

SPRING 2022 QUARTERLY NEWSLETTER

www.ageconcern.org.nz

Age Concern Nelson-Tasman



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Contact Information

Phone: (03) 544 7624
Email: manager@ageconcernnt.org.nz
Postal Address:
 PO Box 3381, Richmond, Nelson 7050.

Richmond Office
 62 Oxford Street, Richmond, Nelson 7020
 OFFICE HOURS: 8.30am - 4.30pm Mon-Fri

Nelson Office
 18 Bridge Street, Nelson 7010
 OFFICE HOURS: 9am - 2pm Tues-Thurs

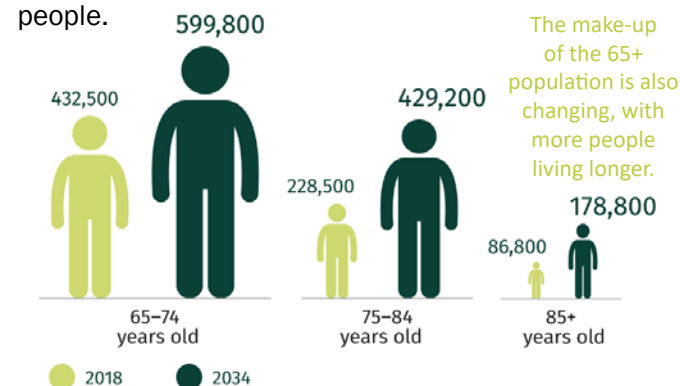
A note from the Chair



I was recently asked by some 'older' friends "what does Age Concern do?" Needless to say I offered my usual brief explanation and invited them "to check the website". In return I asked them about the changing demographic in NZ and what were some of the implications. The discussion inspired me to share the illustration with you and offer a few thoughts about what this might mean in the future:

- There will be more people over 65 than under 15 years and this will eventually impact the work force.
- Health needs of the 65+ tend to be greater than that of younger people.
- People are living longer and healthier lives which means enhanced lifestyles via recreation, pleasure and leisure.
- Concerns about keeping pace with the increase in cost of living.
- Towns were not designed for large numbers of 'older' people and some Councils are considering how to rectify the age-friendliness of their spaces and places.
- Increasing numbers of 'older' people means more; elder abuse, isolation, issues with housing, loneliness, products specifically for 'older' people.

The relevance of and need for Age Concern and other groups is evident. With your support we will continue to make a huge difference to the well-being of many people.



Bevan C Grant
 Chair, Age Concern Nelson Tasman

We are grateful to all our funders:



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AGE CONCERN NELSON TASMAN

AGM

You are warmly invited to attend our AGM on Monday 19 September from 11am to 12pm in the Age Concern Hall, 62 Oxford Street, Richmond.

The Meeting will be followed by a light lunch.

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

Please RSVP to Miriam on support@ageconcernnt.org.nz or phone 544 7624 ext 6

Any Notices of Motion to be presented for consideration must be presented in writing to Caroline Budge (Manager) by August 30th, 2022.

Each year the Age Concern Nelson Tasman Board is elected at our AGM. If you have an interest in governance and would like to be involved there is capacity for new members. If you'd like to know more about what being on the Board entails, along with the election process, please contact Bevan Grant (Chairperson) on 027 449 9940 before the end of August.

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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 Kate Miller

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



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

AgeConnect Champions Awards 2022



The AgeConnect Champions Awards are coming up on 17 November and nominations are now open. AgeConnect Champions Awards are a way to recognise those who contribute to the wellbeing of older people by helping them to feel that they are valued members of our community. These awards often reveal acts of generosity and kindness that the wider public do not know about. The Awards will recognise these people, create five finalists and choose an overall winner.

So, if you know someone doing great things for the older members of our community, now is your chance to share their story and nominate them as an AgeConnect Champion. Nominations could be for an individual, organisation, or business – anyone who is doing really great things for older adults in our community.

To make a nomination please fill out the form on our website <https://www.ageconcernnt.org.nz/ageconnect#nominate-a-champion> or contact Marnie on 544 7624 ext 5 or email ageconnect@ageconcernnt.org.nz



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Many thanks

International Day of the Older Person

Please join us to celebrate the International Day of the Older Person! This very important day is officially held on 1 October every year. At Age Concern Nelson Tasman we have been celebrating this for several years and hold an annual afternoon full of entertainment, fine food and good company. We would love to see as many of you as possible at our IDOP celebration, at the Annesbrook Church, on Thursday 6 October, from 2pm to 3.30pm. We'll have a lovely afternoon tea, local entertainment and a raffle or two. If you would like to attend our IDOP celebration, please RSVP by Friday 18th September to Marnie on phone 544 7624 ext 5 or ageconnect@ageconcernnt.org.nz

International Day of the Older Person

Please join us for a free afternoon tea to celebrate International Day of the Older Person

Where: Annesbrook Community Church, 40 Saxton Road West, Nelson

When: Thursday 6 October 2022 from 2.00-3.30 pm

What: Afternoon Tea and entertainment



Please Register: with Age Concern on 5447624 ext 4 or community@ageconcernnt.org.nz

Proudly brought to you by Age Concern Nelson Tasman and supported by the Nelson City Council and Simplicity Funerals.



