

SUMMER 2021 QUARTERLY NEWSLETTER
www.ageconcernnt.org.nz



Age Concern Nelson Tasman

Serving the needs of older people

ACTIVE SENIORS NELSON TASMAN



Staying Connected
Annie, Geoff and Daryl enjoying Tea & Talk

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

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OFFICE HOURS

8.30am - 4.30pm Monday to Friday

We are grateful to all our funders:



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Words from the Chair



Whilst Covid is redefining 'normal', our staff have continued to find ways to cope with a variety of unprecedented demands. As challenging as this may be, they have handled the situation with aplomb. Thank you from the many people who have benefited from their selflessness.

In spite of abnormal times, many success stories have emerged over the past year. Some are noted in the 2020-21 Annual Report that was presented at the recent AGM. A copy is available on the website. The AGM also witnessed Charles Tyrrell's last stint as Chair of the Board. Thank you for your dedication, service and loyalty. Of course his involvement with Age Concern is not ending as he is currently a member of the National Board. So who was willing to take on the role as Chair? His name is Bevan Grant. Here's a little about me and how my background aligns with the core values and business of Age Concern Nelson Tasman.

Growing up on a sheep farm in North Otago paved a path for me to be a 'cocky'. However, farming wasn't in my DNA so I embarked on a career in education, mostly in the tertiary sector (University of Otago then Waikato). For the past 30+ years much of my work was in gerontology, with a focus on 'positive' ageing. I've also been a member of kindred professional associations (e.g. NZ Assoc of Gerontology) and national organizations (e.g. Hamilton Age Concern and Grey Power). Whilst a raft of scholarly activities kept me in touch with research, collaboration with colleagues ensured I remained in tune with new initiatives in the community.

I'm aware that business as usual is not synonymous with Age Concern Nelson Tasman. Rather our staff are adept in their respective roles and willingly look beyond the horizon and ponder new possibilities. Furthermore, their endeavours are well supported by an experienced Board. This makes for a collegial and positive culture within our 'family'. It also made my decision to accept being nominated for Chairperson an easy one. Your vote of confidence is appreciated.

Bevan C Grant

Chair, Age Concern Nelson Tasman

Opening Hours Over Christmas

We would like to take this opportunity to wish all our readers and supporters a very merry festive season and hope that you have a pleasant Christmas and New Year.

Our offices will be closed from midday on Friday 24 December and reopen on Wednesday 5 January at 8.30am.



*Seasons Greetings from
Age Concern Nelson Tasman*



Heather and Shirley at SpinPoi

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
Every Wednesday

Anglican Parish Hall
42 Commercial Street, Takaka
Second & Fourth 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.



One should never count the years – one should count one's interests. I have kept young trying never to lose my childhood sense of wonderment. I am glad I still have a vivid curiosity about the world I live in.

Helen Keller

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 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 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.

Calendars for Sale

We are so proud of our Beyond the Face exhibition that we turned it into a calendar. This calendar looks stunning, and sales will provide valuable funds for Age Concern Nelson Tasman. They cost \$20. If you are interested in purchasing a calendar please contact Liz on admin@ageconcernnt.org.nz or phone 544 7624 ext 9.



DOING NOTHING

DOING NOTHING OFTEN LEADS TO THE VERY BEST OF SOMETHING - Winnie the Pooh -

When was the last time that you did absolutely nothing? Can't remember? You're not alone but being able to completely switch off – to still our minds and hands and just be – can have wonderful benefits.

Tasman

NELSON

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

OUR PASSION AND EXPERTISE IS CARING FOR PEOPLE WITH DEMENTIA

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

Travelling overseas during COVID pandemic



If you're thinking about travelling overseas, it's vitally important you check the Work and Income rules before you go.

Some NZ Super and Veteran's Pension clients are unfortunately stuck overseas and unable to return, because they haven't been able to secure a place in a managed isolation and quarantine facility.

If you do decide to leave the country, you will need to visit the Work and Income website and complete a form.

Don't go overseas without checking the Work and Income rules. If you can't get back and you're away for longer than you're allowed under usual Absence from New Zealand rules, you may need to pay some of your payments back to Work and Income.

The Ministry of Foreign Affairs and Trade (MFAT) provide consular assistance to New Zealand citizens who are experiencing difficulties overseas. If you're stuck overseas, please contact your local embassy or the Ministry of Foreign Affairs and Trade.

Read the Work and Income rules about going overseas by visiting www.workandincome.govt.nz/pensions/travelling-or-moving/going-overseas-super/index.html or phone 0800 552 002

Sourced: www.officeforseniors.govt.nz

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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ANNUAL GENERAL MEETING

Our AGM was held on 20 September and was a fantastic acknowledgement of all Age Concern Nelson Tasman has done and achieved over the past year. We held it under Level 2 regulations so had 25 people attending, who were well spaced out in the Hall and there was no luncheon this year. Charles Tyrell resigned after 10 years as Chair of the Board, although he remains as a co-opted member.

Overview

We have had a year of significant growth. There has been an increase in demand for our services, particularly Elder Abuse Response and the Visiting Service. As a result we have employed more staff to meet this demand. We have also introduced new social and wellbeing services and employed an Office Administrator which has freed up staff to focus on core services rather than administration. We now have a very dedicated team of 9 staff: a full-time Manager, two Elder Abuse/Neglect Response advisors, two social workers who deliver our Accredited Visitor Service and Carer Relief Service, a Funding and Communications Officer, a Community Support Coordinator, an AgeConnect Coordinator and an Office Administrator.

