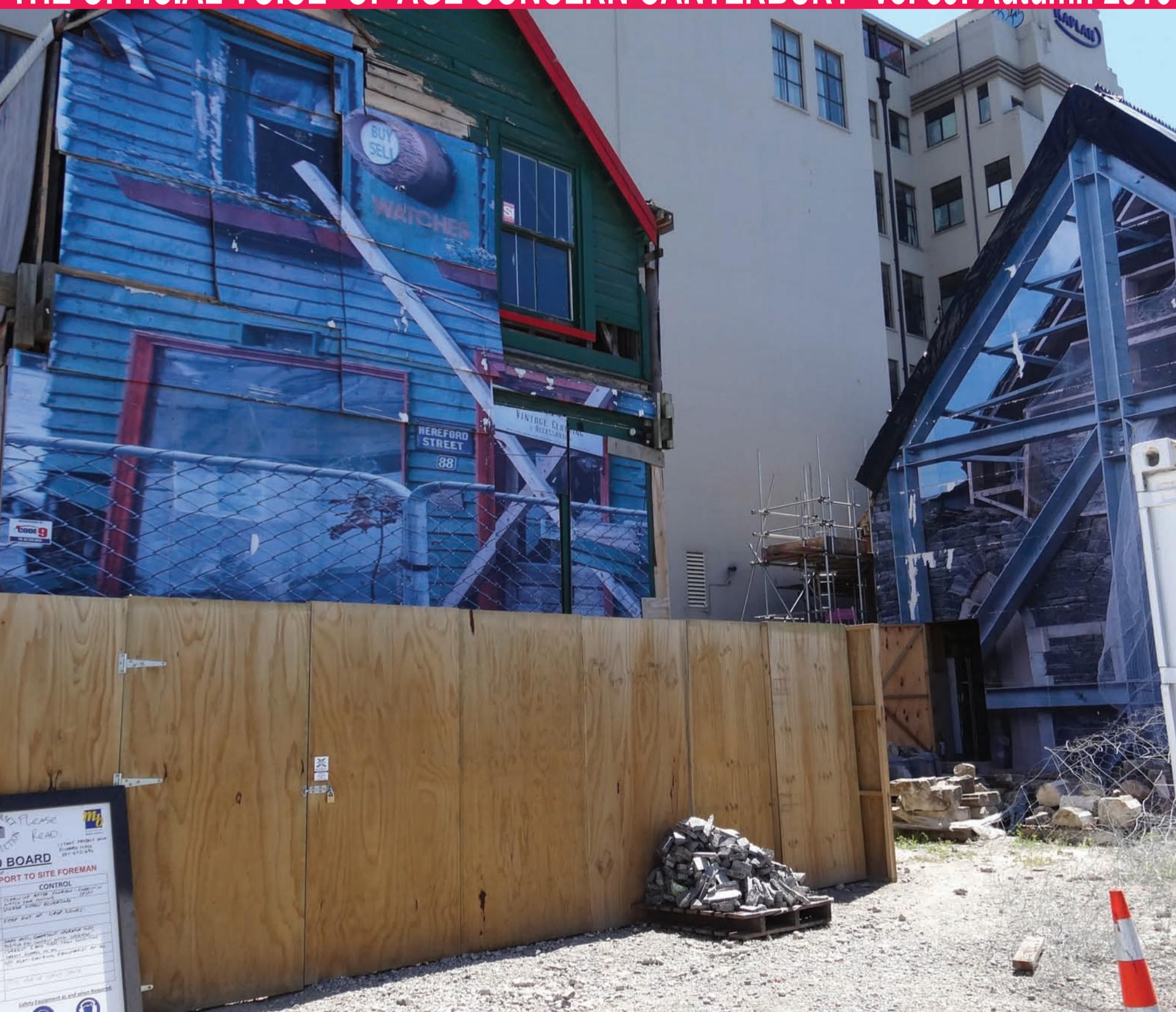


Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTERBURY Vol 89: Autumn 2016



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FROM THE CHIEF EXECUTIVE



Welcome to 2016 – and a very Happy New Year to you all.

I hope you had an enjoyable Christmassession with family and friends.

After a month travelling with my family in Thailand I am back and ready for another year, along with the amazing staff at Age Concern Canterbury, to serve the needs of older people.

We have a new minivan, thanks to the generous support of The Southern Trust, and so are looking forward to providing social connection to more people this year. Read more about what the social connection team is doing in further pages of this Keeping On.

In 2016 Age Concern Canterbury will continue to offer support for any issue relating to the Canterbury earthquake. If you require any support, an explanation or just someone to talk to about any earthquake concern, please give the Earthquake Support staff a call on 366 0903.

It may seem too early to mention Flu vaccines - but by the time the next *Keeping On* is printed the flu season will be upon us. So I recommend that you all get the vaccination as soon as it is available – and talk to your family about being vaccinated – to protect them and you.

I recently read an excellent article on stuff.co.nz and have taken the following from it:

Over this holiday period I have been thinking about how we deal with the older people in our lives, and I'm not just talking about those well past retirement. Have you ever found yourself shutting off to an older person when they start sharing their stories with you?

For some reason many of us can undervalue what the older people in our lives have to offer. It may be that we need to show more respect, or maybe we have heard their stories before so we shut off to them - but the unfortunate thing for those who shut themselves off is that they are missing an opportunity to gain valuable insights to life that only time can teach us.

As we are in the middle of the social catch-up, family and friends get-together season, I challenge you to go into these interactions with an attitude of exploration. Ask them questions, interesting ones, hard ones, revealing ones, ones that show their strengths and weaknesses, their struggles and successes, ones that allow them to pass on their wisdom to you.

I guarantee that if you do you will walk away from that conversation with a new understanding and wisdom.

Simon Templeton
Chief Executive

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A WORD FROM THE PRESIDENT



This is my first opportunity to greet you this year.

Welcome home to those who have been away and if you have not been away by choice

I hope you have had a quiet but happy festive season.

The weather has been a very mixed bag of temperatures with not enough sun and some very cool nights.

The most disturbing event for 2016 is the re-appearance of the earthquakes causing the return of some terrifying memories of 22 February, 2012.

There are still visible scars from the earthquakes around our city but the personal and physical scars such as the loss of homes, friends and family, will, for some, always only be a tremor away in our memories and a reminder of the loss of those we continue to mourn.

For many frail and elderly it revives memories of damaged and under heated homes, of disconnected electricity power resulting in loss

of lighting, heat, hot water and hot food.

Keep a caring eye on the elderly amongst your family, your friends and your neighbours. Please help us to identify these people in our community and give us the opportunity to help. It is never too early to prepare for winter.

We are enjoying our new building very much. Remember you are welcome to drop in. We have welcoming and experienced staff and a wide range of written material and brochures - our service is free. We always stress contact and enquiries are treated with confidentiality.

Worth special mention in this issue of *Keeping On* is our new minibus. We are very grateful for the sponsorship and support we have received from Southern Community Trust which made the purchase of this vehicle possible and greatly appreciated.

Remember, help and a listening ear are only a phone call away. Please don't hesitate to make contact. Again, every best wish for 2016.

Annette Harris
President



Age Concern Canterbury's new minibus made possible by the sponsorship and support of the Southern Community Trust.



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** 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.

A Mother of City Heritage

If the word "heritage" is typed into a computer and the return button is pressed, it is odds on that the name Crighton will also come up.

That's because Dr Anna Crighton and heritage, certainly Christchurch's and Canterbury's, go hand in hand. Her business card states: "Executive, Historic Places Aotearoa, Chair, Christchurch Heritage Awards Charitable Trust, Director, Canterbury District Health Board, Director, Art Registry Co Ltd, Director, Theatre Royal Foundation, Chair, Christchurch Heritage Ltd, and Chair, Christchurch Heritage Trust.

That's her current heavy work list – and she's the holder of the senior's gold card.

Since the earthquakes she says she has been working harder than before the devastation. "It was hard enough to save heritage before the quakes but afterwards it has been constant activity to save as much as we can."

She believes she might now be over her grieving for lost heritage (although she is still waiting for her own house in the central city to be repaired). "There's plenty to do and it gets me up in the morning," she says.

Anna is happy with some of the new buildings in the city but bemoans those buildings that represent "maximum benefit in basic concrete and glass".

Some owners of land had realised the potential of their sites with a variety of new facades, she said.

But she is critical of CERA for creating huge blocks of land for one or two large buildings. Anna would have preferred that more owners of small sections had been allowed to go their own ways and explore exciting designs for a mosaic of variety.

Writing in "The Press" in December, Chris Watkins wrote: The rebuild is fast becoming a farce, the central city filling up with ugly monstrosities of



Dr Anna Crighton

steel, concrete and glass. When will we ever learn? Christchurch's charm is now history and its heritage a thing of the past."

Anna's response to that was: "I agree".

She has had a full early life and says she manages it at present because she "is very well organised. That's why I can achieve it all." She was awarded a Queen's Service Order in 2005 for public service.

Anna Louisa De Launey Crighton was born in Christchurch and attended Christchurch East Primary School and then Pinehill School, Dunedin, followed by Otago Girls' High School (her father was transferred as a Senior engineering draughtsman to head the Post and Telegraph Department in Dunedin) before returning to Christchurch where she attended Christchurch Girls' High School.

"Then I left and went wild," Anna says. At 17 her first big adventure was taking the Trans-Tasman ship the *Wanganella* to Sydney where she roomed with a cousin. After a couple of years in Sydney she was back to Mum but a year later sailed for the UK. "I had some wonderful jobs there.

One was companion to the wife of a film producer."

"I used to have to accompany her to the casino and then ensure I got her home, undressed her and put her to bed."

While a waitress in a hotel in southern England she met a German family from Cologne who took Anna on as an au pair. "Remember this was the time before emails and such like and my mother worried like hell. I think I wrote about once a year – needing money! I was really happy then and I liked life in Germany." But the husband spoilt things for her and she fled back to England for a year.

Back in New Zealand she married but the marriage "did not work out" and she found herself a solo parent. She took jobs (live-in housekeeper) in North Canterbury before returning to Christchurch to finish her schooling.

She did School Certificate and University Entrance by correspondence before enrolling at university as an over-21 student on a scholarship. Then came her BA (majoring in history, art history and classics) and MA (her thesis was Colonial Architecture).

Her love affair with history began when she was seven, living in an old villa where her grandmother was divided from the rest of the family by curtains. Anna remembers "going behind the curtains and studying her grandmother's paintings. One was of Mary Queen of Scots with Lord Darnley (Anna has it now) and the other was a long image showing the Battle of Waterloo."

"I just love history. Even at school. I was able to exploit that later on in life," Anna says.

With her MA in her pocket she became Registrar or Collections Manager at the Robert McDougall Art Gallery in 1979 and remained there

until 2001.

This work led to various professional engagements, one being the NZ representative on the American Association of Museum Registrars' Committee.

Besides her heritage work, she has been a Community Board member and Chairwoman, and a City Councillor (1995-2007) where she held various chairmanships, mostly involved with the arts and heritage.

Her curriculum vitae runs to six foolscap pages. Her involvement with heritage matters includes many bodies, she is chairman of some. She is particularly keen on her work with Christchurch Heritage Ltd and Christchurch Heritage Trust. It bought the old, stone Trinity Church in Worcester Street and saved it from demolition. The Shands building (bought for \$1) will be erected beside the church building to create a heritage enclave.

And then there is the Christchurch Heritage Awards Charitable Trust which Anna formed. Awards were first made in 2010.

When she left the council in 2007 Anna was determined to study for a PhD. That journey was somewhat monumental: She started research in 2008, her thesis being "The Selection and Presentation Culture of the Robert McDougall Art Gallery – 1932-2002." The earthquakes interrupted everything; she was out of her home, and the main research sources were off limits. She took a six-month break but, urged on by university authorities, she finally completed her thesis and was awarded her PhD with distinction by the University of Otago in 2012. That became a book in 2015.

While heritage is her abiding passion and daily work, Anna's overriding pride and joy are her three granddaughters.

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Fight against age discrimination in our society

by Hon. Maggie Barry, ONZM



Maggie Barry With my second year as Minister for Seniors underway, one area I'm focused on is the fight against age discrimination in our society. It's a serious problem, and one which affects many older New Zealanders.

Human Rights Commissioner Dr Jackie Blue was recently interviewed on the new SuperSeniors website [www.superseniors.msd.govt.nz] about age discrimination and particularly how it affects older workers and jobseekers.

Around 60 people make formal complaints about age discrimination in employment every year. That may not seem like a lot, but studies have shown it often goes unreported.

If you've been denied opportunities because of your age it's important to make your voice heard.

Employers can often be blunt about the fact they're denying someone a job because of their age – saying

things like "we thought you'd be younger" or "you wouldn't be able to handle it, you're too old".

These kinds of attitudes are completely unacceptable and misguided. Ability should be the only question – every employer has a right to ask whether a potential employee can do the job, but they can't ask specific questions about age or health.

Yet a recent survey on workforce ageing done by the Office for Seniors with the Human Rights Commission found 40% of older workers had either witnessed or been subject to age discrimination in the workplace.

As Minister for Seniors I know many older people want to be part of the workforce and find a role where they feel recognised and valued, can learn new things and do something they care about.

An older workforce is inevitable – here in Canterbury, there will be a 76% increase in the number of people aged over 65 in the next two decades, while the number aged under 14 will

increase by only 3%. As I've said before, an ageing population is not a bad thing – it is something we need to plan for and one which will give older people more economic influence than ever. Businesses would be foolish to ignore the facts. Having less young people coming through will mean New Zealand faces a very real skills shortage, and older workers will become increasingly important.

We need to change how we think about age as a society, and seniors should make sure their contribution and potential is acknowledged.

The March referendum on the New Zealand flag is a chance for all of us to have a say about how we want to be represented on the world stage and I'd encourage everyone to cast a vote.

Personally, although I support our links to the monarchy, I believe the time is right to change our flag, so often mistaken for the Australian flag, and I'll be voting for the blue-and-black silver fern alternative design chosen in December.

On a recent visit to the First World War battlefields in Europe I was reminded again that the silver fern on the New Zealand soldiers' graves has been an instantly recognisable symbol of our country overseas for more than a century.

The fern features proudly and prominently on the battle monuments at Gallipoli, the Somme and Passchendaele. The four stars of the Southern Cross reflect our Southern Hemisphere place in the world, and the silver fern etched against the black is a tangible link to our sporting heritage with strong New Zealand associations.

As I am also Minister for Arts, Culture and Heritage, if the flag does change, the legislation would come through my portfolio responsibilities. However in March mine will be only one vote among millions. The next few months are a chance for us all to take a closer look at the chosen alternative and then cast our vote in the binding referendum. The choice is yours to make.

Insulation discount to keep older people healthy

Over summer Community Energy Action Charitable Trust (CEA) is offering a 25% discount on insulation. For those with a Community Services Card insulation could be free. The current programme offering free insulation may come to an end in June this year. Conditions apply.

CEA has been working with the health board for many years, helping to improve the warmth of Canterbury houses including the homes of those over 65. The result is a healthier population especially our older generation.

"A CEA project with the health board has clearly identified that our help has reduced the number of older people ending up in hospital with cold-related illnesses," says Caroline Shone, Chief Executive of CEA. "It is confirming what earlier research had already shown."

"Sitting in a cold house and ending up in hospital unnecessarily because of it, is not helping anyone. The older generation who have contributed so much to our community, deserve a healthy home."

The first step to a warmer, healthier home is to ensure insulation is doing a proper job and CEA can help people of all incomes with that. Free and discounted services are available to low income householders. Insulation installed before 2000 often needs a top-up.

"We are a charitable trust, not a commercial organisation. When our staff go out to assess insulation, it will



Paula from Mairehau is much warmer and happier with her insulation topped up by CEA.

be one of our energy specialists, who can give objective advice, not sales people. The assessment is free. We have male and female assessors available and all our staff carry ID."

CEA is a charitable trust that has several programmes available that make insulation affordable for people on fixed incomes but can also install insulation for those who are able to afford the upgrades for their homes.

"I know that many people particularly older ones, are too proud to ask for what they believe is charity. This is not charity though. It is a basic human right to live in a warm home that doesn't make you sick," says Ms



CEA's Senior Advisor, Michael Begg, with one of CEA's distinctive coloured vans. CEA staff always carry ID and wear branded clothing.

Shone. "So give us a call today to see what we can do for you."

For more information and to make an appointment for a free, no-obligation assessment, contact CEA on (03) 374 7222 or 0800 GET WARM (0800 438 9276) or visit www.cea.co.nz.

