

SUMMER 2020 QUARTERLY NEWSLETTER

www.ageconcern.org.nz



Age Concern Horowhenua | Kapiti | Manawatu

Serving the needs of older people



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Age Concern Horowhenua

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Address: 14 Durham Street, Levin 5510

OFFICE HOURS
 9.00am - 3.00pm Monday to Friday

BOARD MEMBERS

Chairperson: Stewart Thompson
Vice Chair: Anne Rogers
Secretary: Susan Carson
Treasurer: Vicky Prouting
Committee: Deborah Campbell, Peter Dyer, Carol Dyer, Mike Elliott

STAFF

Manager: Annemarie Smith
EANP Coordinator: Dan Geraghty

Contact Information

Age Concern Palmerston North & Districts

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OFFICE HOURS
 8.30am - 3.30pm Monday to Friday

STAFF

Manager: Marian Dean

Elder Abuse and Response Social Worker:
 Amey Jenkins

Social Connection Coordinator:
 Fern Brooking

BOARD MEMBERS

Christina Brenton (Chair)
 Jeff Raynor (Finance)
 Joan Chettleburgh, Tracy Lynn, Paul Reiger, Ron Rowe, Audrey Jarvis.

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We wish you a Merry Christmas

Ho Ho Ho what a year we've had. I think we all deserve something special for being so well behaved and there is nothing better to give, or to wish for, than a Driving Miss Daisy Gift Voucher.

A Driving Miss Daisy Gift Voucher can be purchased directly from your local Daisy and whether receiving or giving, it makes such a thoughtful gift.

But you don't have to wait for Santa; there is plenty to do with Driving Miss Daisy to fully enjoy the festive season:

- Christmas lights tours
- Festive coffee mornings with friends
- Christmas carol services

Then there are the Christmas chores that Driving Miss Daisy can take care of with you:

- Christmas Shopping and don't forget they will do the posting
- Shopping for that special Christmas Day outfit
- Airport Transfers
- A companion to end of year functions and events

But you really don't need a reason to call on Driving Miss Daisy, as just getting out and about and enjoying the company of your Daisy driver is good for the soul by simply having a good time, creating positive memories. So, don't sit inside lonely while the world buzzes along, there are very few reasons not to have a little fun. If needed many of our vehicles are fully equipped with wheelchair access, to assist with walkers and wheelchairs.

Remember, Driving Miss Daisy accepts the Total Mobility Scheme cards ("half price taxi chits"), providing driving discounts on trips.

To end I wish you all a very Merry Christmas after what has been a most challenging year for all of us. So please help us, help you, by considering buying a Driving Miss Daisy **Gift Voucher** or dropping the hint to family that it would be an ideal gift for yourself. It's as easy as calling your local Driving Miss Daisy Franchise owner.

Looking forward to taking care of you in 2021.

Melanie | Co- Founder

editorial supplied by Driving Miss Daisy

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

It's been another busy three-month period for staff at Age Concern Palmerston North and Districts. We welcomed a new social worker, Amey Jenkins, into our Elder Abuse Response Service in September. Amey comes with a lot of experience of working to support women who were victims of domestic abuse. She is a Palmy girl and so knows Palmerston North and Manawatu Districts well and we are fortunate that she has taken on this role. Please contact Amey if you have any concerns about elder abuse.



Fern, Amey and Marian outside the Age Concern office

On the 4th November we held our Annual General Meeting. It was great to be celebrating that "first" AGM and to have representation at this meeting from neighbouring Age Concerns with Age Concern Whanganui Chairperson Jan Bullen attending along with Age Concern Horowhenua Chairperson Stewart Thompson and Manager Anne-Marie Smith. Age Concern New Zealand National Office was represented by Joanne Reid, Health Promotion and Policy Manager.

Four Board Members are staying on the Board for a second year. These are Christina Brenton, Chairperson; Jeff Rayner, Deputy Chair and Finance Officer; Tracy Lynn, and Joan Chettleburgh. Paul Rieger, who had been co-opted on to the Board

in 2019, was formerly elected on to the Board at the AGM along with Ron Rowe. The Board looks forward to another great year with Audrey Jarvis being co-opted on.



Chairperson Christina Brenton with Jeff Rayner Vice-Chair & Finance Officer, on left, and Ron Rowe on right. (Absent Joan Chettleburgh, Tracy Lynn, Paul Rieger and Audrey Jarvis)

We are already planning our programmes for 2021. Please have a look at our workshop dates for Staying Safe refresher driver courses and Life without a Car workshops. We are also looking for new ways that we can support our communities. If there is something that you would like to know more about or learn about, then please contact me.

Well done to our Board member Joan Chettleburgh on being awarded Older Woman of the Year in the Older Person of Year Awards, see page 7.

Christmas will soon be upon us and it is great that we will be able to get out and enjoy the Christmas activities that will take place in our communities. After a year in which we have been affected by COVID19 and subject to being in Lockdown under Level 4 and 3 I am looking forward to participating in summer activities and festivals again. I include information about Christmas Parades in Palmerston North, Rongotea and Feilding, as well as Christmas Tree lighting and free Christmas Parties in Palmerston North and Feilding.

