

SUMMER 2021 QUARTERLY NEWSLETTER

www.ageconcern.org.nz



Age Concern Horowhenua | Kapiti Palmerston North and Districts

Serving the needs of older people



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

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OFFICE HOURS
 9.00am - 3.00pm Monday to Friday

STAFF
Manager: Catherine McAuliffe
Elder Abuse Response Service: Robyn Baker
Accredited Visiting Service:
 Robyn Baker & Charlene Lyttle

BOARD MEMBERS
Chairperson: Stewart Thompson
Vice Chairperson: Anne Rogers
Secretary: Mike Elliot
Treasurer: Vicky Prouting
Committee: Deborah Campbell, Peter Dyer, Carol Dyer

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OFFICE HOURS
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EXECUTIVE COMMITTEE
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Secretary - Bev Chappell
Treasurer - Graeme Joyes
Committee - Linda Benson, Fay Doyle, Rama Rewi, Sonya Sloan, Jill Stansfield, Jane Yoong

STAFF
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AVS and Health Promotion Coordinator: Alison Miller

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Elder Abuse Response Service Social Workers: Amey Jenkins & Klara Salisbury

Community Support Worker
 Jo Berrington-Hince

Social Connection Coordinator:
 Fern Brooking

BOARD MEMBERS
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Bonus Bonds

Bonus Bonds scheme is being wound up - here's what you need to know



You may be aware that the Bonus Bonds scheme is being wound up and the proceeds returned to the holders of Bonus Bonds (Bondholders). If you have Bonus Bonds, here's important information about the wind-up process and how you'll receive your payment.

What do you need to do?

We will deposit your payment into any New Zealand bank account you choose. Simply get in touch by calling the Bonus Bonds Wind-up Contact Centre, on 0800 266 374 between 8am and 6pm, Monday to Friday. Please note, you don't need to come into an ANZ branch - when you call we'll let you know how to provide us with the details of your bank account. In many cases you will be able to provide your bank account details to us straight away over

the phone.

If you have the details of your Bondholding (for example, your Bondholder number or a serial number from a Bonus Bonds certificate), it would be helpful to have these at hand when you call.

How much will you get and when will you get it?

We expect to make a payment of \$1.10 for each Bonus Bond you hold, between October and December this year. If there are any remaining funds when the Bonus Bonds scheme wind-up is finalised, you may receive another small payment then.

For more information, check the Frequently Asked Questions on the Bonus Bonds website at bonusbonds.co.nz/faqs, or give us a call on the numbers above.



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

COOPER CAMPBELL LAW

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Cooper Campbell Law offers a 10% discount off all wills and enduring powers of attorney for all SuperGold Card holders.

Your will may be one of the most important documents you ever create. Contact Cooper Campbell Law to make sure you get it right. If you are nearing retirement it may be an appropriate time to update, or create, a will.

You may also need to create enduring powers of attorney at this time. If you have to sell your house or buy a right to occupy a unit in a retirement village we can help assist you with all of the legal issues arising out of these matters.

Contact Cooper Campbell Law on 06 368 6157 or e-mail us at info@coopercampbell.co.nz



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
 short term respite | health recovery | day programmes

Free phone 0508 ENLIVEN or visit
www.enlivencentral.org.nz

News from Age Concern Horowhenua

Christmas Break

Age Concern Horowhenua will be closed for Christmas Break from 3pm Friday 24th December 2021 until Sunday 09th January 2022.

If you have any urgent enquires, please call us and leave a voice message—these messages will be checked daily for urgent calls.

We wish everyone, a happy and safe Christmas, and we look forward to seeing you all in the new year!

What happens when you contact Age Concern Horowhenua with concerns about an older person?

Age Concern welcomes phone calls, emails or walk in visits to discuss any concerns regarding an older person that you may have. Your concerns will always be listened to by our friendly staff.

If there are any safety concerns for an older person you will be connected by our Elder Abuse Response Service (EARS) registered social worker.

The social worker arranges to meet with you at an agreed location to ensure your privacy is respected. Our main priority is always the safety and well-being of the older person. We work together with the older people to explore options to reduce risk and increase safety including developing a safety plan.

Once you have agreed to accept support from our service, and given permission, referrals to other agencies can be actioned, such as banking or budgeting support. The information you share is always treated confidentially, and in accordance with Privacy Act 2020 requirements, to ensure you feel safe while working with our social work service.

