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www.ageconcernnt.org.nz

Age Concern Nelson Tasman



**AGE
CONCERN
NELSON
TASMAN**

He Manaakitanga
Kaumātua Aotearoa



Photo credit: Jo Kent/Waimea Weekly

Read about our Just in Case Emergency Kits and how to make your own on pg 8

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.

There is no doubt that social isolation and loneliness can negatively impact on one's physical and mental health. This in turn influences quality of life and general wellbeing. The negative effects of little interaction with others accrues over time, can accelerate ageing and lead to a gradual 'separation' from the world. However, it's important to remember that not all people who have little connection or interaction with others are lonely or isolated. It's a complicated phenomenon that can have dire consequences and everyone's situation will differ forever'

Research by Statistics NZ shows an increase in the number of older people reporting significant degrees of loneliness, something exacerbated by the pandemic. Although



concerning, it's not surprising there's plenty of suggestions from all sorts of 'experts' about how to 'fix' the problem. However, the research is emphatic there's no easy fix or one-size-fits-all approach to addressing loneliness or social isolation. As for most ailments, the causes are unique to the individual.

ACNT's Visiting Service supports 'older' people who are socially disconnected and/or lonely. Our volunteer visitors are of different ages, come from varying backgrounds, and have a desire to enhance the well-being of an older person. Visitors are screened and receive some training prior to being assigned someone to visit. What transpires during the weekly visits is determined by the circumstances of the person being visited and involves a considerable amount of one on one interaction. Our reviews suggest the experience is often transformative for the person being visited and the visitor. This is reinforced via the many stories that 'drift' into our office.

Bevan C Grant

Chairperson, Age Concern Nelson Tasman



International Day of the Older Person

International Day of the Older Person is held in high regard here at Age Concern Nelson Tasman and each year we organize a large-scale celebration full of fun, entertainment and fine food.

International Day of the Older Person was established by the General Assembly of the United Nations and set for 1 October. It was observed for the first time in 1991 so has been running for over 30 years. The purpose of this day is to raise awareness about the issues affecting older persons. It also provides an opportunity to take steps to demonstrate respect. Older people are caretakers and custodians of traditions and so much knowledge and information are held within their experiences and memory. The theme of the 2023 commemoration is 'Resilience of Older Persons in a Changing World'.



This year we will hold our event at the Annesbrook Community Church on 3 October from 2-3.30pm. Our colour theme this year is red so feel free to dress accordingly. Seats are limited to 120 people so please register with Marnie on 5447624 ext 5 or email ageconnect@ageconcernnt.org.nz.

We would also like to do a 'shout out' to the Motueka Over 50s Social Hub who are organizing an inaugural International Day of the Older Person celebration on 1 October. Details on the flyer below.

Fun Rides - Food - Action Stations - Travel - Demos

International Older Person's Day

Motueka Over 50s Social Hub Inc - 10 Pah St





Motueka Active Aging EXPO



SUNDAY 1st Oct 2023

9.30am - 3.30pm





te tai o Aorere

Mary 021 0589388
Chris 021 2514359

mot50shubactivities@gmail.com

AN
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MOTUEKA
EVENT

*In
conjunction
with*

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POSITIVE
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&



te tai o Aorere

Meet the Staff



Manager, Caroline Budge

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



**Community Support
Coordinator, Jackie McIntyre**

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



**Elder Abuse Response Service
Advisors, Mal Drummond and
Kate Miller**

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



**Office Administrator,
Liz Gillespie**

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



Social Connection and Projects, Marnie Brown

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



Nelson Office Coordinator, Megan Cole

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



Funding and Communications Officer, Miriam Clark

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



Giving and Donor Relations Coordinator, Ruth Collingham

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



Visiting Service & Carer Relief, Susan Arrowsmith and Joleen McEvoy

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

Activities from our offices



Activities from our Nelson Office

Regular Events

- **Hips & Knees Exercise Class**, Every Monday at 11am.
- **SpinPoi**, Every Tuesday, a gentle movement class, from 1-2pm.
- **Sing Yourself Well**, First and third Wednesday of the month, fun singing with ukulele, 10am-11.30am.
- **Tea & Talk**, Every Thursday, cuppa and a chat, 10am-11.30am.
- **Device Advice**, Every Thursday for laptops, tablets and smartphones, 9.30am-11.30am.

