

SPRING 2020 QUARTERLY NEWSLETTER
www.ageconcernnt.org.nz



Age Concern Nelson Tasman

Serving the needs of older people



**Councillor Dana Wensley opening our
refurbished Hall. Read about it on page 6**

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

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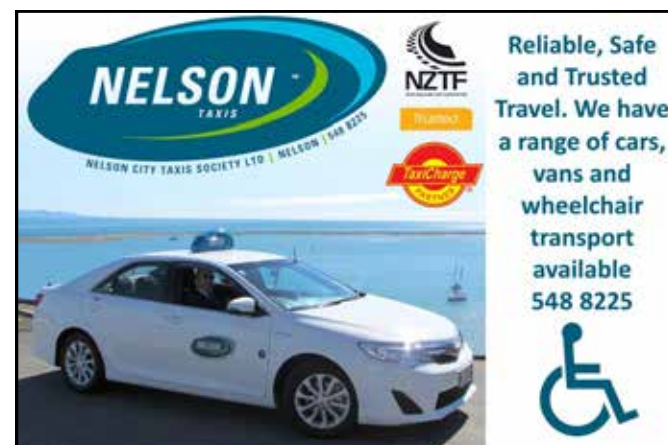
OFFICE HOURS

8.30am - 4.30pm Monday to Friday

We are grateful to all our funders:



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



Words from the Chair



Dear friends,
Mid-winter has passed but we are still experiencing some very cold days. I hope that you are managing to stay warm and cosy, making use of the heating supplement given to superannuitants by the government.

Recently, a friend was talking to me about having daffodils already blossoming in her garden. The warmer weather is on its way, it seems, so take heart.

I have been so privileged to Chair the board of Age Concern Nelson Tasman for several years now. Two of our Board members have decided to call it a day. Jen Sauer (who was vice chairperson) and board member Ursula Lewis, who when I joined the Board, was the highly respected chairperson. Both these special people have given so much to our Branch of Age Concern, and we owe them a real debt of gratitude. So, thanks Jen and Ursula, both of you are gems.

In my last message to you in May, I wrote about the national AGM of Age Concern New Zealand. At the online AGM on 8th July, it was confirmed that I had been elected as a Board member. I am delighted to be able to do this and go armed with much that I have learned from my colleagues here in Nelson Tasman.

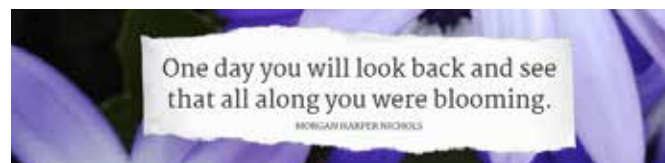
It was wonderful to gather for the official opening of the Age Concern Hall, adjacent to our offices. It is now a great facility which will enhance our service to the community in Richmond and beyond.

I invite you to join us for our own local AGM on Monday 14th September at 11am in the Age Concern Hall. Come and celebrate the last year with us and hear about our plans for the future.

Thanks for being a part of the Age Concern family, where each and every member is truly valued.

Best wishes,

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



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!**

Nelson East

Phone: (03) 547 2133

Nelson West

Phone: (03) 541 0020



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

Friendly, Personalised transport with heart

– Total Mobility cards accepted

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

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

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

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

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

TRANSPORT YOU CAN TRUST



Reliable and friendly service

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

Call Sheryl now!
For more information

**03 539 4856 or
0800 956 956**

Total Mobility Provider

ACC
REGISTERED VENDOR



www.freedomdrivers.co.nz

Editorial supplied by Freedom Drivers

Meet the staff



Manager, Caroline Budge

Caroline has been with the agency for 6 years, and is relishing the challenge of managing the team as they continue to grow and provide much needed services for our older community.



Elder Abuse Response Service Advisor, Mal Drummond

Mal continues in this vital role as we continue to deliver our Elder Abuse Response service. Older people can find themselves in a vulnerable situation quite suddenly and we're here to offer support and advice to whoever needs it.



Accredited Visitor Service Coordinator, Registered Social Worker, Susan Arrowsmith

Susan looks after our AVS and Carer Relief services, both of which use valuable volunteers from within the community, and offer companionship and friendship to those seeking some more social connections.



