


Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTERBURY Vol 95: Spring 2017



**Positive Ageing Expo celebrates
International Day of Older Persons,
Page 13**

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Charities Commission Number: CCC29446

FROM THE CHIEF EXECUTIVE



“Olderpeople are vital, contributing members of our society. They work, volunteer and raise young people. They hold our nation’s memory and are a

deep repository of the rich traditions and cultures that make our nation diverse and vibrant. The abuse or neglect of any one of them diminishes all of us,” Kathy Greenlee.

This quote was used as part of our World Elder Abuse Awareness campaign (June 15 – 22), and for me sums up beautifully the value of older people to the fabric of our society, and the effect elder abuse has on us all. We must get back to a place of respecting older people – elder abuse must stop.

Age Concern Canterbury has recently been successful in tendering for the new Elder Abuse Response Service (EARS). This contract, funded by the Ministry of Social Development (MSD), is for three years and for us covers the geographical areas of: Canterbury (including North Canterbury, Christchurch, Mid Canterbury, South Canterbury) and the West Coast.

The new contract will focus on front line services, working directly with older people who are experiencing elder abuse. There are many thousands of older people who experience abuse each year, 75 per cent of abusers are family members, and 50 per cent of the abuse is financial. We have seen a more than 100 percent increase in

the number of cases we are dealing with over the last two years. If that isn’t sobering enough, we know we see only a tiny fraction of the abuse that is happening.

If you know of, or suspect, an older person is having to endure any form of abuse, contact our staff at Age Concern Canterbury for free, confidential advice or support.

Falls are not a normal part of ageing but ACC statistics tell us that one in three older people will fall in the next year. Age Concern Canterbury has started providing Steady As You Go (SAYGo) classes across much of Christchurch and in North Canterbury, which improve your strength and balance, lowering your risk of falling. If you have had a fall, or have lost some confidence around your walking, go to our website, or give us a call, to find where the nearest class is for you to join.

In early October this year Age Concern Canterbury will be hosting our 11th Positive Ageing Expo. We will again be partnering with Papanui High School, a relationship that has developed over many years, and where we see the strengths, benefits and outcomes from intergenerational working that delivers a fantastic day for older people. It is more than a day out – it is a smorgasbord of information relating to every aspect of an older person’s life, come along and see what is available – the things you learn could be useful now or in the future.

Ngā mihi nui
Simon Templeton
Chief Executive

A WORD FROM THE PRESIDENT



At the AGM this year I was privileged to receive a nomination for, and subsequently be elected as President of Age Concern

Canterbury. I feel very honoured to be in this position and it will be a hard act to follow in the foot-steps of Annette Harris who has served Age Concern Canterbury so well and for so long.

As Annette retired from office she was given special mention at the AGM. We gave her a presentation of flowers, a gift and granted her Honorary Life membership of Age Concern Canterbury.

I will do my best to uphold all that we value at Age Concern and continue to advance the cause for improvement in our service. We must be mindful to look out for the good health and wellbeing of the elderly in the community.

We have successfully applied for and won the contract from the Ministry of

Social Development for Elder Abuse, an area that we are very familiar with as Age Concern has been active in this field for a long time. The Health staff are very experienced in this field and it is business as usual for them. The geographical area we service now is from Kaikoura to Timaru and the West Coast. There will be new staff come on board to look after the outer reaches of our responsibility.

At the Age Concern New Zealand annual meeting and conference this year Canterbury nominated Stephen Phillips for a place on the board in Wellington. Our nomination was successful and Stephen has been attending meetings of Future Forward for the organisation. The upper South Island had a meeting at the end of June to put our collective thoughts together so we can have a say in the future look of Age Concern, staying focussed on our core values.

Take care in this very cold winter, look after yourselves and your elderly neighbours. Keep warm and well.

