

ISSUE 02, 2023

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Age Concern Nelson Tasman



**AGE
CONCERN
NELSON
TASMAN**

He Manaakitanga
Kaumātua Aotearoa



Vicky & Tom Jackson on Sunstone: read about their adventures on page 10

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Nelson Office

18 Bridge Street, Nelson 7010

OFFICE HOURS: 9am - 2pm Tues-Thurs

A note from the Chair.

Not long ago, people our age were encouraged to 'take it easy' but the research on the ageing body suggests otherwise. Hence, numerous people our age are redefining lifestyle in the later years. Nonetheless, a considerable proportion still believe I'm too old and what's the point at my age even though the body is made to move. Even small doses of exercise are 'cheap' medicine. What's more, these just might impede any lingering ailments and prevent unwanted injuries.

Let's consider falling, something very common in later life and often associated with a loss of strength. Last year approximately 200,000 people over 65 were injured from a fall, many of which occurred in the home. Beyond a disruption to one's lifestyle and quality of life, the financial cost of these falls was around \$200 million (time in hospital, getting an ambulance, visiting a GP, walking aids, home help, visiting a physio etc).

Our strength typically starts to decline at about 1% per year from the mid-50's but the decline can be slowed. Exercise programmes like Live Stronger for Longer focus on



enhancing strength and balance. So too does Nymbi, a computer based programme for adults wanting to maintain or improve one's strength and balance. Any of these activities could help you lower the risk of becoming a falls statistic ... OUCH.

Your 'older' body loves being active but keep the following points in mind; (i) be realistic with the demands you place on your body, (ii) listen to what your body is telling you, (iii) consider whether it's better to wear out or rust out, and (iv) only you can reap the real benefits from your efforts. Be bold but sensible and enjoy the experience.

Bevan C Grant

Chairperson, Age Concern Nelson Tasman



Elder Abuse hits close to home

Elder Abuse Awareness 15 - 22 June



Older people are valuable members of our society and should be treated with dignity and respect. Yet last year, Age Concerns across New Zealand worked with more than 2750 older New Zealanders about elder abuse. It's our collective responsibility as a community to ensure that older people are included and safe. We are all obliged to: Break the Silence!

World Elder Abuse Awareness Day and Awareness Week spurs voices across the world, and in this country, to speak up about the harmful effects of abuse and neglect on older people. We encourage anyone to contact Age Concern with a question, query, concern, hunch, or inkling about an older person/ kaumātua being harmed. Break the silence!

Of the 2768 cases dealt with by Age Concerns last year, 83 percent of the alleged abusers were relatives and 55 percent were adult children or grandchildren. Around two out of five Age Concern cases involve financial abuse. Almost always, elder abuse impacts the psychological, social, cultural, or spiritual health of older people. Being threatened, manipulated, groomed, coerced, or forced, is the horrific experience of abused older people. Even when the abuse stops, the devastation can affect their physical health, financial independence, and emotional wellbeing.

Here at Age Concern Nelson Tasman we are committed to raise awareness to prevent elder abuse and neglect. We have two experienced and knowledgeable advisors who provide professional and empathic support to people who have experienced elder abuse, such as financial, psychological or physical abuse. A key focus is advice on how to manage the current situation and keep



safe in the future. Our elder abuse advisers can also provide training around elder abuse to health professionals and support services.

If you are concerned about elder abuse please contact the Office on 5447 624 ext 2 or 8.



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**Waimea
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FUNERAL SERVICES

Meet the Staff



Manager, Caroline Budge

Caroline oversees the direction of the agency and working with the wider community to raise awareness of issues facing older people.



Community Support Coordinator, Jackie McIntyre

Jackie's role involves working at a community level to ensure older people maintain their independence.



Social Connection and Projects, Marnie Brown

Marnie works at a community level to promote social connections and reduce social isolation.



Nelson Office Coordinator, Megan Cole

Megan provides a friendly welcoming face at our Nelson office and co-ordinates all our Nelson based activities.



Elder Abuse Response Service Advisors, Mal Drummond and Kate Miller

Older people can find themselves in a vulnerable situation quite suddenly and we are here to offer support and advice to whoever needs it.



Office Administrator, Liz Gillespie

Liz provides a welcoming face to our Richmond Office as well as keeping the office running smoothly.



Funding and Communications Officer, Miriam Clark

Miriam works across all aspects of funding, communications, and marketing.



Giving and Donor Relations Coordinator, Ruth Collingham

Ruth is working to help us fundraise via individual donors and bequests.



Visiting Service & Carer Relief, Susan Arrowsmith and Joleen McEvoy

Our Visiting Service and Carer Relief Service uses volunteers to offer companionship and friendship to those seeking more social connection.

