

**AUTUMN 2022 QUARTERLY NEWSLETTER**  
www.ageconcernnt.org.nz



# Age Concern Nelson Tasman

*Serving the needs of older people*

## ACTIVE SENIORS NELSON TASMAN



**Our Summer Activities Series is coming up.  
FULL DETAILS INSIDE.**

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## Contact Information

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 Nelson 7020  
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 Nelson 7050

**OFFICE HOURS**  
 8.30am - 4.30pm Monday to Friday

## We are grateful to all our funders:



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## Words from the Chair



A couple of decades ago the World Health Organization supported a project in 33 cities across 26 countries. The purpose was to explore how cities acknowledge and support an increasing and more diverse 'older' population. One of the outcomes was a book titled Global Age-friendly Cities: A Guide (2007). It provides a lens for city leaders and others to look through should they want to better understand the state of age friendliness in their communities.

Since then many cities world-wide have looked through the WHO lens and used their findings as a guide to making their place more age-friendly. Several local authorities in NZ, including the Nelson and Tasman Councils, have also embraced the idea. They have each produced a strategy (available on-line). Although these are 'work in progress', they do signal a very positive intent.

In its broadest and idyllic way, the WHO suggests an age-friendly strategy should set out to provide greater support to 'older' people via policies, services and structures whilst considering how individuals interact with the physical and social environments in their community. When developing and actioning a strategy, it's imperative a diverse range of individuals, businesses and organizations are actively involved in the process. Although Councils play a critical role, if the broader community voice is not present at the planning stage the strategy will struggle to become, and remain, a purposeful and living document.

Does Age Concern contribute to the age-friendly ideal? YES, we definitely do. Through our programmes, services and 'one-off' initiatives we provide many opportunities for connection, inclusion and participation. We are fortunate to have a very competent team who collectively enrich the lives of many people. Although proud of our contribution, there is scope to work alongside other organizations and businesses. In so doing, we will ensure the top of the South becomes an even more age-friendly place to live.

**Bevan C Grant**  
 Chair, Age Concern Nelson Tasman

## Age Concern Nelson Tasman at the Red Traffic Light Setting

At Age Concern Nelson Tasman we are committed to continuing to deliver our services and activities to you because of our recognition of the importance of social connection. This is why we have introduced some measures to ensure everyone's health and safety, as well as continue to operate as much as we can.

We now require people to show their Covid-19 Vaccine pass for entry to our offices and hall. This requirement is for entry to our building only; it does not apply to delivery of our services such as Elder Abuse Response and the visiting service. If people do not have a pass, we ask they wait outside and we will attend to you. We have made this decision in the interests of keeping everyone as safe as possible.

We place an incredibly high value on social connection and the benefits that it can bring to everyone's health and wellbeing. We have therefore decided to continue with all of our activities: Tea & Talk, SpinPoi, Sing Yourself Well and our driving workshops, albeit in a modified form. With Sing Yourself Well, the group is meeting each week to enjoy a catch-up and morning tea without the singing. We will require everyone who attends these activities to show their vaccine pass. We have also made sure we have robust systems and processes in place to ensure physical safety and health whilst maintaining that all important social connection. We also regularly review our policies and process to ensure your wellbeing.

**If you have any more questions or would like more information, please contact the office on 544 7624.**



## Security For Older People Property and Valuables Callers at your Home

- Never open the door automatically after a knock – insist that all callers identify themselves.
- Never allow persons off the street to use your telephone or check your appliances.
- Always keep a safety chain on or have a peephole installed to check on who is calling.
- Ask for and verify credentials. Then ring the organisation to check on the individual before allowing entry.
- Never admit that you are alone in your house.
- For women living alone, a good idea is to leave an old pair of men's shoes at your front door.

## Protect your Money

- Beware of unknown persons offering goods or services at low rates.
- Do not give money to door-to-door collectors for charity unless you know the charity and they have verification.
- Never talk to strangers about your financial affairs.
- Only deal with reputable firms for repairs, etc.
- Do not rush into any financial proposal or contract without consulting an expert or family member.

## Safety and Valuables

- Never keep large amounts of cash in your home.
- Consider keeping valuables such as jewellery you do not wear often, share certificates or other important documentation such as deeds in safe custody at the bank.
- Never show your jewellery to persons who help around the home and always keep them in a safe place out of sight.
- Have a trusted family member take photos of your most prized pieces and have them valued so they can be identified should they go missing.



## 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.



### Elder Abuse Response Service Advisors Mal Drummond and Cheryl Hague

Older people can find themselves in a vulnerable

situation quite suddenly and we are here to offer support and advice to whoever needs it.



