

SUMMER 2022 QUARTERLY NEWSLETTER

www.ageconcernnt.org.nz

Age Concern Nelson Tasman



**AGE
CONCERN
NELSON
TASMAN**

He Manaakitanga
Kaumātua Aotearoa



**The Top o' the South Steampunkers at
International Day of the Older Person**

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We are grateful to all our funders:



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www.nelsontaxi.co.nz

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TOTAL MOBILITY
 Nelson City Taxis has 4 Total Mobility hoist vans for all wheelchair requirements. All our drivers are fully qualified for mobility transport.

Over 30 years' experience transporting Nelson's Total Mobility customers.

Supporting people who go missing

Are you, or someone you know, concerned about getting lost or going missing when out and about in the community?



The good news is you are not alone, and there are lots of things you can do to reduce the risk of going missing, while still maintaining your freedom to live a healthy active life in the community.

The Safer Walking Framework, an initiative delivered by Land Search & Rescue New Zealand, aims to support, educate and reduce the risk of people getting lost or going missing due to cognitive impairment.

The Safer Walking website has a wealth of information, including different tools, ideas and strategies that can be tried to reduce this risk, from completing a Safer Walking Profile to things you can try in the home environment. The website also includes links to relevant websites and organisations that you may find helpful to contact for support and advice.

Land Search & Rescue has also produced a video series of New Zealanders telling their own stories of going missing. The stories show how having plans and making use of technology, like Global Positioning System (GPS) location devices, can enable people at risk to be out and about, while providing peace of mind for their whānau if they go missing.

Tasman NELSON

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

OUR PASSION AND EXPERTISE IS CARING FOR PEOPLE WITH DEMENTIA

14 Browning Crescent, Stoke, Nelson
 Please contact us on (03) 547 6867
 www.tasmanrh.co.nz

A note from the Chair

Being older is not always portrayed in a positive or upbeat way. In fact, there are many not so pleasant stereotypes, forms of ageism, that misrepresent growing older in the 21st century. The sad part is ageism influences how we think about our own ageing and day-to-day living.



Given many people are now living longer, healthier, and more diverse lifestyles it's no surprise that ageism is being resisted. For example, the messages used to promote the estimated US\$420 billion anti-ageing industry are being challenged. So, they should be for many of the products (e.g., creams, supplements) and services (e.g., nutrition, care, cosmetic surgery) suggest that looking and being younger is much more appealing and acceptable than being 'old'. Instead of wanting to be a 'younger' version of yourself, why not accept who you are and adopt the sage advice of Shakespeare

who said, "With mirth and laughter let the old wrinkles come".

Publicity about the negative effects of ageism has also seen a variety of organizations and businesses reflect on how they engage with and profile their 'older' constituents and customers. That's good news. Another change is with the language and images in children's books that include older people in the story. The once passive grandma and grandpa are replaced mostly with older characters living active lives and engaging in a diverse array of leisure activities.

A challenge. When you're at a social gathering, watching TV, flicking through a magazine or newspaper, busy shopping or just wandering the streets, see if you can spot a few examples of ageism. Many of the incidents will not necessarily be easy to spot but nonetheless, each one portrays a not-so-favourable message about ageing and being 'older'. Life is taxing enough without having to confront any unnecessary barriers. Let's help stamp out ageism.

Bevan C Grant | Chair, Age Concern Nelson Tasman

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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.



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.



Community Support Coordinator Jackie McIntyre
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 community level to promote social connections and reduce social isolation.



Giving & Donor Relations Coordinator, Ruth Collingham
Ruth is working to help us fundraise via individual donors and bequests.



Seasons Greetings from Age Concern Nelson Tasman



We would like to take this opportunity to wish all our readers and supporters a very merry festive season and hope that you have a pleasant Christmas and New Year.

Our Nelson office will be closed from 2pm on Thursday 22 December and our Richmond Office from midday on Friday 23 December. Both the Nelson and Richmond office will reopen on Wednesday 4 January at 8.30am.

ABBA-SOLUTE HIT SHOW RETURNS TO NZ!

Dancing Queen: A Tribute to ABBA Touring New Zealand, Nov-Dec 2022

New Zealanders will be able to dance their way into the festive season this year when Dancing Queen: A Tribute to ABBA tours from 4th November to 19th December.

Direct from Australia, the well-travelled show returns for its first NZ performances since 2020 and will stop at a mammoth 33 venues in 46 days.

The show brings new cast member Brit Jess Driver - in the role of 'Agnetha' - to perform alongside Australian Zac Coombs as Bjorn and South Africans Giselle Bouwer as Anni-Frid and André Behnke as Benny.

Producers Showtime Australia used the forced 'downtime' during the recent pandemic to revamp production on the show so even repeat attendees will find the show fresh and fun.

"Abba is famous for having those catchy classic tunes that never get old so it's a hard show to get sick of!" says vocalist Bouwer.

The show promises over two hours of Abba's biggest hits each night, all performed live on stage by a hand-picked 8-piece international cast, with world-class

production and visuals to accompany. Tracks such as Mamma Mia, Dancing Queen, Waterloo, Knowing Me Knowing You, Money Money Money, Super Trouper, SOS, Fernando, Voulez-Vous, Gimme Gimme Gimme, Chiquitita, The Winner Takes It All and Thank You for the Music have all made the set list and are bound to turn each event into a joyous singalong.

Tickets for all events are available now, but selling quickly. To book, visit your venue's website or box office, or go to dancingqueenshow.com.au for more information.



