

ISSUE 01, 2024

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Age Concern Nelson Tasman



**AGE
CONCERN
NELSON
TASMAN**

He Manaakitanga
Kaumātua Aotearoa



*Our Summer Activities series starts on 12 February.
See page 7 for a full timetable.*

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

Motueka Office

20 Wallace Street, Motueka, 7020
OFFICE HOURS: 9am - 12noon Tues - Thurs



by earning a few dollars. We're not 'over the hill' or incapable of being very productive. In some parts of the world initiatives are being developed to support businesses become an age-friendly employer. Whilst many workplaces in NZ are proactive in this regard we still have a way to go. Meanwhile if you want a job, go and seek it. Age Concern will support you.

Bevan C Grant
Chairperson, Age Concern Nelson Tasman

A note from the Chair.

The diverse and dynamic older population has changed the way we think about employment. Although not everyone in the older cohort is able and/or wants to be employed, the desire to do so is on the rise. Currently, approximately one third of Kiwis over 50 years (includes 24% of people over 65 years) are still in some form of employment. However, changes in the demographic, rate of migration and 'brain drain' will impact the future work force.

In spite of the good news above, there are many impediments with regards to older people being employed. Some of these are framed by ageist stereotypes and even if unintentional, they are a deterrent. For example; (i) a belief older people shouldn't work, (ii) people in 'later' life don't have the fortitude and/or competency to fulfil the tasks, (iii) health issues associated with being older, (iv) might be over qualified for the job, (v) older people hinder the image of the work place, and (vii) the wording in advertising deters 'older' people from applying.

Although superannuation 'kicks in' at 65 years, many people want to complement this



Introducing Luz

Luz Dary Toro is a former refugee from Colombia who came to New Zealand with her husband and son in June 2023. They settled in Nelson the following month.

She said that she loves living here and is enjoying getting to know the people. Nelson is a lovely place, and she appreciates the beauty of it although the lifestyle is much quieter than in Colombia where there were always many parties!

Luz and her husband both spend term time studying English. She said it is hard to learn a new language and finds it quite challenging, unlike her college age son who picked it up easily. She feels that she needs to get to level 3 English before she can find employment.

Her interests include cooking, dancing, walking, and studying English. Luz practices meditation for relaxation and said that part of this practice is to appreciate the positive things in life and the beauty of her surroundings.

In Colombia her work included hand and body massage, beauty treatments, and hair and nail work, including acrylic nails.

Luz said she likes to volunteer to help people and is available in our Nelson office one Thursday afternoon each month offering hand massage, manicure, and nail polish. This is absolutely free and is a lovely treat. Luz enjoys doing it and said it's a great way to meet people and to practice her English!

Luz will be with us from 2pm on 15th Feb, the 14th March and every 4th Thursday from then until further notice. So please book a time for yourself, your client, a friend, or anyone who would enjoy it by ringing the office. This is a nice way to pamper yourself but also a



good way to welcome Luz into our friendly Nelson Tasman community. We look forward to seeing you

To book please contact Megan on 5447624 ext 0 or nelson@ageconcernnt.org.nz

Singing & Ukulele

All Welcome!

Please join us at our fun singing and ukulele session. You don't need to play the ukulele to join, just come along, have some fun and help us make a joyful sound. We start with a cuppa at 10am.



Now running every Wednesday!
10-11.00am

At the Age Concern Nelson Office
18 Bridge Street, Nelson

\$3



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For more information please contact Megan on (03)5447624 ext 0

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 Manager, Liz Gillespie

Liz provides a welcoming face to our Richmond Office as well as overseeing the agency's finances.



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.



Motueka Elder Abuse Response Advisor, Tanya Charles

Tanya delivers our Elder Abuse Response Service to the Motueka and Golden Bay areas.



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.

Summer Activities

Our Summer Activities programme is a highlight on our events calendar. It features a range of different 'have-a-go' activities over six weeks. This year we have mixed things up to offer new experiences and places for you. At the core of Summer Activities is using Nelson City Council and Tasman District Council parks and reserves to get older adults out and about and connected.

Our Summer Activities are open to everyone over the age of 65. You do not need to be a member of Age Concern to attend. Michael is a great example of someone who attends some of the Summer Activities over the past couple of years. He kindly wrote about his experience:

“Going on the Age Concern’s summer walks has taken me to places that I had not previously visited or had not explored in detail. Each walk was usually led by a different staff member who had researched the route and created an informative guide.

