

Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTERBURY Vol 93: Autumn 2017



A great start to 2017: social outings programme, Page 14

FROM THE CHIEF EXECUTIVE



Happy New Year and welcome to 2017. I hope your Christmas and New Year week was a safe and satisfying one.

2017 will be a year of continuing growth for Age Concern Canterbury. All of our services are up and running.

Last year we were fortunate to have an intern psychologist working with us, voluntarily, two days a week. Emma Hockley provided some one on one support, some group work around grief and loss and was a key part of the health team. We did a survey at the positive ageing expo and 90% of people surveyed felt it would be useful to have access to psychological support, for a range of issues such as anxiety and depression, pain, grief and loss, and loneliness. Interestingly 70% of people responded that they would not know where to seek help if they were dealing with one of these issues. Age Concern Canterbury is always a great place to start if you are unsure about where to get any sort of help or support – if we can't provide it, we'll put you in touch with someone who can. Emma has now completed her internship and is a registered psychologist. Well done Emma and thank you for your support of older people in Canterbury.

Scams happen all year round, one in particular that we have seen many many cases of in the last year is heat pump cleaning. There are several companies that older people have phoned us about having had them turn up to clean their heat pump and then tell them there is something wrong with it and that it needs replacing. In many of the cases we know about it has been later proven that this was not the case.

Age Concern Canterbury recommends never engaging with any person or company who cold calls, just turning up and knocking on your door. Never let them in and ask them to leave. If you need a trades person, handyman, gardener or cleaner – give us a call at Age Concern Canterbury and we will put you in touch with someone who you can rely on. This includes heat pump cleaners!

Keeping On is printed four times a year, and is our mode of passing on information, raising and discussing issues facing older people, and providing some interesting articles. We always welcome any feedback or suggestions of topics that you think should be in there. Give us a call with your thoughts.

Ngā mihi nui (Kind regards)
Simon Templeton
Chief Executive

A WORD FROM THE PRESIDENT



In December we held our Annual Christmas lunch for staff, board members, honorary life members, volunteers and friends.

We had a great gathering enjoyed by all. Of special mention was the presence of Ahi Allen, a former staff member and a Pastor and Age Concern Canterbury's Cultural Advisor. His welcome to our guests, his song and prayer to all at this time of year has become a special component of this function.

There was a sad item at our function which was to say farewell to some of our long-serving Age Concern Canterbury volunteer receptionists. Some of our receptionists have given many years of service to our organisation and community. They offered specialised and practical assistance, support, contact and outreach.

The Volunteer Receptionists were a valued part of the Age Concern Canterbury team. I thank them most sincerely for their time and commitment - they are very special people.

I do hope you have been out to check on some of the good things that have been happening as part of the Earthquake recovery. Do visit Mona Vale which has been completely

restored and to such a high level. There is now a Pantry Cafe open to the public under the management of the very experienced Continental Caterers. The refurbishment is amazing.

Did you know that Riccarton House has been beautifully restored and is open to the public.

The Art Centre, opposite the Canterbury Museum, is partly open and an absolute credit to those who have been involved with its restoration. The Great Hall with its magnificent stained glass window is a minor miracle to behold.

The Statue of William Rolleston, 4th and last Superintendent of Canterbury 1860-1876, has been restored to its original position outside the Canterbury Museum. These are a few indicators that things are beginning to reappear with many more to follow.

I do hope you had a happy Christmas and you are all coping with everyday life. Do remember you are very welcome to contact Age Concern Canterbury if you have any problems. We can help in so many ways - just contact us on 366 0903.

I send belated Happy New Year wishes for 2017 to you all from the staff, volunteers and board members.

Annette Harris
President

— CONTENTS —



Page 5 - Rayleen is sitting pretty at 100



Page 7 - Cycling legend still going strong at 87



Page 9 - Sir Bob Charles book next project



Page 13 - Stuart is more than a volunteer driver

Page 8 Chimp study shows how hanging out with friends makes life less stressful.

Page 12 Ponder this with Brian Priestley.

Page 15 District Commander's advice.

Page 16 A snapshot of social work with older people.



AGM NOTICE

Age Concern Canterbury will hold its AGM on Wednesday, 17th May at 2.00pm at 24 Main North Road, Papanui, Christchurch. The deadline for nominations is 17th April. Contact Simon Templeton, Chief Executive on 366 0903 for more information.



Keeping On

OFFICIAL MAGAZINE OF AGE CONCERN CANTERBURY (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. The **Keeping On** Team: Dayl Milne - Editor, David Gee - Journalist, Anna-Marie Hunter - Advertising Representative/Desktop Publisher.

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

Another year, more cases of online love ending badly for the lovelorn

by Emma Reilly

Bank customers who meet people online are vulnerable to fraud and theft if they fall for the wrong person, says Banking Ombudsman Nicola Sladden.

The Banking Ombudsman Scheme has just released its 2015-16 Annual Report and cases involving increasingly sophisticated online fraud and trickery are increasing, 66 bank customers contacting us about scams by third parties.

“Every year we receive complaints from bank customers duped into transferring money – usually online – to people they don’t know, and we’re unable to help them because their bank hasn’t done anything wrong

as they themselves authorised the payments.

“A recent complainant met the love of his life who said she lived in Malaysia. She asked for his help by depositing a cheque for GBS30,000 into his New Zealand bank account. She told him her bank wouldn’t accept the cheque as she had no permanent address.

“Because he had to wait three weeks for it to clear, and she said she needed the money sooner, he took out a \$10,000 personal loan and sent it to her via Western Union.

“The foreign cheque then bounced and he complained to us that his bank hadn’t made it clear to him that

that could happen, and that it also shouldn’t have approved the loan.

“We couldn’t uphold either complaint because firstly, the bank had told him verbally it would hold the cheque proceeds until it could confirm its legitimacy, and secondly, the bank’s loan application assessment was satisfactory.

“The complainant learned the hard way that love online doesn’t always pay.”

To keep heart and finances intact online, we recommend the following precautions:

- make sure you know who you’re dealing with online

• be wary if somebody you don’t know or have met online asks you for money

• never accept money into your account for subsequent transfer

• don’t give out your password

• pause before you commit to anything you’re being asked to do and if you can, check the details with somebody you trust

• contact your bank immediately if you think you may have been scammed. It may be able to reverse charges, but probably won’t be if you authorised the payment yourself.

(Source: Banking Ombudsman Scheme).

Driving Miss Daisy Outings will add a spark to your week

We hope you enjoyed the festive season and are looking forward to a busy fun-filled year ahead. Well, it certainly will be if you join us on a Driving Miss Daisy Outing!

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If you have an outing that you’d like to organise we can create a tailor-made experience for you. Perhaps you might like a trip down memory lane or a visit to a particular art exhibition or movie. Other quintessential outings might be enjoying an ice cream at the beach, a walk through a botanic garden or enjoying a local rugby game. You might even like to round out the experience with coffee or a meal at a café.

Many of our clients gather together a friend or two to share the experience – there’s always plenty of fun to be had!

Driving Miss Daisy also regularly organises Outings for individuals to join – if you’re interested in hearing about our upcoming Outings we’d love to hear from you. You’ll have a wonderful time and these Outings are a fantastic way to meet new people.

Driving Miss Daisy is committed to helping our clients get out and about,

so you can live life to the full and enjoy every moment. Remember that many of our franchise owners have fully equipped wheelchair vehicles, and all our vehicles can fit a fold down walker or wheelchair with no problems. If you have an Outing you’d like us to co-ordinate for you please call us today to discuss – we look forward to seeing you soon.

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Health and independence starts at home

by Emily Coffey, Marketing and Communications Manager, Community Energy Action

Age Concern Canterbury and Community Energy Action (CEA) have been working closely together to help keep the homes of our more senior citizens healthy and warm for many years. Last winter, our joint efforts enabled over 100 elderly residents to have insulation and/or heating installed in their homes at no cost. Through this jointly funded project, many residents have said that they are now able to stay in their homes over winter, without worrying about their independence, which is fantastic.

Ellen from Avondale, 89, had underfloor insulation and a new heat pump installed fully funded by the programme. She says that, before, she found the house "very cold, especially when you are sitting a lot", and says she used to stay in bed a lot to try to keep warm. Afterward was a different story; "Oh boy it is lovely and warm," she says. "I'm not so creaky on the old joints anymore, it's easier to get out of bed, and I look forward most emphatically to getting together with the old ladies and having a chin-wag!"

Both CEA and Age Concern recognise the importance of healthy, comfortable housing on the health and wellbeing of elderly residents in the community. Caroline Shone, CE of CEA says "it is always very sad when we find out about our senior community members being sick, or not being able to live in their own homes because they are so cold and damp.

It is even more upsetting when those people are hospitalised due to cold related illnesses. However, through our interventions we can help ensure that our senior community members live in warm, dry and healthy environments which prevent cold related illnesses.

We urge anyone who has struggled through this last winter to get in touch with us or Age Concern now, whether you live in rental accommodation or own your own home. We can help it be a warmer, worry free winter."

Simon Templeton, CEO of Age Concern Canterbury, said it has been great working with CEA to improve the lives of older people. "We know this is such a huge issue for many older

people, our housing stock is often not suited to keeping them warm, and we know that has a very negative impact on their health," he said. Age Concern Canterbury will continue to work with CEA and Simon encourages every older person to contact either agency, before winter is upon us, if home heating is an issue.

CEA also offers you completely free advice about how to keep warm, over the phone or by email. If you have any questions about how to use your heating source, keep your power bills down, reduce condensation and mould, or anything else energy related, please give us a call on 0800 438 9276.

Volunteering Opportunity

CEA provides a number of services

beyond insulation and heating to keep people warm and healthy in their homes. The Curtain Bank is a volunteer-assisted service that provides recycled, lined curtains to anyone in need. We always welcome new volunteers to help with folding, measuring and sorting curtains in our lovely chatty sewing rooms. It is a great way to keep social while doing a good deed for the community. If you would like to volunteer, please phone Gayle on 03 374 7225.

For more information or to get help, please phone 03 374 7222 / 0800 438 9276, visit www.cea.co.nz, or email info@cea.co.nz.



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DONATE FOOD HERE



Non perishable food items are wanted to help sustain older people over the cold winter months.

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Sir Bob's book next project

A book about the life and times of New Zealand's foremost golfer, Sir Bob Charles, will be published this year.

It is being written by a golfing friend who lives in the same street as Sir Bob. "It's a work in progress. I hope it won't be too boring. I have to try hard to remember things these days," he says.

And what an illustrious and long golfing career he has to cover. It began in the North Island in 1936 where his father was a school teacher. After leaving school Sir Bob worked as a bank teller. He won the New Zealand Open in 1954, as an 18-year-old amateur.

He decided to hone his skills as an amateur first, and remained at the bank for six more years. He represented New Zealand several times in international amateur tournaments during this period.

Sir Bob turned professional in 1960 and the next year won the New Zealand PGA Championship and soon after went overseas to the European and North American circuits.

In 1963, he won his first PGA Tour event in the United States, the Houston Classic, the first PGA Tour



Recently Sir Bob Charles went to the Kaiapoi Golf Club for a round of golf with some of the Club's up and coming juniors. A 15 year old, Mitchell Berry (right) stole the show with a hole in one off the first tee.

(Photo courtesy of David Walker, Fairfax NZ).

event won by a left-handed golfer. Later that year he won the Open Championship at Royal Lytham and St. Annes. After four rounds (68-72-66-71) his 277 was level with American Phil Rodgers. Sir Bob won the 36-hole playoff by eight shots.

He won about 80 tournaments around the world. As well as his PGA

Tour victories, his win in the 1969 World Matchplay Championship was considered one of his best. He won the Senior British Open 30 years after winning his British Open title. He, along with Michael Campbell, are the only two New Zealanders to win a men's major golf championship.

In 2007 Sir Bob became the oldest



Sir Bob Charles won the round at the Kaiapoi Golf Club on 73 with the juniors hard on his heels.

(Photo courtesy of David Walker, Fairfax)

golfer to make a cut on the European Tour at the Michael Hill New Zealand Open. He shot a 68 in the second round, beating his age by three strokes. He would go on to finish in a tie for 23rd place.

His move to the Senior PGA Tour (now the Champions Tour) was very lucrative and successful with 23 titles; and in three years 1988, 1989 and 1993, he recorded the lowest scoring average.

He finished second on the European Seniors Tour's 2007 Wentworth Senior Masters at the age of 71. He was the first left-hander to win a major, but also the first lefty to be inducted into the World Golf Hall of Fame, in the veterans' category.

Continued on page 6.



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Sir Bob's Next Project

Continued from page 5.

He certainly does that. Besides golf he loves working on his Oxford farm. He's owned it for more than 40 years and runs sheep and deer and, after finding water, now has crops. He tries to be there three times a week.

He has a manager but Sir Bob has the house grounds to look after.

Back at Clearwater, he practises three times a week hitting about 50 balls a session. Further, Sir Bob has a treadmill to walk on "at a brisk pace. I like to do 20 minutes each morning".

He says he believes in moderation in every facet of life. "I am never one to indulge myself in anything," he says.

"On reflection I think, if I had worked harder, I could have enjoyed more success. But I am very happy with my successes. You could say 'I did it my way'."

His diet, too, was one of moderation. "Fortunately I was born with good genes. I never had a weight problem. In the last 30 years I have been very conscious of nutrition.

"My longevity is all to do with good



Sir Bob Charles, aged 76, shoots 66 on European senior tour.

(Photo courtesy of Phil Inglis)

genes. I keep busy and eat the right food. Moderation again. I have my venison and lamb as my two staple red meats," he says.

Sir Bob likes all ball sports. "It might surprise you but at the farm we have a tennis court, croquet, billiards and table tennis. I inherit that interest

from my parents."

Sir Bob and Lady (Verity) Charles have two children, David (US) and Beverley (UK) and four grandchildren. In the NZ winter Sir Bob and Lady Charles travel to the northern hemisphere for the warmer weather and to see family.

He believes in old-fashioned values and admits that he is a traditionalist. "I believe in spare the rod and spoil the child. I was brought up where children were not heard and silence was golden. All that is still in the back of mind. I'm just old-fashioned. But I think the world would be a better place if we followed those ideas more," he says.

