

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



# Age Concerns in Hawkes Bay

*Serving the needs of older people*



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

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HAVELOCK NORTH**

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**Phone:** (06) 838 3307    **Fax:** (06) 838 3309  
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**AGE CONCERN CENTRAL HAWKES BAY**

**Phone:** (06) 858 9158  
**Email:** [agecon.rail@xtra.co.nz](mailto:agecon.rail@xtra.co.nz)  
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**Office Hours:** 9.00am - 3.00pm Tuesday to Friday

**AGE CONCERN HASTINGS**

**Phone:** (06) 870 9060  
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**Address:** 415 Heretaunga St East, Hastings 4122  
**Postal Address:** PO Box 185, Hastings 4156  
**Office Hours:** 9.00am - 3.00pm Monday to Friday

**See page 14 for more information about  
some of the many services each Age Concern  
provide.**

**Disclaimer:** The views expressed in this newsletter are not necessarily those of the Age Concerns in Hawkes Bay. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects it's use.

You cannot save people, you can just love them.

**ACCREDITED VISITING  
SERVICE**



A Befriending service that matches older people who are lonely or socially isolated with volunteers who are keen to spend time with them. Some visits take place in the clients home, and some involve going out together. If you know of someone who would like more company, or if you are interested in becoming a volunteer, contact Christine at Age Concern **Napier telephone 842 1346 or email [sw@ageconcernhb.org.nz](mailto:sw@ageconcernhb.org.nz)**

**Throughout Hawkes Bay local  
Age Concern Branches are  
delivering health promotion  
programmes and education  
workshops on a variety of  
issues that older people  
face as they age**

With the resource materials and presentations provided by Age Concern New Zealand, NZ Police and New Zealand Transport Authority. Programmes are available in your area, contact your local Age Concern branch for details.



**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 two Ryman villages in Hawkes Bay  
- Princess Alexandra in Napier and our new  
Havelock North village, James Wattie, which  
is under construction.**

**PRINCESS ALEXANDRA VILLAGE**

145 Battery Road, Napier, 835 3018

**JAMES WATTIE VILLAGE**

94 Te Aute Road, Havelock North, 877 0701

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





## Steady As You Go®

These groups continue to grow and there is always a lot of laughter heard as they are taking themselves through their programme. Many have expressed how much their balance and walking has improved through attending these classes.

**Hastings class** 9.30am on Mondays at the Age Concern Building opposite New World.

**Raureka class** 9.30am on Fridays at the Community Station Church, Gordon Road. Sometimes they go off to have a cuppa at a café, after the class.

**Waipukurau class** 9.30am on Tuesdays at the Woburn Hall, Waipukurau.

**For more information please phone:**

Age Concern Hawke's Bay Inc.  
Hastings Office: Phone: 870 9060  
Waipukurau Office: Phone: 858 9158

**Napier** - Tuesday 1pm - 2pm at Age Concern, 98 Taradale Road, Thursday 12.45pm - 1.45pm and 2pm - 3pm at Taradale Senior Citizens, White Street, Taradale.

**Havelock North** - Wednesday 1pm at Waiapu House, 10 Danvers Street, Thursday 10am at Sally's Place, 34 Te Aute Road.

**For more information please phone:**  
Age Concern Napier: Phone: 842 1346.

**Wairoa** - 12.30 - 1.30 on Thursdays at Age Concern Wairoa, 8 Lahore Street.

**For more information please phone:**  
Age Concern Wairoa: Phone: 838 3307.

**Flaxmere** - 10.45am on Fridays at 38 Bristol Cres, Flaxmere, Hastings.

**For more information please phone:**  
Age Concern Flaxmere: Phone: 879 7003.



**Steady As You Go®**

## INTERNATIONAL DAY OF THE OLDER PERSON

**THURSDAY 1st OCTOBER**

AGE CONCERN NAPIER, GREY POWER NAPIER and the NAPIER CITY COUNCIL will once again be hosting an afternoon tea to celebrate.