Along with the knowledge and experiences related by other members of the party, it all made for an interesting adventure. All of the walks were taken at a leisurely pace with enough time to appreciate the surroundings or points of interest. Where inclines were encountered, such as the climb to the Centre of New Zealand, the staff member considered the participants’ capabilities so that the going was comfortable for all. I went on all of the walks offered in 2023, having enjoyed those that I had done the previous year. On each occasion, I met a new group of people so enjoyed the sociable aspect of the walk as well as”.

We encourage you to give our summer activities a try. Please see Page 7 for a full timetable of activities, times and places. All are free and registrations are not required EXCEPT for Gardens of the World and E-Bus Confidence.



SUMMER ACTIVITY PROGRAMME FOR SENIORS February - March 2024

The Summer Activities Series for Seniors starts in February and includes a range of FREE activities in a number of locations across the Nelson Tasman region. Simply turn up & enjoy. **Bookings** for **Gardens of World & E-Bus confidence**.

Day	Date	Time	Activity	Location	Meeting Point
Mon	12 Feb	10am – 11am	Tai Chi	Victory Square, Nelson	Meet outside the buildings on Victory Square Park
Tue	13 Feb	10am – 11.45am	Inlet Walk - 4km	Motueka	Old Wharf Rd, Meet at the Motueka Recreation Centre.
Wed	14 Feb	10am – 11am	Croquet	Richmond Heritage Croquet	348 Queen Street, Richmond
Thu	15 Feb	10-11.30am	Sing-along in the Park	Washbourn Gardens, Richmond	Meet at the Fuchsia House
Mon	19 Feb	10am – 11am	Tai Chi	Botanical Reserve, Nelson	Meet at Milton Street next to clubhouse
Tue	20 Feb	10am-11.30am	Croquet	Nelson Hinemoa Croquet Club	Rutherford Park, Saltwater Creek Lane
Thu	22 Feb	10am – 11am	Spi Poi	Isel Park, Stoke	Meet in front of Isel Houe
Fri	23 Feb	10am – 11am	Tai Chi	Werneth Reserve, Atawhai	Gipps Street, Meet near playground
Mon	04 March	10am – 11am	Tai Chi	Burrell Park, Tahunanui	Meet at Burrell Park near Taoist Tai Chi Society of NZ, Muritai St
Tue	05 March	10.30am - 11.30am	Bowls	United Bowling Club, Nelson	9 Gardiner Place, Bishopdale
Thu	7 March	10-11.30am	Heritage Walk	Miyazu Gardens, Nelson	Meet at the carpark off Atawhai Drive
Mon	11 March	10am – 11am	Tai Chi	Isel Park, Stoke	Meet in front of Isel House
Tue	12 March	10-am- 11am	Croquet	Richmond Heritage Croquet	348 Queen Street, Richmond
Wed	13 March	Depart 9.50am- Nsn interchange	E-Bus Confidence with Cuppa	Nelson Interchange to Nelson Airport. return 11.22 am from airport	Meet at the Age Concern Office, 18 Bridge Street at 9.30am. Please register for this event on 03 544 7624 Ext 5
Mon	18 March	10am-11am	Tai Chi	Memorial Gardens, Richmond	Cnr of Oxford and Cambridge Street Richmond.
Thu	21 March	1pm -2pm	Croquet	Nelson Hinemoa Croquet Club	Rutherford Park, Saltwater Creek Lane
Fri	22 March	10am – 11.45am	Guided Garden Tour	Gardens of the World, Hope	Corner of Patons Road and Clover Road Hope, Richmond – Please register for this event 03 . 544 7624 Ex t 5
Mon	25 March	10.00 -11.am	Tai Chi	Saxton Fields, Stoke	Meet near outdoor exercise equipment across from stadium
Tue	26 March	10.30am - 11.30am	Bowls	United Bowling Club	9 Gardiner Place, Bishopdale
Thu	28 March	10-11.30am	Sing-a-long in the Park	Anzac Park Nelson	Meet by the ANZAC Cenotaph

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



Activities from our offices



Activities from our Nelson Office

Regular Events

- **SpinPoi**, Every Tuesday, a gentle movement class, from 1-2pm.
- **Ukelele and Singing**, fun singing with ukulele, every Wednesday 10am-11am.
- **Tea & Talk**, Every Thursday, cuppa and a chat, 10am-11.30am.
- **Device Advice**, drop-in service for help with laptops, tablets and smartphones, every Thursday 9.30am-11.30am
- **Be Inspired: Clare Ferguson**, Food Stylist and Cookery Writer, Tuesday 26 March 10-11am

Special Events

- **Advanced Care Planning Information Session**, Wednesday 14 February, 1-2pm
- **Be Inspired: Cawthron Institute**, Wednesday 21 February, 1-2pm
- **Movie: Age of Adaline**, Thursday 14 March, 12.30pm
- **More Able More Stable**, Tuesday 19 March, 1-3.15pm, to register phone **Angela Baker on 021790415**
- **Movie: Nanny McPhee**, family movie; eg bring your moko/grandchild(ren), Wednesday 17 April, 12.30pm

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

Special Events

- **Laughing Yoga**, Thursday 22 February, 10am-11am.

