

WINTER 2020 QUARTERLY NEWSLETTER

www.ageconcern.org.nz



Age Concern Horowhenua | Kapiti | Manawatu

Serving the needs of older people



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9.00am - 3.00pm Monday to Friday

BOARD MEMBERS**Chairperson:** Dorothy Moore**Secretary:** Sue Carson**Treasurer:** Vicky Prouting**Committee:** Sylvia Meijer, Chris Sutcliffe,
Peter Dyer**STAFF****EANP Coordinator:** Dan Geraghty**Manager:** Annemarie Smith**Accredited Visitor Coordinator:**

Wendy McMahon

Social Connection Coordinator: Melanie Lilley**Contact Information****Age Concern Palmerston North & Districts****Phone:** (06) 355 2832**Email:** marian.dean@ageconcernpn.org.nz**Address:** 51 Waldegrave Street,
Palmerston North 4410**OFFICE HOURS**

8.30am - 3.30pm Monday to Friday

STAFF**Manager:** Marian Dean**Elder Abuse and Response Social Worker:****Social Connection Coordinator:**

Fern Brooking

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DID YOU KNOW?

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

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

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
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Levin

Ph: (06) 367 2060

Feilding

Ph: (06) 323 4333

West Palmerston North

Ph: (06) 355 0470

East Palmerston North

Ph: (06) 355 0040**Driving Miss Daisy®**

News from Age Concern Horowhenua

MESSAGE FROM THE CHAIR

Welcome to the Winter edition of the Age Concern quarterly newsletter. As we come out of lockdown and enter Winter, please remember to contact your GP for your flu vaccination if you have not already done so.

It is my privilege to come back for a third term on the Age Concern (Horowhenua) board. I was the inaugural chair when Age Concern first commenced in Horowhenua. I wish to acknowledge all the hard work of the original board, especially Margaret Robins and Ewen Paynter and Marie Harding.

There have been many changes since then (2005), but unfortunately, Elder Abuse is still prevalent in today's society. Previous Elder Abuse Co-Ordinators also deserve recognition, Allan Birrell, Joanne Harris, Anna Auty and currently Dan Geraghty. I also wish to acknowledge all our volunteers who visit clients thru our Accredited Visitor Services (AVS).

Without Age Concern staff and volunteers Age Concern would not exist in our community. Stay well, stay safe and keep warm this winter.

ACH acknowledges the sudden passing of Allan Birrell on 14.6.20. Allan was ACHs first EAN Coordinator – and more recently a Board Member. On behalf of the ACH Board, Staff, Visitors and Clients; we all extend our loving sympathy to Heather and family at this sad time.

Dorothy Moore | Chair ACH Board

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



John Beattie Volunteer Visitor Champion

It is with great pleasure that Age Concern Horowhenua Board and Staff nominate Accredited Visiting Service Volunteer, John Beattie for Age Concern Dignity Champion of the month. The Dignity Champion title is awarded by Age Concern National Office each month to a volunteer who has promoted the rights and wellbeing of the elderly, and has helped to combat loneliness by building relationships in the community. John received a chilly bin of frozen meals from Age Concern National office partners, Tomorrow's Meals.

John has been an AVS Volunteer for 2 years and during that time he has carried out almost 200 visits to 3 elderly clients. John is an exceptional visitor by providing regular caring contact, shared interests and activities with clients. He enjoys giving of himself and helping to make a real difference to the lives of our elderly clients who for different reasons endure loneliness and social isolation. John has made a real difference to the health and happiness of the Age Concern clients he visits. John is an ardent supporter of all Horowhenua Age Concern services. He has also established himself as our liaison person with the local Cosmopolitan Club and is presently floating an idea of picking up residents from various rest homes throughout the district on a fortnightly basis so that they could enjoy fellowship and company.

John could be best described as a stalwart of the local community.



Bob gets a Scooter

The Team at My Ride Levin, feel privileged to have assisted many people in the community to fill in the paper work and be able to help get a grant from the Lotteries board to enable them to get a Mobility Scooter to allow them to continue to be independent and mobile.

One of those people MY Ride has assisted is Bob Tierney of Levin. Bob's wife, Ruth is a resident in a dementia care facility in Levin and he has never missed a day travelling the 3 kilometres to visit her and assist with caring for her. Bob was previously given the temporary loan of a scooter from Age Concern but unfortunately, Age Concern cannot provide scooters on a permanent arrangement. Now having his own scooter he is self reliant and able to get around with ease.

My Ride have vans on the road to service Levin, Foxton, Shannon, Otaki and Kapiti areas. We are happy to assist you with the paper work for Lotteries Board grant. Give us a call or pop on in. We have scooters to test ride. We are available to do in home demonstrations as well.

My Ride Levin.
117 Oxford Street Levin
06 368 5459



Read for free!

Enter the link below for some of the best new Short Stories online.

www.writerscircle.net

This project, Writers Against Covid-19 began as a service by the Editor, Louise Moss who was living in the UK at the time of lockdown. Louise being in the vulnerable group, had to stay home but soon became lonely and depressed. She had the idea to put some of her short stories on her website, stories that brought a smile to the face and lifted the spirits during lockdown. She soon ran out of stories and put out a call to writers to send her stories for the site. Soon, she was receiving emails from around the world. The stories are on a variety of subjects and in any style, in most genres - but they are entertaining and there is something for everyone's taste. Make yourself a cuppa and take the time to read one of these short stories to entertain you. Stories are added every day, so come back soon.



