

AUTUMN 2021 QUARTERLY NEWSLETTER
www.ageconcernnt.org.nz



Age Concern Nelson Tasman

Serving the needs of older people

ACTIVE SENIORS NELSON TASMAN



Tea & Talk, Nelson, enjoying their Christmas morning tea

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

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Contact Information

Phone: (03) 544 7624

Email: manager@ageconcernnt.org.nz

Address: 62 Oxford Street, Richmond, Nelson 7020

Postal Address: PO Box 3381, Richmond, Nelson 7050

OFFICE HOURS

8.30am - 4.30pm Monday to Friday

We are grateful to all our funders:



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Words from the Chair



LIVE, LAUGH & LEARN

Dear members and friends, The New Year of 2021 is well underway with some of the same themes from last year being carried forward. A world grappling with an insidious pandemic, political turmoil in several places including USA, UK, Hong Kong and other nations. We are still living with the ravages of global warming and dwindling resources. And yet, many of us are living long lives and coming to terms with these situations, which we probably never expected to do.

Age Concern is here to help us to live in this modern and challenging age. I am proud of the services we offer to enable us to do this. Thanks to our marvellous team here at Age Concern Nelson Tasman for all they do for the community.

From a national perspective, Age Concern NZ produced a briefing document for incoming ministers following the General Election last year. We have been in touch with the new Minister for Seniors, Hon. Dr. Ayesha Verrall and shared the strategic plan of our organisation with her. We look forward to a productive relationship with the new minister.

Obviously, I cannot reproduce the whole of the 24-page briefing but Age Concern NZ outlined the following five opportunities for collaborative action with government: Confronting age discrimination; Preventing elder abuse and neglect; Ending loneliness and social isolation; Enabling lifelong learning and training; and Providing an adequate standard of living. That is a massive agenda, but we have the energy and determination to work towards these goals. Given that in 2001 there were 450,000 New Zealanders aged 65+ BUT it is expected that by 2034 that number will be 1,222,000, our work is even more important and required.

I wish you a happy and healthy 2021.

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

The cardiologists diet, if it tastes good, spit it out.
Anonymous

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Meet the staff



Manager, Caroline Budge
Caroline oversees the direction of the agency and working with the wider community to raise awareness of issues facing older people.

Elder Abuse Response Service Advisors



We now have two Elder Abuse Advisors to deliver this vital service. Older people can find themselves in a vulnerable situation quite suddenly and we're here to offer support and advice to whoever needs it



AVS & Carer Relief Coordinator, Susan Arrowsmith
Susan coordinates our AVS and Carer Relief services, both of which use volunteers, and offer companionship and friendship to those seeking more social connection.



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



Fundraising & Communications Officer, Miriam Clark
Miriam works across all aspects of funding, communications, and marketing.



Office Administrator, Maria Kula
Maria is our new office Administrator and Receptionist. She provides a friendly welcome to the agency.



AgeConnect Coordinator, Marnie Brown
Marnie is our new AgeConnect Coordinator. She works at a strategic level to promote community connections and reduce social isolation.

Tea & Talk

Locations

All sessions run from 10am-11.30am

Age Concern Hall
62 Oxford Street, Richmond
Every Wednesday

Victory Community Centre
1 Totara Street, Nelson
Every Monday

Elma Turner Library
27 Halifax Street, Nelson
Every Friday

Gateway Housing Trust
24A Tudor Street, Motueka
Every Wednesday

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

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

Proudly brought to you by Age Concern Nelson Tasman.
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Summer Activities Series
We are looking forward to our Summer Activity Series. This starts on 15 February and over the course of the following six weeks there is a range of activities in a number of locations across the region, including Nelson, Stoke, Richmond, Motueka and Golden Bay. We have increased Sing-a-long in the Park and introduced Sit and Be Fit as well as the usual favourites of Tai Chi, SpinPoi and various walks. Bookings are not required, simply turn up and enjoy. Full details are listed on the back page.

Tea & Tech



How is your digital knowledge? If you already have a digital device such as a smartphone, i-pad or laptop but are not confident using it, or would like help sorting a problem, then Tea & Tech is for you. We team you up with volunteer students from Waimea, Nayland or Nelson Girls Colleges and together you work through the digital divide.

