

Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTERBURY Vol 92: Summer 2016



**Improving with age -
our preception of growing old
needs some get up and go
Page 20**

FROM THE CHIEF EXECUTIVE



social connection team has utilised our mini buses to provide over 5000 outings to cafes, libraries, schools, and the museum and hosts' houses. We couldn't do this work without the amazing support of our volunteers and those who support us financially – we are a charity and every bit of funding we receive, no matter how big or small – is very welcome and put to good use supporting older people.

I have been at many meetings recently regarding services that affect older people. Several of these were with the Canterbury District Health Board, looking at community services and pharmacy services. Another was with Environment Canterbury regarding public transport. Staff at Age Concern Canterbury are often involved in these meetings and we are always keen to hear your thoughts on any service or matter affecting older people.

Please do give me a call and offer your thoughts or suggestions so we can advocate on your behalf to ensure older people are connected, supported, celebrated and valued in an inclusive society.

I hope you have a safe and happy Christmas and New Year period. We will be closed between the two holidays, but open again from January 4th and look forward to supporting you in 2017.

Simon Templeton,
Chief Executive

Last month we celebrated the International Day of Older Persons. It is observed on October 1st each year and was observed for the first time on October 1st, 1991. The major part of our celebration is to host the Positive Ageing Expo, and what a fantastic day we had, at what was the 10th Age Concern Canterbury Expo. The weather was not on our side on the day but that did not perturb the thousands of people turning up and having a great day of learning and socialising.

Thank you to all the exhibitors for making the day as great as it was – we have had some wonderful feedback from the older people of Canterbury.

2016 is nearly over and has been another very active year, with every service we ran seeing a large increase in the number of people we need to support. The number of Elder abuse cases has increased by 40%, and our

A WORD FROM THE PRESIDENT



School's impressive facilities.

I wish to thank Jeff Smith, Principal of Papanui High, his staff and his pupils. This partnership fosters a remarkable association of youth and older persons.

There has been a huge increase in exhibitors and we thank each and every exhibitor for their support and all that they bring to our Expo. Thank you to the volunteers who are so important to the day. Also, thank you to the staff of Age Concern Canterbury, we have an outstanding team.

On another note, Age Concern Canterbury was a very proud and grateful recipient of a very impressive brand new people carrier van.

This van was made possible through the generosity of the Christchurch Lions Club. We are very appreciative of the huge effort the Lions Club went to to provide the van. The vehicle will give great pleasure to our existing minibus outing and future clients.

May I again give sincere thanks to the Combined Lions Club of Christchurch.

Finally, I would like to express my sincere thanks to Yvonne Palmer, Age Concern Canterbury's Project Co-ordinator, for organising another very successful Expo.

As this will be the last edition of **Keeping On** for this year I will take the opportunity to wish everyone a very happy and safe festive season. As always may I suggest that you extend your greetings to seniors who may be living on their own. Please be aware of the fact although this is called the 'festive season' it is not always so for many people.

Annette Harris
President

This is the 10th year Age Concern Canterbury has organised a Positive Ageing Expo which is timed to run in tandem with International Older Persons' Day.

Collectively we share concerns and goals that seek to:

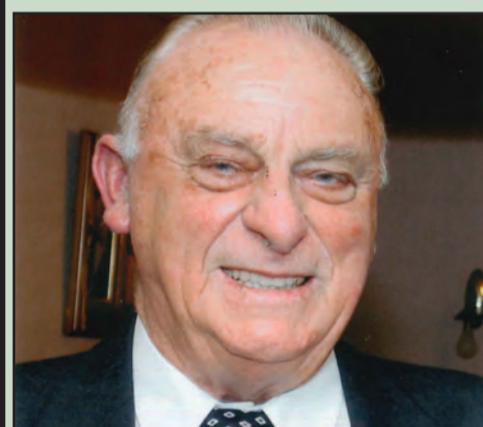
- * Empower older people.
- * Encourage independence.
- * Ensure that the community is well informed about issues affecting older people.
- * Be effective advocates on their behalf.

We, as an organisation, are on a continuous journey toward improving our service to our present and future clients, which includes helping them to achieve a reasonable level of comfort, safety and dignity.

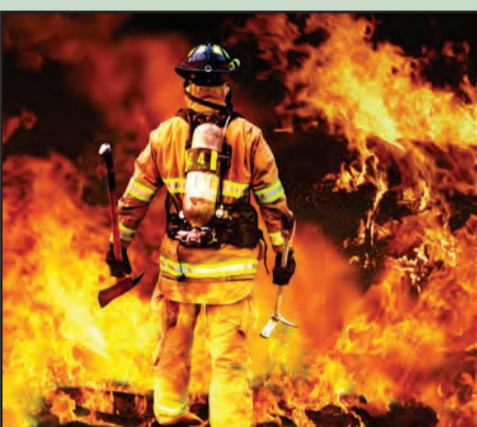
Sunday was set up day for the Expo and although it was the beginning of the school holidays the Papanui High School pupils turned up to help. They worked very hard while still enjoying themselves.

Age Concern Canterbury values this relationship and attributes a large part of the success of the Expo to that relationship. We value the privilege extended to us to use Papanui High

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Age Concern Canterbury's President and staff wish everyone a very Merry Christmas and a Happy New Year.

We are closed for Christmas from 24 December 2016 to 4 January 2017

Keeping On

OFFICIAL MAGAZINE OF AGE CONCERN CANTEBURY (INC)

Keeping On is distributed by Age Concern Canterbury to Christchurch Malls, Senior Citizen Clubs and Groups, Libraries, Medical Centres, Rest Homes, Hospitals and Institutions, Housing Complexes and Agencies working with older people and individuals. **Keeping On** is published quarterly in February, May, August and November each year. Written contributions for consideration can be posted to **The Editor, Keeping On at Age Concern Canterbury, 24 Main North Road, Papanui, Christchurch 8053** or contact **The Editor** on: **Ph: (03) 366-0903, Fax: (03) 365-0639**, or email dayl@ageconcerncan.org.nz.
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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.

A change of gear in life heralds a new stage

Retirement is not a word or action Neil Roberts believes in. He prefers to think in terms of “stages of life”.

People, he says, change gear; move into a different phase of their lives. In his case he decided to work for himself instead of someone else.

“I will be in this phase of my life as long as I am able. This new stage has its own emphasis. If I am still around in 10 years that might bring another change in direction.”

Neil, aged 70, says two things are imperative for seniors: an active mind and to be involved in the community in some way.

Today he is an independent art valuer and consultant. In his past he was the curator at the old Robert McDougall Art Gallery and the Christchurch Art Gallery for almost three decades.

Neil has also been a vocal advocate for the preservation of heritage buildings – and still is. He



Neil Roberts

has many projects of interest to him: among them the former home and studio of artist William A. (Bill) Sutton 1917 – 2000) (more of that later) and the future of the Sydenham heritage church site.

He is a committee member of three different groups (the Christchurch Civic Trust, Sydenham Heritage Trust and Icon: Inner City West Neighbourhood Association).

The former home and studio of one of New Zealand’s most celebrated 20th century artists, Bill Sutton, at 20 Templar Street, Richmond, may yet be saved from demolition. The property was owned for nearly four decades by Sutton and survived the Canterbury earthquakes. It was always planned to be gifted to the city by the owner, Neil Roberts (yes, our Neil) as a base for invited national and international artists in short term residency.

(Continued on Page 4).

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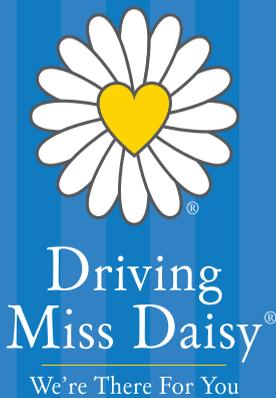
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It’s unbelievable to think that yet another year is drawing to a close. As the warm Spring days are gradually lengthening and the sun is becoming stronger and higher in the sky, the festive season is fast approaching, with lights twinkling and baubles shining.

For many, Christmas is a time of family togetherness, the sharing of meals, relaxing together over a holiday break, youngsters playing while the adults watch on. Backyard cricket, bbqs, afternoon siestas, road trips and long days at the beach, trying to catch the one that got away, camping, picnics packed in chilly bins and Christmas cake with a cuppa. It’s a wonderful season and we’re so lucky to live in this beautiful country that offers such natural beauty and wonderful outdoor activities.

In contrast, the festive season can also be a time of quiet reflection, contemplation and memories for many; remembering loved ones and reminiscing of wonderful Christmases and holidays gone by.

At Driving Miss Daisy we love this time of year and want to help you remain as active and independent as possible so that you can enjoy the traditions of the season. We provide a number of different services to assist you – here are a few ideas:

- Christmas card shopping and posting.
- Christmas gift shopping for loved ones.
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- Companion driving to end of year functions and events.
- Companion driving to church and carol services.
- Grocery shopping for special Christmas meals and treats.
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(Continued from Page 3).

However, its future is still under threat after it was included in the residential red zone. It sits in isolation surrounded by vegetation and is constantly mauled by burglars and thieves. It is now owned by the Government and Neil has maintained a dialogue with the Canterbury Earthquake Recovery Authority (CERA) since 2011 and still continues to do so with its recent replacement, to try to save the home and studio.

It was built in 1963 and where Sutton painted most of his major works from then until he was unable to continue painting around 1996, because of ill health. In 2003, the home and studio was bought by Neil who planned to leave it to the city for use as an artist residency, but in 2013 he made the decision to sell it to the Crown after it was red-zoned, and continuing to live there seemed untenable. He moved out in April 2014.

His hope is that the house and studio can be saved and pointed to the preservation of the Rita Angus' residence in Thorndon, Wellington and Colin McCahon's house in Titirangi, Auckland. "Artist residences are kept throughout the world. This should be the future use of the Bill Sutton house



Sutton House in Richmond.

here in Christchurch in recognition of a major Canterbury- born artist of the 20th century," Roberts said.

CERA had been helpful and allowed him access to the property to maintain the garden, he said.

"I am not having to fight them to save the property. It's just that things move slowly," Neil says.

He set out as a young man to be an artist. He obtained his Diploma of Fine Arts in painting at the University of Canterbury. "However, I quickly

realised I would never make it as an artist." So he went off to Christchurch Teachers' College for another diploma. He taught art in secondary schools for some years before he decided that this was not what he wanted as a long term career.

In 1976 he returned to university, to do a degree in art history and general history and joined the staff of the Robert McDougall Art Gallery in 1979. He moved to the new Christchurch Art Gallery in 2003, and was Senior

Curator there until 2006.

The Sydenham Heritage Church saga drags on. Demolished with great speed and secrecy without reference to trust members, who are now engaged with city council over various issues. One is asbestos contamination (Neil and the other trustees believe it came from external sources) and another is keenness to salvage the granite in the rubble.

Neil has strong views on the city's rebuild and the standard of architecture... also he says there is a lot of work with issues to be done – and "issues don't go away."

Also, there is the question of the Anglican Cathedral... Neil says that while it is primarily a matter for the church authorities, there is also the question of the identity of the Christ Church Cathedral as an enduring symbol of the city to be considered.

A recent suggestion to move the former Municipal Chambers building in Worcester Street and rebuild it elsewhere has him laughing. "Preserving our heritage means keeping buildings on their original sites." "Trying to save our heritage is never ending," he says.

A new kid on the block - Remembrance Funerals

There is a new kid on the block when it comes to funeral providers and they go by the name of Remembrance Funerals. Family owned and operated, Remembrance Funerals prides itself on their open, compassionate and professional approach. Jointly owned by funeral director Jasmin Teague and her parents, Matt and Sue, Remembrance Funerals wants to offer families something a little more.

"As funeral directors, we are not here to 'take over' when a loved one passes away, we are here to assist

families through this difficult time. We believe in being there to offer the professional advice and support required and guide families through all options available.

"Personally, I love being able to help grieving families and remove some stress away from an already stressful, emotional period.

"Being locally and family owned means we don't have to meet targets

set by multinational corporate head offices. We can focus on what matters, being there to support families in their time of greatest need, and ensure their loved one is treated with the upmost respect and compassion always. We treat everyone as we would treat our own family," says Jasmin Teague.

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are no after hours or call out charges and all their packages include GST and a newspaper notice.

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Wally had title but few privileges

He held the title of the oldest living All Black for four years – but just before he died he said it didn't come with any privileges.

"Even if it did I probably couldn't use them these days," Wally Argus says. "I watch the rugby on television when I can or listen in."

Wally, in a Christchurch rest-home when he gave his last media interview, was an All Black just after World War II. He played in four tests against Australia, New Zealand won them all and he was leading try scorer. He was never in a losing team while an All Black.

Earlier, from 1945-46, he made 17 appearances for the touring "Kiwis" following the war. They toured the British Isles playing three "tests" and he scored 12 tries.

Walter Garland Argus was a left-flank winger and, unusual for his time, he was more than 1.90m (6ft 1in) tall and weighed it at 85kg.

Before becoming an All Black, he played for Canterbury and was a member of the Linwood club. However, he was born in Auckland in 1921 but his railway-employee father soon moved the family to South Canterbury. He went to school at Pleasant Point.

Wally was a South Canterbury representative before moving to Christchurch where he made an impression from 1941. He played for Canterbury B before the provincial XV in 1942.

Then the war intervened and he left with the 2nd NZEF. He drove a tank transporter in Italy. He made it through (including being at the battle of



Wally Argus died at 95.

Cassino) without injury.

Back in NZ after making the Kiwi tour, Wally played for the South Island (1946) and NZ against Australia at home and was picked again the following year to tour Australia.

He became the Canterbury captain (48-49) and was selected for the 1949 tour to South Africa. But he told the selectors that he could not travel.

