

SUMMER 2022/23

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**AGE**  
CONCERN  
WELLINGTON  
REGION

He Manaakitanga  
Kaumātua Aotearoa

# Seniority

**SENIORS WEEK**

**HELPING END  
LONELINESS**

**ANNUAL APPEAL 2022**



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## From the CEO



Welcome to the final issue of Seniority for the year. And what a year it has been! Covid-19 has presented everyone with another rollercoaster of a year, and our programmes have not been immune from disruption. But what inspires me is the way our amazing volunteer team continued to reach out to seniors by phone when they couldn't meet in person. It's so wonderful to see friendships develop that reduce the feeling of isolation and loneliness for so many.

In this issue we're highlighting our annual appeal. As a charity, we rely on the generosity of individuals and other funders to keep this work going. One of the great things about Age Concern's services is that they're free. Many of our clients can't afford much, so keeping our services free to all is an absolute priority.

Many people I meet are surprised to find out we're not fully Government funded. In fact, only around 30% of our funding comes from central Government. We have great partnerships with the Wellington City Council, Hutt City Council, Wellington Community Fund and other funders too who also support our work. But, my vision is to see more individuals from the Wellington Region contributing, even if in just a small way. Please consider making a donation to our annual appeal.

As we draw closer to Christmas, I want to wish you a wonderful festive season and a great summer! Thank you for remaining connected with us and we look forward to sharing more about our work with you in 2023.

*Stephen Opie*

Age Concern Wellington Region CEO

## Mavis – Community Connector



If Mavis isn't lawn bowling, swimming, taking voice lessons, or participating in a Steady As You Go exercise class, she's probably at home baking the most delicious scones you've ever tasted. Or perhaps she's sewing or knitting a useful gift for a friend. Despite Mavis being nearly 84 years old, she keeps more active than most.

Mavis is a people connector in her community. She has a gift for finding opportunities to link people together. When she read about a falls prevention exercise class in a local newsletter, she invited a partially-blind friend along and the two became regular class attendees. Mavis eventually led the class, and through word-of-mouth, contributed to making the class thrive.

"We lookout for each other," Mavis says about the exercise group. "Maybe it comes from years of coaching bowls, but it just seems normal to make sure the others are alright."

Her garden is carefully manicured, and her sunny home smells of fresh baking and strawberries. She gives a motherly comforting hug when you come through her door. She grew up in Wellington and has lived in her community for most of her life. Her father started the local volunteer fire brigade with some friends after they saw the need for it during a major house fire at a Linden home belonging to Whittaker's great chocolate makers. Her family has deep roots in Tawa.

When Mavis and her husband had their house built several decades ago, there was a frog pond next door. A school was to be built there, but plans changed and the space is now a park. Mavis has been widowed for a few years but still loves living in her home.

Mavis is probably most famous in her Tawa community for her impressive flag collection. For her 60th birthday, Mavis asked her family for a flagpole. She can't remember what gave her the idea, but she now has 75 flags in her collection and each has a story. She hasn't bought many of them though – most are gifts that friends buy on their travels. One man from Island Bay heard about Mavis' flag collection and donated his own collection when he downsized his home. When Roger Federer retired recently, she flew the Swiss flag. This week, as one of her guests is English, she flew St George's flag. People sometimes stop and take photos of her flags, often happy to see a flag that has a special meaning to them.

Mavis is a trusted friend to many. She feels lucky when she meets people, lucky to have new people in her heart. Her advice to others is to try to keep strong and healthy. She wishes we would hear more about the good families rather than hearing so much about problems. "I just wish everybody would love each other, that's all. Somehow, we need to be happy in our lives – it's sad when people can't be happy."

Covid has been difficult for Mavis, particularly because she chose not to be vaccinated, meaning she was excluded from some of her usual activities. "I'm not upset about the mandates, I just accept what happened and keep positive," she says. Despite having to cut back her activities, she agreed to lead Age Concern Wellington Region's weekly live online exercise class when needed, and even be filmed for Age Concern's new Steady As You Go DVD. In many ways, Age Concern has become an important part of Mavis' life. Age Concern's exercise classes and the monthly community hubs for seniors help give a rhythm to Mavis' life, and of course she uses these opportunities to invite others who would benefit from the services as well.

Age Concern Wellington Region is thankful for Mavis' contribution to our programmes, and we're proud to call her our friend.

*Lorna Harvey* | Communications Coordinator

# Helping End Loneliness

As the CEO of Age Concern Wellington Region, I often think that if I could just get those not yet at retirement age to imagine life at 85, many more people would want to reach out and connect with seniors. But it's hard for us to imagine ourselves being a little bit older than we are, let alone 30 or 40 years older. When we try to, our imaginations tend to focus on material things like whether there will be flying cars, or artificially intelligent robots doing all the housework for us. I don't think we wonder if we'll have anyone to talk to.

What I really want people to try and imagine is what it might be like to live alone, and perhaps with a health condition that restricts your movement. Maybe your children live far away and can't visit easily. Maybe contact with your social circles has diminished since your spouse or partner passed away.

