

WINTER 2021 QUARTERLY NEWSLETTER
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Age Concern Wellington Region

Serving the needs of older people

COMPLIMENTARY COPY

Seniority



Positive Ageing

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Tea and Tech

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OFFICE HOURS

9am - 4pm Monday to Friday

Chief Executive Report



Welcome to this issue of Age Concern Wellington Region's Seniority Magazine. As I reflect on this issue's theme, Positive Ageing, I think about some of the really happy seniors I know. What makes the

difference between those who age with smiles and those who age with sadness?

MSD's Positive Ageing Strategy states that "Positive ageing reflects the attitudes and experiences older people have about themselves and how younger generations view ageing, including their own ageing. Positive ageing takes into account the health, financial security, independence, self-fulfilment, personal safety and living environment of older New Zealanders."

Positive ageing isn't simply a choice or an approach. It is a complex issue which considers a myriad of factors such as past and present life experiences and circumstances. At Age Concern Wellington Region, as much as we'd love to, we can't

wave a magic wand and instantly solve all the issues which might impede positive ageing. However, we can, and do, strive each day to make a positive difference in the lives of seniors. Our impact is sometimes small and sometimes massive in people's lives, but as long as we're moving in the right direction to improve the prospects of positive ageing for all in our Region, we know our work is worthwhile.

We hope you enjoy reading this Seniority issue, and we look forward to hearing from you.

Stephen Opie

CEO, Age Concern Wellington Region

Cover photo:
Join an upcoming Tea & Tech Workshop to work through some of your tech issues with some patient and knowledgeable volunteers.



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Positive Ageing

I recently attended a Brain Health Workshop to find out what I needed to do to keep my brain fit and working at its full potential – well maybe not full, but at least adequate to get me through the day and the required tests for renewing my driver's license. While I learned quite a lot about nutritional requirements and the importance of foods containing Omega 3, zinc, magnesium and iron, the focus was on social connection, something perhaps we don't often consider as being an important part of brain health.

Keeping our brain healthy and active is a critical element in ageing positively. Here are some simple tips to maintaining good brain health in our senior years.

- **exercise regularly** to improve the blood flow to the brain - several times a week for 30 to 60 minutes, walk, swim, join a fitness class, or do any other moderate exercise to increase your heart rate
- **stay mentally active** – the old saying "use it or lose it" applies equally to the brain as it does to muscles, so doing sudoku, crossword puzzles or even just reading is good for the brain – watching TV is a passive activity and not so good
- **get plenty of sleep** – preferably in blocks of six to eight hours rather than fragmented into shorter intervals if that's possible
- **eat nutritional foods** – a balanced intake of meat, fish, fruit, and vegetables seems good enough if taken in moderation, and
- **remain socially active** – this stimulates the brain and helps make us happy.

Age Concern Wellington Region provides many services that will help you keep your brain healthy, such as falls prevention exercise classes and community hubs which facilitate social connections.

Mick Calder | Age Concern Wellington Region Administration Assistant Volunteer

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UPCOMING EVENTS

POP-UP HUBS

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



SEATOUN

When: Call Kirsten for the next monthly hub date: 04 499 6645
Where: Seatoun Village Hall next to St Christopher's Church, 22 Forres Street, Seatoun

LINDEN

When: Call Kirsten for the next monthly hub date: 04 499 6645
Where: Linden Community Centre, 10 Linden Ave, Tawa

The Immunisation Advisory Centre

In February 2021, New Zealand commenced a COVID-19 immunisation programme. The New Zealand Government has directed that anyone in New Zealand, whether they are eligible for publicly funded health services or not, will be eligible to receive the COVID-19 vaccination until 31 December 2021. The timing of the vaccinations will depend upon the priority schedule and these vaccines will not be available to purchase privately. For more information, please call 0800 466 863

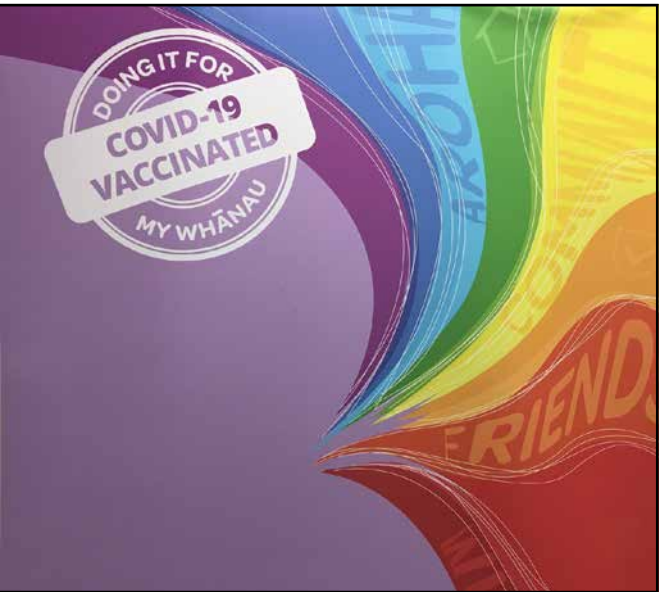
NEW - VOGLEMORN

When: Call Kirsten for the next monthly hub date: 04 499 6645
Where: Voglemorn Hall, 13 Vennell Street, Brooklyn
Call 04 499 6645 for more information.

