

WINTER 2022 QUARTERLY NEWSLETTER
www.ageconcernnt.org.nz



Age Concern Nelson Tasman

Serving the needs of older people

ACTIVE SENIORS NELSON TASMAN



Ruth Chignell has been knitting for our Elder Abuse Awareness Week campaign. Full details on page 10

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OFFICE HOURS: 9am - 2pm Tues-Thurs

A note from the Chair



When flicking through a newspaper a few months ago the following heading drew my attention, *Empowering Older Kiwis for 30 years*. On closer inspection I discovered it was about SeniorNet, a not-for-profit organization established in 1986 in the USA by a group of 'older' computer literate folk. They were adamant computers and telecommunications had the potential to enhance the lives of older adults. How right they were and before too long the idea spread like wild fire.

SeniorNet appeared in Wellington in 1992 and 30 years later there are 50-plus branches including one in Nelson and in Motueka. Back then some of our contemporaries led the way with their wizardry but most of our age group were not savvy with technology. Meanwhile today we share varying levels of competence which is sufficient to cultivate a world-wide virtual community of kindred organizations with a common goal. That is to support, inform and enrich the lives of all people in their later years.

Many organizations willingly provide (for free) copious amounts of information through their electronic newsletters/reports. Three organizations I recommend in this regard are the Centre for Better Ageing in the UK, National Seniors Australia, and the American Association for Retired Persons (AARP). Having access to many of the initiatives being used to support and enhance the lifestyle of 'older' individuals like yourself is refreshing.

Accessing information is critical for Age Concern Nelson Tasman as we determine the success of our current activities whilst contemplating new initiatives. In return we reciprocate by sharing information about our programmes such as Tea and Tech. It's a pleasure to share our ideas with organizations in NZ and abroad as they strive to empower and enrich the lives of many 'older' people in their community. I'm sure you'll agree, the paper heading was 'spot on'.

Bevan C Grant

Chair, Age Concern Nelson Tasman

Telehealth at Nelson Marlborough Health

What is Telehealth?

Telehealth is a way of attending a medical appointment by telephone or video call. Nelson Marlborough Health offers Telehealth for suitable appointments across a range of services.

If you video call with friends or family, Telehealth is much the same – a virtual meeting space – for you and your healthcare provider. Rather than physically attending, you join a Zoom Meeting from a smartphone, tablet, or laptop computer. (Zoom is a video calling app that NMH uses for Telehealth.) Telehealth is also a great way to include family members, support workers, or other specialists on important health conversations.

Curious but not tech-savvy?

NMH offers a free, individualised learning session to help set up your device. From the basics of downloading Zoom, to joining your first meeting, a Digital Health Navigator will walk you through step-by-step in simple language prior to your appointment. Learning sessions are available to people of all ages and abilities. No previous computer / technology skill is needed.

If you're interested in Telehealth, ask your clinician if it's right for you.

To learn more about NMH Telehealth, visit our website: www.nmdhb.govt.nz/health-services/telehealth

Or contact our Digital Health Navigator on 022 038 0499 or email: telehealth@nmdhb.govt.nz



Winter Energy Payments

The Winter Energy Payment will be paid from 1 May to 1 October. This payment helps people keep their homes and families warmer and healthier over winter. People don't need to apply for the Winter Energy Payment. If they're eligible, they'll get it automatically with their other payments.

Winter Energy Payment rates

Couples and people with dependent children will get \$31.82 a week and single people will get \$20.46 a week. As 1 May is part-way through the pay period, people won't get the full amount in their first May payment - their second payment will be for the full amount. If people want to opt out - or they've opted out and now want to start getting it – they can complete the 'Stop or restart Winter Energy Payment' form online or call Work and Income.

NZ Super or Veteran's Pension

For couples getting NZ Super or Veteran's Pension the Winter Energy Payment is paid to one person, because the payment system can't split it across two accounts. People can switch the payment to the other person's account by calling Work and Income Seniors line on 0800 552 002. Seniors heading overseas over the winter months can keep getting Winter Energy Payment for up to 28 days while they're away. People should tell Work & Income if they plan to be away for more than four weeks, otherwise you might get overpaid and have to return the payment.

There's more information about the Winter Energy Payment on the Work and Income website www.workandincome.govt.nz/winterenergypayment



We are grateful to all our funders:



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Nelson City Taxis has 5 Total Mobility hoist vans for all wheelchair requirements.
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Over 30 years' experience transporting Nelson's Total Mobility customers.

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 Advisor Mal Drummond

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.



Office Manager, Patrice Fowler

Patrice is our new Office Manager who provides a friendly and knowledgeable welcome at our Richmond office.

Care & Repair

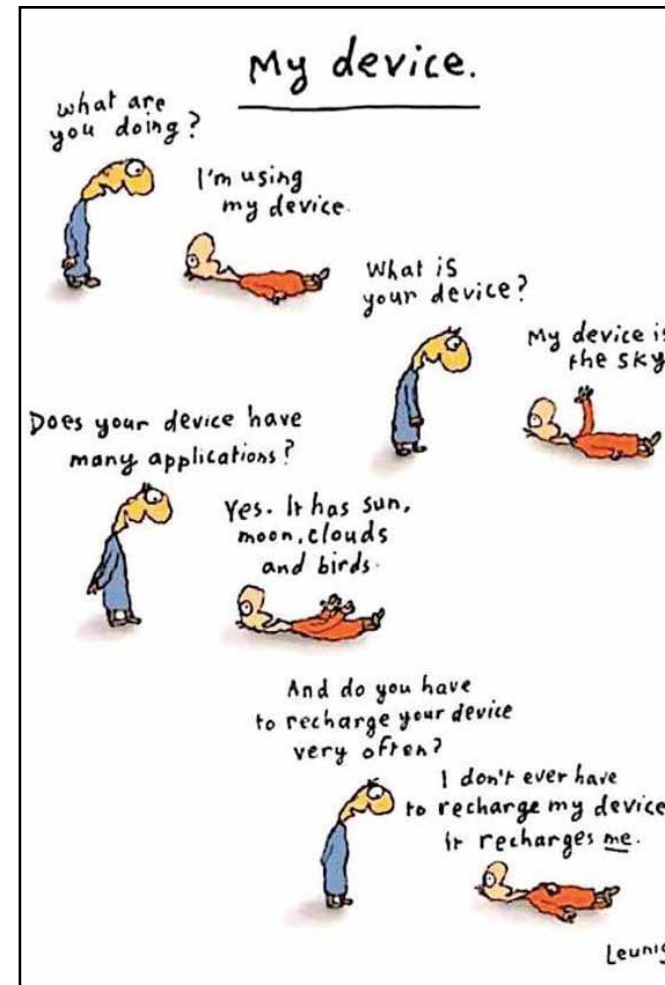
Have you heard of our new Care & Repair Service?

