

AUTUMN 2022 QUARTERLY NEWSLETTER

www.ageconcern.org.nz



Age Concern Horowhenua | Kapiti Palmerston North and Districts

Serving the needs of older people



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Community Field Worker: Jo Blanche

Accredited Visiting Service: Charlene Lyttle

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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

AgeConnect Manawatu Coordinator:

Bernie Walker

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Will you be able to get around easily in two years time?

Jill Stansfield

Executive Committee Member of Age Concern Kapiti

Getting out and about and being able to move freely is something most of us take for granted. However, I can well remember the first time I sustained an injury that impaired my mobility – thank goodness that it was only for a short time! I sprained my ankle when I was at Phys Ed at Secondary school! I remember thinking that I was the only one in my class who had to hobble about very slowly, and I didn't find that very easy!

I still find myself thinking about mobility – especially as I am now somewhat mobility-impaired – permanently this time! Thinking about impairment on a nation-wide basis, 24% of New Zealanders do have a disability. Looking at the Wellington region 22% of those living in this region have an impairment, and mobility is the most common, followed by hearing and agility. That said, for the over 65 year olds disabilities are more common, which then brings accessibility to the fore of our thinking. Ageing is the one thing we all have in common, and we are ageing from the day we are born, and the older we are, the more likely we are to have some sort of disability.

Getting out and about is more of a challenge for mobility impaired people, and this brings mobility parking spaces to our attention. The New Zealand Standards document 4121:2001 has coverage on this subject. As a generalisation I'd have to say that I believe the recommended ratio in parking areas is usually observed, but I am not sure just how mobility parking is catered for at Public Events – remembering that these events are held at many different locations throughout Kapiti. All I can say is that if you or friends or family experience difficulty in accessing such events because parking places may not be close by the venue then maybe you might like to take the matter up with the authorities concerned – after all, if we don't let those in charge know about difficulties we may be encountering, the chances are that nothing will be done to help plan differently in the future.

Kapiti is a great place to live. Thinking about the number of over 65 year-olds living here I recall that Thames/Coromandel is the only other region in New

Zealand with a similar demographic, and as we have a slightly higher percentage of older persons living here then mobility-related issues become even more important for us all – not just retirees, and we need to remember that we will all be old one day, and mobility becomes more important as we age.



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

Age Concern Palmerston North and Districts staff are all pleased to be in our new offices. December was a hectic time for us with packing up, moving, and then settling into our new premises, but it was all worth it to reopen our doors in January on our new spacious and light offices, which are at ground floor level, fully accessible, and more centrally located.

The address is 4/251 Broadway Ave., Palmerston North (entrance on Vivian St).

Rangiora Community Centre is temporarily closed for renovations, and we have moved Rhythm and Move classes temporarily to Kelvin Grove Community Centre, 68 Kaimanawa St, Kelvin Grove. Class times are Mondays 1-2pm and Wednesdays 9.30-10.30am. The Wednesday Steady as You Go group has moved temporarily to the Seventh Day Adventist Church Hall 257, Ferguson Street 9.30 -10.30 am

We are living in uncertain times once again, with the new Omicron COVID-19 variant. This is more

infectious than previous variants. At Age Concern Palmerston North and Districts, we plan to continue to deliver our services and programmes, as we know there is a need. To reduce the risk of all staff being ill or self-isolating at once, we are working in two separate teams, with only one team in the office each week. This means that the office may not always be open, as staff may have to go out to appointments or to visit clients. If you want to come into our offices, please phone ahead and make an appointment. Phone the office on 06 355 2832.

Whilst our services and programmes are continuing, we have postponed the Afternoon Tea Dance that was scheduled for 1st March. We are not going to set a new date at this point. We are fortunate in that we received a grant from Palmerston North City Council to host this event. They have said we can retain to host this event later in the year.

Marian Dean | Manager



Cognitive Activities for Older Adults

Just as the body needs physical exercise to keep fit, the brain needs mental exercise to stay active and alive. Mental exercise stimulates the brain, often providing long-lasting positive effects regarding thinking and reasoning skills, memory and processing speed.

What are Cognitive Skills?

The definition of the word cognition, means the process of knowing and includes all its aspects, such as: **Reasoning - Awareness - Perception - Knowledge - Intuition - Judgement**

Cognitive skills are the mental capabilities a person has which allow them to process all the information they receive from their five senses. These skills are needed to be able to think, talk, learn or read. They are what gives a person the ability to recall things from memory.

Cognitive Activities Improve Skills

There are many types of activities to help maintain and improve cognitive skills. Some of them involve everyday activities, other mind-challenging activities include playing games, making crafts and solving puzzles.

Everyday Activities That Strengthen Cognitive Skills

One of the most important cognitive activities is engaging and meaningful conversation. By asking for people's opinions and advice on situations and events, your mind is stimulated and you experience a

feeling of self-worth.

Slightly changing an everyday activity is another way to enhance cognitive skills. Examples include using the opposite hand to hold the toothbrush when brushing your teeth, writing your name or dialing a telephone.

Hobbies and Crafts

Learning a new hobby, or taking up a craft are excellent ways for individuals to keep their brains active and alert. These activities stimulate the brain cells and often provide interaction with others. Finding something of interest provides you with enjoyment and a sense of positive self-esteem.

Depending on your interests and abilities, the following are examples of possible crafts or hobbies you may enjoy.

Drawing - Painting - Knitting - Playing music - Scrapbooking - Woodworking - Mosaics using tiles or coloured paper - Photography - Games and Puzzles.

