

WINTER 2021 QUARTERLY NEWSLETTER

www.ageconcern.org.nz



Age Concern Horowhenua | Kapiti Palmerston North and Districts

Serving the needs of older people



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OFFICE HOURS
 9.00am - 3.00pm Monday to Friday

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EANP & AVS Coordinator: Robyn Baker
Social Connections Coordinator: Vic Gregory

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Contact Information

Age Concern Palmerston North & Districts

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Email: marian.dean@ageconcernpn.org.nz
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Volunteer Awareness Week

20th - 26th June

Have you thought of Volunteering?



Are you a volunteer? If not have you thought of volunteering? Volunteering can be a good way to meet new people. You can share skills you have already or learn new ones. It can provide you with a reason to go out, but there are things that you can do from your home e.g., be a St John Caring Caller. It can be an opportunity to give back to your community and you can volunteer at any age.

There are many services that would not operate without the input of volunteers. Many Op shops rely on volunteers to sort goods or serve in the shop. Victim Support involves volunteers. The Age Concern Accredited Visiting Service is reliant on people volunteering to be befrienders. The Red Cross involves volunteers in their Refugee Resettlement Programme, welcoming new migrants and helping them settle into Palmerston North. You would be providing support with a group of people and the Red Cross provides a good training programme. If you love books, then the Red Cross has a great second-hand bookshop staffed with volunteers.

National Volunteer Week Te Wiki Tūao ā-Motu honours the collective energies and mana of all volunteers in Aotearoa. They grow our people, open minds, open hearts and create joy.

More than 1million people across Aotearoa say they volunteer for an organisation, contributing \$4billion to the economy. Much more happens within communities and between people, and increasingly, in different ways.

If you are looking to volunteer Age Concern Palmerston North and Districts, is always wanting to welcome volunteers into our Accredited Visiting Service. If you are interested phone us on 06 355 2832.

If you are looking for opportunities in our region, contact Volunteer Central who have some great volunteering opportunities. Volunteer Central provides services in Palmerston North, Horowhenua, Manawatu, and Tararua regions. They match people looking for volunteer opportunities with organisations that need volunteers. Based on a skills matching system, they are able to conduct successful referrals. To find out more about Volunteer Central phone 06 354 6027 or call into their office at Hancock Community House 77, King St, Palmerston North.

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News from Age Concern Horowhenua

Update from Robyn Baker at Age Concern Horowhenua

The Elder Abuse (EARS) and Accredited Visiting Service (AVS) Coordinator Social Worker Robyn Baker's last three months at Age Concern Horowhenua have been action packed! Establishing and developing collaborative relationships and local networking in the community. During this time Robyn has presented education, raising awareness on what is Elder Abuse and the importance of the Accredited Visiting service and participated in the Horowhenua Age on the Go Expo.

The Accredited Visiting Service: has just completed its second members meeting, which included a guest speaker, also a volunteer from different service NZ Coast Guard. He highlighted the value and importance of volunteering from another perspective in communities around New Zealand. Outlining and acknowledging the Age Concern Horowhenua board members are also volunteers and together build a successful team to reduce social isolation and cohesiveness in the community. The AVS is running its first training day with a group of 4 new volunteers this month as its membership grows and evolves.

How do I become a volunteer: Age concern Horowhenua are always looking for more volunteers to help reduce social isolation and combat loneliness in the community. If you can help this worthwhile service in your community, please contact our

service today on (06) 367 2181 or ring Robyn's mobile 022 569 9795 to help.

The Elder Abuse Response Service: This is a free confidential service here at Age Concern Horowhenua. It's OK to ask for help! If you have concerns or questions about the safety of an older person/Kaumtua? You are welcome to ring or email our Age Concern Horowhenua office to make an appointment with our EARS social worker and discuss these concerns at a safe location that is suitable for you. Email: eanp@ageconcernhoro.co.nz or ring (06) 367 2181.

EARS upcoming events:

World Elder Abuse Awareness Week 14th – 18th June 2021:

Robyn is planning a staffed, information & awareness raising booth with her Age Concern Horowhenua colleagues. This is to be held on 15th June at The Mall between 10am-2pm, please come down and visit us!

International Day of the Older Person on the 1st of October 2021:

Details of this event will be in the next issue of this Newsletter.

Robyn Baker (BSW) MANZASW |
Registered Social Worker
Elder Abuse & Neglect and AVS Co-ordinator

Age on the Go Expo

left to right is Robyn, Catherine, Stewart, Victoria



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What’s Happening at Age Concern Horowhenua?

Over the coming months we are excited to be offering a dynamic variety of activities, speaker series, and workshops to the Horowhenua Community!

Steady as You Go

A popular, community-based weekly exercise group that works on strength and balance. These classes improve general physical function, reduce the risk of falls, are fun and provide links with others in the community.

Currently, we have 3 groups running on Mondays and Tuesdays 11.00am to 11.45am and Thursdays 1.30pm to 2.15pm at the Age Concern Horowhenua Office.