If you have any concerns about yourself or anyone you know, please contact us. However, if you are experiencing a crisis or emergency and your safety or that of the older person is at risk, please call the emergency service on 111.

Robyn Baker

Diabetes NZ www.diabetes.org.nz



Diabetes is a chronic disease that occurs when the pancreas is no longer able to make insulin, or when the body cannot make good use of the insulin it produces. Insulin is a hormone made by the pancreas, that acts like a key to let glucose from the food we eat pass from the blood stream into the cells in the body to produce energy. All carbohydrate foods are broken down into glucose in the blood. Insulin helps glucose get into the cells.

Not being able to produce insulin or use it effectively leads to raised glucose levels in the blood (known as hyperglycaemia). Over the long-term high glucose levels are associated with damage to the body and failure of various organs and tissues.

Diabetes New Zealand's mission is that every person in New Zealand affected by, or at risk of diabetes has access to the information and support needed to manage their health and well-being.

Contact – 0800 DIABETES – 0800 342 238



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Hi Everyone, I thought with all that is going on in our District at the moment it would be a great chance for me to put together some safety tips for members of our community.

I would like to say that it is Important to remember that we need to know our Neighbours, support them and encourage contact especially when there are new residents in your Neighbourhood. Slip a note into new resident's letterbox welcoming them to the Neighbourhood with your name and address on it or knock on the door and introduce yourself. Remember your Neighbour is your closest help if you need it.

We all want to both feel safe and be safe in our community and especially in our own home. Here are a few tips for you to follow.

PLAN AHEAD

- Make a list of the phone numbers of people you can call in an Emergency and keep a phone by your bed. You may be able to pre-programme these numbers for speed dialing in your phone.
- Arrange with a trusted Neighbour to look out for you. For example, arrange for a Neighbour to phone or call on you if you haven't drawn your curtains by 8.00am.
- Consider getting a Medical or personal alarm that you can activate in an emergency.

DON'T BE TRICKED

Don't open the Door to strangers. Look through a peephole or window, and always ask who it is. If you don't know them keep the door closed.

- If someone you don't know asks to use your phone or Toilet don't let them in.
- Don't do business with strangers who come to your door or call by phone.
- Don't discuss your finances with strangers or give out details of your bank account or credit cards over the phone.

- Talk to friends and get a few quotes before you employ tradespeople. **Age Concern** may be able to help by recommending someone.
- If you think someone whether it be family, friends or strangers are trying to cheat you, contact the Police.

GENERAL SAFETY TIPS

Never admit to being alone

- Keep another pair of boots by the door
- If you can, install a security screen door and make sure it is always locked
- If you wish to have a nap in the afternoon please make sure you lock your windows and doors first.
- If you think someone is walking around your property during the night. Call Police 111
- Having security lights around your home is an advantage as people walking around your home never want to be seen.

SCAMS

- Never reply to any email asking you to confirm your bank or credit card details. Legitimate organizations will never ask you to do this. The same applies if you're asked for this information over the phone.
- If you're buying goods online, check the billing process is secure. Ensure the business has a physical address and phone number.
- Research and confirm whom you're dealing with. Use the **COMPANIES REGISTER** to see if the company exists and who's behind it.
- Don't be swayed by cold callers promising bargain deals at your door or instant riches if you sign up on the spot. Legitimate companies will give you time to do your research.
- If you think you have been scammed, report to Police. If you've handed over your bank details, contact your bank and immediately suspend your account. Fraudulent credit card transactions can sometimes be reversed.
- Also look out for people coming to your door asking to do odd jobs for you. This is a great way for them to gain your trust and enter into your home.

CHRISTMAS SEASON

If you are expecting a Xmas delivery by courier, make sure you are home, parcels left on door steps are a great invitation for thieves.

- Don't leave on Christmas lights on when you go out as they can catch fire.
- Don't leave presents in plain sight in your vehicle. Put them in your boot.
- Don't leave keys under doormats etc for visitors
- If you are going out at night it is a good idea to have your lights on timers, so burglars think someone is home, even leave a radio on.

If you wish to become a Neighbourhood Support Member it is FREE you don't have to do anything. You will be informed of criminal activity in your area, Scams and Civil Defence information. You can contact me at Levin Police Station or phone me on 366 0574 or email me on info@horowhenuansg.org.nz with your details.

