

SUMMER 2022 QUARTERLY NEWSLETTER

[www.ageconcern.org.nz](http://www.ageconcern.org.nz)

# Age Concern Palmerston North & Districts



**AGE  
CONCERN  
PALMERSTON  
NORTH & DISTRICTS**

He Manaakitanga  
Kaumātua Aotearoa



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## Contact Information

### Age Concern Palmerston North & Districts

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**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 and Nanze Ngrazi

**Social Connection Coordinator:** Fern Brooking

**AgeConnect Manawatu Coordinator:**

**Administrator:** Morgan Robinson

#### BOARD MEMBERS

Christina Brenton (Chair)

Jeff Rayner (Finance)

Joan Chettleburgh, Paul Reiger, Ron Rowe, Margaret Ryniker, Monica Huisman.

## E bike training with Sport Manawātū



A course designed to help you enjoy the advantages of e bike and cope with some of the hazards. E bikes have been associated with an increase in injuries amongst older people, but the course will increase confidence and brush up your cycling skills.

The course runs for three Wednesday mornings from 23 November to 7 December; and spaces are limited to ten. It is taught by two sixty-year-olds who are qualified BikeReady instructors, and the course will be taught to that standard.

For more details contact Nigel Fitzpatrick at Sport Manawātū (027 383 7671) or to register email him at: Nigel.F@sportmanawatu.org.nz. Register early as there are only 10 places.

### Thanks to our Funders:



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## Welcome to the summer edition of the Age Concern Palmerston North and Districts newsletter.

This edition will be more focused on what is happening in Palmerston North and Manawatu Districts.

As the end of 2022 approaches it is a good time to look back over the past year and reflect on what has happened in the last 12 months. Age Concern Palmerston North and Districts restarted all programmes from the end of March, but with mask wearing and social distancing. We resumed Tea and Talks, and we began new programmes, Walk and Talk, Art and Craft and Companion walking. We continued to run seven Steady as You Go exercise groups weekly (5 in Palmerston North, 1 in Ashhurst and 1 in Feilding) and two Rhythm and Move classes weekly.

We ran seven Staying Safe refresher driver workshops. We are committed to delivering this high-quality workshop and we contracted a trainer Kathriona Benvie in 2022 to deliver this workshop for us. She is a very experienced trainer who is also a first aid trainer for the Red Cross.

A highlight of 2022 was starting the year working in our new offices. These offices are accessible, spacious, light, and centrally located. There is plenty of free parking on the streets around the office and there is a bus stop right on Broadway Ave. Age Concerns were rebranded nationally from July, with the beautiful new logo, a circle of Huia feathers. If you haven't yet visited us at Broadway Ave., please call in. Another highlight was that we were able to hold the International Day of Older Persons', Afternoon Tea Dance once again on 4th October, having had to cancel it in 2021.

We are pleased that the government and Ministry of Health felt able to lift the COVID-19 restrictions from mid-September. Since mid-September people can choose whether to wear a mask or not. We know that people continue to catch COVID-19 and that new variants regularly arrive in New Zealand. At the last report these new strains had yet to overtake the BA.5 Omicron variant but this could change. It is important to remember that if you have concerns about your health wear a mask when you are out in public.

We are looking forward to 2023. We have two new staff joining us in November: Nanze Ngrazi who joins

us as a social worker and will work with the elder abuse and community support team. Some of you may have met Nanze already as she was on a student placement with us from July to October. Morgan Robinson begins work with us as a senior accounts' administrator. She previously worked for the Multiple Sclerosis Society and has a wealth of skills and knowledge. You will meet her at our reception desk. We are pleased to welcome both to Age Concern Palmerston North and Districts.

I hope that you can enjoy the Christmas and New Year holidays with friends and family.



Best wishes

Marian Dean | Manager

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VILLAGE

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Enquire today!

Crafted with retirees in mind, these architecturally designed, brand new villas have Lifemark 4 accessibility features. The brick and tile two-bedroom villas with an adjoining conservatory offer spacious and easy retirement living.

Come and see our show home today!



**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.

## FREE PowerOne Size 13 (orange) Hearing Aid Batteries



We have two boxes of Size 13 (orange) hearing aid batteries to give away. They are in date until August 2026. If you can make use of them, please phone the office on 06 355 2832.



## Joyce Bailey: Age Concern New Zealand's Dignity Champion for September



We are fortunate to have great volunteers without whom we would be unable to provide our Visiting Service or run our Steady as You Go exercise classes. It is hard to single any one volunteer out, but in September we had the chance to nominate someone to be the Age Concern New Zealand Dignity Champion and we chose Joyce Bailey.

Joyce is the Peer Leader for the Tuesday Steady as You Go group in Feilding, run at St. John's Hall. She stepped into the role when the previous Peer Leader became ill, ensuring that this group could continue.