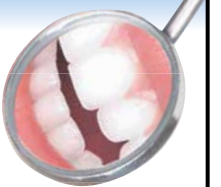
Playing games and solving puzzles are excellent cognitive activities. These types of activities engage the brain keeping it stimulated and vital. The following are games and types of puzzles you may enjoy.

Games: Dominoes - Checkers - Chess - Card games - Scrabble - Bingo - Jigsaws - Crosswords Word search - Sudoku.

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Age Concern Palmerston North & Districts launches new service

AgeConnect

by Judith Lacy | Editor, Manawātū Guardian

We will call her Alice and we will get straight to the point. Alice was lonely. Age Concern was able to connect her with a music afternoon, transport and afternoon tea provided. Alice now has something to look forward to and a smile on her face.

Age Concern Palmerston North & Districts has launched a new service, AgeConnect Manawātū, with Bernie Walker the coordinator. Alice's story is one of his early successes.

It's a community development role with Walker helping prevent loneliness and social isolation in people aged 65-plus. He has started with finding out the needs of the community, existing activities, services and events, gaps in provision, and barriers to accessing what is already provided.

Walker says society does talk about social isolation and loneliness more. However, there is still a stigma associated with saying you are lonely and it can be hard for people to overcome their pride and ask for help.

People's circumstances might have changed resulting in loneliness and social isolation: death, retirement, family moved away, lost confidence, financial, health and mobility changes.

"There are a lot of barriers for people, it can become quite overwhelming to know where to start".

Walker says loneliness is an issue at any age but can be more challenging for older people as they possibly don't have the same network and support they used to. As people age they often find themselves spending more time alone.

Walker will be working to find out older people's interests and passions, perhaps going back to what they enjoyed in childhood. People want to feel valued, have something to get up for in the morning, a sense of purpose.

Walker recalls his grandmother telling him she had less energy, got tired easily but the child remained within.

If you can link someone to an organisation or activity they are interested in they are more likely to make connections and friends.

Difficulties with the rollout of vaccine passes illustrated how many people don't have an email address, a computer, or a smartphone, Walker says. By extension this showed so people can't connect with family and friends using digital technology.

An older person might be keen to join a walking group but existing ones might walk too fast and/or too long so the solution could be recruiting volunteers to run a suitable group. Walker will be looking for volunteers if needed to set up new groups with the idea they become self sustaining.

Another solution could be providing a buddy for someone going to a group for the first time.

"I want to help and I want this to be successful and I want to make a difference in people's lives."

He worked at Manawātū Home Budgeting Service for 15 years, firstly as coordinator and then manager.

He has seen and experienced what goes on in the community and wants to be part of helping older people find their own solutions.

"It's really satisfying when you work in a sector where you've had an impact on people and changed people's lives."

At Home Budgeting he was aware some clients were there not for the budgeting but because they were lonely and wanted to connect.

Age Concern has moved to much bigger and more modern premises at 251 Broadway Ave with the entrance on Vivian Street and carparking behind the building.

+ INFO To contact Bernie Walker ring 355 2832 or email: bernie.walker@ageconcernpn.org.nz



photo courtesy of Judith Lacy | Editor, Manawātū Guardian

Preparing for the Omicron variant of COVID-19

How to prevent yourself from getting Omicron

Vaccination and boosters help to reduce transmission of the virus. Remember, that if you don't get the virus, you can't give it to someone else. Taking other precautions also remains important to continue to protect our communities against Omicron. As well as vaccination, early detection of cases and swift contact tracing, and isolation of cases and contacts, is critical.

It will also be important to continue to protect ourselves and our whānau and stop the transmission of the disease by following health habits such as:

Keep indoor rooms well ventilated (e.g., by opening windows and doors) where possible.

Wearing masks and face coverings is one way of

keeping yourself safe and protecting others from COVID-19, especially when physical distancing is not possible. Wear masks in confined or crowded environments.

Maintain physical distancing of 2m where possible.

If you feel unwell or show any symptoms, stay home. Call Healthline on 0800 611 116 and get a COVID-19 test.

Use your My Vaccine Pass (MVP) to scan into venues and events. MVP is a record of your COVID-19 vaccination status.

Keep a record of where you've been or scan in wherever you go using the COVID-19 Tracer app and turn Bluetooth on your phone so you can be contacted if you have been near a case.

What happens if I test positive for COVID-19, or if you have to self-isolate as a close contact?

Rest assured if you need help, you will not be left to manage alone. If you test positive or are a close contact or someone who is positive, you will be contacted directly by the COVID-19 Testing Team at Mid Central DHB, to check in with you. If you need support, you will be referred to the Ministry of Social Development's Social Isolation and Quarantine Team (MSD SIQ Team) who will put you in touch with a community connector in your area.

A community connector will contact you and talk to you about what your needs are (e.g., food, etc.). The community connector can arrange for supplies to be delivered to you in a contactless way. e.g., groceries.

If you use a computer, you may also be given a link to an on-line self-help portal, or a phone number which you can phone for the same information.

You cannot self-refer to the MSD SIQ Team or to a community connector. You have to be referred to them.

If you are isolating and have not heard anything about how to access help, you can phone the MSD SIQ Team 0800 512 337. You can also phone Age Concern Palmerston North and Districts for assistance on 06 355 2832 or any other Age Concern on 0800 65 2 105.

How to prepare for self-isolation

It is a good idea to plan for what you will do if you get sick and have to stay at home or have to self-isolate because you have been a close contact of someone who has COVID-19. If you can, stock up with some food you can eat if you are ill. Perhaps you could make a big pot of soup and freeze it in portions or buy tinned or chilled soups to store in your pantry or fridge. Bread and milk can both be frozen if you have a freezer.