* Sir Bob's handicap is 1 – the same as his son David, who is a golf director of tournaments.

* Sir Bob has published three books of instructions on improving golf.

* He doesn't think Lydia Ko needs a coach as she is so good at the game.

* He admires the dedication and discipline of Asian parents who bring golf to their children.

In 2010, Sir Bob announced that he would retire from golf, stating that he was "74 years old, travelling this world for 50 years, and it's time to slow down and spend more time on my farm in New Zealand with my family".

He is a sporting hero in New Zealand, not only for his achievements but also for his demeanour and philanthropy regarding junior golfers. He was also a role model world-wide for left-handed golfers.

Sir Bob still makes scores under his age and becomes annoyed if he fails to do so. In recent months he scored 71 at the Russley course: "I was quite proud of that." He officially stopped competing about three years ago, but had started to ease off five years ago.

Recently he had shoulder trouble and had to rest for up to 10 days. This upset his routine but he was philosophical about it as he knew he would soon be back on the Clearwater course. He had few injuries in his career.

"I like to get out as often as possible. Especially on fine days. I'm a fine-weather golfer. I enjoy the warm weather. After a 50-year long career I now get to pick my days," he says.

He hopes to get a round in once a week.

"If I know anything about old age it's that you have to keep yourself busy."

CWEA Programme 2017

Some of the courses this term include, Tai chi, Printmaking, Singing for Pleasure, Activism and Christchurch's Activist Movements and The Lift Library with Juliet Adams.

Please see our website, email or call if you would like to know more information.

The general Election date has now been announced, it is the CWEA's goal to help provide informative discussion about political parties policies so watch this space.



Community education and courses throughout the year

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A new kid on the block - Poppy Funerals

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

Poppy Funerals do not charge any extra or hidden fees, there are no after hours or call out charges and all their packages include GST and a newspaper notice.

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For more information please call 0800 92 00 99 or check out their website www.poppyfunerals.co.nz.



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Living cycling legend still going strong at 87

He's been described as a living cycling legend and is still going strong at 87.

Graeme Milner (known as Mick to his many friends) was born to a cycling father in 1930, a year of the Depression. Dad was a shoe factory worker and was also a competitive road cyclist with the Papanui club. His brother Hughie was a track cyclist.

So Graeme was soon on a bike. He attended Phillipstown, Somerfield, and Technical College before he started an apprenticeship in plumbing. He was in the trade for 30 years and the job allowed him time to compete in cycle races.

At 16, Graeme won his first race but he realised he was not a sprinter. So he quickly settled into the longer-run races – and did well.

The plumber's shop was across the road from the shop of Phil O'Shea, who was described as NZ's greatest cyclist. "I ended up spending some time at Phil's place as you can imagine. He said he would train me. But he added that I had to do just what he said." Phil was then in his 70s.

He won his first big road race at 18 and he was recognised as a good hill climber. By the 1960s, when Graeme was in his 30s, he was at the peak of his career and picking up first places and records. At one time he held three national titles.

He had established his reputation as a champion middle-distance cyclist. His motto was "The will to win and serious training." In addition to his many records at home he also competed overseas in Australia, Europe and the UK. As he aged he took to touring and today he is out at least three times a week with the



Graeme Milner, left, with Graham White at a Tai Tapu Cafe to help Graham White celebrate his 90th birthday.



The Magpies head off to Tai Tapu, their regular route.

Magpies group which he formed with Roy Pemberton.

"We would go out on Tuesdays for rides around the bays but we found it was getting too difficult as we grew older. So the Magpies were formed," he says.

The group grew with the upsurge in the interest in cycling. Now groups (fast, medium and slow) go out on Mondays, Wednesdays and Fridays from Cashmere for various runs to Tai Tapu where they all come together for coffee.

"I have helped many people into cycling and the first thing I tell them is to get to like cycling for cycling's sake and enjoy it."

The groups range in age from 60 to Graeme's 87.

His memories of his travels are many but he likes to tell of the time he arrived in the UK and made his way to view Big Ben at the House of Commons. It was a culmination of his dreams when he listened on his crystal set to broadcasts from Britain as a boy.

That one leads to the time he was in Switzerland and ended up at a lake where women were bare breasted. "I was so busy gawking I hit a rubbish bin. And several topless females rushed over to help me."

Another time he crashed was just following the September 2010 earthquake. A swerving car hit him and sent him to hospital. A policeman arrived at his home with his bike on his shoulder. Graeme's wife, Kitty, says: "He said if Graeme was finished with the bike he would like it."

He didn't get it and Graeme was soon back in the saddle.

More details of Graeme's exploits are in Roy Sinclair's book, Pedal Power. It was in this book that Graeme was dubbed a living legend.

Lately he has been power walking for his health but nothing, it seems, will keep him off his bike. And he is always looking for new recruits for the Magpies.

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Chimp study shows how hanging out with friends makes life less stressful

by Ben Garrod, Fellow, Animal and Environmental Biology, Anglia Ruskin University

Whether offering us consolation after the death of a loved one or commiseration when our team loses yet again, our social relationships are invaluable for helping us lead happier, less stressful lives. And humans aren't alone in this respect. The role of social interactions and bonds in reducing stress has been studied in many species, from rats to elephants.

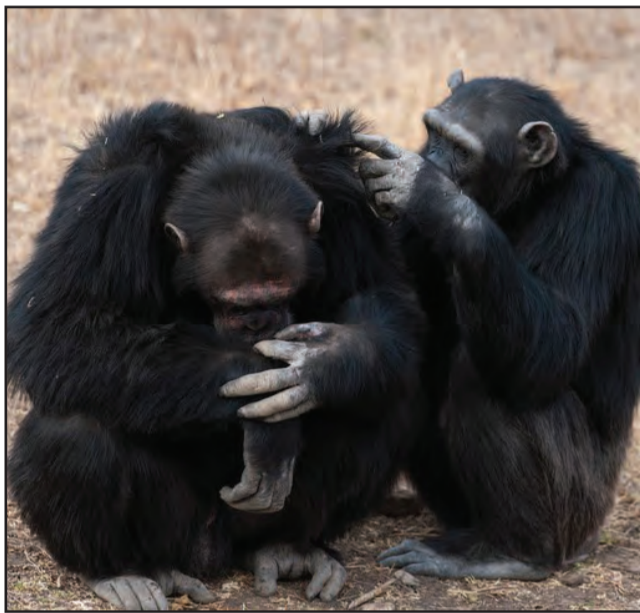
But the jury is still out on how friends help us to cope with stress at a physiological level. Now new research into the role of relationships among chimpanzees suggests that friends don't just create a "social buffer" by helping us during stressful times. They may also reduce our overall stress levels just by being present in our lives, regulating the way our bodies manage stress-indicating hormones.

Stress has been explored extensively in numerous non-human primates, including chimpanzees, macaques and baboons, and we know it can be devastating. For example, high stress levels in baboons can cause gastrointestinal ulcers and even early death. Strong social bonds appear to act as a buffer against the worst consequences of stress. There are broad health benefits to this, for instance a surprising increase in infant survival among less-stressed baboon mothers.

When it comes to what's happening inside the body, we know that a good social environment correlates with a drop in stress-indicating hormones such as glucocorticoids. But we don't know exactly how it happens.

Social buffer

A newly-published article in Nature Communications looks into two possible mechanisms behind the way social bonds act as a buffer to stress in chimpanzees. The researchers looked at two contrasting theories: whether "bond partners" (the chimpanzee equivalent of friends) just make particularly stressful times less so, or whether the effects of this partnership are felt throughout the day.



The researchers watched wild chimpanzees at a long-established Ugandan field site (Sonso) over two years, noting a range of aggressive and affiliative social interactions. This included times when the animals were resting, grooming each other and when they saw or heard members of other chimp groups. The researchers measured the chimps' stress levels by extensively collecting urine samples to test for the presence of glucocorticoids.

- The research also showed that the social relationships appeared to limit stress all the time, not just in the most stressful situations. -

To create a potentially stressful situation, an experienced field assistant waited until small groups of the chimps were near their territory borders and then drummed on the large root buttresses of trees. This replicated the drumming sounds chimps make to communicate within and between social groups. The aim was to see how these drumming encounters were perceived by individual chimps depending on their social support.

The hormone levels in the chimps' urine showed

that, perhaps unsurprisingly, they tended to be more stressed when they encountered (or thought they had encountered) animals from other groups. But the research also showed that the social relationships appeared to limit stress all the time, not just in the most stressful situations. This suggests it is important for chimps to have "bond partners" with whom they regularly engage in friendly and co-operative behaviour and are rarely aggressive toward.

It appears that both in and out of stressful situations, the daily presence of bond partners actually regulates the system that manages the body's hormones, reducing an individual's overall stress. While active support of a bond partner reduces glucocorticoid levels the most, their mere presence also leads to less stress.

Although not proven in this study, the authors believe that oxytocin (often referred to as the "love hormone") may be responsible for this regulation. More generally, this hormone balance may also help improve the immune system, cardio function, fertility, mood and even cognition.

It is easy to mentally replace the chimpanzees in this study with humans, and use the term "friends" instead of "bond partners". We all identify that hard times are easier with a friendly shoulder to cry on. Even in a day-to-day context, our lives are that little bit brighter when we know our friends are there.

But this paper reveals that the construction and maintenance of such close social bonds with others has significant, measurable benefits for the physical and mental well-being of chimpanzees, and is regulated at a physiological level. Not only could this help further our understanding of the evolution of human social behaviour, but it may also influence the way we face and tackle both physical illnesses and mental health problems across human communities.

Source: *The Conversation.com*.



Megan Woods
MP for Wigram

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

@ megan.woods@wigram.org.nz

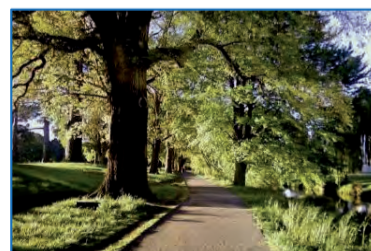
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Rayleen is sitting pretty at 100

She has lived in her house for 60 years and last month celebrated her 100th birthday there. She sees no reason to think about moving.

Rayleen Spicer and her husband, Alf, moved into the "spec" house in Spreydon not long after they arrived in Christchurch.

Mrs Spicer once visited a retirement home and did not like seeing old people sitting around, most of them asleep. "I decided then my house was good enough for me," she says.

She has help with dressing and undressing and with the garden ("I gave it away when I kept falling over"). Her family also help in various ways, mostly with transport, although she drove until she was 93.

Her birthday was celebrated by her family with the traditional cards from the Queen and the Prime Minister. She had a total of 65 cards.

She was born in Ashburton and attended Hampstead School until she was 14. On leaving she worked in the local woollen mills, putting wool on skeins ready for weaving. She was the eldest of five children (two brothers) and her two surviving sisters are 98 and 94 this year.

Outside of work Mrs Spicer did "a lot of needlework", dancing and "I learnt to play the piano as we had to amuse ourselves in those days."

One childhood incident Mrs Spicer remembers well. "We lived over the road from the Oakhurst Hospital and at times we played on the veranda and I remember we used to get nurses coming over to tell us to quieten down as we were disturbing the patients."

At 27 she married an Ashburton painter and they had a son, Kevin. Now Mrs Spicer has three grandchildren and six great-grandchildren.

"When the war started Mrs Spicer



Raylene Spicer celebrates 100 years with her sisters. From left: Mavis Long (97), Rayleen (100) and Lena Green (93).



Rayleen with her great grandchildren. From left: Jackson (11), Levi (3 months), Marris (12), Rayleen (100), Nevaeh (10) and Elijah (2).

got a call to return to the mills to help the war effort. Instead she headed to friends at Loburn, North Canterbury, to pick fruit.

Later married, the Spicers lived in Tinwald, and after five years they moved to Christchurch for Alf to find more work. They lived in Carlyle

Street, Sydenham, and then moved to Mrs Spicer's present house. For a period she made men's shirts.

Alf retired the day he turned 60 and they enjoyed retirement for some years before Alf's death. Her day is now ordered and begins about 8am when she listens to the radio for an hour or so.

Nurse Maude staff help with dressing (and undressing about 6-7.30pm) and she is in bed by 10-11pm. Mrs Spicer prepares her three meals. Breakfast at 9am is usually porridge.

She has the radio on most of the day but while she likes to watch the news on TV, she admits she usually sleeps through it. She likes to see 'Home and Away' and 'Coronation Street'.

She gets out regularly, visiting a Salvation Army community group once a month and another group which arose out of Mrs Spicer's involvement with a Senior Citizens' Club. While numbers dwindled the group continued to meet for "a coffee and a chat". Fifteen members get together once a month.

Arthritis causes her pain in her fingers, knees and feet. She does not complain but points out her real problem is that every task these days take three times as long as it used to.

Are there good things about being old? – Not really. It just takes so much longer to do anything.

What is it like living on your own? – Lonely.

Do you think about death? – No.

How would you like to be remembered? – I would have to think long about that.

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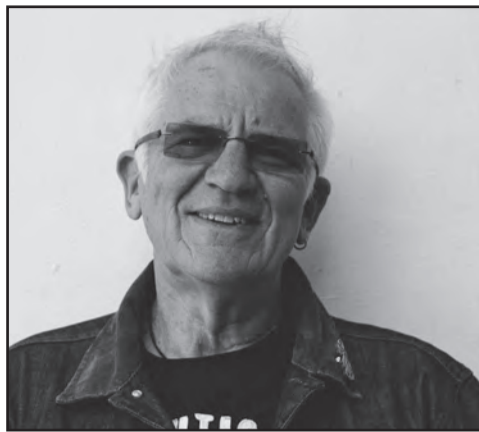
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Is lifelong learning a reality? Jeffrey Paparoa reflects on 2016

by Jeffrey Paparoa Holman

Lifelong Learning Co-ordinator, College of Arts, University of Canterbury



Jeffrey Paparoa Holman

Midway through 2015, it was decided by senior members of the College of Arts at the University of Canterbury to make a concerted effort to attract mature students back to study, after numbers had fallen steeply in the wake of the earthquake sequence which hit the city from September 2010 onward. All student enrolments fell in the immediate aftermath, the new academic year of 2011, but as they gradually picked up in the next three years, mature enrolments stayed low.