I hope you all are safe and well and looking after each other in these difficult and challenging times.

Deborah Campbell | Neighbourhood Support District Coordinator (Horowhenua)

VOLUNTEERS NEEDED

We're on the look out for some amazing people to help support us in our mission to enhance the lives of the older adults in the Horowhenua!

We have various opportunities available to suit everyone who wishes to make a difference in our community! From our renowned visiting service to odd jobs assistance and everything in between...

If you are able to give us just a small amount of time to help the older people in our community, then we would love to hear from you.

Please contact us on (06) 367 2181 or admin@ageconcernhoro.co.nz to learn more about how you can help or sign up to be an Age Concern Horowhenua Volunteer today!



Cameras, Helping Our Community Feel Safer



In an ever-changing world where our community's safety is more top-of-mind than ever, community security cameras, supplied, operated and monitored by members of the Horowhenua Community Camera Trust (HCCT), help residents and visitors to feel safer.

While Levin has had community cameras in place for two decades, the existing system was upgraded with the recent installation of a new camera system at Foxton Beach, ensuring images captured and retrieved in Levin and Foxton Beach, are on point, relevant and concise.

The Horowhenua Community Camera Trust chose the new system for its 'cross-platform' capabilities, along with the fourteen new cameras, bringing the number of cameras installed across the Horowhenua District by the HCCT, to thirty-one. All cameras operate 24/7.

The Trust acknowledges that as the population of the region increases, so does unlawful activity and needs all the help it can get to keep people safer. It is pleased to announce it is now gearing its energy into raising funds for cameras for Foxton township and further afield. These cameras will operate via the new Foxton Beach system.

Chairman Mel Douglas says. "While we operate the cameras to keep our community safer, we do ask people to help us by securing their property and reporting suspicious and unwanted behaviour to the Police."

The Horowhenua Crime Prevention Camera Trust thanks the Horowhenua District Council for its support and the collaboration of NZ Police in Levin and the support of the community of Horowhenua.

If you have any questions or would like to know more about the Trust and the work it does, email Brett Gillies, HCCT Operations Manager, trampkayak@gmail.com Ph. 027 443 1392

Shannon Hunt | HCPCTrust

Celebrating the lives of the older generation in our community

By Horowhenua Chronicle, Nikki Carroll



Among the cakes created by local bakery Sponge Kitchen to be delivered to Horowhenua rest homes was a 12kg monster for Masonic Village

On December 14, 1990 the United Nations General Assembly voted to establish October 1 as the International Day of Older Persons (IDOP).

The aim of the day was to spread awareness about the need for health provisions and social care for the elderly.

The first IDOP was held on October 1, 1991 and Age Concern New Zealand has been organising events throughout the country in support of the day since then. Thirty years later, Covid tried to put a damper on plans Age Concern Horowhenua had in place, but they were having none of that.

The IDOP cake delivery fairies - Charlene Lyttle, Catherine McAuliffe, Robyn Baker (back row), Kim Stewart and Jennifer Walton (front row).



"Along with the Horowhenua District Council and Te Takeretanga o Kura-hau-pō, we had originally planned a large social gathering," said Horowhenua manager Catherine McAuliffe, "but decided to gift celebratory cakes to our local rest home residents instead."

Robyn Baker, a registered social worker who has been part of Age Concern NZ for a number of years, said "These members of our community often get forgotten so making the day all about them was a fabulous idea."

The Sponge Kitchen café and bakery, who are already a generous supporter of Age Concern Horowhenua, jumped on board - baking 10 cakes to feed 420 residents in local rest homes. The cakes were a mixture of banana and chocolate, were beautifully iced and decorated, and in most cases were large enough to feed the residents over a couple of days.

"Masonic Village's cake was at least 12 kilos in weight," said McAuliffe, "and so big and heavy that I had to go sideways through our office door with it."

Along with the cakes, each resident also received a card to recognise the day, the printing of which was organised by Te Takeretanga o Kura-hau-pō and funded equally by all three organisations involved.

Baker, McAuliffe and Charlene Lyttle from Age Concern Horowhenua were joined by Kim Stewart from HDC and Jennifer Walton from Te Takere, with delivery of the cakes to the rest homes on the day split into shifts - half dropped off for morning tea and the other half at afternoon tea time.

"This was also a chance for us to acknowledge those people who support the older people we were celebrating," said Baker.