Special Events

- **More Able More Stable**, Monday 18 September, 10am-12noon, Phone Angela on 021790415 to register.
- **Be Inspired**: Cawthron Institute, Karen Goodger gives an insight into their work in our region, Wednesday 20 September, 1-2pm.
- **Movie: 'My Old Lady'**, Wednesday 27 September, 1-3pm.
- **Advanced Care Planning Information Session**, Wednesday 1 November 1-2pm.
- **Advanced Care Planning WORKSHOP**, Thursday 30 November 12.30pm-2pm.

If you want to attend any of these events, or need more information, please contact Megan on 544 7624 ext 0 or 021623118 or nelson@ageconcernnt.org.nz

Activities from our Richmond Office

Regular Events

- **Sing Yourself Well**, where the focus is on fun and wellbeing, First and third Tuesday of the month: 10am to 11.30am.
- **Crafty Cuppa**, a welcoming space to create your own crafty project, Second and fourth Tuesday of the month 10am to 11.30am.

- **Tea & Talk**, cuppa and a chat, Every Wednesday, 10am-11.30am.
- **SpinPoi**, a gentle movement class, Every Thursday, from 1-2pm.

Special Events

- **Advanced Care Planning Information Session**, Tuesday 10 October 1-2pm.
- **More Stable More Able**, Wednesday 22 November, 1pm-3.15pm, Phone Angela on 021790415 to register.
- **Be Inspired**: Diane McKinnon, Director Footprint Tours, Thursday 23 November, 10-11am.

If you want to attend any of these events, or need more information, please contact Marnie on 544 7624 ext 5 or email ageconnect@ageconcernnt.org.nz

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The Nature of our Organization

Age Concern Nelson Tasman (ACNT) is seeking to change from an Incorporated Society to a Charitable Trust, and is presenting a motion to do so at our AGM in September. Here, Chairperson Bevan Grant outlines why.

Over the past decade ACNT has tripled in size via the number of staff and funding to support the on-going increase in our services and programmes. It's no surprise therefore we are recognised as a significant player in helping to enhance the lives of our older population. This reflects our mission statement; to create connections and promote well-being, rights, respect and dignity with older people in the region.

When Age Concern NZ was established in 1991, the national body and subsequent branches were each created as an Incorporated Society. The meant the organization had to exist for a lawful purpose, be fiscally prudent and member-based (i.e. older people). Each was governed by a committee (board) and accountable to the members. Times have changed. ACNT no longer exists solely for its members who represent only a small proportion of older people in Nelson Tasman (see mission statement). However, this in no way minimises the way we interact with or value our members. Nor does it deter us seeking feedback from members on current practices and/or ideas for the future.

Being an Incorporated Society means our Board is legally accountable to our members, not all older people in the region for whom we exist. In reviewing how we operate today and in line with several other Age Concern branches, the Board has been investigating the option to operate in the future as a Charitable Trust.

A Charitable Trust means all what ACNT offers the older community would still be of a charitable nature and not impact on our day-to-day functioning. Rather than being accountable 'solely' to our members, the Trustees (Board) would be responsible for enacting the mission as well as being accountable and liable for fulfilling the Trusts obligations. These will be set out in a Trust Deed. In reality, we currently function in the 'spirit' of a Charitable Trust.

The above raises questions about the relevance of ACNT remaining an Incorporated Society. Is this the most appropriate 'legal' framework under which we should function – particularly at a governance level? The current Board is of the view that changing to a Charitable Trust would better reflect our mission, who we represent and in part how we function. Hence, we're presenting a motion, accompanied by a presentation to the AGM, Monday 18th September seeking your support to change ACNT from an Incorporated Society to operate in the future as a Charitable Trust.

If you'd like to attend our AGM, please register by calling us on 5447624 or email: support@ageconcernnt.org.nz

Bevan C Grant, Chairperson



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Just in Case Emergency Kits

We launched our 'Just In Case' Emergency Kits in June and had a fantastic response which has enabled us to develop and hand out kits to many of our clients who are in need.

We also received a lot of inquiries about people wanting to buy their own kit. We are not selling these at Age Concern but you can put together your own kit. We purchase Grab & Go bags from the AA Shop or Moore and Wilson in Wellington and then we add items which are relevant and useful for older people. See below for what to put in your own 'Just In Case' Emergency Kit.