The COVID-19 lockdowns in 2020 and 2021 were challenging times for all our exercise groups. When the Feilding group had to close, Joyce kept in contact with group members, phoning them to see how they were managing during the lockdown. When the group reopened, social distancing was a priority and Joyce kept checks in place with mask wearing and social distancing a top priority. Adapting the exercise program, with safety was important but the group was able to continue.

An important role Joyce has taken on is to encourage everyone to join her for coffee after the exercises at the local café. They are regulars and now have a table reserved just for their group. Joyce is a great example of what our Peer Leaders, who are all volunteers, do. It is not just the exercise that is important but the sense of social connection that comes from attending group exercise classes and Joyce really promotes this.

Joyce received a certificate and a box of frozen Tomorrow's Meals as a thank you for being a Dignity Champion.

## Pacific fruit cake (serves 16)

Similar to the famous hummingbird cake, this variation is full of delicious tropical fruit. Here's a cake for all occasions which you could make when the family or friends come over during the holidays and it comes from the Heart Foundation.



### Ingredients:

- 3 eggs
- ¾ cup sugar
- 2/3 cup vegetable oil
- 1 tsp vanilla essence
- 3 bananas mashed
- 225g canned crushed pineapple, well drained
- 1 tsp baking soda
- 1 cup white flour
- 1 cup wholemeal flour
- 2 tsp baking powder
- 1 tsp ground cinnamon
- ¼ cup coconut thread

### Method

1. Preheat oven to 180°C.
2. Grease a 23cm round spring form cake tin and line the base with baking paper.
3. In a large bowl, whisk together sugar, eggs, oil and vanilla.
4. Add the banana, pineapple and baking soda and mix well.
5. Add flours, baking powder and cinnamon. Mix until just combined.
6. Pour the mixture into the cake tin and sprinkle thread coconut on top.
7. Bake for 50-55 minutes or until an inserted toothpick comes out clean.
8. Leave in cake tin for 15 minutes before turning out.

### Nutrition Facts per slice

- |                    |                          |
|--------------------|--------------------------|
| • Energy 929 kJ    | • Total fat 12 g         |
| • Saturated fat 2g | • Total carbohydrate 25g |
| • Sugars 14.4g     | • Dietary fibre 2.2g     |
| • Sodium 22mg      |                          |

From: <https://www.heartfoundation.org.nz/wellbeing/healthy-recipes>

## International Day of Older Persons Afternoon Tea Dance 4 October 26, 2022

It was a great pleasure to be able to host this event again. We had a good turn out with 82 coming to hear Ian Farmer play. As well as ballroom dancing, we danced the Hokey Tokey and the Gay Gordons so there was something for everyone. Palmerston North's Town Crier, Lyal Brenton, came to MC the event, ringing his bell to attract our attention. We have had great feedback about the afternoon, with guests telling us they enjoyed the music and the food and being able to sit back and socialise with other guests.

Thank you to Palmerston North City Council for making a grant to host the event, and to the Senior Citizens Committee and volunteers, for letting us use their hall and assisting us to set up the hall, serve tea and coffee and clear up afterwards.

And a big thank you to the Town Crier for coming along.



Guests socialising together



Town Crier Lyal Brenton with manager Marian Dean (left) and Christina Brenton, Chair of Age Concern Palmerston North & Districts (right).



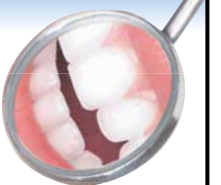
Couples ballroom dancing

## BDL DENTURE CLINIC

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**Phone 06 355 0022**

151 Heretaunga Street  
Palmerston North  
Email: [bdladmin@inspire.net.nz](mailto:bdladmin@inspire.net.nz)





# Manchester House Senior Hub News

## Te Whare O Manchester Achieving community resilience



What a busy few months at the Manchester House Senior Hub! It was exciting to finally be able to hold the Senior Expo again for the Feilding Senior community. A BIG thank you to all of our wonderful site holders and all the seniors who attended. Plans are underway for a mini expo in 2023!



### Up and coming events.....

We are very grateful to have received funding for our new drama program this will start early in 2023 (spaces will be limited). Our aim with the drama group is to bring laughter back with role play and performance for those aged 65 to 110! A great way to increase confidence, creativity, wellbeing and make new friends! These classes will be run by a well known drama academy.

Also starting our digital memoirs programme is designed to allow seniors to preserve their history using their own life stories, memories and photos to create and write their own memoirs; "Who Wants To Know" write your own memoirs will give seniors the opportunity to interact in a small group while working side by side in a buddy system to preserve their important life stories for themselves, family & friends. We are running this program with the help of SeniorNet and local collage students.