How do you go out? How do you maintain relationships with your friends? How often do you have a conversation with someone other than the doctor, pharmacist or the checkout person at the supermarket?

Trying to imagine our lives like this is somewhat concerning, and we soon stop. But this is a real situation for many seniors across our Region. Every week, our team are meeting older people referred to us who are isolated and lonely. Many have mobility issues that can prevent them from taking part in normal community life. This results in fewer social connections, which can have a significant impact on mental and physical wellbeing.

Loneliness is still one of the most common issues arising from the more than 4,500 community support phone calls we receive each year. Research shows that having weak social

connections carries similar health risks to being an alcoholic or smoking 15 cigarettes per day. Social isolation is also known to increase the risk of serious health conditions such as dementia, stroke and heart disease.

The good news is that, compared to the potential health risks, loneliness for seniors can be relatively easy to address. And this is a focus for Age Concern. We're currently reaching more than 200 seniors with weekly social connection through our Visiting, Walking and Phone Friend services. Our Steady As You Go falls prevention programme reaches hundreds more every week, many of whom come for the social connection. Our Connect programme also provides a great framework for social interaction over tea, coffee and some good food.

I have met countless seniors taking part in these services who tell me first hand how much better they feel because they've been able to connect with others.

It's very true that we don't know what we've got till it's gone. For seniors, this applies to friendships and social connection as much as anything else. A simple conversation, a hug, laughter and sharing food is good medicine for the soul. More than that, being in relationship with others is a vital part of life!

Stephen Opie | CEO

**YOU CAN HELP US REACH MORE LONELY AND ISOLATED SENIORS**

Our goal is to help end loneliness for older people in the Hutt Valley, Porirua and Wellington City. I have a strong team of passionate and caring staff who deliver high-quality services, and who take great joy in seeing someone who was lonely connecting with a friendly volunteer or coming to one of our events. As the population of seniors grows, and many seniors wrestle with housing affordability, the rising cost of living and the strained health system, demand for our services is increasing.

About half of the income we need each year comes from local and central Government. We need to find the rest. You can help us by donating to keep these services going and growing.

- \$24 can help us provide an hour of social connection
- \$42 can help us assist 7 callers to our support line
- \$72 can help us provide an hour of social connection to three seniors
- \$210 can help us provide a group social connection event

# You can help

There are three ways you can donate to our annual appeal - **over the phone** (04 499 6646), **on our website** ([www.acwellington.org.nz](http://www.acwellington.org.nz)) or **using this form**. Just pop this form in an envelope and send it to us (address at the bottom).

**I would like to make a donation by**

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**Thank you! Please pop this form into an envelope and post it to us.**

Age Concern Wellington Region  
 PO Box 11108 Manners Street  
 Wellington 6142

## Seniors' Seminar Day

Age Concern Wellington Region contributed to Wellington City Seniors' Week this year by hosting many events, including a special Seniors' Seminar Day. The aim was to develop an event to spotlight Seniors' Week and help seniors connect with one another while learning some new things.

Several experts presented talks on four separate topics of interest to an assembly of more than 60 participants at the Johnsonville Uniting Church on 28 September. The event was free and even included lunch!

### The topics covered were:

- Better banking** and how to avoid scams in which representatives from ASB covered the need for strong passwords and the development of two stage verification procedures where larger amounts of money were involved. Presenters and participants shared experiences of the types of scams that are prevalent. The main message was that banks will not ask for your ID and passwords over the phone and to avoid any proposal to fix a problem by remote control.
- Information on Enduring Powers of Attorney** was presented by Porirua and Kapiti Community law. The presentation stressed the advantages of nominating someone trustworthy to legally make decisions on your behalf if or when you are unable to do so.
- Dementia Wellington** ran two Brain Health seminars, outlining aspects of dementia and the benefits of identifying activities that sufferers enjoy plus providing support for them to continue with these interests for as long as possible.
- Te Whatu Ora / Health NZ and Age Concern Wellington Region** then closed the day with a seminar on Advanced Care Planning (planning for end-of-life care). The presentation advised on the benefits of setting out your values and likes with respect to how you would prefer

to be treated by carers and other health professionals in later life.

Each of the seminars was well attended with lots of interaction from the audience. Discussion also continued during the session breaks.

In addition, a representative from the Stroke Foundation was on hand to provide free blood pressure checks.

Feedback from participants indicated that the sessions were all greatly appreciated and that attendees had gained knowledge and information from the presentations. They also had the opportunity to meet the staff of Age Concern Wellington Region which they appreciated.

### Mick Calder

Age Concern Wellington Region Office Support volunteer



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## PLANNING FOR THE UNEXPECTED

**Many people have heard the term 'Enduring Power of Attorney' before, but don't necessarily fully understand what it means. Having an enduring power of attorney, or EPOA, is something that could save you and your family a lot of money, stress and complications later in life.**

In New Zealand, an EPOA is a legal document that authorises the person or people you name as your "attorney" to act for you, and make decisions for you about your property and personal care and welfare. An EPOA doesn't normally kick in until your GP or doctor says you need it. This is usually when you become so ill or are in a bad accident that you can no longer make decisions for yourself. Your EPOA document lets your attorney make decisions for you about your property and health.