- **Advance Care Plan Workshop**, Monday 4 March, 1-2pm
- **Mobile Device Assistance Workshop**, Thursday 28 March, 9.30am-12 noon (see article on page 16)
- **More Able More Stable**, Tuesday 9 April, 1-3.15pm, to register phone **Angela Baker on 021790415**

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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Be Inspired

Wed 21 Feb	The Cawthron Institute	The Cawthron Institute is now New Zealand's largest independent science research organisations. One of its longest serving members, Joy Oakly, will share Cawthron's journey and provide a glimpse of the world-class science it's now engaged in.	Nelson Office 18 Bridge St	1-2pm
Tues 26 March	Clare Ferguson: Food Stylist and Cookery Writer	Clare was one of Europe's most prominent food stylists, consultant and culinary advisors. Her vibrant personality ensured she was constantly in demand as a food columnist, consultant, broadcaster, commentator and guest chef. She has written many best-selling cookbooks and worked with several well-known 'celebrity chefs' including Jamie Oliver.	Nelson Office 18 Bridge St	10-11am








To register please phone 5447624 ext 9. Entry by gold coin.

Stay Connected with Marnie

This issue, Marnie, our Social Connections and Projects coordinator, focuses on the connection between music and sociability.

Over the summer, I often turn up my car radio a bit louder and have the windows down in my car or enjoy music floating by from a nearby park or group gathered at the beach. There is something extremely powerful about music, as it can bring us together, or we can enjoy it individually. When people dance or sing together, there is a sense of community and a shared intention or goal, and it can be fun!

Music plays a significant role in creating and fostering social connections. It serves as a common thread weaving our shared experiences and can break down barriers and stir emotion. Whether it is through singing along at a local jazz performance, dancing with a friend to a favourite song, or sharing



the experience of a musical instrument with someone.

Sharing music with others can support emotional well-being, help aid sleep, and provide memory association for some health conditions. It can be restful, improve mood, and ease anxiety. Music is a great motivator when exercising and can help stimulate the brain and enhance memory and cognitive function.

There are many ways to enjoy music, whether it's digging out a record and hearing the needle touch the vinyl, cassettes, the radio, live performances, or engaging in a group setting. Below are a few suggestions to get you in the swing of things for the New Year.

- Dust off that favourite record
- Make your playlist on the Spotify web player to enjoy.
- Watching music videos
- Doing chores with music on to make them more appealing.
- Join a singing or choir group

See below for some more ideas!

Age Concern's Sing Yourself Well

- A session runs on the 1st & 3rd Tuesday of the month from 10am to 11.30am in the Age Concern Hall, 62 Oxford Street, Richmond.
- A session runs every Wednesday, fun singing with ukulele from 10am to 11am at the Age Concern Office, 18 Bridge Street, Nelson.

Nelson Centre of Musical Arts

This wonderful Centre in the heart of Nelson has many musical opportunities including:

- Adult short courses like piano for older hands, NeISONG neurological Choir &

- Ukulele Club and many more
- Join an ensemble or attend an event at their building.

Summer Sing Fest 2024

A free family-friendly celebration of our wonderful multicultural community choirs in Nelson
24 February 10am -3 pm at 1903 Square on the corner of Trafalgar and Selwyn Streets, Nelson.

Jazz on the Village Green

Nelson Jazz Club, Founders Heritage Park, and Nelson City Council are pleased to bring back Jazz on the Village Green. Bring along your snack, a chair or a rug and enjoy the Sunday afternoon entertainment.
1 pm – 3 pm
Founders Heritage Park, minor entry fee at the Windmill
February 2024 18th, 25th
March 2024 3rd, 10th, 17th, 31st

Live Music Series at Elma Turner Library

Sunday 24th March
Tasmonics is a group of singers from the Nelson Tasman region who sing a capella (unaccompanied) music from a wide range of genres - The Beatles, traditional Barbershop, Disney films, 50's Rock and Country, Broadway, spiritual, and Americana.
Time 2pm Contact 03 546 0417
michelle.bryant@ncc.govt.nz

Multicultural Festival

Sunday 24th March
Join our community to celebrate unity in diversity together with young and old, new, and established Nelsonians. Enjoy the music, songs, and dance from around the world along with food stalls, interactive activities and arts and craft.