Paula warmer, healthier and happier with insulation

Paula from Mairehau was contacted by CEA after she had been in the hospital with a stroke. Her ceiling had been insulated before but that was years ago and the insulation had compacted.

"It was hopeless!" she says.

The stroke medication made her always feel the cold more.

"It's definitely important to stay

warm."

CEA installed a new layer of insulation in her home.

"The boys who did the insulation were great, very friendly and courteous, cleaned up. I couldn't fault them."

She has since noticed the improvement.

"It's made a great difference, it's much warmer when I get up in the morning. It changes your lifestyle, I am happy to go home, I know it's going to be warm. It's so warm, lots of my grandchildren visit. The temperature is steady, it doesn't drop... I am comfortable. I love coming home, it's so cosy, and that's why everyone comes here!"

Centenarians Corner

Steve is in tune with the modern world with her I-pad

The interview of the 100 year-old is finished and Steve Oxley asked what it would say about her. Told she would have to wait for the outcome, she asked if a copy could be sent to her. On her I-pad, of course.

That says a lot about Mrs Oxley, a resident of the rest home at the Anthony Wilding Retirement Home.

She is a woman who is in tune with the modern, electronic world. Her grandchildren see to that. She has seven of them. She had five children and four are still alive. And there are 14 great-grandchildren.

Steve, as she is known to most, comes from her maiden name, Stevens. She was christened Frances Grace but a family member started calling her "Little Steve" early in her life.

She was born in London on April 25, 1915, her father being a baker. He was famous for his huge, iced Christmas cake which was cut into blocks and sent around the world. After leaving school she worked in Post Offices before marrying in 1937 to Lionel, who was then an electrical engineer.

"We met at our Baptist church and were engaged for just over two years," she said. "When the war came we registered as conscientious objectors and Lionel was posted to a different job."

After the war they heard about the "progressive" New Zealand government and sought to emigrate. "We had to wait a couple of years because of the returning soldiers," she said. They finally made it in 1949 and Steve said she was seasick the whole trip. "I swore I would never go back by sea. But I did go five times by air."



100 year old Steve is in tune with the modern, electronic world.

"We never regretted coming here," Steve said. "We came to Christchurch because we had friends here – pacifists like us."

They lived in Beach Road, North New Brighton, for six years before buying a poultry farm in Bromley. "We knew nothing about poultry. It was something I could do while looking after the children." One child was born in New Zealand.

They attended the North Beach Baptist Church at first and now Steve is taken to the South West Baptist Church, Lyttelton St, by a son. Eleven members of the family worship there.

On the first day on the poultry farm "someone came in and asked for a chicken to cook. I caught one with a hook and I was asked if I would kill it. I had no idea. I finally chopped off its head and it ran around the garden. I later learnt how to break the chicken's neck," Steve said.

As the years went by the farm's reputation grew but Lionel had a

breakdown brought on by his daily clerical work and working on the farm at the weekends. So they sold up and moved to Diamond Harbour but the pine trees there gave Steve asthma and they moved to Lyttelton. They lived there for about six years and at 60 Lionel retired. They marked that occasion with a trip to the UK but Steve spent much of the time in hospital for an operation.

Back in NZ they lived with children in Kerrs Road before Lionel died in his nineties after 68 years of marriage. Steve later lived in Ottawa Road with her eldest daughter, who has now moved to Taupo to be with her own daughter.

Steve then moved to the retirement home where she takes part in some organised activities and walks daily.

Her recipe for a long life is simply "all down to the grace of God". But she did add some health tips: Epsom salts in the first cup of tea of the day; a level dessert-spoon of linseed on the cereal; and a half-hour walk a

day.

What good things are there about being old? It's all good. You make the best of every day. You have a lot more tolerance towards others.

What are the disadvantages of being old? You're a lot slower. But with all the electronic gadgets you can keep in touch.

What is it like living on your own? I enjoy my room. I can choose to read or have company in the lounge. There are interesting things to do and I can have visitors.

What is daily life like? I have breakfast in bed and I'm up about 9am. I have three showers a week. I start getting ready for bed at nine and I'm ready about ten. I check my I-pad just before I go to sleep. Oh, and I listen to hymns in bed on Sundays. I read my Bible daily on the I-pad. It's a great boon.

What has changed for the better in your lifetime? There's all the electronic aids – telephones, I-pads. Children's health has improved and the disabled have seen big improvements.

Do you think about death? I know I will have a happy release. I will go to paradise with Jesus and see all my loved ones again.

How would you like to be remembered? Well, as someone who lived her faith – as a loving and tolerant person.

Who has had the major influence on you? The person who led me to know Jesus when I was 19.

Are you comfortable in yourself as you get older? Probably. It depends on the person of course. Some people are never satisfied and never happy. I'm so pleased with everything.



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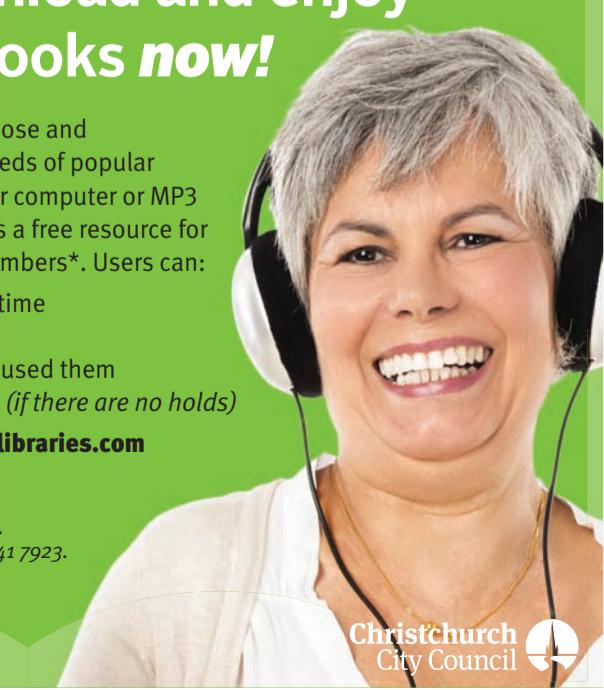
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Enjoy summer with Driving Miss Daisy

Welcome to Driving Miss Daisy's first Age Concern message for 2016. We hope you enjoyed the festive season and are prepared for a busy, interesting year ahead.

The weather has been all over the place this summer, across the country; Mother Nature is showing the attributes of the season to its full potential this year, from balmy blue sky days to tropical thunder storms. We can only hope that farmers prepare accordingly for the droughts forecast in the upcoming months.

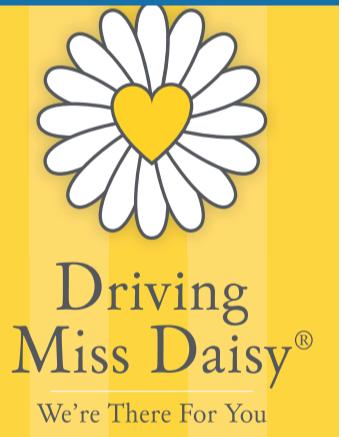
One positive of the season is the late summer garden, which has a tranquillity like no other time of the year. It's heartening to see all the hard labour put into the garden over spring and early summer come to fruition, in the form of stunning floral displays and delicious home-grown crops. If you don't have your own garden there are many wonderful

public gardens and parks to enjoy, most with easy walking paths and handy seats from which to rest and enjoy the surroundings.

At Driving Miss Daisy we can help with a lot more than simply driving you to appointments. We love to take our clients out on trips, such as to the park or a garden. Other quintessential summer activities might be enjoying an ice cream at the beach, a glass of wine and a platter to share at a winery, a picnic at a local beauty spot or a visit to the sculpture garden. 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 is committed to helping our clients get out and about, so you can live life to the full and enjoy every moment. If you have an activity you'd like us to help with please call us today to discuss – we look forward to seeing you soon! Ⓐ

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Lincoln and districts community care

Lincoln and Districts Community Care has been providing services, predominantly for older persons, in Selwyn for over 40 years. Services include a Pegasus Health Partnership Community Worker, Meals on Wheels, Walking and Exercise groups, mobility equipment hire and supports for international families.



Home Share clients and volunteers enjoy a luncheon together during a local farm visit.

In October 2013 it moved into new purpose-built premises, this then enabled organisation to extend the range of supports offered. Contracts were secured for both a Presbyterian Support weekly Home Share Day Care programme for elderly and an MSD funded SAGES mentoring service for families. In addition we host free health related sessions and a series of workshops for the public on topics of interest, delivered by presenters from various disability support groups.

2016 brings exciting new challenges – Selwyn has grown by 34% post-earthquakes and many people who have moved here feel isolated and estranged from their families and previous supports. Lincoln Community Care has undertaken a community survey to obtain feedback about the needs and desires of our changing community – the responses were enlightening and will assist us in deciding what new initiatives we need to introduce. In particular we will be developing a Brolly (continence) Sheet Hire and Purchase service, a Handyman's Directory, a Community Transport Directory and a Lincoln Business Directory.

In order to support people to remain at home safely, healthily and confidently we will work closely with organisations and providers in Selwyn and Christchurch city to develop new services to enable people to socialise, learn and remain active. We are currently investigating options such as a Carers' support group, Driver Mentoring programme, a Health Expo and a budgeting service.



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

New Mobile Service - Fun interactive presentations of our information, services and easier living equipment. We come to you! To book our presenter to speak to your group call Shannon at numbers below or email mobileservices@aspirecanterbury.org.nz.

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Should there be trust in family trust?

For many years Trusts have been an integral part of any asset protection and estate management tool box. However, a decision to use a Trust to protect your assets needs to be made not only with a view to applicable trust law, but also in line with social security law.

A Trust is a relationship where one party (a Trustee) is under an obligation to hold property for the benefit of another person (a Beneficiary). The nature of the obligation a Trustee has to the Beneficiary will be determined by the terms of the Trust Deed.

Trusts have historically been used as a tool to protect assets, such as the family home, and where possible, to preserve those assets for future generations. A property is sold to the Trust and the resulting debt owed by the Trust, is gifted away over time. Once gifting is complete, the Trust Property is protected.

The Social Security Act 1964 makes it clear that the purpose of social security law is to:

'ensure that ... financial support ... is provided to people, taking into account – that where appropriate they should use the resources available to

them before seeking financial support under this Act'.

Eligibility for a residential care subsidy or loan will depend on how much you and your spouse or partner earn, what assets you have and any gifting you may have undertaken in the years preceding your application.

The Social Security (Long Term Residential Care) Regulations 2005 make clear the level of gifting permitted by the Ministry of Social Development. Any gift over the prescribed thresholds will be treated as if it were an asset still held by the donor and therefore available to pay the donor's care costs.

It is important therefore that when you consider forming a trust you understand the implications of the choices you make, both now and in the future, and that you seek sound advice from a team who understand how this area may impact on you and your legal requirements.

At Harmans we understand the implications and can discuss your options with you. Give Fleur McDonald a call on 03 352 2293 to arrange an appointment to discuss your situation. (A)



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

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

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Contact Fleur McDonald

P (03) 352 2293 E fleur.mcdonald@harmans.co.nz A 485 Papanui Road, Christchurch

www.harmans.co.nz

Being a guarantor

John contacted us after finding he was responsible for his grandson's debts and wanted to know what he could do. It turned out that John had agreed to be a guarantor for his grandson when he bought a TV and laptop on credit.

Unfortunately, like many clients we see, John had not fully understood what being a guarantor meant. A common misconception is that being a guarantor is like giving someone a character reference, but it's not; it's actually agreeing to pay someone's debt if they don't or can't pay it themselves.

Guaranteeing a loan or other credit contract makes you responsible for paying the debt if the borrower doesn't pay it. Being a guarantor is risky, so if you've been asked make sure you know what the risks and implications are.

One key thing to know is that if the borrower doesn't pay back the loan the lender is not required to seek payment from them first; they can just go directly to you (the guarantor) and if necessary require you to sell any security that was included in the agreement. Another key thing to be

aware of is that many guarantees are 'unlimited'; this means that you are not just guaranteeing one particular loan, but also any future loans from the same lender.

If you are asked to be a guarantor for someone, ask yourself the following questions:

- Why do they need a guarantor (do they have a poor credit history? Is it likely they will have problems making the payments?)
- Would you be willing and able to back the loan (plus debt recovery costs) if the borrower can't or won't?
- What would you list as security and are you willing to risk having it repossessed if the money can't be paid back?

A contract to become a guarantor must be in writing and must be signed. Because of the risks involved in becoming a guarantor we recommend that you get independent legal advice before you sign any agreement.

To access one of our Free Legal Advice Clinics or talk to one of our team about being a guarantor, or to volunteer for Citizens Advice Bureau contact 0800 367 222. (A)

Citizens Advice Bureau

Ngā Pou Whakawhirinaki o Aotearoa



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**When: Tuesdays and Thursdays
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**Where: Citizens Advice City Branch,
Corner of Williams Street and Ferry Road.**

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**Call to confirm that the Lawyer is available:
0800 367 222 or 366 6490.**

**Keeping On Advertisers - book now
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*Keeping On.***

The deadline is Friday, 15 April 2016.

Please contact Anna-Marie on 331-7804.

Safeguard yourself and your property

By Penny Arthur, Senior Legal Educator, Community Law Canterbury

Sometimes decisions need to be made about your property or your personal care and welfare and you are not in a position to make them. An Enduring Power of Attorney (EPA) allows you to decide now who may make decisions for you in the future. The person that you appoint to take care of you and your property is called your attorney. You can appoint one attorney to look after your personal care and welfare, and more than one or a trustee corporation to look after your property. EPAs are completed when you have mental capacity, but unlike other types of powers of attorney, they continue in force after you lose mental capacity (hence the term 'enduring').

All adults should be aware of the advantages of having an EPA. A debilitating illness or injury can strike at any time, so it is not just conditions like Alzheimer's that EPAs contemplate. Having EPAs in place means that if something does happen to you it is easier for your attorney to help you and keep your affairs in

order.

After considerable criticism that attorneys appointed under EPAs have abused their powers for their own personal gain, the EPA system introduced a number of safeguards in 2008. EPAs completed before the law change in 2008 will still be valid but those completed after the change are subject to the new regime which contains more checks and balances in the interests of protecting vulnerable people. However, concerns still remain over the vulnerability of people who have lost the capacity to make decisions for themselves.

There are measures you can take to prevent your attorney from acting in ways you would not be happy with. Your EPA allows you to name people your attorney must consult with, and people they must provide information to. By specifying in your EPA people who must be consulted, your attorney must, where possible, consult with these people before making decisions. While the attorney has to consult with those people named in

your EPA, they are responsible for decisions made, and therefore can choose not to follow any advice given, as long as it is in your best interests. Your attorney can also be required to provide information to people named in your EPA. This is separate to the people they must consult with. Your attorney must supply information to people when they request it. It is important anyone you want consulted with, or information given to, knows you have this provision in your EPA.

You should consider carefully who you wish to appoint as your attorney(s) and the extent of the powers you wish to grant them. Desirable qualities in an attorney include such things as trustworthiness, appropriate skills, knowing your wishes, and sharing your views. Amongst other things, your attorney is required to act in your best interests. You can also place limits on the types of decisions your attorney can make, or property they can deal with. For example, you can state that your attorney is not to sell your home.

Provided you had mental capacity at the time of making the EPA and you made it without interference the court will not usually step in unless there is evidence that the power is being abused. You can choose to revoke your EPA at any time as long as you have mental capacity.

If you do not have an EPA and you lose capacity your next of kin will not automatically have the right to make important decisions on your behalf. They may have to make an application to the Family Court for the appointment of a manager and welfare guardian under the Protection of Personal and Property Rights Act 1988.

The Court's decision on who it appoints may not be what you had in mind. Having EPAs avoids the stress, delay, and expense of going to court.

As there are many important matters to consider when making EPAs as well as strict signing requirements, you will need to consult a lawyer or trustee corporation.

Behaviour that makes my blood boil

by Ruth Dyson, Labour's Senior Citizens Spokesperson

Happy New Year greetings to all **Keeping On** readers! Sadly for some, a small number of evil and manipulative people have made 2016 anything but happy. I am talking about the scammers, who seem to be getting bolder and more brazen in their behaviour.

I have read about and heard of several examples of this scamming in Canterbury over the last couple of months. The first was a use of a well reported letter, which purports to be offering the person who receives the letter a large sum of money. Yes, you have won first prize in a raffle that you didn't even know you had bought a ticket in! All you have to do to

collect this huge amount of money is to send them the details of your bank account! Don't do it! You might be reading this and think, well, of course you wouldn't send anyone your bank account details – but many people do! If they didn't, these scams would just dry up.

