

Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTERBURY Vol 90: Winter 2016



**Elderly people and pet
ownership, Page 14**

Phone (03) 366-0903, Fax: (03) 365-0639, Email: team@ageconcerncan.org.nz, www.ageconcerncan.org.nz

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FROM THE CHIEF EXECUTIVE



I wrote this perspective piece recently for The Press on some of the issues facing older people—they chose not to publish it, so I thought I'd share it with you via **Keeping On**.

Recently we have seen the issue of social isolation and loneliness for older people highlighted and we have seen the despicable act of some in scamming the life savings from older people. It is time to address our attitudes, as a society, to our older population.

Firstly, older people – what do we mean by that statement?

We often lump all people over 65 into this 'older person' category and expect them to behave, respond and react as a homogenous group. And of course they don't, we are talking about a 30 to 35-year age bracket. Older people are as diverse as any other group in society and have a wide range of values, beliefs and experiences which means they are individuals, with individual needs.

Rather than chronological years, another way to look at ageing is to talk about it in stages. The third age is a person, who despite their chronologic years, is relatively fit and well and functions independently.

Someone in their fourth age requires some support to function in their community, this can be as a result of mental or physical decline. So talking about ageing in this way means we have 65-year olds in their fourth age and 95-year olds in their third.

While many older people remain in their third age for the majority of their senior years the mental and physical decline that sometimes comes with maturing and entering our fourth age can give rise to other problems and it is these issues that Age Concern deals with on a daily basis.

The physical decline can present itself as a decrease in fitness and strength and balance. This reduces the ability to keep doing the day to day things we need to. Families, Age Concern, and the health systems focus at that point is to support the person to stay in their own home by providing the support needed.

Mobility can be a challenge. This can be from physical frailty, or may be related to reduced transport options. Stopping driving is a high-risk and key transition time for older people, where they are at risk of both physical and mental decline exacerbated by a reduction in getting out and about.

Financial strain is evident for many older people. People who retired at 60, and live until 90 have a long time to support themselves, often on a fixed income, superannuation. Flowing on

from the financial struggle can be suitable housing. This can be both in terms of affordability and suitability. I am still amazed at the lack of forward planning by house designers who don't put wide doors and walk-in showers in the over 60s units! And with rents rising astronomically in Christchurch since the earthquakes – those on fixed incomes (older people) have suffered most.

Two of the major issues Age Concern supports older people with are Elder Abuse and Loneliness. Many of these issues above feed into social isolation and loneliness and those who are isolated are more susceptible to elder abuse. Ten percent of our older population are severely or very severely lonely. Seventy five percent of elder abuse is committed by family members.

All of that said, the biggest issue facing all older people, in my opinion, is AGEISM.

Society's negative attitude toward ageing impacts on all older people and is evident in reduced employment, reduced opportunities and older people feeling unwanted and unneeded. It is all about respect – or lack of it.

At what age are you not able to make choices for yourselves? "Never" I hear you say, "I always want to be in control of my own life and choices".

It is sadly very common that other

people think they know what is best for their older family member, and think they can make choices for the person. Cognitive impairment aside, it is never OK to make decisions for someone else – the 'dignity of risk' philosophy (that I live by) means older people can make all decisions about their own life, even if someone else thinks they know better. Older people are allowed to make bad decisions – we never stop learning from them!

Older people aren't taking the jobs of younger people, they do continue to pay tax and most of them are very good drivers! They are as important to society as any other group.

There are challenges that we all face as we age (I am certainly not as 'regenerative' as I was when I was 20) – and this is more pronounced for many of us in our later years. But as Charles Darwin said "It is not the strongest species that survives, rather the one that is most adaptable to change" – stop and think of the adaptability that our current older generation has needed over their lives. What a strong generation they are, and what an asset that adaptability has made them.

My challenge to you is to speak up against ageism wherever you see it – it is everyone's responsibility.

Simon Templeton
Chief Executive

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A WORD FROM THE PRESIDENT



By the time you read this edition of **Keeping On** Age Concern Canterbury will have held its Annual General Meeting.

I recently sat down with a large pile of back issues of **Keeping On** and the experience was a mixture of amusement and sadness and realising the sad reality that we have lost many people from our lives and the community. Christchurch/Canterbury has been privileged to have many exceptional people living here who have made large contributions to our lives and the wider community. There have been so many great achievers who were not always visible nor did they wish to be acknowledged.

We like to hear about people in the community and would appreciate hearing about their activities and achievements. We can all bring to mind people who fall into these categories and we can each treasure and value them in our own way.

Many people go through life with little or no acknowledgement

sometimes by their own personal choice. We are always pleased to hear about and acknowledge people in our community so just make contact with our Editor.

We are very proud of our publication **Keeping On**. We produce four issues each year; 12,500 copies are printed and distributed each time. We have an estimated readership of 30,000. **Keeping On** is a point of contact for many people and is a source of information that is particularly relevant to older people but it is also enjoyed by a wide range of age groups.

Apart from personal contributions by staff members, Chief Executive and President the co-ordination of material is done by Dayl Milne, Age Concern Canterbury Information Co-ordinator, and Anna-Marie Hunter, Executive Assistant and Advertising Representative.

The vast job of mailout and distributing of **Keeping On** is carried out by a happy group of volunteers.

As always I finish with a plea - remember Age Concern Canterbury is only a phone call away and we are ready and willing to help.

Annette Harris
President

Ruth Gardiner, retired but still busy

Now that she is retired Ruth Gardner might put writer as her occupation. Then again she might stick with celebrant.

Ruth has left Volunteering Canterbury after 21 years as its manager. She will be busy in retirement as she is a celebrant, will carry out supervision in the voluntary sector, is chairwoman of the Avon Loop Planning Association and writes a regular blog on the Internet.

Her blog is called realruth.wordpress.com and is usually accompanied by her photographs from around the city.

As a celebrant she writes programmes and hence her calling card could well read "Writer".

She worked in the commercial world – office management – when she decided that type of work didn't

fit with her values and changed direction. The earthquakes brought lows for her but she says the highs were the variety of daily work.

"There is no way you'd ever get bored in the volunteer sector," she says. "There are always challenges and many things happening."

While the job changed in 21 years Ruth says the method of funding did not. The organisation relies on government grants which have to be applied for on a yearly basis. Other income is from subscriptions and philanthropic trusts.

Income, therefore, was always a worry. The biggest change over recent years was the use of on-line web sites. In the past Ruth met 95 per cent of volunteers when they visited the office, but with business on-line she saw so few. The web is used for



Ruth Gardiner (right) on the occasion of her retirement, with Mayor Lianne Dalziel advertising for volunteers, too.

Office staff, too, were cut down as methods of volunteering changed, she says.

The office now deals with 250 volunteers a month but comparisons are difficult because all records were lost in the quake. "But lots of people are still willing... they are looking for different things now. Many these

days are looking for short-term commitments as life is so uncertain," Ruth says.

People volunteer for a variety of reasons, she says. "The young to get work skills, and the older people to share their skills. Some want social contact and others are passionate about a certain cause."

Ruth believes the whole voluntary sector needs more Government help. "So many organisations often have too few resources and manage on a shoestring."

"Volunteering Canterbury, for instance, has to constantly apply to the government for funds. It makes life very uncertain."

Those who want to keep in touch with Ruth in retirement can follow her blog. Who knows she might just start posting it daily.

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- Walk outdoors through the crunchy autumn leaves.
 - Organise a games afternoon with Scrabble, Trivial Pursuit, Monopoly, etc.
 - Try a new physical activity such as yoga, tai chi or aqua aerobics.
 - Resurrect a neglected hobby that you once loved.
 - Spend time browsing at your local library or a good bookstore.
 - Listen to your favourite music – loudly!
 - Gather friends for a trip to the cinema.
 - Treat yourself to lunch at a café.
 - Have a good laugh with friends.
- Driving Miss Daisy is committed to

helping our clients get out and about, so you can live life to the full and enjoy every moment. No matter whether you need to get to an appointment, run a few errands or have an activity you'd like us to help with, please call us today to discuss – we look forward to seeing you soon!

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Inspirational role models for older people

by Hon. Maggie Barry, ONZM



Maggie Barry

The new SuperSeniors Champions programme launched in March is all about recognising inspirational role models for older people. Wherever I go as Minister for Seniors, I meet older people who are doing extraordinary things, and we're inviting them to become Champions – people who embody positive ageing, serve as advocates and represent the views of older people in their community.

It's an exciting new role which I hope will make a significant difference to how we view older people, how we support them in our communities and, most crucially, how we give them a voice.

A big part of their job will be using their high-profile status to promote age-friendly concepts and ideas – making our communities better places to get old, where older people can stay connected, happy and fulfilled, free from the fear of social

isolation and loneliness.

The truth is an age-friendly community is good for everyone, whatever age you are.

An 8 year-old may struggle with a heavy public toilet door just as much as an 87 year-old might. Toddlers rely on strongly contrasting colours when finding their way around unfamiliar places, just like someone with a visual impairment may. Accessible buses and platform-level train access are better for pushchairs and children.

Many of these ideas are included in the World Health Organisation's age-friendly city guidelines, which several New Zealand towns and cities are trying to emulate through the Office for Seniors Connects programme.

In Taranaki, I announced Lance Girling-Butcher as the first Champion. He is a former editor of the local newspaper and a New Plymouth district councillor who has overcome losing his sight a decade ago to become a committed voice for Taranaki's older and disabled people.

Lance is also helping the Office for Seniors implement the Connects model in his hometown, as it works

toward becoming New Zealand's first official Age Friendly City.

You can read more about Lance, age-friendly cities and the SuperSeniors Champions on our SuperSeniors website, www.superseniors.msd.govt.nz.

We'll be announcing more Champions over the next few months and I'd welcome any suggestions of prominent, inspirational Canterbury seniors you think would make great champions – feel free to contact the Office for Seniors via the website or Facebook page.

I'd also like to take this opportunity to reassure you about the SuperGold Card. There's been inaccurate speculation in the media recently about the transport concessions, which has led to some confusion about what is actually happening.

While the way the concessions are funded is changing, Transport Minister Simon Bridges has guaranteed there will be no changes to entitlements.

As a Government, we know how important the Card is for older people. Recent research has found three quarters of the 680,000 cardholders believe it makes their life easier

and meets or even exceeds their expectations.

From its humble beginnings in 2007, when only 188 businesses with around 2220 outlets offered a discount – usually on things like stationary and massages – we've expanded its range massively. It now covers more than 8800 businesses which together have 12,800 outlets, making it an integral part of people's lives.

Since becoming Minister I've focused on recruiting new concessions on essential services like dentists, audiologists, opticians and lawyers – things which are important for seniors.

With the economic power of seniors growing all the time – by 2051 people over 65 will be spending \$65 billion a year – businesses would be foolish to ignore the opportunities SuperGold offers them.

The card can now be used in Australia, with each state offering different discounts.

Make no mistake, the card is here to stay and I'm committed to making it even better than it already is.

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aids that constantly whistled with feedback noise! In fact, most hearing aid wearers will find that today's digital hearing aids are a lot less noticeable than saying 'pardon' or missing out on parts of the conversation due to hearing loss. The latest digital hearing aids provide you with cutting-edge digital hearing aid technology including background noise reduction, miniaturisation, water resistance, speech enhancement and FM and


Bluetooth connectivity.

Triton Hearing has 10 clinics in Christchurch and over 50 clinics nationwide and offers a full range of services and products to help you care for your hearing, including free hearing tests and 10 Day trials of the latest digital hearing aids.

Triton Hearing also offers ear wax removal services using the gentle micro-suction technique and for some people, better hearing can be

as simple as an ear wax removal appointment with one of Triton's registered nurses.

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* Heating costs

Assistance may be available to provide help with additional electricity, gas or heating costs that a person has because of an on-going disability.

* Assistance with heating costs

Work and Income may be able to provide recoverable assistance for electricity, gas or firewood.

Note: Applicants must meet a number of criteria.

Seniors clients can access information and service on the Ministry of Social Development website www.msd.govt.nz click on 'What can we do for Seniors'. Or contact Work and Income offices from Monday to Friday, 8.30am-5pm, Wednesday 9.30am-5pm, or phone us on 0800 552 020.

Henry, at 80, is one of lifeline

At least 70 volunteers and 14 horses, help keep Christchurch's indoor equestrian centre at the Canterbury Agricultural Park going.

One of them is 80 year-old Henry Ten Hove, who has worked at the centre for 12 years. The centre belongs to the Christchurch branch of Riding for the Disabled (CRDA), a non-profit organisation. It is one of 56 groups that operate under the umbrella of all CRDA around the country.

CRDA receives no government funding and relies on arena hire after hours and the generosity of the community to ensure it is able to provide a high level of service to the riders.

Also the voluntary work enables, in a large part, the centre, which opened in 2004, to operate.

Henry arrived in Christchurch at the age of 15 with his Dutch parents. He attended Christchurch West High School for two years before he started his first job on a farm at Lauriston, near Ashburton.

After eight to nine years Henry realised he would never be able to afford to buy his own farm and so left for Australia where he retrained as a chainsaw and outboard motor mechanic.

"Aussie was good to me," he says. But at 43 he had a job in Auckland and in three years he was back in Christchurch. This time with a wife.

He worked in various jobs for 20 years before he retired at 60. "For three months I did nothing. I realised you have to do something. You can't just be lifting pots to see what's for dinner," he says.

So after several jobs "fixing things" Henry was at Ferrymead Heritage Park working with horses. Before he left he saw an advertisement calling for volunteers at the Riding for the



Henry Ten Hove now works one day a week on general maintenance.

Disabled Centre.

Henry has gradually cut down his working hours until he now works one day a week on general maintenance.

Each session provides therapeutic riding sessions for people with many and various disabilities. At any given time there are up to 70 riders attending the sessions. Ages range from three to 70.

For the young with a physical disability this not only means physical therapy appropriate to their condition, but the opportunity to take part in an activity that crosses physical barriers and gives them mobility more in keeping with able-bodied children their own age.

Children with a non-physical disability, such as those diagnosed with the autistic spectrum disorder, also benefit from the physical aspects of riding but for them the relationship with the horse comes to the fore.

Adult riders who may be recovering

from a stroke, car accident or dealing with the day-to-day struggles of a debilitating disease encompass all of the above; and for all of the riders it can mean a massive boost in confidence and self-esteem.