The great news is we have Tea & Tech dates for the first half of 2021 already locked in and sessions are starting shortly. They are held in local retirement villages but we have community spaces available.

Each session provides 1:1 learning so it is targeted specially to your learning needs. To find out more or register please contact Miriam on 5447624 ext 6 or support@ageconcernnt.org.nz

- Dates, locations, and times are as follows:**
- Oaklands, Richmond**
- 25 February, 10.30am-11.30am
 - 1 April, 10.30am-11.30am
 - 6 May, 10.30am-11.30am
 - 17 June, 10.30am-11.30am
- The Wood, Nelson**
- 1 March, 1.45pm-2.45pm
 - 29 March, 1.45pm-2.45pm
 - 24 May, 1.45pm-2.45pm
 - 21st June, 1.45pm-2.45pm
- Stillwater Gardens, Richmond**
- 11 March, 10.15-11.15am
 - 15 April, 10.15-11.15am
 - 20 May, 10.15-11.15am
 - 1 July, 10.15-11.15am
- Otumarama, Stoke**
- 4 March, 3.30pm-4.45pm
 - 8 April, 3.30pm-4.45pm
 - 27 May, 3.30pm-4.45pm
 - 24 June, 3.30pm-4.45pm



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NEVER LEND BOOKS.
They never get returned.
The only ones I have in my library are ones I have borrowed.



Inspiring Older Person- Ralph Davies



Ralph Davies has lived a full and interesting life representative of a different era. He has made an invaluable contribution to the community through his involvement in multiple sporting and social organisations as well as being heavily involved in the now defunct tobacco industry. He represents the opportunities, challenges and responsibilities of people born in the 1930s.

Ralph Davies was born on 7 October 1932 at Pigeon Valley. He was the sixth and youngest child of Ralph Gladstone Davies and Ruby Eva Davies (nee Erikson). Ralph's father owned 800 acres of land in Pigeon Valley and grew tobacco on around 10 acres. This was a rapidly growing industry in New Zealand and by the time Ralph was born tobacco was the most widely grown crop in the district and there were about 700 growers.

Ralph attended Pigeon Valley School which operated from 1888 to 1949. Ralph says he really struggled at school and had a lot of trouble with reading and arithmetic. 'I just couldn't understand what I was reading,' states Ralph, 'really you could say I was illiterate.' Ralph left school when he was 15 and following this, he started reading the Reader's Digest. 'I had never read a book up until then, but by reading the Reader's Digest my reading improved and so did my arithmetic.' Ralph also began reading condensed books which helped him greatly. He was very practical and mechanically minded and greatly enjoying working on machines and equipment and making things.

When he was around 13 years of age, Ralph started playing cricket and hockey for Wakefield. He started as a bowler in cricket but then switched to batting and in the ensuing years became a very accomplished player. Over the years he played in 8 different positions in hockey which made him a versatile player.

After leaving school in 1947, Ralph worked on the tobacco farm and went to Burnham Military Camp in 1951 for his compulsory military training. This involved 10 weeks of intensive full-time training. Ralph trained as a medium machine gunner and greatly enjoyed his time there and being in a different environment. After the initial training there was annual training of 21 days for three years and then a further ten years on the Reserve.

The 1950s were a very busy decade for Ralph. It was full of sport, marriage, and work on the family tobacco farm. Ralph married Sally in 1956, after first meeting her at the Wakefield dances when she was 14. She shifted to Murchison and they married 6 years after this first meeting. They have two children, Sandra and Brian. Ralph

and Sally shared a love of dancing and taught old time dancing at the Old Wakefield Hall for many years. Sally was a talented musician and would play the piano at these sessions.

During the 1950s Ralph's involvement in sport increased as he played club and representative sport in both hockey and cricket. He also played bowls which he also umpired. He was in the Nelson Rep hockey side which played the NZ team prior to their test against Australia at Trafalgar Park in 1952. He played cricket in the Waimea Association and his highest club side score was 142 not out and his highest rep score was 92.