McAuliffe and Baker are grateful the Horowhenua branch of Age Concern has a board that are proactive and passionate about elder issues and fully supportive of the staff in their roles.

"The committee has representatives from Shannon, Foxton and Levin, as well as those who can provide a Māori perspective and a mixture of ages," they said. Age Concern New Zealand is a charity dedicated to promoting dignity, wellbeing, equity and respect for people over the age of 65.

The organisation provides expert information and support services in response to older people's needs as well as for their friends, and whānau. If you would like to know more about what Age Concern Horowhenua can offer get in touch phone 06 367 2181 or email admin@ageconcernhoro.co.nz.



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www.ageconcernhoro.co.nz

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



Annual Membership Enrolment

Serving the needs of older people

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)
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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

We have almost reached the end of 2021 – and what a year it has been so far! We can now hopefully look forward to a wonderful summer with the promise of some glorious weather to come.

Following our two-week lockdown we returned to the office in mid-September and as Level 2 is still in place, people are not venturing out too often. Sadly, some of the events and courses that you might have been looking forward to have

been cancelled or postponed.

Nothing can stop Christmas going ahead however, and once again it will soon be here!

So wherever and however you are celebrating this year – Merry Christmas and have a safe and enjoyable New Year!

*From us all at
Age Concern Kapiti*

Accredited Visiting Service

The Accredited Visiting Service is still running under stricter guidelines due to Covid restrictions.

Our wonderful volunteer visitors have been reconnecting with their clients under Level 2 guidelines much to the relief of both parties. Many clients really appreciated

the extra effort their visitors took to check up on them and stay connected with phone calls to them during the lockdown weeks.

I have been getting many new referrals and have managed to match them up with current or new volunteers. There is still a great need for the AVS service.

AgeConnect Update



AgeConnect Kapiti continues to be 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

stay connected and involved. For further details go to our website www.ageconnectkapiti.co.nz Read about our continuing intergenerational links under 'Human Library' which will help to break down generational stereotypes and promote understanding between young and older people.

Christmas New Year Office Closure

**Our office will
close on
Wednesday
22 December 2021**

and

**reopens on
Tuesday
25 January 2022.**



Annual General Meeting

Thanks to everyone who attended our AGM in September. For those who were unable to attend, Age Concern Kapiti continues to be a place where respect, wellbeing and inclusion of older adults are welcomed. Throughout the last year, we continued to provide great service to our clients. The lockdown in August / September showed that there appears to be less anxiety as people knew what to do and how to access help.

Our guest speaker was Murray Edridge, Wellington City Missioner from The Wellington City Mission spoke about finding ways to empower individuals and communities to reach their potential and find connections. He also made observations about how Age Concern Kapiti and the City Mission have common values and attitudes.

Healthy Ageing Together Group

Unfortunately, our monthly Healthy Ageing Together Group (known affectionately as the H.A.T. Group) has also had to be postponed due to Covid restrictions.



Steady As You Go Exercise Classes

We have started up our ongoing Steady as You Go exercise classes again, however these are full for the rest of the year.

We are taking a waitlist for those who are wanting to join the classes when they begin again next year.

If you would like to add your name to the waitlist, please call our office on: (04) 298-8879

Staying Safe a refresher course for older drivers



Staying Safe Driving Refresher courses in Kapiti have also been cancelled but we are taking a waitlist for those who are wanting to join the classes once they resume. If you would like to add your name to the waitlist, please call our office on: (04) 298-8879

Care 4 You Kapiti Your Loyal Companion



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

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Membership Fee

Individual \$15

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

Other:

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Post Email (please circle one)

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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.

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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Human Library

In mid-October Age Concern Kapiti and the Kapiti Youth Council launched their Human Library project at a community screening. The idea of the project was to create opportunities for people of different ages to engage in conversations about current and sometimes controversial topics.

It was decided to film these conversations and use a different format for each topic:

- Dreams and Aspirations
Random people interviewed on the street
- Gender Diversity
Round table discussion
- Covid-19
Random people interviewed on the street
- Te Reo Maori
Panel discussion
- Climate Change
Three generations discuss while driving

The community launch (involving people filmed in the videos and their families) included interactive activities to encourage further discussion about the topics.

The next step is to find ways the videos can be used to promote and encourage ongoing intergenerational conversations. Comments from both young and older people have shown they enjoyed the opportunity to talk and learn about different life experiences. Working with these young people has been exciting and enriching and we have been impressed by the enthusiasm, creativity and sensitivity of the young people involved.