New Branding

Have you noticed our lovely new branding? This was unveiled at Parliament on 1 July in an event hosted by the Hon. Dr Ayesha Verrall, Minister for Seniors and is aimed to reflect the changing nature of the agency.

Leadership, mana and community are the qualities our new brand represents. The bold contemporary design uses individual Huia feathers to suggest the mana of our older adults and the leadership role Age Concern takes. The circle of three feathers portrays the concept of community, friendship, and respect—all things we value and uphold.

Here at Age Concern Nelson Tasman, we really like the new branding and new 'look' but rest assured our services are still the same and we will continue to work hard in the region to support older adults to have a healthy lifestyle, full of opportunities and free from harm.



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Stay Connected

Marnie, our AgeConnect Coordinator, has a great selection of activities for you to enjoy in the coming months. Marnie recently had a relaxing holiday break and enjoyed a bit of sightseeing. So, in this edition, she has focused on some activities to get you out and about.



1. Brook Sanctuary Open Day

The Brook Sanctuary is the largest fenced Sanctuary for endangered plants and creatures in the South Island. It is close to Nelson city but hidden away. Why not go along and explore (or reexplore) its idyllic setting as well as enjoy some food stalls and enjoy a stroll in the bush. The open day is on 23 October from 10am to 4pm.



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. The August performance is being held in St Peters Church at Founders Heritage Park at 2pm. Venues for September and October will be advised closer to the time, depending on whether the Elma Turner Library has reopened. The programme is as follows:

- 28 August Julie Ayre; violin soloist
- 25 September Bryce Wastney
- 30 October Mosaic Choir

3. Model Railway Exhibition

This has been rescheduled from earlier in the year. It features a variety of layouts of various outlines and gauges, such as American, British or Continental of steam or diesel running as well as steam punk. It is now running on 10-11 September in Warnes Stadium, 206 Songer Street from 10am to 4.30pm. Entry fee is \$5.

4. She Loves Golf

Golf is one of New Zealand's fastest growing sports, it's social, fun and can be played by anyone. If you are interested in trying golf in a friendly environment, then come along to these open days. It doesn't matter if you have never hit a ball before! Feel free to bring a friend, family member or colleague. This is a free workshop. Golf clubs and everything else you need is provided. 'She Loves Golf' is on 12 & 19 September starting at 11am. For more information contact Rachel.saunders01@gmail.com or phone 027 415 9200

5. Walk Monaco

This walk starts at the Honest Lawyer at the end of Songer Street and takes around 45-60 minutes. Proceed around the estuary on Point Road and turn right at the Monaco reserve. Cross the reserve and when you get down on to the beach turn left and continue around to the southern end of the point. The sandy beach becomes rocky halfway round so the road may be easier walking. To the right you can see the tail end of the airport land, and further west is Oyster Island, a public reserve which is great for picnics if you have a boat.

Around the end of the point start heading back towards the Honest Lawyer. The western end of Point Road is a tidal zone and is sand along one portion, so may not be passable at high tide. In addition to the tranquil atmosphere and interesting homes and gardens, the Monaco Peninsula walk features boats and boating activities, a couple of potteries and a stained-glass studio, and a variety of interesting views across the estuary to the Richmond Range and city hills. Enjoy a refreshing beverage or food at the Honest Lawyer afterwards.



More Stable More Able



Are you worried about having a fall? A course run by Nelson Bays Primary Health can help by giving you information and techniques to reduce risk. In a free two-hour session participants learn about the causes of falling, strength and balance exercises, ways to make your home safer, how to maintain bone strength and eating well to stay on your feet.

People who have attended the course have found it enormously helpful. One person stated: "I was so frightened after I fell and thought nothing could be done. How wrong I was! So glad I attended".

The courses are run by Ange Baker, Community Fall Prevention Coordinator at Nelson Bay Primary Health. They are held on a weekday in either Richmond, Motueka or Nelson. On average there is one course a month and we have one coming up right here in the Age Concern Hall in Richmond on 19 October from 1pm-3.15pm.

