

# Age Concern Nelson Tasman

*Serving the needs of older people*

## ACTIVE SENIORS NELSON TASMAN





## Contact Information

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Nelson 7020

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### 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,  
I hope you have enjoyed the Easter season. With the theme of Easter traditionally being about new life, even though we are starting to see

the signs of Autumn, there is a feeling of newness all about. We have all done well over the last 12 months or so coping with Covid19. Now as I write this, many folk have received or are about to receive their vaccine which will offer protection and freedom to return to a more normal life. The borders with Australia are open with the promise of greater freedom to travel very soon. It is all good news.

Don't forget to have your seasonal flu jab as well. Even though there were hardly any flu cases last year, we still need to protect ourselves. Just leave 2 weeks between your flu jab and your Covid jab.

It was sad to hear about the death of HRH the Duke of Edinburgh. The Duke was a great role model to many who wish to carry on making a strong contribution to society, even in great age. Our thoughts and prayers go to HM the Queen, who likewise continues to serve us all so faithfully.

Age Concern NZ held its Annual General Meeting recently. The message is that we are in good heart and are well placed to serve our older community wherever we can. I am privileged to serve on the national Board.

Locally, we are blessed to have a wonderful Board, made up of people with various skills that enable us to serve the Branch and our members. Thank you for giving us the opportunity to do this on your behalf.

As Autumn gives way to Winter, please keep warm and look after yourselves.

Every good wish, Charles

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

"Every place is within walking distance if you have enough time"  
<><> Steven Wright



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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 Mal Drummond and Cheryl Hague

Older people can find themselves in a vulnerable situation quite suddenly and we are here to offer support and advice to whoever needs it.



### AVS & Carer Relief Susan Arrowsmith and Jolene McEvoy

Our AVS and Carer Relief Services utilise volunteers to offer companionship and friendship to those seeking more social connection.



### Community Support Coordinator Jackie McIntyre

Jackie is our new Community Support Coordinator. Jackie's role involves working at a community level to ensure older people maintain their independence.



### Fundraising & Communications Officer, Miriam Clark

Miriam works across all aspects of funding, communications, and marketing.



### Office Administrator, Maria Kula

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



### AgeConnect Coordinator, Marnie Brown

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

## Elder Abuse Awareness Week

Every year, around the world, we mark Elder Abuse Awareness Week in mid-June. It's a great opportunity to get the public talking about elder abuse, what it involves and what to do about it. The theme this year is 'Elder Abuse Hits Close to Home' as sadly most of the elder abuse is conducted by someone you know. Across New Zealand, 79% of alleged abusers were family members of which 56% were adult children or grandchildren.

Elder abuse is incredibly harmful to those experiencing it and often is something from which they do not recover. More than two in five Age Concern cases involve financial abuse which reduces living standards and making ends meet. It also impacts the psychological, social, or spiritual health of older people. Being threatened, manipulated, groomed, coerced, or forced is the horrific experience of abused older people.

At Age Concern Nelson Tasman we provide information, support and advocacy around elder abuse. We also provide education to healthcare professionals, carers and agencies around how to spot elder abuse, what to do about it and how to promote dignity and respect of older people. If you are concerned about yourself or someone you know please contact Mal on 544 7624 ext 2 or [advisor@ageconcernnt.org.nz](mailto:advisor@ageconcernnt.org.nz)

**In recognition of Elder Abuse Awareness Week we will be having a purple morning tea at our Tea & Talks during the week of 15-22 June. Please dress up in purple and come along. We will have purple themed food as well as a few giveaways. To find out more contact Marnie on 544 7624 ext 5 or [ageconnect@ageconcernnt.org.nz](mailto:ageconnect@ageconcernnt.org.nz)**



## 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](mailto:community@ageconcernnt.org.nz)

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## Tea & Talk Tapawera

We are very excited to announce a new Tea & Talk is starting in Tapawera. We have teamed up with Tapawera Connect and starting on Tuesday 29 June, monthly sessions will be held in the Tapawera Memorial Hall.

Tea & Talk provides the opportunity for local older people to get together, enjoy a cup of tea and some delicious home baking and meet new people. The concept first began in Richmond in 2016 and over the past two years Age Concern has set up five more sessions across the region.