There were several reasons: he and his wife had their first child on the way, he would be away too long ("In those days you went by boat and were probably away for about six months") and he could not afford it.

"Many of the players had help financially but I didn't," he said.

He had two children and at 95, had seven grandchildren and four great-grandchildren.

When he retired from rugby he concentrated on his market garden and an orchard in Heathcote Valley. He also did a little coaching with lower-grade Linwood club teams and a Heathcote Valley team for which his son played. A bad motor cycle accident stopped his son's rugby career at 18.

Not long ago the former NZ rugby captain, Richie McCaw, visited him. "He was charming and we chatted for a couple of hours," Wally said. But most days he listened to music – and watched rugby on TV when he could.

Wally said at his interview in September that he missed his rugby mates Johnny Smith, Charlie Saxton, Ron Elvidge and especially Bob Scott. They played together, socialised, went through the war together, and were best men at each other's wedding.

"That's the trouble with old age – too many good friends go too soon," Wally said.

Wally died in October aged 95. His family gave permission that this interview be printed as a tribute to him.



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Renting a cold house? Help is here

Are you renting a cold, damp, poorly insulated house? Does your house lose the heat quickly? Is it expensive to heat the house you are renting? You may need (more) insulation.

Community Energy Action Charitable Trust (CEA) is happy to take calls from tenants and negotiate with landlords about installing (more) insulation.

Insulation will be mandatory in rental properties in the near future and the trust has insulation subsidies available for landlords with low income tenants. However funding is limited so it is important you or your landlord contact CEA as soon as possible. Discounts for rental properties with tenants who are not on a low income and for homeowners are also available.

Health implications of living in a cold house

Living rooms of older people should be 21° Celsius. If the temperature in your house regularly drops below



An installer from Community Energy Action on the job.

that and/or if you are living in a damp home, this can affect your health.

Evaluation of a health project implemented by the Canterbury District Health Board and Community Energy Action Charitable Trust found that older people living in cold, damp

living conditions were more often hospitalised with a cold-related illness than those whose homes had been insulated and fitted with heating by CEA. Insulating homes prevents older tenants and homeowners ending up in hospital.

Old insulation

If the house you are living in, was insulated before 2000 and has not been checked since, it is a good idea to get one of CEA's energy assessors to come and do a free, no-obligation assessment.

If you are renting we will need permission from your landlord to do an assessment. CEA is happy to arrange that with your landlord. If you own your own home, CEA can also do a free no-obligation insulation assessment.

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CEA is a charitable trust and has the interest of the householder at heart. They want all Cantabrians to live in a warm, healthy home.

More information

For more information and to make an appointment for a free, no-obligation insulation assessment, contact CEA at (03) 374 7222 or 0800 GET WARM (0800 438 92760) or visit www.cea.co.nz.

Updated Carer's guide released on International Day of Older Persons

Seniors Minister Maggie Barry has marked the UN's International Day of Older Persons with the release of a newly updated Guide for Carers – He Aratohu mā ngā Kaitiaki.

"The theme of this year's International Day is taking a stand against ageism, something all New Zealanders can do by recognising the important role seniors have in our society and treating them with the respect and dignity they deserve," Ms Barry says.

"Our seniors contribute in so many different ways to their communities, as parents, grandparents, friends,

employees, employers, campaigners, artists, volunteers, and, very importantly, as carers.

"Many seniors are unpaid carers who give up their time to help other people live with dignity. It is vital for their own wellbeing they are able to get the support they need to look after themselves and the people who rely on them."

Guide for Carers – He Aratohu mā ngā Kaitiaki has been developed by Carers NZ and many government agencies. First published in 2009, it was last updated in 2013.

"It is an invaluable source of

information on the government-funded services and support available for carers of all ages with a range of practical tips, including how to schedule regular breaks, organise relief care, develop a plan for emergencies and connect with other carers."

The new Guide is available for free on the Ministry of Social Development website: www.msd.govt.nz/what-we-can-do/community/carers/ and in hard copy from Work & Income, Citizen's Advice Bureau and Grey Power offices.

A Guide for Carers

He Aratohu mā ngā Kaitiaki

Practical help for people supporting family or friends who are older and need assistance, or who have a health condition, a disability, an injury or mental health, alcohol and drug issues.



'THE COMMUNITY WITH A HEART'

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Don't be a statistic says Fire Service

by Mark Thomas
New Zealand Fire Service

Statistics seem to be quite fluid things. Lots of us have a healthy suspicion of numbers quoted that appear to prove that black is white. So I won't use the ones we have. Instead I'll rely on my experience and memory of 20 separate investigations into fires that have killed people over the past 15 years. They tell me that over sixties are more likely to be fire victims than younger people. There are some disturbing reasons for this.

The first thing that occurs to me is that we, the older group, grew up and were well into adulthood when smoke alarms became available. Most of us have never been in a house that has suffered a fire. Most of us never will be. We have an aversion to change that seems to be accelerating every year. So there are those amongst us who have never had smoke alarms and see them as just another nanny state intrusion.

Secondly we've forgotten the example set by our own mothers who headed to the kitchen to cook dinner and stayed there until it was ready to be eaten. Now we are happy to set pots on the stove to be checked only in the ad breaks in 'The Chase' on TV. One third of all property fires start in the kitchen. In about one in four of these, ambulance or hospital care is required for at least some of the occupants.

Staying in the kitchen while cooking gives the best chance of either doing something to completely put out a fire right at the start or being able to escape outside before smoke gets



too thick. We might only be talking seconds but those seconds can, and do, make the difference between life and death.

As a group we also have those amongst us who like a drink. Well more than one drink actually. Those drinks make us sleepy, careless and forgetful. So we're more prone to dozing off with the sausages left

cooking, or with a lit cigarette in our hand or even too close to a heater because our feet are cold. All things that occasionally cause fires. Fires that kill us.

Finally it's a sad truth that age slows us down. We take that bit longer to drag ourselves out of an arm chair. We might be past running or even walking quickly. We might in fact require aids to help us move and that movement might be too slow to allow us to escape. We tell people that if they are trapped in a room with thickening smoke to get down on their knees and crawl. We tell them to get down, get low and get out. Not so easy when your knees are protesting and your back hurts.

What all this means is that as we age the more likely we are to be a fire victim. There are things we can do that make us less likely to become just that. None of it is hard.

Smoke alarms, and incidentally we now recommend these be long life photo electric type, installed in bedrooms, hallways and lounge rooms. Sleeping with doors shut to prevent the insidious spread of smoke.

Having two ways out at all times. Making sure anyone else in the house is aware there is a fire and having a meeting place where all occupants meet. Lastly ringing 111 from a safe place.

It's called a home escape plan. It's simple and it's effective. It's what just might prevent you being a statistic.

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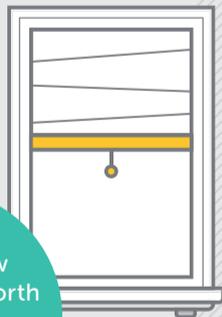


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Over-65s make 15% complaints to Banking Ombudsman Scheme

At least 15 per cent of complaints to the Banking Ombudsman Scheme last year came from people over the age of 65, says Deputy Banking Ombudsman Sarah Parker.

"For the first time last year, we collected comprehensive demographic data on complainants." This allows us to proactively identify any trends or issues impacting on particular groups such as older people.

"With advancing years, some people become more dependent on others to help manage their personal and financial affairs. This increasing reliance has the potential to put them at greater risk of financial abuse," Ms Parker said. The Banking Ombudsman Scheme has a guide on financial abuse of the elderly which

covers things people can do to protect themselves:

- * Consider rearranging accounts to keep only limited funds to cover day-to-day expenses in an easy access account, with more substantial funds in a different account not accessible by EFTPOS or ATM.

- * Remember to keep your debit and credit cards in a safe place and make sure that no one can access or know your PIN number.

- * Consider appointing an enduring power of attorney (EPA) to act on your behalf in case you become incapacitated in the future. The EPA won't stop you from acting on your own behalf and will usually only be used should you become unable to act for yourself.

Older people may also be vulnerable

to scammers:

- * Make sure you know who you're dealing with online, and double-check via another means of communication if you're emailing somebody about transferring money. There are more cases of theft occurring due to sophisticated email hacking.

- * Don't give any account details or passwords, or accept money into your account from people you don't know.

- * Check accounts regularly to ensure they are operating as expected and contact your bank immediately if you think something is wrong.

For more tips to keep your finances healthy and safe, the Banking Ombudsman Scheme has more than 30 quick guides on common banking complaints on its website at www.bankingomb.org.nz. (Source: Emma Riley, Senior Communications Advisor, Office of the Banking Ombudsman).

Police deserve proper resourcing

by Ruth Dyson, Labour Spokesperson for Senior Citizens

Many people recall a time in New Zealand when you could leave your door unlocked and still feel safe. Sadly, that is not the case in most of our country now. There is no magic bullet answer to safety in our homes and communities, but we know that having a strong presence and visibility of police is a critical component in this challenge.

The ratio of police officers to population is significantly reduced now – just 1 for every 528 people, compared to 1 to 488 a decade ago. The international "best standard" is a ratio of 1 police officer to 500 people and that's what we should have in our country. There are actually fewer police officers now than there were a few years ago, despite our population increasing. And as we all know, many community police stations have been closed or their coverage time reduced.

So not surprisingly, we have seen a massive increase in crime. Burglaries are up 32% over the last 2 years – that's a staggering extra 50 burglaries each day. Assaults are up 8% as well. The resolution rate for crimes is falling. Just one in twenty burglaries is now solved and the offender taken to court. Police are stretched too thin to stop crime and catch criminals.

They need and deserve proper resourcing so that they can do the job they want to do making our communities safe and holding

offenders to account for their actions.

They can't do this on their own. We need to also ensure that the causes of crime are addressed – properly paid jobs, reduction of poverty, make education and training available to young people, and improved resourcing for health, particularly mental health and drug and alcohol services. The growing gap between those who have and those who don't have is a breeding ground for people feeling alienated and disempowered, which then builds feelings of resentment and a total lack of respect.

That is not the sort of society that I grew up in and it's not one that I want to see future generations grow up in here. We have, for so long, valued our egalitarian culture where anyone, no matter where they were born or the wealth of their family, could work hard, save hard, and have a decent life. When you cut people out from those basic opportunities and all they can see ahead is hard work but little recognition in pay or opportunities, they become disengaged.

We have seen from terrible experiences in other countries what happens when there is a growing gap between rich and poor. It is directly linked to increased crime. The police in New Zealand have to be resourced to do their job properly. But we also have to address the causes of crime at the same time.

G Barrell & Sons Simplicity Funerals

G Barrell & Sons Simplicity Funerals had a lovely exhibit at the Age Concern Positive Ageing Expo last month with an excellent response from all the visitors. Thank you to everyone who came to see us.

We found that people were very interested in talking to us about all sorts of things relating to funerals and were surprised at the ease in which they could get information with us. One of the common comments was based on the lack of information available generally, as well as questions around the direct cremation trend versus having a funeral.

Direct cremation means that there is no funeral service, and although this may seem a viable option in some instances – it is important to remember that it is a decision that can affect the whole family in the long term. Losing the opportunity to celebrate and remember your loved one's life can have profound affects on the people left behind. Holding a simple funeral either in a church, Crematorium chapel or at home can allow family and friends the opportunity to gather and mourn their loss together.

At G Barrell & Sons Simplicity Funerals we can assist in planning the perfect farewell for your loved one, or help you pre-plan your event. Along with cremations, we can also offer all services for burial including simple graveside services through to a full funeral experience. Our services can be kept simple and cost effective, yet still meet the needs of the family in their grief.

There are lots of pages of information available on our website, but G Barrell & Sons Simplicity Funerals also has funeral packs available which can explain our philosophy as well as the services available through us.

If you would like to receive a funeral information pack we make it simple by having a function on our website at www.simplicity.co.nz/christchurch to request a funeral pack be posted out to you.

Alternatively if don't have access to a computer please call Mark or Mike for a chat on 03 379 0196 or call in to our office at the corner of Gasson and 58 Coleridge Streets, Sydenham. We look forward to you stopping in for a cup of tea and a chat. 

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Ruth Dyson
MP for Port Hills

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Labour
Authorised by Ruth Dyson
642 Ferry Road, Woolston

His name should ring out loud

He has cycled to many places in the world, including much of New Zealand, and he is responsible for getting a world peace bell to Christchurch.

Also, he has been a tram driver, a photographer-reporter, is a railway enthusiast and author of a dozen books.

Yet Roy Sinclair of Christchurch has found fame eluded him. Not that he sought it or desires it.

He is a quiet achiever. Now 73, father of three, he is thinking of travelling to the north of Scotland to cycle around the Shetland Isles (his ancestors lived there) and perhaps Iceland and the Danube.

Schools for him were Linwood North, Shirley Intermediate and Christchurch Boys' High School. "I was outstanding," he says. "Outstanding in the corridor."

His interest in photography started at Boys' High and has remained part of his working life since. His first job was as a technician with the Post Office ("I didn't like it much.") Then he moved to Wellington as a film processor with the National Film Unit. It was back to the South Island and the Post Office before a move to Australia.

He worked in a camera shop and by this time he was a keen photographer. In fact, when he returned to Christchurch he established his own photography business. But after a few years, as he puts it, he "ran out of steam." Then he worked for Whitcoulls. A job with Green and Hahn, photographers, followed but he was finally made redundant and, while jobless, wrote his first railway book.



Roy Sinclair travels through Norway and with the Peace Bell in Christchurch.

For 15 years he worked with The Press as reporter-photographer and enjoyed his years there. Again redundancy came around and cycling became a priority. Roy writes in his 2007 book, "Pedal Power," that in his mid-fifties "I went in a new direction and bought a bike."