We started this late last year in response to a growing number of people seeking recommendations for tradespeople and odd-job people who were trustworthy and didn't 'cost the earth'. Jackie, our Community Support Coordinator, runs the service, acting as the 'connector' between the client and the provider. All providers have been interviewed, police vetted and have signed a contract.

Since it started, Care & Repair has grown from strength to strength – with over 90 people already using the service! The range of service providers has also increased and we now have providers all over the region, including Murchison, Tapawera, Motueka, Richmond and Nelson. It includes professionals from IT to nailcare and hairdressing, as well as tradespeople such as builders, plumbers and electricians.

Brian Jones (pictured below) has used the service a couple of times after moving to a house in Richmond which needed adjusting to accommodate his needs. He has had a ramp installed to make access through the front door easier and also had the clothesline lowered. "It's great to be able to have someone on hand to do the little random jobs which larger businesses wouldn't necessarily come out to do," states Brian.

If you or someone you know would benefit from Care & Repair, please contact Jackie on 544 7624 ext 4 or community@ageconcernnt.org.nz.



If you are unsure whether your smoke alarm is clean or working, or if you can't replace the batteries without assistance, ring your local fire brigade. They will provide this service for you

It could save lives!



nelson asthma society inc

The Nelson Asthma Society is here to provide support to all those living with a respiratory condition. Through improved self management, education and support, we are here to help you.

Better Breather Classes

Richmond Class: Tuesday & Friday, 10am - 11am
Nelson Class: Wednesday, 1pm - 2pm
Motueka Class: Monday, 11.30am - 12.30pm

asthma.nelson@xtra.co.nz | 03 544 1562
www.nelsonasthma.co.nz

Rickshaw at Oakwoods Retirement Village

The Rickshaw journeys that we have been trying to launch for over a year can now start at Oakwoods in Richmond. After all the delays with covid, it is exciting to get this started. If you would like to be a volunteer Rickshaw driver the orientation afternoon is **1pm on Thursday 26 May at Oakwoods**. It will be run by the new Wellness Leader, Christine Borlase. Volunteers will have a chance to ride the Rickshaw and be passengers and be updated on the health and safety of the Rickshaw .

We will then run the Rickshaw from **1.30-3pm on Thursdays from 2 June until 27 October**. After this day, it may move to a morning ride as the weather is warmer.

If you would like to be a volunteer for this please contact Marnie on 03 5447624 ext 5 or email ageconnect@ageconcernnt.org.nz



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AgeConnect Champions Awards

Each edition we profile some of the winners from our 2021 AgeConnect Champions Awards – given out to individuals, businesses and organisations who are doing their bit to help make the region age-friendly. In our last edition we profiled overall winners, the Brightwater Senior Exercise Group. This time, we're focusing on the Category Winners.

Community Connections Champion: Stoke Companions

Stoke Companions has been running for 33 years. This is a wonderful group that holds a large weekly exercise class, has a motivated committee, and provides a strong connection for those within its community. They openly welcome new members into their group and make them feel part of a large family. They have guest speakers in a range of topics, bus & car outings, luncheons and gatherings that help the group connect. This group has many older members and has been a wonderful platform for new people to connect and have lasting friendships.

One Person Makes a Difference: Leigh Dalzell

With over 25 years working with mature senior clients, Leigh is a master of her trade. She specialises in exercise science for over 60-year-olds, but with an in-depth understanding of the cognitive, biological, social and physical challenges of ageing. Leigh works with several groups within our community including

Stoke Companions, The Legends programme for CLM and Ryman Health and is an approved ACC Community Group Strength & Balance Instructor. Earlier this year she started instructing Prost-FIT which is a programme aimed at men living with prostate cancer getting them stretching, lifting, and balancing which can add to their mental and physical well-being. Leigh ensures her participants have fun. She is thoughtful and diligent in both preparation and delivery, ensuring she connects on a personal level with participants who have such an enjoyable experience they keep going back.

Intergenerational Champion: Nelson College for Girls

Nelson College for Girls are very enthusiastic about the Tea & Tech programme, which pairs high school students with older people to help them use their digital devices. Teacher Nichola Hayes said, 'It has been so heartwarming to see the connections made by the older residents and our young people. Many of the older residents taking part in Tea and Tech, are in fact old girls of Nelson College for Girls so many stories have been told between the two groups.' The older residents just love talking with the students and Nicola expressed how the students really enjoy connecting with the older generation and helping them with simple technology requests.



Carin College students at the Awards last year

Age-Friendly Environment Champion: Coffee on Queen

Coffee on Queen run by Matt & Haylie is a café with messaging such as, 'Keep Calm N Carrot On' and, 'May your Saturday be as long and fruitful as our famous apple shortcake'. With those words inviting people in the door, this bustling café is great for older adults who enjoy an upbeat café scene. Large groups of older adults can often be seen sitting in the large front table after exercise of a group gathering. Last winter they had a promotion for over 65s which was greatly appreciated. With easy access, outdoor seating it's a lovely atmosphere for older adults to take family members.

60+ Employer Champion: Sharon Kenning

Sharon joined the Stoke Seniors team in March 2021. Her role is General Caregiver Assistant. She works part time 3 days a week making sure the members are well looked after. As Sharon is in her early 60s it means she has a close relationship with the members and can relate to many of the things they can. She has a wonderful bubbly personality so cheers everybody up and is not afraid to get involved in any activity. Her role is to help those that may need it, it may be a chat or serving meals. Sharon is a wonderful team member of Stoke Seniors, and their members love her.

