

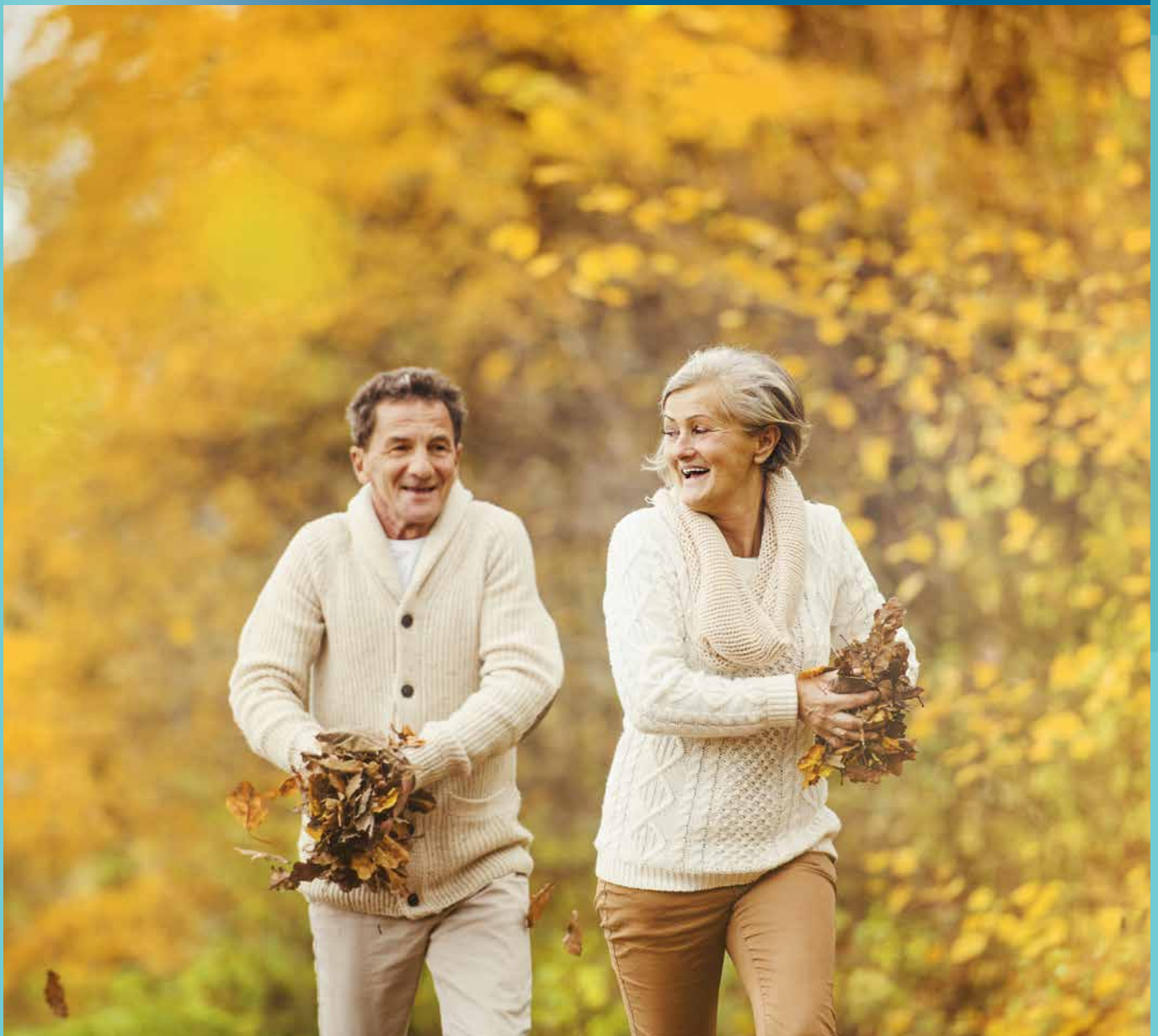
AUTUMN 2021 QUARTERLY NEWSLETTER

www.ageconcern.org.nz



Age Concern Horowhenua | Kapiti Palmerston North and Districts

Serving the needs of older people



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

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9.00am - 3.00pm Monday to Friday

BOARD MEMBERS

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EANP Coordinator: Dan Geraghty

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Social Connection Coordinator:

Fern Brooking

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Millvale Lodge
L I N D A L E

Millvale Lodge Lindale offers a homely environment in a peaceful rural setting with lovely gardens.

Each person is supported to experience each moment richly.

CARE FOR PEOPLE WITH DEMENTIA & HOSPITAL CARE

91 Main Road North, Lindale, Paraparaumu

Please contact us on (04) 297 0059

www.millvalelindale.co.nz

It was in his clinic in Wellington in 1956 that the late Robin McKenzie OBE CNZM made a chance discovery that was to change the nature of treatment administered worldwide for lower back pain and associated disorders.

This entirely accidental treatment success, with a patient suffering from severe lowback pain and sciatica, led Robin over ensuing decades to develop what is now known globally as the McKenzie Method® of Mechanical Diagnosis and Therapy®.

Viewed as radical at its inception, rejected and even derided by the established medical wisdom of the day, the McKenzie Method has since received international recognition and is taught at postgraduate level in some 40 countries worldwide.

Central to the McKenzie Method is patient education and empowerment and central to that education is postural maintenance. To that end, McKenzie developed the world's first lumbar roll and authored the bestselling, Treat Your Own Back book. This was followed up by 4 other titles, Treat Your Own Neck, Hip, Knee and Shoulder."

Now, in the 21st century, we have reengineered our range of lumbar rolls and are pleased to present the signature range. All are made with injection moulded foam, which retains its supportive qualities for an almost indefinite period.