Therapeutic riding sessions are conducted five days a week and are taken by trained coaches, with the assistance of up to 70 volunteers.

Volunteers assist the duty coaches who are responsible for the safety of horses, riders and volunteers.

The CRDA president, Jayne Findlay, says volunteers are important members of the team as they enable the riders who may be intellectually and/or physically disabled to experience the therapy of riding horses.

"The volunteers are leaders of the horses and side walkers, some of whom may need to have a physical hold of the more disabled riders so that the rider feels the movement of

the horse and the satisfaction of the achievement of riding."

The centre has riding sessions Monday to Friday during school terms.

"Many volunteers, such as Henry also assist CRDA by helping complete jobs such as cleaning out the horse troughs, raking any unsmoothed areas around the horse yards and painting or fixing any areas which are in need maintenance, volunteers are our life-line," says Jayne.

Participation in the sessions sees riders increase in confidence, improve their balance and strength, and learn horse mastership skills. "Some riders will always require the assistance of one or two side walkers. Others may reach independence and be able to enjoy riding as a recreation or sport."

Christchurch Riding for the Disabled aims to provide stimulating and enjoyable riding therapy sessions in a safe environment. Riding therapy programmes benefit people with a wide range of disabilities including: autism, developmental delay, vision-hearing, intellectual, learning disabilities, down's syndrome, physical, cerebral palsy, psychiatric, multiple disabilities, strokes and head injuries.

The benefits gained from therapeutic horse riding are improved balance, co-ordination and posture. Confidence and self-esteem also get a boost. Working with horses improves communication and social skills.

Some of the riders may reach a level of independence that allows them to be able to enjoy riding as recreation or sport, or move on to a Para Olympic equestrian group.

People wanting information can contact www.chchrda.org.nz.

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New trust set up to manage Council’s social housing

Christchurch City Council has completed the first key step in setting up a charitable trust to take over management of its social housing service in the second half of this year.

Seven trustees have been confirmed for the new Otautahi Community Housing Trust, which is made up of three Council trustees (Deputy Mayor Vicki Buck and Councillors Andrew Turner and Paul Lonsdale), and four independent trustees (Alex Skinner, Pam Sharpe, Lloyd Mander and Stephen Phillips).

Under the new structure, the Council proposes to keep full ownership of its 2,270 open social housing units and land, while leasing the portfolio to the Trust to manage.

The trust would be responsible for tenancy management, rent-setting and the day-to-day maintenance of the units, while major repairs, renewals and the development of new social housing would remain the Council’s domain.

Deputy Mayor Buck says the new trust would play a key role in financially securing the Council’s social housing service.

“With access to funding and subsidies not available to the Council, the trust would help to ensure a



Council to lease 2,270 social housing units to the Otautahi Community Housing Trust.

stable future for tenants while acting as a catalyst for the building of new housing units in the city,” she says.

“Each of the independent trustees brings considerable knowledge and experience to the table, along with a shared commitment to strengthening and growing the social housing service into the future.

“Our social housing has never been subsidised by rates, and that will remain the case,” she adds.

“As a charitable trust, any surplus

money would be reinvested back into social housing, to improve the service provided to tenants and the wider community.”

Trust Chair Alex Skinner says he is thrilled to be part of an initiative to further improve social housing in Christchurch.

“The new structure means we would be working hand-in-hand with other housing providers and social agencies to strengthen the services currently provided to those in our


city who need affordable housing the most,” he says.

“The Council has a proud history of providing social housing in Christchurch that dates back to 1938. The trust is now tasked with taking this legacy forward and continuing to work with the Council and the community to build on it.”

If there are no changes to the proposal following consultation with Council staff, the trust will begin the next steps of registering with the Ministry of Business, Innovation and Employment as an incorporated trust, and then with the Charities Commission as a charity.

The trust will also begin the process of appointing a CEO and seeking registration as a Community Housing Provider (CHP) with the Government. CHP registration would allow the trust to enter into a contract with the Ministry of Social Development to house people from its waiting-list and receive the associated Income-Related Rent Subsidy.

The Council will then work through the handover process, including the transferral of tenancy agreements and communicating further details about the change to tenants and partner organisations. (Source: Christchurch City Council).



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Keeping On

OFFICIAL MAGAZINE OF AGE CONCERN CANTERBURY (INC)

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The **Keeping On** Team: **Dayl Milne** - Editor, **David Gee** - Journalist, **Anna-Marie Hunter** - Advertising Representative/Desktop Publisher.

Views and opinions expressed in Keeping On are not necessarily those of the Editor or Age Concern Canterbury. Neither does publication of an advertisement imply endorsement by Age Concern Canterbury.

Abbeyfield House six months after its opening

Four of 12 residents lined up for an interview about life in Christchurch's first Abbeyfield House six months after its opening. Without fail they told **Keeping On** that they were indeed happy campers.

Their comments ranged from "It's flattening for the elderly" and "We are most fortunate" and "We can do our own thing or join with others" and "It's not a retirement home... we pay rent."

The residents range in age from 62 to 90 and there is already a waiting list of 17. But the good news is that another Abbeyfield complex is in the pipeline. Talks are being held about land and money at present.

The chairman of the committee and house manager, Fenn Shaw, says the house has lived up to expectations and only a few minor changes would be made to the design of a new complex.

"In fact, I think Christchurch could cope with five new homes on a population basis," Fenn says.

The present home was opened in November last year bringing the total Abbeyfield houses to 12 around the country. Leeston is well under way to providing the next one before the end of the year.

An Abbeyfield House aims to be "a typical house in a typical street" offering companionship, independence and support in rental accommodation at a price affordable to older people. Residents at Hornby pay \$350 a week, this includes meals, heating, lighting and power.

An Abbeyfield House provides a warm supportive family-styled independent lifestyle for retirees, usually in their 60s, 70s, or 80s and beyond. "It's just like a big family". The house is staffed by



Abbeyfield House aims to be a "typical house in a typical street".



Raised gardens where the residents grow -vegetables for the cook to use.

a housekeeper/cook who usually lives on the premises, takes care of the shopping and prepares the two main meals of the day, taken at the family dining table. Like any family home, there is a communal lounge, dining room, kitchen and laundry and in some houses a guest room

for visitors. Residents are involved in the management of their house and on the selection of who may join their household when there is a vacancy.

The key point of difference with other providers can be summed up by the word "time". Our staff and volunteers (Hornby would welcome more volunteers) commit time to our residents - listening to them, sharing with them, encouraging them and serving them.

Individually and as a group, Abbeyfield residents are respected and valued; their ideas are sought and opinions listened to.

All Hornby residents agreed that everyone was happy and they happily divided the work load, such as caring for the gardens as a whole and taking a pride in how it looks.

Each resident has a patch of garden outside his or her flat where they grow whatever plants they want, colour scheme etc is their choice. There are also raised vegetable beds where the residents grow the vegetables for the cook to use.

They are responsible for their own housework but all help with general chores.

The focus of Abbeyfield is to maintain the independence and dignity of older people who are able to look after themselves but no longer wish to live alone. Many older people are lonely and some are concerned about being by themselves at night.

Fenn says: "Sharing a house is becoming an increasingly popular option for the elderly who want to stay independent."

If you wish to volunteer your time to Abbeyfield please contact Fenn Shaw on email: fshaw36@gmail.com

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It's the most social who survive

by James Le Fanu

For the renowned Thomas Huxley, the animal world resembled a 'gladiators show'. 'No quarter is given,' he wrote, 'only the strongest, the swiftest and the most cunning survive.' And certainly for the casual observer there is ample evidence for his persuasive metaphor in that staple fare of the natural history programme; the predator's pursuit of its next meal, the sexual conflict for a master. But it is at best, a half truth. Violence and mayhem may be a dramatic and visible feature of animals' lives but their long-term survival depends on its antithesis - sociability and solidarity.

This can admittedly be difficult to demonstrate for it requires acquiring an 'intimacy' as the naturalist Sir Frank Fraser Darling put it - with the natural world to begin to appreciate the subtle complexities of relationships within any group or family.

For two consecutive years in the mid-1930s Sir Frank traversed the mountains and forests of Wester Ross in north-west Scotland stalking a herd of deer - 'lying for long periods on the ground in inclement weather'. The testosterone-fuelled roaring and clash of antlers of the 'monarchs of the glen' during the rutting season might seem a classic instance of

Huxley's gladiator's show but, as he describes it, is scarcely typical.

Rather, for eleven months of the year the sexes are completely separate, the females and their young forming the hind group - 'whose outstanding feature is its cohesion and stability'. The power resides in the unchallenged supremacy of its leader 'constantly attentive to the group's welfare', ably assisted by a second-in-command ensuring a well ordered retreat from any potential threat. There was, Sir Frank observed, hardly any discord other than the occasional falling out when a couple of hinds would slap each other with their forefeet. As for the young, they amused themselves with a sophisticated repertoire of games including 'king of the castle' where they would compete to occupy the summit of a hillock. For a few weeks, starting in late September, this harmonious way of life is temporarily suspended, the male stags converge and the hind groups voluntarily give up their independence to form a harem. The competition for their affections is certainly intense though guided by implicit rules. 'Only stags of equal merit fight each other,' observes Sir Frank, the main mode of combat consisting of a shoving match, antlers versus antlers - 'the loser retreating

before he gets a broadside'.

When the rutting is over, the stags disperse, the hinds reform in their groups under their leader, nuzzling and licking their newborn calves around the ears and neck. "It is amusing to watch several calves standing like little boys having their ears washed by their mothers - though they clearly enjoy it."

Sir Frank's intimate insights contradict the common perception of the monarch of the glen as a patriarchal protector of his female entourage. "The sociability of deer is entirely matriarchal," he writes - the necessary social structure within which the timeless maternal virtues of care and solicitude for their young can flourish.

His privations in the barren wilderness of Wester Ross were, however, as nothing compared to those of Sooyong Park in his quest for intimacy with the Siberian tiger in the furthestmost regions of north-east Russia, as recounted in his recently published *The Great Soul of Siberia*. The practicalities of observing, while unobserved, this most fearsome and elusive of creatures required interring himself in a concealed bunker, scarcely larger than a grave, where he subsisted for months at a

time in sub-zero temperatures on a diet of frozen rice balls and seaweed, 'unable to take a shower or switch on a light'.

His sightings were sporadic, but gradually, over a period of five years, a unique picture of their family life revealed itself: the dominant male, Khajain (Great King), constantly on the move patrolling his 2,700 square mile domain, paying the occasional conjugal visit to his four partners in turn - each with their own territory and responsible for the care and education of their offspring.

The subtleties of that dialectic between violence and sociability in the private lives of animals is vividly illustrated when Khajain ambushes a deer, 'dashing across the snowy field, folding and releasing his back like a spring', followed by the 'final leap' and a long scream as he snaps his prey's neck with his four immensely powerful incisors. Khajain eats his fill before summoning with a roar, his partner, who emerges from the forest with her cubs 'waving his tail like a slithering snake' which they try to catch, pouncing on it and falling over. The game goes on for a long time till he rises, nuzzles his partner's neck and walks off. 'He did not look back.'

(Source: *The Oldie*, April 2016).



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Syd, a face from the eighties

For about five years in the eighties tourist buses used to pull up outside Syd and Joy Gray's Spreydon house to view Syd's prizewinning gardens.

Then Syd went missing from the Christchurch garden competitions. But this year he was back again - and he was in the prizes again.

However, at 92 he doesn't know how much longer he will be able to compete as he has heart troubles. He says taking part next year depends when he can get an operation.

Syd has a visitors' book for the 1980s and says he welcomed visitors, some from overseas. But one thing he asked them not to do was to walk on the lawn in high-heeled shoes. "They make a mess of a good lawn," he says.

This year he won a certificate for a summer garden from the Canterbury Horticultural Society and the Howman Cup from the Canterbury Beautifying Association for flats and townhouses. His front garden was a blaze with yellow (marigolds) and red (petunias).

And, of course, a healthy lawn. Sprinkled here and there are roses, dahlias and geraniums.

Why and how Syd made this comeback is a long story. He is Australian by birth having been born



Syd Gray in his prize winning garden ablaze with yellow marigolds and red petunias.

on a farm in Cranbrook, Western Australia. "There were 12 kids in our school. Things were tough and I had to go to work at 14. I worked on a couple of farms where the highest pay was 25 shillings a week," he says.

Next he was working in the mines for good money and stayed there for eight years. He bought his first house there and his interest in gardening started. He raised onion plants for sale - his first money-making venture.

Then came the Second World War and Syd became a wireless air gunner with the Australian air force. After the war he sold his house to

buy a shop with a petrol bowser. Around this period he stayed with a sister (there were nine children in his family) who was a keen gardener. She was responsible for him raising gladioli plants.

Marriage to Joy, three children and other shops came along before the family moved to Perth where Syd continued to work in retail shops. He ended up owning four and had a staff of 20. After 14 years he sold up and worked for several years in supermarkets.

Then came the move to New Zealand in the early '80s. A daughter

lived here and Syd and his family settled in Roberta Drive. He worked in the retail trade again. "But Saturdays were for gardening and Sunday we made trips around the place," he says.

"I was very impressed with the gardens here. I thought I would try to beat them."

Soon the prizes came - and tourists visited. However, Joy wanted to return to Perth and he created another "beautiful garden". But there were no competitions there.

Joy died 11 years ago after 42 years of marriage. Syd continued to return to NZ to see his daughter a month at a time but finally she suggested he set up house here again.

That was three years ago. Now he has produced another prizewinning garden. Syd says he plans the colour schemes in his head before getting down to the work at the end of winter.

In winter he has a different hobby. He paints oil pictures in his garage. With a heater on, Syd paints away - sometimes thinking about his next garden.

"I might not be able to do another though," He says. "The operation might get in the way."

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W: www.aspirecanterbury.org.nz

Ponder This with Brian Priestley

Just a few thoughts, your Majesty. After all I have been 90 for more than a month longer than you. And one learns very quickly that it's not all laughs.

Being 90 for me means aches and pains, and struggling to get out of chairs, and tripping over stuff, and that morning battle to put on my left sock. But I expect you have people to help with these things. My trouble also is I keep reading the paper and thinking back...

We were going to have blue skies over the white cliffs of Dover and peace ever after. I was one of the hundreds of ex-service graduates who tumbled out of universities determined to change things. And there, in the palace, was a bright new queen for a bright new world.