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DANCING QUEEN

A TRIBUTE TO ABBA

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7 DEC BLENHEIM ASB THEATRE MARLBOROUGH
BOOK NOW! asbtheatre.com/events/Dancing-queen

Showtime

AGM Roundup

2021-22 has been a year of consolidation and growth both in terms of demand for our existing services and the introduction of new services which fill an identified gap in the community. Our core services of elder abuse response, visiting service, carer relief and social activities have all grown. We have a second office in the region with our new office in Nelson opening in February 2022. We have a clinic in Motueka every fortnight and visit Golden Bay roughly every six weeks. We also introduced a new service in February 2022 called Care & Repair which facilitates affordable home repairs and jobs for people. This is proving very popular and helps people to stay in their own homes longer.

We are very proud of the wide range of professional and highly meaningful work we do in the Nelson Tasman community to support older people living a life full of opportunities and free from harm. Essentially there are two main strands to our agency; providing social connection opportunities for older people or providing care and advice.

Social Connections


Being socially connected is incredibly beneficial for a person's physical and mental health and at Age Concern we have achieved this in many ways in the past year.

- Our visiting service has facilitated wonderful friendships for 108 people
- Tea & Talks across the region provide weekly social contact for more than 80 people
- Sing Yourself Well and SpinPoi improve the health and wellbeing of 43 and 20 people respectively,
- Wellby has reached over 270 people through the Talking Cafes and 244 people trained as Community Signposters, who help people access groups and organisations in which they are interested through the Found directory.
- International Day of the Older Person was celebrated by over 40 members
- The Volunteer Expo and Nelson Connects reached hundreds of people.
- Our Summer Activities programme gave 150 people the opportunity to try a new activity.

Care and Advice

The second strand to our services is providing care and advice to older people to ensure they are safe from harm and able to gain the help and support they need to live the life of their choice.

- We listened to and supported 117 people reporting Elder Abuse.
- We also assisted 27 people who were living in self-neglect situations.
- Nearly 200 older drivers benefited from our Staying Safe and CarFit driving workshops, and 45 people gained an insight into staying independent via our Life Without a Car courses.
- We completed 270 Total Mobility Scheme assessments to allow people access to reduced taxi fares.
- Over 25 families received valuable respite via our Carer Relief service, allowing them some time out knowing their loved one was well looked after.
- Over 80 people benefited from our winter warmth and Xmas care packages.
- Care & Repair, our newest service, has been instrumental in helping older people access affordable help with repairs and maintenance so they can remain in their own home for as long as they choose. To date over 200 people have accessed this service.



Te Tari Kaumātua
Office for Seniors

The youth can walk faster but it is the elder that knows the road
~African proverb~

Ear Care

Wax suction service

Clinics at:
Stoke Greenmeadows - Tuesdays
Motueka Phoenix House - Thursdays
Home visits also available.

Shannon Grant | Registered Nurse
Call or Text 021 142 1323

Online bookings:
<https://ear-care.au3.cliniko.com/bookings>

\$40
No ACC surcharge

Finish and Start Dates for Age Concern Activities

Our Age Concern Activities will have a brief break over the Christmas period and then resume in January. Thanks so much to everyone who has attended these over the course of the year.

See below for the difference activities, their finish date for 2022 and start date for 2023.

Activity	Finish 2022	Start 2023
Sing Yourself Well, Richmond	20 December	17 January
Sing Yourself Well, Nelson	14 December	11 January
SpinPoi, Richmond	22 December	26 January
SpinPoi, Nelson	20 December	17 January
Tea & Talk, Richmond	21 December	18 January
Tea & Talk, Nelson	22 December	19 January
Tea & Talk, Nelson Library	16 December	20 January
Tea & Talk, Victory	19 December	16 January
Tea & Talk, Motueka	21 December	4 January
Tea & Talk, Golden Bay	14 December	8 February
Tea & Talk, Tapawera	29 November	31 January



62 Oxford Street, Richmond
18 Bridge Street, Nelson
Phone 03 5447624
www.ageconcernnt.org.nz

Winter Energy Payment

The Winter Energy Payment has ended for this year. You will have received four days of Winter Energy Payment with your 11 October 2022 payment.

If you have any concerns about how you'll manage without it, there may be other ways Work and Income can help. Use the online eligibility tool to check what you might be able to get or call the Work and Income Seniors team on 0800 552 002. Everyone's situation is different, so they're always happy to talk with you.

If you qualify for the Winter Energy Payment next year, you'll get it automatically from 1 May until 1 October 2023.

A daily Inspiration:

If we ever have a golden age, it will be because golden hearts are beating in it.

[From Wings of Silver.]

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

Having an advanced care plan means people will know your wishes, even if you can no longer tell them. It 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. These stories are about people with a diagnosis of dementia, but you can start your advance care plan as soon as you can. Find out more about advance care planning, 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.



It's now illegal to ignore "do not knock" stickers

The following is some more information and how to get stickers.

How to get a 'Do Not Knock' sticker

- Both Age Concern offices have stickers available.
- Consumer members can request a sticker through the form on Consumer's website.
- If you're not a Consumer member, you can get a sticker from any Resene ColorShop or store that sells Resene paints.
- Alternatively, you can make your own sign or download a printable version of the sticker.



It is now illegal to ignore "do not knock" stickers

Changes to the Fair Trading Act, which have come into force, mean door-to-door traders who ignore a 'Do Not Knock' sticker risk fines of up to \$30,000.

In addition to imposing fines, the courts can also order the cancellation or variation of a sales agreement, as well as compensation if an uninvited seller ignores a sticker or a direction not to enter a property.

