

SPRING 2022 QUARTERLY NEWSLETTER

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Age Concern Marlborough



AGE
CONCERN
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He Manaakitanga
Kaumātua Aotearoa



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Bobby Houlahan

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Office Administrator

Meryl Jones

10.00am - 1.00pm Monday to Friday

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A Word from the Chair

It finally got me – I am just recovering from COVID and although I was well vaccinated and “boosted” I still had to spend a few days of misery and need a lot of sleep. I hate to think how much worse I would have felt without the vaccinations. I think I probably caught it at a large function and although I wore my mask at all times I was surprised at the number of people not wearing masks – they are now free and along with RAT tests we can all access them. Ring Meryl at our office if you need assistance in getting masks or Rat Tests. Once again if you have not had your second COVID booster or your flu “jab” make sure you get them as soon as possible.

This October we will be having our Local Body elections and we will see a new mayor and no doubt some new councillors. We will miss our current mayor, John Leggatt, and I would like to acknowledge the support and interest he has shown to Age Concern Marlborough. Thank you John and best wishes for the next phase of your life.

Age Concern Marlborough will have its AGM a little earlier this year – 1st September at 2 pm in the Marlborough Community Centre. We would love to see you there to help celebrate our year’s work and there will be afternoon tea to follow.

On July 1st this year our national organisation Age Concern NZ released its new updated signage and logos. We are delighted with the result and feel it brings a freshness to our organisation – next time you are in town have a look at our new “signs” on our windows and door.

Please look after yourselves as winter chills are still biting and if there is anything we can do to help you please ring our office.

Marge Scott | Chair



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.

Celebrating volunteers week

We hope you enjoyed volunteers week as much as we did! What a great turnout for our bingo day. We shared loads of prizes, ate some yummy food and as always had a good giggle!

We would like to extend a very warm THANK YOU to all our wonderful volunteers!

We are a very small non-profit organisation, without you, we could not do what we do!

If you, or anyone you know would like to become a volunteer then please get in touch. Being a volunteer is rewarding, fun and a great way to meet new people!

We would also like to thank Countdown Redwoodtown, Amrut from Simply Asia Food Group, Bed Bath and Beyond and Clubs of Marlborough for all your donations for the prizes.



Are you or someone you know lonely and would like a visitor?

Someone that could pop in for a cup of tea. Maybe go for a walk with? Would you like to meet someone that could turn into a wonderful friend?

If so, please call the office, we would love to meet you and set you up with a great friendship! 03 579 3457 between 10-1pm.



Who remembers



the first search engine?



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Many thanks

Our wonderful Jenny Andrews of Blenheim has been awarded a Queen's Service Medal for her services to seniors and local government.

A Marlborough District Councillor since 1998 and deputy mayor of Marlborough from 2001 to 2013. Jenny has also been deeply engaged with the region's senior community through a variety of avenues for the past 23 years, including being an Age Concern Marlborough patriot and friend.

"It was with total disbelief and tears that I read of this honour," said Jenny, who felt she'd "never be in that same league," as past recipients of the award. Well done, Jenny! You deserve all the glory!



Our friends at Neighbourhood Support may be able to support you!

At Neighbourhood Support, they work to strengthen neighbourhoods and connect communities. They support people to connect with their neighbours so you feel safe in your own home. Neighbourhood Support partners with Police, Fire & Emergency NZ, Marlborough Civil Defence Emergency Management and many local community organisations. They help people throughout Marlborough connect with the support they need.

If you would like more information on how Neighbourhood Support could help you, then please give Charlotte Wood a call 0800 87 67 46 or 021 573 936



Wheelchairs

We have kindly been donated 2 wheelchairs. If you or anyone you know would like to borrow them, either long term or short, then please contact the office, 03 579 3457



"It was only a sunny smile,
And little it cost in the giving,
But like morning light it
scattered the night,
And made the day worth living."