### AVS & Carer Relief Susan Arrowsmith and Jolene McEvoy

Our AVS and Carer Relief Services utilise volunteers to offer companionship

and friendship to those seeking more social connection.



### Community Support Coordinator Jackie McIntyre

Jackie is our Community Support Coordinator. Jackie's role involves working at a community level to ensure older people maintain their independence.



### Fundraising & Communications Officer, Miriam Clark

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



### AgeConnect Coordinator, Marnie Brown

Marnie is our AgeConnect Coordinator. She works at a strategic level to promote community connections and reduce social isolation.

## Calendars for Sale

We still have a few calendars left of our fabulous 'Beyond the Face Exhibition'. They look stunning and all proceeds support the ongoing work of Age Concern. The cost is now \$10.

If you are interested in purchasing a calendar please email [admin@ageconcernnt.org.nz](mailto:admin@ageconcernnt.org.nz) or phone 544 7624 ext 6.



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## AgeConnect Champions Awards

We recently had our AgeConnect Champions Awards which celebrated and recognised the many wonderful people, businesses and organisations who help to keep our older community members feeling connected. They help to provide older people with the opportunity to feel part of our communities which contributes to their wellbeing. These awards often reveal acts of generosity and kindness that sometimes the wider public do not know about.

Marnie Brown, AgeConnect Coordinator, was delighted with the success of the awards. 'It was great to come together and celebrate,' she says. The awards provided the opportunity to people from numerous organisations and businesses across the region to meet, learn about each other and network. One of the highlights for Marnie was seeing the joy on the face of finalists. There were five different categories in the awards with up to three finalists named, one category winner and an overall winner.

The Overall Winner was the Brightwater Senior Exercise Group which was nominated in two of the five categories. This group started in July 2020 to encourage movement, mobility, and social interaction amongst Seniors in Brightwater, and it has been a wonderful success. Led by Wanderers Community Sports club, previously Wanderers Rugby club and

under the excellent instruction of Jaimee Macdonald it has expanded to three classes per week with over 80 members participating in light movement exercises, catering to a range of older adults and abilities. Improvements in stability and confidence have been outstanding and friendships formed. This group started out small but with the guidance of a great committee and the drive to have an exercise group like no other it has transformed into a vibrant dynamic group making a huge difference to the lives of those involved.

The Awards will run again in the latter part of 2022 so if you see an individual, organisation or business doing amazing things in the community to keep older people connected please let Marnie know on 5447624 ext 5 or [ageconnect@ageconcernnt.org.nz](mailto:ageconnect@ageconcernnt.org.nz).

### The Category Winners were:

Community Connections Champion: **Stoke Companions**

One Person Makes a Difference Champion: **Leigh Dalzell**

Intergenerational Champion:

**Nelson College for Girls**

Age-Friendly Environment Champion:

**Coffee on Queen**

60+ Employer Champion:

**Sharon Kenning**

Overall Champion:

**Brightwater Senior Exercise Group** (pictured below)





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Planning



**Advance Care Planning**

Do you have an Advance Care Plan? Advance care planning is a process of discussion and shared planning for future health care. It is focused on the individual and involves both the person and the health care professionals responsible for their care.

Mary-Ann Hardcastle, the Advanced Care Planning Facilitator from Nelson Bays Primary Health will be giving a series of presentations on Advance Care Planning at our Tea & Talks across Nelson and Tasman during the months of February and March. She will then run several workshops which give people a chance to complete their Advance Care Plan prior to going to the general practice. Please see below for dates and times.

**Information Sessions**

Date	Location	Time
<b>February 23</b>	Age Concern 18 Bridge Street Nelson	10-11am
<b>March 7</b>	Age Concern 62 Oxford Street Richmond	10-11am

**Workshops to complete ACPs prior to going to the general practice**

April 13	Richmond Office	1-2.30pm
May 11	Richmond Office	1-2.30pm
June 8	Nelson Office	12.30-2pm
August 17	Nelson Office	12.30-2pm
September 14	Richmond Office	1-2.30 pm
October 12	Nelson Office	12.30-2pm
November 23	Richmond Office	1-2.30pm

For more information or to register, please contact Marnie on 03 5447624 ext 5 or [ageconnect@ageconcernnt.org.nz](mailto:ageconnect@ageconcernnt.org.nz)



Everyone belongs

**Wellby Talking Cafes**

Wellby Talking Cafes welcome everyone for a relaxed cuppa and to start your journey to connect with others who enjoy the same things. You can pop in for a quick chat or stay for a longer conversation with friendly people. There is no need to register, just turn up on the day.

