

SPRING 2022 QUARTERLY NEWSLETTER

www.ageconcern.org.nz



**AGE
CONCERN
HOROWHENUA**

KAPITI

**PALMERSTON
NORTH & DISTRICTS**

**He Manaakitanga
Kaumātua Aotearoa**

Age Concern

Horowhenua / Kapiti

Palmerston North & Districts



Age Concern Palmerston North & Districts Volunteer Alison MacPherson celebrating volunteering with Christina Brenton (Chairperson) on left and Bernie Walker (AgeConnect Manawatu Coordinator) and Fern Brooking (Social Connection Coordinator) on her right at the Volunteer Recognition Event on 10th June. Organised by Volunteer Central.

For advertising phone Sam 027 872 6629 or email samanta@kiwipublications.nz

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Contact Information

Age Concern Horowhenua

Phone: (06) 367 2181

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Address: 14 Durham Street, Levin 5510

OFFICE HOURS

9.00am - 3.00pm Monday to Friday

STAFF

Manager: Catherine McAuliffe

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, Jualan Rapson, Peter Dyer, Carol Dyer

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.

Disclaimer: The views expressed in this newsletter are not necessarily those of Age Concern HKM. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.

I finally did it! Bought a new pair of shoes with memory foam insoles. No more forgetting why I walked into the kitchen.

Socks too tight?

We sell soft topped bamboo and cotton socks

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Public transport services across Aotearoa New Zealand have half price fares until 31 January 2023.

This exciting scheme is supporting people to stay connected and is a great way to travel around our local region and it is great that the government has extended the scheme to the end of January 2023.

If you are already a user of public transport, then you don't need to do anything to get the discount. It is automatically applied to all public transport fares; all you have to do is jump onboard. If you are thinking of changing the way you get around, then this is the perfect opportunity to try a bus or train.

Discounted fares are applied to all core transport services (conditions apply). This includes:

- Buses (bus fares that might half to an odd number are rounded down to the nearest 10 – e.g. \$1.25 goes to \$1.20. This applies to Bee Card and cash fares)
- Metro Trains (including the Capital Connection)
- Total Mobility Scheme (Total Mobility clients get a 50% discount on their normal subsidised fare. As usual, any amount over the regional cap is paid by the user in full. This means an extra 50% on your



Enjoy life with Enliven

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

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- Levin War Veterans Home and Village, Levin
- Kapiti Day Programme, Paraparaumu

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short term respite | health recovery | day programmes

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

subsidy rather than 50% per entire trip. If your Total mobility subsidy is normally \$10 and you take a \$20 trip, then \$15 will be recovered by the scheme.)

Bee Card – if you are catching a bus for the first time, it's quicker, easier and cheaper if you have a Bee Card. You can purchase a Bee Card on the bus, and you will receive a \$5 top up if your first top up is \$5 or more. From Waka Kotahi NZTA www.nzta.govt.nz



Terisa Ngobi

MP for Ōtaki

I'm here to help.
If you have any questions or issues, please contact my office:

terisa.ngobi@parliament.govt.nz

0800 MP TERISA

/terisangobiotaki

/terisa_ngobi



Authorised by Terisa Ngobi,
Parliament Buildings, Wellington



News from Age Concern Horowhenua

AGE CONCERN HOROWHENUA OFFERS

Community Support:

Our team has a wide knowledge of government and community services and are able to respond to enquiries on a number of subjects. We also can offer short term support to help our older community overcome challenges, or offer coordination for some home services support.

Elder Abuse Response:

Our professional Elder Abuse staff work with older people / kaumātua and their carers providing support and advocacy so that older people can be happy, healthy and safe from harm.

Visiting Service:

If you are feeling lonely, or would just like more social contact, it's important to do something about it, and we can help. Our Visiting Service is a befriending service that provides regular visits to older people who would like more company.

Companions on Paws:

Companions on Paws is designed to sit alongside our current Visiting Service (but for those who love dogs!) to assist in the reduction of loneliness and isolation for older people living in the Horowhenua, by having a visit from a volunteer and their pooch.

Health Promotion & Education Services:

We offer healthy Ageing topics like Nutrition, Driver Education, Exercise and Digital Skills, that are promoted through talks, workshops and educational material to enable our community to live well as they age.

Counselling Program:

We provide FREE counselling sessions to our senior community, to enable them to talk about things that they are struggling with; such as the loss of friends and family, health challenges, coping with the demands of daily life and relationship conflicts in a safe and confidential and professional environment.

