

SUMMER 2020 QUARTERLY NEWSLETTER
www.ageconcernwellington.org.nz



Age Concern Wellington Region

Serving the needs of older people

COMPLIMENTARY COPY

Seniority

A colorful, stylized illustration of Wellington Harbour. The water is blue, and the surrounding hills are green. Numerous buildings of various colors (yellow, red, blue, white) are scattered across the hillsides and along the waterfront. Several sailboats and small boats are visible in the water. The sky is light blue with some white clouds.

WALKING SERVICE TURNS ONE
LOOKING BACK AT 2020

Free Shopping Service

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

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OFFICE HOURS

9am - 4pm Monday to Friday

Chief Executive Report



Live, laugh and learn together

The more I settle into my role as CEO of Age Concern Wellington Region, the more I start to understand the importance of what we are doing. Our ultimate aim

is to help seniors age positively, which results in deeper enjoyment of the twilight years of life.

What has surprised me is the relationship between social connection and brain health. I have discovered that simply interacting with others helps to stimulate the brain and does wonders for our mental health.

I've also discovered that, for many, taking part in an Age Concern activity such as a Steady As You Go exercise class, Staying Safe driving workshop or the Companion Walking Service is as much, if not more about making connections with others than improving physical strength or learning a new skill. As humans, we are made for relationships. We're made to be with others, to live, laugh and learn together. I am really pleased that our major funders such as local City Councils understand this and are passionate about seeing this happen across our Region.

A very recent Government study of seniors called Better Later Life, identified seven key building blocks that contribute to the identity and worth of seniors. The first of these is the need for conversation, companionship and connection. The study found that the reasons for this are many: "keeping active, staying in touch with family and friends, giving something back, avoiding boredom, avoiding loneliness, and — for those living alone and without family — having someone to look after your affairs at the end of your life."*

The important relationship between good social connection and enjoying the senior years can't be understated. I encourage you to take some time to reflect on how connected you are. I commend our programmes and activities to you as a way of keeping the conversation and companionship going. Give us a call if you want to find some new people to connect with.

Stephen Opie | Chief Executive

**Better Later Life study, page 11*

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

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

"Age Concern Wellington"

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

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

**names have been changed*

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

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!

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Ph: (04) 384 8344
Ph: (04) 478 5535



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

A Year Unlike Any Other

Age Concern Wellington Region held its 2020 AGM on 24 September, which happened to be the charity's 44th birthday. We'd like to share a few highlights from the Annual Report with you.

The past 12 months have been unlike any other - 2020 really has been an extraordinary year. Age

Concern Wellington Region CEO, Stephen Opie, says: "In the 44-year journey of Age Concern Wellington, there probably has never been a more eventful year than the past twelve months. With a dramatic increase in income (almost double), came more staff and a greater presence across the Region. This has led to rapid growth in our activities, and hundreds more seniors reached. Then came Covid-19, and the lockdown none of us will forget in a hurry. This brought unprecedented challenges for older people, requiring a rapid and creative redesign of our service delivery. I can assure you that our volunteers and staff went above and beyond the call of duty during lockdown to ensure seniors were cared for, encouraged

and informed as they navigated through a stressful and anxious time. I know what they did made a huge difference."

We know the pandemic isn't over yet, but we're cautiously optimistic that 2021 will bring happiness, growth, and more connections between the people of our lovely Region.



Happy First Birthday Companion Walking Service!

The Companion Walking Service was set up in October 2019 in the Wellington region. This new initiative was a response to a perceived need for a service to assist our older people to be able to enjoy the benefits of walking safely in our community. One year on, the Companion Walking Service covers Wellington and suburbs, Porirua, and Lower Hutt. The programme now has 50 clients matched to wonderful volunteers, which just couldn't happen if it wasn't for volunteers giving up their time each week.

People volunteer for many reasons: some miss grandparents and want to have a connection to an older person, and some want to give back to the community. Whatever the reason, it certainly enriches the life of an older person having someone to talk to and to share experiences like going for a coffee. One volunteer recently went with her client to enjoy a picnic in the Botanical Gardens while admiring the beautiful tulips. Another volunteer took her client for a walk around Kilbirnie where they visited a couple of op shops and ended up with a bag of books. They walked much further than they had the previous week.

A volunteer recently said: "It is lovely to witness individuals wanting to exercise and discuss everyday issues. After a walk it is equally rewarding, with a smile, to receive a wish to repeat the exercise next week". Another volunteer said: "This would have to be up there as one of my best experiences in my lifetime!"

The clients who participate in the Companion Walking Service vary enormously from those who are very fit but have dementia so need a companion to walk with, to those who walk with a walking frame and may have breathing or heart problems. Or for example James, who had a stroke, was able to walk with a stick but felt unsafe going out on his own in case he

stumbled. His world has opened up outside of his flat by being able to go out each week with a volunteer for a walk.

Then there is 89 year old Grace who had two falls prior to lockdown and then didn't go out for two months. She was matched with a volunteer at the beginning of July. On her first walk, she managed twenty minutes using her walking frame. After walking once a week for five weeks, she managed to walk for well over an hour with several stops (one being an ice-cream stop I believe)! Grace has gained strength and confidence and really enjoys seeing her volunteer each week for a chat and a walk. See www.acwellington.org.nz/companion-walking-service/ for a short video about Grace and her volunteer walking.