He writes: "I became a sort of high-tech swagman returning to a life of basics... enjoying an untrammelled freedom..."

He was the first New Zealander to cycle the length of Japan and he was the first president of the NZ chapter of the World Peace Bell. That ride was 2004. Roy has been fascinated



by the story of Chiyoji Nakagawa who, in 1954, gave a huge peace bell to the United Nations as a token of world peace.

Replicas of the UN bell were to be found in 20 countries before Roy determined to get one for NZ. It was offered to Wellington but it was turned down. And so it came to Christchurch.

Roy's book "Pedal Power" details his ride throughout Japan. He writes about obtaining the bell along with his experiences in Japan. Elsewhere in the book Roy writes about his cycle trips in this country. He includes history, cycling tips, descriptions of

the countryside and conversations along the route. Overseas rides include the length of Great Britain, as well as in France and Switzerland (he has been three times) in 2006 and the Nordic countries (2008).

Several of his books concentrate on railways and trains. This interest was sparked when he was 15 and still at school. His father, a member of the Canterbury Mountaineering Club, took Roy on holiday to Arthur's Pass and that visit connected with a film shown at school about Switzerland. "I thought Switzerland was Arthur's Pass on steroids," he says.

Today Roy is secretary of the Peace Bell chapter having been president for 10 years. An occasion in October marked the 10th year of the bell in the Christchurch Botanic Gardens.

The purpose of the 185kg replica bell remains just as it was set in 1954. To remind the world of the importance of peace and no nation should again experience atomic bomb attacks as Hiroshima and Nagasaki did in 1945.

Moving to a retirement village?

Organising the move to a retirement village can be incredibly stressful as there's a lot to organise.

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Thirdly preparing your house for sale, decluttering and sometimes

rearranging furniture and your treasures is vital to maximise the dollar value of your home.

I've recently been assisting my mother-in-law through this process and have guided others as well which is why I understand the challenges you face and concerns you may have.

I have a network of Trades people, financiers, designers and more, so even the 'Mr fixit' things can be sorted.

Getting into your new home can be quicker and more hassle free than you think when you surround yourself with the right team of people you can trust to give you that peace of mind.

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Ponder This with Brian Priestley

Standing in the middle of a reasonably uncluttered floor, my dear wife somehow managed to fall and break her hip. She has no idea why, or how long she was screaming before I woke at the other end of the house and pressed the emergency button. Our local nurse probably broke the neighbourhood record for the 600 metre dash and the St John ambulance people were predictably kind and expert.

So there we were for the second time in a few months with Vera in a drug induced sleep and me sitting beside her in the poor old hospital looking worried. At least this time I had remembered to take a book....

Nothing much had changed over the months. The staff were kind and expert. The operation went well. If the building had been a terrier or a great dane somebody would have put it out of its misery years ago. On



the plus side I discovered old chaps with a wonky knee can get a lift in a wheelchair from the main entrance to wards somewhere up in the stratosphere. The catering system for visitors looked uninviting and could prove worse if one dared to try it. Something, which was called some sort of an omelette, looked like a bun, with yellow stuff inside it, which had been attacked by a flat iron. In days

to come I would take a sandwich.

But, within a few days, the op had been successfully done and Vera was moved to the multimillion dollar hospital for oldies at Burwood. She had a small room to herself, a nurse-guard to make sure she didn't go for walkabouts, a television set she did not know how to control, and very many hours of boredom. Criticisms may be unfair since the hospital was

very new and my wife must have been one of the first patients. But the meals I saw in the ward seemed lacking in variety and imagination and she loathed them..

The large canteen offered variable fare.....some of which looked appetising and some which didn't. There was an excellent gym, pleasant places to sit and have a coffee, and a young and (we'd say) enthusiastic and capable staff. A feature was the body of civilian volunteers. Helpfulness at Burwood begins as you enter the glass doors, but perhaps it's too early for verdicts. A question mark must, however, lie over the car parking. It is already a vast and not easy problem. Two of my taxi drivers started off on what looked like the obvious way out – only to discover the road curved round and they were soon back where they started! But let's wish all of them the best of luck.

In the pleasant place where I live there is a small, but very comfortable, cinema. But what should we show in it for audiences of old – and sometimes ancient – people? To begin with we disagreed – there was even a small demonstration with women shouting out, "We don't want old and musty films."

But, unsurprisingly, we discovered that many retired people often don't like modern films. Too much violence, explicit love scenes, and bad language often don't really sell to us oldies. Of course films like the superb Quartet or Philomena would succeed in any era, but the sort of films that arouse modern teenagers often don't really work for us.

Audrey Hepburn's Roman Holiday was our first big success and most of those since had a touch of class. A surprise was the success of the

chase through the Vienna sewers in The Third Man but we also seem to be suckers for fine action and direction.

A few weeks ago we had a big success with a 1934 comedy (It Happened One Night) and I expect more with a group of films which include Pygmalion (which later got music and a new title) plus some of the Tracy-Hepburn comedies.

Delightfully, some of our audience are beginning to enjoy old films partly because they are old. This is what life was like when we were young, or perhaps Dad took us to see that one. Sometimes we get surprises – James Bond is now more than 50 years old?

And, "Who was the first James Bond?" somebody asked me the other day. At times I feel like a missionary in a strange land!

many people, to be part of a great and honourable social movement. We were the workers. Labour were the shock troops.

After a few months as a journalist I became a floating voter and have remained one ever since. Nowadays what does the word "Labour" actually signify? How many people want to be labourers? Does Labour have the sort of vision it once did? "Conservative" and "Liberal" are words which convey outlooks of mind. To describe oneself as "Labour" when one is entering the machine age does seem odd.

It seemed a great idea in 1948. But don't we, perhaps, need a new title for today? In Britain and New Zealand this one doesn't seem to work well nowadays.

About the 7th century a group of monks were giving birth to one of Ireland's greatest historical treasures. The Book of Kells is a work of artistic genius. The name conjures up pictures of robed and pious men bending over and trying to catch the last of the light as they worked.

So the figures and patterns in their treasure are miracles of mystery. What on earth do these complex figures stand for? They are wondrous and beautiful and each one of them took Vera perhaps a year to create from a pattern.

We have changed our dwelling place and suddenly our pictures have taken on freshness and new life. I surely took hundreds of photographs in my life and only one still graces our walls - our small canal cruiser which voyaged from Birmingham to London, Cambridge and Stratford.

Otherwise it's all colour now ... Canada geese taking off painted by a drunken inuit ... a French artist and pen friend's garden ... two of my grandmother's paintings of rural Worcestershire about 1900 ... two marvellous and richly embroidered samplers sewn by our elder daughter ... a fine signed print of two young

Oh dear, I lost my screwdriver the other day. In our household this was serious. How does one take the top off jars, or other food containers, without it? My wrists were never much in the brute strength line, but I have seen clever devices which enable one to unscrew a jam jar (or whatever). One, in France, I seem to remember, cost almost 20 dollars!

We thought it out. For a good many years now, we have relied on



ladies trying on petticoats ... Vera's picture of an African doll figure ... a cross stitch by Vera of a Henley pub we used to know. On the hot and sunny wall we have a metal casting of an Anglo-Saxon rowing a boat and a sun proof north African plate.

We wondered where we should put things. With great good luck we found two clever and sensitive women from the place where we live who knew exactly where things should go plus a man with a sensitive hammer.

And so here I now sit surrounded by colour and family and memories. It is a delight, a lasting pleasure which no doubt cost a good deal less than those cameras and all that film. Marvellous!

the family screwdriver to tackle the most forbidding jars.

Search carefully and somewhere you will find a space between the glass and the jar top which is just large enough to take the tip of fairly sturdy screwdriver. Insert the tip and twist it. Hurrah!

Meanwhile – do not weep for us. We found the thing, hidden underneath a tablespoon in a busy drawer. That's foolishness for you!

People of Canterbury's past: Fred Cooke

by Dan Bartlett

Frederick Riley Cooke was born in Leeds, Yorkshire, in 1867. The son of working class parents, he was a founding member of the British Independent Labour Party. In 1900, Cooke, his wife and his children, emigrated to New Zealand. They were part of a large contingent of socialists called the Clarionettes, sailing to what they hoped would become a progressive and egalitarian alternative to Britain.

A member of the Canterbury Tailors' Union, Cooke founded the Christchurch branch of the New Zealand Socialist Party in 1902. He repeatedly stood for election under their banner in the Christchurch East Electorate, and was elected National Secretary in 1910. Although ultimately unsuccessful in the East, Cooke considered the campaigns a useful vehicle to promote the Socialist Party's ideals. The Socialist Party advocated collective ownership of the means of production, as well as equal pay for women. The latter was a rather progressive policy platform on which to campaign at the beginning of the twentieth century.

Prior to World War I, Fred Cooke was repeatedly prosecuted for speaking publicly against compulsory military training and served a short stint in Lyttelton prison. An inveterate reformist, Cooke spent his imprisonment "investigating the prison system; his exposure of its heartlessness and inefficiency will lead to some inquiry into the methods adopted towards the treatment of our criminals".

When World War I broke out, Fred Cooke thought it only a matter of time before hostilities ceased: as soon as the world's workers realised that they were being manipulated into fighting one another by capitalist interests they would lay down their arms.



Socialist Conference, 1911. Fred Cooke is in the middle row, second from right.
Alexander Turnbull Library, Wellington, New Zealand. <http://natlib.govt.nz/records/22304421>

However, the war was not stopped by a sense of working-class solidarity, and New Zealand would ultimately introduce conscription. Just as he was with compulsory military training, Cooke was an outspoken opponent of conscription. In 1916, he was arrested at his home in Spreydon and brought before the magistrate on the charge of sedition. Cooke readily agreed that he intended "whatever the results" to criticise the Military Service Act. The magistrate insisted that it was "the duty of the people

to obey the law". Cooke would not obey that law, and was sentenced to a year's imprisonment with hard labour.

Following his prison term, Fred Cooke continued to campaign against the war, and as the New Zealand labour historian Jim McAloon notes, he was lucky not to end up incarcerated again. Cooke contested seats unsuccessfully for the Labour Party in Christchurch, Ashburton and Waitaki. He was more successful in local politics, and maintained a seat

on the Christchurch City Council from 1920 to 1930.

Fred Cooke died in Christchurch on 26 June 1930. In line with his views, he was buried without a formal service, but graveside addresses were given by Jack McCullough, Peter Fraser and Ted Howard. Howard said that Cooke "came from the factory system, where he saw little children crippled, underfed, underclothed, and badly housed. All this he fought...He was never a coward, but always fought for what was right".

A memorial to Fred Cooke was unveiled in June the following year, attended by "old comrades in the Christchurch Socialist Party, and past and present members of the Canterbury Trades and Labour Council". The memorial was a large photograph of Cooke, fittingly draped with a red flag.

Fred Cooke is remembered for his unwavering belief in pacifism and socialism, as well as for being one of the foundation members of the 20th century New Zealand labour movement in Christchurch.

I don't want to be a bother to my family

As we age our bodies don't always function with the same ease they once did. This can be a slow and insidious process or a sudden shock after an illness.

When we are no longer easily able to do things for ourselves, life can become difficult. Simple tasks may become challenging, such as:

- * turning on taps or doing up shoelaces
- * getting in and out of bed, chairs or cars
- * pulling plugs out of the wall
- * lifting kettles and opening cans
- * getting out and about
- * showering and dressing/undressing

*difficulty feeding yourself and/or swallowing.

Having to depend on others to do or help with these tasks can be frustrating, inconvenient and embarrassing. Many of us don't ask for help from our families or friends because "we don't want to be a bother" and we leave seeking help until we get into a crisis. Many of us struggle alone at home with little knowledge of the help available to assist independence.

Feeling as if you are relying on family can make you feel like a burden. Time with family is precious and needs to be enjoyable. Professional help is available and can help you

maintain your freedom and avoid a crisis. If you, or anyone you know is struggling, Therapy Professionals Physio, Speech Language, Music and Occupational Therapists and Dietitians can help you to regain your independence and confidence. They can help make life easier by suggesting how to adapt your home or lifestyle, recommending alternative ways of doing things or giving tips on useful gadgets and equipment.

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Sailor's suit start for Ben

The man who was torpedoed twice in World War II found a broken pelvis small fry to overcome at 94.

Ben Carr of Hornby has led a fascinating life and, in some ways, unique.

He was born in the north of England and, at the age of six, he was placed in the only orphanage of its type being for the sons of seamen. His family numbered eight and his mother, with depression, could not cope alone as Ben's father was at sea for long periods as a ship's carpenter.

The orphanage boys were dressed in sailor's suits and Ben remained at the orphanage until he was 14. Then he was put on a train and sent off to London. "It was the first time I was out by myself with just enough money for lunch," he says. After a stop for lunch and back on the bus, he remembered that he had forgotten to pay. "I travelled the rest of the way fearful that the police were coming for me."

He joined a sister in London but only three months later she died. It was at her funeral that he met another sister who had left home before he was born. By now he was a page boy in a London hotel. His bedroom was in the basement.

Young Ben quickly learnt that his Geordie accent had to go. He had to be understood if he was to make any progress in life.

He made a move to another hotel and it was there that he met a man who was to change his life. The two were in the lift at the second floor when the visitor asked: "Page, is this what you want to do all your life?"

"I'd like to go to sea, sir," answered young Ben. "I'd like to travel and see parts of the world – just like my dad."

The man in the lift was a manager with the Union Castle Steam Ship



Ben Carr has led a fascinating life.

Company and said he would see what could be done. Soon Ben was on his first trip to South Africa as a bellhop on a passenger ship. War was just around the corner and all ships' staff went into the Merchant Navy and off to war.

In 1942 Ben was on one of 60 ships in convoy from Canada when torpedoes hit her and 30 others. He made it to a lifeboat and was picked up by a Norwegian ship.