Throughout the Year

- We dealt with 128 cases of elder abuse and 24 cases of self-neglect. Our advisors provide professional and empathetic support to them.
- We currently have 138 Accredited Visitor Service (AVS) clients and 126 AVS visitors across the Nelson Tasman region.
- Our Phone-a-Friend service supported 50 people at its peak and after lockdown 12 people continued to receive phone calls from 6 volunteers.
- Our Carer Relief Service supported 29 families during the year.

- We ran 49 weekly Sing Yourself Well sessions, with 801 participants.
- SpinPoi was run over 57 sessions with 299 participants.
- Move Good Now, our seated exercise class, ran 48 sessions and had 286 participants.
- We ran 14 Tea & Tech sessions, upskilling 60 people on digital technology.
- We facilitated monthly afternoon teas which were hosted by the Waimea Soroptimists and were attended by 8 of our members.
- We introduced TechConnect iPad classes and held our first block of classes which were attended by 10 people.
- We provided outdoor activities that over 200 people got involved in during the summer of 2020, including tai chi, heritage walks, Sing-a-long in the Park, SpinPoi etc.
- We visited 20 aged care facilities and trained hundreds of staff on elder abuse awareness and gave 15 public awareness presentations on elder abuse.
- We helped keep 85 senior drivers safer on the roads with our Staying Safe Driving workshops and informed 101 people at our Life Without a Car workshops.
- We ran 2 CarFit events – showing 26 older drivers how to be safer and more comfortable in their cars
- We carried out 209 assessments of people eligible to join the Total Mobility Scheme and now have 1441 members on this scheme which we administer and manage on behalf of the Nelson City and Tasman District Councils.
- We recognised Elder Abuse Awareness Week, celebrated International Day of the Older Person, and handed out blankets and quilts during winter and 64 Christmas care packages to older people across the region.
- We continued our Tea & Talk in five different locations across the Nelson Tasman region and introduced one to Tapawera.
- At Age Concern we have over 150 volunteers for AVS, Carer Relief, AgeConnect and office relief, who donated approximately 5612 hours to the organisation!
- We helped organise and run the region's second Nelson Connects Volunteer Expo which was attended by over 200 people and had 30 not-for-

- profit and community organisations stalls.
- We were also part of the Positive Ageing Expo which attracted around 2000 people and had a range of information stalls for older people.
- We are a lead-partner in Wellby, an exciting new initiative that's helping people in Nelson Tasman feel more connected to what's happening in their communities.
- During the past year we have developed our connections with organisations in the rural areas of Tasman and are working in collaboration, sharing information and providing resources.
- Our 'Beyond the Face' Exhibition was one of the year's highlights. We captured stories from people's lives and displayed them alongside beautiful professional photographs.

Christmas Day Community Dinners

Richmond:

Church on the Hill, 27 Dorset St, Richmond
Christmas Day Lunch from 11.30 – 2.30pm
Register for this lunch at Age Concern Office:
(03) 544 7624

NB: this event will go ahead. If alert levels change they are offering a takeaway option where people who are registered can bring a container and have it filled with a yummy warm meal to take home.

Motueka:

Salvation Army Corps Christmas Lunch
6 Greenwood Street, Motueka. Date/Time TBC
Phone Community Ministries for more information: (03) 528 5109

Nelson:

Rotary Nelson. Location/Date/Time TBC
Contact Age Concern Office to register your interest: (03) 544 7624



Christmas Care Packages

Yes it's that time again! We're seeking donations for our much-appreciated Christmas Care Packages. Every year we gather together donations from the community of non-perishable foods, toiletries and treats to put into care packages and deliver to some of our clients and members. Last year we distributed 65 packages, which are so warmly received and provide a welcome boost of food staples, treats and kindness at a time of year when being alone can be hard. We are really appreciative of Richmond Primary School for their help with this campaign. They help gather donations and make beautiful Christmas cards and tags to go with the packages.

If you would like to contribute, please drop off your donations to Age Concern Nelson Tasman, 62 Oxford Street by 30 November 2020.



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Simple Direct Funerals offers Nelson and Tasman a truly affordable and uncomplicated funeral service for both cremations and burials.

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SDF Simple Direct Funerals

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.



Beware of Scams over the holiday period

Over the holiday period there usually is an increase in scams so it is very important to be extra careful and in fact suspicious of phone calls or emails which come out of the blue. Prevention is the only effective way to avoid losing money through scams. Do not send money to anyone you may have met on social media but not met in person, or to any person or organisation who emails/phones you asking for money.

If you do send money and think you have been scammed, you must contact your bank **immediately**. This is the best safeguard against getting your money back. All bankcards have an 0800 number at the top of the reverse side so phone this number as soon as you realise you have been scammed. Once this action has been taken, you can contact your local police, Netsafe or CERT to lodge your complaint.

At Age Concern we have two Elder Abuse advisers, Mal Drummond and Cheryl Hague, who can provide information, support or advocacy on financial abuse.

Key Numbers:

You can report any cyber security issues to **CERT NZ**. They can help to identify the issue and give you advice about next steps.

www.cert.govt.nz | **Ph: 0200 237 869**

Netsafe takes reports of all scams – whether or not they happen online.

www.netsafe.org.nz | **Ph 0508 638 723**

Age Concern Elder Abuse

Ph: **0800 32 668 65** or
03 544 7624 ext 2 or 8

International Day of the Older Person

It was so lovely to finally be able to celebrate this day with some of our members. Last year's celebration was cancelled and this year it was postponed but finally we were able to have it late October in our Age Concern Hall. This was a scaled down event compared to previous years, but we all enjoyed a tasty afternoon tea, a SpinPoi demonstration by Miriam, our Funding and Communications Office (and SpinPoi instructor) and a drama performance from the very talented Adele Tippet. Thanks very much to Marnie, our AgeConnect Coordinator for your perseverance in organising this.

