

SPRING 2020 QUARTERLY NEWSLETTER

www.ageconcern.org.nz



Age Concern

Horowhenua | Kapiti | Manawatu

Serving the needs of older people

Ruru or morepork patient
released to the wild in May 2020
from the Central Energy Trust
(CET) Wildbase Recovery



*Photo supplied by CET Wildbase
Recovery Palmerston North*

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

A Kiwi Publications Limited publication | www.kiwipublications.co.nz | Please refer to website for disclaimer

Contact Information**Age Concern Horowhenua****Phone:** (06) 367 2181**Email:** admin@ageconcernhoro.co.nz**Address:** 538 Queen Street, Levin 5510**OFFICE HOURS**

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

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

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

PLEASE SUPPORT OUR ADVERTISERS

Their support enables the production of this newsletter, so please support them.



Millvale Lodge

L I N D A L E

Millvale Lodge Lindale offers a homely environment in a peaceful rural setting with lovely gardens.

Each person is supported to experience each moment richly.

CARE FOR PEOPLE WITH DEMENTIA & HOSPITAL CARE

91 Main Road North, Lindale, Paraparaumu

Please contact us on (04) 297 0059

www.millvalelindale.co.nz

Only The Lonely.....

You'll no doubt have heard the words of Roy Orbison's famous song that goes "Only the lonely know this feeling ain't right."

Medical commentators are saying the effects of lockdown with its lack of social interaction has had a dramatic mental impact on the aged. So, we here at Driving Miss Daisy are saying its time to have fun together to beat loneliness and build a healthy mental mind.

Spring is here and the health crisis is hopefully well behind us fortunate Kiwis, so let's get social and reconnect with each other. With Driving Miss Daisy, you can get a group together to tour your local area, create an event like a trip to the movies/theatre, or plan a catch up with friends and family at a favourite café. Just contact your local Daisy and let them help you enjoy a Spring outing.

We would also like to remind you of the Total Mobility Scheme the Government created to encourage social interaction and independence which is delivered locally by your Regional Council. The Scheme is designed to assist clients with access to appropriate transport to meet their daily needs and enhance their community participation.

For further information contact your local Age Concern Organisation, they will be happy to help you find out if you are eligible and advise you on how to apply. Once you have been accepted, you can access up to 50% discounted travel up to the regional maximum subsidy with Driving Miss Daisy, an accredited Total Mobility Scheme provider.

We encourage you to take advantage of this opportunity to get out and participate in your community with the support and companionship that only Driving Miss Daisy provides.

Remember if we are Together we are not Lonely.

Melanie Harper
Co-founder DMD

Editorial supplied by Driving Miss Daisy

Get out and about with Driving Miss Daisy



Keep your independence and freedom with our safe, reliable companion driving service.

We can drive and accompany you to:

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

Total Mobility Scheme cards accepted and ACC contracted supplier.

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

Waikanae-Otaki

Ph: (04) 293 3042

Kapiti

Ph: (04) 298 3689

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®

www.drivingmissdaisy.co.nz

News from Age Concern Horowhenua

ACCREDITED VISITING SERVICE (AVS)

**OFTEN THE GREATEST GIFT
YOU CAN GIVE ANOTHER PERSON
IS YOUR TIME AND FRIENDSHIP**

The Age Concern Horowhenua Accredited Visiting Service provides companionship and support for older people who may be lonely and socially isolated. A number of older people in our community, for various reasons, spend most of each day of each week alone.



DO YOU HAVE ONE HOUR A WEEK TO SPARE?

Would you like to become a Volunteer Visitor. We have older people waiting for that special someone to call. Do you have:

- An understanding and caring of older people
- Warmth and friendliness
- Good communication skills
- Respect for confidentiality
- Ability to work co-operatively within the Age Concern boundaries
- Cultural sensitivity and awareness

- As a Volunteer Visitor you would enhance the wellbeing and quality of life of an older person, complement existing services and offer them the opportunity of building new links in the community. The visitor spends exclusive quality time with their older person on a regular basis.

WHAT A DIFFERENCE SOME COMPANY CAN MAKE

This AVS service works to decrease the level of social isolation and loneliness of older people in the community. We provide a trained, caring volunteer who will visit regularly for companionship and friendship.

- Are you an older person finding the days long and would like some company?
- Are you an older person finding it difficult to get out and about?

At Age Concern Horowhenua we do the following:

- Recruit and select Volunteer Visitors
- Conduct referee and police checks
- Provide training and ongoing support for visitors
- Match a Visitor with an older person (client)

Please contact us at Age Concern Horowhenua if you would like to discuss being a volunteer visitor or know of anyone who would benefit from this service.

Phone 06 3672181

Email: avs@ageconcernhoro.co.nz

Address: 538 Queen Street East Levin 5510

CS LAW
CULLINANE STEELE LAWYERS

*Looking after you, your family
and the small print.*

P 06 368 9239
E info@cslaw.co.nz

28 Queen Street, Levin

cslaw.co.nz



Changes to cash services in our branches

We recently made some changes to the way customers can bank with us at The Co-operative Bank. We no longer offer services for cash withdrawals or some larger coin deposits. We still accept deposits of notes and some amounts of coins (under \$100).

