

SPRING 2020 QUARTERLY NEWSLETTER  
[www.ageconcernwellington.org.nz](http://www.ageconcernwellington.org.nz)



# Age Concern Wellington

*Serving the needs of older people*

COMPLIMENTARY COPY

## Seniority

**Reflecting on Lockdown**

**ReConnecting with Pen Pal,  
Phone Friend, Shopping Services  
and pop-up hubs**

**What to expect when you call 111**

For advertising phone Dave 027 652 5220 or email [dave@kiwipublications.nz](mailto:dave@kiwipublications.nz)

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### OFFICE HOURS

9am - 4pm Monday to Friday

## Chief Executive Report



The past couple of months have felt like a whirlwind for us at Age Concern Wellington Region. All of our services have expanded quickly since lockdown ended, with many more new clients being referred to us.

I have really admired the

way our small staff team has worked tirelessly to ensure seniors are getting the help and support they need.

Needless to say, we were all disappointed to cancel a number of our new initiatives when we went back into Level 2 in August. This small resurgence of the virus reminded me that life with Covid-19 will last sometime yet. Life has not yet returned to normal, and I don't think it will for a while.

I resonated with Prime Minister Jacinda Ardern when she said that "2020 has frankly been terrible". In my lifetime, I can't ever recall when everyone around the world personally experienced a 'terrible year' together. For some seniors though, it may remind them of much tougher times during World War 2 or some other global event that had a widespread impact.

I know that this second period of being in Level 2 has been more difficult for some older people.

You may be experiencing that "here we go again" feeling or saying things like "will this ever end?" It is OK to be thinking and feeling these things.

The best thing you can do is keep talking to others. If you have friends and family available, keep connecting with them regularly. Just having a chat with someone really helps with our mental health and gives us a little bit more energy to 'keep calm and carry on'.

If you don't have anyone to talk to, then reach out to us. We've connected many older people across the Region with volunteers who meet each other for a walk, chat on the phone or just have a cup of tea together. We even have volunteers who will fetch your grocery shopping for you if it's something you are struggling with.

We're here to help, so please do get in touch. And remember, there will be a day when Covid-19 is in the past and life will be different. Let's all look forward to that day!

**Stephen Opie** | Chief Executive

If you have online access, check-out our YouTube channel! There are some exercise sessions, an online sleep presentation, and even some cooking tips!

Go to [youtube.com](https://www.youtube.com) and search

"Age Concern Wellington"

Our Connect programme engages isolated seniors. We recently had some positive feedback from one of our local councils:

"Thanks for all your support for Latu.\* It's been very hard to find social events that he can engage with, so this is huge."

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

## 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  
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- Airport drop-offs and pick-ups
- Companion outings
- Or even transporting your pet!

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and ACC contracted supplier.**

**Bookings are essential - call today  
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**Ph: (04) 478 5535**



**Driving Miss Daisy®**

[www.drivingmissdaisy.co.nz](http://www.drivingmissdaisy.co.nz)



# Wellington Free Ambulance what happens when you call 111

When you call 111 for help you'll be asked if you need the assistance of Police, Fire or Ambulance. If it's an ambulance you need we'll work with you to ensure you receive the best care, in the best possible way - Wellington Free



Ambulance are here for you.

When you call us the first thing we will do is work out where you are and what is happening.

**We will ask you:**

- Your street number, street name and suburb
- The phone number you are calling from
- What is happening for you
- If you are helping someone else we will ask you if they are conscious and breathing.

We repeat some questions as it is essential that we know where you are and how to call you back if we need to. We must also be certain that we understand the nature of your emergency and exactly what you need from us.

We need to work out priorities and our 111 call takers will work with you to assess your condition

using a medical priority dispatch system. This system is used internationally and is the clinically proven way of getting the right help, to the right people, in the best possible time.

**The more life-threatening the condition, the greater priority we give a call.**

If something is painful but not life threatening, an ambulance might be the best help, but it could take longer to arrive if we have a number of life-threatening things on the go at the time. If we are delayed we will call you back to find out if anything has changed, so please keep a watch on the situation, and your phone with you.

Depending on how unwell you are, your medical history, and how much support you have from people around you we can help you a number of ways. If you have a health worry that we know from talking with you is not life threatening, we will have one of our registered nurses or Clinical Paramedic Advisors call you back to talk through your symptoms and the best thing to do. They might help you make an

appointment with your GP, ask you about your medication, or suggest good options for pain relief.

If they are worried that things could get more serious, they can arrange for an ambulance to come and assess you in person.

Our paramedics are trained to assess your condition and make professional clinical decisions about the best course of action. They may be able to treat you safely at home, especially if you have people around to help and good care in the community. They might transport you to a medical centre or hospital.

**Every call is different and every situation is different. Remember if you need us we are here for you, don't hesitate to call 111.**

# 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.



**There are 5 Ryman villages throughout Wellington - in Khandallah, Kilbirnie, Lower Hutt, Petone, and Waikanae.**

Each is unique, distinctive and a reflection of the area. To find the village that's right for you, and see the townhouses, apartments and serviced apartments that are available, have a look online:

[rymanhealthcare.co.nz](https://rymanhealthcare.co.nz)





## Covid 19 - how have older people been affected?



When the New Zealand Government moved to reduce the impact of Covid-19, people aged 70 and over were singled out as the group most vulnerable. From March 21, all people in this age group were required to remain at home except for brief exercise breaks. This policy affected more than half a million New Zealanders.