This was hardly surprising, given the disruption and the other concerns foisted on homeowners, hassles with EQC and insurance companies proving a test for many of our citizens. Nevertheless, it was felt that it was time to send a message to the community that the university was up and running in spite of the pressures involved in the rebuild, and that mature students and retirees were welcome.

As a late-life student who had returned to study at the age of fifty and gone on to graduate with a PhD in Māori and Indigenous Studies, it was felt I might be a good choice to

front an outreach aimed at contacting mature students in the 55+ age group and especially 65+ retirees, superannuitants like me. I held an Adjunct position in the College and while no longer actively employed in teaching, I was involved in the life of the university as a writer and researcher.

Using community networks – such as Age Concern Canterbury – and reaching out through newspaper advertising and other media, along with talking to interested parties, we managed to interest up to ten students initially, to enrol in 2016 and take advantage of the College Award, a scheme which rebates half

of the course cost for each paper undertaken in the first year of return to, or beginning study. This meant that the \$700 course fee for each subject paper was halved, making it more accessible for those with a fixed income. Any one over twenty and a New Zealand citizen was able to enrol, the only stipulations being that you must not have been enrolled for study in the previous five years and the discount would only apply in the first year of enrolment.

I assisted a number of the new enrolments with meetings on campus and introductions to the appropriate advisors; follow-ups during the year returned a positive response, despite the challenges of online enrolment and a more digital-based online learning environment. Compared to my own experience back in the 1970s, students may now access all manner of support to assist them with any study-related or personal issue.

In a recent Press article, Older, Wiser and More Productive (see link below), Philip Matthews interviewed a number of this year's Lifelong Learning students, one of whom, Deborah Watson (59), recommended

her experience studying philosophy “100%...it is fascinating”. She found there was no problem with an age gap, “the younger people were fascinated with me. I felt like I was this magnet”. She's coming back for more next year.

Anyone who would like to follow Deborah's example, who is encouraged by her story, is welcome to contact me using the details at the end of this article. You are only invisible if you choose to be invisible. We have so much to offer and study later in life is nothing to be nervous about. Ageism is a function of ignorance; knowledge empowers us to resist it, both internally (our own images of decline) and externally (behaviours of our juniors that patronise or infantilise us). The writer of Ecclesiastes tells us that a mature human life is like a barn full of grain, rich and ready to succour many – and that means you.

<http://www.stuff.co.nz/national/8674345/older-wiser-more-productive-the-realities-of-ageing-in-new-zealand>. To talk with Jeffrey phone 366 7001. Ext 7643.

Greater independence in your own home

Nurse Maude's Health & Mobility Shop in Wairakei Road has long been the go to shop for those who need specialised products that allow them to live as independently as possible in their own home.

Now there's another option for people living in North Canterbury with Nurse Maude's second Health & Mobility Shop open in Rangiora in the High Street opposite the BNZ.

“We've been hearing a lot of people say that it was about time we headed out this way,” says Sue Bramwell, general manager marketing at Nurse

Maude, “so we were delighted to open the doors to our second shop last year.”

Customers now have three options for their health and mobility needs, the Wairakei Road shop, our Rangiora shop and Maude's Online at www.nursemaudeshop.org.nz

Being able to hire and buy specialist equipment and supplies is a large part of people being able to retain independence in their own home.

With a long history of caring for people in the community Nurse Maude understands, better than

most, that access to these products and this equipment, backed by experienced staff and advice, goes a long way toward people maintaining that independence.

Nurse Maude's Health & Mobility Shops in Wairakei Road and High Street Rangiora and Maude's Online at www.nursemaudeshop.org.nz are all specifically designed to make that happen and include a wide range of equipment and products, including specialised incontinence products and a range of pre-prepared frozen meals that can be heated in the

microwave at home.

The staff at Nurse Maude's Health & Mobility Shops work closely with Nurse Maude's nurses and suppliers to make sure the expertise and support customers may need is readily available.

Advice on the best products, and their use, for your needs is always available at the Health & Mobility Shops which are open 9am to 4.30pm Monday to Friday or 24 hours a day, seven days a week when you shop online. A



Independence

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Be involved in the things you enjoy

by Ruth Dyson, Labour's Senior Citizens' Spokesperson

Welcome to 2017! It's been a year of lots of wind, not a lot of sun, and a whirlwind in political activity, with Prime Minister John Key resigning and President Donald Trump being elected. And it's election year so we can expect the activity to be continuous! I hope that everyone has had a good Christmas and New Year and been able to spend time with friends and family and that the year ahead will be good to you.

In the last edition of *Keeping On*, there was a really interesting story about Neil Roberts. I often reflect on the changing nature of our society – we have moved a long way from the gold watch at 65 and then a lifetime living on superannuation and savings. More and more people now continue to work well into their 70s and beyond. That's a great thing if people are able to do it. It passes on experience to

younger generations and keeps the older person engaged, and both being and feeling worthwhile.

But not everyone is able or wants to continue in the paid workforce as they get older. Many older people want to enjoy their retirement years in different ways. The key to remaining happy and healthy is to be involved in things you enjoy and to keep active. A photo in that same edition I mentioned, featured a group of people walking in Barnett Park. Their faces were beaming and smiling (and I think they were at the end of the walk so they must be quite fit as well).

When I looked at that photo, I thought the key to those smiling faces was the companionship gained from that walking group. It is so critical for everyone to have some company – someone to talk to, to listen to, and to share a laugh or a cry. The biggest

challenge we face in New Zealand is social isolation – more commonly known as loneliness.

More people living longer is fantastic, but many of those people are living alone and sadly, many don't have family members who want to, or are able to visit regularly.

So why not make that a New Year's resolution? If you are feeling a bit isolated or lonely, think what would make your eyes light up. It might be bridge or sharing books or walking. Maybe tennis or bowls.

Or if you are a people person, you might want to share your time with someone who could do with the company (go through Age Concern to keep everyone safe).

A final point. I am frustrated that, in some cases, older people cannot use their SuperGold Card with a photo ID as a proper means of identification.

The whole point of the photo ID was for it to be used as identification. It's not the biggest issue in the world but it's one I want to change!

Ruth Dyson
MP for Port Hills

For advice and information contact my electorate office:

- 📍 642 Ferry Road, Woolston
- ☎ 376 4512
- ✉ porthills.mp@parliament.govt.nz
- ✉ PO Box 19661, Christchurch 8241



Serious consideration for sunset relationships

A relationship later in life can put a welcome bounce back in your step but before you step into a potential legal quagmire, there are some important matters you should give serious consideration to.

Under the Property (Relationships) Act 1976, a qualifying de facto relationship is defined as being a relationship of three years or more. There are various factors that will determine whether you are in a relationship or not. You should be aware that actually living together and physical intimacy may not be necessary to qualify your relationship under the Act.

If your relationship does qualify under the Act, the start point for the sharing of relationship assets is 50/50. That may not be what either of you want or intend so it may be worthwhile for you and your partner to consider entering into a written agreement to determine how assets will be dealt with should your relationship end.

This is something you should discuss together in the early stages of your relationship so both parties understand and agree on what will happen should the worst come to pass.

In New Zealand, these written agreements are called Contracting Out Agreements (the "Agreement") and must be drafted and executed with assistance from your lawyer.

You and your partner must see and be advised by different lawyers. This ensures that both parties get sound advice and understand exactly what is contained in the Agreement before you sign it.

An Agreement will also ensure that there is no misunderstanding on what you both want to happen after you die.

You should be aware however, that you may need to update your Will so that the terms and conditions of your Agreement are reflected in your Will.

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.

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'Sunset Relationships'

Fleur McDonald raises some interesting points in the article 'Sunset Relationships'.

Hear Fleur discuss the issues here at
Age Concern Canterbury,
24 Main North Road, Papanui on
Monday, 1 May 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.



Ponder This with Brian Priestley

Years ago one of our daughters appeared to believe I was a fan of Charles Dickens. At Christmas time a book by, or about, Dickens always seemed to turn up. The odd thing is that I doubt whether I have read a Dickens novel since leaving school and I can't say I admire the man.

Perhaps Vera or somebody said a word. Anyway Dickens suddenly

stopped and was replaced by books I actually liked. An example was Lynne Olson's fine work 'Citizens of London' a book about three well-known Americans who backed Britain during the Blitz. Highly readable stuff.

But now our daughter has excelled herself and come up with a smash hit I had never heard of, 'The Ministry of Ungentlemanly Warfare', which is subtitled 'Churchill's Mavericks Plotting Hitler's Defeat'. Here are the secret agents, the dirty tricks brigades. They often horrified professional soldiers but Winston delighted in them.



Here are volunteers scaling mountain peaks to blow up heavy water installations, or facing almost certain death to kill a Nazi leader, or devising a new way to kill U-boats, or turning backyard handymen into killers. Giles Milton has written a surprising and intriguing new book which nobody interested in war history will want to miss.

As a youth, I and two other rather young soldiers, walked long distances carrying a weapon we knew little about. It seemed very heavy. We never actually fired it with a live bomb, but having read this book I now know it was capable of taking out the biggest German tank there was. I wish they had told us - I am sure the PIAT (Projector Infantry Anti Tank) would have seemed much lighter at the time!

Meanwhile, for anyone interested in war history it is a tremendous read. I have several friends waiting to borrow my copy after Vera has lapped up the last word.

Odd people Americans! Texans are particularly strange. When we visited some years ago, our hosts in Austin seemed eager to take the credit for winning the war. When I raised my eyebrow at the idea that the American GI was the finest fighting man in the world it was taken as a hostile act. And how strange to be at a college football game where nobody (except us) clapped the opposition!

We were there to compare the big Texas journalism school with our much smaller effort here. I thought we were better and much of the reason lay in the quality of the students. The Texans hardly ever looked overseas - or outside Texas - for a job. "I grew up supporting the Dallas Cowboys and I want to write about them until I die," said one.

By contrast, many of our Kiwi students had already worked abroad before coming to us. One Texas graduate came to us for a visit, expecting, I think, to be treated with some awe. When she announced her home town, one of our students said, "I spent five months there working in the post office."

But we had a very pleasant time in the north-east. Some of them had actually heard of New Zealand!

I sit here, on a perfect spring morning, watching the world pass. Beneath our window is a small lawn and beyond that a car park which will soon be partly hidden by trees and bushes planted not long ago. Beyond again, two great machines - one yellow and one a sort of orange - are busy constructing the wooden skeleton of a bigish building which we know nothing about. Is it to be an office, or homes, or shops or what?

The sure thing is, that as it grows, so it will wipe out our view of even more of the park behind it, with its scatter of woodland and some (are they hockey?) goal posts? Occasionally somebody walks across the park. They often seem to come from the newly enlarged highway on the far side which carries strings of traffic during the day.

In the months we have lived here, I do not think we have ever seen anybody playing hockey, or any other game, in the park. Whoever moves into the new houses, I dare say, will know virtually nothing about

the people who once lived here, or perhaps scored the winning goal in some match, or toured with the first All Blacks, or played for people's delight. Often the past seems to be a book which nobody has tried to write, or preserve. Of course there are good local historians but how can they cope with the details?

As I pointed out a while ago, there is a plaque not far from our home in memory of a family who helped to pioneer vegetable growing in the area. Don't we need much more of that kind of thing? Surely it must be possible to devise ways of commemorating local achievement, from an overseas university scholarship to the winning goal in the big game, to the birth of a genius or a great person, or even the designer of small, but attractive plaques which could add interest to a building project or a landscape? Something which would tell people living in these new houses, "People who mattered, and who did things, lived here before you."

The truth is I am not the sort of man who should be allowed a walking stick. Where sticks are concerned, I am a public nuisance. I own a shiny, respectable, black stick which I keep leaving in places. For some people this seems to be funny.

But consider the scores of options. You can leave a stick leaning against the wall, or the table top, or the back of a chair, (your own or somebody else's) or by the hatstand. There are a thousand places where sticks can lurk. In a world which contains so many crooks, terrorists, awful politicians and idiots, why should we waste our time looking for sticks? It can turn out that we left the wretched thing at home after all.

So I would like to publicly thank the lady who is currently being squired by our oldest grandson. Sensing a



soul in torment she rode in to the rescue. What she bought me was a small, triangular thingamajig which sort of clips on the shaft of the stick. It means one can lean the stick so that it protrudes against (or above) tables, bookcases, chairs etc. No more scrambling about among people's legs to a chorus of derisive laughter.

We do not advertise in this column, but I can reveal the price was very nearly \$20. I have not had to look for my stick since I acquired it.



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.
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- * **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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Stuart is more than a volunteer driver

Regularly, Stuart Munro, a volunteer driver for Age Concern Canterbury, collects a group of elderly from their homes for a half-day trip.

“I get a lot of satisfaction from the trips. I enjoy elderly people and the pleasure they get from these outings,” Stuart says.

What most of the elderly trippers don't know about Stuart is that he is a skilled motor mechanic and a specialist car owner. In fact, for many years he owned his own repair garage in Sockburn.

Further, Stuart and wife of nearly 50 years, Crystal, own two vintage MG sports cars and are enthusiastic members of the MG Car Club (Canterbury Centre). They each have an MG and are regular participants in club activities.

Stuart's interest in MGs was sparked when he was a teenager in Fairlie. Stuart served his apprenticeship under a relative who restored and owned an MG.

When Crystal met Stuart in 1966 it was clear to her that he had another love – and that was MGs. He had a Mini Cooper then but that was sold when funds were needed for a deposit on a house.



Daffodil run 2013 Stuart and Chrystal Munroe

Fast forward to 1990 when Stuart was made redundant from the New Zealand Motor Corporation (after 25 years). He arrived home with his pay-out and Crystal said: “You should go out and find your much longed for MG.” And that's what happened. Suffice to say, after much ground work the first of their MGs – a 1954 MG TF 1500 was bought in Auckland and transported to Wigram in an Air Force Andover.