See below for a photo collage.



Kia kōrero

Let's talk

www.myacp.org.nz

Plan for your
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with an Advance
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WELLBEING TIPS

THESE TIPS ARE DESIGNED TO HELP GET YOU THINKING ABOUT WHAT WILL HELP YOUR MENTAL WELLBEING AT THE MOMENT. THESE SIMPLE ACTIONS ARE BIG MOOD BOOSTERS – FIND WHAT WORKS FOR YOU AND KEEP AT IT!



GIVE – ĀWHINA

Think about a skill you have you could share with your whānau, offer to pick groceries up for elderly neighbours or simply give a compliment to a loved one!



TAKE NOTICE – ME ARO TONU

Notice the things that make you feel good and do them more often! It could be your morning coffee, a walk around the block or playing games with your tamariki/children.



GET MOVING – KIA KORI

Regular movement and exercise helps release tension and stress and gives you an energy boost!



CONNECT – TŪHONO

Keep in touch with your friends, whānau and colleagues on the phone, through social media, video chats and text.



STAY CURIOUS – ME WHAI WHAKAARO

Learning new things helps to focus your mind and gives you a sense of purpose. It could be learning a language, a craft, or even mastering a tricky recipe.



STICK TO A ROUTINE – WHAI MAHERE

It will help you get through each day and adjust to regular life when it goes back to normal.



RELAX – MAURI TAU

Find ways to rest, switch off and recharge. Reading, mindfulness, yoga and deep breathing are all great ways to unwind.

GETTING THROUGH TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

ALL RIGHT?

Mental Health Foundation
mauri tu, mauri era

Staying Safe

a refresher course for older drivers



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:

- **Thursday 22 January** 9.30am-12.30pm, Olive Estate Lifestyle Village, Richmond.

Life Without a Car

Learn what's next when you are unable to drive. Not driving doesn't mean limiting our activities or prevent us from enjoying life. Adjusting to life without a car doesn't mean losing independence and freedom. Life Without a Car information session includes:

- highlights a range of possibilities to remain mobile
- offers alternative ways of getting about in the community
- suggests many options to keep involved and enjoying activities
- gives valuable insights into adapting our lifestyle
- encourages living positively and staying connected

Our next course is coming up on

- **Monday 21 February** 10-11.30am, Oakwoods Retirement Village, 357 Lower Queen Street, Richmond. Free transport to the workshop is available.

If you would like to attend any of these workshops please register with us by contacting Jackie on (03) 544 7624 ext 4 or emailing community@ageconcernnz.org.nz

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!

SUMMIT

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LIST & SELL WITH MICHELLE

Inspiring Older People

Ian Rodger

Runner, Builder, Race Car Driver



I interviewed Ian on a grey rainy day. Neither of us was enjoying the rain but Ian seemed to think he should be – “I grew up on the West Coast so should be used to it and I was a builder working outside”. Over the course of the next hour, I discovered there was much more to Ian than building and rain.

Ian grew up in Greymouth on the West Coast. He was the youngest of three children and heavily into sport as a youngster. He played rugby at primary school as a winger. Back then wingers were not big and powerful like today but small and fast and Ian fitted this description perfectly. However, when he got to high school he knew he wouldn't make the First XV so switched to football and promptly made the First XI. Ian was also a very good runner participating in interschool events. When he was 14 he set the West Coast record for the 880 yards using borrowed spikes and still remembers his time of 2 minutes and 16 seconds. Ian also was involved

in road cycling and won a 6-mile race as a junior. He used to run against Dave McKenzie (and beat him over the shorter distances) who went on to win the Boston Marathon in 1967, the same year Katherine Switzer became the first woman to complete a marathon.

All students entering high school were subject to an IQ test and Ian did quite well so was put into 3A where they studied 'academic' subjects. These didn't interest him as he wanted to be a builder. He got 297 for school certificate, missing out by 3 marks and left school when he was 15 to take up a building apprenticeship. Ian still has his first pay slip. It shows he worked 32 hours and for this received £3 15s 8d. As part of his wages he received a tool allowance of 5s 4d.

Ian had long been fascinated by cars and had learnt to drive when he was 12, but he had never got his licence. After moving a work vehicle his boss found out he didn't have his licence so turned up at work the next day in his personal car, a Morris Oxford with a floor change. He took Ian downtown and told him he was sitting his driving test. Ian went inside and answered a few questions and then had to do the driving test. This was the first time he had driven a Morris Oxford so had to ask the traffic officer about the starter button, but it was all smooth sailing after that, and he got his licence. Ian's love of cars then developed into racing and with his second car, a mini, he entered a hill climb race. He was only 18 at the time and needed parental permission so naturally he forged his father's signature (“as we all did”) and off he went! Ian doesn't remember how he went in the race, only that he loved it. After that he began racing on tar sealed and gravel roads, which were more

exciting. He bought a better car, an Anglia and put a Cortina motor in it. He managed to get this up to 119 miles per hour on a straight road.