To register for a course or find out more please contact Ange Baker on 03 5391170 or angela.baker@nbph.org.nz

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- How is your leg strength & balance these days?
- Do you avoid situations because you might lose your balance?
- Falls can be prevented by doing appropriate exercises
- Regular exercise will build leg strength, improve your balance & mood
- Re-establishing your exercise routine is a step back to normality since covid
- All health & safety measures are in place
- ACC approved, experienced instructors
- Returning & New participants **1st Class FREE** (participating classes only)

To find a suitable class for you call Falls Prevention Co-ordinator Ange 021 790 415

Nelson Bays Primary Health

Beyond the Face 2022



Did you see our Beyond the Face Exhibition last year? It was such a great success that we are doing it again this year, with the exhibition to be launched in early October to coincide with International Day of the Older Person.

We are therefore looking for some more of our members to be part of the exhibition. Do you have a story about a past achievement or experience that people wouldn't know by looking at you? Of course you do - we all do! We would LOVE to hear about it! We then write a short story about you and match this with a current photo to challenge people's perception and judgements of age. Don't feel shy! You are all fascinating people with interesting experiences and achievements to share.

If you are interested, please contact Miriam on 5447624 ext 6 or support@ageconcernnt.org.nz

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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

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.



Visiting Service

Our Visiting Service is a befriending service for older people who would like more company. We train and match up volunteers who then spend about an hour each week visiting. Age Concern Nelson Tasman prides itself on its ability to successfully match volunteers with people wanting a visitor. Currently we have 80 older people receiving regular visits and phone calls and we cover the wider Nelson and Richmond areas as well as Motueka and Golden Bay.

We get some heartwarming feedback from both the people receiving visits and the volunteers themselves. People come to this service because they feel that they are spending too much time alone and we do meet people who literally only see their home help each week. The good company they get from their visitor is valuable and appreciated and some very lovely friendships have been made. We have several volunteers who have been visiting the same person for eight and nine years and our most enduring match has now been going for ten.

A good example of our visiting service is Margaret, who is now in her 90's. She came to our service seven years ago after her health declined, and she could no longer drive. She had gone from being an active, social person to spending her days at home with only her cat for company. Her only family in the area were supportive but worked full time. She was introduced to Jane, one of our younger visitors, and they both decided very quickly that they enjoyed each other's company. Jane visits weekly and they sometimes talk on the phone in between times. Margaret has great stories to tell which are enjoyed by Jane and she is loving the company of a younger person. They often go out for lunch or an ice cream at the beach if the weather is nice, or sometimes they just stay indoors and chat. Both say that they are good friends and that they wouldn't miss their weekly catch up for the world.

If you are interested in our Visiting Service, please contact Susan or Joleen on 544 7624 ext 3 or 7.



Ellie and Beth

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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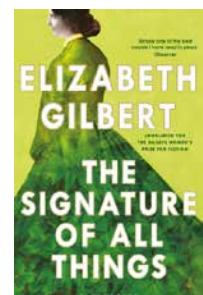
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Book Review

with Susan Arrowsmith, our AVS and Carer Relief Coordinator



'The Signature of all Things' by Elizabeth Gilbert.

I'm always interested in books about the natural world and about history, especially the place of women in history. I have just started reading this book for a second time and am enjoying it just as much as the first time around.

The story begins in England in the 1760's when Henry Whittaker is caught stealing and selling exotic plants from Kew Gardens where his father is head gardener. Due to his botanical knowledge, he escapes the gallows and is sent, instead, to sea with Captain Cook. On this and subsequent voyages around the world he develops his knowledge and decides to start a business in medicinal plants.

By 1800 he is a successful and very wealthy man and now lives with his wife in Philadelphia. Their daughter Alma, who is the main character in the story, is born into this world of privilege. She is strong minded, well-educated, and intelligent and grows up attending

dinner parties with the scientists and intellectuals who are her father's peers. In this time of scientific enquiry, when Darwin was making a name for himself, Alma devotes her life to studying plants and, although highly successful in her field, struggles for recognition. Alma doesn't fit the norms of her world; she understands plants but struggles to understand people. When she falls in love later in life there are tragic consequences and this leads her on a journey to Tahiti, a very different society to her own, looking for answers.

This is a beautifully written and intelligent book that accurately depicts life as a woman in American society in the 1800's. It talks about faith and spirituality, science, and passion. The characters are flawed and realistic and the author interweaves real historic events and people.

At 500 pages it's a good, satisfying read. I hope you enjoy it if you decide to give it a go.