Total Mobility Scheme Assessments:

We offer FREE Total Mobility Eligibility Assessments, which is jointly funded through Horizons Regional Council and Waka Kotahi / NZTA to enable our community better access to public transport.

Skinny Jump Assessments:

We offer FREE Skinny Jump Eligibility Assessments and Sign-ups, this low-cost prepaid broadband service means you can get 35GB of broadband for just \$5!

Telephone Grocery Service:

Our Grocery Service is about more than just the "groceries". Our amazing volunteers provide peace of mind about getting your essential grocery items and an all-important human connection to those who can't get to the supermarket.

Approved Providers:

The 'Approved Providers' Service provides over 65's with affordable home maintenance and supports, from local trusted community members that want to give back to our community.

KEY DATES

- **26th August @ 10am**
Visiting Service Volunteer Training on Neurodiversity.
Lunch provided.
- **7th September @ 11am**
Memory Walk with Alzheimers from Adventure Park.
See you there!
- **21st September @ 9.30am**
Staying Safe Driving Refresher Course at Speldhurst Village
Please register!
- **28th September @ 10am**
Tea 'n' Talk - 'Spring' into Spring Seasonal Talk at ACH Community Space
All welcome!
- **7th October @ 9am**
Age On The Go Expo at AP&I Showgrounds
See you there!
- **COMING SOON IN OCTOBER**

EPOA & Wills Workshop

Ready to Ride Mobility Scooter Workshop

Ronnie Gardener Method Exercise Classes

AGE CONCERN HOROWHENUA INC

NOTICE OF ANNUAL GENERAL MEETING

To be held at 2pm
on Thursday 8th September 2022
Levin Uniting Church
87 Oxford Street, Levin

Agenda

Welcome | Apologies
Speaker - Bernie Wanden
Minutes 2021 AGM
Chairpersons Report
Treasurers Report
General Business

Enquiries can be sent to
Stewart Thompson
admin@ageconcernhoro.co.nz

DROP IN AND SEE US

Every 2nd Thursday from 10am—12pm our Social Worker or Nurse will be available at **Te Awahou Nieuwe Stroom in Foxton!**

They can answer all your enquires, concerns, or book a time to come and see you later at home!

1st September - Janetta, Social Worker
15th September - Jo, Nurse
29th September - Janetta, Social Worker
13th October - Jo, Nurse
27th October - Janetta, Social Worker
10th November - Jo, Nurse

We want to be accessible to your needs...
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Driver, Car and Road Safety

We drive on our roads every day, for many of us they are our lifeline – driving is a means of independence, social connection to family and friends and access to essential services, but how often do we actively consider things like; our driving capabilities, our vehicle's upkeep and how to keep that lifeline safe?

Driver Capability:

The older road user, regardless of blame, is likely to be more seriously injured or killed than a younger person when involved in a crash of similar severity. This increased risk is mainly due to the greater fragility and vulnerability of age rather than any inability to drive safely.

Most drivers receive NO further training from the day they first get their Driver's Licence. It is important for all drivers, regardless of age, to regularly and honestly assess their own driving capabilities to keep themselves and others safe. It's important to remember that the ageing process can affect a range of skills essential to driving –including eyesight, memory, decision-making, and reaction times.

Drivers must renew their driver's license at age 75, 80, and every two years after that. When renewing your license from 75, your health and vision must be regularly checked both for your own safety and the safety of other road users. Each time you renew your licence from 75 you will need to present a medical certificate, and you may need to sit a short on-road safety test if recommended by your doctor.

Age Concern Horowhenua offer FREE Driver Refresher Courses to all Older Drivers with the support of Waka Kotahi (NZTA), these theory courses aim to improve your safe driving practices, re-familiarize you with traffic rules, update you on changes to the road code and prepare you for the license renewal process so you can remain safe on the roads for longer.

DID YOU KNOW...

Horowhenua is ranked 'High Risk' in the communities-at-risk-register for serious and fatal crashes at intersections and serious and fatal crashes involving an older person (over 75).

AA also provide a Senior Driver Program for their AA members to help support them with licence renewal process by offering FREE in car coaching session for those needing to prepare for the on-road safety test.

Source: Age Concern NZ - Website, Age Concern Horowhenua - Resources, NZTA – Website, AA - Website

Driving Safety:

Everyone should get where they're going safely whether they're walking, cycling, driving, motorcycling, or using public transport.

Speed affects the severity of all crashes. Even when speed doesn't cause the crash, it's what will most likely determine whether anyone is killed, injured, or walks away unharmed from that crash.