Despite all that is on offer at Christmas, by way

of activities and events, many older people can feel socially isolated if they do not have friends or relatives to spend time with, or anyone to remember them. We can all contribute to making our communities feel more welcome to older people. Some suggestions from Age Concern are:

- Phone or text someone you have not heard from for a while
- Take some baking over to a neighbour or friend.
- Invite someone to share a drink or a meal with you. It might be daunting to invite a stranger over, but if you put a time limit around it, then no one needs to feel overwhelmed. Even something simple like inviting someone over to have a cup of tea with you in your garden could make a lonely person feel welcome
- Send a Christmas Card. Age Concern staff sent out greeting's cards to our clients during the Level 4 and 3 Lockdown and were surprised by just how much people enjoyed receiving them

The Board, staff and volunteers at Age Concern Palmerston North and Districts wish you all the best for Christmas and the new year and we look forward to supporting you in 2021.

The Age Concern Palmerston North and Districts office will close at 4pm on Tuesday 22nd December and reopen at 8.30 am on Wednesday 6th January 2021.

Marian Dean

Manager of Age Concern Palmerston North & Districts Inc

New Minister for Seniors to create role of Aged Care Commissioner

Dr Ayesha Verrall is the new minister for seniors, minister for food safety and associate minister of health and associate minister of research science and innovation.

Dr Verrall is quoted as saying that she has much experience of working with older people at times of difficulty and crisis in their lives, through her work in hospitals and through that work has come to understand something of their circumstances and aspirations. She will be responsible for implementing the Government's plan for an Aged Care Commissioner, something which she is very positive about.

Dr Verrall is said "It's an important watchdog role and it also has the ability to make sure that standards of care are met in the sector, and that's really important because some of the people are in a position of vulnerability.

"It's important to have a watchdog there to make sure standards are kept, and they can also raise issues directly with Parliament."

She said sometimes in her medical work she has seen instances where standards for aged care have not been met.

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Christmas Events 2020

Palmerston North

Lighting the Christmas Tree in The Square

A Very Palmy Christmas - Christmas Tree Lighting
Thursday 3 December 2020 4:00pm – 9:00pm

Celebrate the start of the festive season with a whole range of Christmas themed activities in Te Marae o Hine, The Square, including Christmas crafts, food trucks, inflatables, guest performances and finish the night by watching the lighting the Christmas Tree. The lights go on at 9 pm.

The Christmas Parade

A Very Palmy Christmas - Christmas Parade
The Square, Palmerston North
Sunday 6 December 2020 1:00pm
On Sunday 6 December, Santa comes to town! The



parade will set off at 2pm. Head down early and browse the stalls at the Salvation Army, Red Cross market, or enjoy the pop-up playground from 1 pm.

Parade route

The parade starts at the Railway Land, going up Church Street and around Te Marae o Hine , The Square, cutting in at the carpark and heading down Main Street south before ending up back at the Railway Land

Community Christmas Party at CCC on Pascal

Sunday 13 December 2020 11:00am – 2:00pm

There will be plenty of food, entertainment (bouncy castles and obstacle courses), crafts to entertain the whole family, giveaways and lots of fun to be had. Bring your friends, family, and neighbours to celebrate with you.

All welcome at CCC on Pascal, 54 Pascal Street, Palmerston North.

Salvation Army Community Christmas Party

Tuesday 22nd December 10am to 2pm
at 431 Church St, Palmerston North
Everybody is welcome. Just turn up.
There will be food, entertainment and activities including bouncy castles for children.

Manawatu District

Rongotea Christmas Parade

Sunday 22nd November 1pm to 3pm
Where: Rongotea Village Square, Wye Street, Rongotea, Feilding and District, Feilding and District

Annual Rongotea Christmas Parade including many various floats of which the highlight is Santa Claus. Also, stalls, music, local school displays and floats. 1st, 2nd and 3rd prizes awarded for best float in each category. Food, ice cream and hot and cold drinks available to purchase.

Fielding Christmas Parade Christmas Parade and Carnival

Sunday 13th December 10 am to 3 pm
Christmas Market and Entertainment from 10am
Parade starts at 2pm

Fielding Christmas Lunch

Proposed for Friday 25th December at the Civic Centre (to be confirmed).

Phone the Salvation Army on 06 323 4718 for more details.

Purl and Plain

by Kathleen Mayson

It's a pity we can't be undone and reknitted
Like old jerseys.
We could get rid at the same time
Of the frayed edges,
The worn-thin places,
The matted bits, thickened with old habits.
Just a little tightening of the wavering welts
And broken-down borders
Would allow of a nice distinction between
Disposing of the slack, and still allowing
For plenty of give.
Yes, there would be many advantages,
not the least that we could even,
Second time round,
Try out a different pattern altogether.

Older Person of Year Awards

Age Friendly Palmerston North hosted its Annual Older Person of the Year Awards at the Convention Centre on 5th November 2020. Once again, there was stiff competition for the awards. Joan Chettleburgh received the award for the Older Woman of the Year. Joan is known to many for having started the MASH Trust and serving for many years on the District Health Board. She is now on the Board of Age Concern Palmerston North and Districts and has worked hard to get Age Concern re-established as an independent organisation again.

The award for Older Man of the Year was received by Roy Tankersley MNZM He has served as an organist and choirmaster in major churches throughout New Zealand and overseas. He has taught music throughout New Zealand as well as rehearsing, directing, and promoting concerts for people of all ages in Palmerston North.

There was a new cup presented this year for Technology. This was awarded to Alan Walters. He has supported many older people to improve their skills in technology (computers, phones, tablets, etc.) through Senior Net.

The cup for the business that has given support to older people went to Kelly Cribb of the EASIE Living Centre. The Centre provides disability information to anyone needing it and encompasses an accessible demonstration home, as well being a retail outlet.