These changes reflect the way customers are banking with us. Customers are using internet banking, our mobile app, EFTPOS and ATMs to complete most transactions, and very few customers make cash deposits in branch. Our branch teams are still available to support you with your banking needs, and the changes to our cash services will allow for more relaxed and valuable conversations between customers and our banking consultants.

We understand these changes may present some challenges for customers who do use these services. If this is the case and you would like help finding a solution, please make an appointment with the team at your local branch.

We are well known for our top-notch customer service. Throughout this period of change, you can expect to receive the same great service, delivered by our friendly team. You can contact Tracey Kelly and the team in our Levin Branch by email at levin@co-operativebank.co.nz or phone us on 06 366 0670. We look forward to seeing you in branch 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

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

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



TRC TOYOTA



The Ageless Art of Gardening

by Shannon Hunt

Out of the Shade

In 1911, Rudyard Kipling wrote : ‘The Glory of the Garden’ in which he writes ‘Gardens are not made by singing ‘Oh, how beautiful’ and sitting in the shade’. These words will have inspired many a gardener around the world, no matter what age or ability, to ignite or reignite their passion for growing vegetables and flowers at their place.

Salt of the Earth

Of course, the poet Rudyard Kipling would not have dirtied his hands and knees or knelt down and weeded, planted or even pruned the glorious gardens he wrote about, but rather would have given the job to his team of ‘salt of the earth’ employees who would have created the gorgeous gardens that surrounding his 17th Century ‘Bateman’s’ home in Sussex England.

Through the Ages

Today, New Zealanders like us are our countries ‘salt-of-the-earth’ gardeners and by all accounts we do it very well.

We like to enjoy the fruits of our labour too like the haunting scent of a white flowering Hoheria tree or a golden Kowhai and when the sun is high in the sky, we love to lunch among candy-coloured cosmos, nearly-black hollyhocks, cheery marigolds and sweetly scented climbing jasmine or Banksia roses.

An Ageless Passion

While age may render us incapable of ‘gardening the way we used to’ it cannot snuff out our inherent passion for creating and tending one unless we let it, so let’s look at how you can grow a manageable, bright and cheery garden at your place today.



Food & Flowers in Pots

Salad plants like silverbeet, spinach, rocket and lettuce, herbs like parsley, basil, thyme, and coriander and marigolds, stocks, pansies, daisies and lavender grow well in pots if they are watered well and fed weekly with organic liquid feed. Terracotta pot gardening is a little



under-rated these days and that may be due to the fact that they don’t hold moisture well so plants will often struggle and die. Painting a thin layer of ‘clay pot sealer’ inside your pots will help to retain that much-needed moisture and adding a few granules of water-gel crystals (both should be available at garden

centres) will ensure water stays longer around a plant’s roots. Or use plastic pots instead and keep them out of rubbish collections and landfills by using and reusing them over and over each year.

Create Your Pot Garden

Make sure you place at least a ½ inch of small stones or gravel in the bottom of your pot (or several varying sizes) for drainage and then fill with a good media mix. The quality of your media can be the difference between your plants flourishing or not, so ask your favourite garden centre staff member for help with your choice. Plant your seeds or seedlings and place them; with or without saucers, close to your back door on a table or shelf or somewhere you

can access and observe them for watering and feeding and then sit back and enjoy!

Next Issue:

We’ll explore how a waist-high, container garden with easy access and the right garden tools can make tending a bigger garden less painful, more accessible and more fun.



VERY HELPFUL TIPS

Do not use garden soil straight from the ground in your pots or containers as it will always compact leaving no room for air pockets to carry water and nutrients to your plants’ roots. Look for the smaller, easy-to-carry bags of quality potting mix in your favourite garden centre if you can’t manage the heavier larger bags.

Instead of buying saucers with your pots, use teacup saucers often available at bargain prices at op shops or hidden away at the back of your cupboard.

Black and coloured plastic pots can be used for decades if kept out of the searing sun and while the plastic is not eco-friendly if you can use and reuse them that’s better than leaving them in landfills and rubbish pits for ever.

Shannon Hunt is a national magazine garden feature writer and event speaker living in the friendly Horowhenua. This is the first in her series of articles in which she shares her horticultural knowledge in the hope of inspiring you to revisit or extend your passion for gardening.

Check 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 is giving them a phone call or writing a letter, staying connected and connecting often is important.



Two great retirement villages to choose from:



78 Queenwood Road
Levin. Ph 06 368 1850



53 Brooklyn Heights Drive
Palmerston North. Ph 06 355 4665

www.milife.co.nz

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.



Pre arrange the type of funeral service you would like in the privacy and comfort of your own home. Our website will guide you through all the possibilities for a service and if required we can send you an estimate of costs for what you have chosen. Take the guess work out of funeral choices and get your estimate from a locally and family operated funeral provider in the Horowhenua.

Go to www.harveybowler.co.nz or call us today to receive your free My Life My Farewell Kit.

LEVIN | OTAKI | SHANNON
Phone (06) 368 2954 | Website www.harveybowler.co.nz
A recognised funeral provider serving the Horowhenua for 97 years.

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.