Trish Adams
President

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Annette Harris, retiring Age Concern Canterbury President, accepts flowers from Trish Adams, President, Age Concern Canterbury



Keeping On

OFFICIAL MAGAZINE OF AGE CONCERN CANTEBURY (INC)

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Reduce risk of developing dementia

by Lee Andrews and Philippa Cosgrove, Educators, Dementia Canterbury

As public awareness of dementia grows, more people are keen to find out what they can do to reduce their risk of developing dementia. According to a growing body of evidence there are practical steps we can take now to reduce our risk, no matter what age we are. Alzheimer's Disease International recommends the following five ways that people can reduce their risk. Fortunately, it is never too late to make any of the following changes to our lifestyle.

1. What's good for your heart is good for your brain

Treat blood pressure, especially if in midlife you have high blood pressure, ensure you have it checked,

monitored and treated as necessary. Additionally, be aware of any issues with cholesterol, diabetes and obesity, and of course refrain from smoking.

2. Physical activity and exercise

Being active is a vital part of well-being. It helps to control blood pressure, increase blood flow to the brain, improve mood, and may even strengthen and renew areas of the brain connected with memory and learning. The ideal exercise programme will combine aerobic exercise with resistance training. People with limited mobility are often still able to exercise from a seated position and many community centres offer exercise programmes such as

"Sit and Be Fit".

3. Eat healthy

We all know that food fuels our body and brain. Evidence suggests that a Mediterranean type diet is helpful in reducing the risk of dementia. A Mediterranean diet is high in oily fish, plant based foods, legumes, olive oil and nuts.

4. Use your brain

Learning something new builds new pathways in the brain, which can help protect against structural changes in the brain associated with dementia. It's never too late to start learning a new language, musical instrument, dance step or anything that will bring enjoyment and fun to your life.

5. Be social

Finding ways to stay positively connected with others is likely to be beneficial to brain health because it is stimulating for the brain. It may also reduce the risk of both depression and dementia.

Additionally, managing stress, getting enough sleep, practising meditation, having regular dental care and hearing checks, plus volunteering, are all important aspects of brain health that may have protective factors. Of course there will be people who, despite following all these principles of healthy living, will still go on to develop dementia, however, the onset may be delayed.

Driving Miss Daisy - we are not just for seniors

Over the years Driving Miss Daisy has built up a reputation for providing a high quality service to senior citizens who no longer drive. They are a

regular at retirement villages and rest homes across the country and senior citizen clients form the largest proportion of their client base. But did you know that they also provide our services to younger people who don't drive?

Some clients have a disability or medical condition which means they can't drive. However, this doesn't stop them from being very active in other areas of their life; they work in a professional capacity, run businesses, attend school or tertiary education and enjoy socialising with friends. Driving Miss Daisy drives these clients to their place of work or business meetings, assists them to their lectures and social occasions, ensuring they are where they need to be in plenty of time.

They treat every client as an individual, no matter what their personal circumstance. Every client has different needs, and they make sure they discuss this with their clients so that they fully understand them and provide them with the absolute best support and service.

For Driving Miss Daisy, it's imperative that all their clients are treated with dignity and respect. They are committed to helping their

clients get out and about, so they can live life to the full and enjoy every moment.

If you have an activity you would like them to help with please call them today to discuss – they look forward to seeing you soon!

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Redwood - Alana Laws

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Harewood - Lynn Williams & Jill Campbell

(03) 358 9466, 021 503 609.

Riccarton/Selwyn - Janine Kenworthy

(03) 347 1009, 021 503 312.

St Albans - Tim Loversidge

(03) 423 9831, 021 676 412.

Cashmere - Vickie Lamb

(03) 423 9778, 021 950 959.

Wigram - Mary McDermott

(03) 325 7153, 021 503 083.

Ashburton - Christine Sandrey

(03) 307 7237, 021 503 343.

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Replacing an older-style wood burner can be easier than you think

by Felicity Price , Communications Advisor, Environment Canterbury

Applying for a building consent to replace an older-style wood burner with a low emission model can be comparatively simple: most of the work involved can be carried out by the wood burner retailer and the replacement cost can be either covered or heavily subsidised for low income households.