Easy Quiche for One



Ingredients

Filling

- 2 slices bacon, diced
- ¼ small onion, peeled and finely diced
- 2 large (or 4 medium) fresh button mushrooms, sliced
- 50 grams vegetables, finely diced (bell pepper or carrot)
- Salt and freshly ground black pepper

Custard

- 125 ml cream
- 1 large egg
- ⅓ teaspoon dried herbs (or 1 teaspoon fresh herbs)
- Salt and freshly ground black pepper
- 30 grams cheese, grated

Method

1. Preheat oven to 175C. Get ready a ramekin that can hold 350ml of liquid (1½ cups).

2. Filling: Heat a frying pan over medium heat. Add in bacon and cook until bacon is crispy. Remove with a slotted spoon and transfer the bacon into the ramekin. Drain until there's about ½ tablespoon of bacon fat left in the frying pan. Add in the onion and cook until it is soft, then add in the mushrooms and vegetables. Cook over medium heat, tossing frequently, until the mushrooms are browned and have shrunk in size and the vegetables are soft. Season lightly with salt and freshly ground black pepper. Transfer the cooked vegetables into the ramekin.
3. Custard: Whisk cream egg, herbs, salt, black pepper and cheese in a small bowl. Pour the mixture into the ramekin.
4. Bake for 25 to 35 minutes until the quiche is almost set - the center will jiggle slightly. Remove from the oven and set aside for 10 minutes to cool slightly before serving.

Take a Ride with Rickshaw Journeys

by Vicky Jackson, Rickshaw Coordinator,



Smiles, waves, excitement - all wrapped up in a blanket with a seat belt on. This was the start of Rickshaw Journeys at Oakwoods Retirement Village. A group of keen cyclists are now acting as volunteers with Age Connect to ride, or maybe that should read drive, the Rickshaw at Oakwoods Village in Richmond. Rides are scheduled every Thursday afternoon commencing at 1.30pm and running through to around 3pm. As an outside activity this is weather dependent; the rides are not offered on rainy days; cooler days are still alright with blankets and scarves for the passengers.

Rickshaw Journeys can take two passengers at a time, tucked under a canopy with a blanket over their legs and knees for warmth. The bike rider sits behind and peddles the three wheel E-bike, with the passengers getting a good view out front.

In the early stage the rides are being scheduled around the Village roads in Oakwoods. Later on, it is hoped that residents can be driven further afield; maybe into Berryfields, onto the Railway Reserve shared pathway or out for a coffee. Who knows what exciting journeys can be dreamed up!

The gardeners at Oakwoods Village gave every passenger a big wave as we cycled by; one resident presented a passenger with a rose just picked from her garden. More smiles and added brightness to the sunny day.

It is hoped that Rickshaw Journeys will be expanding.

Rides are to commence at The Wood Retirement Village, in Nelson soon. After that Age Connect will be working with other Rest Homes to get more residents out and about with these rides. This is the perfect activity: outside in the fresh air, no pollution, person power, new views, quiet, with only the occasional bump.

Welcome to Kate, our second Elder Abuse Adviser



A big welcome to Kate Millar, who started this week as our second Elder Abuse Advisor. Prior to joining Age Concern, Kate was Manager of the Needs Assessment Service at the former Nelson Marlborough DHB, and has a background in mental health nursing and management. She's really looking forward to working alongside Mal to support our older adults dealing with abuse and/or harm.

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Self-Care September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes
6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost
13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 Notice what you are feeling, without any judgment	18 Ask a trusted friend to tell you what strengths they see in you	19 No plans day. Make time to slow down and be kind to yourself
20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Find a new way to use one of your strengths or talents	26 Avoid saying 'I should' and make time to do nothing
27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are			



ACTION FOR HAPPINESS

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Positive Ageing Expo

The Positive Ageing expo is going ahead in September after being rescheduled from earlier in the year. 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 Expo is on Friday 30 September from 10.00am - 3.00pm at the Headingly Centre, Richmond.

Living Well

What are the different components that supports a person to live well? At Age Concern we have created a holistic course which runs over 8 consecutive weeks and covers the many components of 'living well'. Each week has a different focus and includes: Social Connections, Eat Well, Move Well, Financially Well, Think Well, Sleep Well, Dealing with Loss and a final week which brings it all together and enables the participant to create their own personal 'Living Well' plan.

We will be running two courses over the next few months, with one in Richmond starting on Thursday 8 September and running weekly on Thursdays through to 27 October in the Age Concern Hall, 62 Oxford Street from 2.30pm to 3.30pm. This course is designed to act as a whole, and we recommend attending all eight sessions. In 2023 we will run another course out of our Nelson Office, with dates to be announced in our next Magazine.

To register please contact Miriam on 03 5447624 ext 6 or email support@ageconcernnt.co.nz

Session One - 8 Sept Connections

Whakawhanauatanga – introductions and getting to know one another / The Importance of Social Connection / How to Generate Social Connections – listening and talking / What's Available – groups to join, hobbies to develop.

Session Two - 15 Sep Eat Well

We explore the impact of food on your health and wellbeing / Some tips on how to eat well when you don't feel like cooking.

Session Three - 22 Sep Move Well

What happens to our bodies and brains when we exercise? / Some easy exercise options for you.

Session Four - 29 Sep Financially Well

Budgeting information and advice on how to avoid financial scams.