The love affair had begun in earnest. In 1996 Crystal bought her gold 1974 MG BGT (it came from a Woolston lady who only used it to shop in

Woolston). Over the years the couple also had a 1989 MG Metro, and a 1977 MG BGT. They owned the four MGs at one stage but “we had a clear out”.

They have attended MG rallies at various times and in the past have enjoyed taking part in time trials at Ruapuna Raceway and motorkhana events.

Stuart has been a committee member and President of the MG Club which has approximately 200 members in Canterbury.

Stuart adds: “Requirements to become a club member are that you



The fleet 1954 MG TF and 1974 MG BGT
own an MG, have owned an MG or wish to own an MG.”

Crystal says, “The club has changed their lives and opened many doors. We've attended some great events, visited many new places and met a lot of wonderful people both locally and worldwide.”

Whether driving his MG or the Age Concern Canterbury van, Stuart is at home behind the wheel. He says he likes to take the elderly out of the city – somewhere different to their daily routine. “I try to give them something to think about when they get home.”

Stuart has been known to confess that he still has a soft spot for his first car, the Mini Cooper. He believes it was buried in a rubbish dump after being involved in an accident. Fortunately he did keep the wood rimmed steering wheel when he sold the car and it now adorns the 1974 MG BGT.



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Age Concern Canterbury's Social Outings in 2016

2016 was a great year for our Social Outings Service with a combined total of 883 outings (Cafe group outings and host visits to volunteer's homes, libraries, schools, pre-schools and community groups). Here is a snapshot of our year.



Rosy Cheeks Preschool visit



Queenspark Group at Honey Cafe



Our Lady of the Star School visit



St Albans Group at Kingsford Kitchen



Bryndwr Group at Rose Cafe



St Martins Group at Pies & Coffee



Shirley Group at Cafe Euro



Addington Group at The Store



Oaklands Group at Cafe Allwood



Burnside Group at The Option



Harewood Group at Wigram Air Force Cafe



Riccarton Fun Time Pre-School Visit

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Christmas fun with the Social Network Team

District Commander's advice

by Superintendent John Price
 NZ Police, Canterbury District Commander



The world around us is certainly changing at speed and the way people communicate and receive information through the internet and using cell phones has created many opportunities – both good and bad. We can get our news, pay our bills, do our banking and even our shopping without leaving the comfort of our own homes. Unfortunately, we can also be taken advantage of by scammers who may be sitting on the other side of the world.

The vast majority of people in our communities are good, honest, people, but unfortunately there is a small percentage who will take advantage of others where they can. Because of the way the internet has opened up the world, people outside our borders are also taking opportunities to set up scams and they are difficult, if not impossible, to hold to account for their actions. The best thing we can all do is be vigilant about how we use our technology and with whom we share information.

My advice to you all is to never agree to instructions over the telephone to turn on your computer and log into a website. No legitimate organisation will ever ask you to do that and if someone does ask just hang up the phone. Scammers are experts at sounding credible and scaring people into believing something terrible will happen if their instructions are not followed. They may say they are from the bank, or the IRD, or that you have computer problems. Hang up.

The same goes for emails. Never click on a link in an email to another site. Never believe you have won

money or that a Nigerian King wants to deposit millions of dollars into your account. They don't! Someone wants to take advantage of you.

The reason these people are targeting older people is because they know you are polite and you won't want to be rude or offend them. Don't enter into a discussion, just hang up. If the bank has something important to communicate to you they will write a letter.

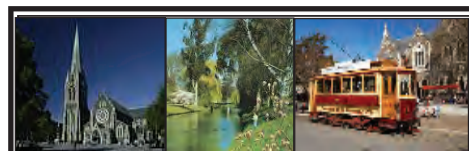
On a more positive note I'd like to talk about the importance for us as Police of having the trust and confidence of the community. When the New Zealand Police was established in 1886 we adopted the principles established by Sir Robert Peel when he established the British Police. Those principles state that the Police are the people and the people are the Police.

What this means is that we have the mandate from the community to do the work we do, upholding the law and keeping communities safe. Police in many other countries don't work like this and even law abiding

members of those communities fear their Police. We don't have to look far to see examples.

In New Zealand we experience very high levels of public trust and confidence in Police – around 80%. Other countries, even in the Western world, struggle to get out of single digits for trust and confidence. I would like to assure you that this is something my staff and I do not take lightly. Maintaining your trust and confidence is something we discuss every day. We have a mantra in Canterbury Police to 'make every interaction count'. I expect my people to uphold our values to treat all people, be they the general-public, victims or offenders, with respect, professionalism, integrity, empathy and to value diversity and uphold our commitment to Maori and the Treaty.

We get a lot of feedback from the Canterbury community and much of this comes across my desk. We really value hearing from you about your experiences with Police in Canterbury and I thank every one of you who has taken the time to share your views.

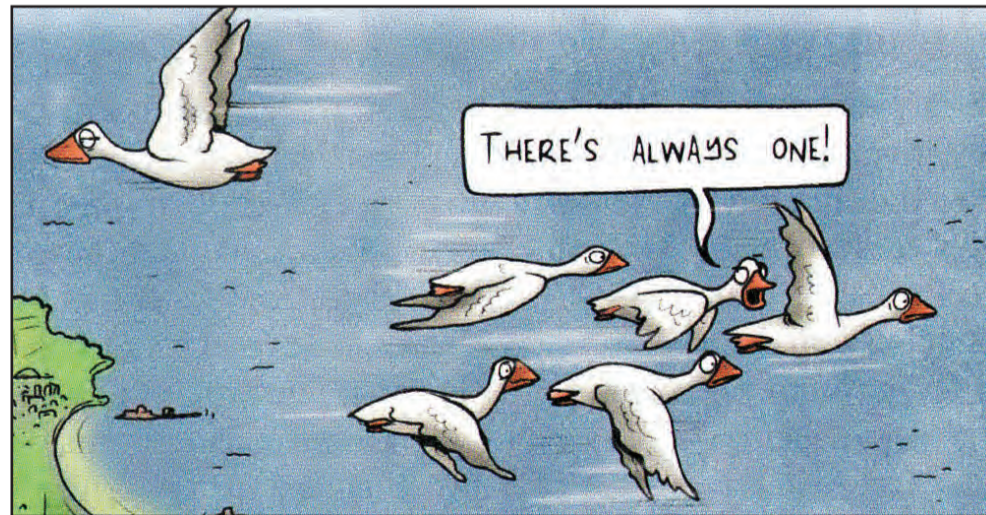


Age Concern Canterbury Events Calendar 2017

- Confident Driving Courses**
 20th February Rolleston
 21st February Anthony Wilding Retirement Village
 27th February Wainoni/Avonside
 1st March Lincoln
 10th March Papanui
 15th March Prebbleton
 19th March Papanui
 20th March Rangiora
 29th March Leeston
 4th April Woodend
 5th April Lincoln
 11th April Oxford
 19th April Methven
 4th May Silverstream Retirement Village
 17th May Kaiapoi

Monday, 2 October 2017
International Older Persons' Day Expo, Papanui High School
 9.30am till 2.30pm
 Over 150 Exhibitors
 Gold Coin Donation for Parking

For more information phone 366-0903



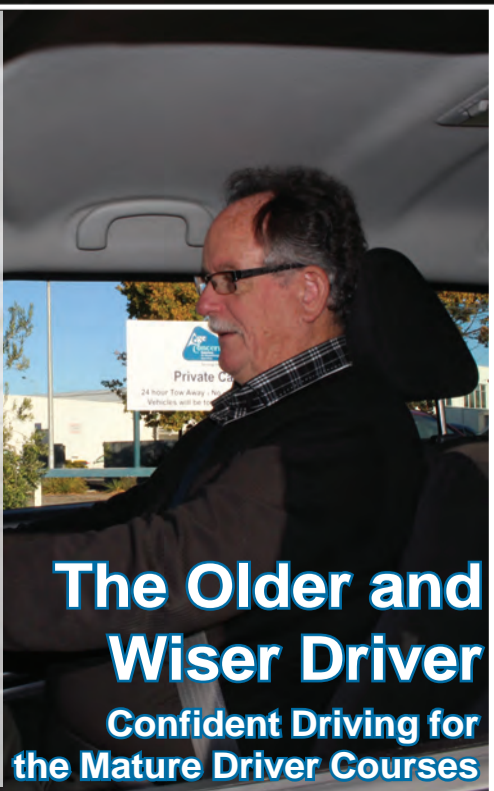


Ageing is inevitable, but growing older doesn't have to mean giving up an active life. Driver safety is vital for drivers of all ages, but older drivers experience physical changes that can affect driving ability - changes in vision, reaction time and flexibility.

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



A snapshot of social work with older people

by Trina Cox, Social Worker, Age Concern Canterbury

I'm often asked about my job and what I do. I tell people that I am a Social Worker at Age Concern Canterbury and that I work on the Community Health Team. But this doesn't really give people the answer to their question or the insight into what I do, so here it is, in slightly more than a nutshell!

In 1995, after four years of full-time study I graduated from Massey University in Palmerston North with a Bachelor of Social Work degree. From that time, and even while I was at University, I was interested in working with older people and shortly after leaving University I was employed as an inpatient Medical Social Worker at Northland Base Hospital in Whangarei. Much of this work focused on the health of older people and led me to pursue further work in this area. Many years later, a move to Christchurch, a husband, three children, a cat and a dog, to add to my list of special mentions, I am still working in this field and loving it.

I worked as a Clinical Assessor in the Older Persons Health Specialist Service at Princess Margaret Hospital for most of the 15 years that I have lived in Christchurch, but in 2014 I got the opportunity to come to Age Concern on a 12-month secondment to work on the Community Health Team. This was a position that was funded by the Canterbury Earthquake Appeals Trust. Fortunately the funding was extended and I am still here.

The passion I have for my work has certainly stemmed from having a very close relationship with my grandparents as I grew up and they made a most valued and treasured contribution to my childhood and early adulthood. As time went on, naturally my grandparents became older and their needs increased. There was nothing that was more important to me than to know that my grandparents were treated with dignity and respect by all who came in contact with them. And from this came a question that essentially guides my practice... "how would I feel if this was happening to someone I love?"

So, with that in mind, I would like to tell you more about my role, and what a social worker who works with older people does. When you hear the term 'Social Worker' you probably think of someone who works in the area of child protection. However social workers are trained to work in a variety of different settings and with a range of different people and issues. Working with older people is an important entity in the field of



Trina Cox, Social Worker

social work.

The needs of our elderly are as complex as any age group and maybe even more so. There are now whole generations within the population referred to as older people and their needs and aspirations are as wide-ranging as any other social group. At its essence, the social work profession is focused on the welfare of individuals, families and communities and the ageing process throws out some particular challenges for the older person, their families and support people, and also those who work with older people both in their homes and in residential care.

Older age is something to be celebrated, not endured. Social work interventions are directed at enhancing dignity, self-determination, personal fulfilment, quality of life, optimal functioning and ensuring the least restrictive living environment possible.

Here are a few reasons why some of the more senior members of our community may require the help and support of a social worker:

Increased occurrence of health issues and medical conditions: The reality is that as people grow older they may develop a number of different physical or medical issues. The body becomes weaker, less resistant to illness and health problems become more prevalent. Social workers often serve as 'navigators' through the complex healthcare and social service systems, ensuring that older people have access to services, support and information.

Elder Abuse and Neglect: During 2015, over 2,000 referrals for suspected abuse or neglect of older people were received by Age Concern New Zealand and in about 75% of these cases, abuse and/or neglect was actually confirmed. Abuse and neglect comes in many forms, and is unfortunately prevalent in our community. It is a complex issue that

requires an expert response from a skilled practitioner. Age Concern is New Zealand's lead organisation dealing with elder abuse, and social workers are at the forefront working with individuals, their families and support people and also with the myriad of other agencies and service providers to ensure the safety, protection and wellbeing of older people.

Social Isolation: Social Isolation is perhaps one of the biggest issues facing our ageing society. Many older people are isolated and some will also have health problems that interfere in their ability to interact socially. Social isolation is now recognised as having as much physical impact as heart disease and is the leading cause of depression in the older population. Part of the role of a social worker, who works with older people, is to find ways to reduce social isolation, encourage people to participate and link in with social activities and work as a link between clients and the many programmes set up to support this age group.

Advocacy: Social workers are specifically trained to be advocates for their client group. Advocacy is the process of standing beside an individual who is disadvantaged and speaking out on their behalf in a way that represents them. Ageist attitudes and stereotypes are common at every level; in the family, in the community, in the workplace and more broadly in society. An older person may require an advocate to represent their interests, overcome barriers that restrict their opportunities, and someone to speak up for their rights and entitlements because they are not able to do so. Advocacy may come at a very basic level where an older person may need support to talk to their family about their wishes or at a much higher level where the social worker may need to challenge systemic or institutional issues that might be impacting on a group of older people.

Loss and Transition: Change and loss are constant in older age, and while we may hold the perception that this should be accepted as 'part of life', many of the challenges facing people in their later years are very difficult. For instance, this is a time when people experience significant loss and bereavement and it is worth considering that loss is not just about death. There are also many transitions for older people which may constitute a sense of loss. Learning to live without a car, having to accept more help around

the home, accepting physical change and health decline, and perhaps the most difficult transition of all, the move into residential care. The end of life is also a time that can come with issues and practicalities people need to consider and may need support with. An integral part of social work with older people is to assist, support, guide and comfort people with the many emotions and issues that come up when they are experiencing a loss or transition in later life.

Carer Support: Carers of older people can experience considerable stress and are often ill equipped to manage the needs of the person they are caring for. The impact and rigours of caring for an older person, even for someone who has relatively minor needs, can be misunderstood, undervalued and unsupported. Carer stress is a huge problem and the focus of social work with this issue concentrates on the needs of the carer, to ensure they are able to continue in their caregiving role, or be supported to relinquish their role when it becomes too much for them.

Of course, there is much more that I do in the course of my work at Age Concern Canterbury. I am often out delivering education to staff of aged residential care facilities and also to other health professionals and community groups. I deal with enquiries and provide information on a range of different issues affecting my client group. The list goes on and the word 'busy' is something I'm often heard to be using around the office!