We will be developing four new courses over the coming months, including a class in Foxton.

Tea ‘n’ Talk

An opportunity not to be missed! Our new monthly talks on a variety of topics, with a focus on health & wellbeing, technology, and safety. Hear from experienced professionals, ask questions, and catch up over a cuppa with others attending these interesting and informative talks. These will be held at the Age Concern Horowhenua Office on the last Wednesday of each month (excluding December & January) 10.00am to 12pm.

Workshops

We will be introducing several topical interactive workshops which will be offered in various locations across the Horowhenua Region. We are developing these workshops based on what the community has identified as being valuable to assist our older community to: live more fully, with dignity in a safe and healthy way.

Our workshop topics include;

- **Tech Savvy Seniors**
If you sick of asking your children and grandchildren for help, then we have you covered! We’ll help you develop the basic operational skills, so you can get the most out of your computer and cell phone.
- **Life without a car**
Focusses on equipping you to continue to be active, carry out daily tasks, be socially

connected with your friends and family and gives you tools to keep doing the activities you enjoy even without a car.

- **Ready to Ride**
To assist you in getting the most out of your mobility scooter, learn what to look out for when buying a scooter, how to do your own regular maintenance and safety checks, as well as knowing the road rules when out and about, this workshop will also include a fun & safe practical driving course in our carpark.
- **Stay Safe Driving**



Because most drivers receive no further training from the day they get their first driver’s license, this programme offers refreshed driving knowledge for older people, provides updates on rules and regulations, and promotes safer road use for all.

- **Advance Care Planning**
Because what you value, and how you want to be cared for later in life counts, Advance Care Plan-ning is a document that helps you express these important wishes to the people that can best support you in the future. This workshop will give you the knowledge and guidance to enable you to develop your own Advance Care Plan to ensure your choices are heard.

Watch this space for further details and dates about all these exciting activities over the coming months!

Victoria Gregory | Social Connections



*“No, it’s not a computer monitor. It’s a doggy door.
Not everything is technology related.”*

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To register your expression of interest and receive a copy of the Information Memorandum please contact:



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M +64 27 481 5505
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www.dabsconsulting.nz

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General Manager
M +64 21 230 5989
E lara@dabsconsulting.nz

*The basis for the projected return is set out in the Information Memorandum and is not a guaranteed rate of return.
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A Strength, Balance and Falls Prevention Programme

- Falls are the most common cause of injury in older people
- Falls can lead to a significant loss of mobility and quality of life
- One third of people over the age of 65 fall each year
- Half of people over 80 fall each year
- Falls in older people are almost always associated with weakened leg muscles and poor balance
- Falls are not a natural part of ageing
- Falls ARE preventable!
- Joining a SAYGo class and improving your strength and balance can reduce falls & injuries



SAYGo improves:

- Balance and leg strength
- Flexibility
- General fitness and wellbeing
- And is a great way to meet new people

Current classes

When: Monday 11:00am to 12:00pm
Tuesday 11:00am to 12:00pm
Thursday 1:30pm - 2:30pm

Where: Age Concern (Horowhenua)
14 Durham Street, Levin

Bookings are essential, as some classes are fully booked. Phone (06) 367 2181
Age Concern Horowhenua, 14 Durham Street, Levin. (Entrance via the New World carpark and we are situated next to the WINZ office)

Message from the Chair

Age Concern Horowhenua welcomes Catherine McAuliffe to the team as our new manager. Catherine has experience in the Elder Care industry and brings considerable skills and empathy to the role. She is currently investigating expanding our services and activities and we will keep you informed as we proceed.

In addition, Victoria Gregory and the team have been working hard on an exciting year of Health Promotion Programs, a schedule of which is available from our office as well as in this newsletter. Please call us to express your interest!

Robyn Baker, our Elder Abuse & Neglect Co-ordinator has been very busy attending to the demands of the role as well as growing the AVS and social connections role.

Winter is moving in and we are now seeing cooler days and nights and we welcome you to call into our offices and pick up a copy of the "Cool tips for winter wellbeing" information sheet by Age Concern. This is a helpful guide to dealing with the inevitable challenges around staying warm and keeping active.

We are continually looking for ways to connect with older people in our community and we always welcome your ideas and feedback.

Stewart Thompson | Board Chair



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Greetings from Catherine McAuliffe at Age Concern Horowhenua

Hi All! I'm Catherine and I'm delighted to introduce myself as the new Manager at Age Concern Horowhenua. I'm super excited to be a part of the team and explore how we can better support our older community.

I bring a wealth of knowledge and skills to the team from my previous roles in the Veterinary and Healthcare industries. Many of you will recognise my face (or name) from my time at Levin & Horowhenua Vets in various roles over 6 years ranging from Receptionist to Accounts and Team Leader, during this time I met some amazing clients and pets who made a huge impact on me, and to this day I remember their names and faces! Although I thoroughly enjoyed my role at the clinic, I decided it was time for a new challenge...