Tea & Talk

LOCATIONS

All sessions run from | 10:00 - 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
27 Halifax Street, Nelson
Every Friday

Gateway Housing Trust
24a Tudor Street, Motueka
Every Wednesday

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

Tapawera Memorial Hall
Main Road Tapawera
Last Tuesday of every month

Old School Café, Pakawau
Collingwood Puoponga Main Road
Third Friday of every month

For more information, please contact
Age Concern on (03) 544 7624 ext 5
or ageconnect@ageconcernnt.org.nz

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Time 11am to 4pm Founders Heritage Park

Disney's The Lion King JR

Tuesday 16th – Saturday 20th April
Presented by the Nelson Youth Theatre Company a wonderful 70-minute one-of-a-kind musical. A great opportunity to take younger family members or just go along to enjoy the captivating music.
Time 2 pm each day, plus 6 pm on Saturday.
Seniors \$2, Tickets from Theatre Royal Nelson ph. 03 548 3840 ext 1.

Inspiring Older Person: Nurse and Church of Anglican Minister

Charles' working life, as a nurse and Church of Anglican Minister, has been dedicated to caring for people, physically and spiritually. Without realising it, his early experiences in life were all preparing him for his life's work.

Charles was born in Liverpool in 1951 into a working-class family, the eldest of six children. Initially they lived in a large, old house but this was demolished in the 1960s as part of the rebuild following the heavy bombing of WWII. They then moved to a new but much smaller house in the suburbs.

Charles attended grammar school in the city, but missed out a lot because of ill-health and didn't do that well in his exams. While he greatly enjoyed music and actually got accepted into music school, he was unable to attend because he didn't get a grant. Instead, at 16 he left school to work for the Ministry of Social Services writing out benefit cheques. Finding the work soul-destroying, his next job was at Lyons Maid who distributed frozen goods. Charles was the only non-smoker so would go home reeking of smoke and the language was quite colourful too, so he moved on to the Liverpool City Council.

During an influenza epidemic, additional nurse aides were required so Charles volunteered at the Liverpool Children's Hospital. He says he 'absolutely loved it' having found he had a natural aptitude as a carer and went twice a week after work and all day Saturday. Encouraged to begin his registered nursing training, he started in 1970 and within three years had qualified.

After a while Charles switched to District Nursing in the community – with a population of 600,000, Liverpool only had two district

nurses in the evenings so it was obviously an incredibly busy role. Charles recalls visiting all kinds of people – both extremely poor and very wealthy – and while the contrast was stark it showed the importance of everyone needing good care and support. Charles didn't realize it at the time, but District Nursing was preparing him for the next stage of his life which was to train as a Minister with the Church of England which he began in 1974.

Charles took up his first role in a parish in South Liverpool in 1977 as an Ordained Minister, which he describes as the best start possible. That same year he married Elaine, having met her some years earlier when she

started attending the same church.

As Charles grew in experience, he was given more responsibility, and eventually got his 'own' parish in 1983 on the northwest coast of Lancashire. After five years and two daughters, Charles was offered a three-month sabbatical in Wellington Cathedral. He describes the experience as 'amazing', and so when he was offered a permanent job, he and his family emigrated in 1988. Charles spent five years at Wellington Cathedral ending up as second in charge, before the move to Nelson in 1994 where he spent 16 years as Dean of Nelson Cathedral.

Upon 'retiring' Charles did a lot of work for the Bishop in the Diocese in the top of the south, overseeing the distribution of funds from the sale of Whareama Rest Home to older parishioners. Through this work he was invited to join the board of Age Concern Nelson in 2011, and is still on the board, having spent some years as Chairperson. He has also served on the Age Concern New Zealand Board as a member and Vice President. He relieved once a month as minister at the Wakefield Church.

Charles continues to be very busy and active in the community. He is on several boards and enjoys using his skills and experience in the service of people of all ages. Charles has recently been appointed as a member of the local Nelson Bays Primary Health Organization Consumer Group.



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Thursdays, 9.30-11.30am
 Age Concern Office, 18 Bridge Street

Drop-ins welcome or secure a time by contacting (03) 539 5507



Simplicity Funerals

Our specialist care team are here to help guide you through the many steps and decisions you have to make when planning a funeral of a loved one.