- **Tuesday 1 March**  
McCashins Café, 650 Main Road, Stoke, Stoke, 10am-11.30am
- **Thursday 10 March**  
The Nook in the ReStore at Habitat Hub, 166 Tahunanui Drive, 10am-11.30am
- **Tuesday 15 March**  
McCashins Café, 650 Main Road, Stoke, Stoke, 10am-11.30am
- **Wednesday 23 March**  
Halifax Café, 28 Halifax Street, Nelson, 2pm-3.30pm
- **Thursday 24 March**  
Happyz Café, 92 Bateup Road, Richmond, 10.15am-11.30am

For more dates see [www.wellby.org.nz](http://www.wellby.org.nz)

**Here to help**

**Rachel Boyack MP for Nelson**

03 539 0480

[nelson@parliament.govt.nz](mailto:nelson@parliament.govt.nz)

Unit O, 530 Main Road,  
Stoke (Strawbridge Square)

/RachelBoyackNelson



**Nelson Office**

We're really excited to be opening an office in central Nelson, on a trial basis to see what the need/response is. We've been lucky enough to be supported by the Nelson community initiative Make/Shift Spaces which works with artists, community groups and organisations to invigorate empty retail spaces. This is on a month-by-month basis.

The office is at 18 Bridge Street in the centre of the city, and will be open on Tuesdays, Wednesdays and Thursdays between 9am and 2pm. There will be two staff on site during those days and times. If you'd like to make an appointment to speak to someone about a particular topic or issue, please contact 03 544 7624 beforehand to arrange an appointment.



We create a loving, warm and homely atmosphere where each person is supported to experience each moment richly.

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14 Browning Crescent, Stoke, Nelson  
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[www.tasmanrh.co.nz](http://www.tasmanrh.co.nz)

**Positive Ageing Expo**

At the time of going to print, planning is still going ahead for the annual Positive Ageing Expo. This is a great opportunity to showcase the recreational, health and social services available in Nelson Tasman to make ageing a positive experience. The Expo has been running since 2008 and attracts about 2,000 people each year. Along with over 70 stalls there will be seminars, demonstrations and a chance to have a go at a range of activities, games as well as the opportunity for some quick health checks.

As one of the organising agencies, Age Concern will have a strong presence at the Expo. We will have information about our many services, as well as running our regular CarFit check-ups, offering older drivers a FREE opportunity to have a check to make sure they are seated as safely and comfortably in their car as possible.

The Positive Ageing Expo is a collaboration with Tasman District Council, Nelson City Council, Positive Ageing Forum, Age Concern and the Ministry of Social Development.

The Expo is on **Friday 8 April 2021 from 10.00 am – 3.00 pm at the Headingly Centre, Richmond. Please note that if Covid does affect the Expo, information will be given at the time.**

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

If you have dementia, having an advance care plan means people will know your wishes, even if you can no longer tell them. An advance care plan 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. Find out more about advance care planning and dementia, including a series of videos at [www.myacp.org.nz](http://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.



## REFLECTIONS ON A WAKE

for Stuart

*Yesterday I attended a wake. A modest affair, appropriate for the bloke really.*

Thoughts, shared with the person beside - or across - the long table of a pub help give a better understanding of a cheerful friend, now absent.

Today, inside, on a cold early winter's Sunday, a warning forebringer of weather to come, after the extended balmy summer months of T shirts and shorts that is New Zealand.

And so, on a day hemmed in with fire flickering reflection inducing, in a post NZ covid lockdown with National Radio for company musing on Bob Dylan's 80th, and one's own glory days family years days striving and surviving days to the golden years days leading to decay days, I lurch from one matter to another, recording ideas sorting the bread bin stuffed with wrappers saved to news clippings ripped for later reading, filed horizontally on the floor to dishes in the sink.....such is life.

*With the constant awareness of the gap which was a life.*

David Kemp 30.5.21

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Kia kōrero

Let's talk

www.myacp.org.nz



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## Tea & Talk Nelson

The Nelson Tea & Talk has been running at the Elma Turner Library since 2018. It epitomizes what Tea & Talk is all about and highlights that coming together once a week for a cup of tea and a chat can make a real difference to feeling socially connected.

Marnie, our AgeConnect Coordinator and Miriam, our Funding & Communications Officer, visited the group recently and had a lovely morning getting to the know a group of regular attendees. Attendance averages around 10-12 people each week. Some people have been attending for nearly three years, where others only a few months. Whilst they are a tight knit group, they are incredibly welcoming to new members.

Tea & Talk Nelson is hosted by Janine and she has been doing this since not long after the group formed. It is clear Janine thoroughly enjoys her role, 'everyone is a character' she explains, 'they have such rich lives and are now friends'. During the first Covid-19 lockdown in 2020, the group formed a phone tree and took turns phoning each other. Janine will often take leftover baking to those who were unable to make it that week.