The overall winner was Harry Tan who was recognised for his community work, using the power of storytelling to motivate and inspire clients, listeners and readers through his work as coach, speaker, author and facilitator. Harry is well known in Palmerston North and greatly deserves being awarded the cup for overall winner.



Above left to right Allan Walter, Andrea for EASIE Living Centre, Roy Tankersley and Harry Tan
absent Joan Chettleburgh



Cups and certificates presented to Joan Chettleburgh

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Afternoon Tea Dance for International Day of Older Persons

This was postponed in September and held on 10th November in the Senior Citizens Hall on Main St. Over 80 people came along to dance and socialize.

We knew that some people were worried about coming out post COVID19 and so it was great to enjoy the company of so many people. Once again it was great fun. Ian Farmer came back to play and entertain us by popular demand. This year we made sure he played the Gay Gordons and the Hokey Tokey to get everyone dancing. All guests could take part in

a free prize draw where prizes ranged from vouchers and glasses to a massage mat.

A delicious afternoon tea was prepared by Caper's Café with an International Day of Older Persons celebration cake baked by Pioneer New World. We thank all the volunteers who helped us to set up the room, serve the food and clear up afterwards. Thank you to Palmerston North City Council for giving us a grant to hold the event and for the Senior Citizens Club who hosted us.



Regional Banking Hubs launch in November

The New Zealand Bankers' Association has announced that a trial of Regional Banking Hubs will begin in November to test the demand for basic banking services in regional communities.

The trial, which includes ANZ, ASB, BNZ, Kiwibank, TSB and Westpac, and is a partnership of these six banks, will run in four regional centres: Twizel, Martinborough, Stoke and Opunake. Three of the sites will have community partners, who will host the Hub and provide staff services.

The Hubs will be based around a Smart ATM that provides for deposits and withdrawals. Other basic transactions will be available on tablets and phones, with staff to assist. Staff will not be able to provide financial advice or assist with individual bank products such as home loans but can help direct customers to phone or internet banking.

The year-long trial was set to begin in May but was delayed by Covid-19. During the Level 4 and 3 lockdowns many of us developed skills in using on online, mobile or phone banking. However, there are still many customers who prefer face-to-face banking and need the support of a staff member to assist them with their banking needs. Banking Hubs are designed to see how much need there is in small communities for these services.

The six participating banks have voluntarily chosen not to close regional branches since the trial was announced in September 2019. This commitment will continue until the end of the year. From 1 January 2021, the six participating banks will not close any branches or ATMs within the boundaries of the district councils hosting the Hubs, for the remainder of the 12-month trial.

If you are travelling this summer, you might like to take a look at how the Banking Hubs are operating. The Banking Hub locations, community partners and launch dates are as follows:

Martinborough: Martinborough Banking Hub will be hosted in the Waihinga Community Centre in partnership with Destination Wairarapa.
Opens 27 November.

Opunake: Opunake Banking Hub will be hosted in the Opunake Library Plus, in partnership with South Taranaki District Council.

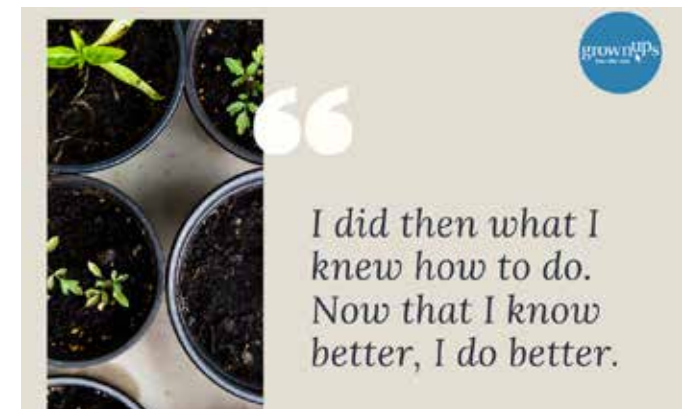
Opens 7 December.

Stoke: Stoke Banking Hub will partner with Hardy St Pharmacy (John's Stoke Pharmacy) in Putaitai Street.

Opens 3 December.

Twizel: The ANZ branch on Market Place will be converted to Twizel Banking Hub for a year.

Opens 17 November.



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So my weight is okay. it's my height that's the problem.

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Age Concern Palmerston North and Districts

STEADY AS YOU GO®
Falls prevention exercise for strength and balance.



Steady As You Go is a Falls Preventative Programme, with emphases on building up weakened leg muscles and improving balance. If you would like to join one of our groups, then we have vacancies in the following groups

- **Awapuni Thursday morning group** from 9.30-10.30am
- **Rangiora Wednesday morning group** from 10.30-11.30am.
- **Central Library Tuesday Group** from 11-12noon
- **Ashhurst Group meet on Thursday morning** from 11-12noon

Please call our office for more details. Phone 06 355 2832

Steady as you Go groups will be closing over the Christmas period during the second or third weeks of December. Most groups will reopen in the third week of January. For more specific dates please phone our office (355 2832).

Life Without a Car



- What are your plans for when you can no longer drive?**
- How will you get out and about and remain socially active?**
- Do you have friends and family who will help you and give you lifts?**

It is entirely possible to retain your independence by making use of alternative transport options. Are you aware that buses in the public bus services have platforms that can be lowered to let passengers who cannot climb steps to get on easily? (You do not need to be a wheelchair user to use this). Do you know how to use the St Johns Health Shuttle Service and to which appointments Health Shuttles can take you?

