

# Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTERBURY Vol 94: Winter 2017



Practises what she  
preaches, Page 9

## FROM THE CHIEF EXECUTIVE



**“To change ourselves effectively, we first have to change our perceptions,”**

Stephen R Covey. Change is a constant in our lives and that is no different – in fact it can be accelerated – as we age.

Our bodies change and so does our brain. I read recently that we start losing two grams of brain mass per year from the age of 28 (this means I have lost 2% of my brain mass already – that explains a lot I hear some of you say!). So my health message of the day is go out there and do something to prevent this loss – exercise, stimulate your brain with novelty, stay socially connected and eat lightly.

Perceptions are often harder to change. Media perceptions of older people can often be negative. Part of the Age Concern Canterbury vision is to have a society where older people are celebrated, respected and valued –and while this certainly does occur in many families, groups and organisations, there is still work to be done. I think the best thing we can all do is challenge any negative perceptions we see or hear.

I had another call from an older person just last week alerting us to the scamming behaviour of some heat pump cleaners. Scams happen all year around, but one in particular that we see at this time of year is heat pump cleaning. There are several companies that other older people have phoned us about, having had them turn up to clean their heat pump and then tell them there is something wrong with it and that it needs replacing. In many of the cases we know about it has been later proven that this was not the case.

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

You will read in the column next to mine that the wonderful Age Concern Canterbury Board President, Annette Harris, is standing down from the position. Annette has been an amazing leader of Age Concern Canterbury and has been our greatest advocate. Twenty years on the Board, with the last fourteen being President is an incredible achievement, and highlights what an altruistic and giving person she is. Annette has seen many changes in the organisation over the years, and she leaves it in a very strong position, where older people, and their needs, are at the centre of everything we do.

I would like to thank Annette on behalf of the organisation for all her hard work, and personally thank her for all her support, guidance and direction over my time here as Chief Executive. Annette is a truly amazing person who will be missed on the Board but will continue to be connected with, and be a part of, the Age Concern family.

To finish on another health note –if you haven’t had your influenza (Flu) vaccination – it is not too late. Protect yourself, your friends and family and get vaccinated today at your GP or at some pharmacies. It is FREE for over 65s.

Ngā mihi nui  
Simon Templeton  
Chief Executive

## A WORD FROM THE PRESIDENT



It is with considerable sadness I state this will be the last “A Word from the President” column written by me. I have made the decision not to stand for re-election to the position of President of Age Concern Canterbury.

I have been with Age Concern Canterbury since 1997 and have held the position of President since 2004.

I have been privileged to have met so many special and generous

people and to have worked with a wide range of Board members, Chief Executives, staff and persons who have either worked with or for Age Concern Canterbury.

I am proud to have been involved with Age Concern Canterbury and I believe that as an organisation we do much to educate, support and help. I am not going to disappear completely so please say ‘hello’ if our paths cross.

With sincere thanks and every best wish.

Annette Harris  
President

### Website facelift

Recently we launched our new website [www.ageconcerncan.org.nz](http://www.ageconcerncan.org.nz). It is full of information about the wide range of work and services we have for older people in the community. This includes interactive forms to make a referral, our courses, the latest issue of *Keeping On*, a notice board and an information directory to guide you to information on recreation, social contact, health, and services for older people.

**Take-a-look and see if we can help you or phone 366 0903.**

# Keeping On

OFFICIAL MAGAZINE OF AGE CONCERN CANTERBURY (INC)

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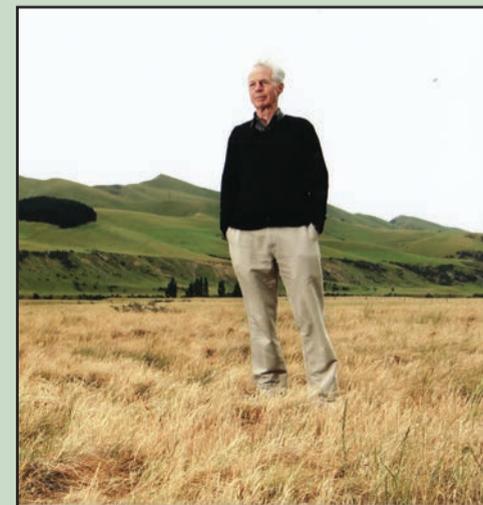
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# Deceased customer's account follows bank rules

Each bank has its own policy on how it deals with a deceased customer's bank accounts. It is important for the deceased's relatives, friends or lawyer to notify the bank when someone passes away, as the bank will not necessarily be aware of a customer's death.

A bank normally freezes a deceased customer's private accounts when notified of the death. A bank may require a copy of the death certificate before it can follow instructions.

If a deceased customer had a joint account, the account will usually be transferred into the remaining account holder's name. When a customer passes away, signing authorities and

Power of Attorney authorities for their account will no longer be valid.

### Deceased Estates

A bank is only able to take instructions regarding a deceased person's account from someone who is authorised to act on behalf of the deceased's estate.

The legal process is usually to obtain probate or letters of administration from the High Court. This allows executors or administrators to deal with the deceased's property.

### Dealing with a Deceased Customer's Bank Accounts

Once probate or letters of administration have been obtained, the executors or administrators will

set up a special account called "the Estate of [deceased's name]".

The bank will then transfer funds from the deceased customer's accounts to the estate account and close the deceased's personal accounts. The estate account is used to distribute funds such as money gifted in the will. Once distribution is complete the estate account is closed.

If the value of an estate is less than \$15,000, it may not be necessary to obtain probate or letters of administration if the bank is satisfied the person is dead and administration of their estate has not been applied for. You may need to talk to your bank

or seek independent legal advice for more information about estates.

### Who Can Obtain Information about and Access to a Deceased Customer's Bank Accounts?

Banks still have a duty of confidence to their customer, even after their death. This means banks cannot disclose information about their customers to anyone other than parties who are legally entitled to it. A bank can only take instruction from the executors or administrators of the estate and is unable to release information to other parties, such as next of kin or estate beneficiaries. (Source: Banking Ombudsman, 2014. Freephone: 0800 805 950).

# Driving Miss Daisy's evening at the Opera

A trip to the opera may conjure up images of stuffiness, exclusivity and big city theatres, attended regularly by the same 'opera' crowd. But times are changing and opera is starting to

enjoy a renaissance in the big cities and regions alike.

Driving Miss Daisy was proud to support the production of Carmen held during the popular Napier Art

Deco festival this February. They promoted the opera to their client base, and organised a fleet of vehicles to transport people to and from the event free of charge, as well as providing a light supper. In total, eleven Driving Miss Daisy vehicles transported 100 theatre-goers.

Many people who enjoyed the Driving Miss Daisy hospitality were already clients, however a number had never used the service before as they still drive. Those who were new to Driving Miss Daisy commented that they were pleased they had tried the service as they don't like to drive at night, they worried about parking, they could not see at night, or they often didn't have a friend to go out with. Using Driving Miss Daisy on this occasion was a wonderful way for them to experience the excellent service and enjoy a night out with a group of likeminded people.

Feedback from this was extremely positive. Many were grateful for the thoughtful Daisy Drivers who dropped them right outside the theatre. Others commented that they would never normally choose to go to the opera, but it was a wonderful experience. Some people who were collected in the same car had never met before; Driving Miss Daisy was excited to hear that since the evening

they had become firm friends and were meeting for lunch or coffee. And everyone commented on the high quality service that Driving Miss Daisy and their drivers provided.

If you'd like to organise an outing for a group of friends, whether it's during the day or evening, please call your local Driving Miss Daisy to discuss.

- \* **North Canterbury - Anne-Marie Chelley**, (03) 312 2936 , 021 224 5606.
- \* **Redwood - Kerry Trenberth** (03) 352 4596 , 021 318 1733.
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# Hoarding: when a cluttered home is a serious risk

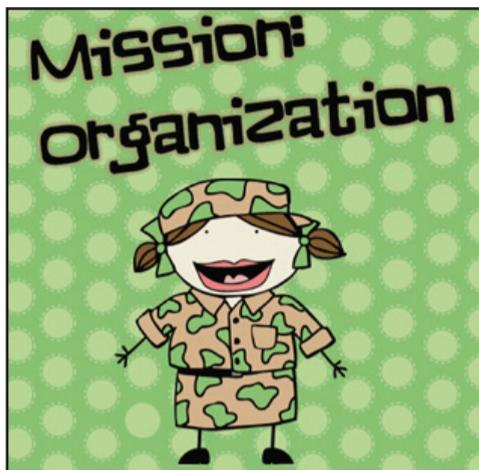
by Emma Hockley, Registered Psychologist,  
Age Concern Canterbury

You have several copies of the same book in case you lose one; you have fallen over in your home due to heaps of 'stuff' on the floor; you hate waste so you hold on to things 'just in case'; your wardrobe is crammed even though you don't wear most of what's in it... Is this you?

If this is you it certainly does not mean you have what is now a recognised mental health condition called Hoarding Disorder. It may just mean it's time to have a bit of a clear out! If, on the other hand, your oven is full of items other than food being cooked, your bath is overflowing but hasn't had water in it for a while, or you have to force open your front door just to enter your house because it is piled up inside... then it is time to get help. Your safety and your health are of utmost importance and excessive clutter in your home represents a serious risk to both.

## What is it and how does it happen

The first point to make is that hoarding is a behaviour not an identity: it's what you are doing, not who you



are. Hoarding is quite prevalent (in the western world anyway) with estimates put at 2-5% of the population in the UK so it's probably similar in Aotearoa New Zealand. The definition of hoarding is when someone acquires an excessive number of items, stores them chaotically and rarely discards anything. Those with insight are often at a loss as to how it got so out of control – but don't know how to stop; others may deny that it is a problem - despite it clearly causing distress for family, friends, neighbours.

Research suggests that hoarding is often triggered by a major loss (death

of a loved one, divorce or other traumatic event), and starts with 'normal' clutter often in adolescence and frequently as a learned behaviour (due to growing up in a cluttered household). It can also be cognitive; difficulty in the ability to categorise and make decisions. Although the person's intentions are positive (to avoid waste, to fix and make useful again, etc.) the out-of-control aspect of hoarding causes feelings of guilt and shame the outcome of which simply reinforces many of the problem behaviours – like unnecessary buying as a 'quick fix' for feeling down.

## Help for hoarding

Because it causes serious mental, physical and social problems, hoarding has been carefully researched by psychologists in the last decade or so. The outcome is a treatment intervention based on Cognitive Behaviour Therapy which helps people who hoard reduce their high level of anxiety, learn to let go of unneeded stuff and stop further excessive acquiring. With professional support, changing

negative thinking patterns and actions, learning better coping strategies, and making better decisions can lead to full recovery. Like all change it takes time, endeavour, and motivation but it is possible and the joy of getting your life back is the greatest reward.

## Are you interested in a Self-help for Hoarding group?

- Are you aware that you have a problem?
- Does the clutter effect your day-to-day functioning and your relationships with family/friends/neighbours?
- Have you become socially isolated?
- Are you ready to address the reasons why hoarding has happened?
- Are you motivated to learn new organisation and coping strategies?
- Can you visualise how you would like your home to be?

If the answers to the above are 'yes' and you are interested in this group, contact me at Age Concern Canterbury on 03 331 7806 to arrange a visit and discuss further.

# Got a gold card? Insulation funding is available

This wild weather we have been having serves as a not so friendly reminder that winter is well on its way and we need to be prepared to keep ourselves warm. CEA has been providing services to keep people warm in their homes for 22 years and currently has funding to help over 65s.

Do you have a Supergold card, or a community services card?

If so, we can assist you with at least 30% discount on insulation for your ceiling and underfloor, including topping up existing insulation. Additional Funding is distributed on a case by case basis, so we will work with you to make sure that keeping

warm this winter is affordable.

Insulation, although invisible, is the single most important tool to keep your home warm and comfortable. Without insulation, heat can leak from your home at an alarming rate, making it expensive and ineffective to use your heating source.

Our professional, friendly energy assessors can check your insulation levels for free, and provide you with a no obligation insulation quote, including any subsidies you may be eligible for. Whilst in your home, they can also check your heat pump is set correctly, and answer any questions you have about keeping warm.

For a more in depth assessment

of your home, ask about our Home Energy Checks which we are currently providing **free** to homeowners in the Hurunui, Waimakariri, Christchurch and Selwyn regions. In these assessments, valued at \$450, a uniformed staff member will check through your home, looking at insulation, heating, ventilation, curtains, power bills, and water usage. We will then post you a written report with advice about simple changes you can make to enjoy a warmer and healthier home.

As always our free advice service over the phone or by email is available, as well as our free, recycled

curtain bank. We have had some really beautiful curtains donated over the summer, so rest assured that you won't have to sacrifice style for warmth if you get in touch now. We are also still looking for volunteers to help us sort, measure and fold curtains, as well as any sewing gurus out there. Volunteering at the curtain bank is a lovely way to socialise and be a Good Samaritan at the same time!

Free phone 0800 GET WARM (0800 438 9276), or call 03 374 7222, email [info@cea.co.nz](mailto:info@cea.co.nz), or visit [www.cea.co.nz](http://www.cea.co.nz) to find out how we can help you.

## Help ★ Information ★ Support

is only a phone call away. Phone Age Concern Canterbury for your

## INFORMATION REQUESTS

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Email: [team@ageconcerncan.org.nz](mailto:team@ageconcerncan.org.nz)



MINISTRY OF  
SOCIAL DEVELOPMENT  
*Te Manatū Whakahiato Ora*

## The Ministry of Social Development (MSD) in Papanui is moving to new offices.

Work and Income and Child Youth and Family will now be located at **56 Langdons Road** with the new site opening at 1.00pm on **Monday, 13th March 2017**.

*It's an important part of our security that we know who is coming into our sites. Our security guards will have a quick conversation with people before they come into our offices to discuss why a person is there, and help make sure we don't admit anyone who might represent a risk to the safety or other clients or our staff. If the person doesn't have an appointment, they will be asked for ID, but not having ID won't mean people can't come into our offices.*

Our clients now also have access to a wide range of our services on the phone and online. This includes help with urgent costs, like food or emergency dental treatment, using our online service MyMSD.

**Thank you from the local MSD team.**

# Age Concern Canterbury President going but will help out

As the president of Age Concern Canterbury retires from her position she has told staff she intends to continue to help out.

That is typical of Annette Harris who has been involved in volunteering work since the early 1960s. In fact, with Lady (Judith) Hay she founded the Volunteer Centre in Christchurch.

Now, as she ends 20 years service to Age Concern (and its earlier forms), and president since 2004, Mrs Harris says she will be on hand to help with Age Concern activities, especially with the annual Expo.

"I will be sticking around to help with certain activities," she says.

Mrs Harris began as a volunteer at her daughter's school, Elmwood, in the sixties, and will continue her service with the Canterbury Museum and the Justices of the Peace Association from now on. She is a member of the museum board and president of the Friends of the Museum.

An earlier article stated she had been involved in 21 societies in her public service but she disputes that and says it is even more. At any rate, Mrs Harris was awarded a Queen's Service Medal in 2011 for her services to the community.

She says an understanding husband allows her to carry out much of her work, most of it in the welfare field.

The city earthquakes brought a great deal of new work for Age Concern but she says the staff responded very well. Its work at that time heightened the organisation's profile and brought greater respect.



Annette Harris

"We delivered help to many people who were socially isolated. People drew up the drawbridge, especially those who found they had no buses, roads or even footpaths," she says.

"There were multiple problems with pets and rats

and this was compounded by people who did not want to leave their homes. We even had our nurse go to Australia to see how they dealt with similar problems," she says.