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

© May 2020 Age Concern New Zealand



Serving the needs of older people

Goes with a brew

Across

- 1. Old-style “dudes”
- 5. Pep
- 8. Three-ply snack
- 9. Computer menu option
- 11. Not hearing
- 12. Nerve network
- 13. Mechanize
- 15. Wee hour
- 16. Rolled up in a spiral
- 21. In ___ of
- 22. Cafeteria carrier
- 24. Oil cartel
- 25. Nozzle site
- 26. Volcano output
- 27. “Let it stand”

Down

- 1. Physique, slangily
- 2. Fertilizer chemical
- 3. Sweetheart
- 4. Borrower's easy target
- 5. Used in martinis and manhattans
- 6. Think tank nugget
- 7. Catcher's need
- 10. Golf ball prop
- 14. Hooter

16. 1969 Peace Prize grp.

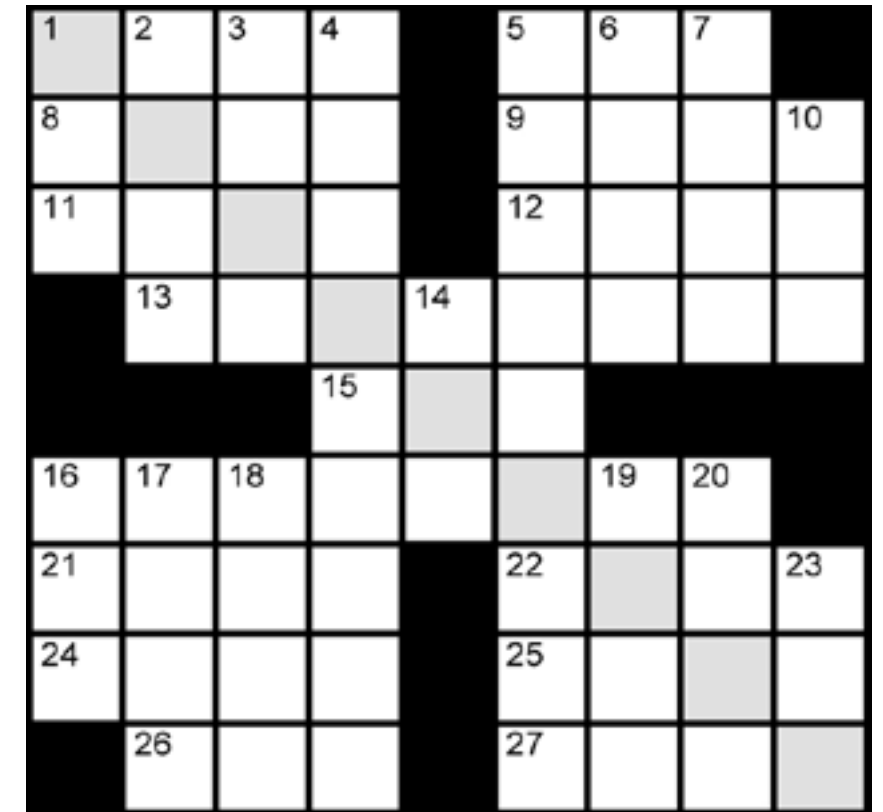
17. Asian palm

18. Flying formations

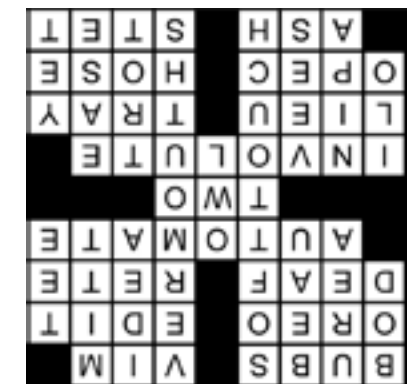
19. Easy gait

20. Facilitate

23. “Is it soup ___?”



Greek Food



- | | |
|-------------|-------------|
| BAKLAVA | OUZO |
| BARBOUNI | PAIDAKIA |
| DOLMADES | PITA BREAD |
| FALAFEL | RETSINA |
| FASSOLATHA | SAGANAKI |
| GIGANDES | SKORDALIA |
| GYRO | SPANAKOPITA |
| HORTA | TZATSIKI |
| HUMMUS | YEMISTA |
| KALAMATA | YOUVETSI |
| LAVRAKI | |
| LOUKOUMADES | |
| MARIDA | |
| METAXA | |
| OCTAPODI | |

Sour Cream Lemon Syrup Cakes



- | | | | |
|-------|--|-------|---------------|
| 125 g | Butter | 150 g | Caster sugar |
| 200 g | Plain flour | 1 tsp | Baking powder |
| 3 | Eggs | | |
| 125 g | Sour cream, or natural yoghurt | | |
| 1 | Lemon, large, finely zested, plus 1 Tbsp juice | | |

Lemon syrup
100 ml Lemon juice
½ cup Caster sugar
100 ml Water

- Directions**
1. Heat the oven to 160C. Grease and flour 8 ramekins or one 20cm cake tin (lined with baking paper).
 2. Using your hands, rub together the butter, sugar, flour and baking powder until pale crumbs form. Make a well in the middle and mix in one egg at a time until incorporated.
 3. Stir through the sour cream or yoghurt. Then the lemon and lemon zest.
 4. Pour into the ramekins or cake tin and bake for 30-40 minutes until a skewer comes out clean.
 5. For the lemon syrup, put the lemon juice, sugar and water in a small pot and simmer until thickened (coats the back of a spoon). As soon as the cakes come out of the oven, spoon over the syrup. Serve with freshly whipped cream.