Community Support Coordinator Marrit Walstra-Russell

In her varied role, Marrit really enjoys meeting people in the community through taxi assessments, Tea & Talk, community events or general enquiries.



AgeConnect Coordinator Ruth Collingham

Ruth is excited to be working on our projects that build friendships and encourage community connection, and especially loves running our Sing Yourself Well group.



Fundraising and Communication Officer Miriam Clark

Miriam is busy working in all aspects of fundraising and fine tuning our communications and branding.

RYMAN PIONEERS

Peace of mind



RELAX, YOU'RE GOOD

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



Our pioneering approach to retirement living includes resident-friendly terms designed to protect you and your family, like no hidden costs, so you can relax.



Call Debbie for more details.

ERNEST RUTHERFORD VILLAGE

49 Covent Drive, Stoke, 538 0882

rymanhealthcare.co.nz



Advance Care Planning

What matters most for your future care?

Have you got a plan in place for your future healthcare? No matter your age or your health, now is a good time to start thinking about it.

An Advance Care Plan or ACP tells your loved ones and healthcare teams what healthcare you want, or don't want. An ACP is designed by you and is often described as a gift to your loved ones.

Having an Advance Care Plan in place makes it much easier for everyone to know what healthcare you want – especially if you can no longer speak for yourself.

It can save the important people in your life a lot of worry and concern if they have to make a decision on your behalf.

The first step is to think about what is important to you. Then you need to talk about it with your family and healthcare team, put your wishes in writing and share a copy with your whānau and GP practice. You can review your ACP and make changes whenever you want.

Ask your healthcare team for a copy of My Advance Care Plan & Guide or do your ACP online at www.myacp.org.nz

ADVANCE CARE PLANNING

What matters most for your future care?

Kia kōrero

Let's talk

www.myacp.org.nz Or talk to your GP practice

editorial supplied by Nelson Marlborough Health

Official Opening of Refurbished Hall!

We are so pleased and excited that our new office spaces and refurbished hall is all finished. We had an official opening at the end of June and had a great turnout for the blessing and opening event. Thanks so much to our Kaumatua Andy Joseph for performing the ceremony. If you haven't yet been to see what's been done, please feel free to call in and have a look. Our Tea & Talk and Sing Yourself Well groups have resumed in the Hall and are greatly enjoying being back in situ. When these groups are meeting it really is the vibrant community hub we envisaged.

Over the coming weeks we will be expanding the range of activities in the Hall to include Move Good Now, SpinPoi and Monday Information Sessions. Full details of these activities appear elsewhere in this Magazine.



DID YOU KNOW?

TheMindsJournal

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

Move Good Now

We are very pleased to announce that a new fitness class has started in the Age Concern Hall, every Thursday from 10-11am. This is being run by Hilary of Move Good Now.



Hilary is an experienced group instructor and is particularly interested in the benefits of brain health when combining specific actions and movements in a fitness class. She has her own boxing gym in Upper Moutere that's specifically used for people with Parkinson's. She holds other classes too in the Mapua Community Hall such as adult dance fitness, beginner adult Hip-Hop, low impact dance and seated exercises. She is an incredibly dynamic instructor and her enthusiasm is infectious.

The Move Good Now class in the Age Concern Hall will include a range of moves and exercises to improve movement and balance. Rhythm and coordination are just some of the therapeutic gains that are being explored. If you would like to come along, or know someone who might, please spread the word!

There is no need to register - just turn up on Thursdays. If you would like more information, please contact Marrit on 5447624 ext 5 or community@ageconcernnt.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

Nelson Denture Clinic

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

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

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

The Experts in Denture Care

Nelson Denture Clinic

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

NZ made by NZ registered and qualified dental technicians

Ph. (03) 548 1478

reception@nelsondentureclinic.co.nz

35 Waimea Road, Nelson

www.nelsondentureclinic.co.nz

Editorial supplied by Nelson Denture Clinic

International Day of the Older Person

Please join us to celebrate the International Day of the Older Person! This very important day is officially held on 1 October every year. At Age Concern Nelson Tasman we have been celebrating this for the last 4 years and hold an annual afternoon full of entertainment, fine food and good company.

This year is slightly different in that we are going to have our celebration a little earlier. We would love to see as many of you as possible at our IDOP

celebration, at the Annesbrook Church, on **Tuesday 29 September**, from 2pm to 3.30pm. We'll have a lovely afternoon tea, local entertainment and a raffle or two.