Photos below from the community screening:



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



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Upper Hutt
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Lower Hutt
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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

An Egg A Day

A protein pill you can take every day? Eggs aren't your average tablet, they're obviously bigger, and natural. What's not so obvious is they're absolutely packed with nutritional value.

Each egg has nearly 7 grams of protein, presented with an ideal blend of high-quality protein building blocks to make it easy for your body to absorb. Given protein needs increase with age, eating eggs is an easy way to get the protein we need.

Eggs are full of vital vitamins and minerals too; apart from vitamin C eggs have all the vitamins you can think of. Actually, eggs are one of the few food sources of vitamin D, which help your body absorb calcium and maintain phosphorus levels – two factors that are extremely important for maintaining healthy bones. Vitamin D can help reduce the risk of osteoporosis, which is a major health risk for older people, especially women. It also has a role in maintaining a healthy immune system.

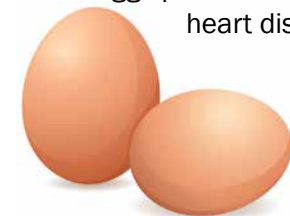
Among the many antioxidants in eggs is lutein, which has been shown to help reduce age-related vision loss from macular degeneration. It also helps to protect the eyes against cataracts.

All these nutrients together make for quite a potent little pill!

No wonder the New Zealand Ministry of Health agrees eggs can be enjoyed by most people every day of the week.

These guidelines are set by a panel of New Zealand experts to outline the best diet for maintaining health, based on current evidence. The latest research shows that earlier concerns about regularly eating eggs missed the mark, and this natural whole food can be enjoyed on a daily basis.

The only exceptions are those who are hyper-responders to cholesterol. If you're one of them, have a chat to your health professional about eating eggs. The NZ Heart Foundation recommend a limit of six to seven eggs per week for people at increased risk of heart disease.



Eggs are not only highly nutritious, great for protein and easy to digest, they're easily affordable too!

Christmas Fudge

Ingredients

- 340 gm white chocolate chips
- 2/3 cup sweetened condensed milk
- 1 cup red and green jubes

Instructions

1. Pour the white chocolate chips and sweetened condensed milk into a microwave safe bowl. Microwave the bowl for about 30 seconds, stir everything together and then microwave again for 15 seconds at a time; until everything is melted together. Alternatively melt white chocolate in a double boiler.
2. Add jubes and stir everything together.
3. Pour into an 20cm×20cm baking dish that is lined with foil or greaseproof paper
4. Cover and refrigerate for several hours to allow the fudge to firm. Slice and enjoy!



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 04-298 5168
www.kapiti.coast.funeral.home.co.nz

editorial supplied by Kapiti Coast Funeral Home

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

This year has passed all too quickly, and it can be hard to look forward to 2022, when we do not know what the future holds. If you are finding it hard living with continued lockdowns due to COVID-19 and all the uncertainty, let us know what we can do to help you. Phone us at Age Concern Palmerston North and Districts on 06 355 2832 or any Age Concern in New Zealand on 0800 65 2 105.

We held our Age General Meeting on 3rd November. We were delighted to host the President of Age Concern NZ, Wayne Bradshaw and also the CEO, Stephanie Clare. The past financial year 2020-21 was our first full year of operation. Our six board members Christina Brenton, Jeff Rayner, Tracy Lynn, Joan Chettleburgh, Paul Rieger, and Ron Rowe have all agreed to remain on the board for another year. We are fortunate to have such a strong board who bring a wide range of knowledge and experience to the table.

We were pleased to welcome Jo Berrington-Hince to the organisation on 18th October. Jo has joined us as a Community Support Worker. Jo spent the last 6 years working at Women's Refuge. She brings great skills in working with vulnerable women and families who have experienced domestic violence. With Jo joining the team, we will be able offer more support to older people living in the community, particularly those who may be socially isolated.

Social Isolation and loneliness are increasing problem for many people living in New Zealand, particularly for older people living alone. We heard from a number of people who said they found the lockdown in August and September this year, harder than the ones in 2020. Older people can also find it hard to participate in the community again, when we return to Level 2. I recently heard from people who work on Youth Line and a budgeting service that those organisations get phone calls from older people who just want someone to talk to.