Tommy's and Selwyn Spratt Village are pleased to announce the release of Independent Living Villas for over 65's in Karori, Wellington.

This is the first time these have been available to the general public as rentals. 14 of these units will be available during 2020.

- **Secure independent living**
- **Modern, warm and quiet**
- **Full brand new kitchen**
- **Long-term leases**
- **Priority access to Selwyn-Spratt House**
- **Part of a community**
- **Starting from \$400 p/w**

Jo Butters
Property Manager
M: 027 222 3272
E: jo@tommysrentals.co.nz



SeniorNet still Going Strong after 20 years in Levin



SeniorNet Horowhenua is a community training network that supports seniors and older adults to use tech and computer skills in their everyday lives

Many of our Tutors have seen a lot of change over the years, because they have been around for a while.

You are less likely to see them these days, in the classroom in front of a group of eager learners. You are more likely to see them sitting with a learner, heads bent together, while they work out the intricacies of an App on a phone or a tablet. This might happen in our classroom, but you will also see them working in the library.


Apart from laptops, most people have retired their PCs, in favor of the “Mobile device.” To an extent this has made life easier, as we no longer have to learn how those big word, photo and spreadsheet programs work anymore. Much of the daily maintenance, happens without too much interference automatically in the background. Instead of learning programs we now get to use “Apps.” So even the language has changed.

We have trained tutors who are skilled with Android devices, while others focus on Apple products. We also have to keep up to date with the Windows and Apple operating systems. We don't stop there, because our participants need help with WiFi, Casting to TV, Social media, and all the entertainment and games available on their mobile devices.

For more information Neil Perfect on 027 6443515, or email perfectn@xtra. Our classroom is at the rear of Levin Uniting Church, 87 Oxford Street. (Car access is via Stuckey St Levin). Every Friday from 1.00pm tutors are available for help with laptops. There is a small charge of \$5 per session.

We are in the Foxton Library every Friday from 10.00am and the Levin Library, every Friday from 2.00pm to 4.00pm. (There is no charge for these classes.) www.seniornet.co.nz.

“You don't stop laughing when you grow old, you grow old when you stop laughing.”
~George Bernard Shaw



Membership Form Age Concern Horowhenua

Mr / Mrs / Miss / Ms

Name: _____

Address: _____


Telephone: _____

Email: _____

Cost: \$20 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

Supporting one another

The stories of families, neighbours, friends and local organisations reaching out to those who needed help or support during the long weeks of Covid-19 lockdown were heart-warming. It's now so important that we all continue to build on the strong community spirit that developed during that very stressful period.

Age Concern Kapiti recently joined with three other community organisations – Neighbourhood Support, Kapiti Kindness Trust and Zeal – to write to every household in Kapiti. The theme of the message is to remind everybody that there are plenty of local organisations very keen to continue to support our Kapiti residents of all ages. By continuing to work together and supporting one another we can help to develop more creative, caring and connected streets and communities that benefit us all. It's particularly pleasing for us at Age Concern Kapiti to be working with Neighbourhood Support as our 2019 survey of older people in Kapiti reported the importance of neighbourhood as a very significant factor for interventions to prevent loneliness.

Community Connectors – Waikanae pilot study

We see the establishment of a network of 'Community Connectors' across Kapiti as a very important element of our social isolation and loneliness project. Community Connectors are local businesses and organisations (e.g. cafes, vets, hairdressers, dairies, lawyers, pharmacies, community groups) who are in regular contact with people living in their community.

We are trialling the Community Connectors initiative in Waikanae. Thus far we have approached 25 local Waikanae businesses, explained the concept to them, and asked them if they would like to be involved. Depending on the success of the Waikanae pilot, we would like to have 100 district-wide business/organisations involved as Community Connectors by the end of September.

AgeConnect Kapiti – helping older people to stay connected

Life is about making connections which often happens through a conversation with people we meet in daily life. A casual comment or discussion can lead to the discovery of new opportunities and connections.

Our recent experience of being unable to connect with family, friends and colleagues due to Covid-19 highlighted the need to reach out to one another and the importance of a wave or a smile from others.

Social isolation is a daily reality for some older people and local businesses play an important role in their day to day interactions with them. It may be a casual conversation that sparks a discussion and provides an opportunity to signpost where to find information.

Our AgeConnect Kapiti website www.ageconnectkapiti.com has been developed to provide up to date information for older people about what is available in Kapiti to help them stay connected and involved.

Lets End Loneliness

Congratulations to Age Concern New Zealand for its part in forming the coalition to "Let's End Loneliness" along with Alzheimers NZ, Carers NZ, RNZRSA, Salvation Army, St. John NZ and the Student Volunteer Army.

The new website

www.letsendloneliness.co.nz

is already full of interesting information and research on loneliness, how you can get help if you are lonely, how you can become involved.



Dermot Whelan

Excellent books

Two books, written by local authors, caught my attention recently;

Life on our own terms,

written by Dr. Angela Robertson, is a compilation of short stories of '19 remarkable men and

women flourishing in the second half of life'. The personal stories of these men and women from all walks of life, ranging in age from 65 to 98, who have not 'retired' in the traditional sense, is inspiring. The experiences and attitudes of these people to life have shaped who they are. They pursue their passions, seek new opportunities, make big decisions, try new experiences, are connected to family and the community, and plan and look forward to the future. Twelve of the 19 people featured in the book live in Kapiti, including Louella Jensen, Shirley Reid and Nigel Hopkins.