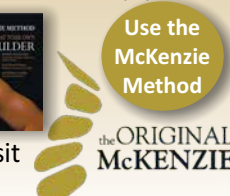
**So treat your own pain and visit
www.mckenziemethod.com today!**

Ensure good posture and "Treat Your Own Back®" pain!

Written by the late world-famous Kiwi physiotherapist, Robin McKenzie OBE CNZM, the best selling Treat Your Own Back has helped millions of people globally manage their back pain since 1980. A further 4 titles have been added to the range, helping you, the patient, to treat, relieve and prevent your own back, neck, shoulder, knee and hip pain!



These books make great gifts so visit mckenziemethod.com today!



Personal and economical transport with extra help

- Total Mobility (TM) accepted

Call Freedom Drivers for medical, business and personal appointments or assistance with shopping. How about a drive with a stop for morning or afternoon tea for yourself and a couple of friends?

"We bring our friendly service to your door and we will provide extra help at either end of the journey as needed. For medical appointments we make sure you get to the right place and will wait if necessary or pick you up after the appointment. Travelling with Freedom is like travelling with friends or family. You build a relationship with a driver you get to know and trust."

Service is personalised and Freedom prices are comparable to (and often less) than a standard taxi. We take Total Mobility cards (TM) and are ACC Registered Vendors.

Call Lindsey directly now on 04 298 3184 or 021 355 142 for more information or to get a quote.

Fantastic Kapiti Business Opportunity (franchise re-sale)

Love the idea of a community focussed local business but don't want to start from scratch? This could be for you.



Freedom Drivers Kapiti is offered for sale with existing clients and income to get you off to a good start. There is plenty of scope for further growth.



Freedom Drivers is a community oriented, flexible lifestyle business. If you enjoy driving and are kind, caring good communicator who loves helping people this could be the perfect business for you.

Call Lindsey Gott for a friendly chat

04 298-3184 or 021 355 142

kapiti@freedomdrivers.co.nz



www.freedomdrivers.co.nz

News from Age Concern Kapiti

I started my new role with Age Concern Kapiti in mid-January. The last month has been a very steep learning curve and is still continuing! I specially want to thank Graeme Joyes, Acting Manager for the last three months and who is still supporting us on a weekly basis. I am looking forward to the opportunities, friendships and challenges in managing our service to help our local community be the best it can possibly be.

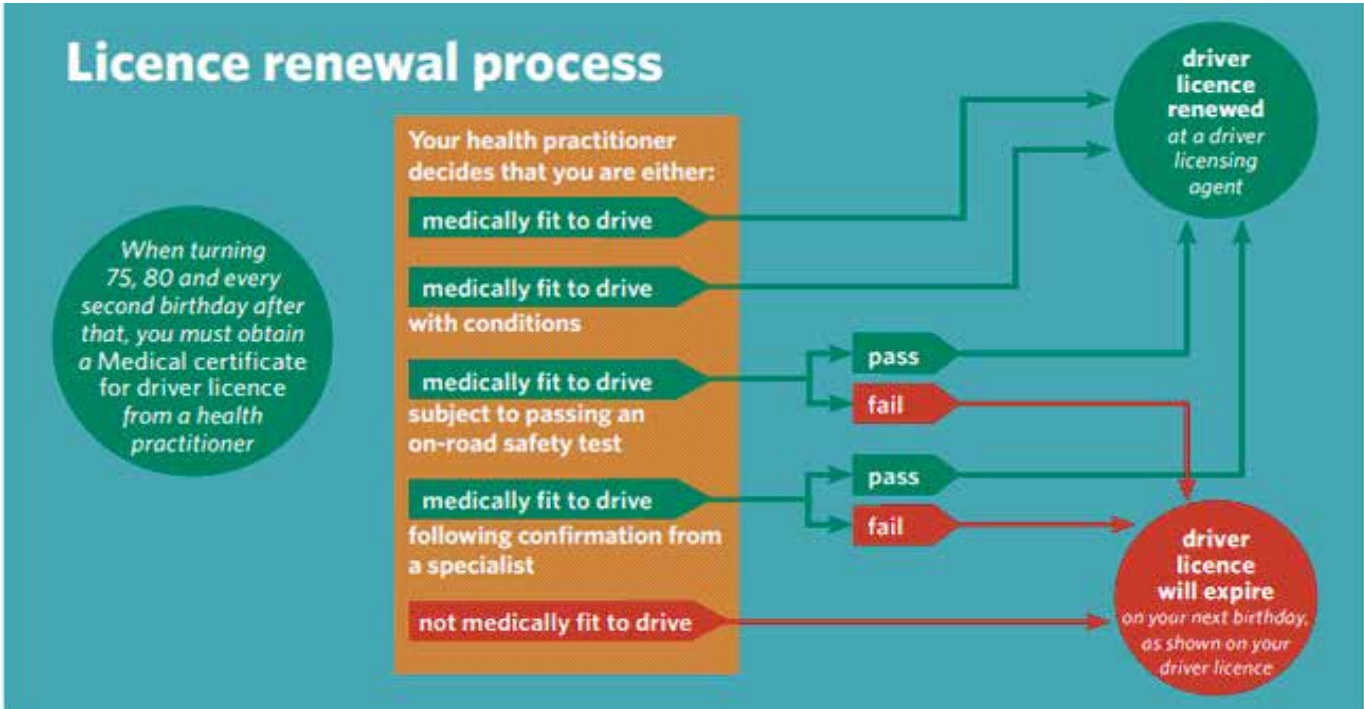
In my second week here, someone visited the office who had recently passed her driver licence and she

felt strongly that other people would benefit from knowing what to expect when you have to renew your driver licence.

Older Drivers – Licence renewal

Drivers must renew their driver licence at age 75, 80 and every two years after that.