We are responding to this increase in social isolation by starting a new programme in 2022, Age Connect Manawatu. The aim of this is to find out what older

people are interested in doing socially; identify the barriers that prevent them participating; map available activities and programmes and trial new activities in response to identified community needs. This is a big piece of work, but we have to start somewhere!

We have recruited Bernie Walker in the role of Age Connect Coordinator. Bernie was the manager of Manawatu Home Budgeting Service for 15 years and brings a wealth community knowledge as well as experience of working with vulnerable people. It is great to welcome Bernie to the team.

If you have visited our offices on Waldegrave Street you will know how cramped we are, and with two new staff joining us the situation has become critical. We are delighted to announce that we will be moving to new premises at the end of the year. We will close our office on Waldegrave St on 17th December and re-open on 6th January at 4 / 251 Broadway Ave. This is on the corner of Broadway Ave and Vivian St, with the entrance on Vivian St. Our phone numbers and email addresses will not change. We look forward to welcoming you in our new office in 2022. We wish all of you a happy Christmas and best wishes for 2022.

Marian Dean



Left:
Jo Berrington-Hince
Community Support
Worker



Right:
Bernie Walker
Age Connect Coordinator

Summer Afternoon Tea Dance 1st March

We were all disappointed to have to cancel this year's Afternoon Tea Dance held in conjunction with International Day of the Older Person. We have set a new date for it Tuesday 1st March. Time 1.30 pm to 4 pm. Venue, Senior Citizens Hall, Main St Palmerston North. This event is free but contact us to register for it. Phone 06 355 2832



Merry Christmas
and best wishes for 2022
From all of us at Age Concern
Palmerston North and Districts

Our office will close on
Friday 17th December at 4 pm
We reopen on Thursday 6th January
8.30 am in our new premises

4/251 Broadway Ave.
(corner of Vivian St & Broadway)
Palmerston North, Entrance on Vivian St.

We look forward to seeing you
at our new offices.

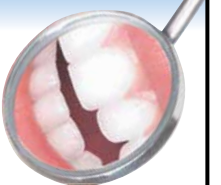


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- Custom made mouthguards for all sports
- Professional Denture Cleaning Service
- All NEW work guaranteed, book your FREE consultation now
- Free WINZ and Insurance Quotes. We accept Community Services Card & Grey Power



Phone 06 355 0022

151 Heretaunga Street
Palmerston North
Email: bdladmin@inspire.net.nz



A Very Palmy Christmas



Celebrate Christmas and the beginning of summer by joining in a weekend of activities in Palmerston North from 2nd to 5th December. There are events that the whole family can enjoy.

Christmas Tree Lighting

Thursday 2nd December 5pm to 9pm
The Square Te Marae o Hine

The Christmas Tree will be lit up during an evening of activities that includes Christmas crafts, food trucks, inflatables, guest performances and to finish the night – lighting the Christmas Tree. The lights go on at 9pm!

Christmas Concert

Saturday 4th December 5pm to 8pm
The Regent on Broadway

The Rodger Fox Big Band will be swinging into town as part of the entertainment, along with many community and local acts. Santa will be hitting the stage at around 7.30pm.

Christmas Parade

Sunday 5th December starting 2pm

The parade starts at the Railway Land, going up Church Street and around Te Marae o Hine, The Square, cutting in at the carpark and heading down Main Street south before ending up back at the Railway Land.

Head down early and browse the stalls at the Red Cross market or enjoy the pop-up playground from 1pm.



More Scam Awareness and a Valuable Lesson

Harley Powell the Manager of Westpac Terrace End was a speaker at Tea and Talks in October. He gave an interesting talk about how to prevent yourself from being scammed and answered questions on banking. He told participants “You only win at Lotto by buying a ticket” i.e., no person unknown to you, is going to randomly give you money, so don’t give out your bank details to someone who says they will put money into your account.

Scams take many forms, and we need to remain vigilant all the time. The Manager of Age Concern Palmerston North Districts was the victim of a scam recently. She received a text saying there was a parcel for her from Australia and she needed to pay \$1.50 so it could be delivered. It was only after entering all her Visa card details, she realised it was a scam. She phoned her bank, and they cancelled the card immediately. Whilst she only lost a small sum of money, it was extremely likely, had the card not been cancelled, that the scammers would have used her Visa card details to make other purchases and she could have been scammed out of a lot more money. When she went into her bank to get a replacement card, the bank teller told her she was the 5th victim of the same text scam that she had helped that day! The moral of this story is that if you receive an unexpected text message, email or phone call don’t respond to it. Delete it, or hang up on the caller.