Dee is one of the newer members and has been going for 3 months. She really enjoys meeting the same people each week and getting to know them. 'You have interesting conversations,' she says, 'and the home-made cookies are great'. Each week Good Bitches Baking supplies a range of homemade baking from one of their volunteers.

Val has been attending Tea & Talk for four months



Margaret and Malcolm

and said she had never been in an 'older group' before. However, she really enjoys Tea & Talk and finds this group incredibly welcoming, particularly after she moved to Nelson from the North Island. She feels incredibly comfortable, and you can just be yourself, not what people expect you to be.

Tea & Talk also has several men attending. Geoff lives on his own so really enjoys coming in each week and meeting with the same interesting, pleasant people of a similar age. He drives in with another member, which demonstrates the community spirit that exists within the group.

Generally, people break into small groups for chatting, but every so often Janine will get everyone's attention, and someone will share a story. The week Marnie and Miriam attended Malcolm told the group about losing his hearing aids when taking off his mask while out and about and Joan had everyone

in stitches recalling how many years ago her bantam hens hatched some peacock eggs and adopted the peacock chicks.

**Tea & Talk Nelson runs every Friday from 10am to 11.30am in the Elma Turner Library. Vaccine Passes are required. For more information please contact Marnie on 5447624 ext 5 or email [ageconnect@ageconcernnt.org.nz](mailto:ageconnect@ageconcernnt.org.nz)**

## Tea & Talk

### Locations

All sessions run from 10am-11.30am

#### Age Concern Hall

62 Oxford Street, Richmond  
Every Wednesday

#### 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 Every Month

#### Tapawera Memorial Hall

Main Road, Tapawera  
Last Tuesday of Every Month

For more information please contact Age Concern on (03) 5447624 or [community@ageconcernnt.org.nz](mailto:community@ageconcernnt.org.nz)

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Janice, Betty, Noeline, Valerie



**Happier March 2022**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				



**ACTION FOR HAPPINESS**

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**Summer Activities**

We are looking forward to our Summer Activity Series. This starts on 14 February and over the course of the following six weeks there is a range of activities in several locations across the region, including Nelson, Stoke, Richmond, Motueka and Golden Bay. We have introduced Pickleball and croquet as well as the usual favourites of Tai Chi, SpinPoi, Sit and Be Fit and various walks.

Vaccine Passes are required to attend these events.

Bookings are not required, simply turn up and enjoy.

For more information phone Marnie on 544 7624 ext 5 or email [ageconnect@ageconcernnt.org.nz](mailto:ageconnect@ageconcernnt.org.nz).

A full timetable of events is on page 24.



## Grandparents raising grandchildren in retirement villages

Article supplied by Retirement Villages Association

Isobel Harris-Clark doesn't remember a time when she didn't live with her grandparents in Summerset by the Ranges, Levin. She was just over two when her grandmother, Gwyneth Harris, collected her from the social worker who'd brought her south on the bus and took her home to her villa, and there Isobel stayed, until she left in 2019 to go to Otago University.

Isobel's babyhood had been challenging, with her parents unable to provide the stability she needed. Gwyneth had raised six children, and nurtured Isobel in the village within the same frameworks – love, routines, expectations and lots of activities. She remembers, "I knew Isobel needed routines to give her security. I got her into preschool three mornings a week to give her friends, and we did lots of activities – we went to plays, the pantomime, the circus, and library programmes. When she was little, I took her to meetings in her pushchair; she had books and snacks, she was always happy." On Sundays Isobel went to church, sitting with Gwyneth in the choirstalls.

Isobel was also part of village life, going to all the events with her grandparents. Gwyneth remembers explaining, "Isobel, there are people here with wobbly legs and walkers, so you have to be careful and quiet." She quickly became the Christmas fairy and the Easter bunny's helper. Isobel's still Santa's helper when she goes home for Christmas. Her great aunt and uncle also lived in the village; Isobel remembers "They were very gregarious, they ran all the events – St Patrick's and St Andrew's Day breakfasts, shared dinners, communal fireworks – and I loved getting involved. If I lost a tooth – especially the time I lost one at a potluck dinner – I got lots of coins from all the Tooth Fairies there."

Sometimes living in the village gave Isobel an advantage over her schoolmates. The mini-golf course was a great drawcard, as were the grounds. "We could practice gymnastics on the lawn – I had a bigger backyard than anyone else! One of the residents told me recently how much she enjoyed

watching us practicing from her window – she'd been a gymnast herself." Looking back, Isobel says, "Growing up in a retirement village was my normal, and we made it work."