What guff we wrote about you. I

I talked, the other day, with a man who'd toured Britain. Poor chap! They had started motoring at John o' Groats and finished at Lands End. They must have discovered some exciting motorway service stations not to mention artistic views of the cars in front.

They reminded me of a Canadian family which "did" the South Island in 48 hours, although they seemed a bit vague about just what they had seen. I recalled our motoring holiday in Malaysia years ago when we were often keener on avoiding imminent death than on watching the scenery.

Isn't the answer to see the country rather than the concrete? I advise people to remember Christchurch

remember sitting in a Birmingham news room composing the lead



paragraphs about your visit to Coventry. One part read, "And then the Queen stepped out of the dark station and into the sunlit heart of Coventry" – but we learned later it was pouring with rain. (Do you remember our photographer, Bunny Hess falling from a rowing boat

when they consider an English visit. The Three Counties in our city centre— Worcester, Gloucester, and Hereford – will tell you more about England in a few days than all the coach tours in creation.

A walk along the top of the Malverns is superb with the coloured counties of the English plain on one side and the foothills rolling up to the Welsh border on the other. Join the National Trust and you have old and stately mansions (some of which Shakespeare knew) and cool and ancient gardens, and the gentle Avon and sometimes the sprightly Severn.

This is countryside for composers and poets, for apple and plum blossom. Not far away are Oxford

into the river Avon so you were greeted with roars of laughter when you appeared on the balcony just above him?) And then, for eight years, you would occasionally have found me trying to nudge things in a right direction when you read your breakfast copy of The Times.

In all that time I can't remember you doing, or saying, anything that seemed wrong or wicked. We saw your influence here in Sumner after the quake when Prince William did a superb job of royal sympathy which really lifted morale.

And now here we are, just about past it, and we study the media and where are the blue skies, and would we have settled for a world like this if we could have foreseen it in 1945? What went wrong with all those fine ideas?

and the Cotswolds and the great palace of Blenheim.

There is good cricket at Worcester and Birmingham (Edgbaston). Of course you must visit London, but if you want the real feel of the country's history then the Three Counties is one of the places to go. That church tower over there may be the one from which Simon de Montfort watched happily as an army came marching to his relief. Happiness changed to horror as the banners proclaimed the approaching host were supporters of his enemy, the king. And isn't that mansion over there where Shakespeare was perhaps accused of poaching deer? The Three Counties are that sort of place.....

Oh dear, oh dear, I see they are on about Shakespeare's tomb yet again.



This time it's planned to examine the spot with electronic stuff to discover something or other. In the 1960s, the suggestion was that – for no reason I can imagine – a missing play had been buried with William's corpse. (If you or I had written a Shakespeare play might we not want somebody to perform it?)

Anyway the scheme collapsed after I did the obvious and spoke with an archaeologist and the Stratford vicar. One reported that paper, parchment, or flesh would not keep well in a damp environment. The other said Shakespeare's grave was at the damp end of the church right next to the river Avon and every so often river water flooded the nave.

Although the story appeared on the main news page of The Times no experts wrote in to disagree with my suggestion that there was nothing much left of Shakespeare except his poems and his plays.

I hope I was not wrong. The man is entitled to his share of peace and quiet....

Just like people, Bill was a strange mixture. We bought him as a puppy from West Bromwich where dogs like him were all over the place. Before the war, he went walks on a lead, or played with the next door cat in our garden. He liked children and let them pull his ears with great good humour.

The one problem was when our next-door-but-one neighbour walked into our house by mistake one foggy night. Upstairs we heard snarls and growls and a terrified voice saying, "It's all right, good dog, good dog." And there was a transformed Bill, with eyes like slits, and a menacing crouch, and every inch of him saying, "Don't you dare step any further....."

When the war came we moved to a village in Gloucestershire. We bought a small cat for the mice and George immediately took charge of our pet world. Most days he would

eat out of Bill's bowl with the dog standing by looking worried. He had



A Staffordshire Bull Terrier is a popular family pet.

a tender heart. One day he found a very small baby rabbit, trembling with fright beside a tuft of grass in a field.

Village boys told me their dogs would have killed and eaten the terrified little thing. Bill sniffed around and looked seriously worried. Killing babies was clearly not on his

agenda. I called out "Come on, Bill" and he turned away with almost a



The Pitbull Terrier is widely believed to have an aggressive nature.

sigh of relief and gave me a sheepish smile.....

But no-one in the village suggested Bill was a sissy. Having never seen a Staffordshire bull terrier the village dogs decided to teach the newcomer a lesson. The first to try was a spaniel from up the road and after we had detached Bill from his throat we never

saw him walk past the house again. One by one they tried their luck and fled. The one exception was Spider Prout, the former local champion. Bill and Spider would stalk through the village, side by side, like a couple of gunslingers keeping Dodge City safe on a Saturday night.

Once Bill turned a corner and found me fighting with another boy in fun. Bill's full weight hit the boy in the chest and knocked him down. With a foot on either side of his neck he looked up at me for instructions. I said, "Let him alone, Bill" and he stepped away with (I'll swear) a grin.

What should we do about bull terriers? I wonder if a Staffordshire bull is the same as a pit bull. I cannot like people who torture animals or train them to fight for money. When there is a problem, is that their fault or is it the animal's? All I know is that I never had a better friend than Bill.

Planning ahead for the cost of a funeral

The cost of a funeral can add to what is often already a stressful time and we frequently see situations where it leads to further tension in family relationships.

With funerals commonly costing north of \$8,000 there are a variety of options you can explore to limit the cost of your own funeral when that time comes. You can plan ahead for a funeral, and either pay in advance or make regular instalments toward the total cost.

It's worth checking your life insurance policy as it may include a pay-out for funeral costs. Otherwise,

you can save up for your funeral just by starting up a savings account at your bank. Other options include funeral insurance, a funeral trust, or a prepayment plan with a funeral director. These generally come with various fees and restrictions, so it's worth seeking independent financial advice if you are thinking about doing this.

If you need to organise a funeral and are on a low income, you may be eligible for a funeral grant from Work and Income. How much you get will depend on the deceased person's assets and, if you are a

family member, your own income and assets. It's worth noting that this grant (around \$2000) is not designed to cover the full cost of a funeral.

ACC can provide a funeral grant for the funeral of someone who has died as a result of an accident, a work-related disease or infection, or medical treatment.

There are also options to reduce the costs; the first step is to get a couple of quotes from funeral directors if possible. Make sure you discuss options for your budget with the funeral director and be clear about your financial limits.

You should also make sure that you know exactly what you are paying for and be aware of any 'hidden' charges. It can be worth asking for an itemised quote, just so that you know exactly what you are paying for. You may be able to save money by providing your own flowers, catering etc. You can also choose not to have a funeral service, or to conduct one yourself, eg, in your home.

To talk to one of our team about funeral costs or to volunteer for Citizens Advice Bureau call us on 0800 367 222.

Enduring Powers of Attorney are important

Have you ever wondered what happens when you can no longer manage your own affairs?

The Protection of Personal and Property Rights Act 1988 allows you to appoint people you trust to manage your affairs under Enduring Powers of Attorney. These documents come in two forms, one for personal care and welfare matters and a second for property matters.

In relation to your personal care and welfare, you can only appoint one person, (known as an Attorney) at any given time. In relation to your property matters, you can appoint one or more Attorneys and the Donor (the person making the Enduring Powers) can specify how these people will act on their behalf.

An Enduring Power of Attorney in relation to Property can be created so that it also acts as a general power of attorney and can be used by your Attorneys while you still have mental

capacity or only if you lose mental capacity. An Enduring Power of Attorney in relation to Personal Care and Welfare can only be activated if you lose mental capacity.

In September 2008 significant changes were made. The new forms have wider options. A Donor can specify that:

- a Successor Attorney(s).
- the Attorney(s) is restricted from acting in certain circumstances.
- the Attorney(s) must consult with others, such as family members.
- the Attorneys must provide information to others if those people should request it.
- the Attorney is able to ask the Court to make or amend your Will for you.

If a Donor has concerns about the Attorneys they have appointed while they have mental capacity, they are able to revoke the Attorneys appointment. If a Donor has lost

mental capacity, the only redress for family members is through the Courts.

Enduring Powers of Attorney are very important estate planning tools and we recommend that everyone have these valuable documents, regardless of age. You should also ensure that you have a current and up to date Will. By taking these steps, you will ensure that looking after your affairs is as stress-free as possible

for your loved ones.

As with all areas of law, it is important that you seek good advice from a team who understand how this area of law may impact on you and your legal requirements. At Harmans we have experience dealing with estate planning strategies. Give Fleur McDonald a call on 03 352 2293 to arrange an appointment to discuss your situation. ^(A)



Protecting you through all stages of life

Life is full of ups and downs, and changing circumstances can have a major impact on your financial position.

The Seniors Team at Harmans specialises in legal issues relating to seniors. Our friendly team offers practical advice in plain English so you have peace of mind and feel confident in making decisions that are right for you and your family.

Our Seniors Team is conveniently located in our Papanui office. If you can't get to us, we offer a Home Visit Service, so we can come to you.

We're here to help you through all stages of life. We specialise in:

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Contact Fleur McDonald

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Canterbury scoops up South Island retirement and aged care awards



Staff and residents at Archer Care, Christchurch receive Best Med/Large Aged Care Facility Award - South Island.

If you weren't aware, Aged Advisor, the independent review and compare site for aged care and retirement villages, recently announced the winners of the 2015 Aged Advisor People's Choice Awards.

The inaugural awards honour six providers in three categories with winners split across the North Island and South Island of New Zealand.

The awards celebrated excellence in aged care and independent living for facilities that consistently achieve high-ranking reviews on the Aged Advisor website.

Winners are calculated using a series of algorithms developed in consultation with the University of Canterbury, which determines the ratio and means of reviews over a 12-month period.

"Unlike any other awards in the aged care sector, the Aged Advisor winners are based on independent reviews and opinions from customers throughout New Zealand," said Aged Advisor General Manager, Nigel Matthews.

"We have launched the awards to identify and celebrate exceptional aged-care providers as well as provide families with another measure to identify providers that will take great care of their loved ones."

"Of over 1000 providers listed on the Aged Advisor website we have recognized six stand out performers."

"The winners received consistently

high ratings from residents and their families. They not only demonstrate a commitment to providing the best care possible, they've set the bar high for others to follow."

John Robertson, Managing Director of Hearing Technology (major sponsor for the Awards) knows firsthand the challenges around choosing the right facility for a loved one. "We're really pleased to be able to help acknowledge those facilities that are already doing a fantastic job, as voted by the residents and people of New Zealand."

The winners of the Aged Advisor People's Choice Award received an individual trophy and framed certificate. The awards are personally presented to each winner at their facility.

Aged Advisor has been established to generate funding for the Life Friends – a Christchurch based charitable visitor visitation programme for residents in aged care who may not receive regular visits from friends and family.

Aged Advisor People's Choice 2015 Winners

South Island: Aged care up to 40 beds: Cheviot Rest Home (Cheviot) Aged care 40+ beds: Archer Home (Christchurch) Retirement Village: Diana Isaac Retirement Village (Christchurch)

The full list of finalists and winners can be viewed on agedadvisor.nz/awards

(A)



Cheviot Resthome Manager and Owner, Sue Coleman with some of her team and their Award for Best Small Aged Care Facility - South Island.
(Left to right) Elysia Hepi, Janice Hall, Sandy Nesbitt, Sue Coleman.

Brand new facilities at Burwood Hospital

There's a chance to have a look inside the yet-to-be-opened brand new facilities at Burwood Hospital

Burwood Hospital is well-known as a centre of excellence for spinal, brain injury, stroke treatment, orthopaedic surgery and rehabilitation.

Soon, it will also complete a further transformation that will see its services expand as Christchurch's main centre for older persons' health, as part of an almost \$1 billion investment in Canterbury's health facilities.

Work on the new hospital began in mid-2013. The new buildings, which include new wards, a new outpatients facility, a new radiology department and a large, welcoming reception area, will be fully open from mid-June. Ahead of this, there will be a staged moving-in process.

Canterbury District Health Board CEO David Meates says the building is in line with the DHB's commitment

to creating modern, purpose-designed healthcare facilities that will serve patients and their families well into the future.

"This is such an exciting time for our staff, patients and community. At Burwood, it's the culmination of years of planning and hard work to support Canterbury's increasingly ageing population.

"Our staff have worked tirelessly to make this happen," says Mr Meates. "I am extremely proud of what we have achieved."

If you live in Christchurch's eastern suburbs, you might have seen the buildings going up – and now is your chance to see inside.

To celebrate the opening of Burwood Hospital's new facilities, there is a public open day on Sunday 29 May between 10 am and 2 pm. Entry to the open day is free and there's plenty of free parking.

(A)



Congratulations to the best rest homes in New Zealand.

We've just celebrated our annual awards for 2015 - celebrating your best reviews of Aged Care and Retirement Villages in New Zealand.



Find out who the winners & finalists were at:
www.agedadvisor.co.nz/awards

OPEN DAY at BURWOOD HOSPITAL

**Sunday 29 May
10am to 2pm**

On Sunday 29 May, from 10 am to 2 pm, Burwood Hospital is hosting a public open day, giving you the chance to see our new facilities for older persons' healthcare.

The open day entrance is off Burwood Road. There's plenty of parking.



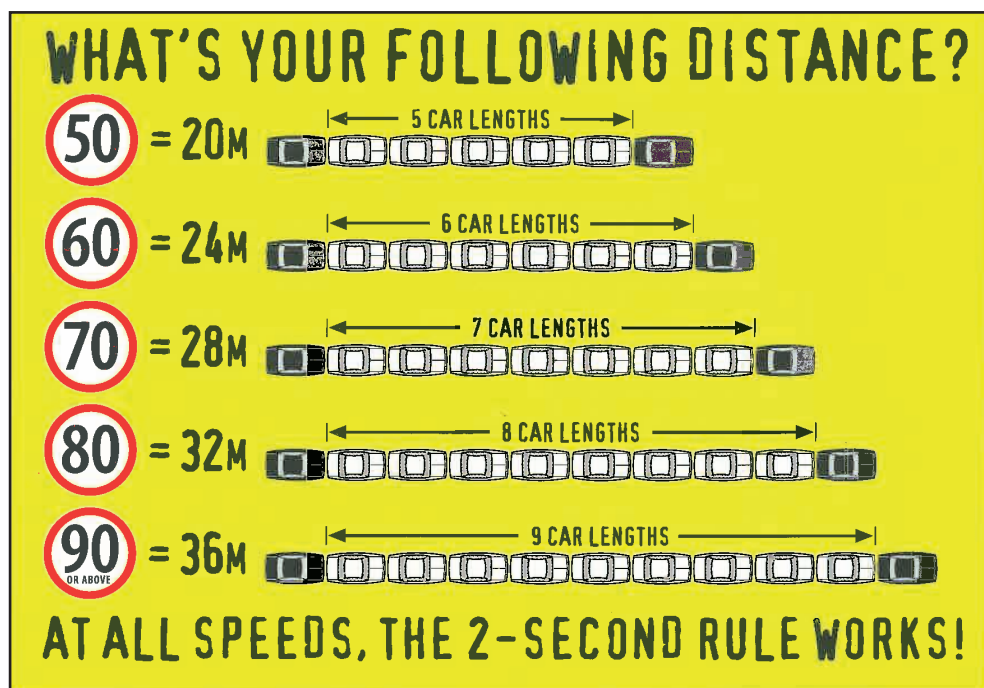
Safe following distances

People not travelling at a safe following distance is something that I see time and time again on the roads. It is also one of the things that contributes to far too many crashes on our roads.