If you are on prescription medication, make sure that

you have a good supply and are not at risk of running out because you can't leave your house.

It is a good idea to have some painkillers available in case you get a fever or headache. If you do not know which painkiller is suitable for you, phone your GP practice and ask to speak to a nurse to find out what you can take and if the GP will prescribe something for you. If you can take paracetamol, you do not need to buy the expensive branded capsules, the generic tablets that you can buy at supermarkets work just as well.

NEW SERVICE ESTABLISHED

AgeConnect Manawātū

Connecting older people with others, activities, or services

Age Concern Palmerston North & Districts has established a new service called AgeConnect Manawātū to address social isolation and loneliness amongst older people in our community.

Everyone needs social connections to survive and thrive. But as people age, they often find themselves spending more time alone. Being alone may leave older adults more vulnerable to loneliness and social isolation, which can affect their health and well-being.

Social isolation and loneliness can be harmful to the physical, mental, cognitive, and emotional health of older adults. Loneliness is the distressing feeling of being alone or separated. Social isolation is the lack of social contacts and having few people to interact with regularly.

Around 20% of people 65+ in New Zealand experiencing prolonged and severe levels of loneliness and isolation. The number of adults 65+ is growing and the Covid-19 outbreak has brought even more challenges.

Whilst social isolation and loneliness are a personal issue, and each person's situation is different, there are indications that in Palmerston North and Manawātū, there are many social opportunities that older people could participate in. Lack of knowledge of what there is; lack of transport; cost; loss of social skills etc. maybe some of the

barriers that prevent older people participating and making social connections.

Social connection means the social ties we have with other people. It is a broad term that includes things like getting together with others, having others we can rely on for support, or feeling we belong and are valued. We can experience these different types of social connection with family and friends, in neighbourhoods, or as members of a group or club.

AgeConnect Manawātū has been set up to enhance the wellbeing of older people / koroua or kuia who are socially isolated and / or lonely by connecting them with activities, events, and people within the community.

The **AgeConnect Manawātū** service aims to build friendships and community connections for isolated older people by:

- Linking isolated and / or lonely people to services, support,

and social activities

- Supporting older people to overcome any barriers that may prevent them from connecting and participating in social activities
- Providing information about social groups and events
- Collaborating with communities to create new social connection activities and programmes as needed

Someone who is lonely probably also finds it hard to reach out. There is a stigma surrounding loneliness, and older people tend not to ask for help because they have to much pride. It is important to remember loneliness can-and does-affect anyone, of any age.

If you are 65 and over and are feeling socially isolated and/or lonely please contact us to see how we may be able to help you.

Health professionals, family or friends can also refer an older person to the service. Just be sure to ask their permission first.

We were created to be "in the community" with others. So if you are feeling a little isolated or lonely, reach out to someone and be the friend to them that you would like them to be to you.



Tea and Talks



Come along to hear a good speaker and catch up with other guests over a cup of tea. Tea and Talks take place at our new offices 4/251 Broadway Ave from 1pm to 3pm. We can provide transport for people who could otherwise not attend. Phone 06 355 2832 for more information and to book your place.

Tea and Talks takes place on Tuesday afternoons. Phone Fern on 06 355 2832.

Running for Age Concern Palmerston North and Districts Marathon Fundraiser

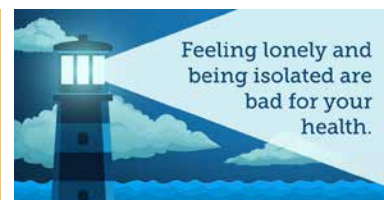
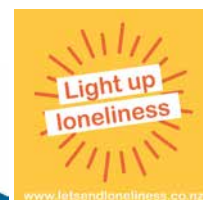
Age Concerns are charities and we welcome donations to assist us to deliver our services and programmes. One of our staff is going to run a marathon in May! That in itself is a great goal, but she is using the opportunity to raise funds for us. Please see the message below.

Hi there, my name is Klara, and I am one of the social workers here at Age Concern in Palmerston North.

On Sunday 22 of May I am running the Manawatu Striders Marathon to fundraise for Age Concern Palmerston North and Districts. Our services cover Palmerston North and Manawatu Districts. My goal is to raise \$1,000. Please help me by donating either through the Age Concern Palmerston North and Districts Give a Little Page, search <https://givealittle.co.nz/cause/fundraising-for-age-concern-palmerston-north> or by donating directly in to the Age Concern Palmerston North and District's bank account 03-1522-0158520-000. Please include your name and put the word "marathon" in the reference.

Any money you can give (no matter how large or small) will go a long way to help me reach my target. All funds will go directly to Age Concern Palmerston North and Districts to help support older people in the Manawatu region. For more information about Age Concern and the work that we do please visit <https://www.ageconcern.org.nz/> or FaceBook:ageconcernpalmerstonnorth or phone our office on 06 355 2832.

Thank you, I really appreciate your support!




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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:

- Seventh Day Adventist Church Hall, 257 Ferguson Street. Wednesdays, 9.30am-10.30am
- Square Edge Building, Evelyn Rawlins Room The Square, Tuesdays, 11am-12pm
- Awapuni Community Centre, 22, Newbury St, Awapuni, Thursdays 9.30am-10.30am
- Ashhurst group, 131, Cambridge St., Ashhurst, Thursdays 10am-11am

For more information phone the office on 06 355 2832



Age Concern Palmerston North and Districts is a charity CC57368

Help us to make a difference

Please donate to Age Concern Palmerston North & Districts.