Ian gave up racing when he got married and started a family. He moved to Nelson in 1973 and with the Speedway here got back into racing, this time with a saloon car which he did for a number of years. He had

another break and returned in a ¾ midget which had a purpose built frame, a motorcycle engine and was light and fast. Ian became interested in classic cars and bought a Ford Lotus-Cortina in 1988 for \$17,000, a substantial investment at the time but sold it 18 years later for \$45,000. He also raced the Ford Lotus and was fortunate never to damage the body work.

Ian's love of racing has taken him all over the world. He has been to Australia many times to watch Formula 1 and V8 Supercars at Bathurst. The highlight of his interest in motorsport was participating in the RAC Euroclassic Rally, a race from England to France. He entered with a friend from Wales, who also had a Lotus Cortina and whilst this rally was mainly social, they came across many racetracks along the way and there was some 'spirited driving!'. The grand finale was held at Magny-Cours, the French F1 Grand Prix track and then they had lunch afterwards in the F1 lounge, which was a fantastic experience. Ian has also travelled to the United States of America to do a Speedway Tour which culminated in attending the Indy 500, a 500 mile (800km) race where the drivers reached phenomenal speeds of over 400km per hour.

When Ian moved to Nelson, he began working at Wilkins & Field (now Mitre 10) but by summer was missing being outside and so returned to the building trade. After 53 years as a builder, Ian retired very suddenly which he found a massive transition. “It's like going out of circulation,” he says. One of the most challenging things, he found, is the lack of interaction. As a builder he was always talking with someone, other builders, tradies, the client etc. Now life is a lot quieter. However he is now pleased he's retired, still gets up early and loves the mornings, “It's cool and quiet.” A year ago, Ian experienced an aneurism, and his left leg was amputated above the knee. Ian has a very pragmatic approach, knowing there are other people worse off. “I wasn't going to feel sorry for myself, so I didn't.” he states. Ian still likes to be independent. Currently he is in a wheelchair but has a prosthetic which he hopes to start using, and still drives. It changed his life but “you adapt and carry on”.



Example of a Ford Lotus-Cortina

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.

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FUNERAL SERVICES



**Thinking ahead for
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Stay Connected

Marnie is our AgeConnect Coordinator and part of her role is to connect older people to events and activities around the region. From herein Marnie will profile, in each magazine, five events or activities she recommends for older people. Her top picks, this edition, are aimed to get people out and about and enjoying the summer weather.

1.The Amazing Race

This is on 24 January from 10am to 12 noon and starts at the Elma Turner Library in Nelson. You follow a map which explores some of the hidden gems around the city and solve 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. Registrations are open to teams of 4-6 people or individuals who want to join others on the day.

2.The Brook Sanctuary

The Brook Sanctuary is the largest fenced Sanctuary for endangered plants and creatures in the South Island. On passing through the biosecurity gates you enter a special haven where you can reconnect with nature. The Sanctuary features a number of tracks and walks, including ones which are suitable for mobility scooters and wheelchairs to more advanced ones which include river crossings. There are many bird species which inhabit the Sanctuary including pīwakawaka (fantail), tui, ruru (morepork), korimako (bellbird), ngrungiru (tomtit), riroriro (grey warbler), kererū (wood pigeon) and tauhou (silvereye) and the recently re-introduced tīeke (South Island saddleback).

The Brook Sanctuary is open Friday-Saturday-Sunday from 10am to 4pm but this will extend over summer so check first. There

is a \$5 entry fee for gold card members.

3.Public Gardens

The Nelson and Tasman region has a number of public gardens which are free to visit and full of wonderful flora and short walks. They have excellent seating so you can sit and enjoy the ambience. Marnie highly recommends:

- The Huangshi Chinese Gardens (in Queens Gardens), Tasman Street, Nelson
- Washbourn Gardens on Oxford Street, Richmond
- Faulkner Bush on Clifford Road, Wakefield
- Isel Park in Stoke
- Queens Gardens, Bridge Street, Nelson



Marnie, our AgeConnect Coordinator

4.Mapua Ferry

The Mapua Ferry is a 10 minute boat trip that takes you from Mapua over to the end of Rabbit Island on a flat bottomed ferry. From here you can enjoy a walk on the many tracks and trails at Rabbit Island or, if you don't feel like walking, get the boat right back. The Ferry leaves Mapua on the hour from 10am to 5pm and returns at ten past the hour from 10.10am to 5.10pm. The cost is \$10 return for senior citizens.

5.Nelson's Christmas Tree Festival

This festival is held in the Nelson Cathedral and showcases a number of Christmas Trees that have been beautifully decorated by organisations and individuals. It begins on Friday 26 November at 6pm with a light up service. There are mini musical concerts, weekdays from 29 November to 22 December at 1pm. The festival closes on Sunday 16 January with a switch-off service.

Tapawera Connect

Tapawera Connect is a community organisation set up after the Covid-19 lockdown in 2020 to improve community connections in the rural community west of Nelson. It covers the broader Tapawera area.

Karen Carleton is the Senior Wellbeing Connector and her role is to support the wellbeing of seniors through connections, services and supports in a safe and confidential way. In the last three months Karen has been settling into her role. With the support of the AgeConnect Coordinator at Age Concern



and Tapawera Connect, Karen introduced a monthly Tea & Talk, held the last Tuesday of each month, organised a Staying Safe Driving workshop and an Upright & Able workshop. In the coming months she is hoping to get more senior men away from the farm and involved in some activities or trips.