Your attorney has your 'legal powers' and can't be blocked by such things as the Privacy Act.

There are two types of EPOAs: a EPOA that deals with your property and money, and a EPOA that deals with your health and medical care.

Everyone should consider getting an EPOA, you don't need to be a certain age. It can give you and your loved one's peace of mind. Disaster can strike at any time, and you may not see it coming. You should get an EPOA when you don't need one so that your family are saved the stress of getting and EPOA or welfare guardian orders after something happens to you.

Most law firms can help you prepare an EPOA for a fee. **Age Concern Wellington Region has partnered with Porirua and Kapiti Community Law to offer a special price for Members to complete an EPOA. Call 04 499 6648 for details.**



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## Companion Walking Service Celebrates Third Birthday with National Award



Age Concern Wellington Region recently received a Golden Foot Walking Award for its innovative Companion Walking Service, a perfect way to celebrate the service's third anniversary.

Living Streets Aotearoa awarded the Golden Foot to Age Concern staff at a special ceremony. The Award is made by Global Wood Rework (Wellington) from recycled Rimu.

The New Zealand Walking Awards are held every two years to celebrate and recognise New Zealand achievements for walkers by acknowledging innovative new facilities, highlighting national best practise, and rewarding ongoing commitment to walking. The awards are open to all - private companies and public organisations, not-for-profit groups, community organisations and individuals.

Living Streets Aotearoa judges awarded Age Concern the highest overall points in the Walking category, describing the service as "A great model programme that encourages walking for the aged, and particularly important for those recovering from health issues."

Ellen Blake from Living Streets Aotearoa said, "The Companion Walking Service reduces social isolation and helps get people back on their feet and out in the community. That's good for both mental and physical health and wellbeing. We hope this unique service is an inspiration for others to set up similar programmes to help

people recover from health issues."

The Companion Walking Service (CWS) matches trained volunteers with older people who are experiencing reduced mobility, mild cognitive impairment, or a need for companionship. Over 60 client-volunteer pairs around the Wellington Region go out for a weekly walk to improve mobility and gain confidence.

The service has allowed many people with mobility issues to go out and enjoy a stroll in the park or just a short walk around their neighbourhoods, accompanied by a volunteer. Walkers benefiting from the service have commented that they enjoy the companionship, find the service to be wonderful, and that the walks have improved their mobility. It has been life-changing for many.

Walking, as Ellen Blake says, is an everyday human activity. Living Streets Aotearoa strives to bring positive changes for walkers across Aotearoa. They don't only think about walking as covering large distances or tramping. Walking from the living room to the kitchen or walking to a corner shop are important as well. Access for walkers of all types is one of the important issues that Living Streets Aotearoa tackles. Accessible footpaths, for not only people on foot but also in wheelchairs and with mobility devices, are crucial. But the organisation is also supportive of cycleways.

A five-millimetre cable across a footpath is a significant trip hazard, and tree roots, loose pavers, eScooters, broken glass, for example, can cause significant issues for people with reduced mobility.

Wellington City Council's webpage, Fix It (<https://services.wellington.govt.nz/report>) allows people to report issues. There is also a phone service for urgent issues: **04 499 4444**. For Porirua, the number is **04 237 5089**. For Hutt City, the number is **04 570 6666** for urgent issues, and for Upper Hutt, the number is **04 527 2169**.

"We're really pleased to receive this Award," said Stephen Opie from Age Concern Wellington. "We knew it was a great programme, but it means a lot to us that others recognise this too. The

Companion Walking Service helps keep older people active, engaged and living independently." Age Concern Wellington Region is glad to contribute to increased access to walking for older people with mobility issues in the Wellington Region. Happy third birthday Companion Walking Service!

*If you can walk 200 metres or about 15 minutes, and you would like to know more about the Companion Walking Service, please visit [www.acwellington.org.nz](http://www.acwellington.org.nz) or call 04 499 6654.*



### About Living Streets Aotearoa

Living Streets Aotearoa is the New Zealand organisation for people on foot, promoting walking-friendly communities. They are a nationwide organisation with local branches and affiliates throughout New Zealand. They want more people walking and enjoying public spaces more often, be they young or old, fast or slow, whether walking, sitting, commuting, shopping, between appointments, or out on the streets for exercise, for leisure or for pleasure. Find out more here: <https://www.livingstreets.org.nz/>



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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](http://www.courtenayhearing.co.nz) for more information.**

*Editorial supplied by Courtenay Hearing Centre*

## Physical Activity

Staying active is important when you're getting older (including if you have health conditions). Regular physical activity can improve your health and wellbeing, and make it easier to perform daily tasks.

Summer is a good time to start a new activity – most of us feel more motivated in the warmer weather to get up and get moving.

