

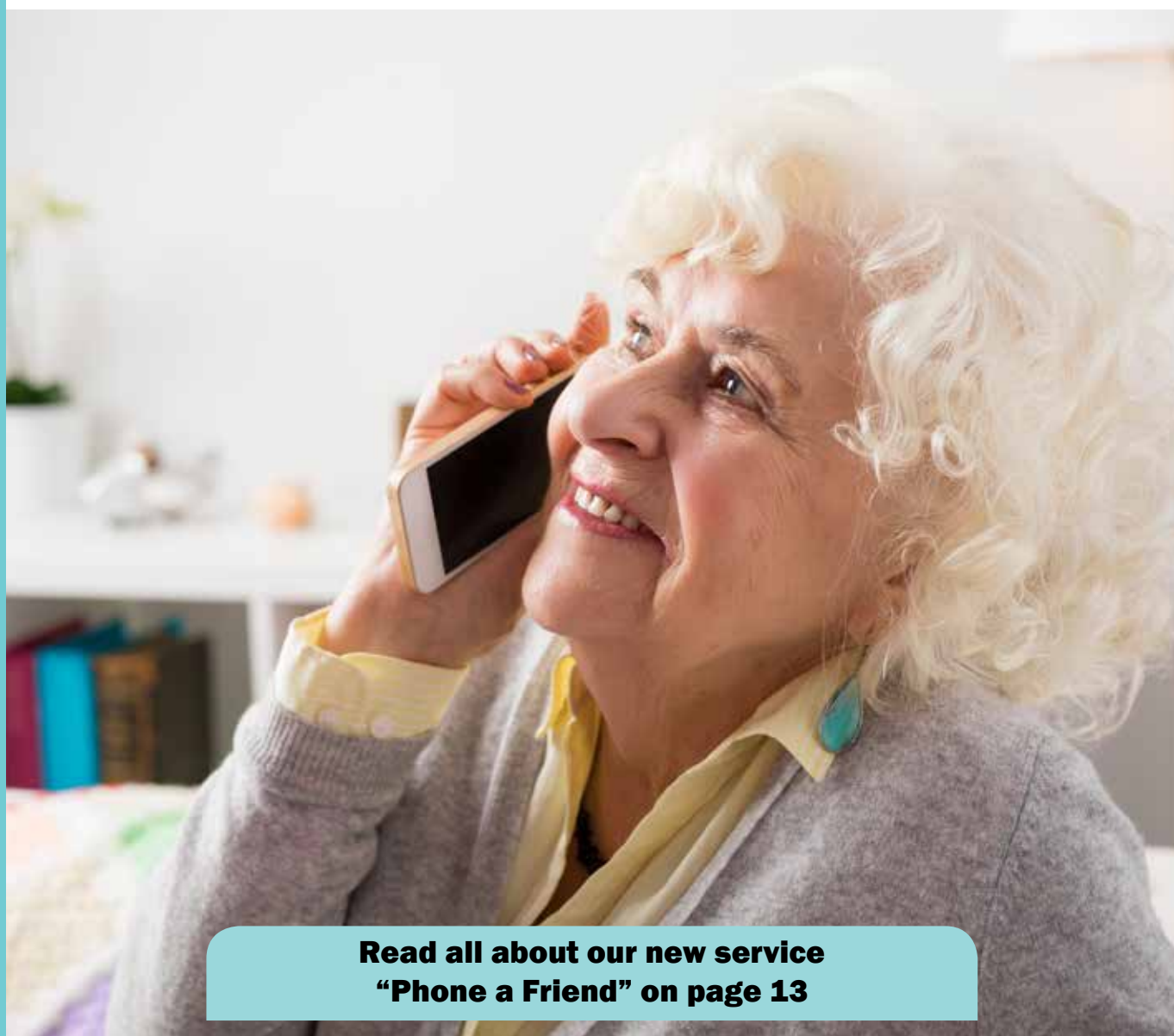
WINTER 2020 QUARTERLY NEWSLETTER
www.ageconcernnt.org.nz