F. Scott Fitzgerald.



FREE STAYING SAFE REFRESHER COURSE FOR OLDER DRIVERS



Has it been years since you have had a driving refresher course? Have some rules changed that you may not be aware of? Are you now taking new medication that may or may not affect your driving? Do you want to keep your driving skills for as long as possible?

If you answered yes to any of these things, then you should come along to our FREE driving refresher course for seniors!



The Staying Safe Course is a theory-based refresher course for seniors facilitated by local Age Concerns.

During the course participants will re-familiarise themselves with traffic rules and safe driving practices as well as increase their knowledge about other transport options available to help keep them mobile for as long as possible, whether behind the wheel or when they stop driving.

We want to keep our seniors in New Zealand safe and connected, so if you are interested in doing the driving course, please phone the office and we will book you in, 579 3457. Alternatively, if you have already put your name down for the course, Liz will be in contact soon!



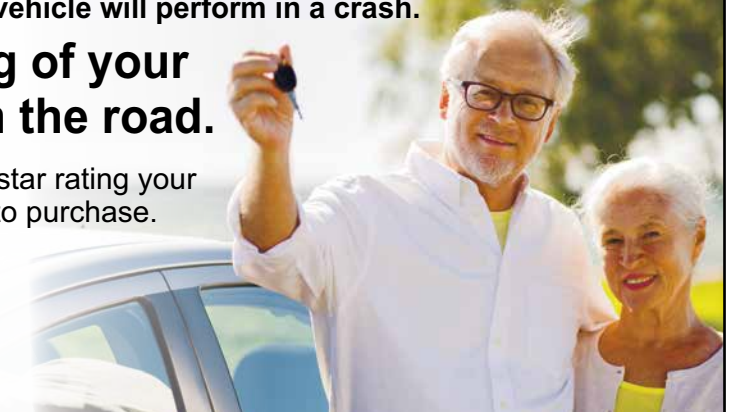
Your vehicle plays a major role in keeping you safe on the road. Safety ratings are the best way to know how well your vehicle will perform in a crash.

The higher the safety rating of your vehicle, the safer you are on the road.

Go to the rightcar.govt.nz website to see what star rating your current car has, and any car you are planning to purchase.



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ROAD SAFETY**



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Helping elderly communities combat loneliness and isolation during Covid



Living alone can be isolating and lonesome for even the most independent of people, but it can be especially so for the elderly when what used to be simple daily tasks start to become a struggle.

Sadly, this is a problem that has become increasingly familiar to many in Marlborough's elderly community – and one that has grown since the onset of Covid.

Age Concern Marlborough community welfare co-ordinator Bobby Houlahan said she often came across people needing help with what might seem like little things in life, but were quite the challenge for those less agile among us.

"We had an elderly man who came into the office and said his smoke alarm had been going off [to signal a battery change] for a couple of months as he didn't feel safe getting up on a stool to change the battery, but he didn't have anyone to call or help him, so he just had to put up with it," Houlahan said.

"We also had a lady in Picton who was watching the Olympics and sat on her remote control and changed all the settings by accident, so she had no TV all week because she didn't know who to call or ask for help."

Houlahan said that loneliness among the elderly had always been an issue in Marlborough, but had escalated as a result of forced isolation during the pandemic.

"We've certainly seen an increase in isolation and

loneliness since Covid with a lot of functions and social events being cancelled.

"People are scared to go out, especially the elderly who may be a bit more susceptible to Omicron," Houlahan said.

Houlahan said as well as needing help with jobs around the house, most people just needed human interaction.

"We had a man come into the office last week who said he hadn't spoken to anyone for the last two weeks, not face-to-face, or even on the phone.

"Sadly, we get a lot of calls like that."

With this in mind, Houlahan and volunteer co-ordinator Meryl Jones run Marlborough's Age Concern Accredited Visiting Service that matches older people who are lonely or socially isolated with volunteers who are keen to befriend them, and spend time getting to know them.

Houlahan said that ongoing periods of isolation and loneliness could have an impact on people's mental health and instil a negative feeling of self-worth which could often result in self-neglect.