- 1 × Dynamo Torch with FM Radio & Siren
- 1 × First Aid Kit
- 1 × Multi-function Knife with Can Opener
- 1 × 5-in-1 Survival Whistle

- 1 × Compass
- 1 × Signal Mirror
- 1 × Waterproof Match Holder
- 1 × Flint
- 2 × Drink Bottles 500ml
- 2 × Light Sticks
- 1 × Emergency Blanket
- 1 × Rain Poncho
- 2 × Vented Dust Masks
- 1 × Leather Work Gloves
- 10 × Water Purification Tablets
- 1 × Deck of Playing Cards
- 1 × HiVis Vest
- 2 × Medical Waste Bags
- 1 × Notebook & Pen
- 1 × Pack of Matches & Striker
- 1 × Emergency Plan Brochure
- 1 × Zip lock plastic bag for important documents


Rachel Boyack MP for Nelson

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

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

03 539 0480

rachel.boyack@parliament.govt.nz

 /RachelBoyackNelson





Age Concern Nelson Tasman has added the following items to the bag (please note this is a guide only and you can change to suit your dietary requirements.):

- Knife & fork set
- Gas Mate cooker
- Small gas canister to attach to cooker (purchased from Mitre 10)
- Stainless steel round plate with handle and able to be used on cooker.
- 1 x keep cup.
- 250ml water bottle
- 1 x toilet paper wrapped in plastic bag.
- 1x candle
- 1 x sanitary pad
- Oral kit (toothpaste, mouthwash, and toothbrush)
- 2 x disposal gloves
- 2 x 2-minute noodle cup 60g (chicken or beef)
- 1 x Back Country dinner (beef and pasta hotpot)
- 1 x small tin cream rice,
- 1 x 420 pull top baked beans OR spaghetti
- 1 x 420 pull top tomato soup OR chicken soup.
- 2 x nut bars (nice & natural brand or similar)
- 2 x raw snack packs (Tasti brand)
- 1 bag with 4 tea bags and 2 coffee sachets
- 2 x porridge sachets
- 1 x small hand sanitiser
- 1 x Age Concern Life Tube



Remember to put a supply of medications and glasses in the bag. Always check the expiry date on medication.

If you have a pet, we have a grab bag available from Ministry of Primary Industries and a list of things that may be helpful to have in the bag for your pet.



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Stay Connected with Marnie

This time Marnie, our Social Connections and Projects coordinator, focuses on sculpture or art that is free to visit in public places in our region. Part of feeling a connection to your community can be through art, knowing what is available to view, and the reason for its location or existence. Recently Marnie had the privilege of meeting Tanya Ashken (84), an acclaimed and accomplished New Zealand sculptor who strongly desired to provide Wellington with the 'Albatross' public sculpture work – a significant piece of public art, artistically and socially, which has considerable cultural value to Wellington. The photo of her and Marnie (inside the Beehive) feature her late husband's work, New Zealand artist and muralist John Drawbridge, behind them. He was well known for his murals in public places such as the Beehive in the 1970s. Some of you may be familiar with both Tanya's and John's work if you have lived in Wellington, have an interest in Art, or followed the building of the Beehive,

We have many incredible sculptures, murals and art in our Nelson Tasman region to view in public places, and in this issue Marnie has listed a variety that is easily accessible by mobility scooter, on foot or a short car journey. It can be interesting to see who you meet when viewing art in public spaces and how everyone has a different appreciation.

Southern Cross Sculpture - Bruce Mitchell

This sits on Trafalgar Street, halfway between Hardy and Bridge Streets in Nelson. The Southern Cross sculpture, created in 1992, relates to the constellation that guided Māori and Pakeha sailors and navigators to our shores. Takaka Hill sculptor Bruce Mitchell made it from seven tonnes of Golden Bay black marble.

Based on the 'cross stone' crystal, the cross is aligned to the compass points, and

the cross casts an x-shaped shadow in the afternoon sun.

Whakatū Nelson's Welcome Cloak - Nelson artist Adi Tait

The Welcome Cloak is hung inside the main entrance of Pūtangitangi Greenmeadows Centre in Stoke. It originally hung over Saltwater Creek in Nelson but was removed after wind caused damage to the artwork. The Welcome Cloak, made up of strands of gold 'feathers', is exceptionally striking and symbolizes hospitality and respect to visitors at its new site, and all can enjoy the community artwork.

Up the Creek without a Paddle - Sculptor Fiona Sutherland

This sculpture is at the edge of the spillway pond of Orphanage Creek near Saxton Field. Fiona has referenced the site in several ways, saying, 'The two lost boys could be from St Mary's Orphanage (after which the creek is named) or boys from today as they are wearing tee shirts with numbers on their back which could reference a sports team.' The boys are positioned on a boat marooned in the air with wildlife featured in the sculpture. It can be seen from the road or on the footpath near this.

