

SUMMER 2022 QUARTERLY NEWSLETTER

www.ageconcern.org.nz

Age Concern Marlborough



**AGE
CONCERN
MARLBOROUGH**

He Manaakitanga
Kaumātua Aotearoa



*Merry Christmas
& Happy New Year
from us all at Age Concern*

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Contact Information

Phone: (03) 579 3457

Email: admin@ageconcernmarlb.org.nz

Address: Marlborough Community Centre,
Room 1, 25 Alfred Street, Blenheim 7201

OFFICE HOURS

Community Welfare Coordinator

Jillie Jaspersmith

7.30am - 3.00pm Monday to Thursday
support@ageconcernmarlb.org.nz

Office Administrator

Meryl Jones

10.00am - 1.00pm Monday to Friday

Volunteer Coordinator

Meryl Jones

volunteer@ageconcernmarlb.org.nz

Office Email: admin@ageconcernmarlb.org.nz

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

A Word from the Chair

Greetings to all our friends and members,

It is hard to believe that we are fast approaching the "festive season" after what has been another difficult year.

Many of us have had first-hand experience of COVID and it is certainly not a pleasant one, for most of us. Worse still COVID has rebounded in much of New Zealand with very high numbers of us falling victim. If you have not yet received your second COVID booster (or even your first) please don't hesitate to contact your local Pharmacy or Doctor and arrange this urgently.

The sudden closure of the Clubs of Marlborough has impacted very heavily on many of our members. It has been a wonderful facility providing many services to a large number of local organisations and we await the outcome of the discussions ahead. We, at Age Concern, have had to reschedule several bookings, including our Christmas Bridge Tournament, which fortunately we have been able to move to the Picton Bridge Club, although it has to be a day later - this is an important fundraiser for us.

For many of our members, the cost of living has become a real problem. We may be able to work with you to problem solve. Ring our Office, or call in, and discuss the issues with Meryl or Jillie. We do want to help.

SCAMS are on the increase at present and I urge you all to be very careful with emails, phone callers and door knockers who are seeking money, passwords and bank account information etc. Some of these scams come from overseas but there is an increase in NZ based scams. Please do NOT give over any information without careful checking first. If you are uncertain check with our Office for assistance.

My very best wishes and thanks to you all for your interest in Age Concern. I hope you have an opportunity to relax with friends and family over the next few weeks and we can all hope for a more cheerful and positive 2023.

Marge Scott | Chair
Age Concern Marlborough



Our Services – Age Concern Marlborough

Visiting 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 our volunteer coordinator will be in touch.

Friendship Group - A social club for a cuppa and a chat with a monthly guest speaker. Held the second Tuesday of each month from 10am – 11.30am at Sowmans Lounge Hutcheson St. Please phone the office between 10-1pm Monday to Friday to register your interest in catering purposes Ph: 5793457

SAYGO - 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. Please call the office for days, venues and times.

Staying Safe - 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 03 5793457 for upcoming course dates.

Phone Friend - Do you feel a little lonely but not sure you would like a visitor in your home? Would you enjoy a weekly friendly phone call? We may be able to match you with a Phone Friend volunteer. Call 03 5793457 for more information.

Volunteers Welcome - If you have a little spare time and would like to volunteer with Age Concern Marlborough Region, we'd be happy to hear from you. Please email admin@ageconcernmarlb.org.nz or call 03 5793457.

Community Welfare Coordinator - Is available to support and assist people aged 65+ with any social, health or wellbeing issues.

Total Mobility Scheme - Assesses and provides Total Mobility Cards to eligible people so they can receive subsidised taxis to ensure they can still access services and social connections when they are no longer able to use public transport. Please call the office to make an appointment.

Our office hours are Monday to Friday 10-1pm Ph 03 579 3457. If you would like to leave a message outside these hours, please leave your name and contact phone number on the voice message service.

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

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

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



Aberleigh Rest Home provides loving care in small homes with access to beautiful gardens.

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www.aberleigh.co.nz



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Many thanks

Do you want to help end loneliness?

You are not alone; Age Concern New Zealand wants to end loneliness in New Zealand too!

Richard has an amazing and caring family, but they are all scattered throughout New Zealand and some even further afield chasing their dreams overseas. His wife passed away last year as have many of his friends. He was finding it difficult to make new friends and became depressed and felt very alone most days.