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



HealthCare
New Zealand

Rehabilitation. Community Health.

Do you have an Enduring Power of Attorney (An EPA)?

Do you feel confident that others will know how to look after you and your property if you become unable to do so yourself? There may come a time through an accident, serious illness, or incapacity when you become unable to make or communicate decisions yourself.

Many people assume that if they lose the ability to make decisions for themselves, their partner or a close relative will legally be able to make decisions for them. In fact, the law doesn't work like that. However, the law allows for you to plan ahead by making what is called, an enduring power of attorney or EPA, where you give someone the power you trust to make decisions for you if you become unable to make them yourself.

An EPA does not replace any people you've chosen as executor or beneficiary in your Will. Your EPA is separate to your Will. On your death the EPA has no further authority and your Will takes effect instead.

There are two types of EPA. You can choose one or both.

- One that covers your personal care and welfare
- One that covers your property

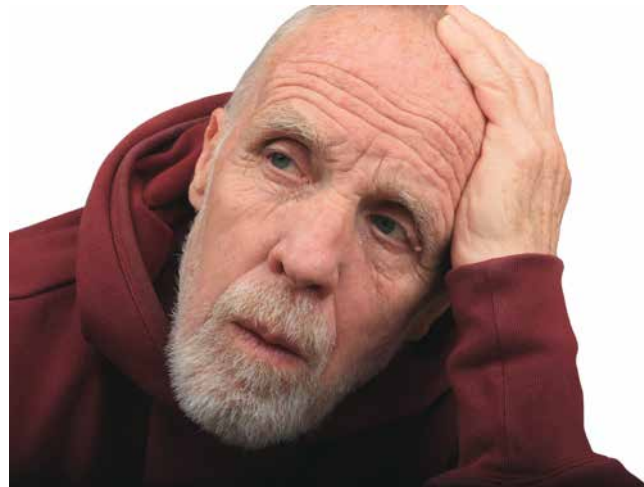
An Enduring Power of Attorney must always act in the best interest of the person that they hold EPA. This means that they should consult and involve the person that they hold EPA for in any decisions needed to be made on their behalf.

For most people, the person they have chosen as EPA acts in their best interests. In a minority of cases the EPA does not realise that they have a duty to consult with the person who they are making decisions for.

- Your Enduring Power of Attorneys must consult with you and involve you in any decisions they make on your behalf.
- They must try to get you to develop and exercise whatever capacity you have to make decisions for yourself

Tony's Story:

Tony's story is fictitious but is an example of what can happen when an Enduring Power of Attorney does not consult.



After Tony was widowed 6 years ago, he revised his will with the lawyer, and set up 'enduring powers of attorney' too - in case he ever became unable to make decisions for himself. Tony appointed his two children as 'enduring powers of attorney': his daughter for personal decisions, and his son for financial decisions.

A year later Tony met June and was delighted when she moved in as she was a great cook and companion. Tony's daughter was relieved that he was not lonely anymore but hated June taking her Mum's place in the family home. Tony's son had a tourist business in 'the islands' so did not visit, but since the pandemic things were quiet, so he was ringing his dad more often.

In January Tony had a stroke and ended up in hospital. He made progress initially, but the doctor advised that rehabilitation would take longer so he would need rest home care for some months. As Tony's speech was also affected, the medical certificate confirmed his 'enduring power of attorney' could be enacted.

After a month June was stopped at the door of Tony's rest home when she went on her daily visit.

She was told that the enduring power of attorney had issued instructions that June could not visit Tony. She left shocked and embarrassed; then tried to ring Tony's daughter who shouted down the phone at her. June's neighbour rang Age Concern for advice and the Age Concern social worker arranged to meet.

June was upset as she was bringing food for Tony that the dietician had suggested, helping Tony to improve enough for him to return home. Instead, she was being accused of trying to take over Tony's house. The Age Concern worker rang Tony's son who asked "what's going on? I am not allowed to talk to my father on the phone?". The rest home staff were adamant in telling him that they had to abide by the enduring power of attorney's instructions.

