

WINTER 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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Elder Abuse Response Service: Janetta Scoble
Community Field Worker: Jo Blanche
Accredited Visiting Service: Charlene Lyttle
Health Promotions: Elisabeth Glinkowska

BOARD MEMBERS
Chairperson: Stewart Thompson
Vice Chairperson: Mike Elliott
Secretary: Mike Elliott
Treasurer: Vicky Prouting
Committee: Sharon Williams, Jualane Rapson, Peter Dyer, Carol Dyer

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Email: admin@ageconcernkapiti.co.nz
Address: Room 16, Kapiti Impact Hub, 6 Tongariro Street, Paraparaumu 5032

OFFICE HOURS
9.00am - 3.00pm: Monday, Tuesday, Thursday, Friday. Office closed: Wednesday

EXECUTIVE COMMITTEE
Chairperson - Roger Booth
Secretary - Bev Chappell
Treasurer - Graeme Joyes
Committee - Rama Rewi, Sonya Sloan, Jill Stansfield, Jane Yoong

STAFF
Manager: Susan Church
AVS and Health Promotion Coordinator: Alison Miller

Contact Information Age Concern Palmerston North & Districts

Phone: (06) 355 2832
Email: marian.dean@ageconcernpn.org.nz
Address: 4/251 Broadway Ave (entrance on Vivian Street), Palmerston North 4414

OFFICE HOURS
8.30am - 3.30pm Monday to Friday

STAFF
Manager: Marian Dean
Elder Abuse Response Service Social Workers: Amey Jenkins & Klara Salisbury
Community Support Worker

Social Connection Coordinator: Fern Brooking
AgeConnect Manawatu Coordinator: Bernie Walker

BOARD MEMBERS
Christina Brenton (Chair)
Jeff Rayner (Finance)
Joan Chettleburgh, Tracy Lynn, Paul Reiger, Ron Rowe, Margaret Ryniker.

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Many thanks

Losing a spouse, having the children move away, or facing a loss of income are often reasons why older people experience loneliness and social isolation.

There's no doubt that older people are vulnerable to loneliness and social isolation – research, amongst others, show that very clearly.

Their vulnerabilities arise from the loss of a spouse, loss of mobility, loss of income, the children have moved away, or perhaps they're all by themselves in a big house and everyone else in the street's out at work.

This is important, not just because loneliness is painful, but because having inadequate social relationships has been shown to be as bad for health as smoking. British research suggests that lonely people are more vulnerable to chronic diseases, eat less well and give up on themselves, are more likely to be smokers, overweight or underweight though poor diets, drink heavily and are less likely to engage in physical activity.

Breaking the cycle of loneliness takes conscious effort. Break the cycle by making a plan – talk to your local barista or call someone rather than sending a text. Volunteering and hobbies are almost certain ways to make new friends. Pets offer a good antidote – it's important to think beyond oneself.

The vulnerabilities above often trigger a move to a village. It's a great opportunity to make new friends in a community of like-minded people. Villages often have a vast array of new activities, events and entertainment designed to pique residents' interests and encourage involvement.

From time to time we survey our residents to see how we're going in meeting their needs and expectations. The last survey asked 1,300 randomly-chosen residents about their life in the village.

66% reported a greater sense of security and confidence, one third said they enjoy better physical health, and a satisfactory 67% said their social life had improved. So we can tick all those boxes!



Editorial supplied by Retirement Villages Association

Are you aware! Is your vehicle Insurance Policy payment the correct cover type for the value of your vehicle? In the event of an accident will your cover be adequate.



Enjoy life with Enliven

Enliven creates elder-centred communities where individuals are recognised and valued – a place where everyone can enjoy companionship, meaningful activity and fun.

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

retirement villages | rest home | hospital | dementia short term respite | health recovery | day programmes

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

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News from Age Concern Kapiti

We have settled into our new office space and are really enjoying the location. Our office is open from 9.00am to 3.00pm four days a week (closed on Wednesdays).

Winter brings a unique set of fire dangers that you need to be aware of – so below are some safety tips to keep you and your family safe.

- ‘Heater metre’ rule: keep anything flammable at least one metre away from any heat source (heaters, clothes dryers, fireplaces, chimneys etc).
- Never cover heating appliances or store objects on top of them.
- Clean chimneys and flues before you light the first fire of the season.
- Always empty ashes and ashtrays into a metal bin and pour water over them before disposal. It can take up to five (5) days for ashes to cool.
- Replace your electric blanket every five (5) years.
- Roll your electric blanket when you store it for the summer, don’t fold it.
- Fire moves incredibly fast – a house fire can kill within three (3) minutes.
- Don’t leave the room when cooking.

- Keep your smoke alarms in working order by pressing the button to check.



If you are unsure whether your smoke alarm is clean or working, or if you can’t replace the batteries without assistance, ring your local fire brigade. They will provide this service for you...
It could save lives!

Did you know?

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

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

Elder Abuse

World Elder Abuse Awareness Day is Wednesday, 15 June and it is important for everyone to learn about Elder Abuse. We want to encourage people of any age to talk to someone when they have questions about possible elder abuse, or perhaps a hunch relating to an older person’s safety.