Stay Connected with Marnie



The focus of this Stay Connected with Marnie, our Social Connections and Projects Coordinator, is on joining a group. It can sometimes feel a little uncomfortable joining a new group, or trying something new, however, Marnie feels the benefits can be extremely beneficial. She has learnt this herself first-hand by joining a local community club, learning new movement skills, challenging her mind and finding fun and friendship through volunteering. Below are a few suggestions that could be a great place for YOU to start.

- **Line Dancing – Birch Hall, A & P Showgrounds, Richmond**

Friday Mornings. Line dancing involves gentle dance routines to great music. Come along and give it a go in a friendly setting. All ages and gender welcome. For further information phone Diane Sutherland Arbuthnot 027 4491 569.

- **Walking Netball – Saxton Stadium**

Every Tuesday from 10.45am to 11.45am at Saxton Stadium you will see an enthusiastic group of all aged people taking part in this modified version of netball. Walking Netball is for anyone who still wants to keep active, enjoys the game without the worry of having to run or jump, Cost: \$3 koha – cash only no eftpos



- **Nelson Sunday Craft Club – Elma Turner Library**

This is a new monthly craft session that will cover a wide range of crafts for adults. Come along to learn a new craft or bring along your own project. Book in for every session or pick and choose the ones you're interested in. Coffee and tea provided. Held the second Sunday of the month at Elma Turner Library. Next group is on Sunday, 11 June from 1pm-3pm.

- **Nelson Society of Modellers – Hounsell Circle, Tahunanui**

You don't need to know how trains work or anything about modelling and engineering to get involved. Everybody is welcome, regardless of experience or skill. They operate every Sunday (weather dependent) and there is a club meeting on the fourth Tuesday of each month as well as regular working bees. All members are volunteers and all activities are done on a purely voluntary basis. If you are interested in joining the club you can email them through the contact page on their website or pop on down when they are open on Sunday afternoons and introduce yourself.

- **My Time, My life - Various locations**

Join a My Time, My Life event in your community to explore the different hobbies available. All events run from 11am -3pm and are at Founders Park on 18 June, Pūtangitangi Greenmeadows Centre on 29 July and Saxton Oval on 20 August.

- **Crafty Cuppa – Age Concern Richmond Office**

A welcoming space to create your own crafty project (knitting, embroidery,

scrapbooking, lego etc) while enjoying the company of others around you. Bring your own craft supplies. Enjoy a cuppa and this time of mindfulness. 2nd & 4th Tuesday of the month 10am - 11.30am Age Concern Hall 62 Oxford Street, Richmond

- **The Found Directory** is online and provides listing of community group and organisation by region or interest groups. www.found.org.nz

- **Volunteer Nelson** – A variety of opportunities to volunteer in our community. www.volunteernelson.org.nz

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Tea & Talk

LOCATIONS

All sessions run from | 10:00 - 11:30am

Age Concern Hall
62 Oxford Street, Richmond
Every Wednesday

Age Concern Nelson
18 Bridge Street, Nelson
Every Thursday

Victory Community Centre
1 Totara Street, Nelson
Every Monday

Elma Turner Library
27 Halifax Street, Nelson
Every Friday

Gateway Housing Trust
24a Tudor Street, Motueka
Every Wednesday

Anglican Parish Hall
42 Commercial Street, Takaka
Second & Fourth Wednesday of the month

Tapawera Memorial Hall
Main Road Tapawera
Last Tuesday of every month

Old School Café, Pakawau
Collingwood Puoponga Main Road
Third Friday of every month

For more information, please contact
Age Concern on (03) 544 7624 ext 5
or ageconnect@ageconcernnt.org.nz



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Our family caring for your family

National Volunteer Week

18-24 June 2023

BY SUSAN ARROWSMITH

National Volunteer Week is coming up soon and, as the volunteer coordinator at Age Concern, I have been thinking about volunteers and the roles they have with us. I have been in my role for ten years now and I can honestly say that I still find it rewarding and plan to continue for some time yet. I spend my workdays with interesting people who contact us because they want to give their time to brighten someone else's day. There is something very lovely about working with people who do what they do because they want to rather than because they must.

We have around a hundred and fifty volunteers and rely on them for many of the events and services we deliver. They visit people, they provide time out for carers, they phone people for a chat, they take people to get their groceries, they pedal rickshaws taking rest home residents out for a ride, they host our tea and talk sessions all over the region, they provide a welcoming cuppa at our weekly 'Sing Yourself Well. If we are holding a bigger event, I email the group and, without fail, some generous volunteers will offer more of their time to help.

Some of our volunteers have been a part of the visiting service for over ten years and I think this says a lot about how rewarding it is to volunteer for Age Concern. I hear some lovely stories about the friendships that grow. It is such a simple thing to spend an hour or so each week providing good company to an older person, but it makes such a significant difference. We are all a product of our life experiences and really spending the time to get to know someone is one of the nicest things you can do. There is real value in being a good listener and encouraging the older people we know to share their memories.



