

SPRING 2021 QUARTERLY NEWSLETTER

www.ageconcern.org.nz



Age Concern Horowhenua | Kapiti Palmerston North and Districts

Serving the needs of older people

HELLO
Spring



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

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Accredited Visiting Service:
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Vice Chairperson: Anne Rogers
Secretary: Mike Elliot
Treasurer: Vicky Prouting
Committee: Deborah Campbell, Peter Dyer, Carol Dyer

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Social Connection Coordinator:
 Fern Brooking

BOARD MEMBERS
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 Jeff Rayner (Finance)
 Joan Chettleburgh, Tracy Lynn, Paul Reiger, Ron Rowe, Audrey Jarvis.

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Mid Central District Health Board COVID Vaccination Programme

If you live in the Mid Central District, which includes Palmerston North, Manawātū, Horowhenua, Ōtaki or Taranaki, and you fit into Group 1, 2, or 3, you may have already been contacted by either your health provider or the MidCentral DHB to book your vaccine appointment.

If you haven't been contacted, please call the COVID Vaccination Healthline on **0800 28 29 26** (8am to 8pm, 7 days) to book your vaccine. Alternatively, you can call **0800 MDHB VAX** (0800 6342 829) and we can help you book your appointment.

To book via email, please email covacc@midcentraldhs.govt.nz.

Please note: all vaccinations are by appointment only.



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.

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

retirement villages | rest home | hospital | dementia
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Free phone 0508 ENLIVEN or visit
www.enlivencentral.org.nz

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

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

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

Fantastic Kapiti Business Opportunity (franchise re-sale)

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



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



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

Call Lindsey Gott for a friendly chat

04 298-3184 or 021 355 142
kapiti@freedomdrivers.co.nz



www.freedomdrivers.co.nz

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

We are so lucky in New Zealand to have good library services. They have great selections of books, have mobile libraries in many areas and in some places even offer a service to select books and drop them off for people who cannot travel to the library. Many libraries offer much more than a book loans. I particularly like the new one in Foxton which is in Te Awahou Nieuwe Stroom, the Foxton Community Hub. Te Awahou Nieuwe Stroom came about through partnership between the Horowhenua District Council and two Trusts representing local iwi Māori and the national Dutch community. It combines the library, and Council services with galleries dedicated to the three partners. I enjoyed looking through the Piriharakeke Generation Inspiration Centre as well as the Oranjehof Dutch Connection Centre when I visited.

Libraries are great repositories of knowledge, both through the resources they hold and the staff and volunteers who work there. Age Concern Palmerston North and Districts has been grateful to the support of Palmerston North City library staff recently. Our 6-week Digital Inclusion programme is run by Jocelyn and Daniel, the two Digital Inclusion Officers. The last session is on 5th September. We thank Daniel, Jocelyn, and Waka for running such a good programme.



Jocelyn and Daniel from Palmerston North City Library presenting "Digital Inclusion" at Age Concern Palmerston North and Districts

Virginia Warbrick, another staff member at the library, was the first speaker at Tea and Talks in July. She gave a talk entitled "Ten Top Tips Palmerston North Library" about how people can get the best

out of library services. She gave a very interesting talk without mentioning books at all, talking about Library services that most participants were unaware of, as well as giving us an insight into Palmerston North's history. Thank you, Virginia, for sharing your knowledge with us.



Virginia Warbrick presenting "Ten Top Tips : Palmerston North Library" at Tea and Talks

In June it was Age Concern Palmerston North and Districts turn to share information at the library. We had an information stand at the central library on World Elder Abuse Awareness Day, giving out pamphlets and talking with people who wanted to know more. We were grateful to the support of Rose, Potaka and Leigh from Te Whanau O Ringatoi, an art workshop, for assisting us with our stand.



Potaka and Rose from Te Whanau O Ringatoi (front row) supporting Amey, Klara and Fern (standing) from Age Concern Palmerston North and Districts on World Elder Abuse Awareness Day

I was pleased to be invited by the Elske Centre, Anglican Care Waipawa to deliver a Staying Safe workshop there in July. Thirteen people attended and we had great support from the Elske Centre and from

Sgt. Gary McKernon from Dannevirke police. Gary is an ex traffic officer who shared his knowledge of Tararua roads whilst presenting the section on the road code. Thank you to Lynne Ellingham-Boyd, the staff, and volunteers at the Elske Centre and to Gary for making this workshop possible.



Staying Safe workshop at the Elske Centre in Dannevirke.



Eleanor Ranson at the Volunteer Recognition awards with the Chair of Age Concern Palmerston North and Districts, Christina Brenton (left) and Social Connection Coordinator Fern Brooking (right).

We nominated Eleanor Ranson to receive an award at the Volunteer Central, Volunteer Recognition Awards in June. Eleanor is one of the Peer Leaders of our Steady as You Go exercise classes. Eleanor volunteered at a Steady as You Go group at the library. When

that venue was no longer available due to COVID she found a new venue for the group and made all the arrangements for the group to move to it. We couldn't run these classes without the volunteer Peer Leaders, so thanks to all of you.

We are always grateful to our funders. We thank Chorus and Age Concern New Zealand for the two Samsung Tablets we were gifted earlier this year.



Fern Brooking and Amey Jenkins with the Samsung Tablets, Age Concern Palmerston North and Districts received from Chorus and Age Concern New Zealand.

Thank you to all who support Age Concern Palmerston North and Districts. We couldn't operate without your support.

