

SUMMER 2020 QUARTERLY NEWSLETTER
www.ageconcernnt.org.nz



Age Concern Nelson Tasman

Serving the needs of older people

ACTIVE SENIORS NELSON TASMAN



Berill Michelson with the 'living teacup'
she made at Tea & Talk

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

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OFFICE HOURS

8.30am - 4.30pm Monday to Friday

We are grateful to all our funders:



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

Words from the Chair



LIVE, LAUGH & LEARN

BACK IN SEPTEMBER we held the Annual General Meeting of our Branch. It was a great time of reaffirmation for all that our branch has achieved and continues to work for. In the presence of members and guests, it was also a good opportunity to thank Caroline and her Team for the wonderful service they provide. Likewise, we thanked three retiring members of our Board, the Venerable Andy Joseph, Vice Chairperson Jen Sauer and former Chair of the Board, Ursula Lewis. Ursula is to be awarded as Honorary Life Membership for her work as Chair and as a leading volunteer.

We were delighted to welcome four newly elected Board members. The Venerable Te Hawe (Harvey) Ruru, who is also our Kaumatua, Lester Oakes, Emeritus Professor Bevan Grant, and Sharon Blackbeard. We are grateful to these people for making themselves available to serve in this way. At the first meeting of the new Board, we appointed John Lee as a Co-opted Board member. Together with continuing Board members Lynley Lee, Helen Reynolds and Dave Ashcroft, we now have a formidable team to guide and govern the branch into the future.

The annual conference of Age Concern New Zealand was cancelled this year because of Covid-19 restrictions. That was a shame, but in its place we were able to conduct some of the AGM business electronically via ZOOM, which is a computer facility for meeting. Also, throughout October, we have been meeting electronically for online seminars, so that we could hear some of the experts who were originally booked to address the conference. These have been a great success.

So, together with a newly reconfigured national board (of which I am a member), and the advancement of local services, I am hopeful for the future. I am glad that as a member and supporter, or as a friend reading this, you are part of a great movement for good which aims to serve the senior members of our society. Thank you for your donations which enable this to continue.

Enjoy these lovely Spring days.

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

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

Get out and about with Driving Miss Daisy



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

We can drive and accompany you to:

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

Total Mobility Scheme cards accepted and ACC contracted supplier.

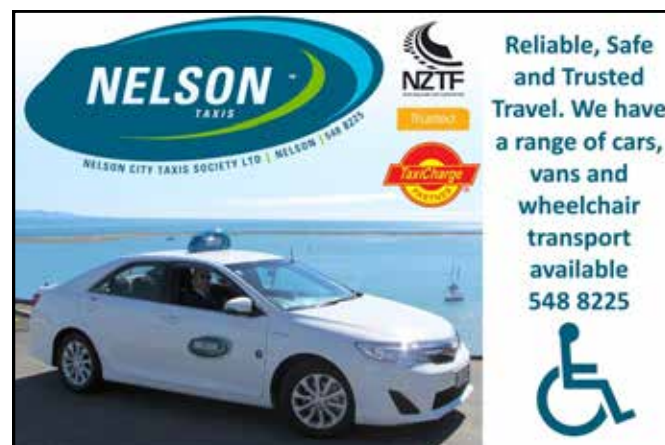
Bookings are essential - call today and make your next outing a pleasure!

Nelson East
Phone: (03) 547 2133
Nelson West
Phone: (03) 541 0020



Driving Miss Daisy®

www.drivingmissdaisy.co.nz



Friendly, Personalised transport with heart

– Total Mobility cards accepted

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

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

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

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

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

TRANSPORT YOU CAN TRUST



Reliable and friendly service

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- Airport transfers
- Pets to the vet
- One off or regular
- Long trips and local

Call Sheryl now!

For more information

**03 539 4856 or
0800 956 956**

Total
Mobility
Provider

ACC
REGISTERED
VENDOR



www.freedomdrivers.co.nz

Editorial supplied by Freedom Drivers

Meet the staff



Manager, Caroline Budge

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

Elder Abuse Response Service Advisors



We now have two Elder Abuse Advisors to deliver this vital service. Older people can find themselves in a vulnerable situation quite

suddenly and we're here to offer support and advice to whoever needs it.