I have heard some incredible stories in my time at Age Concern and have come to realise that everyone's life is interesting.

We will acknowledge our wonderful volunteers this National Volunteer Week, as we usually do, with a thank you card and an afternoon tea where we will again thank them and tell them how much we appreciate what they do for us. While this is sincere and comes from our hearts it seems small a small gesture for all they do. I hope the real reward is knowing how much of a difference they make to the lives of the older people they spend time with.

Thank you to all our wonderful Age Concern volunteers! We simply couldn't do what we do without you.



18-24 June 2023 | #NVW2023

Driving Workshops

Staying Safe Driving Course

Are you an older driver who would like to brush up on your road knowledge or do you know someone who does? Upcoming dates and locations for Staying Safe Driving are:

- **Thursday 22 June**, at the Nelson Croquet Club, Salt Water Lane, Nelson, from 10am-12.30pm
- **Thursday 17 August**, at Waimea Plains Clubhouse, 455 Lower Queen Street, Richmond from 10am-12.30pm
- **Wednesday 6 September**, at the Nelson Golf Club, 38 Bolt Road, Tahunanui from 1.30-4pm.

AA Carfit:

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community.

Course are coming up on:

- **Friday 15 September**, at Nelson Suburbs Football Club carpark, Saxton Field, Stoke between 10am-3pm.
NB: Each CarFit takes 20 minutes so booking a time is essential.

Life Without a Car

Learn what's next when you are unable to drive. Not driving doesn't mean limiting our activities or prevent us from enjoying life. Adjusting to life without a car doesn't mean losing independence and freedom. Life Without a Car information session includes:

- Highlights a range of possibilities to remain mobile
- offers alternative ways of getting about in the community
- suggests many options to keep involved and enjoying activities



- gives valuable insights into adapting our lifestyle
- encourages living positively and staying connected

Our next course is coming up on

- **Thursday 29 June**, at Waimea Plains Clubhouse, 455 Lower Queen Street, Richmond, from 10am-11.30am.
- **Tuesday 10 October**, at Ernest Rutherford Retirement Village, 49 Covent Drive, Stoke, from 1.30pm-3.30pm
NB: Free transport to the venues is available – please ask when booking

If you would like to attend any of these workshops, please register by contacting Jackie on (03) 5447624 ext 4 or email community@ageconcernnt.org.nz

"I attended the Carfit course in Nelson last month. It was a really helpful session with so many factors to consider to show if I was in the best driving position for my car. Thanks Age Concern, another wonderful service offered to us for free!!"

Inspiring Older People

Tom and Vicky met through sailing and when Tom asked Vicky to marry him, she agreed on the proviso that they live on a boat. Tom happily agreed and they were married in 1972. It took a few years to save the necessary funds to buy a boat and during this time they lived in 'grotty flats' with no TV, stereo, fridge or appliances. Basically, they did not want to have anything they could not throw away or take onto the boat. They didn't want to be too comfortable.

Their dream of living on a boat was realized in 1978, although as Tom says, 'Dreams don't come true, plans do' when they purchased *Thrasher*, a 31ft fiberglass boat. Vicky describes *Thrasher* as 'tiny, damp and cold'. Tom and Vicky both had 'suit jobs', working during the week, living on their boat in a marina and then racing the same boat during the weekends. This poses an unusual challenge in that most people are not racing their 'home', so a lot of planning was involved. It also helped that Tom and Vicky were minimalists which made the weekly transition from living to racing easier.

In 1981, Vicky and Tom were able to purchase *Sunstone*, a bigger boat which was stylish looking with a wooden, varnished hull. She was beautiful but also demanding in



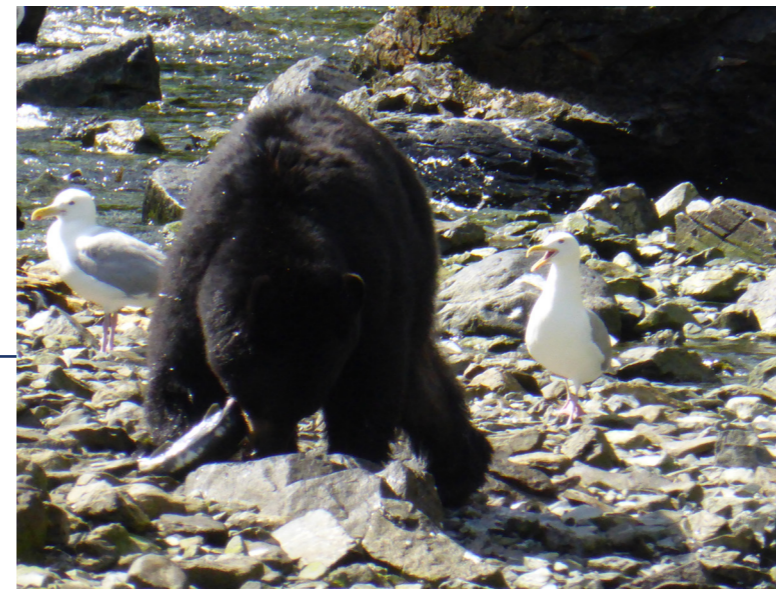
Tropical Vanuatu



Icy Alaska

terms of maintenance. Tom and Vicky lived in several locations in England continuing their lifestyle of working and racing.