Would you like to learn more about bus services, BEE cards, the Total Mobility Scheme, Companion Driving Services, and other transport options? Join us at one of our friendly two-hour workshops which take place in a non-threatening atmosphere with like-minded people. You are very welcome to bring friends along with you and we provide a delicious morning or afternoon tea for you to enjoy.

Life without a Car Workshop dates:

March 18th Wednesday Palmerston North

April 22nd Wednesday Palmerston North

May 21st Friday Palmerston North

Contact Fern Brooking to book. Phone Age Concern Palmerston North and Districts on 06 355 2832 or email fern.brooking@ageconcernpn.org.nz



Staying Safe Refresher Course for Older Drivers



This course provides strategies to assist us to keep ourselves and others safer on the roads.

Is it a while since you have studied the road code? Would you like to improve your confidence driving on busy roads? Do you know how medication and ageing can impact on your driving? Do you know the effects of adverse driving conditions around us? Would you like to know how to make safer driving decisions?

Age Concern staff deliver these workshops using materials developed by the NZ Transport Agency | Waka Kotahi and Age Concern Canterbury. Trained facilitators deliver these workshops with the support of the NZ Police.

Course Dates:

March 10th Wednesday	Palmerston North
April 14th Wednesday	Palmerston North
May 14th Friday	Palmerston North

Contact Fern Brooking to book. Phone Age Concern Palmerston North and Districts on 06 355 2832 or email fern.brooking@ageconcernpn.org.nz

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

Mr / Mrs/ Miss / Ms

Name(s):

Address:

Telephone:.....

Email:.....

Membership Fee from 1st March 2020 to 30th June 2021

Individual \$20 Couple \$30 Corporate \$100

Donation:

How to pay:

Internet Banking - You can pay the membership fee directly into our bank account
Account number 03 1522 0158520 00 (Age Concern New Zealand Palmerston North & Districts Branch Inc.)
Please add your name as reference and post or email this completed form to us at the address below.

Payment by cheque (excluding KiwiBank cheques) – You can send us a cheque with this completed form to the address below.

How would you like to receive the newsletter and other information? Post Email (please circle one).

Post form to: Age Concern NZ Palmerston North & Districts Branch Inc., P.O. Box 5063, Palmerston North 4441.
For more information please phone Age Concern on (06) 355 2832 or email marian.dean@ageconcernpn.org.nz

THANK YOU for supporting the work we do. Donations of \$5.00 and over are eligible for a tax credit under the terms of Section LD1 Of the Income Tax Act 2007.

News from Age Concern Horowhenua

Welcome to the Summer issue of our quarterly newsletter, a lot has happened since the last issue so to bring you up to speed;

We would like to acknowledge Dorothy Moore who has stepped down from the Chairpersons role for Age Concern Horowhenua. Dorothy was a founding member who started our organisation many years ago. Dorothy has seen a lot of changes over the years and still holds a high regard for the services and work we offer in our community. We wish Dorothy well and thank her for all the work she undertook for Age Concern Horowhenua.

Our AGM was held at the end of September and with Dorothy stepping down from the Board we are very pleased to welcome our new Chairperson for Age Concern Horowhenua, Mr Stewart Thompson. Stewart brings a wealth of Governance knowledge and experience to our organisation and moving forward we will see some changes happening. The Board will shortly be reviewing all Governance documents to ensure Age Concern Horowhenua comply with 2020 standards.

Stewart has had a very busy first month in his new role, going down to Wellington and meeting with our CEO, Stephanie Claire along with the National Office staff. Stewart already has a good understanding about Age Concern and is looking forward to his new position in the community. Over the next few weeks, Stewart will work closely with the staff in the office to gain an operational overview to complete the induction to Age Concern Horowhenua. Stewart also attended the AGM for Age Concern, Palmerston North recently and met the Chairperson, Board Members and Managers from the Manawatu and Wanganui offices.

Another exciting piece of news is Age Concern have shifted premises to 14 Durham St, Levin. Entrance is via the New World Carpark and we are situated next door to the WINZ office with the Salvation Army behind us. We had our big opening day on Wednesday 4th November with a fantastic turnout to see our new premises. Stewart welcomed everyone and mentioned that Age Concern is very excited with

things to come for our new premises. Stewart then handed over to the Mayor, Bernie Wanden, who said a few words and officially opened our centre. We all had a fantastic time and wish to say Thank You to everyone who supported us on our Big Day. If you were unable to attend our opening day, please feel free to pop in if your passing and say hello.

Unfortunately, Wendy McMahon has resigned from Age Concern. We will be replacing the AVS Coordinators position in due course however, in the meantime if any volunteer visitor needs to discuss their client, please contact the office on 06 367 2181 thank you. All our AVS services are still operating as normal and we will be having a few volunteers assisting in the office over the next few weeks. Thank you to all our Volunteer Visitors who brighten someone's day when they visit.

A thank you must also go to our "Steady as You Go" volunteers, Glenda Rowsell and Jan Bowater. Without these ladies taking the exercises every week, we would be unable to offer this service. The classes are now being held on the premises and it has been wonderful to meet the participants and we can see how well everyone enjoys these classes and the friendships they have formed. Next year we will be looking at adding another class to our sessions on a Wednesday.

Finally, we will be closing the office from 3:00pm Wednesday 23 December and the office will reopen at 9:00am Monday 11 January 2021.

We wish you, your families and whanau a safe and happy Christmas and look forward to seeing you in the New Year.

The Team at Age Concern (Horowhenua)

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.