Our next AgeConnect Champions Awards are coming up in spring 2022, so if you would like to nominate an organization or individual please contact Marnie on 03 544 8624 ext 5 or email her at ageconnect@ageconcernnt.org.nz



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Our advertisers support enables the continuation of our newsletter. Please support them where you can and let them know where you found them.

Many thanks

Chocolate Brownie in a Mug

– a 5 minute dessert

Ingredients

- 4 tbsp flour
- 4 tbsp sugar
- 2 tbsp cocoa
- 2 tbsp water
- 2 tbsp canola oil
- 1 tsp vanilla

Instructions

1. Mix together all ingredients in a ramekin or other oven or microwave safe dish.
2. Microwave for 1 minute.
3. Bake in oven at 350 for 20 minutes or until toothpick comes out clean.



Recipe and images from www.forgetfulmamma.com



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
Please contact us on (03) 547 6867
www.tasmanrh.co.nz

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

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.



our voice | Advance Care Planning tō tātou reo



Advance Care Plan

Imagine you have been admitted to hospital unable to speak and are critically ill. How do you want the hospital staff to treat you? If your life is in the balance, do you want them to pull out all stops and revive you? Or would you prefer that they do something else? If you have an Advance Care Plan (ACP), this will tell what you want them to do. An Advance Care Plan is the process of thinking about and planning your future health care and end-of-life care. It's about identifying what matters to you.

Mary-Ann Hardcastle, the ACP Facilitator from Nelson Bays Primary Health will be running several information sessions and workshops which give people a chance to complete their Advance Care Plan prior to going to their General Practice. Please see below for dates and times.

June 28	Nelson Office 10 to 11am	Information Session
August 16	Nelson Office 10 to 11am	Workshop
Sept 14	Richmond Office 1 to 2 pm	Workshop
Oct 11	Nelson Office 10 to 11.30 am	Information and Workshop
Nov 23	Richmond 1 to 2 pm	Information

For more information or to register, please contact Marnie on 03 544 7624 ext 5 or ageconnect@ageconcernnt.org.nz

Planning your funeral in advance is a sensible way of ensuring your wishes are adhered to as well as sparing your family or loved ones unnecessary worry about arrangements in their time of grief.

**There is no age limit
The best time to plan is now**

Planning leaves nothing to chance and gives you one less thing to worry about. It is also important to realise that once your plan is made, you are not locked into it. Our funeral planning offers flexibility to make alterations as circumstances change. You can pre-pay with us through Days Funeral Trust - a well established and reputable trust where your funds are held securely in your name. Speak to the team at Waimea Richmond Funeral Services - we are here to help with any questions you may have about the options available.



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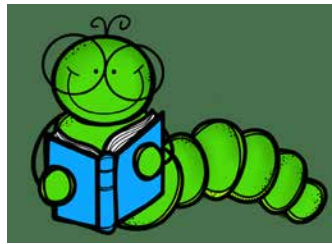
Plan for your future healthcare with an Advance Care Plan



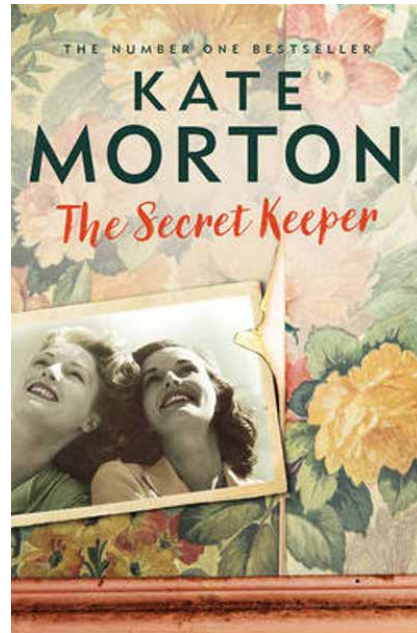


Book Review

with Susan Arrowsmith, our AVS and Carer Relief Coordinator



The Secret Keeper by Kate Morton.



I've enjoyed several of Kate Morton's books and like the way that she often shifts from past to present as she shows how people's actions in the past have consequences in the present.

Sixteen-year-old Laurel is hiding out in her tree house when she sees a stranger walking up the

road to the farm and watches as her mother Dorothy talks to him. Before the afternoon is over, she will witness a shocking crime that challenges everything she knows about her kind and loving mother.

Many years later Dorothy is nearing the end of her life and the family gather at the farm to celebrate her birthday. Laurel has been haunted by what she witnessed and realises that this may be her last chance to find the answers that can only be found in Dorothy's past.

The story shifts from pre WW11 London, to the 60s to the present as Laurel unravels the mystery of what occurred that day. This is a story of love and envy as it follows the lives of the three main characters. The plot is clever and unexpected and filled with interesting people. And, like all good murder mysteries, it has a great twist at the end.

Susan

Crafters Needed

At Age Concern Nelson Tasman we really want to create some colour around Elder Abuse Awareness Week (EAAW) this year . . .and you can play a part! EAAW is on between 15 and 22 June each year – shining a light on the very harmful and serious issue of elder abuse. Each year Age Concern Nelson Tasman deals with over 100 cases.

This year we're creating some visual displays using crafts and are looking for keen knitters and crocheters to create 17cm peggy squares in shades of purple by 1 June. These will be used to stitch together to make blankets and bunting. If you can't knit, you can still take part in the awareness display by decorating a teacup or teapot in purple shades or helping paint some wooden outdoor furniture and a mobility scooter in varying shades of purple.

AgeConnect Coordinator Marnie Brown explains: "We are going to create our own park scene outside our Richmond office and inside our Nelson office to raise awareness of this issue."

She's also looking for volunteers to come along at the beginning of June to join the squares, and then people to help decorate the chairs and scooters.

Age Concern has been kindly supported by Nelson Building Society in this initiative, and we're very grateful for their input.

To help volunteer for this craft project you can contact Marnie on 03 544 7624 ext 5 or email ageconnect@ageconcernnt.org.nz

While Age Concern is taking a colourful approach this year, elder abuse is incredibly serious, harmful and widespread. If you suspect an older person is not being treated well or want to report abuse to Age Concern Nelson Tasman, call 03 544 7624.



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

Proudly brought to you by Age Concern Nelson Tasman.
Supported by Good Bitches Baking.