The rule is that for every 10 km/hr you are travelling you allow for 4 metres of following distance, approximately one car length. So at 50 km/hr this would equate to 20 metres or 5 car lengths and at 90 km/hr this equates to 36 metres or 9 car lengths.

If you find it hard to assess the distance then use the two second rule. At all speeds the two second rule is a good indicator as to whether you are following at the right distance. Pick a fixed point on the road like a road sign or marker, it should take more than two seconds from the rear of the car you are following to the front of your car.

Remember that in bad weather when the road is wet or slippery or if you are towing a trailer your stopping distance will be significantly affected



and you should double your following distance and apply the 4 second rule.

So you may wonder why the following distance is so high. The simple answer is that on average it will take you up to half of the distances outlined above to react to a sudden

stop of the vehicle in front of you or a sudden hazard or obstacle on the road.

If you are travelling too close then the scientific laws of momentum demonstrate that it is a certainty that you will collide with the vehicle or obstacle in front of you.



Age Concern Canterbury Events Calendar 2016

Confident Driving

30 April, Woodend Community Centre

7 May, Alpine View Rest Home

9 May, Beckenham Service Centre and Library

15 May, Age Concern Canterbury, Papanui, Christchurch

26 May, Oxford

10 June, Age Concern Ashburton

26 September

Positive Ageing Expo, Papanui High School

**For more information
phone 366-0903**



ACKNOWLEDGEMENTS

Age Concern Canterbury wishes to acknowledge with thanks the assistance of:

Southern Trust
New Zealand Lotteries Commission
Christchurch City Council
New Zealand Red Cross
Christchurch Earthquake Appeal Trust
More Mobility
Margaret Burns Charitable Trust
Jones Foundation.



POSITIVE AGEING EXPO

Age Concern Canterbury's Positive Ageing Expo is being held at Papanui High School on Monday, 26 September 2016.

If you wish to register for a site at the Expo please contact Yvonne Palmer on 331 7808 or email ypalmer@ageconcerncan.org.nz.

Ageing is inevitable, but growing older doesn't have to mean giving up an active life. Driver safety is vital for drivers of all ages, but older drivers experience physical changes that can affect driving ability - changes in vision, reaction time and flexibility.

What does the course involve?

- * A free class room based programme
- * Lunch included (\$5.00 contribution)
- * Held in a safe & enjoyable environment
- * Workbook for future reference
- * No tests or exams on the course
- * Certificate of Attendance

Course starts at 9.30am and concludes at 2.45pm

Contact Age Concern Canterbury on 366-0903 for bookings.



The Older and Wiser Driver
Confident Driving for the Mature Driver Courses

Life Without A Car

Plan ahead - do what you enjoy



Courses to be held at Community Facilities in Canterbury. 10.00am to 12.30pm or by arrangement. Book now!



Phone Age Concern Canterbury 366-0903 or email yvonne@ageconcerncan.org.nz

Elderly people and pet ownership

by Trina Cox, Social Worker, Age Concern Canterbury

We all know that animals benefit from being adopted and becoming part of a loving home. It is also accepted that when young children are exposed to pets they tend to become more responsible and caring, but what about elderly people? Is this a good time of life for people to share with an animal friend and what benefits might be afforded to both humans and animals through pet ownership in later years?

There have been many studies on the complex ways that animals affect human emotions and physiology. More recently studies have focused on older people and the effect that pet ownership has on their health and wellbeing and these studies have certainly shown that pets are an overwhelmingly positive addition to the lives of older people.

First and foremost, pets provide companionship and affection, and this is one of the most obvious benefits for pet owners. But they also provide much more. They provide stimulation, a sense of purpose and protection for their owners, and provide non-judgemental acceptance which ultimately helps older people to live longer, healthier and more enjoyable lives.

The physical health benefits of pet ownership are numerous. For example, the presence of a pet can lead to a reduction in stress, a decrease in blood pressure and the lowering of anxiety levels – pets generate good feelings and lift mood.

Similarly, the benefits for dog owners include improved health through increased activity. Walking and playing with pets are good ways for their owner to get more exercise which is beneficial for their overall health. Pets have also been shown to aid recovery from illness and hospitalisation – pet owners are often determined to get home to see their pets, resulting in a stronger drive to rehabilitate after an illness or injury.

But what else can pets offer people in older age? Studies have shown that elderly people who own pets tend to take better care of themselves. Having a pet adds routine to the day because an animal requires regular feeding and watering, grooming and playing with, and, in the case of dogs, regular exercise. This can be just the boost that an older person needs to get them out of bed and ready for the day and a reason for staying up and participating in daily activities. In most cases, older people tend to make very responsible pet owners and also have a lot more time to give to an



Frances Dalley spending some time in the sun with Brucie, her much adored and pampered pet budgie.



Carmen enjoys the companionship of her cat Royce. Age Concern staff love Royce almost as much as Carmen.

animal which is mutually beneficial for both pet and their owner.

Pets also work as a buffer against social isolation, one of the biggest problems facing our ageing society. Often older people have difficulty leaving the home or have limited social support in the form of family and friends. They are isolated and having a pet can act as a support system to that older person. Pets lend a listening ear, and offer unconditional love and affection to lonely people. Pets can fill an empty space in the lives of people and many of them spend a great deal of time interacting and talking to their pets, which can be therapeutic and of significant benefit to general wellbeing. For people who can go days without talking to or



Elizabeth takes her dog Maddie to visit her husband who is in care. Maddie is a favourite of the residents and means absolutely everything to Elizabeth.

seeing another person, the presence of an animal is hugely uplifting.

Pets aren't right for everyone though and for some people pet ownership can be stressful, expensive and even dangerous. Owning a pet such as a dog tends to be more suitable for those in active retirement, because dogs require a lot of exercise and socialisation.

Animals can also be hazardous to those who may have mobility and eyesight problems and unfortunately are often the cause of hospital admissions because their elderly owner has tripped over them. Changes in health or circumstance sometimes means that an elderly owner may struggle to provide adequate care for their pet, or may need to give up their pet, which can be enormously distressing for both humans and their furry friend.



Pets work as a buffer against social isolation.

Careful consideration should be given to the situation of the owner, the costs involved and the age and temperament of the animal, before a decision is made about adopting a pet.

Young dogs and cats which are energetic and need to run and play may not be the best choice for an older person, and instead a mature pet that is well trained might make a more suitable companion. Cats and dogs tend to be an obvious choice of pet for an older person but it might be that an indoor bird, or even fish might be a better option.

Pets and the elderly have a lot to give each other. Although pets cannot replace human relationships for an older person, they can certainly fill their life with years of constant love, companionship, affection and acceptance...so it is certainly worth considering whether a pet might give you a new leash on life!

Volunteers Corner

Excited to be part of the Age Concern Canterbury team

Hello, I'm Jasmine Salam and I have just joined the Age Concern Social Connection Team as the new Social Network Coordinator.

I'm a Christchurch local, and recently finished studying Speech Language Pathology at the University of Canterbury. My interests include spending quality time with friends and family, singing, participating in community theatre, reading, volunteering with my Rotary club, and being involved in my church community.

I am excited to be part of the team at Age Concern Canterbury and am enjoying meeting all our volunteers and café group members. I have already had a number of excellent outings and have seen what a positive impact these outings have for the group members. We currently have 22 groups that go out once a fortnight, and with our new van we're hoping to start more café groups so more people have the opportunity



Jasmine Salam

to connect with others in their neighbourhood and enjoy a café outing.

The success of our café groups relies heavily on our volunteer drivers, and we can't thank them enough for regularly and willingly giving up their time to help others. A number of our drivers have been volunteering with us for many years, and they can attest to the fact that they also get a lot out of being part of these groups.



St Martins Cafe Group

I would love it if you would consider helping by volunteering as a driver. The role would involve driving our minivan (no special licence required) to pick up the group members from their homes, taking them to a café for morning or afternoon tea, socialising with the group at the café, and dropping them home again. For the morning outings, the driver picks up the van from our Age Concern office in Papanui at around 8.45am and returns it at 12.30pm. For the

afternoon outings, the driver picks up the van at 12.30pm and returns it around 4.30pm. We have some drivers who have a regular group they take each fortnight, and other drivers who fill in when needed, so how often you volunteer is up to you.

We would love to have you as part of our team so if you enjoy driving, socialising and meeting new people and you would like to find out more then give me a call on (03) 331 7814.

A pawsome tale

by Trina Cox,
Social Worker, Age Concern Canterbury

They say a dog is a man's best friend. This is certainly the case for Pat Gill and his beloved dog, Max.

Pat and Max lived a happy, but solitary life together at home for many years. Max was Pat's constant companion and his most dependable friend.

When Age Concern met Pat and Max in 2014, we discovered a man and his dog with an unbreakable bond. They were the best of mates, and Max was protective of his human companion. These two did everything together and it was clear that all of our work needed to encompass this man and his dog as a partnership. They were inseparable.

At the end of 2014 health issues took their toll and Pat was forced to consider moving into a rest home. He got lucky – Elms Court in Opawa agreed to take Pat and Max as permanent residents and they moved in together in March 2015.

Today Pat and Max are both happy and settled at Elms Court. Max sleeps in Pat's room, but is also an integral part of rest home life, bringing joy and happiness to the other residents and staff. His favourite lap to sit on is still Pat's where he is assured of a lot of cuddles and the occasional biscuit or treat smuggled from Pat's morning



Pat Gill and his beloved dog, Max.

tea plate! Max loves rest home life perhaps more than Pat and is always eager to show us his room and bed when we visit. Sometimes he is just too busy to stop and even getting a photo with him and his Master at our last visit was a challenge because there was too much going on.

It is heart-warming to see this outcome for Pat and Max, who have been able to make the often difficult transition from home into rest home care together, and to know that they are spending their days receiving the care and attention they both need, in a loving environment.

VOLUNTEERS NEEDED

Minibus Drivers

Make a difference in someone else's life

Groups of up to nine people are taken out for morning and afternoon tea.

No special licence is required.

Our need is growing along with the older population.
Give it some thought.



Please phone Peter at Age Concern Canterbury on (03) 331 7801.



Macular Degeneration Free Seminar

Learn about the impact of Macular Degeneration, medical research, treatments and resources available.

Saturday, 21 May 2016

9.30am to 11.00am and 1.00pm to 2.30pm
Christchurch Eye Surgery, 274 Papanui Road, Strowan, Christchurch

Local ophthalmologist, Dr James Borthwick, will share the latest information on treatments and the management of Macular Degeneration.

To register call 0800 622 852 or email info@mdnz.org.nz



www.mdnz.org.nz

A warm home is essential for health

by Jamita de Jong
Marketing and Communications Advisory, Community Energy Action

If you are getting older one of the best things you can do for your health is make sure your home is warm and dry. Insulation and heating are a sound investment in your health, and subsidies and discounts are still available. Conditions apply.

People who have a warm and dry home are less likely to end up in hospital and can help save the health system thousands of dollars each.

"We know from experience that good insulation and heating make a huge difference in people's health, particularly for our senior citizens," says Caroline Shone, Chief Executive of CEA.

"CEA has been working with the Canterbury District Health Board, Pegasus Health and General Practices for many years and will continue to do so, as the health sector recognises the benefits to their patients.

"My message is simple: Please look after yourself, CEA is here to help, that's what we do."

One hospital patient helped, is Paula from Mairehau who had been in hospital with a stroke. The hospital



Paula Farrow

referred her to CEA to check the warmth of her house.

"Stroke medication thins your blood, which makes you always cold. I would get cold feet. It's definitely important to stay warm.

"Years ago the ceiling was insulated but I had a leaking roof and

that damaged the insulation. It sinks down over time. It was hopeless!" Paula comments on the state of her insulation.

CEA installed ceiling and underfloor insulation as well as a moisture barrier on the ground under her house.

"It's made a great difference, it's much warmer," Paula says. "I am happy to go home, I know it's going to be warm. And I have had less colds and flu over winter."

Don't wait until winter: For more information on insulation and subsidies available, contact CEA now on 0800 GET WARM (0800 438 9276) or (03) 374 7222. Free insulation is available for those with a Community Services Card. Conditions apply. For others a 25% discount is available for a limited time. Limited grants for heating.

Surpluses CEA makes from any non-subsidised work we do, go back into our community projects, to help those less fortunate.

Tips for meanies



When life gives you lemons some people just make lemonade, but Meanies go that bit further. First, maximise the juice by rolling the lemon with light pressure beforehand to burst the insides, then cut lengthwise instead of across. After juicing use the remaining lemon as a natural sanitiser to remove smells from rolling pins, bowls and cutting boards. Finally, toss the peel in the waste disposal to fill your kitchen with a citrusy aroma. If you go away, a cut lemon left in each room removes the fusty air on your return.

New electronic TMES cards only

As from 1 April 2016, taxi drivers are no longer doing manual transactions for Total Mobility clients whose TMES cards do not work for some reason.

Manual transactions submitted by drivers are creating a lot of work (for Taxicharge, taxi operators and Ecan staff) with inputting and checking these details. Reasons for manual transactions being submitted are usually cards not working due to the following: clients with suspended or cancelled TMES cards; clients waiting for replacement cards to be issued (for lost or damaged cards); or Total Mobility clients (past and present) still presenting old ID cards

and paper vouchers.