A chance comment from his GP about Age Concerns visitor service sparked Richard into action.

"I admit that it was hard to take the first step, in fact I had several false starts because I was scared to admit that I was lonely, a bit embarrassed really.

Anyway, I took the plunge and immediately was glad I did. I was treated with respect and made to feel comfortable when I talked about my situation with the Age Concern visitor coordinator. She explained that loneliness is a major issue and at some stage in our lives we all get lonely but not everyone does something about it. That made me feel better!

She was really interested in finding a person to visit me with similar interests and she did - Henry!

Henry's first visit to me is etched in my memory – he came through the gate with a smile from ear to ear and I knew we would get on then and there. He was the only visitor I had had in two weeks, and it really helped me feel better just seeing him.

Together we now debate the latest issues and catch each other up on local news, we have started to walk to the local park and now try and pop into the shops. I never knew how much my life would change by adding one person, but it has, and I am so overwhelmed - We have become great friends!

Henry loves meeting people and wants to volunteer his spare time. Becoming an Age Concern volunteer visitor was a perfect fit!

"I have met some amazing people and made some true friendships volunteering as a visitor. I am so lucky!"

"I have noticed that since I started visiting Richard, he stands a little prouder, is getting onto repairs around the house and is laughing, always laughing!"

"We would never have crossed paths unless we both took the step to join up with Age Concern – and I know that we and our families are so happy we did!"

What can you do?

Donate to Age Concern New Zealand to help us train and support more volunteer visitors.

Would you like more company?

If you are feeling lonely, or would just like more social contact, it's important to do something about it, and Age Concern can help. Our Accredited Visiting Service is a befriending service that provides regular visits to older people who would like more company. Our visitors are volunteers who are keen to spend time with an older person for about an hour each week to enjoy conversation and shared interests and activities.

Do you have time for older people?

Regular visits can make a real difference to an older person's health and happiness, and our volunteers tell us that they really enjoy and benefit from, their role. If you would like to spend time with an older person and have an hour or so a week to spare, we want to hear from you. Please contact us on 03 5793457.



FREE STAYING SAFE REFRESHER COURSE FOR OLDER DRIVERS



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

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

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



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

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

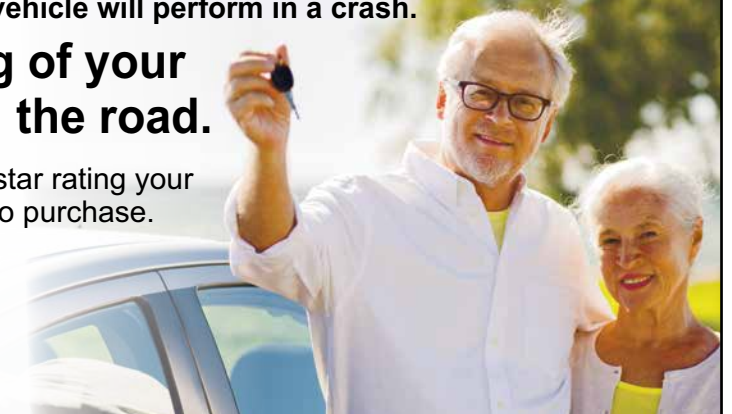
Your vehicle plays a major role in keeping you safe on the road. Safety ratings are the best way to know how well your vehicle will perform in a crash.

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

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



**MARLBOROUGH
ROAD SAFETY**



rightcar.govt.nz

Nutrition and physical activity continue to be important as we grow older. A healthy combination of good food and exercise can delay or even reverse many of the problems associated with ageing, helping older New Zealanders to continue living independently and enjoy a good quality of life.

To help you feel at your best:

- Have at least three meals every day. Include plenty of different vegetables and fruits. Eat from all four food groups. To learn about the recommended number of serves for each food group, read the Ministry of Health's Eating for Healthy Older People resource.
- Maintain a healthy weight. If your weight is a little low, have a snack between meals.
- Have at least 6-8 glasses of fluids each day, such as water, tea, coffee, and low fat, calcium-enriched milk, unless recommended otherwise by your doctor.
- Try to be active every day.