If you would like to attend our IDOP celebration, please RSVP by Friday 18th September to Marrit on phone 544 7624 ext 4 or community@ageconcernnt.org.nz



Recipe CORNER



Corn Fritters | Serves 2

Ingredients:

1/2 cup self-raising flour (or plain flour with 1 tsp baking powder added)
1/4 tsp salt
Pinch each of ground cumin and coriander
1/3 cup milk
400g can corn kernels (well drained)



Method

- In a large bowl, whisk flour, salt, spices and milk together until smooth. Season with pepper. Fold through corn and set aside for 10 minutes to allow batter to rest.
- Heat a good drizzle of oil in a large non-stick pan on medium heat. Place spoonfuls of mixture into pan and cook in batches for about 2 minutes each side or until gold and cooked through. (Check batter is cooked on the inside by breaking one open). Add more oil between batches as needed.
- Serve with sauce and topping of your choice.

SpinPoi has Started!

We are very pleased to announce that SpinPoi is up and running. Weekly sessions occur every Tuesday from 2-3pm in the Age Concern Hall, 62 Oxford Street, Richmond.

SpinPoi has been scientifically proven to improve older people's grip strength, balance and ability to sustain attention, as well as being great fun! Dr Kate Riegle van West, who did her PhD in the health benefits of SpinPoi on older adults, came to Nelson last year to do training sessions on how to teach SpinPoi, and our very own Funding & Communications Officer Miriam Clark is going to be leading these classes. Dr van West's research at Auckland University showed how the exercise could help with maintaining balance and strength, which are very good predictors of overall health.

If you would like to come along, or know someone who might, please spread the word! There is no need to register - just turn up. If you would like more information, please phone Miriam on 5447624 ext 6.

Know your Bones™ It could save your life

Our skeleton isn't something we tend to think about and most of us take it for granted. However, if you want to live an active, independent life well into old age, a healthy skeleton matters.

Most people hear the word 'fracture (broken bone)' and think 'nuisance'. Some initial pain, an awkward few weeks in plaster, and having to shower with a plastic bag.

Not many people consider that it could be an indicator of something more serious. However, fragility fractures caused by poor bone health can be life-threatening a major cause of pain and long-term disability.

As we age bones (particularly after menopause for women) the protective effect of our hormones reduces. The bone being removed is not fully replaced with new bone, and our skeleton can become weak, fragile and in danger of breaking easily.

Among the population aged over 50 years, one in three women and one in five men will suffer a fragility fracture. After having a fragility fracture, the chance of having another fracture doubles.

Anyone who has broken a bone after 50 years of age as a result of a fall or modest impact should talk to their doctor or practice nurse to see if poor bone health might have caused that fracture.

Good bone health begins with knowing your bones. Visit www.bones.org.nz, take the Know your Bones™ test. If you have risk factors, we encourage you to print this report and discuss it with your doctor or practice nurse.

**It is never too early (or too late!)
to think about better bone health.**



Shone & Shirley is now under new ownership

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

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

Check out our website: www.shoneandshirley.com

Shone & Shirley

FUNERAL DIRECTORS

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FAMILY OWNED & OPERATED

Our Family
caring for your Family

phone 03 546 5700 24hrs

www.shoneandshirley.com

164 Tahunanui Drive, Nelson

Dates for Upcoming Staying Safe Driving Courses, and Life Without a Car

Are you an older driver who would like to brush up on your road knowledge or do you know someone who does? We run regular staying safe driving courses which help increase driver confidence and ensure you are current on any changes in road rules. They also give you the opportunity to ask questions from an experienced driving instructor. Upcoming dates and locations for **Staying Safe Driving** are:

- **Monday 31 August** in the Age Concern Hall, 62 Oxford Street, Richmond, from 9.30-12.30pm.
- **Monday 19 October** at Ernest Rutherford Retirement Village, 49 Covent Drive, Stoke, from 9.30am-12.30pm