They mostly did offshore racing in the United Kingdom of around 150-300 miles. Tom and Vicky were incredibly successful and won many races including the Channel Race and their class in the Fastnet Race four times. In the early 1990s the Royal Ocean Racing Club started the Commodore's Cup which was an international event intended for amateur crews. Vicky and Tom were selected for the English team and competed in the inaugural event in 1992. This was a biennial event and they were again selected, to race with *Sunstone*, in 1996 as part of a three boat team. This was an overwhelming success. England won the Commodore's Cup and *Sunstone*, sailed by Tom and Vicky, won her class, with the best individual boat score in the event. Racing made Tom and Vicky better sailors, as Vicky explains: 'You learn to do things in all types of weather and conditions.'



Black Bear with fish

Unbeknown to most, Tom and Vicky had been quietly preparing to go ocean cruising and Tom took early retirement, aged 51 in 1997. Two weeks later they were off! They had a list of places they wanted to go to but no great plan to 'sail around the world'. Yet over the ensuing 18 years that is exactly what happened. From 1997 to 2015 Tom and Vicky went on many large-scale voyages and sailed all over and around the world, covering over 200,000 miles.

Their initial travels from England took them over to Spain and the Canary Islands, across the Atlantic, along the coast of the USA, through the Panama Canal, across the Pacific to arrive in New Zealand in 1999. They spent a year sailing around New Zealand before embarking in late 2000 for Australia where they completed the Sydney to Hobart race, winning their class, before heading back across the Pacific to Alaska then down the coast of North and South America arriving at Cape Horn in 2005. Once they got to Cape Horn they made a conscious decision to circumnavigate the globe – something they had not considered before. They headed up the east coast of South America, and back across the Atlantic, around the bottom of South Africa, over to Western Australia, south across the Bight, to finish up in Tasmania in 2007 to complete the circumnavigation.

Vicky and Tom took up residence in New Zealand in 2007, still living on *Sunstone*. They continued to do large scale ocean cruising but when they were not voyaging, they lived in Westhaven in Auckland.

During the time Vicky and Tom were voyaging they literally sailed all over the world, seeing many amazing sights and experiencing a range of cultures. Tom describes sailing as 'living intimately with the world's last wilderness.' and the photos they have truly capture this. They have included some of their favourites as part of this article.

They experienced extreme of temperature and a wide range of sailing conditions. However, they do not view sailing as overly risky. As Tom states: 'It's probably a great deal less dangerous than driving down the motorway.' They were skilled, prepared and philosophical. Tom continues: 'We did all that we could to control our environment, such as wearing a life jacket and being clipped on board. After that you need to be fatalistic - if a wave has your name on it then so be it. You do all you can and then accept the rest.' Ultimately sailing is a balance between good judgement and luck and Vicky and Tom made sound decisions. For example, if an area was known to be dangerous, they would not go there. Through this approach they managed to sail around the world for 18 years and avoid any threatening human encounters. Their experiences were, in fact the opposite and they were frequently blown away by the kindness, hospitality and warmth of the many places and cultures they visited, with their favourites being Vanuatu and Japan.

One of the more challenging aspects of the actual sailing was getting through narrow passageways that required the use of the motor. This was always a little nerve wracking as the motor could cut out. The most stressful situation they got into was in southwest Fiordland where storm force wind and waves

Continued from page 11

nearly swamped the boat. Both Tom and Vicky seem to enjoy the fact that when long-term cruising you have to be self-reliant and be able to take care of all the systems which keep the boat going. The biggest mechanical problem they experienced was on their longest passage from South Africa to Australia when the automatic steering vane broke, which Tom repaired over the course of three days.

The passion and enthusiasm Vicky and Tom share for their story is evident. They have been married for 50 years and have worked together in pressured and exhausting situations where they had absolute trust in each other. As Tom quipped, 'relationships tend to be either firmed up or dissolved in salt water!' It is evident Tom and Vicky's was firmed up.

The couple bought a house in Nelson in 2013, went on one final large-scale voyage from 2014-2015 and then settled into life in their

first house in their 60s! They enjoyed the process of setting up a home and buying furniture. 'We now have stuff!' Vicky exclaims. They sold *Sunstone* in 2020 and bought *Zest*, a smaller boat, which is lighter to handle. Vicky explains sailing is a sport you can do into older age. Now in their 70s, Tom and Vicky continue to sail regularly, go on long voyages and compete. They both hope to be sailing well into their 80s.