Changing conditions can increase road risk, so adjusting speeds accordingly will help keep all road users safe. Road conditions are rarely perfect and as a safe driver, you'll need to look out for changes in traffic, road, and weather conditions, and reduce your speed accordingly.

Alcohol seriously affects your driving by slowing reactions along with dulled judgement and vision all of which impair your ability to drive. Alcohol can also increase the risk of fatigue. Being a responsible driver means never driving when you're over the permitted blood alcohol level as it may impair your judgement.

Medication is legal; however, it can affect your cognitive processing, reaction times and perception of reality. It can also make you more fatigued. If impaired, you should keep taking your medicine. If you experience any kind of impairment, stop driving immediately, continue taking your medication and contact your healthcare provider as soon as possible.

Fatigue is tiredness, weariness, or exhaustion. You can be fatigued enough for it to impair you're driving long before you 'nod off' at the wheel.

Driver Distraction is a serious road safety issue. Essentially, anything that diverts a driver's attention for more than two seconds can significantly increase the likelihood of a crash or near-crash. Distraction

occurs when a driver's attention is diverted away from concentrating on driving, towards competing events, objects, or people.

Driver Limitations and making any necessary adjustments. For example, if your hands hurt when gripping the steering wheel, use a steering wheel cover that makes holding and turning the wheel more comfortable. You can improve driver safety by driving during the daytime, in good weather, on quiet roads and in familiar areas. If visibility is poor, consider delaying your trip or using public transportation.

Source: New Zealand Transport Agency - Website

TOTAL MOBILITY SCHEME

The Total Mobility Scheme is jointly funded by Horizons Regional Council and Waka Kotahi and helps people with mobility constraints access subsidised door-to-door transport through approved transport providers based in the Horowhenua.

Age Concern Horowhenua can provide **FREE** (in office or home) assessments to determine your eligibility to receive a Total Mobility Card.

If you still drive but may not always feel confident (at night etc...), then you may still be eligible!

Please contact Age Concern Horowhenua on (06) 367 2181 or admin@ageconcernhoro.co.nz if you have any questions about the Total Mobility Scheme or to arrange your assessment.

Vehicle Theft Prevention:

Thieves can use a range of techniques to gain access to your vehicle, but most offending is opportunistic; so, minimizing their opportunity may decrease the chance of them picking your vehicle...

- Always take the keys with you when you leave your vehicle
- Always lock your vehicle when you leave it, even in your locked garage at home.
- Close all windows, including sunroofs.
- Park in well-lit areas if possible.
- Do not leave valuables in your car, thieves will break in for something as small as loose change. If you have to leave valuables in your car, make sure they are out of sight but remember hiding them is not as safe as removing them.

- Never leave personal information, documents, or keys in your vehicle.
- Consider installing extra security, such as an alarm or steering wheel lock.

Source: New Zealand Police Department – A guide to crime prevention

Basic Vehicle Checks and Maintenance:

Vehicles play a major role in keeping us safe on our roads, so it's important that your vehicle remains safe to drive at all times and there are some basic vehicle checks you can do yourself.

NZTA recommend that the following should be checked each month and before you go on any long journey:

Tyres:

- Check the tyre pressure – correct levels can usually be found on the inside door frame.
- Look for cracks or bubbles in the sides.
- Look for sharp objects stuck in the tyres.

Engine Oil:

- Check the oil level is above the minimum indicator on the dipstick.
- Check the condition of the oil on the dipstick, it should not appear dark, thick, or sludgy.

Windscreen, wipers, and mirrors:

- Check your wiper blades for wear and tear.
- Clean your mirrors and windscreen inside and out.
- Get your windscreen fixed if it's chipped or cracked.
- Check your windscreen washer fluid is full and the spray is working.

Lights & Indicators:

- Check your headlights, reversing lights and brake lights are working.
- Turn your hazard lights on and walk around the car – check all indicators are flashing.

But nothing beats a professional check-up! If you have any safety concerns, take your vehicle to a qualified mechanic or testing station. Don't wait for the Warrant of Fitness to expire. *Source: NZTA*

There are many factors to consider while we are out and about on the road, to ensure the safety of ourselves and others. Keeping your vehicle in optimal condition, only driving when you are feeling 100% and keeping yourself well educated on road rules, are all important steps in ensuring that you can continue to enjoy the drive!





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www.ageconcernhoro.co.nz



Annual Membership
From 01st August – 30th July
2022—2023



The Horowhenua is a great place to live. We want to work together so we can make it a great place to age!