Our current programs and services are as follows:

POP up art class, Quizz afternoon, Entertainment, Mens Group, Bingo, Exercise programs, Coffee Morning, SeniorNet, Senior Advocate service and Build a Lunch (With guest chef), and a caring for carers group is starting soon.

**Come on in and check us out at Senior Hub, 14 Bowen Street, Feilding, or call us for further information: Sandy: 323 2410 - 027 4488 632 / Lee: 323 2410 - 021 0255 3614**

## Total Mobility Scheme (TMS) – Gets you cheaper taxis!

Age Concern Palmerston North and Districts is now an Assessment Agency for the Total Mobility Scheme (TMS)! We can provide assessments for older people living in Palmerston North and Manawatu Districts who have disabilities or mobility issues.



The simple assessment involves completing an assessment form with one of our staff members. We will then take your photo and forward your application and photo to Horizons Regional Council who issue the TMS Cards.

### What is the TMS Scheme?

It provides people with disabilities or mobility issues with subsidised taxi travel.

### What does the scheme provide?

The TMS provides subsidised taxi travel of 50 per cent discount up to a specific amount varying across the region. Generally, in Palmerston North and Feilding it is 50% up to \$10.

**However, until 31 January 2023 the Total Mobility subsidy has increased by half following on from the Government's decision to reduce passenger transport fares. This means that if you take a taxi trip that costs \$20, if your subsidy is normally \$10 it will now be \$15, meaning you will only pay \$5.**

### Who is eligible?

You are eligible for the scheme if you are unable to travel easily due to a disability or limited mobility condition and therefore are unable to socialise or access the services of everyday life.

### What is a disability or impairment?

A disability can be physical, mental, emotional, or age related. It can also be for a permanent or temporary condition and is not related to your ability to drive a car. Loss of driving ability does not automatically mean a person is eligible for the scheme. A person can own a car and drive, and still be eligible for the scheme.

### What is the cost of the TMS Card?

Age Concern Palmerston North and Districts charges a one-off fee of \$20, for which you will receive a year's free membership of Age Concern Palmerston North and Districts.

**Phone Morgan at reception to make an appointment for an assessment on 06 355 2832.**

## NEW: AgeConnect Manawātū Companion Walking Service

It is great that we are finally getting some warmer weather. It is lovely to see flowers blooming and trees coming into leaf. Most of us enjoy getting outside, even just for a stroll around our neighbourhood. Some older people we support want to do this but are reluctant to go out by themselves and would appreciate someone to walk with them. We are looking for volunteers to be walking companions to them.

The walk could be a simple stroll from their house lasting up to 30 minutes, to a longer walk lasting up to an hour. In the first instance we are seeking volunteers to walk with the client from the client's home, but if you have more time and a car, with the client's agreement you could drive them somewhere for a walk.

If this interests you, please phone our office on 06 355 2832.

## Socks too tight?

We sell soft topped  
bamboo and cotton socks

**3 pairs \$36**

**diabeticsocks.co.nz**



November and December 2022

The Art and Craft sessions are held at the Age Concern Palmerston North and Districts office 4/251 Broadway Avenue, Palmerston North (our entrance is on Vivian Street).

- The Art and Craft activities are free.
- We may change the programmes planned activities for any number of reasons.
- Feel free to bring your own activity or project along and enjoy the company of other people in this creative space.



Month	23 November Activities	14 <sup>th</sup> December Activities (final session of 2022)
November 2022 1.30 pm-3.30 pm	<b>23 November Activities:</b> <ul style="list-style-type: none"><li>• Paper craft including paper poinsettia</li><li>• Fabric craft</li><li>• God's eyes</li><li>• Pinecone Christmas trees</li><li>• Play dough Christmas characters: Santa, Snowman, and reindeer</li><li>• Christmas cards</li></ul> Or you can bring your own project or activity	<b>14 December Activities:</b> <ul style="list-style-type: none"><li>• Paper craft including paper poinsettia</li><li>• Fabric craft</li><li>• God's eyes</li><li>• Pinecone Christmas trees</li><li>• Play dough Christmas characters: Santa, Snowman, and reindeer</li><li>• Christmas star folding and gluing to make large window star</li><li>• Christmas cards</li></ul> Or you can bring your own project or activity

Contact: Marian Dean, Manager, Age Concern Palmerston North and Districts  
Phone: 06 355 2832 or 027 895 4588

Thank you to Palmerston North City Council for their support



Merry Christmas and best wishes for 2023  
From all of us at Age Concern Palmerston North and Districts

Thank you to our Board of Trustees, our volunteers, our donors, and funders, and to everyone who supports us. We cannot provide services to the older people in our communities without you. We look forward to continuing to serve you in 2023.

Our office will close on Thursday 22nd December at 4 pm We reopen on Monday 9th January 8.30 am.