"We rehabilitated many people but we still have some in social isolation." Some operational methods changed since the quakes and many Age Concern Canterbury staff are highly skilled. One had been with the organisation for 25 years.

Mrs Harris was pleased with the new headquarters building in Papanui and the organisation was financially sound.

She hopes she will now get opportunities to read more in her leisure time. "But I like people and tend to get involved. Oh, yes, I am a member of Friends of the Canterbury Library. That's something else I am involved in. I love visiting people.

"I think we should treasure older people. I get angry with people who write off the elderly. Some have had really wonderful lives. Some are still living in difficult conditions, such as having lost their transport.

"I just enjoy people. The job is just what you make it," she says.

Besides her QSM, Mrs Harris has received many awards which include a Christchurch City Civic award, a Volunteer Centre recognition award, life membership of the Plunket Society as well as patroness and long-service and merit awards.

She has also been Chairperson of many groups, both in the city and nationally.

However, it's doubtful that she will sit around admiring her awards.



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# Woolly mammoths and osteoporosis

Never mind ice ages, alien invasions and comet strikes, scientists in Russia have developed a new theory to explain why the once mighty woolly mammoth became extinct: because of the effects of osteoporosis!

According to a new study which involved the re-examination of more than 23,500 mammoth bones found at sites across the world, many of the beasts showed signs of severe

osteoporosis, due to factors which may have included a lack of calcium in the diet. The major mineral deficiency, which was caused by the impact of rising temperatures on soil and water, resulted in mammoths breaking their limbs and spine, and left them unable to walk. This meant the giant animal, which stood over 10ft high, eventually collapsed to the ground and could not forage for food

or flee hunters.

Dr Leshchinsky, head of the Laboratory of Mesozoic and Cenozoic Continental Ecosystems, which was involved in the research said "In some collections that we examined, almost 100% of the bones had signs of osteoporosis."

Did osteoporosis lead to the mammoth's disappearance? The jury is still out!



(Source: Bone Alert Newsletter, February 2017).

## Cooking up a storm at Bupa Parkstone

Cooking up a storm at Bupa Parkstone Care Home with Shafa Rahman. Shafa shares how she became Head Chef for Bupa Parkstone and her methods of planning a sensational menu for the residents and serving up excellence on a plate – whether the plate is white or coloured.

Bupa Parkstone Care Home in Christchurch, is one of a few select Bupa care homes that offers premium rooms with additional services. Those services include; a daily choice menu, wine with meals and SKY TV, to name a few. In the mornings, when you walk through the care home, baked bread smells of cinnamon and



Shafa Rahman, Head Chef, cooks up a storm at Bupa Parkstone Care Home

raisin fill the air. This is due to Shafa and the team working busily away in the kitchen making morning tea for the residents.

Shafa completed her degree in Mumbai, India and came to New Zealand in 2004. Her degree in food technology included studies

in nutrition which provided her with skills to become a dietician. Prior to her position at Bupa Parkstone, Shafa worked in fine hotels overseas and across New Zealand.

'People eat with their eyes,' Shafa says with enthusiasm. 'So the focus is not only on the flavour but offering better presentation. It's like someone once said to me, "a white plate is a canvas and you can paint what you want."

However at Parkstone, they decided to offer food on coloured plates instead. Residents eating from the coloured plates seemed to have stronger appetites and more interest in food than white plates. The reason

for this interest could be attributed to the loss of colour contrast in our eyes as we get older.

Shafa uses her knowledge of nutrition and believes in the 'five plus a day' concept.

Options include a choice of coloured veggies and starch. "If you offer all that, then you have a balanced meal," says Shafa.

She also visits as many residents as possible. "I always ask them if they really like something to let us know. I'll say to them; 'I can make it for you.' I especially try to cater for those residents who have specific preferences as I want everyone to enjoy the food." A

Care Homes

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-  [bupa.co.nz](http://bupa.co.nz)



# Ex-Mayor a senior and waspish

He's now a pensioner but still working, probably harder than ever. He's out of the Christchurch politics scene but he's still an active commentator.

Garry Moore was Mayor for nine years and, believing that nine years is long enough for anyone in public office, quit in 2007. Now, at 66, he is still busy and acts as a hovering hornet in the political scene.

While Mayor he held Friday sessions in Cathedral Square where he heard, while seated on a park bench, residents' complaints and suggestions. These days he runs the Tuesday Club (in the Smash Palace pub) where speakers spout and the audience responds.

After Gareth Morgan had spoken in March, Garry sent out his usual newsletter (more than 400 emails) full of comment. For instance, he writes: "Head offices are lousy with neo-classical analysts. They will suck the marrow out of every good-idea given half a chance. .... Even when you have a good-idea... you have to grow feet on your stomach to often get nowhere."

The Tuesday Club is jointly owned by six members of the Moore family and is now in High Street in a building which was once Knight's Butchery. The audience arrives from 5.30pm and the day's speaker holds forth from 6pm to 7pm.

"We have no committee, no fees. Anyone can speak. Normally I facilitate the function and email my summary next day, including any thoughts on my mind,"

Asked about the city's rebuild Garry warms to the task. "I think a small group has captured the city and greed has driven a lot of the work. Yes, a



Garry Moore is frustrated by the lack of progress in Latimer Square. The green expanse around him "is supposed to be full of houses now".

good proportion has been driven by greed. That's not right. And I think Gerry Brownlee has passed his use-by-date by years."

Garry said the city should be open to new ideas and "ideas from around the world". He wants a contemporary city being created which would attract young people from other parts of the world.

He agrees with the Mayor, Lianne Dalziel, that

the city's population should reach 1.5 million. "In my dotage I would like to see citizens in an interesting, vibrant city."

The development of the city centre had suffered from the dead hand

of central government, he says. "Government departments don't get on together and in any case they are dominated by Brownlee. At present there's a secret society. It's awful."

Asked if he would be writing his memoirs soon, Garry answers: "No." After some thought he observes: "They would be interesting I suppose. I

**- "In my dotage I would like to see citizens in an interesting and vibrant city." -**

have had an interesting life. I have done what has felt right for me.

There's been politics, community work, the affordable housing scheme.

"At the end of the day, the whole thing is based on a stable family. We have lived here for 38 years (the

house is due to be demolished and rebuilt). Pam and I had four kids here, two were born in the front room.

"I will leave here when they carry me out in a box."

A great passion in his spare time is the restoration of old cars. He has two on the go and it was this that brought Garry to Christchurch from Palmerston North in the 1970s. His father, a motor mechanic with his own garage, was a Vintage Car Club member and this interest rubbed off on Garry. "I grew up in my dad's workshop. The old car interest came from my old man."

Garry has had five old cars and is working on the restoration of two: a 1905 de Dion-Bouton (which he is going to sell) and a Chrysler Special which is comprised of parts collected from friends. He has driven it 50,000km and he's still working on it.

Garry believes his car club mates led him to a wider circle of contacts when he first arrived in the city. His political philosophy came from Connie Beardsley of Housewives Union, he says.

Could he see his son, Johnny, following him into politics? Garry is sure he will not but he is proud of his weekly column in The Press.

"I love his column but I wonder each week if I am a victim once again. I think he is subtle with a laconic wit."

But Garry really likes Joe Bennett's columns. "It's literature – not just writing. He's a big hero."

\* Garry Moore was the 44th Mayor of Christchurch from 1998 to 2007. In 1989 he was elected to the Canterbury Health Board and in 1992 he started two terms as a City Councillor.

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# A wider range of housing choices needed for older people - look to overseas

by Judith Davey, Age Concern New Zealand

Housing plays a variety of roles in the lives and wellbeing of older people. Inadequate living conditions lead to increased stress levels, social isolation, poor health and a higher risk of illness and injury. Older people need to be able to exercise choices over their housing options and to seek out the types of housing which best suit their circumstances. But the range of choices in New Zealand is not very extensive.

Perhaps we need to consider new approaches. What about co-operative housing, shared housing, accessory units ("granny-flats"), co-housing and intergenerational housing? Here are a few examples of innovative housing options, from the USA, which I have recently come across in the literature.

Senior "co-housing" is a way for a group of people to get together and create a custom-designed neighbourhood and types of housing directly tailored to their needs and aspirations. Such developments typically have shared amenities such as a library, guest rooms, community gardens and recreational facilities, as well as individual living units. The model originated in Denmark and now co-housing for older people, or with a multi-generational focus, is found throughout Europe.

The first three senior co-housing communities in the USA opened in 2006[1]. In Glacier Circle, California, twelve friends who had known one another for thirty years built a townhouse-style community. Elderspirit, in Virginia, is a residential community formed around later-life spirituality. It has fourteen owner-occupied cottages, and fifteen rental



apartments. Silver Sage is an upscale community of sixteen duplexes and attached homes in Colorado.

The Burbank Senior Artists' Colony arose out of the collaborative efforts of a private developer, a non-profit arts programme and an affordable housing provider. It includes 147 rental apartments offering independent living (70% at market rate; 30% "affordable" rentals) in a creative, art-inspired environment. It has a theatre and art studios. Residents host arts events for their neighbourhood, present live entertainment and opportunities to work in the studios.

These examples fit the "village" model, where older people develop membership associations, often within an existing residential area, that provide supportive services and social activities.[2] Village members pay annual dues and receive access to services, such as weekly grocery shopping trips; referrals and discounts for outside services (e.g. home repairs); social and educational activities, and opportunities to participate in governance and peer support. It is a kind of "do-it-yourself" retirement village. Most of the New Zealand equivalents – retirement

villages – are commercial enterprises with varying degrees of consumer input. Many are part of "chains"; others include individual private sector developments and villages in the charitable and religious sector, but the same comment will apply.

Providing affordable housing for low-income older renters in high-cost areas is the aim of Senior Housing Solutions (SHS), a non-profit group in California. The group purchases and remodels single family homes to provide affordable group rental housing. The design template for each house includes five private bedrooms, a shared kitchen and living space and landscaped front and back areas. By blending multiple funding programmes and rental income, SHS meets capital and operating expenses, and provides caseworker support.[3]

The Human Investment Project (HIP) Housing in California, is one of more than 100 home-share programmes in the United States that bring together home providers and home seekers through a "match-up" service. It can match homeowners – mostly older people – with home seekers who pay rent. It can also

set up service exchanges that give home seekers a place to live for free in return for providing services to the homeowner.

The Homeshare Australia and New Zealand Alliance Inc. (HANZA) was established in 2006. Its website says that currently there are no active programmes in New Zealand but expressions of interest would be welcomed.[4] Presbyterian Support (Enliven) East Coast has a scheme in Hawke's Bay which is apparently proving a success with older home owners and younger homesharers.[5]

How could these models be used to expand housing choices for older people in New Zealand? Who could take the initiative? What are the prospects for partnership between public, private and voluntary sector organisations? Changes in the housing environment suggest that there is some urgency to address these questions. Will housing affordability become an increasing barrier to choice? The fall in home ownership will soon work through to affect the older age groups. Will current rental stock meet future requirements?

[1] From Kennedy, C. (2010) *The City of 2050-An Age-Friendly, Vibrant, Intergenerational Community. Generations, 34,4, p.70-75.*

[2] I will say more about such "NORCs" – Naturally Occurring Retirement Communities – in another blog.

[3] *Abbeyfield is a New Zealand example of this type of housing.*

[4] [homeshare.org.au](http://homeshare.org.au)

[5] [presbyterian.org.nz/node/3204/view](http://presbyterian.org.nz/node/3204/view)

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# Therese practises what she preaches

She is now 85, lives with her cat, and is an epitome of what she preaches for the future of Christchurch's inner city.

Therese Minehan, a former chairwoman of the Inner City West Neighbourhood Residents' Association (ICON), is now a life member. The group has, since the earthquakes, been in a battle to ensure more residential buildings are returned to the area.

Therefore, it is significant that she lives in a small 1897 cottage on a busy one-way street. In fact, she has lived in the house for 63 years – and has no intention of moving.

Before the earthquakes she was dwarfed by high-rise buildings on both sides and today has much the same configuration. Her house was virtually undamaged but she still had to move out for four months while demolition of the adjoining buildings took place.

She is not generally impressed with the standard of new commercial buildings erected and, as an illustration, points to the high-rise buildings erected in Cashel Street from Montreal Street to the Bridge of Remembrance. ICON is trying to get



Therese Minehan

more apartments built on the corner of Montreal and Cashel streets.

"We lost 20,000 people from the city centre. We want them back. Houses and apartments have gone. The City Council let a commercial buyer purchase an Art Deco apartment block on the corner of Hereford and Montreal streets. That should not have been allowed in what was officially a residential area," she believes.

What does she think of building progress generally? "Not much," she answers. "I think so many more buildings could have been restored, and you have only to look at Hagley

College to see what can be done with part preservation."

What about the Arts Centre? "Marvellous. I cannot speak more highly of Andre Lovett (Arts centre director)."

Therese is upset about the situation with the cathedral in The Square but is happier with the plans of the Catholic Church to rebuild what they can of the Cathedral. "I may be a Catholic but it doesn't affect my opinions about The Square," she says. "They should never have allowed buildings to be higher than the cathedral spire. It's a mess at the moment with so many ugly high buildings."

She led a group who produced 'Round the Square' in 1995, a history of The Square. The former City Councillor, Sue Wells, described her as "the heart and soul of Christchurch's past."

Therese said: "I'm passionate about heritage. It's very sad about the loss of places in our cultural centre. It's important to be reminded of what we had (before the earthquakes) and do what we can to avoid making mistakes."

She is still a keen member of ICON and outside that work Therese "reads

a lot."

The former teacher of history has been fascinated with history as long as she can remember but relaxes by reading lots of murder mysteries and has an extensive library of them.

She was one of five children in a Timaru family. Her mother taught her children to read before they went to school. In 1950 Therese came to Christchurch for her four-year university studies in history and English. As her brothers intended to attend university, too, her parents bought Therese's present house – she moved in in 1954 and is still there!

Therese is well known in hockey circles, both as a Canterbury player and a coach. She also represented Canterbury at tennis. Retirement from hockey came in 1979.

"I have had an interesting and happy life. I have met some fascinating people. We are lucky to be living in this country. I love cats, all animals really, and I loved teaching, too," she says.

Her teaching career saw her serve 12 years at Christchurch West, four at Hillmorton High, and 19 at Christchurch Girls' High School.

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# Ponder This with Brian Priestley

Moving to New Zealand all those years ago, was of course, an adventure. One knew there were lots of sheep and cows and obviously New Zealanders would be large and obviously terribly tough, but it would be an adventure for a year or two.

The first surprise was that many Kiwis were very shy when it came to arguing with somebody from "Home".

The second surprise came from my journalism students. What a bunch! In England a course of graduate journalism students had gone on strike when asked to undertake tasks they felt unworthy of their status in the world.

Our students in Canterbury would have a go at anything. Almost half of them had travelled to Britain or the USA by the overland route. I remember one of the girls telling us how she had been raped by a frontier guard in the Middle East. Other girls nodded as she spoke.

Local authorities in Christchurch

and Waimairi were very supportive in allowing students to report for local district papers. The first day our students went into action we received a telephone call from the Christchurch City Council - five of our students had independently walked into the council offices and demanded to see the town clerk!

The one day the students almost rebelled was against the visit to Burnham. Journalists shouldn't find out about the horrid army I was told. Every year the students came back having had a great day. They had ridden in troop carriers, fired rifles and machine guns, eaten in the mess and discovered professional soldiers knew more about world politics and peace keeping than they did.

Once one of our girls gave a talk on why we should disband the army. The soldiers applauded strongly (with a grin or two).