The second example is one that I find rather frightening. Two of these scammers actually knocked on the door of a couple's home and said they were from their bank. They then offered to replace their debit card. But they just gave them a prezzy card instead and took the debit card. This couple have now had their life savings taken from the account.

The Age Concern Canterbury article adjacent, called Scam awareness, features the many and various ways scammers take advantage of unsuspecting public. Lying, preying on vulnerable people and stealing their money is behaviour that makes my blood boil! But it is happening in our community. There are two thoughts that I have in response to this behaviour.

The first is that we need to talk about it more but make sure that we hold the perpetrators responsible for their actions, not the victims. Too often I hear comments about "how could anyone be so silly as to fall for that sort of trick." It may seem foolish, but these scammers are sophisticated and can trick even the smartest of people. And if someone thinks they are going to be ridiculed and called silly, then they might think twice

about reporting the crime against them – which is the worst thing that can happen. So back the victim and hold the perpetrator to account for their action.

The second thing is that many of the victims of these offences are people who are living alone and are isolated from conversation or information about this sort of behaviour. Keeping in contact with people, providing them with a safe pair of ears to talk with, and helping them deal with this type of mail or visitor is a huge help to those who might otherwise just get pressured into something which can wreck their life.

So be a good neighbour and friend to those who most need your friendship. And help to stem the flow of money from good people to these scammers. What a great aim for 2016!

Megan Woods

Member of Parliament for Wigram

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

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



Labour
labour.org.nz

Ruth DYSON
MP for Port Hills

For advice and information
contact my electorate office:

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

Authorised by Ruth Dyson
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Scam awareness - countless ways scammers draw you in

by Trina Cox, Elder Abuse and Neglect Prevention Team, Age Concern Canterbury

Scams come in many forms, by mail, text message, email, telephone, over the internet and door-to-door. There are countless ways scammers may try to draw you in, get you to hand over money or to steal your personal details. Scammers are constantly coming up with new ways to scam and are moving with the times to take advantage of new technology, communication methods, emerging products or services and events to create plausible stories that will convince you to part with your money. The good news is you're less likely to fall for a scam if you can spot some of the usual signs.

When should I suspect a scam?

- * Someone that you don't know calls you out of the blue and asks for personal details, PIN numbers or tells you that your computer is broken.

- * You receive a letter in the mail telling you that you have won a lottery, or that you have to 'pay' to unlock funds that are owed to you...maybe an inheritance or a prize for a competition that you have never entered.

- * You are contacted by an unknown person or company telling you that you have an inheritance or a tax refund owed to you.

- * You discover some odd transactions on your credit card statement after signing up to a website or service.

- * You have purchased goods or services online that haven't showed up.

- * Someone you meet online asks you to send money.

- * You are promised unrealistic earnings or offered a fantastic investment opportunity.

- * The deal claims not to be a scam!!

Scams succeed because they look like the real thing. Scammers target human vulnerabilities and also target our most vulnerable members

of society such as elderly people living on their own. Scammers will use their victim's lack of confidence with modern technology, isolation, and their tendency to become more easily confused, to their advantage, and attempt to gain their trust before accessing their money or personal information.

A Victim's Story...

"John had recently lost his wife and was feeling lonely. His family helped to set him up on Facebook as a way of keeping in touch with them, and, also for John to be able to meet people and engage with people who he had previously known, but lost contact with. He received a 'friend request' from a woman of a similar age in Australia and accepted this. They struck up a great online relationship and appeared to get on really well. This filled a big void in his life and he enjoyed the regular conversations they had together. Before long, they agreed to meet but the woman told him that she didn't have enough money for the airfares. She provided him with her bank details and John transferred the money into her account. Soon after this, she told him she was unwell and not able to make the flight, and that she was incurring medical bills she couldn't afford. She asked him for more money and he obliged. Before long, for various reasons, he had transferred \$16,000 to her. She then cancelled her Facebook account and he has lost contact with her."

This sort of story is becoming increasingly common, especially as more people are using the internet to form social networks. Dating and romance scams can cause significant financial and emotional harm to victims and rarely will people ever be able to recover money after they have been scammed. Scammers prowl legitimate social networking websites to prey on vulnerable people, they set up fake identities and they cover their tracks to make it almost impossible

to find them. There have been many examples in the media in recent years where people have given away their life savings in the hope of finding love and romance over the internet.

Top Tips to Protect Yourself from Scammers:

- Contacted out of the blue? Be suspicious.

- Your bank will never collect your bank card, ask for your PIN or come to your home. Never give out your bank details, passwords or private information.

- Make sure the website is secure, if you are buying online – check for the padlock or "https" next to the web address.

- Don't respond – ignore suspicious emails, letters, house visits, phone calls or SMS messages. Press 'delete', throw them out, shut the door or hang up the phone.

- Remember that you shouldn't have to pay anything to get a prize and if you haven't bought a ticket, you can't win it.

- Never give money to someone you have never met.

- Pressure to make a decision straight away? Take your time and just say: "No thank you".

- Reputable computer firms do not make unsolicited phone calls to help you fix your computer. Hang up the phone.

- Don't suffer in silence, tell others about scams and report it to Scamwatch.

I think I've been scammed. What do I do?

- * Go to www.scamwatch.govt.nz and report it.

- * If it is a text message you can forward it to the free short code 7726.

- * Call your bank immediately to request assistance.

The most important thing you can do for yourself, or any elderly person that you know, is to be aware of anything that seems out of the ordinary, and never be afraid to take some time to double-check any offer, claim, or call that you are unsure of. Reporting scams, even though it may be embarrassing because of the losses that have been incurred, helps to warn and protect others.

For the latest information on scams visit www.dia.govt.nz - Department of Internal Affairs, www.scamwatch.govt.nz - Consumer Affairs, www.netsafe.org.nz - Netsafe.

Care at home a sensible choice

Deciding what supports to access to maintain independence as we age can be challenging and Miranda Smith, owner of New Zealand's longest running private homecare agency knows how difficult these decisions are.

"Sometimes people in crisis contact us, other times our services are used reactively to help someone recover from illness or injury. Whatever the reason, we believe that accessing the right supports, especially for those living alone, is critical. Peace of mind comes with knowing the right

care is in place."

The daughter of one of the agency's clients shares her experience when her mother was diagnosed with Alzheimers. "Miranda Smith was reassuring and supportive and I was given the opportunity to meet and interview potential carers. The dignity of my mother and her independence of being able to still live within her own home, despite needing 24 hour care, was possible. Miranda Smith Homecare has the personnel and experience to ensure stress doesn't become a burden." (A)



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Alan Morgan, back to his roots

When Alan Morgan left the family farm in Waimate at 15 he had no idea of the journey he was to make over the next 60 years.

His career has covered gardening and landscaping in various countries, driving an ambassadorial Rolls Royce in the United States, to forming his own business in Christchurch.

Alan is President of Friends of the Christchurch Botanic Gardens. This is his second stint as president and he is a man with ideas for improvements.

His working life began at 15 as an apprentice gardener and today he can walk around the gardens and see parts much as they were when he started.

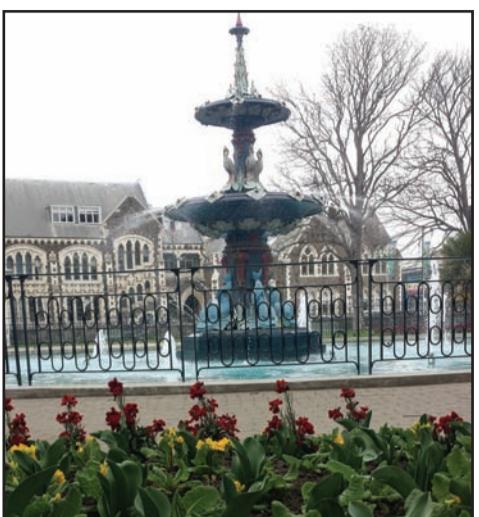
His first day was at the Christchurch City Council's Linwood nursery where he was given the job of heaving coal into the furnace to heat the boiler. He was brought up on an intensive crop farm in Waimate. He knew his brother would take over the farm and besides he also knew he wanted something different from farming.

An uncle who was the parks director in Ashburton had a word with someone in Christchurch. And, with his School Certificate, young Alan began his apprenticeship under the Parks Director, Mr Barnett.

Apprentices were rotated around



Alan Morgan, President of Friends of the Christchurch Botanic Gardens



The Christchurch Botanic Gardens

the gardens' operations every six months. A year was also spent with a commercial firm and after four and a half years he was dubbed Journeyman Gardener.

"Pretty soon after that I left for overseas," Alan says. "My uncle told me to go into commercial operations and not parks."

So Alan did just that in England. After a year there he was working in Holland and then back to England for eighteen months as a landscape foreman. He took the liner *Queen Mary* to the United States where he again worked as a landscape gardener. But with the approach of winter he sought another job. This time he landed one as the chauffeur to the British

Ambassador in Washington.

After a year he returned home and soon established his own company later to be joined by Roger Pollard to become Morgan and Pollard Ltd. which in turn established Readylawn Industries Ltd as a nationwide turf operation. The companies were later split with the Pollard family taking the former and the Morgan family the latter. Both companies are now run by sons. Alan has three sons and five grandchildren.

Besides his interest in the botanic gardens, Alan is also involved with the Rotary Club of Cashmere (a charter member with 40 years service), and is keen on cycling, tramping and skiing. He has a large garden to tend, too.

He joined the 'Friends' 10 years ago as a guide and, as he was often expressing views on improvements, he was seconded to the committee and called to be President in 2010-11 and again in 2014.

The 'Friends' volunteers are mostly concerned with guiding visitors (there are 19 trained guides), and raising funds from sales of propagated plants (three big sales a year plus a permanent sales barrow).

With funds raised the 'Friends' group has paid for staff study scholarships, books for the gardens' library, shelving, university research and interpretation panels.

"New members are encouraged to join, especially younger people. They can enjoy volunteering, walks and talks and we put out a newsletter," Alan said.

Walking tours for visitors are held daily from October to April but tourist numbers are down since the quakes. Group tours can be arranged.

Subscriptions are \$23 a year with \$30 for couples. The membership secretary, Penny Martin, can be reached on 332-6866 or email: friends@the-gardens.org.nz or go to the website www.friendschchbotanicgardens.org.nz.

Never too old - lifelong learning

at the University of Canterbury

The University of Canterbury has appointed Dr Jeffrey Paparoa Holman as a Lifelong Learning Coordinator to work with those over 55 years of age: mature students and those of us in retirement.

Dr Holman, 68, returned to study at the age of 50 in 1997 to complete an unfinished Bachelors' degree from the 1970s. Even with previous experience of university life, he was nervous about starting again. "It was over 25 years ago: what if my brain

wasn't up to it now?"

He knows about fear of failure; university can seem like a foreign country where they speak a different language. Yet many mature students come into study and succeed.

Many in their sixties, seventies and even eighties, come to Canterbury and take degrees, certificates and courses for credit. "We have a whole range of options now", he says. "We elders are smart, we're experienced and we know how to apply ourselves

after a working life."

He went on to complete a degree in English Honours with a Graduate Diploma of Arts in Māori and finally a doctorate in Māori Studies.

"Study has changed my life, it has opened doors I could never have imagined. I have travelled widely both in New Zealand and overseas and I have managed to publish books with skills learned here at Canterbury."

"Opportunity cost, opportunity lost", he says. "The opportunity cost of a

choice is what we give up to get it. University study changed all that for me and you can enjoy its benefits. We are never, ever, too old."

Happy to hear from you. Jeffrey can be contacted at the University:

Dr Jeffrey Paparoa Holman
Lifelong Learning Co-ordinator
University of Canterbury
03 364 2987 ext 7643
Mobile 021 183 9833
Email: jeffrey.holman@canterbury.ac.nz

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Whether you are interested in ancient civilisations, local or world history, literature, languages, politics, or philosophy, UC Arts has courses that will inspire and invigorate your mind.

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www.arts.canterbury.ac.nz/lifelonglearning



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Summer has been a mixed bag

Summer so far has been a real mixed bag of weather with some rain, plenty of wind and just a few hot days. This has had some effect on the plants in the garden with many plants cropping about 10 to 14 days later than usual. In my garden the fruit trees all have good crops on them and I have needed to thin the fruit so that it will ripen at a good size and colour. I have also noticed that many trees and shrubs have put on a lot of growth so now is a good time to do a little summer prune to let more light on the fruit, to help ripening and around the rest of the garden to keep paths and drives clear of over-hanging branches. Summer flowering annuals and perennials are just coming into peak flowering so to keep them giving a good display remove the dead heads to encourage

more flowers. Taller growing plants will need to be staked as they grow and before they get too tall and start to fall over. In the vegetable garden tomatoes will start to ripen so remove the lower leaves to help the fruit to colour up.

Many of our winter crops need to be planted or sown now to give us our winter supply of vegetables.

Here are some tips on how to manage our time in the garden during the summer time:

- Plants do not take holidays so weeds and plants will be growing all the time. Do some tasks each day to keep ahead of the work (one to two hours each day should be more than enough).

- Water about once a week but giving a good soaking rather than a light sprinkle each day (always try

to have the leaves of the plants dry by night fall to help stop diseases spreading).

- Do the weeding and hoeing on sunny warm mornings when the weeds are small as they will die quickly and not regrow.

- Plant seedlings in the cool of the evening to reduce transplant stress.

- Look at the leaves of plants each day by turning over and inspecting the underside for any early signs of pests or disease and spraying before the pest or disease becomes a problem (prevention is better than a cure).

Good gardening and enjoy the summer harvest. Michael Coulter – Coulters Nursery, 183 Weston Road, St Albans are specialists in chrysanthemums, fuchsias and other plants such as buxus. NB not open on Sundays. Phone 355-4656.



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Strong demand for villas at Nazareth Community of Care



The first villas at the Nazareth Community of Care retirement village and aged care complex are now occupied. The state-of-the-art Sisters of Nazareth site in Brougham St, Sydenham, is a new interdenominational development comprising independent living villas, an aged care facility including a hospital and rest home care, and later, a dementia unit.

Kath Fox, chief executive of Nazareth Care Australasia, says the Sisters are committed to rebuilding on the prime site after the earthquakes destroyed all their previous facilities.

"We want to build something for tomorrow and we've taken every care to ensure the village caters for a variety of needs and that it's not too large. The 62 architecturally designed villas feature high ceilings, high specification kitchens and bathrooms, are age proof, and have indoor and outdoor flow."

The complex includes an 80-bed hospital and rest home facility, which is due for completion in October. At a later stage there will also be a 20-bed dementia care unit.

Kath says one of the exciting features is a very large internal



courtyard in the aged care facility that is available to everyone living in the complex. It will be surrounded by a market place including a hairdressing salon, pharmacy, consulting suite, shop, café and cinema.

Another key attraction of Nazareth Community of Care is its convenient location. The complex is beside the Sydenham Bowling Club, five minutes walk from The Colombo shopping centre, near to supermarkets and bus stops. Sister Dominica Cooper, Regional Superior of Nazareth Care Australasia says the family feel of the community is crucial.



"It's important for us to create a retirement community that really is a place that people want to call home. We want it to be a neighbourhood where everyone feels they belong."

"You can have lovely buildings, everything can be new. But without a heart, it isn't a home."

Display villas are open to view 10am-4pm Friday, Saturday, Sunday, Monday and Tuesday – temporary entrance via 205 Milton Street. To visit outside these times, please call 0800 NAZARETH or 0800 6292 7384. For more information visit [Nazareth.co.nz](http://nazareth.co.nz).



Licence to occupy villas on sale now

Nazareth Community of Care is a vibrant retirement complex in Sydenham, Christchurch, being developed by the Sisters of Nazareth.

All denominations are welcome to be part of our neighbourhood. It's a place we hope you will call home.

Our spacious new two and three bedroom independent living villas are ready now. In the near future, we'll be

providing aged and dementia specific care, if you, or your loved one, needs extra support.

Display villas are open to view 10am-4pm Friday, Saturday, Sunday, Monday and Tuesday – temporary entrance via 205 Milton Street.

To visit outside these times, call 0800 NAZARETH or 0800 6292 7384. You can visit us online too, at nazareth.co.nz

North Canterbury Minibus Trust still going

by Don Fairbrother



Some of the North Canterbury Minibus Trust's eight buses.



The North Canterbury Mini Bus Trust was established in 1986 with the mission statement "To provide Virtually Free Transport for the Aged and Disabled in North Canterbury", as there was no public transport in Rangiora and certainly no vehicles equipped with a wheelchair hoist. The service was started with a charge of 50 cents for transport within the borough of Rangiora. With the exception of a "Shopper Bus" service which charges \$1, the 50 cent charge still remains.