Keeping socially connected is now recognised as one of the most important things people can do to stay well as they age. Significant national and international research shows that chronic loneliness has very serious health impacts, including a greater chance of developing dementia, heart disease or a stroke. Regular social events such as Tea & Talk are important in helping older people feeling more engaged with and connected to their community. In the long run this helps keeps people healthier and happier.

Tea & Talk in Tapawera starts on 29 June and runs the last Tuesday in every month in the Tapawera Memorial Hall, Main Road Tapawera from 10am to 11.30am.

There is no cost. If you're interested in coming along, please contact Phoebe from Tapawera Connect on 021 211 6730 or 03 522 4929.



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

## CARE FOR PEOPLE WITH DEMENTIA & HOSPITAL CARE

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



# Inspiring Older People

## Adele Tippet

Actor, Weaver, Teacher

Adele is an acclaimed theatre actor and award-winning weaver but the accomplishment that she is most proud of is gaining a teaching qualification in speech and drama at the age of 55 from Trinity College London.

Adele began performing at a young age and her first memory of this is singing 'Away in a Manger' at a Sunday School concert. Adele grew up in Dunedin and was a first day pupil at the newly created Queen's High School. It was while at Queen's that she was inspired by a teacher to get into drama and Shakespeare, and she discovered that she absolutely loved theatre. Unfortunately, Adele was required to leave school at the age of 15 after only two years of secondary education and she begun working in a clothing factory. However, she continued to attend drama classes at what was to become the Dunedin Globe Theatre. A few years later her schoolteacher was producing *Hamlet* for the Dunedin Shakespeare Club and asked Adele to play the role of Ophelia. During this production she met her husband, became Adele Galt and moved with him to Invercargill in 1965.

She became heavily involved in the Invercargill Repertory and Operatic Societies and was involved in lots of different productions until the birth of her children in 1972 and 1973. Adele subsequently returned to performing and the highlight was when she played Eliza Dolittle in *My Fair Lady*. This show ran for three weeks, over 15,000 people attended, and it received rave reviews. The show won the Trophy for the Best Musical production in New Zealand in 1975.



Adele as Eliza Dolittle

During these years Adele developed a love of weaving and produced a variety of pieces from fabric to fleece rugs and wall hangings which were exhibited in Invercargill. Adele moved to Nelson in 1981, after her marriage ended, to attend the Nelson Polytechnic (NMIT) Weaving School for two years. Having decided to settle in Nelson she subsequently opened her own studio at the start of the Maitai Valley. In 1982 she won a NZ Spinners and Weaver Guild award for wall hangings using Ikat style for her piece titled 'Kea Imagery'. Adele specialized in a weaving technique which blended colour and in 1984 won a NZ Spinners and Weavers Guild award for floor rugs for 'Double Corduroy Style'. Her piece 'Breath of Spring' was purchased by the Auckland Museum for its permanent collection. Later, she entered a silk wall hanging entitled 'Spirit of the Ocean' in the Wearable Art Awards as well as creating dolls and hand puppets.



Adele (in checked shirt) weaving

Adele had always dreamed of being a teacher and started teaching weaving at night classes in Waimea College in 1985. She greatly enjoyed teaching adults and taught basic weaving on a rigid heddle loom. After purchasing a home in Nelson Adele had to put weaving aside and get a 'proper' job. Finding work was difficult as Adele had no formal qualifications but she managed to get some office work. During this time, she continued to do a little theatre and was involved in Garrick Theatre, Nelson Repertory Society and Nelson Operatic Society (Nelson Musical Theatre.) She also sung with the Nelson Civic Choir for many years. Adele also was, what she calls, a 'bit player' in a movie that was partly made in Nelson,

Lake Rotoiti and Wellington by a consortium from New Zealand and Canada. It starred a well-known American actress and Adele played the maid and spoke one line! The movie was supposed to be a pilot for a series, but it didn't ever go into full production. It was called 'Rugged Gold' and did appear on New Zealand TV and had a number of local actors and musicians in it. Adele thoroughly enjoyed this experience and describes it as 'A wonderful insight into how movies are made.'

Adele returned to Polytechnic in 1988 having been made redundant from her office job and completed a Diploma in Handwoven Textiles. After completing this course Adele's dreams of becoming a teacher did not come to fruition so she returned to office work. After being made redundant for a second time and back damage that she had received in a car accident limiting her movement Adele, at last, found the path to realise her dream.