Age Concern Nelson Tasman

Serving the needs of older people

ACTIVE SENIORS NELSON TASMAN



**Read all about our new service
"Phone a Friend" on page 13**

For advertising phone Dave 027 652 5220 or email dave@kiwipublications.nz

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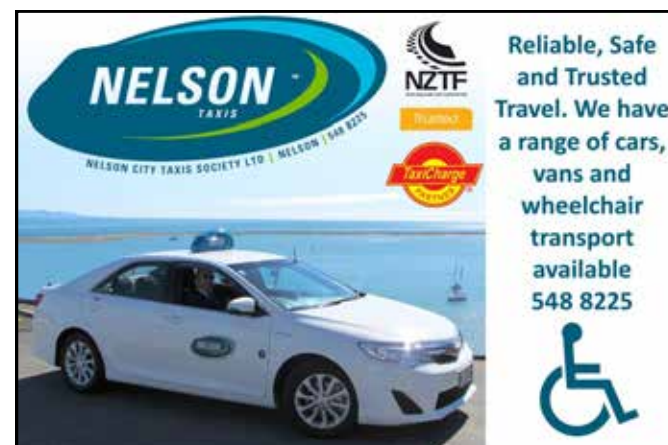
OFFICE HOURS

8.30am - 4.30pm Monday to Friday

We are grateful to all our funders:



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Words from the Chair



Hello everyone,
Well, are you bubbled out? What a time this has been for each one of us. I am grateful for the wise leadership we have received, which has meant that New Zealand has one of the lowest incidence rates

of Covid-19 in the world. I think that one of the reasons this has happened is that most folk in this country demonstrated a responsibility for each other, especially those who were vulnerable because of age or physical disability. Long may this responsibility continue after we are totally free from lockdown.

I am grateful to Caroline and the Team at Age Concern Nelson Tasman for continuing to support the older population while all of this was going on. Connections were maintained and folk were reassured that they had not been forgotten. When normal life resumes, we look forward with the Team to the opening of our newly refurbished Age Concern Hall. Thanks to all those who helped to fund this great development.

Even your Age Concern Nelson Tasman Board met using modern videoconference facilities. What a boon new technology has been at this extraordinary time.

The annual conference and AGM of Age Concern New Zealand, had to be postponed from April to October this year. Our current national president, Peter Oettli, was due to step down from that role in April, but is having to continue until July, when there will be an online AGM. I want to thank Peter on your behalf for his wise and kind leadership, especially as part way through his term, he was very ill. We were thrilled when Peter was cured and able to pick up the reins of leadership once again. He will be succeeded by Wayne Bradshaw from Hawke's Bay, who has done a lot to strengthen the financial position of the Board.

As we move through the alert levels, please continue to be vigilant. I hope you have all taken the opportunity to have your flu jab this year, especially as it costs nothing to superannuitants and folk with certain health conditions.

Let's give thanks that we are so privileged to live in Aotearoa New Zealand.

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

Lean on Me

The words of this popular song come to mind when thinking about you all and our Driving Miss Daisy community at the moment.

Lean on me when you're not strong
I'll be your friend
I'll help you carry on
For it won't be long

As an essential service we have been at the frontline with the most vulnerable people during these extraordinary times. To be acknowledged and trusted by the Government has enabled us to continue supporting our elderly clients utilising our gold standard health and safety procedures.

Your Daisy can help you live independently by doing those essential errands for you while you remain safe in your bubble. We are able to do your grocery shopping, collecting and delivering prescriptions and get you to your medical appointments and safely back into your bubble. We can make this time more bearable by picking up a magazine, or a fresh bunch of flowers. We have received heart-warming thanks and appreciation for helping you in this time of need.

Whilst the future is unknown, we do know that the current situation will not be forever. If the lockdown has been getting you down, we can get you out and about in our Driving Miss Daisy car bubble. Nature is putting on a beautiful autumnal display at the moment, enjoy it at its best with a trip to your local park or the beach with us, we could even pick up a coffee on the way.

Going forward the core Driving Miss Daisy commitment is to empower you, giving you the freedom to live independently by offering a companion driving service that is trusted and affordable. Safe as well, we follow Ministry of Health hygienic and social distancing guidelines.

Don't forget a Daisy Experience gift voucher is an ideal treat for you or for a friend.

We have always been there for you and we will continue to be by your side in the community especially during this period, post COVID-19. Stay safe, be kind, let's support each other.