STAYING SAFE WORKSHOP FOR SENIOR DRIVERS



Staying Safe is a classroom-based refresher workshop for senior road users. The workshop aims to maintain and improve safe driving practices and increase knowledge of other transport options available to help senior road users remain safely mobile.
Please call for the next course dates. Call 04 499 6648 for more information.



RYMAN PIONEERS

Together



"There's always something going on to help people get together and do things."
Maureen, Myrtle and Sybil, Ryman residents

NEIGHBOURLY-NESS BUILT IN

It might be coffee or simply going for a walk - most of us find comfort in doing things with others. Our serviced apartments and village lifestyle make it easy, with neighbours that look out for, and support, each other. It's a genuine community, and another example of how we're pioneering a new way of living for a new retirement generation.



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Win – Win with the Companion Walking Service

Mary* is 85, little, friendly and active. When I joined Age Concern Wellington Region’s Companion Walking Service, I looked forward to walking weekly with her. We live in the same suburb.

But after a couple of walks near her rest home and dozens of repetitions of how she was born, schooled and lived all her life in the area, I thought ‘I’m not sure I can do this.’ Shame, then inspiration seized me.

On a cold damp day, I collected Mary and drove five minutes to the Botanic Gardens. ‘I’ve never been here,’ she said. ‘Two brave little old ladies!’ I said as we walked in the drizzle. We both laughed. We went into the hothouse. Mary was interested in everything that was pointed out. ‘That would hurt!’ she said of the cactus, and ‘I love yellow!’ as we looked at the begonias. The following week, we tried the waterfront. She told me she’d never been there before. I pointed to a skateboarder. Mary said, ‘They go fast. My father would never have let us go on one of those!’ We walked in the Otari Plant Museum, in Kelburn Village, down and up again in the Cable Car, to the Cable Car Museum (‘My mother would never have let us sit outside!’), we wandered amongst the tulips in the Gardens. She’d never seen any of these places before. She told me more about her upbringing. One day, when we arrived back at her dementia unit, she said, ‘Thank you for talking to me. I never talk to anyone here.’ I’m not sure if she’d remember if she did talk to anyone there. I’m not even sure she remembers these walks. ‘Does it matter?’ I asked myself. I decided it doesn’t. All that matters is that for a couple of hours, Mary has laughed and talked and been very happy. And so have I.

D.K. | Companion Walker

*To protect her privacy we have changed her name and location of residence.

Companion Walking Service

Would you like to go out more but find it difficult to go out on your own? If you’d like to go for a walk in your community, to the park, local café or shops, then we can help. Our carefully chosen and trained volunteer walking companions are keen to support you. We will match you with a local companion with similar interests so that you can enjoy a walk together.

Accredited Visitor Service – Perfect Pair

An afternoon cup of tea once a week is how their visits started, but Janice and Vinnie’s friendship has grown over the months and now they sometimes venture to the park or the beach with Vinnie’s dog, and even stop for fish and chips occasionally.

Kirsten Blyde, Visitor Coordinator at Age Concern Wellington Region, carefully matches clients and volunteers. “Thanks for pairing us so well,” Janice recently wrote in an email to Kirsten. Many similar friendships are growing around the Wellington Region thanks to the Accredited Visitor Service. If you or someone you know would like to be part of this great service, please call 04 499 6645 or email avswgtn@acwellington.org.nz

Shopping Service

We have a shopping service for seniors. There are many volunteers offering to help with shopping, so don’t hesitate to contact us if you need help.

Volunteers Welcome

If you have a little spare time and would like to volunteer with Age Concern Wellington Region, we’d be happy to hear from you. We have a particular need for volunteers in the Hutt Valley. Please email ea@acwellington.org.nz or call 04 499 6648.



Molly the dog, Vinnie, and volunteer visitor Janice. Look out for their story in the next Seniority issue.



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

Winter Energy Payment

The Winter Energy Payment is an extra payment supplied via Work and Income to help pensioners with the cost of heating in the home over the winter months.

The Winter Energy Payments this year started on 1 May 2021 and continue until 1 October 2021.

You don’t need to apply – if you’re eligible, you’ll get the Winter Energy Payment automatically along with your other regular pension payments from Work and Income.



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Gavin Murphy
General Manager

Steady as You Go Classes



Age Concern Wellington Region runs 30 weekly Steady as You Go classes in the wider Wellington Region. These classes are designed to help seniors improve strength, balance and flexibility, which builds confidence and reduces falls.