Session Five - 6 Oct Think Well

The importance of positive thinking and keeping your brain active. We explore brain activities and practise positive thinking.

Session Six - 13 Oct Sleep Well

Some tips on how to go to sleep and stay asleep.

Session Seven - 20 Oct Dealing with Loss

Exploring loss and grief – how it can affect you and what you can do to help yourself / We also provide resources around specific types of loss, eg spouse, driving licence, eyesight, hearing, etc.

Session Eight - 27 Oct Bringing it Together

Over the past six weeks we have looked at different aspects of living well. Today we do an overview of the previous five weeks and develop a 'Living Well Action Plan' to assist you implement the strategies.

Upcoming Driving Workshops



Staying Safe Driving Course

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

- **Tuesday 9 August**, 10-12.30pm in Oakwoods Retirement Village, Lower Queen Street, Richmond.
- **Monday 10 October**, 10-12.30pm, Greenmeadows Centre, corner of Songer Street and Main Road, Stoke

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 30 September**, at Positive Ageing Expo, Headingly Centre, Lower Queen Street, Richmond between 10am-2pm.

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

Tea & Talk

Locations

All sessions run from 10am-11.30am

Age Concern Hall
62 Oxford Street, Richmond
Every Wednesday

Age Concern Nelson
18 Bridge Street, Nelson
Every Thursday

Victory Community Centre
1 Totara Street, Nelson
Every Monday

Elma Turner Library
Currently at 18 Bridge Street, Nelson
Every Friday

Gateway Housing Trust
24a Tudor Street, Motueka
Every Wednesday

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

Tapawera Memorial Hall
Main Road Tapawera
Last Tuesday of every month

For more information please contact
Age Concern on (03)5447624 or
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Baking



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Simple Direct Funerals offers Nelson and Tasman a truly affordable and uncomplicated funeral service for both cremations and burials.

Do not let the cost of saying goodbye add to your grief.



Phone 541 0820 | 021 120 1314
www.sdfunerals.nz
5 Talbot St, Richmond

SDF Simple Direct Funerals

I Will Forever
be the person
who gets really
excited when the
sky is in pretty
colors.

 **Inspired Lessons**
www.evamedilek.com

Profile of St John

A Monday Information talk from St John was an opportunity to learn more about the breadth of services they offer. St John is a registered charity and has a long history dating back to around 1070 when a hospice was established in Jerusalem. St John was established in New Zealand in 1885 to provide medical services. Over the years the range of services offered by St John has developed but their core focus remains the same 'to prevent and relieve sickness and injury, and to enhance the health and well-being of all New Zealanders'.

St John provides emergency ambulance services to nearly 90% of New Zealanders, and operates 24 hours a day, 7 days a week. They also offer a range of services to help people live independently, get the social connections they need and improve their wellbeing. These include:

Medical Alarms: a medical alarm is activated by pushing the pendant or wristband. This triggers a call through to the St John Monitoring Centre, which organises the most appropriate help such as sending an ambulance, another emergency service or expert advice. The home alarms work within a person's home and garden. If you are active and leave home often, the Mobile Alarm may be more your style. Having a St John Alarm covers any emergency ambulance charges. Government funding may be available for the Home Alarm for eligible people.

Health Shuttle: there are two health shuttles in the wider Nelson Tasman area. One provides transport within the Nelson area, from Atawhai to Brightwater for health-related appointments and the second provides transport within Motueka. Bookings can be made by phoning 0800 103 046 and are required by 2pm on the day prior to transport (or 2pm Friday for Monday appointments). There is no set fee for this service, but donations are welcome.

Supporter Scheme (ambulance membership scheme): for an annual fee you will receive free medical emergency attendance and transport to hospital or an emergency medical clinic, if required. The fee is significantly less than an ambulance callout charge of \$98.00.

Caring Caller: Caring Caller is a service that St John provides for people who live alone or feel a bit lonely. A team of 25 volunteers in Nelson and Tasman Bays calls clients at a set time each week to provide social connection and check that everything is ok. This free service is fully funded by donations.

Therapy Pets: St John is about to launch this service in Nelson and Motueka. Volunteers will take approved animals in to rest homes, hospitals, rehabilitation units and schools to boost wellbeing, ease loneliness and provide distraction and comfort.

For enquiries about St John services in Nelson and Tasman Bays please phone 03 548 8157.



Teresa Jones, Sarah Carpinter, Heather Kelling from St John



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. The Talking Café hosts will warmly welcome you when you arrive.