Nutrients that older people need more of:

There are some nutrients that older people need more of compared to people in younger age groups. It can be difficult to get all the nutrients you need if food intake is small, so having at least three meals plus snacks in between and keeping an eye on any weight changes is important. Older people need more:

- **Protein:** It provides energy and is also essential for the repair and maintenance of body tissues. Eating food from the legumes, nuts, seeds, fish and other seafood, eggs, poultry, and/or red meat with the fat removed group provide us with protein (along with a host of other nutrients). Older men should aim for at least 3 servings/day and older women at least 2 servings a day. Milk and milk products also provide us with protein. Aim to spread your protein intake evenly across the day i.e. having a good amount at breakfast, lunch and dinner and at snacks.
- **Calcium:** Older people need more calcium as the body breaks down bone at a faster rate in older age. Getting enough calcium is particularly important for post-menopausal and older women as they are at the highest risk of osteoporosis and fractures. Milk and milk products (e.g., yoghurt and cheese) are the best sources of calcium, aim for

at least 4 serves each day. Yellow-top milk which is fortified with calcium, and vitamin D is a good option. Many other foods also contain calcium, including calcium-fortified soy milk, tinned fish (with bones), certain nuts including almonds, brazil and hazelnuts, legumes, tofu and wholegrain bread and cereals. Enjoy a milky Milo or coffee, some yoghurt, cheese, milk-based puddings, sauces and soups regularly to improve your calcium intake.

- **Vitamin D:** It has an important role in bone health as it helps our bodies to absorb calcium from food. However, it is very difficult to get enough Vitamin D from your diet alone. The best source of Vitamin D is sunlight. Try to get out in the sunlight for at least 30 minutes a day, before 11 am and after 3 pm. Foods rich in vitamin D include oily fish, eggs, lean meat and vitamin-d fortified dairy products (yellow-top milk). If getting enough sun is difficult for you, discuss taking a Vitamin D supplement with your doctor

Other nutrients of importance:

While the recommended daily intake for the following nutrients is not greater for older people, it's very important to make sure you are getting enough of them:

- **Folate** is thought to help reduce the risk of illnesses such as heart disease and even some cancers. Not having enough folate may eventually lead to a type of anaemia called macrocytic anaemia, which can make you feel weak, tired, irritable and possibly give you palpitations. Include plenty of whole-grain bread and cereals, dark-coloured vegetables, fruit and legumes in your diet. When you go shopping, look for orange juices and cereals that are fortified with folate (have folate added in).
- **Vitamin B12** is needed for normal blood and brain function. Deficiency can produce a variety of symptoms, including pale skin, low energy, tiredness, shortness of breath and palpitations. As we get older, our ability to absorb B12 from food decreases- so it's one to watch out for. Medications such as metformin can also put us at risk of B12 deficiency (ADA, 2016). Most of our vitamin B12 comes from animal foods, such as meat, eggs and dairy foods or vitamin B12 fortified foods. If you avoid animal foods, it is generally recommended that you take a B12 supplement- speak to your doctor about this.

Cooking for one or two

Cooking nutritious meals for one or two people does not need to take a lot of time or effort and there are many ways to minimise waste.



- **Plan** your meals for a week in advance and make a shopping list.
- Go to the **butchery counter**, so you can buy meat in smaller portions, rather than the pre-packaged sizes in the chiller.
- **Cooking extra to freeze** and reheat at a later stage can save you time and effort. Many meals, such as stews, casseroles, soups, curries and lasagne, freeze well. Place them in single portions in either small containers or freezer bags, making sure to label and date the food. These meals can be reheated in the microwave, oven or on the stove.
- **Dried, canned and frozen** foods have a longer storage life, minimising waste. Baked beans, tinned sardines, spaghetti or creamed corn on toast can make a quick, easy and nutritious meal.
- **Store bread in the freezer** and take out only as much as you need each day.
- **Ready meals** are convenient and minimise waste. They are available in the fridge and freezer sections at the supermarket and delicatessens. Many companies in New Zealand also offer meal delivery services.
- Keep a bag of **frozen vegetables** in your freezer. They are convenient and allow you to use only as much as you need.

Ideas for gaining and improving appetite

It is important to maintain a good weight as you age. However, eating alone, ill-fitting dentures or poor teeth, illness, difficulty shopping, being on a tight budget

and some medications are factors that can leave you without much of an appetite. Talk to your doctor or a dietitian if you are concerned you aren't eating or drinking enough, or if you are losing weight.