Here is a timely reminder of 10 TIPS to promote respect and prevent abuse;

1. Love and cherish your older relatives/whanau
2. Speak respectfully to older people/kaumatua
3. Include older people/kaumatua in your social activities
4. Phone or visit your older relatives/whanau

5. Support older people/kaumatua to spend their money how they wish
6. Encourage and support older people/kaumatua’s wisdom
7. Honour our older people’s/kaumatua’s wisdom
8. Enable older people/kaumatua to set their own pace
9. Respect older people’s/kaumatua’s stories
10. Seek advice from and Elder Abuse and Neglect Prevention Service when you think an older person/kaumatua is being abused or neglected.



Phone: 0800 326 6865
support@elderabuse.nz | text: 5032

Accredited Visiting Service

Alison Miller, AVS Coordinator

This year has been a challenging one for all our clients and visitors, particularly these last few months.

We made the tough decision to suspend all home visits as a way of keeping our clients safe during the red-light period of Covid.

Most were OK with this and looked forward to speaking by phone weekly to the visitors.

A few really struggled with no face-to-face contact so these clients were assessed as if having no weekly visitor was detrimental to their mental health and the visits continued.

Now that visits have started up again, we have happier clients. It has been very disruptive on our service as I couldn’t match new referrals even though they kept coming in.

I lost a few of my visitors as situations changed in their lives so I’m recruiting new volunteers now.

If you feel you have an hour to spare each week and would like to improve the life of an older person, I would love to hear from you. It is a very rewarding role and lovely friendships are formed.

When June saw our advert for volunteers 13 years ago, she was prompted to find out more about

becoming an Accredited Visitor because, as she explains “I had just been walking through Coastlands Mall and I saw an elderly lady looking lonely. I sat down with her, and she told me she gets lonely and needs a friend. So, I became her friend and I saw her regularly until she passed away.”

“I grew up being amongst the elderly,” says June, “my kuia/ koroua (Nanny’s and Granddad’s) and I always loved being in their surrounds to listen and learn from them and do for them, giving and receiving the aroha (love).”

June is a wonderful lady, who has been a good friend to the older people she has visited over the years. It has been a privilege having her as part of the Age Concern Kapiti Accredited Visiting Service team.



June Te Maro – Kapiti Age Concern AVS Visitor

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



Life Tubes

A Life Tube can speak for you when you can’t. This is a special tube which contains vital personal information for emergency services in case of accident or illness. Life Tubes are small sealable plastic containers, with a form inside you can use to communicate any medical conditions, doctor and next of kin contact numbers to be used by emergency services coming to your aid in a medical or civil emergency.

Keep inside your fridge and emergency personnel are trained to look inside! Age Concern Kapiti has supplies of Life Tubes and they cost \$5.50 each.



**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.



Our volunteers are essential to help us do what we do. There are many ways you can help us through volunteering.

Benefits of volunteering:

- | | |
|--------------------------------------|-------------------|
| Use your skills | Help others |
| Gain experience | Meet other people |
| A chance to be part of the community | |

What you could do:

- Office work or administration
- Assist with our programmes
- Be an Accredited Visitor
 - visit older people in their home
- Promotion
- Distribute our magazine / newsletter in the community

**Contact us on 04 298 8879 or
email admin@ageconcernkapiti.co.nz
for more information.**

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Otaki - Ph: (06) 364 7190

Waikanae - Ph: (04) 293 3735

Email: office@hobsonmills.com

Healthy Ageing Together Group

Our monthly Healthy Ageing Together Group runs on the first Thursday of the month. Each meeting has a guest speaker, and we enjoy a shared morning tea.

Time: 10.30am – 12 noon
Venue: Tui Room, Kapiti Impact Hub

Next dates: Thursday, 7 July 2022
Thursday, 4 August 2022
Thursday, 1 September 2022



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. New 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.

Paraparaumu:

When: Friday, 29 July 2022; Friday 14 October 2022

Time: 1.30pm – 2.30pm

Where: Kapiti Impact Hub, 6 Tongariro Street,
Paraparaumu

Otaki:

When: Thursday, 6 October 2022

Time: 10.00am – 11.00pm

Where: Otaki Memorial Hall, Main Road, Otaki

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



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- Hearing assessments
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PARAPARAUMU

8A Ihakara Street | (04) 385 9144

info@courtenayhearing.co.nz
www.courtenayhearing.co.nz

**Courtenay Hearing Centre
Serving the Kapiti area since 1993**

Rechargeable hearing aids have become commonplace in the last few years. Changing to rechargeables has brought a huge improvement in convenience and ease of use. From sleek, elegant desktop chargers to cute, compact pocket-sized chargers the options for both in-the-ear and behind-the-ear devices have expanded considerably. Many of these devices are on display at our Waikanae clinic or you can make an appointment with one of our audiologists at any of our clinic locations (Waikanae, Paraparaumu, Levin, Wellington) to discuss your specific needs

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.**



Sonya Sloan, Facilitator – Staying Safe Driving – Kapiti And Executive Committee Member of Age Concern Kapiti

With the winter almost upon us and the changing weather conditions, now, more than ever we must be aware of safer driving requirements.