Wood burner users in the Christchurch, Timaru, Ashburton, Rangiora and Kaiapoi clean air zones who want to replace their appliance with a low-emission model have until October 31 to apply for a building consent. After that, the wood burning alternative will be installing an ultra-low emission model.

“It might seem a big hurdle, but it can be quite a simple process of talking to a retailer, or having a confidential chat to someone about what’s involved,” said Environment Canterbury deputy chair Steve Lowndes.

“There’s lots of help available, from friendly advice to financial assistance and it might cost less than you think, especially if you qualify for a subsidy of up to \$5000. That could cover the cost of a new burner, heat pump or pellet fire, or go a long way toward it.



“Cantabrians have told us they want to be able to continue using wood burners to keep their homes warm, and the new rules in the Air Plan allow for this. Instead of phasing them out completely, we are asking people to switch to lower emission burners, while being more vigilant about using good, dry wood and improving burning techniques,” Mr Lowndes said.

“People can continue to use their old wood burner until the end of this winter, but anyone wanting a low emission wood burner to replace their old one next year needs to apply for a building consent before October 31.”

Confidential help is available from:

- Environment Canterbury 0800 329 276
- EnergySmart 03 688 7508
- Or talk to your local retailer.

In Timaru, people can phone or drop into Timaru Senior Citizens, 03 687 7581 9am to 3pm. All calls are confidential and no address details will be retained until funding and installation details need to be arranged.

“Many households in Canterbury have already taken steps to help improve air quality by switching to lower emission heating, but we have more work to do and we want to help people understand their obligations,” Mr Lowndes said.

“Scientific research carried out by Environment Canterbury shows us that home heating causes the majority of winter air pollution in our region, so the Canterbury Regional Air Plan outlines specific steps we all need to take to reduce this.

Robyn Baldwin, Community Support Co-ordinator for Timaru Senior Citizens, said there were a lot of misconceptions and unnecessary worry about the deadline. “I’d hate to think there were people afraid to use their fire or anxious about the expense of switching over to a low emission burner,” she said. “They’re welcome to give me a call.”

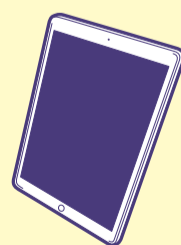


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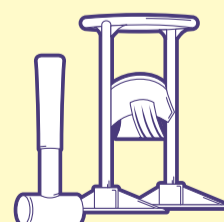
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Record holder, Max Wood, sets goals

Keeping mobile is the mantra of Max Wood, a New Zealand Masters Athletics champion.

One of his biggest motivators is his wife, Pam. "Despite the conditions we aim to keep mobile," she says.

Walking on the beaches and in parks is a frequent occupation for them both, including the Port Hills Athletic Club Wednesday run or walk groups which are a favourite fitness and social activity. Also for Max it's his running, aqua jogging and table tennis.

Since he took up running in Masters' events, Max estimates (estimates, mind you) that he has held 25-30 records and at present holds seven NZ records, five South Island Championships and 15 Canterbury records. Titles are something else.

Asked about how many competition medals he has, Max pulls out two shoe boxes jammed full and then points to those hanging on the wall.

He has had a career of records on the athletics tracks in NZ and Australia and, after a run of ill health, he hopes to be back in top form in March next year.

His running career started when he and Pam moved from Auckland in 1998 to be close to one of their two daughters. The other daughter remained in Auckland. They have four grand-children and two great-grand-children.



Max Wood at the Australian Masters Athletics Championships in Sydney 2008

In Auckland Pam and Max were big walkers,

competing in half-marathons and such like. Max retired from his job, a divisional product manager, and 19 years ago moved south where the couple continued their walking.

As a youth, Max played cricket, rugby, swimming and soccer. He was always active.

At a Buller half-marathon, he met members of the Port Hills Athletic Club who enticed Max to attend and try running. He has never looked back.

When he turned 70 he set NZ records in 100m, 200m and 400m at Masters Championships. In the Canterbury Championships' he set six records.

When he was 75 he set records for the same distances but a couple of years later, when running well, he "overdid things" and tore both hamstrings which took six months to heal.