Age Concern Horowhenua is the charity in our neighbourhood supporting older people, their friends and whānau and bringing people together across generations, places, and cultures within our community. Dignity, wellbeing, equity and respect for older people remain as our guiding lights and underpin everything we do.

What being a member of Age Concern Horowhenua's means;

- A monthly newsletter, updating you on what is happening with Age Concern.
- Early Bird & FREE attendance to all our workshops, presentations, and courses.
- Discounted SAYGo Classes - Just \$1 per session!
- A unique membership card - renewed each year.
- Community Business Discounts - on presentation of your membership card!

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: _____

Would you like to receive your newsletter via email? Yes / No
Would you like us to renew your membership each year? Yes / No

Donation: (optional) \$10 \$20 \$30 \$50 Other: \$ _____

Signed: _____ Date: _____

Please return this form to admin@ageconcernhoro.co.nz
or 14 Durham Street, Levin to complete your enrolment.
PAYMENT CAN BE MADE VIA ONLINE BANKING OR CASH

OPEN DAY - Saturday 1 October

Volunteer Kāpiti and Age Concern Kāpiti

10.00am – 1.00pm | International Day of Older Persons
Kāpiti Impact Hub, 6 Tongariro Street, Paraparaumu

Come and Celebrate | Rejuvenate | Reconnect

You are invited to our Open Day to celebrate the new office space. Come along and join in fun activities and celebrate the International Day of Older Persons 2022. You will also discover the services, activities and opportunities provided by Age Concern Kāpiti and Volunteer Kāpiti.

Some of the activities will include free introductions/demonstrations: yoga, line dancing, Steady As You Go exercise and much more! We will be running TechHelp sessions for anyone who needs some help using their mobile phones or laptops etc.

There will be music, plenty of food and fun – *so come along and join us!*

Age Concern Visiting Service

This service previously called Accredited Visiting Service, now has a new name – Age Concern Visiting Service – and it still provides clients with weekly visitors.

I have recently lost a few of my visitors as situations have 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.

During the year ending July 2021-June 2022 our visiting service in Kāpiti made 1640 home visits and 735 phone calls. That's an amazing effort and shows what a positive impact our volunteers are all having on their clients' lives.

Alison Miller | AVS Coordinator

AgeConnect Update

AgeConnect Kāpiti continues to be a key platform for Age Concern Kāpiti to reach older people to help prevent loneliness and social isolation by providing information and activities that help them stay connected and involved. There is 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 – all create barriers for people.

Loneliness is an issue at any age but can be more challenging for older people as they possibly have lost some networks and support, that they used to enjoy.



As people age, they often find themselves spending more time alone. People need to feel valued and have something to get up for in the morning.

If we can link someone to an organisation or activity they are interested in, then they are more likely to make connections and form friendships.

For further details go to our website
www.ageconnectkapiti.co.nz

Accessibility Issues

In our last magazine I spoke about Social Isolation and Loneliness. One dimension recognised as being a good way to avoid this “condition” involves getting out and about and “being around people more often than you have in the past.” As we age some of us are going to have to deal with mobility problems therefore accessibility can become a major issue. When I look at the New Zealand Standards 4121:2001, Section 4 – Accessible Routes the section with the title 4.3 General it reads that

“People with disabilities shall be able to:

Park their cars in accessible car parks;

Approach the accessible main entrance (or entrances) to the building or facility by footpath on an accessible route;

Enter the building or facility at an entrance, which has a level threshold, or which is approached via an incline or ramp with an appropriate gradient;

Move freely inside and to use the facilities within the building or facility;

Operate electronic access mechanisms and systems.”

As I now must deal with somewhat limited mobility these points make good sense to me. To use a cliché “knowledge is power” so I think that when we find we

have to deal with what I'll call “Accessibility Issues” it is up to us to bring our concerns to the attention of those who are responsible for the location where we experience these difficulties.

After all – when we were younger, we never imagined that we might one day have to deal with limits to our mobility! And another point to remember is that we all have one thing in common – we are all ageing from the day we are born, and this is complicated by the fact that we cannot see into the future!

If I take myself as an example – I used to be a leader in a Tramping Club, and most weekends would see me up in the mountains with a pack on my back – I have also done most of our Great Walks and I used to kayak a lot too. That said – I do enjoy recalling those tramps and I often find myself hoping that others will get the chance to enjoy them too! Back to “me” – as I have already said – in those days I never ever imagined that I would end up with limited mobility! Such is life! But – I am learning of ways to compensate for these limitations – and hopefully this is something that many of those with limited mobility will also be able to do.