This course is a friendly non critical look at the present driving regulations and helpful tips on better driving habits.

Amongst the Comments from past attendees have been: “Well I didn’t think of that”...”I have certainly learnt something I never thought to do”...”I last looked at a Road Code when I got my licence as a teenager”...”I have found this course very helpful”...

As the Course instructor I always say if you take just one thing away from today’s programme I am making you a safer driver than yesterday.

We welcome all ages to take this course, just phone us to book in for the next course.

About the course:

These free 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:

Venue: Tui Room, Kapiti Impact Hub,
6 Tongariro Street

Dates: June: Thursday, 23 June

July: Thursday, 14 July; Thursday, 28 July

August: Monday, 1 August;

Thursday, 18 August;

September: Monday, 5 September;

Thursday, 29 September

Otaki: August: taking a waitlist for those interested

Start Time: 10.00am – 2.00pm

Bookings are essential

(04) 298-8879 or use our 0800 number:

0800 65 2 105 | Press 5 (Lower North Island)

| Press 3 (Kapiti) and you come directly to our

office phone. **Light refreshments provided by Age Concern Kapiti – please BYO lunch.**

Meals on Wheels Service

Allison Chappell (Driver Co-ordinator, Waikanae)

The Meals on Wheels Service began in Christchurch in the 1950’s to meet the needs of older people and has now celebrated over 70 years of community service throughout New Zealand. Still co-ordinated by Red Cross, volunteers in Kapiti deliver the meals to Paekakariki, Paraparaumu and Waikanae clients.

The meals are prepared at Kenepuru Hospital by Spotless Services Ltd who hold the Capital & Coast DHB meal service contract. Monday to Friday, the fresh, hot, main meals and cold desserts are individually packed in the hospital kitchen. These are then transported in polystyrene boxes to the three delivery points where volunteer drivers are waiting to make the home deliveries. The meals can be heated in a microwave or oven or frozen in the sealed containers which are suitable for the fridge or freezer if meals are not eaten that day. Extra meals can be ordered for delivery on Friday to cover the weekends or Public Holidays.

The service is for older people or those with disabilities or recovering from illness or surgery who are not able to prepare meals for themselves over a long or short period. Special diets, such as diabetic, vegetarian or gluten free, can be provided

and meals can be soft, cut up or pureed as required. The subsidised charge is currently \$4.31 for a main meal including meat and vegetables plus the dessert. Accounts, payable to Spotless Services, are sent to recipients each month.

During March this year, 124 meals were delivered in Paekakariki, 1240 in Paraparaumu, and 702 in Waikanae to a total of 86 clients. Drivers clocked up 230 hours of volunteer assistance. To access the Service, contact your GP practice or Health Centre for a referral.

Most of our volunteer drivers are ‘retirees’ and some have been delivering meals for more than 20 years! Volunteer drivers are always welcome to join our regular rosters with turns usually once or twice over a 4weekly cycle. It is satisfying to not only deliver a meal but also to have time for a quick chat and, especially in this pandemic season, an opportunity to enquire on the wellbeing of the people. All drivers are fully vaccinated, wear masks, maintain distance and use hand sanitiser. If there is a need they do take meals inside.

Amazingly, in 2022, I have frequently heard comments much like those expressed by a 1952 recipient: “I am extremely grateful for the help I have received – the meals are lovely and I enjoy them... It is a great comfort to be able to look forward to the winter, with meals on wheels – I simply cannot manage to go out much, or to shop, without getting worn out, having to battle against wind, rain and cold. Sincere thanks to all concerned...” (Cited from Tennant, Margaret: “A History of the Red Cross in NZ 1915-2015”, p.199)

There is a Meals on Wheels Service in the northern part of the Kapiti Coast District but this is provided through the Mid Central DHB so there may be differences for those living beyond Pekapeka.

Isolation

Jill Stansfield

Executive Committee Member of Age Concern Kapiti

Social isolation and loneliness – if not addressed – can have serious cumulative long-term health effects. These can be comparable to other well established mortality risk factors e.g. physical inactivity, obesity, lack of immunisation and non-access to health care.

In New Zealand 24% of the population (1.1 million people) have a disability. For 14% this is a physical impairment that limits their everyday activities. Disabled people are four times more likely to feel lonely because they are more isolated. Loneliness is a disability issue. Sadly, loneliness increases after the age of 75, with one in five older people feeling lonely – according to research done by the University of Otago.

So – how might social isolation and loneliness be avoided especially by older people?

The advice I have found suggests that exercise, healthy eating, sufficient sleep and the pursuit of enjoyable activities can all be found to be helpful. Other advice involves suggestions to reconnect with family and friends and to take small steps to be around people more often than you have in the past.



This has not been so easy during Covid, but it has been found that it is helpful to seek out “healthy” activities, to increase your sense of productivity, to safely connect with others and to simply “look after yourself”. There are other suggestions too, but it is also important to engage mentally as well as physically – “Mindfulness” in practice.