Thank you for supporting the work we do. You really do help to make a difference with your generous donation.

Bank account number 03 1522 0158520 000

FREE Living Life without a Car sessions



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

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

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

Sessions are planned for the following dates:

- Wednesday 13th April - 10am to 12noon
- Wednesday 11th May, 10am to 12noon

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 29th April
 - Wednesday 25th May
- 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:.....

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Membership Fee from 1st March 2022 to 30th June 2023

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

Donation:

How to pay:

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

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

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

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

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

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

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

News from Age Concern Horowhenua

From the Manager

Our team are so grateful to have received funding to purchase a vehicle this month! To have a vehicle is a massive privilege and will not only give us the ability to visit more older adults in our community, but also assist them getting to and from appointments if needed—and keep our running costs down!

We are super excited to get our nifty wee car sign-written in the near future (watch this space!) and be out on the road, proudly representing Age Concern Horowhenua and the important work we do in our community!

Moving into Phase 3 means even more changes to get our heads around, and things to consider as we move through this unknown time! Unless you feel that you must self-isolate, please try to keep connected with family and friends and don't cut yourself off from your social networks or from the activities that you love!

Age Concern Horowhenua will continue to operate

Monday—Friday 9am-3pm. We don't need to sight vaccine passes, but you do still need to scan or sign in, and unless you have an exemption, we do require masks to be worn in the office. Our activities program is as normal at this stage – any changes will be advised via our Facebook page and membership email so make sure you are signed up to either or both!

If you have a pet, then you know that having the cat or dog snuggled up on our lap at the end of the day makes us happy! But did you know, they also have an impact on our mental health? Well, we have a very exciting talk coming up in March – all about the health benefits of companion animals, plus a visit from the vet to show us all the things we need to know to keep them happy and healthy. There will also be some very special furry friends present, to share an exciting new service that is launching soon!

So come along, enjoy morning tea and puppy cuddles on us!

Catherine McAuliffe | Manager



Horowhenua Scooter Riders Group

In February we had a very interesting meeting arranged by Age Concern Horowhenua and facilitated by Mobility Manawatu about being 'Ready to Ride', which included everything from purchasing a scooter to the safety when operating. It is surprising what you can learn, even when you've been riding for years!

We are very fortunate that Age Concern Horowhenua have allowed us to use their community space for our group meetings in the future. These meetings are held on the 3rd Wednesday of the month at 1pm and we would love to have new members come along and see what our group is all about - as they say, 'more the merrier'.

Our membership is \$10 per year, and a \$2 donation for afternoon tea. We also go on group adventure runs and go out for lunch on occasion. If interested phone Karen on 368 6500 or 021 214 9987 or turn up to the next meeting on 16th March 2022 at 1pm.

UPCOMING EVENTS:

- **16th March @ 1pm**
Scooter Riders Meeting!
- **30th March @ 10am**
Tea 'n' Talk—Benefits and Wellbeing of Companion Animals
- **4th April @ 10am**
Life Without A Car—Levin
- **6th April @ 10am**
Life Without A Car—Foxton
- **8th April @ 10am**
Life Without A Car—Shannon
- **27th April @ 10am**
Tea 'n' Talk—Motivation & Positive Mindset
- **25th May @ 10am**
Tea 'n' Talk—Living Well with Diabetes

Deep thought of today:
When you clean out a vacuum cleaner.
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AVS

What a start to the year it has been! Living in such uncertain times with Covid cases now confirmed in the Horowhenua district has understandably put a lot of people on edge. We have seen a marked decline in Steady as You Go © attendance numbers and people willing to become volunteer visitors for the Accredited Visiting Service.

The risk of isolation and loneliness only grows in these unknown situations and there are many people in our older community feeling the pressure even more.

With busy lives, it can be hard to find the time to volunteer. However, the benefits of volunteering can be enormous not just for clients of the AVS service but for you, the volunteer.

Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person.

Volunteering combats depression. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

Volunteering increases self-confidence. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Please reach out to me if you have just an hour each week to offer one of our lonely and isolated older members of the community.

Charlene Lytle | AVS Co-Ordinator

Welcome Janetta



I have this strong sense of coming home after 40 years away from where my first career in nursing began. I can recall as a teen nervously leaving home and moving in to the nurses hostel at Kimberley Hospital where I undertook the three years nursing training programme. Since then I have been busy in the past 40 years; completing further nursing studies at Palmerston North Hospital and graduating as a Registered Nurse, to embarking on a lengthy O.E before finally settling down. One of the biggest challenges after returning from overseas was building and operating a retirement home while raising a young family.

I have spent a life time caring and advocating for older people spanning over 30 years before changes in my personal life took me on a different career path. In 2001 I was fortunate to meet my soulmate Anthony and together we started a new life in Hamilton and studied at Wintec together; Anthony studying graphic design and I studied a degree in Social Work. We moved to Wellington 13 years ago when Anthony landed his first real break in graphic design and I completed my studies in Social Work; before finally graduating in 2011.

Working in the social service sector has been an interesting 10 year journey beginning my social work career in statutory work before finding my calling in making meaningful connections and helping to promote positive changes at a community level. I have always felt that it's such an honour working with elders and I was grateful to get a social work position at Wesley Community Action in a team supporting older people in the community. In 2017 this team went on to deliver the Elder Abuse Response Service in the Wellington where I continued to learn, gaining experience and skills in such a specialised area.

In 2019 we were grateful to purchase a home in Levin and I am very excited to be joining the Horowhenua Age Concern family, taking up a new position I care about the most supporting folk who may be experiencing signs of elder abuse. I have a kind and sensible approach dealing with sensitive

matters relating to elder abuse and I work hard to ensure the elderly person and family members are feeling safe, helping to find good outcomes for everyone.