Karen sees transport as one of the key issues facing older people around Tapawera. The nearest health centre is in Wakefield and moving forward she would love to see a regular transport option to Wakefield or Richmond. Many of the seniors in the area do not access digital media so it is very important that alternate non-digital forms of communication are used.

If you would like to know about the initiative and their upcoming activities please contact Karen on 03 5224492 (evenings) or forsythgully@gmail.com.

Discover Summerset Richmond Ranges today!

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

If you're interested in retirement living, pop in and take a tour of our stunning village, then relax with a delicious treat in our very own Divine Cafe. We're open 7 days!

**Summerset Richmond Ranges,
1 Hill Street North,
Richmond
03 744 3432**

Find out more at
[Summerset.co.nz/Richmond](https://www.summerset.co.nz/Richmond)



Old teeth need looking after

Tiaki niho ā pakeke

Having a healthy mouth and teeth contributes to your overall health. Looking after your teeth by brushing twice a day and seeing your dentist regularly is an important part of looking after yourself and is even more important as you get older.

If you're caring for an older person, don't forget the contribution good dental health can make to their comfort, nutrition, health and wellbeing.

Common dental health issues in older people include:

- problems with gums and mouth ulcers
- tooth loss
- older fillings needing replacement
- cavities around the roots of teeth
- medication side effects such as a dry mouth
- problems with dentures

If you have pain in your mouth, swelling, or discomfort from your teeth, it's important to talk to your dentist or GP. Don't put it off. If you notice changes to the way your mouth and teeth feel or look, it's also important to seek treatment.

Preventing problems with your mouth and teeth

If you've had good dental habits all your life, it's important to keep it up. However, it's never too late to develop better habits around dental hygiene.

Teeth cleaning - Brushing and flossing removes plaque and tartar from teeth to prevent gum disease and tooth decay. Severe gum disease causes at least one-third of adult tooth loss.

- Brush your teeth every day – morning and night
- Brush with a soft toothbrush and fluoride toothpaste
- After brushing your teeth swish and spit but don't rinse
- Avoid sugary foods and drinks between meals – give your mouth a break
- Drink water or milk between meals
- Arthritis and other mobility issues may make it difficult to brush and floss. An electric toothbrush may make this easier. If you are having trouble, talk to your GP or dentist. If you're receiving care at home (or in an aged residential facility) you may be able to ask your carer to assist.



Denture care - It's important to care for your removable partial or full dentures:

- Remove and rinse dentures after eating
- Clean your mouth after removing your dentures using a soft toothbrush
- Brush your dentures at least daily
- Soak your dentures in water overnight. This helps to keep their shape.

Mouth ulcers - Mouth ulcers are small sores that develop in your mouth. These are quite common and generally go away on their own. If you have ulcers that are very painful, that are stopping you eating or drinking the foods you usually like, or that have lasted more than two weeks, it's important to see your dentist or GP.

Regular dental check-ups - A yearly dental check-up can help maintain the health of your teeth and deal with problems at an early stage before they become severe. There are many things a dentist can spot during a dental check-up such as cavities, early signs of gum disease, and other oral problems that can affect your general health.

Dental treatment can be expensive, however, seeing a dentist for regular check-ups will save you a lot of money and trouble, and will help to keep your teeth looking good and working well.

Subsidies for older people - Subsidies may be available to help pay for dental treatment. It's important to discuss with your dentist how much any treatment is likely to cost and which subsidies you can use. You may be able to pay off the cost of treatment.

If you're in pain, or have swelling or an infection in your mouth, subsidised emergency treatment is available through a number of private dentists for older adults with a Community Services Card. Work and Income generally pay up to \$300.

They usually only make payments for urgent dental treatment once a year. You may be able to get help for more than one treatment in a year, or help with treatment over \$300, but you might have to pay some of this back.

source: www.healthinfo.org.nz



Anna Loach
Manager and Funeral Director

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TIME TO PLAN FOR THE FUTURE

We're part of your community

Nelson - (03) 539 0066
Richmond - (03) 929 5145
nelson.simplicity.co.nz

The F.A.S.T. campaign encourages everyone to learn the key signs of stroke and to think F.A.S.T., act fast and look out for each other by calling 111 if they suspect a stroke. Prompt action can save lives - as well as improve recovery.

It is vital to recognise when someone is having a stroke and to start treatment as soon as possible, because the sooner medical treatment begins, the more likely brain damage can be reduced and a better outcome achieved. The quicker a clot can be

dissolved or removed, the less damage is done, and the better the chance of a strong recovery.

A stroke is a brain attack – it's very serious. The symptoms might show on the face, arm or in speech, but it's the brain that's being damaged.

If any of the signs of stroke are recognised, don't wait, call 111 straight away. Don't call your doctor, or drive yourself – get help immediately. Ambulance staff want to hear from you if you recognise the F.A.S.T. signs – call 111 and tell them it's a stroke.