- **Small meals and snacks** can be more tempting than being faced with a huge plate of food. Try scrambled eggs, creamed corn or baked beans on toast, creamy soups, and a bowl of fruit topped with yoghurt or ice cream. If you don't feel like cooking yourself, try some of the ready meals that are available in the fridge and freezer sections at the supermarket and delicatessens. Many companies in New Zealand also offer meal delivery services.
- **Include high-energy snacks** in your diet. Try having a snack from the milk and milk products food group or legumes, nuts, seeds, fish and other seafood, eggs, poultry and/or red meat.
- **Try adding extra milk powder** to milk and milky drinks, such as tea, coffee and hot chocolate, porridge and creamy soups. This will give you extra protein and calcium without adding bulk.
- **Enjoy a pudding** or dessert every day.
- **Use standard homogenised milk** (with the dark blue cap).
- **Try having your main meal in the middle of the day** as you'll have more energy to prepare and eat your meals. Save the dessert to have with your lighter evening meal.

The eating environment

The environment in which we eat affects our appetite. If you are preparing meals for someone who is not eating well, consider the following:

- **Add a tablecloth or flowers** to a table, and make sure suitable cutlery is available for the meal being served.
- **We eat with our eyes**, so consider adding a garnish to make a meal as appealing as possible. For example, a piece of parsley or slice of tomato can transform the visual appeal of a pale-coloured meal, such as fish pie or macaroni cheese.
- **Seasoning food** is important to stimulate the appetite. Use a little iodised salt in cooking and avoid using salt at the table, and you can use herbs whenever possible to add extra flavour and interest. Make pepper, sauces and chutneys available on the dining table.
- **Eating with others helps** to make a meal more enjoyable, so try to eat with those living alone from time to time and encourage them to join lunch clubs.

Age Concern Marlborough is now working with Crossroads, and what a great resource this is for Blenheim!

Crossroads offer a two-course meal every Wednesday from 5pm for only a donation.

It would be great if you could get behind this organisation!

There's no better way to enjoy a meal out with these crazy inflation prices. Everyone is welcome! It is a great opportunity to get out of the house, enjoy a nice hot meal and meet some new people. Alternatively bring your friends and enjoy a meal with them.

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



DOORS OPEN AT 5pm SERVICE BEGINS AT 5.30pm
TAKEAWAYS ARE AVAILABLE BY ORDERING BEFORE 12pm WEDNESDAY
AND PICK UP IS 5.30pm

Age Concern Marlborough would like to acknowledge the following businesses for providing generous donations to help us and our community recognise the work our invaluable volunteers do to support our clients.



WISHING ALL MY MARLBOROUGH CONSTITUENTS A VERY MERRY CHRISTMAS

The Blenheim office will be closed from Tuesday 20th December 2022 and re-opens on Monday 16th January 2023.

Stuart Smith
MP for Kaikoura



22 Scott Street, Blenheim
03 579 3204 or 0800 STUART
stuart.smithmp@parliament.govt.nz

Funded by the Parliamentary Service. Authorised by Stuart Smith MP, Parliament Buildings, Wgtn.

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

Having an advanced care plan means people will know your wishes, even if you can no longer tell them. It is a way for people to think about, talk about and share what matters to them now in case they are unable to say it later. These stories are about people with a diagnosis of dementia, but you can start your advance care plan as soon as you can. Find out more about advance care planning, including a series of videos at www.myacp.org.nz

Sarah Togher - Dementia Wellington

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

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

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

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

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

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

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

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

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

Terry and Colin

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

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

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

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

Kia kōrero

Let's talk

www.myacp.org.nz

Plan for your future healthcare with an Advance Care Plan



History of Aprons - poem by Tina Trivett

I don't think most kids today know what an apron is. The principle use of Mom's or Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses and aprons used less material. But along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids.

And when the weather was cold, she wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables.

After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

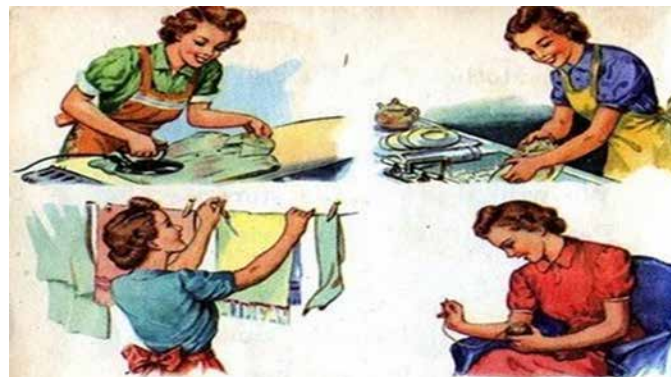
When dinner was ready, she walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.