I am a very proud Mum of three children; Emma in Auckland, Gabrielle and Benjamin in Australia and I eagerly await the border restrictions getting lifted so I can see them in person to give them a big hug. My main interests are helping others, and spending time at home. I am enjoying getting to know this wonderful caring community and am looking forward to new adventures.

Janetta Scoble | Elder Abuse Response Service

Welcome Jo



Hi, my name is Jo Blanche. I originally hail from the UK and came to NZ as a child with my grandparents. I have been married to Michelle for nearly 37 years, have 2 beautiful daughters and 3 extraordinary grandchildren who I adore.

Completing my training in 1985, I have been an Enrolled Nurse for nearly 37 years. I trained in Palmerston North so haven't gone very far. I went to work at a local rest home on the weekends when my children were young and stayed for 24 years working with older adults with dementia and mental health.

I have been part of the Management, Health and Safety committees and lead for staff education. I am passionate about older people and feel they have so much to offer with a wealth of knowledge and experience. I have respect and dignity for each individual for what they have achieved throughout their lives. They have made a huge impact in my life and I hope I have made and will continue to make a difference in theirs. I will bring to this job my wealth of knowledge and experience of what I have achieved over the years.

I feel it is important to keep our older adults at home in their own surroundings with all support that we can put in place to keep them safe, healthy and comfortable.

Jo Blanche | Community Field Worker



Age Concern
Horowhenua
Team Photo
pictured
left to right
xxxxx / xxxxxx /
Janetta / Jo

HOROWHENUA DISTRICT
NEIGHBOURHOOD SUPPORT

Neighbourhood Support is a nationwide community led organisation that brings people and neighbourhoods together to create safe, resilient and connected communities. In Horowhenua nearly 6,000 households are part of our growing network. We work alongside NZ Police and other partners like Civil Defence, Age Concern and Fire and Emergency to equip Neighbourhoods to improve safety, be prepared for Emergencies and support one another so that our community is a great place in which to live.

I talk to local community groups, organisations, and Retirement Villages. Also, when we set up a street group, we have a small get together so if you don't know someone in your Neighbourhood you can meet.

In our District we have an older population which is growing by the day. Whether it is talking to your Neighbours, giving them a wave, or just letting them know that they exist is an important part of being a caring Neighbour. If you haven't seen your elderly Neighbour for a few days go and check on them. It doesn't take long and your vigilance could be the difference between life and death. Recently a man hadn't seen his elderly neighbour for a few days so he went and checked on him to find he had passed away. This was very sad but just goes to show if you have neighbours looking out for you some incidents can be caught in time.

Over the last few years, we all have been dealing with Covid and the implications it has been having on our lives. We as an Organisation are here to support and assist you if you are struggling or have any concerns.

If you wish to be part of a Community Organisation that supports, assists and informs residents of Scams, Civil Defence information, local events and making you aware of criminal activity in your Neighbourhood please contact myself Deborah at Levin Police Station on 366 0574 or email me at info@horowhenuansg.org.nz also remember we have a Facebook page. If we know about you, we can help you.

Take care and stay safe.

Deborah campbell | District coordinator
Horowhenua neighbourhood support



“My Life Has Changed”

I wanted to share this heart-warming story with you about Sam (*not his real name*).

Sam came to his first appointment in mid-2021, distressed about a loud, high pitched ringing sound he could hear in his ears and his head. He'd noticed the ringing for several years, and by the time he came to see us, it was worrying him and causing stress both for himself and for the people around him.

Sam had been told there was nothing he could do about the ringing sound. He felt helpless about it. It made it difficult to sleep at night and made him frustrated during the days. It was sometimes so loud it made it difficult to focus on conversations or complete tasks. At times he felt so impacted that he would be grumpy with the people around him, short tempered, and angry.

The ringing sound is called tinnitus. Tinnitus can sound like many things: ringing, buzzing, chirping, cicadas, locusts, waves, a seashell, a whooshing sound. Sometimes it even sounds like clocks ticking, or music playing.

The underlying cause of tinnitus is usually damage to the hearing system (a hearing loss). If you or your loved ones have tinnitus, there is an extremely high likelihood there is a hearing loss present. Other common reasons for tinnitus are exposure to loud noise, certain medications, stress, lack of sleep, traumatic brain injury, a benign tumour on the vestibular or hearing nerves – the list goes on. When Sam attended his first appointment, he was highly distressed. I performed a tinnitus assessment with him, starting with taking history and performing a full diagnostic hearing test.

In the end we found that sound therapy was effective for Sam. I fitted him with some hearing aids that have a specialised tinnitus program in them. The hearing aids correct Sam's hearing loss, and they also keep his brain stimulated and the tinnitus fades away.

Over the course of the next couple of weeks, Sam was like a changed man. Instead of feeling helpless about the ringing sound, he is able to enjoy his life normally and finds his mood has significantly lifted. He is no longer so exhausted that he needs to

take naps every day, and he is sleeping better. His relationships with his family and friends have improved, because he's no longer feeling frustrated and alone with his suffering.

When I see Sam now, he walks with a bounce in his step and is sometimes whistling a tune with a smile on his face!

Kamea Lessoway, M.Aud (Dist)
Audiologist MNZAS | Levin Audiology

3 April 2022 - Daylight Saving Time Ends

Sunday, 3 April 2022, 3am clocks are turned backward 1 hour to **Sunday, 3 April 2022**, 2am local standard time instead.