Fortnightly Clinics at Motueka

As part of our initiative to have a greater physical presence across the region, an Age Concern staff member will be present fortnightly at the Grey Power offices in Community House in Motueka on the first and third Tuesdays between 9am and 1pm.

If you would like to make an appointment, please contact Patrice on 544 7624 ext 9 or email admin@ageconcernnt.org.nz.

Welcome to Patrice, our Office Manager



We would like to introduce you to Patrice, our new Office Manager, who joined the team in March. Patrice provides a friendly and knowledgeable welcome to anyone walking into our Richmond office. She has a background in administration and accounts, and is a great jewellery maker as well!

Patrice works Monday, Tuesday, Thursday and Friday from 9am to 2.30pm. If you need to contact her please phone 544 7624 ext 9 or email admin@ageconcernnt.org.nz

Farewell to Cheryl Hague, Elder Abuse Adviser

In April we farewellled Cheryl Hague as our second Elder Abuse Advisor. Cheryl was with Age Concern Nelson Tasman for 11 months but has returned to a permanent job at Nelson Marlborough Health. We wish Cheryl well and thank her for her valued contribution to Age Concern Nelson Tasman.

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Joyful June 2022

1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others	3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it	5 Think of 3 things you're grateful for and write them down	6 Get out into green space and feel the joy that nature brings
7 Do something healthy which makes you feel good	8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently	10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it	12 Write a gratitude letter to thank someone
13 Take a light-hearted approach. Choose to see the funny side	14 Share a happy memory with someone who means a lot to you	15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way	17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation
19 Get outside and find the joy in being active	20 Rediscover and enjoy a fun childhood activity	21 Send a positive note to a friend who needs encouragement	22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to	24 Bring to mind a favourite memory you feel grateful for
25 Show your appreciation to people who are helping others	26 Make time to do something playful, just for the fun of it	27 Be kind to you. Do something that brings you joy	28 Notice how positive emotions are contagious between people	29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)

The Joys of Present Day Banking

This old lady handed her bank card to the teller and said, "I would like to withdraw \$10." The teller told her "For withdrawals less than \$100, please use the ATM." The old lady wanted to know why..... The teller returned her bank card and irritably told her "these are the rules, please leave if there is no further matter. There is a line of customers behind you."

The old lady remained silent for a few seconds and handed her card back to the teller and said, "please help me withdraw all the money I have." The teller was astonished when she checked the account balance. She nodded her head, leaned down and respectfully told her "you have \$1,300,000 in your account but the bank doesn't have that much cash currently. Could you make an appointment and come back again tomorrow?"

The old lady then asked how much she could withdraw immediately. The teller told her any amount up to \$3000. "Well please let me have \$3000 now." The teller kindly handed \$3000 very friendly and with a smile to her.

The old lady put \$10 in her purse and asked the teller to deposit \$2,990 back into her account.

The moral of the story is Don't be difficult with old people, they spent a lifetime learning the skills of how things should be done!

Nelson Office Update

We have started activities out of our Nelson office. Please see below for activities, times and start dates. We will also be running several information sessions on Tuesday mornings.

Office Hours: The office is located at 18 Bridge Street, opposite the bus station and is open on Tuesdays, Wednesdays, and Thursdays between 9am and 2pm.

Regular Activities: Tea & Talk, Thursdays, 10-11.30am
Spin Poi, Tuesdays, 1-2pm
Sing Yourself Well, Wednesdays, 10-11.30am

Information Sessions

May 24	10am-11am	St John's. Sarah Carpinter will be talking about the range of services they offer, including a demo of how to use a defibrillator.
May 26	1pm-3.15pm	More Stable, More Able. A workshop focusing on falls prevention. FREE. For bookings call 539 1171.
June 7	10am-11am	Sleep Better, with Chris Allison from Health Action Trust. Some practical information on how to get a better sleep.
June 21	10am-11am	Blind Low Vision. Roy Myers gives an insight into the organisation's services and support offered.
June 28	10am-11am	Advanced Care Planning. ACP is the process of thinking about and planning your future health care and end-of-life care. It's about identifying what matters to you.
July 5	10am to 12pm	Life Without a Car. Tips and practical information on how to get around once you stop driving.
July 26	10am-11am	Citizens Advice Bureau. We've all heard of the CAB, but come along and find out what they actually do.

For more information, please contact Marnie on 544 7624, ext 5 or email ageconnect@ageconcernnt.org.nz



Stay Connected

Marnie, our AgeConnect Coordinator, has a great selection of activities for you to enjoy in the coming months. Marnie recently 'glammed it up' for a big birthday so has focused on a bit of 'culture' this edition.

1. Watch 'Downton Abbey – A New Era' at the Movies

Downton Abbey: A New Era is the latest cinematic instalment of Julian Fellowes' popular period drama and if you're a fan of the original series, have no fear, it won't let you down. We join the Crawley family nine months after the original movie; Lady Mary is settling into a matriarchal role, the roof is leaking, and the roaring 20's are coming to a crashing end. Despite the leaky roof, there's no denying the crowd-pleasing nature of this film. There's a contentment that emanates throughout but thankfully, it's not without its twists. With a Hollywood invasion, elegant trips to the South of France, paternity issues and a funeral (no spoilers, we promise) there's a strong pace that keeps the audience hooked until the very end.

2. Live Music Series at the Elma Turner Library

The Nelson Libraries are delighted to bring music to the library with the Live Music Series on the fourth Sunday of every month. These are free performances from local musicians held in the Elma Turner Library at 2pm. The programme is as follows:

- 29 May: Eva and Cara, violin duos
- 26 June: NZMA Cello ensemble
- 31 July The Ceol Merchants
- 28 August Julie Ayre; violin soloist

3. Check out some of the activities as part of Tuku 22 Heritage Months

There is a wide range of activities on offer as part of Tuku 22, for a full list go to www.itson.co.nz and click on the Tuku 22 icon. Some of our top picks include:

- 21 May, Ngati Kuia Site of Significance Bus Tour, departing from Ngati Kuia Office, 192 Rutherford Street, bookings required on vanya@ngatikuia.iwi.nz
- 6 June, Armchair Adventures – Exploring the Waterfront at the Suter Theatre, Bridge Street, no bookings required
- 11 June, Nelson Community Potters Heritage Afternoon, 136 Rutherford Street, please reserve a spot on Eventbrite.co.nz

4. Birds, Baches and Beaches Exhibition

This is a lovely exhibition by Cushla Vass, a local photographer and artist featuring quintessential kiwi scenes at Tozzetti Café & Bakery, 14 Vanguard Street, Nelson. Enjoy a cuppa and a quick bite at Tozzetti afterwards.

photographer and artist featuring quintessential kiwi scenes at Tozzetti Café & Bakery, 14 Vanguard Street, Nelson. Enjoy a cuppa and a quick bite at Tozzetti afterwards.