Melanie
Co-founder DMD

Editorial supplied by Driving Miss Daisy

We're your bubble on wheels



Free at Last! Get out and about, safely and hygienically, with Driving Miss Daisy Nelson East/West

We can drive and accompany you to:

- Medical and personal appointments
- Grocery shopping
- Deliveries - e.g. take home meals
- Airport drop-offs and pick-ups
- Companion outings
- Or even transporting your pet!

Total Mobility Scheme cards accepted and ACC registered provider.

Bookings are essential - call today and make your next outing a pleasure!

Nelson East
Ph: (03) 547 2133

Nelson West
Ph: (03) 541 0020



Driving Miss Daisy®

Friendly, Personalised transport with heart

– Total Mobility cards accepted

Freedom Drivers Nelson, run by Sheryl Greenwood, brings a warm and friendly driving service right to your door.

“As a Total Mobility (TM) provider, we provide the TM discount so make sure you tell us you have a TM card when you enquire”, says Sheryl. “Some may not know that we provide the TM discount, which was previously known as the “Taxi Chit” or voucher system,” she adds.

Sheryl is particularly known for her kind, caring approach and her special affinity to seniors. “We specialise in safe, caring transport with extra help. We cover the whole Nelson and Tasman area and will also travel further afield to support those living outside these areas,” says Sheryl.

Service is personalised to your needs, with a caring touch, and our prices are comparable to other local operators.

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

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



companion driving

www.freedomdrivers.co.nz

Editorial supplied by Freedom Drivers

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.

Be kind



Covid 19 – Our Response

An update from Age Concern Nelson Tasman Manager Caroline Budge on how we're delivering services during lockdown.

For a charity that bases all of its core services on the ability to keep older people connected, safe and free from harm, going into a pandemic lockdown has been extremely challenging. However, we hope that we've managed to keep in touch with as many of you as possible, provided support and advice where it's been needed, and adapted to this new 'normal' that we're all undergoing.

Of course, those over 70 have had to adapt to being told they're 'old and vulnerable' and that's been particularly challenging for those of you who consider yourselves neither of these!

So, what have staff been doing since March 25th, and how are things going to change in the future? I can answer the first part of that question, but the second part is the great unknown. Health experts tell us that Covid-19 will now be with us for a long time, just in the same way we have a 'flu season' every year. How we respond to that will remain to be seen. When Level 4 was initiated back in March, all six Richmond-based staff began to work from home, and the transition was relatively smooth. Thanks to the wonders of modern technology we've been able to meet up online every day, keep in touch with everyone via phone and email, and adapt to the new way of working.

Very quickly, we realised that clients and members who were able to receive phone calls were very appreciative of the check-up calls we were making, which led us to launching the Phone a Friend service (see page 13 for more details). That has been a real success and we hope to continue that as long as it's needed.

Our elder abuse response service has continued

throughout, and our advisor Mal has been able to support people via the phone, and refer onto other services as needed. Sadly we have seen some cases of abuse during these times, and it's been a reminder that not everyone is fortunate enough to live in a safe and secure bubble.

At level 3, things remained very similar, and now that we're level 2 all staff are able to go back to the office and work from there, practising physical distancing and keeping ourselves and others safe. The hall will remain closed in the meantime. We can't wait to get back into the office, open up the hall and be putting on all the great activities and events that we have planned, especially since our renovation was completed just before lockdown!

I'd like to take this opportunity to let all our members know that we have been thinking of you and hoping that everyone is being looked after, supported, and receiving everything they need. Please don't hesitate to get in touch with us if you have any worries, queries or concerns. We look forward to seeing as many of you again as soon as we can!

AgeConnect Champion Nominations

We are currently living in unprecedented times so if you know of anyone who is doing amazing things to help and support our older people please nominate them for an AgeConnect Champion Award.

You can fill in a form from the website www.ageconnect.org.nz/nominate-a-champion or contact Ruth, our AgeConnect Coordinator on 544 7624 ext 5 or ageconnect@ageconcernnt.org.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

Nelson Marlborough Health, Nelson Bays Primary Health, Marlborough Primary Health

editorial supplied by Nelson Marlborough Health

Zooming in for Sing Yourself Well

We were very sad to have to stop all our social activities during lockdown. However Ruth Collingham, our vibrant AgeConnect Coordinator and maestro of Sing Yourself Well, decided she wasn't going to let a bit of social distancing get in the way of the weekly singing session.