The Trust currently operates 8 buses located in Rangiora, Oxford and Kaiapoi. They operate daily transporting people to Day Care

centres, workshops, schools (for disabled students), and on Tuesdays and Thursdays transport people to and from the supermarket. Most of the buses are equipped with a wheelchair hoist and wide side steps for easy access. All buses have comfortable seating and air conditioning for safety

and comfort.

The Mini Bus Trust also has a rental licence and the buses are available for hire at very reasonable rates for qualifying organisations, clubs or private use.

The Trust is continually looking for drivers for our services. The buses can be driven with a normal car licence, and training is given in operation

and use. Persons interested in volunteering to drive should contact Roni Jordan at the phone number below.

Bookings for any of the services are made through Presbyterian Support in Rangiora, located in the Ngawi Thompson Centre on High St. In order to make a booking, telephone Roni Jordan (03) 313-8588, ext. 26.

A home not a facility

To care for those who once cared for us is one of the highest honours. At Elms Court, the Burke family have operated this philosophy for over 20 years. During this time we have had the privilege of caring for an amazing and diverse range of individuals. Each and every one of them has a special place in our hearts.

We have very recently added on four purpose built, modern, quiet rooms to now become an 18 bed home, providing respite and long term rest home level care. We pride ourselves on being able to meet the diverse needs of all of our residents. After all, care giving will never be a one size fits all proposition. Our staff are a small group of professional, loyal and caring staff that have been with us for several years and consequently develop special bonds with our residents.

We provide nutritious home cooked meals, a varied flexible activity programme and a home like environment. Our way of life is to encourage empowerment

through choice, independence and participation in the family-like home. To achieve the desired outcomes of good quality of care and good quality of life, we believe the institution must be removed from the rest home equation.

"Residents of small nursing homes appear better satisfied and report a better quality of life than do residents of traditional large nursing homes, research suggests.

"Most noteworthy were the higher quality of life measurements, such as meaningful activity and relationships; comfort and a sense of security; dignity, individuality and privacy; and the enjoyment of food reported by small-house residents", Professor Rosalie A. Kane of the University of Minnesota's School of Public Health in Minneapolis, told Reuters Health. Sources: Journal of the American Geriatrics Society, June 2007.

We would love the opportunity to care for you or your loved one. Please call us on 332-1861 anytime.

People tell us that they are more than capable of cooking for themselves. Eatl8r is not about taking that ability away, but rather, about offering a flexibility to live a more relaxed life. When you get home, after being out, we remove the need to ask questions like, "What's for dinner?" or "Have I done the shopping for dinner?" For others, who have sadly lost their life partner and no longer can, or want to cook, we offer a quality alternative. What about a gift for someone who has everything?

Our meals are fresh and will stay safe if stored in your fridge for up to seven days! After that time, they will happily freeze for later. Imagine coming home from a day out, going to your fridge and being able to choose what you are going to have for dinner, when you want to, because quite simply, you merely Heat & Eat.

Every meal has a balanced selection of main course, potato/

starch and two vegetables, no menu selection each week has the same vegetables.

Each week nine different menu options are offered, plus a soup and two puddings.

Each month we have four different menu selections.

Each season we have a completely different set of menus to reflect the season.

Deliveries are made every week on a Thursday all over the Christchurch Metropolitan area and as far out as Rangiora, Kaiapoi, Woodend and Hanmer Springs.

Eatl8r is a family owned and operated business which has survived the Canterbury Earthquakes. We are located at Raycroft Street in Opawa and would love to see you at our shop or to hear from you inviting us to send a menu or to deliver some meals to your door so that you too can eatl8r!

(A)

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Roast Beef with Yorkshire Pudding

Fatigue, staying awake while you're driving

People often think that driver fatigue means falling asleep at the wheel. Falling asleep, however, is an extreme form of fatigue.

Fatigue is tiredness, weariness or exhaustion. You can be fatigued enough for it to impair your driving long before you 'nod off' at the wheel. For example, when you are fatigued:

- * your reactions are much slower
- * your ability to concentrate is reduced
- * it takes longer to interpret and understand the traffic situation.

Why is fatigue a problem?

The most common effects of fatigue on driving are:

- * difficulty keeping your car within a lane
- * drifting off the road
- * more frequent and unnecessary changes in speed
- * not reacting in time to avoid a dangerous situation.

These effects lead to a high number of single vehicle crashes involving a car striking a tree or other rigid object, and severe head-on collisions.

In New Zealand between 2002 and 2004, driver's fatigue was identified as a contributing factor in 134 fatal crashes and 1703 injury crashes (approximately 11 percent of fatal crashes and six percent of injury crashes each year).

Driver fatigue is difficult to identify or recognise as contributing to a crash. This means it's likely that fatigue is under recorded, and contributes to more crashes than we realise. Australian estimates indicate that fatigue accounts for up to 30 percent of single vehicle crashes in rural areas. Fatigue needs to be taken very seriously.

How does fatigue interact with other factors that affect driving?

Driver fatigue often combines with other factors, such as alcohol and speed, to cause road crashes.

What causes fatigue?

Sleep loss

Loss of sleep is one of the main, and most commonly known, causes of fatigue. Everyone has a basic sleep need. This can vary from person to person, but the average is seven to eight hours a day. If you don't get a full night's sleep, You're likely to be fatigued the following day. As little as two hours sleep loss on one occasion can affect reaction time, mental functioning, memory, mood and alertness.

Several nights of restricted sleep leads to sleep debt. If you allow a sleep debt to get too large, the brain will eventually go to sleep involuntarily (micro sleep), even if this puts you at risk.

Micro sleeps generally last only a brief period, but can be very dangerous if they happen while you're driving. For example, if a driver has a micro sleep for just one second while travelling at a speed of 100km/h the car will have gone 28 metres without a driver in control.

Circadian rhythms

We have an in-built body clock in the brain, co-ordinating daily cycles known as circadian rhythms. The clock programmes us to feel very sleepy between 3.00am and 5.00am, and to experience a secondary peak in sleepiness between 3.00pm and 5.00pm. At these times, you'll experience your worst physical and mental performance of the day. There's an increase in fatigue-related crashes at these times.

Time spent on a driving 'task'

Studies that have looked at driving 'tasks' show that the length of time spent on a task affects the quality of performance.

As more time is spent on a task the level of fatigue increases, the time to react is slowed, attention and judgement are reduced, and the

chances of falling asleep during the task are increased.

How can I improve my alertness?

Sleep and circadian rhythms

Get plenty of sleep before a long journey. Plan to drive during times of the day when you're normally awake, and stay overnight rather than travelling straight through.

Avoid driving during times when you're programmed to be sleepy. Take a mid-afternoon break and find a place to sleep between midnight and 6.00am.

Take breaks and have a nap

Schedule a break at least once every two hours, and whenever you begin to feel sleepy. During a break get out of your vehicle and have a walk, or some form of exercise, to increase alertness. If you're feeling sleepy, have a nap - don't wait. Find the first safe place and pull over. Try to avoid napping in the driver's seat and try not to nap for longer than 40 minutes. Naps up to 40 minutes can be very refreshing but naps longer than 40 minutes can leave you feeling groggy and disoriented for up to 10 to 15 minutes after you wake up. (This is called sleep inertia).

Food and drink

Eat sensibly throughout the journey, but avoid large meals. They can make you drowsy, particularly at lunchtime. Stay hydrated. Caffeine drinks (tea, coffee and cola drinks) help you stay alert, but they take time to be effective. Research has shown that drinking a caffeinated drink, followed by a 20 minute nap, improves alertness in the short term.

Get fresh air into the vehicle

You'll find it easier to stay alert if you have fresh air blowing into your vehicle. On long journeys it's best if you don't use the recirculating air function.

Share the driving

If possible, share the driving.

Environmental stimulation

Conversation and music can help you stay alert, but they're only short term solutions. The best solution is finding somewhere to stop and sleep.

Avoid medications that make you drowsy

Avoid taking medications both prescribed and over the counter, that lead to drowsiness. Examples of medications to avoid are some antihistamines, travel sickness tablets, sleeping pills, some cold preparations and some pain killers.

Always read the packaging of your medications before you drive, to make sure they won't affect your alertness. If you're unsure, ask your pharmacist. (Source: Abridged from www.nzta.govt.nz/factsheets).



Age Concern Canterbury Events Calendar 2016

Life Without A Car

7 March Wainoni and Ngaio Marsh

Confident Driving

14 March, Wainoni

21 March, Rangiora

22 March, Lincoln

23 March, Papanui

8 April, Ashburton

26 April, Woodend

17 May, Leeston

10 June, Ashburton

26 September

Positive Ageing Expo, Papanui High School

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



Volunteers Corner

Roll on 2016

Last year was great for Age Concern's Minibus Outings and Café Groups. These social services are set up to provide fun outings and activities for socially isolated older people in Christchurch. These services utilise two minibuses, which we use to transport people from their homes to a scheduled venue in Christchurch, such as a café or one of our volunteer host's houses. Between both the Minibus Outings and Café Groups, we successfully organised a combined total of 856 outings for 618 active clients throughout Christchurch. Age Concern Canterbury would like to take this opportunity to thank all the volunteer drivers and hosts, without whom this service would be unable to function. Your dedication and generosity truly is the driving force behind the success of the Minibus and Café Group outings.

With the New Year upon us, 2016 already promises to be just as eventful as the last. The Social Network team at Age Concern Canterbury is delighted to announce the arrival of a brand new Ford Transit Minibus, which will accompany our two Ford Transit Minibuses currently in service. The Southern Community Trust has agreed to provide funding for this project. We are also delighted to announce that we have received a pledge from the Christchurch Lions Foundation to replace one of the two current minibuses in service. On behalf of everyone from Age Concern Canterbury, we wish to sincerely thank both the Southern Community Trust and the Christchurch Lions Foundation for their generous donation to Age Concern Canterbury's outings service. This is welcome news for the Minibus and Café group outings. The addition of a new minibus gives



Left: Peter Gwynne and Andreas Wilson (Social Network Team) excited at the arrival of the new Age Concern Canterbury minibus and right, the ladies from Halswell were the first group to go out in the new minibus.

us a unique opportunity to both increase the number of trips, as well as provide for a more diverse range of social activities within the Canterbury region.

The Minibus Outings will now be incorporating more frequent visits to schools and libraries in the community. These visits will give you the opportunity to socially interact with a broader range of people, and explore some of the exciting new developments currently underway in the new and ever expanding Christchurch city. The library visits are also an excellent opportunity to learn about the different services and activities available to older people in your local community.

The additional minibus gives us the opportunity to increase the number of café groups in Christchurch. The café group service currently has 22 active groups and a large waiting list. An extra minibus would allow us to set up more café groups, which will greatly decrease the waiting period that currently exists for the café group service. The popularity of the Minibus and Café Group outings over the last few years, (particularly in response to

the 2011 Christchurch Earthquakes) has allowed us to continue growing these social services. It gives older people an opportunity to meet new people in their local area, as well as provide plenty of fun, laughter and companionship.

The new minibus means we also need more volunteer drivers. The volunteer driver is required to drive the minibus for the Minibus and Café Group outings, and is responsible for picking up the clients from their homes and taking them to the chosen venue (whether it be a café, library, school etc.) and drop them home afterwards. There is also an

important social aspect involved in the role, with drivers expected to engage with passengers and ensure that they are enjoying their outing. It is a great opportunity to meet some extraordinary people and make a positive contribution to their lives. The outings run in both the morning and afternoon so we can be flexible to meet your availability. Whether you are available once a week or once a month, your contribution would be much appreciated. If you are interested in volunteer driving at Age Concern Canterbury, please feel free to contact us on 366 0903 for more information.

Age Concern Canterbury welcomes Andreas Wilson



Andreas Wilson has recently joined the Age Concern Social Connection Team as the new Social Network Co-ordinator. Andreas is responsible for co-ordinating the café group service, organising 22 groups for minibus outings. This caters for 190 active clients in Christchurch who attend these outings fortnightly. Andreas recently graduated from the University of Canterbury with a Master's Degree in Science, majoring in urban and health geography. This study focused on the link between child health and the environmental factors. Andreas is a keen football player and is playing in his second season for the Canterbury United Dragons.

VOLUNTEER VISITORS NEEDED!

Being a visitor is a rewarding experience.



Many older people in your community are lonely and isolated as they receive few or no regular visitors. Age Concern Canterbury's Accredited Visiting Service helps reduce the loneliness by providing friendship and companionship through a volunteer visitor.

Having a visitor can make a real difference to the health and happiness of an older person.

We provide full training and support and ask that you commit a minimum of one hour per week.

If you'd like to make a real difference to an older person's life please contact Liz at Age Concern Canterbury on 366-0903

VOLUNTEERS NEEDED

Minibus Outings Hosts

Make a difference in someone else's life

We need:

- * People who can host up to 10 people in their own home for morning or afternoon tea.

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



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

Support a family makes a brighter Christmas

by Dave Marsh

Fundraising and Communications Manager, Christchurch Methodist Mission

There is nothing like Christmas to bring out the inner child in everyone. December 25 is a day that stirs up both excitement and fond memories. We mentally put a red circle around this date as we go about the year and eagerly anticipate the food, presents and time spent with family and friends (and not at work!). It sounds a bit cliché but Christmas is indeed a special time of year.

However, all too often we take the specialness of Christmas for granted.

Last Christmas something truly special happened for 40 older people and 150 families throughout Christchurch who were not looking forward to the 25th of December. The empty feeling of not having enough for Christmas was replaced by joy and gratitude as they received a hamper through the Christchurch Methodist Mission's Support a Family programme. Support a Family has been run annually for over 10 years and sees individuals, families, churches and businesses provide hampers to those in our community who might not otherwise be able to afford to celebrate Christmas with their loved ones. Donors dropped off the hampers to the Christchurch Netball Centre on the Tuesday before Christmas with the families picking up their hampers the following day from the same venue. The Christchurch Methodist Mission provided frozen chickens to go with the hampers and children in each family received a present.

Being present at both the hamper drop-off and pick up days was



Emma Parker, Kelsey Lane and Andreas Wilson, from Age Concern Canterbury, enjoy wrapping gifts for the programme



incredible. Donors who dropped off hampers and gifts put aside their own Christmas preparations and plans to provide tangible joy to a family or older person less fortunate than them. The families picking up their hampers came carrying a burden of worry and

stress but left with happiness and joy, full in the knowledge that they could put on special Christmas joy for their family. This change was illustrated by tears and laughter.

The families and older people who received hampers are clients that

the Christchurch Methodist Mission worked with throughout the year or are clients of other organisations. Because of the fantastic response from donors, the Christchurch Methodist Mission was able to provide 8 hampers to older people being supported by Age Concern as well as 4 older people and 6 families being supported by the Linwood Avenue Community Corner Trust.

"Christmas should be a time of joy and laughter for everyone in our community," says Jill Hawkey, Executive Director of the Christchurch Methodist Mission. "Unfortunately for many of the families and older people we work with, it's a time of financial pressure and despair as they are struggling to provide the basics for themselves and their loved ones – let alone gifts and treats for Christmas." "Support a Family helps families and older people throughout our community enjoy Christmas instead of feeling anxious about it."

Along with the generosity of donors, Support a Family enjoyed considerable support from local businesses and volunteers. Staff members from Spark helped out on the hamper drop off day on the Tuesday. Bikes for children were also donated by volunteer group ICEcycles with staff from the Canterbury District Health Board donating helmets and locks.

If you are interested in putting together a Christmas hamper for an older person or family for Support a Family this year please contact Glenda Marshall on 03 375 1464 or glendam@mmsi.org.nz



Generous gifts from ANZ staff members

Staff members of the Riccarton Branch of the ANZ Bank gave a generous and festive gift of home baking, at Christmas time, to Age Concern Canterbury for distribution to older people.

Gifts such as this demonstrate the culture of giving is still amongst us. The recipients of the baking were thrilled by the gesture. It brought a little festive cheer where there may have been none.

Feel like a little company?

Why not become part of our fortnightly Tuesday afternoon "Chatters Group"

From 1.00 to 2.30pm at Age Concern Canterbury, 24 Main North Road, Papanui, Christchurch.

You will meet others and enjoy the chance to have a cup of tea and socialise. Gold coin donation.



Phone Nicki Meikle at Age Concern Canterbury on 366 0903 for details.

Breathing easier and living a full life despite COPD

Pauline Mohi remembers the days when you were encouraged to sit down over a cigarette with your GP.