I spent the next 2 years as Administration Manager at Dalcam Healthcare Group which operate three large facilities centred around mental health, addictions, and dementia. In this time, I grew my management skills further and gained an abundance of knowledge about the healthcare industry. It was such a rewarding and heart-warming experience; I grew a love for the residents and continue to visit them from time to time.

I am very passionate about helping people and being able to make a difference. I'm thrilled to have the opportunity to grow and support the delivery of Age

Concern Horowhenua's very important services to the Community.

Feel free to come meet me, my door is always open to have chat! And as Stewart said, we are always looking at ways to improve our services and better support our older community, any ideas or feedback you may have are always welcomed!

Catherine McAuliffe | Manager

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



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Cost: \$10 Per Annum

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

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



News from Age Concern Kapiti

As part of our AgeConnect project (updated in the Autumn issue) Age Concern Kapiti has been working alongside the Kapiti Youth Council on intergenerational projects.

One of these projects is the popular activity of Tech Help. Following on from last year's successful 'Tech Help' sessions, another two sessions are being offered in July.

Age Concern Kapiti, together with the Kapiti Youth Council and local Kapiti Libraries are offering to help older people navigate their way with digital technology.

The Youth Council use their skills to assist the older person with their smartphone, tablet or laptop. Requests vary from how to turn on their smartphone, emailing, text messaging and more.

If you would like some help with getting more effective use from your mobile phone, tablet or laptop, then simply call the relevant Library and register your interest in attending one of these sessions.

Otaki Library: phone: (06) 364-9300

Saturday, 10 July

Session 1: 10.00am – 11.15am

Session 2: 11.45am – 1 pm

Paraparaumu Library: phone: (04) 296-4700

Saturday, 24 July

Session 1: 10.00am – 11.15am

Session 2: 11.45am – 1 pm

Numbers are limited to a maximum of 20 people per session – so bookings essential.

The Kapiti Youth Council young people will be the tutors.

Susan Church | Manager
Age Concern Kapiti

Check on those people you love and care for.

Reach out to your older relatives, friends and close neighbours to check in with how they are and talk through their worries. Whether it is giving them a phone call or writing a letter, staying connected and connecting often is important.

Staying Safe Driving Refresher Course

We continue to run monthly Staying Safe Driving Refresher courses in Kapiti. The four hour course involves a power point presentation and a lot of class interaction.

It covers four key themes:

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



The course talks about keeping ourselves safe on the road and thinking about the routes we travel in our daily lives to get to our destinations safely, thinking of all the scenarios we may encounter. Making sure we do everything possible to prevent accidents caused by distractions and giving us the feeling of being in control of our driving. It also covers knowing what is expected of us and feeling confident when we get behind the wheel.

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



We have been made aware of a scam involving people calling and saying they are from Age Concern, advising we are no longer accepting cheques as a form of payment and could we have their credit card details. The credit card is then being used to make unauthorised purchases. This is a scam, and we are not making calls of this nature.

If you receive a call like this, please do not give out your credit card details. If you have any concerns, or questions, you can call the Age Concern office.

MENTAL WELLBEING IN WINTER

A lack of sun and miserable weather keeping us indoors more often can make it difficult to stay in good mental health during the winter months. Consider the following tips to help you stay mentally well:

- Find ways to stay connected with your friends and family.
- Keep active.
- Seek out the things that bring you joy.
- Reach out for help if you need it.

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*Please accept our sincere thanks
for your support.*

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

Upcoming Events in Kapiti

Staying Safe: a refresher workshop for senior road users

From July, these courses will be run on a monthly basis. Register your interest by calling Age Concern Kapiti on (04) 298 8879

Healthy Ageing Together 2021

First Thursday of the month... 10.00am - 12 noon

When: Thursday, 3 June 2021
Thursday, 1 July 2021
Thursday, 2 September 2021
Thursday, 7 October 2021
Where: Rimu Room
Level 1, Coastlands Mall

**Steady As You Go (SAYGo)
Exercise Classes**

New Strengthening and balances class:

When: Starting from July
Where: Otaki, Paraparaumu and Waikanae

Please contact Age Concern Kapiti.
Bookings essential: (04) 298-8879

Paraparaumu Pop-in Centre:

Company and friendship – just pop in for a chat and a cuppa...meet and make new friends...come and go as you please.

When: Fridays – 1.00pm to 3.00pm
Where: Library meeting room, Paraparaumu

Kapiti Golden Group:

Meet every month for lunch with a guest speaker (first Wednesday of month). They also organise day trips to local destinations as well as an annual four to five day trip away. All bookings, accommodation, venues and activities are organised for you.