Alison Miller (Age Concern Kapiti) with Dr Angela Robertson, author of "Life on our own terms"

Retirement Villages - Residents' Verdict



is an excellent book written by Brian Colegate (pictured), a resident at Coastal Villas in Paraparaumu. As he says in the book, Brian was "jolted into reviewing my situation" when his daughter said to him "You never know what's around the corner". Brian

was 80 at the time and living alone in his three-bedroom house on the Kapiti Coast. He talked to 'a

good mate' who had made the move to a retirement village and, for Brian, it became a case of why not make a similar move? He did and now he's written a practical, easy to read book on the subject.

Brian's book covers all the bases – for example which village to choose, selling the house, purchase of a Right to Occupy, things to do when moving, settling in and living at a retirement village, legal advice. His findings through interviews and questionnaires have revealed that residents enjoy the village lifestyle. The key reasons residents gave in choosing this way of life were centred around having no more worries about maintenance, the promise of greater security and sense of safety, more scope for companionship and the convenience of on-site healthcare services.

Both books are available at Paper Plus. We have free copies available in the office for anyone who would like to read these two excellent books.



Care 4 You Kapiti
Your Loyal Companion

Are you enjoying life in your own home surrounded by memories?
Do you sometimes find it difficult to keep things as you would like?

Here at Care 4 You we have a team of people who can offer assistance, provide efficient and respectful care enabling you to maintain life in your familiar environment.



Suzanne Congreve
021 024 36944
care4youkapiti@gmail.com

www.care4youkapiti.com

June TeMaro
10 years a visitor for
Age Concern Kapiti

June, a lovely lady, came into our office on 14 April 2009. She had seen our advertisement for volunteer visitors in the local paper. We're so lucky she did because she has now been a wonderful Age Concern Kapiti visitor for 10 years (with a couple of short breaks along the way). In that time, June has become a great and trusted friend to 3 of our clients.

"I grew up being amongst the elderly", says June, "my Kuia/Koroua (Nanny's and Granddad's) and I always loved being in their surrounds to listen and learn from them and do for them, giving and receiving the aroha (love)."

When June saw our advert 10 years ago, she was prompted to find out more about becoming an Accredited Visitor because, as she explains "I had just been walking through Coastlands Mall and I saw an elderly lady looking lonely. So I sat down with her and she told me she gets lonely and needs a friend. So I became her friend and I saw her regularly until she passed away."

Originally from Waikato, June has 30 grandkids and 4 great grand kids. In the questionnaire she completed for us in 2009, she included among her interests and pastimes "cooking and feeding people, meeting people, caring for pre-schoolers, teaching and learning from them."

June is a wonderful, caring person, always prepared to brighten the life of the people she visits.

Thanks June!



A wonderful volunteer visitor, June TeMaro



Standing, Vic (left) and Angela (right) from ANZ talking to our HAT Group about 'Banking after Covid-19 lockdown'

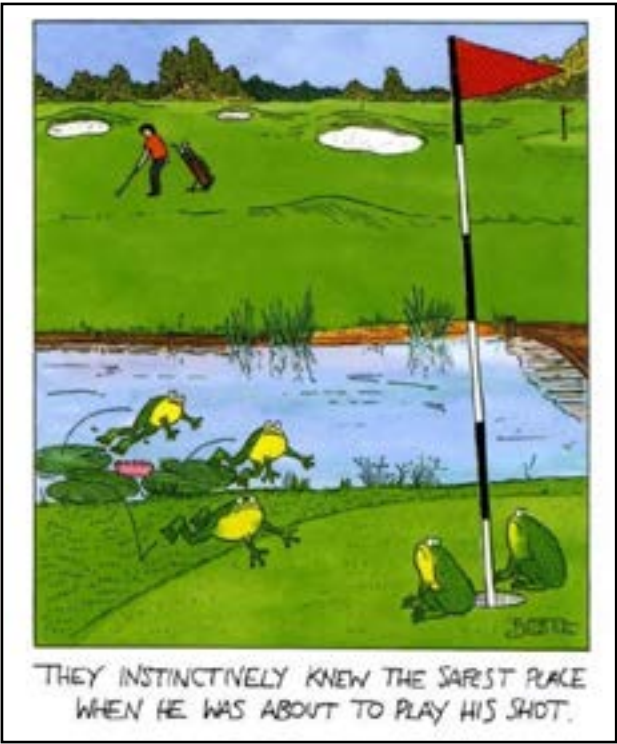
New Advocacy Service in Kapiti

It's so good to see that Kapiti Citizens Advice Bureau (CAB) has formed a partnership with Benefit Education Services Trust (BEST) to bring a much-needed free and informed advocacy service to the district. Kapiti BEST, which commenced here on 6 July, will assist, support and empower Kapiti beneficiaries and low-income people with benefit and housing information advocacy.

An advocate from Kapiti BEST can provide up-to-date information on all the benefits and grants paid by Work and Income New Zealand (WINZ). They may also be able to help you; apply for main benefits, supplementary payments like the Accommodation Supplement and Temporary Additional Support and special grants; check if you are receiving all the income support you are entitled to; accompany you to a WINZ appointment or sit with you during a WINZ phone appointment.