5. Airport Perimeter Walkway

The Perimeter Walkway is approximately a 5.75km loop around the spectacular Nelson Airport. The new terminal was completed in 2018 and was designed with modularity and flexibility in mind, whilst the beauty of the region is reflected in the architectural design. Aircraft enthusiasts will revel in the world of aviation, as they watch planes arrive and depart from the runway, whilst the ebb and flow of the tide around the coastline delights walkers, joggers and runners as they follow the path of the runway and golf course.

How to get there: The walkway starts at the carpark on Trent Drive, just before you go through the airport barriers. This is also the starting point for Tasman's Great Taste Trail.



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:

- **Wednesday 1st June** at SeniorNet, Pioneer Park, 11 Hastings Street, Nelson from 10am to 12.30pm
- **Thursday 16 June** at The Clubrooms, Waimea Plains Retirement Village, 455 Lower Queen Street, Richmond from 10am to 12.30pm.
- **Monday 27th June** at Mohua Social Services, 88 Commercial street, Takaka, from 10am-12.30pm

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:

- **Tuesday 5th July** at Age Concern Nelson office, 18 Bridge Street, Nelson, (free transport to the session provided - please ask when book), from 10 to 11.30am.

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:

Tuesday 28th June at Takaka Library carpark between 10am-2pm (a 20min drive-through in-the-car safety assessment check).

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



Anna Loach
Manager and Funeral Director

Simplicity
Funerals

TIME TO PLAN FOR THE FUTURE

We're part of your community

Nelson - (03) 539 0066
Richmond - (03) 929 5145
nelson.simplicity.co.nz

Wellby Talking Cafes

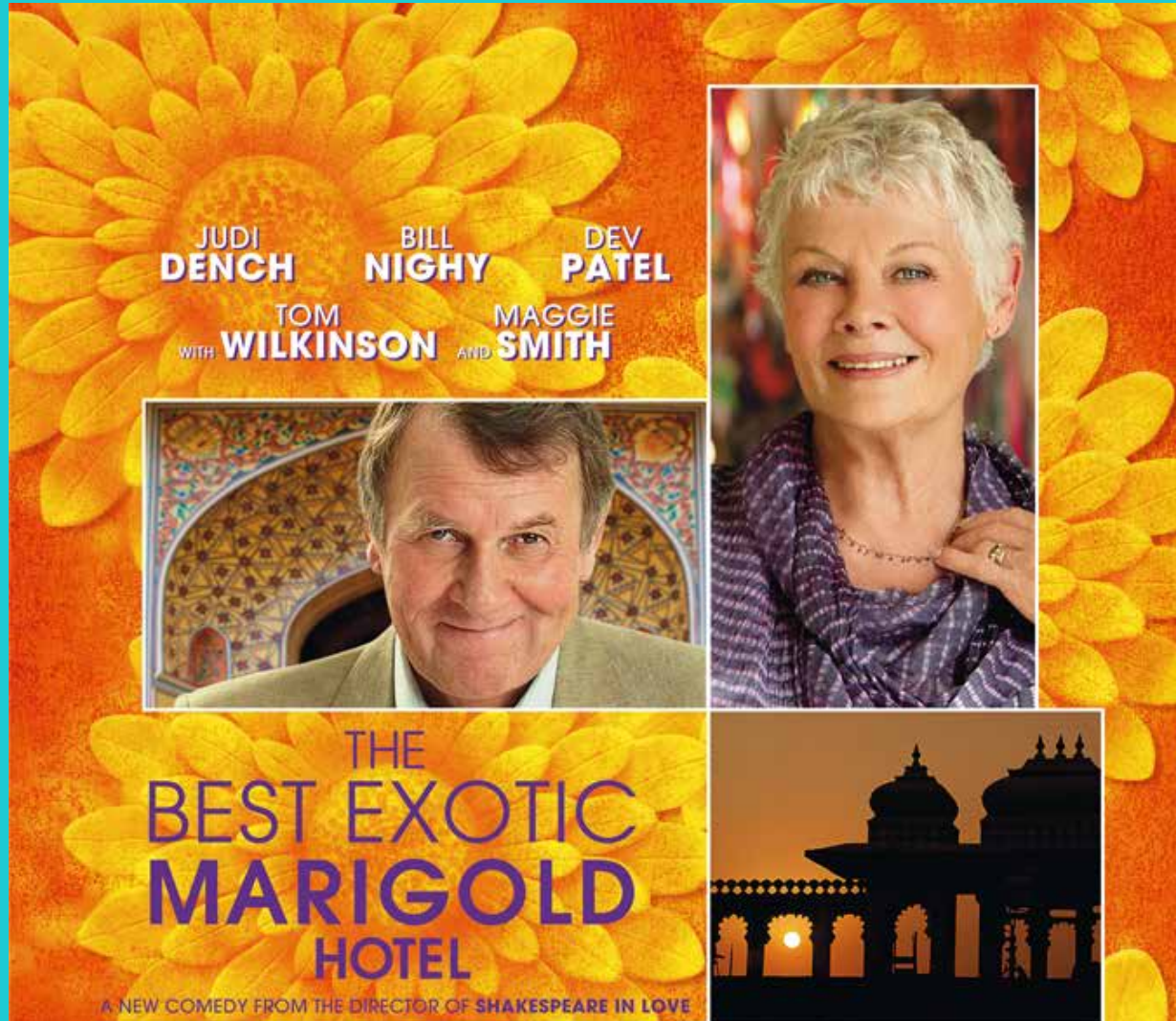
Wellby Talking Cafes welcome everyone for a relaxed cuppa and can start your journey to connect with others who enjoy the same things. You can pop in for a quick chat or stay for a longer conversation with friendly people. There is no need to register, just turn up on the day.