When: Wednesday, 7 July 2021
Wednesday, 4 August 2021
Venue: Paraparaumu Golf Club

For more information: call Darian on (04) 904 7517

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Abuse in Care Royal Commission of Inquiry

The Abuse in Care Royal Commission of Inquiry is investigating the historical abuse of children, young people and vulnerable adults in State and faith-based care in Aotearoa New Zealand. They are looking into why people were taken into care, what abuse people suffered in care and why, and the effects of the abuse on them and their family.

State care could include foster care and adoption services and settings, residential children's homes, psychiatric hospitals, schools; including boarding schools or special schools, disability care or facilities, police cells, court cells or police custody, youth justice placements or at health camps. Faith-based care could include adoption and foster care services and settings, religious schools; including board schools, borstals, pastoral care services, or church camps. If you are a survivor or witness of abuse in care, your voice matters, your experiences matter. It is never too late to share your experiences, you can make a difference.

Helping the Inquiry learn about what you or your loved one went through in care and the affect it had on your life, family and community, will help the Inquiry make recommendations to make it safer for children, young people and vulnerable adults in care today and in the future.

Sharing experiences of abuse can be very hard and upsetting. The Inquiry can organise or cover costs for short-term supports and counselling or disability supports to support survivors and witnesses talk about the abuse with them. Confidentiality is a high priority for the commission. There are many ways to engage with the Inquiry including participating from the comfort and safety of your own home.

To find out more confidentially:

- Phone the contact centre on 0800 222 727 Monday to Friday 8am – 4pm
 - Email contact@abuseincare.org.nz
 - Write to PO Box 10071, The Terrace, Wellington
 - Look at the website www.abuseincare.org.nz
 - Follow the Inquiry on Facebook <https://www.facebook.com/abuseincareRCNZ/>
- Alternatively, you can contact Ana Lee, Community Engagement Advisor at ana.lee@abuseincare.org.nz or phone 027 223 1193

Winter Energy Payment 2021

Work and Income Te Hiranga Tangata

The Winter Energy Payment is an extra payment to help with the cost of heating your home over the winter months. You don't need to apply – if you're eligible, you'll get the Winter Energy Payment automatically along with your other regular payments from Work and Income. Winter Energy Payment will restart on 1 May 2021 and run until 1 October 2021.

You'll automatically get the Winter Energy Payment if you're getting:

- NZ Superannuation
- Veteran's Pension
- Jobseeker Support
- Sole Parent Support
- Supported Living Payment
- Youth Payment
- Young Parent Payment
- Emergency Benefit
- Jobseeker Support Student Hardship

You can't get the Winter Energy Payment if you:

- don't get one of the payments listed above
- get an overseas pension which means you don't get any NZ Super or Veteran's Pension's
- get Residential Care Subsidy or Residential

- Support Subsidy
- live overseas.

Energy Payment Rates: Single people with no dependent children \$20.46 a week. Couples, and people with dependent children \$31.82 a week. You'll get the Winter Energy Payment automatically along with your other regular payments from us (either weekly or fortnightly).

The Winter Energy Payment:

- doesn't affect your other payments from us, or your Income Related Rent
- is a non-taxable payment
- can't be paid as a lump sum.

If you have a partner - Couples are paid \$31.82, whether you live together or separately. It's paid to one person in the couple. The system we use for payments can't split it to pay into 2 separate accounts. Generally, we'll pay it into the bank account of the person in the couple who has the lowest client number - you can find this on your Community Services Card or SuperGold Card or letters from us. Contact Ministry of Social Development on Phone: 0800 552 002

Pre Paid Funeral Trust

Some people have funeral insurance but premiums seem to rise as you get older, yet the amount claimable remains the same. Some have thoughts about prepaid funerals but worry funeral prices will rise with inflation plus there are on-going fees aren't there?

Andrew Malcolm of Kapiti Coast Funeral Home tackled this problem finding a pre-paid fund that has no fees and all interest goes to the client.

Sound too good to be true? *Its not!*

Kapiti Coast Funeral Home partnered with BNZ Client Funds, and agreed that neither will charge fees so all the funds invested, plus interest, go back to the client. Money is lodged in individual accounts with each person's own IRD number. They don't even have to be a BNZ client.

So why not take the onus off your family and arrange an interest earning no fees pre-paid funeral unique to Kapiti Coast Funeral Home.

Zero Fees PrePaid Funerals

NO FEES

SECURE FUNDS

90 DAY TERM DEPOSIT RATES

Interest based on total Trust balance and all interest is returned to clients

NO application fee NO on going admin fees NO termination fees* *conditions apply

Funds held in individual Government Guaranteed accounts

For a free information pack from The Kapiti Coast Funeral Home

Post this to: PO Box 119 Paraparaumu

Please send me an information pack about pre-paid funerals

Name.....

Phone.....

Address.....