**Physical activity is any movement of the body that uses energy. It is important to be as physically active as possible and limit sedentary behaviour.**

You should aim for a mixture of aerobic, resistance, flexibility and balance activities.

Joining an exercise group is a wonderful chance to meet new people and create new social connections.

### Remember

- Speak to your doctor before starting or increasing physical activity
- Start off slowly and build up to the recommended daily physical activity levels

### Recommendations for older adults

#### 1. Spend more time being physically active and less time sitting down

Do lots of daily physical activities such as:

- walking to the shops
- vacuuming
- gardening
- washing the car

*Any level of physical activity is better than doing nothing!*

#### 2. Aim for at least 30 minutes of aerobic physical activity on 5 days each week. Aerobic activity makes your breathing and heart rate increase.

Some examples of aerobic activities to increase your heart rate and breathing include:

- brisk walking
- ballroom dancing
- cycling
- kapa haka
- lane swimming
- playing with grandchildren
- kilikiti.

Do 60 minutes aerobic activity on 5 days each week for additional health benefits and to lose weight.

#### 3. Aim for 3 sessions of flexibility and balance activities, and 2 sessions of resistance activities each week (in addition to the aerobic physical activity). Doing exercises that strengthen your leg and core muscles and improve balance will reduce your risk of falling. Evidence shows that exercise classes designed to improve strength and balance reduce the risk of falling by up to 30%.

Some examples of resistance, flexibility and balance activities include:

##### resistance (for muscle and bone strength):

- o carrying shopping
- o standing up and sitting down repeatedly
- o weight training

##### flexibility (for easy movement):

- o stretching
- o gardening
- o yoga
- o pilates
- o balance (to prevent falls):
- o bowls
- o modified tai chi
- o Steady As You Go
- o standing on one leg
- o yoga.

Community Strength and Balance Programmes aim to identify and approve community based exercise classes that reduce the risk of falls and increase balance and strength for older adults. Classes range from gentle chair based exercise, tai chi, yoga, dance, boxing, energetic aerobic and traditional weight bearing classes.

For more information on Community Strength and Balance exercises you can visit [www.livestronger.org.nz](http://www.livestronger.org.nz)



Source: [www.health.govt.nz](http://www.health.govt.nz); [www.livestronger.org.nz](http://www.livestronger.org.nz)

## ABBA-SOLUTE HIT SHOW RETURNS TO NZ!

Dancing Queen: A Tribute to ABBA Touring New Zealand, Nov-Dec 2022

New Zealanders will be able to dance their way into the festive season this year when Dancing Queen: A Tribute to ABBA tours from 4th November to 19th December.

Direct from Australia, the well-travelled show returns for its first NZ performances since 2020 and will stop at a mammoth 33 venues in 46 days.

The show brings new cast member Brit Jess Driver - in the role of 'Agnetha' – to perform alongside Australian Zac Coombs as Bjorn and South Africans Giselle Bouwer as Anni-Frid and André Behnke as Benny.

Producers Showtime Australia used the forced 'downtime' during the recent pandemic to revamp production on the show so even repeat attendees will find the show fresh and fun.

"Abba is famous for having those catchy classic tunes that never get old so it's a hard show to get sick of!" says vocalist Bouwer.

The show promises over two hours of Abba's biggest hits each night, all performed live on stage by a hand-picked 8-piece international cast, with world-class

production and visuals to accompany. Tracks such as Mamma Mia, Dancing Queen, Waterloo, Knowing Me Knowing You, Money Money Money, Super Trouper, SOS, Fernando, Voulez-Vous, Gimme Gimme Gimme, Chiquitita, The Winner Takes It All and Thank You for the Music have all made the set list and are bound to turn each event into a joyous singalong.

Tickets for all events are available now, but selling quickly. To book, visit your venue's website or box office, or go to [dancingqueen.com.au](http://dancingqueen.com.au) for more information.



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# Highlights from Seniors' Week



CEO Stephen Opie welcomes participants to a Seniors' Week event



Participant Val at Tea & Tech



Exercise groups around the Region enjoyed Seniors' Week



Brain Health session with Dementia Wellington



Sean Thompson speaks about Advance Care Planning



More Steady As You Go fun



Event participants Jan and Joan enjoying a break between events



Age Concern staff chatting with Morag from the Stroke Foundation

## Seniors' Seminar Day

More than 60 participants came to Johnsonville Uniting Church to hear about:

- Better banking and avoiding scams from ASB
- Information on Enduring Powers of Attorney from Porirua and Kāpiti Community Law
- Brain Health from Dementia Wellington
- Advanced Care Planning from Te Whatu Ora/Health NZ and Age Concern Wellington Region



## Tea & Tech

Age Concern holds several 'Tea & Tech' sessions around the Wellington Region each year to help seniors with tech issues.

Participants are able to take their time getting answers from volunteers and staff, and feel supported with their technology questions.