The new electronic TMES cards have been in operation within Canterbury since August/September 2014.

Clients who do not present a valid, working TMES (electronic) card will need to pay full fare for trips. If a card is found to be faulty (or not working because a driver has not restarted their terminal) then we will request the taxi company refund the client the subsidised portion of the fare. Please retain receipts if the card does not work. (Source: Abridged from release by Total Mobility Co-ordinator, Environment Canterbury).

Care at home a preferred choice

Sometimes we need a little more support than family or friends can offer. Whether it's post-operative convalescence, palliative or general care at home, deciding what support is needed and where to find it can be challenging. The staff at New Zealand's longest running private homecare provider, Miranda Smith Homecare, know how difficult these decisions can be.

Owner, Miranda Smith says: "People may be in crisis when they contact us, or they may require our services to assist with and plan their recovery from illness or injury. Whatever the reason, we believe choosing the right support is critical.

Peace of mind comes with knowing the correct care is in place, in the familiar surroundings of home with family and friends nearby. This dramatically impacts recovery and helps to maintain independence".

Miranda Smith Homecare offers a highly professional, caring and above all else, trustworthy service. Staff have the experience to ensure the stress of requiring in-home assistance doesn't become a burden for those needing such support. When at-home care is your preferred choice, contact Miranda Smith Homecare, New Zealand's most experienced private homecare provider since 1999.



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"Independence is vital to maintaining a quality of life."
Miranda Smith

Having a cosy home with a smoke-free wood burner

People who are worried about having a smoky chimney this winter can access help from Environment Canterbury in learning how to fine-tune their burning technique so the fire burns more brightly and doesn't send smoke up the chimney.

"All it needs is a slight change in technique and people can enjoy warm homes and clean air," said Environment Canterbury Commissioner David Bedford.

"A smoky chimney usually means the fire is not hot enough and the firewood isn't burning properly. Unburnt firewood is a waste of money and heat. We want to help people get more out of their fire and less out of the chimney. They will save on firewood and have a cosy home," he said.

"Often, when a newly-lit fire is smoking, people aren't using enough kindling. So this winter, when we follow up complaints and can see smoke coming out of the chimney, we will leave the householder a bundle of kindling with instructions how to burn so there is no visible smoke," Mr Bedford said.

Environment Canterbury will be inviting people to come along to a series of smoke-free burning demonstrations during the winter in Timaru, Waimate, Christchurch and Kaiapoi.

Help is also available for people needing financial assistance to replace their older wood burner or add insulation.

"Since we started our winter assistance programmes, we have helped more than 600 people throughout Canterbury change to cleaner heating technologies and



Learning how to set and build a brightly burning fire is part of Environment Canterbury's focus on addressing smoky chimneys and reducing air pollution. A smoky chimney means unburnt firewood, which is a waste of money and heat. Here, Noeline Packman benefits from Paul Judkins' instruction in better burning techniques.

add insulation to their homes," Mr Bedford said.

"Everyone has a role to play in improving winter air quality, and as well as wood burner users, we are working with industry, land managers, farmers and developers.

"We're also working with the heating industry to encourage the development of ultra-low emission wood burners which emit as little smoke as a pellet fire. There are now seven of these burners on the market in Canterbury."

People can visit our website **warmercheaper.co.nz** or phone us on **0800 324 636** to find out what support is available and to learn how to burn well.

Mr Bedford said that most of Canterbury's air sheds (towns and cities where air pollution is a problem each winter) had shown a marked reduction in the number of high-pollution nights last year. Kaiapoi, Waimate and Timaru, however, still

levels.

In Christchurch there were 57 high-pollution nights in 2001, 19 in 2014 and 8 in 2015. Timaru went from 57 in 2001 to 41 in 2014 and 26 last year; Ashburton from 21 in 2000 to 9 in 2014 and 1 last year; Kaiapoi from 48 in 2001 to 14 in 2014 and 13 in 2015; Rangiora remained at 3 for the past two years; Geraldine from 4 in 2014 to 3 last year. Waimate has risen from 7 in 2014 to 9 last year.

Mr Bedford said that traffic and industry did contribute to pollution, but in Canterbury home heating was responsible for about 80% of winter air pollution. Almost all pollution days occurred between April and September.

(Source: Felicity Price, Lead Advisor (Corporated and Recovery), Environment Canterbury).

Funding retirement can be tough

Around 75% of people aged 65+ own or partly own their home. However, their median income is just \$20,900, with many depending entirely or largely on New Zealand Superannuation.*

While this is enough to get by, for many it doesn't cover unexpected expenses such as house maintenance, car repairs, or taking a trip to visit family. Kiwis' expectations of retirement have changed over the years. We're living longer, healthier lives and we're looking for an active, independent retirement. If you're looking for a way to live a more comfortable retirement, or to help relieve day-to-day expenses, a

Heartland Home Equity Loan could help. It's available to homeowners, aged 60 years and over and allows you to enjoy the wealth tied up in your home, without selling it, or needing to make regular repayments. The money can be used for anything from home renovations to a holiday overseas. And the amount to repay the loan will never exceed the value of your home. That's a promise.

*Census results 2013

For more information phone 03 341 0514 or visit seniorsfinance.co.nz

Heartland Seniors Finance is a division of Heartland Bank Limited. Heartland Bank Limited's lending criteria, fees and charges apply.

(A)



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A Heartland Home Equity Loan allows you to access the value in your home without having to sell it. It's a flexible way to release cash when you need it most.

There are no payments required until you move out of your home, and the repayment amount will never exceed the value of your home.

Contact Heartland Seniors Finance to see how we can help you.

Jill Armitage
03 341 0514

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HEARTLAND
— Seniors Finance —

Update on Residential Advisory Service (RAS)

by John Goddard, RAS Supervising Solicitor

The Residential Advisory Service (RAS) went live on 16 May 2013. It has been running for almost three years. During that time, the call centre has received more than 13,600 contacts from affected homeowners, Community Law (CL) has opened more than 3,500 cases and closed more than 2,900 cases. On average, CL is opening 20 new cases every week. RAS has a range of services including the MBIE-led Technical Panel and Multi Party Meetings that are provided by Fairway Resolutions.

The Technical Panel carries out peer reviews of engineering and quantity surveying issues. The Panel consists of three engineering firms and one firm of quantity surveyors. The engineering reviews are predominantly desk-top reviews but the engineers will carry out investigations onsite where necessary. The quantity surveyors

ensure that costs for repairing earthquake damage are fair and reasonable. So far, the Panel has reviewed more than 450 cases. Often the reviews result in EQC or insurers settling claims in ways that are more favourable for homeowners.

Fairway Resolutions provide facilitated meetings (MPMs) for RAS clients. These enable and empower the parties involved in disputed claims to generate solutions and resolve complex issues in a safe and neutral environment. The facilitators are all trained mediators and the quality of their work is excellent. More than 115 MPMs have taken place. In 90% of these meetings, parties have signed settlement agreements. They have been tremendously successful.

Recently, we have looked at how we can improve what we do and streamline the service. We hold separate clinics at CL with EQC,

Southern Response and IAG so that we can work with insurers to overcome barriers which prevent speedy settlement of earthquake claims. Our solicitors regularly attend site visits as this has been identified as an effective way of making progress. We are also meeting regularly with insurers to keep up to date with the latest developments.

Funding for RAS has been guaranteed until 23 December 2016. After that, provision of services will depend on demand. It is possible that no new cases will be accepted after September of this year. We would encourage all of you to spread the word that we may only be able to assist people for a limited time. The more people who seek our assistance, the longer the service will run.

RAS has evolved into a professional service which enables Canterbury

homeowners to access expertise across multiple professional disciplines for free. In this regard, it is unique in the context of disaster recovery. No other service can match our institutional expertise and professionalism. Insurance law is complex and technically challenging and we would encourage all Canterbury homeowners who have unresolved claims to seek independent and professional advice because your homes may well be your most valuable asset and it is your responsibility to make sure that you have carried out your due diligence regarding your earthquake claims. At RAS, and especially at Community Law, our mission is to assist you to do so.

For free impartial advice please phone RAS on 379 7027 or 0800 777299.

Food for the brain and the heart

by Leah O'Neill, Dietitian, Healthy Eating Healthy Ageing

Choosing between the head and the heart is never easy but gladly, when it comes to food, you don't have to. The latest research in dementia prevention shows that what's good for the old ticker is great for a healthy mind too.

Around 50,000 New Zealanders have dementia – a decline in brain function affecting memory, thinking, behaviour, personality and emotions. By 2050, this number is expected to triple as the population ages.

But dementia, including Alzheimer's, is not an inevitable part of ageing. Its development is linked to inflammation, poor blood supply and build-up of proteins called amyloids. So to reduce your dementia risk keep your heart and blood vessels healthy. This improves nutrient supply to the brain and increases removal of amyloids.

TIPS: Avoid smoking, keep a healthy weight, keep diabetes well controlled and exercise for 30-60 minutes on most days. And, according to a recent American study, by following a Mediterranean-style diet you could decrease your dementia risk by 53%.

Eat to reduce your dementia risk

1. Eat a variety of coloured fruits and vegetables every day, especially leafy greens and berries.

2. Eat plenty of whole grains such as grainy bread, brown rice, wholemeal pasta and whole oats.

3. Include legumes such as lentils, chickpeas or kidney beans in at least two meals each week.

These high-fibre foods provide a

steady supply of fuel for the brain and help lower blood pressure and cholesterol, for better blood flow. You'll also get vitamins and other nutrients that improve brain function, protect against oxidation and inflammation and help remove amyloids.

4. Eat nuts and seeds regularly

They help reduce risk of heart disease and are rich in the antioxidant Vitamin E. A small handful (30g) a day is all you need.

5. Limit unhealthy fats from foods

such as pies, pastries, biscuits, takeaways, fatty/processed meat, full-fat milk products, butter and coconut oil.

These increase cholesterol and clog brain tissue, making it difficult for cells to remove amyloids.

- Use healthier oils in cooking and salads. Olive oil may increase production of enzymes that break down amyloids.
- Choose low-fat milk products.
- Trim visible meat fat and replace

red meat with fish twice weekly. This helps reduce cholesterol and inflammation to improve blood flow.

6. Enjoy coffee, dark chocolate and red wine in moderation (no more than two standard glasses of alcohol or four cups of coffee each day).

These are rich in antioxidants.

For more information on reducing your risk of dementia visit the Alzheimer's New Zealand website: <http://www.alzheimers.org.nz/about-dementia/reducing-the-risk>.

Herb and Parmesan Crumbed Bake Fish

Quick, easy and healthy with an added zing!

Ingredients (serves 1)

- ¼ cup fresh wholemeal breadcrumbs
- 1 tblsp parsley, chopped
- 2tsp parmesan cheese, finely grated
- ½ lemon zest grated
- 2 tsp olive oil
- Salt and pepper to season
- 1 firm textured fish fillet eg. gurnard, tarakihi,

Method

1. Pre-heat the oven to 200° C.
2. Combine the breadcrumbs, parsley, parmesan, lemon zest and olive oil in a bowl. Season with salt and pepper. Mix well.
3. Place the fish on an oven tray lightly sprayed with oil or lined with baking paper. Press some of the breadcrumb mixture onto the top side of each fish fillet.
4. Bake in the oven for 15 minutes or until the crumbs are golden and fish is just cooked through.

Serving Suggestion: Serve with brown rice and green vegetables or a fresh green salad. Garnish with lemon wedges.



Chicken soup, food to clear the tubes

It is part of Jewish lore - and the routines of many stand up comedians - to trumpet the universal value of chicken soup; if you've caught a cold "Drink chicken soup!", If you feel a divorce coming on "Drink chicken soup!"

A skeptical pulmonary specialist decided to test the theory of Jewish penicillin and after published his findings in an American medical journal.

Subjects were divided into three groups, some sipping hot chicken soup, some hot water and others cold water. At five minutes and again 30 minutes after, Dr Sackner measured the rate at which both air and mucous moved through the subjects' nasal passages.

Not only was the soup markedly

superior at breaking down congestion, just breathing in its vapour was more efficacious than drinking hot water. One likely reason for its success is because chicken contains an amino acid called cysteine. It is similar in its chemical properties to a drug - acetylcysteine - which is used to treat respiratory infections.

Such substances help thin mucous which loosens it from the lungs and related pathways, making it easier to eliminate. Researchers are investigating other "mucokinetics" in our foods. Garlic, onions and hot seasonings such as chilli, horseradish, mustard and curry are exceptional expectorants. Next time you bite into wasabi or a hot pepper, as your eyes fill with tears and your sinuses flush, know that deep down other passages

are likewise decongesting. Some pulmonary specialists recommend that people with chronic bronchitis and emphysema eat spicy food at least three times a week.

To assist in the preparation and treatment of colds and flu, a warming winter drink is to steep chopped garlic and ginger in boiling water for five to eight minutes, strain and add 10 to 20 drops of tobasco (hot pepper) sauce.

If you are not used to spicy food, start off with small amounts. Better yet, make homemade chicken soup

in bulk with lots of onion, garlic and something spicy. Small tubs can be frozen, reheated, kept hot in a thermos and sipped throughout the day - the longer the sipping, the longer the therapeutic effect.

Traditional Chinese medicine views foods as either stimulating or sedating, hot or cold (irrespective of temperature), yin or yang. Foods are not so much good or bad but each suited to a different purpose and different conditions.

(Source: Respiratory Relief Society Canterbury Inc. May-June 2012).

Fresh new face of audiology

Brenna Sincock is the fresh new face of audiology in Canterbury and Selwyn. Brenna brings with her a wealth of experience and a unique approach to helping customers with their hearing loss. Brenna opened her own audiology practice recently because she wanted to be independent and offer something unique, a level of service she believes customers should expect from their audiologist.

Any business owner will tell you, that it pays to be different and it pays to go the extra mile to show customers that they are valued. Brenna puts the "personal" back into audiology. Her hearing testing equipment allows her to be mobile and to hold visiting clinics in many of the smaller communities in Selwyn and to do home visits which is something many Christchurch residents are taking advantage of. "I am able to visit people in their home or in their aged care residence and I can test their hearing and fit hearing devices on the spot," says Brenna. "I

have found that for some people, it is just what they need to finally make the decision to get their hearing sorted or perhaps upgrade to the newer, much smaller hearing aids."