Vicky and Tom Jackson

Upcoming Activities at Age Concern

From our Nelson Office

Regular Events

- Every Tuesday: **SpinPoi**, a gentle movement class, from 1-2pm
- Every Wednesday, **Sing Yourself Well**, where the focus is on fun and wellbeing, 10am to 11.30am.
- Every Thursday, **Tea & Talk**, cuppa and a chat, 10am-11.30am
- Every Thursday, **Device Advice** for laptops, tablets and smartphones, 9.30am-11.30am. (See poster on page18)

Special Events

- Wednesday 14 June, **EPOA and anything legal with Trevor Irwin**, 11.15am-12.15pm
- Wednesdays 19 July-23 August, **The Story of My Life**, a six week course to explore how to write your life story, with help from library staff, 11am-12 noon
- Thursday 20 July, **Movie 'Mrs Harris Goes to Paris'**, 12.30pm-3pm
- Thursday 3 August, **Be Inspired: Brook Sanctuary**, 1-2pm
- Monday 4 September, **Amazing Race**, an adult treasure hunt around Nelson city finding information and answering questions. Meet at the Nelson Office for a 10am start
- Monday 18 September, **More Able More Stable**, 10am-12noon
- Wednesday 20 September, **Be Inspired: Cawthron Institute**, Karen Goodger gives an insight into their work in our region, 1-2pm.

If you would like any further information or would like to attend any of these sessions please contact Megan on 544 7624 ext 0 or 021 623 118 or nelson@ageconcernnt.org.nz

From our Richmond Office

Regular Events

- First and third Tuesday of the month **Sing Yourself Well**, where the focus is on fun and wellbeing, 10am to 11.30am.
- Second and third Tuesday of the month: **Crafty Cuppa**, a welcoming space to create your own crafty project, 10am to 11.30am
- Every Wednesday, **Tea & Talk**, cuppa and a chat, 10am-11.30am
- Every Thursday, **SpinPoi**, a gentle movement class, from 1-2pm

Special Events

- Wednesday 26 July, **Movie 'Red Joan'**, from 1-3pm.
- Tuesday 15 August, **Movie 'The Swimmers'**, 1-3pm
- Tuesday 22 August, **More Stable More Able**, 12.30pm-3.30pm
- Tuesday 29 August, **Be Inspired: Brook Sanctuary**, 1-2pm

If you would like any further information or would like to attend any of these sessions, please contact Marnie on 544 7624 ext5 or email ageconnect@ageconcernnt.org.nz

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Due to rising costs, we are looking at alternate ways to distribute our quarterly magazine. Do you still want yours posted or are you able to collect it from our offices, local libraries, or your retirement village? Or perhaps you would like it emailed to you. If you wish to collect it yourself, or receive it via email please let us know by contacting Liz on 03 544 7624 extension 9 or emailing: admin@ageconcernnt.org.nz.

If you wish to continue receiving it through the post, there is no need to do anything.

How Movement Benefits Your Physical Health

BY TANIA HUDDART

There is a strong link between physical activity and positive health related outcomes. The best news is that being active doesn't have to cost anything. Walking is one of the most accessible forms of physical activity. It allows us to enjoy the benefits of being in nature.

Being part of a walking group is fun and builds social connections. Connecting with others through physical activities can support both mental and physical health. Social connection helps us to think of ourselves in relation to other people. It helps to combat loneliness.

As we age we tend to reduce our levels of activity and in some cases walking may be difficult. Meditative movement classes like Tai Chi and Qi Gong are good options. These classes can help to improve your sense of well-being, vitality and everyday life.

Participating in any form of physical activity, that you enjoy, helps to

- build confidence in your physical abilities,
- improve your brain health,
- manage weight,
- reduce the risk of disease,
- strengthen bones and muscles,
- improve your ability to do everyday activities.

Staying motivated is the key

We all know that staying motivated is the hard part. That is why it is important to choose an activity that doesn't feel like exercise. Have you considered dancing? You may feel more motivated if you included dance as part of your physical activity options. Combining movement and music has restorative abilities. Dance has connected people for centuries.



Dancing as a form of physical activity can be as effective as jogging, walking or swimming. It is also easier to sustain because it is fun. Dancing builds flexibility, strength and endurance. Dance can also help you improve your balance and spatial awareness.

Put on your favourite music and dance for 10 minutes every day, or sign up for a dance class in your local area. You can listen to a BBC podcast by Michael Mosley - Just one thing if you want to know more about the benefits of dancing.

At least of 30 minutes of physical activity is recommended. If you currently do no physical activity, start by doing a little each day. Try two 15-minute or three 10-minute bouts daily. Over time you can build up to the recommended amount. Doing any physical activity is better than doing none. Include some muscle strengthening activities on at least two days each week. Variety is the best. Try doing a few different activities every week until you find what works best for you.