## Be SunSmart This Summer

You can be SunSmart and still enjoy the great outdoors. Being SunSmart is about protecting yourself from too much ultraviolet (UV) radiation from the sun. All you need to do is Slip, Slop, Slap and Wrap.

### Slip, Slop, Slap and Wrap Four Ways to be Safe in the Sun

#### Slip

- Slip into the shade of an umbrella or a leafy tree. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.
- Slip on a shirt with long sleeves. Fabrics with a tighter weave and darker colours will give you better protection from the sun.

#### Slop

- Slop on plenty of broad-spectrum, water-resistant sunscreen of at least SPF 30. Apply 20 minutes before going outside and reapply every two hours and especially after being in water or sweating.
- The average sized adult should apply at least ½ teaspoon to each arm and to the face (including the ears and neck) and at least a teaspoon to each leg, the front of body and back of body.
- Sunscreen should not be used as a way to stay out in the sun longer. Instead, use it as a way to reduce the risk of damage to the skin when exposure to the summer sun is unavoidable.
- Keep sunscreen in handy places where people are most likely to be reminded or need to use sunscreen E.g. by the door at home or work, or in your swim bag, sports bag or handbag.

#### Slap

- Slap on a hat with a wide brim or a cap with flaps. More people get sunburnt on the face and neck than any other part of the body.

#### Wrap

- Wrap on a pair of sunglasses. Choose close fitting, wrap-around glasses that cover your eye area and protect the sensitive skin around them.

**Sun Exposure:** It is still important for your general health and wellbeing to continue to get some sun exposure even during the hottest months (September to April). This should be a walk (or some other form of outdoor physical activity) 5-6 days a week, planned for the early morning (before 10.00am) or late afternoon (after 4.00pm).

[sunsmart.org.nz](http://sunsmart.org.nz)



## Strawberry Santas

**Makes: 20** Time to  
**make: 15 minutes**

#### Ingredients:

- 20 medium-large strawberries, hulled for a flat base
- 100g Philadelphia Light cream cheese (Note: other brands of cream cheese can be too runny for this recipe; this is the one we've found works best.)

- 4 - 6 tsp icing sugar, to taste
- 40 mini dark-choc bits or chocolate chips

#### Method:

Cut the top third off each berry and reserve. Stand berry bases on a serving platter. Mix cream cheese and icing sugar until smooth and creamy.

Pipe or spoon 1 tsp cream onto flat berry tops. Place reserved berry tops on top. Use the smallest piping nozzle to pipe mixture onto the tip of each strawberry "hat" (pompom) and onto "chest" (button).

Use tweezers to place 2 chocolate pieces onto each cream "face" (eyes). Refrigerate until ready to serve.



## Census Day is 7 March 2023

The census is a survey of everyone in Aotearoa New Zealand. It counts every person in the country, and the places where they live or stay. The census gives us the most complete picture of life around the country, and in each of our communities.

The next census is on Tuesday 7 March 2023. You can do the census as soon as you get your forms and instructions. Stats NZ will start delivering these in February 2023.

## NZ Fraud Squad Scam

Recently we were made aware that a new scam is circulating. The scam involves a call from a person saying they are from the New Zealand Fraud Squad. The scammer will give seemingly legitimate details, (address, phone number) and will work to convince victims that the Police and their bank are corrupt and attempting to take their money. They advise the victim to withdraw their money from the bank and put it into their term deposits, which will then keep it safe. The scammer will even offer to come to the victim's house to collect money if they don't have online banking.

**Beware of calls like this – they are a scam. If you are ever concerned that you have been scammed, call the Police and your bank immediately. They have staff that can help.**

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## Meet the Team – Welcoming our New Staff

Age Concern Wellington Region has a small staff team which is focused on supporting and enabling our much larger volunteer team. During the last six months, four new faces have joined the office team – three on the permanent staff and one as an office intern to learn the ins and outs of a charitable organisation.

### Tania Fleming

#### Social Connection Coordinator – Hutt Valley



Tania's connections to the Hutt Valley go back three generations - her grandad worked in the sawmill in Akatarawa. Born and bred in Upper Hutt, she resides in Trentham with her family.

Tania enjoys meeting new people and building

relationships, and has enjoyed a varied career including working for big organisations, as a homebased childcare educator, relief pre-school teacher, sales representative, and support worker. She lived in Australia for a short time attending The Queensland School of Floristry and doing some voluntary work.

Volunteering has always played a big role in her life including being on playgroup committees, budgeting helps, counselling and pastoral care teams.

She has two sons. Her eldest recently graduated from Massey University receiving his Bachelor of Nursing, and now works at Hutt Hospital.

Tania's second son is self-employed primarily installing playgrounds around the lower North Island, bringing happiness to many children. Both her boys have been a real joy and delight to raise and still are. Tania's mum, or 'Nan' as she is affectionately known, also lives with her in the family home. Tania loves getting out into nature for walks and spending precious time with her friends and family.

Recently while travelling in the deep south to

Queenstown, Tania found the incredible grandeur of the massive, rugged, snow-capped Remarkables to be spectacular and breath-taking.

