

SPRING 2021 QUARTERLY NEWSLETTER
www.ageconcernnt.org.nz



Age Concern Nelson Tasman

Serving the needs of older people

ACTIVE SENIORS NELSON TASMAN



Your Age Concern Nelson Tasman team

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

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Contact Information

Phone: (03) 544 7624
Email: manager@ageconcernnt.org.nz
Address: 62 Oxford Street, Richmond,
Nelson 7020
Postal Address: PO Box 3381, Richmond,
Nelson 7050

OFFICE HOURS
8.30am - 4.30pm Monday to Friday

Words from the Chair



LIVE, LAUGH & LEARN

Dear members and friends,
July is a significant month for me, as on the 30th I achieved what the Bible describes as ‘three score years and ten’ – yes, the big 70! How do I feel about it? Well, it is what it is, and I am just grateful that I have lived to celebrate it. For you see, after a couple of childhood incidents which could have been fatal and then later in life dealing with a brain haemorrhage and stroke and then prostate cancer, life is so precious to me.

I hope you feel your life is precious to you also. Certainly, here at Age Concern Nelson Tasman we aim to support all our clients and give them the best hope of a good later life. I am indebted to our manager Caroline and her wonderful team, for the range of services they offer and for the regular events which can enhance our lives. Recently, the team and the board met together for an exercise in strategic planning to challenge us to take stock of the present and to plan for the future. I tell you, there are plenty of ideas coming out of that discussion. I am grateful for the unity in all aspects of our wonderful branch.

Recently, I represented Age Concern New Zealand at the 3rd Walking Summit in Wellington. This organization, for all ages, seeks to promote the value of walking for personal health and the health of the environment. My input was to ask for understanding for all users of the pavements and footpaths, especially as there is so much ‘traffic’ in these areas today. Safety is the paramount issue here and those of us with limitations need to feel confident as we walk out and about. I would love to know your views.

Keep safe. Keep warm.

Every good wish,

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

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

**RYMAN
PIONEERS**
Together



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

NEIGHBOURLY-NESS BUILT IN

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



Perfectly positioned in Stoke, Ernest Rutherford Village is set amongst beautiful established gardens.

- Serviced apartments available now.
- Fixed base weekly fee and our deferred management fee is capped at 20% - one of the lowest in the retirement sector

*Some conditions apply

Call Debbie for more details.
ERNEST RUTHERFORD VILLAGE
49 Covent Drive, Stoke, 03 538 0882

rymanhealthcare.co.nz



We are grateful to all our funders:













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TOTAL MOBILITY

Nelson City Taxis has 5 Total Mobility hoist vans for all wheelchair requirements.

Our Total Mobility drivers all hold current First Aid certificates.

Over 30 years' experience transporting Nelson's Total Mobility customers.



Meet the staff



Manager, Caroline Budge

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



Elder Abuse Response Service Advisors

Mal Drummond and Cheryl Hague

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



AVS & Carer Relief Susan Arrowsmith and Jolene McEvoy

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



Community Support Coordinator Jackie McIntyre

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



Fundraising & Communications Officer, Miriam Clark

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



Office Administrator, Liz Aitken

Liz is our new Office Administrator and provides a friendly welcome to the agency.



AgeConnect Coordinator, Marnie Brown

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

TechConnect Classes

Are you interested in learning how to use an i-pad? If so, then please enrol in our exciting new initiative. Starting 6 September and running for five consecutive weeks we are delivering a course which covers basic i-pad use including emails, reading the newspaper, accessing library e-books, watching tv/ films via on-demand or Netflix etc, games to play, internet use and online shopping.

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

The course starts on Monday 6 September and runs through to 4 October. It will be held in the Age Concern Hall at 62 Oxford Street, between 2pm and 3pm. Spaces are limited so if you are interested, please contact Miriam on 544 7624 ext 6 or email support@ageconcernnt.org.nz.

We supply the ipad and the cost is \$3 per session.



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Tea & Talk

Locations

All sessions run from 10am-11.30am

Age Concern Hall

62 Oxford Street, Richmond
Every Wednesday

Victory Community Centre

1 Totara Street, Nelson
Every Monday

Elma Turner Library

27 Halifax Street, Nelson
Every Friday

Gateway Housing Trust

24A Tudor Street, Motueka
Second & Fourth Wednesday
of Every Month

Anglican Parish Hall

42 Commercial Street, Takaka
Second Wednesday of Every Month

Tapawera Memorial Hall

Main Road, Tapawera
Last Tuesday of Every Month

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

Proudly brought to you by Age Concern Nelson Tasman.
Supported by Good Bitches Baking.