Ways to increase physical activity

You can make small changes throughout your day. Try one, some, or all the following suggestions:

- walking or cycling instead of using the car,
- getting off an earlier public transport stop and walking the rest of the way
- taking the stairs instead of the elevator
- walking the grandchildren to school.

See your doctor first

It is a good idea to see your doctor before starting your physical activity programme. The doctor can do a pre-exercise screening. This diagnostic tool helps identify people with any underlying medical conditions. Some conditions could become a problem during physical activity. Your doctor can also help you identify what type of activity is best for you to engage in.

About Tania

Tania Huddart has been teaching Pilates for 30 years and training Pilates teachers for over 2 decades. She is passionate about helping people create healthy movement habits and focusses on how you can transfer what you learn with her in the Pilates studio into everyday life. Tania is also a myofascial release therapist and works from her home studio in Richmond/Nelson.

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Beyond the Face Participants Needed

Yes, we are looking for more participants for our next **Beyond the Face Exhibition**. In this exhibition Miriam, our Funding and Communications Officer, writes a story about an aspect of your life. Something that happened in your younger years that people wouldn't know by seeing you now. We then take a current day photo. The purpose of this is to tackle ageism, the encourage people viewing the exhibition to see 'beyond the face' and realise that older people have had full lives with lots of amazing stories to share.

We know it is a big ask to share your story and lots of people seem to think they have nothing to say but trust us – you all have fascinating stories to share. Everyone who has participated in this project has found it an incredibly satisfying experience and it is great to be part of such a powerful exhibition.

If you are interested in being part of this project or would like to learn more please contact Miriam on 5447624 ext 6 or email support@ageconcernnt.org.nz

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Hips & Knees Exercise Class



Do you have hip and/or knee problems and would like to exercise safely with a trained professional? Then Age Concern has the solution. We are starting a new exercise class on the 19th June for people with these issues.

The class is run by Sheryl Wilson, a physiotherapist with over 30 years' experience in Nelson and Manuka hospitals, working with both outpatients and inpatients.

Her classes consist of a group circuit session of exercises, advice and guidance for hips and knees. It is particularly suitable before or after joint replacement or for those living with osteoarthritis. It is not a 'one size fits all' type

of class but a session which helps to guide each individual to the best possible outcome for them.

Classes will run on Mondays, starting 19 June from our Nelson Office, 18 Bridge Street at 11am. For more information or to register please contact Megan on 5447624 ext 9.

The Story of My Life



Would you like to write your life story but are not sure where to start? Age Concern Nelson Tasman has introduced a new course to help you do just that. We all have fascinating and interesting stories to record but knowing how to organize and present our story can be a challenge.

With the help of two library staff, we are from our Nelson office is running a six week course which helps people to write their story and at the end they will have produced a booklet with their story.

The Story of My Life course starts on 19 July at 11am and runs every Wednesday until 23 August. There are a maximum of 6 places. For more information or to register please contact Megan on 5447624 ext 9 or email nelson@ageconcernnt.org.nz

Be Inspired: Older & Bolder

Don't forget to book your seat at the inspiring talks by Angela Robertson coming up in July. For full details on the two talks Angela will be giving, *see below for details.*



About



Don't forget to book your seat at the upcoming talks by Dr Angela Robertson! Dr Robertson is an inspirational speaker, author, and facilitator who inspires and supports individuals of all ages to maximise their potential to enhance the quality of their lives, work, and relationships. Gold coin donation.



Date	Topic	Venue	Time
11 July	Older & Bolder —Dr Robertson will share inspirational stories of several people aged between 55 and 102, who mindful of their past experiences, channel their energy into new activities that matter.	Nelson Office, 18 Bridge Street, Nelson	10am
12 July	Reframing Retirement - Regardless of your age and stage, retirement can be one of the most exciting and rewarding stages of your life! Come along and find out how you can expand your horizons and create your future.	Nelson Suburbs Football Clubrooms, 142 Saxton Road, Stoke	10.30am to 12 noon



To register please phone 5447624 ext 5

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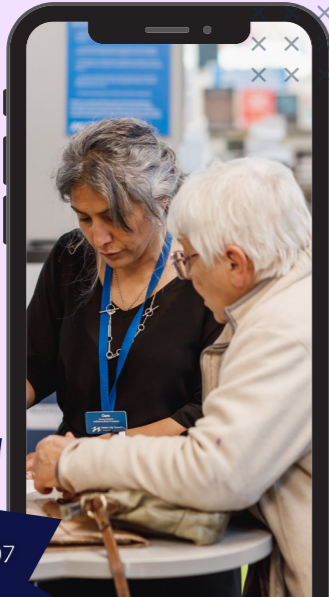


Device Advice

Have a tech question? Need help with your phone, tablet, or laptop? Get one-on-one help from a librarian.