"This is a great win for consumers," said Jon Duffy, Consumer NZ Chief Executive. "We have been calling for these changes to the Fair Trading Act since 2014, when we first launched our campaign. Since then, we have distributed more than half a million stickers to consumers to keep unwanted sellers away," he said.

"Over the years we have heard terrible stories of pushy salespeople hounding householders to buy products they don't want or need. In some cases, people have even purchased products just to get rid of the seller.

"We've also heard stories of sellers ignoring the stickers, so it's great ignoring a 'Do Not Knock' sticker or instruction to stay away will now have serious financial implications for the trader on the doorstep."

You don't need a sticker to benefit from these new consumer protections. If you tell a seller to stay away from your house, they must do as they're told for two years. If they don't do as they're told, or they ignore your sticker, you can complain to the Commerce Commission.

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.



Think ahead for peace of mind

Phone us today for a FREE INFORMATION PACK on Pre-planning

PH 544 4400

24 Champion Road,
Richmond | wrfcs.co.nz



**Waimea
Richmond**
FUNERAL SERVICES

Kia kōrero

Let's talk

www.myacp.org.nz

Plan for your
future healthcare
with an Advance
Care Plan

HOW MUCH WALKING SHOULD YOU DO?

By Tania Huddart



Do you always head to the gym or do other forms of exercise or avoid exercise all together? How about giving walking a go? New research shows that among older women, approximately 4400 steps/day was significantly related to lower

mortality rates. "Every step counts" says Professor Min-Lee, "but don't be intimidated by having to get 10,000 steps if you are a woman in post-menopause."

A goal of 10 000 steps/day is commonly believed by the public to be necessary for health. But science does not back this up. The phrase "movement is medicine" is correct. Many drugs come with side effects. The good news is that movement doesn't. Walking is a 'drug' that only has positive effects, and it is never too late for anyone to start walking. Make a commitment to yourself today and try and take a walk every day.

Variety is the spice of life

Your body needs many dietary vitamins and minerals to maintain good health. Your body also needs a variety of mechanical 'flavours' that come in the form of different loads that create cellular deformations. These deformations then facilitate cellular processes that help to maintain our longevity. Just like we want our diets to be rich in variety, so we want our walking to use a broad range of environments and challenges, or spices. Walking on a treadmill is very different from walking in nature on a textured forest path. Your gait pattern will change to suit your environment.

So when you do go for a walk make sure you're not consuming only walks of a certain flavour. You won't be fully meeting your movement needs if you're always on asphalt, going the same speed.

Ideas for spicing up your walks.

#1: Texture

If you always walk in a shoe, even in a minimal shoe or barefoot, on flat, debris-free, or man-made surfaces, there is nothing to mobilise the 33 joints in your foot. Your body is moving but your feet aren't moving much relative to themselves.

Tip: Do foot exercises that mobilise your feet and when you walk why not try walking next to the flat, level path you usually take. Chances are there is a

grass, stone, or gravel verge you could walk on instead. This provides a textured surface for your body to explore while walking.

#2: Add terrain

Every shape your body makes creates a different load. Adding hills both up and down as well as slopes, that challenges your body changes the load. This helps you load your joints, which is great for maintaining healthy bones in ways not available in the flat settings most of us are used to.

Tip: Choose routes that have hills. Bonus points for hills and texture combined!

#3: Make memories

Walking with others challenges your pace. You will be challenged to walk faster or slower than you're used to. Either way, a change in speed works your body differently. Plus, being social can change your mood—which also changes how you walk. You can have many fun experiences that help create new memories too.

KEEP TRACK WITH A JOURNAL

Keep a diary and track how your mood changes and the physical sensations you experience while walking and even where you walked. Walking can also become a meditative practice. Mindful walking gives you an opportunity to observe, listen and sense your environment. It helps you take your mind off your worries so you can come back to them with some clear insights.

WALKING AS A MEDITATION PRACTICE

You may already be familiar with mindfulness meditation. This is the practice of bringing your attention to the present moment. Walking mindfully is the practice of becoming aware of your surroundings and how your body and mind feel while moving. Meditation isn't necessarily about sitting still, you can move in a mindful way too.

How to walk mindfully

1. You can count steps up to 10, and then start back at one again.
2. Pay attention to the lifting and falling of each foot as you walk. Notice the movement in your legs and the rest of your body. Notice how your body shifts from one leg to the other.
3. Your mind will wander, so take the time appreciate your surroundings - what can you see, hear, smell or feel. Spend a couple of minutes on each

of these sensations and if your mind wanders guide your attention back to your walking again. Do this as many times as you need.

4. It is important to maintain a sense of the environment around you, take it all in, but staying safe and aware.

While you are walking there is nothing else to do, fix, or change. Be fully aware, and focus on walking. When you're ready to end your walking meditation, stand still for a moment. Consciously choose to end you practice. Maybe you can even bring this kind of awareness into the rest of your day.

However you choose to walk is up to you. There are so many options and so many hours of pleasure ahead.

Little Lemon Cheesecakes

Ingredients

- 250 grams cream cheese softened
- 280g jar lemon curd
- 200g packet Butternut Snap or Round Wine biscuits
- 250 grams fresh strawberries halved

Instructions

1. Line 10 holes of a muffin tray with paper shells. Place a biscuit, flat-side down, into each.
2. In a large bowl, using an electric beater, beat cream cheese and lemon butter until smooth and velvety. Spoon the mixture evenly across the 10 biscuits.
3. Freeze for at least 3 to 4 hours. To serve, remove the paper shell and garnish each with strawberries.