When the Age Concern social worker talked with Tony's daughter, she was angry that her father had given her brother a loan last year without telling her (when the lockdown had put his hotel business in jeopardy). Tony's daughter was worried that all her Dad's money would go to the rest home, resentful that June might take over his house and nervous that there would be no inheritance left for her. The Age Concern social worker explained that: Tony had rights too and he could indicate some choices even if he couldn't speak clearly yet.

The role of an enduring power of attorney was not to exclude Tony, but meant:

- consulting with Tony about any decisions needed,
- involving Tony in decisions as much as possible,
- asking for a medical review when Tony improves with his rehabilitation,
- **acting in Tony's best interests at all times.**

Had his family or staff ever asked Tony if he wanted visitors, phone calls or who lived in his house?

For information about setting up an Enduring Power of Attorney call our office and we will send you a brochure. Phone 06 355 2882 or 0800 65 2 105



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

Tea and Talks



We have been delighted with the response to Tea and Talks. People have appreciated coming together for afternoon tea and to hear a speaker. We plan to offer them more frequently in our new premises.

The first date for 2022 will be Tuesday 23rd February.

Phone 06 355 2832 to book

What sorts of situations is PHONE 105 for?

You can use 105 to report non-emergency situations online or via the phone, such as when your car has been stolen, your property has been damaged, or you want to give Police information about crime in your area.

The key message is that if it's happening now or just happened and there's a threat to life or property, call 111. If it's already happened and there's no immediate danger, use 105.


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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:

- Friday 4th March - 10am
- Wednesday 13 April - 10am
- Wednesday 11 May,

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:
Workshops will be run on the following days:
Friday 18th February
Wednesday 23rd March
Friday 29th April
Workshops will commence at 9.30am

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.

Covid Safe Christmas

by Catherine McAuliffe

Manager | Age Concern Horowhenua

After the year we've all come through, with the everchanging Covid pandemic and altering the way we interact with our friends and family in this environment, many of us probably want to celebrate big this festive season.

Of course, it's important to adhere to the limits on the number of people who can gather in your home over the festive season. But with slowly easing restrictions around the country, now allowing for larger gatherings with family and friends in our region – making it possible to catch up with our loved ones over the holidays.

As we get into the festive spirit and begin planning our big family feasts and gatherings, it's important



we keep in mind about how we can conduct this year's celebrations in a COVID-safe way.

Reducing the risk during festivities:

- If you are feeling unwell, stay at home. This applies to you and your guests. If you are hosting and you're feeling unwell, look for another venue or someone else who can host for you, or cancel.
- Plan for outdoor gatherings where possible – the risk of transmission is lower outdoors. We should make the most of Christmas falling in summer in New Zealand.
- If your gathering is mainly indoors, dine in your biggest room and encourage an 'al fresco' feel by opening your windows and doors to let in the fresh air to increase ventilation.
- Avoid crowded seating around the table. Setting up extra trestles or camp tables with lovely festive tablecloths to space people out helps with safe distancing.
- Stock up on hand sanitisers and soap and have them readily available around your home and outside - especially if people are helping themselves to food.

A few other things to consider...

Singing

If you're all feeling particularly merry, you may be tempted to turn up the music and belt out a few festive carols. But be mindful that singing and shouting can expel more saliva droplets than normal speech. So, if you're considering performing a hearty festive performance solo or as a group, perhaps gather outside and away from food to belt out your favourite tunes.

Hugs and kisses

No one wants to be considered a grinch at Christmas! But keeping close contact to a minimum can help reduce everyone's risk. This includes hugs and kisses – Under the mistletoe or otherwise.

Food and drinks

When you're preparing food, whether for your own gathering or to take to someone's place, remember to keep up regular hand hygiene. Avoid preparing food if you're feeling unwell.

With everyone's festive drink of choice likely to feature on the day, this will mean plenty of glasses lying around. It's important for people not to share or sample each other's drinks. You can use tags or write on glasses, to help guests remember which is theirs and add a personalized touch.

Achieving balance

We've all endured a year of rules, restrictions, and recommendations to protect ourselves and others. Nothing has been normal this year and now our Christmas and New Year celebrations also need a bit more thought. But collectively we can all come up with some sensible and practical compromises in how we celebrate together.

All of us deserve to have some fun over the festive season, and with COVID staying out of our region (fingers crossed), we're currently in a good place to celebrate. But it's still important we all remain vigilant during this festive time, so we begin 2022 on the right foot!

The best gift around the Christmas tree is the presence of family wrapped in love