*I did then what I
knew how to do.
Now that I know
better, I do better.*

MAYA ANGELOU

AgeConnect Coordinator

Marnie is our AgeConnect Coordinator at Age Concern. She has a varied role but one area she is very passionate about is linking older adults to activities so they feel connected and part of the community. At Age Concern we organise and run a range of activities but if these don't appeal then Marnie has a wealth of knowledge about what other groups, activities and networks are out there for you to join in your community. Marnie highly recommends having a look in the online Found Directory

www.found.org.nz or please feel free to give her a call on 03 544 7624 ext 5.



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

CARE FOR PEOPLE WITH DEMENTIA & HOSPITAL CARE

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

Inspiring Older People

Rata Vivienne

Rata is a colourful personality who has had an unusual life that has challenged societal norms and has been on the receiving end of a lot of judgement as a result. Fortunately Rata is in the process of writing a book about her life so one day soon we will be able to read about it in more detail.

Rata was part of our 'Beyond the Face' Exhibition and shared a story about an unforgettable experience she had as a young girl. She has kindly agreed to us reprinting this story in the Magazine.

When Rata was nine years old, she was out in the bush with her father and saw three white owls sitting on a branch on the side of Mt Taranaki. This was one of those moments in time, never to repeated or believed.

Rata was dyslexic and had a terrible time at school. She could not spell and used to have regular spelling tests of 100 words. For every ten words the pupils got wrong they would be given the strap. After a while, Rata got a bit fed up with getting the strap, 'It wasn't making me a better speller', she says. 'The words looked correct to me'.

In order to deal with the challenges of school Rata would often spend time in the outdoors with her father who was a Ranger on Mt Taranaki. He taught her all about the native trees, and what to do if she was lost in the bush including what to eat and how to get out.

One day they were out and about and across a gully, maybe 30-50 metres away, Rata and her father saw three white owls sitting on a protruding branch, 'clear as day'. They went up again two days later and there were only two sitting on the branch. A few days later there was only one left and then none, never for them to be seen again. At the time this was not a big deal for Rata, she just saw them and accepted it. 'We saw all sorts of things'

she says, 'It was quite natural. We didn't realise nobody else had seen them'.

Several years later, after her father's death, Rata encountered two young Rangers. Neither of them believed her that she had seen white owls. This is what really stands out for her. She is adamant they were white owls, not white moreporks, not barn owls, 'They were their own species!' Rata is now 85 and to this day can still picture the white owls sitting out on the branch on the side of Mt Taranaki.



Bowel Screening

The National Bowel Screening Programme, a free initiative that helps detect bowel cancer, is being offered every two years to eligible people aged between 60 to 74.

Those who are diagnosed early have a 90% chance of long-term survival.

If the cancer is found at a later, more advanced stage, it is harder to treat.

Bowel screening is currently offered in 17 out of 20 District Health Board (DHB) areas, with the nationwide roll out expected to be completed by December 2021. Those eligible will be sent an invitation letter and a consent form during the first two years of the programme starting in their DHB. A bowel screening test kit with instructions will also be sent out. The test is easy to do and can be done at home.

Information on who is eligible for the programme, or how to opt out if you wish, is available on the Ministry of Health website or by phoning 0800 924 432.

Source: www.superseniors.msd.govt.nz

Love and care
for your bowels - do
the bowel screening test

It's **FREE** for people aged 60 to 74,* it only takes a few minutes and it may save your life

Friendly, Personalised transport with heart

Freedom Drivers Nelson run by Sheryl Greenwood brings a warm and friendly driving service right to your door, along with extra help at either end of the journey as needed. "We cover the Nelson Tasman area, and will also travel further afield to support those living outside these areas," says Sheryl.

Sheryl, who has previously worked in healthcare, is especially known for her kind, caring approach and her special affinity to seniors. Travelling with Freedom is like travelling with friends or family - you build a relationship with a driver that you get to know and trust.

The Freedom service is personalized to your needs, with safety and care being paramount, as well as prices that are comparable to other local operators. Nothing is too much trouble for Sheryl and her team and they always go out of their way to help others. Freedom Drivers also take Total Mobility cards (TM) and are ACC registered vendors.

**Call Sheryl directly now
on 03 539 4856 or 021 355 843.**

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Who would you like to speak for you if you can't?