It is fantastic to meet so many amazing clients and volunteers from all walks of life. Everyone has such interesting stories to share.

I would like to say a huge thank you to our wonderful volunteers for giving up an hour or two of their time each week to enhance the lives of our older people, assisting them to walk safely in the community, providing companionship, and making them feel valued members of our society.

Wishing you all a very Happy Christmas!

Lynn Crossland

Companion Walking Service Coordinator

LILLE Healthcare**BOOST YOUR CONFIDENCE
THIS FESTIVE SEASON**

The festive season is nearly upon us and with that brings much cheer, but unfortunately for some it can also bring up some uncomfortable feelings. When we think of parties and get together, some people tend to shy away from the festivities due to fears around bladder weakness or incontinence. Despite these fears, it is important for us to remember that these symptoms are more common than we think – 1 in 5 people experience some form of continence struggles in their lifetime. With these statistics, we need to ask ourselves why we are feeling shy, embarrassed or uncomfortable, and strive to be more confident in who we are. To help with these struggles, here are a few tips to help manage these discomforts during this festive season and live a life in full view!

1. Keep Hydrated | Some people believe that by reducing fluid intake, they won't have to go to the toilet as often. Well this is what really happens: your urine becomes concentrated (a dark yellow colour) and this irritates the inside of the bladder. Your bladder then wants to squeeze itself to remove the urine making you have to go to the toilet more often. Even worse, some drinks also have this effect on your bladder – drinks that have caffeine in them such as coffee, tea, soft drinks, energy drinks and alcohol should be reduced to help us maintain a healthy bladder. So how much fluid should you drink each day? It's a simple question with no easy answers. Studies have produced varying recommendations over the years, but in truth your water needs depend on many factors; including your health, how active you are and where you live. Consequently, try to drink when you are thirsty but keep in mind that you should be having around 6- 8 glasses of 250 ml of fluids per day. Just remember that water will always be your best choice of fluid!

2. Try to keep alcohol intake in check | To promote a healthy bladder, it is recommended to have at least 2 alcohol free days a week – however the more the better! Both men and women should consume no more than 2 standard drinks on any day (which may be hard during the festivities) where one standard drink is equivalent to:

- One 375ml can or stubbie of mid-strength beer
- 100ml wine (13.5% alcohol)
- 30ml nip spirits
- One 250ml can of full strength pre-mix spirits (5% alcohol)

3. Eat plenty of unprocessed, fresh foods | I could prattle on for hours about eating well, however it all boils down to this simple rule. Processed foods (biscuits, cakes, takeaways, soft-drinks etc.) are all laden with sugar, salt and bad fats – so fresh is best! Don't think of it as a 'diet', think of it as 'eating well'. Don't forget it's also a good idea to eat more fibre, which can be found in vegetables, fruits and whole grains. This helps prevent constipation – a cause of urinary incontinence.

4. Toilet Visits | Teach your bladder good habits! Try not to go to the toilet 'just in case'. This can result in a lazy bladder that gets into the habit of believing it needs to be emptied regularly. Try to go to the toilet only when your bladder is full, and you really need to go. Also, whilst you are out and about, to help you be better prepared find a toilet close by for you in advance.

5. Get moving! | Honestly, we all know that we sit on our butts way too much, but we make lots of excuses as to why we can't exercise. Let's change our mindset and decide that it isn't exercise that we are going to do, but just moving. By 'moving' 30 minutes at least a day, you will be doing your body (and its future) a huge favour. This will help by keeping your bowels regular and assist you in losing any extra weight that may be putting strain on your bladder and its supporting muscles. There are lots of different ways to get

moving but the trick is to find something that suits you. Try parking the car further away from your destination and walk the extra distance instead. That will be a great start!

6. Use the right protection | Make sure you are using the correct size and absorbency for your continence products. If you are not using the correct product, you may find that the performance will not provide the results you require and you may feel uncomfortable. If you are unsure if you have the right product for your needs, Lille Healthcare NZ can send you a few samples to try before you buy.

7. Personal Hygiene | Good personal hygiene is very important in managing incontinence. If you wear an absorbent product it is always a good idea to have a pack of wet wipes or wet wash gloves on hand for your personal hygiene and wellbeing so that you can refresh when needed.

Please remember, if you have any questions surrounding your bladder discomforts or continence troubles, you can reach out to the Continence NZ Helpline 0800 650 659.

Ref: <https://www.ontexhealthcare.com.au/articles/boost-your-confidence-this-festive-season/> December 12, 2018

Editorial supplied by Lille Healthcare New Zealand

Pasta Peas and Parmesan

Serves 1 | 25 minutes

This pasta dinner has peas, scrambled egg, wholemeal pasta and Parmesan cheese. This is a quick, easy and cheap dinner with only five ingredients. Tasty too.

**Ingredients**

- 1 cup uncooked wholemeal pasta shells
- 1/3 cup frozen peas
- 2 eggs, beaten
- 2 tablespoons Parmesan cheese, grated
- 1/4 teaspoon ground black pepper
- 1 teaspoon Parmesan cheese, grated

Directions

Preparation:10min › Cook:15min › Ready in:25min

1. Fill a saucepan with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the pasta then return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through but is still firm to the bite, about 10 minutes. Stir in the frozen peas then cook for 1 more minute; drain well in a colander set in the sink. Return the pasta and peas to the saucepan.
2. Mix in the eggs, 2 tablespoons of Parmesan cheese and black pepper; cook over low heat, stirring constantly until the eggs are cooked through, 2 to 3 minutes. Serve sprinkled with 1 teaspoon of Parmesan cheese.