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Living Well: The importance of being socially connected

This is part one of a four-part series which outlines a topic from our Living Well course.

Introduction

Being socially connected is incredibly important for our emotional and physical health. While most of us may know this in theory, sometimes it is hard to turn this into reality. In this article we look at some of the reasons why being socially connected is so important and provide some suggestions on how to achieve it.

In its most narrow form, social connectedness refers to the social ties between people. Significantly it involves the quality of contact not just quantity.

Advantages of Social Connection

While we all have an innate need for meaningful social engagement, it plays an even more vital role in older adults' quality of life. Consistent social connection can help keep older adults physically, emotionally and mentally fit. It helps older adults not only live longer, but also cope better with health conditions and experience less depression.

The significant health benefits of social connection include:

A Sense of Purpose

For people who spent years pursuing their careers or raising families, the post-retirement life may lead to a decreased sense of purpose. Being an active part of a social community can help fill the need for belonging and meaning.

Increased Self-Worth

Positive interaction with different age groups

on a regular basis may combat feelings of isolation. When older adults live in the close company of others, they can feel a sense of self-worth and meaning, and find it easier to develop peer relationships, too.

Better Physical Health

When older adults are invited, accompanied and encouraged by others to engage in physical activity, it can have a positive effect on their physical well-being. Organised activities like group exercise classes can help boost the immune system, decrease physical pain and lower blood pressure. Even taking a short walk within the community to meet up with friends can help maintain physical fitness.

Better Mental Health

Older adults who are frequently lonely or isolated may experience negative mental and physical effects. On the other hand, seniors who are socially engaged on a regular basis may be less likely to experience feelings of depression, stress and anxiety. Remaining socially active can support brain health and potentially even delay the onset of dementia.

Some life circumstances that can affect social connection

Older adults are commonly found to be at greater risk of not being connected due to the many life changes that take place in later life. These can include:

- Changes in health and ability to walk and get around
- Changes in work status and income
- Changes in living arrangements
- Loss of family and friends, particularly a spouse
- Commuting challenges. When driving is

no longer an option, isolation becomes a significant issue, especially in communities where there is little or no public transport.

The impact of not being socially connected

Depriving people of social connections has profound impacts on their health and wellbeing. People who lack social and community ties have higher mortality rates than those who are well-connected, even after statistically controlling for physical health, health behaviours (eg, smoking), health practice, and use of health services.

Some tips to increase social connection

As we grow older, staying socially active doesn't happen on its own. Commitment, support, and diligence are required to foster meaningful connection. Some ways you can increase your social connection are:

1. **Join a club or organisation.** Think about activities you enjoy and look around your community for clubs and organisation which provide this.
2. **Volunteer.** Not only will volunteering help your community, it is a great opportunity to meet new people.
3. **Use technology.** Sometimes it's not possible to have face-to-face contact with a friend. Get up to speed on technology because there are various ways to communicate and stay in touch.
4. **Take a class.** Learn to paint. Learn to cook. Take an educational or creative writing class. Keep an active mind, and who knows



– you may find a new friend in class! Your new skills will improve your confidence, which helps social interaction to become more pleasurable.

5. **Try alternative therapies.** Consider being a pet owner. There are many adult animals looking for a new owner and walking a pet is a great way to meet people. Learn more about the benefits of massage and aromatherapy and then try it!
6. **Consider different housing.** It might make sense to weigh the pros and cons of moving to a different locale or different living arrangement where there may more opportunities to meet and socialise with others.
7. **Be active.** Not only is physical activity vital in preventing falls, it is an amazing way to meet other people.
8. **Talk with Marnie, Age Concern's Social Connection and Projects Coordinator.** Marnie is full of knowledge, ideas and practical tips on how you can increase your social interaction and connection.

Cast a wide net and see what sticks. It usually takes some amount of effort, but the results can be priceless.

Technology Workshop and Information Session

Don't let technology troubles hold you back. Join the Upcoming Technology Workshop, presented by Not Tech Savvy!

Are you feeling overwhelmed by technology? Do mobile phones, laptops, or i-pads leave you scratching your head? Then our upcoming workshop run by Not Tech Savvy may provide you with some of the solutions you need.

Not Tech Savvy, a new business in Nelson, has a range of experts who can help with any tech issue you are having. They provide a patient and friendly environment so you can gain practical tips to better use your devices and keep yourself safe online. They are happy to help with all sorts of issues both big and small.