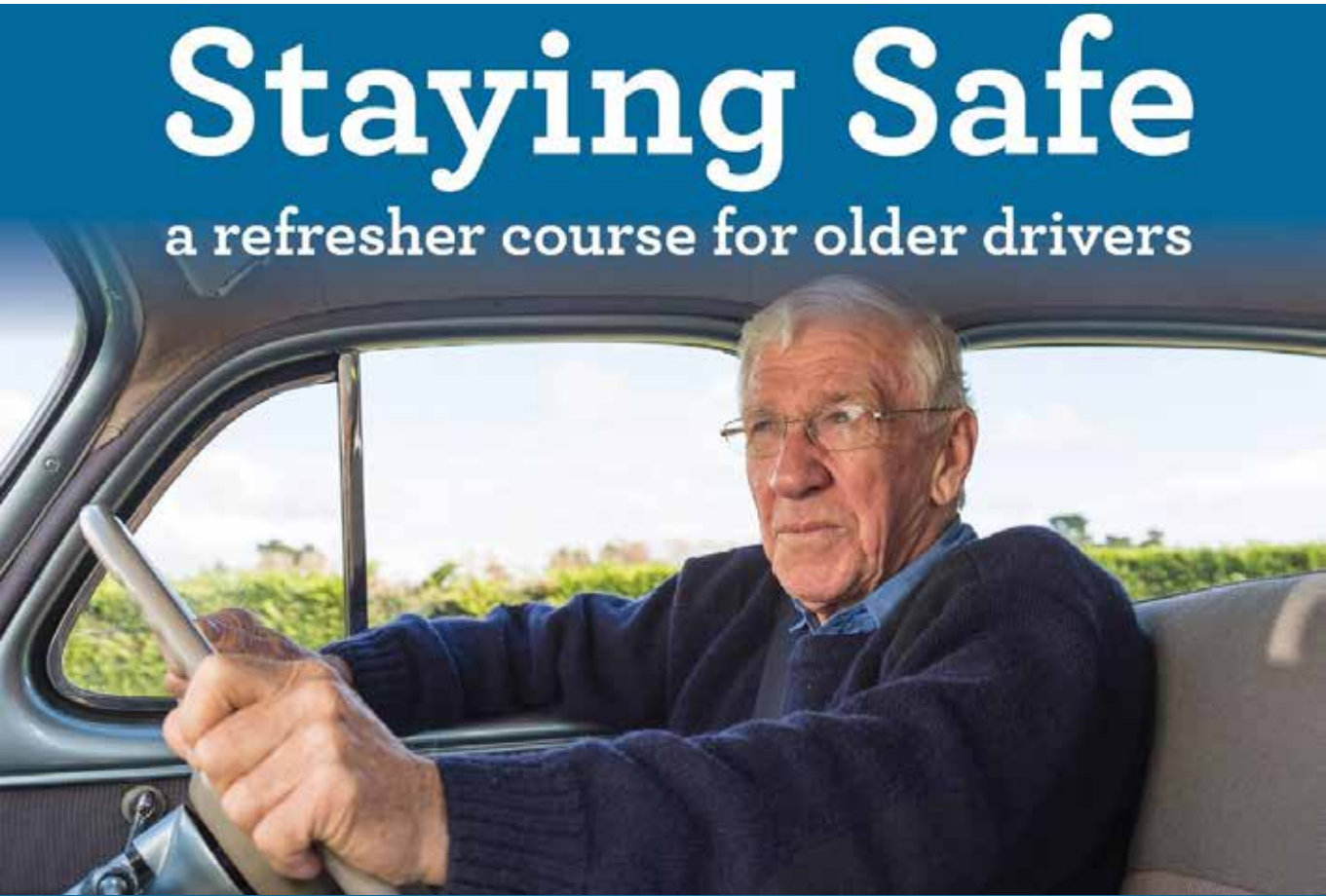
A new programme we introduced last year was **Life Without a Car**. This is a 2 hour course which provides information about keeping mobile when we are no longer driving. Not driving doesn't have to limit your activities or prevent you from enjoying life. Adjusting to life without

a car doesn't have to mean losing independence and freedom. The 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

We have a Life Without a Car course coming up on **Wednesday 12 August** at Stillwater Life Care, 60 Templemore Drive, Richmond, from 2-4pm.

If you would like to attend any of these workshops please register with us by contacting Marrit on (03) 544 7624 ext 4 or emailing community@ageconcernnt.org.nz



Staying Safe
a refresher course for older drivers

This FREE classroom based course will help you re-familiarise yourself with traffic rules and safe driving practices. It will also increase your knowledge about other transport options and help you remain independent for longer.