"When people start withdrawing from the community you can usually notice it. You see people just really not looking after themselves, not eating properly, not dressing properly, just people struggling to look after themselves in general," Houlahan said.



Age Concern Marlborough's volunteer co-ordinator Meryl Jones, left, and community welfare co-ordinator Bobby Houlahan are doing all they can to help ease the feeling of loneliness and isolation in the elderly community.

Jones said she consulted her pool of volunteers to find suitable pairings.

"If we've got a gentleman who was an engineer, we'd match them with those with similar interests who can help them get out and about, go for a walk, help with shopping, or just go for a drive.

"It really helps people to get out of the house and socialising again. People thrive off social connections, and they really need it," Jones said.

Houlahan said people's modern lifestyles had increased the sense of loneliness among the elderly.

"Historically, families lived close by to each other with Nana living just up the road, and family would pop round daily to see them and take them dinner and things.

"But nowadays, people tend to travel around a lot more, move around the country for work or lifestyle changes, often leaving family behind," Houlahan said.



Age Concern's Accredited Visiting Service aims to match clients with like-minded volunteers.

People feeling lost after losing their partner was also a common factor in the elderly suffering loneliness, isolation, and depression, Houlahan said.

"We get a lot of people who have been married all their lives and then lose their loved one and they no longer know what to do.

"Whether it's learning to cook for themselves, after their partner used to always cook, or doing the garden alone when they used to do it as a couple, some people just need help with the little things in life," Houlahan said.

Volunteer Noella Batchelor said she decided to get involved with the visiting service after leaving her job as a caregiver, and had befriended an elderly gentleman who needed help with his laundry.

"I go around once a week and hang his washing out, that's all he needs help with, but we often sit down and have a natter. It makes a big difference, especially if people can't get out of the house," Batchelor said.



Fortunately, despite the forced-closure of many social events due to Covid, Age Concern Marlborough had been able to continue its monthly Friendship Group, which offered morning tea, guest speakers, music and entertainment, and the chance to socialise and meet new friends.

Other events in the pipeline included Tea and Tech sessions to help the elderly master modern technology and a walking group.

Jones said Age Concern was always looking for more volunteers to become befrienders, and join its Accredited Visiting Services.

"It's great for job satisfaction, and maybe volunteers are a bit lonely too ... Quite often what comes out of it are really nice friendships," she said.

Anyone interested in becoming a volunteer befriender, and helping the region's elderly, can call Age Concern Marlborough on 03 579 3457

A meal with Crossroads

Age Concern Marlborough is now working with Crossroads, and what a great resource this is for Blenheim! Crossroads offer a two-course meal every Wednesday from 5pm for only a donation. It would be great if you could get behind this organisation! There's no better way to enjoy a meal out with these crazy inflation prices. Everyone is welcome! It is a great opportunity to get out of the house, enjoy a nice hot meal and meet some new people. Alternatively bring your friends and enjoy a meal with them



Pulled Beef, Mashed Potato, Roast Kumara, Seasonal Vegetables, Coleslaw, Dessert.... Fruit Crumble and Ice Cream.



DOORS OPEN AT 5pm

SERVICE BEGINS AT 5.30pm

TAKEAWAYS ARE AVAILABLE BY

ORDERING BEFORE 12pm WEDNESDAY

AND PICK UP IS 5.30pm

Come into the office to have a look at our DVD library!

It is available to all Age Concern Marlborough members. No fee, no return date, just watch and return at your convenience



Stuart Smith
MP for Kaikoura

Amberley 03 314 7441

Blenheim 03 579 3204

0800 STUART (0800 788 278)

stuart.smithmp@parliament.govt.nz

f stuartsmith.national

National
Authorised by Stuart Smith MP, Parliament Buildings, Wellington.