Check out our website:

www.ageconnectkapiti.co.nz

Jill Stansfield

Executive Committee Member of Age Concern Kāpiti

**Our AGM is being held on Tuesday,
6 September at 10.00am.**

Venue: Grace Hall, Kāpiti Impact Hub, 6 Tongariro Street, Paraparaumu.
Guest speaker: Karen Billings-Jensen, CEO of Age Concern New Zealand

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 \$20

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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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.

Our July meeting was a games and group quiz competition.

Our guest speakers in August were two volunteers from the Kāpiti Museum in Waikanae. They are both Age Concern Volunteer Visitors as well. They talked about the history of the Museum as well as being very informative about the history of the Kāpiti Coast.

Time: 10.30am – 12 noon

Venue: Tui Room, Kāpiti Impact Hub

Dates: Thursday, 1 September 2022
Thursday, 6 October 2022
Thursday, 3 November 2022



Steady As You Go Exercise Classes

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 14 October, 9.30am - 10.30am

Where: Kapiti Impact Hub,
6 Tongariro Street, Paraparaumu

Waikanae

When: Fridays, 1.30pm - 2.30pm

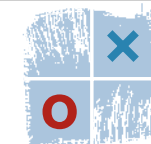
Where: Baptist Church Hall, Te Moana Rd, Waikanae

Otaki:

When: Thursday, 6 October, 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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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.

Editorial supplied by Courtenay Hearing Centre



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

With winter weather and changing weather conditions, now, more than ever we must be aware of safer driving requirements. The course is a friendly noncritical look at driving regulations and provides helpful tips on better driving habits.

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, Kāpiti Impact Hub,
6 Tongariro Street

Dates:

September: Monday, 5 September;
Thursday, 29 September

October: Tuesday, 11 October;

November: Thursday, 10 November;
Thursday, 17 November

Otaki: 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 (Kāpiti) and you come directly to our office phone.

Light refreshments provided by Age Concern Kāpiti – please BYO lunch.

Fundraiser - Movie Night

We held a very successful movie night fundraiser at the end of June with 60 people attending.

There were nibbles and spot prizes before the movie. We would like to thank everyone who supported us on the night and bought raffle tickets.

I would like to thank the following business who very generously donated to the night: Pak'n'Save Paraparaumu for the gift voucher which provided the food we enjoyed. Coastlands Aquatic Centre; Coastlands Dollar shop; Coastlands Shopping Town – management; Harrisons Garden Centre - Peka Peka; Health For Life; Keyosk Locksmith; Life Pharmacy; Paper Plus; Repco Kapiti; Super Cheap Auto and Wet And Forget. All donated items for the spot prizes or raffle. Profit from the evening will go towards our new office space.



Companion Walking Service

Age Concern Kāpiti is currently setting up a new service, Companion Walking Service with Julie Hodgson the coordinator.

The Companion Walking Service (CWS) is for older people who would benefit from the security and companionship of a volunteer to assist them on walks. We are currently seeking volunteer walkers for this service.



The benefits of this service include physical, social and mental wellbeing. It is well known that older people are vulnerable to social isolation and loneliness.

The Social Report 2016 showed that 10% of New Zealanders aged 64-74, and 13% of those over 75 feel lonely all, most, or some of the time. Furthermore, Toi Hau Tāngata the Social Wellbeing Agency found that the COVID-19 pandemic is likely to increase social isolation and loneliness. They reiterate that social isolation and loneliness are both associated with poor health and wellbeing.

The introduction of this service is timely. Anecdotally we are all aware of people who have stopped going out, attending events and who are generally participating less in the community. Many people's lives have become narrower and restricted due to less engagement and interaction with others.

The Kāpiti CWS will complement the other programmes that are run by Kāpiti Age Concern. These include our Age Concern Visiting Service; Steady As You Go (falls prevention exercises), Healthy Ageing Together group, Staying Safe: refresher course for the older driver, and Life Without a Car.

If you are interested in becoming a Volunteer Walker – please contact the office or Julie directly on cws@ageconcernkapiti.co.nz.

Companion Service Coordinator

Kia ora koutou

I am the new Coordinator for the Companion Walking Service (CWS) at Age Concern Kapiti.

I have just started this role after completing an internship with Age Concern Kapiti as part of the Certificate in Public Health and Health Promotion, which I have now graduated from.

I have been a Kāpiti Coaster for thirteen years now and absolutely love it. I live in Raumati South with my wee dog Ashley and I'm fortunate to be able to walk to the beach. The beach is one of my passions, whether it is walking, splashing in the waves, or dusting off the boogie board.