This has been very popular the past two years, planning is underway for this year's event – contact Age Concern Napier telephone 08002 43 266 for more information and to book.



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



## Napier's wheelie bin rollout

From 1 October 2020 Napier's rubbish will no longer be collected in single use black plastic bags.

The introduction of wheelie bins for kerbside rubbish collection, from 1 October, is the latest major change to come from the last review of the Joint Waste Management and Minimisation Plan (WMMP). The Napier City and Hastings District councils share this plan, along with the management of Omarunui Landfill. It sets out how waste is managed across both cities and district. Two years ago both Councils adopted the Joint WMMP, following extensive consultation to cover the years through to 2024. The overall vision of the joint plan is to work towards zero waste. This includes increasing the amount of recyclables diverted from landfill, and decreasing the amount of organic matter – material that could be composted – going to landfill.

NCC will be offering an assisted collection service for those residents with physical limitations, and don't



have anyone to help with their rubbish on collection day. An application will be required to be completed. This service and its process is currently being worked through. NCC will share more details when they become available.

**Wheelie Bin Rollout fast facts:**

- The size of the wheelie bin is 120 litres.
- Collection days are expected to stay the same, but check the sticker located on your new wheelie bin.
- There are rules around what can and can't go in your bin. It is for household waste only therefore NCC asks people to continue to recycle using their black crates and where possible, to reuse items and compost food waste.
- Do not use the wheelie bin to dispose of green (garden) waste, hazardous or medical waste, hot ashes, batteries or liquids.

Details about the changes to the rubbish collection service will be delivered with the wheelie bins. Alternatively go to [www.napier.govt.nz](http://www.napier.govt.nz) search #binrollout for more details and FAQs.

**And remember...**

**Always make landfill your last choice!**

## READY, SET, GROW!

*Entries are open 1 - 28 October!*



It's time to get your garden ready to dazzle the judges for the 2020 Napier Garden Competition!

Start pruning, weeding, and planting and you could win one of six categories.

For more information and to enter visit: [www.napier.govt.nz](http://www.napier.govt.nz) and search keyword #GardenCompetition





## What is Elder Abuse?



Elder abuse is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.

*Definition adopted from WHO Toronto Declaration on the Global Prevention of Elder Abuse, 2002.*

Elder abuse and neglect is a global issue and this definition is applied in New Zealand too. It affects older people/kaumātua regardless of gender, religion, income level, sexual orientation and ethnic or cultural group a person identifies with.

Elder abuse and neglect involves the violation of human rights and causes physical and mental injury and illness, damages financial and material security, and can lead to isolation, loss of self-confidence and despair. Elder abuse and neglect usually damages trusted social relationships with family/whānau or friends, neighbours, caregivers and agencies.

There are many reasons why elder abuse occurs. It often stems from attitudes that are ageist, and disrespectful of older people/kaumātua.

The majority of cases that Age Concerns work with involves older people living in their own homes. In most instances it is family members like adult children who perpetrate elder abuse or neglect.

### What does elder abuse look like?

There are different types of abuse, and commonly several types occur together. These include:

#### Psychological abuse

Behaviour causing mental anguish, stress or fear.

*For example:*

- ridicule or threats
- harassment or humiliation
- preventing choice or decision-making
- withholding affection.

#### Financial abuse

Illegal or improper use of money, property or other assets. *For example:*

- unauthorised taking of money or possessions
- misuse of power of attorney
- failure to repay loans
- use of home and/or utilities without contributing to costs
- scams that rely on establishing a relationship with the older person with the intention of exploiting their savings and/or assets, e.g. romance scams.

#### Physical abuse

Infliction of pain, injury or use of force. *For example:*

- hitting, pushing, rough handling
- over-medication
- inappropriate use of restraints or confinement.

#### Neglect

Not providing for physical, emotional or social needs.

*For example:*

- inadequate food, clothing, shelter
- lack of social contact, support
- health needs not attended to.

#### Sexual abuse

Non-consensual sexual acts or exploitive behaviours.