New Richmond Bus Loop

A fantastic new bus loop has been introduced in the Richmond area. It starts and finishes in Queen Street to make it easy to visit shops and services in Richmond and to connect to the Nelson and Stoke bus routes. It operates six days a week, Monday to Saturday. The route travels to Hill Street and Champion Road in the east and to Lower Queen Street and Three Brothers Corner in the west.

This is a hail and ride route, there are only a few formal bus stops but you can wave down the bus anywhere along the route where it is safe and legal for the bus to stop. Just make sure the driver can see you. The cost of using this service is \$2.50 for adults and it is only \$2 if you use the new Bee Card.

The Tasman District and Nelson City Councils have introduced a Bee Card, which is a pre-paid card that makes it cheaper and easier to catch the bus. The card is free until the end of October and the minimum top up amount is \$5. You can get a Bee Card from www.beecard.co.nz or from Council customer service centres (Richmond or Nelson), the bus station or your local library. In order to effectively use the Bee card you have to 'tag on' when you enter the bus and then 'tag off' when exiting the bus.

SuperGold and Bee Card

The Councils are really encouraging people to use the Bee Card instead of your Supergold but the good news is that it is possible to load the SuperGold Travel concession onto a Bee Card, which will enable you to keep enjoying your free bus travel. To load your SuperGold concession onto your Bee Card, you can talk to the team at the Nelson or Tasman Council Customer Service Centres, or you can do it yourself online. Register your card at www.beecard.co.nz and click on 'Concessions' in the top menu and follow the

steps from there.

When using your Bee Card; instead of showing your SuperGold card to a bus driver you'll use your Bee Card, just like all other passengers, to tag on and tag off the bus using the card readers by the door. When you tag on your Bee Card the system will recognise you're a SuperGold customer and you'll travel free between 9am and 3pm and after 6.30pm on weekdays and all-day weekends and public holidays. If you use the bus during peak hours, use your Bee Card to receive the discounted senior fare. You can top up funds on your Bee Card so no matter what time you are travelling you can just tag on and go. You can top up your card using cash at the council office (Nelson or Richmond), the bus depot in Bridge Street or the Richmond, Stoke or Nelson libraries.

Just remember to tag off when you get off the bus as you may be charged a default fare (even if you are travelling within the free period).



Route 8: East 8E > Champion Road												MONDAY TO FRIDAY					SATURDAY				
Eastern Loop												AM	AM	AM	AM	AM	PM	PM	PM	PM	PM
Depart	Richmond	Queen Street	6:45	7:45	9:00	10:00	11:30	12:30	2:05	3:10	4:20	5:25	6:25	7:45	9:15	11:15	12:40	2:40			
Arrive	Richmond	Queen Street	7:10	8:10	9:25	10:25	11:55	12:55	2:30	3:35	4:45	5:50	6:50	8:10	9:40	11:40	1:05	3:05			

Route 8: West 8W > Three Brothers Corner												MONDAY TO FRIDAY					SATURDAY				
Western Loop												AM	AM	AM	AM	AM	PM	PM	PM	PM	PM
Depart	Richmond	Queen Street	7:15	8:15	9:30	10:30	12:00	1:00	2:35	3:40	4:55	5:55					8:15	10:15	11:45	1:45	3:45
Arrive	Richmond	Queen Street	7:40	8:40	9:55	10:55	12:25	1:25	3:00	4:05	5:20	6:20					8:40	10:40	12:10	2:10	4:10

Garden Trail Fundraiser

Save the date of 8 November!!

We are in the process of organising a Garden Tour. This is destined to be a major fundraising event for Age Concern Nelson Tasman. For the price of \$25 you will get access to several flower farms and gardens in the Appleby, Hope and Brightwater area. We are also looking at organising buses for this event and the price of this is yet to be decided. This is still an evolving project but we are very excited about it and are looking forward to rolling out more information as it develops.

If you would like more information or wish to register for a ticket please contact Miriam on 5447624 ext 6 or support@ageconcernnt.org.nz

Age Concern Nelson Tasman
Garden Trail

Visit beautiful gardens and flower farms around Richmond, Appleby & Brightwater



Tickets
\$25

Sunday 8 November 2020, 10am - 4 pm

If you would like more information or wish to register for a ticket please contact Miriam on 5447624 ext 6 or support@ageconcernnt.org.nz



Tea & Tech

It is so wonderful to have Tea & Tech back up and running. The Covid-19 Lockdown really highlighted the importance of being digitally savvy and we are really pleased to be offering multiple opportunities to upskill people on how to get the best of out their smartphones, laptops and/or i-pads.