But again, he set five Canterbury records in 2013 and one NZ record (60m). That same year the C.M.A. held four x 100m relays including family teams. Max and his daughter, grand-daughter and great-grandchild competed and this was Max's "highlight of the season."

A year later at 81, he set four New Zealand titles in 60m, 100m, 200m and 400m at Invercargill.

Further, in 2008 and 2009 Max had the distinction of having several of his records listed in the top 15 of world ranking.

Continued on Page 6 .../



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Second Abbeyfield residential home being built

Another Abbeyfield residential house is being built in Leeston and is expected to be open in November.

The first Christchurch Abbeyfield home is in Hornby and has been open 18 months. Its house manager, Valda Reveley, says the home is a success and believes Christchurch and the wider community could do with more.

Twelve residents fill the home and there is a waiting list. Over the 18 months it has been open two residents were replaced.

They live in their own units and lead separate lives but come together for meals. The criteria for acceptance is if they have limited social contacts and would benefit from the shared experience. Entry is not based on income but limited funds are considered.

An Abbeyfield house aims to be "a typical house in a typical street" offering companionship, independence and support in rental accommodation at a price affordable to older people. Couples are not accepted.

A warm supportive, family-style,



independent lifestyle is provided for retirees, usually in their 60s, 70s, or 80s and beyond. The weekly fee ranges from \$335 to \$395.

Houses are staffed by a housekeeper-cook who takes care of the shopping and prepares the two main meals of the day, taken at the family dining table. Like any family home, there is a communal lounge, dining room, kitchen and laundry. Residents are involved in the management of their house and can comment on the selection of who

may join their household.

The "mix" of residents is a major factor in the happiness of an Abbeyfield house. The selection is made by a House Committee and residents after the applicant has trialed the lifestyle by living for one to two weeks in the house.

Residents enjoy reasonably good health; any health conditions must be self-monitoring and they need to be able to maintain their own medication regimes. Mobility aids such as walking frames, electric wheelchairs

and scooters are catered for in the house design.

Residents in the Hornby home, in Lesley Keast Place, are part of the community. "People go out for dancing, crafts, cards, the library, and shopping. We ensure that residents stay connected to the community," Valda says.

She says residents have their meals provided but they have to keep their rooms clean and do their washing. Some qualify, just as if they were living alone, for help with personal care.

"Wonders" were seen in the home's garden last summer as "amazing" pumpkins and beans were produced. Residents hope the orchard will be better next summer.

A further Abbeyfield residential house is hoped to be built in Christchurch. Fenn Shaw, says it will probably be two years before residents would be moving into this new facility.

For information ring Fenn Shaw on 354 0066.

Record holder, Max Wood, sets goals

Continued from page 5 .../

"I never set out to be a competitive runner. In Auckland we used walking to be motivated to get moving. Even today it's the team scenario that is the attraction. It's the camaraderie. Pam is always full of enthusiasm; raring to go," says Max.

It has not been all clear sailing for Max. A couple of years ago he had a stroke and had a melanoma removed from his back. Then he cracked a foot which became infected and septicaemia "shot up my spine".

He had a spell in hospital and for six weeks "it was touch and go..."

Last year was spent on getting back to good health and he is now concentrating on the 60m, 100m and the 200m which he hopes to run in March next year at the Canterbury Masters. Max is now 84 and in the meantime is walking regularly on beaches or up Rapaki Track and using aerobics and Pilates every day. He has yet to



Max Wood with other members of the Port Hills Athletic Club about to set off for their morning exercise.

get back to table tennis in Parklands.

"You must set goals; always aim for a goal, and once you have achieved that set another for yourself," says Max, prompted by Pam.



'Doesn't it feel good to operate a carbon-neutral appliance?'

Source: www.theoldie.co.uk

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Labour

Authorised by Ruth Dyson
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A woman of strong mind

At 100 years of age, Rona Reed is still an independently thinking person. For instance, one day not long ago, when she had leg problems, she called St John Ambulance on her alarm. Staff of an ambulance car attended her and after treatment she was told she should go to hospital.