When renewing your licence from age 75, your health and vision must be regularly checked – both for your own safety and the safety of other road users. The process for this is summarised below:



Getting a Medical Certificate

To renew your licence past your 75th birthday you will need to visit your health practitioner to get a Medical Certificate for Driver Licence. This could be your usual doctor (GP), a registered nurse or nurse practitioner, or a specialist if appropriate.

When booking your appointment advise them that you require a certificate to renew your driving licence. Some practices require longer appointments to do this. During your appointment your health practitioner will discuss your present state of health with you and test your eyesight.

They will then decide whether you are medically fit to drive without restrictions in which case they will provide you with a Medical Certificate for Driver Licence.

They may decide you can only drive with restrictions such as:

- are medically fit to drive with conditions (e.g. correcting lenses, time-of-day restriction, distance restriction),
- are medically fit to drive subject to passing an on-road safety test (see below),
- or need to be referred to a specialist (e.g. optometrist or occupational therapist driving

assessor – your health practitioner will advise you of the results).

However if following your referral to a specialist who confirms you are not medically fit to drive, then your health practitioner must advise the Waka Kotahi NZ Transport Agency and your licence will expire on your birthday.

On-Road Safety Test

If your health practitioner decides you are medically fit to drive, but is unsure about your ability to drive safely, they may give you a Medical Certificate for Driver Licence to enable you to renew your driver licence, provided you pass an on-road safety test with a testing officer.

The on-road safety test checks that you still have a good knowledge of the road rules and continue to practise safe driving skills. It takes about 30 minutes.

The testing officer will direct you when to turn, stop and carry out other driving manoeuvres. There are no fixed routes – you must be capable of driving on all types of road and in all traffic situations.

You must drive safely and legally throughout the assessment. The testing officer will score you using a simple 'yes' and 'no' method. You need to get a total score of 80% or more to pass the safety test.

You will need to book this test when you apply to renew your licence, at selected branches of:

- NZ Automobile Association (AA)
- Vehicle Testing New Zealand (VTNZ)
- Or book the test online at www.nzta.govt.nz/online.

Refreshing your knowledge

There are education resources available to help senior road users stay safe behind the wheel for as many years as possible. Refer to: www.nzta.govt.nz/senior-drivers.

Staying Safe

Staying Safe: a refresher workshop for senior road users is a classroom based workshop that aims to maintain and improve safe driving practices.

During the workshop you will re-familiarise yourself with traffic rules as well as increase knowledge about other transport options available to keep you mobile for as long as possible.

Age Concern Kapiti run Staying Safe workshops. Contact us on 298 8879 for more information.

Medical, Renewal and Test Fees

- Costs that you should be aware of:
- Health practitioner (in some practices you have to see both the nurse and the doctor) – can vary but estimate \$40.00 - \$65.00.
 - License renewal application fee is \$18.70
 - On-road Safety Test - \$41.80. If you don't pass the On-road Safety Test, you can rebook the test one more time at no cost. Further re-bookings will cost \$41.80 each time.
 - Optometrist – costs vary but estimate \$100.00
 - Occupational Therapist Driving Assessor – costs vary but budget \$300.00 to \$500.00.

Information has been taken from the Waka Kotahi NZ Transport Agency website: www.nzta.govt.nz

Susan Church | Manager
Age Concern Kapiti

Heart Support Groups

Support groups for people and whānau impacted by heart disease including atrial fibrillation.

Come along and join us for a chat and a cuppa, and the opportunity to meet others with similar conditions.

- Feilding**
When: 3pm, last Wednesday of the month
Where: Senior Hub
14 Bowen St, Feilding
- Levin**
When: 1pm, third Monday of the month
Where: Totara Room
Te Takere, 10 Bath St, Levin

Contact Cath at
cathl@heartfoundation.org.nz
or phone 04 472 2780 ext 2



Help Us Help Our Elderly Become a Friend of Age Concern Kapiti

Mr / Mrs / Miss / Ms

Name(s):

Address:

.....

Telephone:

Email:

Membership Fee
from 1 July 2020 to 30 June 2021: Individual \$15

Donation:

How would you like to receive our newsletters and other information?

Post Email (please circle one)

How to pay:

Internet Banking – You can pay the membership fee directly into our bank account
Account number: ANZ 06 0730 0405608 00
(Age Concern Kapiti)

Please add your name as reference and post or email this completed form to us at the address below.

Payment by cheque – You can send us a cheque to the address below with this completed form.

Age Concern Kapiti
P O Box 217
Paraparaumu 5032

Level 1, Coastlands Mall, Paraparaumu
Telephone: (04) 298 8879

*Please accept our sincere thanks
for your support.*

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

Staying Safe Driving Refresher Course

We have recently held two Staying Safe Driving Refresher courses in Kapiti. The four hour course involves a power point presentation and a lot of class interaction.

It covers four key themes:

- Keeping safe: thinking about your driving safety
- Being safe: driving skills.
- Safe journeys: managing road situations.
- Keep moving safely: safe alternatives to driving.



The course talks about keeping ourselves safe on the road and thinking about the routes we travel in our daily lives to get to our destinations safely, thinking of all the scenarios we may encounter.



Making sure we do everything possible to prevent accidents caused by distractions and giving us the feeling of being in control of our driving. It also covers knowing what is expected of us and feeling confident when we get behind the wheel.

We have had a positive response from those attending, including the presentation is informative, easy to follow and made people think about their driving skills.

We have two more courses in March that are fully-booked.