As people age, there is an increased likelihood of falls due to weakening of muscles, poor balance, diminished eyesight and the natural hazards of every-day life. The problem with falls for the elderly is that the result can be more serious and recovery times much longer than for younger people.

A fall, no matter whether serious or not, does tend to reduce confidence and causes some people to opt out of activities to avoid future falls. The problem escalates as reduced activity can weaken muscles with consequences for both strength and balance.

But action can be taken to reduce these misadventures and improve confidence. Steady

as You Go exercises are designed to help older people in their ordinary everyday lives. Groups practice balance, coordination-building, and muscle-strengthening exercises such as standing on tip toes or moving from a sitting to standing position.

There are eye exercises to assist balance and strengthen the muscles used for peripheral vision, which are needed for driving.

Doctors and physiotherapists are recommending Steady as You Go to their patients. But Steady as You Go is about more than physical well-being. Participants often form strong friendships within these peer-led class groups. One participant recently wrote to Ann Dalziel, Health Promotions Coordinator at Age Concern Wellington Region: “I have not been attending my local class for a while due to ill health. Our class peer leader has been in touch regularly. I want to give a shoutout to her for her generosity, kindness, love, and compassion... Thank you also to Miss Dalziel for making every effort to make this a successful enterprise.”

Not only do these falls prevention exercise classes help with strength and balance, but great social connections are frequently made. If you or someone you know would like to participate in Steady as You Go exercise class in your area, please call 04 499 6648 for more information.



Age Concern Wellington Region Visits Government House

Kirsten and Lorna had the privilege of spending a lovely afternoon at Government House in Wellington. On Wednesday 17th March 2021, Dame Patsy Reddy and Sir David Gascoigne hosted an afternoon tea for Community Networks Wellington member organisations who worked tirelessly to support others during the Covid-19 pandemic. The member organisations encompass more than 400 professionals and a large number of volunteers working in the community and social sector in Wellington, Hutt Valley and Porirua, supporting in excess of 10,000 vulnerable people in the community.

Thank you to The Right Honourable Dame Patsy Reddy, Sir David Gascoigne, their welcoming team, and CNW!



Pictured from left: Age Concern Communications Coordinator Lorna Harvey, The Governor-General The Right Honourable Dame Patsy Reddy, and Age Concern Social Connection Coordinator Kirsten Blyde

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www.courtenayhearing.co.nz

DEAR JOHN...**Dear John**

My 91-year-old father is being bullied by my sister to move into a rest home. He is anxious to stay in the home he has occupied for decades. He is quite fit for his age and only a little forgetful. He receives a cleaning service every two weeks from the District Health Board, and apart from that looks after himself. I have offered to go and live with him as his carer, but my sister says he must go into a retirement facility. Can my sister force him into moving out of his home?

Julie, Tawa

Hello Julie

Thank you for your enquiry – as long as your father is of sound mind (which he certainly seems to be from what you've written), he cannot be forced to move. You mention he receives care once a fortnight, which indicates he must be able to cope reasonably well. Based on what you've told me, it sounds like your offer of being his carer could be welcomed. You do not mention Enduring Power of Attorney for welfare – if your father does not have one in place, I would like to suggest you contact a lawyer and organise this. It should help protect him and increase his choices.

Age Concern Wellington Region have an arrangement with a local firm called Mahony Horner Lawyers and they offer discounted rates to Age Concern Wellington Region members. Please telephone Age Concern on 04 499 6648 for further details.

Covid-19 Vaccine Scams and Misinformation

Scammers look for ways to trick you into sharing their personal or financial details, especially via phone and email. Here's what you should know about the COVID-19 vaccine programme:

- You will never be asked to pay for the vaccine or pay to secure your place in the queue.
- Official information about the vaccine will come from a trusted provider of health content, such as the Ministry of Health, Unite Against COVID-19 or your District Health Board.
- A health worker will never come to your home to give you the vaccine, unless arranged with you beforehand.
- You will never be asked for personal information via text or email. If you see it, report it to CERT NZ and don't reply to the message.
- If you receive an email, phone call or SMS asking for financial details in regards to the vaccine it will be a scam. Report it to CERT NZ immediately.
- If you see something about the vaccine that doesn't seem right, report it to CERT NZ by calling 0800 2378 69.

Reliable information about the vaccine is on the Ministry of Health and Unite Against COVID websites. Visit: covid19.govt.nz/vaccines

Covid-19 Contact Tracer Booklet

While the tracer app is the best method, the government has created a COVID-19 Contact Tracker booklet as an accessible alternative. This is to support contact tracing in our community for those who can't access a smartphone or may not know how to use QR code scanning. Get your free copy from Age Concern Wellington by calling 04 499 6648

Texting FOR Seniors

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

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Petanque and Other Sports

Mick Calder

Keeping physically active is a really important part of positive ageing. Mick Calder, one of Age Concern Wellington Region's volunteers reflects on taking up petanque to keep himself moving...