The workshop will run for three hours and cover a range of set topics (along with handouts) as well as an open style session where you can ask questions about your device and receive help for any challenges or



barriers you are experiencing. How to avoid scams and staying safe online will also be covered.

This workshop will run on Thursday 28 March at the Age Concern Hall, 62 Oxford Street, Richmond from 9.30am to 12.30pm. There is no cost and a maximum of 25 people. For reservations and inquiries, contact Jackie on: 544 7624 ext 4 or 021 195 8108 or email community@ageconcernnt.org.nz

Discounted Calendars for Sale

We still have a few calendars left and they are now available at the discounted price of \$10. These calendars tell the stories of 12 of our members and capture some of their amazing achievements and stories.

They are available from our Nelson and Richmond Offices or we are happy to send them out at an additional postage cost. For more information, please contact Liz on 5447624 ext 9 or email admin@ageconcernnt.org.nz



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 6 March**, Summerset Richmond Ranges, 1 Hill Street North, Richmond, 10am-12.30pm.

AA CarFit:

CarFit is an educational programme that offers older adults the opportunity to check how well their personal vehicles “fit” them. The CarFit programme 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 23 February**, Suburbs Football Club Carpark, Saxton Field, 10am-3pm
- **Saturday 6 April**, Positive Ageing Expo, venue to be confirmed, 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:

- 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.
- Out next course is coming up on:
- **Thursday 14 March**, at Summerset in the Sun, 16 Sargeson Street, Stoke, 1.30pm-3.30pm.

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

Kia kōrero

Let's talk

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Marlborough Primary Health

Te Whatu Ora Health New Zealand

Nelson Library Fully Reopens

The Elma Turner Library in Nelson has fully reopened and is back offering the full range of its services within the building.

Elma Turner Library was closed in June 2022 after it was discovered heavy ceiling tiles throughout the building posed an earthquake risk. The library began reopening in stages, starting from July 2022, but as work on the ceiling tiles progressed, further damage was found to some of the ceiling trusses in mid-2023, delaying its full reopening.

The total cost of the Elma Turner Library earthquake strengthening project and additional truss and roof repairs was \$2.5 million. The library now meets 67% NBS (New Building Standard) for the ceilings, and 34% NBS for the structure, which is expected to

give the building a further five to 10 years of life while longer-term solutions that meet the needs of the community are considered.

As well as being able to borrow books and jigsaws, the library offers a wide range of activities and education. Check out their website or ask a friendly staff member for more information.



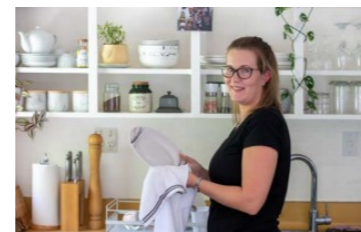
Care & Repair

About

Our service provides someone to help with those simple jobs that are sometimes difficult to do as we get older.

Whether you need a handy person, gardener or help in the home there is a Care & Repair provider who has the skills to help.

All providers are screened and police checked by us.



To find out more please call Jackie on
(03) 544 7624 or 0211958108

The Book Thief

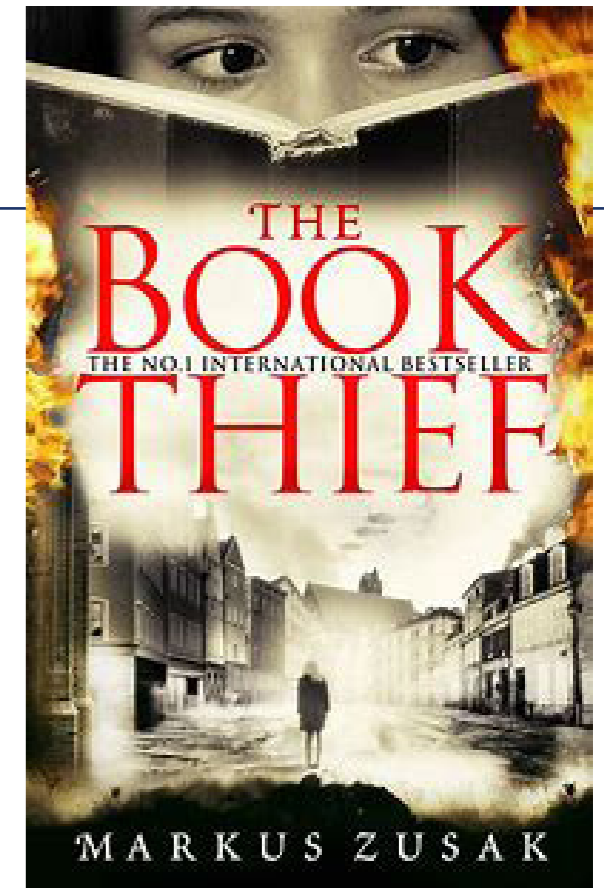
By Markus Zusak

This book begins in 1938 and is about a young girl named Liesel. She is on a train with her mother, who can no longer look after her, and her young brother. He dies during the journey and she is at his graveside when she picks up a copy of The Grave Digger's Handbook which is half hidden in the snow. This is the first book she steals.