Ralph transferred hockey clubs from Wakefield to Nelson to get better hockey and played for Waimea as well as the Nelson Rep side. He represented Nelson in the first Maadi Cup in Greymouth in 1952, which the Nelson side won. The Maadi Cup is a regional tournament and continues to this day. He was also Captain of the Nelson side from 1958-59 and played against Pakistan, who had recently won an Olympic Gold Medal. He played Australia at Trafalgar Park and is proud of the result which was 4-3 to Australia, a great effort from a regional side. Ralph remembers it was a wet day and Coca Cola was introduced to Nelson during this game! In 1960 he was reserve in the Nelson side against India but ended up going onto the field after 5 minutes due to an injury among his teammates and played for the rest of the game.

Ralph switched back to playing hockey for Wakefield in 1954 and was instrumental in building up hockey in Wakefield and it was very strong for many years. Sport in Wakefield was played on the Wakefield Domain and this was governed by a local board. Ralph was on this Domain Board and he kept the playing area mowed at his own expense for about 30 years. Ralph was put in charge of developing the second field. He also helped install the floodlights so night games could occur. These improvements made the Domain a top quality sporting venue which is well utilised to this day.

Ralph stopped playing sport when he was in his 40s, however he remained very involved with both hockey and cricket. He began umpiring both sports and at one point was President of the Hockey Umpires Association as well as the Waimea and Nelson Cricket Associations.

Ralph served on the Tobacco Growers Federation and was Chairperson of Ward 4, which included Waimea and Tapawera, for several years. At this time there were 92 growers in the Ward, although some were quite small scale. Over time he had increased tobacco production on his property to 16 acres. They had two kilns to dry the leaf and were under contract to W.D. and H.O. Wills, meaning they were required to grow a certain amount and could not sell it elsewhere.

Ralph was a member of the Manchester Unity Order of

Oddfellows Lodge which was a friendly society and had an open mixed membership. He was District Grandmaster of this in 1967 and is still a member. Ralph really enjoyed his compulsory military service and is very proud of training as a machine gunner. His uncle was a machine gunner and died at Gallipoli holding his station which enabled many to retreat to safety. Following his service, Ralph joined the RSA in the late 1960s.

In 1974, Ralph saw the writing on the wall for the tobacco industry so converted the land into sheep grazing. Ralph himself, like many others of the day, was initially a smoker but he stopped many years ago. After going out of tobacco farming Ralph began working in the building trade at F & G Lines. He did the concrete and brickwork for Lines Bros as well as general building work. He also worked in Reefton from February to August building cowsheds and doing blockwork on houses.

In 1984 Ralph and Sally sold their Pigeon Valley property and moved into Richmond, where Ralph worked at Rattray's as a storeman and Fairline Joinery as a truckdriver delivering supplies. He took early retirement due to back trouble and developing diabetes. After moving to Richmond, Ralph became a Committee member at the RSA. The RSA had a number of mobility scooters for its members and Ralph would look after these and show people how to use them. He has regularly attended ANZAC day parades.

The last few years have had their challenges. Ralph's wife Sally developed Alzheimer's and he cared for her for 5 years before she went into care for her final 18 months. Sally died in 2001. They had been married 46 years. Following this he spent 8 years in Timaru and 3 years in Blenheim before returning to Nelson four years ago. Ralph's love of dancing continued throughout his life and he only stopped recently due to an ankle injury. He had a fall last year and a bleed in the brain. Ralph gave up driving two years ago and his eyesight is beginning to fail.

Ralph is now at a point in his life where he would like to go into residential care but does not yet meet the criteria. In the meantime he is continuing to be involved in the community. He has a weekly visitor from an Age Concern volunteer and attends Tea & Talk in Richmond which he 'drives' to on his mobility scooter. He continues to be a member of the RSA and has contact with the Oddfellows Lodge.

At Age Concern we really enjoy having Ralph come along to Tea & Talk. He is an incredibly kind, friendly, and welcoming person who is happy to have a chat with anyone. He shows a genuine interest in others and is very humble about himself and all he has achieved.



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

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Advance Care Planning

Why it's even more important during a pandemic.