After three years of hard study, at the age of 55 years, Adele gained her qualification as a teacher of Speech and Drama from Trinity College London which was equivalent to an undergraduate degree. Adele credits this as her greatest achievement, especially given her two years of secondary education. During this time she transitioned back to her maiden name and was once again known as Adele Tippet. Adele taught until she was 69 years of age providing private individual



lessons attached to the Nelson School of Music. She describes teaching as 'the most wonderful thing' and loved watching her students grow and develop and move into many different occupations. Some have gone on to work in the industry as actors and playwrights whereas others have used their speech and drama skills in their chosen field or occupation.

Since retiring 10 years ago Adele has enjoyed spending time in her garden. She now expresses herself through her wonderful array of flowers, shrubs and garden design. The creative thread continues to flow.

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

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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](http://www.myacp.org.nz)

## TechConnect Classes

Are you interested in learning how to use an i-pad? If so, then please enrol in our exciting new initiative. Starting in mid-June and running for four consecutive weeks we are delivering a course which covers basic i-pad use including emails, reading the newspaper, accessing library e-books, watching tv/films via On Demand or Netflix etc, What's App, games to play, internet banking and online shopping.

This course is a great way for those who are thinking about getting a i-pad to give it a try and learn how to use it before making the investment. During the course you will be given an i-pad to use and practise on as well as written instructions and easy steps to follow.

The course starts on Monday 14 June and runs through to 5 July. It will be held in the Age Concern Hall at 62 Oxford Street, between 2pm and 3pm. Spaces are limited so if you are interested, please contact Miriam on 544 7624 ext 6 or email [support@ageconcernnt.org.nz](mailto:support@ageconcernnt.org.nz).



## Beyond the Face Exhibition

We are incredibly excited about our 'Beyond the Face' Exhibition. This exhibition challenges viewers to look beyond a person's current appearance and see them as a whole person with fascinating lives, colourful experiences and wonderful achievements.

We have written profiles of 12 of our members and had their photo professionally taken by photographer Tim Cuff. This has been a mind-blowing experience for us as an agency as we undercover some of the rich tapestry that makes up our members. So many have amazing achievements and have given so much to the community. It really is an honour and a privilege to acknowledge and celebrate some of this. We are very thankful to those who were prepared to put their story in print. It is a big thing to do so we recognise your courage and willingness to do this.

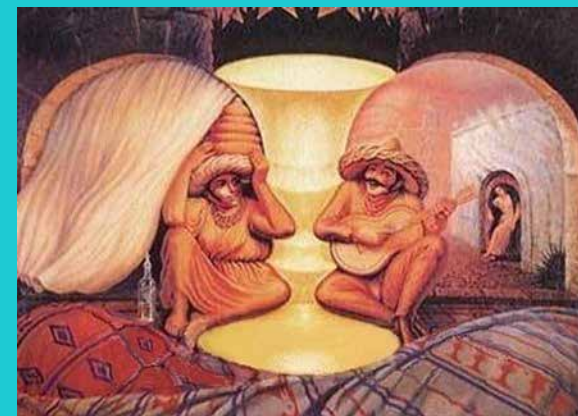
You are warmly invited to view the Exhibition. It is on display in the foyer of the Elma Turner Library in Nelson from 31 May to 25 June and is open during Library hours, so please pop on down and have a look.

For more information please contact Miriam on 544 7624 ext 6 or [support@ageconcernnt.org.nz](mailto:support@ageconcernnt.org.nz)

### Beyond the Face:

an Exhibition by Age Concern celebrating older people's achievements

Look closely! What do you see? Do you see two older people or three younger ones? Come along to our exhibition and find out about some of the amazing experiences and achievements of some of our members during their younger years.



**Where:** Elma Turner Library

**Exhibition:** 31 May - 25 June 2021

**Open:** Library hours



## 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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Kia kōrero

Let's talk

[www.myacp.org.nz](http://www.myacp.org.nz)

Plan for your future healthcare with an Advance Care Plan



## Age Concern Nelson Tasman celebrates International Day of the Older Person

Please join us for a free  
afternoon tea to celebrate  
**International Day  
of the Older Person**

**Where:** Annesbrook Community Church,  
40 Saxton Road West, Nelson

**When:**  
Tuesday 28 September 2021  
from 2.00 - 3.30 pm

**What:**  
Afternoon Tea  
and entertainment



**Please Register:**  
with Age Concern on 544 7624 ext 5  
or [ageconnect@ageconcernnt.org.nz](mailto:ageconnect@ageconcernnt.org.nz)

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## 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 14 June 9.30am-12.30pm,  
Summerset Richmond Ranges Activities Room,  
1 Hill Street North, Richmond
- Monday 16 August 9.30am-12.30pm,  
Tapawera Voluntary Fire Brigade Meeting Room,  
Main Road, Tapawera
- Wednesday 1or 8 September 10.00- 12.30,  
Murchison. Venue to be confirmed.