*For example:*

- inappropriate touching
- sexual acts with someone unable to give consent.

#### Institutional abuse

A policy or accepted practice within an organisation that disregards a person's rights or causes harm.

*For example:*

- lack of respect for a person's culture or customs
- Inappropriate rationing of continence products
- inflexible routines e.g. breakfast at 8 am in the dining room.

#### Where to get help?

Age Concern Hawke's Bay Ph 870 9060 ext 1 or 4  
0800 EA NOT OK (0800 32 668 65)  
or Age Concern 0800 65 2 105

[https://www.ageconcern.org.nz/Public/Information/Services/EANP/Public/Info/Services/Elder\\_Abuse\\_and\\_Neglect.aspx?hkey=4cc6390d-f98a-4bf1-a748-7f6b582fb732](https://www.ageconcern.org.nz/Public/Information/Services/EANP/Public/Info/Services/Elder_Abuse_and_Neglect.aspx?hkey=4cc6390d-f98a-4bf1-a748-7f6b582fb732)

## 5 things to think about getting sorted now Leave behind great memories

When you're fit, healthy and loving life, it's no fun to think about passing away. Even though you're out there living life to the full, it pays to take a moment to prepare for what comes next. We all want to leave our partners, children, grandchildren, with happy memories of a life well lived.

Here's a practical list of things to you may want to consider to help you look out for your loved ones when you're no longer here.



### 1. Work through your precious items



You can help your family decide what to do with your items, by noting down who you'd like to pass them on to. Look around your home, in cupboards, under

the house – what happens to everything when you go? For your family, sorting through decades of memorabilia can be a lovely walk down memory lane, but how will they know if something is important? If you have a plan for those items that are truly special it could save your family time, money and heartache.

### 2. Review your estate planning

When your estate is up to date it makes it much easier to finalise matters. If you don't have an estate plan you can't be completely sure your wishes will be carried out. The important decisions about the end of your life will be made by the legal system rather than your family. Getting your will sorted is an important first step, but you should also assign someone to make your medical decisions for you if you can't. Then let your loved ones know what you've done, so there are no surprises.



### 3. Create a go-folder

There are a lot of things that live in your head – and it'll take a detective to work them out unless you write them down somewhere. Putting together a go-folder means that whoever is taking care of things after you go will have a much easier time of it. Leaving this information organised isn't just about reducing stress – it can also save your family money. Your go-folder, which can be hardcopy or digital could include all your important documents – will, passport, birth and marriage certificates and any insurance policies – plus contact details of important people – your lawyer, broker, financial adviser or anyone else who holds important records.

Also consider leaving information on your utilities and services – your internet and mobile provider, power company, the person who mows your lawns. Then, go through the same list and call each company to add a loved one's name to the account. This means shutting down your accounts may be a simple phone call, not weeks of back-and-forth proving that you've really gone.

### 4. Make plans for plants and pets

Plants are fairly easy to re-home, but taking on pets is a big responsibility. Start thinking about who could care for them in case you go before they do. It's a lovely idea to note down care instructions, tips and habits for the new owner – and perhaps leave some money in your will to help cover vet bills and food.

### 5. Consider how your Funeral Expenses will paid

Funerals are important for those you're leaving behind. It's their way of saying goodbye, showing respect and thanking you for everything you did for them. Your family will want to show how much you were loved and have time to grieve together.

For them that might mean wanting to lay you to rest in a beautiful casket and

holding a special, meaningful ceremony or gathering together with whānau for a few days. Whatever the cultural tradition, funeral rituals genuinely help start the healing process. Your family may want to provide nice food and they may also feel like cars and flowers are important too. Funeral grants for lower-income families are just over \$2000, which helps cover the basics but may not be enough to cover the cost of a decent send off.





# Let's Share Now could be the time



Well, it has been a difficult year so far for many with Lockdown and Alert Levels meaning many people were unable to engage with their family, friends and community as usual and therefore experienced increased loneliness, isolation, and in some cases depression and anxiety. The Let's Share Programme is a serious option to combat these issues now and into the future especially should we have to again limit our contact with others. I encourage you to think about it.