Brenna uses superior hearing devices and knows that some people may need extra assistance with getting accustomed to using them. With that in mind, she doesn't limit follow up visits or advice. "The point is to help people hear well again, that is my job and I like to go the extra mile to make sure that happens and that my customers get the best out of their hearing aids," says Brenna. "Hearing is something to be valued, it is something we take for granted when it is working as it should. When intervention is required however, it should be easy."

Brenna Sincock Hearing is based in Rolleston but she is happy to visit anyone in Christchurch, Selwyn or surrounds who would benefit from her expertise. (A)

Good to be home programme

"With over 27 years of experience and a professional team of local caring and highly qualified staff, Healthcare NZ Community Health Christchurch partners with health professionals to help individuals and their families maintain independence and quality of life. Our services are funded by the Ministry of Health, Canterbury DHB and ACC and they are free of charge to clients.

We are part of a national network of experienced and trained professionals. The nursing and home-based service in Christchurch is co-located with other health services to uniquely offer help and support to a variety of vulnerable people in Canterbury. Our person centred approach means we work alongside people and their family each step of the way, with a personalised support plan that incorporates the individual's needs and goals. The 'Good to be Home' programme aims to assist people with:

- Completion of everyday tasks.
- Maintaining skills and independence.
- Building mobility, strength and confidence.

We have a proven track-record of successful outcomes working with

people who have either basic or very complex support needs. Our nurses are provided on-going training to maintain professional registration with the Nursing Council of NZ. Our support workers are given training to ensure they meet the competency standards required of their work. Our tailored services can typically include help with:

- Washing, dressing, grooming and toileting.
- Preparing and managing meals.
- Shopping and home management needs.
- Taking medication safely.
- Exercises to help increase mobility and strength.
- Assistance to achieve mobility goals such as walking to the park.
- Learning new skills to manage symptoms of any illness you have such as breathing exercises for people with respiratory problems.
- Being part of a community group, club or activity programme.

Healthcare NZ Community Health is community-based, committed to supporting the people in Canterbury and has a team available to receive your inquiries up until 9pm each day". (A)

Brenna Sincock comes to you...
Home visits are just part of the service throughout Christchurch and Selwyn

Hearing loss can happen to the best of us. Our focus is to make hearing well again simple and personal. We don't put a limit on follow up visits and you will always be seen by Brenna, your audiologist.

Hearing Tests > Hearing Aids > Hearing Health
If a home visit will help you hear well again, give us a call 03 390 2332



36 Tennyson Street, Rolleston | Call 03 390 2332
Visiting clinics > Leeston | Darfield | Ashburton



Healthcare NZ
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Home-based Support
Falls Prevention
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CREST

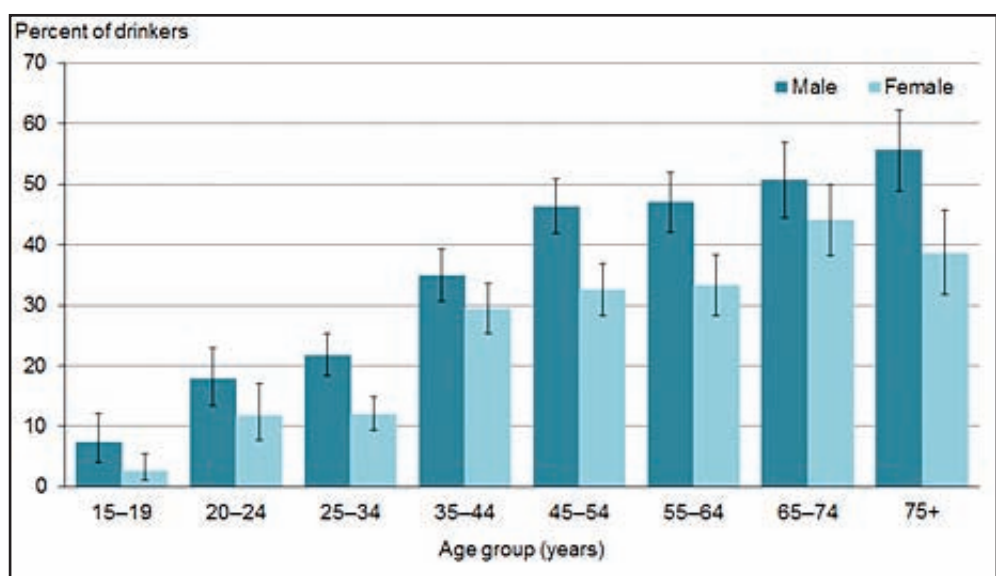
03 377 7527

www.healthcarenz.co.nz

Serious concerns of alcohol abuse by older persons

While much media attention is focused on the abuse of alcohol by young people, there are increasing concerns from treatment providers over the number of older people accessing their services. From data released last year, around 8 out of 10 NZ adults aged 55 and over reported drinking in the past year, with wine/sherry being recorded as their drink of choice.

The NZ data reflects a worldwide trend with Australia reporting that one in four people admitted to alcohol addiction services are in the over fifties age group. The latest New Zealand Health Survey published last year shows that for people who drink alcohol, the over 70s are the age group most likely to drink daily



Percentage of NZ drinkers who consume alcohol with high frequency, by age group and sex.

- the same as in Australia where a recent study found one in five over 65-year-olds presenting to aged care facilities had alcohol or substance use problems such as liver failure, brain damage, heart failure, osteoporosis

and forgetfulness associated with their alcohol problems. Denmark also reports similar issues where 27 percent of all men and 10 percent of all women aged 65-74 have an alcohol problem.

Older adults drink for different reasons than do younger adults. Some have been drinking for many years and are physically dependent on alcohol. Others start drinking later in life because of health problems, boredom after retirement or loneliness after the death of a spouse or close friend. This is called "late-onset drinking". Feeling tense or depressed can also trigger drinking.

(Source: Ministry of Health - 2015, 4th April 2016 Take five...)

Government cost shifting SuperGold card use

by Hon. Ruth Dyson, Labour's Senior Citizen Spokesperson

The Government has recently announced that it will cap the amount of central Government funding for SuperGold card transport costs from 1st July this year. Currently, the Government reimburses Regional Councils for the amount that is actually used by SuperGold card holders. When the Minister made the announcement he also said that there was no intention to shift the additional costs onto ratepayers or reduce the scheme.

So the question has to be asked – where is the additional money going to come from? If the scheme currently costs \$28 million nationwide per year, and this is what the government is going to put into it – what happens if the costs increase? (and of course they will, given the increasing number of people over 65 years of age who will have a SuperGold card and use it on transport).

I can't see any alternatives other than either ratepayers bearing the

additional costs, or the scheme itself being cut back. Currently, SuperGold card holders can use their card to get free trips on public transport at off peak times. Some Regional Councils provide even more than this, but this is the "norm" throughout the country. And of course, some areas don't have public transport so their SuperGold card holders are at a disadvantage.

I think it is unfair to move this decision to Regional Councils because it was a central Government initiative in the first place, and the deal was that central Government would fund the costs. The Government has welched on that deal but without facing up to the consequences, instead shifting the decision to Regional Councils.

And it's also a really short-sighted move. We know that social isolation is the biggest threat to the health and well-being of older New Zealanders. We also know that many people use their SuperGold card to get out and

about – and have some fun! And we know that the buses and trains are often empty at off peak times. It makes financial and social sense to do as much as we can to make sure that older New Zealanders have the best quality of life possible. And for many, being able to get on a bus and go out, without having to pay for it, makes a big difference to their quality of life.

I spoke to a man recently who used his SuperGold card to do the entire circuit of the City, getting off halfway for a cup of coffee. He told me that it was the only time he had been out during the whole week. He lives on his own and doesn't have family who visit him or take him out. He can no longer drive himself and so relies on buses or neighbours to get out. This trip probably wouldn't cost very much but I know that many people who are entirely dependent on NZ Superannuation don't have a lot left over to spend.

The current government spend on this transport is a valuable investment in older New Zealanders – that I for one think they have earned.

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Megan Woods

Member of Parliament for Wigram

Constituents needing assistance or wanting an appointment are invited to contact me on:

E: megan.woods@wigram.org.nz
P: 338 6347

Authorised by Megan Woods MP, Shop 8/12 McCarthy Street, Christchurch

Ruth DYSON

MP for Port Hills

For advice and information contact my electorate office:

642 Ferry Road, Woolston
PO Box 19661, Christchurch 8241
P 376 4512 | F 376 4514
E porthills.mp@parliament.govt.nz

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Christchurch woman takes national respiratory award

An inspirational Canterbury woman has taken out a national respiratory award. We featured Pauline Mohi in the February edition of **Keeping On**.

Christchurch grandmother Pauline was presented with a Respiratory Achievers Award at the New Zealand Respiratory Awards, held Friday 15 April at Te Papa Wellington.

Pauline has Chronic Obstructive Pulmonary Disease (COPD), a lung condition that causes shortness of breath and coughing.

Community Respiratory Nurse Louise Weatherall says Pauline has been a role model for living a full life despite the respiratory condition ever since she was diagnosed with it 25 years after giving up smoking.

"She not only actively manages her COPD, but also plays an active role in influencing respiratory health programmes in Canterbury, and supporting others with the condition.



Pauline Mohi is respiratory award winner

When Pauline was diagnosed,

she participated in one of our free Community Pulmonary Rehabilitation Programmes. She's now dedicated herself to supporting others with COPD, Louise says.

In Canterbury, consumers play an important role in the transformation of health services and this award not only recognises Pauline's commitment to living a full life despite her COPD, but also her impact on respiratory health services in Canterbury.

Pauline is Chair of the Canterbury Community Pulmonary Rehabilitation Consumer Group, a group dedicated to supporting people with respiratory conditions and influencing respiratory health services in Canterbury.

She regularly shares her story at pulmonary rehabilitation programmes and is known to keep in regular contact with programme participants to ensure they feel supported and encouraged to continue.

"You'll often see Pauline at events with her big bag of information she's collected from different health services to support others with similar respiratory conditions," Louise added.

Pauline manages her condition by keeping active through a variety of classes including exercise, tai chi, walking and gym class.

"Lots of normal everyday things are an effort, but it doesn't mean that you can't do them and that you shouldn't do them," Pauline said.

The Respiratory Awards acknowledge and celebrate New Zealanders with respiratory conditions who achieve great success in their lives despite the challenges.

(Source: From Meagan Draper, Communications Project Co-ordinator, Canterbury Clinical Network).

"Treadle" for your heart

Do you use your legs to protect your heart? No. Not just by walking.

Whilst walking is great for a healthy heart, there is another way to exercise which anyone can do, sitting comfortably in front of TV.

You can boost circulation and help get blood back to your heart – without strenuous exercise. Your legs can help pump the blood. They are sometimes referred to as "our other heart".

Working the calf muscles with a "treadle" action, just like using the old sewing machines, is the key. The Aircycle "treadle" exercise assists the calf pump mechanism.

"Anyone on diuretics with the problem of fluid retention and anyone sitting with legs down for any length of time may be helped by using this exerciser." (Dr Matthew Parsons.)

Using the Aircycle exercise several times a day, for even 2 or 3 minutes at a time, while on the phone or having



coffee, will quickly improve your circulation and you will feel the results.

"My swollen ankles have reduced and I can now sleep without pain" wrote Alex Simmonds. "And my night cramps have gone!"

Uncared for diabetes is one of the greatest causes of heart disease. "Since using the Aircycle, my diabetic ulcer has healed and all the pain gone," emailed Richard Leighton. "My toes have stopped tingling and getting sore and are back to a healthy pink colour."

Aircycle exercises also strengthen leg muscles to help support joints and relieve arthritic pain. Keeping your legs moving is not just good for a healthy heart. It will help you remain mobile and independent for longer.

"My knees have gone. I've been using a walker but now I don't need it" a woman from Rotorua wrote. "I can move more freely and have much less pain."

Aircycles are available in pharmacies, Diabetes Christchurch and Aspire Canterbury. More information and orders : www.aircycle.co.nz, call 04 569 5013 or post \$39.90 to Aircycle, PO Box 45 105, Waterloo, Lower Hutt.



Gentle exercise while you sit - it's so easy!



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- * Parkinson's & MS
- * Painful fingers & wrists
- * Travelling (DVT)
- * Cold hands and feet

Available in pharmacies, Diabetes Christchurch, at www.aircycle.co.nz or call 04 569 5013, or post \$39.90 to Aircycle, PO Box 45-105, Waterloo, Lower Hutt.

Tips for handling telemarketers

"Three little words that work!"

"Hold on please".

Saying this, while putting down the phone and walking off (instead of handing up immediately) would make each telemarketing

call so much more time consuming that boiler room sales would grind to a halt. Then when you eventually hear the phone company's beep-beep-beep tone, you know it's time to go back and hang up the handset, which has efficiently completed its task. These three little words will help eliminate telephone soliciting.





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Volunteers are wanted for a life balance study

A pilot intervention study

Are you:

- Over 65 years of age?
- Living independently in the community?
- Living with more than one diagnosed long-term condition (e.g. asthma, lung diseases, heart failure, diabetes, arthritis, etc.)?

Would you be willing to volunteer for a study to evaluate if Life Balance education improves quality of life and ability to do the everyday things through better self-management of long-term condition(s)?

Participants receive four group education sessions facilitated by registered nurses and a registered clinical psychologist. They cover strategies to enhance self-management, goal setting, healthy living, symptom management, problem solving and introduce mindfulness strategies. You will also be asked to complete three questionnaire packs.

If you wish to find out more or are interested in participating in this study please contact either:

Dr Beverley Burrell - Primary Investigator, Ph 364 3860 or email: beverley.burrell@otago.ac.nz



Or Dr Mandy Wilkinson - Assistant Research Fellow, Ph 364 3869 or email mandy.wilkinson@otago.ac.nz



Thinking about your feet helps prevent falls

Falling is NOT a natural part of ageing, even though injury statistics show that we are often more vulnerable after a certain age.

There are many ways we can help ourselves to avoid a fall.

One of the most important things is to refresh our awareness of our feet on the ground.

In the Steady As You GO falls prevention exercise classes, we are reminded over and over to think about our feet. 'Feet hip distance apart' is the most frequent instruction. At times during the class we experiment with this wide, sturdy and stable gait, and at other times we stand with our feet one in front of the other, aligned heel to toe, striving to find balance with our eyes closed.