When she arrives in Nazi Germany her new parents are Hans and Rosa Hubermann. Realising that Liesel is grieving and that she cannot read and write, Hans teaches her as a way of gaining her trust and to help her process her loss. She is bright and quickly develops a great love of the written word, but they barely have enough food and are much too poor to afford books. So begins her highly risky career as a book thief, stealing books from such places as the Mayor's house and Nazi book burnings.

The Hubermanns are good people who do not believe in the Nazi regime, although admitting this would have terrible consequences. This makes their lives difficult and full of danger, even more so when they give shelter to a Jewish man whose father had saved Hans during the first world war.

The book is a good depiction of ordinary people living their lives during terrible times. There is incredible kindness and humanity as well as the horror of war and the impact of fanaticism. It has wonderful characters and much good humour amongst the tragedy: Rosa, who has a heart of gold but is gruff and foul mouthed as she gives her husband a hard time; Liesel's best friend Rudy who blacks his face with boot polish because his hero is negro runner Jesse Owens. Not a clever thing to do given the racism of the times.



At 574 pages, this book is a nice big read. It's written from an unusual perspective and in quite a different style and I really enjoyed that about it. This book is definitely on my list of favourites and I hope you enjoy it if you choose to read it.

*Review by Susan Arrowsmith
Visiting Service and Carer Relief Coordinator*



Bowel Reviver

By Contenance Nurse Janet Thackery

Try this apple-based recipe each day to keep constipation at bay.

Ingredients

- 2 cups of apple – stewed or tinned
- 2 cups of natural/baking bran
- 1 cup of stone prunes, soaked in boiling water
- The leftover juice from the soaked prunes

Directions

- Mix all together and blend until smooth.
- Have 2 tablespoons each day with breakfast
- Increase if required.
- Will keep covered in fridge for 3-4 days
- Can be frozen in smaller quantities such as in an ice tray

Note: Not suitable for people on reduced potassium diets.



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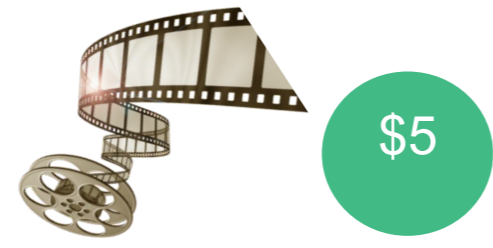
Movie Afternoons



When: Thursday 14 March
Time: 12.30pm
Where: Age Concern Office, 18 Bridge Street, Nelson



When: Wednesday 17 April
Time: 12.30pm
Where: Age Concern Office, 18 Bridge Street, Nelson
NB: This is a family movie day; ie bring your moko/grandchild(ren)



AGE CONCERN NELSON TASMAN Registrations Essential. Phone Megan on 5447624, Ext 0 or email nelson@ageconcernnt.org.nz

Cooking Classes



Our cooking classes target those with limited cooking skills or learning how to cook for one. Each class is 2 hours long and includes cooking a savoury and sweet dish, which is enjoyed by everyone afterwards.

Each class runs on a Tuesday from 10.30am to 12.30pm and is at the Food Factory, 11 Findlay Place, Stoke. Koha of \$20 per course.

- Upcoming courses are:
- Tuesdays 26 March to 30 April 2024
 - Tuesdays 7 May to 11 June 2024



To register please phone 5447624 ext 5

Across

- 1. Container weight
- 5. Reprimand, with "out"
- 9. Swallows water eagerly
- 14. Didn't have enough
- 15. Deep purple, edible berry
- 16. Wagner work
- 17. Refusal to interfere
- 20. Boston newspaper
- 21. Dorm room staple
- 22. Sign of summer
- 24. A British gentleman (Archaic)
- 28. Snowman prop
- 31. Diarist Samuel
- 34. Maple genus
- 35. Trick taker, often
- 36. Abysmal test score
- 37. Ancient city NW of Carthage
- 38. Private property
- 42. Leisurely walk
- 43. Send to the canvas
- 44. Drink from a dish
- 45. Impulse transmitter
- 46. Physics particle
- 48. Half a matched set
- 49. Lampoons
- 51. Australian runner
- 53. Inflammation of the ear
- 56. Cremona artisan
- 60. Conceited
- 64. Unfit for Jewish consumption
- 65. Bubbly drink
- 66. Season to be jolly
- 67. Bakery supply
- 68. Bow