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

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

Sarah Togher - Dementia Wellington

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

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

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

Kia kōrero

Let's talk

www.myacp.org.nz



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Hauora Māori ki Te Tai Ahiorangi

Marlborough Primary Health
Hauora Māori ki Te Tai Ahiorangi

Te Whatu Ora
Health New Zealand

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

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

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

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

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

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

Terry and Colin

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

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

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

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



Have you been thinking that you need to exercise more but you don't know where to start?

Deciding to become physically active can be one of the best things you can do for your health. Exercise and physical activity are not only great for your mental and physical health, but they can help keep you independent as you age.

Participating in regular physical activity will help you:

- maintain your muscle mass
- increase your bone density
- improve your balance, posture and flexibility
- have better control of chronic disease symptoms
- decrease pain and depression

All older adults are at increased risk of falls. Try including any of the following in your daily routine to improve your stability:

Toe Taps - To strengthen the lower legs

1. Sitting in a chair and keeping your heels on the floor, lift your toes high enough that you can feel the muscles along your shin working. (This helps keep blood circulating in your legs and also strenghtens the lower leg).
2. Repeat 20 times.



Heel Raises - To strengthen the upper calves

1. Sitting in a chair, keep your toes and the balls of your feet on the floor and lift your heels.
2. Repeat 20 times.



Ankle Rotation - To strengthen the calves

1. Seated in a chair, lift your right foot off the floor and slowly rotate your foot 5 times to the right and then 5 times to the left.
2. Repat with the left foot.

Stretch it out

Getting ito the habit of stretching every day will improve your range of motion and make every activity - including reaching for a dish from a cupboard - more comfortable. Here are two basic stretches to start with:

Neck stretch to relieve tension in the neck and upper back

1. Stand with your feet flat on the floor, shoulder-width apart. Keep your hands relaxed at your sides.
2. Don't tip your head forward or backward as you turn your head slowly to the right. Stop when you feel a slight stretch. Hold for 10 to 30 seconds.
3. Now turn to the left. Hold for 10 to 30 seconds.
4. Repeat 3 to 5 times.



Shoulder and Upper Back Stretch - To stretch the shoulders and back

1. Bend your right arm, raising it so your elbow is chest level and your right fist is near your left shoulder.
2. Place your left hand on your right elbow and gently pull your right arm across your chest.
3. Hold for 20 to 30 seconds.
4. Repeat with the oposite arm.



Winter’s here and it’s shaping up to be one of our most challenging yet, with flu, COVID-19 and respiratory illnesses all on the rise.

One way you can keep yourself and your family healthy this winter is to put together a “winter wellness kit” ready for when you or a family member becomes ill and needs to stay at home.

It might include paracetamol or ibuprofen to reduce fever, headache, and body aches; honey or lozenges to soothe a sore throat; electrolyte rehydration solution or salts for vomiting or diarrhoea; tissues; hand

sanitiser; or vitamin C to keep your immunity up. A thermometer is good to have on hand to help monitor fevers.

Make sure you have enough food, household items and your regular medicines to get you through. Make a plan with friends or neighbours that you can call on each other to pick up medicines or essential supplies while you are house bound. Make use of supermarket and pharmacy delivery services if they are available.

Remember: if your symptoms worsen, or you are concerned about someone you are caring for, call Healthline for free advice: **0800 611 116**, or contact your doctor.



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Steady As You Go® Falls Prevention

Did you know 1 in 3 people over 65 fall every year, this increases to 1 in 2 for people over 85. Almost 4000 people over 50 fall and break a hip.

Our team at Age Concern Marlborough have just completed the most recent training for Steady As You GO and want to get the word out!!

Participating in our Steady As You Go class reduces your risk of a fall by 27%

What is Steady As You Go?...

- Simple exercises, seated in a chair, standing and walking.
- Proven to improve balance, flexibility and leg strength.
- Participants feel physically better and more able.
- Class members enjoy being with a friendly group of likeminded people.
- Classes are for one hour, once a week.
- Only \$2 per class

Falls in older people are almost always associated with weakened leg muscles and poor balance. Strength and balance exercise programmes can reduce falls, and even the most serious injuries from falls. This enables older people at risk of falls to remain independent and well at home.