Tania has been very excited to embark on this new journey with Age Concern and to serve her community by connecting people to brighten the day of our seniors through the visiting and companion walking services.

### Kay Webster

#### Advanced Care Planning Coordinator



Kay joined Age Concern in September 2022 after working at the Karori Community Centre for four years. She brings her expertise in community development, having spent nearly 25 years working in the Not-for-Profit sector. She

therefore brings an excellent knowledge of the resources we have available in our community.

Kay is coordinating the new Advanced Care Planning service for Age Concern Wellington Region in partnership with Te Whatu Ora – Health New Zealand. Kay will lead this service and help seniors in the Wellington Region plan for their end of life care. She is available to make presentations to your group and to work with individuals in developing their Advanced Care Plan.

Kay has two children and lives with her husband in Karori. She loves shoes and is world famous in

Karori for her Russian fudge. Otari-Wilton's Bush is her happy place.

More information about the Advanced Care Planning Service will follow in the next issue of Seniority, but if you'd like to know more, please call 04 499 6646 or email [acp@acwellington.org.nz](mailto:acp@acwellington.org.nz)

### Victoria Foley

#### Administration Assistant



Victoria joined the Age Concern team as Admin Assistant in the winter of 2022. She has lived in the UK, Middle East and Australia before coming back to New Zealand with her husband and two young children to enjoy all the South Coast of Wellington has to offer.

She loves working with numbers and is a huge support to the team.

### Ashleigh Weyermayr

#### Intern



Ashleigh joined the team recently to gain work experience before she finishes her studies and moves out into the workforce. She is studying at Massey University (Wellington Campus) for a degree in Communications specialising in Public Relations and Media

Studies.

As part of the final year, students are encouraged to take up an internship to widen their business experience, and Ashleigh opted to seek a role with a non-profit organisation for two months.

She joined Age Concern to help us with our communications.

Ashleigh is a Wellingtonian, but spent 12 years growing up and attending high school in West Auckland before moving back to Wellington five years ago.

In addition to her studies, she likes writing and has another part-time copywriting job composing articles on anything asked of her. She also works part-time at a cinema. She complements these with a love of film and of photography.

*An internship is a period of work experience offered by an organisation for a limited period. Once confined to medical graduates, internship is a widely used practice for a range of placements in businesses, non-profit organisations, and government agencies. They are typically undertaken by students and graduates looking to gain relevant skills and experience in a particular field. Age Concern Wellington Region enjoys working with interns, primarily in communications and marketing support roles.*



DEAR JOHN...



### Dear John

My very elderly mother is fiercely independent and lives alone. However, over the last year or two many of her friends are no longer with us, and those left have moved into care. As a result, she sees very few people. Her family live in different parts of the country. Is there any way I can help by keeping her engaged and interested in life?

She is on limited income, only having her Superannuation, so cost for services would be a consideration.

Many thanks, Mervin, Brooklyn

### Hello Mervin

I think your mother is in a similar situation as many others in her generation. They came through the war and have dealt with many hardships. They often seem to feel their current state of affairs is bearable.

As you make no mention of her receiving care at home, I assume she has none.

May I suggest the first thing to do is to ask her GP to organise an assessment (done by the District Health Board)? She may be entitled to a number of services which are all free. Also, having an assessment is like drawing a line in the sand – if her situation/condition deteriorates there is a starting point from which to measure.

Some other applicable free services available can be found at Age Concern Wellington Region. We offer a Visitor Service, whereby someone approved by Age Concern Wellington would call weekly just for a cup of tea and a chat. If she is a little unsteady on her feet, she could also access the Companion Walking Service, where again an approved volunteer would take her out for a walk. I think these two services might be a good starting point with which to engage her. More information can be found on the Age Concern website ([www.acwellington.org.nz](http://www.acwellington.org.nz)).

I hope this goes some way towards helping your mother.

Sincerely yours, John

### Property and Belongings

Property crime can have a devastating impact. Here are some simple steps you can take to make your home and property as safe as possible:

Always lock your car, motorbike, bicycle or other vehicles. A car alarm, steering lock, or good quality chains are extra deterrents too. Ideally keep all vehicles in a garage or out of sight.

When out and about, keep your belongings secure and close to you. Separate your house and car keys, especially if you have an address on the key ring.

Don't provide places for burglars to hide - keep bushes and trees trimmed.

Don't answer the door for someone you don't know or don't want in your home. Ask for identification if they say they represent a company. If you're outside for an extended time, e.g. in the garden, lock your front door.

Keep valuables out of sight - If it can be seen, it can be a target. Keep receipts, warranties, valuations, and serial numbers in a safe place. Take photos or videos of jewellery, art and other precious items.

Secure your doors, windows, sheds and garages with good quality locks. Install security stays on windows, especially those on ground level.

### Getting to Grips with Technology

As access to information, banking, shopping, and so much more moves increasingly online, the digital divide grows. Quite a few local banks are closed, and online payments have become the norm. This leaves many seniors in the Wellington Region digitally excluded.