Thursdays, 9.30-11.30am
Age Concern Office, 18 Bridge Street

Drop-ins welcome or secure a time by contacting (03) 539 5507



We are really excited to be teaming up with the Nelson Library to offer 'Device Advice', a free service being run at our Nelson office, where seniors can get 1:1 help with their smartphone, tablet or laptop from a knowledgeable librarian. Device Advice runs weekly on a Thursday between 9.30am and 11.30am. Drop-ins are welcome, or you can book a slot by phoning (03) 539 5507.

NELSON PUBLIC LIBRARIES
Ngā whare mōtauranga o Whakatū

AGE CONCERN NELSON TASMAN
He Manaakitanga Kaumihua Aotearoa

Rachel Boyack MP for Nelson

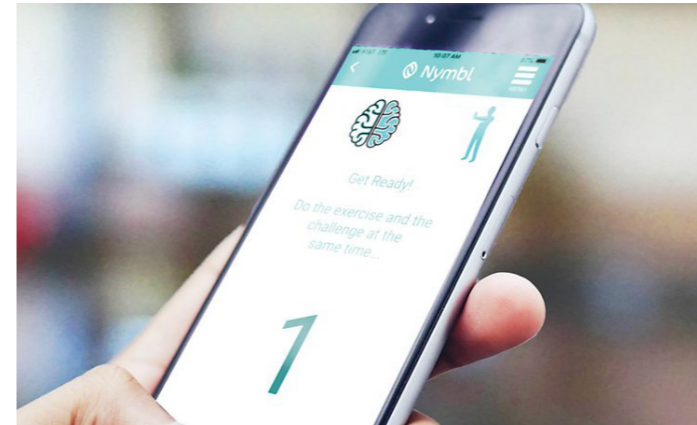
As winter nears, it's good to know that many Nelsonians are receiving the **Winter Energy Payment**, which comes on top of our recent increase to Superannuation. Having a warm, dry home is essential to keeping healthy. I know that these payments, alongside our recent decision to **scrap the \$5 prescription fee** for medicines, will make a real difference for many households.

Please get in touch if you have any questions or need my help as your local MP:

03 539 0480
rachel.boyack@parliament.govt.nz
f /RachelBoyackNelson



Authorised by Rachel Boyack MP, Parliament Buildings, Wellington



NYMBL – Good for Balance and Your Brain

ACC has launched a free balance exercise app for smartphones called Nymbl. This app enables you to regularly do balance exercises, wherever you are, whenever you want, improving your balance, and enabling you to keep doing the things you love.

As our muscles and bones naturally weaken with age, many of us lose our balance skills, making falls more likely and injuries more severe. Sadly, one in three New Zealanders over the age of 65 will fall each year and this increases to one in two for people over 80. Falls are physically and emotionally very damaging and are a leading cause of decline among older people but there are lots of things you can do to limit your risk of falling.

One of the new initiatives from ACC is the Nymbl app – free to download and combines exercises for your body and your mind. They can be done in simple 10-minute sessions, a few times a week or as often as you like. Regular use of Nymbl has been shown to reduce the chances of falls by 30 percent and is a really simple way to improve strength and balance in your own home. As well as the strength and balance exercises, Nymbl has a number of memory and concentration games which help the brain.

Nymbl is available for both Android and Apple devices and can be downloaded from the Apple App Store or the Google Play Store.

GET READY

Emergencies can happen anytime, anywhere. You can take steps to be prepared!

Civil Defence has published a comprehensive booklet to ensure you are prepared and ready for any emergency. Key aspects to consider are:

- **Have a plan** which covers what to do if you are at home or if you can't get home as well as being specific to each type of emergency. For example what you may need to do during a flood is different to an earthquake.
- **Have emergency supplies** on hand, should you be stuck at home and if you need to quickly evacuate.

Full details of what you need and how to make a plan are in the *Get Ready* booklet or on the website www.getready.govt.nz



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www.tasmanrh.co.nz

For the Love of Libraries: Nelson



Nelson Guitar Orchestra

Albert Einstein said, 'The only thing you absolutely have to know is the location of the library.' It is as true today as then and we are fortunate in the Nelson region to have more than one to choose from. Despite being winter, there's always something worth braving the elements to get into your local library for.

I want to shine a light on Nelson Libraries given the ongoing uncertainty, challenge and change in their Nelson branch which affects staff across the three libraries (Nelson, Stoke and Tahunanui). They continue to do their utmost best to ensure quality of service and delivery, often going the extra mile despite the changing shape and size of the space they work in. I want to acknowledge and commend the staff – you are all amazing! Thank you for remaining steadfast through ever-changing times. Here's what they offer:

For the bibliophiles 'Book-Chat' offers a monthly opportunity to share with fellow bookworms in Nelson and Stoke. There is also the Dementia Friendly Reading Group meeting weekly at the Nightingale. 'Living Library' in mid-June is a chance to 'check-out' a person for a cuppa and chat (but you can't take them

home folks!). Reserve your chance to hear their story . . . or perhaps you might like to be one in future!