A Strength, Balance and Falls Prevention Programme

- Falls are the most common cause of injury in older people
- Falls can lead to a significant loss of mobility and quality of life
- One third of people over the age of 65 fall each year
- Half of people over 80 fall each year
- Falls in older people are almost always associated with weakened leg muscles and poor balance
- Falls are not a natural part of ageing
- Falls ARE preventable!
- Joining a SAYGo class and improving your strength and balance can reduce falls & injuries



SAYGo improves:

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

Current classes

When: Tuesday 11:00am to 12:00pm

Where: Queen Street Chapel Youth Hall, 541 Queen Street, Levin

When: Thursday 1:30pm to 2:30pm

Where: Te Whare Mahana Community Hub, 32 Bristol Street, Levin

When: Fridays 10:00am to 11:00pm

Where: MiLife Rosewood Park, 78 Queenwood Rd, Levin. **Cost:** \$3.00

Bookings are essential, as some classes are fully booked. Phone (06) 367 2181- Age Concern Horowhenua, 538 Queen Street, Levin.

Positive Posture

Massage therapy has come a long way since I started some 14 years ago. Previously associated with the ‘Red Light District’, massage is now an academic profession that is taught in many schools and universities. Swedish massage is the fundamental technique that most therapies are built on and now across the world there are a vast range of treatments on offer.

Massage is a natural, non-invasive, enjoyable way to help alleviate the symptoms of many age-related diseases and improve a person's quality of life. Not only does massage ease muscle and joint pain, it also reduces stress, which often increases in old age. Massage therapy compliments traditional medical services.

Here at Positive Posture NZ, we listen to your story and assess what’s going on. We use Neuromuscular techniques (Trigger Points) to treat many postural and soft tissue issues. We see many older folk who are still active gardening, walking and running (including after the grandkids). We hear all too often that ‘I can’t hang the washing out or I can’t walk to the letterbox because my balance is not strong’. We can help. By activating muscles and learning a better way to strengthen and move them,



Two great retirement villages to choose from:

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78 Queenwood Road
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Palmerston North. Ph 06 355 4665

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Independent retirement living at its best.

All occupation licences for units at the village are secured by a first-ranking mortgage over the village land in favour of the Statutory Supervisor.



then you too can stay upright and safe. One gentlemen told me told me 6 years ago I was his insurance policy. He still comes every month to untangle so he can go out into the garden or swim at the local pool and be injury free.

Massage is undoubtedly beneficial to the mental/physical health and well-being of the older person. In particular, massage therapy has had a positive impact on patients suffering from Alzheimer’s and Parkinson’s.

Here are some of the many advantages of massage therapy for the elderly:

- Improvement of the patient's quality of life and self-esteem.
- Improvement in length and quality of sleep.
- Improves energy levels.
- Relief of stress, anxiety, depression and loneliness.
- Alleviation of headaches and pain.
- Speeding up of healing from injury and illness.
- Extends the range of movement by naturally lubricating joints
- Improves flexibility.
- Management of mobility lost due to Parkinson's disease, arthritis, etc.
- Improvement in lymphatic flow which increases the excretion of toxic substances from the body.

Call Karen 021757871. 538 Queen Street East, Levin.
www.positiveposturenz.com



Hand Arthritis—Tips for Self Massage

1. Use lubrication for smooth strokes.
2. Warm up the skin with vigorous strokes.
3. Smaller strokes for holding specific spots.
4. Longer strokes for flushing the softer belly of the muscle.
5. You can't really do it wrong, unless you're rubbing so hard that you cause pain to yourself.

Even if you regularly receive professional massage therapy, self-massage inbetween those sessions will help extend the benefits of your massage appointments.

GIVE YOUR BRAIN A BOOST

Did you know that doing puzzles like word searches and sudoku is a great way to keep your brain active?

You can learn more about dementia on our website
www.alzheimers.org.nz
or for dementia support call 0800 004 001



FIND A WORD

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

MEMORIES
CARE
COMMUNITY
DEMENTIA

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WORLD ELDER ABUSE AWARENESS DAY

WINTER 2020 9

10 TIPS TO BE KIND AND STOP ELDER ABUSE


- 1 Love and cherish your older relatives / whānau.
- 2 Phone, zoom or facetime older people / kaumātua.
- 3 Visit older people / kaumātua in your neighbourhood.
- 4 Involve older people / kaumātua in your social activities.
- 5 Encourage older people / kaumātua to make their own decisions.
- 6 Support older people / kaumātua to use their money for their needs.
- 7 Honour older people's / kaumātua's wisdom.
- 8 Enable older people / kaumātua to set their own pace.
- 9 Speak respectfully and listen to older people's / kaumātua's stories.
- 10 Seek advice from any Elder Abuse Service or Age Concern if you think an older person / kaumātua is being abused or neglected.



World Elder Abuse Awareness Day 15 June

ELDER ABUSE HITS CLOSE TO HOME

If you or someone you know needs
support contact an Age Concern or
the Elder Abuse Help Line?

 Elder Abuse Help Line
0800 EA NOT OK
Free Phone Age Concern
0800 65 2 105

ageconcern.org.nz

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Serving the needs of older people

ELDER ABUSE 15 JUNE 2020

Speak up if you suspect Elder Abuse and Neglect - this is Age Concern Horowhenua's message for World Elder Abuse Awareness Day.

On Tuesday 15 June and the days around it, Age Concerns around the country will join the global community in raising awareness of elder abuse and neglect. In Levin, Age Concern Horowhenua will be acknowledging this important date by making more and more people aware of Elder Abuse and Neglect. Age Concern elder abuse and neglect prevention services confirm at least two cases of elder abuse each day, on average. But they know that is just the tip of the iceberg.

"We know that 70 to 80 percent of elder abuse and neglect in New Zealand occurs at the hands of family members," says Age Concern's Horowhenua Elder Abuse Coordinator, Dan Geraghty. 1 in 10 people aged 65 plus will experience some form of Elder Abuse.