Christmas Care Packages

Yes it's that time again! We're seeking donations for our much-appreciated Christmas Care Packages. Every year we gather together donations from the community of non-perishable foods, toiletries and treats to put into care packages and deliver to some of our clients and members. Last year we distributed over 60 packages, which are so warmly received and provide a welcome boost of food staples, treats and kindness at a time of year when being alone can be hard. We are incredibly appreciative of Richmond Primary School for their help with this campaign. They help gather donations and make beautiful Christmas cards and tags to go with the packages.

If you would like to contribute, please drop off your donations to Age Concern Nelson Tasman, 62 Oxford Street or 18 Bridge Street by Friday 9 December 2022.

SUMMIT

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NELSON & TASMAN AREAS

If you are considering making a Real Estate decision or would simply just like to know where your property sits in the current market call me today for a no obligation appraisal.



Michelle Westrupp
Sales & Marketing Consultant

P: 03 544 2900 • M: 021 760 068
E: michelle.westruppesummit.co.nz

December Kindness



- 1 Spread kindness and share the December calendar with others
- 2 Contact someone you can't be with to see how they are
- 3 Offer to help someone who is facing difficulties at the moment
- 4 Support a charity, cause or campaign you really care about
- 5 Give a gift to someone who is homeless or feeling lonely
- 6 Leave a positive message for someone else to find
- 7 Give kind comments to as many people as possible today
- 8 Do something helpful for a friend or family member
- 9 Notice when you're hard on yourself or others and be kind instead
- 10 Listen wholeheartedly to others without judging them
- 11 Buy an extra item and donate it to a local food bank
- 12 Be generous. Feed someone with food, love or kindness today
- 13 See how many different people you can smile at today
- 14 Share a happy memory or inspiring thought with a loved one
- 15 Contact an older neighbour and brighten up their day
- 16 Look for something positive to say to everyone you speak to
- 17 Give thanks. List the kind things others have done for you
- 18 Ask for help and let someone else discover the joy of giving
- 19 Contact someone who may be alone or feeling isolated
- 20 Help others by giving away something that you don't need
- 21 Appreciate kindness and thank people who do things for you
- 22 Congratulate someone for an achievement that may go unnoticed
- 23 Choose to give or receive the gift of forgiveness
- 24 Bring joy to others. Share something which made you laugh
- 25 Treat everyone with kindness today, including yourself!
- 26 Get outside. Pick up litter or do something kind for nature
- 27 Call a relative who is far away to say hello and have a chat
- 28 Be kind to the planet. Eat less meat and use less energy
- 29 Turn off digital devices and really listen to people
- 30 Let someone know how much you appreciate them and why
- 31 Plan some new acts of kindness to do in 2023



ACTION FOR HAPPINESS

Happier · Kinder · Together



Do something today that might just save your life!

Bowel screening is now being offered to men and women aged 60 to 74 years right across Aotearoa. Screening as part of the National Bowel Screening Programme is free for those who are eligible, as are any follow-up tests or treatment.

Approximately 500-700 cancers are picked up each year through the programme, and thousands of polyps which might have become cancer are removed.

The bowel screening test is quick and simple, and done at home. People are sent an invitation letter, a consent form, and a free bowel screening test kit.

The National Bowel Screening Programme uses a faecal immunochemical test (FIT). It can detect tiny traces of blood present in a small sample of person's bowel motion (poo). This may be an early warning sign that something is wrong with their bowel.

A positive test result does not necessarily mean a person has bowel cancer. Small amounts of blood in a bowel motion are most commonly caused by polyps, or other minor conditions such as haemorrhoids (piles), which can easily be treated.

A positive test means further investigation is required. This will usually be a colonoscopy (an internal examination of the large bowel with a small camera on a flexible tube).

Screening is for people who do not have symptoms of bowel cancer. Anyone with symptoms should see their doctor. Common symptoms of bowel cancer may include:

- A change to normal bowel habit that continues for several weeks.
- Blood in the bowel motion.

Although these symptoms are usually caused by other conditions, it's important to get them checked by a doctor.

More about the National Bowel Screening Programme can be found by ringing **0800 924 432**.

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:

- **Wednesday 25 January 2023**
At St Johns Ambulance Hall, 15 Courtney Street, Motueka from 10am-12.30pm
- **Wednesday 8 February 2023**
At Olive Estate Lifestyle Village, 2C Lakehouse Crescent, Richmond from 10am-12.30pm
- **Tuesday 28 March 2023**
Tapawera (venue to be confirmed) from 9.30am-12 noon. Followed by CarFit at 12.30pm.

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 9 December**
At Saxton Stadium Carpark (beside the netball courts) between 9.30am-2pm.
- **Tuesday 28 March**
Tapawera (venue to be confirmed) from 12.30pm-4pm noon. Preceded by Staying Safe Driving Course.

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 sessions:

- 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

- **Wednesday 30 November**
2-3pm, Upstairs Lounge, Stillwater Village, 60 Templemore Drive, Richmond.
Free transport to the workshop is available.

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

My AA Carfit Experience

by Linda Sillery

When I saw the article in Newsline about 'AA CarFit' at Headingley Centre Positive Ageing Expo, I thought it sounded interesting. Having reached 71, I thought there may not be much more to learn but after all, there was nothing to lose, and the safety check was completely free of charge!