Today many others from the community and myself, were privileged to attend the Opening of the NEW 'Age Concern Office' just behind New World, Levin. Many thanks to our Mayor, Bernie Wanden for officially opening the centre. A lot of Organisation representatives attended, from St Johns, Elder Health Team, Police just to name a few.

By: Deborah Campbell, Neighbourhood Support



Above: New office

Left: Joanne Reid ACNZ Health Promotion and Policy Manager with Betty Hennes one of our Volunteer Visitors

Below: Lynne Wood SAYGO participant, Annemarie Smith, Manager and Bernie Wanden, Horowhenua Mayor



Shannon Hunt is a national magazine garden feature writer and event speaker living in the friendly Horowhenua. This is the second in her series of 3 articles in which she shares her horticultural knowledge in the hope of inspiring you to revisit or extend your passion for gardening.

The Ageless Art of Gardening

When Gardening Hurts

Many of us will know family members and friends who would love to garden but are unable to due to a disability, an injury or the natural effects of ageing. For some, all may not be lost if they change the garden tools they use and/or get a handyman/husband or friend to create a user-friendly garden that suits their physical abilities. One or both of these changes is well worth considering so the gardener in your family can continue to enjoy their lifelong passion.

Use This Long-Handled Tool

I remember a tool in my parent's garden shed that had a long, wooden handle with two flat, pointed spear-like hoes on the end. My Dad used it so he didn't have to bend down and risk hurting his back. It seemed to go 'out of fashion' for a while but I have recently found one in a big store. It's called a Torpedo hoe and is easy to use to cut off those pesky low growing weeds without having to bend or get down on your hands and knees.

Bring Soil Up to Your Level

Too often I see raised gardens built low! While a low garden may not be an issue while one is young and

flexible, creating one that is thigh-high and not too wide doesn't cost that much more and is so much easier to plant, harvest, weed and maintain from both sides. As well as making gardening possible for the not so flexible, an 'easy garden' can be seen as a real benefit for older buyers looking for the best property to buy property.



Widen & Smooth Pathways



Trying to negotiate a rough, pot-holed, unkempt garden path is difficult for most people let alone someone in a wheelchair, using a walking stick or frame or who is unsteady on their feet. So, creating smooth, wooden, brick, concrete or lime pathways around your garden is a really good way to make a wander in the garden more pleasant and easier. And if walking around the garden is a daily pleasure for your dear old Mum, partner or friend, a railing and a seat along the way might be just the ticket.

Rest a While & Rehydrate

Using a kneeler pad that doubles as a seat in the garden can mean the difference between being able to enjoy working in your garden for 10 minute stints and having to stop all together and go inside for a rest. Some of these nifty little pads have a space where you can place a bottle of cold water and a biscuit or two as well, so you can rehydrate and re energise while sitting in the middle of the flowers and vegs you are tending to. And if you have a walker the same can apply. Just make sure you invest in a well-designed kneeler or walker for longevity, safety and ease of use.

Highly Scented Plantings

If your eyesight is no longer the best and working in the garden is no longer viable, or you just love the scent of flowers, get your gardener, friends or family to put in some strategically placed, highly scented climbing plants. You can choose from Daphne, Jasmine, Murraya Paniculata (this can flower all year round and likes some shade) Wisteria, Gardenia

and beautifully scented Lilac or a scented bush like Viburnum 'Eve Price'. The scent of flowers can make an otherwise dull day into a memorable one for those who have difficulty getting out and about.

Next Issue: Let's look at a space-saving hanging-basket garden into which you can plant your favourite flowers, some fruits and lots of veges for easy-to-harvest access.

Very Handy Hints

- And if you think that a thigh-high raised garden will cost too much to fill up, remember you can fill at least a third of it with gravel, stones and rocks for drainage, then top it up with good garden mix and good compost.
- When planting vegetables, always place a small handful of (heat treated) sheep pellets into the hole for slow release, organic feeding and to maintain moisture.
- There are several 'kneeler pad' designs available on the market so pick one that suits your needs best and will not fall apart after a few months.
- Always store your garden tools in a dry place to prevent them from rusting.



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M: 027 915 7043
E: alister.thorby@harcourts.co.nz
W: www.alisterthorby.co.nz




Millvale House
LEVIN

Our team of staff care for and connect with the people who live at Millvale House as they would a best friend.
The unique environment at Millvale House Levin is welcoming and tranquil.

**CARE FOR PEOPLE WITH DEMENTIA
& HOSPITAL CARE**

42 Mako Mako Road, Levin
Please contact us on (06) 367 2027
www.millvalelevin.co.nz




HARVEY BOWLER
FUNERAL SERVICES

Lighting up the Horowhenua

Our Harvey Bowler Festival of Lights and Avenue of Trees are back this December from 11th -13th! Come and view over 60 decorated christmas trees. We extend an invitation to age concern readers to view the trees during the day on Friday 11th December, before we open to the public.

For more information and to book a time, phone 06 3682954



0800 33 22 73 LEVIN | OTAKI | SHANNON
Phone (06) 368 2954 www.harveybowler.co.nz



A Strength, Balance and Falls Prevention Programme

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



SAYGo improves:

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

Current classes

When: Tuesday 11:00am to 12:00pm
Thursday 1:30pm - 2:30pm


Where: Age Concern (Horowhenua)
14 Durham Street, Levin

Bookings are essential, as some classes are fully booked. Phone (06) 367 2181
Age Concern Horowhenua, 14 Durham Street, Levin. *(Entrance via the New World carpark and we are situated next to the WINZ office)*

The Best Chocolate Self-Saucing Mug Cake Ever

Delicious chocolately saucy dessert for ONE is just moments away. Be sure to use an oversized mug or dessert bowl as it does rise and can spill over!