If you have dementia, having an advance care plan means people will know your wishes, even if you can no longer tell them. An advance care plan is a way for people to think about, talk about and share what matters to them now in case they are unable to say it later. Find out more about advance care planning and dementia, including a series of videos at www.myacp.org.nz

Sarah Togher - Dementia Wellington

Advance care planning for people with dementia takes time and needs sensitivity, says Sarah Togher, an educator and advisor with Dementia Wellington.

'Talk to your whānau and others close to you about things like where you would want to be cared for, who you would like with you towards the end, who you would like to speak for you if you can't, and your worries or concerns about being ill or dying.'

Sarah says it's important for people with dementia to start having their advance care planning conversations early, when they have the ability to understand what they're documenting.

'However, it's also important to be sensitive to where a person is in their dementia journey.'

'Talking about advance care planning can be overwhelming if someone has just been given a dementia diagnosis. It's an emotional time. I've found some people are keen to make a start, while others aren't ready to think too far ahead.'

She says advance care planning for people with dementia often ties in with them 'getting their affairs in order' and perhaps appointing an enduring power of attorney.

'Take time with it. Talk about how you're feeling and share that with your loved ones. It can be simple, such as wanting to make sure your feet are never cold. It may be about how it would be nice to overlook a river if you are in residential care.'

It's important for someone with dementia to review their advance care plan often to make sure it still reflects their wishes.

'When someone with dementia no longer has the capacity to make decisions, an advance care plan eases that very emotional time for those making decisions on their behalf, knowing they've had the conversation,' says Sarah.

Terry and Colin

Terry Webb recently helped his brother Colin complete his advance care plan. Colin has dementia and began his advance care plan when he and Terry attended a 'Living well with dementia' course run by Dementia Wellington. Colin later completed a draft of his plan and then he and Terry went through it together, removing any ambiguities.

Colin's plan details what matters to him, what he would do if his time were limited, how much he wants to know about his treatment, how much he wants his loved ones to know about his health, and whether he wants to be kept alive on life support.

Terry says Colin having an advance care plan is very helpful for the family. 'We're not worried about what to do because Colin's intent is very clear.'

Sarah, Colin and Terry feature in new videos discussing advance care planning for people with dementia.



Amazing Race for Older Adults

Discover a side of Nelson you haven't seen before! This year for the Festival of Adult Learning the Nelson Public Libraries is teaming up with Age Concern Nelson Tasman to bring you an Amazing Race for Older Adults.

Starting at the Elma Turner Library, in groups or teams, participants will follow a map which explores some of the hidden gems around the city, solving clues along the way. Complete as much of the map as you wish before heading to the end destination for fun prizes, finger food and a cuppa to celebrate.

This is a fun way to meet other older adults, discover the city and share your own stories about Nelson. Registrations are open to teams of 4-6 or individuals who want to join others on the day.

The Amazing Race for Older Adults is on Monday 6 September from 10am until 12 noon.



The walk will be under 4km from the Elma Turner Library. In the event of wet weather, the race will be held inside the library using a series of slideshows.

For bookings, please contact library@ncc.govt.nz or ageconnect@ageconcernnt.org.nz who can also assist with travel to the Library.

Kia kōrero

Let's talk

www.myacp.org.nz

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future healthcare
with an Advance
Care Plan



editorial supplied by Nelson Marlborough Health

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Age Concern Nelson Tasman celebrates International Day of the Older Person

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

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

When:
Tuesday 28 September 2021
from 2.00 - 3.30 pm

What:
Afternoon Tea
and entertainment



Please Register:
with Age Concern on 544 7624 ext 4
or community@ageconcernnt.org.nz

Proudly brought to you by
Age Concern Nelson Tasman and
supported by the Nelson City Council
and Simplicity Funerals.



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



Staying Safe Driving Course

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

- Monday 16 August 9.30am-12.30pm, Tapawera Memorial Hall, Main Road, Tapawera
- Wednesday 8 September, Murchison Recreation Centre, Murchison 10am – 12.30pm.

CarFit Course

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

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

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

Life Without a Car Courses

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

- Date to be confirmed, but it will be held in the Age Concern Hall in Richmond. Please register your interest with us.

If you would like to attend any of these workshops please register with us by contacting Jackie on (03) 5447624 ext 4 or emailing community@ageconcernnt.org.nz

Nelson Quilters Guild Festival of Quilts

The Nelson Quilters Guild regularly provides Age Concern Nelson Tasman with gorgeous quilts which we hand out during the winter months or as required. We greatly appreciate their generosity in doing this and it is lovely to see the response from people receiving one of these handmade quilts.