"This is one of the reasons it stays hidden - many older people won't speak out because they feel so ashamed their family member is treating them so badly. Sometimes they are scared that if they say something, it will get even worse."

"Some people think that because someone is old, it doesn't matter what happens to them anymore. They make decisions for the older person without even asking them what it is they want. Or they pressure them into things they do not really want to do - like giving a loan, or selling their house, or letting a family member move in with them for free.

"We believe attitudes like these show a lack of respect for the older person, for their quality of life, and for their needs.

"It is vital that we all talk about what is happening and show respect to each other. Let us all speak up against elder abuse and neglect."

If you would like to talk to Dan about someone who may be experiencing some form of Elder Abuse, please feel free to contact Dan on 06 367 2181 (Monday to Wednesday)



Kitchen CORNER



Lentil, potato & sausage soup Serves: 6

INGREDIENTS

200g brown or green lentils, rinsed and drained (I used the very tender Montebello brand from Sabato)
1 onion, finely chopped
3 large all-purpose potatoes, peeled, cut into 3cm chunks
2 carrots, peeled, cut into 2cm dice
2 tablespoons tomato paste
4 smoked pork sausages, sliced 2cm thick (I use cabanossi)



METHOD

1. Place the lentils, onion, potatoes, and carrots in a large saucepan. Cover with water so that the water level is 4cm above the ingredients.
2. Bring to the boil then simmer, skimming occasionally, for 20 minutes or until everything is tender. Add the tomato paste and sausages and mix well. Simmer for a further 10 minutes then taste and season with salt and freshly ground black pepper. Serve.

This recipe freezes well.



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COVID-19 and Us

A big sigh of relief to have made it this far and now we welcome in level 1!

The COVID-19 Pandemic is an everchanging situation and has left a substantial impact not only on New Zealand and our communities but the world. With all the uncertainty, New Zealanders have been urged to pick up the phone and call their loved ones amid the COVID 19 pandemic as concerns loom for the health and wellbeing of our communities through these uncertain times.

“We are encouraging friends, family and communities to find new ways to keep connected, from Skype calls, delivering a meal and phoning each other to leaving notes of kindness in mailboxes,” Stephanie Clare, chief executive Age Concern New Zealand, told the Herald.

With COVID-19 comes a new vocabulary, that has filled our days, words such as Self- Isolation, Social Distancing, Flattening the Curve and of course COVID 19 and the list goes on. We here at Age Concern Horowhenua understand there is lots of information out there and some people can find this daunting. Therefore, we have tried to put together a list of helpful information and hints as we navigate Level 1.

We are at Alert Level 1
New Zealand moved to Alert Level 1 at 11:59pm on Monday 8 June.

Life at Alert Level 1
At Alert Level 1, everyone can return without restriction to work, school, sports and domestic travel, and you can get together with as many people as you want.

Border restrictions
Controls at the borders remain for those entering New Zealand, including health screening, and testing for all arrivals, and mandatory 14-day managed quarantine or isolation.

Stay healthy
As we unite to recover from the effects of COVID-19, it is still important that we keep the basic hygiene measures, including washing your hands and coughing or sneezing into your elbow.

Keep track of where you have been
We should all continue to keep track of where we have been and who we have seen to assist with rapid

contact tracing if it is required.

Businesses should help customers to keep track of where they have been by displaying the NZ COVID Tracer QR code poster.

Age Concern understand in this time of uncertainty it may be stressful and worrying, however, there are several support services available to help ease the burden.

- Need someone to talk to or share how you may be feeling. Free Call or txt 1737 or visit 1737.org.nz.
- A Regional local welfare helpline has been set up. If you require household goods, services of essential items. Free Call 0800 725 678.
- Ministry of Social Development offers a wide range of support available on their website by calling 0800 559 009.
- Rural Support is available for farming families for advice, information, and services. If you need help reach out on 0800 787 254.
- Horowhenua District Council offer Rates Rebates. If you are receiving NZ Superannuation, WINZ benefits or your combined income is within a certain threshold you may be entitled to a rebate of up to \$640.00. Find out how to apply by phoning 06 366 0999.
- To find out which the Council’s services and facilities have been impacted by COVID-19. Please visit www.horowhenua.govt.nz/COVID-19 or you can call on 06 366 0999.
- Visit allright.org.nz for wellbeing tips on looking after yourself and others.
- For COVID 19 health advice and information, contact the Healthline team (for free) on 0800 358 5453
- Insulation and an efficient heater have become even more affordable following the Government announcement that grants will increase to 90% of the cost (heater grants capped at \$3,000, including GST). Generous contributions from community funders mean there is no cost to homeowners for insulation in some regions.

The grants are aimed at homeowners with a Community Services Card, as well as homeowners living in lower-income areas.

A warm, dry home does not prevent Cov-19 but it does reduce the risk of respiratory issues and decreases doctor’s visits and hospitalisations. You can find out whether you are eligible for a grant at

www.warmerkiwihomes.govt.nz or free call 0800 749 782.

- Driving Miss Daisy are a local business with sincere drivers whose livelihoods also rely on your commitment to supporting local. Ways in which you could support them are:
 - Use us for your transport to medical/hospital appointments
 - Request Driving Miss Daisy for any ACC related transport needs.
 - Take a trip with us to visit friends and loved ones.
 - Enjoy lunch out at your favourite local café or restaurant.
 - Use us to pick up your prescriptions, click and collect purchases and personal items
 - Encourage your family and friends to like us on Facebook
 - Purchase a gift voucher, an ideal treat for a friend or family member

How much does Driving Miss Daisy cost? We are affordable and extremely cost effective. You may wish to take advantage of our Loyalty cards, popular Gift Vouchers and we accept Total Mobility cards for your convenience. Pre booking is essential so please phone me to discuss your requirements or make a booking.