I have also been doing a bit of tramping – nice easy ones and I have even completed an overnigher. So, to balance this out I like to have a good blob on the couch with either a book or binging on the latest show I am hooked on. Meanwhile there is gardening to do.

My background includes fifteen years as a case manager at ACC, and even further back roles as a recruitment consultant and employment advisor. I have a Masters in Occupational Psychology and currently volunteer at the Friends of Animal Charity Opportunity Shop in Paraparaumu Beach. I also work part-time as a community navigator.

I look forward to being able to make a difference to those of us who may be isolated, or lonely and would appreciate a walking companion.

Julie Hodgson

Companion Walking Service Coordinator



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

You will by now have noted that Age Concerns have a new logo. This was launched nationally at a breakfast at Parliament in Wellington on 1st July and at Age Concern Palmerston North and Districts on 20th July by our Chairperson Christina Brenton at a Special General Meeting at our offices, followed by lunch and an open afternoon.



**AGE
CONCERN
PALMERSTON
NORTH & DISTRICTS**

**He Manaakitanga
Kaumātua Aotearoa**

We are all delighted with this new logo with the three Huia feathers representing the qualities of leadership, mana, and community. Individual Huia feathers suggest the mana of older adults and the leadership role Age Concern takes. The circle of three feathers portrays the concept of community, friendship, and respect—all things we at Age Concern value and uphold. Whilst we have a new logo the support and services you expect from us will continue as before.

Age Concern staff are always happy to come and talk to groups about Age Concern and our services. We can also give presentations about living Life without A Car and Falls Prevention. If you would like a speaker for your group phone Marian on 06 355 2832



Chairperson Christina Brenton launching our new logo at a Special General Meeting on 20th July.

St John Winter Wellness Bags

On 2nd August we took delivery of 35 Winter Wellness Bags from Pauline Cooper, Community Engagement Coordinator, Community Health, Central Region of St John. These bags are full of useful items and goodies and our staff will look forward to distributing them. The Bags also include information about the St John Health Shuttle and information about Age Concern.

The members of Palmerston North Area Committee of St John are concerned about how older people are managing in the community this winter. There is so much sickness around and this winter seems to be a particularly bleak one. They decided to put together some gift bags which older people might welcome and appreciate and they chose Age Concern Palmerston North and Districts to distribute these Winter Wellness bags to Age Concern clients.

Thank you to the Palmerston North Area Committee of St John for their idea and putting the Bags together and to Pauline Cooper for facilitating this.



Pauline Cooper of St John (right) with manager Marian Dean of Age Concern Palmerston North and Districts.

It's Back! The Afternoon Tea Dance for International Day Older Persons

After several cancellations in 2021 the Afternoon Tea Dance will take place on 4th October this year, so contact us to reserve your place. It will be held at the Senior Citizens Hall. Ian Farmer has been booked to play the music and organise the dancing and we are really looking forward to hosting you, dancing with you and serving you a delicious afternoon tea. There is no charge to attend.

The theme of the International Day of Older Persons 2022 commemoration is "Resilience of Older Persons in a Changing World." We have all needed to be resilient in the face of COVID and lockdowns and isolation and this winter seems to be a long one, so it is great that we can offer you the Afternoon Tea Dance, something to look forward to. It is free but numbers are limited so please phone the office on 06 355 2832 to confirm your place.



INVITATION TO AN Afternoon Tea Dance for INTERNATIONAL DAY OF THE OLDER PERSON



TUESDAY 4th OCTOBER

*Celebrate with us from 1.30-4pm
Spot prizes, dancing, and
entertainment with Ian Farmer*

**AT THE SENIOR CITIZENS' HALL
309 Main Street, Palmerston North
FREE**

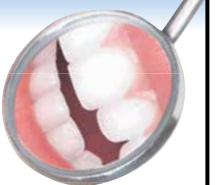
to confirm your attendance contact
Age Concern (06) 355 2832
If transport is required, please let us
know. Limited Free parking available

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



Art and Craft

A social creative space
for seniors

with
**AgeConnect
Manawatū**

Fortnightly on
Wednesdays
1.30 pm to 3.30 pm

For more
information or to
register contact
us now !!!!

Phone Bernie on: 06 355 2832 or 027 282 4765
facebook.com/ageconnectmanawatu

Talk and Walk

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

with
**AgeConnect
Manawatū**



For more
information contact
us now !!!

Phone Bernie on: 06 355 2832 or 027 282 4765
facebook.com/ageconnectmanawatu

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

AgeConnect Manawatū had its inaugural meeting on Wednesday 29 June 2022 of people interested in forming a social walking group where participation and social interaction are more important, than speed, distance, or duration.