Since the relaxation of lock-down regulations there has been a lot of discussion about whether, in an attempt to protect older people, public health messaging and mainstream media coverage led to discrimination against older people, taking away their ability to decide about their own health and safety. Early headlines included –

**“How do we keep older Kiwis safe during Covid-19 pandemic?”**

**“How to persuade elderly parents and grandparents to stay home and out of harm’s way.”**

These excluded older people from the discussion and the solution and saw them as a liability. Some more recent headlines have a different tone –

**“Rendering people over 70 as either passive or wilfully irresponsible is unhelpful and ill-considered.”**

Chronological age is not the best basis for recent measures. When there were 1474 Covid 19 cases in New Zealand, only 8% were people aged 70 plus; but, admittedly, a high proportion of deaths were in that age group. Chronic health conditions and co-morbidity are risk factors, but many older people can successfully manage these. And older people are not all the same. In March Radio New Zealand reported that community organisations were ‘crying out’ for volunteers because many were older people unavailable due to lockdown.

### The effects of isolation

Isolation and social distancing disrupt older people’s family and social connections. Some do not have family living close by. Those who are caring for spouses or other dependants may be seriously affected when disconnected from support. Routine activities which can benefit social, physical, and cognitive wellbeing are also disrupted.

Social isolation and loneliness are already major risks for older people, especially those who live alone. Added to this has been the barrage of information about Covid 19, which has dominated the news for months. If people are told repeatedly that health and social services are under pressure, they may be unwilling to ask for help.

Digital technology has been crucial in keeping up social connections, but many older people are not skilled in its use.

### The growth and potential importance of telehealth

Telehealth - “the use of information and communication technologies to deliver health care” - can enable people to maintain their independence and safety while remaining in their own homes. Remote doctor-patient consultations, over the phone or through a video conference, can enable diagnoses and evaluation, manage treatments and medication, and respond to emergencies.

There are benefits for all involved. Patients can have easier access to care and shorter waiting times. Doctors can develop closer relationships with specialists. Allied health workers, patients,

patients’ family and whānau can be involved in telehealth video-conferences.

How is this relevant to the Covid-19 Response? Given the need to keep physical distance, video communication allows people to talk to their doctors, practice nurses and other health providers without seeing them in person - as if they were in the same room - while removing the risk of catching or spreading germs. In this way telehealth can assist ageing in place and reduce the time and money spent in shuttling to and from doctors’ appointments or hospital visits.

### A global call

A recent statement by António Guterres, Secretary-General of the United Nations, dated 1 May 2020, is entitled “Our response to COVID-19 must respect the right and dignity of older people”. It concludes -

“Beyond its immediate health impact, the pandemic is putting older people at greater risk of poverty, discrimination and isolation. First, no person, young or old, is expendable. Older people have the same rights to life and health as everyone else. Difficult decisions around life-saving medical care must respect the human rights and dignity of all.

Second, while physical distancing is crucial, let’s not forget we are one community and we all belong to each other. We need improved social support and smarter efforts to reach older people through digital technology. That is vital to older people who may face great suffering and isolation under lockdowns and other restrictions.

Third, all social, economic, and humanitarian responses must take the needs of older people fully into account, from universal health coverage to social protection, decent work and pensions.

The call-out to policy-makers and service deliverers is not to make ageist assumptions: not to make age the sole determining indicator for restrictions, looking rather at health conditions; not to discount the resilience of older people. And not to let the label “vulnerable” come to mean less valuable.

Written by *Judith Davey*

## COFFEE GROUPS

As part of Age Concern Wellington’s Connect Programmes, regular coffee groups take place in Wellington City Council social housing complexes. These coffee groups are held in partnership with Wellington City Council, and their support is invaluable.

Recently, over a dozen people gathered to chat over a warm drink. Despite their different ages and varied backgrounds, the tenants seemed pleased to meet and get to know each other. One common factor they all share is that they live alone, and even though they are surrounded by people they often feel isolated. The discussion centred on lockdown impact and experiences.

Bobby Bir, of Wellington City Council, said: ‘The tenants shared that they felt that the government had made a brave and right move to lockdown for the good of New Zealand. However, they realised it was important to stay connected with people during this time. They also appreciated all the different support that was made available...’

For some, the pandemic helped them realise that they may need to make alternative accommodation arrangements like moving into a rest home environment. For all, the feeling of relief that New Zealand is no longer in lockdown is clear, but the fear of another total lockdown remains evident.

The session ended with a chop suey cooking demonstration and tasting, and everyone will likely look forward to the next gathering. Lasting connections are being created through these groups of people who were often living near one another for years without knowing each other.



**SAY Go exercise classes - For more information please call 04 499 6646**

DAY	TIME	LOCATION	ADDRESS	NOTES & INFO
Monday	10.30am	Innermost Gardens	Mount Victoria, Wellington	Dementia group - by referral only
Monday	10.30am	Karori Community Centre	7 Beauchamp St, Karori	From 03 August 2020
Monday	11am	Quaker Meeting Rooms	7 Moncrieff St, Mt Victoria	FULL
Monday	12pm	Johnsonville Community Centre	3 Frankmoore Ave, Johnsonville	FULL
Monday	1pm	Tawa Community Centre	Cambridge Street	FULL
Monday	1.30pm	Walter Nash Centre	20/22 Taine Street, Taita	
Tuesday	11am	Seatoun Village Hall	22 Forres Street, Seatoun	
Tuesday	11am	St Mary's Church Hall	69 Discovery Drive, Whitby	FULL
Tuesday	11am	Koraunui Stokes Valley Hub	184 Stokes Valley Rd	
Tuesday	10.30am	Upper Hutt Library	844 Fergusson Drive, Upper Hutt	From 28th January 2020
Tuesday	12pm	Linden Community Centre	10 Linden Avenue, Tawa	From 04 August 2020
Tuesday	1pm	Vogelmorn Hall	Mornington Rd, Brooklyn	
Wednesday	12pm	All Saints Church, Hataitai	90 Hamilton Road	From 05 August 2020
Wednesday	12pm	Eastbourne Community Hall	Tuatoru St, Eastbourne	
Wednesday	12pm	Walter Nash Centre	20/22 Taine Street, Taita	
Wednesday	12pm	Karori Community Centre	7 Beauchamp St, Karori	FULL
Wednesday	1:30pm	Newlands Community Centre	9 Batchelor St, Newlands	
Thursday	10am	St Peters Church (garden room)	Willis Street	From 13th February 2020
Thursday	11am	Bob Scott Retirement Village	25 Graham St, Petone	
Thursday	10.30am	Thistle Hall	Cuba Street, Wellington	Chinese group
Thursday	1pm	Koauui Stokes Valley	184 Stokes Valley Rd, Stokes Valley, Lower Hutt	
Friday	11.30am	Island Bay Community Centre	137 The Parade	