Visit us at 4/ 251 Broadway Ave. (corner of Vivian St & Broadway) Palmerston North, Entrance on Vivian St.



SERVICES DIRECTORY

Community Connection and Support

- **Information, advice, resources.** If we don't have the answer, we will find out for you.
- **Community social work.** We can advocate and provide you with support and assistance. If you are concerned for yourself or someone you know, contact us.



Education

- **Staying Safe refresher driving workshops.** Enables participants to upskill in the road code and maintain their driving confidence. (Workshop developed by Waka Kota, NZTA and Age Concern New Zealand).
- **Life without a Car Workshops.** How to stay socially connected if you no longer drive. We can deliver a workshop to your group.

Elder Abuse Response Service

Are you concerned about your safety or that of someone you know?

Is someone you know being subjected to financial, psychological, physical, or sexual abuse or neglect or is self-neglecting?

Our trained social workers support the older person to become safe. All referrals to us are in confidence.

Exercise Classes

- **Steady as You Go.** Group exercise classes focussed on leg strength and balance. Recognised by ACC as helping participants to build their strength and balance and be at less risk of falling. Seven classes held weekly.
- **Rhythm & Move.** Exercises with a dance focus which also improve strength and balance. Two classes weekly.



Social Activities

- **Visiting Service.** We have trained volunteers who enjoy meeting people and talking with them. If you or someone you know is feeling socially isolated or lonely, we can find someone to visit.
- **Companion Walking Service.** We recruit volunteers as companions to walk with older people who may feel nervous about walking alone and would like someone to go with them.
- **AgeConnect Manawatu.** We have a directory of activities in Palmerston North and Feilding. We also run group activities with a social focus.
  - o Tea and Talks – Come and hear a guest speaker and then chat with others over a cup of tea. (Second and fourth Tuesday of month)
  - o Art and Craft – Participate in a range of art and crafts or bring your own project. (Second and fourth Tuesday of month)



Talks to groups

We can provide a speaker to your group to talk on topics including Ageing Well; Age Concern Services; How to Prevent Falls; Elder Abuse etc. Contact us for more information.

Total Mobility Scheme TMS - 50% taxi discount:

- We can support people to apply to get the TMS card that gives a 50% discount off the cost of taxi fares. We can complete the application form and assessment for you.
- Charge is \$20 with a year's free membership to Age Concern Palmerston North and Districts.

Volunteering

- Join our team of volunteers and make a difference in the lives of older people. We have a variety of positions in our offices and Visiting and Companion Walking services.

For information about any of our services  
phone our office on 06 355 2832  
or email [info@ageconcernpn.org.nz](mailto:info@ageconcernpn.org.nz)



# Alzheimer's Society Manawatu (ASM)

Dementia is often thought of as an older person's disease. In fact, between 5 and 10% of all people with dementia are under the age of 65. It is estimated that more than 5,000 people in New Zealand have younger onset dementia.

Young onset is often faster progressing and although younger people experience similar symptoms to older people with dementia, due to their age the impact on their lives and family is significantly different. Many partners/spouses are still needing to work and often have children still living at home.

There are a lot of issues unique to this diagnosis. This can often lead to finding that local support groups aren't suitable and can lead to people feeling isolated and alone in their experience. It is important for those living with young onset dementia to have access to information and support that is specific to them.

Alzheimer's Society Manawatu will be spending some time focusing our efforts on young onset dementia and how we can better serve those in our community who are living with a young onset diagnosis.

If you'd like to talk with us about your or a loved one's young onset dementia diagnosis, please give us a call on 06 357 9539 or email [manawatu@alz-man.org.nz](mailto:manawatu@alz-man.org.nz)

## A focus on Young Onset Dementia

### What is Younger Onset Dementia?

'Dementia' is the umbrella term for a number of progressive neurocognitive disorders affecting a person's memory, language, motor abilities, planning abilities and/or perception.

'Younger onset dementia' is the term used when this syndrome strikes people in middle age as opposed to old age, more specifically defined as those experiencing symptoms of dementia when aged 65 or younger.

As a direct outcome of their relative youth, people with younger onset dementia are generally physically fitter and less frail than those with older onset dementia. They also may still be working, or even raising young families.



[alzheimersmanawatu.org](http://alzheimersmanawatu.org)



Alzheimer's Society Manawatu



@alzheimersmanawatu



**Alzheimers Manawatu**  
Marion Kennedy Centre

## Christmas Events 2022

When was the last time you saw a Christmas Parade? They are always happy occasions and perhaps remind us of our childhood, or when we took our own children to see them. Palmerston North and Feilding both have great parades. In Feilding the Christmas Parade will be followed by a carnival in the square with stalls and food trucks. Palmerston North has good Christmas Market in early December as well as the Christmas Parade.