Please call Margaret Gibbs, local franchisee 06 3672060 or 021503089
levin@drivingmissdaisy.co.nz
www.drivingmissdaisy.co.nz

- Steady as You Go programmes to recommence mid-June, please contact Age Concern for class details 06 367 2181

Levin - The main Food Bank is operated by the Levin Interchurch Food Bank (LIF) in partnership with The Salvation Army (TSA). At present this operates out of TSA’s facility at 11 Durham St and is open Monday, Tuesday Thursday, and Friday 9:00-11:00 am. Currently, with restrictions a one-in, the one-out policy applies for walk-in clients. They are also taking assessments over the phone ((06) 3688177) or levin.corps@salvationarmy.org.nz
Please note preference at this time would be done via phone or email.

Foxton - Requests are done over the phone ((06) 3638669). If a message is left, they will return the call to do an assessment. Food Parcels are delivered.

Shannon - This is a community Food Bank run by volunteers. Requests are made by Texting: 0273515965. All communication is done via text message.

Please remember, wash your hands.
If you touch someone or something that has the virus, you are at risk of getting it as well. Covid-19 can spread via coughing, sneezing, or airborne transmission.

The best preventative is to wash your hands often, whether with soap and water or hand sanitiser that contains 60 per cent alcohol. Also, cover your coughs and sneezes so the droplets do not spread about just in case you do have the virus.

*In these extraordinary times
please remember to be kind.*

Membership Form Age Concern Horowhenua

Mr / Mrs / Miss / Ms

Name: _____

Address: _____


Telephone: _____

Email: _____

Cost: \$10 Per Annum

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

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



News from Age Concern Kapiti

By Dermot Whelan, Manager at Age Concern Kapiti

As an avid Wellington Phoenix football fan, I always particularly enjoy the first game of the new season when the fans (“the yellowfever”) sing “Hello! Hello! Good to be back.” The enthusiastic way they bellow out that song signifies their keen sense of hope and anticipation for the season that lies ahead.

That’s the way we feel at Age Concern Kapiti, coming back to work after lockdown, anticipating and planning for what the ‘new normal’ will look like for us all. Our Board Member Jane Yoong expressed it very well when she wrote;

“This year has seen us live through changes we never thought possible. We have had to adapt to a new and different way of life with very little preparation about how to manage day by day and uncertainty about the future.”

The message was loud and clear ‘Stay Home’ which meant grocery shopping and visits from family and friends were banned. We got used to hearing about staying in our bubble, social distancing, contact tracing and sanitizing. We followed the development of the Covid-19 pandemic through daily briefings from the Prime Minister and the Director General of Health. We heard about the wonderful work of essential workers, the way neighbours were helping one another, the rallying of the Student Volunteer Army and gestures like displaying teddy bears in our windows.

As we emerge from the severe restrictions it is important to consider the impact and implications the lockdown has had for older people. For some, there may have been an increased sense of social isolation as usual activities ceased or they experienced a loss of independence due to reliance on others for things like shopping. This may have been more acute for those not familiar with using digital tools to engage with family, friends and for online shopping. We have also had to adjust to telephone consultations with our doctor and other health professionals. For each of us there will be things that have altered how we live and connect. As we move forward it is unclear what the new normal will look like, but we have an opportunity to shape Kapiti into an even better place for older

people to live. Let’s build on the neighbourhood spirit we experienced during lockdown, reaching out to one another and discovering what is needed and what is available to enhance life in Kapiti.

Prior to the Covid-19 pandemic, Age Concern Kapiti was responsible for a project called “AgeConnect Kapiti” which is part funded by Kapiti Coast District Council. It is now more important than ever to help older people to stay connected and involved. Knowing what is available and helping others to access this information is vital and is something we can do in our own neighbourhood. The website www.ageconnectkapiti.co.nz is being developed by Age Concern Kapiti to help provide a range of information for older people.

To help us identify ways to engage with older people who are socially isolated, Age Concern Kapiti encourages you to share your ideas. Let’s continue to be kind and to look out for one another as we move into Level 1 and beyond.”

Activities during lockdown

Like every Age Concern office around the country we made hundreds of phone calls during lockdown to our clients, members and friends, those in our networks, those who attend our “Steady As You Go” Falls Prevention classes. And it was wonderful to be contacted by many people – especially in the early days of lockdown – offering their help in whatever way they could. We worked with The Kapiti Coast District Council’s superb Welfare team and the wonderful Student Volunteer Army to ensure anybody who needed support or help, received it. Their 0800 free phone number as well as the Age Concern New Zealand 0800 number were invaluable in helping people through the long weeks of lockdown.

We asked all those people we contacted how they were doing or if they needed any help. Everybody was grateful for the call and the vast majority were doing fine and had all the help they needed from family, neighbours and friends. That eagerness and desire to help was heart-warming.



Dermot Whelan

The adverse financial implications for a small, not-for-profit organisation like ours was a concern. Our offices are based in the busy Coastlands Mall, Paraparaumu. So we are very grateful to the Mall Management for the one month rent holiday we received during the lockdown, it was appreciated by us and all the tenants.

Health Promotion activities

Our Health Promotion activities came to a shuddering halt during lockdown. We are now in the process of resuming those activities. Our monthly Healthy Ageing Together (HAT) Group meetings will resume on Thursday July 2nd in the Paraparaumu Library meeting room.

Our ‘Steady As You Go’ (SAYGO) Falls Prevention classes have restarted at our Paraparaumu Beach and Raumati venues, with the Waikanae and Otaki classes due to resume on June 19.

We are in the process of contacting everyone who enrolled before lockdown in our ‘Staying Safe’ and ‘Life Without A Car’ classroom courses, and they will be starting very soon.