"They'd have a lolly jar for kids and a cigarette packet for adults. The doctor's ashtray would be full," Pauline recalled.

"It's the first thing I did in the morning and the last thing at night. If the telephone rang I'd light a cigarette before I picked it up. I'd light one to walk down to the mailbox."

The Christchurch grandmother was diagnosed with Chronic Obstructive Pulmonary Disease (COPD) 25 years after she'd given up smoking. Despite getting breathless doing everyday household chores like changing the bed sheets, Pauline refused to believe she had a 'smoker's disease'.

"I just thought that was part of getting old and this is the way it is. I gave up my old villa because I couldn't keep up the grounds anymore. It was a big quarter acre section and I'd planted a mini orchard. That's one of the things that happens to most people; when you find yourself breathless you stop doing it."

But Pauline has learnt that it's not necessarily the case. Pulmonary Rehabilitation helps people with COPD to live a full life despite their



Green thumb, Pauline Mohi doesn't let COPD stop her doing the things she loves.

condition. The programmes run for eight weeks and provide a safe and supportive environment for people with respiratory conditions to learn breathing, diet, exercise and day-to-day living techniques.

"It didn't make sense when the doctor first said about this exercise programme. I said 'Get real. You're crazy. I can't breathe now, why would I go and do exercise?'"

But she's seen the results. "Around the time I did Pulmonary Rehab I started a walking group. I dragged at the back and they even assigned someone to walk with me. Now I walk at the front. And that says it all."



Pulmonary rehabilitation provides a safe, supportive environment for people with respiratory problems

"It can be embarrassing forever excusing yourself for huffing and puffing or coughing. That's where it's fantastic to be able to go to Pulmonary Rehab and be with other people like you. I've met people on the programme who have become close friends."

"Lots of normal everyday things are an effort, but it doesn't mean that you can't do them and that you shouldn't do them. I don't have a big garden now but it hasn't stopped me. I've got every fruit tree, bush, grape vines and everything that you can think of."

"I just feel I'm so lucky that my doctor knew about Pulmonary

Rehab." Pauline is sure she can breathe easier because of Pulmonary Rehabilitation.

Canterbury Clinical Network runs free Pulmonary Rehabilitation Programmes throughout Canterbury. Talk to your family doctor or nurse about a referral.

Canterbury Clinical Network runs free Pulmonary Rehabilitation Programmes throughout Canterbury. Talk to your family doctor or nurse about a referral.

(Source: Megan Draper, CCN Communications and Project Co-ordinator, Canterbury Clinical Network).

Make your own 'miracle-gro' for better brain health

Let's start with the bad news. Our brain starts to age in our late 30s and slowly declines from there. The good news is that there are clear links between exercise and brain health. In fact using our muscles may be the best tools we have to slow the decline.

The seven known factors that are linked with and accelerate cognitive decline are: physical inactivity, depression, obesity, diabetes, high

bloodpressure, smoking and cognitive inactivity. It is an indisputable fact that exercise can improve the first five of these factors. And as if that is not enough of a good reason to stay more active as we age, it has now been established that exercising regularly also improves our brain in more direct ways.

Exercise triggers an increase in the protein called brain-derived neurotrophic factor, or BDNF. It is

a bit of a mouthful! But think of this protein as 'miracle-gro' fertiliser which encourages the growth of new brain cells. Yet another good reason to get a dose of exercise into your day!

If you live in Christchurch and would like a one-on-one session to learn what exercises you can do with Active Ageing Exercise Specialist Kris Tynan, please call her on 03 326-5637 or visit www.superseniorexercise.co.nz. Or alternatively you might consider

purchasing a home exercise routine like the Super Senior Programme. (See advert below).

The programme comes with a stretchy band - using comfortable foam handles - and easy to follow user guides on how to warm up and do the recommended six exercises.

It is available nationwide at the price of just \$59 plus postage. See advert below for information on how to order your Super Senior Programme. (A)

After Hours Counselling Services

We offer counselling and relationship consultations for individuals, couples and families.

We can HELP with:

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- Addictions and health behaviour change
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Exercises you can do from the comfort of your OWN HOME.



Go online to order or call 03 326 5637 for an order form to be sent to you. www.superseniorexercise.co.nz

The Super Senior Programme™

Staying strong and functional into your 60s, 70s and beyond means you will have a much greater chance of continuing to do the activities and pastimes that you enjoy with confidence.

The programme will improve your strength, power, balance and mobility.

If you can stand unaided and get out of a chair, the programme is for you!



Go online to order or call 03 326 5637 for an order form to be sent to you. www.superseniorexercise.co.nz

I am a Seenager (Senior teenager)

I have everything that I wanted as a teenager, only 60 years later.
 I don't have to go to school or work.
 I get an allowance every fortnight.
 I have my own pad.
 I don't have a curfew.
 I have a driver's licence and my own car.
 I have ID that gets me into bars and the bottle store.
 The people I hang around with are not scared of getting pregnant.
 And I don't have acne.
 Life is Good!

(Source: Unknown)

Help and support for people in Canterbury

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

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

- Complete everyday tasks.
- Maintain their skills and independence.
- Build their mobility, strength and confidence.

We have a proven track-record of

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

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

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

**Healthcare NZ
Community Health**

District Nursing
Home-based Support
Falls Prevention
ACC referrals
CREST

03 377 7527

www.healthcarenz.co.nz



It's all happening at Burwood Hospital

As a centre of excellence for spinal, brain injury and stroke treatment and rehabilitation, Burwood Hospital is rightly well known.

Soon, it will also complete a transformation into Christchurch's main centre for older persons' health and rehabilitation, as part of a \$650 million plus government investment in Canterbury's health facilities.

Work on Burwood's new facilities began in 2013 and the project is now on track to open in June 2016.

With move day getting closer, staff across the Canterbury District Health Board are looking forward to starting work in the new wards and clinics.

It'll be a staged move, starting with Radiology because it takes time to set up their equipment. Canterbury Community Radiology, currently in Merivale, will be joining the team at Burwood. Outpatients, pharmacy and other services will then move, and finally patients from the wards at The Princess Margaret Hospital will be transferred to Burwood.

When complete, the new facilities at Burwood Hospital will have 230

inpatient beds and will be able to manage 80,000 outpatient visits every year. The hospital will also feature:

- A new 'front of house' area, including a new main entrance, café and reception.
- An extended radiology department.
- A new wing for older persons' mental health.
- A new 'back of house' area comprising a new hospital kitchen, clean and dirty docks, a supply and distribution area and the plant to support these areas.
- A new environmentally-friendly boiler house that runs on wood waste.
- Large car parking areas for staff, patients and visitors.
- Landscaped grounds and new signage.

All patients and their families will be kept informed about the moves ahead of time. For more information, visit cdhb.health.nz or email itsallhappening@cdhb.health.nz

BURWOOD HOSPITAL NEW FACILITIES OPENING MID-JUNE 2016

Some services and hospital wards (mainly for older people) will move from The Princess Margaret Hospital to brand-new facilities at Burwood from June 2016.



Artist's impression



Construction is nearing completion of the new main entrance to Burwood Hospital.

When complete, the new facilities at Burwood Hospital will include 230 inpatient beds. It will manage 80,000 outpatient visits every year. The hospital will also feature:

- A new 'front of house' area, including a new main entrance, café and reception
- An extended radiology department
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- A new environmentally-friendly boiler house that runs on wood waste
- Landscaped grounds and new signage.

i For more information please visit cdhb.health.nz or email itsallhappening@cdhb.health.nz

Savings vital for retired people

by Dene Mackenzie

Even a no-frills retirement requires extra savings, a new report says.

The need for a top-up between what the Government provides for New Zealand Superannuation and what retired people need will come as no surprise to many.

Couples would need more than \$550,000 in their KiwiSaver account to have choices in their retirement.

The Westpac-Massey University report, in partnership with Workplace Savings, showed there was a growing gap between the cost of living in retirement and superannuation payments.

The report has found for almost every type of New Zealand household and level of expenditure surveyed, there was a gap between expenditure by people aged 65-plus and the income provided by NZ super.

The only exception was the "no-frills" metro two-person household group.

"It can be concluded that most New

Zealanders will need to save through their working lives if they aspire to a better standard of living in retirement than NZ Superannuation alone can support," Massey University's Claire Matthews, the report's author, said.

A one-person household in a metropolitan area was now spending \$489.77 per week for a no-frills retirement but a single person living in the provinces was spending \$416.92 per week.

The figures for individuals wishing to add some luxuries to their lifestyle were \$754.03 per week and \$782.02 per week for metropolitan and provincial residents respectively.

Given the current NZ super payment for a single person living alone was just \$374.53 a week, it quickly became apparent retirees would need additional income to survive, Dr

Matthews said.

"That's even the case when spending is limited to the essentials. The shortfall quickly widens if you want a more comfortable lifestyle."

The choices lifestyle was not about being extravagant, she said.

It meant not having to watch every cent and being able to enjoy treats from time to time, like going out for a meal, not buying the cheapest cuts of meat, doing some travel or going to the movies or theatre.

Only two-person metropolitan households could achieve no-frills retirement with the standard rate of super which was \$576.20 a week for a couple.

Couples living in the provinces, or those wanting a choices lifestyle would need additional savings, Dr Matthews said.

Calculations from the retirement planner tool on the Sorted.org.nz site showed a single female would need to have \$113,216 saved by age 65 to live a no-frills retirement.

For a 25-year-old that would require saving \$46 a week, but for a 50-year-old it jumped to \$144 a week.

Dr Matthews said it was much easier for the 25-year-old, especially if they were employed and signed up to KiwiSaver, as around half of that money could come from their employer contribution and the government subsidy.

"What it shows is you do need to start [saving] early. The reality is the best time to start is when you start working."

If young people started contributing to KiwiSaver from their first job it would be built into their income expectations, so they would not feel they were missing out, she said.

(Source: Otago Daily Times, Tuesday, 10 November 2015)



A New Year resolution that will work

Make just one New Year resolution this year. Yes - just one resolution!

Be prepared to take 2 minutes, 4 times a day - while sitting down with coffee, chatting on the phone, reading or watching TV.

Why would you give up 2 minutes? In those 2 minutes you could do something about your arthritic pain, aching or stiff joints, circulation problems, swollen ankles, night cramps, weak leg muscles and more.

Would you believe you can buy something to help you do this for less than \$40?

"What a bargain and what a success," wrote Jack Kingston of Auckland who bought an Aircycle exerciser to improve his wife's circulation problems. "It's so gentle on her aching legs."



According to exercise therapist, Bruce Thompson of Invercargill, exercise does not have to involve elaborate equipment or trips to the gym to be effective. Often the simplest of exercise is all that is

required to relieve symptoms and improve health.

"The Aircycle has changed my life," Lorraine Bell from Dunedin wrote. "Yesterday I walked 10 blocks! And I was told surgery was the only answer. Keeping an Aircycle beside a comfortable chair enables people to keep joints and muscles moving (in both hands and feet) wherever they sit - at home, in the office, in the car or plane.

"By using the Aircycle I can enjoy life," said Barbara from Gisborne. "It helps relieve the pain from my arthritic hip."

To take 2 minutes several times a day, may be the best resolution you can make this year. The simple

Aircycle exercise may not only give you relief from arthritic aches and pains, improve your circulation and strengthen your leg muscles, it may also be your easiest step to a year of better health.

"I love my Aircycle," Margaret Campbell of Lower Hutt emailed. "It stops my ankles from swelling and is so good on the plane. I wouldn't go travelling without it."

Aircycles are available from pharmacies, Diabetes Christchurch, Aspire Canterbury and More Mobility. For more information and orders, visit www.aircycle.co.nz call 04 569 5013, or post \$39.90 (p&p included) to Aircycle, PO Box 45105 Waterloo, Lower Hutt. 5042

(A)



THE EXERCISER THAT FITS IN YOUR POCKET
AIRCYCLE
www.aircycle.co.nz

Circulation Booster Strengthen Leg Muscles

To support joints & improve balance

Avoid Falls

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Keith Guthrie cycling away the years

Christchurch – the city of cyclists – has been served well by the Guthrie family for many years.

Keith Guthrie is the owner of Cycle Trading, now based in Bath Street, forced there by the earthquake. Earlier he was trading in Manchester Street but that shop became a ruin in 2011.

Keith's father, with an uncle, had a bike shop and he retired when he was 59. "But he drove my mother around the bend. So he went back to work and was full-time until he was 83."

The Guthrie family has been associated with Hobdays in St Albans, Cycle Trading in Manchester –Armagh streets, opposite the old MED, and later further south in Manchester Street and now in Bath Street.

Keith Guthrie has owned the business for 45 years having bought out his father and his uncle. While there have been definite changes in cycles and parts, the business side seems, to Keith, much the same.

He first joined his father from university and while Keith is of an age today when he could retire, he is of a mind to continue his ownership and day-to-day working. Not that he has failed to receive approaches to sell.

Keith is also well-known in the cycle world as a collector of old bikes. His collection started in 1970 when Keith's father and uncle bought Cycling Trading from Brian Crooke.



Keith Guthrie with a penny farthing from the 1860s.

In his collection were cycles ranging from a penny-farthing, dating from the 1860s.

Brian told Keith he could have use of the collection if he looked after it. He would get the first offer when Brian decided to sell.

He died suddenly and did not leave the old bikes to Keith in his will but his widow remembered the deal and gave half the collection to Keith and he bought the rest.

Since then Keith has added to the collection which now numbers about 100, with 30 "good bikes. Now he concentrates on collecting New Zealand-made cycles.

Keith tells the story of how a woman asked him if he was interested in her rare Royal Enfield Revelation cycle.

It's even rare in England where it was made. He told her he would be but it wasn't long before he was able to buy another Revelation. In the end, five years later, the woman offered it for sale.

And that is the reason there are two Revelations in his collection.

He has met most of the big bike collectors around the world and talks of them as his friends. "They are all wonderfully interesting people," he says.

The story of a visit by US collector, Jack Castor, amuses him. "He looked at a shaft-drive Columbia. Jack said he had three of these. He has a ride and says it's a tidy model. He would, of course, because none of Jack's are in working order."



Shop site in Bath Street

Keith prides himself on his restoration and the condition of the collection and he is pleased with the work of his curator, Leon Nevin, who is 81.

Now 65, Keith has seen many changes in types of bikes over his years in the trade but he says business remains much the same. "Some things I do as I remember my father doing them. Ideas like never open late and never close early. And never judge anyone by his appearance.

"A guy came into the shop recently for a \$3500 bike. He asked when I could get one. I reluctantly asked for a deposit based on his appearance. 'No need,' he said, and paid in cash." Keith says.

Retailing is not easy and I don't know any millionaires, says Keith. "But it can give you a good living."

In his spare time Keith plays bridge at the Mt Pleasant Bridge Club.

Falls are preventable

Falling over, and the fear of falling, affect our enjoyment of life especially as we get older.

Falling over is the most common cause of injury in older people. The fear of falling stops, often spoils, our enjoyment of doing things like going out walking, gardening and playing with grandchildren. However, most FALLS ARE PREVENTABLE.

Of course we can blame health related issues like arthritis and inner ear problems for our strength and balance problems, and 'environmental' factors like slippery floors, loose mats and uneven ground for some of our trips and falls.

But most falls happen when we have poor balance and weak leg muscles. Most of us can remedy this by doing an Age Concern Steady As You Go (SAYGo for short) falls prevention exercise class.

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

When you have done a few classes you will feel physically better and more able to do your normal activities.

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

Hei Hei Community Centre, Wycliffe Ave, Hei Hei. 10.30am. Monday.

Celebration Events Centre, 81 Bickerton Street, Wainoni. 10.30am. Monday.

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

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

Age Concern Canterbury, 24 Main North Road, Papanui. 9.30am. Tuesday.

Hoon Hay Presbyterian Church Lounge, 5 Downing Street, Hillmorton, 9.30am. Friday.

Ballarat Retirement Village, 21 Ballarat Road, Rangiora, 10.00am. Starting Wednesday, 2 March.

Waltham Cottage, 201 Hastings Street East, Waltham, 9.30am. Starting Wednesday, 4 May.

More classes are planned in other locations around greater Christchurch. Find out more by ringing Age Concern on Ph 366-0903 or 0800 80 33 44.



Falls are preventable STEADY AS YOU GO (SAYGo)

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

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

One third of people over the age of 65 fall each year.

Half of people over 80 fall each year.

Falls in older people are almost always associated with weakened leg muscles and poor balance.

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

You could save yourself from a fall by attending a SAYGO class and improving your strength and balance.



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SAYGO improves balance and leg strength, flexibility, general fitness and wellbeing.