- Wed 25 May** Halifax Street Café, 28 Halifax Street, Nelson 1.30pm-3pm
- Tues 7 June** McCashins Cafe, Main Road, Stoke 10 to 11.30 am
- Thurs 9 June** The Nook Café, Habitat Hub, 166 Tahunanui Drive, Nelson 10 to 11.30 am
- Tues 14 June** Richmond library café 1.30 to 3pm
- Tues 21 June** McCashins Café 10 to 11.30 am
- Wed 22 June** Halifax Street Café
- Tues 5 July** McCashins Café 10 to 11.30am
- Tues 12 July** Richmond library café 1.30 to 3pm
- Thurs 14 July** The Nook Café 10 to 11.30 am
- Tues 19 July** McCashins Café 10 to 11.30 am
- Wed 27 July** Halifax Cafe



For more dates see www.wellby.org.nz

Movie Afternoon



When: Tuesday 12 July at 1pm

Where: Age Concern Hall, 62 Oxford Street, Richmond

Cost: \$5 per person.

Registrations Essential. Phone Marnie on 5447624, Ext 5 or email ageconnect@ageconcern.org.nz



What kind of shopper are you?



Do you have an eagle eye for deals, or do you wait until they come to you?

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www.supergold.govt.nz



We were created to be "in the community" with others. So if you are feeling a little isolated or lonely, reach out to someone and be the friend to them that you would like them to be to you.



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

Addo Mulders

Addo Mulders, as a young man of 17 years living in Holland, lived through 5 years of German occupation and kept a diary during the final months of World War II.

Born on 27 October 1928, Addo lived in the village of Bathmen, Holland, which was invaded by Germany on the 10th of May 1940. His family lived under German occupation for the remainder of the war. His father, a local doctor, was about to be arrested by the Gestapo on 15 August 1943 but managed to escape. He went into hiding in a hospital in Amsterdam using a false name and worked as a surgeon. Addo did not see his father again until after liberation, nearly two years later.

After the Battle of Arnhem, in which the Allied forces regained control of the city, the German army headed north and Addo, along with his mother and sister, were evicted from their home in December 1944. Two rooms had previously been taken by a German Officer and his assistant but on this occasion, they were all forced to leave. Addo's mother and sister went to a local village hotel, but Addo lived with his friend across the road for three weeks before walking 100km north, through the snow, to stay with his uncle in Noorwolde. He arrived after three days walking, staying with colleagues of his father along the way. He stayed with his uncle until around 13 March 1945 when he returned to Bathmen and started writing his diary 'hour by hour until we were free'.



This diary records the sheer volume of bombing and loss of lives which occurred. Allied planes flew overhead and around the village day and night and V1 and V2 German flying bombs were launched from the woods around Addo's village and surrounding areas. One day a V2 crashed nearby, destroying his secondary school, and causing the deaths of many people. During the daytime the area surrounding the village was subject to attack as the Allies bombed the railways and 'anything that moved' as they sought to regain control of the area. The Dutch civilians had been instructed to stay off the road, so they were not accidentally shot. Addo recounts a near miss he had one day whilst he was out helping a farmer. As the plane flew overhead, he dived for cover only to have bullets rain down around him. One day, a bomb exploded over the house, making it shake 'like mad'. Addo's diary captures the chaos; 'All around us they are shooting at something. Smoke and fire everywhere'.

The final few days before liberation were particularly intense with continuous shell fire, warplanes in action, howling and whistling bombs, heavy explosions, rifle fire and trembling windows. The fighting was so close they could hear the cannon fire and machine guns. Addo and some friends ended up taking cover in the cellar of an unoccupied house. Once they did venture out during the day, only to have bullets whizzing around them. They stayed in the cellar 'hiding to save our lives' and passed the time by playing checkers.

Early on 9 April 1945 Addo's brother arrived to tell them they had been liberated by the Canadian forces. Addo clearly remembers the Canadian army walking past in single file in full battle dress. His eyes glisten as he describes the liberation. "It was so bloody exciting. You can't imagine it!" After five years his village was free! Addo's father returned home after 20 months and was appointed Mayor of Bathmen until Queen Wilhelmina appointed a new Mayor in August.

After liberation Addo assisted the allied forces to regain control of the area, which was dangerous and, at times, frightening work. Initially he guarded collaborators and the destroyed Schipbeek bridge. Once reinforcements arrived Addo visited many farms around the village recording the finding of landmines, a hidden canon and much more of what Germany had left behind. On one occasion he acted as a prison escort biking behind a horse-drawn prison van. One day he was guarding a group of collaborators who were working in the fields, filling in craters left by the bombs. One collaborator began to approach him 'for a yarn'. Addo asked the collaborator to stop or he would shoot. The collaborator took a further step, so Addo shot at the ground in front of the man's feet. 'I had to,' he explains, 'I felt deeply concerned for my safety.'

The Allied forces occupied a large building where they stored all the weapons and equipment that had been left behind, including landmines and other explosives. On 22 May two experts were dismantling the explosives with help from two of the Dutch civilians when something went wrong and the whole building blew up. Addo had opted not to go on night duty the previous evening or he would have been in the building. His friend was among those killed. This ended Addo's service, and he returned to school shortly thereafter.

Upon finishing school, Addo obtained a degree in engineering. He subsequently married Ina and

together they immigrated to New Zealand in 1952. Ina was pregnant when they immigrated, and they subsequently had three more children. At the time of their departure, people couldn't take large sums of money out of the country, so instead they bought a prefab house and took it on the boat with them. Addo worked as an engineer for Snowcraft Frozen Food, the Anchor Foundry and then had his own business, Nelson Insulation Centre. Once settled in Nelson, Addo found several connections to his village and the war. At Snowcraft Food, Addo worked with Brian O'Connor who was a pilot during World War II and frequently flew over Addo's village during the final weeks of the war. He also befriended Desmond Scott, who had a distinguished career as a fighter pilot, Squadron leader, Station Commander and finally Wing Commander during campaigns to France and The Netherlands. Leonard Trent, who was Flight Commander of No. 487 Squadron before being shot down and captured as a Prisoner of War in 1943, hailed from Nelson and Trent Drive at Nelson Airport has a monument to him.