Petanque may look a bit daunting initially but as well as providing physical activity it also engenders social interaction – and you don't have to be fluent in French or even wear a beret to play!

Probus Wellington Central started a petanque group with the support of the Wellington City Council. They meet on Tuesdays and Sundays at 2.00 pm (weather permitting) at the petanque terrain (park) beside the children's playground and kiosk in Waitangi Park.

As they use a public space and WCC provides some equipment (Boules etc.) it is not a closed group: anyone can join in on a casual basis or as a regular. They frequently have youngsters enquiring about the weight of the boules (650 to 800 grams) so they give them a chance to play an end to get the hang of the game. They attract the attention of passers-by and occasionally

tourists (pre-Covid) have joined in.

The aim of the game is like lawn bowls as you attempt to get your boule close to the jack or cochonnet (little pig). Except however the terrain is composed of a mix of fine gravel, clay and lime, so the boules are thrown rather than rolled along the ground.

Some people adopt that method, but the roughness does not guarantee accuracy. The best option is to throw the boule which avoids some of the rough terrain, backhanded to provide back spin, so that the boule arrives just where you would like it to stop. Invariably that is a pipe dream, unless you are an expert!

The group plays the game with three boules each for singles and pairs games, and occasionally break the rules using three for triples - but it can get a bit messy with 18

boules surrounding the jack. The other aspect of the game is shooting or throwing your boules to knock you opponent's boule away from the jack, but if you miss you can expect some jibes from the opposition.

Competition is keen and the gentle art of sledging one's opponent and their throwing ability is all part of the game. The other source of contention is deciding whose boule is closest to the jack, with some players being blind in one eye and cannot see out of the other trying to convince everyone that their boule is closest. Settling such disputes can involve heated debate, or the use of a tape measure or calipers, but modern technology provides an app for your phone to take a picture and determine the outcome.

While the game provides physical activity in the form of just holding the boules, throwing them,

walking up and down to check the layout, and picking up the boules, it also provides a lot of social interaction.

Generally, the majority of the players will adjourn to the bar of choice in Courtenay Place to review the games. However, given the age and worldly experience of most of the players, they devote plenty of time to sorting out the major problems facing world leaders. If only they were listened to, the world would be a better place.

Petanque is just one of the activities that can be used as an excuse for social gathering. Some of the members also play Golf Croquet on the green in Kelburn Park. Of course, you could walk along and then sit in the sun, watch, and even provide comment from the sidelines. Alternatively, Age Concern Wellington Region runs some very stimulating Steady as You Go exercise and balance classes if petanque doesn't sound like your thing!

Atrial Fibrillation (AF) Support Groups

Support groups for people and whānau impacted by Atrial Fibrillation.

Please join us for a chat and the opportunity to meet others with AF.

Porirua

When: 10.30am, last Wednesday of the month (bimonthly from February)

Where: Linden Community Centre, 10 Linden Avenue, Linden

Lower Hutt

When: 10.30am, first Thursday of the month (bimonthly from February)

Where: Hutt Art Society, 9-11 Myrtle Street, Lower Hutt

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What is the meaning of an Epicurean Old Age?

Judith Davey

If we look up epicurean in the dictionary, we find definitions such as hedonistic, decadent and pleasure-seeking. An epicure is widely thought of as a sensualist with gourmet appetites. But the real Epicurus, a Greek philosopher, who lived around 300 BC and died at the age of 71, was not an epicurean in this sense at all. What we know of his philosophy – from only a few fragments which have survived – is that he believed in a simple live and let-live life, each person seeking his (or her) own tranquil pleasure, without an endless pursuit of the new and fashionable.

Frantic ticking off a “bucket list” (not Epicurus’ words of course) does not allow for calm and reflective appreciation of our old age, which is closer to what Buddhism calls the “emptiness of striving”. High on Epicurus’ list of pleasures were not gourmet dishes, but calm companionship, mutual support and growing your own food.

“Travels with Epicurus” by Daniel Klein has the subtitle “A journey to a Greek Island in search of an authentic old age”. Klein questions the compulsion to remain “forever young” – a superficial attempt to extend the prime of life and to refuse to surrender to old age. At age 73, instead of spending thousands on dental treatment to maintain a youthful smile, Klein used the money for a trip to a Greek island with a suitcase full of philosophy books. The preface to the book is a quote from Epicurus:

It should not be the young man who is



considered fortunate but the old man who has lived well, because the young man in his prime wanders much by chance, vacillating in his beliefs, while the old man has docked in the harbour, having safeguarded his true happiness.

Sexist, but worth thinking about. The view of old age is as the pinnacle of life, typified by calm and satisfaction.

I was thinking about this philosophy when I reviewed an academic article on the Baby Boom generation and how they might reinvent old age and retirement. This discussed volunteering as a worthwhile activity which can be beneficial for the individuals who undertake it. There is evidence that volunteering contributes to well-being, better health, higher life satisfaction and a reduced probability of cognitive decline. But what kind of volunteering?