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Classes are one hour each week, \$2.00 per class.

Monday at 10.30am, Community Centre, Wycliffe Avenue, Hei Hei.

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

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

Monday at 10.30am, Celebration Centre, 81 Bickerton St., Wainoni.

Tuesday, at 9.30am at Age Concern Canterbury, 24 Main North Road, Papanui.

Friday at 9.30am, Hoon Hay Presbyterian Church Lounge, 5 Downing Street, Hillmorton.

Ballarat Retirement Village, 21 Ballarat Road, Rangiora, 10.00am. Starting Wednesday, 2 March.

Waltham Cottage, 201 Hastings Street East, Waltham, 9.30am. Starting Wednesday, 4 May

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

Ponder This with Brian Priestley

By the time you read this, I expect the garage will be empty and the last car gone. It will be a new way of life and very strange.

Vera gave up after her stroke and I am quitting because I am not driving so well. My mind is beginning to stray and I missed seeing a car I should have spotted the other day. It's going to be a strange world.

Looking back with sadness I remember I was almost in love with my first. I called her Lucrezia because she needed a reBorgia. She was a gutsy little Morris tourer with an open top, bolts instead of door catches, and many inches of play in her steering wheel. When she came to a sudden stop you got out, thumped the petrol pump casing and drove off.

I remember taking her to the middle of a disused RAF airfield parking her in the middle, and saying to Vera "Now you can learn gear changing."

A great little car for buzzing around the countryside. Following on for 120 pounds we bought an ancient Daimler with folding tables and luxurious seats in the back. Oil consumption was about a pint to the gallon of petrol and the starting handle kicked like a mule.

We had almost saved for a Ford Popular when I changed jobs and found myself quartering England and Wales in a new Ford Anglia! After

that the cars and the scenery mix and mingle in the mind.

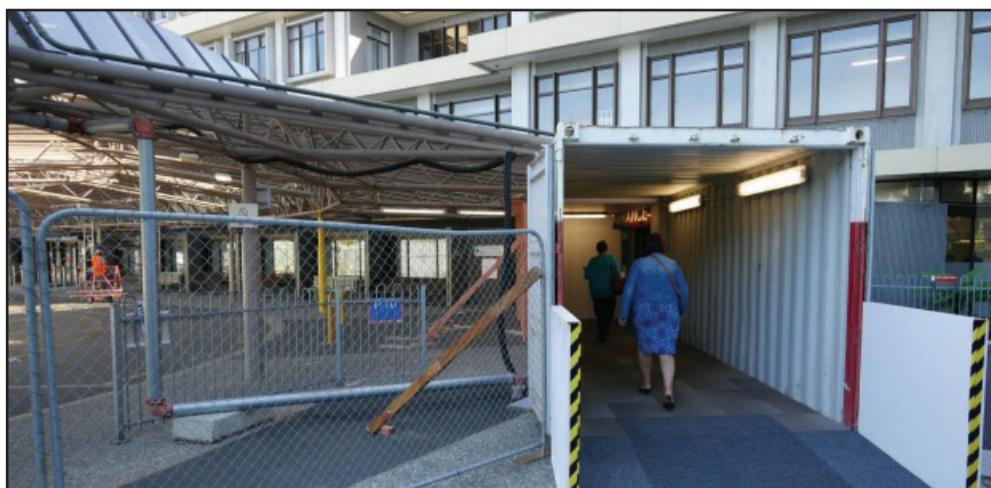
Lazy old Cotswold villages and English motorways before they became jam packed.... the Hillman Avenger, our pick of family cars for the 60s.....the long, fast sweeping drives to Picton in the Rover.... our three Renault Clios which seemed to us ideal for an ageing couple.

Moments

A small Canadian grandson rushing to guard his honey sandwiches after a ranger told us there was a bear in the forest. My last (quite gentle) collision on the open road with a motor cyclist in a thick fog near Nottingham in 1965. And, in all those countries the many times when we stopped the car, looked around in awe, and said "Isn't that magnificent!"

And now it's all over. I cannot believe that 90 year olds belong on modern roads. Then you suddenly realise that you can't just pop down the road for a loaf of bread or a park to walk in, and what an immense part driving plays in modern life. I don't know how we'll get on. It will be a new life.

And I never really liked a new car so much as I did Lucrezia. One day, on the Watling Street, we got up to 65 mph, I remember! But it's all been a great adventure and didn't we have fun!



Something a bit nasty turned up inside me so they took me to Christchurch Hospital. Thank heavens for the rebuilding plan. At the moment it is very crowded, the decor is awful, and everybody seems to be doing the best they can in unworthy surroundings.

But in a sort of way, parts of the stay were pretty good. In this place nursing made the difference for me. I saw a good few nurses when I was young. They dressed as though they were going on parade. The event of the day was matron's inspection when everybody – no matter how they felt – was propped up against the pillows to withstand the ordeal.

Getting well seemed priority number two – the first was to be tidy.

I liked these nurses. They came from many parts of the Pacific. They were informal, friendly and had nothing of the parade ground about them. Their clothes looked much more casual but they knew what they were doing. The senior nurse who shaved me did a better job than I manage.

One of them paid for a copy of The Press because I had no money. A young nurse had an autograph book. "Are you important?" she asked. "Yes," I replied. She studied me for a while before walking away.

Oh well, you can't win them all.....

Oh dear, an American election is on the horizon. In this country perhaps Donald Trump would not be elected to anything more dangerous than an unfortunate local council. But Americans are odd....

Years ago, we were at a college football game in Texas. The opposing quarterback – from a much weaker team – ran through the home side, quite brilliantly, and touched down. The only sound in the stadium was of Vera and me clapping.

"We don't clap the opposition," said our appalled hosts. "We do," I replied. It was one of the first decencies I learned as a boy.

A staff member from the University of Texas visited us to look at our Canterbury journalism school. Somehow he picked up the idea we thought the ANZACs were pretty good warriors. When Vera and I entered the Texas staff room a little chap, with several others behind him, came up and said very belligerently, "I just want to say the American GI is the

finest fighting man on the planet."

What to reply? I could have cited examples of Americans running away or refusing to walk forward under fire, but that would have been churlish. To praise the ANZACs or my old regiment would have seemed boastful. On the spur of the moment I said, "What about the Germans?" It wasn't popular....

At another southern university (where the first coloured student was escorted by an armed guard) I attended a seminar on election financing. The idea seemed to be that the candidate who could scrape up the most money would probably win and that was just fine. Nobody seemed to have even heard of any other arrangement!

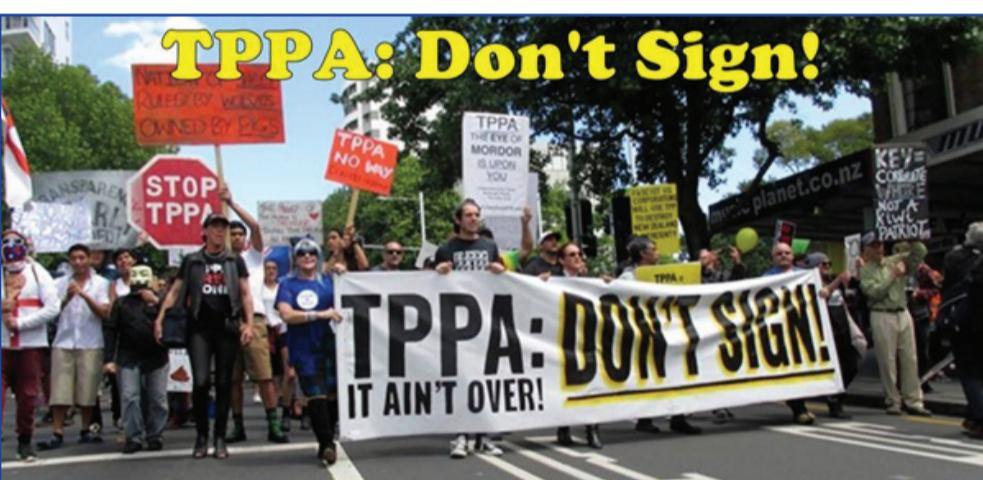
I hasten to add that in eastern states we talked to pleasant people who were well informed on the state of the world. But every time anyone mentions the coming election I find myself thinking of those other Americans.....

The cricket World Cup in 1999 and things were looking desperate. After Australia had put up a healthy score, we lost five for 49. Australian spectators on the Cardiff ground were grinning in our direction. Time would soon begin to run out.

Roger Twose was battling it out at one end and one of our tall men strode to the wicket. He played himself in for a while and then hit five fours and three sixes. If I remember rightly, a massive smite off Shane Warne went into a local river.

He was out before the end, but by then the match was as good as won and the Aussies slunk silently away looking sad.

That innings is how I choose to remember Chris Cairns.



I am thinking of setting up a school for demonstrators. Too many of them haven't a clue. The best demonstration I recall in Christchurch was against the Springbok tour. It was vast, silent, and impressive.

Too many other demonstrators forget the television audience. People who threaten violence are almost certainly doing their cause harm. An ideal demonstration against the Treaty, for instance, should be headed by professors of economics carrying impressive tomes.

And then there is the question of children. Demonstrators seem to imagine that a seven year old with a placard carries great weight with people. I wonder....

Many years ago I was talking to a lot of British people about politics. It was a time of demonstrations, by often likeable people, against the nuclear bomb. Children with placards were prominent. And, up and down the country, women looked at television pictures of children carrying placards or sitting in prams, and said to themselves, "Poor little things."

I picked up this reaction wherever I was. For many women, the hundreds marching to their local airfields to protest against the bomb were people who were cruel to children. I was amazed by this reaction at the time, but looking back I wonder if perhaps they had a point.



Gardening couple always on job



John and Jenny Hoskins sit on a bench in the garden which bears the familiar sure to rise design.

Every morning John Hoskin crosses Ferry Road to open the entrance to the Edmonds Factory Garden. Having done that he sets off for a 4km Nordic walk around the Charleston area.

Both of these actions – as well as opening and closing the garden toilets - are very appropriate because he is the President of the Friends of Edmonds Factory Garden (25 years since inauguration) and Chairman of the Charleston Neighbourhood Association (for 35 years).

He also returns to the Garden each evening to lock up for the night. This isn't as arduous as it sounds as he lives within a stone's throw of the garden.

John is a long-serving servant of the Charleston community and in 2013 he was awarded a Hagley Ferrymead Community Board Award for community services. In addition to the garden and the neighbourhood, he was also honoured for work with Neighbourhood Support Canterbury, being a Christchurch City Council honorary warden and is an active member with the Personal Guiding Service. John is also a heritage guide for passengers from cruise ships and at Riccarton House.

With his wife, Jenny, he also gives talks on the garden and its history

which, of course, involves the old Edmonds (Sure To Rise) Factory building which was adjacent to the garden. Jenny has a sizable collection of Edmonds' memorabilia.

The history of the garden in Ferry Road began with the Garden City Movement in Britain as a response to the social problems which accompanied 19th-century industrialisation. Ideas that philanthropic factory owners should provide recreation facilities for their workers and beautify the surroundings of their factories, found their way to New Zealand in the early 20th century.

According to Christchurch City Council records, the Edmonds' Factory Garden, was one of the first. It is an example of a distinctly "Christchurch style" of gardening, typified by bright floral displays and "velvet" lawns. Factory Garden competitions held by the Christchurch Beautifying Society and Horticultural Society were keenly contested by the professional gardeners employed by the factories.

Rupert Overend, employed as head gardener, was responsible for the initial layout of the Edmonds' Factory garden.

The colourful annual bedding



Until the late 1980s, a succession of gardeners were employed full-time to maintain and develop the formal geometric beds, lawns and plantings of annuals.

Recent developments have formed new, enclosed areas of a more natural style with an emphasis on low maintenance, featuring permanent plantings of evergreen shrubs and dwarf conifers.

displays were also part of the overall formal garden design which eventually included long borders along the west and east boundaries of the factory. Progressive purchases of land extended the garden and by 1929 the shape of the flowerbeds had become more rounded. The first glasshouse was built at this time, just west of the factory, to house T J Edmonds' tropical plant collection.

In 1935, a new garden was designed by Edgar Taylor, Christchurch's first landscape architect. The neo-classical garden featured an ornamental pergola and a lily pond. A raised semi-circular bed planted in French marigolds in the form of Edmonds' sunray motif was added after 1940.

The garden progressively moved west, with the pond and creek in the present garden formed between 1977 and 1982. The gardens immediately in front of the factory were destroyed in October 1990 with the demolition of the factory.

However, the area of garden west of the former factory was bought by the council after a presentation by the Friends of The Edmonds Factory Garden. In July 1992, Bluebird Foods Ltd donated the money required for a recreation of Edgar Taylor's oval garden, to be known as "The Bluebird Oval Garden".

Adjacent to the garden is Edmonds Park which was donated to the city by T. J. Edmonds Ltd in 1945. The park was originally part of the factory site and is now used primarily as playing fields for Linwood College and Canterbury Junior Soccer.

When the Hoskins first arrived in

Christchurch the factory was still in existence and tours could be made around it. When the factory was destined to go, the remainder of the site was offered to the council to purchase, but this was declined. A change of mind saw the council purchase the garden.

Hours and hours of work have seen the garden maintained to a high standard. Maintenance of the Irene Ballantyne, nee Edmonds, Memorial Rose Garden (Initially sponsored by Ken Ballantyne in memory of his wife, Irene, youngest daughter of Thomas and Jane Edmonds) is carried out each Saturday morning by "Friends" (about 10 regulars).

Since 1992 the "Friends" have held events in the Garden and the next will be on February 28, 2016. A garden party will start at noon and run to 4pm with live music, a plants stall, paintings for sale, Stedfast Brass Band, the Dixie Duo, the Paua Cantata and the Bantam of the Opera. Tea and scones are \$2 a head.

"We hope to have something to appeal to families. We want people to use and appreciate this heritage garden," Jenny says.

A problem is on the horizon for the garden. The council has a plan to widen Ferry Road and carve 10.7m off the Garden frontage. If it goes ahead some of the oldest trees – and the biggest – will be lost. However, a compromise might yet be found to save the trees.

John says another Friends' initiative is to get the garden declared alcohol free. Drinkers are, at times, spoiling the garden for visitors.

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2016

Tuesday, 29th March, Tuesday, 31st May
Tuesday, 26th July, Tuesday, 27th September

Tuesday, 29th November, at 1.45pm

Trinity Methodist Church, King Street, Rangiora

Wednesday, 30th March, Wednesday, 1st June,

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

Wednesday, 30th November at 1.45pm

Admission is \$5.00.

Please phone 960 8698 for advanced bookings.

Some tickets will be available at the door.

It can be hard to swallow

'Young at heart, slightly older in other places' – eating and drinking problems and ageing.

Swallowing difficulties (Dysphagia) are a common consequence of many health conditions and head and neck surgeries; however swallowing difficulties can also be associated with ageing. Estimates suggest up to 20% of all adults over 50 may be affected.

Changes might include such things as reduction in muscle strength for chewing, taste and smell, dental issues, dry mouth or throat, or recurrent illness such as pneumonia.

These changes may result in poor nutrition/hydration, unintended weight loss, avoidance of eating in public, loss of enjoyment in previously enjoyed food and/or a risk of food/fluid entering the lungs (aspiration) leading to pneumonia and chronic lung disease.

What might you notice?

- Difficulty or reluctance swallowing food or fluid.
- Regularly coughing during or after eating or drinking.
- Regularly choking on food, fluid or medication.
- Gurgly voice after eating and/or drinking.
- Recurrent chest infections or pneumonia.

- Taking longer than 20-30 mins to eat a meal.

Suggestions to help:

- Eat when you are comfortable and relaxed.
- Reduce distractions and keep conversation to between mouthfuls.
- Have smaller meals or snacks more frequently throughout the day instead of 3 larger meals.
- Chop or grate harder textured foods, and/or add sauces and gravies.
- Ensure dentures fit well. Use of a denture paste may assist.

Who can you talk to?

- General Practitioner: For medical assessment and advice.
- Pharmacist: About difficulties swallowing medications.
- Dentist: To check dentures for fit and function.
- Dietitian: Advice to improve and maintain nutrition and hydration.
- Speech Language Therapist: For assessment and treatment of swallowing difficulties.

For further information or advice please contact Therapy Professionals Ltd, (03) 3775280, therapyprofessionals@clear.net.nz, www.therapyprofessionals.co.nz. Our Dietitian or Speech Language Therapist will be happy to help.