Alison Miller, Health Promotion Coordinator

Upcoming Events in Kapiti

Staying Safe:

a refresher workshop for senior road users
Depending on demand, future courses, dates and venues to be confirmed.
Register your interest on (04) 298 8879

Life Without a Car Workshops

Depending on demand, future courses, dates and venues to be confirmed.
Register your interest on (04) 298 8879

Healthy Ageing Together 2021

When: Thursday, 4 March 2021
Thursday, 1 April 2021
Thursday, 6 May 2021
Thursday, 3 June 2021

Where: Rimu Room
Level 1, Coastlands Mall

SAYGo Classes:

When: Starting mid-April

Where:

Waikanae: Te Moana Road Baptist Church.
Paraparaumu: Ocean Road Community Hall

Call us for more details on (04) 298 8879

Rummikub

When: Thursday, 18 March 2021
Thursday, 15 April 2021
Thursday, 20 May 2021
Thursday, 17 June 2021

Ring Cliff on 021 127 8931 for more details



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

Harbour City
... FUNERAL HOME ...



Kāpiti Coast
Ph: (04) 298 4888

Wellington
Ph: (04) 387 8301

Upper Hutt
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

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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Nearly three years ago Age Concern Kapiti received funding for a new project called AgeConnect Kapiti. This was to look at social isolation and loneliness on the Kapiti Coast and how to best assist those looking for connections.

Over this period AgeConnect Kapiti has spread the word across the district by involving local businesses. The businesses that have come on board are varied such as four hairdressers, butchers, lawyers, four square stores, car outlets. It is key to the project to get local community businesses onboard as they know their communities and those within it. The role as a Community Connector is not time consuming, it is about providing information such as the AgeConnect Kapiti flyer, our website www.ageconcernkapiti.co.nz and the Age Concern Kapiti's facebook page.

AgeConnect Kapiti has also been working alongside the Kapiti Youth Council. This has been a fantastic initiative that has provided intergenerational projects. The enthusiasm and energy in the room from these young people is very contagious. AgeConnect Kapiti are extremely grateful to Ella Kirby, Kapiti Youth Coordinator, KCDC and her team for coming on board.

A popular activity has been Tech Help. The Youth Council has used their skills to assist the older person with their smart phone, tablet or laptop. The requests of assistance have been from how to turn on their smart phone, utilising the apps on their phone, emailing, text messaging and so much more. In 2020 we aimed to roll Tech Help across the entire district, including retirement villages. Due to Covid-19 we had to scale this back to two sessions in one day. It still proved to be very popular and the feedback extremely positive. Many of those that have attended our tech Help Days have all said that 'the young people' had incredible patience and were able to explain very clearly to them about their devices.

This year we are planning more Tech Help days but getting the local libraries involved in our project. Kapiti District Libraries offer assistance with digital devices and as part of our project it is important

to connect with other groups that provide this assistance.

Another initiative with the Youth Council has been the Human Library. This is where we have interviewed and filmed the people of Kapiti, of all ages. The subjects that we have looked are the environment/ climate change, Covid-19, Te Reo plus more. This has been an exciting the project, full of honesty, joy and laughter. Thank you to all that have been involved with this.

Looking to the future, AgeConnect Kapiti has built great foundations and connections for it to go beyond June 2021. It is about finding simple ways to connect older people to their community, effectively and with minimal cost. Like any organisation that is charity and dependent on funding and donations, AgeConnect Kapiti will need continued support from the community and funded.

Tristine Tilly | AgeConnect Kapiti Coordinator

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.

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

I didn't get old on purpose, it just happened. If you are lucky it could happen to you.
Andy Ronney.

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 PrePaid Funerals

- | | |
|---------------------------|--|
| NO FEES | Interest based on total Trust balance and all interest is returned to clients |
| SECURE FUNDS | NO application fee NO on going admin fees NO termination fees* *conditions apply |
| 90 DAY TERM DEPOSIT RATES | Funds held in individual Government Guaranteed accounts |

For a free information pack from The Kapiti Coast Funeral Home
Post this to: PO Box 119 Paraparaumu
Please send me an information pack about pre-paid funerals
Name.....
Phone.....
Address

Or: email us at office@kapitifuneral for a free information pack
online <https://kapiticoastfuneralhome.co.nz/preplanning>

HINEMOA ST PARAPARAUMU
www.kapiticoastfuneralhome.co.nz 04-298 5168



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

I hope that you are all enjoying this lovely warm weather. It has been great to be able to get outside and enjoy it. I have been living in Palmerston North for 5 years now, but only discovered this summer that we have a beach right here in the city! It is located on the river in Ahimate Reserve (previously Waitoetoe) opposite Turitea Pa lookout. My family joined many others over Waitangi Day weekend and went swimming there. The water was clear and reasonably warm, and we enjoyed it.

With all this warm weather it is hard to remember that colder weather is just around the corner. We have a free resource called “Cool tips for winter wellbeing” which has suggestions for staying warm, keeping socially active and staying safe during the winter months. If you would like a copy, so you can plan for winter, please phone our office and we will drop off a copy or post one to you.

Our team at Age Concern Palmerston North and Districts is slowly growing. At the end of January, we welcomed Klara Salisbury to the office. She will be working with Amey in the Elder Abuse Response Service. Klara is a registered social worker and a graduate of Massey University.

Two friends of mine, both in their sixties, had a Stroke



pictured above left to right Amey, Klara, Marian and Fern

recently. It was a shock to them, their friends, and families. Fortunately, they are both on the way to making a good recovery. I was surprised to learn how common Strokes are. The actor Richard O’Brian had one last year and I have included a piece about his experience in this edition. It is known that diet and exercise can both assist with Stroke prevention. Age Concern Palmerston North and Districts runs two types of exercise classes Steady as You Go and Rhythm and Move. Rhythm and Move restarted in February with a new instructor, Maria Merrick. Have a look at our exercise class timetables if you are interested in joining.

At Age Concern we regularly give talks to groups about our work. When we talk about Elder Abuse, we inevitably get someone come up to us afterwards and tell us how they or someone else they know was financially abused, often by a family member or friend. There is an article in this issue about Financial Abuse and the steps you can take to protect yourself.

