

WINTER 2020 QUARTERLY NEWSLETTER

www.ageconcern.org.nz



Age Concern Marlborough

Serving the needs of older people



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

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OFFICE HOURS

Community Welfare Coordinator

Catherine Donnelly

9.00am - 3.00pm Monday to Friday

Office Administrator

Sandy Stowell

10.00am - 1.00pm Monday to Friday

Elder Abuse Response Advisor

Farishta Paterson-Ihaka

9.00am - 3.00pm

Monday, Wednesday and Friday

The Community Welfare Coordinator and
Elder Abuse Advisor are available outside
these hours.

Volunteer Coordinator

Marion Rowe

volcoageconble@extra.co.nz

Office Email: ageconble@extra.co.nz

News from the office...

We hope this instalment of our latest newsletter finds you all feeling like things are all getting back to a kind of normal, and that you are able to get out and about more, but being able to stop or slowdown and smell the roses was also good for the soul.

During the lockdown period, we were working, visiting clients that needed assistance, helping with welfare checks, and delivering groceries. A positive was there was no traffic on the roads.

We didn't want to make this newsletter Covid heavy, but if there is anything you need to know, you can call the office or go onto the Ministry health Covid website

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>

If you are feeling lonely or isolated, please call us, as the Prime Minister says we are a team of 5 million, and we are here to help.

Regards from the Team in the office

Catherine, Sandy, Farishta, Marion and Sue

*"If you want to lift yourself up,
lift up someone else."*
— BOOKER T. WASHINGTON

**Age Concern Marlborough would like
to thank the following organisations for
their financial support, who enable us to
provide the services we do.**



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

We're your bubble on wheels



**Free at Last! Get out and about,
safely and hygienically, with
Driving Miss Daisy Marlborough.**

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
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and make your next outing a pleasure!**

Marlborough

Phone: (03) 579 3162

Mobile: 021 503 354



Driving Miss Daisy®

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**Go to www.facebook.com/ageconcernmarlborough/
to follow us on Facebook.**



Volunteers are urgently needed to help out with a couple of our programmes. Full training will be given along with full support and encouragement.

STEADY AS YOU GO

This is our exercise programme and currently we have 7 classes over the week, including Picton.

Attributes required;

- A fun personality
- Can work with a team
- Understands the aging process
- Be able to spare around 2 hours a week
- Likes to have fun!!!

VOLUNTEER VISITOR

If you have a couple of hours free a week and enjoy meeting and chatting with people, we have a job for you. The visits can take place in our Clients homes or in a Retirement Village setting.

Attributes required;

- A listener
- Have empathy
- Understands that social isolation and loneliness is prolific in our community
- Enjoys learning about others
- Is a good companion.

For this role we try and buddy up the client and volunteer who may have similar interests or experiences.

if these sound like you, please make contact with us. Come in for a cuppa and we can give you more information. All our volunteers will need to under go Police check and full training is given.

Thank you for supporting SPCA during COVID-19

For many of us it has been a challenging time since New Zealand went into lockdown, as together we face an uncertain future. While it feels like almost everything has changed in this time, however, we have been humbled to find that one thing hasn't: your dedication to the animals. We want to offer our deepest gratitude to everyone one who has supported SPCA through COVID-19. While we are closed to the public, our centres are still operating and our staff still working tirelessly to care for animals in need. From the bottom of our hearts, thank you - you have made it possible for us to keep going.

Caring for your pets during COVID-19

In this uncertain and unprecedented time, you may be wondering how the ongoing COVID-19 situation affects you and your pets. Currently, there is no evidence that companion animals can infect humans with the COVID-19 virus, and SPCA urges owners not abandon their pets. If you haven't tested positive or are self-isolating, then continue to interact with your pets as normal but wash hands thoroughly before and after touching them, their food, toys, and bedding. It is however important to think ahead and create a plan for your pets in case of emergency. Your pets may be impacted if you or members of your family test positive for the virus or need to self-isolate – and the worst time to try and make arrangements for your pet's care is when you're already sick.