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

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

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

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

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

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

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

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

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

Mixed Bean Salad (2-3 serves)

Quick, Easy and Mighty Tasty

Ingredients

Canned 4 bean mix, drained
Canned, whole kernel corn, drained
2 Tbsp Mint, chopped
1 Spring onion, sliced or half red onion, diced
¼ cucumber, diced
2 Tomatoes, diced or 8 cherry tomatoes, halved
2 Tbsp lemon juice
1 Tbsp olive oil

Instructions

1. Put all ingredients in a bowl and mix to combine



Christmas Round Up

Once again we were incredibly appreciative for all the kind and generous donations we received for our Christmas Care Packages. A special thanks to all the individuals and organisations who donated items, and ASB Bank who made an incredibly generous financial donation which enabled us to buy a range of gourmet treats. Our packaging was very eco-friendly this year and special thanks to Richmond Primary School students for decorating the paper bags and creating lovely cards to go with the Care Packages. We were also fortunate to have staff from ASB to help deliver these packages as volunteer drivers.

We had a series of Christmas celebrations at our various Tea & Talks across the region and said a lovely thank you to many of our 150+ volunteers who help us deliver services throughout the year, in a special morning tea in December. Our photo collage below captures some of these events.



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Nelson Denture Clinic

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

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

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

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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

Editorial supplied by Pacific Hygiene

Positive Ageing Expo

The Positive Ageing Expo will be back in 2021, showcasing the recreational, health and social services available in Nelson Tasman to make ageing a positive experience. The Expo has been running since 2008 and attracts about 2,000 people each year. Along with over 70 stalls there will be seminars, demonstrations and a chance to have a go at a range of activities, games as well as the opportunity for some quick health checks.

As one of the organising agencies, Age Concern will have a strong presence at the Expo. We will have information about our many services, as well as

running our regular CarFit check-ups, offering older drivers a FREE opportunity to have a check to make sure they are seated as safely and comfortably in their car as possible.

The Positive Ageing Expo is a collaboration with Tasman District Council, Nelson City Council, Positive Ageing Forum, Age Concern and the Ministry of Social Development.

**The Expo is on Friday 16 April 2021
from 10.00 am – 3.00 pm
at the Headingley Centre, Richmond.**



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Order now at **www.lillehealthcare.co.nz**

Move Good Now

Shena Mali is a woman on a mission to improve health and wellbeing of older people through gentle exercise that creates cellular regeneration. Age Concern introduced 'Move Good Now', a gentle movement session in September 2020. It was initially facilitated by Hillary Williams, founder of Move Good Now, a company offering different movement courses and classes. In November of 2020 Shena took over facilitating our 'Move Good Now' session.

Shena has worked with Hilary at 'Move Good Now' for over 6 years and is multi-talented with a real passion for working with older people and help improve their health. She finds older people incredibly free in their being, they have 'been there, done that!' and are so generous and kind. Her interest started when she was 18 and worked in aged care facilities, delivering their activities. This instigated her interest in working with older people, particularly as she was close to older family members. Shena did a Bachelor of Arts in History and English, has a graduate Diploma in Primary /Secondary Teaching, and completed her Masters of Education on how the brain learns and retains knowledge. She has a passion for neuroplasticity and cellular regeneration. 'I became obsessed', Shena explains 'on how the brain can (at any age) learn new things'. After teaming up with Hilary, they developed movement classes for older people which encourages cellular regeneration. Numerous studies have shown the link between the brain and the body, with certain exercises producing serotonin and dopamine at similar, if not higher, levels than medication.

In her classes Shena focuses on three different areas:

- Firstly, her sessions incorporate falls prevention, and she was recently certified by ACC for the delivery of strength and balance programmes.
- Secondly, they have an anti-anxiety focus. Using a technique called Havening, participants use a range of exercises to let go of stress, trauma and anxiety which trains the brain to respond differently. These exercises enable the body to release endorphins at greater levels than prescribed medications and send different neurological messages to the brain. This enables people to think and feel differently about

situations which cause them stress.

- Thirdly, Shena's session have a health focus and a weekly theme. For instance, one week she may focus on the tongue muscle. As people age and their teeth deteriorate, they eat softer food so jaw and tongue muscles become weaker making them more susceptible to choking.

Whilst this all may sound quite serious, the session itself is incredibly upbeat and a lot of fun. Shena has a warm outgoing personality and can adapt her lesson to individuals. 'It doesn't matter if they can't do the exercises' she says, 'still come along. Studies have shown that just by sitting and consciously imagining the exercise, cellular regeneration occurs.' How amazing is that! Professional athletes who are injured are now using this technique to maintain form and skill. All exercises in the session can be done either standing or seated – whatever is best for the individual.