Marian Dean

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Latest Commercial Investment Opportunity from DABS

DABS Consulting Ltd is a boutique commercial property investment company that was established almost seven years ago. Back then, it was recognised there was a need for a niche commercial property syndication business to support the needs of the community. Property syndication provides investors a solution for those who want to own commercial property, but do not have the means or risk appetite to purchase a commercial property on their own. Each property syndicate is set up as a Limited Partnership allowing investors to own a portion of a commercial property together with other high net worth investors and enjoy the benefits of a monthly distribution of the rent received.

Depending on the commercial property, our monthly distributions range between 6% and 9% per annum on the invested amount (before tax). This compares favourably against what can be achieved through fixed term deposits or government bonds. With the recent changes in the treatment of interest on loan deductions and the bright-line test for residential properties, commercial property investment is proving to be a popular alternative. These new rules do not apply to commercial property. An annual distribution paid monthly, plus a potential capital return provides our investors with an attractive total return.

The first DABS syndicated property was established at Omega Street, Albany in 2015 with ten partners each providing an equity investment ranging between \$140,000 and \$1,500,000. Further acquisitions have continued since 2015, on average two commercial acquisitions each year. There are currently 12 commercial syndicated properties spread across Auckland and Palmerston North with a total portfolio of circa \$180 million.

We were delighted to host our Annual Investor Meetings in August at the Takapuna Boating Club, where we provided our investors with an update on the performance of each property. The highlight of the evening event was our guest speaker, well known Economist Tony Alexander, who shared his current thinking on the underlying trends in the economy as restrictions ease and global economies start to fully reopen.



We are now well into the second half of 2021 and our company strategy when we started out to invest in core locations, quality buildings with well performing tenants remains the same today as it was then. Lara Weaver, General Manager at DABS commented, "Capital values remain strong for good quality stock and securing new properties will remain highly competitive. However, through our relationships and off market introductions we will continue to source quality assets and as part of our purchasing process, undertake a thorough due diligence process."

Our latest offering is 585 Main Street, Palmerston North. If you are interested in this property syndicate or future syndicates, please register your interest on our web site or contact DABS directly.

For further information please contact:
Lara Weaver | General Manager
e. lara@dabsconsulting.nz
m. 021 230 5989

www.dabsconsulting.nz



pictured above from left to right: Brian Caldwell (Director), Sean Parsons (Director), Lara Weaver (General Manager), Tony Alexander (Economist), Alan Hall (Director)

DABS
CONSULTING LTD
Commercial Property Investment
Property Managers

editorial supplied by DABS Consulting Ltd

585 Main Street, Palmerston North

Private placement opportunity - only available to qualified investors

6%

Projected return per annum pre-tax*



585 Main Street, Palmerston North

- Two level office and showroom building
- Large Freehold land area 1,507sqm
- Net Rental income \$419,736 per annum + GST and Outgoings
- Located in Palmerston North's Health Precinct
- Established in 1974
- Tenant Enable New Zealand is a division of the Mid Central D.H.B providing disability services to Ministry of Health, ACC and other D.H.B's
- Government funded
- New Zealand's largest supplier of disability equipment and modifications

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

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*The basis for the projected return is set out in the Information Memorandum and is not a guaranteed rate of return.

This offer is only open to people that are exempt and meet certain other eligibility criteria under the Financial Markets Conduct Act 2013 and related legislation ("FMCA"). Investors will need to demonstrate their eligibility by providing a suitable Investor Certificate or Investor Confirmation form as required by DABS Consulting Limited and to comply with the FMCA. If you are investing more than \$750,000 but do not meet any other eligibility or exemption criteria, then you should pay careful attention to the following warning:

Warning The law normally requires people who offer financial products to give information to investors before they invest. This requires those offering financial products to have disclosed information that is important for investors to make an informed decision. The usual rules do not apply to this offer because there is an exclusion for offers where the amount invested upfront by the investor (plus any other investments the investor has already made in the financial products) is \$750,000 or more. As a result of this exclusion, you may not receive a complete and balanced set of information. You will also have fewer other legal protections for this investment. Investments of this kind are not suitable for retail investors. Ask questions, read all documents carefully, and seek independent financial advice before committing yourself.

Afternoon Tea Dance 28th September for International Day of Older Persons

International Day of Older Persons is recognised on 1st October. It is a time to celebrate older people and all that they contribute to our communities.

Age Concern Palmerston North and Districts will be celebrating by hosting an Afternoon Tea Dance on 28/9/21 from 1.30 pm to 4 pm at the Senior Citizens Hall, 309 Main St, Palmerston North.

Entry is by free ticket available from Age Concern phone 06 355 2832.

Once again music will be provided by Ian Farmer.



Rates Rebates

A rates rebate is a partial refund for people who pay rates to the council. This rebate is claimed by making an application to your local council who issue your rates bill.

To claim a Rates Rebate you must be:

- the person who pays the rates on the property that's your home
- living in your home
- listed as the ratepayer in the council's Rating Information Database (RID). This database has all the information about rates and ratepayers for every property in your council's area.

You cannot apply if:

- your property is mainly used for commercial activities, for example farming or business
- your property is a rental property or holiday home.

If you live in a Retirement Village:

Most retirement village residents, including people who live under a licence to occupy agreement, can apply for a rates rebate.

If your name is not on the rates bill

You may still be able to apply if your name is not on the rates bill, for example if you live in an owner-occupier flat, such as a company share flat or apartment. There is an extra step in the application process.