Given that it seems that we will have to live with Covid for quite some time (if not for ever) then adapting our “ways of life” are going to be important for some time to come.

Thinking about this I recall that Kapiti has a great many clubs, organisations and interest groups to which we can belong, and these activities are reported to be good ways of helping combat Social Isolation and loneliness. And we do have some beautiful scenery nearby that can help us find activities to share with others.

Check out our website:

www.ageconnectkapiti.co.nz

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

Age Concern Palmerston North and Districts staff are pleased that all our activities, workshops and exercise classes are operating again now that New Zealand is at the orange traffic light of the COVID19 Protection Framework. However, COVID19 is still with us and so remember to stay socially distanced and wear a mask wherever and whenever possible. Masks are still required to be worn in supermarkets, shops, health surgeries and many other places.

We are running Staying Safe refresher driving workshops at our offices as well as Tea and Talks. Participants are enjoying our exercise classes, which are valued not just for the physical and mental benefits that exercise brings but from the social connection that comes about through participating in group exercises. We have some great new programmes starting through AgeConnect Manawatu in June and July, Art and Craft and Talk and Walk. See further on for details.

If you are 65+ and receiving NZ Government Superannuation or Veterans Pension you will receive the Winter Energy Payment from 1 May until 1 October 2022. Single people receive \$20.46 a week and Couples get \$31.82 a week and it is automatically added to government benefits and allowances including Superannuation and Veteran's Pensions.

World Elder Abuse Awareness Day is recognised nationally and internationally on the 15 June. We will be giving talks about elder abuse to groups in Palmerston North and Manawatu. If you would like someone to come and talk to your group about the issues, please phone our office and request a speaker.

If you need support, information, or advocacy, please phone our office on 06 355 2832.

Age Concern Palmerston North and Districts Special General Meeting

20th July 2022 at 12 – 1.30 pm
4 / 251 Broadway Ave. (entrance on Vivian St.)

Members of Age Concern Palmerston North and Districts incorporated are invited to attend a Special General Meeting to be followed by lunch. If you are a member and would like to attend but do not have transport, please contact us so we can arrange transport for you. To confirm your attendance phone 06 355 2832 and leave your name and contact details or email the manager at marian.dean@ageconcernpn.org.nz Contact us to confirm that you are a member

Age Concern Palmerston North and Districts Open Afternoon

20th July 2022 1.30 – 3pm | 4 / 251 Broadway Ave. (entrance on Vivian St.)

We are having an open afternoon on the 20th of July from 1.30 – 3 pm (following on from the Special General Meeting). If you have not had the opportunity to visit us in our new premises please take the opportunity come along to meet the staff, have a cup of tea, and have a look around.

Art and Craft

A social creative space

with
**AgeConnect
Manawatū**

Starting on
**Wednesday 27
July 2022**
1.30 pm to 3.30 pm

Contact us now!!
For more
information or to
register your
interest.

Phone Bernie on: 06 355 2832
Mobile: 027 282 4765

Talk and Walk

A social walking group where participation and social connection are more important than speed, distance or duration.

with
**AgeConnect
Manawatū**

**Wednesday
mornings**

Contact us now!!
For more information
or to register your
interest.

Phone Bernie on: 06 355 2832
Mobile: 027 282 4765

WANT MORE TIME? If someone goes to bed at 11.00pm and sleeps until 8am....not only are they burning up the power, and paying larger electricity bills but they are losing "days". Compare the time you will saveand the powerand the money ...if you become an early to bed and an early to rise person. Going to bed at 9pm and rising at 6am.....you gain 2 hours a day. At seven days in a week in effect you have gained fourteen hours of extra time. And saved a lot of kw hours and at ... 65cents you can calculate how much cheaper it will be to live.

If you want to get more done and achieve more and "live longer" you might like to consider changing your sleep patterns. Besides ...the body will mend and recharge its batteries while you are early to bed.

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Phone 06 355 0022

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



AgeConnect Manawatū

Art and Craft group-commencing Wednesday 27 July

Simple, fun, and creative activities in a small group setting. Come along, be creative and meet new people, have fun, and enjoy a cup of tea or coffee.

Whatever your interests or skill level, there are dozens of ways to be creative and there is a sense of accomplishment in creating something new, useful and/or beautiful.

The **AgeConnect Art and Craft group** is free and will be providing the art and craft resources.

Some of the activities provided will use new materials and other activities will use recycled materials which can be "upcycled" and made into something new e.g. board games.

Or you may like to bring along your own activity and simply enjoy working on your own project, while

enjoying the company of others.

The group will meet fortnightly on a Wednesday afternoon from 1.30 pm to 3.30 pm at the Age Concern Palmerston North and Districts office, 4/251 Broadway Avenue (entrance on Vivian Street), Palmerston North, commencing on Wednesday 27 July 2022.

Yoko and Emu are our volunteer group facilitators who will be supported by their team of volunteers. Yoko loves creating and learning, and over the years has become a creative expert. Emu loves origami and with their team of volunteers will bring many creative skills to the group.