Recipe from: <http://allrecipes.com.au/>



DEDICATED TO CONTINENCE CARE

Lille Healthcare New Zealand offers a comprehensive range of disposable products suitable to manage all types and levels of incontinence. Our technologically advanced products are 100% breathable and hypoallergenic, ensuring optimum comfort, security and discretion.

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Our easy-to-use Lille Healthcare Online Shop provides the ability to buy continence products discretely in the privacy of your own home and have your package delivered direct to your doorstep.

Order now at www.lillehealthcare.co.nz



Our Lille Healthcare range includes pads, pants, adult diapers and underpads.

Steady As You Go Classes 2020 - For more information please call 04 499 6646

DAY	TIME	LOCATION	ADDRESS	NOTES & INFO
Monday	10.30am	Karori Community Centre	7 Beauchamp St, Karori	
Monday	11am	Quaker Meeting Rooms	7 Moncrieff St, Mt Victoria	FULL
Monday	12pm	Johnsonville Community Centre	3 Frankmoore Ave, Johnsonville	FULL
Monday	1pm	Tawa Community Centre	Cambridge Street, Tawa	FULL
Monday	1.30pm	Walter Nash Centre	20/22 Taine Street, Taita	
Tuesday	11am	St Barnabas Church	35 Box Hill, Khandallah	
Tuesday	11am	Seatoun Village Hall	22 Forres Street, Seatoun	
Tuesday	11am	St Mary's Church Hall	69 Discovery Drive, Whitby	FULL
Tuesday	11am	Koraunui Stokes Valley Hub	184 Stokes Valley Rd, Stokes Valley, Lower Hutt	
Tuesday	11am	Upper Hutt Library	844 Fergusson Drive, Upper Hutt	
Tuesday	12pm	Linden Community Centre	10 Linden Avenue, Tawa	
Tuesday	1pm	Vogelmorn Hall	Mornington Rd, Brooklyn	
Wednesday	11am	Knox Church	574 High St, Boulcott, Lower Hutt	
Wednesday	12pm	All Saints Church, Hataitai	90 Hamilton Road, Hataitai	
Wednesday	12pm	Eastbourne Community Hall	Tuatoru St, Eastbourne, Lower Hutt	
Wednesday	12pm	Walter Nash Centre	20/22 Taine Street, Taita	
Wednesday	12pm	Karori Community Centre	7 Beauchamp St, Karori	FULL
Wednesday	1.30pm	Newlands Community Centre	9 Batchelor St, Newlands	
Thursday	10am	St Peters Church (garden room)	Willis Street, Wellington	
Thursday	11am	Bob Scott Retirement Village	25 Graham St, Petone, Lower Hutt	
Thursday	1pm	Koauunui Stokes Valley	184 Stokes Valley Rd, Stokes Valley, Lower Hutt	
Friday	11.30am	Island Bay Community Centre	137 The Parade, Island Bay	
Friday	1pm	Churton Park Community Centre	75 Lakewood Avenue, Churton Park	

Shopping Service – Helping People in Many Different Kinds of Situations



The Shopping Service was born during lockdown out of necessity, but Age Concern Wellington soon realised that there is a real ongoing need for this service in our community. Thanks to the support of Wellington City Council we have been able to continue offering this service to our region’s seniors. This has allowed us to help people in many different kinds of situations. Some of the seniors benefiting from this service have recently lost their driver’s licence and find public transport too difficult, while others are physically unable to carry their shopping.

I normally work as the Communications Coordinator for Age Concern Wellington (I put together this magazine for example), but I’m now working a few extra hours a week to coordinate the Shopping, Pen Pal, and Phone Friend Services as well.

The shopping service helps our region’s seniors who may not be able to manage shopping on their own by matching them with volunteers in their area.

Do you or an older friend you know need help with groceries? Then we can help.

If you are struggling with mobility, our volunteers can:

- Go to the supermarket with your shopping list and fetch your groceries for you, or
- Pickup an online grocery order you have made and deliver it to your house

If this is something that would really help you, please call 04 499 6648 or email ea@acwellington.org.nz

Lorna Harvey | Communications Coordinator.

Courtenay Hearing Centre Serving the Wellington and 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.



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- 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

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WELLINGTON
Level 2, 15 Courtenay Place

LEVIN
SeeHear, 174 Oxford Street

PARAPARAUMU
8A Ihakara Street

WAIKANAЕ
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

DEAR JOHN...



Dear John

Dear John – I have been feeling rather low and out of sorts recently. I cannot actually pinpoint it, but am not my normal self. I know there is a lot going on at present but wondered if you had any words of advice?

John, Berhampore.

Hello John

You are not alone in your thoughts. I think many people, especially the elderly, are rather anxious about the current situation. During Level 4 everyone knew what was expected of them, whereas now it is a bit confusing. We have also had new cases of Covid 19, albeit mostly in quarantine, but also some community cases.