Wendy, who has been going to Move Good Now from its inception, explains how much she enjoys it. She loves the way Shena explains why they are doing a particular exercise and the benefit it has on the brain and body. Wendy finds it really relaxing and has noticed a big improvement in her own personal movement. She is now far more confident on her feet and can even stand on one leg!

The Move Good Now sessions run every Thursday in the Age Concern Hall at 62 Oxford Street, Richmond. If you would like to know more or have questions please contact Hillary from Move Good Now on info@movegoodnow.com or 021 182 8885



Dates for Upcoming Staying Safe Driving Courses, Life Without a Car and CarFit

Staying Safe Driving Course



Are you an older driver who would like to brush up on your road knowledge or do you know someone who does? **Upcoming dates and locations for Staying Safe Driving are:**

- Monday 19 April 9.30am- 12.30pm, The Wood Retirement Village, 156 Milton Street, Nelson
- Monday 14 June 9.30am-12.30pm, Venue – to be advised
- Monday 16 August 9.30am-12.30pm, Venue – to be advised

CarFit Course

Does your car fit you? Learn why the proper fit in your vehicle is essential for both your safety and the safety of others on the road.

This session is a great follow up to the Staying Safe Driving Course. Our next CarFit is on:

- Friday 16 April, at the Positive Ageing Expo at the Headingly Centre, Richmond from 10am-3pm.

Life Without a Car Courses

We provide information about keeping mobile when you are no longer driving. No longer driving doesn't have to limit your activities or prevent you from enjoying life. Come along and find out how to maintain your independence and freedom on:

- Wednesday 24 March at 3.00pm, at Stillwater Lifecare in Richmond
- Thursday 8 April at 2.30pm, at The Wood Retirement Village in Nelson

If you would like to attend any of these workshops please register with us by contacting Marrit on (03) 5447624 ext 4

or emailing community@ageconcernnt.org.nz

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

**There is no age limit
Young or old
The best time to plan is now**

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

WR
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FUNERAL SERVICES



**Thinking ahead for
peace of mind.**

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

03 544 4400 

24 Champion Road, Richmond • wrfs.co.nz

Monday Info Sessions



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

For any further information or to register please phone Marrit on 035447624 ext 4 or email community@ageconcernnt.org.nz
All Sessions held in Age Concern Hall and cost \$3.

62 Oxford Street, Richmond, Nelson
Phone 03 5447624
www.ageconcernnt.org.nz

SpinPoi Update

SpinPoi has been up and running for over six months. The initial group has progressed through a range of poi movements and is now learning advanced flow sequences. The group attending SpinPoi have noticed an improved concentration as well as greatly mobility and strength. They have also had a lot of fun along the way with lots of laughing and chatting.

Due to the success of this group, Age Concern has decided to start a second poi group on a Thursday afternoon from 1-2pm. This will target those new to SpinPoi and take them through a series of introductory moves.

SpinPoi Sessions are all held in the Age Concern Hall, 62 Oxford Street, Richmond and cost \$3.

Session times are as follows:

- Tuesday, Intermediate SpinPoi, 1-2pm
- Thursdays, Introductory SpinPoi, 1-2pm

If you would like to come along, or know someone who might, please spread the word! There is no need to register - just turn up and have a go. If you would like more information, please phone Miriam on 544 7624 ext 6.

Welcome to Our New Staff Members



In January we welcomed Maria Kula to our Age Concern team. Maria has taken on the new role of Office Administrator, providing a friendly and welcoming face at our front desk. She works Monday afternoon and full days on Thursday and Friday. She is a real ‘people-person’ and has a background in banking and customer service. She is looking forward to meeting our members.



Marnie Brown has taken on the role of AgeConnect Coordinator and started in February. Marnie has a background in events management and community health and has spent several years working in the area of falls prevention for Nelson Bay Primary Health. Marnie works Monday to Wednesday and is looking forward to developing the AgeConnect role within Age Concern.

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SUMMER ACTIVITY PROGRAMME FOR SENIORS

15 February - 26 March 2021

Come join us for FREE!

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

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

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