Alert Level 1 and beyond

Isn’t it great to be at Alert Level 1! I think every reasonable person, irrespective of their political persuasion, will acknowledge the great work our PM and the Labour government have done in controlling the virus. The figures don’t lie. Take a comparison with Ireland as an example.

Both countries are islands, both have similar populations and both countries recorded its first Covid-19 case within 24 hours of each other in late February. As I write this, New Zealand has had 1,504 cases and 22 deaths. Ireland has had 25,207 cases and 1,683 deaths. And bear in mind that Ireland, on a per capita basis, has fared much better than many of its European neighbours in controlling the virus.

Further to the words of our Board Member Jane Yoong earlier in this piece “Let’s build on the neighbourhood spirit we experienced during lockdown”, we are currently working with the Kapiti Coast District Council and Neighbourhood Support to develop some messaging about exactly that – building on that Covid-19 spirit. We will then convey this messaging to every Kapiti household by way of a district-wide mail drop, networking and

social media.

Jane also talked about how social isolation and loss of independence during lockdown “may have been more acute for those not familiar with using digital tools to engage with family, friends and for online shopping.” This is so true, so it was great news for all of us at Age Concerns around the country to hear of the generous donation received by Age Concern New Zealand (ACNZ) from the ANZ Bank. With the assistance of this donation and in discussions with Digital Inclusion Alliance Aotearoa, ACNZ has commenced planning a programme which will be rolled out over the next three years. It will involve an expert steering group, developing a series of learning modules and then ensuring older people will have the education, connectivity and devices to be able to access the information online. This is an exciting project and of particular interest to us as we have a wonderful intergenerational collaboration – “Tech Help” - going with the Kapiti Youth Council and Zeal.

One of the more difficult ‘fallouts’ from us all having to go through these very challenging times is the detrimental effects it can have on our mental well-being. So we were delighted to hear from Shona McNeill at Te Ara Korowai (based in Raumati) that they have received funding from the Ministry of Social Development to offer free counselling and peer support sessions throughout May and June. They are offering up to 10 Counselling sessions with Sarah or Shona (both provisional members with NZ Association of Counsellors) and up to 20 Peer Support sessions with Wendy or Angelique, final stage students of Mental Health and Addiction.

Contact info@tearakorowai.org.nz or 0220903653 for more information.

So it’s “Good to be back” and we welcome people to call us or visit the office. The increase in foot traffic around the Coastlands Mall has been very apparent since we moved to Level 1 and it’s so good to see people out and about enjoying themselves again.

Scams
Attackers using COVID-19 themed scams

CERT NZ has received reports of online criminals using the COVID-19 pandemic as an opportunity to carry out online scams and malicious cyber activity. Reports include opportunistic attempts to use the COVID-19 pandemic to trick people in to:

- donating to a fake World Health Organisation COVID-19 Response Fund
- paying a ransom or risk their family being infected with COVID-19
- downloading malware from COVID-19 maps, or
- entering their details into phishing websites.

Scammers and attackers are using the public interest in COVID-19 to create opportunistic online scams and attacks.

Email scam

Some people are receiving emails claiming to be from the World Health Organisation (WHO). These emails have COVID-19 in the subject line, and request the recipient donate to the WHO COVID-19 Response Fund through their digital wallet. These mails are not from the WHO, and any money donated will go to the scammers.

Phishing emails claiming to have updated COVID-19 information

People have also been targeted by coronavirus-themed phishing emails, with infected attachments containing fictitious 'safety measures'. Instead of the link containing health information, it instead installs malicious software on your device that's designed to steal personal information. We're also aware of similar emails being circulated that encourage people to fill in their email and password before they can get information on COVID-19. These are not legitimate, and instead are an attempt to steal personal information. These phishing emails claim to be able to provide:

- information on new cases of COVID-19 in your city
- a guide on pandemic survival.

Webcam extortion emails

Some scam emails are asking recipients to pay money to the sender or they will circulate video footage of the recipient in compromising positions. This is a common scam, but newer variations are threatening to spread coronavirus to their family if they don't pay the ransom. The emails are designed to scare the recipient into paying the money.

Fake coronavirus maps

Security researchers have identified a new campaign where the attackers claim to have a 'coronavirus map' application that people can download onto their devices. Instead, the application is malware, designed to steal sensitive information from the device it is downloaded onto, such as passwords.

Text message scams

Reports have been received in Australia of COVID-19 themed scam text messages that have a link that claims to direct people to testing facilities. This link is not legitimate and instead may install malicious software on your device that's designed to steal your personal information, such as banking details.

What to do:

CERT NZ recommends anyone looking for COVID-19 information looks to their regular news sites and official government websites. Official information and all government updates on COVID-19 are collated on the govt.nz website.

CERT NZ advises the following:

- Be sceptical of advice that doesn't come from official sources, particularly if it's been sent to you unexpectedly.
- If you're unsure if an email, text or any other communication is genuinely from a legitimate source, don't click on the link or open the

- attachment.
Contact the organisation via their official contact channels and ask.
- Protect your passwords and login credentials, don't enter these into any websites relating to the COVID-19 virus.
 - Keep your devices up-to-date.
 - Keep your anti-virus up to date and run regular checks.
 - Report suspected malware or phishing attempts to CERT NZ.

From www.cert.govt.nz

Still Getting iTunes Scams

Scammers are using fake Facebook accounts created for church leaders in New Zealand, asking church members via Facebook Messenger to buy \$500 iTunes cards, which the scammer then plunders by asking for the code numbers on the back of the iTunes card, which lets the scammer steal the money. This is a common fraud. The accounts the messages are coming from are false. Scammers have created fake Facebook pages claiming to be those of church leaders and using photos of them taken from elsewhere.

If you are contacted by Messenger or phone from someone asking you to make a payment to them by buying an iTunes card ignore it and report it to the police. No legitimate person will ask for a payment via an iTunes or other gift card.