Or: email us at office@kapitifuneral for a free information pack

online <https://kapiticoastfuneralhome.co.nz/preplanning>

HINEMOA ST PARAPARAUMU
www.kapiticoastfuneralhome.co.nz

04-298 5168

Kapiti Coast
Funeral Home



there in times of need

editorial supplied by Kapiti Coast Funeral Home

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

Age Concern Palmerston North and Districts staff and volunteers work hard to support the older people of Palmerston North and Manawatu Districts. We couldn't achieve all that we do without our wonderful volunteers. The Accredited Visiting Service could not operate, nor would our Steady as You Go classes. Many of you will receive this newsletter because it has been delivered to you by one of our volunteers. The Board who governs this organisation are all volunteers. National Volunteer Week runs from 20 to 26 June 2021. This is an opportunity to recognise all the great work of Age Concern. Thank you from Fern, Amey, Klara and me to all the Age Concern volunteers.

I am pleased to let you know we will be able to continue to run Staying Safe refresher driving courses for older drivers from July 2021 until at least June 2022. This is thanks to NZ Transport Agency: Waka Kotahi who have continued to contract Age Concern nationally to deliver these workshops, which are presented to a high standard with great resources developed by Age Concern New Zealand in conjunction with NZ Transport Agency: Waka Kotahi. They provide information about changes to the road code, road layouts etc., the effect of medications and ageing on driving. They have lots of tips for safe driving to enable you to maintain your confidence and continue driving or take the decision to stop driving.

The last Staying Safe workshop that we delivered was in Apiti, Manawatu District on 11th May with



Staying Safe refresher driving workshop at Apiti Village Hall 11th May

excellent support from Aevryl and Teema from Manawatu Rural Support Services and rural police officer Mark Dickins. There was a good turn out with 17 attending from all over Manawatu District. From their evaluations I can report that they all thought the workshop was a good or excellent standard, found it useful (as opposed to not useful) and would recommend it to a friend. If you would like to attend a workshop or would like us to present Staying Safe to your group, please contact our office.

We will also continue to run Life Without A Car workshops during the next 12 months. Many people find it hard to contemplate living without a car. However, any one of us could be forced to give up driving if we lost our sight or had an accident. Not being able to drive and get out and about could make us feel lonely and socially isolated. Therefore, it is a good idea to start thinking about how we will get around without a car before it might be forced on us.

Age Concern recently presented the Life without a Car workshop to residents of the Milife Retirement Village in Palmerston North. As part of this workshop Rob Stick from Mobility Manawatu came along to talk about mobility scooters. He explained that they range in size from small ones that can be used in shopping malls to large ones that can be used to travel longer distances e.g., from Kelvin Grove to The Square in Palmerston North and talked about battery life and costs.



Robert Stick from Mobility Manawatu talking about mobility scooters at the Life Without a Car workshop at Milife Retirement Village on 12th May.

There was a good turnout for this workshop with 27 people attending who all seemed to find it useful. If you would like to attend a workshop or would like us to present Life without a Car to your group, please contact our office.

The 15th of June is World Elder Abuse Awareness Day. Whilst most of us will not be affected by elder abuse, sadly it is estimated that 1 in 10 people over the age of 65 will be subjected to abuse at some time. In this edition we have a feature about elder abuse and some representative examples of what elder abuse can look like. Anyone can talk to Age Concern staff in confidence if they have concerns for themselves, a friend, relative or neighbour or someone they support. If you have concerns phone the office on 06 355 2832.

Marian Dean

Manager of Age Concern Palmerston
North and Districts Inc



Chicken and Ginger Rolls

500g chicken mince
1tsp salt
2 tblsp chopped coriander or parsley
2 tblsp grated ginger
Zest of 1 lemon
2 eggs lightly beaten
1 cup bread crumbs
2 sheets pastry
¼ cup flour
A little milk for brushing

Preheat oven to 200c. Place chicken, salt, coriander/parsley, ginger, lemon zest, eggs and breadcrumbs in a bowl and mix until well combined.

Divide the mixture in half and shape into 2 rolls the length of the pastry sheets, roll then in the flour.

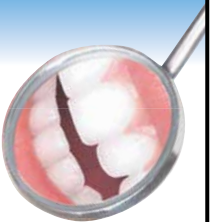
Place each pastry sheet separately on a flat surface and wet one edge so that the chicken mixture will stick to it. Place the chicken mixture on the damp area and roll up to form a log.

Cut into desired size, brush with milk, bake for 20 minutes or until the rolls are golden brown and cooked through. Makes approx. 10.

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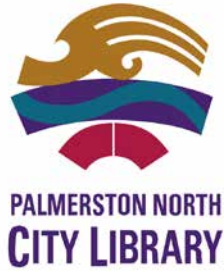


Help Available with Technology

Kia Ora!

Daniel and Jocelyn, here from the Palmerston North City Library. We are the new Digital Inclusion Coordinators for the city, and it is our job to help our people in the community learn new digital skills, gain confidence in using digital devices including laptops, tablets, phones etc. and hopefully ensure people do not feel isolated should we go into another lockdown event. We are based in the Central Library and are available there, but we are also running regular digital help sessions at the Community Libraries and are also out visiting retirement villages around the city. If you have any questions about how to use your device, would like some advice on what to buy and where to start, or would just like to learn something new, then come and see us. We may not have all the answers but together we can work out a solution!