If you own more than 1 property

If you own more than 1 property, you cannot claim for other properties even if they're in a different council area.

If you live in a trust owned property

You need to be a named trustee and also listed in the council's Rating Information Database (RID) to be able to apply.

For more information go to the NZ government website:

<https://www.govt.nz/browse/housing-and-property/getting-help-with-housing/getting-a-rates-rebate/what-is-a-rates-rebate/>

Or phone your local council.



Accredited Visiting Service Age Concern Palmerston North and Districts

An important service Age Concern Palmerston North and Districts provides is The Accredited Visiting Service. We have noticed that as our clients get a little older, they can become socially isolated. This can be for many reasons often related to health conditions. The older person no longer goes to their monthly social gathering, or maybe their dearest friends die and going out loses its appeal. Often, clients tell me they would just like someone who has time to have a cuppa and a chat with them. Could this be you?

You can help us by becoming a Volunteer Visitor, one of a team, who will visit a lonely person each week for an hour. Volunteers are provided with on-going training and support and the opportunity to come together quarterly for afternoon tea and to hear a speaker related to their role. You will be introduced to the person selected for you. There is not much paperwork, just record each time you visit. If you would like to pursue this activity please contact the office, on 06 355 2832 or email fern at fern.brooking@ageconcernpn.org.nz.

We are looking for volunteers in Palmerston North and Feilding.



Good, better, best. Never let it rest.
'Til your good is better
and your better is best.



When supporting the advertisers within this magazine **PLEASE DO LET THEM KNOW.**

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

Rates rebate increases from 1st July 2021

Rates rebates increased from 1st July and the maximum income threshold income for claiming the rebate has also risen too:

- **The maximum annual rebate increases from \$655 to \$665.**
- **The income threshold rose \$26,150 to \$26,510.**

To find out more about the Rates Rebate Scheme contact your council

Tea and Talks

These are an opportunity for older people to come together for afternoon tea, socialise together, and listen to a guest speaker on a topic of interest.

Venue: Age Concern, 51, Waldegrave Street, Palmerston North

Dates: Tuesday 31st August
Tuesday 21st September
Tuesday 26th October
Tuesday 30th November



We provide 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.


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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. You really do help to make a difference with your generous donation.

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 20th 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 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.

News from Age Concern Horowhenua

The long, grey winter is ending, which means Spring is right around the corner! Which means bursts with new life with lambs being born, the colourful flowers bloom and the fresh, happy atmosphere makes this an inspiring time of year.

Having taken the Winter to rest and imagine all the possibilities that Spring may bring, you are now ready to leap forth – feeling full of drive and energy to start all those new projects! Whether you're clearing the gutters, starting the garden, or going through all those old clothes – Spring is about taking action after winter's hibernation.

The nights get shorter, and the days get longer. The temperatures become more pleasant, and we find ourselves outside enjoying the fresh air and soaking up the Vitamin D the extra sunlight provides, instead of being bundled up inside with the heater cranking to keep warm!

If you're feeling a little blue after the chills of Winter, then the sun is the best remedy! Studies have proven that exposure to sunlight can increase the amount of serotonin in the brain which can result in you feeling happier and can even help you sleep better! Plus, you'll be able to enjoy the stunning array of colour in many yards and parks as the flowers begin to bloom and trees 'wake up' from their dormant state, to display vibrant blooms every colour of the rainbow!

"Despite the forecast. Live like its Spring"
- Lilly Pulitzer

Many of us suffer with allergies, which can make Spring – a not so enjoyable season... But just because the winter months are over doesn't mean your immune system should get left to defend itself. Did you know that garlic and vitamin C are excellent for strengthening the immune system, but also help slow down the release of histamine? This could help bring some relief from seasonal allergies and keep your immune system in tip top condition at the same time.

So, are you prepared to take advantage of spring's boundless energy? Sometimes "spring fever" fills you with such vigour that you don't know what to do with yourself. It is a great time to begin attending that

new exercise class, catch up with friends for lunch or simply enjoy a walk on the beach barefoot.

The beauty of this season brings happiness and joy all around. It makes our minds creative and gives energy to the body to start work on all those projects with full of confidence, and nothing ever seems to feel impossible in Spring.

Catherine McAuliffe | Manager

Hi everyone, My name's Charlene and I'm thrilled to introduce myself as the new AVS Support Worker with Age Concern Horowhenua.

To put it plainly, I really enjoy people! Having worked within various people focused roles throughout my career, I'm excited to bring my knowledge, skills, and enthusiasm to the team. Many of you will know me from Bay Audiology Levin, as the friendly face behind the counter managing appointments (or out the back repairing hearing aids)

I have a strong interest in making a difference in people's lives and those of you at Bay Audiology I've mentioned this role to seem as excited about me taking up the position as I am!

I am delighted to have the opportunity to get to know you all and further connect with the older people in our fabulous community.

Charlene | AVS Support Worker



Community Computer Space!



Over the past month we have been hard at work creating our brand-new free Community Computer Space! This is just one element of our 'Tech Savvy Seniors' program that will be running throughout this year and include a variety of mini workshops on basic computer, iPhone and Android skills. But we are also keen to teach what people want to learn – where there is a need, we will find someone to teach it!

This space has been made safe and secure for all users with restricted access, privacy boards between the two computers, secure WIFI connections and special software that deletes everything after use—security and user safety was paramount when developing this space.