Barry Bloommaart assisted by Alan Winwood, AA trained rotary club volunteers, came to check my driving position and offer advice on adjustments that might make driving more comfortable, and better still, safer (for me and other road users). The occupational therapist asked me if I had any problems when driving. Yes, I often had lower back pain, but just accepted that's the way it was. She immediately noticed that the back of my head was hard up against the head rest,

making me lean forward in a stooped position, putting my back out of alignment. The volunteer then spent a lot of time and energy making adjustments, resulting in my head barely touching the headrest-just as it should be. Much more comfortable and better on my spine. Next, I was asked about the seat belt, did it feel comfortable? Well no, it didn't and I was often 'jiggling' it around and messing with it, not a good idea. So, no problem, Barry duly altered it and I didn't feel like I was being strangled anymore!

I was really impressed with all that, but they hadn't finished there! Did I know the best position for the right hand mirror. Of course I did, no I didn't. There was a simple way of checking to see if it was at the optimum angle and they duly altered it. Easy, but I didn't know the secret! Ah, now I knew the way to check that the left-hand mirror was in the right position. No, I didn't, he altered it in a different way, which would help when reversing. How clever is that?

There couldn't be more to learn. Oh yes there was! Put the handbrake on, he said, easy I thought. Now try and pull it up again and sure enough I could, much to my surprise. The AA trained volunteer then checked to see how far away I was from the steering wheel. Why does that matter? Well if you're not a certain distance away, the airbags won't work in a crash. How scary is that? Handy to know the distance required, do you? I didn't.

So, ok, you may be one of the minority of people who knows all this, or I suspect that you might be one of the vast majority who doesn't. If you hear of a free AA CarFit check, grab it with both hands. After all what have you got to lose? It could just save your life.



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 ageconnect@ageconcernnt.org.nz

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International Day of the Older Person

We had a wonderful afternoon tea to celebrate International Day of the Older Person in early October. Over 100 people turned up to enjoy an afternoon full of entertainment, laughter, connections and tasty food sponsored by Simplicity Funerals. We were entertained by the Sing Yourself Well singing group who presented three songs. Top o' the South Steampunkers were in attendance and they paraded around in their amazing elaborate costumes. These were truly spectacular and it looks like this group has a lot of fun. The grand finale to the afternoon was the Silveraires Leisure Marching Team. They did a wonderful display in a very limited space and we wish them well for their upcoming competitions.





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nelson.simplicity.co.nz

Impossible cube - Another Escher mind-bender, the impossible cube initially appears as a perspective drawing but further scrutiny reveals several impossible features.



Strawberry Santas

Makes: 20 Time to make: 15 minutes

Ingredients:

- 20 medium-large strawberries, hulled for a flat base
- 100g Philadelphia Light cream cheese (Note: other brands of cream cheese can be too runny for this recipe; this is the one we've found works best.)
- 4 - 6 tsp icing sugar, to taste
- 40 mini dark-choc bits or chocolate chips

Method:

Cut the top third off each berry and reserve. Stand berry bases on a serving platter.
 Mix cream cheese and icing sugar until smooth and creamy.
 Pipe or spoon 1 tsp cream onto flat berry tops.
 Place reserved berry tops on top.
 Use the smallest piping nozzle to pipe mixture onto the tip of each strawberry "hat" (pompom) and onto "chest" (button).
 Use tweezers to place 2 chocolate pieces onto each cream "face" (eyes). Refrigerate until ready to serve.



Cooking Classes

We have now run two sets of cooking classes, which have been incredibly successful. Each week, participants cook a sweet and savoury dish which they then eat for lunch. Any leftovers (and usually there are heaps) are taken home for meals later in the week. What is made each week is decided by the group based on their interest and tastes. Recipes are handed out to be filed in a clearlite folder which is also provided. There is a koha of \$3 per session.

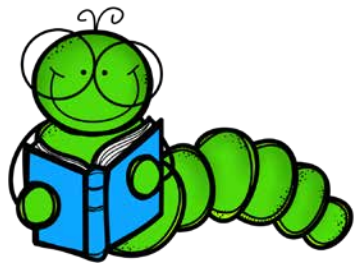
Our cooking classes are taking a break until 2023 but resume on 14 February so please book your spot by enrolling now. To register or find out more please contact Miriam on 5447624 ext 6 or email support@ageconcernnt.org.nz. Each class runs on a Tuesday from 10.30am to 12.30pm and is at the Food Factory, 11 Findlay Place, Stoke. See below for dates:

- **Tuesdays 14th February to 21st March**
- **Tuesdays 11th April to 16th May**



Book Review

with Susan Arrowsmith, our Visiting Service and Carer Relief Coordinator



Where the Crawdads Sing by Delia Owens

This is one of those books that I couldn't wait to get back to each time I had to put it down. It has all the elements that makes a book good for me; a main character who I liked and had empathy for, beautiful descriptions of the landscape and wildlife where she lives and a good mystery running through it.

Beginning in the 1950s the story is set in the swamplands of South Carolina. Main character Kya is abandoned by her family at a young age and grows up alone in a remote shack. She learns from the wildlife around her, catching fish to trade in the village and managing to evade the truancy officers. She has little contact with people and grows to be both intelligent and naive, drawing on the natural world she observes to explain the rights and wrongs of human behaviour.

As she grows into a beautiful and intriguing young woman, she attracts the attention of two boys from town; kind Tate who wants to help her and arrogant, popular Chase who wants to exploit her. This is a time and place of bigotry where anyone who does not fit the norm is an outcast. When Chase is found dead under questionable circumstances, locals immediately suspect "marsh girl" Kya and she is charged with his murder.

This is a beautifully written book which explores loneliness, love, and human nature. It shows the very best and the very worst of people and has a very satisfying twist right at the end. I really enjoyed it and I hope you do too if you choose to read it.