Prep time: 5 minutes
Cooke time: 1 minute
Total time: 6 minutes



Ingredients:

- 3 tablespoons plain white flour
- 3 tablespoons sugar
- 1 1/2 Tablespoons Cocoa Powder
- 1/2 teaspoon baking powder
- 3 tablespoons milk
- 2 1/2 tablespoons oil (or melted butter)
- 1/4 teaspoon Vanilla Essence
- 1 1/2 tablespoons brown sugar
- 1 teaspoon cocoa powder
- 3 tablespoons hot water

Instructions:

- In a small bowl add the flour, sugar, 1st measure of cocoa powder and baking powder and stir well.
- Add to this the milk, oil and vanilla essence and mix until fully combined.
- Pour into a microwave proof oversized mug or dessert bowl (it will rise during baking).
- Sprinkle over the brown sugar and second measure of cocoa powder.
- Carefully pour over the hot water.
- Cook in the microwave for 1 and a 1/2 minutes, remove carefully once cooked.
- Serve warm with ice cream, cream, custard or a delicious dessert sauce!

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



Would you like to spend an enjoyable day among good company?



Interested?
We provide a range of fun activities with a hot midday meal and morning/afternoon tea included.

Feel welcome to come along for a free trial day

Contact our co-ordinator at the day club

Mon/Wed
(06) 368 3032/ 027 2000 529
AH/ (06) 368 8519
Email
adclevinbaptist@gmail.com



Adult Day Centre, Levin
Baptist Church Lounge,
Rugby Street, Levin

Words of Wisdom

Age is a mind over matter. If you don't mind, it doesn't matter. You can't help getting older, but you don't have to get OLD. Growing OLD is inevitable, growing UP is optional. Laughter is the medicine of life. Never look down on anybody, unless you are helping them up. It's important to have a twinkle in your wrinkle.

Sarah was having issues getting around the community and visited Age Concern (Horowhenua) to see if we could assist her in anyway to obtain a mobility scooter. We approached Lesley at Easie Living who assisted Sarah to complete a grant to apply for a scooter which was successful. Sarah had her scooter delivered recently and the beaming smile says it all.



Membership Form Age Concern Horowhenua

Mr / Mrs / Miss / Ms

Name: _____

Address: _____


Telephone: _____

Email: _____

Cost: \$10 Per Annum

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

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



News from Age Concern Kapiti

Kapiti Age Concern Keeps Keeping on

A sudden death is very much that. You absolutely have not expected it to happen, and are certainly not prepared for it. Dermot Whelan had been an institution for 12 years, and the response from everyone when they heard the news was, ‘What? Did I hear you right?’ No-one wanted to believe it.

72 is too soon in today’s world, and Dermot had always been a sporting individual. He had spent ten years in management positions with Wellington Tennis, based at Central Park, and two more managing Paraparaumu Golf Club, and his golfing and tennis mates had plenty of stories to tell about his years playing and competing at those two games. And he also, as an Irishman followed association football, and the rugby variety, and supported the All Blacks unless they were playing his home country. And more recently his grandsons were his football spectating companions.

His 12 years as General Manager of Kapiti Age Concern also meant that he was well known across the related Kapiti communities. Age Concern is a charitable organisation relying on grants and donations to survive financially. The Kapiti office is one of the more active Age Concern district organisations in the country, has had only a small staff, but has continued to help the many Kapiti older citizens needing our attention year after year.

We are very much still there, to continue to help, although it was one of Dermot’s personal strengths that has created our greatest dilemma back at base. Dermot was great with numbers and figures, and he had a very structured and retentive memory. Unfortunately, when you always expect someone still to be there, a small staff and its board can just take things for granted.

After just having battled through the challenges, complications and risks of Covid in a continuation of what we could manage in our service to help our community, the retained staff of Tristine, Alison and polytech student Hilly have worked together to ensure

that what we had planned and hoped for in our Age Concern service for the next year and onwards would be secure.

Alison Miller is back to our routine delivery of Accredited Visiting Service and the HAT group meetings, very much our established operations. Tristine and committee member Jane Yoong have headed our community Age Connect project into its third and final year. Ex-Radio Access manager Graeme Joyes has stepped in as Acting Manager for two or three months. And an amazingly capable Whitireia polytechnic student Hildene Erasmus has just finished a great section of several months providing extra help, while we assisted her training. Our Board have assisted in many ways, including voluntary time answering calls and the needs of visitors to our office.

Dermot, we will always remember your effort, capability, and good humour. Your slipping back to Ireland in retirement never happened, although a recent trip there did, but we were lucky to have had you in our midst. We will ensure that the operation you loved keeps up its good service.

Roger Booth
Age Concern Board Chair

Care 4 You Kapiti

Your Loyal Companion

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

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

Suzanne Congreve | 021 024 36944
care4youkapiti@gmail.com

www.care4youkapiti.com

AgeConnect Kapiti Community Connectors

Life is about making connections which often happen through a conversation with people we meet in daily life. A casual comment can lead to the discovery of new opportunities and connections. This is an important aspect of our project, AgeConnect Kapiti, which aims to help older people access information that enables them to stay connected and involved.