### Magic of Christmas Night Market Awapuni Racing Centre, Racecourse Road, Awapuni, Palmerston North

Tuesday 6 December 2022 3:00pm and Wednesday 7 December 2022 3:00pm

Entry fee: \$8 available at door or pre-purchased from Palmerston North City I-Site. (a percentage of the door sales goes to support Arohanui Hospice.)

The Magic of Christmas Night Market is an annual event set within a magical Christmas environment at Awapuni Racecourse. Whether it's shopping for gifts, or Christmas food, soaking up the atmosphere, the Magic of Christmas Night Market is the place to be to be. It promises:

- Over 120 fabulous stalls - Art, crafts, books, furniture, plants, skincare, home and giftware, gourmet food, clothing, plus more
- Food trucks
- Live Music
- Workshops
- Kid's Zone
- Cash out facilities plus much more!

### A Very Palmy Christmas – Christmas Parade

Sunday, 04 December 2022, 02:00 PM to 03:00 PM



Santa will be coming to Palmy! The parade will make its way around our city centre so come down and join the hundreds of people participating in this annual event.

### Feilding Christmas Carnival and Manchester Lions Christmas Parade

Manchester Square, Manchester St, Feilding

Sunday 11 December 2022 10:00am – 4:00pm  
Parade starts at 2pm from Manfeild Park entrance.

After a year of disruptions due to the pandemic this year the famous Christmas parade is back! Floats will parade from Manfeild Park down the streets and through to the square. Feilding's town centre will be closed to all traffic for our Carnival where 100's of non-food and food stalls will line the streets.



## IAN MCKELVIE MP for Rangitīkei

Please contact me for advocacy services, individual assistance or access to the parliamentary process.

### Feilding Office

47 Manchester Street, Feilding  
06 323 7253  
[ianmckelvie.rangitikei@parliament.govt.nz](mailto:ianmckelvie.rangitikei@parliament.govt.nz)



Authorised by Ian McKelvie,  
Parliament Buildings, Wellington.

## Retirement villages sector launches most significant reform in a decade

New Zealand's retirement village sector has unveiled major changes to the way the industry operates in the most significant voluntary reforms to the industry since legislation was passed in 2003. Among the key changes is a requirement that operators pay interest on outstanding capital sums if a former resident has not been repaid within nine months of leaving a unit. In addition, all operators are being asked to stop charging weekly fees once a unit is terminated and vacated.

Members of the Retirement Villages Association (RVA), which represents operators comprising over 95 per cent of all units including not-for-profits, independents and listed village operators, have approved the changes, which will be trialed for 12 months as part of the organisation's best practice guidelines. The reforms will be voted on at the RVA's AGM next year, and if passed, will become part of the Association's best practice requirements that members' performance will be audited against.

The RVA has also committed to asking members to amend Occupation Rights Agreements (the contract between an operator and resident) to eliminate any perceived unfair clauses. These include clearly setting out responsibilities for repairs and maintenance of operator-owned chattels.

The sector's best practice disclosure guidelines regarding residents' transfer to care will also be recommended to be incorporated into the Retirement Villages' Code of Practice. Furthermore, if a resident is moving from a village without the necessary level of care and needs funds to pay for residential care costs in another facility, village operators will take all reasonable steps to assist them to get a residential care loan from the Ministry of Social Development. If a loan is not possible, the operator will advance sufficient funds to cover the residential care costs with the advance secured against the net proceeds when they are paid out to the former resident.

"Retirement village living is one of the country's most popular housing options with more than 100 New Zealanders moving into a retirement village every week and independent research shows overwhelming satisfaction rates," says Graham Wilkinson, President of the Retirement Villages Association. "However, we have always accepted the need for improvements to the sector's consumer protections regime where they are feasible and make sense.

"Developing and enforcing industry best practice is a more effective and fairer way to resolve these issues rather than legislative upheaval for the sake of it. Our industry's Blueprint is clearly delivering positive outcomes for residents across New Zealand." The sector accepts it is only fair that village operators share some of the pain where a relicensing of a unit takes over nine months, although research shows this was less than 10 per cent of all relicensing in 2021, he says. "That's why we are trialling having members pay interest on any repayment over nine months. This has the benefit of not penalising efficient operators, which a mandatory deadline would do, while encouraging others to up their game."

Stopping weekly fees when residents leave units has

already been adopted by the six largest corporate operators and larger independents and dozens more operators will now follow, says Mr Wilkinson. "The operators that do charge fees after a resident leaves are generally smaller or regional operators that simply cannot afford to cease this practice. Operators who are not responsible for the sale of the residential unit or independent owned villages with fewer than 50 residential units will also be exempt from the changes if the business risks failing."