The vision of Age Concern Canterbury is for older people to live a valued life in an inclusive society and our mission is to promote wellbeing, rights, respect and dignity for older people. The values of Age Concern Canterbury are certainly reflected in the work that I do and I find my role at Age Concern Canterbury to be a challenging but very rewarding one. I'm sure I have met many of you in the course of my time at Age Concern Canterbury so I hope this article has given you some insight into the world of a social worker who works with older people and perhaps what I might be able to do to support you or your family member.

Trina Cox is a Social Worker on the Community Health Team at Age Concern Canterbury. There is also another Social Worker and two Registered Nurses on this team. If you think that you might benefit from the assistance of someone from the Community Health Team, please contact Age Concern Canterbury on 366 0903.

Finding and paying for disability aids

If you need equipment or modifications to your home you might be able to get funding from the Ministry of Health, ACC or the Lottery Grants Board if you meet their criteria. Your GP can help you find out what you might be eligible for.

Your GP might refer you to a physiotherapist or occupational therapist if they can help you. Or you may wish to pay to see a private physiotherapist or occupational therapist.

Equipment you might need includes:

- * things to make everyday tasks easier, such as a shower stool, commode or bed lever.

- * specialised seating.

- * pressure-care equipment.

- * a wheelchair.

- * aids to help with vision and communication.

- * vehicle modifications.

- * mobility aids.

Housing modifications you might need include:

- * installing handrails.



- * door widening.

- * ramps.

- * modifications to your bathroom

The Ministry of Health will pay for a walker only if you need it to get around at home, or for access to your home. If you need one only for when

you are out and about, you will have to buy it yourself.

If you need a walking stick or crutches, you will also have to buy these yourself. You can get these from a pharmacy, The Warehouse or a specialised supplier listed by Age Concern.

If you need simple housing modifications, such as a handrail at the entry to your house or a shower rail, contact one of the tradespeople recommended by Enable New Zealand or suppliers co-ordinated by Age Concern Canterbury (phone 366 0903).

If you need a mobility scooter you will also need to buy this yourself. In some cases you might be eligible for a Lottery Grant to buy a scooter.

(Source: Healthinfo Canterbury. www.healthinfo.org.nz).

Can you read this?

Can you read this? Only smart people can.

Cdnult blveiee taht l cluod aulacity uesdnathnrd what I was rdanieg.

The phanomnel pweor of the human mind, aoccdring to rsearch at Cmabridge Uiernvtisy, it doesn't mtttaer in what oredr the ltteers in a wrod are the olny ipmoratnt tihng is that the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed evrey lteter by istlef, but the wrod as a wlohe, amaznig huh? Yaeh and I awlyas tghuhot sipelling was ipmorantt!

(Source: Unknown)

Help available for relocating home

Senior Move Managers provides support to senior citizens when they are going through the process of relocating home.

We come to you to discuss the areas in which we can assist during this difficult time. Together we work out what is required for your situation and what service providers are needed. Senior Move Managers then goes to market on your behalf to identify the best service providers to meet your needs.

Once you approve the service providers, Senior Move Managers books, manages and checks all the work that is to be conducted on your behalf. This decreases your stress and allows the entire process to be

streamlined with a single point of contact for everything relating to your move. We have provided services in the past from cutting off the power in the previous home to sourcing new carpet for the living room and everything in between. We are your support to help you achieve your needs during this stressful time.

We suggest giving us a call at the very beginning of your relocation for a no obligation quote, so that we can construct a management plan and guide you through this transition.

We charge at an hourly rate which means you can use our service as much or as little as you need.

Call us for a free no obligation quote on 03 421 6537. **(A)**

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Are you concerned about the interest rates on your current call account? Do you want to earn an excellent rate with readily accessible funds? The Heartland Direct Call Account could be a handy way to save for a rainy day as it is on call and earns a great rate of 3%, which compounds monthly. If your car breaks down, you require emergency medical treatment or you have to travel unexpectedly your funds will be readily available with no fees or penalties associated. No minimum deposit is required to set up the account, nor do you have to increase your balance to earn our great rate.*

Alternatively, if you are interested in longer term savings our Heartland Term Deposits are fixed term investments with fixed interest rates, providing a fixed return. Our interest rates range from 30 days to 5 years

and are tiered, so the more money you deposit with Heartland Bank, the more you'll earn. You can have your interest reinvested and compounded, or paid straight into your bank account. You will pay no fees, so you maximise your return from day one.*

Heartland is an established New Zealand bank with roots stretching back to 1875. We pride ourselves on delivering an exceptional service to our customers, tailored to their needs and specifically a high touch, personal service to New Zealand seniors (60+ years), which is a growing demographic with specific financial needs. When you invest with Heartland you invest with a local bank.

*Rate as at 27 January 2017 but subject to change without notice. See www.Heartland.co.nz for terms and conditions. **(A)**



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HEARTLAND BANK

What's happening in our bodies as we age

by Lisa Hee, Director of Healthy Ageing and Dementia Programmes, School of Nursing and Midwifery, University of Australia

As we reach adulthood, we notice changes in our bodies at every stage of ageing. We might find we need glasses when we hit our thirties, we can't keep weight off as easily in our forties, we mightn't feel as strong playing sport with the kids in our fifties, and we can't hear a conversation across a crowded dinner table in our sixties.

All of these occur because the cells and processes in our bodies have existed for longer and longer periods of time. There are many theories as to why our body ages, but two main explanations are that the DNA within our genes determines how long we will live; the other is that over time, our body and DNA are damaged until they can no longer function as before, often referred to as "wear and tear".

The ageing brain

As we age, the volume of the brain declines. There are many



Doing crosswords in old age will only improve brain function if it's a new activity. www.shutterstock.com

explanations for this, including cell death, in which the brain cells' structure declines over time.

Although the precise reasons for the decline in brain volume remain unclear, some research indicates it may be due to hormone levels and wear and tear.

Some also believe that the volume of blood reaching the brain decreases due to conditions within the blood vessels and associated

systems. However, this doesn't have a great impact on a person's ability to remember, as the brain has the ability to compensate for these changes.

You may have heard of neuroplasticity. This is the term used to explain how the brain can rewire itself by creating new pathways within the nerve cells to compensate for damage to an area. These new pathways are created when new experiences occur. So doing crosswords all of your life won't increase the number of pathways, but if you add a new activity that you need to learn and practise, then new pathways can form.

While the risk of dementia increases with age due to many of the hundreds of causes being more present, it is not a normal part of the ageing process. It is a result of damage to the brain. The reason why it is more likely to occur as we age is simply because the

longer we live, the longer we expose ourselves to possible damage to the body through disease or injury, which are the main causes of dementia.

Alzheimer's Disease, the most common cause of dementia in Australia, occurs when there is plaque build-up in the brain. This is as a result of protein build-up over time that inevitably causes tangles in the neurons (brain cells).

Changes in muscle strength

As we age, there's a decrease in the amount and strength of muscle tissue, due mostly to the influence of decreasing hormones. To make up for the muscle mass lost during each day of strict bed rest, older people may need to exercise for up to two weeks. However, additional decreases in muscle occur due to a decrease in activity, not just as part of the normal ageing process.

(Continued on page 20)

Navigating the retirement village choices

If you have been looking at retirement village options for yourself or a family member, then you'll already know how much there is to come to grips with. Buried within the individual, lengthy disclosure statements that each retirement village is required to have - are the answers to whether you're purchasing outright, renting, or acquiring an LTO / ORA / RTO?... and that's just for starters. Does the DMF percentage they quote include an 'exit' admin fee? Do you get any share of the capital gain - or are you liable for capital loss?

Nigel Matthews, founder of Aged Advisor New Zealand, knows all too well how confusing and frustrating this can be, trying to understand the

ins and outs of retirement villages and aged care facilities - especially if you're having to help family. It's an important time to ensure you get clear and concise information.

"Assisting parents several years ago to move into a retirement village and later into aged care, gave me my first real experience in the sector. Shortly after that, a group of us got together and talked about the 'loneliness' we saw in some of these facilities. We decided to create a not-for-profit, visitation programme to these villages and aged care facilities. Over time, it became clear that the retirement villages / aged care facilities varied greatly in environment, activities, work-place culture and management

approach. Although there were audits available on each of the facilities, these primarily covered processes - "there was nowhere to go to compare and read reviews on the facilities," comments Mr Matthews. "It's too important a decision to try and guess or simply believe a glossy brochure..."

In talking to a multitude of people all in a similar position, and looking at overseas trends, it was clear New Zealand needed an independent review website - AgedAdvisor was born.

Now, with nearly 2000 reviews on almost 500 retirement villages and aged care facilities throughout New Zealand, AgedAdvisor has become the highest searched website in NZ for reviews and consumer ratings in this sector. That, coupled with the recent release of purchase price ranges, deferred management fees,

weekly fee data, and capital gains etc., Mr Matthews believes that Aged Advisor will save potential residents valuable time and money, and help them make better informed decisions when looking to move into one of these facilities.

This is also the second year that AgedAdvisor will recognise the top retirement villages and aged care facilities from throughout New Zealand, with its "People's Choice Awards". Results will be out late February 2017.

AgedAdvisor New Zealand is involved in running a series of seminars and one-on-one consultations for individuals or families looking at retirement village or aged care living. Times, venues, contact details & costs can be found on their website - www.agedadvisor.nz



Congratulations to NZ's best Rest Homes & Retirement Villages.

Make sure you see who won the Aged Advisor People's Choice Awards for 2017. The reviews were done by people just like you.



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

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Top ten tips for a healthier home

A dry home is a much healthier home. These are our top tips for a healthy home, including what to do about a damp house and how to get rid of condensation.

1. Ventilate: open all your windows and doors for 10 minutes during the warmest part of the day. This will exchange the warm damp air inside for dry air. The air from outside may be colder but cold dry air is easier to heat than warm damp air.

2. Position your furniture: make sure your furniture isn't pressed up hard against any external walls. You

want the air to be able to circulate to avoid mould growth.

3. Remove condensation: get rid of condensation from your windows every morning. Use an old towel or a scoopy to remove the moisture or it will evaporate into the air making it harder to heat.

4. Dry clothes outside: dry your clothes outside, not inside.

5. Let the sun in: cut vegetation back from north facing windows to make the most of the free heat you receive from the sun.

6. Use your curtains: draw your

curtains to let in the (free!) warmth of the sun and close them late afternoon to trap the heat inside.

7. Curtain tracks: enclosed curtain tracks or pelmets improve the effectiveness of curtains and stop cold air flow from the window. If you can't afford to change your tracks you can make your own 'pelmet' out of cardboard or rolled up blankets, and put it over the gap between the curtain track and the wall.

8. Reduce dampness: to reduce condensation and dampness in your

home, keep the doors to the kitchen and bathroom closed when you are bathing or cooking. If you do not have extractor fans then open the windows to let out the steam.

9. Remove mould: mould on your windows or walls? Remove it with a spray solution of 70% white wine vinegar and 30% hot water. Wipe off after a minute.

10. Reduce humidity: keep lids on your pots and pans when you cook to reduce humidity inside.

(Source: Canterbury Asthma Society Inc. Whoosh. Autumn 2015)

The secret to joint pain relief - advice from Harvard Medical School

Joint pain - it throbs, aches and hurts. It may hinder everyday tasks and pleasures like going for a walk, lifting grocery bags or playing your favourite sport. Every painful movement may remind you of your limitations.

• Ignoring the pain won't make it go away. Nor will avoiding all motions that spark discomfort. In fact, limiting your movements can weaken muscles, compounding joint trouble. While pain relievers may offer quick fixes they are merely temporary.

• By contrast, the right set of exercises can be a long-lasting way to tame ankle, knee, hip or shoulder pain. Practiced regularly, joint pain relief exercises might permit you to postpone - or even avoid - surgery on a problem joint that has been worsening for years.

• By strengthening supportive muscles and restoring flexibility, over time, you may find limitations will begin to ease. And becoming more active can help you stay independent longer.

The report says "all of this can be

achieved at a comfortable pace and with very low cost in money or time". And here is an easy way to do it.



The Aircycle exercises are designed to manage arthritic pain and stiffness, in hands, shoulders, legs and lower back. They help strengthen calf and thigh muscles which support and protect your hips and knees.

Stronger muscles improve balance and mobility, helping you avoid falls. The exercises also improve joint flexibility and boost circulation.

You do not have to designate special exercise times or work long periods with an Aircycle circulation booster. Just keep your joints and muscles moving gently while sitting having coffee, reading, watching TV, working at a desk or travelling by car or plane. It's so simple and so inexpensive.

Relieve joint pain, strengthen legs, boost circulation.

Aircycle information & orders: www.aircycle.co.nz, call 0800 14 14 15 or may be available in pharmacies and mobility centres. RRP \$39.90. **(A)**

I don't want to be a bother

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:

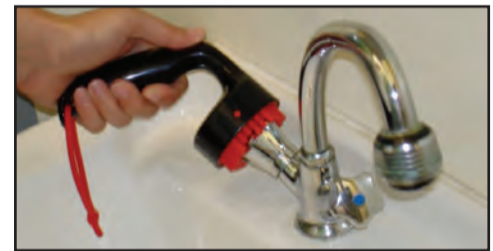
- turning on taps or doing up shoelaces
- getting in and out of bed, chairs or cars
- pulling plugs out of the wall
- lifting kettles and opening cans
- getting out and about
- showering and dressing/undressing
- difficulty feeding yourself and/or swallowing.

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 our 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



Key turner



Tap turner

maintain your freedom and avoid an unnecessary crisis.

If you, or anyone you know is struggling, Therapy Professionals, Physio, Speech Language, Music and Occupational Therapists and Dietitians can help you to maintain or 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.

You don't have to struggle alone, Therapy Professionals, a private practice of expert health professionals, can help. Call Therapy Professionals on 377 5280. **(A)**

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---	--

Available in pharmacies, Diabetes Christchurch, at www.aircycle.co.nz or call 0800 141415 or post \$44.90 (P&P included) to PO Box 313, Waikanae, 5036.