- 69. Prize since 1949
- Down
- 1. Chinese dynasty
- 2. Gone wrong?
- 3. Ashcroft's predecessor
- 4. Like some mushrooms
- 5. Dracula, at times
- 6. Air force heroes
- 7. Dermal development
- 8. Vivacious
- 9. Dead duck
- 10. Current
- 11. Floral necklace
- 12. Adept
- 13. Gabriel, for one
- 18. Formerly known as
- 19. "Aeneid" figure
- 23. Airy

- 25. Tapered, frozen formation
- 26. Fruit juice
- 27. Understands
- 28. Greek surname
- 29. Mountaineering tool for frigid conditions
- 30. Being
- 32. Big time
- 33. Lively Bohemian dance
- 36. Animal house
- 37. Amateur video subject, maybe
- 39. Well wishes before a vacation
- 40. Listening device
- 41. A bag-shaped fish trap
- 46. Bon mot

- 47. Improved selling price
- 48. Caring
- 50. Brown ermine
- 52. Fortify
- 54. Knowing, as a secret
- 55. Fodder holder
- 57. Bit
- 58. Abound
- 59. One way to stand by
- 60. Dump
- 61. "... ___ he drove out of sight"
- 62. Grassy area
- 63. ___ grass

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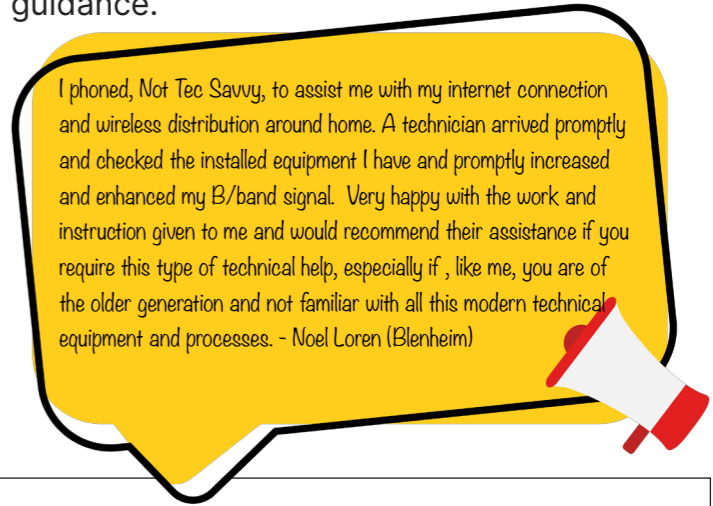
Not Tech Savvy?

Advertorial

When expectations for functionality go unmet, the accompanying frustration can be palpable. Waiting endlessly on the phone for remote assistance, shelling out excessive sums for what should be a simple task, or enduring hours of delay can be exasperating. We recognise the toll this takes, which is why we're dedicated to alleviating these aggravations. With our swift response time and a seamless doorstep service, we aim to free you from these vexations.

Building upon our achievements in the Marlborough region, we've expanded our efforts to Nelson, Tasman. Our adept team of specialists is now on hand to aid you in overcoming the everyday technological challenges you encounter.

Don't allow these irritations to persist any longer. Whether you're seeking assistance in resolving minor technical glitches in your daily life or you find yourself lacking in tech-savviness, don't hesitate to reach out to us. Place a call today to schedule an appointment, and a dedicated professional will be at your doorstep, ready to offer their guidance.



Not Tech Savvy ?...

NEED **H**AND TO **E**LIMINATE **L**ITTLE **P**ROBLEMS

Nelson, Tasman

Call : 03-97-22400

Email : contact@nottechsavvy.co.nz

Website: www.nottechsavvy.co.nz

To book your appointment with us.

Among the services we offer are basic troubleshooting, the installation of new products such as phones, wireless networks, laptops, printers, advice on choosing appropriate devices as well as training on how to use them. For your convenience, this all is done at your place with a service charge ranging from \$30 (conditions apply).

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



Authorised by Rachel Boyack MP, Parliament Buildings, Wellington



Labour

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