 Like us on Facebook


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

VISIT OUR WEBSITE

www.ageconcernhoro.co.nz



Annual Membership Enrolment



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

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

Membership type: (please circle)

\$20 Single \$30 Couple

Mr/Mrs/Miss/Ms: _____

First Name _____ Last Name _____

Mr/Mrs/Miss/Ms: _____

First Name _____ Last Name _____

Address: _____

Home Phone: _____

Mobile: _____

Email Address: _____

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

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

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

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

Signed: _____ Date: _____

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

Your Membership and Support is greatly appreciated.

News from Age Concern Kapiti

Welcome 2022!

Hope you all had a wonderful holiday season and are enjoying the best of our lovely weather over the last few months, and not been too affected by the downpours and high winds! What a lot has happened since our last magazine. After more than 22 years in Coastlands, Age Concern Kapiti moved to the Kapiti Impact Hub at the beginning of February. The former St Patrick's School is now established as a Community Hub.

Some other community focussed organisations at the Kapiti Impact Hub include Volunteer Kapiti, Blind Low Vision NZ (formerly Blind Foundation), Wesley Community Action, Nurse Maude, Barnardos, Kidz Need Dadz and others.

The site is single level and easily accessible with short-term parking outside our room.

We are really looking forward to establishing our base here and having the opportunity to work with like-minded people in the future.

Since coming back from Christmas / New Year, we have been busy packing up our old office, painting our new office and of course unpacking! It is amazing what things are accumulated over time.

Age Concern Kapiti is a small team and we are working to remain available to support our community, especially now we are in the red traffic light setting. Age Concern New Zealand CEO, Stephanie Clare, says older people should get boosted and wear a mask when they leave the house. She says the Government's not asking people to isolate themselves. "Stay connected, if you have any questions about that, give someone a call. It's not about looking after yourself, by yourself."

Regular phone calls with family and friends will help keep you connected and when you go out remember the advice of our health professionals around masking, handwashing and social distancing.

**Our new office will be open from
9.00am to 3.00pm four days a week
(closed on Wednesdays).**



Accredited Visiting Service

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

Our volunteer visitors need to be vaccinated to continue to meet with their clients. As from 1 January 2022 any volunteer not fully vaccinated will not be able to do face to face visits.

Accredited Visiting Service in Action: Colin Payne



If there were prizes for people who put their hand up to volunteer whatever the task, Colin would certainly have received many prizes over the years. The list of organisations and voluntary positions he has held is impressive ranging from social service organisations, theatres and choirs to sports clubs and educational groups.

Having had a career as a Structural Engineer gave Colin a range of excellent skills which, together with his great sense of humour and ready smile, enables him to relate to people from all walks of life.

Colin remembers the following words his father often said and which he feels has influenced his attitude to life:

"If I can help somebody as I pass along,
If I can cheer somebody with a word or song,
If I can show somebody he is travelling wrong,
Then my living shall not be in vain."
(Song - lyrics by Alma Bazel Androzso)

Colin believes in treating people as equals while respecting we are all individuals. Having come from England many years ago he knows the importance of making links and becoming involved in the community you live in. This attitude is reflected in the way he has carried out his many voluntary roles.

Over the years Age Concern Kapiti has been fortunate to have Colin work as a volunteer in several roles including as an AVS visitor, HAT group helper, Steady As You Go (SayGo) instructor as well as helping to organise fund raising events. Whatever the occasion we know we can rely on Colin to help.

Thank you Colin.

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



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

Mr / Mrs / Miss / Ms

Name(s):

Address:

Telephone:

Email:

Date of Birth (optional):

Membership Fee

Individual \$15

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

Other:

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

Post Email (please circle one)

How to pay:

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

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

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

Age Concern Kapiti
P O Box 217, Paraparaumu 5032
Room 16, Kapiti Impact Hub, 6 Tongariro Street, Paraparaumu
Telephone: (04) 298 8879
Email: admin@ageconcernkapiti.co.nz

Please accept our sincere thanks for your support.

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

Re-homing a Mobility Scooter

Age Concern Kapiti was donated a mobility scooter by a woman who could no longer use it. She wanted us to pass it on to a person that would benefit from having a scooter.

Annie came to our attention and was very keen to make use of it to help her in her daily life after suffering some challenging health issues that left her unable to walk far. Annie lives in a retirement lodge and finds she struggles to walk the couple of kilometres to the local shopping centre with walking sticks. We dropped it off to Annie where she had a lesson in driving the scooter around the car park before the staff found her a garage for parking when not in use. Annie can now ride to do her shopping or run errands giving her more independence in her life. Here's what Annie had to say: "I'm still pinching myself thinking I normally do not get "lucky". I'm thrilled. Thank you so much for your kindness. Yay for Age Concern Kapiti." We have since learned that Annie has called her scooter Bluebell.



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

H
M

HOBSON MILLS LAW

INCORPORATING SUSIE MILLS LAW

Get the support of professional advice with easy access locations

WILLS • ESTATES • POWERS OF ATTORNEY

Otaki - Ph: (06) 364 7190
Waikanae - Ph: (04) 293 3735
Email: office@hobsonmills.com

Healthy Ageing Together Group

Our monthly Healthy Ageing Together Group (known affectionately as the H.A.T. Group) runs on the first Thursday of each month. We are now ready to start the H.A.T. group again. You must be double vaccinated to attend.

The group will continue to meet on the first Thursday of each month.

Date: Thursday, 3 March 2022
Time: 10.30am – 12 noon
Venue: Tui Room, Kapiti Impact Hub

Our guest speaker for March will be Jason Bei from The Kapiti Acupuncture and Wellness Clinic.