Having this space available to our older community gives a fantastic opportunity to those who may want to practice after attending the workshops, or those who want to use a computer but don't have one of their own at home. We have trained staff who can offer assistance on how to do things, there are quick reference guides available about surfing the internet

and basic programs, we have set-up a free printing and photocopying facility for users so they can keep any work they create or have the freedom to print documents.

In July we ran bank sessions, where all major banks held a session each at Age Concern Horowhenua and provided information on their banking and payment options now that cheques are gone, they also answered any other questions that the participants had... And there were some tough ones! We had a great response to these sessions, and we look forward to offering more sessions on the tech topics that will help our community become 'Tech Savvy Seniors'.

TOTAL MOBILITY SCHEME

The Total Mobility Scheme is jointly funded by Horizons Regional Council and NZ Transport Agency and helps people with mobility constraints access subsidised door-to-door transport through approved transport providers based in the Horowhenua.

Age Concern Horowhenua can provide **FREE** (in office or home) assessments to determine your eligibility to receive a Total Mobility Card.

If you still drive but may not always feel confident (at night etc...), then you may still be eligible!

Please contact Age Concern Horowhenua on (06) 367 2181 or admin@ageconcernhoro.co.nz if you have any questions about the Total Mobility Scheme or to arrange your assessment.



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MiLife Rosewood Park - Knitters with a mission!

Our wonderful knitters at Rosewood Park have been knitting for various charities over recent years.

They started with knitting for the wildlife affected by the Australian bush fires. This led onto the group knitting for Middlemore Hospital and the Knit World project. This involved knitting for prem babies and children.

Their latest creations were just that little more special as the group decided this time that they would donate their lovely pieces to the Arohanui Hospice where Linda the Village Managers father had been recently so well cared for. Linda was very proud and touched by what the group had achieved and posted a picture of the beautiful creations on her



personal Facebook page, and she was astounded with the response. Linda received over 200 amazing comments and likes with wonderful heart-warming messages about our lovely MiLife knitter's work. Some even commented they have received little hats from previous donations from the maternity ward when having their babies. It was so nice for Linda to be able to share these comments with the knitting group and for them to see the positive impact they were having of playing it forward.

We have had generous donations of wool from that post so the ladies can continue their project of knitting for other charities and organizations in need. We have so many residents within our MiLife villages doing great things for others and it's so nice when they are acknowledged.

We would gratefully accept donations of wool and buttons to enable the ladies to continue their great work. Age Concern Horowhenua is happy to collect and deliver any donations to Rosewood Park for the 'Knitters on Mission' project.

We have partnered with



to bring you...

'SILVER SNEAKERS'

There are countless studies that prove the health benefits associated with exercise, and it becomes more important as we age! Regular physical exercise helps improve mental and physical health, both of which will help you maintain your independence as you age.

We are excited to offer you low impact gym-based classes, with help from our pals at 24/7 Fitness Levin! These classes are taken by a knowledgeable qualified instructor and specially tailored for people over 60, and include a mix of functional strength, fitness, balance, and mobility movements to help you maintain an active lifestyle!

LIVE STRONGER ... LIVE LONGER

Our 'Silver Sneakers' exercise classes are fun group-based classes for all fitness levels, so bring a friend and have a laugh while achieving your fitness goals!

Numbers are limited for these classes to ensure maximum benefit for participants, so registrations are essential. You do not have to have a membership with 24/7 Fitness to attend these classes, and the cost is just \$2 per class! So, what are you waiting for? Give us a call today to sign up.

When: Wednesday's at 11.30am from
Where: 24/7 Fitness Levin

– 532 Queen Street, Levin
Cost: \$2 per class

Age Concern Horowhenua are offering FREE first classes to the first 20 people to sign up!



We are Levin's only locally owned and operated audiology clinic with a full time MNZAS Audiologist, and we are delighted to partner with Age Concern Horowhenua to bring the best hearing solutions to you!



Kamea Lessoway, Audiologist MNZAS and director of Levin Audiology. Kamea lives locally and holds a Masters of Audiology with Distinction from University of Canterbury and is a full member of the New Zealand Audiological Society. She has over 25 years' experience working with audio technology, including nearly 10 years since starting audiology. Her love of good quality sound informs her passion for programming hearing aids to sound as good as they can. Her NZ-based audiological research is published in the International Journal of Audiology. She aims for excellence in all she does for her patients/clients. She also loves good quality food, coffee and wine – just throwing that out there! She also unreservedly loves your ears and cares about optimising your hearing.

Karyn Jamieson, lead administrative superstar and all-around fantastic person. Karyn has extensive experience serving the Levin community in allied health and medical practices locally. She genuinely cares about the people in her community and lives locally with her family, who have connections with Horowhenua spanning many decades. She volunteers her spare time helping out with local education and community organisations. She loves good coffee... but doesn't like being photographed or writing paragraphs about herself.

You can come to us (if eligible, of course!) for:

- ACC hearing services
- Hearing aids
- Ministry of Health Hearing Aid Subsidy
- Adult Diagnostic Hearing Tests
- Second opinions
- Ministry of Health Hearing Aid Funding
- Veterans Affairs New Zealand
- Tinnitus counselling
- Insurance hearing aid replacements
- GP and ENT referrals where indicated
- Work and Income NZ quotes
- Hearing aid batteries and repairs



- 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!
- Falls in older people are usually associated with weakened leg muscles and poor balance.
- Falls do not have to be a 'natural part of ageing' & are DEFINITELY preventable!