Ruth set up Zoom sessions, which are interactive online meetings. She sent out user-friendly instructions making it really easy for first timers to engage in this technology. At these sessions, Ruth held singing classes with a bit of dancing and lots of laughing. These sessions proved so popular that they were held twice a week and sometimes up to 10 people participated. 'It was such a great tonic for people to see and hear each other,' says Ruth, 'We all absolutely loved it and really looked forward to each session'. At the end of each session people came away invigorated with their day enriched.

Ruth is continuing to hold these session and will do so until face to face ones resume. 'Don't forget' says Ruth, 'you don't have to be a strong singer to join the group. You don't need to know the songs either; we've found a way to share words and music on our computers whilst we're Zooming.' And she's keen to stress that the technology isn't as scary as it seems at first. 'Everyone in the group has been learning on the job, including me, which has been part of the fun too.'

If you are interested in learning more and would like to join please contact Ruth on 544 7624 ext 5 or ageconnect@ageconcernnt.org.nz.



Messages of Support to our readers from local Mayors



Covid-19 has made for a challenging time right across our community but especially for older people and their families.

I thank you for the sacrifices you've made around your own personal freedom and the impacts it has had on your ability to spend time with your children,

grandchildren and your friends. As we are learning, one of the toughest things for people is being separated from their loved ones.

By working together we've done a great job as a region at limiting the number of cases. I believe we're well on the way to returning to some form of normality. Like all of you, I look forward to the point where we can mix with our friends and families in the way that we are used to.

Best wishes to you all

Tim King | Mayor of Tasman District

Healthy For Life

- new TVNZ falls prevention programme for over 65s

A new exercise programme for older people is now airing on TV1. Healthy For Life is to encourage people to do some safe exercising at home, if they can't currently attend community strength and balance classes.

Hosted by former Silver Fern Bernice Mene, Healthy for Life is designed to help older people work on their strength and balance through the Super7 exercise programme. It also provides tips on staying safe in the home, keeping your brain active, keeping up social links with friendships, and healthy eating.

The show screens on
Saturdays at 9am.
It will also be available at
TVNZ OnDemand.

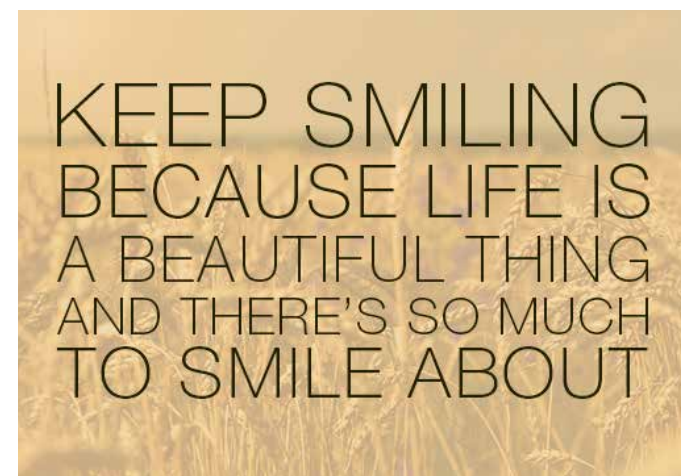


So much has been asked of us these past few weeks, and I know that the impact of COVID-19 on our older population in particular has been heavy. Many Nelsonians over the age of 70 lead independent, well-connected lives, and have been able to cope well with the demands of the shutdown. They

have embraced the new technology to enable them to stay connected to friends and loved ones, and have approached the enforced time at home as a chance to take on new projects in the house or garden. But we know there are some isolated people who will have really struggled these past weeks. You have been asked to stay home and for many that has meant staying alone. In particular the forced separation from grandchildren and other young relatives has been very hard on a lot of our residents. However, physical distancing does not have to mean social isolation. And that is why I have been so proud of how many neighbours, friends and even strangers have stepped up to the plate and offered much-needed support to those people. Offering to collect groceries and medicines, calling for a chat or just waving as they walk past their homes – thank you to all of you who have really embraced the community spirit and looked out for others.

I know the ongoing restrictions continue to be a lot to ask of us all, but the results are promising and our continued efforts will not be in vain.