You can contact us from the City Library 351 4100 or email us at daniel.straman@pncc.govt.nz or jocelyn.woodward-candy@pncc.govt.nz



Digital Technology Sessions at Age Concern Palmerston North and Districts Start in July

Do you need assistance with using your smart phone, tablet, or laptop? The Digital Inclusion Coordinators, Jocelyn, and Daniel, from Palmerston North City Library will be running a programme of six 2-hour sessions at Age Concern Palmerston North and Districts starting in July.

Jocelyn and Daniel will cover topics including

- Using Zoom or Skype to talk with your friends and whanau
- Support with Facebook or other social media
- On-line banking
- Finding information for your hobbies and interests
- On-line shopping

Places are limited so bookings are essential. Phone Marian to book on 06 355 2832 or email marian.dean@ageconcernpn.org.nz

Do you need a JP? Royal Federation of NZ Justices' Associations Justices' of the Peace

Do you need to see a Justice of the Peace (JP)? Justices' of the Peace are available at Palmerston North District Court (phone 0800 268 787), the Citizens Advice Bureau (phone 06 357 0647), and Palmerston North City Library (phone 06 351 4100). It is best to phone these places first to check when the JP is there as they are not there all the time.

Age Concern Palmerston North and Districts has the name and contact details of a JP who is able to visit people who are housebound and witness their documents in their own home. To be put in touch with this JP phone the Age Concern office on 06 355 2832.

You can find a list of all JPs with their contact details on their website <https://justiceofthepeace.org.nz/>

Invitation fo Age Concern's Tea and Talks begins July 2021



In July we are starting a monthly series of talks. These will be an opportunity for older people to come together for afternoon tea, socialise together, and listen to a guest speaker on a topic of interest. The date and venue has yet to be confirmed. We will be providing transport for those who would otherwise be unable to come.

If you would like to participate please phone the Age Concern Palmerston North and Districts office on 06 355 2832 and we will put your name down and take your contact details.

ELDER ABUSE HITS CLOSE TO HOME

Call 0800 EA IS NOT OK or Age Concern 0800 65 2 105



ELDER ABUSE AWARENESS 15 - 22 JUNE

World Elder Abuse Awareness Day 15th June

What does Age Concern do to prevent elder abuse and neglect?

Age Concern offers free, confidential, specialist Elder Abuse services throughout most regions of New Zealand. We work with older people and their family / whānau to stop abuse, reduce the harm caused and increase understanding to keep all family members safe. We also provide education about elder abuse and neglect for those working with older people / kaumātua and other interested groups and organisations.

Age Concern works alongside other agencies such as health services, needs assessment services, the police, banks, residential care facilities, iwi, and other community agencies, to ensure the best possible outcome for the older person/ kaumātua.

The statistics presented here are taken from the instances that are reported to and investigated by Age Concerns' Elder Abuse Response Services from 1 July 2019 to 30 June 2020 show that 2411 cases were investigated by Age Concerns of which:

- 75% had abuse substantiated.
- 44% of cases the older person was under 75 years of age.
- 36% of cases the older person was living alone but 54% live with partners and/or relatives.
- 88% of cases include psychological abuse.

- 44% of cases involve financial abuse.
- 29% of cases involve neglect and self-neglect.
- 19% of cases involve physical abuse.
- 79% of alleged abusers were family members of which 56% were adult children or grandchildren.
- 74% of the alleged abusers are aged under 60 and 47% live with the older person.
- 68% of cases the abuse has continued for longer than 3 months, and 32% longer than a year.

Elder abuse is a global issue. It can happen to men and women of every culture, faith, ethnicity, and socio-economic group. It is difficult to know exactly how common elder abuse is. An analysis of data from the New Zealand Longitudinal Study of Ageing concluded that up to 10% of the population aged over 65 years who are living in the community may experience abuse. This indicates similarities to international comparisons of surveys across several countries suggest that between 2% - 14% of older people report experiences of abuse or neglect each year. However, much abuse goes unreported to authorities or agencies that provide intervention services. This is shown in the differences between the rates of self-report surveys of elder abuse with the number of cases reported to agencies in the same year. Several American and Irish prevalence studies have variable estimates that only 1 in 14, 24, or 45 of all abuse incidents come to the attention of a service agency that can intervene to help stop the abuse.

Each year World Elder Abuse Awareness Day is acknowledged in many countries through activities that bring attention to the issues of abuse, neglect, and exploitation of older people. Campaigns promote better understanding of the harmful effects of elder abuse and neglect in every society.

Elder Abuse and Neglect is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.

Elder abuse can be physical, psychological, financial, sexual, neglect, self-neglect and includes institutional abuse. At Age Concern Palmerston North and Districts, we have two registered social workers who support older people who are victims or potential victims of elder abuse. They support the older person to become safe and have more control over their lives.