AT ANY SIGN OF STROKE CALL 111

F
FACE
DROOPING

A
ARM
WEAKNESS

S
SPEECH
DIFFICULTY

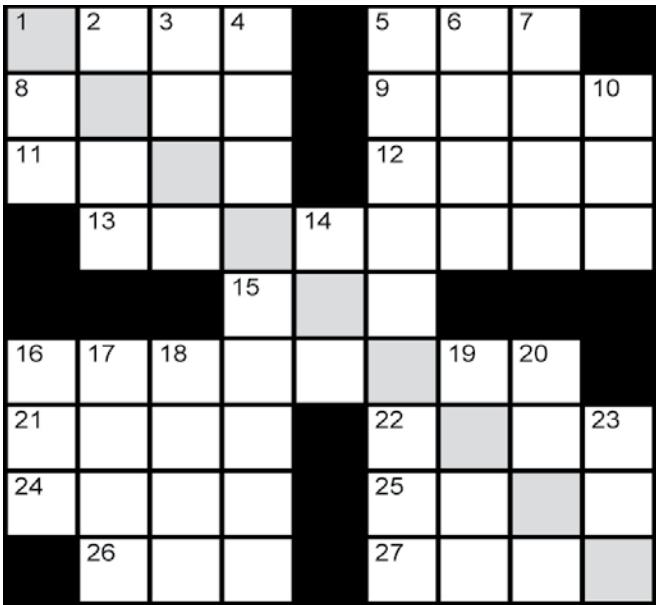
T
TAKE ACTION
CALL 111



Support us at:
stroke.org.nz

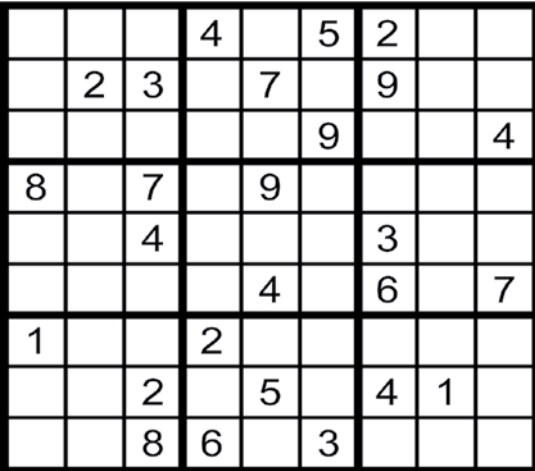
#ThinkFAST
#ActFast

Settlers



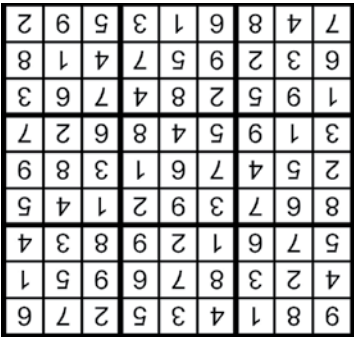
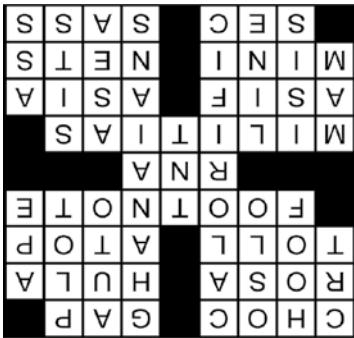
- Across
- 1. Van. alternative
 - 5. Mountain pass
 - 8. Santa ____, Calif.
 - 9. Maui dance
- Down
- 11. Turnpike fee
 - 12. At the peak of
 - 13. Annotation
 - 15. Genetic material
 - 16. Groups of minutemen

- ATTACK
- BISHOP
- BLACK
- BOARD
- CASTLE
- CASTLING
- CHECKMATE
- DEFENSE
- DRAW
- EN PASSANT
- ENDGAME
- FIANCHETTO
- FORK
- GRANDMASTER
- KING
- KNIGHT
- PAWN
- QUEEN
- RED
- RESIGN
- ROOK
- SACRIFICE
- STALEMATE
- STRATEGY
- THREAT



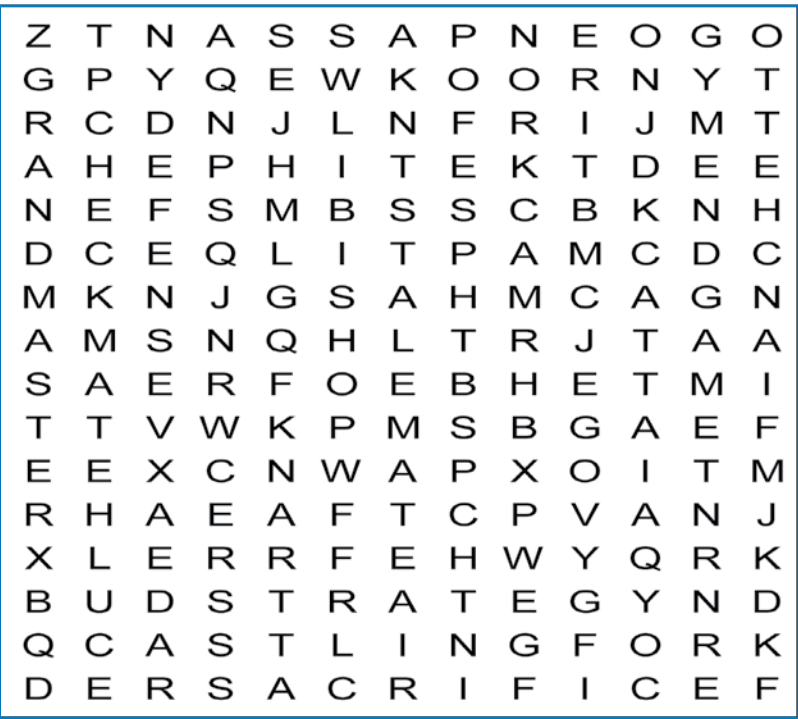
- 21. "Dream on!"
- 22. Atlas section
- 24. Short skirt
- 25. Fishing gear
- 26. "Hold on a ____!"
- 27. Back talk

- Down
- 1. Computer monitor, for short
 - 2. Horseshoe site
 - 3. Nobel Peace Prize city
 - 4. Relating to heat
 - 5. Inhabitants of the Gold Coast
 - 6. Vehicle
 - 7. Scheme
 - 10. "Tarzan" extra
 - 14. Atlanta-based station
 - 16. Mayan Indian
 - 17. Egyptian fertility goddess
 - 18. Queue
 - 19. Fishing, perhaps



- 20. Takes a seat
- 23. Blockhead

WORD FIND - GAME OF CHESS



How to solve sudoku puzzles. No math is required to solve a Sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*

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.