Emu and Yoko



Games: *The Leaning Tower of Pisa*
The great Pyramid of Giza



Dried flower bowls

At the first meeting in July we will establish what creative activities people would like to do and develop a programme outline, so people know what activities are planned. It may be that 2 or 3 different activities are run simultaneously in the room.



Did you know that crafting offers numerous benefits for older people? Being engaged in hands-on creative activities can improve motor skills, strengthen social connections, reduce stress, and alleviate anxiety. It can also be good for the brain, so making crafts may be a great way to keep your brain stimulated and enhance your cognitive abilities.

**To find out more or to register your interest in our Art and Craft group please contact:
Bernie Walker at AgeConnect Manawatū Phone 06 355 2832 or 027 282 4765
Email: bernie.walker@ageconcernpn.org.nz**

AgeConnect Manawatū Talk and Walk group-coming soon - **Why walk alone!**

AgeConnect Manawatū is starting a new social walking group where participation and social interaction are more important, than speed, distance, or duration.

Why walk alone, when you can walk with others, or maybe you are struggling with motivation, or you simply need a reason to get out of the house and meet others.

The physical health benefits of walking are well known, but real enjoyment can come from the social interaction with others while walking or afterwards while enjoying a cup of tea or coffee.



Chris and Jo

Chris and Jo are our volunteer walking group leaders and are looking forward to getting this walking group underway.

We are planning to have this weekly walking group on a Wednesday morning. Initially the walks will be in the local area leaving from the Age Concern Palmerston North and Districts office, 4/251 Broadway Avenue (entrance off Vivian Street), Palmerston North.

We are also looking into transport options so that we may be able to get people here, if needed, or so we can venture to other locations in Palmerston North to walk, such as the Esplanade.

We will be hosting an introductory morning tea on Wednesday 29 June 2022 at 10.00 am, where we can find out what participants needs are or what they would like.

To find out more or to register your interest in our Talk and Walk group, please contact: Bernie Walker at AgeConnect Manawatū, Phone 06 355 2832 or 027 282 4765 / bernie.walker@ageconcernpn.org.nz

Visiting Service Making a Difference



The Age Concern Visiting Service is a great service which provides volunteer visitors to older people. Visitors spend an hour a week with the person, talking with them and getting to know them. The older person may not have the opportunity to go out into the community and looks forward to their weekly visit.

Anyone can become a volunteer visitor and make a difference in the life of an older person. Volunteers range in age from 18 to 90+. The Visiting Service coordinator Fern Brooking, takes great care to match volunteer visitors with clients who have similar interests and who live in the same area (where possible), so you do not need to have a car.

Some of our visitors engage in craft or art activities during their hour with the client. Others play card or board games. If you have a dog that is house trained, (and the older person likes dogs), you may be able to take your dog with you. Some visitors go out for a stroll with the client if the client is able to go out. Some of our visitors who have cars take their clients out for a drive or to a café, depending on the client's mobility, but there is no expectation that visitors will do this. The main thing is that visitors talk with the client.

We have clients in Palmerston North and Feilding who are waiting for a volunteer visitor. Phone Fern on 06 355 2832 for more information or email fern.brooking@ageconcernpn.org.nz

ELDER ABUSE HITS CLOSE TO HOME

ELDER ABUSE AWARENESS 15 - 22 JUNE

Call 0800 EA IS NOT OK
or Age Concern 0800 65 2 105



The 15th June is recognised as World Elder Abuse Awareness Day. Elder abuse is a public health and a human rights issue. Recognition events now extend throughout the week from 15th June.

Elder Abuse and Neglect is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.

Elder abuse devalues older people and is underpinned by ageist views in many societies. It usually occurs behind closed doors and is seldom noticed in public, so raising awareness in all our communities is crucial.

The personal losses associated with abuse can be devastating and include the loss of independence, homes, lifesavings, health, dignity, and security.

What does elder abuse look like?

It is common for several types of abuse to occur together. The types of abuse include:

Psychological Abuse

Actions and words that cause misery, anxiety, or fear. For example:

- ridicule, humiliation, threats, coercion, and bullying
- control, social isolation, and prevention of choice
- hostility and lack of affection

Financial Abuse

Illegal or improper use of money, property, or other assets. For example:

- unauthorised taking of money or possessions, or failure to repay loans given
- misuse of power of attorney
- use of home and assets without contributing to costs.
- scams that establish relationships with the older people for exploitation e.g., romance scams

Physical Abuse

Infliction of pain, injury, or use of force. For example:

- hitting, pushing, rough handling
- over-medication or under-medication
- inappropriate use of restraints or confinement.

Neglect

Not providing for physical, emotional, or social needs. For example:

- inadequate food, clothing, shelter
- lack of social contact, support
- health needs not attended to.