Frequently volunteering is seen as a substitute for paid work, consistent with the “activity” theory of ageing, which calls upon the “young old” to maintain the lifestyles of middle age as long as possible. It sounds like the “forever young” approach. Instead, older people may be seeking something which is meaningful as well as making a difference. There needs to be something in it for themselves (something truly epicurean), with fewer hours and lower demands, and more potential for calmness and pleasure.

If this is true, it suggests a different, and more creative, approach to the recruitment and oversight of older volunteers. This may mean informal volunteering and community leadership – not tied to a formal organisational base, more flexible, and more consistent with the strengths of older people.

At the time of the Canterbury earthquakes, I suggested that these strengths were well

illustrated, especially at the neighbourhood level. As well as being the recipients of support after a disaster, older people were clearly an effective resource for community and family support in the immediate aftermath and the recovery period. In his PhD research, Michael Annear concluded that older people were the “unsung heroes in the aftermath of the earthquakes” and said that the diversity and effectiveness of their coping styles offered valuable lessons for younger people. I think that the same thing happened during the Covid-19 lockdown periods in 2020. Many of the services provided to people who were restricted in their movement came through “older” volunteers operating on an informal basis through family and community networks. Stereotyping older people as “vulnerable” and “elderly” in such situations leads to undervaluing their potential contribution.

So perhaps there is a distinction between highly committed volunteers who do see this as a substitute for paid work (for example, in hospitals, with the police) and people, usually older people, with a much more casual and flexible attachment, who respond to opportunities to help and to gain satisfaction for themselves. The former may need effective day-to-day management, formal contracts, and carefully planned resources. The latter type may flow from and be integrated with local interests and emerge on a more spontaneous basis. Volunteering then becomes a social and leisure activity, building on pre-existing social ties, bonding, and developing ties with others – even if it is only checking on their neighbours, helping with shopping, or chatting and making tea. This approach will contribute to community building and social integration and will improve the wellbeing and satisfaction of all who participate in it. Would Epicurus have approved? Can this help towards the calmness he was advocating?

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Why Planning Is the Secret to Positive Ageing

Article reprinted with permission from PROBUS SOUTH PACIFIC – ACTIVE RETIREES, 28 Apr 2021

There are many elements and types of positive ageing, but at its core it is about handling the inevitable transition from one stage of life to another.

According to Brisbane-based positive ageing expert, Marcus Riley, how well we plan for these transitions will determine how effectively we deal with them.

The former chair and current director of the Global Ageing Network explains that positive people are proactive, not reactive.

“It’s up to you to take charge,” Mr Riley says. “We can be proactive by understanding what threatens our successful ageing and take pre-emptive action.

“For example, knowing relationships are important to our well-being means that we may need to take proactive steps to patch up a fraying friendship or family relationships.

“Planning is the secret to retaining control for as long as we live. Planning enables us to make the most of the choices that are available across all phases of later life.

“Often, people will leave planning for retirement, or setting themselves up for their later years, too late. So, start planning now to create the life you want.”

Here are Marcus Riley's five planning tips for positive ageing.

1. Identify what is important to you, and consider this when making any decisions

“We must identify what is personally important to us, reflecting on our priorities across a number of factors. Our relationships

of importance, the activities we value, the state of our finances, where we want to call home now and possibly later, it is vital to recognise what is best for us and consider this when making all decisions.”

2. Employment and retirement – planning is the key to ease the transition

“These days we have the opportunity, if we plan well, to avoid the abrupt end of work through retirement and instead work in a modified role, either part-time or in a less senior job, to ease the transition into retirement.”

3. Family role – plan for upcoming changes and how that affects your family role

“Because we are living longer today than at any time in history, family roles are much more fluid. It is important for us to consider what changes are likely in the future and plan accordingly; what family roles do I perform now and what will be required at later stages?”

4. Wellness – recognise how we best sustain our physical and mental health

“Planning also means a preventative approach to trying to keep illness at bay and staying active enough to do whatever our heart desires by eating well, exercising and having regular medical health check-ups, starting now.”

5. Be adaptable

“Our plans must be adaptable, something that we’re constantly renewing and reviewing because our circumstances will inevitably change. Our aforementioned personal priorities will vary with changed circumstances or new thinking; therefore, we must update or adjust our plans to remain conducive to our best living.”

Probus South Pacific: *Probus operates throughout Australia and New Zealand and provides you with the opportunity to join together in Clubs and to progress healthy minds and active bodies through social interaction and activities with retirees in your community. Thank you Probus South Pacific for the permission to reprint this article.*

Prince Philip – A Life of Service

We were sad to hear of the passing of Prince Philip in April 2021. His funeral was a very different one than perhaps had been planned, but nonetheless powerful. No one will forget the image of the Queen sitting alone, as she faces the remainder of her life as Queen without her husband.