Rachel Reese | Mayor of Nelson





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

CARE FOR PEOPLE WITH DEMENTIA & HOSPITAL CARE

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

DID YOU KNOW?

TheMindsJournal

Listening to 5 to 10 songs a day can improve memory, strengthen immune system and reduce depression risk by 80%.

Our new TechConnect project

At Age Concern Nelson Tasman we have been really concerned about the lack of digital access for many of our older population. The Covid-19 Lockdown period has really highlighted the importance of being digitally connected and knowledgeable, yet many of our older people do not have access to digital technology or don't know how to maximise use of the ones they do have.



We wanted to address this issue so are delighted to be launching a new initiative called TechConnect. We have joined forces with the Top of the South Community Foundation, and will be providing older people with a device and internet access so they can learn how to connect with family, friends, explore the internet and hopefully expand their 'world'.

We would like to say a big thank you to Nelson Bays Primary Health, Blueberry IT, the Community Foundation, and the Tindall Foundation. If you are interested in learning more about this new initiative, please contact Caroline on 54487624 ext 1 or manager@ageconcernnt.org.nz

Bold Bubbles

The strange journey and superpowers of soap

According to Roman legend, thousands of years ago women washing in the river Tiber used bubbly globs flowing down a mountain to clean their clothing. Whether they knew it or not, the bubbles were inadvertently created by the temple priests on Mount Sapo. Ashes from fires combined with animal fat and river water created a bubbly substance that lifted dirt from skin and clothing - **Soap**.

Humans have been using soap for at least 5,000 years, but it isn't an obvious sort of formula. Soap requires three ingredients: An alkaline (like lye), water, and fat. The fat part is easy and lots of things work well, from olive oil to tallow, which is beef fat. But lye is a different story. Lye has to be made with

white ash from a hardwood fire. Lye makers literally had to go out to a place where hardwoods burned down to ash. They scooped up the white ashes and put them in a barrel. Then, they waited for rain, best for making lye. Buckets full of rainwater were poured into the ash barrel to soak the ash. The lye water formed at the bottom of the barrel. They then caught and stored the caustic lye water that leached out from the bottom.

Strangely, somewhere along the line someone decided to make lye and combine it with fat and more water. Today we might think of soap as gentle, but it is actually fierce to dirt, bacteria, and viruses.

Soap molecules are pin-shaped crowbars. Their tails love fat but hate water. Their heads love water. So when soap molecules find a piece of dirt or virus, the tails pierce the fatty membrane, while the heads pull away toward the water, thus prying open the dirt or virus and

Kitchen CORNER



FIVE CUP LOAF

Ingredients

1x cup self-raising flour
1x cup shredded coconut
1x cup raisins
1x cup brown sugar
1x cup milk

Method

Mix it all together in a bowl, line a loaf tin with baking paper and pour the mixture in. Bake for about 55 minutes on 150°C until nice and brown.

Shone & Shirley is now under new ownership

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

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

Check out our website: www.shoneandshirley.com

Shone & Shirley
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FAMILY OWNED & OPERATED

*honouring the past
supporting the future*

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

destroying it. Fancy science for some glop that once rolled down a hill.

Today soap smells nice and has lots of different forms from hand soap to detergent. Yet, the recipe really hasn't changed much from the recipe used by Romans or ancient Egyptians. It's still ancient science.

FIERCE SOAP MOLECULES use their tails to pierce the virus membrane and pry it apart!



Nelson Denture Clinic

We are happy to announce the Nelson Denture Clinic will be lead by our new clinician, Thomas Gu. Thomas has studied and worked at the Otago University's Faculty of Dentistry in Dunedin for over 10 years. He has led various departments in removable prosthetics including partial dentures, full dentures, implant supported prosthetics, and orthodontic appliances. In addition, he has worked at a private clinic in Christchurch, for 4 years. As a result, Thomas has an extensive and wide array of experience from complex and highly specialised hospital cases, to the conventional dentures and prosthetics.

With the combination of specialised expertise and his down to earth and friendly demeanour, Thomas and his team are looking forward to provide you with the finest quality dentures that are comfortable, functional, and aesthetically pleasing, to give you your natural smile back.

To make an appointment for a complimentary, obligation-free consultation, phone Margaret on (03) 548 1478.