Those were great years - and what marvellous young people were turned out for the world.



Unless we can persuade all foreigners to drive on our side of the road we shall never solve the problem of overseas tourists causing crashes. Some people seem to think a tutorial when they pick the car up will do the job. No, it won't.

A few years ago I was driving in Hawaii. Things seemed to be going pretty well and I felt in control of

I never really had a mother. She died of an embolism a few weeks after I was ushered into the world. Of course I have no memories, but she was gracious and dignified, and won medals for playing the violin and golf.

Every year or so I spend a few seconds wondering how that made a difference. I think she would have loved me because a few clues suggest she knew childbirth could be risky for her. She had guts - in a letter to my father she took him apart for criticising suffragettes! I can find very little of him in me but I think my mother and I would have got on well.

Biddy, my father's mother, and I certainly did. When the family firm crashed she asked her richer sisters to take me to pantomimes or cream teas. Great Aunt Edith understudied

things. Then some idiot local driver tried to do something risky. I reacted immediately, and went the wrong way! Somehow or other we avoided a deadly crash. I expect the other driver was swearing about those \*\*\* tourists. If there is an answer to that problem what can it be? If there's an emergency, won't instinct always be king?

the principal role in Chu Chin Chow for its record breaking run without once getting to play the part on stage.

When war broke out, Biddy burst into tears, hugged my 13 year old body and said "Brian, Brian ..." Her younger son had died from gas in 1919 so would her grandson now go the same way? I missed combat by a whisker.

After a sad life, Biddy would have been delighted by her descendants here. Because of her I find no hardship dealing with the elderly ladies I live among. One day I may even utter her ultimate threat "If you aren't careful I shall tell you about the Frenchman!" (Rumour has it that a man pinched her behind when she boarded a tram in Paris).

But what does not having a mother actually do to you? It must matter...

I wonder what happened to poetry. When I was young there seemed to be poetry all over the place. At the age of about 12, I remember writing a poem to our doctor's daughter. I cannot recall one word of it today and I am not sure she ever mentioned it. My grandmother was much taken with a piece I wrote about age 16 and wondered if, perhaps, I might become a poet.

As a boy I would sit with our old dog and stare across the misty Severn plain at the Welsh hills and everything seemed poetic all around us. Poets were often well-known and popular. Rupert Brooke ("If I should die think only this of me...") went round much of the Far and Middle East in my kitbag. But where are all the poets

today? Where have they gone and why? Perhaps being a journalist did much of the job for me. It's been a life of being in a hurry and rushing about and dealing with often unpleasant people and competing with some pretty high sparks. I would not have swapped it for the world, but it wasn't poetic.

I wonder if Tennyson or Wordsworth would have written all that stuff if they had been given a television or a sports car. W B Yeats was a great poet for lovers but I can't say I have ever read him to my wife.

Perhaps romance has been overtaken by sex? In courtship and marriage I cannot imagine being happier than I have been. Who needs poetry? But it seems a pity.



Hobbies? Which did I most enjoy? At the age of about six I won a high-falutin school medal for my drawing of the Queen Mary and of a twig with leaves on. (Perhaps the judges failed to realise my entry was all straight lines, done with the aid of my ruler).

Anyway, I had sense enough to quit art while I was ahead. When my wall bookshelf collapsed on receiving its first small volume I realised that perhaps making things was not for me either. I have never regretted either decision for a moment.

I suppose my first hobby was reading. Our local Birmingham Library was a ticket to King Solomon's Mines and Treasure Island, and the 39 Steps and all the wars and adventures of the world.

Then wars became real. Our rented cottage had a good library but the tiny village had no social life. So reading became, and stayed, even more of a hobby, and can one count cricket? Then there was a spell when a definite hobby was trying to stay alive but things settled down.

For the last 65 years, my hobbies have been reading and TV, cruising England's canals and rivers and growing fruit. Is being a family man a hobby? In England we had a small cruiser that would sleep two grown-ups and two children. We cruised

ancient waterways and pitch dark 18th century tunnels. Life has had few better days than the one when we hammered our spikes into the tow path and strolled up to see Windsor Castle. Our little craft took us from Birmingham to Oxford, London, Northampton, Cambridge and Stratford-on-Avon. I'll never forget Vera's face behind the wheel as she saw a large ocean-going cargo ship coming up the Thames towards her!

Then we found new delights - exploring New Zealand and the world. Growing things. We had three apple trees, a grand old plum, a large grapefruit from which one could pick fruit from a window. Somehow or other we managed to build up a collection of old films which is a pleasure when one is getting on a bit.

My happiest memory? The best moments? Well, I have seen Lindwall and Miller bowling, and Eric Hollies take Bradman's middle stump. We have admired stunning views in many lands and the King once returned my salute near Westminster Abbey in 1945. But nothing ever topped the sheer contentment of those voyages, when the family were all just the right sort of age and perhaps some gentle delight would await us round the next turn in the waterway.

# At 107 she loves ice-cream

She has an ice-cream most days of the week and she craves the sunshine.

At 107 years of age, Dot Judkins is treated like royalty these days at her Christchurch retirement home and everyone knows that the chair by the heater in the reception area is hers.

She had her birthday in March and is probably the second oldest female in Christchurch. She had nine children. Son Robin was the founder of the Coast-to-Coast race and a sports promoter, and a granddaughter, Anne Judkins, was a Commonwealth Games (silver medal in 10,000m) and Olympic walker.

Dot was sporting in her youth and rose to be an Otago rep in hockey.

Today she shows her competitive spirit playing indoor bowls at the Bishopspark Village, and then there is the Housie she likes to play.

She came from a horse-racing family (Dwyer) with her father a jockey-trainer. She attended St Dominic's Ladies College in Dunedin. On leaving school, Dot worked at the North Otago Times editing and reporting. She later worked at the Oamaru Mail (in the library). Years later she worked in the Christchurch Star reading room.

She came from a family of six and had nine children. There are 29 grandchildren, 32 great-grandchildren and a great-great-grandchild.

An early memory is of mounted police attacking union men in the streets. As she is deaf, Dot takes a few prompts nowadays to get her memory going. She has told her daughter, Beth, that she voted for prohibition – but today likes a tippie when the occasion arises.

She married a farmer, Walter Judkins, and lived at Sunny Downs, Gap Valley, Geraldine. "Mother went there as a young bride. All nine children rode there and Dot rode out most days on her favourite hack.

"Books and more books also are what dominated their lives," Beth says.

"They used to read plays to each other as they lay in bed. They loved plays and saw Vivien Leigh and Laurence Ollivier when they toured New Zealand and also Googie Withers.

"We were brought up with plays, playwrights and authors."

In 1957 they left Geraldine for Herbert Peak



*Dot Judkin on the occasion of her 107th birthday.*



farm at Diamond Harbour. That was a spur for Dot (christened Mary Marjorie) to pursue her interest in the theatre by joining the Repertory Theatre and later, in retirement from the farm, she acted with the Elmwood Players.

By then she lived in Derby Street with five of her children. Walter died in 1967 and Dot took up golf and bridge and got a job with the Christchurch Star. Also, she walked down the Amazon and, in her 70s, walked the Milford Track. Long after that walk people she had met used to arrive at her Derby St home.

"She was into hospitality in a big way. She was very welcoming. After the war she helped swagmen looking for work and food. In her eighties she did voluntary charity work to help institutionalised people." Beth said.

In 1982 Dot became one of the first residents of the Bishopspark Village. There she found a new freedom and travelled many kilometres in her Mini. She pursued her sporting interests (especially rugby) and took a close interest in a grandchild, Sarah Judkins, an equestrian. At 91 she flew to France for a holiday with family members. She



*Mary (Dot) and Walter Judkins taken in front of the Church of Immaculate Conception*

swam in the Mediterranean and partied late.

Today she is less active using her walker to get outside to feel the sun on her face or just for a spin around the complex. Dot is always keen on outings.

She believes her longevity is due to a sensible and balanced diet with five vegetables a day.

Her name Dot came about when she first played hockey. Someone decided she was a dot of a woman and it stuck.

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# Ringling in the changes to fitness

by Natasha Muir, Age Concern New Zealand

I recently enjoyed a visit to the Wellington Cathedral of St Paul bell tower to sit in on a bell ringing practice with my colleague Rei Ngatai at Age Concern New Zealand.

It felt like a new world had opened up with a different language, set of rules and traditions to learn but I could immediately see some of the intrigue and reasons why people are drawn to bell ringing.

There are hundreds of different methods. Each with a different mathematical pattern and name. One easy way is to ring in 'rounds,' which means ringing the bells in sequence from treble to tenor.

In 1979 when old St Paul's was refurbished they advertised for trainee bell ringers. Rei answered the call and has been ringing ever since. She says she only became a fully-fledged bell ringer after about 15 months when she rang her first Quarter Peal — a performance of 1250 changes on 5 bells.

Rei rang her first full peal ringing the treble with 5040 different changes in 1988. A peal can take around three hours to ring, and a quarter peal forty



**St Pauls Anglican Cathedral near Wellington 2015.**

(By Pear285 - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index>.

five minutes.

Rei explained to me that it is a very welcoming community, and that bell ringers across the world have an open door policy. This means that no matter what country she is in she can walk in and play the bells, or as it is known 'grab the tower'. Rei has grabbed five towers across the globe, but rings on a regular basis at the Cathedral of St Paul for the service each Sunday, and up to three weddings on a Saturday — plus special occasions and festivals.

I was shown around the Cathedral tower by ringing master Derek

Williams, who is a wealth of information and knowledge, and was able to answer all my novice questions about bell making, tuning and ringing.

He then filled me with dread as he suggested I have a go! Derek said there was no need for ear plugs as we would be using mini ring bells. He also said that I didn't need to have a musical bone in my body — that good hand eye co-ordination along with a sense of rhythm and good listening skills would see me right. Derek was very patient, but clearly I was missing one or more of the key ingredients. What I did find was that I was using muscles that hadn't been worked in a while.

It turns out bell ringing has some amazing health, wellbeing and fitness benefits:

- Motor skills are improved as you need to have rhythm for the perfect rope pull and that in turn improves your agility and co-ordination.
- The social aspect is great, getting to meet new people, and the knowledge that you will be welcome when you visit other towers of this

global community is alive and well.

• It helps you stay focussed as a lot of time is dedicated to practice and concentration remembering complex patterns and alternating sounds.

• Fitness – cardio, muscle strength and even body sculpture! Climbing up a bell tower is a great cardio workout (although at 86 Rei opts for the lift these days as she is waiting a hip replacement).

As Rei says, it is good exercise for the brain and a great way to stay connected and combine plenty of fun, friends and fitness!

## FACT PANEL

• There are only seven bell towers in New Zealand that have bells for ringing.

• The Cathedral bells are hung for English change ringing, which is an ancient craft dating back at least to the 16th century.

• A group of bell ringers is called a band and they have a conductor.

• The Cathedral's lightest bell is about the same weight as a large motorcycle and the largest weighs that of a medium sized car.

• [www.wellringers.willstrust.org](http://www.wellringers.willstrust.org)

## Pay equity deal result of hard work and many court cases

by Hon Ruth Dyson, Member of Parliament Port Hills, Labour's Senior Citizens Spokesperson

The recent announcement that caregivers would receive significant pay increases over the next 5 years has been warmly welcomed. It's about time! I found it a bit disingenuous that the government was saying it was a good decision and that caregivers deserved this payment. One caregiver, Kristine Bartlett, and three unions, E Tū, New Zealand Nurses' Organisation and the Public Service Association started the legal process to challenge the low pay for caregivers in 2012. They won in the Employment Court, the Court of Appeal and then the Supreme Court. So the pay increase had to be given

by determination of the Courts. And it has taken five years of hard work and lots of money for legal costs to get to this point.

It is very well deserved but more needs to be done. We have an increasing number of people living longer. So it is logical that in the future, more people will need support either in resthomes or to live safely and well in their own home. Even with the promised pay increases, there is very little in the way of career structure in caregiving work, or even security of hours. If you are caring for someone in their home and they go away on holiday or are no longer

needing your support for whatever reason, your hours will just be reduced until another "client" is found. This leaves caregivers in a very vulnerable position income wise, with little ability to plan and makes caregiving less attractive than work with more stable income.

I believe that caregivers should be offered a pathway of training through to nursing or social work. People would not have to go on to these other jobs, but caregiving would be a path if that's what they chose. And there should be proper training for all caregivers. They are providing a critical level of support – often for the most vulnerable people in our society – those who live alone and need help to stay at home, or those

in resthomes, where we know there have been shocking cases of neglect or poor treatment in the past.

Labour and the Greens have just concluded a series of meetings around the country hosted by Grey Power looking at issues in the aged care health sector. It is clear from some of the stories we heard that the level of care that people are getting is just not acceptable. We need better standards of actual care (not paper based measurements) and transparency. And we need decent advocacy for those who are not able or who are too vulnerable to speak for themselves.

So better pay for caregivers is great and well deserved. But it can't stop there.



### Megan Woods MP for Wigram

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# Now Mike's on the stage

Retired journalist Mike Crean (pronounced Crane) has followed several paths in his working life.

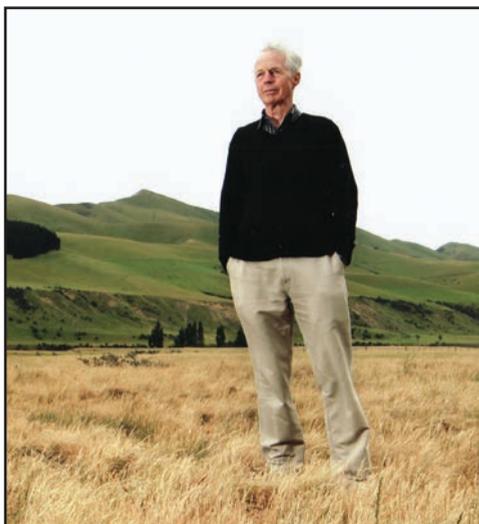
His latest one is at its beginning but it could lead to more public appearances which embody his two interests: journalism and classical music.

He has joined with two leading Christchurch musicians, Mark Walton (clarinet and saxophone) and Iola Shelley (pianist) to present an evening of interest and entertainment. Mike's job is to read snatches of some of his best work at The Press, on stage.

The group has conducted three evenings so far (although Iola missed one) and a fourth is planned for May. All have been to raise funds for good causes.

Mike says Mark had the original idea to raise money for the Christchurch School of Music which helped him in his young and impecunious days. Mike rewrites his Press articles about South Island towns and his obituaries for his stage material.

He is well-known around the South Island for his light, historical features (hundreds of them over more than 20 years) as well about 600 obituaries over the same time. He has written two books about his South Island travels as well as newspaper histories.



Mike Crean at Waipara, North Canterbury circa 2014-2015

Mike's passion for South Island small towns began in Hawarden, North Canterbury, as one of six children of Tom Crean, a farm labourer. His mother died young and Mike was raised by an older sister.

Families had little in those days (70 years ago) but young Mike was soon attending Hawarden District High School. At 12 he was sent off to St Bede's as a boarder and he says he was in a "pretty rough class".

After six years he left and entered Christchurch Teachers' College for a primary teaching course for two years. His first year teaching was spent at Hawarden DHS as a probationer and

then he was bonded for two years.

First it was to Matura where he rubbed shoulders with relatives of Justin Marshall and Jimmy Cowan. Mike, (just over 10 stone) played and coached for three years there. Lawrence was his next posting where he was Deputy Head. Coaching and playing rugby continued there but was more limited and he turned to refereeing.

He was pleased to get his first senior match in his first year of refereeing. However, his first game was abandoned – the last game of the season.