Accredited Visitor Service Coordinator Registered Social Worker, Susan Arrowsmith

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



Community Support Coordinator Marrit Walstra-Russell

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



Fundraising and Communication Officer Miriam Clark

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

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.

Christmas Day Community Dinner

Richmond

At The Holy Trinity Church
27 Dorset Street,

**on Friday 25 December
from 11.30am to 2pm**

For registrations/enquiries please contact
Sara Clover (Elder Care Team Leader) on
03 544 8844 or 021 154 1117



Age Concern's Opening Hours Over Christmas

We would like to take this opportunity to wish all our readers and supporters a very merry festive season and hope that you have a pleasant Christmas and New Year.

Our offices will be closed from midday on Thursday 24 December and reopen on Tuesday 5 January at 8.30am.



Christmas Care Packages

It is hard to believe but it is time to start gathering donations for our Christmas Care Packages. We are looking for donations of non-perishable foods, toiletries and treats to put into care boxes to hand out to some of our vulnerable older people. Last year we distributed 60 packages to many of our clients and this year it will be in the vicinity of 70. These packages are so warmly received and provide a welcome boost of food staples, treats and kindness at a time of year when being alone can be hard. We are really appreciative of Richmond Primary School for their help with this campaign. They help gather donations and make beautiful Christmas cards and tags to go with the packages.

If you would like to contribute please drop off your donations to Age Concern Nelson Tasman, 62 Oxford Street by 30 November 2020.



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

CARE FOR PEOPLE WITH DEMENTIA & HOSPITAL CARE

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

Advance Care Planning Why it's even more important during a pandemic.

Would your family know what medical treatment or interventions you want if you deteriorate or have a sudden event? Or how you want to be cared for when you can no longer manage yourself? Or if you want to be cremated or buried?

During the COVID-19 pandemic many families were unable to be together, often during a critical time when the health of a family member was affected.

Having an Advance Care Plan in place means the people who are important to you, and your healthcare team, know what you want, or don't want, especially when you can no longer speak for yourself.

An Advance Care Plan is designed by you and is often described as a gift to your whānau and loved ones. It makes it much easier for everyone to know what healthcare you want. It can save the important people in your life a lot of worry and concern if they have to make a decision on your behalf - especially if they can't physically be with you.

An Advance Care Plan gives you the opportunity to develop and express your preferences for your future care based on your values, concerns, hopes and beliefs. It communicates your wishes on a range of things when you may not be able to do so.

As more people go through the Advance Care Planning process with their General Practice they report it's like a weight off their shoulders. It gives them peace of mind knowing everything is written down and the doctors and nurses know what they want if they get sick.

The first step to creating an Advance Care Plan is to think about what is important to you. Then you need to talk about it with your family and healthcare team, put your wishes in writing and share a copy with your whānau and GP practice.

You can review your Advance Care Plan and make changes whenever you want.

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

Regional Banking Hubs

A 'Banking Hub' is set to open in Stoke on 3 December 2020. This is one of four Banking Hubs which are being trialled nationally.



The Banking Hub will be located in Hardy St Pharmacy (John's Stoke Pharmacy) in Putaitai Street and provide banking services for ANZ, ASB, BNZ, Kiwibank, TSB and Westpac customers. The Hub 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.

This Banking Hub will provide essential banking services for Stoke residents who have not had a local banking service since Kiwibank was closed in October 2019.

"Every place is within walking distance if you have enough time"

<><> Steven Wright



Feeling lonely is a normal human experience, but if loneliness goes on for too long, it can affect health and wellbeing. So, it is important to do something about it. The good news is that a few small steps can make a big difference.

A new website, 'Let's End Loneliness' has been developed to provide information about ways to tackle loneliness, and about the many organisations that offer help and support.

The section called 'For Ourselves' has 10 suggestions on things to try if you are feeling lonely. These are practical and realistic so small changes can lead to different feelings. There is also advice on what to do if you are really struggling and need a bit more support.

To find out more visit www.letsendloneliness.co.nz

Tea & Tech

We have been fortunate to have a round of recent Tea & Tech sessions amid an interrupted year. Students from Waimea College, Nelson College for Girls and Nayland College have done a fabulous job in working one-on-one with our older digital learners to upskill them on their smartphones, laptops and i-pads.