By contrast, Milly French is only ten, but she has very similar views about the time she spends in Northbridge Residential Village on Auckland's North Shore. Milly's mother Rachel died when Milly was four; since then she's spent every second weekend and much of her school holidays with her grandmother Carol and step-grandfather Dennis Thornbury. Carol says Milly's made friends with their neighbours, mainly women on their own: "People have been very welcoming, especially on our apartment floor. Our neighbours treat her like a friend, they look forward to seeing her. And there's so much to do – we swim in the pool, use the spa, and go to the beach. Northbridge is informal and unfussy, so it's easy to have her here. It's her second home, and she feels safe."

Milly agrees. "I love seeing all the lovely people here. And it's really fun in the pool. Gramps races me, and I make a little floaty house out of the pool noodles and Gramps pretends to be a leopard seal."

The differences between living in her father's house and her grandparents' apartment are all taken in her stride as well: "It's quite different to come to the apartment, it's bigger than my house and I like the way Granny has a rubbish chute so we don't have to do the bins and mow the lawns. It's really nice and quiet out on the balcony. At Christmas people decorate their doors and railings, and Ross, who delivers the mail, puts tinsel on his mobility scooter basket, it's lots of fun. We give the neighbours on our level Christmas baskets with fudge and biscuits."

As growing up in a retirement village did for Isobel, Carol says going to village functions has given Milly confidence. "It makes her feel grown up, being part of an adult community. I think it's been very good for her."

While these arrangements are relatively uncommon, with goodwill on all sides they can work well for the families concerned and for other residents. They give a taste of multi-generational living in an older community, and having a child around regularly may go some way in filling the gap for residents whose grandchildren don't live nearby. Isobel and Milly are living proof that it can indeed take a village – even a retirement village – to raise a child.

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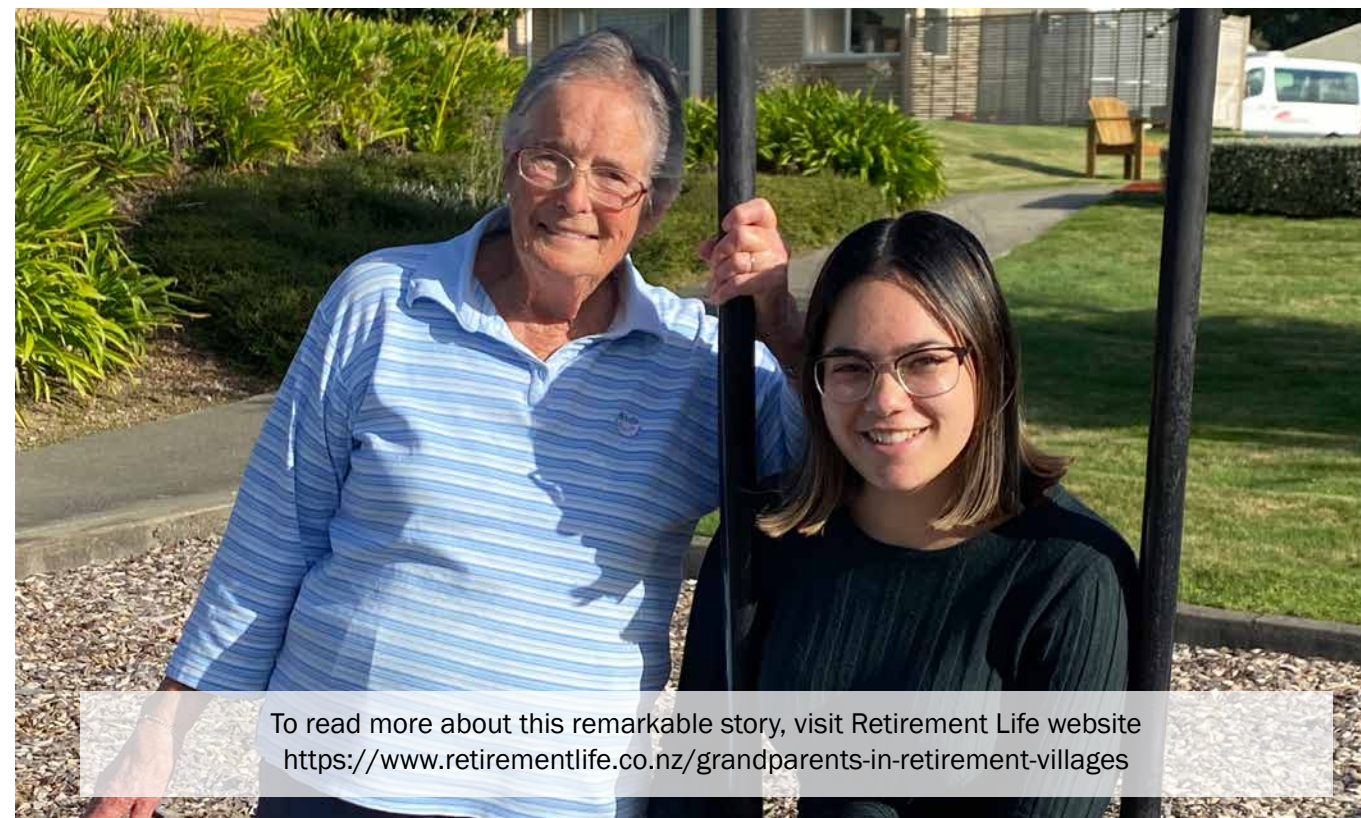
We'd love to give you a taste of the Summerset life that our residents love so much and show you around our stunning village and show homes, so we're taking private appointments. Call 03 744 3432.