The following year Ben was on the way to Brazil when his ship was picked off. Not one man was lost but, in a lifeboat accident, Ben found himself in a pitch-black sea. "I thought back to my church and the orphanage days. I cried out 'Lord help me.' I kept on shouting. It was so black. A hand came out and grabbed my hand. It was someone from the escorting destroyer. I was so lucky.

And you know I still can't swim."

He went back to sea once again before a medical discharge in 1945. It was time to look for a job. He applied to be a gravedigger in Edinburgh but missed the job. "Imagine how hard the digging would have been. There was nothing mechanical then. Was I grateful. I said thanks to the Lord," he says.

Ben had often fancied being a bricklayer and he found a job doing that in Birmingham, England. He was a keen cyclist at this time and he sometimes rode south to London. While there in the early 1950s he applied at NZ House for emigration and after having his first application mislaid he was on the ship, "Captain Cook", in 1952.

"I tell people that the Lord led me here. It was the best decision I ever made," he says.

He laid bricks on new houses at Kaiapoi as his first job and became involved with a church in Papanui. This association led him to find a bride - the Sunday School teacher who was a Plunket nurse. They adopted four children and now Ben, a widower, has seven grandchildren and two great-grandchildren.

Finally he gave brick-block laying away to join Millers Ltd cutting garments and later the Morgan furniture firm to cut fabric. Ben retired at 65.

He keeps busy with prison visiting. He started probably in the 1970s with a church group and today still visits the Christchurch men's and Rolleston prisons for services and Bible studies.

"I realised early on that we are no better than prisoners. Just remember it is by the grace of God that we are as we are. I have made good friends. I have had prisoners in the house but that system has stopped now."

"However, I have never been let down or threatened."

Recently Ben had to suspend his prison visiting as he had an accident on his mobility scooter. As he drove it along a gust of wind took his hat off. He reached to grab it but overbalanced the scooter and ended up under it. He had broken his pelvis.

Doctors said he couldn't have an operation but Ben believes his Lord healed him and is now back on prison service.

"You are never too old to volunteer. There's a wide range of opportunities out there and it gets you out of bed in the morning," says Ben.

He will soon be 95 and he could tell further tales of the times he saw a German airship and a fully-rigged sailing ship. But they are for other days.



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Arthritis New Zealand was established in 1966 and works to establish a better quality of life for people affected by arthritis.

The national organisation focuses on raising awareness of all the different forms of arthritis, advocating for those with the condition and providing advice and support.

Arthritis is a painful and unpredictable condition that affects over 620,000 people in New Zealand. It can affect anyone at any stage of life; from infancy through to adult years in fact it's one of the leading causes of disability in this country.

How can Arthritis New Zealand help you?

There is no cure for arthritis but there continues to be advances in the way symptoms can be eased.

Living with a chronic condition can seem a lot to handle. But with the right information, management plan and support, you can do it.

Information and education

Clinics, seminars, workshops and self-management courses, Arthritis educators can work directly with

you, assisting you to manage your arthritis and achieve a better quality of life. Phone 0800 663 463 toll free during business hours to speak with an Arthritis Educator.

Condition specific brochures and a quarterly magazine are also available. An Arthritis staff member is available every Monday night on Facebook from 7.00-9.00pm.

During November and December the Arthritis New Zealand Canterbury team is offering you the opportunity to meet with an Arthritis Educator and learn about your specific condition and how you can best manage it.

Also meet other people with arthritis at one of these sessions. See the advertisement following this article for a venue near you.

If you have any questions or concerns you can contact Arthritis New Zealand on 0800 663 463 or visit our website www.arthritis.org.nz.

To register or find out more about the education sessions which include some in North Canterbury that are not listed – please call 0800 663 463.



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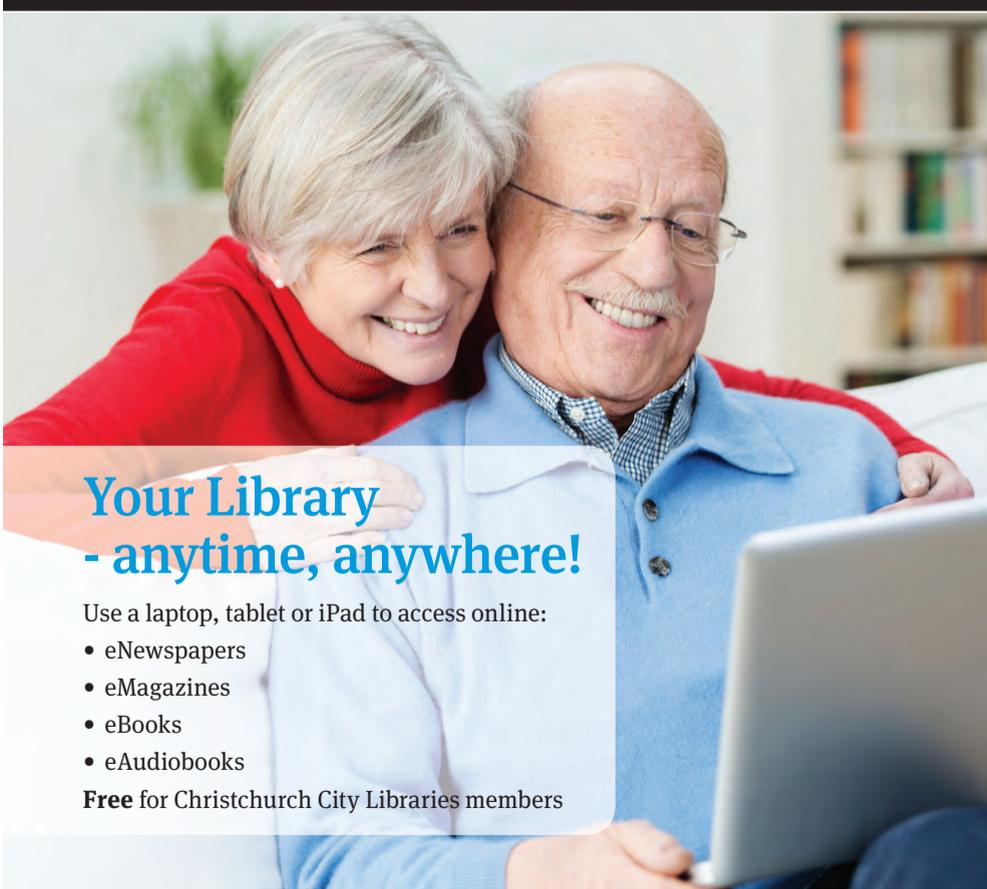
Tuesday 15 th Nov	10.00 – Osteoarthritis 11.15 – Rheumatoid	Hornby
Wednesday 16 th	1.00 – Osteoarthritis 2.30 – Inflammatory types of Arthritis	Barrington
Thursday 17 th	10 – Osteoarthritis 11.15 – Inflammatory types of Arthritis	Belfast
Wednesday 23 rd	1.00 – Fibromyalgia 2.30 – Osteoarthritis	Papanui
Thursday 24 th	11.15 – 12-15 Managing Arthritis	Avonhead
Friday 25 th	10.00 – Fibromyalgia 11.30 – Osteoarthritis	Opawa
Tuesday 6 th Dec	11.15 – Managing Arthritis	Linwood
Thursday 8 th	10 -11 Managing Arthritis	Little River
Thursday 8 th	1.00 – Osteoarthritis 2.30 – Other types of arthritis	Akaroa

To find out more details and to register please contact:
P 0800 663 463, E tekani.moore@arthritis.org.nz

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Total Mobility Discounted Taxi Service - a scheme which provides 50% discounts on taxi journeys to eligible people in the Christchurch area who, due to health conditions, are unable to access public transport. Contact us for more information on 03 366 9093 or visit our website.

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Age Concern Canterbury's 10th Positive Ageing Expo continues to exceed expectations



Breakfast held for sponsors



A sponsors' breakfast was held to show appreciation and acknowledge the ongoing support of our sponsors and partners of the Expo. Many have been involved throughout the ten years that the Expos have existed.

Great result for sausage sizzle



Presentation of a cheque from the Westpac Bank of all money received as a result of a sausage sizzle held at the Age Concern Canterbury Expo. Robert Breen (right), seen here with Simon Templeton at a morning tea, along with Sandie Forbes raised a total of \$404.10 on the well supported sausage sizzle stand.



Age Concern Canterbury gratefully acknowledges the support of all our sponsors



Tips for communicating effectively in conversation

by Jasmine Salam

Communication takes many shapes and forms, and the way we communicate with others can reveal many things about us. If our ability to communicate changes, for example due to a stroke, dementia, traumatic brain injury or a degenerative disease, it may have a huge impact on our relationships with others, and our health and wellbeing.

An estimated 300,000 people in New Zealand are affected by a communication disability. Some work with Speech Language Therapists to improve their communication ability, or to learn to use techniques and/or devices to support their communication. Most of us will know or will come across someone who may need some extra support to communicate, so here are a few tips for aiding conversation when communication is difficult:

- Make sure you have the



person's attention before you start a conversation.

- Reduce background noise (TV, radio, other people).
- Keep your own voice at a normal level, unless the person has indicated otherwise.
- Check that glasses/hearing aids

are being used if needed.

- Ask them if and how they would like you to support them in conversation, as everyone has different preferences.
- Keep communication simple, but adult. Simplify your own sentence structure and reduce your rate of

speech. Emphasise key words.

- Give them time to speak. Resist the urge to finish sentences or offer words unless they ask you to.
- Communicate with drawings, gestures, writing and facial expressions in addition to speech.
- Confirm that you have understood with "yes or no" questions. For example, "So you went to the museum yesterday and saw the new exhibition?"

(Source: Tips modified from the National Aphasia Association (USA).

If you would like any more advice on communication, the Health and Disability Commissioner has a brochure titled "Making Communication Easy" (find it by typing "HDC Making Communication Easy" into Google), or you can visit www.speechtherapy.org.nz. Please call Jasmine on 03 331 7814 if you would like further information.

Introducing Emma Garraway

Hello, I'm Emma Garraway and I have recently joined the Age Concern Canterbury Social Connection Team as a Social Network Coordinator. My role here is to work one-on-one with people in the community to connect them to social support and support them to get involved in things in the community. I will also be helping with the facilitation of some of the groups here at Age Concern Canterbury.

I have lived in Christchurch my whole life and I truly think it is a beautiful place to live. At the end of last year, I graduated from university with a Bachelor of Social Work with Honours; this was to support my desire and passion to help people

with issues they are facing, and to reach their goals in life. My interests outside of work include spending time with friends and family, keeping fit and active, and baking (well, trying to).

I am thoroughly enjoying my role at Age Concern Canterbury, meeting some of the amazing volunteers and working one-on-one with people in the community. I have been lucky enough to get out with some café groups and on an outing which has given me the chance to meet some of the volunteers and groups. I am looking forward to meeting and supporting many more people in the community.

Lions presentation of new Ford Transit van to Age Concern Canterbury

A casual conversation 2 years ago turned into a major fundraising effort by the Lions Club, which culminated in the presentation of a new Ford Transit Van to Age Concern Canterbury on 23 September 2016.



Members of the Canterbury Lions Club with Peter and Jasmine from the Age Concern Canterbury Social Connection Team.



Age Concern Canterbury's Social Connection Team with the new van. From left to right: Emma Parker, Liz Reese, Jasmine Salam, Peter Gwynne, and Emma Garraway.

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

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



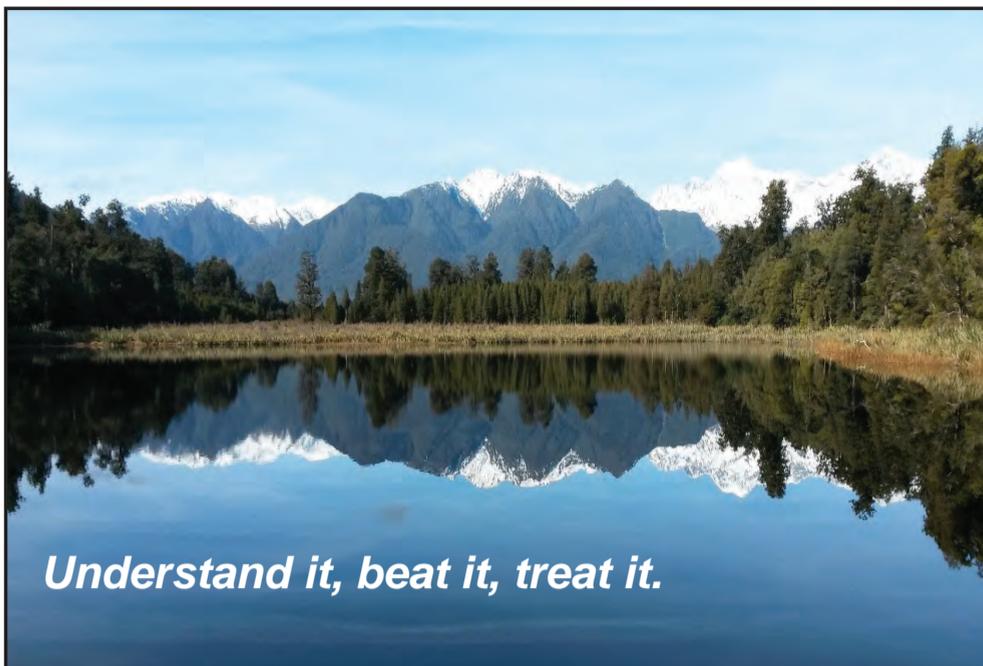
Experiencing depression is a leading cause of disability

Depression gets a lot of attention these days. It's the leading cause of disability in the world, according to The World Health Organisation, and a vast amount of time and money has been invested researching it. But despite this, no 'depression gene' has been identified, and although anti-depressants are usually the first line of treatment, they are only effective in about a third of cases, with side-effects being worse than the depression for many.