The NZ Government Scamwatch site has a warning about the iTunes scam: <https://www.consumerprotection.govt.nz/general-help/scamwatch/identify-a-scam/is-this-a-scam/>

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Mr / Mrs / Miss / Ms

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Friend of Age Concern Kapiti only \$15.00 Donation:

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

TOTAL: \$.....

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

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HealthCare New Zealand

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

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

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

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

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



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

- Our services include:
- Personal care
 - Nursing services
 - Home care services
 - Goal based services

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

We also support privately paying clients.

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



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Editorial supplied by Healthcare New Zealand

Simple Ways to Save on Electricity

Windows and doors

- Draw curtains at dusk - to keep the day's heat in. The best curtains have a separate lining and are fitted close to the window, wide enough to generously overlap the window frames at the sides and long enough to touch the floor. A pelmet at the top is even better.
- Stop draughts - make sure your windows and doors fit their frames. Use draught stopping tape around windows and doors and draught excluders or door snakes along the bottom of doors.

Heating

- Turn your heaters off when you do not need them - rather than leaving them on when you're not there, this includes your heat pump.
- Set your heater thermostat - aim for 18 to 20 °C.
- Many heaters are only big enough to heat one room - so close doors and in the evening pull curtains.
- Use a heater directly in the room you want to heat - and keep the door shut (unless you have central heating).

Keep your home dry

- Get rid of moisture and dampness in your home, especially when you're cooking and washing.

Outside

- Clear vents - check the outside of the house to make sure all underfloor vents are clear of plants or other blockages. This helps to move damp air out from under your house.

Inside

- Cooking, showering and washing - all introduce moisture to your home. The best way to get rid of this moisture is with externally vented extraction fans. If you do not have these, open windows during or after cooking, showering and washing up.
- Dry clothes outside or in a clothes dryer that is vented to outside - try not to use indoors airing racks or clothes dryers that vent into your house. The moisture in the clothes will end up in your home.
- Air your home - open windows and doors a few times a day to air the house and let moisture escape, even in winter. Do not forget to open wardrobe and cupboard doors.
- Ventilate your bedroom - sleeping with your bedroom window open a crack lets out the moisture that naturally builds up over the night.
- Air your bedding - especially in winter. Duvets, pillows, and other heavy bedding absorbs moisture over time, so air them outdoors when it's sunny.
- Avoid unflued gas heaters - which release toxic fumes

and make your house damp. Cheap portable electric heaters are safer and cost less to run.

Save on lighting

Lighting is one of the easiest places you can save energy around your house.

- Turn lights off when you are not using them.
- Replace incandescent light bulbs with energy efficient LEDs - and save \$100 or more a year on electricity in your house.

Save on hot water

Heating water is expensive, so using less hot water has a big impact on your energy bills.

- Reduce shower time - a 15 minute shower costs around \$1, a 5 minute shower around 33c. A family of 4 could be saving around \$18 a week just by taking shorter showers. That's \$900 a year.
- Use cold washes - unless you have an especially dirty load. Modern washing machines and detergents clean well using cold water. A hot water wash can use 10 times more electricity than a cold wash.
- If you own a dishwasher - run it when it is full and on

'eco' mode. Rinse dishes with cold water.

Save on appliances

- Standby power - Appliances left on standby can cost you more than \$100 a year on your power bills. Major culprits are home entertainment appliances, like TVs, stereos, game consoles and computer equipment. Plug them all into multi-plug boards so they can all be turned off properly at the same time. Turn off other appliances like whiteware at the wall too.
- Heated towel rails
- If you have a heated towel rail, only use it when needed. A heated towel rail left on 24/7 can cost you \$170 per year to run. You can buy timers for towel rails that come on automatically at certain times of the day.
- Fridges
- If you have a second fridge only to chill a few drinks, it could cost you \$200 a year to run if it's an old, inefficient model. Consider turning it off or getting rid of it. Check your fridge door seals - if the door does not seal properly, your fridge will use more energy than it needs to. Depending on the age and condition of the fridge, get new seals fitted or replace the fridge.

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Or fill in the attached reply slip
for a free information pack to be sent out

*conditions apply

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Address.....

HINEMOA ST PARAPARAUMU
www.kapiti coast funeral home.co.nz 04-298 5168

Pre Paid Funeral Trust

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

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

Sound too good to be true? *Its not!*

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

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

editorial supplied by Kapiti Coast Funeral Home

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

Well who would have thought when I was writing the Autumn editorial, that we would spend 8+ weeks in self isolation? Age Concern staff worked from home with the office phone transferred to our mobile phones.

It has been interesting to hear stories about how older people have coped and I am sure that you will have your own thoughts about this. Many older people have told Age Concerns that, since they are used to living alone, they did not initially find it difficult, but it grew harder the longer it went on for. Others said they missed going out and seeing people or attending exercise classes etc. Some people found it hard to get shopping, whilst others adapted to shopping on-line or were fortunate to have friends, neighbours or family who would shop for them. In the Manawatu Region we are lucky in that Palmerston North City Council, Manawatu District Council and Civil Defence set up great Emergency Welfare Centres that, with the assistance of Manchester House Social Services, Salvation Army and other organisations in Feilding and the Salvation Army, Methodist Social Services, the Legacy Trust, Just Zilch and other organisations in Palmerston North, assisted people in obtaining food or other support. We thank all these organisations for that fantastic community support.

During the COVID-19 restrictions Age Concern Palmerston North and Districts, received phone calls from older people, or their family and friends concerned about their social isolation. In response to this we set up a new service "Phone a Friend" where we recruited volunteers to phone older people 2 to 3 times a week, to let them know they were not alone. If you know someone who would like to use this service, or you would like to volunteer for it please contact us.