**STEADY AS YOU GO – PEER SUPPORT TRAINING DAY**



Age Concern Wellington runs over 20 Steady As You Go falls prevention classes across the Wellington region. We have classes in Wellington Central, Lower and Upper Hutt and as far north as Whitby. They are really popular and cover sitting, standing, walking, balancing and even eye exercises!

The classes are established by Age Concern Wellington's Health Promotion Coordinator Ann Dalziel over 10 or 11 weeks, then two or three people from each of the classes become Peer Leaders. In effect, this means that they take ownership of their class – tasks are divided so one person might set up the room, another does the register and another oversees the CD player and exercises. It is never intended to be an onerous task for one person.

Every six months we run a training day for the Peer Leaders. Our next one is planned for Friday 4th September and is to take place in the lovely Garden Room at St Peters Church on Willis Street. We will start at 9.30 with coffee and at 10.30 we have Wellington Free Ambulance coming along to do a demonstration on CPR. After lunch we have the senior Physiotherapist from the Older Persons Rehabilitation Team at Capital and Coast DHB coming along to demonstrate how to assist someone who has fallen. Naturally we hope that will not happen in our classes, but it might, and we need to be prepared. The training also covers Health and Safety protocols and the necessary paperwork. It is an interesting day as each Steady as You Go group is unique and it is good to hear how different groups operate.

We also do refresher courses for established Peer Leaders – often the exercises change slightly or there is a new emphasis, so it is good to keep up to date and relevant.

**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](http://www.courtenayhearing.co.nz) for more information.**



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<b>WELLINGTON</b> Level 2, 15 Courtenay Place	<b>WAIKANAЕ</b> 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)
<b>LEVIN</b> SeeHear, 174 Oxford Street	
<b>PARAPARAUMU</b> 8A Ihakara Street	

[info@courtenayhearing.co.nz](mailto:info@courtenayhearing.co.nz)  
[www.courtenayhearing.co.nz](http://www.courtenayhearing.co.nz)



DEAR JOHN...

**Dear John**

*During lockdown my husband and I did not venture out very far from home, and only now are we hoping to resume our once regular walks. The weather has been milder and there is not really an excuse, but I am a bit reluctant as my feet are a rather sore and ache after quite a short time. Is there anything to be done to help my sore feet?*

Mary Brooklyn.

**Hello Mary**

There is a saying, 'no foot no horse' and this may well apply to you! A number of organisations, including Age Concern, are indeed concerned about foot care and the elderly. It is important to do as much as you can yourself – washing and carefully drying, especially between the toes, and applying a moisturising emollient daily. Also of course wear suitable supportive shoes, our feet change as we age and the 'fibro fatty pad' which acts as a layer of padding, may disappear, so it feels as if we are walking on the bones of our feet.

As we age our feet need even more attention – loss of mobility can be a life changer. If you can afford it, you should go visit a podiatrist. Your treatment will include foot examination, cutting of nails, removal of dead skin on heels and soles, and a moisturising massage. However, this is not a cheap option, often around \$70-90. Even nail cutting can be a problem – care givers are not allowed to cut nails, but some nail salons offer a reduced rate for Gold Card holders. Your GP will probably be part of a Primary Health Organisation and they may have subsidised services. You can also access services via WINZ, ACC and if you have a Disability Allowance.

Foot health is fundamental, so it is worth getting your feet checked out – it will make the world of difference!

**On email?**

Subscribe to our regular email newsletter to keep up-to-date with news and events for over 65s in the Wellington region.

**You can subscribe through our website**  
**[www.ageconcernwellington.org.nz](http://www.ageconcernwellington.org.nz)**  
**or email us at**  
**[news@ageconcernwellington.org.nz](mailto:news@ageconcernwellington.org.nz)**

"Know that you are the perfect age. Each year is special and precious, for you shall only live it once. Be comfortable with growing older." ~Louise Hay

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**Improving Sleep**

By the time we're 65, we have slept about 22 years. However, 20 – 30% of older New Zealanders report a sleep problem.

Age Concern Wellington has partnered with Dr Rosie Gibson, from the Sleep-Wake Research Centre and Massey University, to offer a series of sleep presentations in the Wellington Region. A recent presentation was attended by about 100 people.

Dr Gibson exposed some of the reasons for potential sleep problems, and perhaps more importantly, some tips and advice to improve our sleep quality. Some of her tips included:

- Avoiding eating or drinking too much before bed
- Avoiding alcohol and caffeine before bed
- Keeping the bedroom a 'safe sleep zone' (by avoiding watching TV or listening to radio in bed, for example)

Although it is well known that as we get older our sleep typically becomes lighter and more fragmented, quality sleep is important and should be prioritised to support mental health and social wellbeing. Dr Gibson encouraged us to try to preserve good sleep to maintain healthy ageing through keeping a regular routine and, when possible, making sure we spend some of the daytime in bright light and exercising to strengthen the internal body clock.

During the lockdown, Dr Gibson recorded an online sleep presentation, which can be viewed on our Youtube channel (by searching for Age Concern Wellington on [www.youtube.com](http://www.youtube.com)). Further sleep presentations will be offered in the coming months: please visit the events page on our website or call 04 499 6648 for more information.