If you are interested in quilting and seeing some of the fabulous creations of the Nelson Quilters Guild, they are holding a Festival of Quilts at Nayland College Hall, Nayland Road, on Saturday 9 and Sunday 10 October from 10am each day.

With about 80 members, the Guild will display a diversity of quilts, wall-hangings and other quilted items that have been made since 2018. Members have also been given a small piece of vibrant green and blue fabric to be included in a Challenge piece that must fit within a 12 inch square. Already we know of some interesting shapes being created!

Admission is only \$5 and there will be two modern quilts raffled as well as the chance to win a patchwork basket, or a gourmet basket of goodies. About 6 patchwork merchants from around the South Island will have products for sale.



Wellby

Wellby is a new community led initiative that's helping the people of Nelson Tasman to better connect to their communities.

Age Concern Nelson Tasman is one of the partner organisations working on the initiative.

As part of it, we're hosting Talking Cafes on Tuesday mornings, fortnightly, in the McCashin Café on Main Road Stoke. These will be on 17th and 31st August to begin with. Starting at 10am, it's simply a chance to come along, have a cuppa and find out what's going on in the community, and meet some new people.



Everyone belongs



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LIST & SELL WITH MICHELLE

Beyond the Face Exhibition Launch

There were laughter and tears of joy at the opening of our 'Beyond the Face' Exhibition at the Elma Turner Library in May. This exhibition challenges viewers to look beyond a person's current appearance and see them as a whole person with fascinating lives, colourful experiences and wonderful achievements.

We have written profiles of 12 of our members and had their photo professionally taken by photographer Tim Cuff. This has been a mind-blowing experience for us as an agency as we uncovered some of the rich tapestry that makes up our members. So many have amazing achievements and have given so much to

the community. It really is an honour and a privilege to acknowledge and celebrate some of this.

The Exhibition has completed its run at the Elma Turner Library and is currently on display in the Nelson City Council building window display, visible from Trafalgar Street.

The 'Beyond the Face' Exhibition was such an overwhelming success and got such a powerful response that we intend doing it again next year. If you are interested in being part of this, please contact Miriam on 5447624 ext 6 or support@ageconcernnt.org.nz



Sweetcorn Soup



Ingredients

- 1 Tbsp vegetable oil
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- ¼ cup fresh ginger, finely shredded
- 1 tsp ground coriander
- 6 Tbsp Chinese rice wine or dry sherry
- 400g can creamed corn
- 300g frozen sweetcorn
- 3 ¼ cups vegetable stock
- 3 tsp light soy sauce
- 3 medium eggs, lightly beaten
- Fresh coriander to garnish
- 2 tsp sesame oil to serve

Method

1. Heat 1 Tbsp oil in non-stick fry pan over a medium low heat. Add the onion, garlic, ginger and coriander and sauté for 7-8 min without browning. Increase the heat to medium-high, add the rice wine or sherry and cook for 1-2 min until the liquid has been reduced by two-thirds.
2. Transfer the mixture to a saucepan, add creamed corn, frozen sweetcorn, vegetable stock and soy sauce and cook for 45min on the lowest heat.
3. Increase heat to medium and pour in the beaten eggs in a slow stream, while stirring with a fork, until the egg creates small ribbons.
4. Serve with a drizzle of sesame oil, garnished with coriander.

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

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

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

WR
WaimeaRichmond
FUNERAL SERVICES

Thinking ahead for peace of mind.
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editorial supplied by Waimea Richmond Funeral Services

Reflections from our Social Work Student

Kia ora koutou. My name is Abbey. I am a social work student on placement at Age Concern Nelson Tasman. I have been here for five months, which seemed like a long time at the beginning. However, the days have chased each other quickly and now I am coming to the final days of my time here.

Coming to the end of my social work placement I feel a mixed bag of emotions. On one hand, I am happy to have completed this rather large part of my degree. My children and husband will enjoy life being a little less busy for us all. But on the other hand, I will miss the kind, committed and genuine team at Age Concern. I was made very welcome right from the first day, and I have enjoyed getting to know the additional team members who have joined since.

But the team is not only the staff here in the office – it is also all of you who I have met and had conversations or a laugh with on the way. I’ve enjoyed getting to know the volunteers who give their time to run Tea and Talk in Richmond. There have been some memorable conversations with people on those Wednesday mornings over a cuppa and delicious baking. I also visited Tea and Talk at the Hub in Motueka, and at the Victory Community Centre and Elma Turner Library in Nelson. Each group has a special vibe of its own, while prioritising social connection and delicious baking!