Elder Abuse Awareness Week was recognised from 15th to 21st June. When the COVID-19 level 4 restrictions were announced, some older people moved in with their family, or for other older people relatives moved in with the older person, ostensibly to provide the older person with support. In many cases this has worked well but, in some cases, the older person has experienced abuse as a result. This may have been psychological or financial, where the relatives have put pressure on the older person to

assist them, beyond their means. For more information about elder abuse see the Elder Abuse Awareness feature on Pages 20-21.

We are pleased to have been able to start our exercise groups again. Rhythm and Move is back at Gravitate Gym on Monday and Wednesday mornings and Steady as You Go is running in Awapuni and Rangiora Community Centres and in Ashhurst and Feilding. The two Central Library groups will start in July.

On 1st June 2020 Age Concern Palmerston North and Districts officially became independent of Age Concern New Zealand. As a result of COVID-19, we have delayed celebrating this, but we will hold an event later in the year.

Marian Dean

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

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

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Gordon Lindsey Isaacs Trust

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Allocation Committee



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Papaioea
Rose City
Lions Club



Ministry
of
Health

**PALMERSTON NORTH
CITY COUNCIL**

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

Jill Mitchell, Age Concern Dignity Champion



Jill Mitchell (centre) with Manager Marian Dean (right) and Fern Brooking, Social Connection Coordinator (left)

Age Concern Palmerston North & Districts is extremely pleased that volunteer Jill Mitchell was National Age Concern Dignity Champion for the month of March. Jill was presented with a Certificate, a card, a gift voucher and a box of "Tomorrows Meals" at the Age Concern Palmerston North and Districts office on the 12th March. Dignity Champions are recognised for showing great respect to older people, rejecting stereotypes and working to build relationships with the older people in their lives. Jill is a great example of a "Dignity Champion"

Jill is a Peer Leader for the Awapuni Steady as You Go exercise groups. She is also a volunteer visitor in the Accredited Visiting Service. Jill goes the extra mile to support Age Concern's clients and our programmes Age Concern began setting up and running Steady

as You Go exercise groups in Palmerston North in 2018. Whilst Age Concern staff set up the groups and run them for the first 10-12 weeks, participants are identified and trained to become Peer Leaders and take over the running of the group. This makes these groups very sustainable.

Age Concern has 6 Steady as You Go groups running, including one in Ashhurst and Feilding, with 90+ older people participating on a weekly basis, all run by Peer Leaders. Age Concern is very grateful to all the Peer Leaders of these groups since without Peer Leaders, these groups could not operate. Peer Leaders enable many older people to participate in exercise which also provide opportunities for social connection.

Save The Date: Afternoon Tea Dance Tuesday 29th September

**Senior Citizens Hall, Main Street,
Palmerston North. 1.30 - 4pm**

Put this date in your calendar. We will be holding the annual Afternoon Tea Dance to celebrate



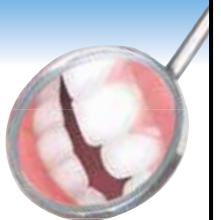
International Day of the Older Person at the Senior Citizens Club. Once again Ian Farmer will provide the music that gets us all up and dancing.
**Phone 06 355 2832
for more information.**

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ELDER ABUSE

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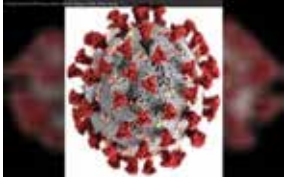
ELDER ABUSE AWARENESS



15 - 22 JUNE

The Effect of COVID-19

During the COVID-19 restrictions, we have been urged to be kind to one another and lookout for our older neighbours and friends. As a result, we have all heard of some wonderful reports of encouragement and support for older people in our communities, from their neighbours, friends, numerous local and community groups. However, for a small percentage of older people, recent months have also meant more vulnerability to elder abuse and neglect. Due to COVID-19 restrictions some older people have been isolated from their usual supports, or they are required to provide for relatives beyond their own means. This should be a concern to all of us.



What is elder abuse and neglect?

Elder abuse includes:

- 1. Psychological Abuse:** Actions and words that cause misery, anxiety, or fear.
- 2. Financial Abuse** Illegal or improper use of money, property, or other assets.
- 3. Physical Abuse** Infliction of pain, injury or use of force.
- 4. Neglect** Not providing for physical, emotional, or social needs.
- 5. Sexual Abuse** Non-consensual sexual acts or exploitive behaviours
- 6. Institutional Abuse** A policy or accepted practice within an organisation that does not respect a person's rights or causes them harm or distress.



It is common for several types of abuse to occur together.

How prevalent is elder abuse?

Elder abuse is not a new problem. Elder abuse occurred in our community before the COVID-19 restrictions. It is difficult to know exactly how common elder abuse is, as most goes unreported. An analysis of data from the New Zealand Longitudinal Study of Ageing concluded that 10% of the population aged over 65 years who are living

in the community experience abuse. It happens to men and women of every religious, cultural, ethnic, and socio-economic group. It was estimated that only 1 in 14 of all abuse incidents come to the attention of a service agency that can intervene to help stop the abuse.

Age Concern New Zealand elder abuse statistics show:

- 81% of alleged abusers are family members
- 57% of the alleged abusers are adult children or grandchildren
- Alleged abusers are almost as likely to be female as male
- 86% of cases include psychological abuse
- 50% of cases involve financial abuse



The following signs MAY indicate an older person/kaumātua is being abused or neglected:

- Unusual withdrawals from bank accounts
- Unpaid bills, lack of money for necessities
- Lack of food
- Confusion
- Fearfulness and edginess
- Unexplained injuries
- Unexplained behaviour, sleeping or eating habits
- Drowsiness (due to over-medication)
- Recoiling from touch

Why don't older people seek help when they are abused?