Keeping your pets happy and enriched while at home

With many of us now spending a lot more time at home with our pets, there has never been a better time to help ensure they are living their best, most enriched lives! For pets of all species, enrichment and exercise are essential to ensuring good mental and physical health. It also reduces stress and abnormal behaviour such as aggression, vocalization, over-grooming and inappropriate toileting. One of the best ways to keep your pet active and healthy is to provide them with plenty of environmental enrichment, and ensure that your home is a pet friendly space where they can access everything they need.

Have you discovered SPCA's Kids Education Portal?

If you're looking to entertain animal loving youngsters at home, then SPCA's Kids Education Portal is a goldmine for fun, fulfilling activities that will keep them busy for hours. This unique online education resource is part of our SPCA Education Programme and has been designed to support children's learning about animal welfare and responsibility towards animals, whilst developing their respect, understanding and compassion for all living creatures. Full of ideas and instructions for crafts and toys to make, and lots of informative and educational resources for young minds, this is the perfect place for animal loving kids and parents to go during lockdown.



Ollie the rescue cat. Together with his brother Rosco now live a very spoilt life.

Farewell Sandra



For the past 3 years Sandra Mclauchlan has been the poster girl for our Steady as You Go classes. She was here at the beginning and took part in the training, developing, and running of the classes.

Sandra has decided to retire from Steady As You Go, and focus more on looking after herself. Sandra from us all thank you so much for all the time and effort you have given to the classes and to Age Concern Marlborough. You are a true inspiration to us all and I will certainly miss your support and encouragement.

We wish you and Rosie (The Schnauzer) many happy walks on the riverbank.

We will have a farewell for Sandra, when we are able to, hopefully that will be under Level 1.

**FASTER DOESN'T WORK
FOR EVERYTHING**

**MUCH MORE TIME CAN BE SAVED
SLOWING DOWN AT INTERSECTIONS**



**MARLBOROUGH
ROAD SAFETY**

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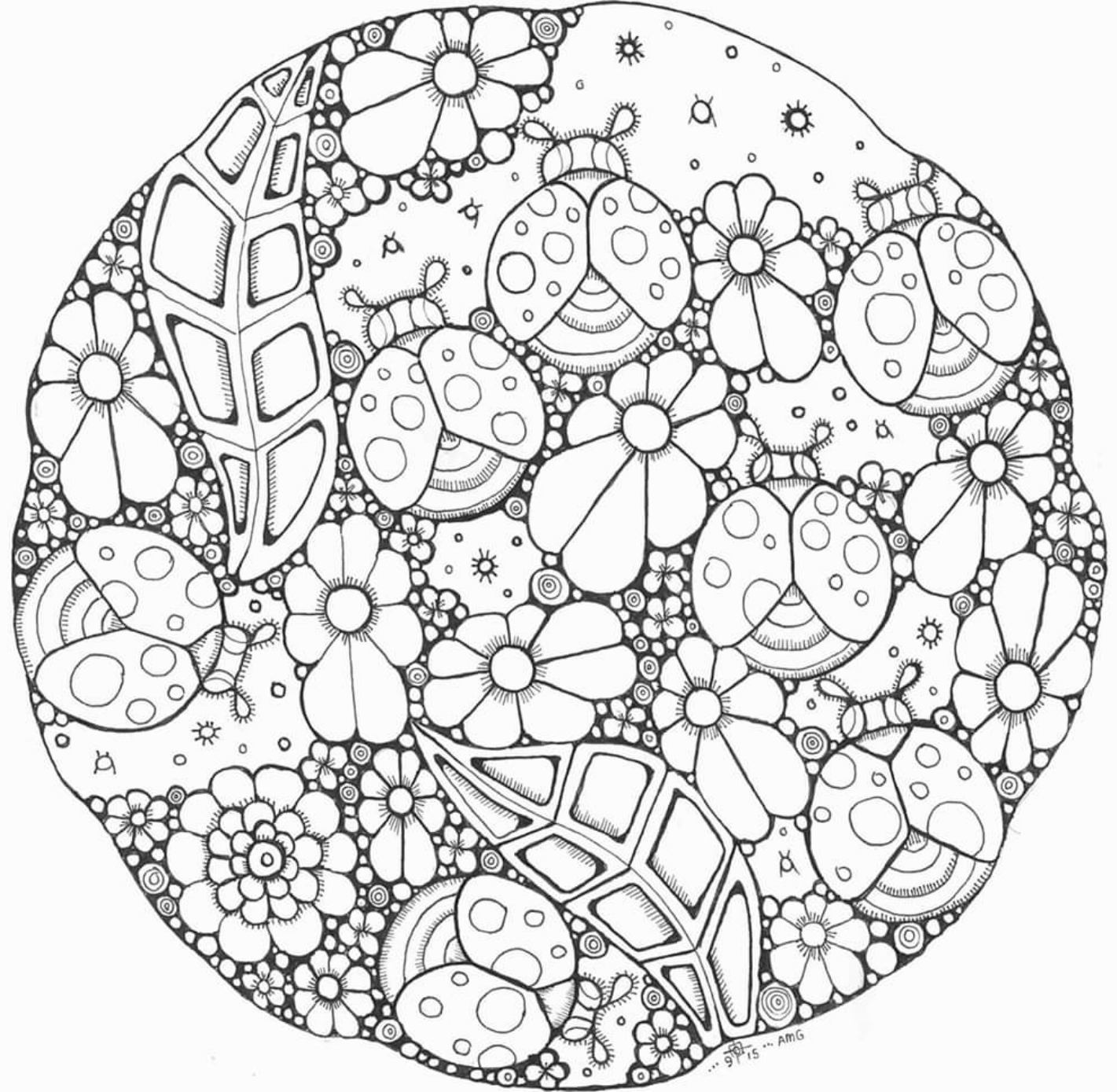
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ADULT COLOURING IN *Credit Ann Gutschlag*