If your concerns are serious, I suggest you contact your GP. They are the gateway to a large number of services and you will be able to access help that way. However, if you are generally just feeling a little low, it would be good to have someone to talk to. Age Concern Wellington have a wonderful visiting service, so one of our staff would come and talk to you about your situation, and if appropriate, offer a volunteer visitor. This is an excellent free service and there are many people benefitting from this. There is also a service which will match you up with a volunteer to take you out for a walk, and another which would match you with a phone friend or a pen pal – so if you are feeling a bit unsteady or just slightly apprehensive, they will probably be able to help you.

There are a number of other organisations

which offer help. As you live in Wellington, you will be able to contact Wellelder, a counselling service for older people. This is an approved service, funded by Capital and Coast DHB. Their number is 04 380 2440. You can have counselling at home via telephone, or go into their consulting rooms in Newtown.

I hope this is helpful, and please do call us on 04 499 6648 if you would like to know more about our services.

Listed below are a number of helplines and other phone numbers which may be useful to you:

COVID-19 Healthline 0800 358 5453

For **emergencies** dial 111

For **non-emergency** police matters dial 105

If you are feeling **anxious** or just need someone to talk to call or text 1737

Age Concern Wellington 04 499 6646

WellElder: a counselling service for older people, or those supporting an older person. Wellington Region: 04 380 2440 (Tuesday - Thursday)

Lifeline: qualified counsellors and trained volunteers: 0800 543 354 or free text 4357

Samaritans: confidential support, empathetic listeners: 0800 726 666

The Continence NZ Helpline 0800 650 659

Elder Abuse Wellington Helpline 04 805 0880

Dementia Wellington 04 972 2595

If you need to discuss your **entitlements** phone the MSD Senior Services line 0800 552 002

Wellington City Council: wellington.govt.nz or 04 499 4444

Hutt City Council: huttcity.govt.nz / or 04 570 6666

Porirua City Council: poriruacity.govt.nz / or 04 237 5089

Upper Hutt City Council: upperhuttcity.com / or 04 527 2169

Thank You

Age Concern Wellington could not operate without the help of hundreds of volunteers, as well as generous supporters and partners. Despite the economic difficulties that the pandemic has brought for many, your support continues to amaze us. Thank you so much for your support!

New World Porirua donated \$670 to Age Concern Wellington last week! Connect Coordinator Kirsten Blyde is pictured here accepting the donation from New World Porirua.

A few of our other recent supporters include Hutt City Council, Upper Hutt City Council, Grassroots Central Trust, Hutt Mana Charitable Trust, Phyllis Munro Charitable Trust, Annah Stretton, Countdown, Whittaker's Chocolates, and Unity Books. Kia Ora!



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On email?

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

You can subscribe through our website

www.ageconcernwellington.org.nz

or email us at

news@ageconcernwellington.org.nz

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

<><> Steven Wright

Mavis Woodman

– Volunteer Extraordinaire!



On 6th October, I had an appointment to meet with Mavis at her home. I have known Mavis for at least 18 months, when she came along to a struggling Steady As You Go class. I need to clarify that the model for Steady As You Go is that I lead it for the first 10 sessions, then someone (or two or three others) from the community take it on. When I say struggling, this was the second attempt at getting the Tawa group going. But in walked Mavis. She cannot remember precisely where she saw the notice, but we are eternally glad that she did. The saying goes that it is not what you know, but who you know, and Mavis knows everyone – absolutely everyone in Tawa! The group at Tawa is now full, not least because of Mavis and her friends. We use the photograph of the Tawa group in many of our promotions – you may ask why, but when you see the enjoyment and sheer exuberance of the group you will understand.

Mavis is very self-effacing and definitely does not want a fuss made of her contributions. But I have to tell you about her attributes – not only does she coach bowling, and is peer leader along with Dianne at the Tawa SAYGO Class, she also has

taken up singing. How many people in their 80’s take up singing? Well Mavis has, and continues to do so. Naturally she is good at other things, including sewing, knitting and she is a great reader. Her greatest passion is for her family, especially her grandchildren. About a year ago, Mavis also took-up swimming and now swims 30-40 slow lengths several times a week.

Mavis, at 82, feels that her driving, or more specifically reversing, has become much easier, and thinks the Steady as You Go exercise classes have contributed to this. The classes are designed to improve overall strength and flexibility.

When I arrived this morning for the brief interview, I was absolutely delighted to see that Mavis has hoisted a St George flag, in recognition of my UK background. However, she has 70 different flags which are hoisted to celebrate national days and significant events.

I leave you with a photo of Mavis – I am sure she will be embarrassed, but she confided that she had asked her group at the Tawa SAYGO if she should do this interview, and they unanimously said she definitely should.

She is a star performer, and it is a privilege to work alongside her.

Ann Dalziel | Health and Safety Coordinator.