**Key Phone Numbers**

- COVID-19 Healthline **0800 358 5453**
- For general health issues, phone your doctor
- For emergencies dial **111**
- For non-emergency police matters dial **105**
- Government Helpline on **0800 779 997** or on **0800 22 66 57** Anyone is welcome to call with any non-health-related concerns. They can offer assistance in a number of ways
- If you are feeling anxious or just need someone to talk to call or **text 1737**
- Age Concern Wellington **04 499 6646**
- WellElder: a counselling service for older people, or those supporting an older person. Wellington Region: **04 380 2440** (Tuesday - Thursday)
- Plunketline: if you have questions about your child or baby's health or wellbeing call **0800 933 922** and speak to a Plunket nurse. Plunketline runs 24 hours a day, 7 days a week.
- Lifeline: qualified counsellors and trained volunteers: **0800 543 354 or free text 4357**
- Samaritans: confidential support, empathetic listeners: **0800 726 666**
- Elder Abuse Helpline **0800 32 668 65**
- Dementia Wellington **04 972 2595**
- If you need to discuss your entitlements phone the MSD Senior Services line **0800 552 002**
- If you don't have somewhere safe to stay during the lockdown please call the Temporary Accommodation Service on **0508 754 163**
- If you don't have the essentials you need to get through lockdown (such as food, medication or cleaning supplies), in the first instance please try calling a neighbour, family member who lives nearby, or friend who lives nearby. You could also check the availability for shopping online. If these options are not available to you, then please call the Wellington Region COVID-19 Helpline **0800 141 967** (7am-7pm, 7 days a week). This is a last resort number.
- Wellington City Council: [wellington.govt.nz](http://wellington.govt.nz) or **04 499 4444**
- Hutt City Council: [huttcity.govt.nz/](http://huttcity.govt.nz/) or **04 570 6666**
- Porirua City Council: [porirua.govt.nz/](http://porirua.govt.nz/) or **04 237 5089**
- Upper Hutt City Council: [upperhuttcity.com/](http://upperhuttcity.com/) or **04 527 2169**



## Reflecting on Lockdown

Here at Age Concern Wellington we've been reflecting on the various pandemic levels that New Zealand has gone through (and continues to go through) in recent months. Although it is sometimes difficult, we have all enjoyed some special moments. Helping a five-year-old to learn to read, teaching teenagers to drive, taking long walks along the river, and adopting new pets were a few of Age Concern Wellington's staff highlights in the past few months. Here is little insight into how our staff are reflecting on the past few months.

**Zoe:** Hi! I am the communications intern at Age Concern Wellington. I actually had my interview for my internship via Zoom during the lockdown which was a pretty unique experience! I'm still at university, so I'm very thankful that I'm now able to go back and study on campus after last semester was taught completely online. It's so nice to be able to learn and collaborate with my classmates again, or even just catch up with them over a coffee! Since the lockdown, I have learnt to appreciate the little things a lot more, like listening to my favourite podcasts on the bus home. My partner and I recently adopted a little Burmese kitten, Maisie. She is such a character; I could watch her for hours and not get bored of her crazy antics! Even though the past few months have been difficult, I enjoyed being able to relax without feeling like there were a million things I had to get done – who knows when that will happen again!



*Baby Maisie enjoying the sunshine in her favourite birdwatching spot!*

**Lorna:** Hello! I'm the communications coordinator at Age Concern Wellington. Although Covid-19 has brought many difficulties to humanity, I'd like to focus on a few positive aspects that have emerged in my life as a result of the situation. The over-busy rush and stress of

daily routine has slowed, and I feel more patient and content. My family has grown closer (inevitable in lockdown I suppose), but I appreciate that my 'almost' adult children choose to spend more of their free time with me each day. We've hung a tui feeder in our garden, and I take the time to watch silvereyes and tuis feed each day. I've also never baked so much in my life, and even learned to knit! When Age Concern Wellington and Dr Gibson held a sleep presentation at a retirement village recently, I enjoyed discussing knitting with a lovely elderly lady there. Don't get me wrong though, I am eager for the world to be free of this coronavirus!



and tuis feed each day. I've also never baked so much in my life, and even learned to knit! When Age Concern Wellington and Dr Gibson held a sleep presentation at a retirement village recently, I enjoyed discussing knitting with a lovely elderly lady there. Don't get me wrong though, I am eager for the world to be free of this coronavirus!

*Left, our new puppy Whiskey*

**Ann:** I still find myself thinking is this really happening? I took the majority of the phone calls during lockdown and what an assortment of questions they were! There are many stoic people out there who just got on with life, albeit in their bubble. Many others were fearful though, and it has reinforced my appreciation of home and family. We are lucky to have a dog, Wilma, who has brought many benefits to us during lockdown. We had to walk her daily, and in fact, wore out a pair of trainers doing this. Many miles were covered. It is great to be back in the office, although not daily now. It makes you appreciate there are different ways to do things, and we all should regard our health as our greatest luxury.

**Kirsten:** As an extrovert I thought that lockdown would be a difficult time with little or no interaction with others. It turns out there was a lot of interaction with the Age Concern Wellington team, volunteers and clients. We meet via Zoom every couple of days, and I think it has built a stronger team. We were all working in different ways from normal which meant we had to become creative. I set up a work space in my lounge and was very thankful I remembered to go and get an office chair: it would have been terrible for my back if I had sat on a dining

room chair for six weeks! I really enjoyed my daily walks with my husband and was so thankful we had such great weather. I discovered lookouts around the area I had never had time to find before.