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"

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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



10 TIPS to promote respect and prevent abuse

1. Love and cherish your older relatives/whānau.
2. Speak respectfully to older people/kaumātua.
3. Include older people/kaumātua in your social activities.
4. Phone or visit your older relatives/whānau.
5. Support older people/kaumātua to spend their money how they wish.
6. Encourage and support older people/kaumātua to make their own decisions.
7. Honour older people's/kaumātua's wisdom.
8. Enable older people/kaumātua to set their own pace.
9. Respect older people's/kaumātua's stories.
10. Seek advice from our Elder Abuse Response Service when you think an older person/kaumātua is being abused or neglected. Phone: 0800 32 668 65



**Always respected,
never abused.**

Age Concern Marlborough Classes;

Because of the Covid Pandemic we like a lot of other organisations have had to postpone all our ongoing groups and classes, but are keen to get back up and running again. It has been an interesting time for us all, and in the words of Vera Lynn and Her Majesty Queen Elizabeth, "We will meet again". We don't know when, but we are planning and will let you know the dates as soon as we know them.

Staying Safe for Seniors Drivers.

This course looks at all aspects of road safety and a great way to brush up on the road rules. This class is in conjunction with NZ Police, NZTA and Age Concern.

The class is usually 4 hours long, and lunch is provided along with freebies.

Pre registrations are open now, if you have any questions or would like to register, please phone Age Concern Marlborough on 5793457

Steady As You Go

See page 13 for updated information.

Friendship Group

Our friendly group meets monthly and can't wait to catch up again over a cuppa for a chat. If you would like to register to receive our monthly invites, again please contact the office. Under normal circumstances we have a mixture of a social time, guest speakers, entertainment, the odd quiz and theme days. The cost is only \$2.00 and bring \$2.00 for a raffle. We would love for you to join us.



BUTTERSCOTCH AND COCONUT DUMPLINGS

Reminiscent of scone pudding, with its satisfying doughy base and sweet, creamy sauce, this is comfort food at its homely best.