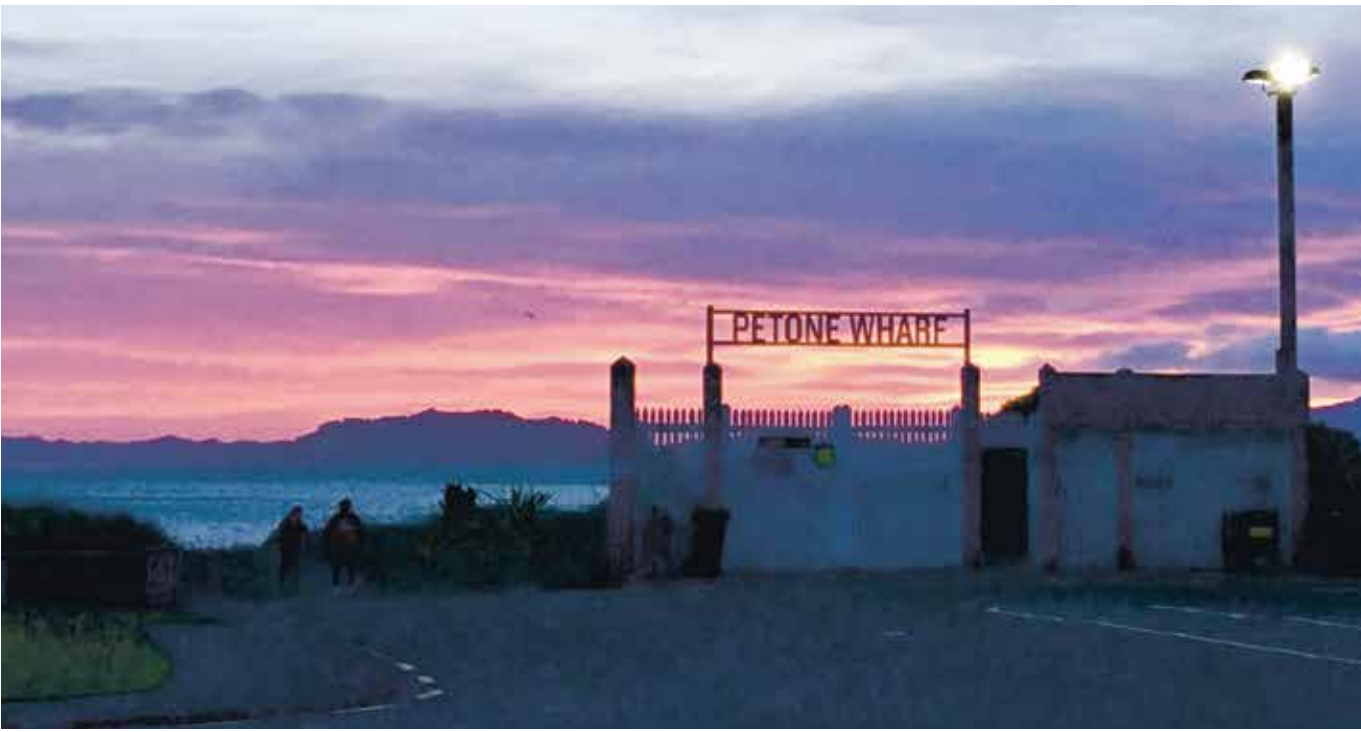
Imelda Coleman,
Hutt Valley Coordinator

Walking in the Hutt Valley

The Companion Walking Service is expanding into Lower Hutt!

Our Accredited Visitor Service Coordinator, Imelda Coleman, already looks after the Visiting Service in the Hutt Valley and will be leading the Walking Service in Lower Hutt. While the Visiting Service has been running smoothly in the Hutt Valley for a long time, it’s encouraging to see this new service also being offered here.

We’ve had many volunteers offer their help in the area as well, so we’re looking forward to seeing volunteers and clients walk along the Hutt River in the near future!



Remember to be SunSmart



Cancer Society

Te Kāhui Matepukupuku o Aotearoa



Slip, slop, slap and wrap!

Right-sizing and moving on

Rattling around in a large, and mostly empty house, is depressing and challenging. So what can be done about it? “Downsizing” for many is a term that diminishes age, so let’s try “right-sizing”. Not amazingly original, but it suggests that changes in one’s life are a catalyst for thinking about what’s really needed for the future – and for many older people, a five bedroom late Edwardian villa in the suburbs isn’t it.

*So, right-sizing it is.
And a retirement village
is an increasingly popular
right-sizing option.*



The first and perhaps the greatest challenge in moving to a new place is working out what to do with the accumulated memories and stuff of decades of life. Someone said that “part of the trouble in “getting rid” of stuff is accepting that certain parts of my life are over. For example, I was never a frequent entertainer, but I do have nice tableware that is used for “company.” Letting it go would signal that that part of my life is over. The same could be applied to sports equipment. What I mean is it is more than getting rid of extraneous stuff. It is like saying that part of my life has gone forever -I am moving into decrepitude where I won’t need my silverware or my tennis racquets!”

It needn’t be like that, but we know it’s not easy. The internet has plenty of sites giving advice on how to decide what to keep and what to give away, how to manage things that provide lovely memories with what’s really a non-essential. Perhaps you could create four piles in four corners of a room – stuff that’s essential for your future happiness, stuff that has value which your family and friends might appreciate, stuff that no-one immediately wants but could be worth something to strangers, and – let’s face it – junk. Then just make sure the family takes delivery sooner rather than later, you send the unwanted but worthwhile stuff to a charity shop or sell it on-line, and lastly, get that skip ordered in today!