*Sunset at my new lookout*

**Lynn:** Hello, I'm the coordinator for our new programme called the Companion Walking Service. Of course, this had to be put on hold as we went into lockdown. My role changed to organising volunteers for our Shopping Service. I also ran our Pen Pal and Phone Friend Services. I was amazed at the number of new volunteers. Having participated in various voluntary roles in the past, I know how rewarding doing things for others can be. Each day I spoke to many lonely people who were so grateful to have someone to talk to and enjoyed having a pen pal or phone-friend. It has made me realise that being on your own really can impact how you feel. Just having a conversation can be a great pick-me-up and can help to motivate you to do other things in your house or garden. I was very grateful to have my husband and son at home to enjoy walks and games with, and also very grateful to have been able to Skype girlfriends for those much-needed girly chats!

**Corinne:** Hello, I am the Volunteer Admin for Age Concern Wellington. I also help put the newsletter together every fortnight. I became the Volunteer Admin during the lockdown.

I am married to a generous and funny man, but don't let him know I said he's funny! We have a four-year-old called Eli. We also have two furry cat friends; Chalk is nine months old and Lily is our white, deaf eight-year-old cat. Lockdown was financially challenging, but isolating didn't affect my husband and I mentally, as we are introverts. Lockdown gave us a wonderful gift of spending quality family

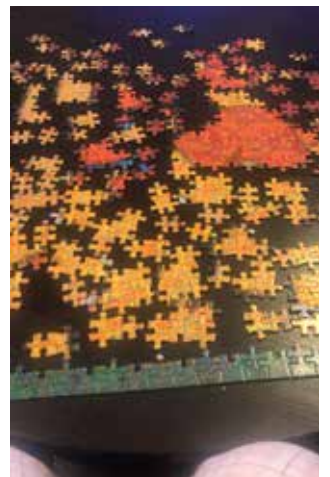
time together. We found interesting ways to stay entertained; we had a painting extravaganza in the garage and even set it up as a gallery with Eli as the artist on display. We flew kites and had fun exploring the babbling brook next to our house. We live in Ngaio and were very happy with how our community came together, as with the whole country. We also noticed how quiet it was in our yard with no traffic, it was delightful. Eli turned four during Level 4. His Nani and Pop stood outside the house and sang him "Happy Birthday".



*Eli and Daddy exploring the Babbling Brook*

**Imelda:** Hello! I'm the coordinator of the visiting service in the Hutt. Over lockdown there was a shift of focus, people had to call each other rather than visit, and help with new things like groceries and prescription pick-ups. I feel like as New Zealanders we all tried our best to adapt and just get on with it. There were days when it felt like a dream to be able to stay in one place and slow down, and others when it felt like a sentence I was serving. I certainly exercised more, but also ate more as meals became a highlight and something to look forward to. For many of the people who benefit from our service not a lot changed during lockdown from their normal day to day life which makes me wonder how we can do more to enrich older people's lives and social connections.

*Right, one of many puzzles completed!*





Online Romance Scams



Of all the scams targeting seniors, romance scams are perhaps the most malicious. Scammers prey on people looking for love or companionship, and often target older people who may have lost a spouse or whose family live elsewhere and feel lonely or isolated.

Sarah\* first met Jack\* on a dating website. Jack described himself as an American mining contractor who worked around the world, currently in Australia. They talked and messaged online some years and Sarah, who had initially thought of Jack as just a friend, began to feel they were in an intimate relationship.

In time, Jack began asking Sarah for money. There were many reasons why he needed it: to cover funeral costs for his parents, to support his business... He promised to repay Sarah when he returned to the States. Over time, Sarah ended up transferring over \$500,000 to Jack across multiple transactions.

Eventually, Sarah asked Jack to pay the money back. Two days later a stranger rang her from Jack's number. He said he was a doctor. He told her Jack was about to undergo surgery and he only had a 50/50 chance of survival. Later that day, Sarah received a text saying Jack had died. Then Jack's number was used by a woman claiming to be his aunt. This woman told Sarah that Jack was to be buried the next day. There has been no contact since, and Sarah's money is

still missing. Meanwhile, Mary\* had become friends with a man online who had arranged flights for her from New Zealand to Africa. Mary was told it was likely a scam, but she was determined to go. Sadly, upon her return she was found to be in possession of drugs and was arrested for importing methamphetamine. Romance scams are significantly under-reported. Victims are often unwilling to report the crime because of the shame of having been duped. The popular view that blames the victims for being fooled can contribute to this, as can a fear that relatives will no longer trust them to have control over their own affairs. They may feel there is little chance of finding the offender or in some cases they still trust the scammer and may not believe they are victims at all. Sixty-nine-year-old Graham\* met a woman online who claimed to have gold bars she was bringing to New Zealand, and had a misspelled certificate to prove their authenticity. She then claimed a family emergency hampered her plans to visit him, resulting in Graham sending her nearly \$38,000. Despite being told by his family and Police that he is likely the victim of a scam, he is adamant she is legitimate and refuses to believe he has been scammed.

Online friendships can be beneficial to seniors, providing company and stimulation. However, it is important to be alert to the risk. Never send money to someone you haven't met in person, or agree to move money or goods for them.

**Remember to:**  
**Stop** - take time to consider what they are asking,  
**Wait** - discuss things with someone you trust,  
**Validate** - can you be absolutely sure they are who they say they are?

*All names have been changed to protect the privacy of those involved.*

**Please see our website for information on how you can support our work or return this slip to the address below.**

**I wish to support the work of Age Concern Wellington by:**  
*(Please tick the relevant boxes)*

☐ Making a donation of \$.....

☐ Making a regular donation of \$.....

☐ Becoming a Member (\$25 single, \$30 couple) \$.....