We all wobble, sometimes a lot, in this position where our centre of balance is very narrow. Yet when we practice shifting our weight from side to side, and walking in curves, sideways and backwards with our feet 'hip distance apart, we find that we are much more stable. We are less likely to get our feet mixed up and trip

ourselves over when we keep them pointing straight ahead with about two fist widths between them.

At a SAYGo class you will do simple activities, seated in a chair, standing and walking, all at your own pace. Anyone who can walk can do these exercises, and they are proven to improve balance, flexibility and strength.

When you have done a few classes you will feel physically better and more able to do your normal activities. You will also have fun in the class, and enjoy being with a social and friendly group of like-minded people. Each class costs just \$2.

Currently we have Steady as You Go classes in Hei Hei, Wigram, Harewood, Papanui, Hoon Hay, Riccarton, Wainoni, Waltham, and Rangiora.

More classes will start in other locations around greater Christchurch as demand increases.

Find out more by ringing Age Concern on phone 366 0903 or 0800 80 33 44.

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Te Hapua: Halswell Centre
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Starting 10th May 2016

Belfast

Belfast Community Network Centre
Sheldon Park, Main North Road
Wednesday 6:15 - 7:45pm
Starting 11th May 2016

Bishopdale

Bishopdale YMCA
13a Bishopdale Court
Thursday 1:30 - 3:00pm
Starting 12th May 2016

Diabetes

Specific program for those with pre, type 1 or type 2 diabetes
City YMCA
12 Hereford Street
Thursday 9.30 - 11.00am
Starting 12th May 2016

For more information and to register please contact:

Dave Jeffrey
P 03 373 5042

E dave.jeffrey@sportcanterbury.org.nz
www.sportcanterbury.org.nz

Suitable for all ages (18+) and levels of ability. Join us each week to try a range of low-impact activities, eg circuit, badminton, Tai Chi and Zumba. Discuss ways of maintaining a healthy lifestyle and enjoy the support of others in the group. Cost is \$3 per session.



Falls are preventable STEADY AS YOU GO (SAYGo)

SAYGo Falls Prevention Exercise classes improve your balance, leg strength, flexibility, general fitness and wellbeing.

Hei Hei, Community Centre, Wycla Avenue on Monday at 10.30am.

Harewood, St James Church Hall, Harewood Road on Monday at 1.00pm.

Wigram, Harvard Lounge, Corsair Drive on Monday at 1.00pm.

Wainoni, (Best Years group), Celebration Centre, 81 Bickerton Street, back entrance with Preschool signage on Monday at 10.30am.

Papanui, Age Concern Centre, cnr Main North Rd and Loftus St on Tuesday at 9.30am.

Hoon Hay, Hoon Hay Presbyterian Church Lounge, 5 Downing St, Hoon Hay on Friday at 9.30am.

Riccarton, Kauri Lodge, 148 Riccarton Road on Thursday at 9.30am.

Rangiora, Ballarat Retirement Village, 21 Ballarat Road, Rangiora on Wednesday at 10.00am and 11.15am.

Waltham, Waltham Cottage at 201 Hastings Street East, Waltham on Tuesday at 1.00pm



DESIGNED FOR MEN AND WOMEN

Falls are the most common cause of injury in older people.

Falls are not a natural part of ageing, FALLS are preventable!

Save yourself from a fall by attending a weekly SAYGO class and improving your strength and balance.

\$2.00 per class.



Please ring Age Concern Canterbury on 366 0903 to express your interest in these classes.

Strategies for living with low vision

Learning to cope with low vision can take time, but many services and products can help you to make the most of your remaining vision and stay independent. Your optometrist will be able to provide advice and tips to help you cope.

As well, low-vision aids are widely available. You can find many through the Blind Foundation's online equipment shop. The foundation has a shop in Christchurch and holds days when you can try out the equipment. Phone the shop on (03) 375 4300 for more information.

You may also find the page on Disability aids for home and mobility helpful.

You may be able to get financial help to pay for low-vision aids or modifications to your home. To find out if you are eligible for funding, your GP will need to refer you to an occupational therapist for an assessment.

Tips for living with low vision:

Use contrasting colours

- Use a dark tablecloth with white plates so you can see the table edges and food more prominently.
- Paint white lines on the edges of steps and ramps.
- Install contrasting frames or switch-plates around light switches and power points.
- Use brightly coloured accessories, such as cushions and vases, so it is easier to find the furniture.
- Paint door frames, door knobs and handrails a contrasting colour so they stand out more.

Light it up

- Install bright lighting in areas where you need to see details, such as the bathroom, workshop and kitchen.
- Make sure hallways, stairwells and entrances are well lit so you can find your way around safely, especially at night.
- Put desk lamps or motion sensor lights in areas such as the pantry or darker corners of the kitchen or office. Aim light at the work, not your eyes.



Label everything

- Use bold labels or stickers of varying shapes to make it easier to identify things.
- Use texture to help you identify things. For example, the Blind Foundation has textured labels you can use to identify frequently used positions on your oven dial and microwave panel.

Make it bigger

- Use devices (TVs, phones, watches and so on) with large display screens or faces, and bigger buttons. This can make it easier to tell the time, use the phone, change television channels, and even weigh yourself.

Keep it tidy

It's easier to find things if you know where they are. If you're not used to keeping things tidy, it may take some time to get into the habit, but life will be easier once you do.

- Eliminate clutter – get rid of things you don't use.
- Always put kitchen items and clothing away in the same place so you can find them easily.
- Ask others to tell you if your clothes are clean and tidy.

Stay safe

- Replace worn carpeting, remove or tape down loose mats and other hazards on the floor, such as electrical cords.
- Keep access areas and walkways between furniture clear, push chairs under the table and fully close drawers and cupboards.
- Install grab bars and hand rails.
- Keep the telephone where you can easily reach it.



- Mop up spills as they happen.
- Use non-slip mats in the shower or bath.

Seek help

Asking for help is often the hardest thing to do, but it can make a big difference to your life. Staff in many shops are trained to help people with low vision. Even passers-by are often happy to help if you ask them.

The Blind Foundation offers recreation and support services and Age Concern Canterbury can also help you find services and support.

Use the buddy system

Low vision is common among older adults. As one of the side effects of low vision is a feeling of loneliness, finding a friend or support system in your community can be very helpful. It can also help to learn tips and tricks that have worked for other people in the same situation.

Try one of the following support groups:

Albinism Trust

Phone: (06) 367 5900

Website: www.albinism.org.nz

Diabetes New Zealand

Phone: 0800 DIABETES

(0800 342 238)

Website: www.diabetes.org.nz

Glaucoma New Zealand

Phone: 0800 GLAUCOMA

(0800 452 826)

Website: www.glaucoma.org.nz

Macular Degeneration

Support Line

Phone: 0800 MACULA

(0800 622 852)

Parents of Vision Impaired (PVI)

Phone: (03) 980 1566

Website: www.pvi.org.nz

Retina New Zealand and Retina Youth

Phone: 0800 LOW VIZ

(0800 569 849) – for general information

0800 233 833 – peer support

Website: www.retina.org.nz

Be patient

Coping with low vision is not simple. Developing your own tricks and methods takes time and effort. Go easy on yourself and keep trying. Eventually, you will find the best solutions for your specific visual impairment.

Practise

It's important that you keep your interests, hobbies and social contacts. Once you have decided how to do things, practise doing them. The more you practise your new methods, the easier things will become.

For further information and assistance to live well with low vision you may like to contact an Occupational Therapist. Talk to your GP to see if you are eligible for further referral to either:

1. The Low Vision Clinic at Burwood Hospital.

2. Older Persons Health Community Therapy Service.

If you would like to see a private Occupational Therapist there are a few listed in the Age Concern database including Port Hills Therapists and Therapy Professionals.

Written by occupational therapy liaison, Canterbury Initiative. Endorsed by HealthInfo clinical advisers. November 2014.

(Source: HealthInfo Canterbury, Canterbury District health board, *Strategies for living with low vision*, November 2014).

Images courtesy of FreeDigitalPhotos.net. Table setting by winnond, clock by domdeen.

Keeping On Advertisers - book now for a advertising space in the August 2016 issue of Keeping On.

The deadline is Friday, 15 July 2016.

Please contact Anna-Marie on 331-7804.

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Post: **Keeping On**, Age Concern Canterbury, 24 Main North Rd, Papanui. Christchurch 8053.



UPDATE FROM THE CLUBS



Amberley Welcome Club members enjoyed bus trips to Yaldhurst, Darfield and Oxfrod and a two night saty in Oamaru. In April there was a bus trip to The Tannery, Sumner and New Brighton. May will see members visiting Geraldine and in September bus trips are planned to Cheviot and Gore Bay. **Meet:** On third Monday of the month at 1.30pm at the Anglican Church Hall, Amberley. **Contact:** Kath Anderson on (03) 314 8365.

Beckenham Friendship Club members enjoyed entertainment from Val from Vee Jay and Richard Hore. For the meeting on 14 June a change of venue is required to St Marks Church, Cnr Barrington and Somerfield Streets and this will start at 1.15pm. **Meet:** Second Tuesday of the month at Cashmere Life Church, Colombo Street. **Contact:** Janet Meek on 332 4237 or email janetmeek@xtra.co.nz.

Bishopdale Senior Citizens Club have enjoyed playing housie and being entertained by Nola Mills with her selection of harmonicas and The Limelighters. They have also enjoyed bus trips to Oxford and the Lincoln Women's Institute. Entertainment has been provided by K Zees Duo and Richard Hore. **Meet:** First and third Monday of the month at 1.30pm at St Margarets Church, Farrington Avenue, Bishopdale. **Contact:** Marie Tyler on (03) 594 344.

Lincoln Area Senior Citizen Club held their AGM in March which saw a change of Secretary and Vice President. Members celebrated Easter with Easter eggs and hot cross buns. In June members will hold the clubs 40th birthday celebrations with a lunch at The Tannery. **Meet:** First Tuesday of the month at 1.30pm at Lincoln Event Centre. **Contact:** Margaret Barrat on (03) 325 2218.

Sumner Senior Citizens Club members enjoyed a tour in the 'Caterpillar' and a bus trip to Cust. In May members are looking forward to 'Operatunity' entertainment. **Meet:** 2nd and 4th Wednesday each month at 1.30pm at Sumner Surf Club. **Contact:** Lola Bouckoms on 384-9889.

Christchurch Theatre Workshop Inc

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Cashmere Club, Lower Colombo Street

Tuesday, 31st May 2016

Tuesday, 26th July, Tuesday,

27th September 2016

Tuesday, 29th November 2016, at 1.45pm

RSA, 82 Victoria Street, Rangiora

Wednesday, 1st June,

Wednesday, 27th July, Wednesday, 28th September,

Wednesday, 30th November at 1.45pm

Admission is \$5.00.



Please phone 960 8698 for advanced bookings.

Some tickets will be available at the door.

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"Healthy Snacks & Spreads" with Ruth Townshend & Carol Hides

Monday 23 May 2016, 12.15 – 2pm at Cobham Hall, Fun Movie and

Potluck lunch. Bring food to share Cobham Hall.

Thursday 2 June 2016, 10.30am. Coffee Morning Bring &

Buy "COW" Table produce from our garden The Hub,

Spreydon Church Café, 244 Lyttelton Street.

Monday 16 May 2016, 12.15 – 2pm at Cobham Hall, \$5 lunch

Living Well & Eating Well, Part 4. "Healthy Slow Cooking & Stir Frying"

Ruth Townshend & Carol Hides.

**Ring Southwest Baptist reception for queries on
phone 338 4163 ext 221**

Favourite recreation enjoyed a lifetime

by Thelma McNiven



John McMillan (organiser), Noel Finch, Thelma McNiven and Terry McNiven

The earliest memory of my life (I am 86) is recalling when I was three and for misbehaving, the matron plonked me on a high cupboard and told me to behave! I can't recall what I had done! When the war began in 1939 I was evacuated to Skelmersdale, a village in the country, to live with a coalminer and his wife and two children. I recall having a bath once a week in the outer shed. I can remember how we were snowed up too and how cold it was. However, I became homesick so returned to my family. Consequently I finished my education experiencing private tuition in a house with 6 others. I won a scholarship to Queen Mary High School (a feat in those days).

So to reward this momentous occasion, my parents bought me a bike. My cycling life began when I was 14!

In 1963 I emigrated to Christchurch, New Zealand with my husband and three children. After rearing our family, I was better able to enjoy my favourite recreation – cycling.

Becoming redundant at 59 – life really began. I enjoyed lots of tramping and cycling trips away. (I had a considerate husband!) I joined the Y.H.A. cycle group experiencing

many happy trips in Australia and New Zealand. (There wasn't much traffic in those days either).

Twenty two years ago I decided to organise a cycling group for "more mature" cyclists. We had a weekly ride with occasional trips away. To celebrate the Millenium when I was 70, we cycled from the top of the South Island to the bottom (Picton to Bluff) in 23 days. It was one of the highlights of my life making news in the local newspaper and on T.V.!

The group still survives today with a new leader as I moved away from Christchurch's earthquakes some three years ago.

Since becoming 80 I have enjoyed cycling with groups - in France along the Loire River, and the next year in Germany following the Moselle River, Austria and Switzerland, sometimes achieving as much as 40 – 50 km a day.

While living in Christchurch, a friend (a cycle mechanic) made me a low angle bike (to cock my leg over!) without falling. It's changed my life. Lots of cycling trails are planned in New Zealand so I hope to accomplish riding a few more of them – God willing! Get a bike and give it a go!



And now you can hear again an hour of radio and TV nostalgia
Out of the Glow,
with Paul Featherstone on
Plains FM 96.9. It's on the air the first two Sundays of the month at 5pm



PASS IT ON
Share your copy of
Keeping On with neighbours,
family and friends.

A small group making a valuable contribution

Peggy Purls meet in the Redwood Lounge at Parklands on Papanui Retirement Village. They are a group of women, largely from the surrounding community, who enjoy gathering once a week to knit and chat.

During the Great Depression more than eighty years ago, a youngster named Peggy Cook (nee Huse) started a volunteer Kiwi movement that made thousands of knitted blankets. These were originally made up from six inch "Peggy Squares" which were knitted by children. They helped keep New Zealand warm. The Parklands group was initiated by the Manager of Parklands Retirement Village, Jan England, who thought of the valuable contribution a group like this could make. A small notice in the local paper last November has brought together approximately 37 knitters. Generally 15 are in attendance each week. They make rugs, hats and baby clothes for those who might not otherwise have them.