### 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:

- Wednesday 28 July, Hockey/Softball Carpark,  
Saxton Field, 10am - 3pm. Bookings required.

### 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 30 June 1.30-pm  
at Ernest Rutherford Retirement Village,  
49 Covent Drive, Stoke

If you would like to attend any of these workshops please register with us by contacting Jackie on (03) 544 7624 ext 4 or emailing [community@ageconcernnt.org.nz](mailto:community@ageconcernnt.org.nz)

## DO YOU NEED A CAR FIT?

By Arnold Clark

Arnold Clark recently underwent one of our CarFit assessments. Here he explains what it is and why it was so beneficial.



A Car Fit assessment is an informative and valuable activity that Age Concern provides for us older drivers – giving us the opportunity to see how well our personal cars 'fit' us. Having driven for years we step into our cars and give little thought to how it is set up for comfortable and safe driving. If you have been fitted to your car it could save your life.

I recently had a CarFit assessment. The whole process took only about 20 minutes. An Age Concern staff member took some of my details, and I was then handed to a specially trained technician. I remained in the driver's seat while the technician talked me through the process. Firstly the seat was adjusted – forward or back so that I could easily reach the pedals. Also the seat has to be positioned so that in the event of the air bag on the steering wheel opening it stops short of your chest so that it does not crush into you. The height of the seat and angle of the back and head rest was set so that you were comfortable and had a clear vision outside of the car.

The seat belt was adjusted so that it sat over your shoulder in a comfortable position between the neck and outside of the shoulder. The two wing mirrors positions were checked so that you had maximum clear vision. This was done by having the Age Concern staff member stand behind the car and move about. I then had to activate the controls for the lights, windscreen wipers and horn to show that they were easily reached.

The final part of the assessment was to talk to an

Occupational Therapist assessor. She checked the outside body of the car and then explained her role was to assess drivers referred by their doctor because of a medical condition. The Therapist may be able to suggest ways where an older person can continue to drive safely.

**I strongly recommend that you contact Age Concern and ask to get a slot in their next CarFit programme. The service is free.**



## SUMMIT

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**LIST & SELL WITH MICHELLE**



## Farewell and Welcome

Since our last Magazine there have been some staff changes at Age Concern.

We said farewell to Marrit Walstra-Russell, our Community Support Coordinator and Sandra Tait, our second Elder Abuse Advisor. Sandra started at Age Concern in September 2020 and made a big impact in a short space of time. She is an experienced Occupational Therapist, with gerontology a specialist area. She left us to take up a role in Older Adults Mental Health at the DHB.

We were all very sad to say goodbye to Marrit in mid-April. Marrit has been with Age Concern for over four years and her professionalism, warmth and compassion have made a significant difference to many lives. Marrit is setting up her own business, called 'Tidy Tulip', which will help people organise their homes.

Jackie MacIntyre has recently started as our new Community Support Coordinator. Jackie has a background in nursing, research, community health and has a wealth of knowledge about Covid-19 response. Jackie works Monday, Tuesday and Thursday and is enjoying working with older adults. Jackie's role involves working at a community level to ensure older people maintain their independence.

Due to the demand for our Accredited Visiting and Carer Relief Services we have appointed Joleen McEvoy to work alongside Susan and help keep up

with demand! Joleen is a qualified social worker and has most recently worked with a community agency in Wellington, specialising in older adults response. She is looking forward to relocating to Nelson to join family.

And finally...we welcome Cheryl Hague to the team to replace Sandra in the role working alongside Mal Drummond, dealing with elder abuse and self neglect. Cheryl is a very experienced social worker who originates from Liverpool in England, and has been most recently working in a crisis team at the Nelson hospital.