Serves 6

Butterscotch Sauce

50g butter
1 cup brown sugar
1 cup cream
1½ cups water

Coconut Dumplings

125g butter, softened (or margarine)
¼ cup brown sugar
1½ cups flour
1 teaspoon baking powder
½ cup shredded coconut
¼ cup milk

Heat oven to 175C fan bake.

To make butterscotch sauce combine the butter, brown sugar, cream and water in a medium-sized saucepan, stir until melted and smooth, then simmer two minutes.

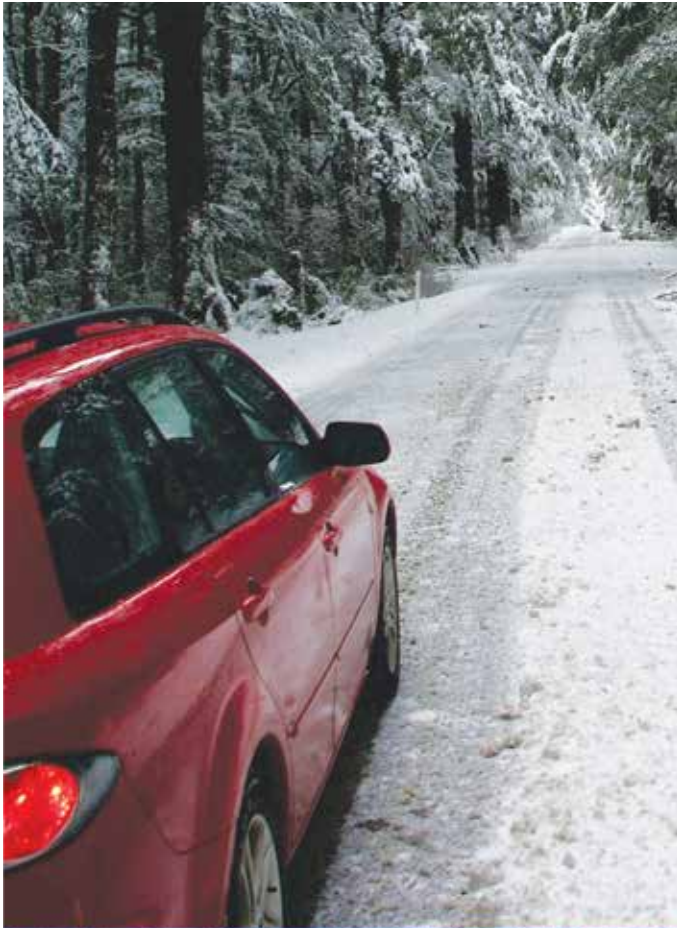
Meanwhile, make dumpling dough. Beat together butter and brown sugar until creamy (a wooden spoon is fine for this) and then stir in the sifted flour and baking powder. Fold together with coconut and milk to create a firm dough.

Pour hot butterscotch sauce into a large, deep- baking dish (about 6-8 cup capacity). Shape dumpling dough into about 12 golf-ball sized rounds and arrange in the hot sauce. Bake for 20-25 minutes until dumplings are golden and firm. Serve hot, with icecream or pouring cream.

This pudding is best eaten soon after baking. It will keep for 2-3 days but the dumplings will soak up the sauce, making the pudding heavier.



SAFER WINTER DRIVING



**NZ TRANSPORT
AGENCY**

New Zealand Government

New Zealand is renowned for its changeable weather which means you should plan and prepare before you find yourself on an icy, wet or snowbound road.

Most of the time New Zealand has a temperate climate. However, storms can hit the country with little warning, delivering heavy rain, ice and snow, especially during the winter months (usually between June and August).

This is the most hazardous time of year for driving, with frost and ice occurring throughout the country and snow in areas like the central North Island and alpine passes in the South Island.

The following winter driving tips will help you stay safe on the road.