Next dates: Thursday, 7 April 2022
Thursday, 5 May 2022
Thursday, 2 June 2022



Age Concern Kapiti has resumed Steady as You Go exercise classes under some stricter guidelines. Participants need to be double-vaccinated to attend.

Steady as You Go classes improve:

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

Classes consist of a combination of sitting, standing and walking exercises and run for about an hour. They are ideal for beginners, are ongoing and you can see how much you have improved over your first 10 weeks. Classes are established by one of our staff members with the aim of becoming peer-led at the end of 10 weeks. Classes run in school terms only.

A new Paraparaumu class is planned to start on:

When: Friday, 6 May 2022
Time: 1.30pm – 2.30pm
Where: Kapiti Impact Hub, 6 Tongariro Street, Paraparaumu

For more information please contact Age Concern Kapiti. Bookings essential: (04) 298-8879

COURTENAY

Hearing Centre

Caring for your hearing

For independent professional advice

- Hearing assessments
- Digital hearing aids — all brands (60-day trial)
- Tinnitus assessment and treatment
- ACC, Ministry of Health and War Veterans funding
- Musician and noise plugs
- Accessories, batteries and servicing

WELLINGTON

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

WAIKANAЕ

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

LEVIN

SeeHear, 174 Oxford Street | (06) 368 0130

PARAPARAUMU

8A Ihakara Street | (04) 385 9144

info@courtenayhearing.co.nz

www.courtenayhearing.co.nz

Courtenay Hearing Centre Serving the Kapiti area since 1993

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

We still have our clinics at Paraparaumu and Levin.

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

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

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

Editorial supplied by Courtenay Hearing Centre



Staying Safe Driving Refresher courses in Kapiti start in March. These four-hour courses involve a power point presentation and a lot of class interaction.

It covers four key themes:

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

The course talks about keeping ourselves safe on the road and thinking about the routes we travel in our daily lives to get to our destinations safely, thinking of all the scenarios we may encounter.

Making sure we do everything possible to prevent accidents caused by distractions and giving us the feeling of being in control of our driving. It also covers knowing what is expected of us and feeling confident when we get behind the wheel.

Upcoming courses:

Paraparaumu:

Monday, 7 March | Monday, 14 March
Monday, 4 April | Monday, 11 April

All above courses to be held in the Ignite Room, Kapiti Impact Hub, 6 Tongariro Street. 10am - 2pm

Otaki:

Monday, 27 May

Venue still to be confirmed. 10am - 2pm

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

Lunch and refreshments provided by Age Concern Kapiti.

Mental Health and Well Being

Looking After Your Mental Health

Julie Hodgson | Navigator, Volunteer at Age Concern Kapiti

What can you do to maintain and improve your mental health?

A *research project found five actions you can do every day that will promote mental health and wellbeing.

- Connect
- Give
- Take notice
- Keep learning
- Be active

So what could this look like for you?

Connect – talk to your neighbours, smile at people, and find out what’s on in the community. Join the Healthy Aging Together (HAT) group run by Age Concern Kāpiti.

Keep Learning – write a list of things you could do to learn – a new word a day, a new recipe, a new plant and how to care for it. Or try a community course or night class. Consider the classroom courses run by Age Concern Kāpiti. Learn a craft or a new card/board game. Have a go with a musical instrument.

Give – be kind to your neighbours, smile at people, donate goods, or help someone out who needs it. Assist at a community event or your local school. Become a volunteer for Age Concern Kāpiti, (this ticks all the boxes!).

Be Active – walk with a friend instead of meeting at a cafe (pack your own). Check out any local exercise classes, get out in your garden or collect shells from the beach. Try getting off the bus a stop earlier. Participate in the Steady as You Go classes run by Age Concern Kāpiti.

Take Notice – think of three things every day to be grateful for. Focus on one thing at a time. Try eating mindfully – savour the food.

We would be keen to hear what you do to keep yourself well. Let us know.

If you are concerned about your mental health or someone you know, you can get help from:

- Family doctor
- Free text or free phone 1737
- Depression Helpline 0800 111 757
- Wellington Mental Health Crisis Team (Te Haika) 0800 745 477 (24/7)
- If it is an emergency phone 111.

*Developed as part of a research project on Mental Capital and Wellbeing. <https://mentalhealth.org.nz/five-ways-to-wellbeing>

CHRISTMAS PARTY

In mid-December we held a Christmas meal at a local restaurant for more than 50 people. This included HAT group members, accredited volunteer

visitors and their clients, Age Concern staff and board members.

This was a combined thank you to the volunteers as well as a chance

for our members to get together and meet different groups that Age Concern Kapiti serve.

The Christmas-themed buffet was enjoyed by all who attended. We were very pleased and appreciative to get a grant that covered some of the meal cost.