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More Mobility also sell electric beds

More Mobility in Blenheim Road sell more than mobility scooters, wheelchairs, walking frames, bathroom aids, toilet aids, dressing aids, kitchen aids, walking sticks, crutches, bidets, lift chairs, furniture raisers, incontinence products, recliner chairs, grooming aids and the like; they also sell electric beds for your comfort and independence, affordably priced from \$2,780.00.

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The More Mobility i-care electric beds are purchased for many different reasons. Some clients are purely seeking comfort for a great night's sleep and indulge in an electric bed with a Visco or Latex mattress. The electrical functions allow reading with ease using the head lift and knee bend, while other clients choose a model with additional functions; massage with 10 intensity levels and an anti snore position. Other clients are those who require an electric bed on more practical levels; getting in and out of bed independently, to alleviate painful limbs using the knee

bend, to aid with breathing difficulties and to assist carers who 'tend' to them.

Then there is the client who has spent a considerable amount of time in an electric bed whilst in hospital and then discover, when they return home again, that their traditional bed just doesn't offer the same levels of comfort that they have become accustomed to.

The i-care range offers 3 different models as well as a companion bed option. The entry-level has an electric head and foot lift, and then there is the massage bed option which also has a head and foot lift. Lastly the remaining model has the head and foot lift as well as the hi/low bed lift and trendelenburg (feet higher than heart or vice versa) function.

All models are available in various sizes with 3 choices of mattress. The companion option allows a static side coupled with an electric side; perfect for scenarios where one person requires the electrical function and the other doesn't but wants to be right beside their loved one. A

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Richard Greenaway, an encyclopaedia on two legs

by David Gee

In the late 1970s I was finishing off my manuscript for a biography of the local politician, Mabel Howard. The publisher was waiting and I had just a little work to finish.

Then came a letter from Richard Greenaway at the Hocken Library. He wrote that he remembered I had inquired about a year earlier whether the library held any material about Mabel. The answer then was nothing.

Richard asked if I would be interested in seeing the diaries of Mabel's father, Ted?

I dashed down to Dunedin and the information in Ted Howard's diaries meant I changed the first chapter and some of the second. This change was brought about by the skills and knowledge of Richard Greenaway, who recently "retired" from the Christchurch City Libraries. He says he would have liked to have worked on for "more years".

He has been the librarian so many genealogists, historians, and other professionals went to when they wanted information from the library's collections. He was indeed a walking encyclopaedia. Richard had a good memory from an early age.

He remembers using the old library in Cambridge Terrace as a child. "I read books on the ancient world and Geoffrey Trease's Seven Kings of England." He was born in Burwood



Richard Greenaway, walking encyclopaedia

to a father who was a joiner and a mother who worked in an office for the timber firm, Hardie and Thompson in Edgeware.

After attending Burwood Primary and Shirley Boys' High School he obtained his MA in history at Canterbury University in the early seventies. The subject of his thesis was Henry Selfe Selfe, Canterbury's English Agent. His university supervisor, Phil May, later wrote that Richard "had a real nose for obscure but valuable historical material." He did not know how right he was.

Richard started his library career at the Hocken Library, Dunedin, in 1977 and stayed for a couple of years.

While there he wrote a second history of the Burwood church (the first he wrote while still at high school). He was to write more books on local history.

By March 1980 he was back in Christchurch and this time with the city library. By the end of the year he had established the church register transcription scheme. He did this because, when researching New Brighton history he found that much material was locked away in churches.

First the records examined were contained in some early established Anglican churches but later the scheme became a joint project between

the library and the Genealogical Society. Micro-filming of newspapers was emerging at this time, too, and Richard was instrumental in advising the Library to obtain micro-filming of the "Christchurch Star" and the "NZ Truth."

Until the earthquakes Richard did not work in the public area of the library but spent 31 years in the NZ Room – where papers, reference materials and books were stored for consultation but not issue.

For 24 years he dealt with correspondence from around the world seeking information.

He says the biggest changes in his working years are the advent of computers and all the systems associated with them. Information today is much more accessible.

When off duty Richard reads light fiction, although he did admit to reading a Barack Obama book, *Dreams From My Father*, recently. He tends to shun heavy historical material. He says he is open to offers of work but has a local history to write and he hopes to continue his cemetery tours for which he obtained some local fame.

"The future is uncertain. I am investigating. My son and his partner live in Brisbane. I will visit next year and I am pondering whether, eventually, I will go to live there," he says.

University of Otago, Christchurch public health lectures 2016

Wednesday, 2nd March, 7 – 8pm. Emeritus Professor Jonathan Davidson, Duke University. *Resilience in Everyday Life: How to Bounce Back from Adversity.*

Wednesday, 9th March, 7 – 8pm. Psychiatric genetics expert Professor Patrick Sullivan of the University of North Carolina and Sweden's Karolinska Institute. *Title to be confirmed.*

Wednesday, 16th March, 7 – 8pm. Cardiologist Professor Mark Richards of the University of Otago, Christchurch and the National University of Singapore. *Title to be confirmed.*

Wednesday, 23rd March, 7 – 8pm. Family medicine expert Professor Dee Mangin of the University of Otago, Christchurch and Canada's McMaster University. *Title to be confirmed.*

Wednesday, 30th March, 7 – 8pm. Dr Tracy Melzer of the University of Otago, Christchurch. *Brain imaging in Parkinson's disease.*

Wednesday, 6th April, 7 – 8pm. Infectious disease expert Professor David Murdoch of the University of Otago, Christchurch. *Title to be confirmed.*

Wednesday, 13th April, 7 – 8pm. Geneticist Dr Logan Walker of the University of Otago, Christchurch. *Will eating cake give me cancer?*

Wednesday, 20th April, 7 – 8pm. ICU specialist Professor Geoff Shaw of the University of Otago, Christchurch and the University of Canterbury. *Engineering customised care at the bedside for better patient outcomes.*

Lectures are free and held in the Rolleston Lecture Theatre, University of Otago, Christchurch building at 2 Riccarton Ave. For further information please contact Kim at kim.thomas@otago.ac.nz

Volunteers are wanted for a life balance study

A pilot intervention study

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- Over 65 years of age? • Living independently in the community? • Living with more than one diagnosed long-term condition (e.g. asthma, lung diseases, heart failure, diabetes, arthritis, etc.)? Would you be willing to volunteer for a study to evaluate if Life Balance education improves quality of life and ability to do the everyday things through better self-management of long-term condition(s)?

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

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

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

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





UPDATE FROM THE CLUBS



Amberley Welcome Club members enjoyed a mystery bus trip in February. In March a two night stay in Oamaru is planned and a visit to 'The Tannery' in Christchurch is organised for April 18th. **Meet:** On third Monday of the month at 1.30pm at the Anglican Church Hall, Amberley. **Contact:** Kath Anderson on (03) 314 8365.

Beckenham Friendship Club members enjoyed their Christmas party with entertainment from Pat Hannah. A bus trip was enjoyed in February plus entertainment from Val from Vee Jays. Richard Hore will entertain in March. **Meet:** Second Tuesday of the month at Cashmere Life Church, Colombo Street. **Contact:** Janet Meek on 332 4237.

Bishopdale Senior Citizens Club have entertainers (no speakers) come to meetings, they have three bus trips a year into the country for a hot meal and play housie four times a year. They are a small but friendly club and would welcome new members. **Meet:** First and third Monday of the month at 1.30pm at St Margarets Church, Farrington Avenue, Bishopdale. **Contact:** Marie Tyler on (03) 594 344.

Darfield Senior Citizens Club will hold its AGM with a speaker from the local Police. Further speakers are a local night patrol officer and a physiotherapist in March. **Meet:** 3rd Friday of the month at 2.00pm, Darfield Recreation Centre. **Contact:** L Stuart on 03 318 8277.

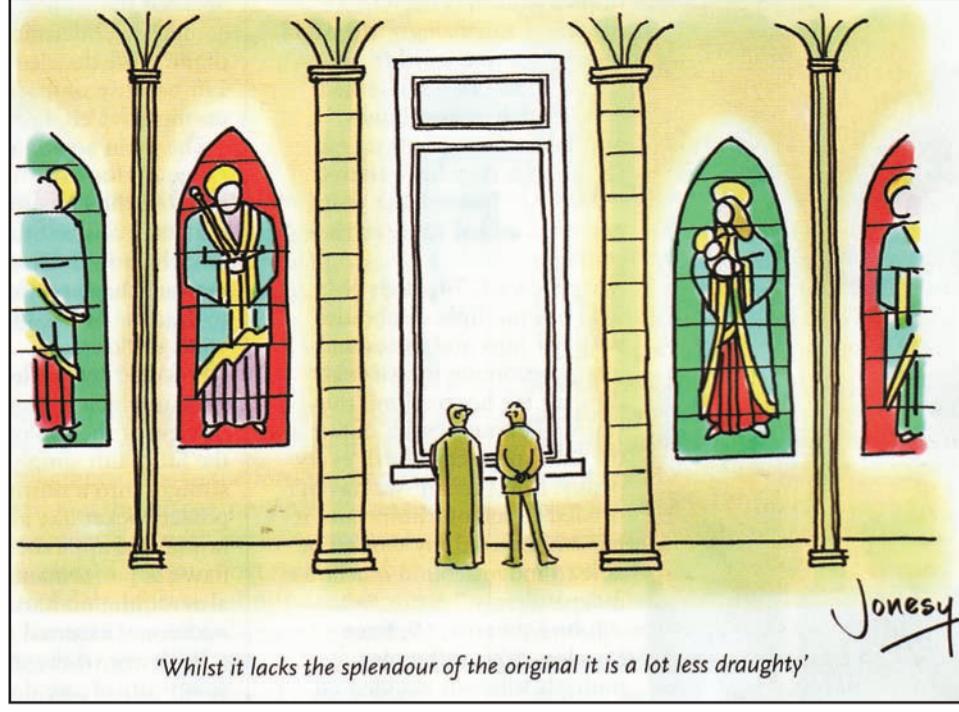
Lincoln Area Senior Citizen Club enjoyed their Christmas lunch with secret Santa, a great meal and lots of fun. A bus trip to the Cashmere Club and then on to Ferrymead took place in February. Their AGM takes place in March with a speaker from COGS. **Meet:** First Tuesday of the month at 1.30pm at Lincoln Event Centre. **Contact:** Shirley Norton on (03) 329 5874.

New Horizons Southwest Baptist Church members enjoyed visits to Donna's Turtle Sanctuary and Hornby DressMart. In February a homestyle coffee morning and a 'bring and buy' table were held. A trip to Orana Park is planned during February. **Contact:** Ruth Townsend on 338 4163, ext. 221.

Oxford Senior Citizens Club members enjoyed entertainment from Operatunity and the Ashburton Boulevard Day. Trips to Orana Park and the West Coast are on the cards this year. **Meet:** Wednesday at 1.30pm at Oxford Workingmen's Club. **Contact:** Jennifer Rowe on 03 312 4260.

Papanui Probus Club members have interesting speakers, great outings and like to make new friends. **Meet:** First Tuesday of the month at 9.45am in a warm ground floor room at Papanui RSA, 1 Harewood Road, Papanui. **Contact:** Marie on 351 7708.

Sumner Senior Citizens Club members enjoyed their Christmas lunch at Lincoln. Various entertainment will keep members meeting and socialising together in 2016. **Meet:** 2nd and 4th Wednesday each month at 1.30pm at Port Hills Uniting Church, Cnr Hardwicke and Nayland Street. **Contact:** Lola Bouckoms on 384-9889.



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BE ACTIVE 2016

Be Active is an eight week programme for people wanting to establish or restart their activity and have fun along the way.

Suitable for all ages (18+) and levels of ability. Joins us each week to try a range of low impact activities, eg. circuit, badminton, Tai Chi and Zumba. Discuss ways of maintaining a healthy lifestyle and enjoy the support of others in the group. Cost is \$3.00 per session.

Woolston, St Johns Church Hall. Cnr St Johns Street and Ferry Road. Monday 1.00-2.30pm. Starting Monday 15th February.

New Brighton, North New Brighton War Memorial Hall and Community Centre, 93 Marine Parade. Tuesday, 10.00-11.30am. Starting Tuesday, 16 February.

St Albans, Mary Potter Community Centre, 442 Durham Street North. Tuesday, 1.00-2.30pm. Starting Tuesday, 16 February.

Hornby, Harvard Community Lounge, 31 Corsair Drive. Wednesday, 6.15-7.45pm. Starting Wednesday, 17 February.

Please contact 03 373 5042,
email dave.jeffrey@sportcanterbury.org.nz.
www.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.



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family and friends.

ROCKERS OF AGES CHOIRS

For elders and aspiring elders with Nikki Berry & Gary Easterbrook.

A chance to sing contemporary and world music in four part harmony in a welcoming, fun environment.

Cost: Donation.

(Suggested range: \$2-\$10 per week)
Bookings helpful.

Phone 0800 THEMUSE, (0800 843 687).

Email info@themuse.org.nz.
Website www.themuse.org.nz

TERM 1: 9 FEBRUARY - 13 APRIL

Tues. 10.00am - 12.00pm, Phillipstown Hub, 39 Nursery Rd, Phillipstown.

Wed. 2.00pm - 4.00pm, Forfar Courts, 95 Forfar Street, St. Albans

Tues. 2.00pm - 4.00pm, Kaiapoi Baptist Church, 67 Fuller Street, Kaiapoi.

Wed. 10.00am-12.00pm, Sumner Bridge Club, 57 Dryden St., Sumner.

THE KEEPSAKE SINGERS

With Steve Langley and friends.

An opportunity to sing songs from the 20's, 30's, 40's, 50's and 60's in a fun, social supportive atmosphere, aimed at meeting the needs of older adults, people experiencing memory loss and dementia and everyone who loves to sing songs from the 20's, 30's, 40's, 50's and 60's.

Mondays, 10.00am - 11.00am.
15 February to 11 April (excluding public holidays)

Phillipstown Hub, 39 Nursery Rd, Phillipstown.

Cost: Donation.

(Suggested range: \$2 - \$10 per week)
Bookings helpful but not essential.

Phone 0800 THEMUSE, (0800 843 687).

Email info@themuse.org.nz.
Website www.themuse.org.nz

Come and join the 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

29th February: Waimari Walkway - The Groynes (2 hours approx.)

This walk features rural and riverside landscapes along with The Groynes Loop tracks. Followed by a BBQ. Picnic for those who wish. Please bring food to cook on the BBQ or just your lunch if you prefer. Start from the car park near the suspension bridge in The Groynes (off Johns Road).

7th March: Dallington River Loop - Woodham Park Walk (2 hours approx.)

Save on petrol! Walking from the Community Centre site, this walk features Avebury Park, the Avon River, the new Gayhurst Road Bridge and Woodham Park. Start from Chancellor Street, off Shirley Road.

14th March: Lincoln Village (Day Walk)

Enjoy a day out in the countryside featuring Heathridge Estate, Ryelands Estate and Millstream Reserve. Take lunch or buy from one of the village cafes. Note: New parking place. Start the walk from Kildaire Terrace (off Gerald Street) near the toilets. \$6.00 to driver.

21st March: Old Tai Tapu Road - Landsdowne Valley (2 hours approx.)

Rescheduled from January, enjoy time out in the countryside with Autumn colours. Park cars on Old Tai Tapu Road just before the car parking area of the Rossendale Winery. \$5.00 to driver.

28th March: Easter Monday. Local walk from the Community Centre Site (2 hours approx.)

Although it is a public holiday some people may still wish to walk so the walk will be decided on the day by the group. Start from Chancellor Street, just off Shirley Road.

Thursdays

25th February: Moncks Bay, Clifton Hill, Eastenders Track (2

and a half hours approx.)

Take a walk around Moncks Bay, then up Clifton Hill and through Greenwood Park as far as the water tanks, then down The Eastenders Track to Barnett Park. Start from Barnett Park and take lunch to enjoy there following the walk.

3rd March: The Bridle Path (2 hours approx.)

Starting from the Christchurch side, walk up to the Summit Road near the Pioneer Women's Shelter with great views out over Lyttelton Harbour and Canterbury. Return the same way. Start from car park at the base of the track (near the Gondola Terminus).

10th March: Huntsbury Track Mt Vernon (2 hours approx.)

A broad four wheel drive track takes you up to the Summit Road, Mt Vernon area and back with great views out over Lyttelton Harbour and the city. Park cars on Huntsbury Avenue just before Vista Place.

17th March: Clifton Hill - Richmond Hill (2.5 hours approx.)

This walk goes up Clifton Hill, down The Zig Zag, then up Richmond Hill and across the grassed track back to

Clifton Hill. Cross the style then walk back down Clifton Terrace. Take lunch to have following this walk if you wish. Start from the car park near Sumner Surf Club.