Tea & Tech is run in four different retirement villages, but we DO have community spaces available so if you are interested in attending please let us know. The great thing about these sessions is you can come once or several times. Each session provides targeted learning to address your specific digital needs.

To find out more or register your interest please contact Miriam on 5447624 ext 6 or support@ageconcernnt.org.nz

Dates, locations and times are as follows:

Oakwoods, Richmond

- 24 November, 10.30-12 noon

The Wood, Nelson

- 1 December, 2-3pm

Stillwater Gardens, Richmond

- 8 December, 10-11am

Otumarama, Stoke

- 19 November, 3.30am-4.45pm

Nelson Denture Clinic

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

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

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

The Experts in Denture Care

Nelson Denture Clinic

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



NZ made by NZ registered and qualified dental technicians

Ph. (03) 548 1478
reception@nelsondentureclinic.co.nz
35 Waimea Road, Nelson
www.nelsondentureclinic.co.nz



Kia kōrero

Let's talk

www.myacp.org.nz

Plan for your future healthcare with an Advance Care Plan



AGM Summary

We held our AGM on 14 September and it was a fantastic acknowledgement of all that the organisation has done and achieved over the past year. It was well attended by over 30 of our members and was followed by a wonderful light lunch. The Annual Report clearly captured the challenges faced by the agency and how much the organisation has grown and adapted over the previous year.

During Covid-19 Lockdown we:

- Made over 3200 phone calls to clients and members
- Responded to 5 complex elder abuse cases precipitated by the lockdown, and referred four people to emergency services
- Received over 120 enquiries about how and where to access emergency services and support.
- Created 'Phone a Friend' service that provided weekly phone calls to nearly 50 people.
- Established TechConnect to help digitally upskill some of our isolated members.
- Delivered 20 gift packages of non-perishable foods, beautiful handmade blankets, fresh fruit, puzzle and reading books and even home baking! Thanks to the generosity of Nelson Soroptimists, Raeward Fresh Richmond, Heartland Bank and Memories NZ for helping with this.

Throughout the Year

- We reopened our refurbished Hall and renovated office spaces.
- We were Highly Recommended in the Nelson Tasman Chamber of Commerce Business Awards
- Our Elder Abuse and Self Neglect Advisors supported 135 cases of elder abusive and dealt with 22 cases of self-neglect. They provide professional and empathetic support to them.
- We currently have 128 Accredited Visitor Service (AVS) clients and 119 AVS visitors across the Nelson Tasman region.
- Our Carer Relief Service grew by 37% over the year
- We helped keep 55 senior drivers safer on the roads with our Staying Safe Driving workshops and informed 103 people at our Life Without a Car

workshops.

- We ran 1 CarFit event – showing 3 older drivers how to be safer and more comfortable in their cars
- We delivered 36 introduced Sing Yourself Well weekly singing sessions and had 663 participants at these sessions.
- We provided outdoor activities that over 200 people got involved in during the summer of 2020, including tai chi, heritage walks, Sing-a-long in the Park, SpinPoi etc.
- We delivered 4 Sexuality and Intimacy Talks to staff in different aged care facilities, visited 22 aged care facilities and trained hundreds of staff on elder abuse awareness and gave 27 public awareness presentations on elder abuse.
- We ran 17 Tea & Tech sessions upskilling 152 people about digital technology
- We ran 4 van trips for 27 passengers taking older people out and about or to Tea & Talk.
- We had 10 PetConnect visits where volunteers and their pets visited 6 different locations
- We facilitated 5 afternoon teas which were hosted by the Waimea Soroptimists and were attended by 30 older people.
- We ran our Life Stories project at Nelson Intermediate and over 30 students produced beautiful personalised 'Reflections of My Life' books of older people in their lives.
- We carried out 154 assessments of people eligible to join the Total Mobility Scheme and now have 802 members on this scheme which we administer and manage on behalf of the Nelson City and Tasman District Councils.
- We recognised Elder Abuse Awareness Week, celebrated International Day of the Older Person, and handed out blankets and quilts during winter and 60 Christmas care packages to vulnerable older people.
- We continued our Tea & Talk in five different locations across the Nelson Tasman region.
- We helped organise and run the region's inaugural Nelson Connects Volunteer Expo at Annesbrook Church in early March 2020 which was attended by 150 people and had 30 not-for-profit and community organisations stalls.
- At Age Concern we have over 150 volunteers for AVS, Carer Relief, AgeConnect and office relief, who donated approximately 5670 hours to the organisation! Thank you so much.