"We believe that all clients deserve to live in dignity with access to income and housing that meets their basic needs", says BEST's Mission Statement.

So congratulations to Kapiti CAB for bringing this highly regarded service to Kapiti. Face to face appointments are available on the first Monday of every month at CAB's offices, Level 1 Coastlands.



Personal and economical transport
with extra help

- Total Mobility (TM) accepted

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

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

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

Call Lindsey directly now on 04 298 3184 or 021 355 142 for more information or to get a quote.

TRANSPORT YOU CAN TRUST

Reliable and friendly service

- Medical appointments
- Social and business trips
- Shopping
- Sightseeing and outings
- Airport transfers
- Pets to the vet
- One off or regular
- Long trips and local

Call Lindsey now!
For more information

**04 298 3184 or
0800 956 956**

Total Mobility Provider

ACC
REGISTERED VENDOR

www.freedomdrivers.co.nz

Become a Friend of Age Concern Kapiti

Mr / Mrs / Miss / Ms
Name: _____
Address: _____

Telephone: _____
Email: _____

Friend of Age Concern Kapiti only \$15.00 Donation:
☐ \$10 ☐ \$20 ☐ \$30 ☐ \$50 ☐ \$Other.....
TOTAL: \$.....
Donations of \$5 and over are eligible for a tax credit under the terms or Section LD1 of the Income Tax Act 2007
For direct bank transfer A/C:
WESTPAC 03 0732 0153395 000
A receipt will only be sent if this box is ticked ☐

Age Concern Kapiti, PO Box 217 Paraparaumu 5032

HealthCare New Zealand

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

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

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

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

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



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

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

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

We also support privately paying clients.

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



© Healthcare of New Zealand Holdings Limited. Healthcare of New Zealand Limited is a wholly owned subsidiary of Healthcare of New Zealand Holdings Limited.

Editorial supplied by Healthcare New Zealand

Specialised Smoke Alarms for People with Hearing Impairment

With winter upon us and heaters and fires blazing, it's an appropriate time to share some information about specialised smoke alarms for people with a hearing impairment.



All conventional smoke alarms in NZ emit a high-pitched sound which can be difficult for people with age or noise related hearing loss to hear, especially when their hearing aids are removed at night for sleeping.

Specialised smoke alarms look like conventional alarms however they transmit, via radio waves, to a receiver by the person's bed. The receiver can vary in function however it always consists of a bright strobe light with an attached shaker which is placed under the pillow giving people early notification of smoke/fire in their home.



If you, or someone you know has a hearing loss it could be worthwhile checking if they can hear their conventional smoke alarm especially during the night. If not please contact Life Unlimited Hearing Therapy for a free assessment. Our hearing therapists are qualified assessors for this specialised equipment. There is some funding available where specific criteria are met. Fire and Emergency New Zealand (FENZ) are also involved in the assessment and installation of these smoke alarms.

Ph 0800 008 011 or email hearing@lifeunlimited.net.nz for further information.

Alone Together

Of great interest to us at Age Concern Kapiti is a report, recently released, titled "Alone Together."

It's about the risks of loneliness in Aotearoa New Zealand following Covid-19 and how public policy can help. One of the six recommendations in the report is "Create friendly streets and neighbourhoods." The strong link between neighbourhoods and people experiencing loneliness was highlighted in our survey of older Kapiti residents last year, so it's no surprise to see this recommendation in the 'Alone Together' report.

You can see the full report (34 pages) by its author, Holly Walker, on www.helenclark.foundation



Steady As You Go (SAYGO)

Our Covid 19 interrupted SAYGO classes in Raumati, Paraparaumu Beach, Waikanae and Otaki have now finished. It was great that almost all the participants at the 4 venues were still keen and rarin' to continue after the long lockdown break. And many of the participants showed improvement in the three standard tests we repeated on the last day.

Our next new classes at these four venues will commence in September. Call us on 04 298 8879 if you want to secure a place.

Zero Fees Pre-paid Funerals

NO application fee
NO on going admin fees
NO termination fees*

We provide
High Returns:
No Fees:
Secure Funds:



These features are only found with the Kapiti Coast Funeral Home.

Feel free to phone us, go to our websites preplanning page for forms and information www.kapitifulerals.nz/preplanning

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

*conditions apply

REPLY SLIP TO
Post to: PO Box 119
Paraparaumu
Please send me an information pack about pre-paid funerals

Name: _____
Phone: _____
Address: _____

Kapiti Coast Funeral Home
Always in times of need

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

It is great to be writing this, looking forward to spring. There are already good signs that spring is on the way. I notice as I cycle through the Esplanade park that the magnolia trees are starting to blossom, and the daffodils are flowering, the days are getting longer, and we have had some good sunny days recently.

The Esplanade Park is a great facility for Palmerston North with its native bush, rose garden, children's playgrounds, paddling pools, and access to the river walk, He Ara Kotahi. There is a café where you can have a cup of tea or buy an ice-cream.

Another attraction within the Esplanade Park is Central Energy Trust (CET) Wildbase Recovery, where you can go and see native birds and tuatara and animals. See page 20 for an article about this.