At this meeting we received feedback that the desired walking time for most people would be between 30 and 45 minutes. Our task was then to look at how the group would operate looking at each person's individual circumstances particularly around the pace they would like to walk at. We were not sure if the group would walk as one, or if we would break into two small groups.

The first walk was held on Wednesday 9 July 2022 and from this people were able to ascertain if this walking group was going to meet their needs. Several people found the pace to slow, and we were able to provide them with details of other walking groups in our community.

We cancelled our second walk due to the extreme weather. July 2022 was an extraordinary wet month and nationally it was the wettest July on record with the vast majority of the country observing well above normal rainfall and Palmerston North was no exception. We were also aware that the next 8 weeks would see an increase of illness in the community with

covid numbers increasing and the winter flu.

Based on this information we decided it was not the right time to start a new walking group, so we have deferred the group walking until the start of spring, when the weather is better and the winter season with illness is behind us.

In the meantime Chris and Jo our volunteer walking group leaders are providing companion walks to those who have joined our group.



Chris and Jo

If you would like to start walking with a companion walk or are thinking about joining our Talk and Walk group in spring, contact us now and let us have a chat about how we may be able to help. Please contact:

Bernie Walker at AgeConnect Manawatū
Phone 06 355 2832 or 027 282 4765
Email: bernie.walker@ageconcernpn.org.nz
www.facebook.com/ageconnectmanawatu/

MANCHESTER HOUSE

Te Whare O Manchester

Achieving Community Resilience



Manchester house Senior Hub Feilding

Welcome to the Manchester House Senior Hub! We are a well-established 65 and up senior facility who offer a fantastic range of interactive activities for the seniors of Feilding. While we like to introduce new programs we also maintain our traditional coffee morning and of course our bingo! Our amazing fitness/facilitator Lee Bryan will challenge your physical wellbeing and you can connect with some of our other programs on offer. Call Lee on 021 0255 3614 or visit the Feilding Senior Hub on Face book.



SeniorNet are at the Hub every Tuesday to help with you with learning the basics or helping to upgrade your digital skills. We also run courses that will help you use your device with confidence and open up a completely new world of technology. Appointments are essential with John and Kevin. Ph. John 0223552500



Our Art classes hosted by Artist Joe McMenemy were very popular and produced some amazing art works. The art project reignited old passions or beginning a new one. We hope to continue having a drop-in art group after Joe's classes finish here at the Hub.

Senior Expo

Independent – Engaged – Connected

The senior expo is being held on 14th October 2022 at the Feilding Civic Centre 84 Aorangi Street, Feilding. Here you will find representatives from many agencies, organisations & clubs for that important face-to-face contact and connection. We have over 50 exhibitors attending! Call Sandy 3232410 or 0274488632

AgeConnect Manawatū: Art and Craft group



The first meeting of our Art and Craft group was on Wednesday 27 July 2022. The focus of this meeting was for our craft experts to showcase their crafts and for us to get feedback on what creative activities people may like to do.

Yoko and her team showcased a range of different crafts using both “upcycled” and new materials.

Activities included: Terrarium’s, wall hangings, bottle top games, soft toys, pinecone crafts-Christmas trees, play dough craft, dorodango, paper craft-origami, collage, fabric craft, sewing bags, draft stops, pinecone bird feeder.



Alison who specialises in a card making showcased a range of options available. Activities included: simple cards, complicated cards, folder making, junk journals, collaging art -magazine, other pictures, and repurposing books. Alison also showed us examples of diamond art and shaving cream marbling.



From the showcased photos you can see there are dozens of ways to be creative with the guidance of our craft experts. We are also looking at the feedback we received about suggested crafts and activities to see what may be possible for us to provide. The AgeConnect Art and Craft group is free and will be providing the art and craft resources or you may like to bring along your own activity (e.g. knitting) and simply enjoy working on your own project, while enjoying the company of others.

The Art and Craft 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. Come along, be creative and meet new people, have fun, and enjoy a cup of tea or coffee.

We are also currently exploring the option of having a separate painting and drawing group with an art teacher/ tutor, so if this is something you may be interested in, please let us know.

To find out more or to register your interest in any of these activities please contact: Bernie Walker at AgeConnect Manawatū Phone 06 355 2832 or 027 282 4765.

Email: bernie.walker@ageconcernpn.org.nz



www.facebook.com/ageconnectmanawatu/

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Age Concern Palmerston North and Districts

STEADY AS YOU GO®

Falls prevention exercise for strength and balance.