She replied that it was not convenient that night as she was not nicely dressed and she had not packed a suitcase. An ambulance came next day and she went into hospital for treatment.

Rona joined about 550 one hundred-year-olds in New Zealand in May with a party with friends and relations and cards from the Queen and politicians.

Her recipe for a long life has its emphasis on "consistent living with good vegetables, ice-cream, chocolate and yoghurt.

Her parents were two immigrants from England who met in Blackball where her father was a company weigh man at the local coal mine. One of Rona's earliest memories is of travelling by coach and horses from the West Coast to Christchurch.

While at Blackball School Rona lived through the Murchison 1929 earthquake of 7.8 magnitude. "I remember it well," Rona says.

"As kids we heard the story of how a horse and cart was swallowed up by a fissure in the road in Greymouth which closed again over them. I don't know if it's true. We also heard that the Murchison River dropped and made the Murchison Falls.

"I remember that we thought it was clever of the



Rona Reed at 100 years of age

headmaster to be able to ring the bell while the earthquake was going on. Later we realised he wasn't doing it at all."

Her older brother, Maurice, attended Greymouth High School but there was no money for Rona to attend also. So Rona left the Blackball School and stayed home to help her mother.

Her father became ill from drinking creek water and was diagnosed with hydatids. He spent two years in Grey Hospital while Rona's family was helped to survive by relations. After his recuperation the family moved to Christchurch. Rona's father bought a mixed grocery shop and Rona got a job.

She also met Max, a builder, and they settled into married life. They had two daughters and today Rona has three grandchildren and three great-grandchildren.

Max and Rona lived in St Martins and their Palatine Terrace garden, with a pond, was always admired. They liked camping and always had dogs. In fact, Rona is on the Facebook of the SPCA as its oldest donor.

She is cared for by her daughter, Jennifer, who also maintains a tidy garden. Rona cannot see television because of poor eyesight and finds radio difficult "as everyone speaks too quickly".

Rona has no hearing aids and, until recently, was still cooking for herself.

What are good things about being old? None.

What are the disadvantages of old age? Aches and pains, falls, trouble sleeping... general failing health. It's the body wearing out.

What has changed for the better in your lifetime? Not much. Oh, the conservatory. I love it.

Do you think about death? No. Because when it is my time to go I will go. It's in God's hand.

How would you like to be remembered? For kindness.

Who has had a major influence on you? Max, my husband.

Do you feel more comfortable in yourself as you get older? No. I would like to go backwards to an earlier age.

"OUR KIDS SAY THEY
NEED TO MAKE
AN APPOINTMENT
TO SEE US!"



See Joy & Bill's story at summerset.co.nz

"We've never been so social"

Joy and Bill have been at Summerset for just over four years and held their golden wedding anniversary celebration at their retirement village.

Their spacious villa is often filled with family when they're not flat out enjoying village activities with friends, including the very popular Wine Appreciation Group.

They're loving the life, and as Bill says, "The added advantage is that you have a support crew if something goes wrong and that to me is reassuring."

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Homeowners: A warmer winter is only a step away

Winter is well and truly upon us, and icy and foggy mornings, hot soup and woolly socks are the order of the day. While for some there are the creature comforts of sitting by the fire with a hot drink on these cooler nights, in a warm insulated house, for others keeping warm can feel like a constant battle. A cold home exacerbates cold related illnesses and ailments. All of which can have a negative impact on our mental health and wellbeing.

As you may already know the government offers insulation subsidies for landlords whose tenants have a Community Services Card (CSC). However, from last week the government announced some great news for eligible homeowners too. They announced a 50% insulation subsidy for homeowners who have a Community Services Card (CSC) as well. Conditions apply.

Insulation is very important as a basic requirement in keeping you and your home warm – you can heat your home as much as you like, but if it is not insulated, the heat escapes very quickly, leaving you with high power bills, a cold house and cold feet.