24th March: Rapaki Track (2 hours 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.

31st March: Taylors Mistake-Godley Head (via Boulder Bay) (3 hours approx.)

From Taylors Mistake, walk out to Boulder Bay on the Pilgrims Way Track and then up to Godley Head car park. Take lunch to have there then return the same way. Park in the car park near Taylors Mistake Surf Club.

Garden City SeniorNet

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

For a joining fee of \$20.00 plus reasonable class fees, you can learn many skills from our friendly tutors who will help you get more from your laptop, tablet, smartphone or home computer. For further information, please phone 348 4499 or come to a 'meet and greet' session on the third Thursday of the month from 12.15 pm to 1 pm at our club rooms, 3 Brake Street, Church Corner, Upper Riccarton. Come along for an informal chat, we'd love to see you.

Out of the glow - Plains FM

Out of the Glow, a radio hour of spoken word and musical nostalgia, is being revived.

A fixture on community station, Plains FM (96.9) between 2006 and 2011, it disappeared with the 2011 quakes.

Presenter, Paul Featherstone believes "Glow" had a small but faithful audience. In 2008 the programme was nominated for a New Zealand radio award.

Mr Featherstone, 65, is a former magazine warehouseman whose home was badly damaged in the earthquakes. He now lives in Hornby.

Out of the Glow plays from Plains FM on the first two Sundays of each month at 5pm.



Presenter with advert for Biggles serial

Over the next few months listeners can enjoy hearing broadcasters like Jenni Anderson, Bob Irvine and John Pike and music by Matt Munro, Vera Lynn, Bob Wills and John Charles Thomas.

There will also be some famous voices from history, episodes of Dad and Dave, A Town like Alice and an ongoing Biggles adventure.

Alzheimers Canterbury Community Education Seminars

Free Community Education Seminars for people supporting a person with dementia in the community.

Morning seminars are held on the first or second Tuesday of the month from 10.30am to 12 noon.

Please contact Alzheimers Canterbury to register.

Phone 379 2590 or email admin@alzcanty.org.nz



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Ph: 942-6036 for an appointment
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A Powhiri for Little Eddie

by Alexandra Gilbert, Friends of Linwood Cemetery Charitable Trust



A powhiri for Little Eddie brought together eight strangers in commemoration at the Linwood Cemetery.

In December, a powhiri and memorial service was held in the Catholic Section of Linwood Cemetery bringing together eight total strangers to commemorate the short life of a forgotten 15-month-old boy, 120 years after he was buried. The service was organised from Whakatane by descendants of the fifteen month old boy, Edward Henry Howell who died in 1896. It brought together the great-niece of the little boy's family who had flown in from Rotorua that morning, representatives of the Te Rangimarie Maori Catholic Church in Linwood, Christchurch and Christchurch friends of the singer Eddie Howell. The service conducted by Peter Merito of Te Rangimarie was held at the newly cleaned grave. It included a recording of How Great Thou Art, made by Eddie Howell on his 70th birthday showing his voice is still as strong and warm as when he was known in the 1960's in NZ as "Mr Excitement".

The Howell family, who live in Whakatane, knew their ancestor Edward Thomas Howell, came from Darlington, in the North of England and arrived in NZ in 1891. Little had been done researching his life in NZ, although the family lore was that after his four sons were born he moved to Auckland and was never heard from again. It was thought it was probably because he went on to have a second family.

Research showed that Edward had joined the Permanent Militia in Lyttelton when he arrived in NZ, and recent research of his military record revealed a permission to marry Julia Frances Walsh. This was

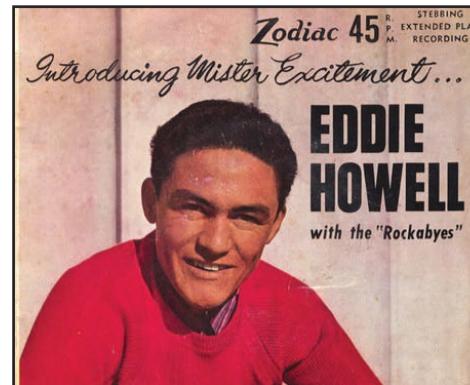
years earlier than the family were expecting, so suddenly, the Howells in Whakatane realised they were Edward Howell's second family, not his first! This opened the door to further information in Births, Deaths and Marriages. It was another shock then to find that Edward and Julia's first son Edward Henry Howell had died in June 1896, aged only fifteen months and to discover that he was buried in Linwood Cemetery, Christchurch when the Howells had assumed the family had always lived in the North Island.

It seems that Edward transferred from the Militia to the police and newspaper articles show him operating in New Brighton. However, he was living in Whanganui when, in June 1904, his wife Julia died. Her death certificate showed she had a daughter aged 8 - another surprise as no other child had appeared during previous research. Luckily a Baptism certificate was tracked down through the Catholic Church. It showed that Irena Frances Howell was born in Christchurch on 28th April 1896, two months before little Eddie died. The

timing of this may be a reason for her birth not being registered. She may have moved and become Irene Quigley of Leeston.

Edward left Whanganui shortly after Julia's death to work as a prison warden at the new Waiotapu Prison camp. At this point, all trace of his daughter Irena Francis is lost. Maybe, because of his profession, Constable Howell was unable to keep Irena after his wife's death and she went to live with other family members, was fostered out, sent back to England, or had her name changed. This is still a genealogical brick wall for the family who are desperate to find out what happened to her and where she is buried.

"When I received the photos of Little Eddie's grave in Linwood Cemetery, I cried for ages with mixed emotions of joy at finding his resting place and utter sadness that this little boy had been left unknown about and alone for so very long. It was very important to the whanau to acknowledge his existence and welcome him back into our family," said great-niece Karen Day. "Having felt the power of these



emotions, they have driven us harder to find Irena Frances."

After moving to work at Waiotapu Prison, Edward met and married Ngahuia Kirikau Kaipara with whom he had four sons. He transferred at a later date to work at Mount Eden in Auckland leaving his second family behind for a reason that is still unclear, and that was where he died. His first son to Ngahuia, Edward Ngatata, was the captain of the Maori All Blacks in 1938, his second son, Phillip Ngahau Howell was the father of the singer and sportsman Eddie Howell, who represented the Bay of Plenty in rugby, golf and tennis.

After the service where the grave plot in Linwood Cemetery was blessed and "Little Eddie" was recognised as part of the family and its whakapapa after 120 years, those present reflected on the powerfulness of the moment that a "lost" 15-month-old boy could bring 8 strangers from north, south and the other side of the world together 120 years after he had died. If you can help the family find any more information about Irena Frances Howell born 28th April 1896 in Christchurch, please contact info@linwoodcemetery.org.nz

Robots help with rural elderly healthcare

Healthcare robots in the homes of independent elderly rural residents may help lessen social isolation and help with medical care, according to new research from the University of Auckland. In the first study of this type, it was found that the healthcare robots functioned as good companions. Some participants enjoyed hearing the robot talk and interacting with it. Others liked the robot reminding them to take their medicine on time.

Five participants trialled the robots in their homes for at least three months.

"The results suggest the healthcare robots were feasible for use with a rural population and may have benefits for some patients in reducing the need for medical care, increasing quality of life, reminding patients to take medicine on time, and providing companionship," says study senior author, Dr Elizabeth Broadbent

from Psychological Medicine at the University of Auckland.

"Patients said that having the robot felt like they had a companion in the house and they didn't feel so alone," she says. "An unexpected finding was the robot's blinking lights - the lights enhanced the robot's social presence which was reassuring to patients and helped them see when the surroundings were dark late at night or in the morning."

"Patients found comfort in seeing the robot light up, as they felt it was the robot's way of interacting with them," says Dr Broadbent. "They all reported that they would miss the robot when it went, with one patient describing the robot as being part of the family."

The study also highlighted several ways the health robots could be changed to enhance the experience of people having them in their homes.

These include improvements in the robots' design and functions, such as installing more familiar games for older people, a larger function screen and a screen with less sensitivity to accidental triggering, and a simpler Skype interface.

"These suggestions arise from real-world experiences and not a lab-based setup," says co-author Professor Bruce MacDonald from the University's School of Engineering. "Trialling the healthcare robots with patients in their homes is a strength of the study."

"Despite encountering some technical issues, patients were mostly positive and accepting of the robot," he says. "Caring for older people with chronic conditions living independently in rural communities has many challenges, from geographic isolation and lack of transport to a shortage of medical care professionals," says Gore

Health CEO Karl Metzler who helped facilitate the study.

"Especially for those living alone, managing chronic illnesses can be difficult and it can be hard for some to follow medication schedules as they get older," he says. "Rural older adults also experience loneliness and concern about a loss of independence and institutional care."

"Having older people living independently in their own homes for as long as possible is the most favourable option and socially assistive robots may help them care for themselves for longer," he says.

Although the study showed a decrease in the rate of patients' primary care visits and calls to the doctor, these could not be attributed for certain to the presence of the robot. The small sample size was limited by the number of healthcare robots available. (Source: 'Scoop' Independent News, Auckland University.)

Tips for sustainable eating go hand in hand

by Jasna Robinson-Wright, Dietitian, Healthy Eating Healthy Ageing

Most of us are well aware that our food choices affect our health, but it can be easy to forget that they also have an impact on our planet. Luckily, eating healthily and sustainably go hand-in-hand.

Sustainable eating means choosing foods that are healthy for our environment, ourselves, and our communities. Try these ideas to get started:

1) Eat fresh foods with little/no packaging

Buying foods without packaging helps to reduce waste. Many healthy foods such as fresh vegetables and fruit naturally come package-free. Bring your own reusable bags to the supermarket, and wherever possible recycle packaging such as cans and glass bottles.

2) Eat local and seasonal foods

Eating locally helps to minimise the energy used in transportation and storage. When foods are in-season, they are also at their peak in quality and freshness. Choosing these foods helps support local farmers and businesses.

Try shopping at some of these Canterbury farmers' markets:

- Friday mornings: Ohoka
- Saturday mornings: Riccarton House Christchurch, Lyttelton, Amberley, Akaroa (October to Easter), and Ashburton
- Sunday mornings: Opawa, Oxford

and Artisan Market at Riccarton House

3) Grow your own food

Join a community garden or grow your own vegetables and fruits. Visit www.ccg.org.nz or call Christchurch City Council 03 941 8999 to find out about community gardens.

4) Eat mostly plant-based foods



Making half your plate vegetables and fruit is part of a healthy diet and will help keep the planet healthy too. Planning meals around plant foods and limiting meat intake can help lower your risk of heart disease and some types of cancer. This will also help lower the environmental cost associated with animal farming. Try including plant-based proteins a couple times per week (such as beans, lentils, and nuts). These are also higher in fibre and lower in saturated fat.

5) Eat mindfully

Mindful eating means giving our full attention to the experience of eating. It can make eating more enjoyable, and it can also be a step toward eating more sustainably. Paying attention to what we're eating and where our food comes from may be the nudge

we need to start making changes. If you struggle with cooking skills, confidence or motivation, you may like to join our Senior Chef Cooking Classes for Older People. Visit www.seniorchef.co.nz or speak with your health professional for a referral.

Baked Pear with Ginger and Walnut

Try this wonderful baked dessert while pears are in season.

Ingredients (1 serve)

- 1 Pear, cut in half and cored
- 1Tbsp Crystallised ginger, chopped
- 1 Tbsp Walnuts, chopped
- 1 Tbsp Ground almonds
- 2 tsp Honey
- Rind and juice from 1 orange

Method

1. Preheat oven to 180°C.
2. Place pears in small ovenproof dish.
3. Mix ginger, walnuts, and almonds together and divide between pear cavities.
4. Mix together honey, orange juice and rind and pour over the pears.
5. Cover with foil and bake for 25-30 minutes or until the pears are soft. If you like a caramelized effect, place under a grill for a minute before serving.



1. Prepare pears as above (steps 1-4) and place in microwave-safe dish.

2. Cook covered on medium-high power for 1½ - 2 minutes for 1 serve (or 2½ - 3½ minutes for 2 serves). Check to see that the pears have softened; if not cook for a little longer.

Serving suggestion: Serve with a thick plain or vanilla yoghurt or ice-cream for a special treat.

AGE CONCERN CANTERBURY MEMBERSHIP



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Donations help us to continue to promote the welfare of older people in Canterbury and are also welcomed. Donations of \$5.00 or more can qualify for a tax credit.

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Please send to The Chief Executive, Age Concern Canterbury Inc, 24 Main North Road, Papanui. CHRISTCHURCH.

Voluntary libraries around Christchurch

by David Henson

Most book readers in Christchurch are familiar with the City Council's excellent library service and its several branches around the city and suburbs. However they may not know of the smaller voluntary libraries that complement the City network. These smaller places were the original libraries that served the city in early times when there was no wider municipal library. The first was Woolston Library which opened in 1860. Others have been in business for many years such as Riccarton Voluntary Library founded in 1928 by the then Riccarton Borough. All are run by volunteers, some of whom are retired people.

A benefit of these smaller libraries for retired folk is that they are often close to hand and can be reached on foot. Volunteer staff are willing to have a chat with you and help with neighbourhood information if you have moved into their area recently. The street locations of the volunteer libraries operating in Christchurch are listed below with contact details. Opening hours vary, please enquire.

MAIREHAU LIBRARY, 42A Kensington Avenue, 8013. Secretary, Lorna Szentivaiyi, 980-1225

OPAWA PUBLIC LIBRARY, 1 Louisson Place [off Ford Road] Opawa, 8023. Secretary, Jill Entwistle, 337-0380

REDCLIFFS LIBRARY, 75 Main Rd, Redcliffs, 8081. Secretary, Suzanne Craig, 021644372.

RICCARTON VOLUNTEER LIBRARY, 205 Clarence Street, 8011 (Central Riccarton), Secretary, Mary Ann Mclees, 341-6031.

UPPER RICCARTON WAR MEMORIAL LIBRARY, 372a Riccarton Rd, 8041 (Church Corner), Secretary Beth Freeman, 0279515926.

WOOLSTON LIBRARY, Operating in Boy Scouts Hall, Cnr Glenroy Street and St Johns Street, 8062. President Robin Dann 980-8323

Also **ST MARTINS LIBRARY** and **HEATHCOTE LIBRARY** plan to reopen when new community centres to house them have completed building.

First class choice at Ryman Healthcare

At Ryman Healthcare we aim to provide elderly New Zealanders with a first class choice in retirement living and care. Each of our 6 retirement villages in Christchurch have their own distinctive personality and friendly, vibrant community. Plus our new retirement village in Rangiora is selling now! Ryman villages include stunning independent townhouses and/or apartments, beautiful serviced apartments and the very best of resthome, hospital and dementia care – in most cases there is no need to move from the village if extra care is required.

This is so important for those residents whose needs increase, but value the friendships they have made with residents and staff and want to stay in the same, familiar community. It's also great for couples to be able to stay together, should they need different levels of care.

Ryman care centres also welcome residents who require short term care, respite care or day care. Our short term care residents receive all the benefits of living in our friendly, supportive community, while receiving quality care from our friendly team.

With resort-style living and superb facilities the hardest part of your day will be deciding what to do. We know your lifestyle preferences are as

individual as you are, so depending on the village you choose you could be starting your day with a dip in the indoor heated pool, a stroll around the beautiful village gardens, a Triple A exercise class, or simply relaxing, enjoying a chat with friends, a cuppa, and some delicious home baking from the village chef; the choice is yours.

In addition to the village facilities there are also daily activities, events and outings. There's something for everyone from happy hours and concerts, to movies, guest speakers, bowling competitions, interest groups, regular outings in the village van and much more!

We firmly believe in protecting the interests of our residents and we pride ourselves on offering some of the most resident friendly terms in New Zealand. Over the past 30 years we have developed the Ryman Peace of Mind Guarantees, which are designed to protect both you and your family. And, did you know that we offer you fixed weekly fees for life – guaranteed*

For more information about our villages or for a copy of our 'Welcome to a Ryman Village' booklet, call Claire Poulsen on 0800 111 650.

*Terms and conditions apply. Ⓐ



For more information please phone
Claire Poulsen on 0800 111 650

www.rymanhealthcare.com

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POSITIVE AGEING EXPO

THURSDAY, 3 MARCH 2016

10.00am - 3.00pm

Ashburton Racecourse
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*Knife sharpening service will be operating
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Contact Age Concern Ashburton 308-6817

Why a Ryman village ticks all the boxes....

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- ✓ Fixed weekly fees for life*
- ✓ Resort-style facilities
- ✓ Independent and assisted living
- ✓ Resthome, hospital, and dementia care