PLANNING YOUR JOURNEY

- » Always check the weather forecast and road conditions before you leave.
- » Consider if you really need to travel, especially if the weather is poor.
- » Think about where you're going and what route you should take – choose safety over convenience.
- » If travel can't be put off, allow extra time for your journey.
- » Plan to drive during daylight hours when visibility is better and hazards such as ice and snow are less likely. Avoid driving at night when hazards rapidly multiply.
- » If travelling long distances, make sure you are well rested and plan where to have a break.
- » Share the driving if possible or allow for stops every two hours.
- » Dress for the conditions, carry additional warm clothes and keep a survival kit in your vehicle in case you do get stuck.
- » Ensure your car is roadworthy and keep at least half a tank of fuel in your vehicle in case you get diverted onto another route or you are forced to turn back.
- » Be prepared for snow and carry tyre chains that you know how to fit and use.



WHEN YOU'RE ON THE ROAD

- » Drive slower than you normally would – it only takes a split second to lose control in wet or icy conditions.
- » Avoid sudden braking or turning that could cause you to skid. Accelerate smoothly and brake gently, and use your highest gear when travelling uphill and your lowest downhill.
- » For vehicles without anti-skid braking systems, pump the brake pedal in short rapid bursts rather than pressing long and hard to avoid skidding or sliding.

- » Drive at a safe travelling distance because it takes longer to stop on slippery roads. In winter, especially in poor weather, double the two-second rule to ensure a safe distance between you and the car in front.
- » When travelling in fog, rain or snow, drive with your lights dipped for increased safety.
- » As well as other drivers, there could be winter maintenance vehicles on the highway helping to keep the road open. If you come across any of these vehicles, stay a safe distance behind them and don't pass unless you're instructed to.

Am I safer in a four-wheel drive (4WD)?

Four- and all-wheel drive vehicles have greater traction when accelerating on snow and ice, which combined with more ground clearance allows them to travel further on snow-covered and icy roads. However, this is no guarantee of increased safety when cornering or braking, and you will still need to reduce speed and drive to the conditions.

Tips for spotting ice and snow

- » Look out for shaded areas caused by high banks and tall trees where roads freeze sooner and ice may not thaw during the day.
- » Bridges could also stay slippery longer than other road surfaces, so slow down when crossing.
- » Frost is more severe at daybreak so be prepared for this after it becomes light. While it may not be frosty at 6am, it could be an hour or two later.

Is information available when I'm on the road?

- » On roads that are subject to closure in winter, electronic message signs provide drivers with up-to-date warnings on current conditions. The messages on these signs are changed remotely and will be blank when there are no restrictions.
- » Many radio stations will also provide road condition bulletins, so listen to your local station for updates.
- » You can also call **0800 4 HIGHWAYS** or visit **www.nzta.govt.nz/traffic** for the latest road conditions.

Do you put anything on icy roads to help?

Grit and an anti-icing agent called CMA is spread or sprayed on some roads to help travel in icy conditions. Grit and CMA, which are sometimes used at the same time, lessen the severity of winter road conditions but do not completely stop the effect of ice and snow, so remember to drive to the conditions and slow down.

The speed at which ice and snow can occur means that there will be times when grit and CMA have not yet been spread. If we have spread grit, drive on it where possible and not in a wheel track, to maximise its effect.

IF THINGS GO WRONG

- » In the event of an emergency, dial 111.
- » For mechanical breakdowns, contact your breakdown service provider.
- » If you do get stuck, stay with the vehicle and keep everyone warm until help arrives.
- » If you are involved in a crash, tell the police even if no one is injured – this type of information helps us to make improvements to the road where necessary.



ALWAYS REMEMBER

- » Drive to the conditions.
- » Allow greater following distances on frosty and wet days.
- » Obey emergency road closed signs and barriers.
- » Follow the directions of any road patrol or police officer.
- » Avoid towing in icy conditions.
- » Road closures and restrictions are put in place for everyone's safety. It is against the law to drive on a closed highway. If you choose to ignore closures or restrictions, you do so at your own risk, and it voids your insurance.