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What's happening in our bodies as we age

Continued from page 18.

Decrease in bone density

As the body ages it absorbs less calcium from food, a vital mineral for bone strength. At the same time, changes in hormone levels affect the density of the bones.

Ageing people also often spend less time in the sun, thereby reducing their Vitamin D intake. This in turn reduces calcium absorption.

It is important people continue to exercise as they age. Exercise will not only help to maintain muscle strength, but also assist in combating the decrease in bone density that occurs as the body ages, thereby reducing the risk of falls and hip fractures.

Changes to our senses

Changes that occur directly as a result of ageing include those to vision, hearing, taste and smell. Impacts of



Exercise will help to combat common fractures in old age.

www.shutterstock.com

the changes in vision are usually the first things noticed, making a person feel that they are ageing.

Changes to the eye that occur as part of the ageing process include stiffening and colouring of the lens, a reduction in the number of nerve cells, and a decrease in fluid in the eye. These lead to difficulty in focusing on close objects, seeing in

low light becomes more difficult, and the ability to adapt to changes in light declines.

Some people appear clumsy, as their ability to judge the distance between objects - a cup and table, for example, or the height of stairs - becomes a problem. Many people do not realise their spills and trips are occurring as a result of shifts in their vision, known as depth perception changes. Eyes can also become drier, making them feel irritated. This can be treated with lubricating drops.

Changes in hearing include changes in registering high-pitched sounds, and words may become difficult to understand. Speaking more loudly to someone in this circumstance does not help, as the pitch is the problem, not the volume. Instead speaking slightly slower and concentrating on complete words can be helpful.

Taste and smell often decrease as part of the normal ageing process, as the cells responsible decrease in number and the ability to regenerate worn out cells decreases with age. The results make food less tasty and people less likely to eat. In addition, people's taste can change altogether, so people who loved chocolate as a young person may prefer chilli as they age.

Overall there are many changes to the body as part of the normal ageing process as well as many that occur as a result of lifestyle factors. We are not all fated to age in a negative spiral. Many lifestyle choices made earlier in life can assist us in the future. With proactive decisions and community understanding, we can look forward to adapting to a positive ageing process.

(Source: the conversation.com)

Falling over is not a natural part of ageing - it is preventable

Have you, or someone you know, fallen over and hurt themselves lately?

Sadly, falling is one of the most common causes of injury for older

people. Often a fall causes significant pain, inconvenience, and reduces your enjoyment of life. As well, the fear of falling stops or spoils your enjoyment of doing things like going

out walking, gardening and playing with grandchildren. Ironically the fear of falling often makes people take tiny shuffling steps, and can actually increase the chance of tripping or falling.

However, we know that falling is not a natural part of ageing. You can lower your chance of falling by becoming more aware of your surroundings, and by removing or avoiding hazards like loose mats and uneven ground. More importantly you can reduce your chance of falling by exercising to strengthen your legs and buttocks, improve your balance and increase your flexibility.

You can do exercises at home, and you can go out for a walk as often as possible, or always walk to the shops or to visit a friend. Or you can join a walking group, croquet or bowls club to gain your exercise along with others - and enjoy the social activities associated with these organisations. Some of us are more likely to exercise if we have a 'date' with others. There are many ways to ensure that you stay fit and healthy.

All these exercise opportunities will be enhanced and made safer if you add regular, specific exercise designed to help you keep your balance and to pull yourself back into the vertical if you trip or stumble.

Age Concern runs weekly exercise classes specifically designed to help you not fall. These classes are called Steady As You Go or SAYGO for short.

SAYGO exercises are based on the Otago Exercise Programme. This is an exemplar exercise programme designed at Otago University and

used all around the world for Falls Prevention. The gentle, easy exercises focus on strengthening your leg, buttock, core and back muscles, increasing your awareness of your feet, and improving your flexibility. You will stand up and sit down more easily, walk and turn with greater stability and confidence, and also find that you notice your environment more when you have been to just a few classes. These factors are important for preventing falls but they also help you to enjoy your other exercise outings because you will feel more confident and stable. It is quite likely that you will feel physically better and more able to do your normal activities.

You will also have fun in the class, and enjoy being with a social and friendly group of like-minded people. Each class costs just \$2.

Regular attendance at Steady As You Go (SAYGO) classes is known to help people (especially those over 65, but anyone of any age will benefit) to reduce their likelihood of falling over. Classes are fun, easy, at your pace. Exercises are seated and standing, with a little walking.

There are classes running in Papanui, Harewood, Hei Hei, Halswell, Riccarton, Hoon Hay, Somerfield, Waltham, Redcliffs, Wainoni and Rangiora. More classes are starting in the city and in North Canterbury over the next few months.

For class times and contact details see the list in this copy of **Keeping On**, or look at <http://ageconcerncan.org.nz/falls-prevention/> or phone Age Concern Canterbury 366 0903 or Christine Toner 0274339598.



Falls are preventable

STEADY AS YOU GO (SAYGO)

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

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

Harewood (New beginners class), St James Church Hall, Harewood Road at 2.00pm starting 20 February.

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

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

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

Nazareth House, Activities Room, Main Building at 9.30am starting 28 February. Phone 343 1171 for more info.

New Brighton Library, Friday at 10.00am starting 3 March in the Pad. Parking beyond the Whale Pool or in the Library parking area.

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

Rangiora, Ballarat Retirement Village, 21 Ballarat Road, Rangiora on Wednesday at 10.30am.

Redcliffs, Port Hills Uniting Church, Augusta Street. Redcliffs on Monday at 10.00am.

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

St Albans, St Albans Community Centre, 1047 Colombo Street (near Edgeware Road). Thursday at 10.00am (starting 22 February). Parking access 126 Caledonian Road.

Wainoni, (Wait list only), Celebration Centre, 81 Bickerton Street, back entrance with Preschool signage on Monday 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 phone Age Concern Canterbury on 366 0903 to express your interest in these classes.

Eating with diverticular disease

by Gemma Lilly, Project Dietitian, Senior Chef Co-ordinator, Pegasus Health

What is it?

As we age, our bowel wall starts to weaken a little, creating little pouches or pockets known as diverticulae. This is a normal part of ageing, and around half of those over 70 will have them. This has the name 'diverticular disease'. In many people, this process causes no problems or symptoms at all, however one in four people will develop symptoms from this condition.

The diverticulae (pockets) vary in size, and occasionally small amounts of food can get trapped in them. This can cause the bowel wall to become inflamed and sore, which can lead to infection. This condition is called diverticulitis. This may be painful and if you suspect you have diverticulitis, see your doctor.

One of the things that can help us avoid diverticulitis is having a high fibre diet and drinking lots of fluid.



This helps keep stools soft and easy to pass, and reduces the pressure in the large bowel so food is less likely to become trapped. It can also help ease symptoms, such as bloating, constipation, diarrhoea (the runs), and pain.

If your diet is low in fibre it is important you gradually introduce more high-fibre foods over the course of a few weeks. Increasing fibre gradually

helps to prevent side effects like bloating and wind (flatulence).

High-fibre foods include vegetables, fruit, nuts, seeds, legumes (cooked dried beans, peas and lentils), wholegrain breads and cereals. Remember that cooking does not destroy fibre. High-fibre foods don't have to be raw, rough or crunchy. They can be soft and smooth e.g. wholemeal bread, porridge, cereal softened with milk, stewed fruit, and cooked vegetables.

Are you getting all the fibre you need? Try:

- Start the day with a high-fibre breakfast cereal. Try muesli, bran-based cereals or porridge. Add fresh or stewed fruit to your cereal.
- Choose wholemeal, wholegrain or high-fibre breads.
- Have wholegrain crackers or wholemeal bread instead of biscuits.
- Use wholemeal flour and rolled

oats in baking and cooking.

- Add fruit to biscuits, scones, cakes and muffins.
 - Add lentils or split peas to soups and casseroles.
 - Add nuts and seeds to salads and stir-fries. This also adds extra crunch.
 - Try baked beans or a salad made from canned mixed beans.
 - Leave skins on fruits and vegetables. Remember to wash them well.
 - Try brown rice and wholemeal pasta.
 - Choose high-fibre snacks like fruit (raw, stewed or dried). Kiwifruit and prunes are particularly helpful for constipation.
 - Have 8 cups of fluid per day including hot drinks, milk, soups and water.
- (Source: Healthinfo.org.nz).

Fruity bran muffins are very moist

The addition of mashed banana or grated apple makes these muffins very moist. Great served with a milky drink as a nutritious snack. (Makes 10 muffins)

Ingredients

- 2 Tablespoons margarine or butter
- 1 Tablespoon golden syrup
- 1 cup flour (wholemeal or plain)
- 1 cup oat bran
- ½ cup wheat germ
- ¼ cup brown sugar
- 1 teaspoon mixed spice
- 1 teaspoon baking powder
- ¼ cup chopped dates or raisins
- 1¼ cup milk
- 1 teaspoon baking soda
- 1 mashed banana or 1 grated apple

Method

1. Preheat the oven to 180° C.
2. Lightly grease 1 set of muffin tins with a pastry brush and oil or oil spray.
3. Melt margarine and golden syrup together in small saucepan over heat. Once melted remove from heat.
4. Combine dry ingredients in a large mixing bowl.
5. Dissolve baking soda in milk. Add to melted margarine and golden syrup.
6. Add mashed banana or grated apple to liquid ingredients.
7. Add liquid ingredients to dry ingredients and stir to combine. Do not over mix as this will produce a tough muffin.
8. Spoon into muffin tins and bake for 15-20 minutes.



Magnesium - supplement or not?

A commonly asked question "Do people with low bone density need extra magnesium?"

Magnesium is certainly an important mineral that our body needs in small amounts. It is needed by the heart, muscles and kidneys, and is especially important for our teeth and bones. Magnesium also has a role in regulating calcium levels in the body. Our daily need for magnesium cannot be met by a single food but you should be able to get all the magnesium you need by eating a varied and balanced diet. Men need 300mg and women 270mg daily.

However, certain medical conditions can upset the body's magnesium balance and may necessitate

magnesium supplementation. Examples are kidney disease, and gastrointestinal conditions such as Crohn's and coeliac diseases. These can reduce the absorption of magnesium from the gut. Dietary sources of magnesium include green leafy vegetables, nuts, beans and unrefined grains and dairy food, all of which should be part of a well-balanced diet. These foods are also good sources of calcium.

So, do you need supplementation? Only if you suffer from the conditions mentioned above, otherwise a good balanced diet should provide all your magnesium needs.

(Source: *Bone Alert Newsletter*, November 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 coordinator who will contact you to discuss enrolment.

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

Heart Foundation hosts information sessions

Heart Foundation hosts information sessions for those living with Atrial Fibrillation

The Heart Foundation is sending a clear message to Canterbury residents living with atrial fibrillation – 'you are not alone'.

Atrial Fibrillation (AF) is one of New Zealand's fastest growing forms of heart disease and is a type of irregular heart rhythm that causes poor blood flow to the body. It currently affects about four in every 100 Kiwis aged over 65.

The Christchurch branch of the Heart Foundation is hosting free information and support sessions focused on staying well with Atrial Fibrillation. Murray Hart, nurse specialist from Christchurch Hospital will discuss treatments for Atrial Fibrillation, lifestyle modifications and the different medications used to treat this condition. There will be plenty of

time to ask questions, view resources and talk to other relevant health professionals. Family members and whānau are welcome at this event.

Emma Griffin, Heart Health Advocate, says living with heart disease or recovering from a heart event can be lonely and challenging. For many people, the first time they and their loved ones hear about AF is at the time of diagnosis. It's not a condition we hear talked about every day, or mentioned in the media.

"We want to reach out to bring people living with atrial fibrillation and their families together in a warm, supportive environment that allows them to meet, learn and share their experiences.

For more information please contact Emma Griffin, Heart Health Advocate, emmag@heartfoundation.org.nz or 03 366 2112.



Living with Atrial Fibrillation? You Are Not Alone

The Heart Foundation invites you to an information session to discuss living with Atrial Fibrillation (AF).

Following a short presentation about AF and medicines that are used to treat this condition, this informal session will open up to those wanting to share their own experiences of living with AF, or to ask questions about their condition. Whanau are more than welcome to come along and share with the group as well.

When: Tuesday 14 March at 10.30am
OR Thursday 23 March at 5pm
Healthy snacks will be served at this FREE event.

Where: Heart Foundation office, Unit 5, 357 Madras Street, Christchurch

Register: RSVP to Emma or Jenny on 03 3662112
Email emmag@heartfoundation.org.nz



Matters of the heart - Tom Stuttaford: Doctor's Surgery

A healthy heart beats 115,000 times a day. Few if any mechanical pumps would manage to maintain this workload for more than eighty years but the heart frequently does. However, in some people the strain on it begins to show.

In my case my heart, after 85 years of excellent service, started to fail. Usually it chugged along far too slowly so that my blood was not adequately oxygenated and my essential organs were suffering. I was breathless, unusually tired, standing for any length of time was difficult and I could walk only short distances. Neither were my kidneys working as well as they could have been.

The normal heart rate is between 65 and 75. My rate had dropped to an average of 45 but had periods when it would race along, sometimes as fast as 90 and other times even less than 45. My symptoms were worse after eating, as the body's systems are so carefully balanced that after a meal the stomach and guts are allowed to steal a larger share of the oxygenated blood, leaving the heart muscle starved of it.

My doctors agreed that the cause of my troubles might be a sick-sinus syndrome. The sinus referred to is a sinoatrial (SA) node, the part of the heart that controls its rate and rhythm. If this happens it may be a sign that the sinus for some reason or another has worn out. The heart may then for long periods beat too slowly but at other times may race away chaotically. This irregular rhythm is known in doctor's jargon as the bradycardia-tachycardia syndrome.

If nature's control system has petered out, an answer may be to control the heart rate by having an artificial pacemaker fitted to send out small electrical signals to one or more of the heart's chambers to keep them beating at a normal rhythm and speed.