We currently have two wonderful, successful MATCHES in place. The first started right on Lockdown. Here's some thoughts from the Householder about her Homesharer -

*In retrospect, I might have felt very lonely during lockdown had I been entirely on my own. But, now, with the possibility of another such period coming up, I have no such worries. So, in the circumstances, for me the advantages of the Let's Share Programme far outweigh the disadvantages and, at the end of the day, I'm able to stay in my own home for longer than might otherwise have been possible. By having the pleasure of his company and eating regular meals again, I have put on weight but that's my problem! I was never much of a "burger queen" but I have learned to appreciate an occasional beef pattie and he makes an awesome Eggs Benedict with Hollandaise Sauce for breakfast!*

And here's some thoughts from the Homesharer-

*My experience from this arrangement has been great. It is always challenging entering someone's home and lifestyle and hoping everything will go well and I think for the best part it has worked out really well. I believe I have brought some colour and laughter into her home. Learning from each other's life experiences has got to be the biggest positive from the arrangement She is an amazing lady and I feel very privileged to be living in her home.*

The second MATCH has just recently progressed from

Trial period. They are both very happy, as is the family of the Householder, and she can now continue to live in her home, with the company and support of her kind and compassionate Homesharer. And we have one Trial about to start....

If you have the room and space in your home, are willing to share your home, can see the benefits of obtaining lower rent (about half of market rate) for getting the right person and company, companionship, and help around the house - Let's Share could be the answer for you. It may take some time to find the right Match for you, but the benefits if and when we do, could be priceless.

Maybe it's not for you, but do you know someone else who might be interested? Do you know someone kind and caring who is looking for somewhere to live? Do you belong to a group or organisation that would like me to come and talk to members about Let's Share? Contact me for a chat - email or cellphone is best - TANYA letsshare@extra.co.nz ph 022 194 1543

## 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.

## Bee Card will replace the GoBay Bus card from 24th August 2020.



Have your Super Gold travel concession loaded on to a Bee Card in order to keep enjoying your free bus travel.

When using your Bee Card; instead of showing your Super Gold 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 readers will recognise, you're a Super Gold customer and you'll travel free between 9am and 3pm and after 6.30pm on weekdays and all day on weekends and public holidays.

Pick up your Bee Card from a bus driver, call into the Hawkes Bay Regional Council office or order on line. Though there is no required minimum Top Up; it's a good idea to top up your Bee Card with funds in case you do want to travel outside of the Super Gold free travel hours.

### FARES FROM 24 AUGUST 2020

Card:	1 zone = \$1	2 zone = \$2
Cash:	1 zone = \$2	2 zone = \$3
SuperGold card: Free between 9am to 3pm on weekdays and anytime during the weekend and public holidays.		



## Our health has never been so important as it is now.

With the COVID19 pandemic raging across the world, the spotlight has been upon the elderly and those with chronic conditions as suffering the biggest impact if infected. The reasons have now become clearer: chronic illness results in a low-grade inflammation that can suddenly rage out of control in the presences of the Corona Virus.

There is hope. Our bodies are designed to heal themselves and if the triggers for inflammation are removed, then within weeks, inflammation can subside and we have a fairer chance of beating most chronic diseases not only COVID19.

At Shape My Health, we assess your risk factors for chronic disease and provide you with a wellness plan that focusses on an anti-inflammatory lifestyle.

## Your 60 + assessment will also focus on issues associated with aging to aid you to maximize the life in your years!

### Sixty Plus Assessments

Catch potentially serious health issues before they become a problem.

### Take control of your healthy future now

As we age, proactive identification and management of pre-existing health issues and risk factors can maximise your mobility and physical health for the long term. Shape my Health is all about putting good health back in your control and the earlier you do that the better your future looks.