Other changes include clarification on the maintenance of chattels and upgrades of units to meet the Government's Healthy Homes standards. "All of these changes are a continuation of the steps we have already taken to improve our policies and practices such as appointing former MP Hon Jo Goodhew to the RVA's Executive Committee as an independent member to bring older peoples' views to the table.

"We're prepared to explore other changes, but want to see a more evidenced-based approach before making decisions. "For example, an industry ombudsman may be a good idea, but our initial trialling of a de-facto dispute resolution service suggests the need is extremely low, if at all. "Standardised contracts may be helpful, but what's more important is clarity, communication and the ability for village operators to offer differentiation and innovation, not the lowest common denominator. There's a very real risk that innovation will be stifled if contracts are essentially a template."

The RVA is concerned about the negative unintended consequences of imposing changes to the sector's commercial model, says Mr Wilkinson. "Villages are extremely long-term investments and operators need certainty before they can invest. Developing and fully licensing a village requires substantial capital and takes typically around 5-8 years, and many further years before any cashflow return is received. "If there is any possibility of allowing an adjustment of commercial terms in the future, operators will think twice about future investment."

The sector is also confident residents' needs were generally catered for when they moved into care, he says. "87 per cent of residents moved seamlessly from the village to care. Of the 13 per cent who moved to another facility in 2021, four per cent was because there wasn't the right level of care available in their home village, two per cent needed to make a temporary move because a bed wasn't immediately available, and seven per cent moved away for personal reasons. "This shows that very few residents in villages have trouble moving to care where it is in a village."

"Clearly, it is in the interests of all operators to relicense units as quickly as possible. No operator wants a long drawn out process," says Mr Wilkinson.

**Note:** the RVA's Executive Director is willing to visit branches to outline the proposals and how they impact on residents and operators. This presentation is available entirely free of charge, but we will need an audience of at least 30 people to justify the costs of travel.  
**Contact John on 021 952945 to find out more.**

*article supplied by Retirement Village Association*

## Age Concern Palmerston North & Districts seeking volunteer visitors

Judith Lacy, Manawatu Guardian, 21 September 2022, Reproduced here with permission of Manawatu Guardian



Volunteer Colleen Hicking (left) with coordinator Fern Brooking (centre) and Joyce Palfreyman (right)

Joyce Palfreyman is so impressed with Age Concern that she offers to get on the table and dance the organisation's praises.

"I could get on the table and dance it - Age Concern, come and get it."

Given she has mobility issues, the Manawātū Guardian did not encourage the 84-year-old to go through with it. She had another suggestion. "I would stick my neck out and tell them it's the best place to go." Palfreyman moved to Palmerston North four years ago to be near her son, and she is visited once a week by Melony\*. Melony takes her shopping, and they have a cup of tea.

Age Concern Palmerston North & Districts wants to increase awareness of its visiting service and is keen to have more volunteer visitors so it can help more older people. If older people don't make use of Age Concern's services they are missing out on happiness, Palfreyman says. "I've never been looked after so beautifully as with Age Concern."

Palfreyman is from Leicester City, England, and moved to Wellington 62 years ago with her husband Ray, a mechanic. She cried when she heard Queen Elizabeth II had died. "Wasn't she beautiful? We'll never see another lady like her. She was so gorgeous."

Colleen Hicking visits two women in Feilding. Hicking has been visiting Nancy\* for about seven years and is her only visitor, as her family are in Australia. Hicking brings flowers from her garden to Nancy each week and they share a love of birds. When Hicking was in Australia for a month earlier this year, she sent Nancy a

postcard each week. "She's absolutely lovely, we get on so well together."

Hicking also visits Anne\*. They have a cup of tea and chat about the weather and their week. Hicking used to take Anne to appointments and now reads her the rest home's newsletter. "She looks forward to my visits because I'm regular."

Hicking says you can still lead your life without being tied to Age Concern visiting. Social connection coordinator Fern Brooking provides good support and is just a phone call away.

Hicking's mother died aged 93 and was a keen attendee of Whanganui Age Concern activities. She spoke well of the organisation, leading Hicking to think it was worth supporting in her retirement.

Brooking says it is important volunteers visit on the same day and at the same time whenever possible to build rapport and trust with the older person. Visitors go to private houses and rest homes and need to have an hour spare a week - preferably a weekday. She matches volunteers' interests, location, and availability to that of clients. Outings are optional. The service is not just for people who live alone, as older people who live with others also sometimes feel the need for more company.