What makes Tasman what it is - Mural

The Mural was commissioned in June 2019, created by a group of Waimea College Students, and is located at the back of the Richmond Town Hall, 9 Cambridge Street. Each of the seven young artists painted a piece of the mural representing what Tasman meant to them. One of the pieces is dedicated to ANZAC, one to native birds, one to convey the importance of helping the community and diversity in the community, one to the region's





landscape, and fruit to show the region's industries.

Gateway Sculptures Project

Two gateway sculptures have been completed and installed - the first near the Tasman Village turnoff on Aporo Road and the second on Mapua Drive on the edge of Higgs

Reserve, near the turnoff from the Coastal Highway to Mapua Village. They are 9 meters high, constructed of recycled stainless steel with silhouette cutouts of birds and aquatic life found in the Moutere Inlet. It is worth taking a trip out to view these and read all the relevant information in relation to the design, artists involved, and a strong community initiative.

Our region has a rich heritage of art, with the Wearable Art Awards starting here and many talented artists from Nelson to Golden Bay. Once Marnie began exploring public art in our region, she was overwhelmed, especially with our beautiful murals. Feel free to explore more by using the library, through technology or in person.

Cooking Classes

If you haven't done one of our cooking classes yet, then you are missing out. They are very popular and give you practical useful recipes for everyday cooking as well as a huge amount of fun and a great way to connect with other people and enjoy a meal. Rather than working to a textbook, Aimee, our chef, creates meals as requested by the participants so they learn to cook food which is tasty and relevant to them. Different dietary needs are incorporated and she teaches people how to adapt recipes.

Each course runs on a Tuesday morning between 10.30am and 12.30pm for a period of six weeks and are held at the Food Factory, 11 Findlay Place, Stoke, Nelson. During this time people make a sweet and savoury dish which they then enjoy as a meal at the end. There



is a maximum of 8 participants per course and recipes are targeted to group needs and interests. If you are interested in attending please register by contacting Miriam on 544 7624 ext 6 or email support@ageconcernnt.org.nz

Dates for the upcoming course are:

- Tuesdays 10 October - 21 November 2023
- Tuesdays 13 February - 19 March 2024

Scams and How to Protect Yourself

Scammers will do all they can to get money out of you. It's bigger than the drug trade. We need to stop blaming the victims and start thinking more about scams as fraud. People are stealing from you and cybercriminals are incredibly clever and sophisticated.

These were the key messages delivered by Bronwyn Groot – a 'scambassador' from Netsafe who deals with cybercrime – during a talk at Summerset in the Ranges in July. Bronwyn has won multiple awards for her work, spanning over ten years, in the area of cybercrime working for different organisations providing education and advice on scams and how to protect yourself.

Scams are a massive problem with most of the money going offshore. This makes it impossible for the police to investigate. We are all vulnerable to scams – don't think it won't happen to you. The right scam just has to find the right person at the right moment. Everyone is a target, and we cannot afford to be complacent.

While this is all very sobering, the good news is you can do lots of things to protect yourself from scams. Knowledge is power so becoming familiar with the different types of scams and how they work can help protect you. Read on for a very basic overview.

Phishing (pronounced fishing) scams

These come via your email and usually ask you to validate or confirm banking details. They contain links to websites that look very real and similar to your bank's website. There are one million scam emails sent out every minute of every day!

HOT TIPS:

- Your bank or other agencies, eg IRD will never ask you to click on a link. Nor will it ask you your details as it already has these.



- When you are internet banking always type the name of your bank into your browser so you know you are on the legitimate site.
- Do not open unsolicited emails and do not reply to them or phone the number in them. If you reply it tells the scammer that there is a real person and the end of the email and they will try and get you to engage further.
- Delete all phishing emails!

Smishing Scams

These are very similar to phishing scams but occur via text message rather than email. They often use scare tactics to trick you into paying a fake toll or overdue invoice. Often the number is from overseas which is a red flag. No NZ agency will send you a text from an overseas number asking for money.

HOT TIPS:

- Don't answer any unknown calls – let them leave a message
- Don't return calls from an unknown number

Phone Scams

Scams on a traditional landline are still where people lose the most money. It's very scary once you start engaging with the scammer. They are highly skilled and will do all they can to keep you on the phone for hours and get your money off you.



HOT TIP:

- Hang up immediately. Do not engage.