Surely one of the most incredible aspects of Prince Philip's life was his dedication to his role as Consort to the Queen. He was the Patron, President, or member of over 780 organisations. His active service began in 1952 when Elizabeth became Queen and from then until his retirement from public life in 2017, he participated in 22,219 engagements. That is more than 340 engagements per year! Presumably, there were many days of multiple engagements, but it's still a remarkable achievement.

We acknowledge Prince Philip's service to many charities all over the world. He has made a significant impact on the lives of many!

Safety in the Home

This workshop is designed to help seniors reduce falls in the home through hazard identification. We will cover topics such as how to prevent slips and falls in the home, navigating stairs, bathroom safety and how to reduce hazards such as tripping and slipping.

When & Where:

Tuesday 6th July
– Seatoun Village Hall

Please call 04 499 6645 for more information, times, and to register.

Supporters of Age Concern Wellington Region



City Gallery Tour

In collaboration with Wellington City Gallery and Nikau Café, Age Concern Wellington Region is happy to offer a guided tour of the exhibitions, followed by afternoon tea in the café.

Please call Kirsten on 04 499 6645 or email connectwell@acwellington.org.nz to reserve your space.

- Thursday, 17th June 2021, 1.30pm
- Thursday, 15th July 2021, 1.30pm



Psychological First Aid

Imelda Coleman

Community Support and Outreach Coordinator

It is now well recognised that traumatic events like floods, earthquakes, and pandemics have an ongoing effect on mental health. It is important to not only look at rebuilding the physical foundations of a community but also healing mental well-being.

In recent years there have been many programmes initiated internationally to formulate guidelines or criteria for optimal psychosocial care concerning critical incidents. The five essential principles for care givers are: to promote (1) a sense of safety, (2) calming, (3) self and community efficacy or value, (4) social connectedness, and (4) hope (Hobfoll et al., 2007)

Normal reactions to abnormal events

We can react to traumatic events in a variety of ways. Such events can change the way we feel, think or act, or all of these at once. It's important to know that these are normal reactions.

- **Emotional** - anxiety, grief, guilt, anger, irritability, frustration, sadness, shame, numbness, loss of hope, loss of meaning, feeling of emptiness.
- **Mind** - loss of concentration, memory loss, confusion, intrusive thoughts, difficulties in decision making, disorganised thought.
- **Physical** - increased heart-rate, sleeping problems, aches (stomach, head), back and neck pain, muscle tremors and tension, loss of energy, inability to rest and relax.
- **Behaviour** - risk taking, over- or under-eating, increased intake of alcohol or

cigarettes, aggression, withdrawal, isolation.

Psychosocial support

The term "psycho-social" refers to the dynamic relationship between the psychological and social dimensions of a person, where the dimensions influence each other. The psychological dimension includes emotional and thought processes, feelings and reactions. The social dimension includes relationships, family and community networks, social values and cultural practices.

"Psycho-social support" refers to actions that meet the psychological and social needs of individuals, families and communities. Early and adequate psycho-social support can prevent distress and suffering from turning into more severe mental health problems.

Taking care of ourselves

Helping others responsibly also means taking care of your own health and wellbeing. As a helper, you may be affected by what you experience in a crisis, or you or your family may be directly affected by the event. It is important to pay extra attention to your own wellbeing and be sure that you are physically and emotionally able to help others. If you're working in a team, be aware of the wellbeing of your fellow helpers as well.

Toolkit for Volunteers

This toolkit (available online) is designed to help volunteers define their role in the community before, during, and after an event and to take the actions that are best suited to that particular event.

Imelda Coleman | Community Support & Outreach Co-ordinator
avshutt@acwellington.org.nz

YOUR VOICE

Congratulations Rosemary Cole, recent winner of our "Your Voice" reader's competition.

Thank you for submitting your short story:

A Reader's Entry

During Covid-19 Level 4 Lockdown, there was no heavy traffic and no frequent aircraft noise. Instead, neighbours, like me, could clearly hear Zealandia's birds by day and by night. Many people reported hearing more birds, such as Ruru/Morepork, than usual.

In Level 3, Zealandia's birds had started to move along the green belts and bush corridors. There were many more birds in residential gardens. It was as if some birds, e.g., Ruru, were looking for people they usually saw at Zealandia.

This was when my husband and I heard unexpected warbling at night. He googled the warble and realised it was a Ruru, although its usual nocturnal call is, "Morepork, Morepork."

It was a magical, a 'bucketlist' moment!

Then in Level 2, the heavy traffic and aeroplanes started again! Immediately, all the birds disappeared back to Zealandia!

At Level 1, Zealandia opened to the public again and, once again, I only hear the Ruru's usual nightly call, "Morepork, Morepork."

However, I'll never forget that soft, gentle warbling, as if the Ruru was asking, "Hello? Anybody there?"