Eclectic Antique Centre

We are very appreciative of the Eclectic Antique Centre who have done an amazing shop window for our Nelson Office. If you haven't seen it already it is well worth pausing and having a look.

Eclectic Antique Centre has been trading for many years and its owner, Maria Henare, has decades of experience in the antique trade. Her store is located at 254 Hardy Street and is a treasure trove of an eclectic mix of furniture china glassware, jewellery, vintage clothing, rustic and industrial, just to name a few. It is very easy to spend an hour in there browsing and remembering the wonderful items of yesterday.

Eclectic are planning on changing the shop window on a regular basis so keep your eye out for the next instalment.



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Inspiring Older People



Joan with her bushel measure

Joan Ewers Hop Harvester and Farmer

Joan grew up on a farm in Taranaki with the mountain outside her back door. In 1952, when she was 17 years old, a friend suggested they come south for the apple harvest. As they only wanted to come for 4 weeks, they were put onto the hop harvest which fitted their timeframe. Joan and her friend got a ride to Wellington and then took the overnight ferry to Nelson, having a sleepless

night on rough seas. They then had to wait outside 'The Cut' for the tide to come in before they could berth. Six Newmans buses eventually arrived, and they sat on apple boxes in the aisle before being deposited at Prices Corner in the Upper Moutere. There was no one there to meet them, they had no idea where they were going and only had a piece of paper with a name on it. A local farmer stopped and helped them, and as it turned out, they were heading to his son's property.

Joan and her friend lived in a small two roomed bach with a little woodfired stove for cooking. It was very basic and hop harvest was very hard work. It was all done by hand and a string cutter would cut down the hop vine, bring it to the pickers who then plucked the hops off the vine. Hop vines are very scratchy so they were instructed to wear long sleeves and the hops also stained their clothes. Work started at 7am and they worked all day under the hot sun. The hops were measured in bushels and put in hemp sacks and taken to the kiln to be dried.

After three weeks it was time to go home but during this Chris, the hop farmer, had instantly fallen in love and after one week asked Joan to marry him. Joan was a little more cautious, as she was only 17 and he was

10 years older. After returning home, they would write, and Chris would phone after 10pm when he knew someone who worked in the Upper Moutere telephone exchange who put a call through. Chris subsequently visited Taranaki and formerly asked Joan's parents for her hand. They were married in October 1952 when Joan was 18 years of age.

Moving to Nelson was a massive change for Joan. She really missed the mountain and the bush but over time adjusted. Life was incredibly busy particularly in the period leading up to harvest time. The hops were hand hoed, pruned, and strung from August to December in preparation for the late February harvest. Although Joan married a hop farmer, she was ironically allergic to hops and it was fourteen years before she developed the immunity not to break out in a rash.

They had a mixed farm of 46 acres, milking a few cows, raising weaner pigs, growing potatoes and of course hops. They lived in a large farmhouse. The kitchen sink was on an open back porch but it did have running water, hot water via the woodfired stove and electricity. Initially the laundry was a lean-to outside where Joan washed by hand using a copper, however this was later moved inside. The toilet was a longdrop 'down the garden path'. There was no insulation in the farmhouse and in winter it was freezing cold. Over the ensuing years Joan had 9 children, seven sons and two daughters, although sadly their second son died from leukemia. Joan has eight adult children.

Joan worked incredibly hard. 'It wasn't easy,' she states, 'when I look back now I'm really surprised I survived but you just get on with it'. It is hard to comprehend the sheer volume of work when everything is done by hand. Joan describes one terrible winter when they didn't get paid for the second part of hop harvest as the export to Ireland was cancelled. Food was very tight that winter but 'you do the best you can and we had meat and milk and vegetables from the garden but when money is tight the household is the first to suffer as the farm has to keep going'. Another season their entire harvest was threatened by a red spider infestation so they brought in a helicopter and spray. Naturally this was 'not cheap' but they had to 'save what crop there was'.

Growing hops required a lot of attention to detail. Plants were either male or female, so both were needed in particular ratios to have a good set. When the vines were wound around the string they had to be wound in a clockwise manner in the southern hemisphere or they would not grow. Conversely, they have to be wound anti-clockwise in the northern hemisphere. When the German settlers brought the hops to Upper Moutere in 1842/43 this would have been something they would have needed to work out.

Over the years Joan witnessed many changes in the hop harvest, with it becoming increasingly mechanised, they were among the first to bring in the Brough harvesting machines in 1960. These were so effective that other farms then asked them to harvest their hops which required several trucks.

In 1975 Joan and Chris moved from their original farmhouse to 300 acres of land Chris had inherited on Neudorf Hill. They did one final harvest on their old property and then sold it. On Neudorf Hill they focused on sheep farming with 'half a dozen' cows and eventually poultry focusing on heritage purebreds. As their sons married, they carved off areas of land for them, although all but one of the sons worked in forestry not farming.

Chris died in 2001 and Joan stayed on the farm for a further two years before going to live with family for one year. Eventually she found a house in Richmond

she liked as it was quite open. 'I couldn't live in a closed in area after years in the country,' she explains. Joan describes moving to town as 'the hardest decision I ever made'. Joan continued working on the hop harvest after they moved to Neudorf Hill and into town, eventually having her last season in 2012.

The joys and trauma of farm and family life have helped shape who Joan is today. She still has a bushel measure in her town house. Joan's family continues to grow and currently she has 8 adult children, 32 grandchildren, over 40 great grandchildren and one great-great grandchild which she describes as special and is very proud of them all.