Levin Classes: Age Concern Horowhenua – 14 Durham Street, Levin.

When: Monday 11am, Tuesday 11am & Thursday 1.30pm

Foxton Class: Te Awahou Masonic Village - 79 Main Street Foxton.

When: Starting October 2021

For more information or to register, please contact us on (06) 367 2181 or pop into the office and see us!

SAYGo Improves:

- Balance & Leg Strength
- Flexibility
- General Fitness & Wellbeing

It's also a great way to have fun & meet new people!

Age Concern Horowhenua is currently running three established classes, with beginner classes starting in Foxton in August 2021 and Levin Early 2022.

REGISTRATIONS ESSENTIAL!

JOIN A SAYGO CLASS TODAY TO IMPROVE YOUR STRENGTH AND BALANCE AND HELP PREVENT FALLS!

EARS Update: Elder Abuse Awareness Week Success



This was my first year as part of the Elder Abuse team at Age Concern Horowhenua to raise awareness in our community about Elder Abuse.

Our Elder Abuse team were grateful to have an awesome table set up for us at the local mall and all the local businesses that supported our awareness day by gifting donations towards raffle baskets and The Sponge Kitchen, who donated delicious cupcakes on the day to help raise funds for Elder Abuse.

What a positive day! I was joined by the whole Age Concern Horowhenua team and Board, to help raise awareness in our community, giving out over 250 ribbons! It was great getting to meet so many locals and having impactful conversations.

The lovely mall shop owners supported our team with coffee, stopping by to say hi, and buying lots of raffle's tickets. Many people gave generously on the day, and we were able to raise a lot of funds to go towards Elder Abuse.

We would like to thank all our generous sponsors:

Super Minx, Levin New World, The Sock Factory, Photo & Framed, Woodley's Coffee, Kapinua, Levin Jewellery, Sports World Levin, Clarks Clothing, Horowhenua District Council, The Health Hub, Levin Mall Pharmacy, Leader & Watt Levin.

International Day of The Older Person is coming up on the 1st of October 2021 to celebrate the older adult. This is a United Nations initiative celebrated around the world. It's a time to acknowledge and say thank you to our older adults for their contribution to our communities within New Zealand, and around the world. Age Concern Horowhenua are planning a fun event for our older community, so keep your eye out for more details to come!

Robyn Baker | Registered Social Worker
Elder Abuse & Neglect Co-Ordinator
AVS Co-Ordinator

AGE CONCERN HOROWHENUA INC. NOTICE OF ANNUAL GENERAL MEETING

To be held at 2.00pm
Wednesday 22nd September 2021
Queen Street Chapel, 541 Queen Street, Levin

AGENDA

- Welcome
- Apologies
- Speaker – Bernie Wanden
- Minutes 2020 AGM
- Minutes Special General Meeting 22 July
- Chairpersons Report
- Treasurers Report
- Election of Officers
- General Business

Note: Office Holder Nomination forms are available at the Age Concern Office. All nominations are to be confirmed by 23rd August 2021, and any additions to agenda to be confirmed at Office by 17th September at 3pm.

Stewart Thompson | admin@ageconcernhoro.co.nz
14 Durham Street, Levin

Tea 'n' Talk Series

Pencil in the last Wednesday of each month, keep an eye out for upcoming flyers and bring a friend along to our informative social presentations!

25th August: Scam Awareness: What to look out for to prevent internet and email scams, safety options on how to avoid them and options of what to do if you think you may have been scammed. As well as how to identify and respond to potential phone or door knocking scams.

29th September: General Wellness: An opportunity to meet with health providers including Levin Audiology, Optometrist Bruce Little, the Health Hub and THINK Hauora on Holistic Wellness.

27th October: Budgeting and Nutrition: Meeting your Essential Needs: Budgeting can be tough in these times of increased housing and food costs, so we've invited a budget advisor and a nutritionist from THINK Hauora to give you advice on maintaining your wellbeing on a budget.

24th November: Home Safety Emergency Preparedness with increasing severe weather incidents, the ongoing risk of earthquakes and other emergency situations, this is an opportunity to receive and have any queries answered on how to prepare for an emergency, and what services are available during an emergency. Horowhenua District Council, Civil Defence, Neighbourhood Watch, and Police learnt a lot during covid 19 and have developed a new emergency plan that includes social response.

Victoria | Health Promotions



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Est. 1909

We specialise in all areas of law affecting older people.

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Phone - 06 368 8886
Address - 27 Queen Street West, Levin
Email - office@toddwhitehouse.co.nz

 Like us on Facebook
 Go to www.facebook.com/groups/2268617196605712
 or just search Age Concern Horowhenua to follow us on Facebook.

Age Concern Horowhenua wishes to thank all our sponsors in 2021-2022 for making our work possible



Annual Membership Enrolment



Age Concern Horowhenua is a non-profit organisation that works for the rights and wellbeing of older people across the Horowhenua Region. What being a member of Age concern Horowhenua's means:

- You will receive a monthly newsletter, updating you on what is happening with Age Concern Horowhenua and around the community.
- Early Bird Access on all Age Concern Horowhenua's workshops, presentations, and courses.
- FREE attendance to all workshops, presentations, and courses.
- Discounted SAYGo Classes - Just \$1 per session!
- A unique membership card - renewed each year.