PLAN YOUR JOURNEY

For latest winter driving conditions in your area:



Website
www.nzta.govt.nz/traffic



Facebook
www.nzta.govt.nz/socialmedia



Twitter
www.nzta.govt.nz/socialmedia



Call
0800 4 HIGHWAYS (0800 44 44 49)

Soup - A Story From Lockdown

BY PAULINE GORGAN

When I left the Emergency dentist on Wednesday April 15, in Lockdown, I was hungry and in pain. It has been difficult to eat for the 3 days prior, due to a severe mouth infection. I needed soup but had no ingredients to make it, no cans or homemade soup left in my freezer. Sharon, the only person in my bubble, had been helping me earlier in the day and I didn't feel I could ask her for help again that evening.

I didn't feel ok about ringing contacts who were not in my bubble because they lived a good distance away. The loneliness of the situation began to get out of all proportion and then my phone rang. I saw it was from my sister-in-law. I took a deep breath to help pretend I was fine and said, Hi!

She was ringing to see how my day had been? The floodgates opened. I couldn't talk. I was overwhelmed by the mouth ulcers, the pain, the hunger and the aloneness. Hearing a caring voice was comforting but all I could do was cry.

Check up on those people you love and care for

Reach out to your older relatives, friends and close neighbours to check in with how they are and talk through their worries. Whether it's giving them a phone call or writing a letter, staying connected and connecting often is important during this time.

Lend a helping hand

You can help make a difference. Whether you'd like to get involved by becoming a pen pal, delivering groceries or by being a friendly voice on the end of the phone, contact your local Age Concern to see how you can get involved. 0800 65 2105

Calmly, my sister-in-law waited. She asked and waited. She gave me the time I needed. Then I heard myself say, "Have you got any soup?" Though not in my bubble, over 70 and also health compromised she was determined to bring me soup. However, she had no soup either!

She asked about any contacts who might have soup. There were none. She then helped me reconsider my decision not to ask Sharon in my bubble for help. On her advice I rang Sharon.

Sharon had no soup either!

However, she set about finding someone who had some. She arrived 30 minutes later with a tin of Wattie's Creamy pumpkin soup, soft white bread, jelly and a tin of peaches. She prepared everything for me. I was humbled to have found help in the form of soup. Such a simple thing but so huge on the day.

The empathy of those who have reached out in lockdown touches my soul. It moves me forward. Their kindness is a light that keeps shining long after the problem was solved.

Steady As You Go

Are you missing your weekly exercise classes?

Well good news.

Our classes are restarting on Monday 15th June. Please note that the Wednesday class will now be held at the Marlborough Community Centre, where our office is located, at the same time 1.30-2.30pm.

SAYGO

We currently have 5 weekly SAYGO classes running.

Monday 10.30 - 11.30

The Foundry in John Street

Tuesday 11.30-12.30pm

St Christopher's Church Hall

Tuesday 1.45 - 2.45pm

Bright Centre in Dillons Point Road

Wednesday 1.30-2.30pm

Marlborough Community Centre

Thursday 1.30-2.30pm

WHAT IS SAYGO?

SayGo is a weekly exercise class that concentrates on strength and balance and these two together statistically help with Falls prevention, not to mention a social time. These classes have been going throughout New Zealand since 2003 and we have over 50 participants in Marlborough each week.

For more information, please contact the office Phone 579 3457.



Nelson Denture Clinic

Our senior clinician Thomas Gu at Nelson Denture Clinic has studied and worked at the Otago University's Faculty of Dentistry in Dunedin for 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.

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Editorial supplied by Nelson Denture Clinic



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Relationship Changes in a Village

Retirement villages are microcosms of the wider society. Residents' relationships and obligations can change in a village, just as they do elsewhere. But retirement village residents' obligations are governed by contracts that usually don't have the level of flexibility to easily allow for changes when personal circumstances change.

This is the third article on this topic. We've looked at divorce and the opposite, moving a new person in. This time we'll look at how operators treat dependent adults or children who want to move to live with a village resident.



Operators encounter many different scenarios where residents ask for consent to have a dependant or vulnerable adult, a child who has fallen on hard times, or grandchild live in the resident's unit either temporarily or permanently. Whether or not an operator will allow this will depend on the particular village and circumstances. The operator's consent is required because these people will be living in the village as guests.