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

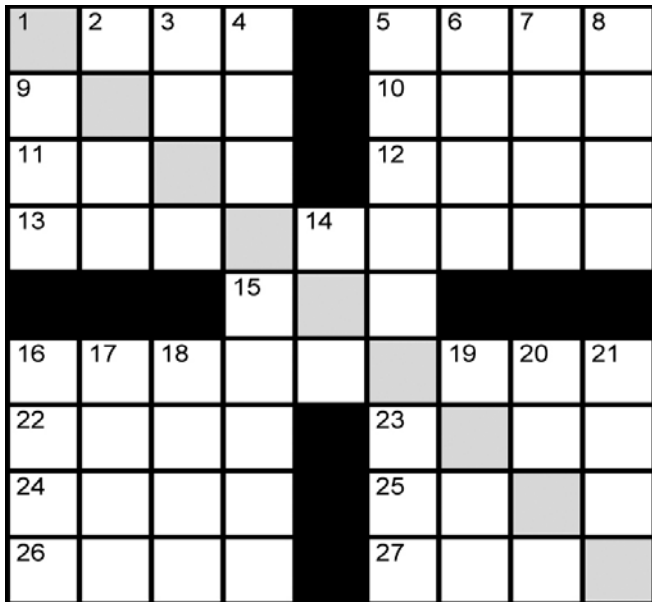


A prepaid funeral allows you to set aside money now to pay for your meaningful farewell. Sign up online or contact us

www.thefuneraltrust.co.nz/why-plan-ahead

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

Optical & Otherwise



Across

1. Doctrines
5. Use a keyboard
9. Madison Avenue award

10. In the center of

11. Kind of market
12. Like some drinks
13. Relating to bone marrow

15. Kitchen meas.

16. Of or relating to the law

22. Snack often twisted apart

23. Small horse

24. Withdraw gradually

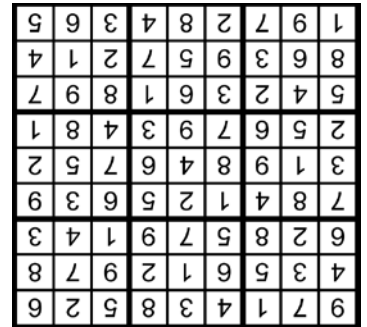
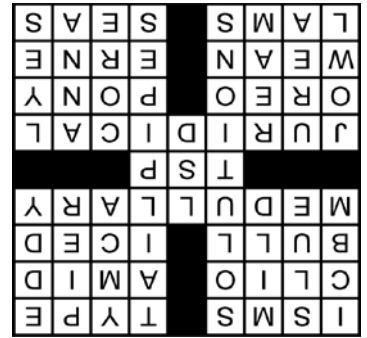
25. Sea eagle

26. Flees

27. Neptune's realm

Down

1. Missile
2. Swing around
3. Gentle
4. Answers
5. Vents on cars
6. Village People hit
7. Dock
8. Small whirlpool
14. Hallucinogen
16. Bloodhound feature
17. Fertilizer chemical
18. Paper purchase



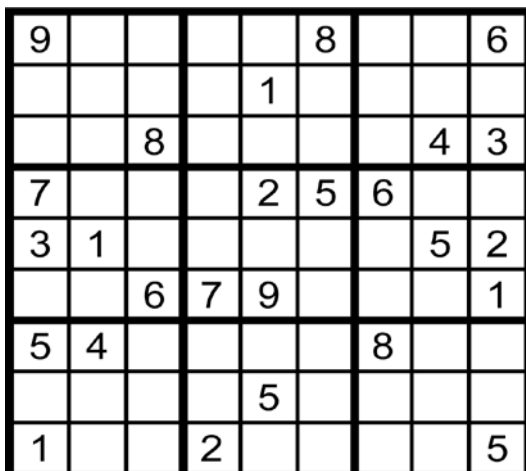
19. Reactor part

20. Writer Quindlen

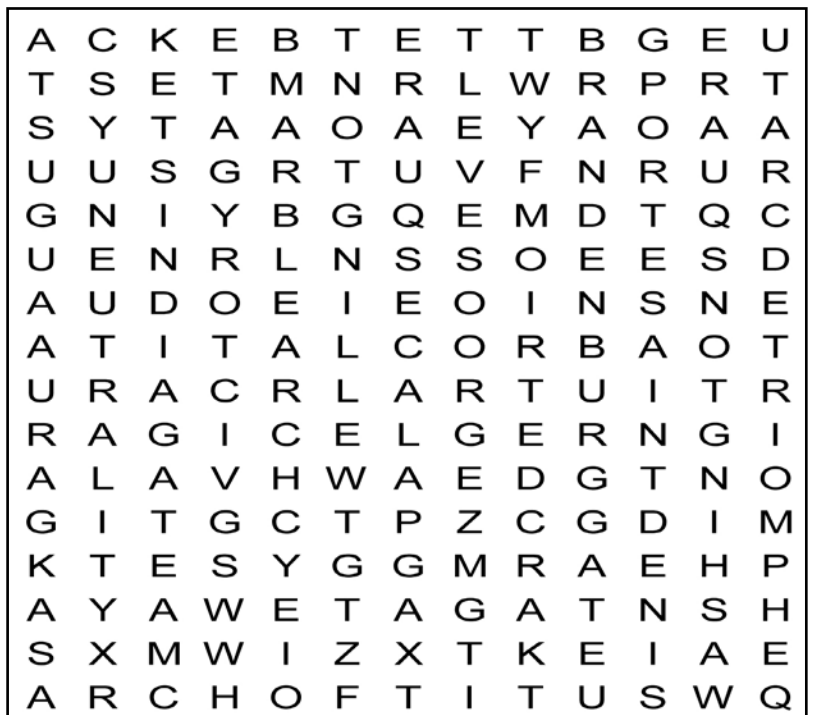
21. Cleaning cabinet supplies

ARC DE TRIOMF
ARC DE TRIOMPHE
ARCH OF TITUS
BRANDENBURG GATE
GALERIUS
GATEWAY
INDIA GATE
MARBLE ARCH
NEUTRALITY
PALACE SQUARE

PORTE SAINT
DENIS
ROOSEVELT
RUA AUGUSTA
VICTORY GATE
WASHINGTON
SQUARE
WELLINGTON



FAMOUS ARCHES



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.*