Made with love by the group of volunteers, they will be given away to families and seniors who will



Peggy Purls justifiably proud and (below) items made.



appreciate them. Feel free to drop in any wool you may have to donate.

Please feel free to join the group. Phone Jan England on 373 8571.

Garden City Seniorsnet

Would like to invite you to become a member of our Learning Centre.

For a joining fee of \$20.00 plus reasonable class fees, you can learn many skills from our friendly tutors who will help you get more from your laptop, tablet, smartphone or home computer.

For further information, please phone **348 4499** or come to a 'meet and greet' session on the third Thursday of the month from 12.15 to 1.00 pm at our club rooms, 3 Brake Street, Church Corner, Upper Riccarton. Come along for an informal chat, we'd love to see you.



'Ah, time for my fat-free, half soy/half almond, semi-mocha frappatini break.'

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**St Chads Anglican Church,
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(Please bring two small towels).**

Loburn Red Cross

Loburn Red Cross is continuing to provide an 'all-you-can-eat' afternoon tea and small country sales table during the months of February to November for groups looking for a local outing.

The venue is the Loburn Reserve pavilion on the Loburn-Whiterock Road, just before the Karikaas Dutch cheese factory, and the cost is \$8.00 per person.

**For enquiries and/or bookings please contact
Mary Stewart on (03) 313-8393.**

**All money raised goes directly to the Red Cross.
We look forward to meeting some new groups.**



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Contact phone: 3320716 or 3324764

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ACTIVITIES PROGRAMME**

Work in the garden now Autumn is with us

by Michael Coulter

Autumn is now with us, the days are getting shorter and nights cooler. Much is now slowing down in the garden, the summer flowers are past their best and the stone fruit is all but finished. My apple harvest is in full swing as are my grapes.

Now is the best time to plant spring bulbs and lilies. In the smaller gardens plant these in pots using good potting mix as these are easily moved around the garden to give colour when they are in flower and moved out of the way once they are finished. Other flowering plants, to give winter colour, that can now be planted are polyanthus, primulas, pansies, violas, poppies, hardy cyclamen, stocks and wallflowers.

In the vegetable garden winter brassicas may still be planted and broad beans sown in late April/May.

Lawns need to be mown each week but not too low; they will also



St Albans Uniting Parish Community Garden

benefit from a feed and some weed control. Fruit trees will benefit from an autumn clean up treatment as the leaves begin to fall, to help control pest and diseases next season. Before the weather gets too cold keep the garden as weed free as possible so that the plants do not have to

compete for food and light over the winter months.

To keep our paths safe, treat them for moss and keep free of leaves and dirt so that they are not slippery when wet or frosty. Trim back any excess growth from trees or shrubs that may be over any paths or doorways so

that they are clear, especially when it is dark. Get the spouting cleaned out after all the leaves have finished falling and check that drains are also clear.

Glasshouses that have crops that have finished need to be cleaned out and washed down to be ready for next season's crops.

For those of us who have gardens too small to grow our own vegetables then consider becoming involved with a community garden, a movement that is growing in numbers throughout our City. There is one in nearly every suburb.

Coulter's Garden Nursery, 183 Weston Road, St Albans are specialists in chrysanthemums, fuchsias and other plants such as buxus. NB. Not open on Sunday. Phone 355 4656.

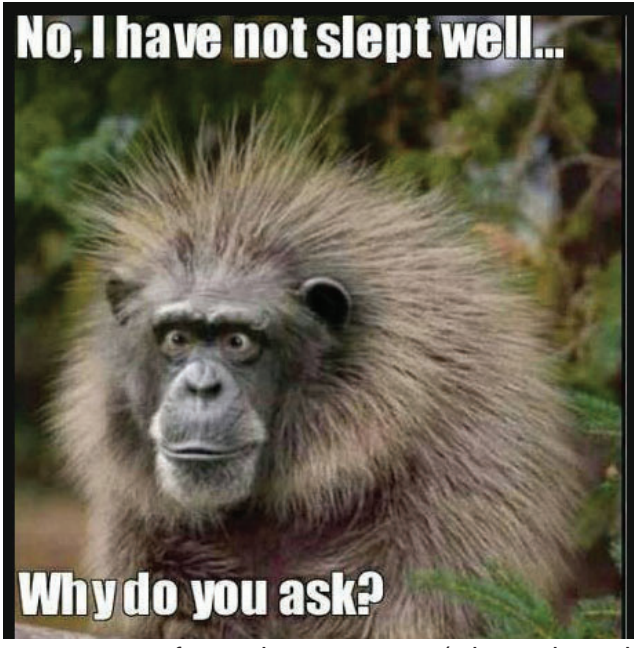
The elusive good night's sleep

Dr Tom Stuttford has some advice for insomniacs. Over the past two or three weeks I have had three letters about insomnia. All three of our readers told rather different stories and all three had very different advice from their doctors. A letter a week about sleep disorders from Oldie readers shouldn't be a surprise. Half of all those people questioned in one American study reported that they had sleep-related problems and of these insomnia was the most common, followed closely by excessive daytime sleepiness – what the Americans refer to as EDS.

Insomnia and excessive daytime sleepiness are likely to be related:

Somebody who fails to sleep between, say, 2am and 5am is going to find it hard to keep their eyes open when listening to a lecture after lunch or if they are a passenger in a car. Rather more worrying is the association between insomnia and road accidents: an appallingly high incidence of motorway accidents are said to be related to drivers falling asleep.

It was probably the few days of Mediterranean sun in July that prompted our clutch of letters because a disordered sleep pattern becomes more troublesome during hot spells. Nor is it surprising that the medical advice on it varies as there are so many factors that may cause insomnia. Nevertheless, doctors are likely to ask the same questions. They will try to determine whether the difficulty is in getting to sleep or in failing to stay asleep, meaning the patient may nod off quickly but a couple of hours later is awake with a brain working overtime as it fruitlessly analyses various insoluble problems. The easy deduction is that those patients who fall asleep rapidly only to wake an hour or two later to a false dawn are likely to be suffering from depression, from one of the forms of insomnia affecting older



age groups, from sleep apnoea (where there is a pattern of crescendo snoring with ever louder snoring followed by a silent breathless phase) or some physical complaint including, for example, Parkinson's disease. The person who is unable to get off to sleep is likely to be a chronic worrier, an obsessive, or a perfectionist, or may be a well-balanced person who is going through a period of trouble. Perhaps one of the three Ds – death, divorce or debt – is stalking the family. This pattern of sleeplessness may well be exacerbated by what some doctors refer to as sleep discipline.

Sleep discipline involves trying to standardise your sleep patterns so that you go to sleep at the same time every day and keep to this pattern regardless of school holidays, weekends or travel. We should all aim for six to eight hours of sleep a night but once we are older we may have to think in terms of achieving this in the 24 hour period. We may for instance opt for a six-hour night coupled with a two-hour siesta, not necessarily in or on a bed, as a comfortable armchair can be equally

effective and not so damaging to pride. Although power naps during the day are frowned on by some doctors, I have always found them rather useful. Anyone who has any suspicion of narcolepsy not only benefits from, but must have, a quick nap when they feel sleep coming on.

Sleep discipline extends to the layout and use of the bedroom. Bedrooms should be kept for sleep: no desks, computers, smart phones or tablets. A bedside telephone or simple mobile is allowable but no heavy books or nerve-shattering reading before attempting sleep. Family and financial discussions should be postponed until next day. A radio played quietly may be allowed – the BBC World service helps many of us to have a reasonable night. Bedroom television is not usually recommended but the right programme can be sleep-inducing.

Those who find sleeping difficult should avoid having any coffee after the mid-morning break and should try to have their main meal at lunch time rather than dinner time. A small amount of alcohol will help wonderfully well with relaxation, but excessive alcohol will produce a sweaty drunkard's false dawn even in a usually good sleeper. Avoid too many liquids before going to sleep and take any diuretic in the morning rather than the evening. Bedclothes shouldn't be too heavy but cold feet must be avoided. Dr Hilary Jones, the journalist and television doctor, recommends a hot water bottle filled with cold water and stored for some hours in the fridge placed around the ankles or behind the knees for those who can't sleep in hot weather. Despite temptation, sleeping pills should be used only in the smallest possible dose and intermittently rather than continuously, although some of the more modern sleeping pills have partially relieved the problem of the need for an ever increasing dose. (Source: *The Doctors Surgery, The Oldie*, Sept 2015, www.theoldie.co.uk).

Three decades of ANZAC memorial photography

by Vicki Blyth

Communications and Marketing Manager, Canterbury Museum

ANZAC, a unique insight into the memorialisation of war by acclaimed New Zealand photographer Laurence Aberhart, opened at Canterbury Museum on April 7th.

Laurence Aberhart has been photographing World War One memorials that include a single figure, in New Zealand and Australia for more than three decades. This special exhibition of 60 prints, developed by Dunedin Public Art Gallery as part of the World War One centenary commemorations is the stunning result of this work.

Within a few years of New Zealand and Australia becoming engaged in the war, local communities had commissioned and funded public war memorials in small towns across both countries.

Museum Director, Anthony Wright says that Aberhart's work was particularly thought-provoking and relevant in the lead up to ANZAC Day. "These war memorials stand



War memorial, Kaiapoi, Canterbury

across both our countries as symbolic and moving tributes to those who sacrificed their lives in the wars of the twentieth century and are powerful

reminders of the massive casualties of war."

As with all his work, Aberhart shot the exhibition photographs with an old-fashioned view camera using long exposures and available light.

Laurence Aberhart is regarded as one of New Zealand's most important photographers. His work has been exhibited widely throughout New Zealand and internationally and is found in all major New Zealand public collections as well as many overseas. For close to 40 years, he has produced a body of work unrivalled in its intensity, richness and layers of cultural and photographic history.

ANZAC: Photographs by Laurence Aberhart. April 7th to July 24th 2016 at Canterbury Museum. Developed and toured by the Dunedin Public Art Gallery with support from Creative New Zealand and WW1 Lotteries.

(Source: Canterbury Museum Media Release).

Quotes on Friendship

"Friendship is always a sweet responsibility, never an opportunity."
Khalil Gibran.

"Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend."
Albert Camus.

"True friendship comes when the silence between two people is comfortable."
David Tyson Gentry.

"Friendship consists in forgetting what one gives and remembering what one receives." Alexander Dumas.

"Be slow to fall into friendship; but when thou art in, continue firm and constant." Socrates.

"Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down."
Oprah Winfrey.

Leonard Trent, Kiwi great escaper

The Air Force Museum is full of incredible personal stories, like that of Victoria Cross winner Leonard Trent, who took part in the famous 'Great Escape' during World War Two.

Shot down and captured on 3 May 1943, Trent was one of five New Zealand airmen who directly participated in the Great Escape from the German Prisoner of War (POW) Camp, Stalag Luft III, in March 1944. Of the 240 men selected to make the escape, Trent was the 79th to pass through the tunnel and experienced the end of the escape first-hand.

He had crawled out of the tunnel exit and was lying on his stomach in freezing snow when a German guard approached. Not noticing Trent in the darkness, the guard was about to relieve himself when he spotted the tunnel in front of him. He let off a signal shot with his rifle and Trent immediately leapt up shouting, "Nicht schiessen!" ("Don't shoot!"). He was captured on the spot, and taken back inside the camp gates, where he was sentenced to three weeks' solitary confinement on starvation rations.

Fellow New Zealanders Squadron Leader John Williams, Flight Lieutenant Arnold Christensen and Flying Officer Porokoru Patapu (Johnny) Pohe had all escaped

before Trent, and managed to evade capture for several days before being discovered and arrested south of Sagan. These three New Zealanders were among the 50 Allied airmen shot by the Gestapo following the escape.

This is just one of the amazing stories that is brought to life through the Air Force Museum's unique "Captured!" experience.


For more information, or to book your place, please contact the Public Programmes Team: Ph: 03 343 9504 or Email: programmes@airforcemuseum.co.nz



Leonard Trent, VC

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Age Concern New Zealand is pleased to announce the appointment of a new CEO and National President

Stephanie Clare, current Clinical Leader of Parkinson's New Zealand, has accepted a secondment with Age Concern in the role of Chief Executive.

Emeritus Professor, Peter Oettli was elected as President, as previous President Evelyn Weir had completed her term. Peter has been on the Age Concern New Zealand board since 2011 and has served as Vice President for the past two years, as well as being an Age Concern Hamilton Council member since 2005.

Both Stephanie and Peter are excited to work together in their new roles to improve the lives of older New Zealanders – and to ensure that older people are not stereotyped, but given the support they need and the recognition they deserve.

The successful secondment of Stephanie follows the departure of previous CEO Robyn Scott, who has taken the position of Director of the Ministry for Youth Development.

Stephanie will job share, allowing her to continue her work as Clinical Leader for Parkinson's New Zealand. The decision to appoint an interim



Age Concern New Zealand Chief Executive
Stephanie Clare

Chief Executive was made by the Board of Age Concern New Zealand, as the organisation continues its work on the future structure of Age Concern.

"I am thrilled with the opportunity to work with everyone at Age Concern New Zealand. It will be wonderful to be part of an organisation that values and advocates for older

New Zealanders," says Stephanie. Stephanie has more than 20 years of leadership experience in the not-for-profit and health sectors, including the recently held position of Acting Chief Executive at Parkinson's New Zealand.

The appointment brings many new opportunities for Age Concern and Parkinson's New Zealand to collaborate, with aligned mission and values and some stakeholder crossover. Both organisations strive to connect people with the support, education and advice to live great lives and are excited to work together to do even more for the vulnerable people of New Zealand.

"We need to accord dignity, respect and recognition to the growing older segment of our population", says Peter, "and we will do this through the national coordination of the Elder Abuse and Neglect Prevention Service, the Accredited Visiting Service and the National Health Promotion contract".

Age Concern New Zealand also works to represent older New Zealanders, so that their voices are heard on important issues.

Older Person's Gathering

Entertainment followed by an afternoon tea is held at 80 Rattray Street, Riccarton (Riccarton Baptist Church).

- Wednesday 18th May, 1:30-3:30pm
Musical Entertainment
- Wednesday 20th July, 1:30-3:30pm
Radio & Media of the Past
- Wednesday 21st September, 1:30-3:30pm
Celebrating Nature
- Wednesday 16th November, 1:30-3:30pm
Christmas Event

Entry by gold coin donation to help cover the cost of food.

For more information please contact Velda on 348 4350 or Joan on 348 3877.



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