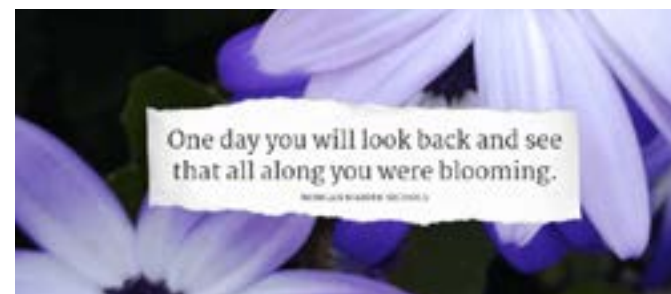
Many people are still living with the effects of Level 4 and 3 Lockdowns and we feel for people in Auckland going back to Level 3.

Have a read of Nancy Doughty's poem on page 24 "COVID 19 Lockdown Blues". We were fortunate to have had 100 days free of community transfer of COVID 19. However, we must continue to remain vigilant with hand washing, using sanitiser and remembering where we have been and to sign in when we visit places. Remember to listen to the radio and watch TV for government announcements about any changes to COVID-19 levels.

All our Steady as You Go and Rhythm and Move classes are on hold until we return to Level 1.

Marian Dean

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



NEED HELP WITH ANZ BANKING?



WHAT ARE THE OPTIONS ONCE CHEQUES ARE GONE? WORRIED ABOUT SECURITY AND ONLINE BANKING?

On the 1st, 15th and 29th of September staff at ANZ bank will sit and show you easier ways to bank to take the stress out of banking. To book an appointment with someone at ANZ, Terrace End branch please phone Jenny Hooper 352-9266. Booking is essential.

We are here to help.

What is happening to Cheque and Cheque Payments - Update

Kiwibank – They removed their cheque service on 28 February 2020 and said - "We will no longer be able to accept Kiwibank cheques after 28 February 2020. Please talk to your local Kiwibank about safe payment options". For support phone 0800 113 355.

ANZ – They will issue their last cheque books on 30 November 2020. No cheques can be used to make or receive payments from 31 May 2021. For support phone 0800 269 296.

ASB – They have started phasing out cheques. They say "We will give our customers plenty of notice before we make this change, and over the transition period, we will work closely with those who still use cheques to help them work through other payment options, and ensure they are comfortable with this change."

For support phone 0800 803 804.

BNZ – They phased out cheques at the end of July 2020. They say "We'll support you to use secure, alternative ways to make and receive payments. For support phone 0800 275 269

Westpac – They say, "We are currently working on solutions to help our remaining personal, business and Government customers who continue to write or accept cheques." More announcements about timing were still to come, Westpac said. Customers would be given "plenty of notice". For more information and support phone 0800 400 600

ACC - They stopped issuing or accepting cheques from 1 March 2020.

IRD - They stopped accepting cheques on 1 March 2020. Customers are able to use alternative payment options.

National Volunteer Week: Afternoon tea for volunteers

National Volunteer Week was held from 21 to 27 June. Age Concern Palmerston North and Districts is fortunate to have great volunteers who enable us to run our services. Without volunteers there would be no Accredited Visiting Service, or Steady as You Go exercise classes. To recognise and thank them for all that they do, staff invited all our volunteers to an afternoon tea on Thursday 25th June. Here are some photos from the afternoon.



Accredited Visiting Service

Are you looking for something rewarding to do?

You can make a difference in the life of an older person, if you have an hour a week to spare. There are many socially isolated and lonely older people who would like someone to visit them and volunteers are crucial to the success of Age Concern's Accredited Visiting Service. We have a number of lonely people living in their own homes or rest homes who would love to have a regular visitor.

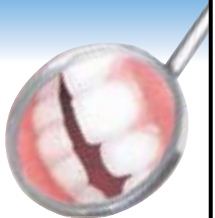
Age Concern will support you to do the paperwork and introduce you to an elderly person. You visit each week and together share an hour of light conversation. Many a good friendship has been formed this way. We have both female and male clients in Feilding and Palmerston North who would be delighted to meet you. Ring and discuss this role with us. Phone (06) 355 2832



BDL DENTURE CLINIC

You'll come out smiling

- New Dentures - individually created
- Same day denture repairs
- Relining of existing dentures
- Partial Dentures
- Custom made mouthguards for all sports
- Professional Denture Cleaning Service
- All NEW work guaranteed, book your FREE consultation now
- Free WINZ and Insurance Quotes. We accept Community Services Card & Grey Power



Phone 06 355 0022

151 Heretaunga Street
Palmerston North
Email: bdladmin@inspire.net.nz



Central Energy Trust (CET) Wildbase Recovery

Central Energy Trust (CET) Wildbase Recovery has had over 130,000 visitors through its doors since it first opened to the public in February 2019.

CET Wildbase Recovery is a collaboration between Massey University and Palmerston North City Council with key partners including the Department of Conservation and Rangitāne o Manawātū.

Located in the heart of Victoria Esplanade Palmerston North, CET Wildbase Recovery provides shelter and world class care for native wildlife to rehabilitate after treatment at Massey University's Wildbase Hospital. The birds recovering for illness and injury are housed in specialist aviaries and then released back to the wild. The centre also a part of the breeding programmes for the rare pāteke (brown teal) and whio (blue duck). Birds that are unable to be released to the wild can be ambassadors for their species, these permanent residents can be found in our walk through aviary and includes, kakariki (red crowned parakeet), kereru, tui, korimako (bell birds) and curious kākā along with tuatara. CET Wildbase Recovery also runs education programmes in PowerCo Education Centre.