The Experts in Denture Care

Nelson Denture Clinic

- Latest technology dentures
- Excellent fit and extremely natural appearance
- Cosmetic dentures to support and improve facial structures
- Implant assisted dentures
- Immediate and replacement dentures
- Denture repairs
- Insurance quotes
- Total professional care for denture patients



NZ made by NZ registered and qualified dental technicians

Ph. (03) 548 1478

reception@nelsondentureclinic.co.nz

35 Waimea Road, Nelson

www.nelsondentureclinic.co.nz

Editorial supplied by Nelson Denture Clinic

Intergenerational Magic

One of the hardest aspects of Level 4 Lockdown was that many people were not able to see their loved ones. Elphine, the daughter of AgeConnect Coordinator, Ruth Collingham, used her technical skills to get her granddad online and talked him through how to face time. When this first happened it was a special moment for all and so joyful for them to actually see each other.

Elphine explains, 'I am very proud of myself that I got my Granddad to use his computer to talk to us. It was special that I got to see him because I haven't seen him in a while. And also that I got to talk properly to him. Usually my Mum just talks to him on the phone. I had to give him a bit of help because he kept putting his finger on the camera.'



Messages of Support to our readers from the Mako

"It's great to see New Zealanders giving our older folk in our community a great show of respect during the Covid 19 lockdown, it has been one of the main positives to come out of this challenging situation. The respect shown has come in many forms but the main visible signs have been the community by in large abiding by the stay at home and social distancing guidelines and by helping deliver goods and services to older people. It's heartening that the motivation for these actions are to keep our older generation safe."

Martyn Vercor | Mako Team Manager



"It's definitely been tough times around the world and also our country but I just want to send my love out to our beautiful strong elderly communities in the Nelson region. Special mention to Age Concern Nelson Tasman for their work during this time of need especially our vulnerable. I know everyone

in our country is doing their best to help prevent and hopefully destroy this virus. So everyone out there, especially our elderly stay positive, stay strong and stay safe. I hope you have been keeping well. I have been doing a lot of work around the house but definitely upgrading my cooking and baking skills during lockdown have been the best part. Kia kaha."

Leicester Faingaanuku | Mako player



"Hi Everyone, Goody here from the Tasman Mako. I hope you are all keeping well and looking after each other during this strange time! It's been a great opportunity for me to get a bit more time with my two boys Max and Quin and each day we look forward to our daily walk to the local park for bear hunts

and of course a bit of rugby! Keep safe and I can't wait for some fins up later in the year."

Andrew Goodman | Head Coach



"I hope everyone is well and are keeping a smile on their faces, the light at the end of the tunnel is in sight and it won't be long until there is some footy back to watch, take care guys. Whilst this lockdown has been going on I've just been trying to stay as sharp as I can with my rugby training and keeping the

chain sharp on the saw cutting up firewood."

Ethan Blackadder | Mako player



Enjoying the sunny Nelson weather through the lockdown! Tough times for everyone but let's all keep our heads up, keep looking after each other and enjoy each other's company. Fins Up!

Tim O'Malley | Mako Player

PUZZLES



Popular Pizza Toppings

L	C	T	O	E	I	S	S	C	U	T	S	N	S
C	O	N	N	R	I	C	O	T	A	A	M	I	A
S	A	A	O	S	G	A	E	N	U	N	U	N	V
C	A	L	C	L	P	I	A	S	O	O	S	C	O
T	U	P	A	M	O	E	A	H	R	O	H	I	C
H	B	G	B	B	L	G	A	O	U	R	R	N	A
O	T	G	A	S	E	O	E	N	O	N	O	I	D
N	T	E	U	O	N	E	B	A	U	U	O	H	O
S	P	I	N	A	C	H	F	S	A	T	M	C	S
T	R	C	H	I	C	K	E	N	T	C	S	C	U
O	T	T	I	U	C	S	O	R	P	E	I	U	P
S	U	N	O	S	A	L	A	M	I	P	R	Z	U
T	A	P	I	N	C	I	L	A	N	T	R	O	H
T	G	N	S	S	S	N	O	I	N	O	M	C	H

SPINACH
CILANTRO
BEEF
ZUCCHINI
SAUSAGE
SALAMI
AVOCADO
LOBSTER
BACON
EGGPLANT
ONIONS
MUSHROOMS
CHICKEN
PEANUTS
RICOTA
PROSCIUTTO

The word "pizza" dates back over 1000 years.

