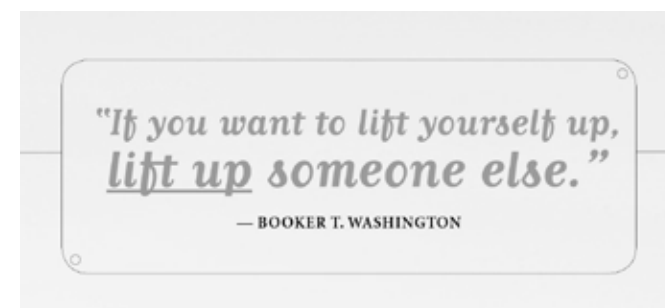
The beauty of a therapeutic group is in the people who attend; we try to understand each person's experience, and find that through sharing our differences, we also find how similar our issues are to others'. We find ways to deal with depression that we haven't heard of or considered before. And we start looking at what we want to do with our one precious life.

If it sounds like you could benefit from joining us, please contact Mary Ellen, Age Concern HB, who will facilitate the group. 06 870 9060 x1, or 022 533 4293.

**Location:** Age Concern HB, 415 Heretaunga Street East (parking at New World)

**Dates:** April 14, 21, 28, May 5, 12 and 19

**Cost:** Koha for morning tea suggested but not mandatory



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

Have you tried our delicious and very popular meals? Made with TLC and by a local catering company with the freshest of ingredients, our meals are a tasty, wholesome alternative to fast foods and great value for money. Reviews have been that these are just like a home cooked meal. All meals come with vegetables and they come in two sizes, standard for \$6.70 and large for \$8.80.

### The range of meals available are:

- \* Roast Chicken
- \* Roast Lamb
- \* Roast Beef
- \* Roast Pork
- \* Beef Casserole
- \* Curried Sausages
- \* Lasagne
- \* Cottage Pie
- \* Sausages and Onion Gravy
- \* Macaroni Cheese
- \* Smoked Fish Pie
- \* Meatballs and Gravy

For Hastings and Napier, orders must be in by 12pm on a Wednesday with delivery to us being the following Tuesday afternoon. We then deliver to you on Wednesday.

For CHB, orders must be in by 2pm on Tuesday with delivery the following Tuesday.

Delivery options may be available depending on location—please ask for a quote on the price for this as it does vary depending on location.

**If you would like more information, or would like to place an order then please phone**

**Hastings Office – (06) 870 9060 ext 0**

**Waipukurau Office – (06) 858 9158**

**Napier Office - (06) 842 1346**





## Funerals for a life worth celebrating

At Gentle Touch we know arranging a funeral is a daunting task at a very sad time. That's why we offer a friendly, personal service, to help guide you through the process with transparency and respect.

**Our services include:**

✦ Full cremation & burial service	✦ Affordable options & plans
✦ Simple direct cremation	✦ Pre-arranged & pre-paid funerals



### Gentle Touch

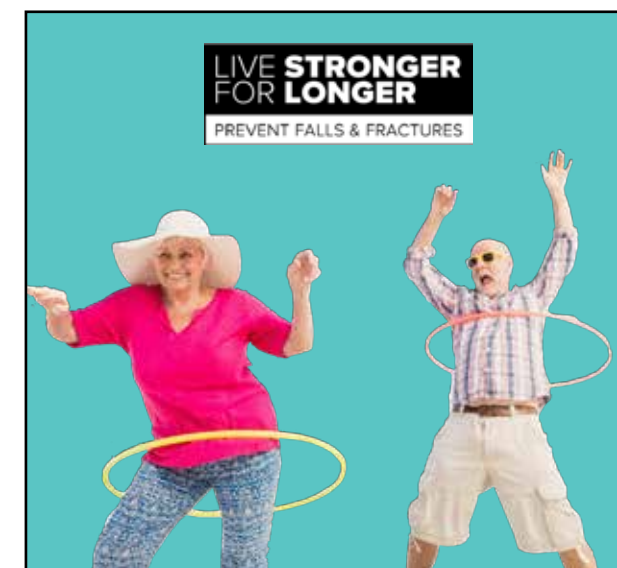
FUNERAL SERVICES

**Call us today 06 876 7942**

Heretaunga St West, Stortford Lodge, Hastings

**Helping families in Hastings, Havelock Nth & Napier**

*Editorial supplied by Gentle Touch Funeral Services*



**Presbyterian Support**  
East Coast

**enliven**

## Falls are not part of the ageing process.

Join a Strength and Balance group to remain

### STRONG & STEADY

Find out about classes by phoning

**0800 436 548**

**livestronger.org.nz**

SUPPORTIVE SERVICES - AGE CONCERNS IN HAWKES BAY

HAVELOCK NORTH

- In home support and advocacy from our Community Worker
- Home visits and referrals
- Referral to Elder Abuse co-ordinator
- Visiting services
- Health promotion programs
- Fun social activities
- Loan equipment is also available for use
- Total Mobility assessment agents
- We have a loan service for wheelchairs and walkers
- Friday morning tea at St Luke's - 9.30am