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Summerset Richmond Ranges,  
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To read more about this remarkable story, visit Retirement Life website  
<https://www.retirementlife.co.nz/grandparents-in-retirement-villages>



# Dates for Upcoming Staying Safe Driving Courses, Life Without a Car and CarFit



## 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 10 March** 10am-3pm, Golden Bay Recreation Park, 2032 Takaka Valley Highway, Takaka

## 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:

- **Monday 21 February** 10-11.30am, Oakwoods Retirement Village, 357 Lower Queen Street, Richmond. Free transport to the workshop is available.

## 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 11th March** 10-3pm in Golden bay at Recreation Park, 2032 Tākaka Valley Highway, Tākaka
- **Friday 8th April**, 10-3pm at Positive Ageing Expo, Headingly Centre, off Lower Queen Street, Richmond.

**If you would like to attend any of these workshops, please register by contacting Jackie on (03) 544 7624 ext 4 or emailing [community@ageconcernnt.org.nz](mailto:community@ageconcernnt.org.nz)**



**Anna Loach**  
Manager and Funeral Director



## TIME TO PLAN FOR THE FUTURE

*We're part of your community*

**Nelson - (03) 539 0066**  
**Richmond - (03) 929 5145**  
**[nelson.simplicity.co.nz](http://nelson.simplicity.co.nz)**

## Book Review

with Susan Arrowsmith, our AVS Coordinator



**“The Guernsey Literary & Potato Peel Pie Society”** by Mary Ann Shaffer and Annie Barrows.

I love to read and have many ‘favourite’ books so when I was asked to do a book review for the magazine it was quite hard to choose. This was published in 2009 so you may have already read it. If not, I fully recommend it. It was also made into a rather good movie a couple of years ago but, as is usually the case, there is so much more in the book version.

This book tells of Nazi occupation of the island of Guernsey which held a strategic place in the English Channel during WW11. Although the characters are fictional many of the events described are historically accurate. The story, set just after the war has ended, is told through a series of letters between residents of the island and writer Juliet as she attempts to learn about their experiences. The central mystery of the story is slowly revealed as you read. It is full of interesting characters, some wonderfully eccentric and charming, some heroic, some less so. It shows how living under extreme circumstances can bring out the very best, and the very worst, in people. The theme throughout is the value of books and how literature can brighten even the darkest of times.

This book, while incredibly sad in parts, is also full of wit and laugh out loud humour. It is a love story which will warm your heart.

*Susan*





# Stay Connected

Marnie, our AgeConnect Coordinator has a great selection of activities for you to enjoy in the coming months. Some are outside and active to take advantage of our amazing summer weather, whereas others are more relaxed and indoors.

## 1. Motueka Saltwater Baths

Overlooking the glistening waters of Tasman Bay, this unique attraction couldn't possibly be in a more scenic, yet relatively undiscovered location. What was once a galvanised wire enclosure designed to provide safe swimming in the bay has now become somewhat of a destination in its own right. With a wooden deck for resting, picnic area and BBQ facilities, the Motueka saltwater baths are popular with locals and visitors all year round. A lovely place to take visitors or pop in for a paddle.

## 2. Visiting the Secret Lives of Dresses at Broadgreen House.

Enjoy some of their beautiful costumes, find hidden details and uncover the stories of their gowns. Every dress has a story. Some tales are true, memoirs of faithful diction, others may

be poetry, or perhaps just purely fiction. 10.30am – 4.30am daily. Free for locals.