The native birds that receive care are commonly found by members of the public. They are transported directly to Wildbase Hospital, or the Department of Conservation is contacted (0800 362 468). Spring is a particularly busy with the arrival of baby birds. Many native fledglings begin their independence on the ground, a normal part of their development, if they are safe from predators the best thing to do is watch from a distance. For everyone to play their part, ensuring a safe space is provided for these baby birds to develop with their parents nearby is very important.

Volunteers are a vital part of our success at CET Wildbase Recovery. They provide valuable support both behind the scenes and front facing with the public. If you have an interest in volunteering please contact us.

CET Wildbase Recovery is free to visit, we are open 1pm - 4pm Monday to Friday and 10am - 4pm weekends. It is accessible with accessible toilets, and a wheelchair that can be borrowed on request.



Tui fledgling at Central Energy Trust Wildbase Recovery released to the wild February 2020



Inside the accessible walkthrough aviary at CET Wildbase Recovery



A Kaka gets its medicine in the walkthrough aviary at CET Wildbase Recovery

www.wildbaserecovery.co.nz
info@wildbaserecovery.co.nz

Phone: 06 3568199

Wildbase Hospital, Massey University
Ph 06 3505329

International Day of Older Persons Afternoon Tea Dance 29th September

International Day of Older Persons is recognised on 1st October.

It is a time to celebrate older people and all that we contribute to our communities. Age Concern Palmerston North and Districts will be celebrating by hosting an Afternoon Tea Dance on 29/9/20 from 1.30 pm to 4 pm at the Senior Citizens Hall, 309 Main St, Palmerston North.

Entry is by free ticket available from Age Concern phone 06 355 2832. Once again music will be provided by Ian Farmer.



The Student Volunteer Army (SVA) Grocery Service is Here to Help You

As we move to emergency Level 2 in Palmerston North and

Manawatu Districts it is good to know that the Student Volunteer Army Grocery Delivery Service is still operating. You can either shop with them online (www.shop.sva.org.nz) or call them on 09 801 2122, and one of their friendly volunteers will pick up your order from the supermarket. They then deliver it (contactlessly) to your doorstep for you. This service is currently available across the country.

If you, or someone you know, needs assistance, call them on 09 801 2122, email help@sva.org.nz.



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



Kāpiti Coast
Ph: (04) 298 4888

Wellington
Ph: (04) 387 8301

Upper Hutt
Ph: (04) 528 8924

Lower Hutt
Ph: (04) 570 0111



Locally owned funeral directors, caring in your community. Contact us today for your FREE about funerals booklet.

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.



COURTENAY
Hearing Centre
Caring for your hearing



For independent professional advice

- Hearing assessments
- Digital hearing aids — all brands (60-day trial)
- Tinnitus assessment and treatment



- ACC, Ministry of Health and War Veterans funding
- Musician and noise plugs
- Accessories, batteries and servicing

Call (04) 385 9144
FREEPHONE 0800 432 766

WELLINGTON
Level 2, 15 Courtenay Place

LEVIN
SeeHear, 174 Oxford Street

PARAPARAUMU
8A Ihakara Street

WAIKANAЕ
In the mall
10/2 Mahara Place, Waikanae
(2 doors down from ANZ Bank
Parking at rear of the building
and walk through the alley)

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

Editorial supplied by Courtenay Hearing Centre

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:

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

August 14th Friday Ashhurst
Sept 4th Friday Palmerston North

2021:

March 10th Wednesday Palmerston North
April 14th 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

follow us facebook

Age Concern Palmerston
North and Districts



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 or email marian.dean@ageconcernpn.org.nz

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.

COVID 19 Lockdown Blues

A poem by Nancy Doughty

Even though I like my home,
It's no fun being on my own.
I feel like I am being Penalized
Just because I'm over Seventy Five?
We have moved on from Level four
But I am no better off than I was before
Though I have lots of things to do,
I can't be bothered when I am feeling blue.
I'd like someone to visit me,
For I really need some company.

I asked my son if he could open his bubble,
His wife said that could lead to trouble.
With everyone that they have there,
There really is no room to spare
There's no room for his poor old Mum
It's no wonder I am feeling glum.
I thought that was a little mean,
I only wanted a change of scene.
I am longing for a bit of good news,
Because I am fed up of these Lockdown Blues.

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

Eastern & Central
COMMUNITY TRUST



MINISTRY OF SOCIAL
DEVELOPMENT

Gordon Lindsey Isaacs Trust

Kingdom Foundation

Mainland Foundation



Papaioea
Rose City
Lions Club



Ministry
of
Health



Catholic Diocese of
Palmerston North,
Catholic Charities
Allocation Committee



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



Enjoy life with Enliven

Enliven creates elder-centred communities
where individuals are recognised and valued
– a place where everyone can enjoy
companionship, meaningful activity and fun.

- Coombrae Home and Village, Feilding
- Willard Home, Palmerston North
- Brightwater Home and Village, Palmerston North
 - Reevedon Home and Village, Levin
 - Levin Home for War Veterans, Levin
- Kapiti Day Programme, Paraparaumu

retirement villages | rest home | hospital | dementia
short term respite | health recovery | day programmes

Free phone 0508 ENLIVEN or visit
www.enlivencentral.org.nz



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