Having a good hearty singalong at ‘Sing Yourself Well’ with Ruth was a highlight! So much fun and laughs, with a good blast out of the lungs and some singing tuition as well. Practicing Spin Poi on Thursday afternoon has been a fun challenge with lots of flying poi.

My mentor throughout the placement has been Susan – a fantastic mentor! Even though she has been very busy with her work as the Accredited Visitor Service and Carer Relief Coordinator, she has always made time for me. Always calm and welcoming! I have enjoyed getting a ‘behind the scenes’ look at what the Accredited Visitor Service (AVS) does. Susan and Jolene are busy connecting volunteer visitors with older people who would like some more company. It’s important to maintain social connections for our mental, emotional and physical health, but sometimes social lives fade as we age. The relationships formed through AVS often become

close friendships which are treasured by all involved.

I was privileged to attend the opening of Beyond the Face, the Age Concern Nelson Tasman (ACNT) exhibition at Nelson’s Elma Turner Library. Something that will stick with me is that people’s lives may be very different to what they appear on face value. I also have been reminded to take responsibility for my life now and do what I can now to make my life the best it can be. I read recently something that resonated with me – this is the gist of what it says:

Be kind. Show Up. Give Second chances. Acknowledge when you get it wrong and love selflessly. Remember to extend grace, because we all have different loads, and we are all just walking each other home
(Paraphrased from Enlightened Consciousness, Facebook).

This is, essentially what I feel the team here at Age Concern do and it sums up my time here at Age Concern. Thank you to all of you for making me feel so welcome here. I feel blessed to have been allowed into your lives and I will always remember with fondness my time here. Kia Kaha.



Farewell and Welcome

Since our last magazine there have been more staff changes at Age Concern. Maria Kula, our Office Administrator, got the opportunity to work full-time elsewhere so very reluctantly handed in her resignation. Maria had only been with Age Concern a short period of time but provided a positive and cheerful welcome to everyone who walked through the front door. We wish Maria well with her fulltime employment.

Liz Aitken is our new Office Administrator. Liz has recently moved to Richmond from Tauranga with her husband and three school aged boys. She has worked in the Social Services field as an administrator for several years and is currently studying part-time towards a Bachelor of Health Science majoring in Mental Health and Health Promotion.



We are really pleased to have Liz as part of our team and are already benefiting from her experience and knowledge.



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.

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Our village centre is open, offering resort-style facilities and our full continuum of care.

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Check your home's eligibility for a Warmer Kiwi Homes grant



It's easy to check
The Warmer Kiwi Homes is a Government programme offering insulation and heater grants to low income home owners and possibly to home owners whose property is in a low decile area.

Even if you think you won't qualify, it's worth checking your address on the Energy Efficiency and Conservation Authority (EECA) website www.eeca.govt.nz/our-work/programmes-and-funding/efficient-homes/funding-for-heaters-and-insulation/

- What does a grant cover?**
- Warmer Kiwi Homes grants are available to homeowners (not for rental properties) and cover both:
 - 80% of the cost of ceiling and underfloor insulation. In some areas, such as Auckland, generous funding from community organisations means the cost to the homeowner is even lower for insulation.
 - 80% of the cost of a heat pump or efficient wood or pellet burner for the main living area. Grants for heaters are capped at \$3000 (including GST). Wood and pellet burners are not available in all areas.

- Are you eligible?**
Checklist for an insulation grant
- You own and live in a home built before 2008
 - You (the owner) have a Community Services Card or live in an area identified as low-income
 - Your home doesn't have ceiling and underfloor insulation.

People who fit the above criteria can ask for a free no obligation quote from Absolute Energy
– Phone 0800 423 454

- Checklist for a heater grant**
- You own and live in a home built before 2008.
 - You (the owner) have a community services card or live in an area identified as low income.
 - You have ceiling and underfloor insulation installed to EECA standards. If your home has been insulated through a Government insulation programme, we'll confirm it when you apply for a heater grant. Otherwise an EECA insulation provider will do a quick check – at no cost to you.
 - Your home doesn't already have one of the following fixed heaters that is operational in any living area of the house: heat pump, wood or pellet burner, flued gas heater or central heating. If your home has one of these heater types, it is not eligible for a heating grant.

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– It could save your life

Osteoporosis New Zealand is delighted to offer all New Zealanders Know our Bones™.

This free online user-friendly questionnaire helps you to identify your personal risk of fracture and provides some simple suggestions on how to improve your bone health.