INTERNATIONAL DAY OF THE OLDER PERSON

For the last four years we have had a large afternoon tea to celebrate International Day of the Older Person, which falls on 1 October each year. Unfortunately it was not possible for us to hold our large afternoon tea this year, so instead we had a number of mini-celebrations throughout the week at our various groups.

Our Sing Yourself Well group dressed up in their finest and had a wonderful morning tea of cakes and sandwiches. Our SpinPoi members each received a wee gift pack full of treats. At Tea & Talk Richmond we also dressed up and had a splendid morning tea and at Move Good Now they had a fancy lemon cake to restore their energy after a gentle workout.

See below for some photos capturing this week.



Shone & Shirley is now under new ownership

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

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

Check out our website: www.shoneandshirley.com

Shone & Shirley
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*Our Family
caring for your Family*

phone 03 546 5700 24hrs

www.shoneandshirley.com

164 Tahunanui Drive, Nelson

Finish and Start Dates for Age Concern Activities

Our Age Concern Activities will have a brief break over the Christmas period and then resume early in January. Thanks so much to everyone who has attended these over the course of the year.

See below for the different activities, their finish date for 2020 and start date for 2021.

Activity	Finish 2020	Start 2021
Sing Yourself Well	15 December	12 January
SpinPoi	22 December	5 January
Move Good Now	17 December	7 January
Tea & Talk, Richmond	23 December	6 January
Tea & Talk, Victory	21 December	11 January
Tea & Talk, Nelson	Ongoing	
Tea & Talk, Motueka	23 December	6 January
Tea & Talk, Golden Bay	Ongoing	



62 Oxford Street, Richmond, Nelson
Phone 03 544 7624
www.ageconcernnt.org.nz

TIPS TO HELP WITH ANXIETY ATTACKS Look around you.

- Find five things you can see
- Four things you can touch
- Three things you can hear
- Two things you can smell
- and One thing you can taste

This is called grounding. It can help you feel like you have not lost all control of your surroundings. So follow the exercise, find your surroundings stay calm at all times.

Tea & Talk

Locations

All sessions run from 10am-11.30am

Age Concern Hall
62 Oxford Street, Richmond
Every Wednesday

Victory Community Centre
1 Totara Street, Nelson
Every Monday

Elma Turner Library
27 Halifax Street, Nelson
Every Friday

Gateway Housing Trust
24A Tudor Street, Motueka
Every Wednesday

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

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

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



We should start referring to “Age” as “Levels”, because “I’m at level 50” sounds more badass than just being an old person.

Reflections from our Social Work Placement



Kia ora! My name is Natalie, I am a student at NMIT working towards my Bachelor’s Degree in Social Work. As part of our course, we are required to go out on placement: placement involves completing 17 weeks/480 hours of voluntary work somewhere within the social services sector, and I have been fortunate enough to complete my placement at Age Concern in Richmond.

I did not know what to expect – I have no one in my life over the age of 70, and I haven’t for roughly ten years. What I did know was that I love to help empower others, I love to communicate, I love to learn, and I am really passionate about the care and protection of all vulnerable members of our community. This placement has been an absolute blast and I have met so many wonderful people, from so many different walks of life. The team at Age Concern are second to none, their passion for their jobs and their clients is inspiring, they are an incredible bunch who have made me feel so welcome – from day one I have been made to feel that I am a part of their team – thanks guys!!!



I have experienced and learned about all aspects of the services that Age Concern provides, with a focus on the Accredited Visiting Service and the Carer Relief Service, both of which are coordinated by my mentor on this placement, Susan Arrowsmith.

During this placement, my eyes have been opened to the profound loneliness and isolation that a number of older members of our community experience - this has been a tough reality to learn, but I am so pleased to have had the opportunity to play a part in helping these individuals to connect with others. I have also been privileged enough to join in on the Wednesday Tea & Talk sessions – a weekly event that is much loved by all those who attend. Everyone here has been so welcoming – and so willing to give new things a go!! Together we have enjoyed a few different activities including making some beautiful teacup gardens and creating some origami delights.