The best place in the South Island? Lawrence. "I can say that categorically. I love Lawrence. I lived there for two years. Everything just seemed right in Lawrence."

They were also the best years of his teaching career. In the school holidays he would drive trucks or help out on farms.

Next he was head of the Becks school in Central Otago – a two-teacher school. He took up playing again but his career was short-lived when he was knocked out and spent the night in hospital.

Back at Hawarden School Mike was asked to teach school certificate history and found he loved it. In his

first year, he achieved 100 per cent pass rate. He spent 1977 to 1984 there teaching a variety of subjects before taking up the principalship of St Mary's private school but he never liked being the head and when he saw an advertisement for a Newspaper reporter in Education he knew it was right for him.

That was his entree to journalism and he never looked back. He ran the education section for four years before joining The Press in 1993.

Mike is now in retirement but keeps himself busy. He is a tutor for the journalism course at the University of Canterbury once a week teaching English grammar and is a great reader. His last three books have been biographies of Ted Hughes, Philip Larkin and Denis Glover by Gordon Ogilvie.

His radio is always tuned to the Concert programme and while he does not intend to write an autobiography, he is keen to write a memoir for his family. He has five children and seven grandchildren.

As well as his stage appearances (his last is in May and the next day he is away on another trip), Mike is still asked to talk to groups about newspapers and his travels around the South Island.

## Becoming part of a big family

It's Friday lunch and everyone's gathered around enjoying a classic meal of fish and chips, and sharing stories. Sounds like a nice family home, doesn't it? And while it's not what some might call a "traditional" family, it is one we've taken great joy in creating. Because at Anglican Living, we value quality of life within a family atmosphere.

Anglican Living's Bishopspark and Fitzgerald retirement villages and

care homes are not places where you're left to your own devices. They are households in the truest sense of the word, places where you enjoy life among friends...many friends! And it's not just residents either. Our staff and volunteers also share in the fun times.

Anglican Living runs two retirement villages in the heart of Christchurch offering the whole range of aged care services. Bishopspark on the edge of

Hagley Park in Christchurch central hosts 32 units for fully independent retirement living as well as serviced studios and rest home rooms for those who need a little more help. At Fitzgerald in Linwood, we have 31 independent retirement living apartments alongside our renowned rest home, a 38-bed hospital, and our Trinity and Hiron Wings, which provide specialised dementia care for a maximum of just 19 residents.

We like to think we're a bit different, allowing you to bring your beloved pets with you, and always thinking of fresh entertainment and creative activities we can do together. At Anglican Living, together we provide a safe, worry-free environment in a family focused community. If you'd like to learn more about us simply arrange a viewing. Call Bishopspark on (03) 977 2320 or Fitzgerald on (03) 982 2165. 

**Care On Call**   
Quality Care In Your Home

Staying at home in your later years is now an affordable and safe option thanks to the care and support Care on Call provides.

From a couple of hours of help around the home per week to full time care Care on Call has experienced, trained and thoroughly screened carers available to cater to your unique needs.

Please call us or visit our website for more information.



south@careoncall.co.nz

**0800 66 44 22**  
www.careoncall.co.nz



**Comfort and care is a walk in the park**

With the tranquillity of Hagley Park just across the road, Bishopspark Retirement Village is a place to enjoy life among friends without the stress of maintaining your own property.

**Bishopspark** (03) 977 2320  
www.anglicanliving.org.nz

And when you need a little more help, we offer all the assistance you need in a sunny, spacious room.

  
**Anglican Living**  
Aged Care / Among friends



# Age Concern Canterbury Inc. Statement of Service Performance

“What did we do?” “When did we do it?”

For the year ended 31 December 2016

## Vision

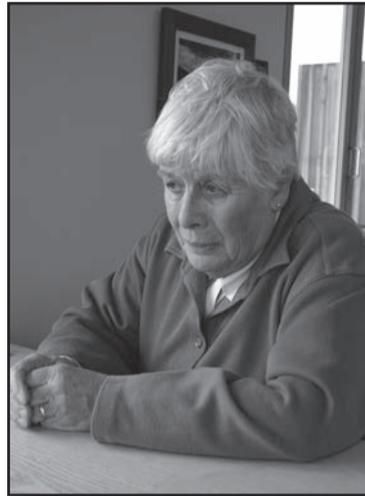
Age Concern Canterbury is the lead organisation in Canterbury that connects, supports, empowers, celebrates and respects all older people in an inclusive community.

## Mission Statement

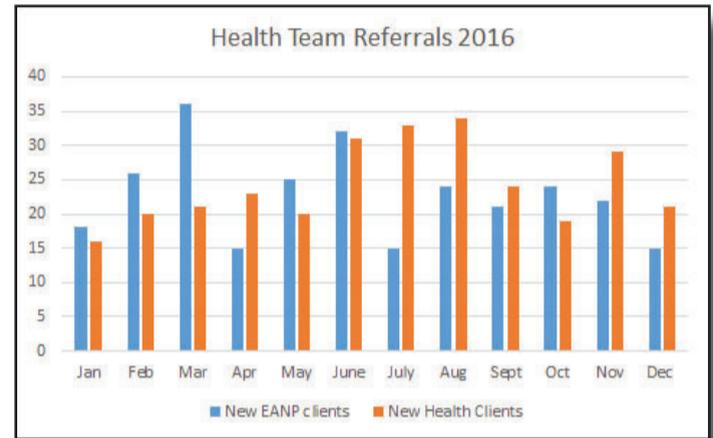
Age Concern Canterbury works to achieve wellbeing, rights, respect and dignity for older people.

## Elder Abuse Neglect Prevention

- \* 250 referrals were received with 218 closed cases of Elder Abuse (there were 181 referrals in 2015 and 107 closed cases in 2015).
- \* A further 341 health referrals were managed by the Health Team.
- \* There was a 65/35 % split female to male clients and 70% were aged over 75.
- \* There were 220 general enquiries about Elder Abuse and Neglect Prevention.
- \* 51 education sessions were delivered to Aged Residential Care with 1118 participants.
- \* The Health Team ran 50 public awareness activities.



75% of abuse was by a family member



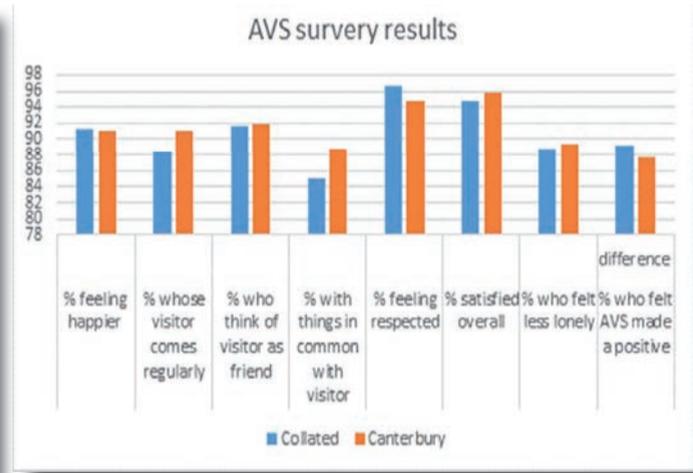
## Earthquake Support

The Earthquake Support Coordinator and Elder Care Worker roles have continued to support many older clients through their earthquake related issues and other social needs.

## Accredited Visiting Service

- \* The Accredited Visiting Service (AVS) team in Canterbury, the West Coast and Timaru continue to co-ordinate thousands of volunteer visits to socially isolated people (7,838 in Canterbury).
- \* Across the three regions, 45 percent of the volunteers are under 65.

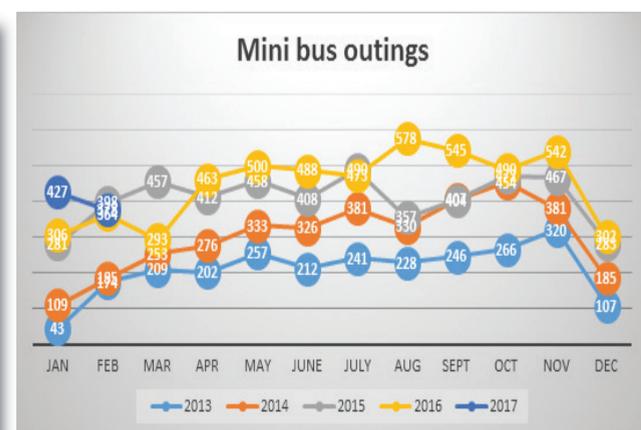
**Age Concern Canterbury's Accredited Visiting Service has over 221 volunteers.**



*“I have something to look forward to each week. I enjoy the visit immensely. I feel better after the visit - less lonely, more connected.”* from an AVS client.

## Social Connection Service

The Social Connection Co-ordinators utilised the 3 mini buses that we have to facilitate 5,344 outings for socially isolated people.



*“I’m so grateful that you organise these outings. I really feel like I’ve come out of my shell.”* from a Minibus client.

## Home Support Services

- \* 2,438 clients were assisted with a home help, trade/handyman or gardener from our database.
- \* All service providers on our database are police checked and interviewed.



## Age Concern Canterbury Courses

- \* 585 people attended a Health Promotion course.
- \* Over 60 speaking engagements were attended by staff.

*“It is a very worthwhile course. Older drivers should be encouraged to do the course because things change.”* Confident Driving Course attendee.



## Age Concern Canterbury Expo

Many thousands of people attended the Positive Ageing Expo at Papanui High School on 26th September 2016.

- \* 36% of attendees made a life change as a result of attending.
- \* 82% of attendees would attend again.
- \* 63% of attendees came to get information on services for older people.



## Volunteers

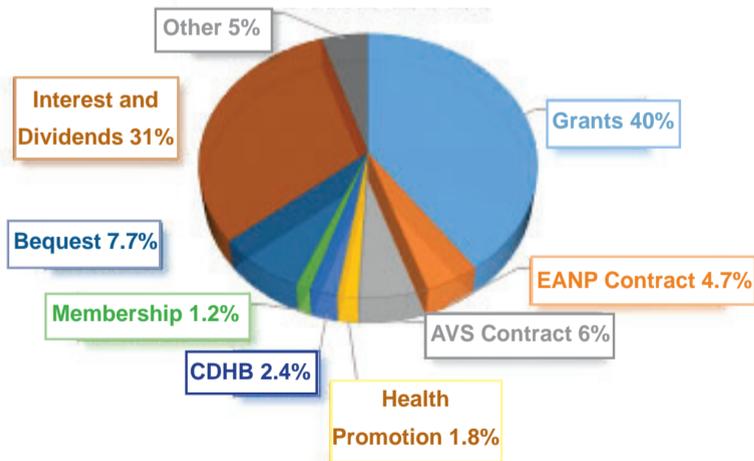
- \* In 2016 volunteers contributed over 16 000 hours to improving the lives of older people.
- \* This enabled us to deliver on our vision – of being the lead agency that connects, supports, empowers, celebrates and respects all older people in an inclusive community.
- \* In pure economic terms, volunteer involvement equates to over \$240K per year\*. (\* Based on minimum wage).

## Website & Facebook

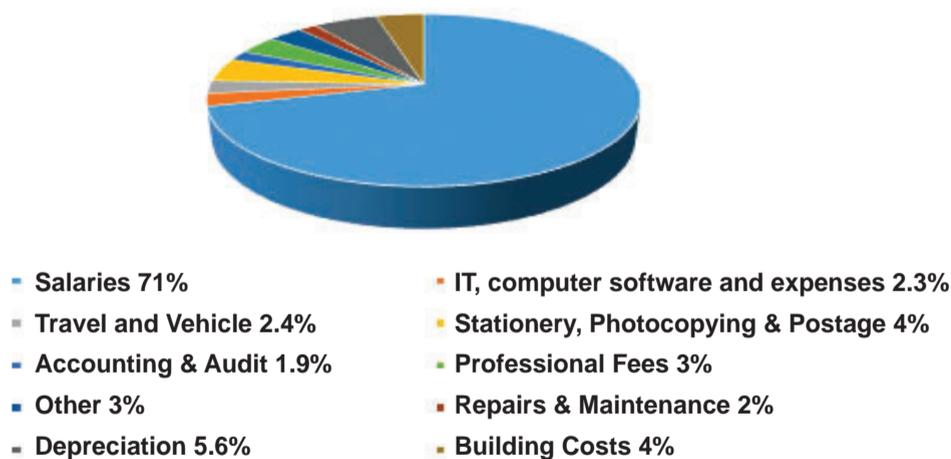
- \* Our Website was visited 44,395 times, that's 121 every day, and a 98 % increase on 2015 (22,439 in 2015), with 70 % of those being first time users.
- \* We currently have 337 followers on our Facebook page (up from 226 in 2015) – and this is growing daily, with an increased focus on connecting with people via this medium.
- \* One story included on the Facebook page was about social isolation – this reached 2,500 people (our biggest reach last year was 688 people), 153 of whom interacted with Age Concern Canterbury as a result.

## Our Finances

### INCOME 2016



### EXPENSES 2016



## Acknowledgements

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

Combined Lions Club of Christchurch  
 Lloyd Morgan Lions Clubs Charitable Trust  
 New Zealand Lotteries Commission  
 Christchurch City Council  
 Christchurch Earthquake Appeal Trust  
 Margaret Burns Charitable Trust  
 Waimakariri District Council

Christchurch Casino Trust  
 H.P.A.  
 Selwyn District Council  
 New Zealand Red Cross  
 Jones Foundation  
 Southern Trust  
 More Mobility



# Reducing isolation by staying connected

Current research indicates that about half of older New Zealanders experience some level of isolation. The Mental Health Foundation believes that 'local community projects can contribute to improving trust among neighbours and increasing feelings of belonging and social connectedness, all of which helps us flourish and live meaningful lives.' At Age Concern, we work to reduce the isolation older people may be experiencing by connecting them to groups and social activities. We are very fortunate to have volunteers who visit older people, and help to run our groups and outings in the community. There are also some amazing individuals we have met who have organised their own groups and activities in their communities to support and connect older people.

Hugh, 68, has been a regular visitor with Age Concern for 3 years



From Left to Right: Hugh, Brian, Russell, Malcolm and Ian.

but contributes much more to the community than just his weekly visits. Hugh set up a men's coffee group using links with others from his local church. The group meets weekly to discuss current issues or to gather for a coffee at a local café. The group is now up to 15 members, and meetings are open, honest and relaxed. It provides an opportunity to meet new people and support one another. Hugh has noticed quite a difference with the members who have been attending. 'We have men suffering various health issues either personally or with close relatives and can offer each other support.' Some of the members bring their wives along to the coffee mornings but for those whose partners have passed away it provides a much needed opportunity to connect. 'Those whose wives have died appreciate the friendship and the opportunity to socialise, which is something we all enjoy.'

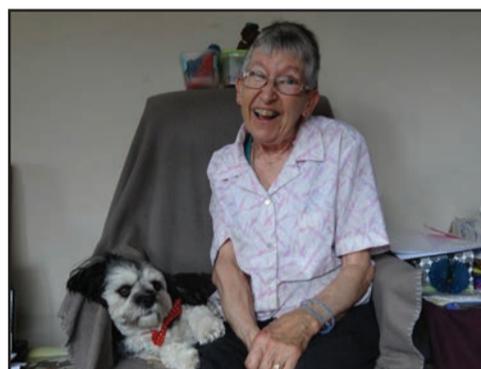
Hugh is very much aware of the dangers of social isolation, especially once retiring. 'You've got to make the move, you've got to get out there'. We asked Hugh how he recommends others stay in touch in their community. Hugh highlights the importance of neighbours getting to know each other. Hugh knows all his neighbours by name and pops a 'Welcome to the Neighbourhood' poster in the door when someone new moves to the neighbourhood. Hugh suggests 'Why

not ask someone to go for a coffee?' As we have seen, such a simple act can create supportive friendships.