Some of the reasons why an older person/kaumātua does not tell anyone about the abuse are:

- They depend on the abuser for support

- They have low self-confidence and self-esteem
- They don't want to make a fuss
- They are afraid that if they complain the abuse will get worse
- They are isolated, so that it is difficult for them to tell anyone
- They do not know who to tell or how to get help
- They have dementia or an impairment that prevents them from telling anyone
- They blame themselves for the abuse
- They are ashamed that the abuser is a family/whānau member

What does Age Concern Palmerston North and Districts do to prevent elder abuse and neglect?

Age Concern offers a free, confidential, specialist Elder Abuse Response Service in Palmerston North and Manawatu Districts. Anyone may contact us, in confidence with their concerns.

We also provide information about elder abuse and neglect for those working with older people / kaumātua and other interested groups and organisations. We work alongside other agencies such as GPs, health services and the hospital, Support Links needs assessment service, the police, banks, residential care facilities, iwi, and other community agencies, to ensure the best possible outcome for the older person/kaumātua.



Speak to Age Concern Palmerston North and Districts staff in Confidence:
Phone 06 355 2832 or 0800 65 2 105
Email marian.dean@ageconcernpn.org.nz

**Work and Income Services for Seniors
Help with housing costs**

Accommodation Supplement

Did you know that people aged 65+ may be entitled to extra financial support to pay for housing costs whether you own your own home, rent a home or are boarding? If your income and cash assets are below a certain amount, you may be able to get an Accommodation Supplement. This is to help with the costs of renting, boarding or owning your own home. The rate Work and Income pays depends on where you live, your family situation (single/married/children) and the amount of your accommodation costs. To find out what you might be able to get visit workandincome.govt.nz and or phone Work and Income on 0800 552 002 or visit their offices (521, Main St, Palmerston North OR 110-114 Manchester Street, Feilding 4702).

**Harbour City Funeral Home,
Proudly Locally Owned and Operated**

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

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

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

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

www.harbourcityfunerals.co.nz





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Caring in our Community

www.harbourcityfunerals.co.nz

Courtenay Hearing Centre Serving the Kapiti area since 1993

We are pleased to announce that **Courtenay Hearing Centre** has purchased Kiwi Hearing, a well-respected, local, independent hearing clinic in Waikanae. This means that our Waikanae clinics have merged, and all services will now be provided in the walking mall, Shop 10, 2 Mahara Place, across from the library and two doors down from ANZ. This will also mean that we will be staffed 5 days per week. We look forward to seeing you there!

We still have our clinics at Paraparaumu and Levin.

Courtenay Hearing Centre provides a full range of audiology services including tinnitus assessment and treatment, ear protection solutions, assistive listening devices as well as batteries, hearing aid repairs and accessories.

If you or a family member are having problems hearing, call and make an appointment today to see the team at Courtenay Hearing Centre at a location near you, for caring, professional advice

Visit our website www.courtenayhearing.co.nz for more information.



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Parking at rear of the building
and walk through the alley)

info@courtenayhearing.co.nz
www.courtenayhearing.co.nz

Life Without a Car Is there Life Without a Car?



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

Our Life Without a Car course:

- highlights a range of possibilities to remain mobile
- offers alternative ways of getting about in the community
- suggests many options to keep involved and enjoying activities
- gives valuable insights into adapting our lifestyle
- encourages living positively without driving
- **Guest speaker Desley Monks, Horizons Regional Council, she will talk about Total Mobility Scheme and the new Bee Card for buses**

Put these dates in your diaries or phone us to make a booking.

2020:		
July 22nd	Wednesday	Palmerston North
Aug 21st	Friday	Ashhurst
Sept 11th	Friday	Palmerston North
Oct 14th	Wednesday	Feilding
2021:		
Mar 18th	Wednesday	Palmerston North
April 22nd	Wednesday	Palmerston North
May 21st	Friday	Palmerston North

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



Staying Safe Refresher Courses for Older Drivers



What is this course about?

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

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

Age Concern New Zealand received a national contract from NZ Transport Authority (NZTA) for Age Concerns to deliver these workshops throughout New Zealand. The workshop uses material developed by the NZTA

and also by Age Concern Canterbury. **We deliver these workshops with the support of the NZ Police.**

Put these dates into your diaries or phone us to make a booking:

2020		
June 26th	Friday	Palmerston North
July 15th	Wednesday	Palmerston North
August 14th	Friday	Ashhurst
Sept 4th	Friday	Palmerston North

2021:		
March 11th	Wednesday	Palmerston North
April 15th	Wednesday	Palmerston North
May 14th	Friday	Palmerston North

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

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Application for Membership
Age Concern NZ Palmerston North & Districts Branch Inc.

Mr / Mrs/ Miss / Ms
Name(s):
Address:
Telephone:.....
Email:.....
Membership Fee from 1st March 2020 to 30th June 2021
Individual \$20 Couple \$30 Corporate \$100
Donation:
How to pay:
Internet Banking - You can pay the membership fee directly into our bank account
Account number 03 1522 0158520 00 (Age Concern New Zealand Palmerston North & Districts Branch Inc.)
Please add your name as reference and post or email this completed form to us at the address below.
Payment by cheque (excluding KiwiBank cheques) – You can send us a cheque with this completed form to the address below.
How would you like to receive the newsletter and other information? Post Email (please circle one).
Post form to: Age Concern NZ Palmerston North & Districts Branch Inc., P.O. Box 5063, Palmerston North 4441. **For more information please phone Age Concern on (06) 355 2832**
THANK YOU for supporting the work we do. Donations of \$5.00 and over are eligible for a tax credit under the terms of Section LD1 Of the Income Tax Act 2007.

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.

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!



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