☐ Volunteering

*Note: Donations of \$5.00 or more are tax deductible*

☐ Please tick box if you require a receipt

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THE LOVE DRESS

The mother-in-law stopped unexpectedly by the recently married couple’s house. She rang the doorbell and stepped into the house. She saw her daughter-in-law standing naked by the door. “What are you doing?” she asked. “I’m waiting for my husband to come home from work,” the daughter-in-law answered. “But you’re NAKED!” the mother-in-law exclaimed. “This is my Love Dress,” the daughter-in-law explained. “My husband loves me to wear this dress! It makes him happy and it makes me happy. I would appreciate it if you would leave because he will be home from work any minute.” The mother-in-law was tired of all this romantic talk and left. On the way home, she thought about the Love Dress. When she got home, she got undressed, showered, put on her best perfume and waited by the front door. Finally, her husband got home. He walked in and saw her standing naked by the door. “What are you doing?” He exclaimed. “This is My Love Dress.” She replied. “Needs ironing,” he said.

**Tommy's** **Selwyn Spratt**  
PROPERTY MANAGEMENT

**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.

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**Jo Butters**  
Property Manager  
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E: jo@tommysrentals.co.nz

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How learning Poi can improve your health

You might have made and played with them at school, and seen them used in kapa haka performances, but did you know that playing with Poi has been proven to significantly improve balance, attention, and grip strength in healthy older people?

Dr. Kate Riegle van West, the founder of SpinPoi, has a passion for how movement and play can improve wellbeing. Through the University of Auckland, she completed a PhD exploring the effects of Poi on physical, cognitive, and emotional health in healthy older people in 2018. Through Kate's PhD, she discovered that the process of learning a complex skill such as Poi can result in significant neuroplastic changes in the brain. This is beneficial for everyone, but particularly for people as they age, as it can help maintain cognitive ability. In addition, the study also found that:

- a. international Poi seems to be as effective as Tai Chi for improving health in healthy older people
- b. the majority of participants indicated they wanted to continue their practice indicating enjoyment and
- c. people expressed feeling challenged and happy during Poi practice.

As a result of this study Kate has begun sharing her love of Poi with others keen to use this as a medium to improve quality of life.

In February, Sport Wellington hosted Kate as she led a 5-hour training for people interested in incorporating Poi into their existing group exercise classes for older people, or people who wanted to develop their skills in sharing the use of Poi as exercise with their communities.

Kate taught 40 participants the fundamentals of Poi and how they share this knowledge with other people. They explored the plane, direction and timing of the Poi using the two key moves of swinging and spinning; before breaking down more advanced moves such as the butterfly, flowers, and chasing the sun. Many of the participants noted through simply learning the moves, their wrists, arms and shoulders received a workout.

The training was a great afternoon full of laughter and enjoyment as participants attempted to master moves – and got creative making up their own. The class instructors were able to experience first-hand the simplicity of using poi as a form of exercise and the joy it can bring.

“Poi is such a fun, affordable and accessible tool, and it engages both the mind and body,” Kate says. Sport Wellington look forward to continuing to support exercise class leaders to grow their skills in Poi and include this as an activity option for balance training as part of their approved Community Strength and Balance classes across the region. This includes SAYGO classes, and some local instructors are going to be introducing Poi into their existing classes.

To learn more about the movement to enable strength and independence and prevent falls check out the Live Stronger website ([www.livestronger.org.nz](http://www.livestronger.org.nz)). The Spin Poi website (<https://www.spinpoi.com/>) is also well worth checking out too!



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*



## The Covid-19 Recovery Grant

At the end of June, Age Concern Wellington received a significant grant from Wellington City Council's Covid-19 recovery fund. In April, Wellington City Council set aside \$1 million of extra funding for organisations that provide services which benefit Wellingtonians both during and after the Covid-19 lockdown. Our CEO, Stephen, Communications Coordinator, Lorna, and AVS and Connect Coordinator, Kirsten, presented our ReConnect project to City Councillors at the funding meeting.

Age Concern Wellington was granted over \$95,000. Many other well-deserving organisations also received grants including the Wellington City Mission, Vincent's Art Workshops, Pablos and Youthline.

Age Concern Wellington will be using the Covid-19 recovery grant to launch our ReConnect programme. This programme will help us continue services we started during the lockdown, including the phone-friend and pen pal services, and shopping service. In addition to this, the grant will enable us to expand our coffee groups and develop our pop-up community hubs which will help many seniors adjust as we slowly move past the pandemic.

Our pop-up hubs are an especially exciting aspect of our ReConnect Programme. Our hubs have been designed to provide a social environment for seniors to meet others in their community while enjoying hot drinks, lunch and other various activities. These activities will include board games, workshops and guest speakers on a variety of topics. We already have some great ideas for future hubs, but are open to suggestions on what would make them a success. Unfortunately, due to the August Level 2 restrictions our first pop-up hub in Seatoun had to be postponed. Once it is safe to do so, our hubs will be up and running and helping seniors in our communities make meaningful connections with each other.

Despite the postponement of our hubs, we're still full steam ahead with the ReConnect project. We hope to increase the amount of people using our

shopping service as it was something that helped many people during the Level 4 lockdown. **Our shopping service is open to seniors who need assistance with shopping for groceries.** During the lockdown we helped over 80 people with their shopping, and it is something we will continue doing for our region's seniors.

We also want to strengthen our pen pal and phone-friend services, with new clients and volunteers. These services provided an especially useful lifeline for many seniors during lockdown and beyond. They are open to anyone who would enjoy hearing from a friend over the phone or with a letter on a regular basis. During the lockdown we helped many people build and maintain valuable connections with a phone-friend or pen-pal.

If you are interested in any of the services mentioned above, visit our website or give us a call on 04 499 6646.