This experience has been one of kind! I have seen social work skills in action, compassion, empathy,


enthusiasm, team work, and so much laughter. If you haven’t already, come on down, enjoy a cuppa, some great company, and some great conversation at the weekly Tea & Talk session!

Ko ngā kaumatua ngā tonga o te ao - The elders are the riches of the world



Staying Safe

a refresher course for older drivers



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

DATE: 15 February 2021

TIME: 9.30am - 12.30pm

VENUE: Age Concern Hall
62 Oxford Street,
Richmond

REGISTER: 544 7624 ext 5 or
community@ageconcernnt.org.nz

© ACNZ together with NZTA

Spending Christmas Alone.



It's that time of year again when the shops are filling up with Christmas goodies and every time you turn on the radio there is a Christmas song playing. It's a lovely, happy time for family and friends to get together and enjoy some time celebrating the season.

But what if you have no one to be with this Christmas? If you have no local family or are estranged from them? Or if you have recently lost a loved one? It is easy to feel very sad and alone when you are constantly faced with images of people who are having fun surrounded by family and friends. For the estimated 50,000 older New Zealanders who will spend this Christmas alone it can be a really tough time of year.

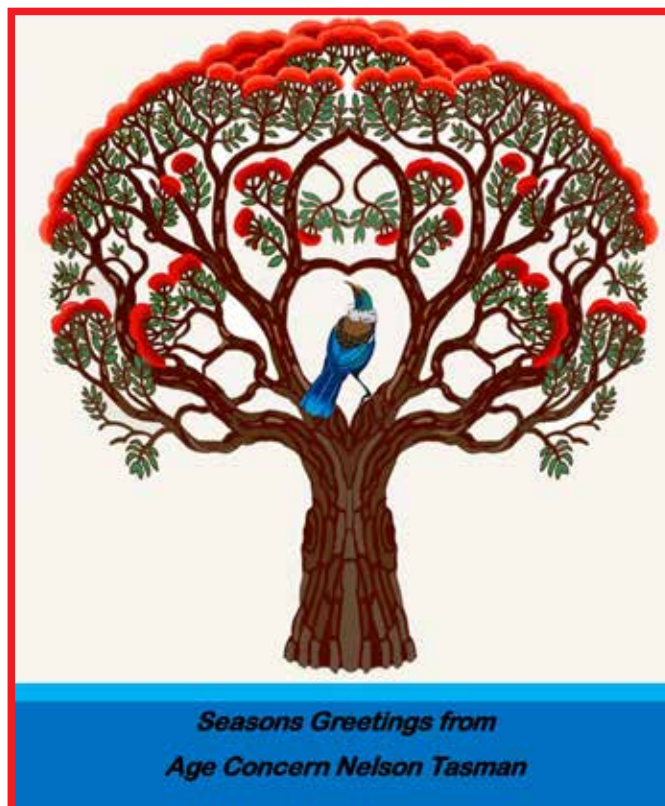
For those of you who fall into that category here are just a few ideas that you may find helpful:

- **Make a plan** – everything will be closed so make sure you have what you need to make the day work for you.
- **Treat yourself** – Buy yourself a present. Make the day special by indulging in your favourite foods, drinks and treats. Have a long lie in, soak in a bubble bath, cook yourself something delicious or do some special baking. Or you could buy readymade treats and, if you're really clever, you won't even have any dishes to do!
- **Join with others** – there are several community Christmas dinners in our region (listed elsewhere in the Magazine). Or, if you know of others who will be alone, you could host a pot-luck Christmas lunch.
- **Read a good book** – treat yourself to a new book by your favourite author or stock up at your local library before it closes for the holidays. You could ask your library about their delivery service if you are not able to get out.

- **Watch a movie** – or two or three... Christmas day is a day when you are allowed to watch movies and TV all day if you want to.
- **Ring a friend** – if you know of others who would enjoy it have a good catch up on the phone or by Skype if that is something you enjoy.
- **Go to Church** – or practice your faith in a way that works for you.
- **Reminisce** – Get out your old photo albums, play the music that brings back happy memories, watch your favourite old movies. This may bring a few tears but hopefully will bring a lot of smiles too. Have a toast to those who are no longer with you in person but will be with you in spirit.
- **Who said you have to 'do' Christmas anyway?** You can choose to ignore it and just have a nice, normal day pottering in your garden, getting lost in a good book, whatever takes your fancy really...