The following stories are fictitious but are representative of some of the people that Age Concern social workers support:

Financial Abuse

We have the right to do what we want with our own money and possessions. Financial abuse can take several forms and can vary from well publicised scams to families or friends making demands on older people, or even taking money or possession from older people without their consent.

Penny's Mum's story

One Monday morning Penny phoned Age Concern from Melbourne asking if they could help her mother. She had found the Age

Concern website. Penny was concerned that her mother was being taken advantage of by people who her mum considered to be friends. Penny was frustrated she couldn't come across to see her mum because of the pandemic. Penny couldn't afford to spend two weeks in quarantine for a weekend with her Mum, so hadn't seen her for eighteen months.

Penny rang her Mum regularly every Saturday. One Saturday Penny and her mum had discussed the



painting and odd jobs needed now that her Dad had been dead for more than 6 years. Penny had told her brother to do it because he lived an hour away from their Mum, but her brother said his own house needed painting first. Penny's Mum had put an ad on the supermarket noticeboard. A chap came and looked around the house and said he had worked with Penny's Dad years ago. Even though she had never heard his name before, Penny's Mum was pleased he knew her husband and agreed to pay him in cash as he had asked.

When they talked on the phone Penny's Mum would tell her all the great things "Handy Andy" was doing. Penny's Mum felt sorry that "Handy Andy" rented flat was being sold, so agreed for him and his girlfriend move into the guest room. Penny wondered how her Mum was coping doing all the housework and cooking because his girlfriend was always sick and stayed in bed.

Penny worried that her Mum was paying him. Her Mum was also covering all the household costs of groceries, electricity and had put in a Wi-Fi connection for them. When Penny asked her brother about it, he said: "let Mum get on with her own life" and hung up. But one Saturday Penny's Mum said that "Handy Andy" was taking her to her bank on Tuesday for a loan for the extra jobs he had found needed doing in the house? That's when Penny contacted Age Concern.

The Age Concern social worker visited Penny's Mum and included Penny in the conversation on the speaker phone. It took a while before Penny's Mum was convinced that the Age Concern social worker was experienced, independent, and required no payment for the support provided. Eventually Penny's Mum agreed for the Age Concern social worker to go with her to her bank and once unravelling the changes in her finances they agreed not to issue loans or further cash.

At her Mum's request, the Age Concern social worker rang her daughter and son to explain. Her son was furious that "Handy Andy" and his girlfriend had abused his Mum's trust and drove straight away to his Mum's place, arriving while the Age Concern social worker was still there. In the tense meeting in the house, the Age Concern social worker negotiated for "Handy Andy" and his partner services to be terminated immediately and he agreed to leave with

his girlfriend the same day.

Later in the week, Penny's Mum still felt shattered that she had not realized sooner she was being taken for a ride by the pair, but she was very grateful that Age Concern does support older people like herself. Penny's brother admitted that when his bossy sister asked him, he would say the opposite on principle, but he now realized that he had been too busy arguing with his sister to think about what his mother needed. Penny just wished she had contacted Age Concern weeks ago, to stop the grief for her mother earlier.

Yelling and Putdowns

We all have the right to be treated with respect, this includes by family members, even if we are living with someone with whom we have a difficult relationship.

Mabel's story

Sonny saw his Mum whenever he went back to his hometown and loved sitting down to her home cooking at the table with a tablecloth on it - just like when they were growing up. Even though Sonny's father had left them for Australia, with little money Mabel had always kept her house clean and her kids fed.

Like his siblings Sonny moved to the city when he left school, but Mabel had stayed put, she had grown up there and had other relatives, and everyone in town knew about her wonderful baking. One of her brothers never seemed to hold down a job for long, being a farmhand had never worked out, and he would always end up back with Mabel's place and stay for a feed. Sonny thought that having "uncle" stay with Mabel when all her kids had gone was great as she had company.

"Uncle" wasn't much help to Mabel except for getting the firewood chopped up; mostly "uncle" sat in front of the telly with his jug of beer watching the races on TV. He could give some lip, but Mabel seemed to let it roll over her and kept busy with her housework. When Sonny rang and heard "uncle" in the background yelling, Mabel said he was having one of those bad



days, but it was nothing to worry about. But the next time Sonny came through on a surprise visit he found Mabel wasn't her usual cheery self, noticed bruising on one arm and doing everything with the other hand. Mabel shrugged off her pain and refused to let Sonny take her to the doctor. When Sonny worked out that "uncle" had shoved his Mum, he was incensed and let fly, threatening to call the cops. Mabel begged for the yelling to stop, said it was an accident, and eventually they all calmed down. They agreed it was a one-off family argument that had got out of hand, but "blood was thicker than water".