Mom's and Grandma's used to set hot baked apple pies on the windowsill to cool. Her

granddaughters set theirs on the windowsill to thaw.

They would go crazy now trying to figure out how many germs were on that apron.

I don't think I ever caught anything from an apron – but love.



Needs Assessment and Service Co-ordination (NASC)

There is a range of health workers and services available for older people to support them to stay at home.

A needs assessment may be the key to accessing these services. Needs Assessment Service (NASC) aims to help you maximise your independence and self-reliance and to enable you to remain in their own home for as long as possible.

The NASC is the key agency that can:

- Authorise Government funded services for older people living at home including home-help and personal care assistance. You will need a Community Services Card to receive help with routine housework.
- Authorise Government funded short-term respite care for caregivers, day care or longer-term care.
- Authorise entry into long-term residential care such as rest homes, dementia units or private hospital. This authority is granted only when you are assessed as having high or very high needs and it is no longer safe for you to remain at home.

If you need financial help to pay for long term residential care you may qualify for a Residential Care Subsidy, but you must have completed a Needs Assessment first.

You can apply for a need's assessment, either in person or by referral from any other person, e.g. your GP. If you are currently living in the community, and your health circumstances have changed you are able to apply for a re-assessment of your needs.

To contact NASC phone 0800 244 300

Socks too tight?

We sell soft topped bamboo and cotton socks

3 pairs \$36

diabeticsocks.co.nz

Do something today that might just save your life! Free bowel screening now available across New Zealand.

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

Approximately 500-700 cancers are picked up each year through the programme, and thousands of polyps which might have become cancer are removed. The bowel screening test is quick and simple, and done at home. People are sent an invitation letter, a consent form, and a free bowel screening test kit. The National Bowel Screening Programme uses a faecal immunochemical test (FIT). It can detect tiny traces of blood present in a small sample of person's bowel motion (poo). This may be an early warning sign that something is wrong with their bowel. A positive test result does not necessarily mean a person has bowel cancer. Small amounts of blood in a bowel motion are most commonly caused by polyps, or other minor conditions such as haemorrhoids (piles), which can easily be treated. A positive test means further investigation is required. This will usually be a colonoscopy (an internal examination of the large bowel with a small camera on a flexible tube).

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

- A change to normal bowel habit that continues for several weeks.
- Blood in the bowel motion. Although these symptoms are usually caused by other conditions, it's important to get them checked by a doctor.

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

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Age Concern Marlborough Inc



FRIENDSHIP GROUP

FOR AGE CONCERN MEMBERS

A social club for a cuppa and a chat with monthly guest speaker.

Never let your friends feel lonely...

Disturb them all the time



Meetings are held on the 2nd Tuesday of the month from 10am – 11.30am

@ Sowmans (Hutcheson St)

Please call (03)579 3457

to confirm attendance

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it's a million little things.



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Steady As You Go® Falls Prevention

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

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

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

What is Steady As You Go?...

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

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

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

Physical benefits

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

Social benefits

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



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



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

Steady As You Go®

We currently have 5 weekly SAYGO classes running.

Monday 10.30 - 11.30
The Foundry in John Street

Tuesday 11.30-12.30pm
St Christopher’s Church Hall

Tuesday 1.30 - 2.30pm
Union Parish of Picton, Picton

Wednesday 1.30-2.30pm
Marlborough Community Centre

WHAT IS SAYGO?

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

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



DO NOT KNOCK STICKERS - FREE

It is now Illegal to ignore "do not knock" stickers. Changes to the Fair-Trading Act mean door-to door traders who ignore a Do Not Knock' sticker risk fines of up to \$30,000.

John Duffy of Consumer NZ says, "Over the years we have heard terrible stories of pushy salespeople hounding householders to buy products they don et want or need. In some cases, people have even purchased products just to get rid of the seller."