If you are feeling isolated or lonely and this really is a hard time of year for you please contact us at Age Concern. We will listen and may be able to help you put some things in place that could help. Take care and I hope you have a lovely day -however you choose to spend it.

Susan Arrowsmith | AVS Coordinator



Kitchen CORNER



3 Ingredient Christmas Cake

Super Easy and Totally Delicious

Ingredients

- 1 kg dried mixed fruit
- 600ml store bought iced coffee, eg Taranua, Mammoth or Lewis Road Creamery brands.
- 2 cups (265g) self-raising flour

Instructions

1. Place the mixed dried fruit into a very large bowl. Add the iced coffee (or liquid substitute) and mix well. Cover and place into the fridge overnight.
2. Preheat oven to 160° Celsius (fan-forced) or 175° (not fan-forced). Grease and line a 23cm cake tin with baking paper and set aside.
3. Stir the self-raising flour through the fruit mixture and pour into the prepared tin.
4. Bake for approximately 1 hour or until the cake feels firm in the middle and a skewer inserted comes out with a few moist crumbs on it.

Liquid Substitutes: if you prefer you can substitute the store bought iced coffee with juice (orange, apple, pineapple), black tea, coffee or chocolate milk



Planning your funeral in advance is a sensible way of ensuring your wishes are adhered to as well as sparing your family or loved ones unnecessary worry about arrangements in their time of grief.

There is no age limit
Young or old

The best time to plan is now

Planning leaves nothing to chance and gives you one less thing to worry about. It is also important to realise that once your plan is made, you are not locked into it. Our funeral planning offers flexibility to make alterations as circumstances change. You can pre-pay with us through Days Funeral Trust - a well established and reputable trust where your funds are held securely in your name. Speak to the team at Waimea Richmond Funeral Services – here to help with any questions you may have about options available.

WR
WaimeaRichmond
FUNERAL SERVICES




**Thinking ahead for
peace of mind.**

Phone us today for a FREE INFORMATION PACK on pre-planning.

03 544 4400 

24 Champion Road, Richmond • wrfs.co.nz



Monday Information Sessions

Our Monday Information Sessions have proved to be popular and well attended. We have one more session left this year and have planned some sessions for the start of 2021. We are aiming to have a wide variety of guest speakers and topics.

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

Date	Information Session	Time
30 November	Enduring Power of Attorney With Kaye Lawrence from Community Law	10am-11.30am
1 March	Healthy Hearts With Averil West from The Heart Foundation	10am-11.30am
8 March	Pilates for Older Adults With Tania Huddart, National Certified Pilates Teacher	10am-11.30am
15 March	About Dementia With Heather Lackner from Alzheimers Nelson	10am-11.30am
22 March	“Just Cook 4 Healthy Ageing” With Sally Rees of Natural Nosh	10am-11.30am
29 March	Sleep Better With Chris Allison, Mental Health Promoter, Health Action Trust	10am-11.30am

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

Farewell and Welcome



In September we said a fond farewell to Ruth Collingham, who has been our fabulous AgeConnect Coordinator for the past year. Ruth left us in mid September, but is thankfully staying on to run the very popular Sing Yourself Well sessions on Tuesdays. We wish Ruth all the best with her future endeavours.



In September we welcomed Sandra Tait as our second Elder Abuse Advisor. Sandra has worked in the Mental Health sector for a number of years and has a background in Occupational Therapy with gerontology a specialist area. She recently relocated to Nelson from the North Island and is enjoying supporting older people and their families in her new role.

Covid Tracer Booklet

Do you want to keep track of where you have been but you don't have a smart phone? No problem! At Age Concern Nelson Tasman we have a large stack of the NZ Covid Tracer Booklets.

- Keeping track of where you have been is one way we can stop the spread of Covid-19 in New Zealand. We can do this by keeping track of:
- Where we went
 - How we got there
 - When we were there
 - Who we met there.