Zoe Lowe



**NEW ZEALAND  
POLICE**  
Ngā Pirihimana o Aotearoa

**Don't**

- ✗ Give out account passwords ever
- ✗ Give out personal information
- ✗ Give someone remote access to your computer
- ✗ Pay for anything you weren't expecting
- ✗ Pay money to a friend you haven't met in person
- ✗ Let someone pressure you to make a decision
- ✗ Believe you've won an unexpected prize

**Do**

- ✓ Take your time and think carefully about what to do
- ✓ Put the phone down if you're unsure
- ✓ Ask someone you trust for advice
- ✓ Call the company back on a verified number, eg, from a bill
- ✓ Call Police's non-emergency number 105

## The Marsden & Chelsea Clubs

The Marsden Club in Newcombe Crescent, Karori or the Chelsea Club in Toru Street, Lyall Bay offer high quality professional day care for people with dementia, Parkinson's disease and other neurological disorders. The clubs strive to provide support to those with these disorders, as well as their family members and carers. They are an effective part of the primary care system, working in partnership with other providers and delivering measurable outcomes in terms of quality of life, cost of service and accessibility.

These two clubs provide stimulating activities in a group setting and home-like environment. Music therapy, art therapy, work therapy, arts and crafts, brain teasers, word games, and outdoor games are just some of the activities that are provided. The activities are tailored to fit each individual's interests and abilities. They even provide cooked lunches for those who spend the day with them. Transport to and from the clubs can also be arranged.

Their staff and volunteers are all passionate about caring for those with dementia, and are trained to do so. They also offer support for families, so everyone involved can benefit.

The clubs operate as a charitable trust and have a contract with the Capital & Coast District Health Board so attendance may be subsidised, or they can be accessed privately. They operate Monday – Friday from approx. 9:30am – 3:30pm.

If you have a friend or relative with dementia who may benefit from some fun, social time, then the Marsden and Chelsea Clubs may be the right place!

For further information, please visit [www.marsdenclub.org.nz](http://www.marsdenclub.org.nz) or phone: Katalin at the Marsden Club in Karori Ph: 04-476 6719, or Angela at the Chelsea Club in Lyall Bay, Ph: 04-387 7207.



## 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.

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- Woburn Home and Apartments, Woburn
  - Cashmere Home, Johnsonville
  - Cashmere Heights Home, Johnsonville
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## Working after 65

According to Stats NZ, “the proportion of the population aged 65+ employed has steadily risen from 11.4% in 2001 to 16.8% in 2006 and 22.1% in 2013”. There is no official retirement age in New Zealand, although eligibility for NZ Superannuation begins at 65.

Money doesn't seem to be the main motivator to keep working after 65 as, according to the 2014 New Zealand General Social Survey, of people aged 65+ “71% reported having enough or more than enough money.” As well as money, there are several other benefits and drawbacks to working during later life. A job can provide social interaction, add structure to the day and can bring satisfaction. Some people find they get bored without a job, they like having a place to go, meeting with people, being part of something, and feeling they are contributing. The mental stimulation can also be a draw, with many jobs offering the opportunity to keep learning and to stay current: “5,403 over 65-year-olds participated in study in 2013,” according to Stats NZ. The motivation to study is not necessarily related to paid work.

Having to schedule around the work week and not having enough time to pursue other things are definite drawbacks. If a person had a stressful or physically tiring job, they might enjoy the free time retirement brings. Their aches and pains might diminish with retirement, and sometimes freedom is more important than money. Although they would still be able to receive NZ Superannuation while working, they may be taxed at a higher rate because wages will be added to Superannuation.

In light of the Covid-19 pandemic, the Treasury released a range of scenarios and projections of the numbers of people who may become jobless. With so many people facing the possibility of losing jobs, how will the situation develop for those ‘older’ employees?

As companies struggle through the fall-out of the pandemic, they need to make the best decisions for their businesses. If there are lay-offs, companies will need to keep the best employees.

Age is not a predictor of job performance, but will age be a deciding factor? It is illegal to make employment decisions based on age, but could older employees face more lay-offs anyway?

New Zealand has over half a million workers over the age of 55. They make up nearly a quarter of the total workforce. For some older employees, moving to part time work or retiring may be feasible. For others, these options may not be possible. Despite 71% of seniors reporting that money is not the driving factor in their wish to continue working, financial need is likely more prevalent than many admit. For many more, the extra income adds significant comfort to their lifestyle. Life expectancy is increasing, and some older people may not have planned to be able to afford to live until they were 100. The Covid-19 impact on financial markets will possibly increase the number of older employees who need to continue working because of reduced income from investments, lower dividends and lower interest rates.

Employers may find it beneficial to create transition pathways in a “life stage” approach rather than an age-based approach: when an older employee no longer wants to or needs to work full time, a more flexible transition into part time work (which is becoming very common) could be created when possible.

Most importantly, if older employees choose to work after 65, no one should underestimate the skills and work ethic they bring to the workforce from their valuable work and life experience.



*Thank you Carol Peychers, Roger Tweedy and Judith Davey for your help with this article.*

## 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.**

## 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](http://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](http://www.harbourcityfunerals.co.nz)

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## Help after lockdown- Companion Walking Service



The Companion Walking Service (CWS) has now been running for nearly a year and is building momentum both in the number of volunteers and clients. Clients are referred from physiotherapists, occupational therapists and social workers at Wellington Hospital. Relatives and friends can also phone up to refer their friends or family members.

The purpose of the walking programme is to assist someone to walk safely. It could be someone who is recovering from a hip or knee operation, like Mary\* who was unsteady walking down the four steps outside her backdoor. There was a handrail, but it took six weeks of practice going down the steps to build her confidence and improve her strength. Knees become stiff as we age and muscles become weak after as little as three days in bed. That's why getting moving little and often is ideal to build up your strength.

Some of our clients have recently had a stroke, like James\* who was able to walk with a stick but felt unsafe going out on his own in case he stumbled. We get many people with reduced mobility, who don't feel confident going for walks by themselves. Seniors with dementia

are also referred; some love walking and having a companion to share this with gives them the physical activity they desire as well as stimulation from being outside.