Sexual Abuse

Non-consensual sexual acts or exploitive behaviours. For example:

- inappropriate touching
- sexual acts which are not wanted

Institutional Abuse

A policy or accepted practice within an organisation that does not respect a person's rights or causes them harm or distress. For example:

- rigid routines that disregard a person's culture \ or customs
- rationing of continence products or other personal care needs

Age Concerns' Response to Elder Abuse

Anyone can call us at Age Concern if you suspect elder abuse might be happening. If you are unsure, have a hunch or an inkling that something may be amiss with an older person, trust your gut and phone to discuss your concern. The longer elder abuse goes on for, the more harm is caused, and the harder it becomes to untangle the negative effects for older people.

Age Concern offers free, confidential, specialist Elder Abuse services throughout most regions of New Zealand. We work with older people and their family / whānau to stop abuse, reduce the harm caused and increase understanding to keep all family members safe. Age Concern works alongside health services, needs assessment services, police, banks, residential care facilities, iwi, and other community agencies, to improve outcomes for the older person/ kaumātua.

Don't let elder abuse go unreported.

Call Age Concern on 06 355 2832

or 0800 65 2 105

If it is an emergency dial 111

Covid-19 kindness for elderly 'lessens as times moves on'

This article appears courtesy of Stuff

The wave of kindness that swept the country during the first Covid-19 lockdown has dramatically dwindled, in the view of one Manawātū organisation.

Checking on neighbours, volunteering to help others and being kind were features of the first Covid-19 lockdown, but it did not last says Age Concern Palmerston North manager Marian Dean.

The March 2020 lockdown saw a dramatic increase in the number of people wanting to volunteer and provide support to others, with Age Concern establishing its Phone a Friend programme to cater to demand, Dean said.

But, this situation was not replicated in the second lockdown, when those over 70 were not asked to stay in their homes, she said. Now the message was for everyone to monitor their own health and manage their own risks, Dean was concerned the message of looking out for others may have been lost.

Loneliness was a particular worry, with Age Concern commissioning research from Massey University's Department of Psychology in 2020 on levels of loneliness in Manawātū. Loneliness levels appeared comparatively high in the region, with 43% of respondents reporting moderate or high levels of loneliness, according to researchers Mike Birchall and Christine Stephens. A similar study of Kāpiti Coast residents found 21% experienced moderate or high levels of loneliness.

Stephens' research showed higher levels of neighbourhood social cohesion helped prevent loneliness because "as people feel increasingly connected to and trusting of their neighbourhood, their risk of loneliness decreases". Stephens



Elderly people in Manawātū experience levels of loneliness and Marian Dean says they need people looking out for them.

co-authored a soon-to-be released report on the short-term impacts of the Covid-19 pandemic and response on older adults, Findings from the Health, Work and Retirement Study, with findings showing mixed results.

Overall, loneliness levels did not increase during the first lockdown. "It seems that older people are more resilient than expected," Stephens said.

The report suggested experience of life challenges and previous disasters helped build resilience, as did support provided by family, friends, community groups and government agencies.

Those with pre-existing inequalities such as poverty, mental health and housing were found to be worse off.

Age Concern launched AgeConnect in February, a programme using a community development model to reduce the impact of loneliness and isolation in older people.

Afternoon Tea Dance Tuesday 4th October




We will be celebrating International Day of Older Persons in October with our Afternoon Tea Dance. This will be at the Senior Citizens Hall, Main St., from 1.30 pm to 4pm. The event is free but contact us to register your place. We can provide transport for those who would not otherwise be able to attend. Phone 06 355 2832 to register and to book transport.

Rhythm and Move Now back at Rangiora Community Centre

102, Rangiora Ave. Roslyn
Mondays 1.30 to 2.30 pm
(Not 1st Monday of Month)
Wednesdays 9.15 to 10.15

follow us facebook
Age Concern Palmerston North and Districts

STEADY AS YOU GO®
Falls prevention exercise for strength and balance.



Steady as You Go is an exercise programme recognised by the Ministry of Health and ACC as great for improving muscle strength and balance particularly in legs and making people at less risk of falling. It is good for people who may have not done exercise for a while or who have had falls or who may be at risk of falling. The initial exercises are seated, then moving to standing and walking exercises. Entry to all classes is by a \$2 donation.

There are places available in the following Palmerston North Groups:

- **Rangiora Community Centre**, 102 Rangiora Ave, Roslyn. Wednesdays, 10.30am-11.30am
- **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

LIFE WITHOUT A CAR



How long have you been driving for?
 Forty or more years perhaps? Do you remember what it was like to be allowed to take the family car out alone for the first time? How did you feel when you took possession of your first car? What was your most memorable road trip?

Driving is so much a part of us it can be hard to think about how we will get around if we no longer drive. But we all need to plan ahead.

Age Concern can deliver a short one-hour presentation on the alternatives to driving. If you are a member of a group, society, or club, invite us along and let us show you and your friends what your alternatives are. If you have more time, we can invite someone along to demonstrate mobility scooters to your group and perhaps even let you try one.

Phone Marian on 06 355 2832

Congratulations to Klara Salisbury

Well done to Klara for completing her first marathon on the 22 May. In spite of the wind Klara ran it in 4 hours and 20 minutes and came forth. In doing so she raised \$950 for Age Concern Palmerston North and Districts. Thank you, Klara, for choosing to run for Age Concern and thanks to all of you who generously sponsored her.