## Rosie and Eveline

Eveline is a lovely, kind lady who greeted us at the door of her home with her two beautiful dogs, Ruby and Rosie. Ruby and Rosie have been by Eveline's side for a long time, and their close relationship is evident seeing them interact and cuddle into her.

Eveline is a busy lady, and has



Rosie and Eveline

volunteered her time for over 20 years to keep people connected and improve the lives of those she volunteers with through pet therapy. Every Friday morning Eveline travels to St John of God with Ruby and Rosie to spend the day with residents. Ruby and Rosie go from room to room, offering the patients support and plenty of cuddles. Eveline says that pet therapy gets both the animals and the people excited, and creates a bond between them. Eveline's contribution was recognised through a nomination for the 2013 Minister of Health Volunteer Awards.

Helping others in the community is something Eveline has always done. She helps out at her local op shop, attends a library group, visits a gentleman for the Age Concern visiting service, and has been a Caring Caller for over seven years as well as her pet therapy. 'I love being with people. Even making the effort to say hello to people can make their day, and it makes mine too.' To stay socially connected Eveline recommends keeping busy and involved in the community, and doing things to make others as well as yourself happy.

Catherine has always been involved with older people, even as a teenager, so this has become a regular part of her life. She knows and talks to everyone in her living complex, who are principally older people.

Catherine has helped a few of the residents transition into rest-homes – without having someone like Catherine, some individuals would have no one to support them with this move. Moving into a rest-home can be a big step and a stressful transition, so having someone to be there throughout can be incredibly helpful and reduce the stress involved. Catherine also organises afternoon



Catherine (centre) hosting a fish'n'chip night.

teas and fish'n'chip nights at her living complex. These are usually organised to celebrate a resident's birthday and to get everyone together. One man was delighted with a fish'n'chip night for his 90th birthday, and said it was the best birthday he had ever had. What might feel like a small gesture can mean the world to someone.

We asked Catherine how important it is to stay connected and support older people, "There are so many sad and isolated people, if everyone would take the time to help one person, it would make such a difference." Catherine would like to see more young people getting involved and helping too. "Take the time to stop and speak to someone – we can learn so much from each other, but often people are too afraid."

As we have seen, there are many ways to stay connected in the community, here are some other ideas:

## Age Concern Social Connection Team

Age Concern Canterbury offers café group outings and mini bus outings to help you meet others in your area. Call the social connection team for more information on 03 366 0903.

## Get fit while you get connected

You could join a walking group, dance class, swimming class, bowls club, gentle exercise group – whatever takes your fancy.

## Get involved in your community

\* Join a group where people come together through a shared hobby.

\* Attend meetings in your community to keep up to date with what is going on.

\* Neighbours Day Aotearoa is an

annual celebration of neighbourliness that takes place across New Zealand over the last weekend of March. Neighbours day encourages people to get to know their neighbours and build connections. Want to know more and get involved next year? Visit [www.neighboursday.org.nz](http://www.neighboursday.org.nz)

## Use the Internet

\* Consider getting a laptop, computer, or an iPad, and a broadband connection.

\* Use email or messaging online - Skype is a great idea for connecting to your family and friends via video where you can see each other on the screen while talking anywhere in the world.

## Use the phone

\* Find out when it's best to phone people you want to keep in contact with and get into the habit of calling them regularly.

\* Form a telephone 'tree' - a group of people who can spread news quickly by phoning 'down' the tree.

## Walk the talk

\* Go for regular walks in your neighbourhood. Greet those you meet, and if you feel comfortable and it feels right, stop and chat.

\* Get out and about on public transport with the Supergold Card in off-peak hours (9am-3pm and after 6.30pm, plus weekends and public holidays). If you don't drive and can't use public transport, find out if you qualify for Total Mobility taxi vouchers.

\* Visit places like the library, museum and local cafes and be open to talk to others.

\* Be curious – get to know people who are not of your generation, and who have different views and ideas to yours. You can learn a lot from others, and you can teach a lot to others too.

If you would like more information and ideas feel free to get in contact with us at Age Concern. If you are feeling lonely or sad, or the tips feel too hard, talk to somebody – it could be your doctor, a trusted friend or family member, or call us here at Age Concern. We are here to help and support you in any way we can.

# VOLUNTEERS NEEDED

## Minibus Drivers

*Make a difference in someone else's life*

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

No special licence is required.

**Our need is growing along with the older population.**

*Give it some thought.*



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

# Sharyn Anderson makes a fair call

To retire after 25 years of service is a fair call for Sharyn Anderson. Sharyn worked co-ordinating Home Services throughout her time at Age Concern Canterbury and managed the service efficiently and with a fair hand.

Staff and clients alike valued her straight-talking style and wit, making her a prominent staff member in the work place and on social occasions.

Sharyn is moving on to give family, friends and travel more time.

She is replaced by two staff

members who are already familiar with the job. Deborah McCormick and Julie Anderson have increased their hours in the role to meet the needs of over 60s wanting work completed in and about the home.

If you need a hand from a tradesman, handyman or gardener, or someone to complete cleaning tasks in the home, just give us a call. The service also includes footcare and hairdressing. Whatever your need, give us a call and Deb or Julie will co-ordinate someone to do the job.



*Photo: Sharyn Anderson celebrates her retirement from Age Concern Canterbury with other former colleagues. From Left: Ahi Allen, Sharyn Anderson, Frank Morgan and Gary Fairbairn.*

# Driving abilities change as we age

by Kelly Larsen, Senior Seageant, Canterbury Road Policing, NZ Police

As we age, it's normal for our driving abilities to change. By reducing risk factors and incorporating safe driving practices, many people can continue to drive safely as they get older.

To make sure everyone is safe on our roads, it's important you pay attention to any warning signs that age is compromising your ability to drive safely.

### Understanding how ageing affects driving

As we get older, our eyesight and hearing is likely to become impaired and our motor reflexes get slower. Ageing also tends to result in reduced strength, co-ordination, and flexibility, which can significantly impact on your ability to safely control a car.

Health problems don't necessarily mean you need to stop driving, but they do require awareness, and a willingness to correct them. Some health problems include:

- **Conflicting medications.** Certain medications or combinations of medications can affect senses and reflexes. Check with your doctor about the effect any new medication or combination of medications will have on your ability to drive.

- **Eyesight problems.** Some eye

conditions or medications interfere with your ability to focus. They can impact on your peripheral vision, your sensitivity to light, your ability to see in the dark, or can cause blurred vision. Can you easily see traffic lights, road markings and street signs? Can you react appropriately to drivers coming from behind or the side?

- **Hearing problems.** If your hearing is decreasing, you may not realize you're missing out on important cues to drive safely. Can you hear emergency sirens, or if someone is accelerating next to you, or the honking of a horn?

- **Problems with reflexes and range of motion.** Can you react quickly enough if you need to brake suddenly or quickly look back? Have you confused the accelerator and brake pedals? Do you find yourself getting more flustered while driving? Is it comfortable to look back over your shoulder?

- **Problems with memory.** Do you find yourself missing intersections that used to be second nature, or find yourself getting lost frequently? While everyone has an occasional lapse, if there's an increasing pattern, it's time to get evaluated by a doctor.

- **Trouble with the nuts and bolts of driving.** Do you see yourself making sudden lane changes, drifting into other lanes, braking, or accelerating suddenly without reason? How about failing to use the turn signal, or keeping the signal on without changing lanes?

- **Close calls and increased citations.** Red flags include frequent "close calls" (i.e., almost crashing), dents and scrapes on the car or on fences, mailboxes, garage doors, and curbs.

You may have driven your entire life and take great pride in your driving ability. To continue driving safely, it is vital you recognize that changes do happen, be willing to listen if others voice concerns and take personal responsibility for ensuring you are a safe and competent driver every time you get behind the wheel of a vehicle.

### Safety tips for older drivers Stay on top of your health

- Get your eyes checked every year.
- Have your hearing checked annually.
- Talk with a doctor about the effects health conditions or medications may

have on your driving.

### Drive defensively

Other drivers are more likely to be distracted than they used to be. This means you need to take extra steps to drive safely, like paying extra attention at intersections.

### Know your limits

If a driving situation makes you uncomfortable, don't do it. For example, you may choose to drive only during daylight hours or avoid driving in bad weather.

### Listen to the concerns of others

If family, friends or professionals begin to talk to you about your driving, it may be time to take a hard, honest look at your driving ability.

\* You might choose to brush up your skills by checking your knowledge of the current road code, booking in for a refresher driving lesson or completing an On Road Safety Test.

\* Talk to your doctor. They should be able to provide an opinion about your ability to drive safely or refer you to an occupational therapist for an assessment. It takes a lot of courage to stop driving and put the safety of yourself and others first, but road safety is everyone's responsibility, so please play your part.

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](mailto:yvonne@ageconcerncan.org.nz)

# SAYGo - more than just an exercise class

Steady As You Go, called SAYGo for short, is not just another exercise class for older folk.

SAYGo classes teach you how to avoid and prevent falling. While falls are not an inevitable part of ageing, the incidence of falls does increase with age. As we get older, our muscle and bone mass decreases and the senses that guide our balance - vision, touch, and awareness of our body parts - may all start to deteriorate. These age-related changes can make us unsteady on our feet. Some medications can make us feel dizzy, while pain and some medical conditions can affect our balance.

But most often a fall happens because of the loss of strength in the powerful muscles of our thighs, hips, buttocks, abdomen and lower back. This is not specifically age related, but because our activities change, we are likely to lose strength in our legs and core simply because we are not using them as much. And thankfully, we can reverse this loss.

## Falls prevention pays dividends in your life

Falls cost a lot. Our health system and ACC tell us about the financial

cost of treating and recuperating a person with injuries gained in a fall. But that is not really the worst cost. The personal impact on quality of life through pain and disability can be tremendous. But even if a fall just gives you a bruise, and a fright, it can mean that you lose confidence as well as suffering pain and inconvenience.

## How does SAYGo help prevent you from falling?

The exercises we do in a SAYGo class are specifically designed to improve your strength, particularly of your legs, buttocks and core. They also improve flexibility, mobility and balance. These are the central aspects of keeping your body upright, and bringing you back to vertical if you should stumble.

By doing exercises designed to improve your balance, strength and flexibility you will become stronger, more stable. You will be able to respond quicker if you do stumble, as your brain will become more aware of your environment. People who attend a SAYGo class are telling us that they feel more confident, even after just a few classes. They quickly become more aware of their feet and

they learn to walk and stand with greater stability.

SAYGo emphasises the importance of walking with your feet hip distance apart. Class members practise this in class (by walking forwards, backwards, sideways, tip toe and in curves), and they are encouraged to practise this at home until it becomes second nature. They learn that swinging the opposite arm forward as they walk gives them better balance, and they learn to turn around without crossing their feet.

SAYGo class members also learn to use their eyes differently and to notice what they can see in peripheral vision. Doing SAYGo each week will complement all other kinds of exercise. For example, if you play croquet, golf or bowls, or enjoy walking, you will find that you can do these activities more confidently if you are also attending a SAYGo class.

## About SAYGo

After eleven weeks with an Age Concern Co-ordinator, each class becomes a self managing community group. You will meet other like-minded people and you will have

the opportunity to help with the running of the class – small tasks such as minding the roll, and the CD Player, collecting the \$2 donation, and ensuring that the chairs are put away.

The exercises in SAYGo classes are based on the Otago Exercise Programme, which was designed at Otago University and is internationally recognised as the exemplar in falls prevention. We now have 21 classes in Christchurch and North Canterbury and more are planned. Classes are being held in community centres and a community cottage, libraries, church halls, retirement villages and social housing villages. Age Concern is always on the lookout for suitable venues and for groups that would like to host a weekly class.

## Come and try a SAYGo class

You don't need to book in to a class. Some classes are full and waitlisted, but you can just come along to any of the available classes listed. If you want more information phone Deirdre at Age Concern Canterbury 366 0903, or Christine on 0274339598 and Robyn (North Canterbury) on 0220468467.



## Falls are preventable

# STEADY AS YOU GO (SAYGo)

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

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

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

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

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

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

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

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

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

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

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

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

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

**Wainoni**, (Wait list only), Celebration Centre, 81 Bickerton Street, back entrance with Preschool signage on Monday at 10.30am.

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



## DESIGNED FOR MEN AND WOMEN

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

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

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

\$2.00 per class.



# World Elder Abuse Awareness Day



## 10 TIPS to promote respect and prevent abuse

- 1 Love and cherish your older relatives/whānau.
- 2 Speak respectfully to older people/kaumātua.
- 3 Include older people/kaumātua in your social activities.
- 4 Phone or visit your older relatives/whānau.
- 5 Support older people/kaumātua to spend their money how they wish.
- 6 Encourage and support older people/kaumātua to make their own decisions.
- 7 Honour older people's/kaumātua's wisdom.
- 8 Enable older people/kaumātua to set their own pace.
- 9 Respect older people's/kaumātua's stories.
- 10 Seek advice from an Elder Abuse and Neglect Prevention Service when you think an older person/kaumātua is being abused or neglected.

Always respected, never abused.

World Elder Abuse  
Awareness Day  
15 June

ageconcern.org.nz

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

# GenConnect: Connecting generations by sharing knowledge

Last year Upper Riccarton library started a pilot programme in conjunction with Riccarton High School called GenConnect. The idea was to boost the quality of interactions between the younger generations and older adults by providing free technology help. The pilot was a success and this year it has become a regular programme that runs every Wednesday from 1 to 1.40 pm during term time.

Technology-oriented intergenerational programmes have been proven to be a very approachable way to breach the generational gap by providing an opportunity for interaction. Young people who were born in the age of digital technology are called "digital natives", and can navigate most aspects of it with ease as they have an innate understanding of how it works. But people who are "digital immigrants" and have to learn how to use technology might find it takes a bit of practice and perseverance before they feel comfortable using it.



Connecting generations, Riccarton Library

Technology is a great thing but it is not particularly intuitive.

This is where GenConnect comes in. Students volunteer their time every week to help older adults feel more comfortable with digital technology such as Smart Phones, tablets and iPads or even laptops. And on the other hand, adults contribute by sharing local community history and helping the students practise skills such as empathy, kindness and

patience as well as giving them the chance to share what they know.

Even though technology is at the core of the programme, the reality is that GenConnect might become very useful as a vehicle to enhance intergenerational relationships by stimulating learning and dialogue, which may result in better communication, understanding and co-operation.

The high school students who

deliver the programme can answer many questions or doubts, including:

- How to set up and use your Smart Phone, tablet or iPad.
- How to set up an email account.
- How to set up and use Facebook or Skype accounts so you can get in touch with old friends.
- How to share your photos with your friends and family.
- How to use technology to make your life easier.

GenConnect is available only at Upper Riccarton library at this stage, but eventually we are hoping to roll it out to more libraries so students and seniors in other communities can benefit as well.

Come to Upper Riccarton Library where Riccarton High School students will be available every Wednesday during term time from 1-1.40pm to help you find answers to all your questions.

For more information go to <https://my.christchurchcitylibraries.com/> call 03 941 7923 or visit Upper Riccarton Library.

# Recycling: keep it topless, clean and loose

When you toss your plastic bottles and containers into the recycling bin - are you unintentionally doing more harm than good?

Christchurch people are great at recycling but a few common mistakes are causing issues at the city's recycling plant.