Depression - categorised as a 'mood disorder' - can affect anyone and in older people it is often confounded by medical conditions. But it is not all gloom. Whatever the cause(s) - family history, current circumstances, grief, loss, trauma, illness, chemical imbalance in the brain - depression is highly treatable. You can't just 'snap out of it' but you can, with good support, begin to stop the downward spiral and, slowly but surely, start the upward one.

Stopping the downward spiral

Feeling distressed is a normal reaction to any type of loss or unpleasant event. But we humans are resilient, adept at getting through challenging times (for evidence of this, just reflect on your own life).



Understand it, beat it, treat it.

However, when a low mood persists, appetite and sleep are disrupted, energy is absent, and you don't even want to take the dog for a walk... then take notice. Like most problems, the earlier you reach out, the better. And remember, depression is not your fault, and it is not a normal part of ageing.

People who are depressed tend to overthink (it's called ruminating) and the thoughts tend to be negative, repetitive and harsh (about the self, others or the world). Negative thinking keeps depression going.

Negative thinking affects how we feel. In the same way that a positive thought can calm or uplift us, a negative thought can make us feel helpless or worthless. (We are probably the only species that can think ourselves into a state of anxiety and depression.)

How we feel affects what we do - or don't do. Inactivity, withdrawal from contact with others, stopping things we used to love doing, lack of sleep, poor nutrition, and excessive alcohol will all keep depression going.

Getting better and staying better

Getting better and staying better involves paying attention to all aspects of our lives: mental, emotional, physical, spiritual, relational and social. (Perhaps that is its purpose?) Whanau and friends

should also learn about depression and how they can help. Depression is debilitating so it's essential to start with manageable goals and small changes. For example, the weather is getting warmer so make time to exercise as much as you can. Even if it's a daily 10 minute walk, go out, breathe deeply, feel the sun on your face, and hear the birds singing. Meet up with a friend who makes you smile. Savouring these small moments helps calm your stressed brain and body. Challenge negative thinking: write down the thought, and then consider other ways of framing it which are kinder and more helpful (remember they are only thoughts - not facts). Use the strengths and resources you have amassed over your lifetime. Research shows that older people often respond well to treatment, and this may be one of the reasons why. And finally, be patient and be kind to yourself or anyone you know who is depressed.

Further information:

- Ask your GP about treatment (such as Cognitive Behavioural Therapy), look in your Library, go online: www.depression.org.nz.

- The risk of suicide in people with depression is significant. If you are having suicidal thoughts seek help immediately: Depression Helpline 0800 111 757, Lifeline 0800 543 354.

(Source: Emma Hockley (Intern Psychologist, Age Concern Canterbury).)



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Enduring Powers of Attorney, an important estate planning tool

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 may 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 be activated only 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 Attorney(s) must provide information to others if those people should request it.
- the Attorney(s) 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 has 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. 

Enduring Powers of Attorney

Fleur McDonald raises some interesting points in the article 'Enduring Powers of Attorney - an important planning tool'.

Hear Fleur discuss the issues here at
Age Concern Canterbury,
24 Main North Road, Papanui on
Monday, 30 January 2017 at 1.00pm.

Light refreshments will follow the discussion.

To book your place or for further information please
phone Age Concern Canterbury on 366 0903.



We provide information on a wide range of topics and issues, examples are listed below.

- * **Consumer rights** - buying and selling goods and services ie laptops, cellphone etc.
- * **Flatting** - your rights as a tenant, problems with flatmates.
- * **Neighbourhood Disputes** - problems with your neighbours' trees.
- * **Financial Problems** - food parcels, budgeting services.
- * **Work and Employment Problems** - annual leave owed.
- * **Relationships Problems** - what happens to your relationship property.

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www.harmans.co.nz

"To the world you may be one person, but to one person you may be the world." Dr Seuss

Time to think about the summer garden

by Michael Coulter

The daffodils have finished and many other spring flowers are over so now is the time to think about the summer garden. Plants grow quickly from now on so it is the time to plant those plants that like the warm weather. Even in the smaller garden we can grow many vegetables that will provide us with plenty of food over the next few months. We do not need to have a separate vegetable garden, we can grow many of our salad plants in all parts of our gardens among the flowers or shrubs. Today most of the new cultivars of veggies, like tomatoes, cucumbers, peppers etc do well when grown in containers but one must use good quality potting mix to get the best results.

As the spring flowering shrubs finish their flowering they should be pruned to encourage new growth which will produce the flowers next spring and



also keep them from getting too big. Once Show week is over then the summer annuals may be planted to add some colour to the garden these will also grow well in pots that may

be placed around the outside to give some interest to some of those areas that may otherwise be bare.

All shrubs and fruit trees will benefit from having a mulch around them to

conserve moisture and keep weeds down.

This season is starting off with very dry soil conditions so watering will be needed as it is predicted that these conditions will continue. Remember that good deep watering once a week or so is better than daily light sprinklings.

All those insects that like to attack our plants will be about from now on so look out for them and treat as needed.

Happy gardening - remember do today what is needed as tomorrow will be too late.

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.

Legionnaires' season arrives - advice for gardeners

Cantabrians are being urged to follow some simple steps in order to avoid getting a serious illness linked to gardening.

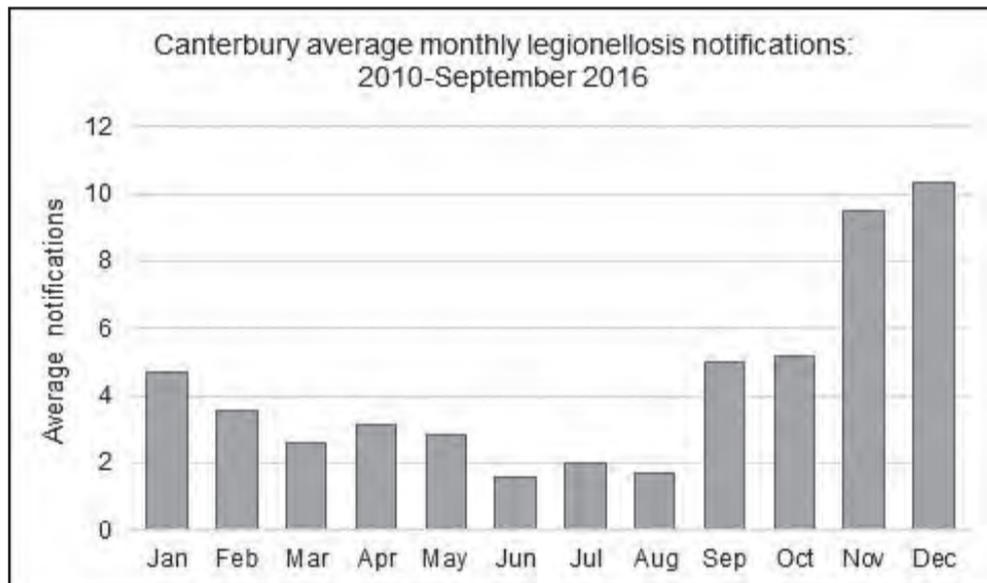
Dr Daniel Williams, Canterbury Medical Officer of Health, says October corresponds with the beginning of Canterbury's Legionnaires' season.

"In October every year the number of people with Legionnaires' disease begins to climb. Numbers peak in November and December, remain relatively high through January and February, and then taper off in March," Dr Williams says.

He says the seasonal surge is mostly linked to gardeners catching Legionnaires' disease from potting mix or compost.

"After a long winter it's great getting back into the garden and enjoying the warmer weather and longer days, but please make sure you avoid inhaling the dust from potting mix or compost as this can be dangerous."

Legionnaires' disease is a form of pneumonia. It's caused by bacteria called legionella that live in warm, moist conditions.



"You can catch the disease by inhaling airborne droplets or particles containing the bacteria," Dr Williams says.

"The illness may be mild but can sometimes be fatal. It is more common in older people, particularly if they smoke, have poor immunity or a chronic illness."

Symptoms include dry coughing, high fever, chills, diarrhoea, shortness of breath, chest pains, headaches, excessive sweating, nausea, vomiting

and abdominal pain.

"Anyone who gets these symptoms should see their general practice team right away and let them know if you have been handling potting mix or compost," Dr Williams says.

Gardeners are at particular risk of catching Legionnaires' disease as the bacterium Legionella can be present in potting mix and compost.

It is important gardeners follow five simple steps to avoid catching Legionnaires' disease from potting



mix or compost:

1. Open potting mix carefully – use scissors instead of ripping the bags
 2. Wear a disposable face mask and gloves, and open the bag away from your face
 3. Do your potting in a well-ventilated area outdoors
 4. Dampen down the potting mix or compost with a sprinkle of water to reduce dust
 5. Wash your hands thoroughly after handling potting mix or gardening.
- (Source: CDHB media release).

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Keeping On Advertisers - book now for a advertising space in the February 2017 issue of Keeping On.

The deadline is Friday, 27 January 2017.

Please contact Anna-Marie on 331-7804.

The two miracles of modern medicine

by James Le Fanu

Medicine, for so long a modest endeavour of limited effectiveness, has over the past sixty years become much more the most vivid testimony to the beneficence of scientific progress. The previously inconceivable is now commonplace while every year tens of thousands doomed in an earlier age to blindness or immobility have their sight and mobility restored. And yet the credit does not entirely belong to science. Rather the medical achievement of the past six decades hinges on two pivotal events, each the consequence of a chance discovery of an astonishing biological phenomenon that verges, one might think, on the miraculous.

The first is familiar enough; the response of Oxford policeman Albert Alexander, 'desperately and pathetically ill' with abscesses of the skin, bones and lung, to treatment in February 1941 with a naturally occurring chemical compound derived from a fungal mould, penicillin. Four days later there was a striking improvement,' his physician Charles Fletcher subsequently recalled. "He was vastly better and there was obvious resolution of the abscesses on his face and scalp." Over the next few years the screening of thousands of species of microbe would identify a further dozen antibiotics effective against the entire spectrum of infective illness - pneumonia, meningitis, tubercular and so on.

The second event, eight years later, would prove to be more significant still; a film shown at the 1949 International Congress of Rheumatic Disease in New York. 'The lights dimmed and the images started to flicker on the screen. First came the 'before treatment' sequences in which patients with the characteristically deformed joints of rheumatoid arthritis struggled to take a few steps. Suddenly an electrifying gasp swept through the audience as they saw the very same patients climbing steps and swinging their arms and legs. Well before the film

ended the hall was filled with wave after wave of applause.'

The 'treatment' was cortisone, more commonly known as steroids, a naturally occurring hormone secreted by the adrenal gland that over the next few years would be found to alleviate the symptoms of more than 200 grievous illnesses.

The origins of those flickering images stretch back twenty years to conversations between Dr Philip Hench of the Mayo Clinic and several of his patients who described a marked improvement in their symptoms when pregnant or during an attack of jaundice. 'It would be most gratifying to be able to replicate the same effect at will with whatever might be responsible, which he designated Substance X.'

Meanwhile down the corridor, Edward Kendall, Professor of Physiological Chemistry, had just initiated a research programme to identify the hormones secreted by the adrenal glands which are perched on top of the kidneys. Hench and Kendall became close friends and 'on numerous occasions' conjectured whether one or other of those adrenal hormones might prove to be Substance X. There was, however, little incentive for any pharmaceutical company to undertake the laborious task of synthesising these hormones in sufficient quantities to investigate Dr Hench's speculative hypothesis.

So there the matter rested until the early years of the war when the US military provided the necessary funding - promoted by rumours that Luftwaffe 'super pilots' boosted with an extract of adrenal gland obtained from cattle were able to fly without oxygen at 40,000 feet. The rumours were soon scotched but by then the research programme had acquired a momentum of its own. And so by this circuitous route, Dr Hench finally managed to obtain sufficient cortisone to treat his first patient, a 29 year-old woman confined to a wheelchair

with stiff, swollen, tender and painful joints. Two days later her 'painful muscular stiffness was entirely gone' and she could walk again with only a slight limp.

The filmed sequences of cortisone's efficacy in such patients soon proved to be a mirage as the high doses required resulted in terrible side-effects including perforated stomach ulcers and crushed vertebrae. But at lower doses it was a different story as over the next few years cortisone would transform the treatment of diverse, previously untreatable allergic, auto immune, inflammatory or life threatening illness - of the eye (iritis uveitis), skin (psoriasis, eczema), gut (Crohn's, colitis), lungs (sarcoid, asthma), kidneys (nephritis), nervous system (myasthenia), and many, many more. The causes of all

these illnesses remain unknown but their unifying feature is that they all respond to steroids.

Together, antibiotics and steroids would become the central pillars sustaining the entire edifice of modern medicine; the former combating the external threat to health posed by infectious bacteria, steroids by countering the inner threat posed by inflammatory illnesses. And yet, for both, their mode of action is far too complex for scientists to have developed them from first principles - where cortisone exerts its therapeutic effect by influencing the function of twenty different genes and proteins. They are rather best conceived of as 'gifts from nature', more profound than the science of the time (or even now) can fully comprehend. *Source: www.the oldie.co.uk.*

When is it time to bring in care?

"This question is one of the most common concerns families that meet with us face with their older family or disabled relatives" - says Donna Robertson, Manager of Miranda Smith Homecare Christchurch.

When we begin to think about "aged-care", images of hospital beds and retirement homes spring to mind. Something that might be off-putting for individuals concerned and their families. New Zealand has so many options available for the older person requiring support; but not everyone knows what they can access.