After lockdown several clients were referred to the CWS; they had not only lost their confidence but their physical fitness as well. Walking regularly has helped them to build up their strength and their confidence. Walking around the house is great to keep you moving, but going up and down stairs is important to build upon this. By keeping your muscles strong you can help prevent yourself from having a fall.

One client told me that she went on holiday and was sharing a room with her sister. She needed to go to the toilet during the night and didn't want to put the light on, in case she disturbed her sister. As a result of this, she fell and has had a bad back for over three years with pain going down her legs, resulting in her having to use a walking frame. Now she is unable to lift the frame down the stairs outside her house, and has become a prisoner in her own home, reliant on other people to take her out.

### A few of our tips to help avoid falls are:

- Have handrails installed next to steps and in the shower
- Always use a non-slip mat in the shower
- If you have been advised to use a walking stick or frame, don't be too proud to do so!
- Always turn the light on when it is too dark to see
- Avoid having rugs and trailing wires
- Wear supportive and secure footwear
- Have a towel or old dressing gown within reach, so if you do fall you can keep warm and maintain your modesty!
- Consider using a medical alert device; they come as a necklace or wristband (one of the local providers is Freedom Medical Alarms <https://www.freedomalarms.co.nz/> phone 0800 380 280)

*\*names have been changed for privacy reasons*

## Digital Inclusion Alliance Aotearoa - Getting digital. Together.

The Digital Inclusion Alliance Aotearoa (DIAA) is an organisation that was developed with the intention to create digitally inclusive activities, so all New Zealanders have opportunities to participate in the digital world. The DIAA works with local organisations and individuals to deliver digital inclusive initiatives that are tailored to their communities' needs. These initiatives help people across the country to improve digital skills, including communicating, staying safe and transacting online. The DIAA also aim to provide affordable access to technology, internet and other digital resources. For more information on the initiatives that the DIAA run in your community, visit their website [digitalinclusionalliance.nz](http://digitalinclusionalliance.nz) or give them a call on 0274 306 737.



Go to [www.facebook.com/ageconcernwellington/](http://www.facebook.com/ageconcernwellington/) to follow us on Facebook.

**Did you enjoy reading this copy of Seniority?**

If you enjoyed reading this copy of Seniority and would like to receive it regularly, you can join Age Concern

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- **Improve your fitness**
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**Falls aren't a natural part of aging!**  
**Starting again soon...**  
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**or call Ann on 04 499 6648**  
**to find out more.**





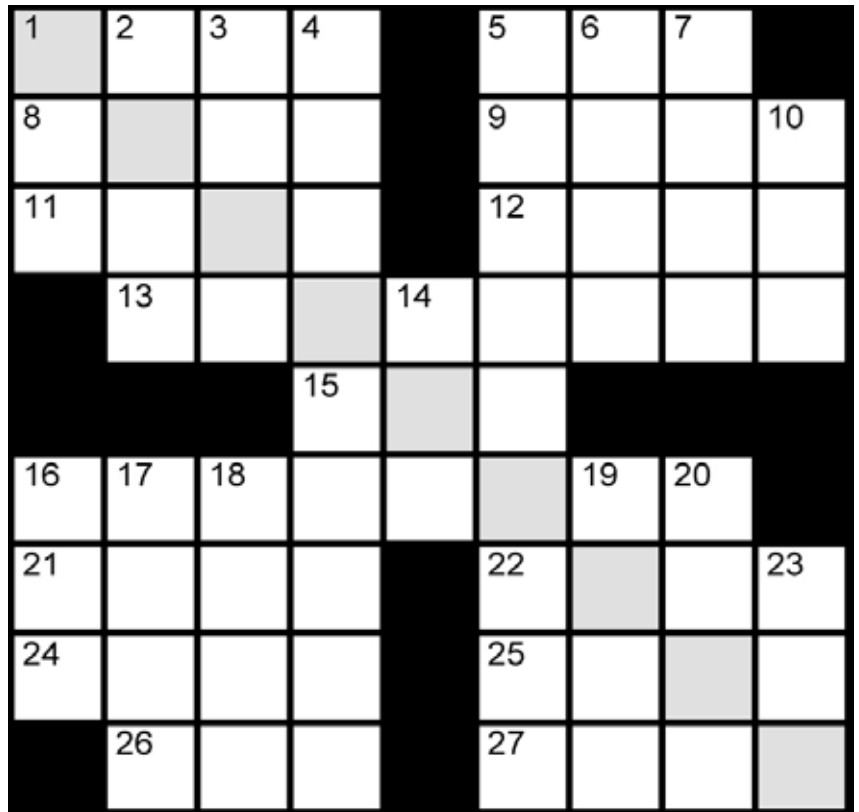
## Goes with a brew

### Across

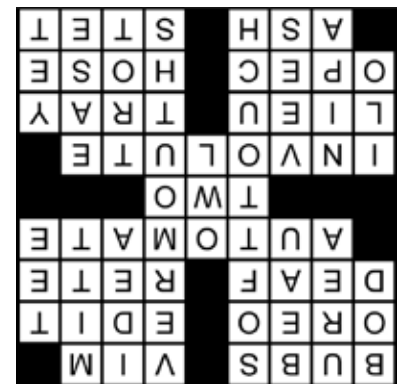
1. Old-style "dudes"
5. Pep
8. Three-ply snack
9. Computer menu option
11. Not hearing
12. Nerve network
13. Mechanize
15. Wee hour
16. Rolled up in a spiral
21. In \_\_\_\_ of
22. Cafeteria carrier
24. Oil cartel
25. Nozzle site
26. Volcano output
27. "Let it stand"

### 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       | TZATZIKI    |
| HUMMUS      | YEMISTA     |
| KALAMATA    | YOUVETSI    |
| LAVRAKI     |             |
| LOUKOUMADES |             |
| MARIDA      |             |
| METAXA      |             |
| OCTAPODI    |             |