People decide to right-size for all sorts of reasons. They don’t want to “be a burden on the family” and decide to sort their belongings long before the children have to do it for them. Or perhaps there are good health reasons – the stairs are too much for the knees, the garden’s getting beyond it, or vacuuming all five bedrooms is an exhausting pastime and you have much better things to do.

Releasing equity in the family home has been a major incentive to move. Thanks to the buoyant property market, we’ve known people to sell their family home, move to a retirement village and bank hundreds of thousands of dollars into the retirement savings. It’s a bit like winning Lotto, and the addition to the savings means a quantum improvement in their retirement lifestyle.

Moving to a smaller home also means significant savings in costs too – power, rates, insurance, furniture, maintenance and upkeep all fall away. Retirement village homes are purpose-built for older people, with no steps, insulation and energy-efficient appliances, the economies of scale with rates and insurance, and someone else looks after the maintenance and lawns.

But don’t take our word for it. See what our residents say about the many benefits of right-sizing to a retirement village on our Retirement Life Facebook page here - https://fb.watch/1D_-iOFnML/

editorial supplied by Retirement Villages Association

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

I wish to support the work of Age Concern Wellington by:

(Please tick the relevant boxes)

- ☐ Making a donation of \$.....
- ☐ Making a regular donation of \$.....
- ☐ Becoming a Member (\$25 single, \$30 couple) \$.....
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Editorial supplied by Freedom Drivers

Older People – Valuable Contributors in Families

We hear a lot about families caring (or not caring) for their older members. What should their responsibilities be? Do some cultures do it better than others? This is an important topic and these are important questions, but they concern only one aspect of the part which older people play in families. **They are not just “receivers”; they are major “givers”.**

Older people provide care too. They are the main carers of their husbands and wives as they become frail. They care for their adult children with disabilities. And they provide care for their grandchildren, ranging from casual baby-sitting to full-time care.



These contributions are hard to measure, especially in dollar terms. Organisations such as Carers New Zealand and the New Zealand Carers Alliance estimate that there are 750,000 family care givers of all ages. The census tells us that **around one in every six women and one in**

ten men aged 65 to 74 care for children living in another household. In all ethnic groups, women are more likely to be involved than men. The figures are about the same for the Māori, Pacific, and European groups. But older Māori and Pacific people are more likely to be looking after children in their own households, as they are more likely to live in three-generation families.

Having safe and affordable childcare is a major worry for many parents. Making it easier for them to have a paid job is a great financial boost, especially to single-parents, and especially when eligibility for welfare benefits and childcare subsidies are being tightened up.

Childcare provided by older people has other advantages apart from cost. It is also flexible, especially for shift work, school holidays, children’s illness and other emergencies. Grandparents and other relatives are the most trusted informal carers for children, often thought of as the closest thing to parents’ care. Family childcare is mostly organised and managed by mothers and often made easier by shared values and ‘ways of doing things’ between mothers and daughters. This type of caring can be a rewarding experience for older people; one that binds the family or whanau together. It can be a great deal of fun too!

Of course, the demands of employment and distance may mean that family care is not available. And there are other disadvantages. Family-based childcare may become a burden if expectations are too high and older people feel obliged to provide care while being over-taxed and/or in ill health. You can have too much of a good thing.

Some grandmothers give up their own jobs to allow their daughters or daughters-in-law to return or remain in paid work. This could lead to competition between work choices and opportunities for older and younger women. More and more women becoming grandmothers have had lifetime careers of their own and are extending these careers well into their sixties or beyond.

There is also a long-term concern about intergenerational care for disabled adults. Their older caregivers frequently express fears about the future when they can no longer provide care themselves, through illness or death.

Many older people are very strong about “not wanting to be a burden” on their children. What do they mean? Probably they don’t want to be a financial burden. In countries like New Zealand, with state-provided retirement income, flows of financial help from younger to older family members are much less common than flows down the generations. Money moves from older parents to their adult children and grandchildren as inheritance, loans or gifts.

Many older people think it is better to help their

children and grandchildren with gifts of money when they need it rather than having to wait until the older people die. Often this is linked to an important life event, such as getting married, buying a house or having a baby. It may be given to help family members after a crisis, such as redundancy, accidents, illness or relationship break-up. Sharing money can be a blessing for families, but it can also be a cause of strife; concerns about financial abuse are evidence of that.

Older people in families – grandparents, great uncles and aunts and others – also have important social and cultural roles. This is important in Maori society, but not only there. Most young people acknowledge the importance of keeping up family ties, participating in extended family activities and drawing on their support.

As the population becomes more culturally diverse, we will see different expressions of family and family obligations and hence of the cultural role of older people in families.

Older members of families have an important role in keeping wider sets of relatives connected with each other, acting as “conveyers of family history, heritage and traditions”. Older women, in particular, have been described as the “kin keepers” – an important thing for family and society wellbeing.

Grandparents and older relatives play an important role in keeping up the identity of the family; building connections between the past, present and future and shaping its own unique history. Their presence during transitions, such as weddings, birth commemorations and funerals provides an anchor of stability and family continuity. Grandparents may act as arbitrators and negotiate between parents and children concerning values and behaviour. They can act as go-betweens in disputes between teenagers and their parents - a thorny path indeed!

By *Judith Davey*. First appeared on Age Concern New Zealand website.