Investment and Romance Scams

These are becoming more sophisticated and harder to spot. Did you know that in New Zealand it is illegal to cold call and offer investment advice? Therefore, if you receive an unexpected call about an investment opportunity, hang up immediately. Don't engage with the caller as they will use their skill to persuade you to part with your money. Also watch out for investments being promoted or endorsed by 'celebrities' as these are probably a scam.

HOT TIPS:

- Before making any investment consult a reputable advisor.
- Check the business is regulated by FMA

Investment scams are increasing being linked to romance scams. For example, someone befriends you, spends time getting to know you and then drops investment tips or suggestions or asks for money. They prey on your empathy and compassion.

A particularly unpleasant investment/romance scam is called a 'Pig Butchering Scam' as it describes the process where the victim is 'fattened up' – like a weaner pig, and then slaughtered, ie their money is stolen. In these, scammers create fake accounts on dating and social media platforms to target victims to invest in cryptocurrency. They build trust and intimacy with their victims before stealing their crypto or money.

HOT TIPS:

- Be wary if they ask you to move off the platform you started on
- Don't respond to requests or hints for money or gift cards
- If you think you are being scammed stop all contact

Identity Theft and Passwords

Scammers are always on the lookout to collect or reproduce your personal information to commit fraud. Thieves can make purchases using your accounts, apply for loans, receive government benefit and more. You may wonder how they get your personal information, but we readily give it away without even realising, via social media such as Facebook, Instagram etc. Many people also have quite obvious passwords linked to public information (such as our details on social media).

HOT TIPS:

- When travelling don't do Facebook posts etc while you are away
- Log in to your email etc via data, don't use hotel or public wifi
- Be careful what you post on social media

Netsafe's new weapon

Netsafe has developed a clever new tool to help you tell what is real and what is fake: www.checknetsafe.nz. You can type in or copy and paste the web address link you want to check and within seconds checknetsafe.nz can tell you if the link is a scam or legitimate.

What to do if you have been scammed

Firstly, scams are very commonplace. We need to move past blaming the victims and see scams for what they are: FRAUD. We need to show empathy and understanding to scam victims. Scams are now so

Inspiring Older Person

Julie is a great example of an older person living her life to the full. After a meaningful career that she was passionate about, Julie retired in 2022 after her retirement age of 65. Since then, she has embraced and created many new opportunities, learnt new skills, made new friends, and makes the most of each day.

Julie has had three main jobs in her life, as well as being a Mum. All have been around quality control, ensuring the companies were meeting New Zealand legislation. This includes compliance with company operating procedures. She spent approximately 18 years employed at a major seafood processing company, five years with a local food manufacturer and then eleven years with a nutraceutical company. These roles involved a lot of attention to detail and ensuring the correct process and procedures were followed. Aspects of the role were very particular, even including what colour pen could be used. Julie was very passionate about training, making sure all the workers were up to speed with the courses available so they could increase their skills. The scope of her roles included auditing, training, documentation, working with external organisations, inductions for processing workers and contractors and some lab work that she enjoyed.

Julie held key roles in the companies she was employed by, these roles included a lot of responsibility. But after her husband passed away, she stepped back and took on roles with less responsibility and pressure. It has now been 15 years since her husband passed away and Julie has adjusted and learnt to enjoy her own company and has participated in outside activities including Tai Chi, table tennis and Spin poi etc. This is something Julie is incredibly proud of as she enjoys the

company of others but is content to enjoy time to herself and her family.

Everyone told Julie she would know when the time was right to retire and she began to consider what she would do with her life. Using her initiative, she searched for activities to meet people to socialize and exercise to maintain good health.

Julie saw an ad in the *Nelson Weekly* about table tennis so thought she would give it a go, having last played when she was 10 years old. Her main reason for taking up table tennis was to maintain her wellness. Julie's mother died of Alzheimer's and Julie wanted to minimise any health-related issues that could arise in the future. After a while she realized she enjoyed being active and meeting people. So, this made her search for other activities to enjoy.

Table tennis and pickle ball fill Julie's Mondays. Tuesday is Tai Chi and Spin Poi.

Julie explained how she has recognized the benefits of the various activities she is involved in and attributes this to being active.

Wednesday mornings are spent at Stoke Companions which she was recommended to investigate. Essentially this is an exercise group, but they also have organized outings e.g., lunches, bus trips etc. Julie finds this enjoyable and has visited places in the district that she was familiar with but had never visited.