FLAXMERE

Age Concern Flaxmere enjoys the support of the other local Age Concerns to enable access to such services as Elder Abuse support and the Accredited Visitor Service. We also offer advice, wisdom of the sages, and advocacy support with various agencies and organisations.

Our 2020 offerings are:

- Fun social days and outings to local eateries (We are going to Te Papa this year).
- Craft and Mahi Toi / Raranga
- Indoor Bowls / Men's Pool
- Total Mobility Assessments / Taxi Chits
- Falls Prevention Programmes - Steady as You Go®
- Support Services to assist with independent living
- Informative guest speakers
- A lovely little Op Shop

NAPIER

**SOCIAL SERVICES:** working with older people in the Napier community, offering case management, information, support, advocacy and interagency referrals.

**ACCREDITED VISITING SERVICE:** is a befriending service that matches older people who are lonely or socially isolated with a volunteer to share conversation and activities.

Total Mobility Assessments

**Support Services:** transport available for supermarket and general shopping, medical and hospital appointments. Handyman services and light garden assistance.

**Educational Workshops:** Scamming, Life Without A

Car, Confident Driving.

**Health Programmes:** Tai Chi, Sit and Be Fit, Falls Prevention (Napier and Havelock North)

**Regular Social Activities and outings.**

WAIROA

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

Key Areas;

Health

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

Social Activities include

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

Our Core Services include

- Provision of Information
- Connection to the Elder Abuse Response Service 0800 EA NOT OK (0800 32 668 65) 06 838 3307
- Volunteering Opportunities

CENTRAL HAWKES BAY & HASTINGS

Age Concern Hastings and Central Hawkes Bay provide support and education to older people. Included in our staff of seven, we have three Social Workers and a Health Promotion Coordinator who work with older people and their families. We have a vast number of services, these include:

- Social Support Services
- A variety of regular Social Activities
- Elder Abuse Response Service for all of Hawkes Bay
- Regular Health Promotion courses e.g. Confident Driving, Staying Safe, Life Without a Car
- Total Mobility Assessments
- Let's Share - Shared accommodation

# Life Without a Car

Is there Life Without a Car?

We provide information about keeping mobile when we are no longer driving. Not driving doesn't have to limit our activities or prevent us from enjoying life. Adjusting to life without a car doesn't mean losing independence and freedom.

**Our Life Without a Car course:**

- highlights a range of possibilities to remain mobile
- offers alternative ways of getting about in the community
- suggests many options to keep involved and enjoying activities
- gives valuable insights into adapting our lifestyle
- encourages living positively without driving



## COURSES AVAILABLE IN YOUR LOCAL AREA FOR SENIOR DRIVERS OVER THE AGE OF 65

CONTACT

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

**AGE CONCERN HAWKES BAY**  
for courses in Hastings and Waipukurau  
Telephone Hastings 870 9060  
Telephone Waipukurau 858 9158



## Staying Safe

### A refresher course for older drivers over the age of 65



## What is this course about?

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

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

**CONTACT YOUR LOCAL AGE CONCERN FOR BOOKING ENQUIRIES:**

**AGE CONCERN NAPIER:** PH: 842 1346

**AGE CONCERN HASTINGS:** PH: 870 9060

**AGE CONCERN HAVELOCK NORTH:** PH: 877 6488

**AGE CONCERN WAIPUKURAU:** PH: 858 9158





# STEADY AS YOU GO®

## (SAYGo Preventing Falls)

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

**One third of people over the age of 65 fall each year.**

**Half of people over 80 fall each year.**

**Falls in older people are almost always associated with weakened leg muscles and poor balance.**

**Falls are not a natural part of ageing.  
Falls ARE preventable!**

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



## DESIGNED FOR MEN AND WOMEN

SAYGo improves;

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

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

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

Classes available in your area contact your local Age Concern

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

**HASTINGS** contact Age Concern Hastings: PH 870 9060

**FLAXMERE** contact Age Concern Flaxmere: PH 879 7003

**WAIROA** contact Age Concern Wairoa: PH 838 3307

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