So a couple of weeks ago I went into hospital under the NHS to have my SA node's efficiency corrected by having an artificial impulse

implanted in my chest. The result seemed almost miraculous. Within a few hours I was less breathless, in fact hardly breathless at all, my gait, always affected by a spinal fracture, improved and suddenly my brain with the improved oxygen supply, was able to recall names and facts that I had found impossible to remember for months.

It may sound a gruesome idea to have someone implanting a small electrical device into the muscles below the collar bone from which tiny electrical leads will lead down to one or more chambers of the heart. However, it proved to be painless, no more than an uncomfortable sensation, to have the muscles below the collar bone parted so that the leads from the impulse generator, the pacemaker, could be threaded along a vein to the selected chambers. The whole operation was conducted under local anaesthesia. Once this had worn off, the chest felt only bruised and the incision only tender. Driving is forbidden for a week only but no heavy work, such as lifting or carrying cases, is allowed for six to eight weeks. In fact, manual working above head level is not recommended thereafter, so someone else will now have to cut my tall hedges and prune the trees.

After a pacemaker has been fitted it is recommended that one doesn't lurk too long by the anti-theft devices in supermarket doors or near the exit from libraries. Those of us with one are issued with a card to explain our condition to officials at airports and can attend an MRI session only with a cardiologist's permission and sometimes their attendance.

Batteries in the artificial pacemaker usually last seven to ten years. After the pacemaker has been fitted, skilled physiologists take complex readings to check that the electrical demands being made on the pacemaker are not excessive. Later the heart rate can be altered without further surgery.

(Source: *The Oldie*, December 2016. www.theoldie.co.uk.)

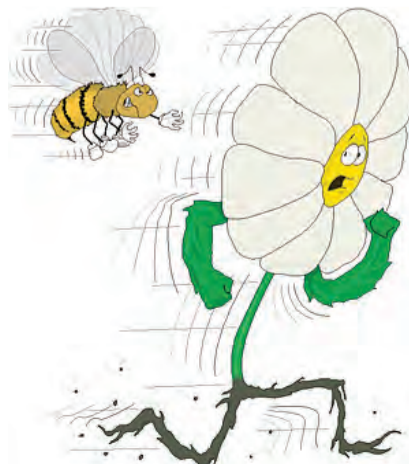
AGE CONCERN CANTERBURY ARE LOOKING FOR

COMPETENT GARDENERS

or those with a keen interest in gardening to maintain gardens for older adults in the community.

Own transport and tools necessary.
Payment on an hourly rate.

For more information please
phone Sharyn on 366-0903



HELP US STOP
NEW ZEALAND'S
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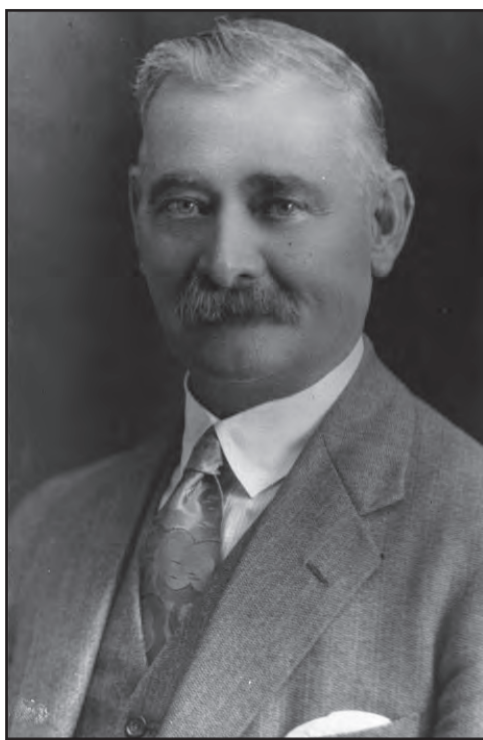
People of Canterbury's past: Ted Howard

by Dan Bartlett

An inveterate social-democrat, Edwin John Howard represented a new type of politician, and one whose Keynesian convictions would eventually come to dominate 20th century New Zealand politics for almost fifty years. In the early part of the century many of Howard's ideas were not yet part of the political mainstream, but a strong sense of class-consciousness permeated Christchurch and "there was always a crowd to hear him when he stood on a soap-box in Sydenham Park or Victoria Square, or on some street corner in Christchurch advocating the cause of the Labour Party".

Ted Howard helped to establish the Canterbury Workers' Educational Association (CWEA), becoming its first secretary and "driving force". Howard was also secretary of the Canterbury General Labourers' Union (CGLU), and a member of the Board of Governors of both the Christchurch Technical College and the Canterbury University College.

The New Zealand Labour Party was not officially formed until 1916, and an authoritarian government was in power during the War, led by the anti-communist and strike-breaker, William Massey. Massey is perhaps best remembered for his harsh treatment of workers during the 1913 Waterfront Strike, and his use of "Massey's Cossacks": baton-wielding farmers on horseback employed to



Edwin Howard, circa 1920 Alexander Turnbull Library, Wellington, NZ

break the strike with force. From the outbreak of war, there had been no doubt where Massey's sympathies lay; in a personal missive to the British cabinet in 1914, he wrote that "all we are and all we have is at the disposal of the British Government".

With a socialist's sense of internationalism, and a unionist's understanding of solidarity and the power to organise, Ted Howard was an obstinate opponent of pre-war compulsory military training and wartime conscription. Howard was fearless, barbed and sometimes irreverent, writing in his regular

Maoriland Worker column that, "I am prepared to advocate that we close parliament at once, and that we allow every one of the members to go to the front...I reckon they would look well in cocked hats and gold lace. Let Bill [Massey] go, let the baronets and marionettes go. Let them all go. If it needs greater sacrifice than this, then I am prepared to sacrifice all the special constables, and even the scabs."

Ted Howard's organisational abilities came to the fore in the creation and development of the Seditious Prisoners and Conscientious Objectors' Fund, set up to assist the families of the men who had been imprisoned for the stand they took against the war. With the help of the Maoriland Worker, the CGLU and his daughter Mabel, who "ably assisted without once grumbling", Howard's fund was able to raise £3680; in current terms, that's well over four hundred thousand dollars.

The fund assisted the families whose breadwinners were incarcerated; who had mortgages or rents to pay, groceries to buy, and children to care for. Howard was at pains to point out that "none of them could be accused of taking one penny more than they were not literally forced to...the women were grand, and under very trying circumstances". Trying circumstances indeed: the influenza pandemic-ravaged Christchurch

while the men were imprisoned, and broke out in the jail itself. Howard's fund assisted with small comforts sent to the sick men in Templeton prison, and some extra treats at Christmas.

Howard's story does not end with the war. In 1919 he was elected as the Labour Party Member of Parliament for the Christchurch South electorate. He held this seat until his death in 1939. Howard was keenly disappointed when he was not included in the first Labour cabinet in 1935, but by that time he was in poor health and was the oldest member of the party caucus.

Ted Howard died in 1939. Labour cabinet minister Tim Armstrong told the Press that "Mr Howard's name will live long in the memory of every liberty-loving person who knew his qualities and his work", and fellow Labour MP Dan Sullivan remembered him as "a mighty fighter, a loyal comrade, a giant in the people's cause".

In his maiden speech to parliament, Howard had summed up his attitude to political life: "Every time I get a chance from the public platform I preach to the workers one story, and one story only – have respect for yourselves, and demand that you shall have conferred on you just as much as the other fellow gets."

Ted Howard was a champion of the working class, an advocate for the least well-off and a defender of those least able to defend themselves.

Driver for Cats Protection League

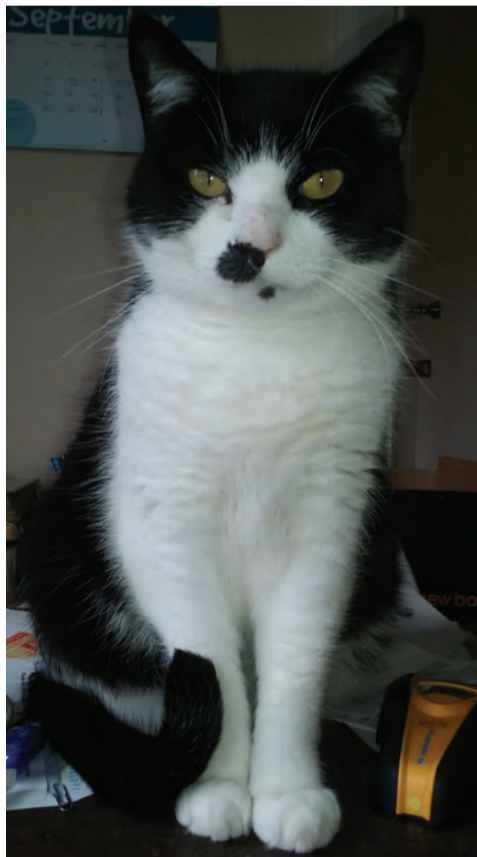
My name is Warwick Hay. I am a volunteer for the Cats' Protection League. I assist those cat owners who have transportation difficulties.

This consists of taking owners and their cats to vet appointments; picking up cats to be de-sexed, taking them to the vet for the operation and returning them, and picking up cats which are being surrendered to the League for re-homing. At present I am the only person doing this so we are looking for volunteers for back-up in case I am unavailable.

You would need your own reliable transport and an affinity for people and cats. A fuel allowance would be available if necessary.

The sometimes awkward part of this is getting a few reluctant cats into cages, however this comes with practise and we will provide instruction and practise in cat handling.

If you are able to assist us or have



questions please contact me on 9818617 or 02102391831 or our office on 3766094.

Grandparents answering machine message

Good morning ... at present we are not at home, but please leave your message after you hear the beep. beeeeeeeeepppppp ...

If you are one of our children, dial 1 and then select the option from 1 to 5 in order of "birth date" so we know who it is.

* If you need us to stay with the children, press 2.

* If you want to borrow the car, press 3.

* If you want us to wash your clothes and do ironing, press 4.

* If you want the grandchildren to sleep here tonight, press 5.

* If you want us to pick up the kids at school press, 6.

* If you want us to prepare a meal for Sunday or have it delivered to your home, press 7.

* If you want to come to eat here, press 8.

* If you need money, press 9.

* If you are going to invite us to dinner or take us to the theatre, start talking ... **we are listening!**



(Source: Unknown)



UPDATE FROM THE CLUBS



Amberley Welcome Club members enjoyed a two night trip to Nelson in December. An outing for lunch at Five Stags and a trip to Willowbank is planned for February. A trip to Dunedin for three nights is planned for April. Meet: 3rd Monday at 1.30pm, Anglican Church Hall. **Contact:** Ann McKenzie on 03 314 9943.

Beckenham Friendship Club members enjoyed entertainment from Val from Vee Jays at their Christmas afternoon tea. Paul and Kay Easterbrook, Marion and Pat Hannah will entertain in 2017. **Meet:** Second 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 their Christmas party where they were entertained by Lyn and Ron. Ron dressed as Father Christmas and handed out small gifts of sweets. A bus trip to Hanmer in early April is planned. **Meet:** Every second Monday, 1.30 pm, at the Belfast Rugby Club Hall, March Place, Belfast. **Contact:** Helen Beach on 03 323 8461.

Bishopdale Senior Citizen Club opened on 13th February 2017 and welcomed new members. The Club has fortnightly meetings with entertainers and tea and biscuits, three bus trips a year and a winter lunch. **Meet:** Every second Monday, 1.30 pm, at the Methodist Church, Corner Harewood Road & Chapel St. **Contact:** Marie Tyler on 03 359 4344.

Lincoln Area Senior Citizen Club members enjoyed an excellent Christmas function with the ladies Lions providing the dinner. Raffles were also held. In February members will be visiting the Southern Alpacas and lunch at Islington Tavern. The Club's AGM is on 17th March. **Meet:** First Tuesday of the month at 1.30pm at Lincoln Event Centre. **Contact:** Margaret Barratt on (03) 325 2218.

Oxford Senior Citizen Club members enjoyed a beautiful day at Hanmer Springs last October and the Operatunity Concerts. Their Christmas dinner was held at the Oxford Workingmen's Club. A bus trip to Erewon Station was planned for the end of February 2017. **Meet:** Second Wednesday of the month at 1.30pm at Oxford Workingmen's Club Lounge. **Contact:** Mrs Carol Lowrey on 03 312 3019.

Sumner Senior Citizens Club members enjoyed their Christmas celebrations at Lincoln. A speaker from Age Concern Canterbury and a bus trip to Claremont Farm are planned for 2017. **Meet:** Second and fourth Wednesday each month at 1.30pm at Sumner Surf Club. **Contact:** Lola Bouckoms on 384-9889.

BE ACTIVE CHRISTCHURCH

BE ACTIVE is suitable for anyone 16 years and over who is looking to increase their activity and/ or wanting to try new things.

We welcome anyone interested in the programmes.

Be Active Rolleston, Rolleston Community Centre,

Mondays starting 13 February, 12.30 – 2pm

Be Active New Brighton, Grace Vineyard Church,

Tuesdays starting 14 February, 1 – 2.30pm

Be Active Bishopdale, Bishopdale YMCA,

Wednesdays starting 15 February, 7.45 – 8.45pm

Be Active Halswell, Te Hapua: Halswell Centre,

Thursday starting 16 February, 1 – 2.30pm

If you have any questions at all please feel free to contact Anna Wilson on 03 373 5045 or email anna.wilson@sportcanterbury.org.nz

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.



Shirley Recreation Walkers

Meet at 9.30am Mondays and Thursdays by the Shirley Community Site for Car Pool to start of walk. Park on Chancellor Street (entrance off Shirley Road) NOTE: If you want to go straight to the start of walk, you must let Sue know on the day. \$4.00 petrol contribution to driver (unless otherwise stated). Ph 981 7071 or 027 7754635.

Mondays

27th February: Heathcote River Walk (1.5 hrs approx.)

Rescheduled from December, this walk features Worsleys Reserve and Ernlea Reserve. *It will be followed by coffee at Zero's Cafe on Cashmere Road for those who wish.* Start from Cashmere Road near the playground.

6th March: Bishopdale-Harewood Walk (2 hrs approx.)