"Unfortunately a proportion of the items put out for recycling cause issues for the recycling plant during processing," said Christchurch City Council Solid Waste Manager Ross Trotter.

"If we want to maximise the amount of material being recycled people need to remember three things when

they're putting items out for recycling - topless, clean and loose."

Mr Trotter said lids on bottles and other containers were made from a variety of materials that could contaminate the recycling so they needed to be removed and placed in the red wheelie bin. It was important to wash bottles and containers so they were free of food scraps or liquid.

One of the most common causes of contamination with recycling are items containing food or liquid. "If items put out for recycling have food in them or any liquids it can contaminate other recycling such as glass and paper which then can't be recycled".

"It is also a health risk for the staff working at the recycling plant. They should not be handling rotting food or liquids of unknown origin or dealing with the stench," Mr Trotter said.

Another message the Council was trying to get out was that items put out for recycling needed to be loose, not bagged up.

"If it is in a bag it is unable to move freely along the automated Materials Recycling Facility. When you have 25,000kg of material to recycle every hour you don't have time to open all the bags and remove any contamination," Mr Trotter said.

"Unfortunately if items turn up at the

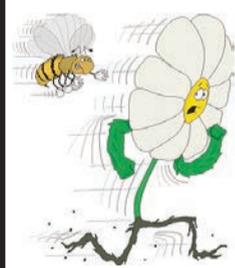
recycling plant bundled in bags they get thrown away."

Mr Trotter said another common mistake people made was crushing plastic bottles and containers before they put them in their recycling bin. This was not necessary.

"The recycling plant recognises the different shapes, density and compounds of the material being sorted and it helps when the recycling is not crushed. When people crush bottles or containers it makes it more difficult for the plant to separate them. We need them whole and clean."

(Source: [healthychristchurch.org.nz/news/](http://healthychristchurch.org.nz/news/))

## AGE CONCERN CANTERBURY ARE LOOKING FOR COMPETENT GARDENERS



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

**Gardeners required in Papanui, Redwood and Bishopdale.**

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

For more information please phone Deb on 366-0903



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Let me help you with your BIG decision.

Call me for a professional home appraisal & I'll help you work things out, plus I have a large network of people who can help.

*Let's have a cuppa. "You make the tea and I'll bring the biscuits!"*



# Living well with dementia/Noho ora pai ana I te korokeke

by Darral Campbell, Manager, Dementia Canterbury

On 1st November 2016 Alzheimer's Canterbury rebranded to become Dementia Canterbury in order to more appropriately reflect the many dementia conditions covered by its services. This is in keeping with its continued emphasis on development and delivery of innovative quality-based community services intended to support people to live well with dementia.

Several months prior to the rebranding Alzheimers Canterbury withdrew from the Alzheimers New Zealand Federation with a plan to set up Dementia Canterbury as a way of concentrating effort on delivery of frontline services. "There was growing confusion in the public arena about the relationship between Alzheimers

New Zealand and us," says Darral Campbell, Manager. "People saw us as one. We want people to know that money they donate to us, stays in our region and goes directly into frontline services in our region."

"Alongside Dementia Canterbury, Dementia Auckland and Dementia Waikato were also launched on the 1st November 2016. We are unique in our communities as the only agencies working with people from the point of diagnosis through to the time of entering residential care."

Two recently developed programmes which are now being offered by Dementia Canterbury are a concurrent education programme, "Introduction to Living Well", for people with dementia and their

care partner/whanau, and a "Brain Ignition" series for people living with dementia. Underpinning both of these programmes is the philosophy of empowering people by providing education, peer support and cognitive stimulation.

For some people newly diagnosed with dementia the diagnosis can be shocking, unexpected and rob them of confidence. However, because many people are now being diagnosed earlier in the dementia journey than in years gone by, this provides a wonderful opportunity for people to take control sooner and manage their lives to live well with dementia.

"Living Well" education and "Brain Ignition" groups both aim to provide an opportunity for people to express

their feelings and connect with others who are going through a similar experience – which can be powerfully affirming. As participants have said:

"Gives me hope that I can cope well with this".

"Realising that you are not alone and the help that is available".

"I've enjoyed the whole thing, hearing from the other people, the exercise and mindfulness, everybody is just so nice".

For more information about the services offered by Dementia Canterbury go to [www.dementiacanterbury.org.nz](http://www.dementiacanterbury.org.nz)



# Tracking Captain Joseph Thomas

Canterbury was not born when the First Four Ships arrived in December 1850. So much of the initial work was carried out by Captain Joseph Thomas and his men in 1849 and 1850.

There has been no detailed biography of the Canterbury Association Chief Surveyor. His two years in Canterbury gain brief mention in local accounts but who was this man? What was his story before and after his time in this province?

In early 2013, Rhodes Medal and Sherrard Award co-winner Colin Amodeo decided to find out. After four years of research, he uncovered enough information to publish Tracking Captain Thomas.

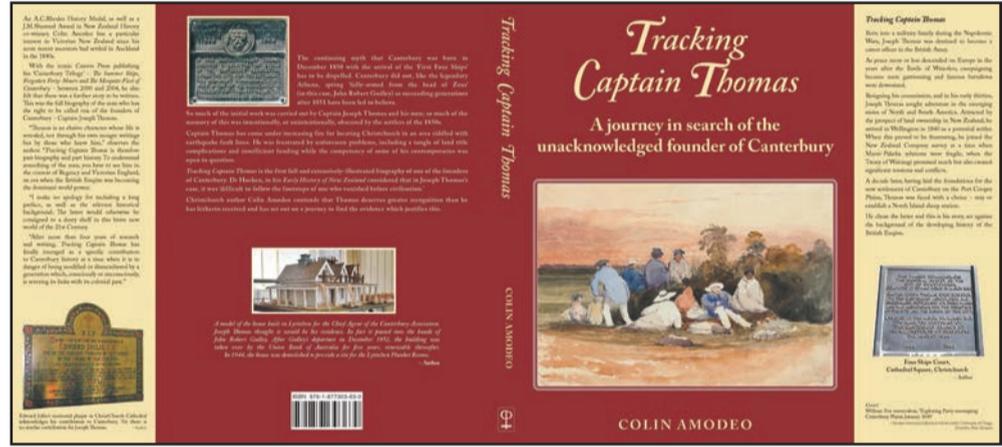
This was, in its own way, an odyssey



which led in unusual directions, hence the sub-title 'A journey in search of the unacknowledged founder of Canterbury.'

### What's a founder?

John Robert Godley's statue in Cathedral Square has the inscription 'Founder of Canterbury'. There is no argument. He was a founder. However, the definition of 'founder'



Tracking Captain Thomas is available from booksellers or The Caxton Press, Chch.

needed re-examination. The settlers of 1851 thought of Godley as the sole founder. He had loomed large in their lives until he departed in late 1852.

But there were others.

In 1847, Edward Gibbon Wakefield had envisaged an Anglican colony in New Zealand which would continue the social stratification of Old England. He also thought that 'Canterbury' should be in the North Island, possibly the Wairarapa.

### Pre-Adamites

Could the Deans at Riccarton, Greenwoods at Purau and Motunau, Rhodes on Banks Peninsula, as well as the Gebbies, Mansons, Hays and Sinclairs be regarded as founders?

Surely English and French settlers at Akaroa were founders? Were the First Four Shippers not founders? The FitzGerals, Barkers, Olliviers, Parkers, Marshmans, Parkinsons, Brittans, Wards, as well as surveyors Jollie, Cass, Torlesse, Boys and Hewlings were some of the pioneers who shaped the destiny of the colony of the 1850s. And so the 'founder' definition expands.

### Thomas the man

Joseph Thomas had a life beyond Canterbury. Born in 1803 to an English military family during the Napoleonic Wars, he was a career officer. After Sandhurst training, he was posted to the 87th Regiment and saw action in Burma. Later, with the

19th Regiment in the Caribbean, he subsequently resigned to travel in North and South America. Then he returned to England, purchased New Zealand Company Land Orders and sailed for Wellington in 1840.

This did not work out. Several years later, he joined the Otago Survey, prior to the arrival of the first Dunedin settlers.

In 1848, Thomas was appointed the Canterbury Association's Chief Surveyor and returned to New Zealand with the big question – the site for the new Anglican colony: Wairarapa or the Port Cooper Plains?

He chose the latter but, in early 1851, left Canterbury for Australia and England. However, Thomas's later life is a mystery. His death date is unknown but his legacy is in the province where we live today.

Tracking Captain Thomas is part history, part biography. The foreword by Heritage Minister Maggie Barry emphasises the need to preserve colonial history when so much is being lost, forgotten or re-shaped.

"I make no apology for a long preface, detailed footnotes and appendices," writes Christchurch author Colin Amodeo. "Joseph Thomas must be seen against the background of an energetic, reformist British Empire. References to historical events which impacted on his life are essential."

**Moving into a retirement community?**

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\*For the first year. \*Refers to the combined value of your belongings, not the value per item. Normal underwriting criteria applies.

# Changes to enduring powers of attorney

The Protection of Personal and Property Rights Act enables you to appoint a person you trust to manage your affairs under Enduring Powers of Attorney ("Enduring Power(s)"). On 16 March 2017 changes were made to this Act, and its Regulations, which effect how we make and use Enduring Powers.

**\* The Forms**  
All Enduring Powers now need to be completed on a prescribed form.

If you started new Enduring Powers prior to 16 March 2017, but have not completed them, they will no longer be valid and must be redrafted. If you have fully executed your Enduring Powers, the documents will continue

to be valid.  
**\* Witnessing Requirements on Mutual Enduring Powers**

There has been considerable confusion over the witnessing of mutual Enduring Powers where a husband and wife appoint each other. Changes to the Act clarify this. Now it may be possible for the same person to witness both Donors execution of the documents.

**\* Consultation**  
Previously an Attorney acting under Enduring Powers was required to consult with the Donor and any other person the Donor specified in their Enduring Powers. Now an Attorney must consult with any other Attorney

under the particular Enduring Power, along with any Attorney appointed under another Enduring Power.

**\* Revoking the appointment of an Attorney**

The new forms allow a Donor to revoke an Attorney's appointment without revoking the entire Enduring Power so long as there is at least one other Attorney remaining.

**\* Revocation of the Enduring Powers**

Enduring Powers can be revoked at any time by a Donor giving notice to the Attorney. Where new Enduring

Powers state that they revoke earlier Enduring Powers, revocation may be effected either by the Donor or another person. Notice may also be given at a later time.

When making a decision regarding Enduring Powers of Attorney, it is critical you seek legal advice from a team who understand how your decisions now may impact on you and your legal requirements in later years.

Please call Fleur McDonald on 03 352 2293 to arrange an appointment to discuss your situation.

## Arthritis aid and circulation booster

The Aircycle is an inflatable exerciser that offers a simple and convenient way to improve circulation, leg strength, joint flexibility, and control pain. It enables one to easily and gently exercise feet, legs, lower back and hands from a sitting position without weight-bearing activity. Here's some of the amazing feedback received:



*sleep) and my wrists have improved no end – as have my fingers.” Maurice, Hamilton*

*• “The Aircycle is even better than the information says. The pain in my knees has gone and although I use a walker I don't need it around the house anymore. I can move more freely and have much less pain*

*in both my hands and feet. My feet are warmer too and I don't need bed socks which I've worn for years.” Gay, Rotorua*

*• “I've had my Aircycle for 7 weeks and use it regularly each evening while watching the 6 o'clock news and again for 10 minutes before bed. I haven't had any sign of cramp, which was so painful, for the last 7 weeks. Besides that, both my ankles are back to normal and not swollen anymore!” Margaret, Rangiora*

*• “I've been using it, my Aircycle, for 2 months. I've had arthritis in a couple of fingers on each hand, also both wrists and shoulders. Since using I've no more pain in my shoulders (better*

*What a bargain and what a success. My wife uses it everytime she sits down. It's so gentle on her aching feet and legs which have now improved. We cannot speak too highly of the benefit she has received from the Aircycle.” Jack, Piha.*

Keep your joints and muscles moving gently while sitting having coffee, reading, watching TV, working at a desk or travelling by car or plane. It's so easy and it works! **(A)**



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



### Circulation Booster

### Strengthen Leg Muscles

**To support joints & improve balance  
Avoid Falls**

**Helpful for:**

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

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

## Changes to Enduring Powers of Attorney

**Hear Fleur McDonald discuss the changes to Enduring Powers of Attorney here at Age Concern Canterbury, 24 Main North Road, Papanui on Monday, 3 July 2017 at 1.00pm.**

*Light refreshments will follow the discussion.*

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



## Protecting you through all stages of life

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

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

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

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

- Wills
- Trusts
- Enduring Powers of Attorney
- Rest Home Subsidies
- Funeral Trusts
- Occupation Right Agreements
- Estate Planning
- Asset Protection

Contact Fleur McDonald

**P** (03) 352 2293 **E** [fleur.mcdonald@harmans.co.nz](mailto:fleur.mcdonald@harmans.co.nz) **A** 485 Papanui Road, Christchurch [www.harmans.co.nz](http://www.harmans.co.nz)

## Fun and enjoyment are key for participation

A study on older people published this year by the University of Manchester showed that fun and social interaction are some of the most motivating aspects of participating in physical activity programmes. The authors recommend encouraging people to get involved and stay involved by focusing on physical activity as fun, sociable, and an achievable pastime that has short-term benefits for everyday life.

It was found that having clear links between increased physical activity and improvements in mood and the ease of everyday activities (such as being able to get out of a chair or bring the groceries in from the car unassisted) helped to remove the doubts older people sometimes have



about whether they are capable of exercising, or whether it is necessary in later life. This in turn meant people placed more value on being active, and increased how active they were outside of their exercise programmes.

(Source: [ageconcern.org.nz](http://ageconcern.org.nz))

## Rolleston beauty with the X factor

Situated on a large rear section in a quiet cul-de-sac is a wonderfully warm home that needs to be seen to be appreciated. Built in 2003, no expense has been spared in this immaculate north facing G J Gardner home. The exterior is a mix of James Hardie Linear weatherboard and Austral designer schist. The design is unique in that it caters for a variety of needs including a large family, an extended family, those with special needs, or perhaps those wishing to offer respite care.

Carpeted throughout with high quality Smart Strand Rhino the home provides a large open-plan living/dining area adjacent to a chef's designer kitchen that includes an integrated refrigerator, an instant filtered boiling water system, and an Asco 5 ring cook-top. The large walk-in pantry is home to an integrated freezer.

Of the three bedrooms, the master can be completely separate as it

has it's own lounge, large walk-in wardrobe plus ensuite. Bedrooms two and three each have built-in wardrobes, work stations, their own toilets plus shared ensuite. Off the lounge is a study nook. There is also a large media room. Adjoining the double garage is a separate office or fourth bedroom. The home is totally insulated, has Argon filled double glazing, plus a heat-pump, log fire and DVS system.

In addition there is a separate 49m<sup>2</sup> fully self-contained dual-living studio with ensuite. This would be ideal for a multitude of uses as the layout is perfect for those seeking a work-from-home opportunity.

The well-established grounds that have been lovingly landscaped and are home to many native plantings and 25 fruit trees also provides sufficient parking for several vehicles. There is also five garden sheds, three 750 litre rain water collection tanks, even a chook house. (A)

## SERIOUSLY FOR SALE



17b Manor Drive, Rolleston

- \* Hi-Spec 250m<sup>2</sup> G J Gardner Home
- \* Close to all amenities
- \* Luxury Living
- \* Priced to sell
- \* Set amongst quality homes
- \* R.V. \$780,000 1/7/2015
- \* Quiet rear 1187m<sup>2</sup> section
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## Canterbury rest homes and villages win for a second year

Aged Advisor has announced another year of "People's Choice Awards" Finalists and Winners after receiving almost 2000 indepth reviews and ratings on seven categories ranging from 'Enjoyable Food' to 'Indoor Entertainment'. The reviews cover nearly 500 retirement villages and aged care facilities from throughout New Zealand.