At Age Concern Marlborough we have a genuine interest in the wellbeing of older people and want to help, get in contact with us today about joining one of our classes. These people love Steady As You Go, and so will you.

Physical benefits

- “I can walk better...now I walk a lot straighter”.
- “I don’t have to pull on the seat when standing at church”.
- “I can reach the top of my windows to clean them without getting up on a step now”.

Social benefits

- “We come because it’s an outing”.
- “I am developing a new circle of friends”.
- “I live on my own and find that the companionship is lovely”.



The team at The Foundry enjoying one of their weekly Steady As You Go classes



Age Concern staff participating in the ‘Steady As You Go’ classes

Steady As You Go®

We currently have 5 weekly SAYGO classes running.

Monday 10.30 - 11.30
The Foundry in John Street

Tuesday 11.30-12.30pm
St Christopher’s Church Hall

Tuesday 1.30 - 2.30pm
Union Parish of Picton, Picton

Wednesday 1.30-2.30pm
Marlborough Community Centre

WHAT IS SAYGO?

SayGo is a weekly exercise class that concentrates on strength and balance and these two together statistically help with Falls prevention, not to mention a social time. These classes have been going throughout New Zealand since 2003 and we have over 50 participants in Marlborough each week.

For more information, please contact the office
Phone 579 3457.

Do something today that might just save your life!

Free bowel screening now available
across New Zealand.

Bowel screening is now being offered to men and women aged 60 to 74 years right across Aotearoa. Screening as part of the National Bowel Screening Programme is free for those who are eligible, as are any follow-up tests or treatment.

Approximately 500-700 cancers are picked up each year through the programme, and thousands of polyps which might have become cancer are removed.

The bowel screening test is quick and simple, and done at home. People are sent an invitation letter, a consent form, and a free bowel screening test kit.

The National Bowel Screening Programme uses a faecal immunochemical test (FIT). It can detect tiny traces of blood present in a small sample of person’s bowel motion (poo). This may be an early warning sign that something is wrong with their bowel.

A positive test result does not necessarily mean a person has bowel cancer. Small amounts of blood in a bowel motion are most commonly caused by polyps, or other minor conditions such as haemorrhoids (piles), which can easily be treated.

A positive test means further investigation is required. This will usually be a colonoscopy (an internal examination of the large bowel with a small camera on a flexible tube).

Screening is for people who do not have symptoms of bowel cancer. Anyone with symptoms should see their doctor. Common symptoms of bowel cancer may include:

- A change to normal bowel habit that continues for several weeks.
- Blood in the bowel motion.

Although these symptoms are usually caused by other conditions, it’s important to get them checked by a doctor.

More about the National Bowel Screening Programme can be found by ringing **0800 924 432**.

FREE Tea N Tech classes now available!!!

Age Concern Marlborough are now offering FREE tea and technology classes. If you would like to upskill your technology skills, then please get in contact with us. This is a friendly and supportive environment where we are happy to assist people with all levels of technology skills.

Please phone 03 579 3457 between 10-1pm to make a booking as spots are limited. We would love to see you!



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Are retirement villages affordable? Busting the myth!

Written by Janet Brown, Head and Heart Ltd, for the RVA

How affordable really is retirement village living? Sometimes you might hear people saying it’s only for the wealthy. But increasingly those who never expected to be able to afford a retirement village unit are moving in to villages, having sold their freehold homes and freed up more capital than they anticipated. One resident at the Masonic Villages Trust’s new village in Wainuiomata says “I didn’t think I could ever afford it”. She also didn’t want to move out of Wainuiomata. When her neighbour of seventeen years opted to move into the new village under development locally she was surprised to find that she could indeed afford to buy there, and the two neighbours are now happily relocated in their local retirement village.