To help spread the word about what is available in Kapiti, we are establishing a network of Community Connectors in everyday places that older people visit. Our AgeConnect Kapiti Co-ordinator and a team of volunteers are talking with local businesses about the issues of social isolation and loneliness and the aims of AgeConnect Kapiti. They provide these businesses with details and resources about the

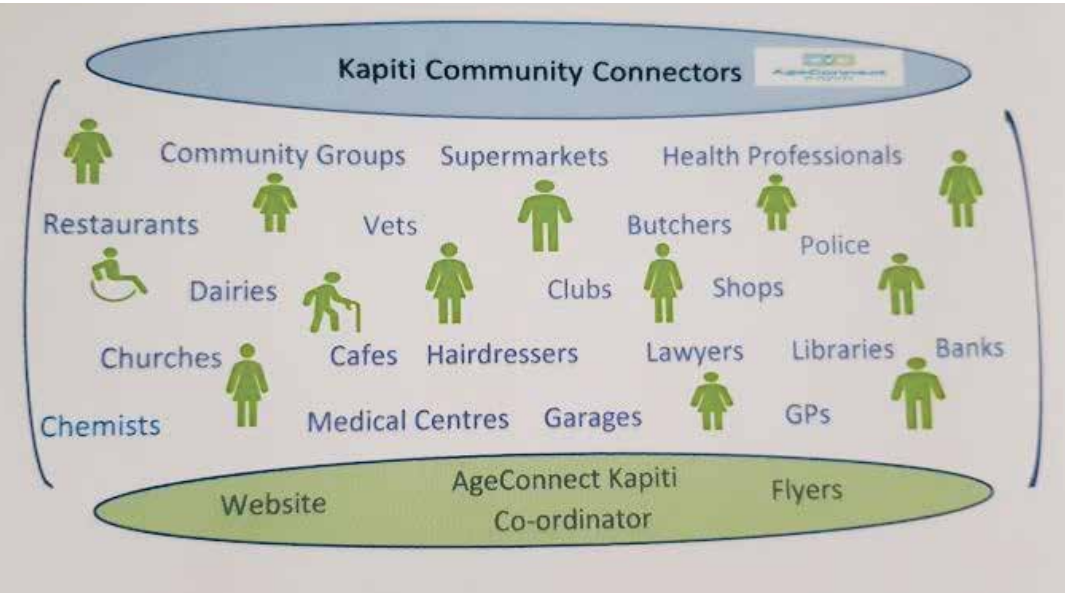
project including the AgeConnect Kapiti website www.ageconnectkapiti.co.nz and flyers with information that signpost what is available and where to find further information. Being involved is not time consuming for businesses, it is only a matter of mentioning, when appropriate, the website and having flyers available for their customers or clients.

To gauge support for this initiative, we invited a cross section of businesses in Waikanae to take part in a pilot. This took place during September/October 2020 and we are delighted that twenty businesses are now involved as Community Connectors. In recognition of their involvement, we are arranging to present certificates to these businesses at a get together in mid-November.

The AgeConnect Kapiti team will now be in contact with businesses in Otaki, Paraparaumu Central, Paraparaumu Beach, Raumati and Paekakariki

and invite them to join the network of Community Co-ordinators.

AgeConnect Kapiti is about finding simple, low cost yet effective ways to help older people access the information they need to stay connected, and we are excited about the involvement of the Kapiti business community in this project.



Become a Friend of Age Concern Kapiti

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

Friend of Age Concern Kapiti only \$15.00 Donation:
☐ \$10 ☐ \$20 ☐ \$30 ☐ \$50 ☐ \$Other.....
TOTAL: \$.....
Donations of \$5 and over are eligible for a tax credit under the terms of Section LD1 of the Income Tax Act 2007
For direct bank transfer A/C:
ANZ: 06 0730 0405608 00
A receipt will only be sent if this box is ticked ☐

Age Concern Kapiti, PO Box 217 Paraparaumu 5032

Sharing the highlights and Challenges of our Kapiti AVS service.

By Alison Miller.

I hosted a meeting for our Kapiti Volunteer Visitors in October. This is a group of people that are matched up to visit an older person who needs some extra social support in their lives. 30 people took part. We all sat around in a circle and each visitor shared with the group a highlight and a challenge they had experienced with their client, past or present.

This was a relaxed way for everyone to meet and mingle but also for me to hear from and support the visitors.

This was finished off with a finger food luncheon and a chance to chat together with other volunteers. I followed this up with a summary of the meeting. I got some ideas for future meetings with a guest speaker to help with some of the challenges that the visitors encounter.

It was fantastic to see the wonderful, kind, caring people we have in our community who volunteer for us.

Here are some of the highlights shared as a group.

Has seen two ladies in the past, one was 96 and “as sharp as a tac”. She would have in depth conversations and often read the local newspaper to her. The other, 83, talked about grief and loss and shared a lot of things in common so it made it easy to engage in conversation.

She has visiting in the past but also has a more recent client and has been with AVS for approximately six years! The more recent client used to play golf until their mobility became an obstacle. The previous client loved when the visitor would bring her dog ‘Molly’ around for a visit and so does the new one!

Has been a visitor for several years and enjoys when the client makes her a cup of tea or coffee and they share biscuits, with the client’s dog too!

Used to sneak the dogs into the retirement village because they weren’t allowed on the grounds, so would park as close as possible to the client’s unit. It would make the client very happy seeing the dogs!

Has visited two clients in the past for several years and was able to share some funny and heartwarming

stories with the client’s family at the client’s funeral. Was also visiting another client who was visually impaired and was able to help her get around.

Talked about politics, religion and life experiences with the client and would have a phone conversation every week.

Visits a 93-year-old client who is still “as bright as a button” and shares stories about the war in England and has easy conversations.