The new subsidy is available for homeowners who are income-tested Community Services Card holders. If you miss out on a CSC because your income is less than \$20,000 over the threshold for your household, you can still get the insulation subsidy – you will just need to show us a rejection letter from the Ministry of Social



Community Energy Action van and plinth 2

Development that outlines this. You may also qualify if you have high health needs. Call CEA for more information about eligibility. Those who qualify will receive 50% off the cost of insulating their ceiling and underfloor, where it is physically possible. If needed, we can provide flexible payment plans for the remaining 50%, where you can pay off the cost over a number of months.

Community Energy Action is a charitable trust, and an EECA approved insulation installer. We can help you with every part of the process, as well as other aspects of sustainable home energy. We also work in a collaborative partnership with Age Concern Canterbury. Both organisations are committed to work with and help our older Kiwis have a healthy lifestyle.

We offer an holistic approach

to home energy, with numerous services, one of which is the Curtain Bank. The curtain bank offers free, recycled curtains in good condition, and we can help you with advice on how to get the best seal to prevent heat loss. Curtains that are installed

so they create a good seal can reduce heat loss through windows by up to 60% for single glazed windows, and up to 50% for double glazing (Source: EECA).

CEA provides free, objective energy advice to any household in need. Common queries include how to reduce high power bills, dealing with condensation on windows, information about HRV and other ventilation systems, the best way to use your heat pump, and many more. For all your burning energy questions, call our energy advice line on 0800 GET WARM (0800 438 9276).

For more information about any of these services, or to book your free, no obligation insulation assessment and quote, please call us on 0800 GET WARM (0800 438 9276), email info@cea.co.nz, or visit www.cea.co.nz. We are here to help.

We care because we can

Being a non-profit organisation, we feel very lucky to have the freedom to focus solely on the comfort and enjoyment our residents experience. That's why, at Anglican Living retirement villages and care homes you'll find a genuine family atmosphere. For us, it's all about making sure you're enjoying a life rich with choice, activity and friendship in a place that feels like home.

Being non-profit also means we can offer a greater level of financial security. When you come to live in one of our village cottages or apartments you will pay for an Occupation Right Agreement, similar to other villages throughout NZ. A significant chunk of this payment is refunded to you when you move on. The only thing we deduct is a contribution that goes toward the refurbishment and sales costs of the unit. Where we are different is that this exit payment is guaranteed after six months regardless of whether the unit has been unsold or not. Peace of mind like this is quite rare

in retirement living. Another way that we differ is that we don't require you to keep paying a weekly service charge after you leave – that stops the day you hand your keys back.

Something else we care a great deal about is ensuring you have choices. Variety is the spice of life, after all!

At lunch and dinner in the care facilities at Bishopspark and Fitzgerald, you can choose from two tasty, nutritious main dishes, which are prepared fresh by our chefs. And we regularly update our social programmes to keep the choices fresh, stimulating and enjoyable. The choices don't stop there either; you can choose when you want to partake in the activities and when you'd prefer some quiet time to yourself.

These are just three things we believe make us unique and special. To find out more simply arrange a viewing at either of our two locations by calling Bishopspark on (03) 977 2320 or Fitzgerald on (03) 982 2165. (A)



Living with Atrial Fibrillation? You are not alone

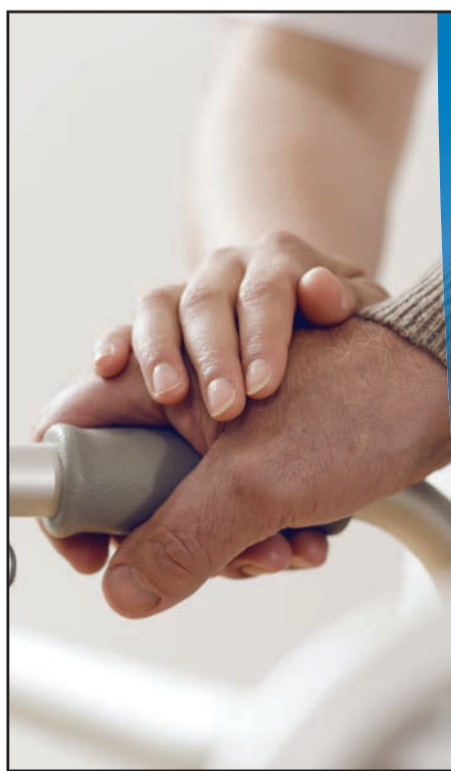
The Heart Foundation invites you to a morning session with a heart specialist from Christchurch Hospital to discuss living with Atrial Fibrillation.