Examples of hop harvest



Hop workers 1945

Retirement villages sector launches most significant reform in a decade

New Zealand's retirement village sector has unveiled major changes to the way the industry operates in the most significant voluntary reforms to the industry since legislation was passed in 2003. Among the key changes is a requirement that operators pay interest on outstanding capital sums if a former resident has not been repaid within nine months of leaving a unit. In addition, all operators are being asked to stop charging weekly fees once a unit is terminated and vacated.

Members of the Retirement Villages Association (RVA), which represents operators comprising over 95 per cent of all units including not-for-profits, independents and listed village operators, have approved the changes, which will be trialed for 12 months as part of the organisation's best practice guidelines. The reforms will be voted on at the RVA's AGM next year, and if passed, will become part of the Association's best practice requirements that members' performance will be audited against.

The RVA has also committed to asking members to amend Occupation Rights Agreements (the contract between an operator and resident) to eliminate any perceived unfair clauses. These include clearly setting out responsibilities for repairs and maintenance of operator-owned chattels.

The sector's best practice disclosure guidelines regarding residents' transfer to care will also be recommended to be incorporated into the Retirement Villages' Code of Practice. Furthermore, if a resident is moving from a village without the necessary level of care and needs funds to pay for residential care costs in another facility, village operators will take all reasonable steps to assist them to get a residential care loan from the Ministry of Social Development. If a loan is not possible, the operator will advance sufficient funds to cover the residential care costs with the advance secured against the net proceeds when they are paid out to the former resident.

"Retirement village living is one of the country's most popular housing options with more than 100 New Zealanders moving into a retirement village every week and independent research shows overwhelming satisfaction rates," says Graham Wilkinson, President of the Retirement Villages Association. "However, we have always accepted the need for improvements to the sector's consumer protections regime where they are feasible and make sense.

"Developing and enforcing industry best practice is a more effective and fairer way to resolve these issues rather than legislative upheaval for the sake of it. Our industry's Blueprint is clearly delivering positive outcomes for residents across New Zealand." The sector accepts it is only fair that village operators share some of the pain where a relicensing of a unit takes over nine months, although research shows this was less than 10 per cent of all relicensing in 2021, he says. "That's why we are trialling having members pay interest on any repayment over nine months. This has the benefit of not penalising efficient operators, which a mandatory deadline would do, while encouraging others to up their game."

Stopping weekly fees when residents leave units has

already been adopted by the six largest corporate operators and larger independents and dozens more operators will now follow, says Mr Wilkinson. "The operators that do charge fees after a resident leaves are generally smaller or regional operators that simply cannot afford to cease this practice. Operators who are not responsible for the sale of the residential unit or independent owned villages with fewer than 50 residential units will also be exempt from the changes if the business risks failing."

Other changes include clarification on the maintenance of chattels and upgrades of units to meet the Government's Healthy Homes standards. "All of these changes are a continuation of the steps we have already taken to improve our policies and practices such as appointing former MP Hon Jo Goodhew to the RVA's Executive Committee as an independent member to bring older peoples' views to the table.

"We're prepared to explore other changes, but want to see a more evidenced-based approach before making decisions. "For example, an industry ombudsman may be a good idea, but our initial trialling of a de-facto dispute resolution service suggests the need is extremely low, if at all. "Standardised contracts may be helpful, but what's more important is clarity, communication and the ability for village operators to offer differentiation and innovation, not the lowest common denominator. There's a very real risk that innovation will be stifled if contracts are essentially a template."

The RVA is concerned about the negative unintended consequences of imposing changes to the sector's commercial model, says Mr Wilkinson. "Villages are extremely long-term investments and operators need certainty before they can invest. Developing and fully licensing a village requires substantial capital and takes typically around 5-8 years, and many further years before any cashflow return is received. "If there is any possibility of allowing an adjustment of commercial terms in the future, operators will think twice about future investment."

The sector is also confident residents' needs were generally catered for when they moved into care, he says. "87 per cent of residents moved seamlessly from the village to care. Of the 13 per cent who moved to another facility in 2021, four per cent was because there wasn't the right level of care available in their home village, two per cent needed to make a temporary move because a bed wasn't immediately available, and seven per cent moved away for personal reasons. "This shows that very few residents in villages have trouble moving to care where it is in a village."

"Clearly, it is in the interests of all operators to relicense units as quickly as possible. No operator wants a long drawn out process," says Mr Wilkinson.

Note: the RVA's Executive Director is willing to visit branches to outline the proposals and how they impact on residents and operators. This presentation is available entirely free of charge, but we will need an audience of at least 30 people to justify the costs of travel.

Contact John on 021 952945 to find out more.

article supplied by Retirement Village Association

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 tramp which involved some walking and some glamping (flash camping!). So, in this edition, she has focused on some outdoor activities with a bit of style.



1. Suter Art Gallery

The Suter Art Gallery has two very interesting exhibitions coming up over the summer months. Firstly there is *Rita Angus New Zealand Modernist He Ringatoi Hou o Aotearoa* which runs until 4 December. This brings together 20 works by one of New Zealand's most iconic 20th-century artists, *Rita Angus (1908–1970)*. The exhibition includes many of Angus' most important works, including *Rutu, 1951, Cleopatra, 1938, and Central Otago, 1953 56/1969*. The Suter will add its iconic Angus painting *The Apple Pickers 1944*, an artwork that was inspired by the artist's time working at the Riverside community near Motueka. The second exhibition worth looking at is *Place Holder* which features artworks that examine our sense of place. It contains works from John Gully, Toss Woollaston and Irvine Major who have distinctive approaches to depicting this region. *Place Holder* runs from 5 November 2022 until 26 March 2023.