Although we might not think that our loved ones require that much help there can be signs that it is time to begin to introduce support:

1. Forgetful or confused - Do they misplace important things or things sometimes go missing?
2. Not eating properly - Have they lost weight, have unwashed dishes piling up or an empty fridge?
3. Missing medications - Are they able to confidently tell you what they take and when?

4. Loneliness - Are they bringing home strangers or writing cheques to people you don't know?

5. Falls and accidents - Possibly the most concerning. Have they unknowingly walked out in traffic, left the iron or stove on or something else?

Like many care providers, Miranda Smith Homecare hears many stories from concerned family members who know something is wrong but don't know what to do about it. Here are Donna's suggestions for where to begin.

Firstly, talk about it with the person concerned. Help them understand your concerns and make sure they know you want the best for them.

Secondly, gather information. Speak to GPs about options and check out www.eldernet.co.nz for unbiased information on care services.

Thirdly, consider different options. From Day Clubs and seniors' outings through to in-home care and retirement villages, there is a lot to choose from. **(A)**

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Improving with age - our perception of growing old needs some get up and go

by Cassandra Phoenix, Reader (Associate Professor), University of Bath

“Weak”, “sick”, “immobile”, “decrepit”, “lonely”, “depressed”. If the prospect of growing old brings thoughts like these to mind, you are not alone. It seems that many people – of all age groups – have a preconceived idea of what being old will be like. And it’s generally not good.

These negative perceptions of ageing are hugely problematic. They can support ageist attitudes, negatively impact on relationships with older adults and cause a deep anxiety about the future. So how do we find ourselves in a position where the later chapters of our life can often feel like a foregone conclusion of deterioration and misery?

The images of ageing that are encountered on a daily basis go some way to explain. Adverts, birthday cards, health information leaflets, even road signs all provide us with clues and cues as to what growing older apparently entails.



Signs of the times

We read news stories warning of the burden that “baby boomers” are placing on pension reforms and already stretched healthcare systems. Stereotypical images are widespread, showing the empty, haunted eyes of the Alzheimer’s patient, or the solitary, lonely figure who sits in the window gazing out wistfully. Loneliness, poverty, neglect and abuse. It’s all there. And these are real issues which need attention and resolutions.

But what’s also needed is much greater acknowledgement and awareness of the diverse ways that people can, and do, grow older. As wise, experienced and knowledgeable elders, volunteering, caring, running marathons, travelling, mentoring, creating, falling in love, pursuing new hobbies and continuing with old ones.

It’s a long list and one that reflects a shift in what can be expected from a now extended middle age (or “third age”), particularly in Western societies. As those birthday cards remind us, “60 is the new 40”.

When it comes to running marathons – and less arduous sporting goals – our research shows clearly that physical activity – walking, swimming, cycling, bowls – can have positive influences on people’s experiences of ageing. It has also shown how physically active older adults can challenge



other people’s negative perceptions of ageing.

How exactly does this happen?

One way is via the “shock factor”, encountered when we see or hear about the older body doing something unexpected. This is an intention of professional photographer Alex Rotas with her images of masters (or veteran) athletes.



Hildegund Buerkle, born 1934, setting a new European Record for the women’s 100m sprint in her age band, 2014 (Alex Rotas).

Then there is the work that veteran athletes themselves might do. Research with mature natural (drug-free) bodybuilders has demonstrated the different ways that these older adults use their hyper-muscular physiques to resist stereotypical images of frailty and deep seated ideas about age appropriate behaviour.

This sporting life

Of course, people do not need to notch up a list of completed marathons or start pumping iron to loosen the hold of negative stereotypes.

A walk in the park

Emphasising the many different feelings of pleasure that being physically active can evoke

– be it the “exhilaration” of zooming downhill on a bike, cake and coffee with fellow swimmers after a dip in the pool, or the process of documenting a favourite walk – can move discussions of older bodies within the context of physical activity, beyond the current fixation on disease and illness.

In a similar vein, we might stress how in certain physical activity settings (the culture of Parkrun being a perfect example), growing older can bring a sense of liberation.

An ability to care a little less about identities developed (or indeed imposed) long ago around “not being the sporty type” and give something new a try.

Rethinking this life stage as a time where new skills, whatever they are, can be learned is helpful. It shifts the focus from loss to ideas of growth, interest, experience and wisdom.

All this is not to champion sport and physical activity – nor those who engage in it – as the cure for all real and perceived social ills that accompany growing older in the 21st century.

Being physically active in older age can bring feelings of fulfilment to the lives of many who engage in its numerous forms. It can also act as a site for social change by enabling negative stereotypes of ageing to be challenged.



Over 75s hockey match. (Alex Rotas)

But to think about how sport and physical activity can impact on perceptions and experiences of ageing, is to create and support lifelong opportunities. It is not to pursue a new template for “ageing well”, where those who don’t (or won’t) conform are less valued.

Striving for different ways of thinking about a life stage involves celebrating diversity, not replacing one damaging story with another.

(Source: *The Conversation*, <https://theconversation.com>)

The Shirley Recreational Walkers, featured on the front cover of *Keeping On*, meet twice weekly to walk and enjoy each others company. If you are interested in joining the group contact Sue Lang on 981 7071.

Putting the balance back into ageing lives

Increased frailty in the elderly means a higher risk of falls, fractures, lack of independence and an overall decreased quality of life. Now a new study from Massey University's School of Sport and Exercise has highlighted the benefits of Whole Body Vibration (WBV) therapy for the frail elderly.

Senior tutor in life sciences Daniel Wadsworth and colleague Dr Sally Lark have spent the past three years carrying out research for the Frail Elderly Vibration Exercise Responses (FEVER) study. It involved 117 rest home residents from 12 homes in the Wellington region.

Mr Wadsworth says the participants, all aged 70 years and older, were targeted as they can't achieve conventional exercise at an intensity that will benefit their health.

"We wanted to investigate whether WBV exercise could maximise function and increase the quality of life for the residents. Previous research has shown potential benefits in various populations, including sedentary people, and healthy, mobile, community-dwelling elderly, but there is a gap in research focusing on the frail elderly who stand to benefit most from this accessible form of exercise," Mr Wadsworth says.

Participants were randomly assigned to one of three groups: a WBV-exercise group; a simulated WBV-exercise group; or a control group. The WBV and simulated participants took part in three 20-minute sessions per week, while the control group received no exercise intervention beyond normal care.

Mr Wadsworth says the WBV participants appeared to benefit from the therapy in several ways. "Participants reported increased strength,



balance, falls-related confidence and overall quality of life. It has the potential to enhance independence and quality of life, and is a cost-effective way of exercise delivery to a population who can't exercise in traditional ways. WBV is proven to be a fantastic rehabilitative tool for building confidence in the long term."

Feedback from participants included:

- "Knees feel 100 per cent better, no pain."
- "Using the machine has increased my sleep, walking and wellbeing. I feel more relaxed and confident."
- "It has felt much easier to walk, even without my stick."

One of the study's participant's mobility improved so much he was discharged from the rest-home and returned to independent living in the community. A carer assists him three times a day to help with tasks such as showering and preparing meals.

Seventy-year-old Syphone Kingsada wanted to take part in the study to improve his quality of life.

"I found the therapy great. I now have improved mobility, and I am more confident and better at keeping my balance. I can go for walks to the shops, and leave the house more often."

"Moving out of Longview Home to my own place has made my life so much better. My children can come and visit me, and even stay the night," he says.

Mr Wadsworth says, unlike other research, the FEVER study provides a timeline for WBV-exercise benefits. "After completing the 16-week training intervention, benefits remained for three to six months, suggesting that WBV exercise could be a useful rehabilitative tool for building confidence and ability for more challenging exercise.

"However, the psychological benefits appear to last longer than the physical ones, leading to a mis-match between confidence and physical ability. This has the potential to increase fall risk if not managed properly," Mr Wadsworth says.

He believes future research should focus on identifying the direct impact WBV exercise has on falls. "Research should also explore the safe use of WBV exercise by individuals with lower-limb joint replacements, given their prevalence in this population."

Mr Wadsworth and the FEVER research team recently presented their findings at the Conference of the New Zealand Association of Gerontology – Making Active Ageing a Reality – held in Wellington earlier this month.

The FEVER study was a collaboration between: Massey University's School of Sport and Exercise; Massey Institute of Food, Science and Technology; Otago School of Medicine, Wellington; Pacific Radiology; and the Capital and Coast District Health Board. It was funded by Massey University and the Accident Compensation Commission. (Source: Press release Massey University, Sep. 2016).

Forgetting things? Nothing is more ageing than inactivity

Brain and memory changes happen to everyone around the age of 50 or so. For most of us it is just a sign that we need to be more effective about how we remember.

Four reasons why the brain ages

1. Our age-related hormones decline.
2. Living a sedentary lifestyle.
3. Lacking mental and physical activity.
4. Poor nutrition & obesity.

Did you notice that factors two, three and four are under YOUR control?

Does Exercise help your brain?

Yes it does. At ANY AGE!

Exercise is very important for cell regeneration. A gentle twenty minute walk a day is recommended. Even a

little exercise can yield great gains.

In a recent US study, those who exercised for 15 minutes three times a week reduced their risk for dementia by one-third.

"This study adds to growing evidence that moderate exercise is the closest thing we have to a magic wellness bullet for everyone," said William Thies, of the Alzheimer's Association for medical and scientific affairs. Moderate physical activity has all kinds of benefits and almost no downside."

Gillian Eadie of the Memory Foundation was "excited to find that the Aircycle exerciser was designed to give anyone chair-bound the chance to keep circulation, nutrients

and oxygen flowing to the brain."

Wellnourished cells aid regeneration in all parts of the body, including the brain. And it's so easy to keep your blood circulating with an Aircycle while watching TV.

Whatever your age or fitness level, even if restricted by joint pain and stiffness or sitting at a computer for long periods, you can still use the Aircycle to boost circulation and help your brain. Nothing is more ageing than inactivity!

Memory Foundation's 7-Day Brain Boost Plan by Dr Allison Lamont and

Gillian Eadie combines the exercise, mental challenges, suggested meals, stretches and relaxation you need to support your brain and memory. You will find more information and can order the book at www.memory.foundation. Aircycles are available in pharmacies, Diabetes Christchurch, Aspire Canterbury and More Mobility. Information and orders at www.aircycle.co.nz, phone 0800 14 14 15 or post \$44.90 (p&p included) to Aircycle, PO Box 45105, Waterloo, Lower Hutt. 5042.

(Source: Memory Foundation) 



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



Circulation Booster Strengthen Leg Muscles

To support joints & improve balance
Avoid Falls

Helpful for:

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- * Strengthening muscles
- * Improving joint flexibility
- * Diabetic foot care
- * Reducing swollen ankles
- * Parkinson's & MS
- * Stroke rehabilitation
- * Painful fingers & wrists
- * Cramps & restless legs
- * Travelling (DVT)
- * Varicose veins
- * Cold hands and feet

Available in pharmacies, Diabetes Christchurch, at www.aircycle.co.nz or call 04 569 5013, or post \$44.90 (P&P included) to Aircycle, PO Box 45-105, Waterloo, Lower Hutt.



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Nutrition snippet: fabulous flavour without the salt

by Gemma Lilly, Project Dietitian, Pegasus Health

Did you know?

From about 60 years of age, you may experience some loss in taste and a decline in your ability to smell – so making tasty food is really important for your nutrition. What do you reach for when your food is lacking flavour? Have you got the salt shaker on the table? Do you add salt to your cooking?

Adding salt to food can contribute to high blood pressure. There is already enough naturally occurring salt in food, so there's no need to add any more.

We want to offer you some top tips to 'cut the salt' and increase flavour to keep your blood vessels and your taste buds happy!

Cutting down the salt

- Reduce the amount of salt you add to your cooking over several weeks. Can you cut the amount of salt you add in half each week?

- Taste a few mouthfuls of your food before adding any salt. Can you add less than you usually do?

- When you do use salt, try iodised salt. It's better for the thyroid because of the added iodine!

- Remember all salts can raise blood pressure, including: rock salt, sea salt, iodised salt, and flaky or flavoured salts.

Herbs, spices and other foods are excellent flavour enhancers for our everyday foods. Use them to create



healthy flavoursome meals:

- Finely chop fresh herbs to release their fragrance and flavour e.g. parsley, coriander, mint, chives, basil.

- Whole spices usually need to be crushed before use, and their delicious flavours are best released in a little oil or water during cooking.

- Use ground spices and dried herbs for an easier alternative. Start by adding ¼ of a teaspoon to food and increase to your taste.

- Adding other foods such as onion, fruit juices and sauces, seeds and nuts are other ways to keep the taste buds happy!

Try one or two of these flavour enhancers next time you cook

FISH : Garlic, Tarragon, Dill, Lemon or Lime juice, Parsley.

CHICKEN: Ginger, Sage, Thyme, Basil, Cranberry sauce, Paprika.

BEEF: Mustard, Horseradish, Garlic, Black pepper, Sage.

MUTTON or LAMB: Rosemary, Thyme, Garlic, Mint (to serve).

PORK: Garlic, Ginger, Sage, Onion, Lemongrass, Apple sauce.

EGGS: Sage, Thyme, Chives, Dill, Parsley.

BROCCOLI: Lemon juice, Pepper, Sesame seeds, Sliced almonds.

PUMPKIN or KUMARA: Ginger, Garlic, Cinnamon, Nutmeg.

POTATO: Chives, Paprika, Garlic powder, Onion, Turmeric, Parsley.

RICE: Cumin seeds, crushed Cardamom, Cloves, Bayleaf.

Senior Chef Cooking Classes for Older People

To gain more tips on tasty healthy cooking for 1 or 2 people, you may like to join Senior Chef Cooking Classes for Older People. It's free to attend and classes are all over Canterbury starting in February 2017. For more information and enrolment visit www.seniorchef.co.nz or ask your General Practice team for a referral.