Klara at the end of the marathon

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:

Wednesday 6th July
Wednesday 14th September
 Workshops will commence at 9.30am

To book your spot phone us on 06 355 2832

Want to learn as a group? You can request larger bookings of around 15-20 people.




Application for Membership Age Concern NZ Palmerston North & Districts Branch Inc.

Mr / Mrs/ Miss / Ms
 Name(s):
 Address:
 Telephone:.....
 Email:.....
 Membership Fee from 1st March 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.



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

News from Age Concern Horowhenua

You've heard it before, and you already know it's true: the people in our lives are incredibly important. Staying connected is one of the most crucial pillars of our wellbeing. Building and maintaining strong relationships to those around us, helps us to be more resilient in the face of uncertainty and difficulty.

"I was lonely, with no light at the end of the tunnel and didn't want to be here. Completely alone with no family. My visitor is a good listener and we have become good friends"

In New Zealand, loneliness and isolation has risen substantially since the first COVID-19 lockdown. We know that older people are among those who are particularly disadvantaged when it comes to the effects of social isolation during and after COVID-19 lockdowns, especially those who live alone, do not have family close by and those with chronic disease or pre-existing conditions.

The great news is, that if you are feeling isolated, lonely, or just want someone pop over for a cuppa and have a chat... We can help!

Our Accredited Visiting Service provides regular weekly visits with a volunteer who wants to make a difference. We match our volunteers very carefully – considering personality, shared interests, cultural needs, and location. It is up to you and the volunteer where you meet, whether you stay home in the warm now it's getting chilly or brave the cold and head into town.

"I can bank on my visitor coming Monday morning no matter what the weather is like."

We currently have some amazing volunteer visitors available, and they are keen to start spending some time with you each week if you would like some company.

Please contact our Accredited Visiting Service Coordinator Charlene on (06) 367 2181 to find out more.

UPCOMING EVENTS:

- **3rd June @ 9.30am**
Staying Safe Driving Course
- **10th June @ 10.30am**
AVS Volunteer meeting
- **15th June @ 1pm**
Scooter Club meeting - All Welcome!
- **15th June @ 10am**
Elder Abuse Awareness Week Presentation - Age Concern Office, 14 Durham Street, Levin
- **20th June @ 10am**
Elder Abuse Awareness Week Presentation - Lions Club, Park Road, Foxton
- **23rd June @ 10am**
Advanced Care Planning Workshop PLEASE REGISTER - Limited spaces!
- **23rd June @ 10.30am**
Elder Abuse Awareness Week Presentation - Community Hall, Venn Street, Shannon
- **29th June @ 10am**
Tea 'n' Talk - Winter Wellness
- **1st August @ 11am**

**AGE CONCERN HOROWHENUA
OPEN DAY!!**

Mazda, Holden & Suzuki Parts & Service Agent
New and used vehicles
Mazda & Suzuki dealership

New Cars: 15-19 Bristol Street, Levin
Used Cars: 360 Oxford Street, Levin

0800 744 111 | www.hmclevin.co.nz

**HMC
LEVIN**
WHERE JOURNEYS BEGIN



**Welcome
Elisabeth**

Elisabeth's heritage is Polish, born in York, England and first came to New Zealand in 1984 whilst on her OE.

Elisabeth is joining the Age Concern Horowhenua team to coordinate our Health Promotion Programs and brings a wealth of knowledge in hospitality and administration across various organisations that will be valuable when organising and facilitating our new programs later this year!

Elisabeth has a passion towards helping others and making fun and laughter part of daily life. She is excited to meet our older community when they visit the office or give us a call!

Elisabeth enjoys gardening, cooking, music and is an active member of Levin Bowling Club.

**COME ALONG TO OUR
OPEN DAY**

Some things about Age Concern Horowhenua are about to change - but our dedication to the seniors in our community will always remain the same!

Please join us for a special open day, with guest speakers, information galore, a sausage sizzle and spot prizes!

Save The Date

Monday 1st August 2022

11am - 1pm

(special announcement at 12pm)



Millvale Lodge
L I N D A L E

Millvale Lodge Lindale offers a homely environment in a peaceful rural setting with lovely gardens.

Each person is supported to experience each moment richly.

**CARE FOR PEOPLE WITH DEMENTIA
& HOSPITAL CARE**

91 Main Road North, Lindale, Paraparaumu
Please contact us on (04) 297 0059

www.millvalelindale.co.nz



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‘COMPANIONS ON PAWS’ COMES TO AGE CONCERN HOROWHENUA!

Age Concern Horowhenua has started a new pet-visiting service and is currently recruiting dogs and their owners for this companionship programme!

We recognise that loneliness and social isolation can adversely affect an older person’s mental, emotional and physical health and research in New Zealand shows that many people demonstrate great health improvement through simple interactions with animals.

Our new visiting service is designed to sit alongside our current Accredited Visiting Service to assist in the reduction of loneliness and isolation for older people in the Horowhenua, by having a visit from a volunteer and their pet.