Nick Merritt, Operations Manager for the Masonic Villages Trust, says “Most of our residents have a property to sell, but don’t have a lot of money sitting in the bank.” She notes that it’s important to provide a choice and options, especially in smaller towns where the property boom may have been patchier. The Trust’s initial social housing for older people came into being over sixty years ago, supported by Housing Corporation loans, and underpinned by the firm conviction of the religious and welfare sector that there was a need for housing for the elderly. Those first units were one bedroom and relatively modest, but now older people expect more, which is one factor driving the development of retirement villages by charitable trusts.

About 25% of the Trust’s holdings are affordable rentals, scattered across a number of villages. The Trust’s recent policy of acquisition of existing villages has helped ensure that they can offer a variety of options, both geographically, and in the style and price of units. Warick Dunn, Chief Executive of The Masonic Villages Trust, notes that, for the older demographic, mobility and access is important: “People are now coming into our villages older, so design is crucial, as are aspects like double-glazing. Our facilities are now warmer and healthier than the housing our residents have come from because of improved design. These factors also increase affordability, costing residents less to heat their homes and reducing their regular outgoings.

Arvida, a large scale Retirement community operator with national coverage, is also strongly focused on providing affordable options. General Manager Sales, Tristan Saunders, says that from Arvida’s perspective there are two key elements to affordability: offering a wide variety of unit types, and ensuring pricing is linked to the local residential market. Arvida offers options starting from single bedroom studios, one, two and three bedroom apartments and townhouses, all the way up to standalone two and three bedroom villas. He notes that “no one size fits all.

Affordability according to location and linked to the local residential market works because prices are set relative to the local market, and positioned to allow potential residents to realise and retain money from the sale of their original property.

This is ensured through Arvida’s annual central review of prices against local markets and advice from professional valuers, and allowing scope for buyer choice. Tristan notes that, to make sure this works, “We will always lag behind the market movement, giving customers a buffer when they sell in the local market.”

Generally across New Zealand, retirement village units cost around 70% of the market price of the average freehold home in their surrounding community. This indicates how when older people sell their freehold home to move to retirement village they can free up extra capital in the process, which can then be used to fund retirement living and give them choices.

Affordability, and a range of offerings, is also key to ensuring that Arvida villages reflect a cross-section of their surrounding community. Tristan explains that the Arvida design team works out what unit types will work best in a local context. He says the aim is to have as much range as possible on offer in the early stages of development, and to keep prices as affordable for entry as possible, with products and price points to appeal to a large cross section of the local community considering a retirement community.

The CEO of Howick Baptist Healthcare, Bonnie Robinson, says they focus on affordable housing options for older people because “we’re here to meet the needs of vulnerable older people, and to do that you have to determine who’s vulnerable and why.” From Bonnie’s perspective, among the most vulnerable are those who reach retirement without owning a mortgage free home. HBH has a rental village as well as its main licence-to-occupy retirement village, and is currently exploring how to provide more rental options – “we see that need just climbing, we’re currently getting at least two to three enquiries about rentals a week.”

These are usually from people who have been in a stable rental situation that changes, for example, they may have rented a granny flat long-term, but then the house is sold to a developer who wants them out. Bonnie notes that it’s hard to assess the positive impact for residents who secure a unit in HBH’s rental village: “Residents don’t want to talk about money, but once they settle in you can see their health and wellbeing improving as the stress and worry disappear. ”

Bonnie predicts, as does Warick, that there will be an ongoing increase in the number of retirees who have no savings or resources other than national superannuation at retirement. Bonnie also expects the number who have very little margin, perhaps because of divorce, or unemployment late in life, will also increase.

The last word on affordability of retirement village living and its positive impacts goes to Ken, who moved into HBH’s retirement village earlier this year after his wife died. He tells me, “I looked at all the local villages, and this felt like the best value. I saw the advert, and I had that amount of money. Compared to paying rates and maintaining a house, here it’s all incorporated and cheaper. I definitely have lower outgoings here. I enjoy the company. Here, you can get a meal if you want or need one, even though you’re independent. And the price I paid meant I had extra money for other activities like travel.”