Rocking rissoles



A flavourful take on an old classic

Ingredients (2 Serves)

Rissoles

200g Premium beef OR lamb mince ¼ cup Breadcrumbs

1 small Egg

1 small Carrot, grated

1 small Shallot, finely chopped

1/3 tsp Rosemary

1 tsp Garlic, crushed

1/3 tsp Sage, dried

2 Serves Homemade tomato sauce

4 Tblsp Tomato puree

1/3 cup Water

10 leaves Basil, fresh and chopped

1/3 tsp Oregano, dried

1 tsp Garlic, crushed

Method

1. Mix all ingredients for 'Rissoles' together in a mixing bowl.

2. Use your hands to shape mixture into 6 small patties about 7 x 7 cm.

3. Roll 'Rissoles' in extra breadcrumbs. Set aside.

4. Mix all ingredients for 'Homemade tomato sauce' in a saucepan. Set aside.

5. Pan fry 'Rissoles' in a non-stick fry pan with 1tsp of oil on a medium heat for 4-5 minutes each side.

6. Simmer the 'Homemade tomato sauce' over a low heat stirring occasionally over 10 minutes.

Serving Suggestion: Pour 'Homemade tomato sauce' over Rissoles and top with fresh chopped basil. Serve with steamed vegetables or a salad, and potatoes or pasta for a filling and balanced meal.

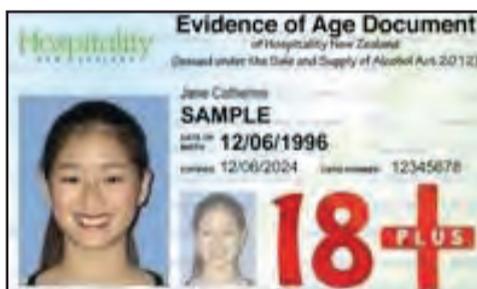
Top tips: Prepare steps 1-4 in the morning and store food in the refrigerator until you are ready to cook. This saves time and energy!

Buy tomato paste in a tube, and pre-crushed garlic in a jar, so you can use a little at a time. Remember to store in the refrigerator.

Best options for official photo identification

What to do if you no longer have a driver's licence or passport but still need some sort of official photo identification.

There are actually two options for ensuring that you have an official photo ID. The best option for older people is maybe to add a photo to your SuperGold Card. You can do this for free at your nearest AA Driver and Vehicle Training outlet. You will need to take your existing SuperGold Card and three forms of identification to verify your name and date of birth. Alternatively you could get a



Hospitality NZ 18+ card. While originally developed as a means for younger people to prove they were over 18, the card has been growing in popularity among older people who are looking for a cost effective and recognised form of photo ID.

The 18+ card is an approved evidence of age document which has been in operation since 2000, and it's widely accepted throughout New Zealand by banks, finance companies, Government agencies and retailers as a valid form of photo ID.

It is available to anyone over the age of 18 and costs \$35.00, including GST. You can pick up an application form from any NZ Post Shop. Applications take about two weeks to be processed. (Source: Age Concern Rodney, Spring 2016).

SENIOR CHEF

Cooking classes for older adults

Senior Chef is a **FREE** 8 week cooking course for older people who want to improve their skills, confidence or motivation around cooking. Classes are 3 hours long and run once a week.



How do I join a Senior Chef course?

Contact your GP, Practice Nurse or other health professional.

If you qualify, they will refer you to the course co-ordinator who will contact you to discuss enrolment.

See our website for more info and recipes: www.seniorchef.co.nz

Changes to Council's housing

Kia ora tatou
In October 2016, Christchurch City Council officially transferred the tenancy management of its social housing portfolio to the Ōtautahi Community Housing Trust.

The Council's social housing service, City Housing, ceased to exist in its current form, and the Trust became the new landlord and point of contact for tenants and service providers.

The Trust is responsible for tenancy

management, rent-setting, and the day-to-day maintenance of all social housing, while major repairs, renewals and the development of new housing remains the Council's domain, as owner of the land and building assets.

The official handover to the Trust marks a major milestone for the Council, both in terms of the decision-making process, which began in early 2014, and in terms of the Council's proud and long-standing involvement

in social housing, which dates back to 1921.

The handover to the Trust is significant, in that it will help to financially secure the Council's social housing for the long term, and, in doing so, ensure a stable future for those in our community who depend on it.

The Council and the Trust are currently working through the handover process, and have been communicating with tenants regularly

to ensure they understand the changes.

For your reference, the Ōtautahi Community Housing Trust's contact details are as follows:

Phone: 0800 624 456 or 260 0058

Office location: 61 Kilmore Street, Christchurch 8013

Postal address: PO Box 53, Christchurch 8140

Email: admin@ocht.org.nz

Website: www.ocht.org.nz

Expo prize winners happy recipients



From left: Yvonne Palmer, Projects Co-ordinator, Age Concern Canterbury congratulates prize winners Yvonne McBride and Alan Threadgill.

Curiosity can add fire and spice to life

Here's a little food for thought from the positive ageing 'cookbook', 'Ageing is Living: Recipes for Life'.

Curiosity adds fire and spice to life. Like a good curry, it really gets the digestive juices flowing.

A good helping of curiosity keeps our brain cells ticking over and helps make life stimulating and meaningful.

It also has the effect of making us more interesting to other people.

No matter how long we live, the world will continue to present us with an endless store of things to be curious about and new things to learn. We are limited only by our own appetite for knowledge.

So add a little more spice to your

recipe for life:

- Be astonished, puzzled, interested.
- Be receptive and open to new things and to other points of view.
- Ask questions.
- Develop your interests.
- Keep learning new skills.
- Expand your horizons.

• Mix with people who don't share your world view.

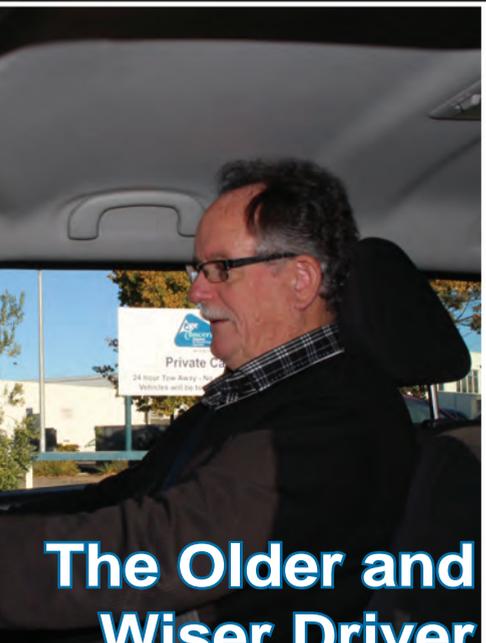
• Be adventurous – do something you've never done before.

'Live as if you were to die tomorrow. Learn as if you were to live forever.' - Mahatma Gandhi

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



UPDATE FROM THE CLUBS



Amberley Welcome Club members enjoyed their visit to The Tannery and drive to Sumner and trips to Geraldine, Cheviot and Gore Bay Motunau Beach. The Club's AGM was held in October. Meet: 3rd Monday at 1.30pm, Anglican Church Hall. **Contact:** Kath Anderson on (03) 314 8365.

Beckenham Friendship Club members enjoyed entertainment from the Keyline Singers and Pat Hannah. Future entertainment will include Smokey and Lorraine, City People and Val from Vee Jay. **Meet:** Second and fourth Tuesday of the month at 1.15pm at St Marks Church, corner of Barrington Street and Somerfield Street. **Contact:** Janet Meek on 332 4237 or email janetmeek@xtra.co.nz.

Belfast Friendship Club members enjoyed speakers Dave Wilkinson from Neighbourhood Support and Ron Andrew from The Beautifying Association. A range of entertainers have provided high calibre and enjoyable music. Members enjoyed a trip on the Lamb and Hayward bus to Black Hills Farm in Hurunui and the Hurunui Hotel. The Club is always looking for new members. **Meet:** Every second Monday, 1.30 pm, at the Belfast Rugby Club Hall, March Place, Belfast. **Contact:** Helen Beach on 323 8461.

Lincoln Area Senior Citizen Club members enjoyed entertainment by The City People and a trip to the Tannery and a meal. The Club celebrated its 40th anniversary this year. Future entertainment will be provided by Pat Duggan and a visit to Paroa Pig Farm at Culverden will take place in October. **Meet:** First Tuesday of the month at 1.30pm at Lincoln Event Centre. **Contact:** Margaret Barratt on (03) 325 2218.

The Salvation Army Companion Club members enjoyed a "Bottle O" afternoon centred around old and new bottles culminating in a mystery bottle auction. An SPCA Training Officer gave an informative talk and the fantastic Kapa Haka group from Wairakei Primary School entertained members. A talk by the Manager of the Christchurch Occupational Therapy Department is planned and later in the year a Christmas break-up. **Meet:** Third Tuesday of the month at 1.30pm at 166 Moorhouse Avenue. **Contact:** Major Cherie Buckner on 03 322 9527.

Sumner Senior Citizens Club members enjoyed an afternoon with Pat Hanagh. A lunch at Redwood is planned plus a speaker from the Salvation Army. **Meet:** Second and fourth Wednesday each month at 1.30pm at Sumner Surf Club. **Contact:** Lola Bouckoms on 384-9889.

My Satnav

by Pam Ayres

I have a little Satnav, It sits there in my car
A Satnav is a driver's friend, it tells you where you are.
I have a little Satnav,
I've had it all my life
It's better than the normal ones, my Satnav is my wife.

It gives me full instructions, especially how to drive
"It's sixty miles an hour", it says, "You're doing sixty five".
It tells me when to stop and start, and when to use the brake
And tells me that it's never ever, safe to overtake.

It tells me when a light is red, and when it goes to green
It seems to know instinctively, just when to intervene.
It lists the vehicles just in front, and all those to the rear
And taking this into account, it specifies my gear.

I'm sure no other driver, has so helpful a device
For when we leave and lock the car, it still gives its advice.
It fills me up with counselling, each journey's pretty fraught
So why don't I exchange it, and get a quieter sort?

Ah well, you see, it cleans the house, makes sure I'm properly fed
It washes all my shirts and things, and keeps me warm in bed!
Despite all these advantages, and my tendency to scoff
I only wish that now and then, I could turn the bugger off.

Christchurch Senior Citizens

Our Card members meet on Mondays at 12.15pm.
Admission \$2.00.

Indoor Bowls section meets Tuesdays at 12.30pm.
Admission \$2.00.

We hold an Old Time Dance on the 1st and 3rd Saturday of the month. Admission \$6.00.

All of our sections meet in the Scottish Society Hall on the corner of Edgeware and Caledonian Roads.

New members and visitors are always welcome.

Phone Veronica on 383 3020 or Beth on 388 2375 for further information.

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 pm to 1 pm at our club rooms, 3 Brake Street, Church Corner, Upper Riccarton. Come along for an informal chat, we'd love to see you. Please note there are no 'meet and greet' sessions during December and January.

PROGRAMME ASSISTANTS NEEDED

Programme Assistants are needed for Monday and Tuesday afternoons at the St Luke's Centre in central Christchurch.

The successful applicants will have good people skills, enthusiasm and organising ability.

This is a volunteer position and is therefore unpaid.

Apply to: stlukesvolunteering@gmail.com or phone 359 5218 (afternoons)

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.



Volunteer Collectors needed

Help us fight New Zealand's Biggest Killer –
Every 90 minutes a New Zealander dies of Heart Disease.

In February the Heart Foundation will be having their Annual Appeal.

Can you spare some time to help collect for us in Canterbury on the 24 or 25 of February 2017?

Even an hour of your time would be greatly appreciated.

Please contact Emma Griffin, Heart Health Advocate on phone 03 366 2112 or email emmag@heartfoundation.org.nz

Christchurch solutions to help with hearing loss

Life Unlimited hearing therapist Bernadette Collins' main clinic is conveniently situated in Bealey Avenue by the traffic lights opposite Montreal street. It has off street parking. Monthly clinics are also available at Rangiora, Hornby and Lincoln.

Clinics in the community are just one way Life Unlimited Hearing Therapy Services makes it easy for people to access the free, Ministry of Health-funded service.

Bernadette says it's not uncommon for people to put off seeking help for a hearing problem. Having to travel to get to appointments is just one barrier. Feeling like nothing will help is another common problem — some people aren't aware how a hearing therapist like Bernadette can help.

"Usually the first step is just having a chat with people to see how their hearing problems are affecting them," says Bernadette. "I'll also complete a hearing evaluation and then we'll discuss the results." We don't sell hearing aids, but if someone does need them, I can give them



Bernadette Collins

independent information about what's available and talk about hearing aid funding options.

"If people already have hearing aids, but are having trouble managing them, I can help with this too — even simple things like inserting or cleaning them."

Of course, many people won't need hearing aids at all, but could still benefit from a consultation. Bernadette can help people develop better communication skills and

strategies to help manage the impact of hearing loss and tinnitus on day-to-day life.

"I'm always surprised by the number of people who suffer with tinnitus. Often they've been told there's nothing that can be done. But there are lots of things we can try," says Bernadette.

"We can look at ways to better manage the stress associated with the condition, or find strategies to mask the symptoms so they are less intrusive on everyday life."

Bernadette can also provide information about a range of devices to help around the home.

"The most common device people need is an amplified phone, but there are other things like headsets for the TV and alert systems for people who have trouble hearing the doorbell or smoke alarms.

"There are lots of things I can help with to make life a little easier."

Bernadette's clinics are FREE to all New Zealanders 16 and over. Call 0800 008 011 to make an appointment.



Do you feel like people are always mumbling? Are you often asking people to repeat what they've said?

Come and see one of our qualified hearing therapists for a FREE hearing assessment and expert advice. Our independent national service is completely free because it is funded by the Ministry of Health.