This walk features Tullet Park, Nunweek Park, many lanes and small reserves. Park cars on Glasnevin Drive (off Sawyers Arms Road) in angle parking next to Tullet Park near the playground.

13th March: St Albans-Mairehau Walk (2 hrs approx.)

Enjoy a walk around these leafy suburbs featuring Abberley Park and Malvern Park. Start from Abberley Crescent next to Abberley Park. **\$1.00 to driver.**

20th March: Southshore Spit Walk (2 hrs approx.)

Walk along the beach, then around The Spit and into the South Shore Spit Reserve for a break. Walk out around The Spit once again and back along the beach. Park cars on Caspian Street between Marine Parade and Rocking Horse Road.

27th March: Beckenham Walk (2 hrs approx.)

This walk features the Heathcote River, Beckenham Ponds and Remuera Reserve. *It will be followed by coffee at Red Cafe in The Christchurch South Library for those who wish.* Start from Hunter Terrace off Colombo Street. (Access through the library car park).

Thursdays

2nd March: Witch-Hill-The Tors-Whaka Raupo Reserve (2.5 hrs approx.)

Rescheduled from November, enjoy the time up on this section of the Port Hills that has been closed to traffic with stunning views along the way. *Take lunch* as this walk is a little longer. Start from the Summit Road near Rapaki Rock. **\$5.00 to driver.**

9th March: Stan Helms Bridge Path (Lyttelton side) (2 hrs approx.)

Walk up to the Summit Road on this realigned track then back down to Lyttelton via The Bridle Path Track. Start from the top of Voleas Road, near Harmans Road, just before the reserve.

16th March: Greenwood Park (2 hrs approx.)

Rescheduled from September, this is an undulating walk with great views out over Sumner, Godley Head and Lyttelton Harbour. Start from Clifton Terrace near the bottom of Revelation Drive (up on Clifton Hill).

23rd March: Taylors Mistake-Boulder Bay-Godley Head Walk (Day walk)

Rescheduled from October, take lunch, drinks, warm/waterproof clothing, good shoes/boots. Walk along Pilgrims Way, then out to Godley Head. Return via Breeze Col Loop Track and Anaconda shared use track. Start from the Taylors Mistake car park near the surf club.

24th March: Rapaki Track (2 hrs approx.)

Walk up Rapaki Track to The Summit Road. Have a break looking out over Lyttelton then return the same way. Start from Hillsborough Terrace, just off Centaurus Road (better for parking here), then walk along to Rapaki Road and up to the start of the track.

30th March: Drayton Reserve-Kildare Heights-Moncks Spur (2 hrs approx.)

This is a combination of flat and hill walking featuring The Coastal Pathway, McCormacks Bay and a reserve with great view from the top. *This will be followed by coffee at The Spur Cafe for those who wish.* Start from Redcliffs Park on the corner of Beachville Road and Celia Street (angle parking on Celia Street).



Modern Grannies

I have a little granny. She's really very old.

But also unconventional in the most unusual mould.

She doesn't wear her spectacles perched upon her nose,

She wears contact lenses, and varnishes her toes.

Unlike some other grannies, who are home before it's dark,

She's dressed up in her tracksuit, jig jogging in the park.

And when I wish she'd sometimes stay and tuck me in my bed,

She's off to study yoga and standing on her head.

Some grannies sit in rocking chairs and crochet shawls indoors,

But my granny jumps upon a horse and rides across the moors.

She goes on day trips with her gang of the over sixties club,

They rocket round the countryside and end up in the pub,

And on the homeward journey, like a flock of singing birds,

They harmonise old favourites, with very naughty words.

I love my little granny, I think she's really great,

If that's what growing old is like, well, I simply cannot wait.

Source: Unknown.

Papanui Combined Probus Club

Papanui Combined Probus Club welcomes new members in 2017.

For interesting speakers, great outings and making new friends join us at monthly meetings.

1st Tuesday of the month at 9.45am in the Ground Floor Room at Papanui R.S.A., 1 Harewood Road, Christchurch. Good parking.

For more information contact Marie on 351 7708 or Sian 359 0057.



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Volunteers Christmas luncheon

Age Concern Canterbury volunteers are acknowledged at a Christmas luncheon.



From left: Trish Adams (Vice-President, Age Concern Canterbury), Simon Templeton (Chief Executive, Age Concern Canterbury), Annette Harris (President, Age Concern Canterbury) recognise the contribution made by our volunteers.



'Email is ok ... but I miss biting the postman.'

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Salmon, the King of Fishes

by James Le Fanu

'The salmon is accounted the King of Fishes,' observed Izaak Walton in *The Complete Angler*, the first and most evocative of all fishing manuals, published in 1653. And certainly a salmon's style of life is on a regal scale, involving journeys of thousands of miles to and from two very different residences - the upper reaches of cold freshwater rivers, and the depths of the salty oceans. His progress from one to the other and back again requires heroic feats of endurance and athleticism, epitomised most obviously by the dramatic spectacle of his leading upwards over weirs and waterfalls 'to heights', as Walton noted, 'beyond common belief'.

The salmon's life begins simply enough as a fertilised egg which, once hatched along with thousands of others buried beneath the gravelly bed of mountain streams, will grow into the agile smolt, just a few inches long, its bronzed back and pearly sides spattered with black and green patches.

The smolts then set out en masse for the sea, initially at a leisurely descent as they are carried downwards by the rising waters to the river mouth. There they undergo that subtle but profound metamorphosis that will prepare them for the next stage of their epic journey. Their livery changes to a sea blue with a highly reflective white belly, the better to avoid potential



predators. Their shape changes too, from stubby to streamlined, making them more suited for sustained swimming over long distances.

But much more importantly, the shift from fresh to sea water requires a wholesale physiological transformation to accommodate the implacable law of osmosis, whereby the concentration of salts on either side of a cell membrane is held in equilibrium by the movement of water across it. Because the concentration of salts in the salmon's blood and internal fluids is considerably greater than the fresh water in which it swims, osmosis would cause its tissues to become rapidly waterlogged were it not for the countervailing measure of drinking hardly anything while its kidneys bypass voluminous quantities of urine to eliminate the water seeping inwards. The situation is reversed on entering the sea, whose saltiness is four times greater. Now the young salmon's tissues are prone to dehydration as its internal fluids leak outwards. It compensates

by drinking prodigious quantities and pumping out the ingested salt through its gills, and retains the volume of water within its body by restricting to a minimum the amount of urine it produces.

Somehow young salmon make the necessary physiological adjustments before launching themselves into the currents off the continental shelf that will convey them thousands of miles offshore to the ocean deeps, 5,000 feet beneath the surface, where no light penetrates. They will stay there for up to four years, feeding off crustaceans such as prawns and shrimps, whose pinkish carapaces give the muscles of the growing salmon their characteristic colour. And how they grow - from just a few ounces to twenty, thirty pounds or more, at four times the rate of any other fish.

Having banqueted so lavishly, they are compelled by some mysterious impulse to return home, guided, no one knows how, across those thousands of miles of featureless ocean by some inscrutable instinct - culminating in their recognising with almost supernatural precision, the river from which they first set out with a sense of smell so sensitive as to detect the unique odour of its waters.

And now the salmon must once again make the physiological adjustments

to accommodate osmosis, this time in reverse. They stop feeding and live off accumulated fat stores, their stomachs shrinking to make room for their expanding reproductive organs. They recuperate from this first stage of their homeward journey, living quietly in the shallow pools until galvanised by that urge, like no other, that will take them back up to their breeding grounds.

As salmon fancier Richard Shelton imaginatively supposes: 'His powerful tail strokes drive him on and for a few seconds he makes progress up the face of the waterfall, but the raw strength of the torrent bars his way sweeping him bodily downstream... he recovers his poise and sets his face once more to the irresistible roar ahead. Again and again he leaps till by chance he lands in the smoother more streamlined flow to one side ... and the final triumphant flick of his broad tail takes him over the sill and to the pool above.'

Having 'come home', the female lays her eggs and the male supplies his contribution but, exhausted and emaciated, they are mere shadows of their former selves. The survivors, by now voraciously hungry, snap at any passing fly or insect as they prepare once more to return to the ocean's depths. And so it has continued for tens of millions of years.

(Source: *The Oldie*, September 2011)

An unique experience with My India Tours

Seven hours flight from the Netherlands, over 2,000 kilometres in a chauffeur driven mini-bus, and 1,000 photos later, I look back at my amazing, wonderful and hassle free adventure with Indrani of My India Tours.

India is a country of colour and contrast, grandeur and simplicity,

wealth and poverty - people are hospitable and friendly.

Born and educated in India, Indrani has lived in NZ for over 45 years. She specialises in escorted tours of up to 10 clients. Our party included one gent who had never travelled to a foreign country before and some well-heeled travellers who commented

that this was their best trip. I will certainly return to India with Indrani.

Travelling in a small group with friendly like-minded people, was stress-free - a dream come true for a single person! Leisurely breakfasts and dinners were a treat. We enjoyed fabulous accommodation - opulent and historic palaces converted into heritage hotels, were an experience in themselves. We felt safe, enjoyed a choice of delicious local or Western cuisine, and faultless service, nothing was overwhelming!

It is impossible to choose a highlight - New Delhi with its wide tree lined avenues, Udaipur - the Venice of India was truly beautiful, the majestic hill top forts of Jodhpur and Jaisalmer, camel riding in the desert, the sun setting over the Taj Mahal, the frescos of Shekhawati, the colony of migratory cranes from Mongolia, and inter-acting with locals, of course! Did I mention the shopping? So many incredible sights along the way - the list is unending.

It was an unique travel experience I will never forget.



"Thank you for all your kindness along the way - for your careful planning and consideration for all our little idiosyncrasies - life will never be quite the same again!" Jill



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Marion's 100th birthday celebration

Marion Mabin recently celebrated her 100th birthday at Bupa Parkstone Care Home.

She was born in the Leeston Maternity Hospital and grew up on a farm, learning to ride horses, including jumping the gorse fences. Marion's family kept a dairy cow, and had a live in housekeeper who helped run the big kitchen that fed the family and farm workers.

Marion is an Anglican, and played the organ at the Irwell Church. She attended primary school in Leeston and then became a boarder at Rangiora Ruru Girls' School.

After finishing school, Marion returned to the farm. She married Ken, the Leeston BNZ Bank Manager, and had a son Brian and a daughter Jill.

After the Second World War, the family farm, called Waipuna, was split up by the Government and parts of the farm were given to returned



Marion Mabin celebrating her 100th birthday with her family

servicemen, one of whom married Marion's sister. After her sister was married, Marion moved into 'town' and lived in the family home in Christchurch. Marion kept chickens in her backyard, and Brian

went back to work on the farm in the school holidays.

Marion fondly remembers many family holidays in the Marlborough Sounds, and spending winters in Australia on Magnetic Island. After her husband Ken passed away, Marion lived with Brian and his partner Trudy for 20 years before moving into care.

Initially, Marion moved into St Nicolas Care Home and then when it closed, she moved to Bupa Parkstone Care Home. Brian and Marion say the staff and meals are fabulous and they enjoy the new building. Marion celebrated her 100th birthday surrounded by her family (photo attached). Brian believes Bupa Parkstone Care Home is an excellent place to come for someone who needs care. (A)

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The deadline is Friday, 21 April 2017.

Please contact Anna-Marie on 331-7804.

Age-group politics do older people vote selfishly?

by Judith Davey

One of the threats foreseen by those who subscribe to the disaster/burden perspective on population ageing is that older people will use their numbers as voters to dominate the political agenda. Linked to this is the belief that people become more conservative as they age and will vote accordingly. How much truth is there in this?

We know a lot more about if people vote than how they vote. It is very clear that, in New Zealand and many similar countries, the proportion of people who vote increases with age. In recent general elections, around 95% of New Zealanders aged 65 plus have voted, compared to 61% of those aged 18 to 24 and around 80% of people in the intervening age groups. If older people are voting selfishly, then younger people need



to get out to vote to counteract any selfish tendencies!

According to research by political scientists there is limited support for the idea that voters necessarily become more conservative as they age. Instead, most argue that much of the difference between older and younger voters is linked to cohort effects. People who grew up during



wars and depressions, with an experience of deprivation, are more likely to be conservative than those who grew up during a post-WWII affluence. Changes in electoral systems can also affect voting patterns, for example, MMP gives a potential voice to smaller parties.

Then there are the platforms of political parties to consider. Are they

addressing the concerns and needs of older people? Although there may be concerns about retirement income support and access to health services, beyond this the political interests of older people are as varied as in other sections of the electorate. Older citizens do not vote only according to what matters to them as seniors; they are clearly concerned about the future of their children and grandchildren.

In some countries political parties have emerged to represent the interests of older people. Their fortunes will wax and wane, so it is difficult to find the most recent information, and none seem to have gained much political influence. Here are some examples:

In 2006, after failure in five previous elections, the Israeli Retired Persons Party garnered enough votes to enter the Knesset (parliament). It won seven seats out of 120 members, and became part of the ruling coalition, heading the Ministry of Health and the Ministry of Older Persons.

In the late 1990s there were two senior parties (Union 55+ and General Senior Alliance) in the Dutch parliament. They had a few seats (2 or 3) but they were not very successful because of dissension between them.

What do we have in NZ? On June 7, 2016, the New Zealand Herald headlined "New political party represents older New Zealanders". According to this article, the New Zealand Seniors Party planned to register as an official party to run candidates in the 2017 election. Some of the party's key platform issues appear narrow – fighting the "unfair" deduction of overseas pensions, suspending immigration (linked to hospital waiting lists) and a 'Living Wage' pension for seniors. A Grey Power response was skeptical – maintaining that this was a "one-issue party" to which they would not be aligned. However, looking in more detail at the policies of the New Zealand Seniors Party, as set out on their web site, they seem to have a wider platform, with wide-ranging views on health, education, employment and housing.

"The NZ Seniors Party exists for the common good of all New Zealanders.....but with an emphasis on the needs of seniors. All will get old eventually and what is good for seniors now is good for those that follow."

Next year we will see how they go.

(Source: Abridged from the post Dec., 2016 by Age Concern NZ 'on research').

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)

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