A Wise old man was talking to a boy and said,
There are two wolves always fighting inside me.
One is filled with anger, hate, jealousy, shame and lies,
the other wolf is filled with love, joy, truth and peace,
this battle rages inside of you and all men.
The boy thought for a moment and asked Which wolf will win
The old man answered: The one you feed

1		8			6	4		
		6		9		8		7
5								
2	6	9	5				8	
			4		9			
	8				2	7	9	1
								5
6		4		7		2		
		1	2			9		3

Sudoku is not just a "corresponding" name for this puzzle. In Japanese "Su" means a number, while "Doku" means only/single. So Sudoku means "only single digits".

There are about 5, 472,730,538 valid Sudoku puzzles and you'll need a whole lifetime to solve them all.

Phone a Friend service established

Helping people remain connected and engaged during the Covid-19 Lockdown period has been a key priority for Age Concern Nelson Tasman. That's why we introduced a new Phone a Friend service in early April, hoping to fill the gap for older people at home who were looking for some more social contact.



Many do not have access to the internet, or family nearby, and we wanted to offer something that would help some.

Anyone over the age of 65 in the region can register for this service and one of Age Concern's wonderful volunteers gives them regular phone calls to chat. Just the thought of being able to talk to someone else was hugely appealing for some people. One recipient

said: 'I would love to have a chat to somebody else during the day, as I'm too scared to go out and talk to my neighbour and I don't have any family here'.

The Phone a Friend service has proved very popular and successful, and we're currently providing the service to around 50 older people in the region. Lynda, whose father is one of those, praised the new service: 'My father was recently matched with a volunteer who has already phoned him a few times. This has made a wonderful difference to Dad's isolation. He has also enjoyed a couple of calls from the lovely co-ordinator.'

Our Phone a Friend service is still operating and will continue to do so for the foreseeable future. If you wish to receive phone calls, or know someone who does please, go the Age Concern Nelson Tasman website at www.ageconcernnt.org.nz to fill in the registration form or contact Susan Arrowsmith on 5447624 ext 3 or coordinator@ageconcernnt.org.nz

Looking After Ourselves

Life at the moment can feel challenging on all sorts of levels and many people are feeling much more stressed than usual. At times like this it's particularly important to take good care of ourselves. Self-care is about the good habits we develop to keep ourselves well. It's about giving the same care and kindness to ourselves that we would give to others. It's also very personal and about finding what works best for you. Here are just a few ideas for staying well:

- **Have a daily routine that includes a regular bedtime.** This gives purpose to your day and helps with getting a good night's sleep.
- **Get active** – moving your body in a way that works for you is good for mental and physical well-being and important for maintaining mobility, strength and balance. For some good ideas have a look the new programme for older people 'Healthy for Life' on TVNZ1 at 9am on Saturday.
- **Eat well** – and don't forget to give yourself some treats.
- **Stay connected.** Keep in touch with people that brighten your day. Phone calls, chatting over the fence with a neighbour (at a safe distance) texts and emails. Write a letter or send a card. Maybe write to an elderly friend who is in a rest home and brighten their day. If you are really feeling lonely contact us and we can organise one of our lovely phone volunteers to ring you regularly for a chat.
- **Reminisce** – go on a trip down memory lane by looking at your old photo albums, listening to those old songs or watching your favourite movies. Have you thought about writing your life story?
- **Get creative** – art, music, writing, gardening, craft... the list is endless. This is about what makes you feel good. Rearrange your book shelves, colour code your cardigan drawer, have a go at something new.
- **Get fresh air** – get outside regularly. If you can't get out sit next to an open window in the sunshine or maybe have your morning cuppa sitting in your doorway.

In these uncertain times there may be days when you don't feel on top of the world. Be kind to yourself, rest up and realise that this is very normal. Maybe on those days don't watch too much news and avoid talking to that negative family member. It might be a

good day to watch your favourite feel-good movie or to ring that friend who always makes you laugh. If you are finding things hard please talk to us at Age Concern. We will be happy to listen and to connect you with the support you need. Look after yourself,



Susan Arrowsmith
AVS and Carer Relief Coordinator.