Membership type: (please circle)
\$20 Single \$30 Couple

Mr/Mrs/Miss/Ms:

First Name Last Name

Mr/Mrs/Miss/Ms:

First Name Last Name

Address:

Home Phone:

Mobile:

Email Address:

Would you like to receive your newsletter via email: YES / NO

Would you like us to automatically renew your membership each year? YES / NO

Donation: ☐ \$10
(optional) ☐ \$20
☐ \$50
☐ Other: \$.....

Your generous donations help us recognise our volunteers, support staff & volunteer training, refreshments for our presentations, give koha to our facilitators.

Signed: Date:

Please return this form to
admin@ageconcernhoro.co.nz
or 14 Durham Street, Levin to complete your enrolment.

Your Membership and Support is greatly appreciated.

News from Age Concern Kapiti

The two of us!

Our office in Paraparaumu is situated as part of a community hub on the first floor of Coastlands and we have been here for more than a decade. We share space with Kapiti Budgeting Services and Grey Power along with Citizen's Advice Bureau just down the hallway.

Since July, we are two staff – Susan Church is Manager and Alison Miller is Health Promotion and Accredited Visiting Service Coordinator.

Accredited Visiting Service

We recently held a Dementia workshop for our Volunteer Visitors in Kapiti and the feedback was very positive. Sheena Farquhar from Dementia Wellington was the guest speaker. She was very thorough and clear with her presentation explaining what Dementia is, the different categories, the effects of the disease and ways to manage it.

There is a stigma attached to Dementia which is a shame as the more people that are informed about the symptoms and learn coping strategies then the better it is for those effected. There are green or red conversations which you can have with a Dementia sufferer which can determine how the visits you make with them flow. Once you have an idea of how their brain is affected this gives you a better understanding of why they act the way they do.

The visitors gained a very helpful insight into this condition and were given suggestions on ways to manage when visiting a dementia client.



Tech Help Days

One very successful 'Tech Help' session was held in July at the Paraparaumu Library. These were run using the expertise of the Kapiti Youth Council, young people who are working with Age Concern Kapiti on intergenerational projects.

The sessions offered to help older people navigate their way with digital technology. The Youth Council used their skills to assist the older person with their smartphone, tablet or laptop. Requests varied from how to turn on their smartphone, emailing, text messaging and more.



Upcoming Events in Kapiti

Staying Safe:

a refresher workshop for senior road users

Monthly courses – register your interest by calling Age Concern Kapiti (*more information on page 20*)

Healthy Ageing Together 2021

First Thursday of the month....

Start: 10.30am – 12noon

When: Thursday, 2 September 2021
Thursday, 7 October 2021
Thursday, 4 November 2021
Thursday, 2 December 2021

Where: Rimu Room
Level 1, Coastlands Mall



AgeConnect Kapiti is now well established and is a key platform for Age Concern Kapiti to reach older people who are lonely or socially isolated by providing information and activities that help them to stay connected and involved.

It is often a casual conversation in daily life that leads to discovering something relevant and meaningful and with this in mind, we approached businesses across Kapiti and invited them to be involved as Community Connectors. There are currently nearly 70 businesses in the network who are provided with flyers about AgeConnect Kapiti for their customers and clients. We plan to increase the number of businesses involved over the coming year.

Developing intergenerational links is another AgeConnect Kapiti initiative which helps to break down generational stereotypes and promotes understanding between young and older people. The 'Human Library' is an exciting project which focusses on conversations between the generations about a range of current and sometimes controversial topics. These conversations were filmed and a community screening is planned which will include interaction with the audience to encourage ongoing conversations about the topics.

Further intergenerational activities are planned which will focus on 'Exchanging Skills' such as a group with older people demonstrating and younger people learning to knit or crochet and young people assisting older people to use their smart phone and other devices.

Annual General Meeting

Age Concern Kapiti's Annual General Meeting is being held on **Friday, 10 September**.

Our guest speaker is Murray Edridge, Wellington City Missioner from The Wellington City Mission.

When: Friday, 10 September at 10.00am

Where: Rimu Room, Level 1, Coastlands Mall, Paraparaumu



Steady As You Go Exercise Classes

Age Concern Kapiti offer Steady as You Go exercise classes. The classes are designed to improve strength and balance and help prevent a fall.

Steady as You Go classes improve:

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

Classes consist of a combination of sitting, standing and walking exercises and run for about an hour. They are ideal for beginners, are ongoing and you can see how much you have improved over your first 10 weeks.

Classes are established by one of our staff members with the aim of becoming peer-led at the end of 10 weeks. Classes run in school terms only.

When: Friday's at 1.30pm

– for returning participants

Where: Waikanae Baptist Church – Te Moana Road

When: Tuesday's at 9.30am – *for beginners*

Where: Salvation Army Hall – Bluegum Road

If you would like to join a class, come by ten minutes before the class begins. For more information please contact Age Concern Kapiti. Bookings essential: (04) 298-8879

Care 4 You Kapiti Your Loyal Companion



Are you enjoying life in your own home surrounded by memories?

Do you sometimes find it difficult to keep things as you would like?

Here at Care 4 You we have a team of people who can offer assistance, provide efficient and respectful care enabling you to maintain life in your familiar environment.



Suzanne Congreve | 021 024 36944
care4youkapiti@gmail.com

www.care4youkapiti.com

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

Mr / Mrs / Miss / Ms

Name(s):

Address:

.....