It is good to hear that New Zealand has received its first COVID19 vaccines and that we began vaccinating personnel who work at our borders and their families on 19th November. Remember that you will not have to pay for a COVID19 vaccine or for a “place in the queue” to get vaccinated. Vaccinations will be free to everyone.

Senior Net is running a workshop in Palmerston North in March in “Confidence in On-Line Banking”. It can be hard to keep up with the changes that our happening with banks and banking, so this is an opportunity to find out more about on-line banking.

Marian Dean
Manager of Age Concern Palmerston
North and Districts Inc

Become a Befriender in Feilding or Palmerston North in our Accredited Visiting Service

Are you looking for something rewarding to do? You can make a difference in the life of an older person, if you have an hour a week to spare. There are many socially isolated and lonely older people who would like someone to visit them in their home or rest home for a chat for one hour a week. We always have vacancies for volunteers who want to connect with an older person. In addition, there are ways that you can share your interests and activities with the person you visit:



Become a Befriender and bring the dog?

Are you a dog owner? Would you and your dog be interested in visiting an older person in their home or rest home? We know older people who would welcome getting to know you and your dog.

Walk and talk?

Do you like walking? Would you like to accompany an older person on a walk for a maximum of 30 minutes once a week? Many older people would like to have a stroll around their neighbourhood. You would be enabling them to get out, get some exercise and some fresh air.

Garden and get to know someone new?

Do you like gardening? Many older people love their gardens and would welcome the opportunity to have someone to talk to about it, or even work alongside them as they go about it (NO lawn mowing, and NO heavy work required!!).

Age Concern will support you to do the paperwork, provide you with training and on-going support and introduce you to an elderly person. Many a good friendship have been formed this way. We have both female and male clients who would be delighted to meet you. Ring and discuss this role with us. Phone (06) 355 2832

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- Same day denture repairs
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- Partial Dentures
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SuperGold

Phone 06 355 0022



Elder Abuse: Financial Abuse

“it’s Your Money and Your Choice!”

Financial abuse can take several forms and can vary from well publicised scams to families making demands on their older relatives, or even taking money or possession from relatives without their consent.

You have the right to decide what you want to do with our own money. You should not be pressured into giving money or possessions to family members or others who make demands on you.

Sadly, many people are pressured by people they love to give them money, things, or loans. The consequences can be devastating to people’s lifestyles, savings, income home and future security. The stress of financial abuse can have an effect on people’s physical health, emotional wellbeing and interfere with relationships with others.

Sometimes the people you trust to make financial and property choices for you, take advantage and help themselves. You can protect yourself in the following ways:

- Choose carefully who you ask to help you with financial decisions and build in safeguards. Most people who abuse are known and trusted.
- Decide what you want assistance with – paying bills, selling assets, managing investments.
- Have clear arrangements and written instructions for the people you choose to assist you.
- Get receipts for what you buy and check your bank statements regularly.
- Put all financial arrangements in writing, even if these are with family and friends.

- Keep your PIN numbers safe and separate from your bank cards, wallet, phone, computer, or other device.
- Before agreeing to give a loan to someone, or to be a guarantor for a loan for someone else, consider what would happen to you, if it was not repaid to you, or you had to pay back the loan with interest.
- Get independent legal advice on setting up Enduring Power of Attorney – you can set boundaries, name other trusted people who need to be consulted, appoint a second person to oversee your financial records, and ask for statements / reports to be forwarded to you.
- Take your time when making decisions. Don’t rush into anything.
- Carefully consider your financial decisions.

Scams by phone, letter or email are all designed to entice, deceive, or threaten people so the scammer can gain financially. You can protect yourself from scams by never giving out your bank account numbers, PIN, or password numbers or any other financial details. Only pay “bills” on receipt of an invoice. Always ask for a receipt when you pay a bill or donate money. Never send money to a person you have not met or have not initiated contact with yourself. Never respond to calls asking you to give out your computer numbers, internet connections or bank information on the pretext of helping you “fix a problem” or to “stop your details being stolen.

If you have concerns for yourself or someone you know, phone the Age Concern office on 06 355 2832 and ask to speak to someone in the Elder Abuse Response Service team. All calls to Age Concern are in confidence. Useful websites: Your bank’s website; www.sorted.org.nz

Taken from the Age Concern New Zealand’s pamphlet “it’s Your Money and Your Choice!” 2019

What’s it like to have a Stroke? Richard O’Brien describes what it was like for him.

Taken from www.Guardian.com 5th November 2020.

Richard O’Brien is known throughout the world as the creator of the Rocky Horror Show, as an actor and as a presenter of The Chrystal Maze (UK) and the DNA Detectives (TV NZ). The actor, and writer was born in the UK, emigrated with his family to Tauranga and then moved back to the UK as an adult. He now lives in The Bay of Plenty and became a New Zealand citizen in 2012. Now aged 78, Richard is fondly thought of by many New Zealanders and there is a statue of his most famous creation, Frank n’ Furter, in central Hamilton. He was interviewed last year for the Guardian Newspaper UK. Here is an extract:

The creator of the cult show is not going quietly into his 70s but was not immune to experiencing a Stroke like many others.



It happened whilst he was pottering around at home in Bay of Plenty when he suddenly found himself lying on the floor. “I didn’t register that something was desperately wrong,” he says, speaking from the house he shares with his third wife, Sabrina, 10 miles outside of Katikati. “I just thought: ‘I wonder why I can’t get up.’” Struggling to his feet, he attempted to make a drink, only to discover he couldn’t put the top back on the milk. “I was in a

dream-like state. Finally, I gave up with the milk, went to go back to the bedroom, slid down the wall and started speaking in tongues. That’s when Sabrina called the ambulance.”