Both men and women may have certain 'risk factors' that can make them more likely to develop osteoporosis. Awareness of risk, falls prevention, early diagnosis and the treatment of osteoporosis are key to the prevention of fragility fractures.

We encourage you to take a few minutes to complete the Know your Bones™ test online at <https://www.knowyourbones.org.nz/> and get your personalised fracture risk report.

If you have risk factors, we suggest you to print this report and discuss it with your doctor.

As Know our Bones is based on key findings from the Garvan Medical Research Institute's 26-year osteoporosis epidemiology study your GP is able to make a clinical decision from the results of the questionnaire.

Good bone health begins with Knowing your Bones.



Anna Loach
Manager and Funeral Director

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RETIREMENT VILLAGES ASSOCIATION RVA RELEASES A BLUEPRINT TO TAKE US FORWARD

You may have seen some media coverage of the Commission for Financial Capability's (CFFC) White Paper that proposes a review of the retirement village legislation. In our view this proposal is misplaced, as the legislative framework protecting residents' interests in the village is both robust and world-leading. The beauty of the regime is that it permits a huge range of commercial terms that allow residents genuine choice about their village. Looking for somewhere that shares capital gain? There are villages that do that. Want the certainty of a fixed weekly fees? 60% of villages offer that. And so on.

However, we also recognize that there are aspects of the commercial terms, which are the focus of the CFFC's White Paper, that can create problems for residents, especially if units take longer to re-licence than expected and families have to wait longer than desirable for the repayment of the capital sum.

On 25 May 2021, at our Conference, the RVA launched a comprehensive blueprint to introduce a range of improvements in the industry. In particular, the blueprint includes providing residents with a stronger voice, strengthening the complaints process and working with the CFFC to monitor re-licensing times so best practice standards can be developed.

The RVA will also explore establishing an Ombudsman to hear and resolve complaints and invite an independent member of the public to sit on its Executive to represent residents' interests. Retired High Court Judge Hon. Dr John Priestly QC is already the independent chair of the RVA's separate Disciplinary Authority to look at complaints about egregious operator behaviour.

"The growth of our sector, the fact more than 100 Kiwis are choosing to move into a retirement village every week and the overwhelming satisfaction levels among residents clearly demonstrates that we have struck the right balance between robust regulatory oversight and effective self-governance," says RVA President Graham Wilkinson.

"However, we accept there is always room for improvement and refinement around certain practices as our sector and our offering evolves. This blueprint sets out the tangible and definitive steps we will be taking to achieve that goal."

As a first step, the RVA has invited the Hon Tracy Martin, a former Minister for Seniors, to be the Independent Member on the RVA's Executive Committee to ensure the residents' voice is heard at our Board level. We are delighted that someone with Tracey's mana and experience has agreed to take up the role.

As part of the blueprint, the RVA has agreed with

editorial supplied by the Retirement Villages Association

the CFFC to survey all members annually to examine emerging trends and work with members, residents and the Retirement Commissioner to design a best practice approach to re-licensing that reflects the reality of the local real estate market, yet ensures residents' estates do not wait an unreasonable period of time for a refund.

"We agree there is a role for continuously educating operators and residents about the re-licensing process and to encourage best practice including dealing with potential drawn-out re-licensing times," said Mr Wilkinson.

The blueprint also sets out plans to review Occupation Rights Agreements (ORAs) to address any perceived unfair terms or confusing clauses and ensure clarity around what the resident and operator are responsible for, in particular, repairs, maintenance and replacement of operator-owned chattels.

"We will work with our members, residents and the Retirement Commissioner to identify best practice for future ORAs which define each party's responsibilities, so that residents are not responsible for usual maintenance and replacement of operator-owned chattels, whilst protecting operators from bearing the cost of making good resident abuse or damage to chattels.

"Already some operators have moved towards this position and we anticipate the majority of operators will follow quickly."

The RVA has worked with the CFFC to develop best practice standards around the disclosure of information about residents' transfer to care and have called for these to be incorporated into the Retirement Villages Code of Practice.

"We also agree that the retirement sector can encourage best practice standards, as is illustrated by the sector actively encouraging operators to stop charging all fees when a resident moves out," says Mr Wilkinson.

"This is an example of education and market pressure. The practice was extremely rare 20 years ago, but today the majority of villages have adopted this practice and we expect more to follow, although this will always be a challenge for smaller and not-for-profit villages."