If you loved NZ Music Month performances at Elma Turner's Pop-Up, make sure you get in on the last Sunday of every month at 2pm for more in the Live Music Series. They also have a great range of CD's and DVD's too!

Did you know through your library card you have access to Kanopy, a streaming service like Netflix, another source of movies, shows and documentaries for those stay-at-home days.

For crafty folk, knitting groups meet weekly at Elma Turner and Nightingale Libraries. Elma Turner even has sewing machines for 2-week loans or book to use one of Tahunana's. Books-a-plenty for inspiration for a new project/learn a new craft – mine is macrame this winter! Heaps of jigsaws to choose from, fabulous time-stealers when we're stuck indoors! There is even an amazing seed library! Take away and grow in anticipation of Spring ahead.

Libraries are also a great source of information about services such as telehealth (alternative ways to access health



Home Delivery Team: Lumi, Megan and Rosie

professionals), and Employable. Justices of the peace are regularly available at Elma Turner library. Community Law also has interesting talks coming up across June, July and August on Enduring Power of Attorney, Residential Tenancies Act, Trusts, and Employment. Device Advice is also a regular feature at Stoke and Nelson branches.

BY JOLEEN MCEVOY

If, because of health/disability, you are unable to get in to your local library, the fantastic Home Delivery Service, who are passionate about ensuring people continue to have access, can assist you in regular supply of print/talking books, magazines, music, DVDs and puzzles.

Call 546 8100 to find out more and register for an event. Hope you find whatever you are looking for, and even if you don't, I'll guarantee you will find something else to keep you occupied.

Stay snug, warm and entertained through winter.

In our next Magazine issue we will profile all that goes on in the Tasman Libraries.



You are warmly invited to attend our AGM

on Monday 18 September

from 11am to 12 noon

in the Age Concern Hall,

62 Oxford Street, Richmond

(The meeting will be followed by a light lunch)

This is a great chance to hear about our year in review and celebrate our achievements.

Please RSVP by 13 September to:
support@ageconcernnt.org.nz or
03 5447624 ext 6

Any Notices of Motion must be presented for consideration must be presented in writing to Caroline Budge (Manager) by 31 August 2023.

Become a Board Member

Each year the Age Concern Nelson Tasman Board is elected at our AGM. If you have an interest in governance and would like to be involved there is capacity for new members.

If you'd like to know more about what being on the Board entails, along with the election process, please contact Bevan Grant (Chairperson) on 0274499940 before the end of August.

Baked Milk Pudding



Ingredients

	1 Serve	2 Serves
Rice, tapioca or sago	1 Tbsp	2 Tbsp
Sugar or honey	2 tsp	4 tsp
Vanilla essence	¼ tsp	½ tsp
Sultanas or raisins	1 Tbsp	2 Tbsp
Milk	1 cup	2 cups

Method

1. Pre-heat oven to 160°C
2. Place rice, sugar, vanilla and sultanas in an ovenproof dish. Pour in the milk and stir. There must be a 2cm gap between the milk and the top of the dish to avoid boiling over
3. Place dish on a low shelf in the oven
4. Cook for about 1 ½ - 2 hours, stirring occasionally, until pudding is thick and rice is tender.
5. If necessary more milk can be stirred in during cooking.

Serving Suggestions: serve with stewed or canned fruit.

Cooking Classes



Please join us for our new cooking classes. These target those with limited cooking skills or learning how to cook for one. Each class involves a savoury and sweet dish which is then eaten at the end.

Classes run on a Tuesday from 10.30am to 12.30pm at the Food Factory, 11 Findlay Place, Stoke. Koha of \$3 per session. See below for dates:

- Tuesdays 18 July to 22 Aug 2023
- Tuesdays 29 Aug to 3 Oct 2023
- Tuesdays 10 Oct to 14 Nov 2023



Registrations Essential. Phone Miriam on 5447624, Ext 6 or email support@ageconcernnt.org.nz

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Anna Loach Manager and Funeral Director

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nelson.simplicity.co.nz

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About

We take the worry out of finding someone reputable and trustworthy to help you out at home.

Whether it's weeding and mowing the grass, changing lightbulbs, or providing some personal care we can put you in contact with someone reputable and trustworthy. All providers are screened and police checked by us.



To find out more please call Jackie on (03) 544 7624 ext 4 or 0211958108



Crafty Cuppa

About

A welcoming space to create your own crafty project (knitting, embroidery, scrapbooking, lego etc) while enjoying the company of others around you. Bring your own craft supplies. Enjoy a cuppa and this time of mindfulness.



2nd & 4th Tuesday of the month
10am - 11.30am
Age Concern Hall
62 Oxford Street, Richmond
Cost \$3

To find out more please call us on (03) 544 7624



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