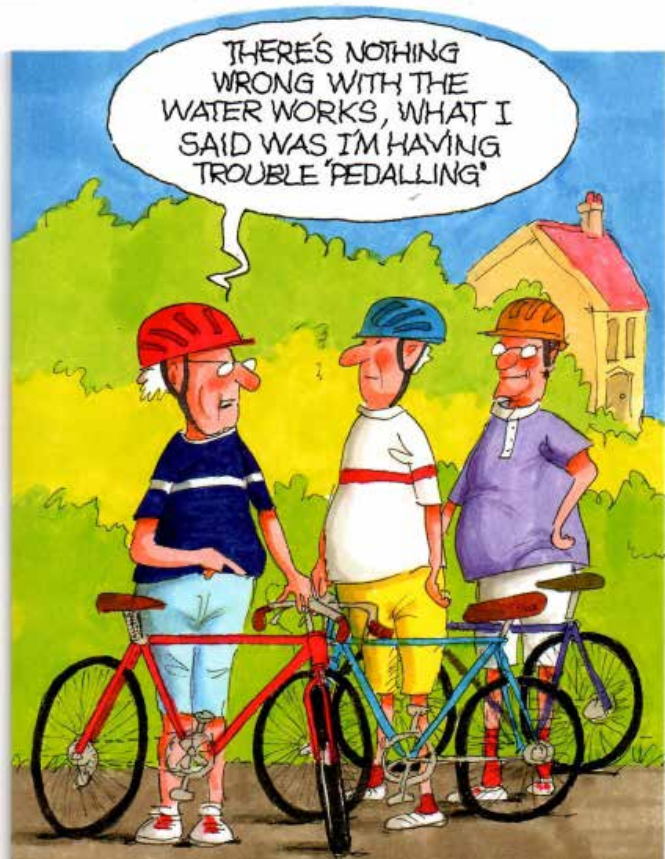
You don't need a sticker to benefit from these new consumer protections. If you tell a seller to stay away from your house, they must do as they're told for two years. If they don't do as they're told, or they ignore your sticker, you can complain to the Commerce Commission.

You can get a sticker from any Resene ColorShop or store that sells Resene paints or Age Concern Marlborough also has a supply of stickers.



Wheelchairs

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



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How does prostate cancer treatment affect sleep?

Sleep problems are commonly experienced by men with prostate cancer. Our team is studying how prostate cancer treatment affects sleep. We are looking for men to help us with this study-both those who have been diagnosed with prostate cancer and those who have not been diagnosed with prostate cancer.

If you meet the criteria below and are interested in taking part please contact us for more information.

- Eligibility criteria:
- Between the age of 55-75, fluent in English
 - Not currently on chemotherapy
 - Do not have bone pain due to cancer
 - Not currently on antidepressant medication
 - Not working shift-work
 - Not on treatment for or have not been diagnosed with anxiety or mood disorder
 - Do not sleep with a CPAP machine
 - Men who have and have not been diagnosed with prostate cancer are invited to take part

Participants will receive a koha of \$50 gift card.

This study involves:

- Sleeping at home while wearing a portable headband for 4 nights
- Refraining from consuming alcohol for 4 days
- Filling in questionnaires (15-20 min)
- One-time blood sample collection

Contact Details:
Fong Fu, Email: pca-research@otago.ac.nz
[This project has been reviewed and approved by the University of Otago Human Ethics Committee, (Health). Reference: H21/147]

National Census will be held on Tuesday, 7 March 2023

“The five-yearly official count of population and dwellings gives the most complete picture of life in our country,” Government Statistician and Chief Executive of Stats NZ, Mark Sowden said.

“The information collected is invaluable, helping communities, iwi, councils, businesses, and government make important decisions about where to fund and locate services that affect all people living in Aotearoa New Zealand.”

Stats NZ has taken on board the lessons of the 2018 Census, and the 2023 Census is being designed specifically to enable people to participate in the way that works for them.

“The 2023 Census will be the most inclusive census yet. People will have more choice about how they participate, either online or on paper. We will have significantly more paper forms available than for the previous census and will make these forms available earlier,” Mr Sowden said.

“We are also doing more to support people whose first language is not English and will deliver the census in a wider range of accessible formats to better meet the needs of disabled people.”

There will also be more support available to help people get ready for the census and complete their census forms.

“In the 2023 Census, there will be close to double the number of census collectors on the ground compared with 2018 to ensure people have what they need to take part. This will include help online, at your doorstep, or in your home for those who need the most support,” Mr Sowden said.