## 3. Cable Bay

Rotokura/Cable Bay is a hidden gem in the Nelson Tasman region, and only a 20-minute drive from Nelson City. So close to town and yet you feel like you've got away from it all. The bay's crystal clear water is gorgeous and rims a fine rock beach with some sandy patches; great for swimming, fishing, and kayaking. A walkway overlooks the bay and provides stunning vistas of Te Tai-o-Aorere/Tasman Bay. Enjoy Cable Bay Cafe and their little piece of paradise set in gorgeous cottage. Here you can enjoy coffee and a delicious bite to eat with friends and family. They are open Wednesday - Sunday 10am - 4pm

## 4. Biking Trails in Nelson

Recently I had the pleasure of riding the Wilderness Trail on the West Coast and bumped into some locals from Nelson. They were out on their e-bikes and were having a great ride. I thought of them both as I pedalled hard up a gravel hill thinking they may have already made it to their destination and enjoying a nice cool drink in Hokitika. It made me want to highlight there are some great trails out of our region, but

we are very spoiled with what we have here. Whether you have a standard bike, E-bike or scooter there are some great short trips around our area. I highly recommend parking south of the Spooners tunnel and riding to the Kohatu pub for light refreshments. This trip is a shorter trip if you do not want to bike through the Spooners Tunnel but gives you a taste of the Great Taste Trail and if it is hot providing a nice mix of shade and terrain. This fantastic trail can be accessed from Nelson or Richmond and more information can be found on a trail map or from local councils.

## 5. Markets

We are very lucky to have so many markets on offer in our Region:

### • Nelson Farmers Market

The place to be every Wednesday. A vibrant market brimming with a diverse range of fresh local, seasonal produce and artisan. Perfect for grocery shopping in small

quantities. Every Wednesday at 23 Halifax Street from 8.00 am - 1.00 pm.

### • Isel Twilight Market

Indulge in the delicious cuisine from a selection of street food carts. They are selling takeaway meals ONLY as well as craft, produce and live music. Open Thursdays at Isel House from 4.30pm to twilight.

### • The Nelson Market

This is a busy Market with a range of fresh produce, craft, artisan food and ready-to-eat food. Every Saturday in Montgomery Carpark from 8am -1pm (Covid restrictions dependent)

### • Motueka Sunday Market

There is something for everybody at this Market; fresh produce, artisan food, ready-to-eat food, craft and second hand goods. Every Sunday, Decks reserve Carpark from 8.00am to 1.00pm.



Marnie on the West Coast Wilderness Trail

## Save big on fuel with NPD and SuperGold

Present your SuperGold card at participating NPD service stations to receive up to 15 cents per litre discount on fuel purchases. No other discount schemes or promotions needed - get the full discount every time!





# Inspiring Older People

## Stan Read

Stan Read was a keen member of the Rotoiti Power Boat club and raced speed boats all over the South Island, even achieving a speed record for the Ford 10 class.



As a young man Stan knew he wanted to race something fast but wasn't sure whether to do car racing on back beach or boats. In the end boat racing won out because Stan thought the landing would be softer if he fell out – which naturally he tested one day and was proved right!

In 1951, as an 18-year-old, Stan bought Susie I, a racing hull which he fitted with a side valve Ford 10 engine (1172cc). He had this boat a couple of years but it was made with planks and these started to peel off and the boat fill with water so it was time to get a new one. A lot of Stan's focus went into thinking how he could make the boat go faster. He states: 'No effort was spared to get more power'. Stan polished the whole crank shaft to make it run smoother, 'not everyone would think to do that', he explains. Stan started work at Nalder and Biddle as an apprentice fitter and turner in 1948 and did a lot

of work on coastal ships as a ships engineer. He was able to use the area at Nalder and Biddle to work on his boat which was a bonus.

After Susie I fell apart Stan began racing hydroplanes but stayed in the Ford 10 class, which was the smallest class in New Zealand. Hydroplanes felt fast as you sit at water level.

Stan raced all over, from Nelson to New Brighton, Benmore Dam and Lake Kaniere as well as winning both the North and South Island championships. It was all very time consuming, and he was always thinking of ways to go faster. There were around five boats in his class at Lake Rotoiti and they raced each other regularly. He would experiment on the mudflats in Nelson Haven and test any modifications he made ready for his next race.

Stan had a break from racing between 1955 and 1964 when he became heavily involved again. By this stage Stan had a wife Fay and three young children: Cheryl, David and Wendy. They would all travel to races and camp, which was greatly enjoyed by all. In 1968 Stan achieved a NZ Record of 106.3km per hour in his hydroplane, called Rawhide – after the popular TV show of the time. Stan did all his own work on the engine. In order to achieve this record, he put in a Ford 100 E engine (still 1172cc) and side valve motor and he used a motorcycle battery for ignition to kickstart the engine as 'lighter goes faster'. This was plugged into the back of the boat and pulled out once it had started. On the day this happened they had headed down to New Brighton, specifically to try and set a speed record. They had one run and set the record, but it nearly didn't happen. Stan had trouble getting enough water through the engine and unbeknown to him, he had half squashed the hose under the seat. Once this was identified he was able to quickly fix it. The man Stan took the record off, had only had it for a couple of months so he was a bit miffed and complained about the use of the motorcycle battery but as Stan says, 'it was perfectly legal'. As a result of this record and his involvement in racing Stan was awarded a New Zealand Merit

Certificate for Sport in 1968 and this was presented to him by the Governor General.