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Present your SuperGold card at participating NPD service stations to receive up to 15 cents per litre discount on fuel purchases. No other discount schemes or promotions needed - get the full discount every time!



Growing diversity in retirement villages - an article from Retirement Villages Assn.

Traditionally, retirement village residents have tended to be mostly pakeha and come from a fairly standard background. We're often asked what we're doing to encourage older people from other ethnic backgrounds to move in, and for a long time, the answer was "not very much". However, more recently that's started to change, so we asked our writer Janet Brown to investigate.

By Janet Brown, Head and Heart Ltd

I'm talking with a group of Chinese residents at Summerset at Heritage Park when it becomes clear that it all started with Heidi's housewarming party. Heidi Ng and her husband moved to effects of his Parkinson's Disease. Heidi invited about forty of their friends to come and celebrate their new home, and that party sparked a chain reaction that's still continuing.

Village managers often say that it's quite common for each new resident to trigger one or two inquiries from their friends and family. In this case, Heidi and her husband are Chinese, as are many of their friends. And that party has led, in just over a year, to fifteen apartments (and counting!) in Heritage Park's new Heritage Apartment Building being occupied by other Chinese residents. Heritage Park Village Manager Leticia Chuck believes this trend is likely to continue, "The village is really a reflection of the wider Auckland community."

Heidi picks up the story and explains how it started. "We looked at several villages, then the first time I walked in here I felt the warmth, the welcome. But when I told people we were moving to a retirement village, they often said "Poor you!", so I had a party to show them how lovely it was." She doesn't mind not getting capital gains because of the support and activities retirement village living offers. That view has been strengthened by the marked improvement in her husband's wellbeing and enjoyment of life since they moved in. Everyone in the group nods and agrees.

About the same time, Graham and Janet moved in. Graham is New Zealand born, an accountant who's still working, and doesn't speak either Cantonese or Mandarin, and Janet came to New Zealand from Hong Kong aged

nine. She speaks Cantonese, and before they moved in mostly did so with her mother in her nineties; now she has a group of neighbours to talk with in Cantonese. Janet had looked at a number of retirement villages and brought Graham to look at Heritage Park; he knew the area and liked the lake views, so they put a deposit down on their three-bedroom apartment.

Raymond Sun was the first party-goer to act: "After the party I picked up some fliers on the way out, and started looking at villages." He settled quickly on Heritage Park, and next thing his friend Sylvia was keen as well. Others were interested too: Kitty, Jenny and May from Raymond's tai chi class, and Heidi's friends from Eastern Howick Baptist Church. All have now moved in, as well as others. They all appreciate the amenities, each enjoying different aspects. Raymond enjoys getting to know non-Chinese residents at happy hour, and encourages others to come: "Everyone should go to happy hour, it helps you know what's going on and it's great for getting to know people." Chinese New Year became a village-wide celebration, enthusiastically supported by residents, who watched Raymond demonstrate the art of the traditional tea ceremony, while Heidi introduced them to Chinese calligraphy.

Living on two floors of the same apartment block, it's easy to pop in to catch up – Heidi laughs about how they walk barefoot from apartment to apartment: "We don't even need to put our shoes on to go and see each other!" Raymond adds, "Every day, people are ringing my doorbell. In Howick, that didn't happen."

But the group is at pains to tell me that the disadvantages of a village are heavily outweighed by what they've gained. Graham's final comment, as he leaves to go to work, is "Everyone is very friendly here." Heidi sums it up: "I know, if anything goes wrong, I'm already in a safe place with my friends around me."

But for now, they're all enjoying life in their new apartments and community. Heidi has the last word on this too: "Every day it's like having a holiday together on a cruise!"



LILLE Healthcare

WATER IS VITAL FOR THE BODY'S HEALTH

Every bodily function requires water. Breathing, digestion and absorption of nutrients, waste removal, and temperature control are just a few examples of how the body uses water.

Water makes up around 65% of the body but it has no storage facilities, therefore fresh supplies of water are required each day. Drinking adequate amounts of fluid every day is essential to maintaining health and wellbeing.

The most common signs of dehydration are strong dark smelling urine, decreased output of urine, having a dry mouth, lips or tongue, confusion and irritability/dizziness, hollow sunken eyes, constipation, no pool of saliva under the tongue, poor skin elasticity or dry skin and tiredness and headaches.

To maintain health everyone needs to drink well for adequate hydration. This will help in reducing constipation, urinary tract infections, bladder control and, assist with maintaining blood pressure and cognitive function. Ensuring adequate hydration also helps keep the skin and tissues more resilient to the effects of pressure and assists with faster healing.

On average a person loses around 2.5 litres of fluid each day. An inactive older person's fluid loss may be closer to 2 litres per day. Fluid is lost in the following ways:

Breathing	500mls
Sweating	500mls
Urine output	1.5-2 Litres
Bowel motion	150mls



Exercising and hot weather further increase the amount of fluids lost, through increased breathing rate and sweat production. But it is also important to maintain fluid intake in the colder months.