After the short presentation, there will be an informal opportunity for people to share their experiences of living with Atrial Fibrillation and to ask questions about the condition. Family/Whanau are welcome to

When: Wednesday 17 August 2017, 10.30am -12pm
attendance is FREE
Light refreshments will be served

Where: South Library, Sydenham Room
66 Colombo Street, Cashmere

Register: Please register as we have limited spaces.
Please contact Emma 03 3662112
or e-mail emmag@heartfoundation.org.nz



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With pen and paper

Wherever she went, Margaret Harper had a pen and paper in her handbag. Whenever a new historical fact was given to her, out would come the pen and paper and notes would be made. As much checking of facts as possible was then done and the information would be loaded onto the Christchurch street and place names index, now on the Christchurch Libraries website. Printed out, the index makes three large volumes. All are packed with the city's history.

And for that historical contribution Margaret has received the Canterbury History Foundation's A C Rhodes Medal for 2017. The information collected came from many, sometimes obscure, sources and much from the "ordinary man and woman".

Margaret is proud of her contribution. She was only ever a part-time information librarian at Christchurch City Libraries and there was much research in her own time. It was the sort of project that to be well-done needed that kind of commitment she says. It was a lot of hard work but it was also fun.

Sometimes she co-opted other librarians to do their bit. Richard Greenaway helped as did many of the library assistants then working in the microfilm/microfiche area of the old central library.

Margaret was born into a farming family in Taranaki and first trained as a primary teacher. Then followed study for a BA in English at Massey University.

It was in 1984 that she joined Christchurch Libraries – she became a qualified librarian in 1992 - and when she retired in March 2016 she had served for 32 years.

The index started life at the



Margaret Harper had pen and paper in her handbag wherever she went.

Fendalton Library as part of her research into Fendalton's local history and continued when she joined the Aotearoa New Zealand Centre (formerly the New Zealand Room) in the Central Library in 2000.

For many years, the council didn't think it important to record in its minutes the reasons behind street names and Margaret had to rely on newspaper reports or the knowledge of local residents for information about many streets formed in the middle years of the 20th century. The council now records the background

of new streets when they are named and, hopefully, that information will continue to be transferred to the index.

"The index remembers people, many of whom lived ordinary lives. For instance, a one-time cleaner at the Christchurch Drainage Board has a street named after her to show the high regard she was held in by her employers," she says.

The index covers several categories: street names; place names (suburbs); lost Christchurch streets, buildings etc.; miscellaneous items of historical

interest which could not be slotted anywhere else but were thought too interesting to omit. Margaret's colleague, Richard Greenaway, provided much of the material in this last part of the project.

Interesting material abounds in the index.

For instance, an area off Harewood Road was once named Newbiggin by Crackenthorpe John Wentworth Cookson who named it after a house in Cumbria with which he and his poet-cousin William Wordsworth were associated. Woodham Road used to be Mile Road (because of its length) and, earlier, Slaughterhouse Road (because of the industry which was once there.).

And where was Chinaman's Drive? It used to be at 148 New Brighton Road where the land was used as a right-of-way to a market garden owned by a Chinese family.

Margaret keeps busy and believes in working as long as one is fit and able. She works as a law librarian for two legal firms for three mornings a week – totally different work from a public library. She is now minutes secretary of the St Barnabas Church Trust which has been raising funds for restoration of the church, secretary of the St Barnabas AAW group and is to be treasurer of the Fendalton Garden Club in the coming year.

She also manages a number of rental properties and a new challenge coming up is project managing a spec house to be built in St Albans.