The following year the Ford 10 class was removed, and Stan retired from racing and took up shooting rifles instead as well as going on hunting and fishing expeditions, including three trips to Stewart Island. He also was an active and highly skilled member of a New Zealand Shooting Club setting a NZ target shooting record and getting top points in a competition against the Pistol Club even though he had never shot pistols with live ammunition. This was a great achievement and 'my team beat them at their own discipline', he smiles.

Stan has many more hunting and fishing tales, not to mention that he used to build and fire cannons. These are stories for another day, which I am certainly looking forward to hearing. Thanks Stan!



## One-Pot Cheeseburger Pasta



### Ingredients (2-3 servings)

225g mince  
1 small onion  
1 tsp minced garlic  
½ tsp salt  
¼ tsp pepper  
1 tbsp Worcestershire sauce  
1 tbsp tomato sauce  
2 cups beef broth  
225g fusilli pasta  
150g cheddar cheese, grated  
¼ cup milk

### Method

1. In a large pot over a medium-high heat, add mince, onions, garlic, salt, pepper, Worcestershire sauce and tomato sauce. Break up the beef to incorporate the seasonings and cook until browned, 6-7 minutes.
2. Pour in the beef broth and one cup of water and bring to a simmer
3. Add the pasta and simmer for 20 minutes or until the pasta is cooked through and the broth has cooked down, stirring occasionally.
4. Pour in the milk and cheese. Stir until the cheese has melted and serve.







# SUMMER ACTIVITY PROGRAMME FOR SENIORS

## 14 February - 26 March 2022

The Summer Activities Series for Seniors starts on 14 February and includes a range of FREE activities in a number of locations across the Nelson Tasman region. Bookings are not required, simply turn up & enjoy.

### Vaccination Pass and Mask required.

Date	Time	Activity	Location	Meeting Point
Mon 14 Feb	10am – 11am	Tai Chi	Founders Park, Nelson	Meet at the Village Green in the center
Wed 16 Feb	10- 11.30am	Croquet	Nelson Hinemoa Croquet Club	Rutherford Park Saltwater Creek Lane
Mon 21 Feb	10-11.30am	Maitai Art Walk	Maitai Walkway, Nelson	Meet at Miller's Acre Car Park
Mon 21 Feb	10am – 11am	Tai Chi	Botanical Reserve, Nelson	Meet at Milton Street next to clubhouse
Tue 22 Feb	10am-11.30am	Croquet	Nelson Hinemoa Croquet Club	Rutherford Park Saltwater Creek Lane
Thu 24 Feb	12-1pm-	Pickleball	Richmond Badminton Club	20 Gladstone Rd, Richmond
Mon 28 Feb	10-11.30am	Memorial Walk	Marsden Valley	Meet outside Isel Park sign on the Ridgeway (near Parkview place)
Mon 28 Feb	10am – 11am	Tai Chi	Tahunanui Beach	Meet at the Tahunanui Nightingale Library
Tues 1 Mar	10-11am	Spin Poi	Broadgreen Gardens, Stoke	Meet outside Broadgreen House
Thu 3 Mar	10am – 11am	Seated Exercise	Anzac Park, Richmond	Meet by Age Concern Office, 62 Oxford Street, Richmond
Mon 07 Mar	10am – 11am	Tai Chi	Isel Park, Stoke	Meet in front of Isel House
Fri 11 Mar	10-11.30am	Heritage Walk	Miyazu Gardens, Nelson	Meet at the carpark off Atawhai Drive
Mon 14 Mar	10am – 11am	Tai Chi	Washbourn Gardens, Richmond	Meet at main Entrance of park on Oxford Street
Fri 18 Mar	10-11.30am	Guided Walk	Centre of NZ	Meet at the start in the Botanical Gardens, Nelson
Tues 22 Mar	10-11am	Spin Poi	Isel Park, Stoke	Meet in front of Isel House
Thu 24 Mar	10am – 11am	Seated Exercise	Anzac Park, Richmond	Meet by Age Concern Office, 62 Oxford Street, Richmond

For more information or cancellations

see [www.facebook.com/ageconcernnelsonntasman](https://www.facebook.com/ageconcernnelsonntasman) or phone Age Concern Nelson Tasman on (03) 544 7624 ext 5 or email [ageconnect@ageconcernnt.org.nz](mailto:ageconnect@ageconcernnt.org.nz)