*\* Names have been changed to protect the women's privacy.*

**To find out more about the visiting service, ring 022 657 3139 or email [fern.brooking@ageconcernpn.org.nz](mailto:fern.brooking@ageconcernpn.org.nz)**



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Age Concern Palmerston North and Districts

## Age Concern Exercise Programmes:

### STEADY AS YOU GO® EXERCISE CLASSES

These popular exercise classes are run throughout the week in Palmerston North, Feilding and Ashhurst. Steady as You Go is:

- Fun! Participants and peer leaders enjoy the friendly classes
- Gentle exercises - specifically designed for older people. Enjoyed by men and women
- Sixty-minute weekly classes
- First 10 weeks – qualified Age Concern instructor. After 10 weeks – trained peer leaders from within group
- Seated warm up, Standing, Strengthening, Walking, Vision and cool down

**Class Days and Times**  
**Tuesdays:** Palmerston North, Square Edge (Level 1), the Square, 11-12noon  
**Tuesdays:** Feilding St John’s Hall Bowen St. 33 Bowen Street. There is a waiting list in place for this class so phone Age Concern to confirm if there is space.  
**Wednesdays:** Palmerston North, 102 Rangiora Ave Community Hall 10.30-11.30am  
**Thursdays:** Palmerston North, Awapuni Community Hall, 22 Newbury St 9.30-10.30am  
**Thursdays:** Ashhurst, 131 Cambridge St 10-11am  
**Thursdays:** Palmerston North, Central Baptist Church, 190 Church Street (contact Age Concern office for further details).  
**Fridays:** Palmerston North, Senior Citizens Hall, 309 Main St. (There is a waiting list in place for this class so phone Age Concern to confirm if there is space). 10am-11am

**Cost:** Most classes \$2 donation. Senior Citizen’s Friday group \$3 (Higher Rent). Also \$3 at Square Edge on Tuesdays.  
For more information phone Fern at Age Concern Palmerston North and Districts on 06 355 2832

### Rhythm & Move Exercise Classes



This exercise class was developed for Age Concern Palmerston North and Districts by our instructor Maria Merrick. Maria is a trained jazz dance instructor and dances with the Crows Foot Dance Collection.

Rhythm & Move is:

- Fun! Women and men really enjoy these friendly classes
- Designed for older women and men
- Low impact exercises
- Set to music from the 60s, 70s and 80s
- Sixty-minute exercise classes

**Class days and times**  
All classes take place in Rangiora Community Hall, Rangiora Ave., Palmerston North. Classes cost a \$2 donation.  
**Mondays:** 1.30-2.30pm  
(No Class on the 1st Monday of a new month)  
**Wednesdays:** 9.15-10.15am  
**Cost:** \$2  
For more information Phone Fern on 06 355 2832

## AgeConnect Manawatū Tea & Talks

**Tea and Talks:** Would you like the opportunity to get out and have a cup of tea, listen to a speaker, and then have a chat and socialise? If so, then Tea and Talks is for you. Tea and Talks takes place on the second and fourth Tuesday of each month from 1pm-3pm at the Age Concern offices. Places are limited so booking is essential. There is no charge to attend Tea and Talks. We can provide transport to those who could not otherwise attend.

Tea and Talks will take place on the 8th and 22nd of November. The last one for this year will be on the 13th of December. It will restart on the 14th February 2023.

Phone Fern on 06 355 2832 to book your place.

## FREE STAYING SAFE REFRESHER COURSE FOR OLDER DRIVERS





AGE CONCERN  
STAYING SAFE  
A REFRESHER COURSE  
FOR OLDER DRIVERS



TOGETHER WITH  
WAKA KOTAHI  
NZ TRANSPORT  
AGENCY

Staying Safe Course is a theory-based refresher course for seniors. During the course participants re-familiarise themselves with traffic rules and safe driving practices as well as increasing their knowledge about other transport options available to help keep you mobile for as long as possible, whether behind the wheel or when they stop driving. The aim of the Staying Safe programme is to provide evidence-based education to help you to:

- increase your knowledge about driving and ageing
- assess your current driving behaviour
- adapt your driving behaviour
- build an appropriate level of confidence on the roads (without instilling false or over confidence)
- build your awareness of alternatives to driving so they can maintain their independence when they reduce or cease driving

**Upcoming dates:**  
**30 November,** Diocesan Centre, Broadway Ave. Palmerston North 9.30 am – 1 pm  
**8 February,** MiLife Retirement Village, Kelvin Grove Palmerston North 9.30 am – 1 pm  
**22 March,** Diocesan Centre, Broadway Ave. Palmerston North 9.30 am – 1 pm  
Booking is essential. For more information and to book phone Fern on 06 355 2832

Age Concern Palmerston North & Districts  
(Registered Charity No. CC57368)

Application for Membership

Mr / Mrs/ Miss / Ms

Name(s): .....

Address: .....

Telephone: .....

Email: .....