It was a Stroke. “Just a little one,” he says cheerfully. “I bounced back.” But he has had to make a few unwelcome adjustments to his lifestyle. “I used to love sitting on the back porch all day with a bottle of very full-bodied red at my elbow and a couple of jazz cigarettes. I couldn’t think of anything nicer, quite frankly.” Those days are over. “It cheeses me off. What can you have as a substitute?” A mirthless chuckle. “You can’t drink tea all day.”

The symptoms of a Stroke include sudden drooping, weakness and/or numbness of face; sudden weakness of the arm (and/or leg); difficulty speaking, words jumbled, or lost voice.

If someone has a stroke, they should be taken to hospital as soon as possible. Remember the

FAST drill if you are with someone who displays the symptoms of a stroke.

- **F**ace – Drooping
- **A**rm – Weakness
- **S**peech – Difficulty
- **T**ake Action – dial 111
- **F.A.S.T.** symptoms are present in 85% of strokes.

For more information contact the Stroke Foundation
Phone: 04 472 80 99 / 0800 STROKE
(0800 78 76 53) E-mail: strokenz@stroke.org.nz

Rhythm and Move

Rhythm and Move is a low impact aerobic class set to music.

Classes are for men and women, Maori, and Pasifika aged 55+ and everyone else aged 65+. They are on Mondays from 1.30pm to 2.30pm and on Wednesdays from 9.15 am to 10.15 am at Rangiora Community Centre in Roslyn, Palmerston North.

The instructor is Maria Merrick. She has been running similar programmes for 25 years. She has taught jazz dance and has a background in contemporary and creative dance. Maria says that she likes to pass on to her classes “the energy and joy of movement”. She describes it as an effective form of exercise without strain and pain.

Maria also recognises that the social component



of the classes is very important. Participants at other classes she has taken, have often gone out together for coffee after the class. Maria has a relaxed style of presentation and the laughter that is generated eases participants bodies and they relax.

Entry is by a \$2 donation. The classes are partly funded by the Ministry of Health and numbers are limited to 25 people per class.

For more information phone Fern on 06 355 2832.

Confidence with Online Banking

Are you nervous, or confused, or just plain curious about online banking?

Well, SeniorNet Manawatū is running a free “Confidence with Online Banking” presentation. This will cover the features and benefits of online banking, and the safety and security of online banking. We will also outline the process you need to follow to get started. The presentation will also cover how to spot scams, which is applicable to all aspects of the online world.

Seats are limited, so please register online at the link right.

Any questions please email us at seniornet.pnth@gmail.com
Many thanks to Westpac Bank for providing the materials for this presentation.
Note that the information provided is relevant to all New Zealand-based banks.

Location: Milson Community Centre, 77 Milson Line (in the Milson shopping area)
Date: Wednesday 24 March 2021
Time: 1:30 PM for approximately 1 hour.
Tea and Coffee provided.
Registration form: Please go to <http://bit.ly/SNBanking2>

COVID 19 Vaccination Role Out

The largest vaccination campaign in Aotearoa's history began on 19th February, when some of the trained nurses, who will give the Pfizer-BioNTech Covid-19 vaccine, received the shot themselves at Auckland's Jet Park Hotel, which has acted as a quarantine facility throughout a pandemic that shut our borders and claimed millions of lives around the world.

The next priority for vaccinations is for frontline workers in managed isolation and quarantine facilities, and those who work at or near the border. They include cleaners, nurses, security staff, Customs and border officials, airline staff and hotel workers. The next phase will cover the people they live with, and then groups deemed at higher need or risk. The residents and staff who work in rest homes will also be offered the vaccination as a priority.

The general population will likely be offered vaccination in the second half of the year, and the Minister for the COVID 19 response Chris Hipkins said planning was under way for how to "scale up to quite a significant number of different places where you can get vaccines".

GP practices would be used, as would trained pharmacists. Covid-19 testing had shown some people were reluctant to go to a GP, because they associate doing so with a fee, even though there was no charge.

"We know there's almost a subconscious reluctance there, which there might not be with a pharmacist. So, we are working to make sure they are available through pharmacies."

Temporary, drive-thru "community-based assessment centres" for Covid-19 testing had proven popular - with one set-up at Eden Park - and similar models were being considered for when vaccinations were able to be widely offered.

New Zealand's Covid-19 vaccination drive could be boosted by mega-clinics at stadiums - and inoculation will also happen at GP clinics, pharmacies, and likely in large workplaces and on school and sports grounds.

From www.nzherald.co.nz 20th February 2020

Beware of COVID-19 Vaccine Scams

It is good to hear that New Zealand COVID19 vaccination programme has begun. Remember, the COVID-19 vaccine is free. At no point will you be asked to pay for the vaccine or pay for your place in the queue to get vaccinated. If you are, it is a scam.

Scammers will use any opportunity to try to trick and manipulate people into giving out their personal or financial details, especially through email and SMS scams. CERT NZ is working to put a stop to COVID-19 vaccine scam campaigns and ensure the safe roll out of the COVID-19 vaccine.

If someone tries to scam you hang up! Don't talk to the caller. Then report it to Cert NZ or contact an Age Concern and ask them to assist you to report it.

Phone an Age Concern on **0800 65 2 105** or email Cert NZ at covid@ops.cert.govt.nz

Age Concern Palmerston North and Districts wishes to thank all our sponsors for making our work possible.

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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 an exercise programme recognised by the Ministry of Health and ACC as great for improving muscle strength and balance particularly in legs and making people at less risk of falling. It is good for people who may have not done exercise for a while or who have had falls or who may be at risk of falling. The initial exercises are seated, then moving to standing and walking exercises. Entry to all classes is by a \$2 donation.