Proactive Health Assessment and Care

Find out more

[shapemyhealth.co.nz](https://shapemyhealth.co.nz) @shapemyhealth

109 Canning Road, Hastings | 0800 555 060  
hello@shapemyhealth.co.nz | Mon-Fri 8am - 6pm





When there's an  
**EMERGENCY**  
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is your life line!



**GET YOURS NOW** at your local  
Age Concern or national supplier  
Age Concern Hawkes Bay:

**LIFE  
TUBE**



LIFE TUBE contains  
your personal  
survival information

**Phone: 06 870 9060**  
**ageconhast@extra.co.nz**

## Life Tubes

These are a **"must have"** for young and old. If you have family members, friends or grandchildren who have some form of illness or disease for example diabetes, a brain injury or epilepsy, these are a good product to have.

St John Ambulance and Neighbourhood Support NZ, endorse and promote these Life Tubes. They are plastic cylinders that contain a sheet with your vital health information and emergency contacts and are generally kept in your refrigerator. In the event of an emergency, the police, ambulance, fire service, friend, or even a neighbour, will be alerted by the bright red sticker on the refrigerator door, that vital medical information is contained within the Life Tube.

You can purchase your Life Tube from Age Concern Hawke's Bay's Hastings and Waipukurau Offices for \$5.00.

**Hastings:** 415 Heretaunga Street East,  
Hastings (opposite New World Supermarket)  
Ph (06) 870 9060 ext 0  
9am -3pm Monday to Friday

**Waipukurau:** 3 Porangahau Road,  
Waipukurau  
Ph (06) 858 9158  
9am - 3pm Tuesday to Friday




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27A Gloucester St, Greenmeadows  
(opp Greenmeadows Four Square)



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*

## Hearing Aid Batteries

We are continuing to sell Hearing Aid Batteries at a discounted price for our members and members of the Hearing Association in Hastings. Last year we took this over from the Hastings Hearing Association, who no longer have a public base in Hastings.

The price of batteries is \$5 each card (consisting of 6 batteries) for members and \$8 for non members.

There is also a reward system where every 11th packet purchased is free. Feel free to call into our offices in Hastings and Waipukurau if you would like to purchase any.

Hastings: 415 Heretaunga Street East, Hastings  
(opposite New World Supermarket)  
Ph (06) 870 9060 ext 0  
9am -3pm Monday to Friday

Waipukurau: 3 Porangahau Road, Waipukurau  
Ph (06) 858 9158, 9am - 3pm Tuesday to Friday



*enliven*



## Welcome to Sally's Place

**Enliven is proud to announce that Age Concern Havelock North has moved in with us at Sally's Place.**

While we're separate organisations, together we can provide you, our community, with the best possible services.

Sally's Place offers fun, activities and friendship for people aged 55+. Phone us to find out more. We look forward to meeting you!

**Phone: 06 281 2534**  
**34 Te Aute Rd, Havelock North**

*enliven*

## Independence and quality of life for older people are at the heart of Enliven's work.

Enliven Older People is a service of Presbyterian Support East Coast. Enliven's work focuses on restoring the physical, mental and social wellbeing of people in their care through home support, day programmes, social activities and exercise classes.

Day programmes give older people the opportunity to socialise, share a meal and participate in programmes and activities. These are held at the Enliven Centre at 2087 Pakowhai Rd and Sally's Place, 34 Te Aute Rd, Havelock North.

PSEC and Enliven are delighted that Age Concern Havelock North is now sharing Sally's Place with them, as this means clients of both organisations will now be able to access the best possible service in one place.

A major part of Enliven's work is in falls prevention - allowing people to live stronger for longer in their own homes, on their own terms. ACC has appointed Enliven to promote falls awareness and support local providers to provide safe exercise classes. Look out for accredited Enliven Community Group Strength & Balance Classes across the region.

**To find out more about Enliven's home support, day programmes or Community Strength & Balance classes, call: 06 281 2534 or email [enliven@psec.org.nz](mailto:enliven@psec.org.nz).**



## AGE CONCERN NAPIER and AGE CONCERN HAVELOCK NORTH

Age Concern Napier and Age Concern Havelock North have integrated offices to enable a more streamlined service delivery for social services and health promotion programmes across the two regions.