Telephone:

Email:

Date of Birth (optional):

Membership Fee

Individual \$15

Donation: ☐ \$5 ☐ \$10 ☐ \$20 ☐ \$30 ☐ \$50

Other:

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

Post Email (please circle one)

How to pay:

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

Account number: ANZ 06 0730 0405608 00 (Age Concern Kapiti)

Please add your name as reference and then email us at the address below with the above details.

Age Concern Kapiti
P O Box 217
Paraparaumu 5032

Level 1, Coastlands Mall, Paraparaumu
Telephone: (04) 298 8879
Email: admin@ageconcernkapiti.co.nz

Please accept our sincere thanks
for your support.

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

Staying Safe Driving Refresher Course

Age Concern Kapiti continue to run free 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.

Since July we have started to run the Staying Safe Driving Refresher Courses in local Retirement Villages which is also proving very successful – so much so that the courses have had to be repeated to cope with the interest from residents.

Upcoming courses:

Paraparaumu:

Thursday, 9 September
Rimu Room, Level 1, Coastlands Mall, Paraparaumu

Thursday, 14 October
Rimu Room, Level 1, Coastlands Mall, Paraparaumu

Thursday, 18 November
Rimu Room, Level 1, Coastlands Mall, Paraparaumu

Otaki:

Friday, 17 September
Supper Room, Otaki Library, Otaki

Friday, 22 October
Supper Room, Otaki Library, Otaki

Start Time: 10.00am – 2.00pm

Bookings are essential – (04) 298-8879
or use our 0800 number: 0800 65 2 105 | Press 5 (Lower North Island) | Press 3 (Kapiti) and you come directly to our office phone.

Lunch and refreshments provided by Age Concern Kapiti.

Information about the Bonus Bonds scheme wind-up

The Bonus Bonds scheme is being wound up, with the proceeds to be returned to holders of Bonus Bonds (Bondholders). Below is an overview of the process, to help answer any questions or concerns you may have.

ANZ Investment Services (New Zealand) Limited (ANZ) have launched a programme to contact all Bondholders. Over the coming months they will be sending letters or emails to all remaining Bondholders with instructions about what you need to do (this may differ from Bondholder to Bondholder, depending on their situation). Further national advertising will follow.

What do Bondholders need to do?

ANZ will deposit your wind-up payment into a New Zealand bank account of your choice. All you need to do is to let ANZ know what account you want the payment to go into. If you have received a letter or email from ANZ this will explain how to do this, but if you are unsure you can call the special Bonus Bonds wind-up call centre on 0800 266 374 between 8am and 6pm, Monday to Friday.

Providing this information will ensure there are no delays in receiving your payments. It's important to note that you don't need to come into an ANZ branch – in most situations ANZ can do everything over the phone.

When will they receive their payments?

We expect to make a payment of \$1.10 for each Bonus Bond held, in December this year. If there are any remaining funds when the Bonus Bonds scheme wind-up is finalised, you may receive another small payment at a later date.

Check out frequently asked questions on website at www.bonusbonds.co.nz/faqs or simply give us a call on the number above.

ANZ Investment Services (New Zealand) Limited is the manager of the Bonus Bonds scheme



Go to
www.facebook.com/ageconcernkapiti
to follow us on Facebook.

Harbour City Funeral Home, Proudly Locally Owned and Operated

Harbour City Funeral Home personnel are available to serve families throughout Wellington and greater Wellington region with premises in Wellington, Lower Hutt, Upper Hutt, and now in Paraparaumu, Kāpiti Coast.

Started in 1989 by Simon Manning, the business is still locally owned and overseen by Simon's keen eye for innovation, passion and excellence in funeral service. Whilst many funeral companies are under the ownership of multi-national funeral chains Harbour City has proudly remained locally owned.

Harbour City Funeral home looks after all aspects of funeral care including at-need, pre-planning and pre-payment, monumental work (headstones and plaques), online memorials at www.tributes.co.nz, bereavement support services as well as being certified to carry out natural burials.

Please contact us for a copy of our free, no-obligation funeral information booklet. Our location phone numbers are listed in the advertisement below.

www.harbourcityfunerals.co.nz

Editorial supplied by Harbour City Funeral Home



Kāpiti Coast
Ph: (04) 298 4888

Wellington
Ph: (04) 387 8301

Upper Hutt
Ph: (04) 528 8924

Lower Hutt
Ph: (04) 570 0111



Locally owned funeral
directors, caring in your
community. Contact us
today for your FREE
about funerals booklet.

www.harbourcityfunerals.co.nz



HealthCare New Zealand

Being independent is key to our quality of life. For most people, that means staying in our own homes, close to our family, friends, communities and favourite activities.

Sometimes we need a hand to maintain our independence, and that's where HealthCare New Zealand can offer high quality help, tailored to your lifestyle.

HealthCare New Zealand supports people around the country with personal care, home management and domestic support, nursing services and rehabilitation. Their specialist skills, knowledge and expertise lets them work with you to create a plan that suits your needs, regardless of age, illness, injury or disability.

With a national network of experienced and trained professionals, HealthCare New Zealand works alongside people and their families each step of the way, with a personalised support plan that incorporates your needs and goals.

With a toll-free 0800 number and website – www.healthcarenz.co.nz it's easy to get the support that works for you.



With over 19 years of experience and a professional team of local, caring and highly qualified staff, we can support you to live independently in your own home.

- Our services include:
- Personal care
 - Home care services
 - Nursing services
 - Goal based services

Our services are fully certified and in some cases may be free for eligible residents.