There are places available in the following Palmerston North Groups:

- **Rangiora Community Centre**, 102 Rangiora Ave, Roslyn. Wednesdays, 10.30am-11.30am
- **Palmerston North Central Library**, 1st Floor, Tuesdays, 11am-12pm
- **Awapuni Community Centre**, 22, Newbury St, Awapuni, Thursdays 9.30am-10.30am
- **Ashhurst group**, 131, Cambridge St., Ashhurst, Thursdays 11am-12pm

For more information phone the office on 06 355 2832

“Birthdays are good for you. Statistics show that the people who have the most live the longest”

Larry Lorenzoni.

FREE Living Life without a Car sessions



What are your plans for when you can no longer drive?

How will you get out and about and remain socially active?

To find out how you can get around and stay socially connected without driving a car join us at one of our free 2-hour workshops. You are welcome to bring friends along with you and we provide a delicious morning or afternoon tea for you to enjoy.

Sessions are planned for the following dates:

- Wednesday 24th March, Age Concern, 51, Waldegrave St., Palmerston North 10am to 12 noon
- Wednesday 28th April, Age Concern, 51, Waldegrave St., Palmerston North 1.30 pm to 3.30 pm
- Friday 21st May, Age Concern, 51, Waldegrave St., Palmerston North 10 am to 12 noon

Age Concern Palmerston North and Districts is also happy to present Life Without A Car to groups. If you would like someone to come along and give a presentation at your meeting phone the Age Concern office.

Phone 06 355 2832 to find out more or to book a place.

FREE Refresher Driver Workshops for older drivers: Staying Safe



Have you kept up with changes to the road code and road rules? How do you feel when road layouts are altered? Do you feel confident driving other people?

Age Concern Palmerston North and Districts together with Waka Kotahi (New Zealand Transport Agency) and the NZ Police is holding free refresher driving courses for older drivers in Palmerston North and Manawatu Districts.

The theory-based programme, called ‘Staying Safe’, is designed to enhance your knowledge, assess your current driving behaviour, and build confidence.


Staying Safe is four-hours of classroom-based learning and is interactive, answering any questions you might have.

Staying Safe is a driving course for seniors. Everyone who attends will have a workbook to take away. SuperGold card holders and Maori or Pasifika drivers over 60 are eligible.

- Course Timetable:
- Workshops will be run on the following days:
- Wednesday 10th March, Age Concern, 51, Waldegrave St., Palmerston North 9.30 am
 - Wednesday 14th April, Age Concern, 51, Waldegrave St., Palmerston North 9.30 am
 - Tuesday 11th May, Apiti Village Hall, Apiti, Manawatu District, 9.30 am

To book your spot phone us on 06 355 2832

Want to learn as a group? You can request larger bookings of around 15-20 people.



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 2021 to 30th June 2022

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 000 (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

Message from the Chair

Welcome to the Autumn edition of our magazine. It has been an interesting first few months as the board moves to ensure Age Concern Horowhenua meets the needs of our community.

In October 2020 we moved into our new building at 14 Durham Street, Levin. The new building gives us a bright, clean facility with ample space to run our health programs and hold meetings.

We regretfully announce the resignation of Dan Geraghty in the position of Elder Abuse and Neglect coordinator. Dan has been the four front of this service in Horowhenua for the last 6 years and has served our community extremely well. We wish Dan all the best in his future ventures. Which then brings me to welcome Robyn Baker to the team; Robyn is a registered Social Worker and will be taking over the Abuse and Neglect Prevention Service as well as looking after our Accredited Visitor Service.

We also welcome Victoria Gregory to the team. Victoria is the Social Connections Officer and comes with a wealth of local and international experience.

We are currently running the Steady as you Go (SAYGO) classes for strength, balance and falls prevention. We recently started a SAYGO for beginner's class held on Mondays from 11am to midday. Our existing classes are held on Tuesday and Thursday at our premises and for the residents at My-Life Rosewood Park held on a Thursday morning.

We will be starting 3 new SAYGO classes over the

next few months and we are looking at Foxton, Shannon, and Levin. If you are interested, please contact the office.

We have just completed our first Staying Safe Refresher course for the year and will be holding additional courses on the following dates:

Friday March 5th,	Friday March 19th,
Friday April 9th,	Friday 21st May
Friday June 25th	

Please contact the office if you are interested in attending one of these free courses as spaces are limited.

We also plan to facilitate the following:

Life without a car

- Planning ahead and the options available without a car.

Ready to ride

- Keeping safe on your mobility scooter.

Nat and Chat

- Monthly morning tea with a Guest Speaker.

Memory and Aging

- Understanding the aging process.

Please contact Age Concern (Horowhenua) on 06 367 2181 if you are interested in any of these programs or require any further information.

We look forward to seeing you.

Stewart Thompson | Chair

Greetings from Anne Rogers at Age Concern Horowhenua

I would like to take this opportunity to introduce myself. I am on the board and hold the position of Vice Chair. I bring a wealth of knowledge to the Board with my experience which covers a wide range of community service. I spent 20 years working at Kimberley Centre and my experience in this service ranged from care giving through to management. During this time, I had the opportunity to study Human Services for people with disabilities which I gained a Certificate and Diploma in this field. When Kimberley Centre closed, I had the opportunity to work for Parliamentary Services as an Electorate Agent for the Hon Nathan Guy over the past 15 years.

During my time working for Parliamentary Services, I was involved in all aspects of the needs of the community ranging from immigration, social services, family support and worked closely with our Ethnic communities and gained further insights into the requirements of elder citizens in our community. I am also involved with Neighbourhood Support and assist Citizen Advice in the Horowhenua region.

Since retiring I have taken time out for me and in doing this, I have regained my passion for gardening with my first project of revamping the shrubbery in my garden. I am looking forward to continuing working with Age Concern, as working with the community has been a lifelong passion for me.