When seniors call Age Concern, their concerns are often linked with technology. Diane Turner, Director at the Office for Seniors, recently wrote that around 1 in 5 New Zealanders cannot or do not wish to interact online. Bridging the digital divide gap has become increasingly important and challenging.

Age Concern holds several 'Tea & Tech' sessions around the Wellington Region each year to help seniors with technology issues. At a recent event during Seniors' Week 2022, Age Concern held one-to-one sessions in partnership with ANZ and Wellington City Council. Volunteers from ANZ spent the day helping seniors with technology issues.

The participants' comfort level with tech varied. "I learned how to text someone without them texting me first today," commented one participant. "I wish we could have this workshop everyday as it's wonderful. Thank you for the service," said another.

Ebony Perrot, a Tea & Tech volunteer from ANZ, helped Mary\*, a participant in her 70s. Mary was comfortable with online banking on her computer but needed help with using banking on her smart phone. She also struggled with the speed of the moving cursor. Ebony was able to show Mary how to use the search function and change settings, allowing Mary to see new ways of solving issues. "You don't have to navigate through



all the options, you can just use the magnifying glass (search function) and search words," Mary commented.

"Mary said she had early-stage dementia and sometimes finding words was difficult. By typing a few words in the search function, the answer usually comes," Ebony said about her session with Mary.

The best part about the Tea & Tech sessions, according to several participants, was that they didn't feel rushed, and they were able to take their time getting the answers they needed.

Age Concern will be running more Tea & Tech sessions in the future. Call 04 499 6648 for more information.

*\*names have been changed to protect privacy*

Lorna Harvey | Communications Coordinator

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## Curious Conversations

Not long after I first started working for Age Concern, I sat next to an older man at one of our community hubs. We shared lunch together while he told me his story. Turns out, he moved into our suburb as a child (a very long time ago). For the past 70 years, he's watched as it turned from a few large paddocks into a busy 'township'. He had a great story, and I enjoyed listening to him tell it.

Everyone's got an interesting story to tell, young and old. We're surrounded by fascinating people who have done, or are doing, amazing things. That's why we started Curious Conversations.

During the Omicron Covid-19 wave earlier this year, we couldn't hold our group events including our community hubs. So, we decided to start something online, for those who were able to use Zoom video calling. We called it Curious Conversations and we invited a wide range of interesting people to join us and share their stories. What started as a 'stopgap' initiative turned into a year-long series of conversations watched by hundreds of people.

Our first event was with Anna Fifield, editor of the Dominion Post and Stuff's Wellington newsroom. Anna told us about how journalism had taken her from the Hawkes Bay to London, Washington and even to North Korea.

Following Anna, we had 11 more Curious Conversations sessions, with the last during Seniors' Week when we welcomed Retirement Commissioner

Jane Wrightson who shared some fascinating insights into how New Zealanders are preparing, or not preparing, for retirement. History Professor Peter Lineham talked about the state of religion across the world and in New Zealand. Then for something completely different, we hosted local Poet Keith Westwater who told his story of being a Regular Force Cadet in the 1960s through poetry.

We also hosted our first international guest, Tilly Boleyn from Science Gallery Melbourne. Tilly told us about the creative ways the Science Gallery is working to draw young people in through a collision of art and culture with science.

In between we had a former Governor General, an expert on Bees, an Antarctic educator and a former diplomat, plus a few more. Many viewers joined us live online for each session, but many more, 1,450 to be exact, have since watched the videos on our website afterwards.

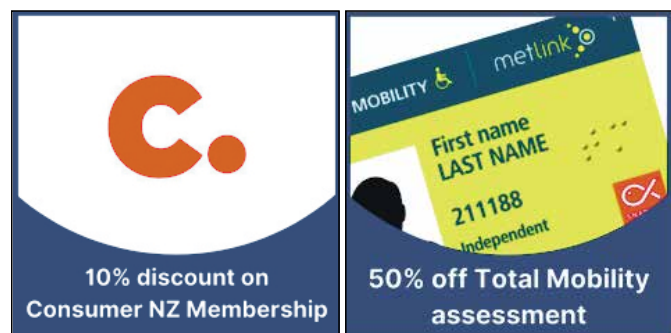
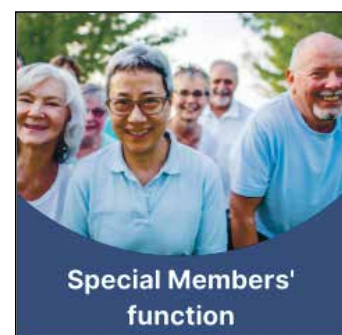
Curious Conversations will be back in 2023, starting just after Easter. In the meantime, if you missed any of the sessions, they were all recorded and are on our website.

Visit [www.acwellington.org.nz/curious-conversations/](http://www.acwellington.org.nz/curious-conversations/) to see them all.