We also support privately paying clients.

For more information:
Freephone: 0800 00 2722
www.healthcarenz.co.nz



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Editorial supplied by Healthcare New Zealand

Fire Service – Home Checks – Be prepared

Did you know?

Your local Fire Service will at no cost – visit your home and:

- Check existing smoke alarms to ensure they work and are in the right places.
- Install smoke alarms, if you need them.
- Help you make an escape plan.
- Call 0800 NZ FIRE (0800 693 473) or Paraparaumu Fire Station on (04) 296 1162 to schedule a visit and ask for the Officer in Charge.

Be prepared with a grab bag

If you had to leave your home due to an emergency right now where would you go? What would you take?

One thing that you can do today to make a possible emergency evacuation a little less stressful is pack your grab bag.

Your grab bag doesn't need to be fancy or new. The most important thing is that you have one. Fill your bag with essential items that you might need for a couple of days if you need to evacuate your home with little or no warning, for example medication, important documents, water, food, walking shoes and a jacket.

You can never be too prepared for an emergency in Kapiti, get your grab bag sorted today!



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Email: office@susiemills.com

Healthy Ageing Together Group

Kapiti's monthly Healthy Ageing Together Group (known affectionately as the H.A.T. Group) have become recipients for the delivery of a range of vegetables, grown by Kai Ora (who donate to different community groups).

Local women Kay Fechny and Ripeka Thomson work for Kai Ora and L'Arche in Paraparaumu. L'Arche is an international community for differently abled people. They have four core gardening



members and are supported by St Vincent de Paul. They are using spare land at L'Arche to grow

vegetables. They make their own compost on site and their vegetables are grown organically with a huge emphasis on creating a vibrant soil in order to grow nutrient dense, healthy food.



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. If you have wondered about prepaid funerals, but worry funeral prices will rise with inflation, plus, aren't there on-going fees?

The Funeral Directors Association of NZ has created a pre-paid fund that has no fees and all interest goes to the client. And to simplify the process, you can join online at www.thefuneraltrust.co.nz or call the Kapiti Coast Funeral Home, who will help you.

Don't worry, if you arrange your plan through the Kapiti Coast Funeral Home, your money is protected, because all the money you prepay is held in trust independently of the Funeral Home and not held by any individual Funeral Home or their bank.

Also, the Funeral Trust is not an insurance policy. No health checks or personal questions are needed.

So why not take the onus off your family and arrange an interest earning no fees pre-paid funeral.

PREPAY PREPLAN YOUR FUNERAL

Peace of mind

A prearranged farewell through The Funeral Trust will give you peace of mind knowing your wishes are understood.

Security of funds

The money you put aside for your prearranged funeral is held in The Funeral Trust for you. The Funeral Trust has been established by the Funeral Directors Association of New Zealand.

You decide

Your arrangements are personal to you, it's your decision.

Protect your family

Your family is relieved of the responsibility of making difficult decisions in very emotional circumstances.

Financial Benefit

\$10,000 deposited into The Funeral Trust plan is excluded from asset testing when assessing eligibility for a subsidy for long term residential care. Interest is also paid to funds deposited, and the prepaid plan is totally fees free.

The Funeral Trust



A prepaid funeral allows you to set aside money now to pay for your meaningful farewell.
Sign up online or contact us

www.thefuneraltrust.co.nz/why-plan-ahead **MEMBER** Funeral Directors Association of NZ

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

editorial supplied by Kapiti Coast Funeral Home



COURTENAY Hearing Centre

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- Hearing assessments
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- Tinnitus assessment and treatment
- ACC, Ministry of Health and War Veterans funding
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- Accessories, batteries and servicing



WELLINGTON

Level 2, 15 Courtenay Place | (04) 385 9144

WAIKANAĒ

In the mall 10/2 Mahara Place, Waikanae | (04) 293 4170

LEVIN

SeeHear, 174 Oxford Street | (06) 368 0130

PARAPARAUMU

8A Ihakara Street | (04) 385 9144

info@courtenayhearing.co.nz

www.courtenayhearing.co.nz

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.

Editorial supplied by Courtenay Hearing Centre

DORA will be driving to Palmerston North and Manawatu in September!



Age Concern Palmerston North and Districts is excited to be hosting DORA, the Digital On-Road Access bus, in the week from 20th to 27th September. DORA has been set up as a mobile classroom and we will be offering training and support in on-line banking during the week throughout Palmerston North, Ashhurst and Manawatu Districts.

Age Concern is working with staff at Palmerston North City Library, Feilding Library and Manawatu Rural Support Services to take DORA out throughout our region, and staff from Palmerston North and Feilding libraries will provide the training.

DORA was set up in 2012 with support from InternetNZ to provide a mobile learning centre in Christchurch following the 2011 earthquake. DORA was subsequently used to support Stepping UP programmes on the West Coast and Digital Seniors in the Wairarapa. The classroom is suitable for use by up to 10 adults at any one time. DORA's onboard equipment is powered by solar charged batteries, and internet access is provided by both terrestrial wireless networks (3G and 4G), and in more remote areas, by satellite. This enables DORA to operate at any location in New Zealand that is reachable by road.

If you would like to learn more about on-line banking, then book in for a 2-hour training session when DORA comes to your area. The schedule for the week is still being planned but it will be advertised and promoted shortly. If you would like to book a place or know more about it phone our office on 06 355 2832.