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

There are places available in the following Palmerston North Groups:

- Rangiora Community Centre, 102 Rangiora Ave, Roslyn. Wednesdays, 10.30am-11.30am
- 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 & DISTRICTS
He Manaakitanga Kaumātua Aotearoa

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

Life Without a Car

Is there Life Without a Car?



AGE CONCERN PALMERSTON NORTH & DISTRICTS
He Manaakitanga Kaumātua Aotearoa

We provide information about keeping connected when we no longer drive. Not driving doesn't have to limit our activities or prevent us from enjoying life. Adjusting to life without a car doesn't mean losing independence or freedom.

Life Without a Car is a ONE-HOUR, FREE presentation:

- enables you to stay connected to whānau/family, friends, and places
- highlights a range of possibilities to remain mobile
- offers alternative ways of getting about in the community
- suggests many options to keep involved and enjoying activities
- gives valuable insights into adapting our lifestyle and planning for the future
- encourages living positively without driving

Age Concern Palmerston North and Districts staff can deliver this presentation to your group.

To book your speaker phone Marian on 06 355 2832 or email marian.dean@ageconcernpn.org.nz




Rhythm and Move

Join instructor Maria Merrick for this great exercise programme set to music from the 70s, 80s and beyond! This is a great opportunity to improve your strength and balance and so reduce your risk of falls, whilst moving to music you love. Everybody is welcome. Entrance is a \$2 donation.

Venue: Rangiora Community Centre, 102, Roslyn Palmerston North.


Times: Mondays 1.30 – 2.30 pm (not first Monday of Month) Wednesdays 9.15-10.15 am


FREE STAYING SAFE REFRESHER COURSE FOR OLDER DRIVERS



AGE CONCERN STAYING SAFE

A REFRESHER COURSE FOR OLDER DRIVERS





This FREE classroom based course will help you re-familiarise yourself with traffic rules and safe driving practices. It will also increase your knowledge about other transport options and help you remain independent for longer.

FEILDING

DATE: August 24th TIME: 12.30 pm to 4 pm

VENUE: The Senior Hub, 14, Bowen St., Feilding

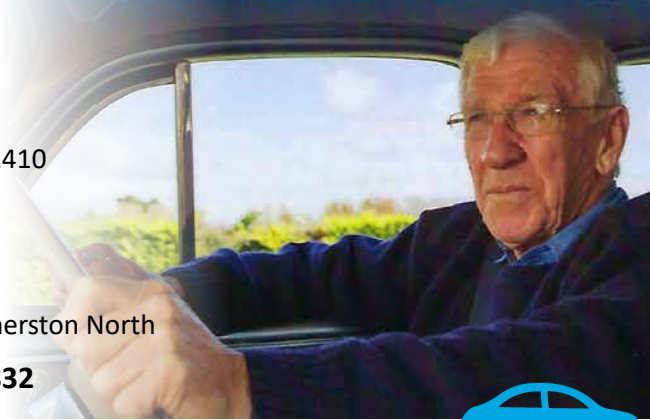
Phone Sandy Hirst at The Senior Hub to register on 06 323 2410

PALMERSTON NORTH

DATE: September 14th TIME: 9.30 am to 1 pm

VENUE: Age Concern Palmerston North and Districts, 251, Broadway Ave. (entrance on Vivian St) Palmerston North

Phone the Age Concern office to register on 06 355 2832



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.

World Elder Abuse Awareness Day 15th June 2022

The level of elder abuse that older people in our community experience is on the increase. Referrals and enquiries to Age Concern Palmerston North and District's Elder Abuse and Response Service increased by 34% and the number of clients we supported increased by 37% in just one year. In the year from 1/7/21-30/6/22 we responded to 337 enquiries and referrals from people concerned about elder abuse, compared to 251 enquiries and referrals in the previous 12 months. In that same period, we supported 125 older people who experienced abuse, supporting them to become safe, compared to 91 older people in the previous 12 months.

Whilst our staff offer support to older people who experience abuse, we also have a role to promote issues around elder abuse, making older people and the community aware of what elder abuse is

and what people can do if it happens to them or to someone they know or who they know of.

On Elder Abuse Awareness Day, we hosted Tangi Utikere MP to morning tea and were able to talk with him about what is happening in our communities as well as the services that Age Concern Palmerston North and Districts provides.



Tangi Utikere MP with the staff of Age Concern Palmerston North and Districts

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.

editorial supplied by Kapiti Coast Funeral Home

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

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