- Thurs 11 Aug** Nightingale Library
2 Beach Road, Tahunanui 10 - 11.30am
- Tues 16 Aug** McCashins Cafe, Main Road, Stoke
10 to 11.30am
- Wed 24 Aug** Halifax Street Café, 28 Halifax Street,
Nelson 1.30pm-3pm
- Tues 6 Sep** McCashins Cafe, Main Road, Stoke
10 to 11.30am
- Thurs 8 Sep** Nightingale Library, 2 Beach Road,
Tahunanui 10 - 11.30am
- Tues 13 Sep** Richmond Library, 280 Queen Street,
Richmond 1.30pm-3pm
- Tues 20 Sep** McCashins Cafe, Main Road, Stoke
10 to 11.30am
- Wed 28 Sep** Halifax Street Café, 28 Halifax Street,
Nelson 1.30pm-3pm



For more dates see www.wellby.org.nz

Movie Afternoon



When: Tuesday 20 September at 1pm

Where: Age Concern Hall, 62 Oxford Street, Richmond

Koha: \$5

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



Cooking Classes



Age Concern Nelson Tasman is very excited to introduce cooking classes to its list of activities. We get a lot of inquiries about cooking classes so decided to help fill the gap. They target those with limited cooking skills or people who are struggling to adjust to cooking for one. The Cooking classes are being taken by Aimee Birmingham

who trained as a chef and, for the past 10 years, has been a cooking and budgeting tutor for various organizations in Nelson. She is passionate about helping people from all walks of life to learn new cooking skills and meet new people in a very relaxed environment. Each class is two hours long and contains a sweet and savoury dish which is then eaten at the end of the session. There is a koha of \$3 per session.

Each class runs on a Tuesday from 10.30am to 12.30pm and is at the Food Factory, 11 Findlay Place, Stoke. See below for dates:

- Tuesdays 4th October to 8th November
- Tuesdays 14th February to 21st March
- Tuesdays 11th April to 16th May

To register or find out more please contact Miriam on 544 7624 ext 6 or email support@ageconcern.org.nz

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

Peta Raggett - Model Ship Builder

Peta Raggett has had 'an unusual life', so unusual in fact that this is the title of her autobiography. Peta was born Peter and struggled with gender dysphoria for many years before changing her gender in 2005. This was a difficult journey and Peta faced a lot of criticism, judgement, and prejudice. Along the way Peter has had an incredibly successful career as a highly skilled joiner and carpenter. He was involved in over thirty organisations from Scouting and Air Training Cadets to the Woodworkers Guild putting in over ten thousand hours of community service. After changing gender, Peta joined more organizations and clubs including Nelson City Council Community Patrols, Citizens Advice Bureau, and Arthritis New Zealand. One aspect which has brought Peta a lot of satisfaction was building fourteen replica model sailing ships.

Peter was born in the United Kingdom in 1943. He was a sickly child and would spend 3-4 months per year off school and stuck indoors. This sparked an interest in model making and he would make complex structures out of cardboard boxes. Peter left school at the age of 15 and took up a carpentry and joinery apprenticeship, winning prizes for his work. In 1966 Peter moved to New Zealand and worked in Invercargill for eighteen years before moving to Nelson in 1984. He worked for several joinery and furniture stores ultimately making bespoke antique style furniture.

Peter's interest in building model ships was reignited in 1993 when the Edwin Fox was returned to Picton's foreshore and he built two models of this ship. Over the ensuing 21 years a further 13 models of well-known ships were built. Peta continued to build model ships after her gender transformation. 'Your interests stay with you', she explains. Some models were commissioned whereas others done due to personal interest. Many of the models are of well-known ships which are of importance locally, including immigrant ships to Nelson, nationally and internationally.

Peta drew up the plans for each ship herself and then built the model ship from scratch. Usually, it would

take a year to draw the plans and a year to build the ship. The finished product was a fully working model ship, usually in the scale of 1/48 or 1/96. 'Everything works on my ships', says Peta, and each one is incredibly detailed with crew, guns etc. Peta made all the fittings for the ships as nothing was available commercially. She made the sailors by converting kitset airmen and grinding off parachutes, helmets, radios etc before assembling them doing different jobs and painting them. Peta found the lifeboats and dinghies the hardest to build. The final model Peta built was in 2014 and it was a 1/48 of the Fifehire, however she struggled to do this due to her eyesight and arthritis.

Peta left work in 2000 due to ill-health and, as well as building model ships, has used her carpentry skills to help in the restoration of Isel House and the recreation of buildings/displays at Founders Park. She has also published books on 'Square Rigged Sailing Ships Visiting Nelson' and aviation, including model planes which is also a great interest.



Staying Mobile and Strong

by Tania Huddart



This month we introduce a new guest columnist, Tania Huddart, who will be writing about health and wellbeing among older adults. Tania is a Pilates Teacher Trainer, a Nationally Certified Pilates Teacher (NCPT), and the owner of Hearts and Bones Pilates@ Centre. She came to Pilates training through a career in teaching dance. She also is a qualified Myofascial Release Therapist and Life Coach and Neuro-Linguistic Programming (NLP) practitioner. Tania regularly works with older adults to optimise their health and wellbeing. Giving you tools that you can easily incorporate into everyday life to help you stay mobile, strong and flexible.