“Engagement teams from Stats NZ are working with communities around the country on how the 2023 Census can work best for them. A big focus for the 2023 Census is achieving the highest response rates possible, especially for Māori, Pacific peoples, and other population groups with historically lower response rates,” Mr Sowden said.

“There will be further community engagement leading up to census day to help people understand the importance of the census and feel confident about

taking part.
“This speaks to the theme for the 2023 Census: Tatau tātou – All of us count. By reducing barriers to participation and making it easier to complete, we are aiming to achieve high response rates so that we can produce quality census data that benefits all communities and groups in Aotearoa New Zealand.”

About the 2023 Census
The Aotearoa New Zealand Census of Populations and Dwellings is an official count of how many people and dwellings (where people live or stay) are in Aotearoa New Zealand. It is a snapshot of the people who live in our country and the places they stay in and call home.
The information collected is used to inform important decisions, including where to spend taxpayers’ money on services like schools and hospitals and infrastructure like roads and public transport. Community

organisations and iwi use census data to support funding applications so they can serve the needs of their people and communities.

Under the Data and Statistics Act 2022, everyone living or staying in Aotearoa New Zealand on the night of the census, Tuesday 7 March 2023, is required to complete a census form. This includes parents and caregivers completing census information for children and babies.

- You can find more information about the 2023 Census by:**
- visiting the official census information website, www.census.govt.nz
 - visiting www.stats.govt.nz/2023-census
 - emailing info@stats.govt.nz
 - calling 0508 525 525 (within Aotearoa New Zealand only).

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Inheritance law

The most controversial recommendations in the inheritance law revamp. Make it your business to know - Delinquent kids beware

Under the recommended changes, Kiwis who have fallen out with a parent and are cut out of their inheritance, will not be able to contest the decision.

“Under the new law, if you’re over 25, you will not be able to contest the will. If Mum or Dad leave it all to the SPCA or your brothers and sisters, well, that’s tough.”

Legal opinions about this law have been divided. The Law Commission came up with several recommendations to reflect those conflicting concerns, one of which (Recommendation 25) presented two options for reform. Under one of those options, children over the age of 25 would be ineligible to claim family provision unless they had a disability. The other option would enable all children and grandchildren of the deceased, regardless of their age, to claim.

Stepchildren recognised

Another change recommended is that stepchildren should be given the power to make a claim. “They don’t say how much, so it’s a little open-ended, but they do allow for the possibility,” says Phare. This could open the door to a whole new category of litigation between biological children and stepchildren all looking to assert their rights to inheritance. “One of the reasons to bring these statutes under one law was to make it easy, accessible, and clear. But in areas like this, where biological children become angry and defensive against stepchildren, it does open it up for more court action and hostility within the family unit,” Phare explains that a major motivation behind these changes is that the dynamic of the modern New Zealand family is far removed from what it was seven decades ago. “Back when the inheritance laws were written, there was Mum, Dad and the two kids. That’s not a reflection

of modern-day society, where re-partnering is much more common and there’s often one or more sets of children from previous relationships. That needs to be considered.”

Hidden Trusts

Trusts, long used by wealthier individuals to protect their assets, also look set to feel the impact of the recommendations from the Law Commission. “Under the current law, if a property falls outside the estate, nobody can touch it,” says Phare. “The Law Commission wants the court to have greater power to access trusts.” Phare says that if there is clear evidence that someone intended to use a trust to hide their assets to stop someone from inheriting, then there could be grounds for a claim under the new law. “There has to be intent and you (have) to prove that intent to the court, so it is a reasonably complex area,” she says.

Separated but still bound

Raising further concern is the Law Commission’s recommendation when it comes to separated couples. “In the event of separation, if one of the partners dies, the surviving partner can claim up to two years after the date that they separated,” says Phare. “They can make a claim against the estate, and the court can make that longer. If they presented a strong enough case, they could make that up to five years since separation.” Phare says although the law might seem controversial, it does serve a practical purpose. “You can’t get divorced legally until you’ve been separated for two years. And often, property settlement takes longer than two years, so it could be to protect people who are still waiting to get their share of the matrimonial property.” Gift Tax Exception For 2022, the annual gift-tax exemption has risen to \$16,000 per donor, per recipient. In 2021, this limit was \$15,000. Using this tax break, a giver can give someone else – such as a relative, friend or stranger – assets up to the limit each year, free of federal gift taxes.

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