Carol Winters, Manager and Community Worker for Havelock North is now based at the Napier office, with a satellite office retained in Havelock North within Enliven @ Sally’s Place (Lusk Centre, 34 Te Autue Road) where Carol is based two days a week - Tuesday and Friday.

The demand for community social services has greatly increased post lockdown, to meet this demand we welcome Mary Ralph as a part time community worker.

Mary’s hours of work are Tuesday and Thursday and she will be working with Carol to assist you with information or support for issues you are maybe encountering, however they spend a lot of time ‘out in the field’ so we recommend you telephone and make an appointment.

We also welcome Marcia Crawford who has recently joined us as Nga Pakeke o Maraenui Coordinator. Marcia coordinates the weekly social programme held every Monday at the City Rock Church in Maraenui, Napier.

Health Promotion programmes are also being held across Napier and Havelock North, with two weekly Falls Prevention programmes (Steady As You Go) held in Havelock North and three weekly programmes in Napier. The Staying Safe theory driving course for seniors is also being held at regular intervals in Napier and Havelock, two courses have already been held in Havelock North, with two programmes being delivered in Napier during September.

### Check on those people you love and care for.

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

## Do you know the origins of these old-fashioned sayings?

Here in New Zealand, we are a melting pot of slang. From our colonial roots to the blending of our many different cultures, we have many wonderful old-fashioned sayings. Here are a few of our favourites and their origins to share with you.

- Pleased as Punch – from the 17th century puppet show Punch and Judy, where Punch was always happy with himself after he had killed someone.
- No spring chicken – from the time New England farmers sold their newborn chickens in the spring.
- Bite the bullet – when there was no time to perform anaesthesia, surgeons told their patients to bite the bullet to distract themselves from the pain.
- Blood is thicker than water – when warriors shed blood together in battle, they were said to build stronger bonds than biological family members.
- Break the ice – still happening today, ships would break the ice to get to a port in order to unload their cargo. People break the ice with each other when meeting, to help relax everyone.
- Sleep tight – originates from the time when mattresses had to be tied onto bed frames with ropes to make the bed firmer.
- Butter someone up – an Indian custom when clarified butter was thrown at statues of gods to show good favour.
- Go the whole 9 yards – dates back to World War 2 when fighter pilots were given a 9-yard chain of ammunition to fire at the enemy. If he did, he went the whole 9 yards.
- Cat got your tongue – when the whip used the cat-o’-nine-tails was used by the English Navy for flogging, which left the victim speechless due to the pain.
- Let your hair down – from the time Parisian nobles could only let their hair down and relax at home, otherwise they’d face public condemnation.
- Kick the bucket – back in the days when slaughter houses put a bucket underneath a cow when they were about to kill it.
- More than you can shake a stick at – dates back to the time when shepherds controlled their sheep by shaking their staffs in the direction the flock should move.
- Rule of thumb – when a 17th century judge ruled that a husband could beat his wife with a stick if it was no wider than his thumb.
- Saved by the bell – to prevent people being buried alive, bodies in coffins had ropes attached to a bell they could ring if they weren’t dead.
- Waking up on the wrong side of bed – the left side of the body or doing anything with your left side was seen to be sinister. Innkeepers pushed the bed against a wall, so guests had to get out on the right side of bed.



## Frozen Meals

We make the meals so you can make the most of your day. Made with TLC and by a local catering company with the freshest of ingredients, our meals are a tasty, wholesome alternative to fast foods and great value for money too!



Meals are available in Standard and Large sizes and all come with vegetables.