After retiring Addo spent decades volunteering for the Nelson community. He was also involved in fundraising for the Abel Tasman Statue at Tahuna Beach and through the Nelson 2000 Trust the statue of first settlers, the historic wall, seats, flag mast and streetlights on Wakefield Quay. Addo received a Dutch Knighthood in 2014 for 'exceptional services to the community and the country'.



The road ahead for seniors

Helpful advice for senior drivers

Six good things to know



1. Licence renewal is more frequent for seniors

The 10-year renewal period begins to shorten when you turn 65, as you need to renew at 75 with a medical check. The next age for renewal is 80, then every two years after that.

2. Staying Safe refresher courses are freely available

These free driver theory courses give you a refresher on traffic rules and safe driving practices. They also give you tips on other transport options to help you keep mobile.

3. It's good to check out your car and yourself

Senior drivers have a wealth of life experience and knowledge which helps make them safer drivers. However, it's good to be aware of the key information that can make you as safe as possible.

4. There are many transport options you can consider

At age 65, all seniors are entitled to a SuperGold card, which allows you to access free off-peak travel on public transport. If you have a health condition which affects your mobility, you may also be entitled to the Total Mobility Scheme's discounted taxi fares.

5. The roads are changing and getting busier

Nowadays, there are more drivers and road networks are always changing. Our road rules booklet provides a summary of the things that people most commonly have questions about, including roundabouts, giving way at intersections and traffic lights.

6. You can be a support to those around you

There's a range of things to consider when talking about driving issues and transport options. Our support booklet has tips for these conversations, as well as resources that can help you and those close to you.

Support services

Age Concern Nelson Tasman |
www.ageconcernnt.org.nz | 544 7624 |
community@ageconcernnt.org.nz

Office for Seniors | osc@msd.govt.nz
www.superseniors.msd.govt.nz

Local councils | www.localcouncils.govt.nz
Click on 'Council Profiles'

Neighbourhood support | 0800 463 444
www.neighbourhoodsupport.co.nz

NZ Automobile Association (AA)
www.aa.co.nz/contact-us
0800 500 444

Waka Kotahi
NZ Transport Agency | 0800 822 422
www.nzta.govt.nz/senior-drivers
info@nzta.govt.nz

The Retirement Villages Association (RVA) has recently completed a national programme of meetings with retirement village residents to share its *Blueprint for the Future*.

The blueprint, which was launched last year, includes providing residents with a stronger voice, strengthening the complaints process and working with the Te Ara Ahunga Ora – Retirement Commission (formerly the Commission for Financial Capability) to monitor re-licensing times so best practice standards can be developed.



The forums in Tauranga, Wellington, Christchurch and Auckland were chaired by former Seniors Minister and MP the Hon Tracey Martin, who has recently stepped down as an independent member of the RVA's Executive Committee.

RVA Executive Director John Collyns said the meetings were extremely positive and excellent progress was being made with the industry collaborative approach aimed at addressing residents' concerns and issues.

"We understand that a review of any legislation as proposed by the Retirement Commission is appropriate at some time but we have always felt that more pressing issues currently exist for government," said Mr Collyns.

"The growth of our sector, the fact more than 100 Kiwis are choosing to move into a retirement village every week and the overwhelming satisfaction levels among residents clearly demonstrates we have struck the right balance between robust regulatory oversight and effective self-governance.

"However, we accept there is always room for improvement and refinement around certain practices as our sector and our offering evolves. The blueprint sets out the tangible and definitive steps we will be taking to achieve that goal."

The Blueprint for Change addresses weekly fees (fixed or a predictable increase, ceasing when a unit is vacated), commits to making sure operators re-licence vacant units as quickly as possible, pledges to ensure the terms around transfers to care are transparent, and addresses and perceived or real "unfair" clauses in Occupation Right Agreements (ORAs).

Mr Collyns and RVA president Graham Wilkinson attended all forums to give presentations and answer questions.

A frequent question was around the role of Statutory Supervisors – who monitor the financial position of a

village and the security of residents' interests. "There appears to be a lack of clear understanding over the legislative role of the Supervisor and the RVA will explore how we can improve awareness and understanding of this," said Mr Collyns.

Other points included the use of 're-licensing gains', transparency around the business income and outgoings and greater ability to negotiate terms of ORAs. Mr Collyns and Mr Wilkinson addressed all points, providing details wherever possible on where residents could access the information they required.

"We agree there is a role for continuously educating operators and residents about the re-licensing process and to encourage best practice including dealing with potential drawn-out re-licensing times," said Mr Collyns.

Ms Martin said the RVA has committed to exploring what more could be done to support a more streamlined transfer to care both inside the sector and where they could with the Ministry of Health and Ministry of Social Development. "The retirement villages sector agrees that the move to care should be transparent. The RVA is identifying where improvements can be made, and will work with operators and regulators to ensure the process around the move is as transparent as possible.

"It was also acknowledged by both the RVA and residents at the meeting that there could be some more clarity on wording in the ORAs around "intentions" to provide care facilities."

Ms Martin said that following each forum she enjoyed informal discussions with residents. "There were very few who were not happy with their village and none who wished to leave their village. "At the Auckland forum, a member of the residents spontaneously asked all those residents who felt that their village had kept them safe during Covid to raise their hands. Almost the entire room raised their hands. Residents attending again and again verbalised how happy they were in their villages."

The RVA recently commissioned research into retirement village residents' degree of vulnerability.