Aged Advisor, a New Zealand based independent review site for retirement villages, rest homes and aged care has become a top NZ review site for helping retirees and families make better informed decisions on village and care options. Launched two years ago, it has become the 'Tripadvisor' site for the retirement living sector - and now offers services to those looking to move into a retirement village or an aged care facility.

According to a recent Consumer NZ survey - retirement homes are considered the third "least trusted" organisations, just behind real estate agents and car dealers. According to Aged Advisor's Founder, Nigel Matthews, some facilities appear to be reluctant to have residents place reviews or share their experiences. "The statistics show that every day, more and more New Zealanders are going online first, to see what other people think, before signing on the dotted line. Prospective residents (and their families) want to know what others think of the facility. Is it really as good as the brochures say? Are the staff knowledgeable and caring, and do the management respond quickly if there's an issue?"

Mr Matthews adds, "Some providers are still trying to get their heads around this thing called 'social media' - and the fear of 'what if someone



Sue Coleman, Cheviot Rest Home with two awards from Aged Advisor's Managing Director, Nigel Matthews.

says something negative?'. People want to know the real stories - and those facilities doing a great job, will welcome the opportunity for their residents to share their stories."

This year, the three South Island awards were won by Canterbury facilities, with runner ups spread from Invercargill to Nelson. Cheviot Rest Home and Archer Care were the first facilities in New Zealand to win the prestigious South Island 'Best Small Aged Care' and 'Best Med/Large Aged Care' awards two years running.

Sue Coleman, Owner and local RN of Cheviot Rest Home for over 16 years was 'absolutely delighted' to be told of their latest Award. "It's wonderful to receive the great feedback and know that you're making a difference for those that live here."

Parklane Retirement Village won the South Island's, Best Retirement Village award. To view all winners, visit <https://www.agedadvisor.nz/> awards. (A)

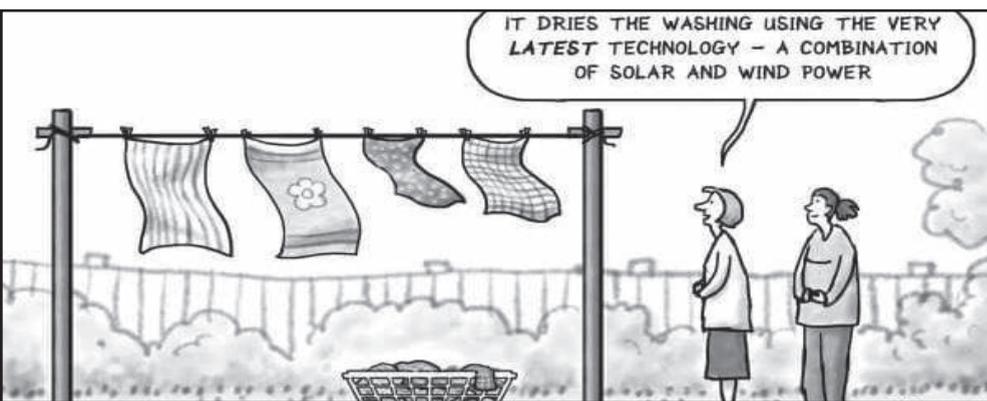


## Congratulations to NZ's best Rest Homes & Retirement Villages.

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

 **agedadvisor**.co.nz  
SHARING OUR EXPERIENCE

Find out who the winners & finalists were at:  
[www.agedadvisor.co.nz/awards](http://www.agedadvisor.co.nz/awards)



## Arthritis pain relief that works in minutes

Natural Harmony Body and Joint Rub is an amazing product with so many uses and benefits.

After launching this exciting product on the 17th December last year at the New Brighton Mall Market we have had huge success from folks who took the opportunity of the offer of a free trial at our stall of the All Natural Harmony Body and Joint Rub for all manner of aches and pains including various forms of arthritis, fibromyalgia, psoriasis, cryps and eczema.

Since then folks have been visiting our stall which had been recommended by family, friends and work colleagues. Some of whom have recommended to their relatives in other parts of NZ.

You can purchase this online, by visiting our website [www.florentinegold.co.nz](http://www.florentinegold.co.nz) or email us at [info@florentinegold.co.nz](mailto:info@florentinegold.co.nz).

Alternatively you can visit us at our stall at the New Brighton Mall Market on Saturdays between 10-2pm, we would love to see you there.

\* Made with all natural mineral crystal salts and essential oils.

\* Excellent for sensitive skin, no harmful additives.

\* Contains Omega 3 and Omega 6 and all the benefits. Easy absorption, non greasy, biodegradable, ozone friendly.

\* Not tested on animals.

As previously stated above the All Natural Harmony Body and Joint Rub is also wonderful for all types of pain relief including gout, neck and shoulder stiffness, headaches and migraines, pulled and strained muscles and tennis elbow. Also

for relief of some skin conditions including, acne, eczema and psoriasis.

It is excellent for sore throats (for external use only), also for the relief of sunburn and takes the itch out of mosquito bites.

*I was fortunate to come across the joint lotion at New Brighton Markets in Christchurch. I was walking unsteadily because of knee pain and weakness, and steps on and off the bus were a challenge. I was offered a trial right away and put on the lotion as directed then off I went. Within 15 minutes I climbed two flights of concrete steps to the pier without needing to hold the rail and with little discomfort. Absolutely wonderful! I have also applied the product to my scalp and have the psoriasis under control. This is amazing after decades of problems and no result from other products and prescriptions. I am passing on the good news to family and friends without hesitation. I encourage anyone with joint or skin problems to try these products which bring most remarkable relief.*

**Genevieve Grainger - 2017 Christchurch**

*"Having constant neck and back pain was very debilitating, and having tried other products on the market with not much success I came across Harmony Joint and Body Rub.*

*"The All Natural Harmony Body & Joint Rub has worked well for me for aches in my muscles. I have fibromyalgia and found it helped. Love the lavender scent as well. Service was super fast and very friendly."* **Carol - Marlborough** 

# Is your armchair too hard to get out of?

When your favourite armchair is too hard to get out of, it's time for a new one. As we age getting in and out of armchairs helps keep our legs strong, assists us to keep our sense of balance and encourages exercise, which is good for us. Having the right armchair may make the difference between staying independent or not!

Here are a few tips for choosing an armchair that's comfortable and easy to get out of.

### a) Height:

- allow a 90° at the hip, between the thigh and body
- rest feet comfortably on the floor
- have enough heel space for standing.

### b) Width:

Have a 2-3 finger space either side of the body to allow wriggle room and make armrests comfortable.

### c) Depth Needs:

- to ensure a good upright posture
- the user's bottom to be at the back of the chair while feet still on the ground
- seat edge to slope down slightly
- space between chair and knees to be 2-3 fingers to avoid pressure behind the legs

### d) Back rest needs to:

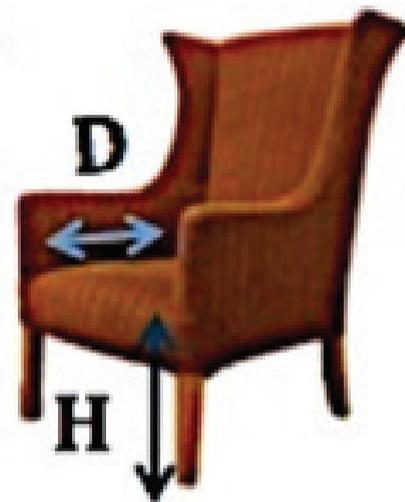
- support the lower spine, neck and head
- be wide enough to support shoulders
- lean back only slightly

### e) Arm rests need to:

- support the forearms and hands without raising the shoulders
- allow a 90° angle at the elbow, between the forearm and upper arm
- be firm enough to help with standing

### f) Chair surface needs to:

- be comfortably firm, for ease of

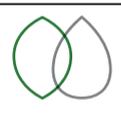


getting out

- be easily cleaned
- be a fabric that won't cause sweating

Sit in the armchair for some time and get out of it a number of times before choosing which to purchase.

Before choosing a suitable chair our friendly Physios and Occupational Therapists can help, just contact us on phone (03) 377 5280 or email [therapyprofessionals@clear.net.nz](mailto:therapyprofessionals@clear.net.nz). [www.therapyprofessionals.co.nz](http://www.therapyprofessionals.co.nz). 

  
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## UPDATE FROM THE CLUBS



**Amberley Welcome Club** members enjoyed an outing on the Christchurch Tram and visit to the Gardens and a trip to Dunedin for three nights in April. Outings to the Five Stags in Rangiora for lunch, Teddington and Port Hills and Akaroa have also been planned.

**Meet:** Mondays at 1.30pm, Anglican Church Hall. **Contact:** Ann McKenzie on 03 314 9943.

**Bishopdale Senior Citizen Club** members were entertained by Joe and Friend, Pat Hannan and Libby. They have enjoyed a bus trip for lunch at Little River. Future entertainment will be provided by Sharon and Russell Driver plus a Housie afternoon.

**Meet:** Mondays at 1.30 pm, at the Methodist Church, Corner Chapel Street and Harewood Road. **Contact:** Marie Tyler on 03 359 4344.

### **Darfield Senior Citizens Club.**

**Meet:** Every 3rd Friday at 2.00pm, Darfield Recreation Centre. **Contact:** Elly May on 03 318 7607.

**Lincoln Area Senior Citizen Club** members enjoyed a trip to West Melton, lunch at Islington Tavern and a visit to the Southern Alpacas. At their AGM a developer from Barton Fields came to speak. Members have been entertained by Joffre Marshall, Raylene Turner and Ray Gibbs. Future trips include one to Ashburton and entertainment from 'City People'.

**Meet:** First Tuesday of the month at 1.30pm at Lincoln Event Centre. **Contact:** Margaret Barratt on (03) 325 2218.

**New Horizons Senior Citizen Club** members had an interesting speaker on supporting those with memory loss and their carers. A trip to Portstone plant nursery and cafe was enjoyed. A pot luck lunch and board games at Halswell is planned in May. On 15 May come and listen to four great life stories of seniors. The Club has a "Bring and Buy Now Table" with produce from their community garden.

**Meet:** First Thursday of the month at the Church on the corner of Cobham and Lyttelton Streets. **Contact:** Ruth Townsend on 338 0654.

**Sumner Senior Citizens Club** members enjoyed a Christchurch City tour including the Memorial Hall and lunch at Regatta on Avon. The Irish Dancers are booked to entertain.

**Meet:** Second and fourth Wednesday each month at 1.30pm at Sumner Surf Club. **Contact:** Lola Bouckoms on 384 9889.



## Living with Heart Disease? You are not alone

The Heart Foundation will be hosting free information sessions on the following topics in 2017:

- Heart Failure
- Atrial Fibrillation
- Angina
- Heart healthy eating

**About:** Following a short presentation by a specialist there will be the opportunity to ask questions and talk to others. Light refreshments will be served.

**Where:** Heart Foundation office, 357 Madras Street, Christchurch

**Register:** To register your interest or for more information Call Emma or Jenny 03 3662112 or e-mail [emmamag@heartfoundation.org.nz](mailto:emmamag@heartfoundation.org.nz)

## Put your thinking cap on

This may be a little difficult for all who are over 40 ... those younger than this will have no hope at all.

**FIRST QUESTION:** You are a participant in a race. You overtake the second person. What position are you in?

**SECOND QUESTION:** If you overtake the last person, then you are .....

**THIRD QUESTION:** Very tricky arithmetic! Note: This must be done in your head only. Do not use paper and pencil or a calculator. Try it: Take 1000 and add 40 to it. Now add another 1000, now add 30. Add another 1000. Now add 20. Now add another 1000. Now add 10. What is the total?

**FOURTH QUESTION:** Mary's father has five daughters: Nana, Nene, Nini, Nono and ????? What is the name of the fifth daughter?

**OKAY FIFTH QUESTION, A FINAL CHANCE TO REDEEM YOURSELF:** A mute person goes into a shop and wants to buy a toothbrush. By imitating the action of brushing his teeth he successfully expresses himself to the shopkeeper and the purchase is done. Next, a blind man

comes into the shop who wants to buy a pair of sunglasses; How does he indicate what he wants?

**ANSWERS: FIRST QUESTION** - If you answered that you are first, then you are absolutely wrong! If you overtake the second person and you take his place, you are in

second place! **ANSWER: SECOND QUESTION** - If you answered that you are second to last, then you are wrong again... Tell me sunshine, how can you overtake the LAST PERSON? **ANSWER: THIRD QUESTION** - Did you get 5000? The correct answer is actually 4100....

If you don't believe it, check it with a calculator! Today is definitely not

your day is it???? Maybe you'll get the last question right.... Maybe.... **ANSWER: FOURTH QUESTION** - Did you answer Nunu?? No! Of course it isn't. Her name is MARY!!

Read the question again!! **ANSWER: FIFTH AND FINAL QUESTION** It's really very simple—he opens his mouth and asks for it!!!

Pass this on to frustrate the smart people in your life! Have a nice day.

## active CANTERBURY

**BE ACTIVE** is suitable for anyone 16 years and over who is looking to increase their activity and/or wanting to try new things. Sport Canterbury welcome referrals for those interested in the programmes. Details are listed below.

**Be Active Papanui, North City Church, Mondays starting 1st May, 1.30 to 3.00pm.**

**Be Active Spreydon, St Martins Church, Mondays starting 1st May, 1.30 to 3.00pm.**

**Be Active Upper Riccarton, Christchurch West Methodist, Wednesdays starting 3rd May, 6.15 to 7.15pm.**

**Be Active Bromley, Bromley Community Centre, Thursday starting 4th May, 11.00am to 12.30pm.**

**If you have any questions at all please feel free to contact Anna Wilson on 03 373 5045 or email [anna.wilson@sportcanterbury.org.nz](mailto:anna.wilson@sportcanterbury.org.nz)**

## Loburn Red Cross

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

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



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

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

# Nutrition snippet: irritable bowel syndrome

Irritable bowel syndrome (IBS) is a functional bowel disorder. This means you get symptoms such as pain, constipation, diarrhoea, bloating and/or a feeling like you haven't completely emptied your bowels. These symptoms are thought to happen because your bowel is sensitive to the gas and fluid that passes through. IBS affects around one in 10 people. Symptoms can come and go, and may often settle down for a long time.

IBS needs to be diagnosed by your doctor because they need to ensure your symptoms are not caused by disease or other problems. It's especially important to see your doctor if you are passing any blood, you've lost weight, your symptoms have started recently or you are feeling unwell.

These strategies can help manage IBS symptoms:

- Eat regular meals. This can help to keep your bowels regular.
- Always sit down to eat, preferably at a table.
- Eat slowly. Make sure you chew your food well before swallowing.
- Watch portion sizes. Eating large meals may make symptoms worse.
- Drink plenty of fluid. At least eight cups of fluid a day.
- Be active every day. This helps to



calm symptoms, relieve stress and keep bowels regular.

- Manage stress. High stress levels are linked to IBS.

**Food is also really important:**

- Change your fibre intake. For more information go to Healthinfo.org.nz search 'fibre'.
- Identify foods and drinks that make your symptoms worse and avoid them.

Common troublesome foods include fried and high-fat foods, spicy foods, caffeinated drinks (coffee, tea, and energy drinks), and gas-producing foods like onions, garlic, leeks, mushrooms, cauliflower and legumes (baked beans, kidney

beans, chickpeas and lentils).

beans, chickpeas and lentils).