Julie also has embraced line dancing on Thursday mornings; she enjoys the music and the company of the people that attend.

On Fridays Julie enjoys meeting up with a group of ladies as they all get on well



together. She says: 'We call ourselves "Friday ladies". We do activities e.g., walking, sightseeing, and enjoying a cuppa and a chat.' She has found there are a few places she has never visited locally due to her busy working life.

Julie has also attended seminars about what other opportunities are out there and our cooking classes. She currently has Wednesday and Thursday afternoons free but likes having some 'free time'. Options for the future might be a tour guide at Broadgreen House or delivering library books at the Hospital.

Whilst Julie is now incredibly busy and enjoying life, the transition from working to retirement was not easy. Many of the activities she is now involved in did not come naturally. Julie had to contend with developing her skills so she could participate fully. But she has persisted and is so pleased she did to enjoy her quality of life.

Scams and How to Protect Yourself

Continued from page 13

sophisticated they can and are happening to anyone.

If you have been scammed:

- Contact your bank as soon as possible. Banks now release payments every half an hour of every day and they are no longer reimbursing victims of scams. Your bank should be helpful and if they are not, ask to speak to someone further up the line.
- If the scammer has gained personal information such as your passport or driver's licence then put a stop on them.
- Get in touch with the three credit agencies in New Zealand and put a block on anyone taking out a loan in your name.
- Fill out a report with the police using their non-urgent 105 reporting tool.
- Report your scam to the appropriate authority (more information online or in Little Black Book of Scams Fraud.)

For more information

This article contains only a general overview of Bronwyn Groot's talk. For more information visit netsafe.org.nz or get a copy of Little Black Book of Scams Fraud which contains detailed information on the different types of scams and how to protect yourself. The booklet has been updated and copies are available at Age Concern Nelson Tasman. If you would like a copy please call into our Richmond or Nelson offices or contact Megan or Liz on 5447624 extensions 0 or 9.



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For the Love of Libraries : Tasman

“Bad libraries build collections, good libraries build services, great libraries build communities,” R. David Lankes (Professor of Librarianship at the University of Texas at Austin’s School of Information).

I strongly believe a library reveals the pulse of its community as a whole and offers insight into the people who live there, which is why when travelling they are top of my list along with museums, galleries, and op-shops. Tasman District is very lucky to have four libraries each sitting in quite different contexts and communities; Motueka, Richmond, Takaka and Murchison. Each have their own unique feeling and identity and I am not just referring to their outward appearances.

Libraries are so much more than they used to be historically. They offer a safe space for locals and visitors alike and provide great opportunities for social connection whether you want to tap into it or not (like the wifi) it’s available! Given its relocation and transformation, **Motueka Library’s** services and potential for events have grown along with its capacity to respond to future community requests making it a dynamic and thriving community hub.

Just like **Richmond Library’s** redesign, while over a decade ago, it still seems to have the breathing room today that it asked of the architects back then, along with consideration of how it could feel ‘current’ across time to enable it to become the



centre of its community. Much research is involved in these projects looking at current and imagined future needs of the growing local populations including technological developments, which for Richmond was done with due diligence, as thirteen years on the locals are still benefitting from their own bustling community hub which is certainly keeping up with people’s needs.

Takaka Library was demanded into existence in by its locals in 1947, finally opening mid 1950’s. It has had three reincarnations since due to population growth and responding to community needs.

Murchison Library may be Tasman’s smallest and while open only 4 days a week this cozy space serves its community of just over 500 in the way that works well for them and holds the same amount of value as larger ones elsewhere. Inter-loan also ensures no one is left wanting.

Whether you want to join a group of fellow writers, crafters, book-lovers, poetry or even gardening gurus (as in Motueka), or connect with others through board games or other

BY JOLEEN MCEVOY

regular weekly activity check out your local library. Richmond offers monthly screenings of classic movies and documentaries (and have their own recording studio should you have some talents or stories you want to capture!).

All four libraries offer the housebound delivery service for those who cannot get in to their local due to health or disability. Tasman District residents are lucky that each area has their own unique library that is reflective of, and responsive to, local needs, each a beating heart in the breast of their own community. No matter their size - Got to love them all! A full list of the upcoming events and activities in your local library can be found on www.tasmanlibraries.govt.nz/about-us/events/



Sing Yourself Well

Many people have loved coming to our regular Sing Yourself Well sessions, which began in Richmond in 2019 and in Nelson in 2022. Led by the wonderful Ruth Collingham, these have been much-loved and appreciated by everyone who comes along. Ruth is now taking a step back from Sing Yourself Well for health reasons, and the sessions are continuing in a slightly different format.