2. Nelson Cathedral Xmas Tree Festival (and concerts)

This is a very popular festival which opens on 25 November and runs through until 15 January. It features beautifully decorated Xmas Trees as well as lunchtime concerts from 5-21 December at 1pm.

3. Hamish's Ice Creams & Café

Treat yourself to a lovely drive and a delicious treat from Hamish's at the Mapua Wharf. There is an extensive range of ice cream, doughnuts, burgers, coffee and more all in a beautiful setting at the Mapua Wharf.

4. Art in the Park

I really enjoy wandering around Queens Gardens and

also popping into the Suter Art Gallery shop and café. This great setting will be even better on 14 January when the Nelson Art Group runs its annual Art in the Park. This event, in its 50th year, is a gathering of more than 50 artists from within the group who display their original creations in the lovely setting of Queens Gardens. This is a free event with all artwork for sale (EFTPOS is available). Art in the Park runs on Saturday 14 January in Queens Gardens from 10am to 4pm. If wet it will be on Sunday 15 January.

5. Pipes in the Park

If you fancy an entertaining evening sitting outside and listening to some sounds of Scotland I would recommend Pipes in the Park. This is being run by the Nelson City Highland Pipe Band as a fundraiser and is now in its sixth year. The Celtic music and dance extravaganza is being held at the Fairfield House Meadow on Sunday 29 January at 5.30pm. As well as the performances there will be traditional Scottish food including shortbread and haggis! Entry fee is \$20. This is a cash only event and they encourage you to bring a rug or low chair to sit on.

Sing Yourself Well

All Welcome!

Ruth Collingham runs weekly Singing Sessions. These are relaxed fun social sessions aimed to improve health and wellbeing.

Tuesdays, 10-11.30am
 in Age Concern Hall, 62 Oxford Street,
 Richmond

Wednesdays, 10-11.30am
 At Nelson Office, 18 Bridge Street,
 Nelson
 Cost \$3

Proudly brought to you by Age Concern Nelson Tasman
 For more information please contact Age Concern on
 (03) 5447624 ext 5

SUMMER ACTIVITY PROGRAMME FOR SENIORS

13 February - 24 March 2023

The Summer Activities Series for Seniors starts on 13 February and includes a range of FREE activities in a number of locations across the Nelson Tasman region. Bookings are not required, simply turn up & enjoy.

Date	Time	Activity	Location	Meeting Point
Mon 13 Feb	10am – 11am	Tai Chi	Victory Square	Meet outside the buildings on Victory Square Park
Wed 15 Feb	10am-11.30am	Croquet	Nelson Hinemoa Croquet Club	Rutherford Park, Saltwater Creek Lane
Thu 16 Feb	10-11.30am	Sing-a-long in the Park	Washbourn Gardens, Richmond	Meet at the Fuchsia House
Mon 20 Feb	10-11.30am	Maitai Art Walk	Maitai Walkway, Nelson	Meet at Miller's Acre Car Park
Mon 20 Feb	10am – 11am	Tai Chi	Botanical Reserve, Nelson	Meet at Milton Street next to clubhouse
Tue 21 Feb	10am-11.30am	Croquet	Nelson Hinemoa Croquet Club	Rutherford Park, Saltwater Creek Lane
Thu 23 Feb	10.45 am – 11.45 am	Sit & Be Fit	Motueka Library	Meet in front of the Motueka Library, if wet will be held inside the library
Mon 27 Feb	10am – 11am	Tai Chi	Tahuna Beach	Meet at the Tahunanui Nightingale Library
Tues 28 Feb	10-11am	Spin Poi	Broadgreen Gardens, Stoke	Meet outside Broadgreen House
Wed 01 Mar	10 - 11.30am	Guided Walk	Marsden Valley & Poorman's Stream	Meet outside Marsden Cemetery Gates
Thu 2 Mar	10am – 11am	Seated Exercise	Anzac Park, Richmond	Meet by Age Concern Office, 62 Oxford Street, Richmond
Mon 6 Mar	10am – 11am	Tai Chi	Isel Park, Stoke	Meet in front of Isel House
Thu 9 Mar	10-11.30am	Heritage Walk	Miyazu Gardens, Nelson	Meet at the carpark off Atawhai Drive
Mon 13 Mar	10am-11am	Tai Chi	Village Green, Founders Park	Please meet at the Village Green at Founders Park.
Wed 15 Mar	10-11.30am	Guided Walk	Centre of NZ	Meet at the start in the Botanical Gardens, Nelson
Thu 16 Mar	10-11.30am	Sing-a-long in the Park	Faulkner Bush, Wakefield	Meet at the Playground
Thu 16 Mar	1pm -2pm	Croquet	Nelson Hinemoa Croquet Club	Rutherford Park, Saltwater Creek Lane
Tues 21 Mar	10-11am	Spin Poi	Isel Park, Stoke	Meet in front of Isel House
Thu 23 Mar	10am – 11am	Seated Exercise	Anzac Park, Richmond	Meet by Age Concern Office, 62 Oxford Street, Richmond
Fri 24 Mar	10-11.30am	Sing-a-long in the Park	Cathedral Steps	Meet in the Cathedral carpark
Fri 24 Mar	10-11.30am	Guided Garden Tour	Gardens of the world	Corner of Patons Road and Clover Road Hope, Richmond – Please register for this event.

For more information or cancellations see www.facebook.com/ageconcernnelsonntasman or phone Age Concern Nelson Tasman on (03) 544 7624 ext 5 or email ageconnect@ageconcernnt.org.nz