Sonny mused on it for days afterwards, knowing that Mabel would not talk to the authorities. He rang Age Concern's 0800 65 2 105 number and checked that he would not be taped, or GPS tracked. The social worker talked with Sonny, explained the different role that community agencies like Age Concerns play, and agreed to arrange meeting with his Mum. After some reassurance, Mabel learned to trust that Age Concern could be supportive and she began to talk about when the bad days happen. When Mabel understood that 'yelling and put downs' are abusive, she agreed that she had kept it hidden because she never wanted her family to be shamed and made sure no one in town knew.

It was a relief for Mabel that she could talk with Age Concern, without worrying that her brother would be taken away. Instead, they now had ideas about how to both live in the house safely and were reassured that they could call Age Concern again if they needed more support. They even found that Age Concern had some great social activities they could join.

Age Concern Palmerston North and Districts Cheque Payments being Withdrawn from 21st June

Age Concern Palmerston North and Districts is no longer able to accept cheque payments for membership or donations from the 21st of June. This is because our bank will cease to process cheque payments after 25th June.

We appreciate that this will be difficult for some of you. If you need assistance with other options for making payments to Age Concern Palmerston North and Districts, please phone our office on 06 355 2832.


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Age Concern Palmerston North and Districts

STEADY AS YOU GO®

Falls prevention exercise for strength and balance.




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

There are places available in the following Palmerston North Groups:

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

For more information phone the office on 06 355 2832



Age Concern Palmerston North and Districts is a charity CC57368

Help us to make a difference

Please donate to Age Concern Palmerston North & Districts.

Thank you for supporting the work we do.

Bank account number 03 1522 0158520 000

FREE Living Life without a Car sessions



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

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

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

Sessions are planned for the following dates:

- Wednesday 25th August,** Age Concern, 51 Waldegrave St., Palmerston North 10am to 12 noon
- Wednesday 27th October,** Age Concern, 51 Waldegrave St., Palmerston North 1.30 pm to 3.30 pm

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

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

FREE Refresher Driver Workshops for older drivers: Staying Safe



Have you kept up with changes to the road code and road rules? How do you feel when road layouts are altered? Do you feel confident driving other people? Age Concern Palmerston North and Districts together with Waka Kotahi (New Zealand Transport Agency) and the NZ Police is holding free refresher driving courses for older drivers in Palmerston North and Manawatu Districts.

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

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

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

Course Timetable:
Workshops will be run on the following days:

- Wednesday 4th August,** Age Concern, 51 Waldegrave St., Palmerston North 9.30 am
- Wednesday 6th October,** Age Concern, 51 Waldegrave St., Palmerston North 9.30 am

To book your spot phone us on 06 355 2832

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

Application for Membership

Age Concern NZ Palmerston North & Districts Branch Inc.

Mr / Mrs/ Miss / Ms

Name(s):

Address:

Telephone:.....

Email:.....

Membership Fee from 1st March 2021 to 30th June 2022

Individual \$20 Couple \$30 Corporate \$100

Donation:

How to pay:

Internet Banking - You can pay the membership fee directly into our bank account

Account number 03 1522 0158520 000 (Age Concern New Zealand Palmerston North & Districts Branch Inc.)

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

How would you like to receive the newsletter and other information? Post Email (please circle one).

Post form to: Age Concern NZ Palmerston North & Districts Branch Inc., P.O. Box 5063, Palmerston North 4441.

For more information please phone Age Concern on (06) 355 2832 or email marian.dean@ageconcernpn.org.nz

THANK YOU for supporting the work we do. Donations of \$5.00 and over are eligible for a tax credit under the terms of Section LD1 Of the Income Tax Act 2007.

Courtenay Hearing Centre Serving the Kapiti area since 1993

We are pleased to announce that **Courtenay Hearing Centre** has purchased Kiwi Hearing, a well-respected, local, independent hearing clinic in Waikanae. This means that our Waikanae clinics have merged, and all services will now be provided in the walking mall, Shop 10, 2 Mahara Place, across from the library and two doors down from ANZ. This will also mean that we will be staffed 5 days per week. We look forward to seeing you there!

We still have our clinics at Paraparaumu and Levin.

Courtenay Hearing Centre provides a full range of audiology services including tinnitus assessment and treatment, ear protection solutions, assistive listening devices as well as batteries, hearing aid repairs and accessories.

If you or a family member are having problems hearing, call and make an appointment today to see the team at Courtenay Hearing Centre at a location near you, for caring, professional advice

Visit our website www.courtenayhearing.co.nz for more information.



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10/2 Mahara Place, Waikanae
(2 doors down from ANZ Bank
Parking at rear of the building
and walk through the alley)

info@courtenayhearing.co.nz
www.courtenayhearing.co.nz

Editorial supplied by Courtenay Hearing Centre



Enjoy life with Enliven

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

- **Coombrae Home and Village, Feilding**
- **Willard Home, Palmerston North**
- **Brightwater Home and Village, Palmerston North**
- **Reevedon Home and Village, Levin**
- **Levin Home for War Veterans, Levin**
- **Kapiti Day Programme, Paraparaumu**

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www.enlivencentral.org.nz



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