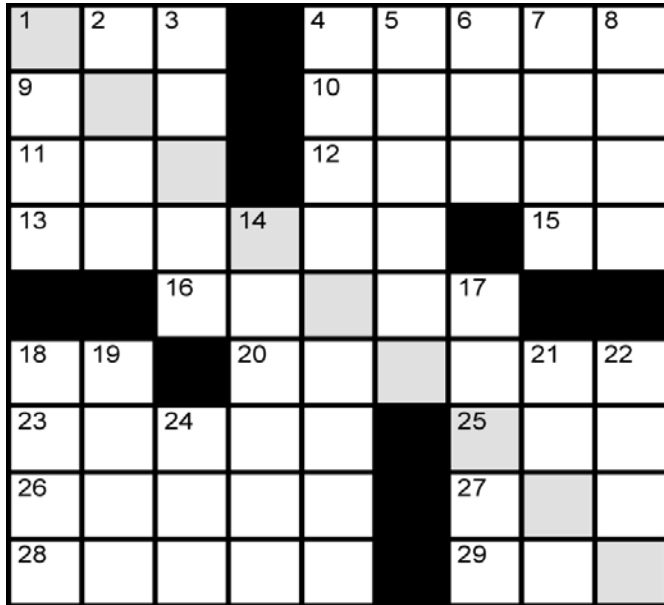
"The research covered almost 1,700 residents across 105 member villages. It showed that there was a very small minority of residents who might be considered vulnerable," said Ms Martin. "Nevertheless, the RVA is launching a trial with Fairway Resolution across 11 Auckland villages with a confidential service to allow residents to discuss any problems no matter how small, with a skilled person."

Due to other commitments, Ms Martin is stepping down from her RVA role with former MP and former Senior Citizens Minister Hon Jo Goodhew taking on the position.

editorial supplied by The Retirement Villages Assn.

Information booklets are also available online www.nzta.govt.nz/senior-drivers

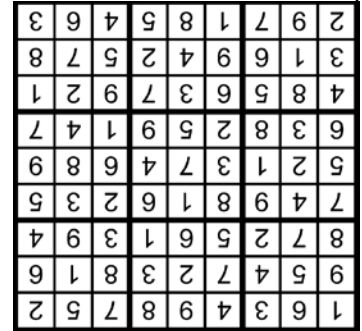
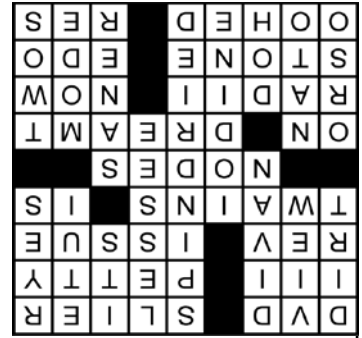
Investors Delight



- Across
- 1. Netflix rental
 - 4. More artful
 - 9. "Rocky ____"
 - 10. Minor
 - 11. Gun, as an engine
 - 12. It's debatable
 - 13. Mark and Shania
 - 15. Exists
 - 16. Bumps

- 18. Atop
- 20. Imagined
- 23. Arm bones
- 25. "____ what?"
- 26. Backgammon piece
- 27. Old name for Tokyo
- 28. ____ and aahed
- 29. ____ publica

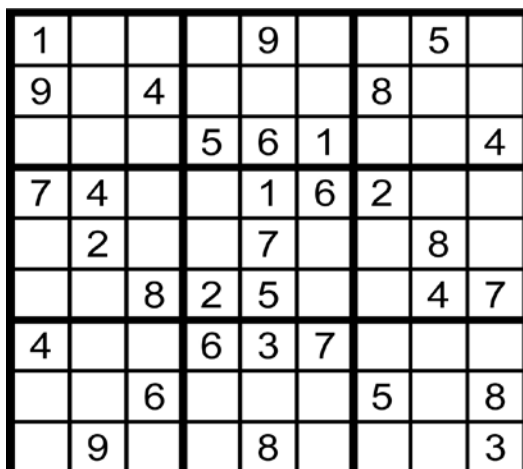
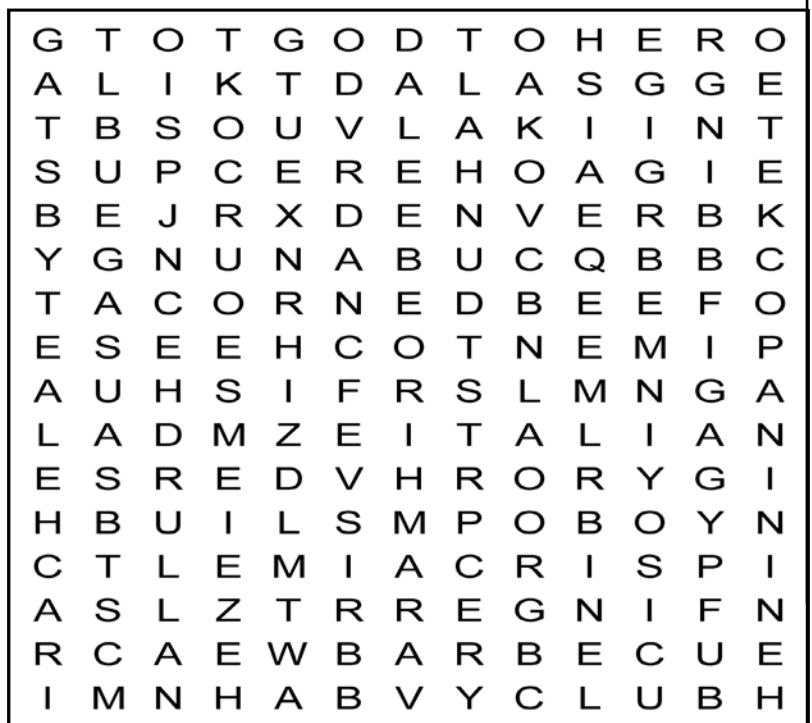
- Down
- 1. Gossip
 - 2. Penthouse feature
 - 3. Couch
 - 4. Like clothes in a washer
 - 5. Rent payer
 - 6. "____ alive!"
 - 7. Needle case
 - 8. Bakery selections
 - 14. First-aid item
 - 17. More rational
 - 18. Approximately
 - 19. Alliance acronym
 - 21. Fashion
 - 22. Deuces
 - 24. Play-____



The title is a clue to the word in the shaded diagonal.

- | | | |
|-------------|---------|----------|
| BAHN MI | FISH | PO BOY |
| BARBECUE | GATSBY | POCKET |
| BLT | GYRO | RACHEL |
| CLUB | HERO | REUBEN |
| CORNED BEEF | HOAGIE | SAUSAGE |
| CRISP | HOT DOG | SLIDER |
| CUBAN | ITALIAN | SOUVLAKI |
| DELI | MARMITE | SUB |
| DENVER | MELT | TAVERN |
| EGG SALAD | PANINI | TEA |
| ELVIS | PIMENTO | WRAP |
| FINGER | CHEESE | |

SANDWICHES



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.*