The Benefits of Regular Walking

Walking daily benefits your mind and body. Regular walking acts as a break on our ageing brains and may even reverse it. We often take our ability to walk for granted but it is the easiest form of exercise we can do. Walking has big benefits for your mind and body and goes easy on your wallet too.

Walking Helps Your Brain And Gut Health

Recent research looked at ways the learning and memory centers of the brain responded in older adults who participated in walking groups. They looked for people who walked three times a week. The walks didn't have to be demanding.

The results over a year showed these adults reversed their ageing by approximately 2 years. They also showed an increase in the volume of the brain areas studied. This suggests that regular walking changes the very structure of the brain itself.

A quote by Shane O'Mara's book, *In Praise of Walking*, sums up this effect of walking on the brain perfectly: "you don't get old until you stop walking, and you don't stop walking because you're old." Walking can also improve your creativity, mood and sharpen your thinking.

Research also supports that walking regularly is associated with faster gastric emptying. Higher intensity exercise like cycling shows slower gastric emptying. Eating large amounts, and participating in extended exercise sessions is also associated with

slower gastric emptying. Walking therefore, supports your gut health, assisting the passage of food through the intestines faster than more intensive exercise options.

Walking Protects Your Heart

Daily walking can reduce certain fats called triglycerides. These fats are thought to underlie some forms of heart and cardiovascular disease. At the same time daily walking can produce high-density lipo-proteins thought to protect the heart. Daily walking can markedly protect the heart.

Start Walking Today

Walking for 30 minutes a day or more on most days of the week is a great way to improve or maintain your overall health. If you can't manage 30 minutes a day, remember even a little is good. Do what you can.

Walking with others is more enjoyable. Ask a friend or start a walking group. You can all motivate each other and build a community doing something you can enjoy together. Always see your doctor for a medical check-up before starting any new fitness program, particularly if you are aged over 40 years, are overweight or haven't exercised in a long time.

Advance Care Planning

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. Mary-Ann Hardcastle, the ACP Facilitator from Nelson Bays Primary Health is running several information sessions and workshops. Please see below for dates and time:

- **Tuesday August 16th**,
Nelson Office, 10-11am
- **Wednesday September 14th**,
Richmond Office, 1-2pm
- **Tuesday October 11th**,
Nelson Office, 10-11.30am
- **Wednesday November 23rd**,
Richmond Office, 1-2pm

For more information or to register, please contact Marnie on 03 5447624 ext 5 or ageconnect@ageconcernnt.org.nz

The Amazing Race Whakatū



Monday 5
September
10am

Follow the map and solve the clues to win prizes for your team.

Register by contacting library @ncc.govt.nz or phoning (03) 846 0414



Are you aware!

Is your vehicle Insurance Policy payment the correct cover type for the value of your vehicle? In the event of an accident will your cover be adequate.

Who remembers



the first search engine?

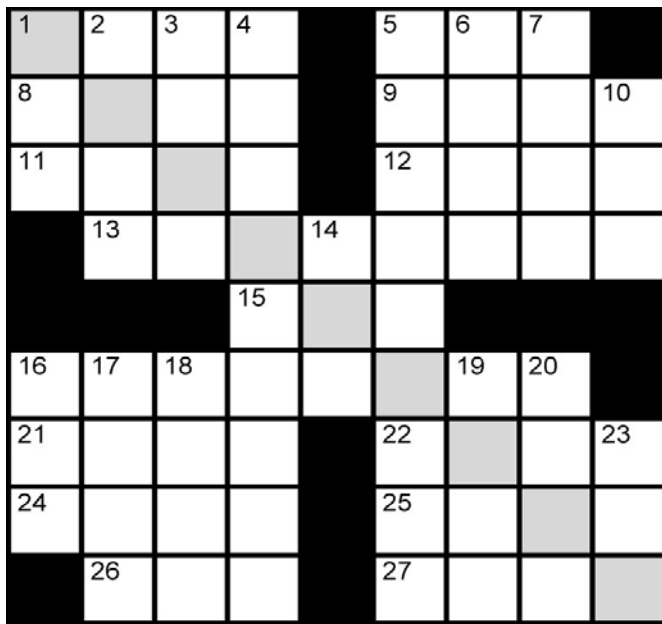
Elder Abuse Awareness Week 15-22 June

In order to draw attention to Elder Abuse Awareness Week we made a purple splash. Many of our wonderful members and people associated with Age Concern knitted peggy squares which we then joined together to make a number of stunning blankets. These decorated our offices in Richmond and Nelson during EAAW and we will make wall hangings out of some of them. We also had purple morning teas at our various Tea & Talks. Age Concern was kindly supported by Nelson Building Society in this initiative, and we're very grateful for their input. Please see our photo collage below.