*Stephen Opie* | CEO



## MEMBER BENEFITS



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**Please see our website for information on how you can support our work or return this slip to the address below.**

**I wish to support the work of Age Concern Wellington Region by:**

*(Please tick the relevant boxes)*

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- Making a regular donation of \$.....
- Becoming a Member \$.....  
(\$30 single, \$40 couple)
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**Age Concern Wellington Region Inc.**

Forward this form or contact us with your address. **Age Concern Wellington, PO Box 11-108, Manners Street, Wellington 6142 or phone (04) 499 6646.**

## Age Concern Wellington Region Services:

### Companion Walking Service



Would you like to go out more but find it difficult to go out on your own? If you'd like to go for a walk in your community, to the park, local café or shops, then we can help. Our carefully chosen and trained volunteer walking companions are keen to support you.

### Age Concern Visitor Service

Our Visitor Service provides companionship to people over 65 who are lonely and would like a regular visit from a friendly volunteer. We aim to match people with volunteers who live in the same area and have similar interests.

If you're feeling lonely or if you know someone who would like a visitor, then contact us and one of our AVS Coordinators will be in touch.

### Advance Care Planning

What matters most to you when you think about your health changing? Advance care planning is the process of thinking about, talking about and planning for future health care and end of life care. Age Concern Wellington Region offers a free Advance Care Planning service. We can come and help you complete your Advance Care Plan.

### Steady As You Go Exercise Classes

Steady As You Go falls prevention exercise classes are designed to improve strength and balance and help prevent a fall. The 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 take around an hour. Gold coin donation entry. Please see back page for a list of classes.



### Phone Friend

Do you feel a little lonely but not sure you would like a visitor in your home? Would you enjoy a weekly phone call from a friendly volunteer? We may be able to match you with a Phone Friend volunteer. Call 04 499 6645 for more information.

### Staying Safe Refresher Driving Courses

Staying Safe is a free classroom-based refresher workshop for senior road users. Age Concern delivers this programme in partnership with Waka Kotahi (NZTA). The workshop aims to maintain and improve safe driving practices and increase the knowledge of other transport options available to help senior road users remain safely mobile. Please call 04 499 6648 for upcoming course dates

### Volunteers Welcome

If you have a little spare time and would like to volunteer with Age Concern Wellington Region, we'd be happy to hear from you. We have a particular need for volunteers in Lower Hutt. Please email [info@acwellington.org.nz](mailto:info@acwellington.org.nz) or call 04 499 6648

Thank you to all the supporters of Age Concern Wellington Region



**AGE CONCERN WELLINGTON REGION**

### On email?

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**You can subscribe through our website**

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**or email us at**

**[news@acwellington.org.nz](mailto:news@acwellington.org.nz)**



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*Many thanks*



## Did you enjoy reading this copy of Seniority?

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for only **\$25** and receive your copy every quarter in the mail!

# Steady as You Go Classes 2022

\* Please visit our website or call **04 499 6648** for updates on classes before attending for the first time.

DAY	TIME	LOCATION	ADDRESS
Monday	10.30 am	Karori Community Centre	7 Beauchamp St, Karori
Monday	11am	Knox Church Lower Hutt	574 High Street, Boulcott, Lower Hutt
Monday	12pm	St Peters Church, Garden Room	170 Victoria Street, Te Aro
Monday	1.30 pm	Walter Nash Centre	20/22 Taine Street, Taita
Tuesday	11 am	Koraunui Stokes Valley Hub	184 Stokes Valley Rd, Stokes Valley, Lower Hutt
Tuesday	11am	Wainuiomata – Holy Trinity Anglican Church	40 Wainuiomata Road, Wainuiomata, Lower Hutt
Tuesday	1 pm	Vogelmorn Hall	Mornington Rd, Brooklyn
Tuesday	1 pm	Johnsonville Uniting Church	16 Dr Taylor Terrace, Johnsonville
Wednesday	9.30 am	Live Online Class	Zoom
Wednesday	12 pm	All Saints Church, Hataitai	90 Hamilton Road, Hataitai
Wednesday	12 pm	Eastbourne Community Hall	Tuatoru St, Eastbourne, Lower Hutt
Wednesday	1pm	Whirinaki Whare Taonga Arts & Entertainment Centre (Expressions)	836 Fergusson Drive, Upper Hutt
Wednesday	1.30 pm	Walter Nash Centre	20/22 Taine Street, Taita
Wednesday	12 pm	Karori Community Centre	7 Beauchamp St, Karori
Thursday	11 am	Bob Scott Retirement Village	25 Graham St, Petone, Lower Hutt
Thursday	12 pm	Tawa Community Centre	5 Cambridge Street, Tawa
Thursday	1 pm	Koahunui Stokes Valley	184 Stokes Valley Rd, Stokes Valley, Lower Hutt
Friday	10 am	Johnsonville Community Centre	3 Frankmoore Avenue, Johnsonville
Friday	1.00 pm	Loaves & Fishes, Wellington Cathedral of St Paul	2 Hill Street, Thorndon