We'll help you find effective hearing solutions, including communication strategies, assistive technology and advice on hearing aid funding.

Next Clinic: Wednesday 24 August
Lincoln Event Centre
15 Meijer Drive, Lincoln

Book a free appointment today:



0800 008 011
hearing@lifeunlimited.net.nz
www.lifeunlimited.net.nz

Dementia Canterbury launch

Alzheimers Canterbury has rebranded to more appropriately reflect the many dementia conditions covered by its services. This is in keeping with its continued emphasis on development and delivery of innovative quality based community services intended to support people to live well with dementia.

Several months ago Alzheimers Canterbury left the Alzheimers New Zealand Federation with a plan to set up Dementia Canterbury as a way of concentrating effort on delivery of front line services. "There was growing confusion in the public arena about the relationships between Alzheimers NZ and us," says Darral Campbell, Manager, "People saw us as one.

"We want people to know that the money they donate to us stays in our

region and goes directly into frontline services in the region."

"Alongside Dementia Canterbury, dementia Auckland and Dementia Waikato are also launching today. We are unique in our communities as the only agencies working with people from the point of diagnosis through to the time of entering residential care.

We want to support and enhance the delivery of quality services, working together and in partnership with our colleagues in Auckland and Waikato.

We will continue to work collegially with any organisation that wants to support people to live well with dementia.

We are excited about our new name and look and invite you to see our branding and services at www.

dementiacanterbury.org.nz".

Watch this space for more information about the launch of a national organisation.

Contact details

Address: 314 Worcester Street, Christchurch.
Postal Address: PO Box 32074, Christchurch 8147.
Phone: 0800 444 776.
Email: admin@dementiacanterbury.org.nz.
Website: www.dementiacanterbury.org.nz



(Source: The Oldie, www.theoldie.co.uk)

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IF SO PLEASE PHONE 372 9224 FOR FURTHER INFORMATION OR TO RECEIVE A COPY OF THE ACTIVITIES PROGRAMME

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HOME VISITS AVAILABLE

The Mediterranean diet question

by Tom Stuttaford: The Doctor's Surgery

The annual meeting of the European Society of Cardiology Congress can be guaranteed to provide headlines that will stimulate interest in heart problems and thereby be of benefit to the tens of thousands of patients with potentially life-threatening heart disease.

This year the research that became a front page study in most newspapers was the news that the heart health of patients who enjoyed a Mediterranean diet was so improved that a better choice of food might enable them to do without their statins and other pills so disliked by the health conscious.

It is claimed that seven million people in Britain have some kind of heart condition and that in half a million this is advanced to the stage of heart failure. Heart failure is defined as when a patient's heart muscle is no longer able to keep the central organs properly oxygenated and supplied with nutrients. Initially, the most tiresome features of heart failure are an ever increasing tiredness - a real crippling tiredness rather than a pleasant weariness. Not only are patients tired and so sleepy that they can't concentrate, they also become increasingly breathless, to begin with only after exercise but later it may be induced by prolonged standing or even occur at rest.

The value of the Mediterranean diet is generally accepted. It emphasises the prime importance of olive oil, a preference for fish, especially oily fish,



over red meat and of vegetables over fatty and sugary foods. The jury is out on dairy products but these are no longer universally condemned. It is now accepted that calcium obtained from cheese and milk is metabolised differently from calcium tablets and is better for health.

Oily fish doesn't have to be expensive salmon or trout: herrings or mackerel will do just as well. Neither do the vegetables have to be cabbage, kale, spinach or broccoli, a dislike of which has been attributed at various times to childhood experience or even genetic inheritance. Avocado pears - some experts suggest one a day - melons, tomatoes,

small carrots, little turnips (the neeps of Scotland), beans and peas will all do equally well. Recently lettuce has seemed to some people to be as good as cabbage leaves. Fortunately, in my opinion, the popularity of lettuce hearts is recovering. Nuts are excellent but doubts are expressed about peanuts. It is noticeable that the recent widespread publicity about the Mediterranean diet has failed to mention the benefits of the red wine that, taken in moderation, accompanies most Mediterranean meals.

It would be criminally dangerous to suggest that people should substitute the Mediterranean diet for their statins or other cardio-effective medical treatment. Instead, this diet should be regarded as a supplement to life-enhancing or even life-saving tablets.

The best known research that swayed both public and medical opinion and even softened up, to some extent, the bottom line Treasury financiers, towards the benefits of statins was the 2013 review of more than 200,000 patients. This suggested that routine statins could save 7,000 lives a year.

The central Italian research has been accused, perhaps unjustifiably, of suggesting that a Mediterranean diet could substitute for statins and other drugs. However, the work is based on a study of only 1,200 to 1,300 patients, and whose health was followed for only seven years.

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



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, Wycola Avenue on Monday at 10.30am.

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

Halswell, Te Hapua: Halswell Centre, 341 Haswell Road on Monday at 1.00pm.

Wainoni, (Waitlist only), 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 10.30am.

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.

START with RESPECT

WHITE RIBBON DAY FRIDAY 25 NOVEMBER 2016 5-7PM CATHEDRAL SQUARE FAMILY EVENT



WHITE RIBBON DAY 2016 CHRISTCHURCH

Partnered by Ministry of Social Development, Canterbury Family Violence Collaboration, and Canterbury Police.

Summerset opens its first Christchurch retirement village in Wigram

Summerset officially opened its first Christchurch retirement village in Wigram during September.

Summerset Chief Executive Julian Cook said the company was excited to be in Christchurch.

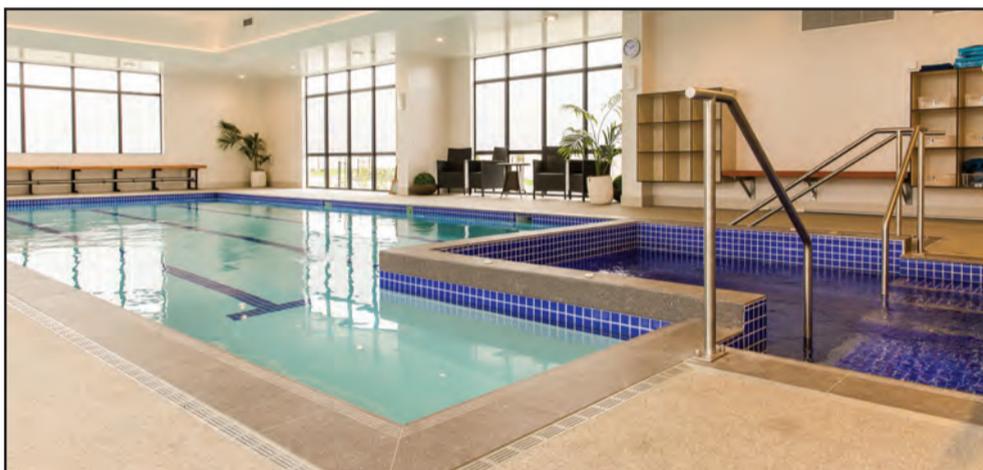
“Being part of the city’s rebuild and local community is fantastic and it’s such a privilege to be able to bring our lifestyle offering to Christchurch.”

The first residents moved into their Summerset at Wigram homes on the corner of Awatea and Wigram Roads a year ago.

It took 16 months to complete the Village Centre, the heart of the retirement village, which houses the administration and recreation areas.

It also accommodates 53 serviced apartments where residents can receive DHB-certified rest-home level and hospital level care in their own homes. There is also a 49 room Care Centre.

“Our care facilities are a key part of Summerset’s continuum of



care philosophy, giving residents assurance that we will look after

people as their needs change,” said Mr Cook.

The village provides a residents’ bar and social areas, hairdressing salon, indoor pool and spa, exercise room, library, IT suite and all-weather bowling green.

Once completed, the \$80m village will have about 200 independent living homes, including two and three bedroom villas, one bedroom serviced apartments and two bedroom townhouses.

Preliminary earthworks have recently begun on a second Christchurch village in Cavendish Road, Casebrook.

“Summerset is always looking for new opportunities to provide our much needed retirement village living and care services. We hope our Summerset development plans for Christchurch will help free up homes for families and address housing availability and affordability challenges,” said Mr Cook. (A)



BRAND NEW VILLAGE CENTRE AND CARE CENTRE – NOW OPEN!

summerset.co.nz

Welcome to our new village centre and care centre.

We’re excited to let you know that we have now opened the doors to our brand new village centre! The village centre is the heart of our Summerset community with residents already enjoying the fabulous facilities, like the café, lounges, indoor swimming pool and spa, library, exercise room and outdoor bowling green.

The village centre is also home to our fantastic care centre, with care options ranging from a little help around the home to rest home and hospital-level care.

Come and see why we love the life at Summerset

Summerset at Wigram

135 Awatea Road, Christchurch

Contact Anne Walker on 03 741 0872
wigram.sales@summerset.co.nz

I was obliged to spend a night on the streets

by Wilfred De'Ath

Cambridge City Council having refused to house me, I was obliged to spend a night on the streets.

The night began at Cambridge station at 12 midnight, where a horrible, smelly little con man, name of Alex, tried to scrounge money off me, without success. (I do not look like a street person: I am quite smartly dressed with a made-in-China pork-pie hat and an expensive bamboo cane. Almost a boulevardier in appearance). Alex said he was trying to raise 17 pounds for a place in the local youth hostel but I knew it was for beer and cigarettes. (I was turned out of the hostel the previous night for urinating without shutting the door: "There are children here!" said the young director indignantly).

I managed to see off Alex and

marched into the town centre, where marauding bands of drunken youths and nearly naked girls were falling out of the nightclubs, it being a Friday night. When they saw me, they began to mock me for my appearance, but they didn't actually attack me, which was what I feared. In my long experience of these matters, the girls are worse than the boys. I stopped outside one of the clubs (the Fez) and asked a security thug with a bit of wire coming out of his ear to bring me a glass of water. Rather to my surprise he agreed to do so and was almost polite about it.

The next problem was to find somewhere warm to spend the night. I had no intention of sleeping on the pavement and I didn't possess a sleeping bag in any case. A sweet

little street person, name of Kristie, who was lying under a single, thin blanket just outside Fez, advised me to try the car park under the Cambridge swimming pool.

She was right! It was, for some strange reason, relatively warm there. I spent the next two or three hours in a snug doorway, contemplating the empty car park, and wondering how I had come to sink so low.

At about 5.00am it was time to move on. I walked to Cherry Hinton, where I used to live (between 2002 and 2012) and had a little peep into my old apartment where the Philistine new tenant had taken down all my Oldie covers - hundreds of them - and replaced them with - nothing.

It was now 6.00am and a reluctant sun was rising in the east. The first

Costa coffee bar opens at this time. It is a good thing, if you are homeless, to have friends in such places, and Ashra and Sean, who run Costa Brook Cafe near the station, where the first commuters were arriving, were soon plying me with free orange juice, croissants, coffee etc. I was their first ever customer at Christmas 2013 and they haven't forgotten me.

All in all, my night on the streets wasn't such a bad experience. Do I feel ashamed, at 78, an Oxbridge graduate, a famous BBC producer, to be so reduced to be living in this way? No. It is all part of the patterns of almost the end of my life and it has existential advantages.

The main problem, in point of fact, was boredom - the story of my life.

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

Barton Fields provides both freedom and peace of mind

Nestled amidst 2.4 hectares of landscaped grounds on the fringe of Lincoln, Barton Fields is a lifestyle community with an ownership structure that provides both freedom and peace of mind.

Despite being designed specifically for older residents, Barton Fields is certainly not your average 'retirement village'. In fact, it's an exclusive enclave of quality homes surrounded by communal gardens and sprawling reserves; a vibrant community where people over the age of 55 can enjoy an invigorating lifestyle without the

stress of maintaining a large home and its accompanying grounds.

Unlike most traditional 'retirement villages' in this country, there's no Licence to Occupy policy at Barton Fields. Instead, Barton Fields was created around the Unit Titles Act, allowing residents to purchase their own villas just as one would a normal home.

The villa becomes their own in every respect; an asset they can borrow against, sell whenever they want, or pass on to other family members. And because there is no Deferred

Management Fee (i.e. Barton Fields doesn't take a percentage on the resale), the owner of each villa will reap the rewards of any increase in value.

It's a model that's been praised by investment experts including Paul Rickerby, Director of Christchurch accountants and financial advisors Moore Stephens and Markhams. "The freehold title ownership model is far more transparent than the licence to occupy model", he says. "Freehold ownership gives the owner more options and means any capital gain

is theirs, and theirs alone."

Built by the award-winning Mike Greer Homes, the villas are highly customisable, with seven unique floorplans and four different colour palettes. Facilities within the development include an architecturally designed Community Hall and an array of walkways and cycle ways, while the proximity to everything from the local golf course to the charming township of Lincoln ensures everything you could ever need is within easy reach. (A)



Why live when you can live a lifestyle?

- Our 2-3 bedroom villas are freehold title not licence to occupy. Proudly built by Mike Greer Homes and come with a 10 year Master Build Guarantee.
- We take care of your lawns, gardens and external home maintenance freeing you up to enjoy all that Lincoln and Selwyn have to offer - bowls, golf, restaurants, supermarket, library, doctors, chemist and a handy shopping centre and much much more.



**BARTON FIELDS
VILLAS**

Safe | Secure | Lifestyle

To find out about our latest promotions or register your interest in our Stage 3 villas:

Visit our show homes at Barton Fields, Birchs Road, Lincoln

We are open: **Friday 1pm - 2pm**

Sunday 2pm - 3pm

Call us on **0800 325 523** or visit

www.bartonfieldsvillas.co.nz

Like to know more about Lincoln, Selwyn?

Visit **www.selwyn.govt.nz**

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