Until the end of the year, we are running Tea & Tech sessions at four retirement villages throughout Nelson and Richmond but the great news is that you don't have to live in the retirement village to attend these sessions. We have a number of community spaces available so all you have to do is register your interest with Ruth, our AgeConnect Coordinator.

The great thing about these sessions is you can come once or every time, you can also join in at any stage, so if you miss the first session don't worry. Each session provides 1:1 learning so it is targeted specifically to your learning needs.

To find out more or register your interest please contact Ruth on 5447624 ext 5 or ageconnect@ageconcernnt.org.nz.

Dates, locations and times are as follows:

- Oakwoods, Richmond**
- 25 August, 10.30am-12 noon
 - 22 September, 10.30am-12 noon
 - 20 October, 10.30am-12 noon
 - 24 November, 10.30am-12 noon

- The Wood, Nelson**
- 31 August, 2-3pm
 - 2 November, 2-3pm
 - 30 November, 2-3pm

- Stillwater Gardens, Richmond**
- 11 August, 10-11am
 - 8 September, 10-11am
 - 10 November, 10-11am
 - 8 December, 10-11am

- Otumarama, Stoke**
- 20 August, 3.30-4.45pm
 - 17 September, 3.30-4.45pm
 - 22 October, 3.30-4.45pm
 - 19 November, 3.30-4.45pm

Tea & Talk

Locations

All sessions run from 10am-11.30am

Age Concern Hall
62 Oxford Street, Richmond
Every Wednesday

Victory Community Centre
1 Totara Street, Nelson
Every Monday

Elma Turner Library
27 Halifax Street, Nelson
Every Friday

Gateway Housing Trust
24A Tudor Street, Motueka
Every Wednesday

Anglican Parish Hall
42 Commercial Street, Takaka
Second Wednesday of Every Month

For more information please contact
Age Concern on (03) 5447624 or
community@ageconcernnt.org.nz

Proudly brought to you by Age Concern Nelson Tasman.
Supported by Good Bitches Baking.



Did you know...

IT'S IMPOSSIBLE TO STICK YOUR TONGUE OUT WHILE SMILING??



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

CARE FOR PEOPLE WITH DEMENTIA & HOSPITAL CARE

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

AGM

ANNUAL GENERAL MEETING 2020

Notice of AGM

You are warmly invited to attend our AGM on Monday 14 September from 11am to 12pm in the Age Concern Hall, 62 Oxford Street, Richmond. The Meeting will be followed by a light lunch. This is a great chance to hear about our year in review and celebrate our achievements.

Please RSVP to Miriam on support@ageconcernnt.org.nz or phone 5447624.



Monday Information Sessions

One of the new initiatives in our refurbished Hall is our Monday Information Sessions. We will be bringing you a smorgasbord of informative talks and workshops on a wide variety of topics relevant to being 65+, with specialised guest speakers.

These sessions are free for Age Concern members, although a koha is always appreciated. We ask that everyone interested in coming along registers with us.

Date	Information Session	Time
31 August	Staying Safe Driving Course With Garry Dunn	9.30am-12.30pm
7 September	Green Prescription – Living Well With Jackie MacIntyre from Nelson Bays Primary Health	10am-11.30am
14 September	Age Concern Nelson Tasman AGM All welcome. Please register	11-12noon
21 September	Scamming Information Session With Elder Abuse advisor Mal Drummond and Kyle Abbott from NZ Police	10am – 11.30am
28 September	Budgeting/Money workshop With Lisa Dyer from Nelson Budgeting Service	10am – 11.30am
12 October	Hearing Information Session With Tracy Dawson from Hearing Nelson	10am – 11.30am
2 November	Advanced Care Planning With Carla Arkless	10am – 11.30am
16 November	E-Bike Workshop with Easy Street Cycling Numbers are limited, please register with Marrit.	10-11.30am
30 November	Enduring Power of Attorney With Kaye Lawrence from Community Law	10am -11.30am

For any further information or registrations please phone Marrit on 03 544 7624 ext 4 or email community@ageconcernnt.org.nz

Scams and How to Protect Yourself



There are lots of scams occurring at the moment and scammers are becoming increasingly sophisticated in how they are duping people. Older people are seen as a potential target audience so it is very important to be aware. Once you know what you are looking for it is easy to protect yourself.