The recommended daily minimum total fluid intake for an older person is around 1500mls.

Information supplied by Lille Healthcare NZ

What does Water do for You?

Forms saliva (digestion)

Keeps mucosal membranes moist

Allows body's cells to grow, reproduce and survive

Flushes body waste, mainly in urine

Lubricates joints

Water is the major component of most body parts

Needed by the brain to manufacture hormones and neurotransmitters

Regulates body temperature (sweating and respiration)

Acts as a shock absorber for brain and spinal cord

Converts food to components needed for survival - digestion

Helps deliver oxygen all over the body



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About

Rhythm and coordination are just some of the therapeutic gains we explore in this class.

A range of moves and exercises are covered to improve movement, control and balance.



Weekly on Thursdays | **10am - 11am**

Age Concern Hall

62 Oxford Street, Richmond

Cost \$3

Proudly brought to you by Age Concern Nelson Tasman and Move Good Now



For more information please contact Age Concern on (03)5447624

Finish and Start Dates for Age Concern Activities

Our Age Concern Activities will have a brief break over the Christmas period and then resume in January. Thanks so much to everyone who has attended these over the course of the year.

See below for the different activities, their finish date for 2020 and start date for 2021.

Activity	Finish 2021	Start 2022
Sing Yourself Well	21 December	11 January
SpinPoi	23 December	13 January
Move Good Now	16 December	13 January
Tea & Talk, Richmond	22 December	12 January
Tea & Talk, Victory	13 December	10 January
Tea & Talk, Motueka	15 December	12 January
Tea & Talk, Golden Bay	8 December	26 January
Tea & Talk, Tapawera	30 November	25 January



62 Oxford Street, Richmond, Nelson

Phone 03 5447624

www.ageconcernnt.org.nz

SUMMER ACTIVITY PROGRAMME FOR SENIORS

14 February - 26 March 2022

The Summer Activities Series for Seniors starts on 14 February and includes a range of FREE activities in a number of locations across the Nelson Tasman region. Bookings are not required, simply turn up & enjoy.

Date	Time	Activity	Location	Meeting Point
Mon 14 Feb	10am – 11am	Tai Chi	Founders Park, Nelson	Meet at the Village Green in the center
Wed 16 Feb	10am-11.30am	Croquet	Nelson Hinemoa Croquet Club	Rutherford Park Saltwater Creek Lane
Thu 17 Feb	10-11.30am	Sing-a-long in the Park	Washbourn Gardens, Richmond	Meet at the Fuchsia House
Mon 21 Feb	10-11.30am	Maitai Art Walk	Maitai Walkway, Nelson	Meet at Miller's Acre Car Park
Mon 21 Feb	10am – 11am	Tai Chi	Botanical Reserve, Nelson	Meet at Milton Street next to clubhouse
Tue 22 Feb	10am-11.30am	Croquet	Nelson Hinemoa Croquet Club	Rutherford Park Saltwater Creek Lane
Thu 24 Feb	12-1pm-	Pickleball	Richmond Badminton Club	20 Gladstone Rd, Richmond
Thu 24 Feb	10am – 11am	Sit & Be Fit	Memorial Park, Motueka	Meet beside the Senior Citizens Hall
Mon 28 Feb	10-11.30am	Memorial Walk	Marsden Valley	Meet outside Isel Park sign on the Ridgeway (near Parkview place)
Mon 28 Feb	10am – 11am	Tai Chi	Tahuna Beach	Meet at the Tahunanui Nightingale Library
Tues 1 Mar	10-11am	Spin Poi	Broadgreen Gardens, Stoke	Meet outside Broadgreen House
Thu 3 Mar	10am – 11am	Move Good Now	Anzac Park, Richmond	Meet by Age Concern Office, 62 Oxford Street, Richmond
Mon 07 Mar	10am – 11am	Tai Chi	Isel Park, Stoke	Meet in front of Isel House
Thu 10 Mar	10-11.00am	Sit & Be Fit	Collingwood Memorial Hall	Main Street, Collingwood
Fri 11 Mar	10-11.30am	Heritage Walk	Miyazu Gardens, Nelson	Meet at the carpark off Atawhai Drive
Mon 14 Mar	10am – 11am	Tai Chi	Washbourn Gardens Richmond	Meet at oxford street main Entrance of park
Thu 17 Mar	10-11.30am	Sing-a-long in the Park	Faulkner Bush, Wakefield	Meet at the Playground
Fri 18 Mar	10-11.30am	Guided Walk	Centre of NZ	Meet at the start in the Botanical Gardens, Nelson
Mon 21 Mar	10–11am	Tai Chi	Mapua waterfront in greenspace	Meet off Aranui Road across from Appleshed Café
Tues 22 Mar	10-11am	Spin Poi	Isel Park, Stoke	Meet in front of Isel House
Thu 24 Mar	10am – 11am	Move Good Now	Anzac Park, Richmond	Meet by Age Concern Office, 62 Oxford Street, Richmond
Fri 25 Mar	10-11.30am	Sing-a-long in the Park	Cathedral Steps	Meet in the Cathedral Church carpark

For more information or cancellations see www.facebook.com/ageconcernnelsonntasman or phone Age Concern Nelson Tasman on (03) 544 7624 ext 5 or email ageconnect@ageconcernnt.org.nz