Generation Link

Isolation and loneliness is an experience that many older members of our community face on a daily basis. Generation Link aims to connect seniors in our communities with local tamariki in school, during school hours. Hampton Hill School in Tawa are excited to be part of the Generation Link Pilot Programme.

Generation Link is looking for volunteers who would like to be involved with the project and would like to offer two hours of their Wednesday afternoon to take part in facilitated activities with the senior school children.

If this is something that you are keen to be part of, please email Hello@vsctrust.org.nz or call or text Ali on 021 665 433

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YOUR VOICE

Life, Travel and Working for the Foreign Service



"Your Voice"
Competition Winner.

Congratulations to Wellington local Claire Ny!

Thank you for submitting your short story:
Claire Ny

Claire Ny, May 2021

My name is Claire Ny; I was born in Christchurch. My family name is Ny, from my grandfather Gustav Ny who came from Finland and whose life is a complete enigma. He came to New Zealand at age 19 in the late 1800s, settled in the Oamaru area, and there are sketchy rumours about his work; but we do know he had a farm and married when he was 46. He had three children in quick succession, but he died at age 49 when the third little one was still unborn. So, my father Anthony Gustav who was the eldest (three at the time), hardly knew him.

My mother's Ryan family were Irish Australian gold field settlers, who moved on to New Zealand and settled in the Ngapara, Oamaru, area. There are numerous children from both families as recorded in a book called "Dozens of Cousins". Gustav, more commonly known as Gus moved to Christchurch.

I was the eighth child of the nine for Gus and my mother Greta. We grew up in the Catholic area of

Christchurch around Spencer Street, Spreydon, an area labelled "The Catholic Ghetto" by the locals. I attended Sacred Heart Girls College where I studied shorthand and typing, and that led me to office positions in Christchurch.

I had a hankering to travel, to see the wider world and the Department of External Affairs were advertising for stenographers. So a friend and I applied and were granted interviews in Wellington. I got the job, and she didn't!

In 1972 I worked in Parliament buildings and that year my Christchurch boyfriend of five years proposed; we married in early 1973. The Department did not hire married secretaries at that time, so I had to leave that job, but a week after the wedding we left New Zealand for a huge adventure. We travelled through Australia, to Singapore, Penang, Bangkok, and Kathmandu where we met a bus load of other intrepid travellers and went overland to London by bus. It took three months.

There I worked locally in the NZ High Commission and worked for the diplomats negotiating for EEC (European Economic Community) access for butter, meat and casein, when Britain first joined Europe in 1973.

Life (and divorce) saw me back at the Ministry of External Relations and Trade in Wellington in 1984, and further adventures began. I learnt a lot about Maoritanga, participated in a trip to Tūrangawaewae for the return of a Taonga from Italy, worked as secretary during the Muldoon/Lange changeover, and helped with the last ANZUS conference in 1984 when George Schultz attended.

My postings with the Ministry started in Seoul, South Korea in 1985 for the World Bank

conference when Roger Douglas was awarded best Finance Minister. These postings continued for 28 years. There were two-year-long postings to South Korea, Iran, Hong Kong, Mexico, and Argentina, while I also had short term positions around the world of three weeks to months, depending on the need of the office.

Social upheavals and other significant events occurred during that time; student riots in Korea with tear gas in our apartment, the War of the Cities in Tehran (five series of air raids, missile attacks and artillery shellings on major cities and urban areas initiated by Saddam Hussein's Iraqi Air Force in 1987/88) in Hong Kong I assisted with the evacuation of New Zealanders from Beijing during the Tiananmen Square student uprising in 1989; the uprising of the peasants in Chiapas in Mexico, and Commandant Ramona and the Zapatistas, to name a few.

My work in the various Embassies or High Commissions of New Zealand could range from typing letters to arranging visiting Ministers' dinners. Once I became Administration Officer, it meant staff management and working as an agent for Immigration, Finance, Information and Publicity, Communications, Defence Liaison, and Internal Affairs when necessary, plus Consular work which was my favourite part of the job. Helping New Zealanders in trouble, lost passports, lost relatives, people in jail, people who had fallen ill, or passed away and needed to be guided home.

Working in different countries (5 long term postings and 20 short term postings), experiencing the different cultures, the food, the languages, living as a woman alone, eating out alone, venturing out alone, and backpacking around Mexico alone brought many and varied experiences. All have been special, character building and an enormous fund of stories and experiences which I hope to build on and write about.

I had opportunities to meet with Princes

and Presidents, attend a Garden Party at Buckingham Palace, and meet diplomats from other countries. There were bizarre experiences like the Halloween party at the Irish Embassy, or going to a Christian midnight mass in Tehran. And meeting New Zealanders making their own way overseas successfully, some in some very out of the way places, in art, music, trade, medicine, and missionary work, have been fascinating.