*pictured above Joleen (left) and Jackie (right)*

## Winter Quilts available



We have a range of winter warmth to give away including quilts, handknitted and croqued rugs, and beanies. We are very thankful to the kind and generous people who have donated these. A big thank you so much to the Nelson Quilters Guild for the latest batch of winter quilts.

We would love to share this winter warmth with those in need so if you or someone you know would benefit from a winter quilt, rug or beanie please call Jackie on 544 7624 ext 4.

## Golden Sausage & Apple Casserole

*Recipe reproduced with permission of Nicola Galloway [www.homegrown-kitchen.co.nz](http://www.homegrown-kitchen.co.nz).*

Prep Time 15 minutes | Cook Time 40 minutes  
Servings 4

### Ingredients

- 1 tbsp olive oil
- 1 large onion, sliced
- 6 good-quality pork sausages, about 500g
- 1 tbsp apple cider vinegar
- 1 tbsp Worcestershire sauce
- 1 tbsp soy sauce
- 1 tbsp tomato paste
- 1 rounded tsp sugar
- 1 tbsp flour
- About 2 cups boiling water or stock
- 1 large granny smith apple – peeled, cored and cut into 5mm slices

### Instructions

1. Heat a heavy-based frying pan over a moderate heat, add the onions and saute for 5 minutes to soften. Cut the sausages in half and add to the onions. Continue to cook until the sausages are evenly browned. A little colouring of the onions is encouraged at this stage for flavour.
2. In a 2-cup capacity measuring jug add the vinegar, Worcestershire sauce, soy sauce, tomato paste, sugar and flour and mix into a paste. Slowly add the boiling water while stirring to make 2 cups of gravy. Pour the gravy around the sausages in the pan. Lightly cover and simmer gently for 15 minutes to thicken the gravy.
3. Arrange the apple slices around the sausages. Continue to cook, covered, for another 15 minutes or so until the sausages are cooked through and apples tender.
4. Serve with cauliflower mash and steamed greens.



**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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peace of mind.**

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# Let's not confuse retirement village living with home ownership

A housing crisis is gripping the country and every day we hear reports of New Zealanders losing out on their dream home, queues at open homes and 'standing room' only at auctions.

Owning your own home is seen by many Kiwis as a birthright, and despite recent Government announcements, property remains a popular investment choice for many people.

Retirement village living is also riding a wave of popularity with 100 people moving into a village across the country every week. However, in most cases, residents are choosing to sell their homes, release the equity and forgo home ownership in favour of a different model. The most common model is called "Licence to Occupy".

A licence to occupy means a resident purchases the contractual right to occupy a property such as a villa or an apartment at a village, but has no legal ownership of the property itself or the land. The purchase of this right to live in a residential unit is often at a substantial discount to the average price of a freehold property in that area.

In return, the village operator assumes the ownership risks for the property such as long-term maintenance, renovations, storm or earthquake damage, pays rates and insurance and continues to invest in the village by providing an age care facility, upgrading the common areas, or rebuilding units to appeal to a new generation of residents. These investments are made at no risk or cost to the resident.

In addition, 60% of villages fix weekly fees so the resident is insulated from any increases in rates, insurance, staff salaries, and general overheads. For example, village residents on fixed weekly fees won't worry about Wellington City Council's proposed 17% rates hike.

Many of our residents tell us they like the model because it provides them with certainty of costs. Unlike owning a home, they aren't exposed to risks. So why is this important? Well, just like a licence to occupy model is not like owning a home, it also means that in most cases, residents or their estate do not share any capital gains when the property is re-licensed to another resident.

Any 'gains' made on the re-licensing of units is used by an operator to off-set the risks of owning the property such as maintenance and necessary expenditure. The resident, with no ownership stake in the village, is not liable for any unexpected property costs.

Understandably, many of our residents recognise they can't have one without the other – either they can share the risk of ownership and the unexpected costs, or they forgo capital appreciation in the security of knowing they do not face these costs.

In my experience, the residents I talk to understand this. They are astute, they've done their research and due diligence and have, as is required by the law, sought independent legal advice before moving into a village.