Thanks very much to everyone who was part of Elder Abuse Awareness Week. You played an important role in raising awareness of this incredibly serious, harmful and widespread issue. If you are concerned for yourself or someone else, please phone Age Concern on 03 5447624 and talk to with Mal (ext. 2) or Kate (ext. 8).



Lovers, Painters & Writers



Across

- 1. Actress Perlman
- 5. More, in Madrid
- 8. D.C. bigwigs
- 9. Acknowledge
- 11. Some PTA members

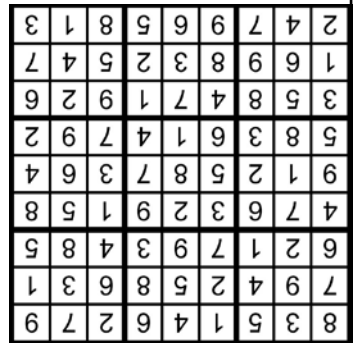
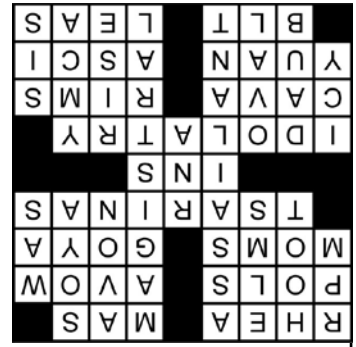
Down

- 12. "Naked Maja" painter
- 13. Winter Palace residents
- 15. Officeholders
- 16. Hero worship

- 21. Spanish sparkling wine
- 22. Hoop edges
- 24. Chinese dollar
- 25. Fungal spore sacs
- 26. Deli sandwich
- 27. Grazing sites

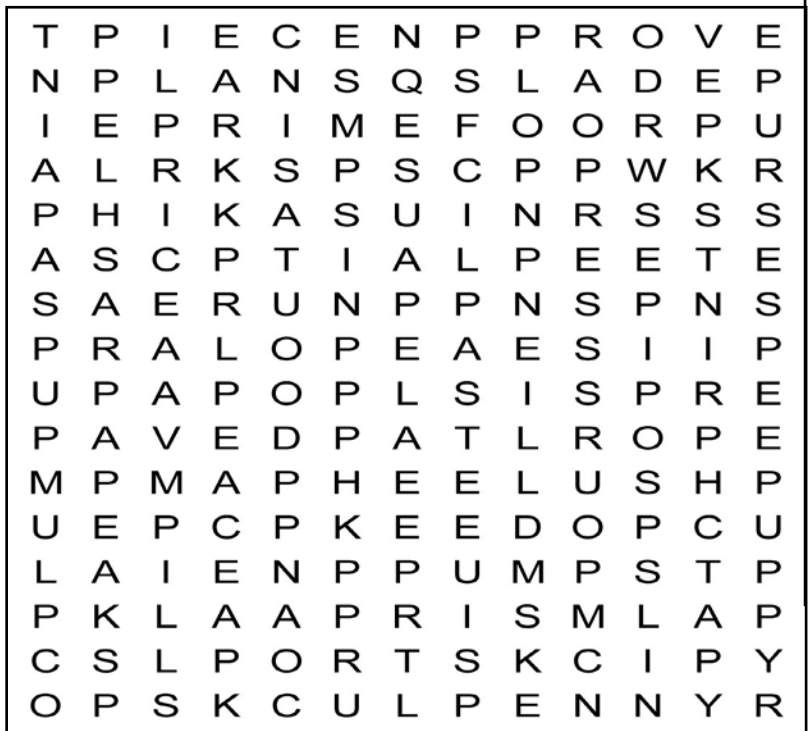
Down

- 1. Dashboard abbr.
- 2. Owl's call
- 3. "Desire Under the ____"
- 4. Attacker
- 5. Authoritative
- 6. Shakespeare, the Bard of ____
- 7. Bean used to make miso
- 10. Used to be
- 14. Genetic material
- 16. Slick
- 17. Slap on
- 18. Track shape
- 19. Get up
- 20. Village People hit
- 23. Bro's sibling



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

PLENTY OF Ps



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.*

- PEARL
- PEARS
- PEDAL
- PEELS
- PEEPS
- PENCE
- PENNY
- PHASE
- PIANO
- PICKS
- PIECE
- PILLS
- PIPES
- PLAIT
- PLANE
- PLANK
- PLANS
- PLOWS
- PLUCK
- PLUMP
- POLAR
- POLES
- PORCH
- PORTS
- POURS
- PRESS
- PRICE
- PRIME
- PRINT
- PRISM
- PROOF
- PROUD
- PROVE
- PULSE
- PUMPS
- PUPIL
- PUPPY
- PURSE