The work has always been the priority but in my holidays, I have tried to see as much of the country as possible. The palaces of Britain and Russia, the pyramids of the Mayas and Aztecs in Mexico and the Egyptian pyramids and Abu Simbu in the Nubian desert, the ancient 2000 Buddhist stupa in Borobudur, Indonesia, the temples and mountains of Nepal, the mosques and ancient civilisations of Pakistan, Kashmir, Afghanistan and Turkey, Easter Island and the place where the Dalai Llama now lives. The turquoise mosques of Iran, and the city of Isfahan, and Dubrovnik - all treasures. I have visited 77 countries during my travels.

It has been a privilege to have been able to work for New Zealand and expand my own experiences.

Lessons learnt: do not use soft luggage when you are travelling through airports in the USA; they can (and did) rob your bag before the luggage even gets on the plane; always keep copies of your passport and papers separate from your originals and keep your originals tight against your body; try and have a little bit of money from the country you are going to, it saves being ripped off when you first get there. The Minister must never be surprised; every distressed citizen overseas has a Member of Parliament.

The Elizabethan definition of a diplomat is "an Honest person sent abroad to lie for the good of their country!"

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

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

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Come to our free Tea & Tech workshop, held in partnership with ANZ. Bring your digital device and get help from some friendly volunteers.

Come to Tea & Tech if you need help with:

- Getting connected with friends and family online (WhatsApp, Facebook, etc.)
- Doing online banking (any bank, not just ANZ)
- How to watch TV on the Internet
- Doing your grocery shopping online
- Using email and visiting websites

Call 04 499 6648 or email info@acwellington.org.nz for upcoming dates and to register.

Did you enjoy reading this copy of Seniority?

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

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

Steady As You Go Classes 2021 - For more information please call 04 499 6646

DAY	TIME	LOCATION	ADDRESS	NOTES & INFO
Monday	10.30am	Innermost Gardens	Mount Victoria, Wellington	Dementia group – by referral only
Monday	10.30am	Karori Community Centre	7 Beauchamp St, Karori	
Monday	11am	Quaker Meeting Rooms	7 Moncrieff St, Mt Victoria	FULL
Monday	12pm	Johnsonville Community Centre	3 Frankmoore Ave, Johnsonville	FULL
Monday	1 pm	Island Bay Community Centre	137 The Parade, Island Bay	From 3 May 2021
Monday	1pm	Tawa Community Centre	Cambridge Street, Tawa	FULL
Monday	1.30pm	Walter Nash Centre	20/22 Taine Street, Taita	
Tuesday	11am	St Barnabas Church	35 Box Hill, Khandallah	
Tuesday	11am	Seatoun Village Hall	22 Forres Street, Seatoun	
Tuesday	11am	St Mary's Church Hall	69 Discovery Drive, Whitby	FULL
Tuesday	11am	Koraunui Stokes Valley Hub	184 Stokes Valley Rd, Stokes Valley, Lower Hutt	
Tuesday	11am	Upper Hutt Library	844 Fergusson Drive, Upper Hutt	
Tuesday	11 am	Titahi Bay Superannuitants Club		Closed group
Tuesday	12pm	Linden Community Centre	10 Linden Avenue, Tawa	
Tuesday	1pm	Vogelmorn Hall	Mornington Rd, Brooklyn	
Tuesday	1 pm	Collective Community Hub	33 Johnsonville Road	From 4 May 2021
Wednesday	11am	Knox Church	574 High St, Boulcott, Lower Hutt	
Wednesday	12pm	All Saints Church, Hataitai	90 Hamilton Road, Hataitai	
Wednesday	12pm	Eastbourne Community Hall	Tuatoru St, Eastbourne, Lower Hutt	
Wednesday	12pm	Walter Nash Centre	20/22 Taine Street, Taita	
Wednesday	12pm	Karori Community Centre	7 Beauchamp St, Karori	FULL
Wednesday	1.30pm	Newlands Community Centre	9 Batchelor St, Newlands	
Wednesday	1.30pm	Churton Park Community Centre	75 Lakewood Avenue, Churton Park	
Thursday	10am	St Peters Church (garden room)	Willis Street, Wellington	
Thursday	10.30 am	Thistle Hall	Cuba St, Wellington	Chinese Group
Thursday	11am	Bob Scott Retirement Village	25 Graham St, Petone, Lower Hutt	
Thursday	12pm	Tawa Community Centre	5 Cambridge Street, Tawa	From 18th February 2021
Thursday	1pm	Koauunui Stokes Valley	184 Stokes Valley Rd, Stokes Valley, Lower Hutt	
Thursday			Thorndon, Wellington	Dementia Group - by Referral only
Friday	11.30am	Island Bay Community Centre	137 The Parade, Island Bay	FULL
Friday	11.30 am	Seatoun Village Hall	22 Forres St, Seatoun	From 21 May 2021
Friday	1pm	Johnsonville Community Centre	3 Frankmoore Avenue, Johnsonville	FULL