The meals we currently offer are:

- \*Cottage Pie \*Roast Chicken \*Roast Lamb \*Roast Beef \*Roast Pork
- \*Beef Casserole \*Curried Sausages \*Lasagne \*Meatballs & Gravy
- \*Sausages and Onion Gravy \*Smoked Fish Pie \*Macaroni Cheese
- \*Vegetarian \*Devilled Sausages \*Thai Green Curry Chicken

Standard meals are \$7.20 each and Large \$9.30 each

**Note: meals are available to anyone who wants to order**

**To order or for more information contact:**

**Age Concern Hawkes Bay Inc**

415 Heretaunga Street E, Hastings - Ph: 870 9060 ext 0  
Email: office.ageconhast@xtra.co.nz

3 Porangahau Road, Waipukurau - Ph: 858 9158  
Email: agecon.rail@xtra.co.nz

**Age Concern Napier**

98 Taradale Road, Onekawa, Napier - Ph: 0800 243 266  
Email: napier@ageconcernhb.org.nz

## Meals - Price Increase

On the 12th of August, the price of our meals increased slightly. Our fabulous suppliers are moving away from plastic containers and changing to a more eco friendly containers made from Sugarcane pulp (BioCane).

The BioCane containers & lids are Freezer safe, Microwave & Oven Safe and compostable.

We will be phasing these in over the next few weeks using a mixture until we no longer have any more plastic containers.

The meals will increase by 50c for both sizes, so be \$7.20 for regular and \$9.30 for large, so still great value!

There are 12 different meals to choose from as listed below. Roast Chicken, Roast Lamb, Roast Beef, Roast Pork, Beef Casserole, Curried Sausages, Lasagne, Cottage Pie, Macaroni Cheese, Sausages and Onion Gravy, Smoked Fish Pie, Meatballs and Gravy, and Vegetarian, Devilled Sausages, Thai Green Curry Chicken.

For Hastings & Napier, orders must be in by 12pm on a Wednesday. They are available for pick up or we deliver to you on Wednesday.

For CHB, orders must be in by 2pm on Tuesday with pickup the following Tuesday.

Delivery options are available depending on location—please ask for a quote on the price for this as it does vary depending on location.

**Please phone our offices:**  
**Hastings - 870-9060 ext 0**  
**Waipukurau - 858-9158**  
**Napier - 0800 243 266**  
**for more information or to order.**