As with all Age Concern Horowhenua services all volunteers (human and animal) will be thoroughly vetted.

Everyone wins with this service!

- People look forward to a dog visit and feel energised and comforted afterwards.
- Dogs love being patted, cuddled and talked to, often responding by gazing at the person as if listening carefully to what is being said. Many dogs are also playful and mischievous.
- Dog owners love to observe the pleasure their pets bring to others. A dog visit can have a profound effect for the older person, if they enjoy the company of dogs.

It is planned to vary the visits and build up a strong relationship between the dog owner, dog and client, with the future possibility of a dog walk with client and dog owner if they wish.

We are extremely interested in hearing from anyone who owns a dog, who would be suitable for visiting an older person and is interested in becoming a dog visitor volunteer, or from anyone who would like the pleasure of receiving a visit from one of our amazing pooches every week!

This service is perfect for those who may have lost their own beloved pet, those who can’t own a pet where they live or those who simply enjoy the comfort of a doggo!

Please contact our Accredited Visiting Service Coordinator Charlene for further information on (06) 367 2181



Never let your friends feel lonely...
Disturb them all the time

Who remembers the first search engine?

If you’re a former Spark customer and paid for a service called ‘wire maintenance’ whilst on a fibre or wireless connection, you may be owed a refund.

Wire maintenance is an older Spark service designed to cover the cost if something goes wrong with your internal wiring. It was created at a time when customers were predominantly connecting via copper, which required maintenance at times. In more recent years, it was made available on fibre connections and while some fibre customers have benefited from the wire maintenance service, it was not applicable for the majority.

It was also identified that a small number of wireless broadband customers were charged for wire maintenance because of separate historical system errors.

Since then, Spark has stopped offering wire maintenance as a service on fibre and has also processed a refund for all Wire Maintenance payments customers made while on a fibre or wireless connection. They have contacted all customers who are owed a refund; however, some former customers may have changed their contact details since then.

To ensure all customers can claim what’s owed to them, Spark are encouraging customers who used to be with Spark and believe they paid for a Wire Maintenance service while on a Fibre or wireless connection to check if they are owed a refund by visiting <http://www.spark.co.nz/refund-check> or by calling 123.



**Are you a former Spark customer?
Did you pay for a service called ‘wire maintenance’ whilst on a fibre or wireless connection?**

YOU MAY BE OWED A REFUND

**Call 123 to check or visit
<http://www.spark.co.nz/refundcheck>**

Quick & Easy Minestrone Soup

Serves 2-3

Ingredients

- | | |
|-------------------------------|-------------------------------------------------------|
| 1T Oil | 2t Minced garlic |
| 1 small Onion (diced) | 1x 425g can Tomatoes (chopped /diced) |
| Salt and pepper to taste. | 1½ cups Water |
| 1 ½ t Vegetable stock pwdr | 1/3 cup Dried pasta |
| 1t Dried mixed herbs | Juice of ½ lemon |
| ½ cup Mixed frozen vegetables | 1x 400g can Mixed beans or red kidney beans (drained) |
| 2T Parmesan or tasty cheese | Small handful of fresh herbs to garnish. |



Method: Heat oil in a large saucepan. Add onion and garlic and cook for 2-3 minutes or until soft. Add tinned tomatoes, vegetable stock powder, water and dried herbs. Bring to boil. Stir in pasta and cook for 10-15 minutes or until pasta is cooked.

Add frozen vegetables and tinned beans. Cook for another 3 minutes or until they are heated through. Add lemon juice. Adjust seasonings to taste. Sprinkle with grated cheese and finely chopped fresh herbs. Serve warm crusty bread

Tip: Substitute fresh vegetables such as tomatoes, beans, courgettes and red peppers for tinned and frozen foods when plentiful and cheap. Add 100g diced tofu to create a protein rich meal. nutritionfoundation.org.nz

Pre Paid Funeral Trust

Some people have funeral insurance, but premiums seem to rise as you get older, yet the amount claimable remains the same. If you have wondered about prepaid funerals, but worry funeral prices will rise with inflation, plus, aren't there on-going fees?

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

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

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

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

PREPAY PREPLAN YOUR FUNERAL

Peace of mind

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

Security of funds

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

You decide

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

Protect your family

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

Financial Benefit

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

The Funeral Trust



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

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

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

editorial supplied by Kapiti Coast Funeral Home

1				9			5	
9		4					8	
			5	6	1			4
7	4			1	6	2		
	2			7				8
		8	2	5			4	7
4			6	3	7			
		6					5	8
	9			8				3

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.

After doing some DIY projects around the house, I have a new motto: Do your best to do things right the first few times.

3	6	4	5	8	1	7	9	2
8	7	5	2	9	4	6	3	1
1	2	9	7	3	6	5	8	4
7	1	4	7	5	9	2	8	3
9	8	6	4	7	3	1	2	5
7	4	8	1	6	2	3	5	9
8	7	2	5	9	6	1	3	4
6	8	1	3	8	7	2	4	5
1	9	3	4	9	8	7	5	2