- Try kiwifruit. Recent research has confirmed that eating two kiwifruit a day improves gut comfort and reduces constipation.

**Food intolerance and special diets**

If your symptoms don't get better by following the above tips, you may have a food intolerance. In this case it may help to try a special IBS diet to work out what foods you are

intolerant to. This diet is called the low FODMAP diet and can be prescribed to you by a dietitian.

For more information go to [Healthinfo.org.nz](http://Healthinfo.org.nz) and search 'Food tolerance and low FODMAP eating'.



## Kiwifruit pancake

by Bronwen King

This simple breakfast is high in all the good stuff: protein, fibre, vitamins and minerals.

**Ingredients:**

	1 Serve	2 serves
Rolled oats	2 level Tablespoons	4 level Tablespoons
Oat Bran	2 level Tablespoons	4 level Tablespoons
Egg	1	2
Plain Yoghurt	2 Tablespoons	4 Tablespoons
Kiwifruit, peeled & sliced	2	4

**Method**

1. Mix rolled oats, oat bran, egg and plain yoghurt in a bowl to form the pancake batter.
2. Heat a non-stick fry pan over medium heat.
3. Pour the mixture onto the warm fry pan surface, creating a round shape (you can make 1 large or 2 small per serve)
4. Cook for about 2 minutes on each side or until lightly browned. Flip using a spatula.
5. Once cooked through, serve with your choice of yoghurt, and sliced kiwifruit.



**Variations:**

- Use mashed banana, rather than yoghurt in the mixture (same amount).
- Add ¼ teaspoon of cinnamon, or mixed spice to the batter.
- Serve accompanied with other fruits such as berries (pictured with blueberries)



### SHIRLEY WALKERS

Shirley Walkers meeting Mondays and Thursdays at 9.30am by the Shirley Community site (park on Chancellor Street) for car pool to the start of walk.

Most walks are approximately 2 hours long followed by some time together at a Cafe for those who wish. (If you want to go straight to the walk please let Sue know on the day).

\$4.00 petrol contribution to the driver if you car pool.

Phone Sue Long on 981 7071 or 0277754635 for further information.

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### Garden City SeniorNet

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 12.15-1.00 pm at our Club Rooms, 3 Brake Street, Church Corner, Upper Riccarton. Come along for an informal chat, we'd love to see you.

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# New Zealand's modern history: Rogernomics

by Dan Bartlett

"Lange was asked, 'Was there a secret agenda for the election in 1984?' and he said, 'Yes, there was.' And then he was asked, 'Why didn't you tell the people of New Zealand?' He said, 'Because they wouldn't have liked it.'" – Jim Anderton

Between 1984 and 1990, Aotearoa went from having arguably the most controlled and regulated economy in the world, to having one of the least controlled and regulated. The New Zealand dollar was floated; the wage freeze lifted; and controls were removed on interest rates and rents. The banking sector was deregulated; foreign exchange controls were removed; and the power wielded by the financial sector grew exponentially. Auckland University Professor Jane Kelsey wrote in 1989 that "New Zealand has been a laboratory for pure free market capitalism...Not content with divesting the state's assets and control of the economy to the private sector, the disciples of monetarism



Roger Douglas

have set about rewriting social policy and dismantling the central state. Two factors have made this all the more remarkable: the country's long history as a bastion of the welfare state and the pursuit of such a right wing revolution by a 'socialist' Labour government." In 2013, former National Party leader and Prime

Minister Jim Bolger reflected that the Labour Party had become wholly unrecognisable as it underwent "this great metamorphosis; they changed from being the champions of social equity and justice to let the market rip".

However, not everybody seemed as concerned. Indeed, in some cases it appears that the very opposite was true. The tribune of neo-liberalism, *The Economist*, wrote that the "bracing medicine" of economic

reform had helped Kiwis regain "a sense of national pride. Not only have they been winning international prizes for sporting achievements, wines and novels, but their businessmen now believe they can take on the world."

Of his approach to policy, Roger Douglas wrote that "once the programme begins to be implemented, don't stop until you've completed it. The fire of opponents is much less accurate if they have to shoot at a rapidly moving target." This approach was certainly ringing true for Labour's traditional supporters. Peter Harris of the NZCTU admitted to feeling "shell-shocked. We sit back and wonder how all of this could have been imposed on us, and how the Government could have got away with it. We don't know which battle to fight next as tradition after tradition is despatched to the history books, policy after policy is torn up, reinterpreted, or disregarded and protection after protection is stripped away. We are stretched to the limit, fighting, trying to hold the line but we are overwhelmed by what is being directed against us."

*Continued on page 27...*

## Support from Senior Move Managers

At Senior Move Managers we provide support to seniors as they make the transition of relocating home, either downsizing or into a retirement village. This can be a difficult time, not only physically, but also emotionally. Our aim is to reduce this burden based on your needs and requirements.

Our strong relationships with service providers such as moving companies, cleaners and gardeners, means we can identify those best to suit your needs. Once you approve the service providers, Senior Move Managers book and manage all the work to be conducted on your behalf. Having one single point of contact means stress is decreased and you can relax knowing everything relating to your move is taken care of.

Packing boxes, laying new carpet, setting up your new home, whatever it is no matter how big or small, we are your personal assistants throughout your move. Give us a call for an obligation free quote. We can then construct a management plan to suit your needs and guide you through this transition phone 0800 667 558.

Senior Move Managers provides support when you are going through the process of relocating home. We come to you to discuss the areas in which we can assist during this difficult time. Together we work out what is required for your situation and what service providers are needed.

Call now for a free no obligation quote on 0800 667 558. [www.seniormovemanagers.co.nz](http://www.seniormovemanagers.co.nz) or [info@seniormovemanagers.co.nz](mailto:info@seniormovemanagers.co.nz) **(A)**

## Retire in beautiful Akaroa

Retire in beautiful Akaroa. The Pompallier Village Trust has two villas for sale. One has a street frontage and the other opens to a courtyard with lawns and gardens.

There are twelve villas set in an attractive garden setting. All of our villas are two bedrooms, one downstairs and one upstairs, a living area, kitchen, bathroom, and laundry.

The chattels, including carpets drapes and curtains, are of a very high standard. The villas are set in a complex which is close to the village shops. Akaroa has a medical

centre, with a new Health Hub to be built soon, this will incorporate hospital and aged care beds. The village also has a bank, library, small supermarket, bowling club, croquet club, Rebus Club, and other interest organisations such as garden club and a bridge club.

Currently the cost of a Licence to Occupy is \$235,000 to \$240,000. The monthly service fee is \$270.00 per month plus \$20.00 per month for a carport if required.

For more information please contact Kate Clare at [kate.clare@vodafone.co.nz](mailto:kate.clare@vodafone.co.nz) or phone 027 3047010. **(A)**



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The Pompallier Village Trust

## Two villas for sale



\* One villa has a street frontage and the other villa opens to a courtyard with lawns and gardens.

\* Cost of a Licence to Occupy is \$235,000 to \$240,000.

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For more information please see article above or contact Kate Clare at [kate.clare@vodafone.co.nz](mailto:kate.clare@vodafone.co.nz) or phone 027 3047010.

# New Zealand's modern history: Rogernomics

(Continued ...) New Zealand Māori were disproportionately affected by Rogernomics, and from the earliest stages suffered most under the deregulated market, argued Kelsey: "Māori farmers on marginal land with high debt levels; young Māori school-leavers without educational qualifications and concentrated in high-unemployment rural and urban areas; Māori adults and in many cases entire communities made redundant by wholesale closures of

workplaces; unskilled and part-time Māori women workers forced out of light industry; coping at the same time with heightened economic and emotional stress within the home."

Jim Anderton, a Labour MP during the Rogernomics era before he resigned from the party in 1989 to establish the left-wing New Labour Party, recalled that it "was just like a casino...restrictions had come off, people could spend as they liked, go overseas, import anything they liked...

it seemed like nirvana, and there was no cost, no one paid any price. Well, of course, people did pay the price... The share market collapsed, it never actually recovered in New Zealand since that time...In the finish, we had a huge inflationary spike – that was the time when people committed suicide on farms in huge numbers. It was horrendous. So there was a cost all right, but it wasn't to the people who were making the money." Winston Peters recalls the situation within the Labour Party by this time as "shambolic", and former Labour Deputy Prime Minister Michael Cullen concurs, remembering it as

an "entrenched time" inside his party, with continual leaks to the media and "a government unravelling from within. It isn't as if we faced an enormously capable opposition that took us apart, we took ourselves apart and handed ourselves to National on a plate in the 1990 election...The free market is inconsistent with the Labour philosophy, we needed to deliver to the kinds of people who naturally look to Labour."

*This article is part one in a two-part series. The second part will discuss Ruth Richardson's reforms in the early 1990s.*

## The magic of musicals and movies



"A Celebration of Stage & Screen" concert, to be held in Lincoln on Saturday 22nd July, is a must for anyone who loves the magic of musicals and movies.

The concert organiser musician/singer songwriter June Burney has pulled together a diverse range of talented Selwyn based singers, musicians, groups and dancers of all ages to present this musical treat.

The concert will feature such acts as the Kirwee Players - with songs from The Little Mermaid and The Full Monty. The Ellesmere Pipe Band with a haunting version of the Skye Boat Song, Selwyn Community

Choir, Lincoln High School Music Theatre Group and a range of other artists will perform songs from a wide selection of well loved musicals and movies including Gershwin's Porgy & Bess, Les Miserables, Chitty Chitty Bang Bang, Hairspray, Mamma Mia, James Bond.

The concert is to be held on Sat 22nd July at the Lincoln High School Main Hall, at 7.00 pm, doors open at 6.30 pm. Tickets cost \$15 and are available via [www.eventfinder.co.nz](http://www.eventfinder.co.nz) or from Lincoln Hammer Hardware. Contact [june@juneburneymusic.co.nz](mailto:june@juneburneymusic.co.nz) for more information. (A)

## An evening with Rodgers and Hammerstein classics

The Isaac Theatre Royal will resound with the sound of music when Showbiz Christchurch presents An Evening of Rodgers and Hammerstein Classics, in concert.

The most beloved works of Richard Rodgers (music) and Oscar Hammerstein II (lyrics) will be presented in all their musical glory with a full Broadway-style orchestra on stage, featured soloists and a chorus of over 100 singers from Showbiz Christchurch and the renowned National Academy of Singing and Dramatic Art (NASDA).

**The Golden Age of Musical Theatre**  
Rodgers and Hammerstein initiated what has been called "The Golden Age" of musical theatre with their writing partnership which is considered one of the greatest of the 20th century. Their string of hit musicals includes Oklahoma, The King and I, Carousel, South Pacific and The Sound of Music, among others, which garnered 34 Tonys, 15 Oscars, the Pulitzer Prize and two Grammy Awards.

**Huge hits, Orchestral Interludes & Rousing Choruses**

An Evening of Rodgers and Hammerstein Classics features much-loved songs that were huge hits when first released, which have since grown to iconic status over the decades. The concert includes solos such as: 'Some Enchanted Evening', 'The Sound of Music' and 'Younger Than Springtime' duets that include: 'People Will Say We're in Love' and 'I have Dreamed', orchestral interludes and, of course, rousing choruses with over 100 singers raising the Isaac Theatre Royal roof with 'Oklahoma!', 'There is Nothin' Like a Dame' and 'You'll Never Walk Alone'.

Conducted by Richard Marrett, this will be a 'Grand Night for Singing' that will be one of your 'Favourite Things' in 2017.

\* **Evening performances:** 7:30pm, Friday 26 & Saturday 27 May.

\* **Matinee:** 4pm, Sunday 28 May.

\* **Duration:** 2 hours - including a 20 minute interval.

Produced by Showbiz Christchurch in association with NASDA.

Musical Director – Richard Marrett  
[showbiz.org.nz/evening-rodgers-hammerstein-classics](http://showbiz.org.nz/evening-rodgers-hammerstein-classics) (A)

### Christchurch Theatre Workshop Inc

This year we have changed our venue for the Christchurch performances. This will now be at **St Albans Uniting Church, 36 Nancy Avenue, St Albans** (off Innes Road). The Church complex has recently been completely rebuilt and is an excellent facility. There is good parking available on the street and excellent wheelchair access. We are reserving the off street car park for Rest Home vans.

**An afternoon with the SING group is a good afternoon's entertainment at a very reasonable cost.**

**St Albans Uniting Church**  
36 Nancy Avenue, St Albans  
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25th July 2017  
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28th November 2017

**Rangiora RSA**  
Victoria Street, Rangiora  
**Wednesday at 1.45pm,**  
31st May 2017  
26th July 2017  
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29th November 2017

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Isaac Theatre Royal 26-28 May

# Restoring appetite for life

No one should miss out on delicious, nutritious food – especially when they are recovering from an illness or have one of many conditions that makes it difficult to eat well or get the nutrition they need. However, many older people are struggling to get adequate nutrition and the problem is far bigger than you might expect.

'As many as 90% of seniors are at risk of malnutrition, while half have already experienced symptoms such as weight loss and decreased appetite.'

The Pure Food Co is giving people a life changing alternative - naturally fortified, nutrition packed, soft foods.

The company was started out of a personal experience, watching a family member's illness make it difficult to eat, requiring a radically modified diet. "Our research convinced us that if soft food was nutritious, delicious and easy, the quality of life for many New Zealanders with eating difficulties would be significantly improved." says Sam Bridgewater, co-founder.

The result is a range of fresh tasting meals - including golden roast chicken, smoked barbeque pork and creamy fish pie – which are being delivered nationwide to hundreds of people in need.

"We've had heart-warming feedback from many New Zealanders who have enjoyed Pure Food, putting on weight and being able to eat well again." adds Sam.

The health benefits appear to be overwhelming, both in terms of immediate physical improvements

and well-being, but also positive impact on mental condition, recovery time and care costs. The opportunity has seen Pure Foods partner with leading dietitian Kaye Dennison and gain the support of clinical professionals and hospitals.

THE PURE FOOD CO range is supported by leading dietitians and provided not only to people in their own homes, but also making it easier

to provide a high quality meal in aged care and healthcare, nationwide.

In Christchurch, Pure Food is stocked at Nurse Maude, 285 Wairakei Road.

For more information or to order meals, please contact **0800 178 733** or [www.thepurefoodco.co.nz](http://www.thepurefoodco.co.nz). (A)



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# Freedom and peace of mind at Barton Fields

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

Despite being designed specifically for older residents, Barton Fields is

certainly not your average 'retirement village'. In fact, it's an exclusive enclave of quality homes surrounded by communal gardens and sprawling reserves; a vibrant community where people over the age of 55 can enjoy an invigorating lifestyle without the stress of maintaining a large home

and its accompanying grounds.

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

home.

The villa becomes their own in every respect; an asset they can borrow against, sell whenever they want, or pass on to other family members. And because there is no Deferred Management Fee (i.e. Barton Fields doesn't take a percentage on the resale), the owner of each villa will reap the rewards of any increase in value.

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

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

## Barton Fields Lifestyle Villas - Lincoln

Safe - Secure - Lifestyle

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Why live when you can live a lifestyle?

- Our 2-3 bedroom villas are freehold title not licence to occupy. Freehold ownership gives you more options and means capital gain sits with you, the property owner.
- We take care of your lawns, gardens and external home maintenance freeing you up to enjoy all that Lincoln and Selwyn have to offer - bowls, golf, restaurants, supermarket, library, doctors, chemist and a handy shopping centre and much, much more.
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