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NEW ZEALAND
POLICE
Ngā Pirihimana o Aotearoa

Don't

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

Do

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

YOUR VOICE

We would love to hear from our readers. Please share a few lines about your hobbies, a recipe, a pattern, a story, artwork, a poem... We'd like to read about anything that you think other readers would enjoy!

Every two months, we will draw a winner. The winning entry will take home a \$50 Countdown voucher, generously donated by the team at Countdown.

Please email your entries to:
news@ageconcernwellington.org.nz
Or mail your entries to:
Age Concern Wellington (Re: Your Voice), PO Box 11-108, Wellington, 6142

Terms and Conditions: By submitting an entry, you grant permission to Age Concern Wellington to publish your entry in their newsletters and on their website. Only winning entries will receive a prize. All entries remain the property of the entrant. Prizes cannot be exchanged for cash. Prizes will be mailed to the winners.



Ian Garrett won our first “Your Voice” draw with this beautiful painting of Wellington.

Reader Submission:
DJ Bradley "Thpitting" poem.

Hope this gives you a giggle for the day. Can you just imagine a young boy discussing this poem with an old man; maybe his grandfather. The boy has a speech impediment and can't say “s”.

Thpitting

Everybody'th got a hobby. Mine'th thpitting

I thpit magnifithently.
I thpit in curveth, In thpiralth and in little poolth
And in and out the windowth.

One day I met a man and I thaid Whatth your hobby?
He thaid thippting.
Thath mine I thaid
He thpat magnifithently too.
He thpat in curveth. In thpiralth and in little poolth
And up and down the chimneyth.

Then I thpat.
I thpat ath I had never thpat before;
I thpat in curveth. In thpiralth and in little poolth
And in and out the windowth.
Then.... I thpat right in hith eye
He wath pleathed and thurprithed
But more thurprithed than pleathed.

Thank you DJ Bradley, it certainly gave us all a chuckle!

CONNECT!

Our lovely Connect Coordinator Kirsten Blyde recently organised a celebration for Muriel's 100th birthday as part of a coffee group in Wellington. *Happy Birthday Muriel!*



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Enliven creates elder-centred communities where individuals are recognised and valued – a place where everyone can enjoy companionship, meaningful activity and fun.

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The Changing Shape of Families



The ageing of New Zealand society is a well-recognised fact. By 2031, not much more than ten years away, Statistics New Zealand predict that people aged 65 plus will represent one-fifth of the population.

We have heard a lot about what this will mean for income support, care and specialised housing. We hear less about how the “shape” of families will change. Increased life expectancy and lower birth rates have resulted in “bean-pole” families - with more generations alive at one time than previously, but fewer individuals in each generation. Thus the family tree will more easily fit the “portrait” rather than the “landscape” display mode.

So if we assume, just for the sake of argument, that old age begins at 65, then it can span more than one generation. The oldest people alive today were born in the years just after the end of the First World War. The youngest of the 65 plus cohort were born in the 1950s and are very likely to be the children of the oldest group. We have only to consider the different life experiences of these two generations to realise the great diversity which exists among the older population - a diversity which is often unacknowledged in popular stereotypes, which lump everyone aged 65 plus together.

Demographers call this phenomenon, rather

unkindly, “two generation geriatric families “. A good example of this has been the British royal family, when the Queen Mother was alive, and the same phenomenon is repeating itself with Queen Elizabeth II and Prince Charles!

At present half of the people entering what is sometimes called the “retirement age” have a parent still living. With increases in life expectancy, we can predict that even more will be in this position in the future, despite later child-bearing and consequently a wider gap between the generations. The implications are many. Retirees may find themselves with caring responsibilities for dependent older people just at a stage when they expected to be enjoying increased leisure. If they themselves have serious health problems (albeit less common among the “young-old”) this may place a double burden on the generation which follows. They may be called upon to support both their parents and their grandparents. And not only will this generation be smaller in numbers, but the consequences of marriage breakdown may mean that family members have lost touch with one another.

When people dying in their nineties or hundreds leave their worldly goods to their children, these “children” may be well into their retirement. How then will inheritance be viewed? Instead of financing tertiary education or house purchase it may be seen as a retirement nest egg. Moreover, the potential heirs, of whatever age, may be faced with a trade-off - either they provide care for their older people and inherit, or they face the prospect of the assets, including money tied up in houses, being used up to pay for care.

What about this worst-case scenario?

You are 90, and looking after your parents, who are 120, when your 60 year old child comes back home again.

By **Judith Davey**. First appeared on Age Concern New Zealand website.

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 our bones age (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.**



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.

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Ph: (04) 528 8924

Lower Hutt
Ph: (04) 570 0111

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



www.harbourcityfunerals.co.nz



UPCOMING EVENTS

STAYING SAFE WORKSHOPS FOR SENIOR DRIVERS

Staying Safe is a classroom-based refresher workshop for senior road users. The workshop aims to maintain and improve safe driving practices and increase knowledge of other transport options available to help senior road users remain safely mobile.

When: Please call 04 499 6648 for next course dates.

Where: Karori Community Centre

You will need to REGISTER for this free event as spaces are limited. Call 04 499 6648 for more information.

MONTHLY POP-UP HUBS

Join us for these free events, where there will be a light lunch, a cuppa and some friendly chats.