Annual Membership Fee for 12 months:	
\$20 Individual	\$100 Corporate:
\$30 per couple	Donation given:
Payment method:	Date Paid:

**How to pay:** Internet Banking - You can pay the membership fee directly into our bank account  
**Account number** 03 1522 0158520 000 (Age Concern Palmerston North & Districts)  
**Please add your name as reference and post or email this form to the address below.**

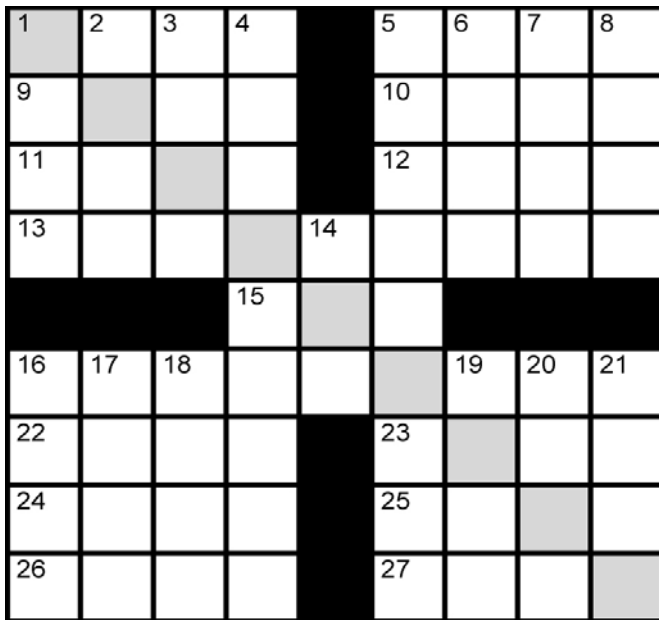
Donations of \$5.00 and over are eligible for a tax credit under the terms of Section LD1 Of the Income Tax Act 2007.

For more information, please phone Age Concern Palmerston North and Districts on (06) 355 2832 or email [admin@ageconcernpn.org.nz](mailto:admin@ageconcernpn.org.nz)

**Post application to Age Concern Palmerston North and Districts PO Box 5063, Palmerston North, 4441**



## To Build



### Across

1. Bivouac
5. Hat-tipper's word
9. Frost
10. Clearasil target
11. "Green Gables" girl
12. "Darn it all!"
13. Population statistics

15. Hog's home

16. Look at something again

22. Approximately

23. Twofold

24. All over

25. Killer whale

Bamboo

Blue vanda

Cinnamon

Cockleshell

Crested snow

Easter

Egret flower

Foul giant

Foxtail

Fried egg

Ghost

Grass pink

Halloween

Holy ghost

Marsh

Masdevallia

Moth

Noble rock

Nun

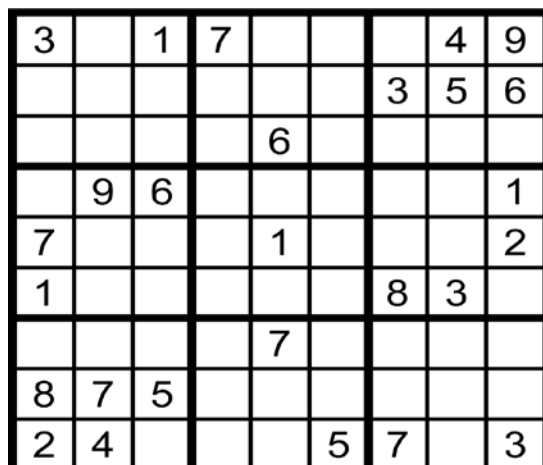
Phaius

Showy tiger

Slipper

Spider

Vanilla



26. College bigwig

27. The bulk

### Down

1. Neighbor of Libya

2. Top-rated

3. Educator Horace

4. Push, in a way

5. Fate of one with a cause, perhaps

6. Antioxidant berry

7. Poker pot starter

8. Military meal

14. "\_\_\_ be my pleasure!"

16. Start of many

Hope/Crosby film titles

17. Coastal raptor

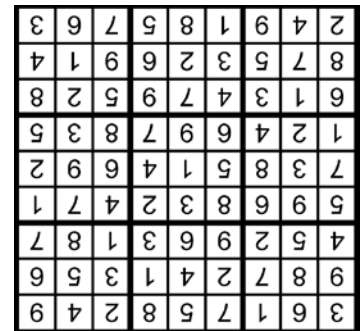
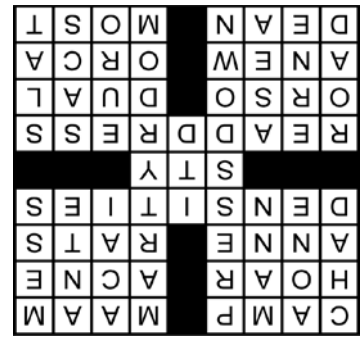
18. Floating, perhaps

19. Continental

currency

20. Pouches

21. Bed board



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

## ORCHIDS



How to solve sudoku puzzles. No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*