- In order to effectively use the Tracer Booklet:
- Keep your booklet with you so you can record your movements whenever you leave your house. The booklet can fit in your pocket, handbag or backpack.
 - Write in the booklet where you have been, what time you were there, how you got there and who you met there – if you met someone you know.
 - Use your booklet when you come into contact with other people, like in a shop, or when you cannot keep 2 metres away from others.

If you would like a copy of the Tracer Booklet please contact Miriam at Age Concern on 5447624 ext 6 or support@ageconcernnt.org.nz or you can download a copy from the Covid website or email them on Covid19Response@dpmc.govt.nz



Taku puka whai pānga

My NZ COVID Tracer booklet

Indoor Bowling Club Seeking New Members

Are you looking for a new activity?
Some gentle exercise and social interaction?

The Nelson Seniors Bowling Association is looking for more members. They play in the Trafalgar Hall, 67 Trafalgar Street, Nelson every Wednesday and Friday from 1:15 to 4:00 pm with a break for a cuppa around 3pm.

Newcomers are welcome to come and try it first before joining. Membership is currently \$20.00 per year. For more information please contact Karin Strooh on Mobile: 027 497 9330 or simply turn up and give it a go.



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SUMMER ACTIVITY PROGRAMME FOR SENIORS

15 February - 26 March 2021

Come join us for FREE!

The Summer Activities Series for Seniors kicks off on 15 February. Over the course of the following six weeks there is a range of activities in a number of locations across the region, including Nelson, Stoke, Richmond, Motueka and Golden Bay. Bookings are not required, simply turn up and enjoy.

Date	Time	Activity	Location	Meeting Point
Mon 15 Feb	10am – 11am	Tai Chi	Founders Park, Nelson	Meet at the Village Green in the centre
Thu 18 Feb	10-11.30am	Sing-a-long in the Park	Washbourn Gardens, Richmond	Meet at the Fuchsia House
Fri 19 Feb	10-11.30am	Edible Walk	Orphanage Stream Walk	Saxton Road East by Covent Drive - where walkway commences
Mon 22 Feb	10am – 11am	Tai Chi	Botanical Reserve, Nelson	Meet at Milton Street next to clubhouse
Tues 23 Feb	10-11.30am	Maitai Art Walk	Maitai Walkway, Nelson	Meet at Miller's Acre Car Park
Thu 25 Feb	10am – 11am	Sit & Be Fit	Park behind Motueka I-Site	Information Centre, off Wallace Street, meet by Playground
Mon 1 Mar	10-11am	Tai Chi	Tahuna Beach	Meet at the Tahunanui Nightingale Library
Tues 2 Mar	10-11am	Spin Poi	Broadgreen Gardens, Stoke	Meet outside Broadgreen House
Thu 4 Mar	10am – 11am	Move Good Now	Anzac Park, Richmond	Meet by Age Concern Office, 62 Oxford Street, Richmond
Mon 8 Mar	10am – 11am	Tai Chi	Monaco Reserve, Monaco	Meet by the Playground
Wed 10 Mar	10-11.30am	Tea & Talk in the Park	The Village Green, Takaka	Meet in the middle
Fri 12 Mar	10-11.30am	Heritage Walk	Miyazu Gardens, Nelson	Meet at the carpark off Atawhai Drive
Mon 15 Mar	10-11am	Tai Chi	Isel Park, Stoke	Meet in front of Isel House
Thu 18 Mar	10-11.30am	Sing-a-long in the Park	Faulkner Bush, Wakefield	Meet at the Playground
Fri 19 Mar	10-11.30am	Guided Walk	Centre of NZ	Meet at the start in the Botanical Gardens, Nelson
Mon 22 Mar	10-11am	Tai Chi	Ngawhatu Park, Stoke	Meet by clubhouse off Suffolk Road
Tues 23 Feb	10-11am	Spin Poi	Isel Park, Stoke	Meet in front of Isle House
Thu 25 Mar	10am – 11am	Move Good Now	Washbourn Gardens, Richmond	Meet by the Fuchsia House
Fri 26 Mar	10-11.30am	Sing-a-long in the Park	Cathedral Steps	Meet in the Cathedral Church carpark

For more information or cancellations see www.facebook.com/ageconcernnelsonntasman or phone Age Concern Nelson Tasman on (03) 544 7624 ext 4 or email community@ageconcernnt.org.nz