Editorial supplied by Retirement Villages Association

Not Tech Savvy

If you are needing some help with technology, we have friends at Not Tech Savvy that can help with your technology needs. We can vouch for these guys and say they are friendly, helpful, very well priced and will come to your house.



At Not Tech Savvy they help with basic troubleshooting, installation of new products such as phone, wi-fi, laptops, office or home installations, consultancy, and advice on buying suitable devices and lessons on how to use your devices.

NEED HAND TO ELIMINATE LITTLE PROBLEMS

Give them a call on 03 972 2400 for assistance

DOING NOTHING

DOING NOTHING OFTEN LEADS TO THE VERY BEST OF SOMETHING

- Winnie the Pooh -

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

By Angelique Kasmara

AGE CONCERN MARLBOROUGH MEMBERSHIP RENEWAL/NEW



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Phone (03) 579 3457 / Email admin@ageconcernmarlb.org.nz

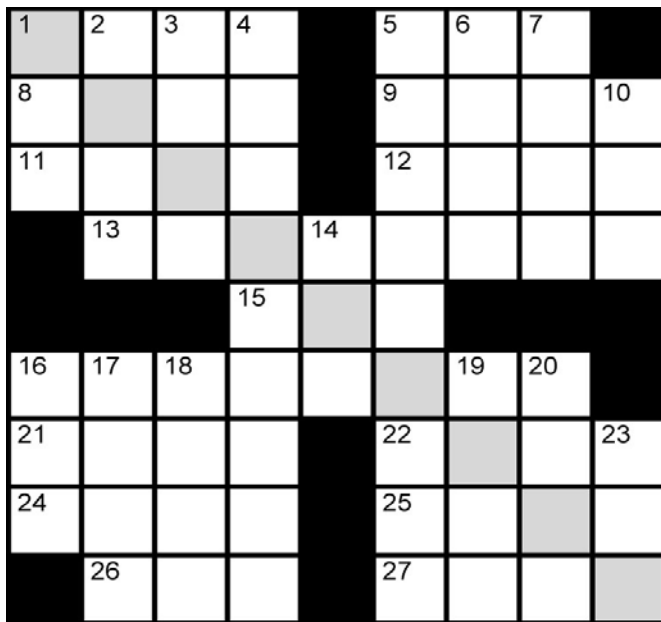
Date:	<u>Subscriptions:</u>	
Name:	Single (\$20.00)	\$
Address:	Married Couple (\$35.00)	\$
.....	Donation:	\$.....
Telephone:	Total :	\$
Email:		

Payments may be made either to the office or online to our bank account: Westpac 03 0599 0475319 00. Please ensure your name and ‘subscription’ is shown as a reference. Sorry, no eftpos at the office.

We welcome Donations and Bequests which help us to continue to promote the welfare of older persons in Marlborough.

OFFICE USE ONLY:		
RECEIPT NUMBER:	MEMBERSHIP CARD GIVEN:	ENTERED:

Lovers, Painters & Writers



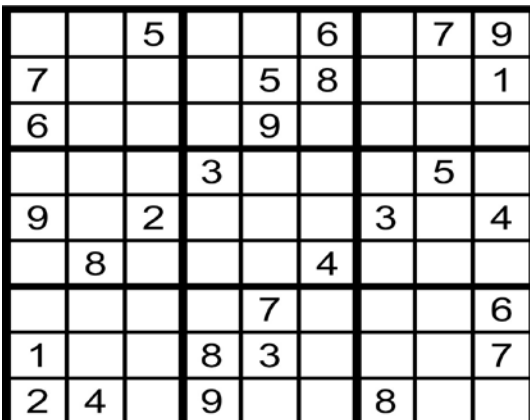
Across

1. Actress Perlman
5. More, in Madrid
8. D.C. bigwigs
9. Acknowledge
11. Some PTA members

Down

12. "Naked Maja" painter
13. Winter Palace residents
15. Officeholders
16. Hero worship
21. Spanish sparkling wine
22. Hoop edges
24. Chinese dollar
25. Fungal spore sacs
26. Deli sandwich
27. Grazing sites