Operators appreciate that these requests to support family need to be managed with fairness to everyone involved. Having said that, operators also must respect the needs of the wider resident community and consider whether the dependant person's needs can be suitably managed by both the resident and the village. Further, the operator will want to know that there's a plan for the dependent person's care if the resident becomes unable to care for them.

Where consent has been granted to a long-term guest, the operator is likely to reserve the right to revoke it if the person's presence in the village becomes undesirable, they become a nuisance to others, or the resident, in the operator's opinion, becomes unable to care for that person.

Having children live in a retirement village can be divisive, so many operators will be unwilling to agree to children living permanently or semi-permanently in a village.

Increasingly, adult children who have fallen on hard times, maybe through divorce, mental health issues or having just been released from prison want to move into mum or dad's unit at a village. These situations can be particularly fraught and there have been instances where a child has pressured a resident to allow him or her to move into the unit. Some operators may require a police check and certain types of conviction could impact on the guest's right to stay at the village. Operators have talked about the need to trespass children where it is evident that elder abuse is occurring or other residents are being put at risk.

Where a fully competent person is allowed to move into a resident's unit as a semi-permanent or permanent guest, the operator will usually want the guest to sign an acknowledgement that they will comply with all village rules, respect other residents' rights and that his or

her right to live in the unit may be revoked by the operator.

In the end, it's in everyone's interest that resident relationship changes and the need for residents to support loved ones are managed with care and empathy. While the village operator needs to ensure the village is managed so as to protect the interests of the whole resident body, individual residents' needs are also important. Our experience can be summed up in two key points:

- If a resident's financial interest in an ORA is going to be affected, then a resident must get proper legal advice from a solicitor; *and*
- Talk to their village manager promptly so they can jointly work through the options open to the resident.

editorial supplied by Retirement Villages Association

Have you paid your 2019 subs yet?

If not they are very overdue, so please pay immediately. Your subs enable us to keep our office open for your benefit. Next years subs will be due from 1 July onwards.



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

AGE CONCERN MARLBOROUGH MEMBERSHIP RENEWAL/NEW



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Address:	Married Couple (\$35.00)	\$
.....	Donation:	\$
Telephone:	Total :	\$
Email:		

Payments may be made either to the office or online to our bank account: Westpac 03 0599 0475319 00. Please ensure your name and 'subscription' is shown as a reference. Sorry, no eftpos at the office.

We welcome Donations and Bequests which help us to continue to promote the welfare of older persons in Marlborough.

OFFICE USE ONLY:		
RECEIPT NUMBER:	MEMBERSHIP CARD GIVEN:	ENTERED:

105 and Non – Emergency

Always call 111 in an emergency such as:

- When a crime is happening now – and the offenders are still there or just left
- Someone's in danger or badly injured
- There's a serious risk to human life or property
- You see a major public hazard, like trees blocking a road

If you need to talk about something else then you can call 105.

The number is available from both mobile and landline phones.

It's a free nationwide service available day and night for New Zealanders and overseas visitors.



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.

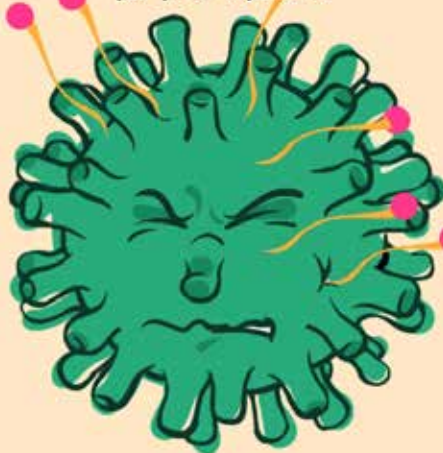
But lye is a different story. Lye has to be made with white ash from a hardwood fire. Lye makers literally had to go out to a place where hardwoods burned down to ash. They scooped up the white ashes and put them in a barrel. Then, they waited for rain, best for making lye. Buckets full of rainwater 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 destroying it. Fancy science for some glop that once rolled down a hill.

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



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.