Greetings from Robyn Baker at Age Concern Horowhenua

I would like to introduce myself as part of the new dynamic Age Concern Horowhenua Team. Who am I: My name is Robyn Baker, and I am the new social worker for the Elder Abuse Response Service (EARS) and the Accredited Visiting Service (AVS) Coordinator for Age Concern Horowhenua. I am a passionate and enthusiastic social worker, with ten-years experience working in Elder Abuse and Family Harm Field of Practice. I have a strong Community Development vision including inter-agency networking and relationship building.

I am very excited to be a part of this team going forward in my dual role to deliver two very important services for the Horowhenua community. The Accredited Visiting Service (AVS) supports chronically lonely older people in the community by matching them with a suitable, trained volunteer visitor for one hour per week. The Elder Abuse Response Service (EARS) covers Physically, Financially and Emotionally Abused people to help develop safety plans, goals to reduce further harm and increase the individual's safety.

I look forward to meeting and discussing any of your concerns or supporting you in either of my roles.

Robyn Baker (BSW) MANZASW
Registered Social Worker
Elder Abuse Response Service and AVS Co-ordinator



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BOOST YOUR CONFIDENCE

Social activities and outings should be fun and a thing to look forward to, 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 activities 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 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

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'. Remember, 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** or email **info@lillehealthcare.co.nz**.

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

Texting FOR Seniors

BFF - best friend fell
BTW - bring the wheelchair
TTYL - talk to you louder
BYOT - bring your own teeth
LMDO - laughing my dentures out
FWIW - forgot where I was
IMHAO - is my hearing aid on?
OMMR - on my massage recliner
ROFLACGU - rolling on the floor laughing and can't get up

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.

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



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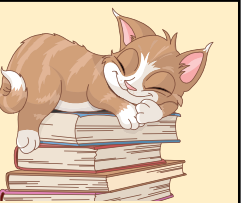
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<><> Steven Wright



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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)*

Shannon Hunt is a national magazine garden feature writer and event speaker living in the friendly Horowhenua. This is her final article in this series in which she chats about growing hanging baskets or wall container gardens at your place.

The Ageless Art of Gardening

Let us look at creating space-saving, hanging baskets and containers into which you can plant your favourite flowers, fruit and/or veges and keep them healthy and watered over the hotter months.

Your Hanging & Wall Gardens

There is nothing quite like the sight of a row of pretty, overflowing flower, vegetable, or fruit-filled hanging baskets or wall containers outside your back or front door. They can be a warm and welcoming sight especially when you have had something to do with their success. The trick to bountiful-looking hanging baskets and troughs is to keep them low and accessible and to fill them with good media with water-holding gel, some slow release organic fertiliser and to spray the plants regularly with seaweed liquid.

Make Your Hanging Baskets/Containers Easy to Reach

Make sure you hang your containers outside your north facing door or window, so they are low enough for you to access easily without being in the way of people coming in and out. Think about placing them on hooks to the side of an entryway or on a trellis or free-standing structure. Check out your garden centre or household accessory shop for a variety of container gardens that attach to an outside wall and several basket designs.

Replace Your Media

The media in your baskets/containers will need to be changed each season because plants use up the goodness as they grow and the media becomes lifeless, there unable to carry water and nutrients to plant roots effectively.

Best Media for the Best Growth

When you are aspiring to have a gorgeous show of flowers, salad vegetables or strawberries overflowing from your hanging baskets, it pays to remember to use the best growing media you can find. While the best media is not necessarily the most expensive, check it does have water retaining gel and slow release fertiliser in it or add pelletised sheep pellets to your media when placing plants in your baskets.

Do not use soil from your garden in your containers.

Regular Nutrient-High Food & Water

If you cannot have an automatic watering, then buy yourself a small manageable watering can with a long thin spout for easy access. And when it comes to feeding your basket gardens with a nutritious diet, nothing is easier than adding organic seaweed liquid to the water as often as you can afford to. In addition, at planting time, place 2 heat-treated sheep pellets in each hole before you plant. Your veges and/or flowers will flourish will love this natural fertiliser.

Strawberries & Aubergines Need Lots of Potassium

Two of the best fruits to grow in hanging baskets are strawberries and aubergines aka eggplants. Make sure you add potassium just before the flowers form. This will help your strawberries and aubergines to grow lots of flowers and fruit. You can purchase 'potassium powder' or 'granules' from good garden centres.



What Other Flowers, Veges & Fruit Grow in Hanging Baskets

Any plant with a small root ball will usually grow well in a hanging basket. Here are a few plants to consider planting this Spring. Strawberries, Cherry Tomatoes, Pansies, Polyanthus, Stocks, Lettuce, Rocket, Mizuna, Parsley, Dwarf Marigolds, Radishes, Aubergines and small Peppers.

Very Handy Hints

- Do not use 'real soil' in your hanging baskets as it does not carry enough air bubbles. Buy 'Potting Mix' media instead and if necessary, add nutrients and water gel to it.
- Water your hanging baskets every day when the weather gets hot.
- Remember, if your hanging baskets are under shelter or eaves, they will not catch the rain so, they will need watering regularly.
- Always add a few heat-treated sheep pellets to each planting hole.
- Add 'Seaweed Liquid' fertiliser when watering with a watering can.
- Any plant with a large or tap root will not do well in a hanging basket.
- Keep your hanging baskets out of the way of pedestrians.

Age Concern Horowhenua thanks Shannon Hunt for taking the time in writing these free articles.

Membership Form Age Concern Horowhenua

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



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.



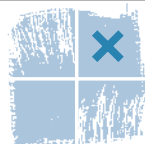
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- Levin Home for War Veterans, Levin
- Kapiti Day Programme, Paraparaumu

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