There are many different types of scams such as investment scams, identity theft, phishing, tax scams and they use a variety of methods such as cold calling, emails, text messages, or even good old fashioned postage. Whilst they might be lots of different types of scams and a variety of ways in which people are being ripped off, ALL scams have three things in common:

- They are unsolicited
 - someone contacts you out of the blue
- They pretend to represent a legitimate organisation when they are not
- They want something from you – personal or financial information, money, passwords, drivers license or passport details.

The number one way to protect yourself is to be aware that reputable organisations will never ask for personal information. The safest practice is to ignore and then delete written communication via email, or end phone communication. Do not reply or engage in conversation. If you wish to verify the authenticity phone or email using the details on the authentic website or in the phone book.

Mal Drummond, Age Concern’s Elder Abuse Advisor, has observed an increase in romance and phone scams, so we have provided more detail on these below.

Phone Scams

When someone calls you (claiming to be from a company you know) and tries to get access to your computer or asks for personal information over the phone, hang up immediately! If you are unsure whether it's a scam, contact that organisation using a phone number or email available on their official website. Don't use the contact details given by that person.

Romance Scams

Here, scammers use a fake identity to gain trust, often using photos taken from the internet. Exchanges can go on

for a while before the scammer starts asking for money for airfares, business ventures, hospital treatments or work contracts, concocting a story as to why they can't access their own funds. Often, victims are so emotionally involved, they just want to help the person who they feel that they have become close to.

If you are concerned that it is a scam, talk with trusted family members and a professional such as your bank or solicitor before you hand over information or money. If you would like to discuss a particular situation or incident then please contact Mal on 5447624 ext 2 or advisor@ageconcernnt.org.nz

We have copies of ‘The Little Black Book of Scam’ available at the Age Concern offices or check out the following websites:

<https://cffc.govt.nz/building-wealthy-lives/frauds-and-scams/>

<https://www.netsafe.org.nz/olderpeople/>

Winter Warmth to Give Away

Are you feeling the cold? Winter has truly arrived and it can be difficult to keep warm, without drastically increasing your heating bill. We have a solution! We have a number of blankets and quilts in varying sizes and beanies to give away. These have been donated to us from various sources including the Nelson and Tahunanui Knitting Groups and the Nelson Quilter’s Guild. If you know anyone who would benefit from having one of these then please contact Marrit on 5447624 Ext 4 or community@ageconcernnt.org.nz.



June Mannix and Sandra Suttcliffe from the Nelson Quilters Guild

Hall Timetable



Day	Time	Activity
Monday	9am-3pm	Reserved for Age Concern training and workshops.
Tuesday	10am-11.30am	Sing Yourself Well
	2pm-3pm	SpinPoi
Wednesday	10am-11.30am	Tea & Talk
Thursday	10am-11am	Move Good Now
Friday	10am-11.30am	Cards & Games

All Events \$3 koha.

***We support older people to have a healthy lifestyle,
full of opportunities and free from harm***

62 Oxford Street, Richmond, Nelson
Phone 03 5447624
www.ageconcernnt.org.nz

Craving hugs? There is a genetic reason

People doing social distancing might suddenly feel a sort of skin hunger, a craving for human touch, the sort of thing that comes from a simple hug. According to research, the craving for touch involves both heredity and a psychological need for physical human interaction. Part of the need for touch may come from infancy. An infant needs touch to survive and this need for touch never goes away.

Skin hunger might reveal as a need for a hug, a need for a back scratch or rub, or a kiss on the cheek. Technology has done many things, but offering touch is one thing it can't do – or at least hasn't done yet. Skin hunger is a signal that we need people and touch in our lives. The need for affection is different between men and women. About 45 percent of a woman's need for affection is driven by hereditary factors and 55 percent from environment, such as personal experiences. Men seem to be solely dependent on their environment.

So what to do? Use your memory. Think of a time in your life when you felt happy and connected to others. Try to imagine the scene, the colours, and the smells. Think of the people there and how you interacted. Use photos to help. Try an old movie for enjoyment and memories.