SEATOUN

When: 2nd February 2021, 12pm - 2pm

Where: Seatoun Village Hall next to St Christopher's Church, 22 Forres Street, Seatoun

LINDEN

When: 8th December, 1pm - 2.30pm

Where: Linden Community Centre, 10 Linden Ave, Tawa

VOGLEMORN

When: 23rd February 2021, 2pm - 3.30pm

Where: Voglemorn Hall

Call 04 499 6645 for more information.

NEW STEADY AS YOU GO EXERCISE CLASSES

These classes are designed to improve strength and balance and help prevent a fall. Steady as You Go classes improve balance and leg strength, flexibility, general fitness and wellbeing, and are a great way to meet new people. Classes consist of a combination of sitting, standing and walking exercises, and take around an hour.

NEW - KHANDALLAH

When: Tuesdays at 11am

Where: St Barnabas Church, 35 Box Hill, Khandallah

NEW - CHURTON PARK

When: Fridays at 1pm

Where: Churton Park Community Centre, 75 Lakewood Avenue

NEW - LOWER HUTT

When: Wednesdays at 11am

Where: Knox Church, 574 High Street, Boulcott Lower Hutt

For further information, email:
info@ageconcernwellington.org.nz
or call: Ann on 04 499 6646.



When supporting the advertisers within this magazine **PLEASE LET THEM KNOW.**

Their continuation enables our newsletter to be provided free of charge - they need to know where you found them and that the advertising is working for them too. *Thanks*



Go to www.facebook.com/ageconcernwellington/ to follow us on Facebook.



The last Staying Safe workshop was held on the 9th of November and the feedback was that the course was very worthwhile. Friendships were born and participants left feeling more confident about their driving.



Canine Therapy dogs came to the Seatoun Hub last month!



Three new groups (Hataitai, Linden and Karori) successfully became peer-led in October, allowing Ann Dalziel to start three more weekly classes in Lower Hutt, Churton Park and Khandallah!

Did you enjoy reading this copy of Seniority?

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

for only **\$25**
and receive your copy every quarter in the mail!

Holiday Goal

Across

1. Movie SFX
4. Short snooze
7. Neural network
9. Cheek
10. Scream
11. Eagle's nest
12. In a smooth manner
14. Wharton degree
15. Facial feature
19. Reach across
20. Peacock's pride
22. Bridge, in Bretagne
23. ___ Spumante
24. Inquire
25. Cafe alternative

Down

1. Weep
2. The Bee ___
3. "___ have to do"
4. Christmas carol
5. Not straight
6. Thickness
8. Periodic table

1	2	3		4	5	6
7			8		9	
10					11	
	12			13		
			14			
	15	16			17	18
19				20		21
22				23		
24				25		

listing

E	H	T		K	S	A
I	S	A		N	O	P
L	A	T		N	P	S
W	R	O		E	B	E
				M	B	A
	L	K		E	S	L
	A	E		L	E	L
	W	J		E	R	E
	N	A		P	G	I

The headline is a clue to the answer in the diagonal.

Raptor Search

V	C	A	R	N	I	V	O	R	O	U	S	H
B	R	O	A	D	W	I	N	G	S	M	P	V
U	R	O	S	R	E	T	I	P	I	C	C	A
Z	M	N	G	G	Z	T	A	L	C	A	T	N
Z	E	B	R	I	S	O	L	I	T	A	R	Y
A	Z	A	I	L	U	F	R	E	W	O	P	P
R	L	Q	S	R	S	H	R	M	N	O	S	S
D	L	L	P	B	D	E	L	S	E	U	R	A
S	W	D	B	O	U	O	L	D	F	O	E	M
O	Q	U	I	E	T	T	F	G	S	Y	T	E
F	T	H	A	W	K	S	E	P	A	X	N	I
S	N	O	C	L	A	F	R	O	R	E	U	R
E	H	A	R	R	I	E	R	S	S	E	H	E
T	C	W	Y	F	Y	F	X	E	M	E	Y	S
I	S	K	A	E	B	P	R	A	H	S	Z	S
K	V	U	L	T	U	R	E	S	T	P	V	E

	8	2	3			7		
4				5	9	2		
	3					8		9
					1			5
				7				
2			5					
1		5				7		
		3	9	2				1
		9			5	4	6	

How to solve sudoku puzzles

No math is required to solve a sudoku.

You only need logic and patience.

Simply make sure that each 3x3 square region has only one instance of the numbers 1-9.

Similarly, each number can only appear once in a column or row in the larger grid.

(The difficulty on this puzzle is easy)

2	9	4	5	3	1	6	7	8
1	8	5	7	2	9	3	4	6
3	7	6	8	9	4	5	2	1
7	4	1	3	6	5	8	9	2
8	6	9	7	4	2	1	5	3
5	2	3	1	8	6	9	4	7
9	1	8	2	7	4	6	3	5
6	3	2	6	5	8	7	1	4
4	5	7	9	1	3	2	8	6

ACCIPITERS

BIRD OF

PREY

BROAD

WINGS

BUTEOS

BUZZARDS

CARNIVO-

ROUS

EAGLES

FALCONS

HARRIERS

HAWKS

HUNTERS

KITES

LARGE

OSPREY

OWLS

POWERFUL

QUIET

SERIEMAS

SHARP BEAKS

SOLITARY

VULTURES