Last year, the RVA signed a Memorandum of Understanding with the Retirement Village Residents Association of New Zealand to work together on issues. These include guidelines on dealing with the media, ensuring complaints raised via either organisation are dealt with expeditiously and fairly, implementing a comprehensive village manager training programme, and regular meetings between both the RVA and the RVRA's Executive Committees.

SCAM ALERT

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 our office on (03) 544 7624 .



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Sepsis, what you need to know

Knowledge is power and knowing the red flags and signs of sepsis can save your life, and the life of your loved ones.

So - what is sepsis? Sepsis (also known as “septicaemia” or “blood poisoning”) is a life-threatening complication of infection where the body’s immune response starts to damage its tissues and organs. It can affect every part of the body from head to toe.

How serious is sepsis? Some with sepsis make a full recovery, especially if they are treated early. Others are left with lifelong disabilities, particularly where sepsis is not recognised or treated quickly. Overall, at least 10% of older people with sepsis die in hospital, and 60% of adults who survive an admission have a new physical or cognitive disability (a ‘cognitive’ disability is one caused by disturbance of normal brain function).

So why is it so important for the older generation to be aware of? As we get older our immune system is not firing on all cylinders like it did when we were young and sprightly. Some people have medical problems or injuries which make infection more likely. When an infection does happen (such as a urinary tract infection, a skin infection like ‘cellulitis’, pneumonia, or an infection after a procedure or surgery) older people are less able to get it under control before sepsis takes over. The sooner we get medical treatment the better the outcome.

So - what are the signs of sepsis? Sepsis is not a simple cough, cold or fever. In fact, quite a lot of

people with sepsis don’t have a high temperature when they get to hospital, and some even have low body temperatures. People will often have a sense that they are unwell with an infection before developing the following as the poisoning takes hold:

Seek medical help urgently if you or your loved one develops any or one of the following:
Slurred speech or confusion, or difficult to wake
Extreme shivering or muscle pain
Passing no urine (pee/mimi) for a day
Severe breathlessness or breathing very fast
It “feels like you are going to die”
Skin mottled, bluish, or pale or feels abnormally cold to touch

Unfortunately, sepsis still causes deaths in New Zealand - more than breast, bowel and prostate cancer combined. The Sepsis Trust NZ is a team of passionate doctors, nurses, survivors and supporters who all work towards the common goal of eliminating unnecessary harm due to sepsis in this country. The Trust aims to increase awareness of sepsis, improve care for people with sepsis, and support the survivors of sepsis and their families/whaanau. Through our fundraising efforts we’ve been able to appoint a sepsis support nurse, who can offer a friendly ear and practical advice to anyone who wants more information, or who might be struggling with sepsis and its aftermath.

Visit the Sepsis Trust NZ website at sepsis.org.nz for more information. We appreciate donations or regular giving - use the website or get in touch at info@sepsis.org.nz to support our mission.

AGM

ANNUAL GENERAL MEETING 2020

You are warmly invited to attend our AGM on Monday 20 September from 11am to 12pm in the Age Concern Hall, 62 Oxford Street, Richmond.

Notice of AGM

The Meeting will be followed by a light lunch. This is a great chance to hear about our year in review and celebrate our achievements.

Please RSVP to Miriam on support@ageconcernnt.org.nz or phone 5447624.

Texting FOR Seniors

- BFF** - best friend fell
- BTW** - bring the wheelchair
- TTYL** - talk to you louder
- BYOT** - bring your own teeth
- LMDO** - laughing my dentures out
- FWIW** - forgot where I was
- IMHAO** - is my hearing aid on?
- OMMR** - on my massage recliner
- ROFLACGU** - rolling on the floor laughing and can’t get up

LILLE Healthcare

HOW TO CHOOSE CONTINENCE PRODUCTS

Problems with bladder control can increase as you get older, this is known as ‘incontinence’. Many people may feel embarrassed and find it difficult to address the problem which can diminish the quality of life for those affected.

There is a range of easy-to-use products that can help, but it’s important to choose the right one!

Correct style - The product needs to suit the user’s lifestyle. There are pads that can be placed into underwear or pull ups that are an all-in-one style to be worn instead of regular underwear.

Correct absorbency - Pads and pull ups have different absorbency levels from light to heavy. It’s important to have the right one to avoid overly moist

skin and the associated skin irritation and infections. If you are wearing the pad and still have spillage then we will recommend a higher absorbency. If you are feeling reasonably dry, then it’s the right one for you. Of course, the absorbency level you need can change over time.

Correct size - The continence product you choose must fit properly to avoid leaking and inconvenience. There are sizes to fit all body shapes. It’s hard to know which product will best suit your needs, which is why Lille Healthcare offers free samples for you to try before you buy.