Arena Living | Retirement Villages NZ | Peninsula Club



Editorial supplied by Retirement Villages Association

## Keeping Well this Winter

Winter is rapidly approaching and this can be a challenging time of year for many. It takes a lot more energy to do daily tasks and it is easy to stay home rather than maintain social contact. Here are some tips for staying well this winter:

### 1. Keep active

Staying active during winter is paramount to keeping you healthy but it will also help keep you warm. If it's not too cold, you could take a short walk in the middle of the day. If you're staying in for the day, look for other ways you can keep active be it armchair exercises or daily chores. At Age Concern Nelson Tasman we run gentle movement classes such as SpinPoi, Move Good Now and Sing Yourself Well so come along to these. For more information phone Miriam on 5447624 ext 6 or [support@ageconcernnt.org.nz](mailto:support@ageconcernnt.org.nz)

### 2. Keep warm

Keeping warm can be challenging during winter but Work and Income automatically make energy payments of up to \$31.82 per week for those on NZ Superannuation or on a Veterans Pension so don't be shy to use your heat pump. You may be eligible for a Warmers Kiwi Homes grant so go to [eeca.govt.nz](http://eeca.govt.nz) or phone 0800 35 86 76 to find out more.

Age Concern Nelson Tasman has a number of winter quilts, handknitted rugs and beanies to give away so if you are in need or know someone who is please let us know. Contact Jackie on 544 7624 ext 4 or [community@ageconcernnt.org.nz](mailto:community@ageconcernnt.org.nz)

### 3. Health Eating

Getting plenty of nutrients and vitamins is essential as you get older. Include a good range of foods in your diet like wholegrain cereals, milk and cheese for calcium, and five portions of fruit or vegetables each day. And don't forget; frozen vegetables are just as good as fresh ones (and more convenient).

During winter you could try buying ready-made soups in tins or pouches at the supermarket. These are quick and easy, very warming and tasty. Keeping your fluids up is really important so keep a glass of water within reach during the day.

### 4. Stay Upright

Falling in winter can be very dangerous. Key ways to

keep yourself safe are:

- Rugs are one of the biggest trip hazards around the home. Make sure your rugs are anchored to the floor or remove them.
- Use your lights to ensure you have good visibility around your home. Make sure the bulbs are of appropriate wattage.
- Be aware of condensation in the bathroom and use a handrail
- Use night lights if you get up often in the night.
- Stay active to maintain strength and balance.

There are lots of falls prevention classes so go to [www.livestronger.org.nz](http://www.livestronger.org.nz) or phone Nelson Bays Primary Health on 5391170 to find out more.

### 5. Keep your spirits up

Feeling down during winter is not unusual, especially as the days get shorter. Try to do something you enjoy everyday, be it watching your favourite TV show, completing a crossword or heading out for a coffee. If you're unable to go out, or your friends and family can't visit, organise a regular phone call to stay in touch. It really helps to keep your mind active so a puzzle or a good book can certainly help. The libraries offer a delivering service so can bring books or jigsaws to you if you cannot get out.

At Age Concern we run a visiting service so if you are interested in having a weekly visit from one of our volunteers, please get in touch with Susan Arrowsmith on 544 7624 ext 3 or [coordinator@ageconcernnt.org.nz](mailto:coordinator@ageconcernnt.org.nz).

We also run a number of Tea & Talks across the region which is a chance for a weekly get together and a chat over a cuppa. To find out more contact Marnie on 544 7624 ext 5 or [ageconnect@ageconcernnt.org.nz](mailto:ageconnect@ageconcernnt.org.nz).

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# Monday Info Sessions

Date	Information Session	Time
14 June	<b>The Brook Sanctuary</b> – a community-based initiative working to restore a predator-free wildlife sanctuary close to Nelson	10am-11.30am
21 June	<b>ASB presentation on:</b> <ul style="list-style-type: none"> <li>• The Stoke Banking Hub</li> <li>• Scam/Fraud hints &amp; tips</li> <li>• Removal of cheques</li> </ul>	10am-11.30am
5 July	<b>Bike Safety for older adults:</b> Suitable for standard bike and E-bikes. (Please bring a bike helmet if you have one)	10am-11.30am
12 July	Rosalie Grant Community Finance Worker helps with personal finances including power cost, dental issues, and home repairs.	10am-11.30am
26 July	Nelson Quilters Guild – A insight into their group, and an opportunity to view their creations	10am-11.30am

For any further information or to register please phone Marnie on 5447624 ext 5 or email [community@ageconcernnt.org.nz](mailto:community@ageconcernnt.org.nz).  
All Sessions held in Age Concern Hall and cost \$3.



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