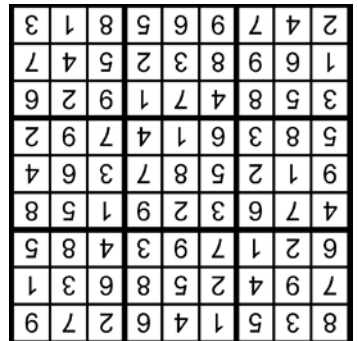
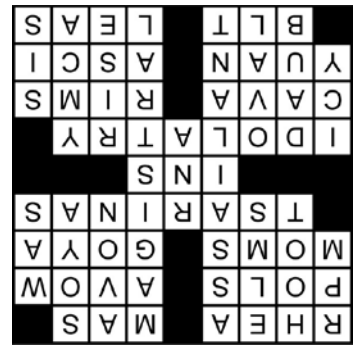
PEARL	PLAIT	PRICE
PEARS	PLANE	PRIME
PEDAL	PLANK	PRINT
PEELS	PLANS	PRISM
PEEPS	PLOWS	PROOF
PENCE	PLUCK	PROUD
PENNY	PLUMP	PROVE
PHASE	POLAR	PULSE
PIANO	POLES	PUMPS
PICKS	PORCH	PUPIL
PIECE	PORTS	PUPPY
PILLS	POURS	PURSE
PIPES	PRESS	



21. Spanish sparkling wine
22. Hoop edges
24. Chinese dollar
25. Fungal spore sacs
26. Deli sandwich
27. Grazing sites

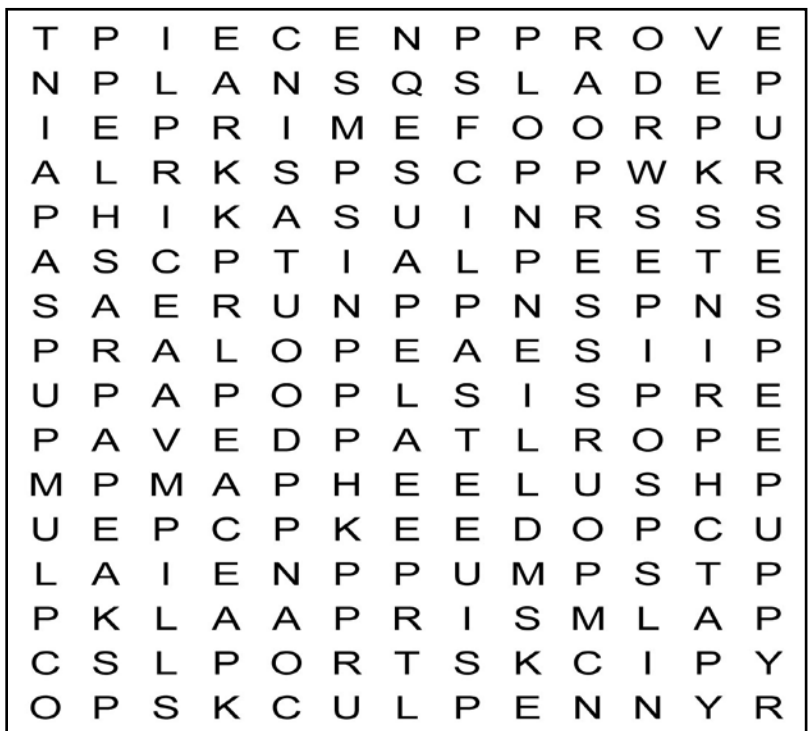
Down

1. Dashboard abbr.
2. Owl's call
3. "Desire Under the ____"
4. Attacker
5. Authoritative
6. Shakespeare, the Bard of ____
7. Bean used to make miso
10. Used to be
14. Genetic material
16. Slick
17. Slap on
18. Track shape
19. Get up
20. Village People hit
23. Bro's sibling



The crossword headline is a clue to the answer in the shaded diagonal

PLENTY OF Ps



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.*