1	9	8	7	5	6	4	3	2
3	2	6	1	9	4	8	5	7
5	4	7	3	2	8	1	6	9
2	6	9	5	1	7	3	8	4
7	1	3	4	8	9	5	2	6
4	8	5	6	3	2	7	9	1
9	3	2	8	4	1	6	7	5
6	5	4	9	7	3	2	1	8
8	7	1	2	6	5	9	4	3

Sudoku Puzzle answers - from page 13.


I hope you're all doing ok now we are in Level 2. If you would like an update regarding the Total Mobility Scheme, the Staying Safe Driving Course or our Tea & Talk session please give me a call on 03-5447624 ext 4.

Please stay well and I look forward to catching up with you in the near future.'




Warm regards,
Marrit Walstra-Russell,
Community Support Coordinator.

Kia Kaha, thinking of You.
Let's Stand Together but 2m apart!
- Jasmine, Stoke.



From our Bubble to Yours

I was stuck in my bubble for over three weeks because I had a sore and swollen foot. When I ventured out for the first time, it was exciting and pleasurable. Now, I am experienced in going to the supermarket and queueing up, 2 metres apart, before being allowed in. I hope that we have learnt many lessons during this period. Thankfulness for our country and wise leaders; modern technology to keep in touch, even if it is only the good old telephone; the ability to care, even from a distance; good weather and loving friends and family. Let's be patient, keep practising safe distancing and make Covid-19 a thing of the past.



Charles Tyrrell
Chair of Age Concern Nelson
Tasman

"Hi everyone, if you had a birthday during lock down 'Happy Birthday!' We are thinking of you all and hope you're ok!"

Greetings from Will and Kees Russell from Richmond



COVID-19



Don't be scared, be prepared.

That's the Ministry of Health's advice for older people anxious about the current COVID-19 pandemic. People aged over 70, and in particular those with underlying health conditions such as respiratory issues are more vulnerable to infections, including COVID-19.

Older people need to take more precautions to protect themselves against all infections, not just COVID-19, including avoiding close contact with people who have a cold or flu-like illness.

The annual flu vaccination is free for people aged over 65 and those with certain long term conditions. While influenza vaccination does not prevent COVID-19, influenza is a serious illness that causes hundreds of deaths each winter in New Zealand, and thousands of hospital admissions and doctor's visits. Improving the population's protection against influenza will improve our ability to manage any increased demand on health services as a result of COVID-19.

It's also important that people seek help quickly if they're worried about their health. Sadly many older people are delaying going to their GP for a routine check-up or if they are feeling unwell because of concerns around COVID-19.

People needing health care should contact their GP as usual or call Healthline for advice on 0800 611 116. If it's an emergency, call an ambulance.

Here are some tips on staying well during this time.

- Wash your hands regularly for at least 20 seconds using soap and water and dry them well. This is especially important after; using the bathroom, coughing, sneezing or blowing your nose, getting home, eating or preparing food.
- Avoid touching your nose, mouth or eyes unless you have washed your hands.
- Stay away from sneezes. Two metres is a safe distance to stay from anybody sneezing. This is about the length of your couch or bed.

- Cover your cough – If you need to cough or sneeze, cover your nose and mouth with your bent elbow or a tissue (then throw it in the bin).
- If you feel at all unwell, make sure you stay at home until you feel better and try to stay in a separate room from people you live with.
- Find the facts – lots of people are talking about COVID-19 right now. It can be confusing when lots of people are saying different things. Make sure you get your information from official sources like the Ministry of Health and the COVID-19 website. If people tell you new information, ask where they got it from – make sure it's official! Keep up to date with facts, not rumours.
- Manage your mental wellbeing. Reach out to your family and whānau, friends and workmates. Sharing how we feel and offering support to others is important. We also recommend sticking to a routine such as having regular mealtimes, bedtimes and exercising. Tell yourself that how you are feeling is a normal reaction and will pass – it's nothing to be afraid of.
- If you feel you are not coping, it is important to talk with a health professional. Call your regular health care provider or for support with grief, anxiety, distress or mental wellbeing, you can call or text 1737 – free, anytime, 24 hours a day, 7 days a week – to talk with a trained counsellor.

editorial supplied by Ministry of Health



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