Lille Healthcare has a wide range of products that can help you manage incontinence. If you require further advice, contact a continence specialist, nurse or doctor, or visit our online store for more information.

Properly managed incontinence improves independence and confidence, making everyday life more enjoyable.

editorial supplied by Lille Healthcare NZ



DEDICATED TO CONTINENCE CARE

Lille Healthcare New Zealand offers a comprehensive range of disposable products suitable to manage all types and levels of incontinence. Our technologically advanced products are 100% breathable and hypoallergenic, ensuring optimum comfort, security and discretion.



Our Lille Healthcare range includes pads, pants, adult diapers and underpads.

ORDER ONLINE for DELIVERY DIRECT TO YOUR DOOR

Our easy-to-use Lille Healthcare Online Shop provides the ability to buy continence products discretely in the privacy of your own home and have your package delivered direct to your doorstep.

Order now at www.lillehealthcare.co.nz

editorial supplied by Lille Healthcare NZ

Monday Info Sessions

Date	Information Session	Time
30 August	Blind Low Vision: Roy Myers will explain the organisation’s services, free registration subscription and how they support people with no or limited sight.	10am-11.30am
27 Sept	Heather Thomas talks about the social history entrenched in the ‘stuff’ we accumulate.	10am-11.30am
4 October	Deaf Aotearoa: Come along and find out about their services and some of the equipment and accessories	10am-11.30am
18 October	Nelson Quilters Guild – A insight into their group, and an opportunity to view their creations.	10am-11.30am
1 November	Citizens Advice Bureau - gain an overview of this unique community organisation.	10am-11.30am
8 November	Bike Safety for Older Adults - hot tips to make the journey enjoyable and more comfortable. Suitable for standard bike and E-bikes. (Please bring a bike helmet if you have one).	10am-11.30am

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



62 Oxford Street, Richmond, Nelson
www.ageconcernnt.org.nz

Home phone technology and calling 111



what you need to know

CAN YOU CALL 111 IN A POWER CUT?

If the power goes out and there is an emergency, will you or your loved ones be able to contact 111? Most modern home phones require power to work. It’s important that you know what technology your home phone uses and that you also check your family and friends understand this and are prepared.

WHAT TECHNOLOGIES NEED POWER?



Fibre and wireless home broadband



Home phones that use voice calling over the internet (known as VoIP)



Most cordless home phones on any technology

HOW CAN I CHECK?

- Ask your service provider what technology you are on and whether your phone will work in a power cut.
- Test it, by turning your power off (at the mains is best) and seeing if it works.

NEW TECHNOLOGY NEEDS POWER TO WORK

Every year, and when signing up to a new service, your home phone line telecommunications provider needs to tell you that new technology (fibre or fixed wireless) needs power to work and of the need to be prepared. This helps support everyone including the most vulnerable consumers.

TIPS FOR BEING PREPARED

- We suggest keeping a charged mobile phone handy ready to use as a back-up in case of an emergency.
- Keep your mobile phone charged – or purchase a portable power bank from an electronics retail store and keep it (charged) in an easy to find place.
- If your landline service is delivered over traditional copper lines keep a corded phone handy as a back-up, that you can plug into a phone jack if needed.

Do you, or someone you know, need extra support?






From August 2021 if you, or someone you know, meets the criteria of a vulnerable consumer under the Commerce Commission’s 111 Contact Code they will be provided with a way to contact 111 emergency services in a power cut.



If you are out of your Providers area another local provider will cover your call to ensure your call is connected to 111.

AgeConnect Champions Awards

These awards are to recognise and celebrate those wonderful people, businesses and organisations who help to keep our older community members feeling connected. They help to provide older people with the opportunity to feel part of our communities which contributes to their wellbeing. These awards often reveal acts of generosity and kindness that sometimes the wider public do not know about. Entries close on 31 August 2021. The categories are:

	Community Connections Champion - a group or organisation that is providing programmes, education, activities or a setting for older adults.
	One Person Makes a Difference Champion—recognising how one person's actions can make a significant difference to the life of an older person.
	Intergenerational Champion—young people in our community doing something to support older people in our region.
	Age-Friendly Environment Champion—in recognition of making the physical environment more age-friendly or developing a setting that connects older adults to the environment.
	60+ Employer Champion -to celebrate businesses who willingly employ staff over 60 years

Nominate your Champion at www.ageconnect.org.nz or email ageconnect@ageconcernnt.org.nz



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