## FLAXMERE

## Our 2020 offerings are:

- ## **NAPIER & HAVELOCK NORTH**

## Total Mobility Assessments

**Regular Social Activities and outings.**

**WAIROA**

### Key Areas;

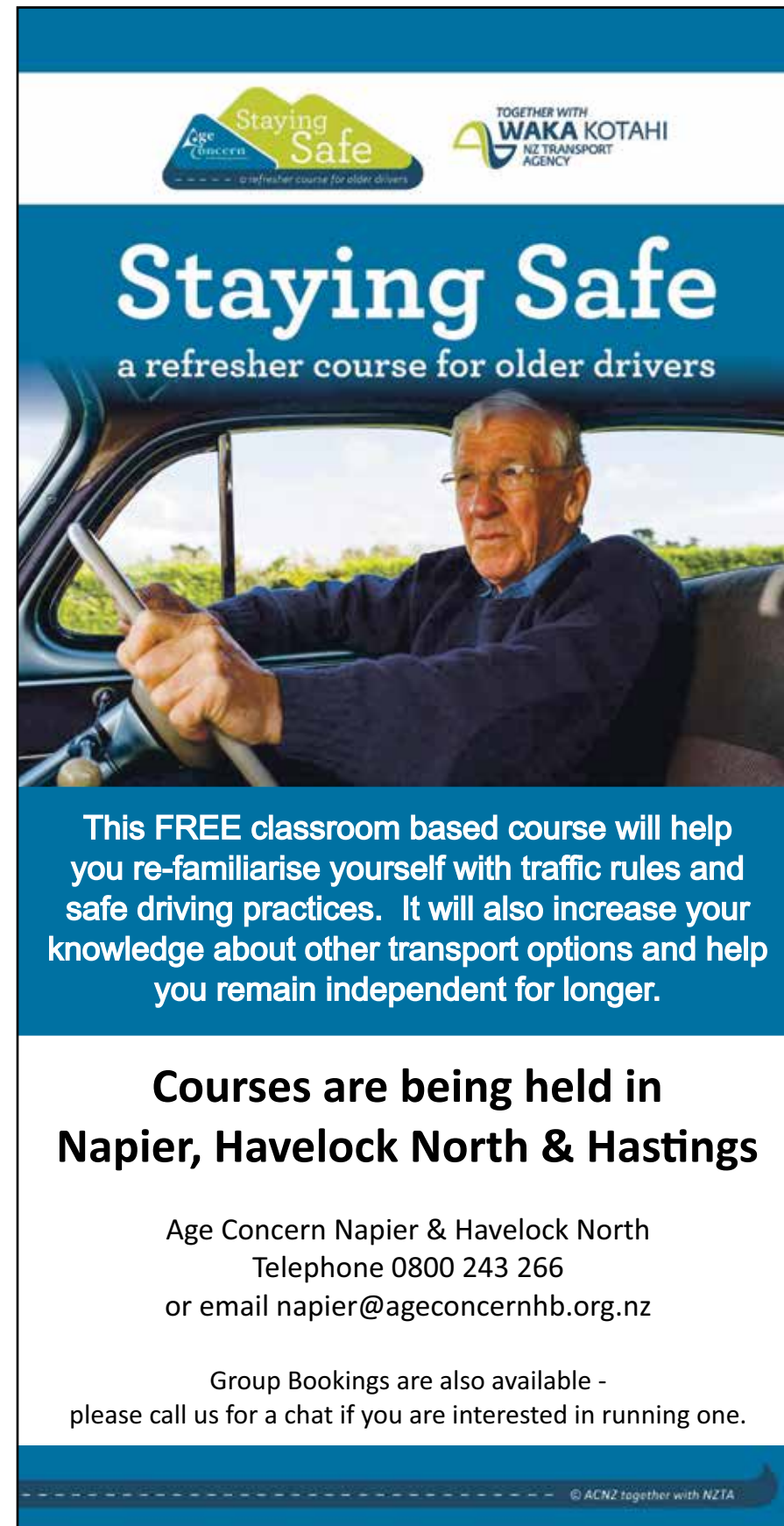
## Health

- ### Social Activities include

- ## Our Core Services include

- ## **CENTRAL HAWKES BAY & HASTINGS**

**When a kid says  
“daddy, I want  
mommy” that’s the kid  
version of “I’d like to  
speak to your  
supervisor”** 😂😂😂



The 4 hour course is being held at regular intervals. We provide catering for a small cost. Places are limited so please call 0800 243 266 or email [napier@ageconcernhb.org.nz](mailto:napier@ageconcernhb.org.nz) to reserve your seat.





# STEADY AS YOU GO®

## (SAYGo Preventing Falls)

**Falls are the most common cause of injury in older people.**

**One third of people over the age of 65 fall each year.**

**Half of people over 80 fall each year.**

**Falls in older people are almost always associated with weakened leg muscles and poor balance.**

**Falls are not a natural part of ageing.  
Falls ARE preventable!**

**You could save yourself from a fall by attending a SAYGo class and improving your strength and balance.**



## DESIGNED FOR MEN AND WOMEN

SAYGo improves;

- Balance and leg strength
- Flexibility
- General fitness and wellbeing

Three simple tests carried out in the first week and at 10 weeks check improved strength and balance

SAYGo has been shown to provide continuous improvements in strength and balance over time in 56 much-loved community based ongoing Peer led classes

Classes available in your area contact your local Age Concern

**NAPIER and HAVELOCK NORTH contact Age Concern: PH: 0800 243 266**

**HASTINGS contact Age Concern Hastings: PH 870 9060**

**FLAXMERE contact Age Concern Flaxmere: PH 879 7003**

**WAIROA contact Age Concern Wairoa: PH 838 3307**

**CENTRAL H.B. contact Age Concern Waipukurau: PH 858 9158**