Has been a visitor for eight years and says that the client is more of a friend than a client, she’s lovely and if they could they would see each other every day.

Visits a lovely lady who lives with a very big family and it was nice for them to get to know the family too.

Takes the client out to shows, fundraisers, coffee/tea outings and is always lovely to be around!

Has only been a visitor for 18 months but is planning a special treat for the client’s upcoming 88th birthday!

The client is delightful and lovely to be around, bonus that they share common interests and are working on getting the client out of the house more!

It’s always nice having things in common with the client, the client that the visitor is currently seeing used to know a close relative of the visitor. What a small world!

Visitor used to bring their dogs around for a visit and as the client couldn’t leave the house often it was a pleasant surprise. So much so, the client decided to get a dog themselves and the client and visitor were able to bond over their dogs.

Taught the client how to knit and now they won’t stop, they keep knitting patchwork for me to make blankets out of!

Used to visit a Scottish lady and she would not let me leave without a hug; it was nice!

Talks about politics and has a lot in common with their client so it makes conversations flow better!

Has been a visitor for seven years and had many funny memories to reminisce on with their clients in the past.

Has had four different clients and have had both positive and negative experiences with visiting clients but had a lot in common with one as they shared a passion for golf and had similar jobs in the past.

Sometimes the client’s health would decline, and they would have to lie on the floor, and they would have a conversation with them on the floor and the visitor on the couch.

Always looks forward to seeing the client every week as they have a lot in common and the conversation is always easy going.

Would take one client out for long walks and would only see the client if it was good weather so that they could walk together. The other client has a very friendly cat and the visitor enjoys the cuddles from the cat when they have a coffee/tea.

Taught the client how to play a ukulele and requested a better/bigger one like the visitors because it was too small. The more they engage the stronger their bond becomes, and they share a passion for gardening.

Started visiting almost ten years ago and thinks of the clients as maternal and paternal figures and creates a unique bond with them. Records the visits in detailed diaries that she reflects on often.

Has been a visitor for eight years now and has three clients that they visit. They’re all amazing and delightful. One client is a listener and enjoys hearing stories from the visitor, they’re also brilliant at jigsaw puzzles and they love to read.

Has been volunteering as a visitor for six years and together with their client they clean and re-organize the house, reminiscing and going down history lane when they discover things hidden in the back of the cupboard.



Harbour City Funeral Home, Proudly Locally Owned and Operated

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

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

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

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

www.harbourcityfunerals.co.nz

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

www.harbourcityfunerals.co.nz

HealthCare New Zealand

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

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

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

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

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



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

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

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

We also support privately paying clients.

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



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Editorial supplied by Healthcare New Zealand

Know your Bones™ It could save your life

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

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

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

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

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

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

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

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



Tech Help Day

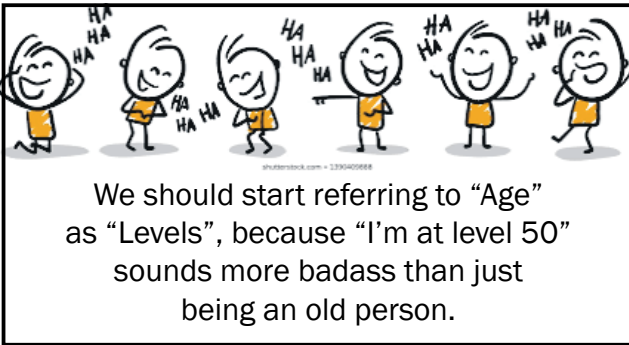
Hooray! The Tech Help Day held a few weekends ago at ZEAL was as success! We had a lot of people come in with their devices and Age Concern Kāpiti along with the Kāpiti Youth Council members and volunteers from ZEAL offered one-on-one support as well as printed resources to take home. The youth volunteers were amazing, and we are very thankful for their patience and support!

We had received very positive feedback from everyone that attended the Tech Help Day and because of this, there might be future sessions in the coming year!

Tech Help Day covered everything from online scams, online/app banking, online shopping, general device support i.e. increasing text size, how to access zoom, facetime and online platforms. If there was

something the volunteers didn't know about, they offered to do some searching for information to help out.

Little tip! Resources and information are readily available online as well as in-store! If you're having issues, make the time to speak with your service provider or bank or browse the internet. Always be careful online and never share or write your passwords down."



Pre Paid Funeral Trust

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

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

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

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

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

Zero Fees Pre-paid Funerals

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

We provide
Interest Accrued:
No Fees:
Secure Funds:

HINEMOA ST PARAPARAUMU
www.kapiti.coast.funeral.home.co.nz

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

Feel free to phone us, go to our websites
preplanning page for forms and information
www.kapitifunerals.nz/preplanning
Or fill in the attached reply slip
for a free information pack to be sent out

*conditions apply

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

Name:

Phone:

Address:

**Kapiti Coast
Funeral Home**
there in times of need

editorial supplied by Kapiti Coast Funeral Home

Courtenay Hearing Centre Serving the Kapiti area since 1993

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

We still have our clinics at Paraparaumu and Levin.

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

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

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



COURTENAY Hearing Centre

Caring for your hearing



For independent professional advice

- Hearing assessments
- Digital hearing aids — all brands (60-day trial)
- Tinnitus assessment and treatment
- ACC, Ministry of Health and War Veterans funding
- Musician and noise plugs
- Accessories, batteries and servicing



Call (04) 385 9144
FREEPHONE 0800 432 766

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In the mall

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

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

Editorial supplied by Courtenay Hearing Centre



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.

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

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

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



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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