On the first and third Tuesdays of the month, the group continues to meet in Richmond with new leaders, and in Nelson there is a fun singing/ukelele class meeting on the second and fourth Wednesdays of the month. All sessions start at 10 until 11.30 and are a great opportunity to meet others and enjoy some singing for sheer pleasure.





Be Informed



Our Be Informed Series consists of informative talks on a range of topics. They are aimed to give you key information to enhance enjoyment of life. These are open for everyone but please register. A gold coin donation is requested.

Date	Topic	Venue	Time
5 Oct	Hearing Nelson —Pete Dowling on the cost of hearing and not hearing	Richmond Office, 62 Oxford Street, Richmond	10-11am
18 Oct	Hearing Nelson —Pete Dowling on the cost of hearing and not hearing	Nelson Office, 18 Bridge Street, Nelson	1-2pm
2 Nov	Blind Low Vision —have a look at equipment they offer and discover opportunities clients can access to increase independence.	Richmond Office, 62 Oxford Street, Richmond	10-11am
21 Nov	Blind Low Vision —have a look at equipment they offer and discover opportunities clients can access to increase independence.	Nelson Office, 18 Bridge Street, Nelson	10-11am



To register please phone 5447624 ext 5

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!





Motueka Office is Opening

We're really pleased to be expanding our presence in rural Tasman with the opening of an office in Motueka in the coming months. We're currently recruiting for an Elder Abuse Response advisor to be based there and travel to Mohua/Golden Bay as well. We currently hold a fortnightly clinic in Motueka, but demand for our services has increased and it is time to have a larger presence. More details will be available in the next magazine.



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Wills Month

September is wills month across Aotearoa/ New Zealand, and is a good reminder of the importance of having a will and making it current. We strongly encourage everyone to have their wills and Enduring Power of Attorneys in place. The Office of the Retirement Commissioner has a great website that outlines all the steps of making a will. You can visit it at www.sorted.org.nz.

If you are considering leaving a gift in your will, we can help you make yours a lasting legacy for your community. Age Concern Nelson Tasman has an endowment fund with the Top of the South Community Foundation, and proceeds are invested into our long-term growth as an agency. Please get in touch with us if this is something you are interested in.

Hips & Knees Exercise Class

About

Run by Sheryl Wilson, these classes consist of a group circuit session of exercises, with advice and guidance for hips and knees. It is not a 'one size fits all' type of class but a session which allows individuals to work at their own pace.
Suitable pre and post op surgery.



Mondays
11am - 12 noon
Age Concern Office
18 Bridge Street, Nelson
Cost \$5
Enter via side door.

To find out more and book your spot please phone Sheryl on 027 693 5171

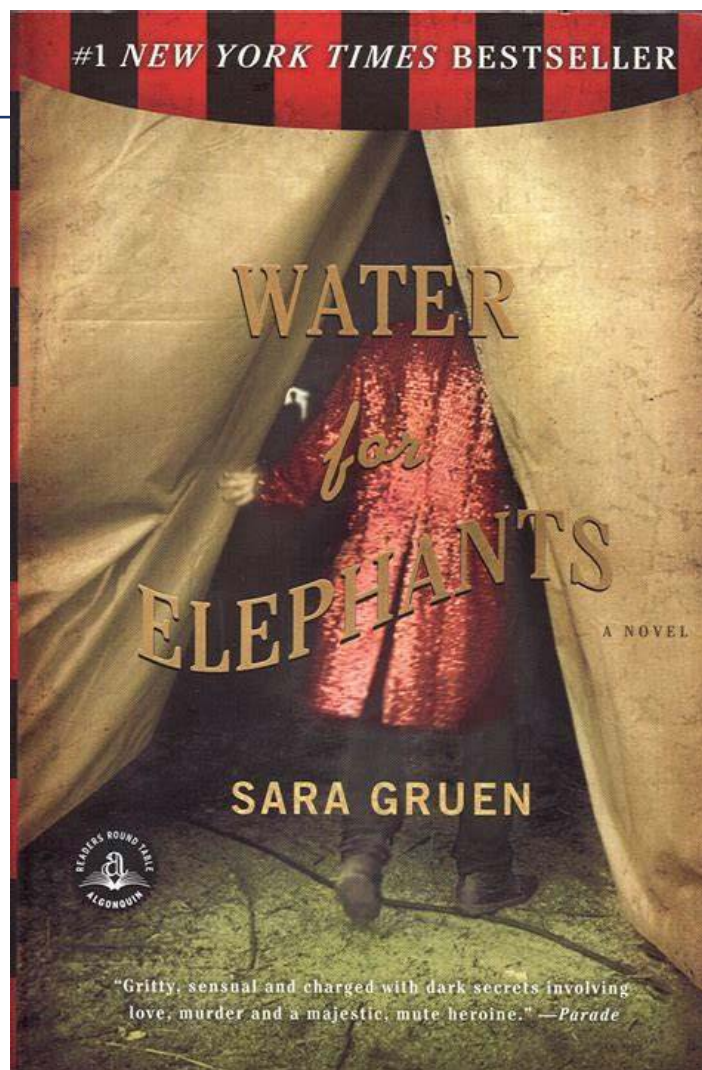
Water for Elephants

by Sara Gruen

The book begins with 93-year-old Jacob Jankowski who escapes from his rest home and goes to see the circus which has come to town. It is told in flash back as he recalls his incredible life while struggling with the constraints of ageing and living in residential care.

In 1932 America, recently orphaned and destitute, a young Jacob jumps onto a passing train which happens to be a travelling circus. He has almost completed a veterinary degree so is able to convince them to take him on to care for the animals. He forms a friendship and ultimately falls in love with kind and glamorous Marlena who is the star act and wife of the charming and psychotic animal trainer August. While this is a romance novel it also focuses on life in depression era America and the hardships of circus life as they travel from small town to small town.

The animals are a big part of the story and are given real personality. Rosie the elephant was my favourite character, intelligent, mischievous and untrainable until Jacob discovers she only understands Polish.



The author has written about circus life at a time when there were no human or animal rights and, while it is a great story, there are parts of the book which are brutal and sad. It is also full of wonderful, quirky characters and situations and is about loyalty, friendship, love and life.

I really enjoyed this book and found it hard to put down. It is well researched, and I also learned more about how life was for some during the great depression as well as circus life at that time.

A great read from beginning to end.

A book Review by Susan Arrowsmith
Visiting Service & Carer Relief Coordinator



Be Inspired



Our Be Inspired Series consists of inspirational talks on a range of topics. They are aimed to inspire and educate. These are open for everyone but please register. A gold coin donation is requested.

Date	Topic	Venue	Time
20 Sept	Cawthron Institute —Karen Goodger gives an insight into their work in our region.	Nelson Office, 18 Bridge Street, Nelson	1-2pm
24 Oct	Willowbank Heritage Park —learn all about Willowbank and its visual representation of history.	Richmond Office, 62 Oxford Street, Richmond	1-2pm
23 Nov	Footprints Tours - Diane McKinnon, Director talks about their tours to Nepal, the Silk Road & more.	Richmond Office, 62 Oxford Street, Richmond	10-11am



To register please phone 5447624 ext 5



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You are warmly invited to attend our AGM on

Monday 18th September

from 11am to 12 noon

In the Age Concern Hall,
62 Oxford Street, Richmond

With Guest Speaker, NCC Deputy Mayor

Rohan O'Neill Stevens

(The meeting will be followed by a light lunch)

Please RSVP to:

support@ageconcernnt.org.nz or

03 544 7624 ext 6

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 7 November** at the Murchison Sport, Recreation & Cultural Centre, 82 Waller Street, Murchison, from 10.30am-12.30pm.

(NB: A CarFit may follow this session. To be confirmed)

AA Carfit:

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

Course are coming up on:

- **Friday 15 September**, at Nelson Suburbs Football Club carpark, Saxton Field, Stoke between 10am-3pm.

NB: Each CarFit takes 20 minutes so booking a time is essential.

Life Without a Car

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

Without a Car information session includes:

- Highlights a range of possibilities to remain mobile
- offers alternative ways of getting about in the community



- suggests many options to keep involved and enjoying activities
- gives valuable insights into adapting our lifestyle
- encourages living positively and staying connected

Our next course is coming up on

- **Tuesday 10 October**, at Ernest Rutherford Retirement Village, 49 Covent Drive, Stoke, from 1.30pm-3.30pm
- **Wednesday 1 November** at Summerset Richmond Ranges, 1 Hill street North, Richmond from at 1:30pm – 3:30pm.NB: Free transport to the venues is available – please ask when booking

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

HOW DO YOU WANT TO RECEIVE YOUR MAGAZINE?

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

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



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