"When you retire, the structure around your life that comes with paid work disappears and the pressure is put on you to keep your life meaningful. I really didn't want to end up as a lady who lunches," she says.

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Megan Woods
MP for Wigram

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

@ megan.woods@wigram.org.nz

☎ 338 6347

labour.org.nz

Authorised by Megan Woods MP, Parliament Buildings, Wellington



Labour

Capacity and its implications

As lawyers, we are required to meet with our clients and take their instructions in order to help them complete the particular legal task(s) they are planning. Sometimes when we do this, we need to take a little extra time to consider our client's legal or mental capacity to make decisions.

Legal capacity is a client's capacity to make a decision in relation to legal rights and obligations. Decision making requires that a client:

* understands the decision they are having to make

* can discuss with us the possible options available to them in a way that shows they appreciate the risk and or benefit of that decision

* understands the impact that a decision, or the lack of a decision, may have on them or their loved ones

* is able to articulate and discuss all of these issues with us.

Having these discussions with our clients is difficult. It can be very confronting. In a worst case scenario, our clients can be very offended by

us questioning their capacity. This is not our intention. Our sole purpose in making the enquiry is to ensure that whatever legal outcome our clients have set out to achieve has the best possible opportunity of success.

We are aware however that if there is a likelihood that our client's decision might be challenged, one of the first questions that is often raised is whether our client had the capacity required to make the decision in the first place.

The best way of mitigating this risk, in situations where capacity is not obvious, may be for the client to undertake a capacity assessment prior to completing their legal work.

The good news is that statistics show that most of us will not lose legal capacity in our senior years. However, for the reasons discussed above, if you have concerns about your capacity or the capacity of a loved one who is about to make significant decisions, it is critical that you obtain advice from a team well versed in dealing with these matters.

At Harmans we have a specialist

seniors team to help you with any queries you may have. Give Fleur McDonald at Harman's Lawyers

a call on 352-2293 to arrange an appointment to discuss your situation.

(A)

Capacity and its implications

Hear Fleur McDonald discuss capacity and its implications here at Age Concern Canterbury, 24 Main North Road, Papanui on Monday, 9th October 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.



Ministry of Social Development assistance

The Ministry of Social Development (MSD) provides assistance for Medical alarm rental and monitoring. A Disability Allowance can be paid to cover the costs of medical alarm rental and monitoring if

- a person meets the qualifications for Disability Allowance and
- a medical alarm is necessary for normal daily living, without it the person's life or health would be put at risk, or their disability would be aggravated and

- the need for the medical alarm is an on-going, additional cost directly related to the person's disability or personal health need and

- the medical alarm is supplied by an MSD-accredited medical alarm supplier

To apply for assistance to pay for the on-going cost of a medical alarm you need to receive a Disability Allowance - Medical Alarm Assessment form completed by your medical practitioner.

Update - Elder Abuse Response Service

MSD would like to let readers know of a new Elder Abuse Response Service recently launched.

The Elder Abuse Response Service focuses on intervention and putting the needs of victims of elder abuse first. The cornerstone of this new approach is a free and confidential 24/7 help-line, 0800 32 668 65 (0800 EA NOT OK). Calls will be answered by registered nurses who will direct callers to elder abuse specialist service providers in their region.

Elder abuse is a serious and growing problem. These new services will ensure effective and accessible help is available wherever and whenever victims need it.

Seniors clients can access further information on the Ministry of Social Development website www.msd.govt.nz/what-we-can-do/seniorcitizens/index.html or phone on 0800 552 002.

(A)



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SOCIAL DEVELOPMENT
Te Manatū Whakahiato Ora

Help available for NZ Superannuation clients this winter

* Purchasing a heat source

There may be assistance for the cost of purchasing a portable heater.

* Heating costs

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

* Assistance with heating costs

There may be recoverable assistance available for electricity, gas or firewood. (Note: Applicants must meet a number of criteria).

* Keep Warm - A Heating Guide from Consumer New Zealand

The Guide is full of advice to help people to be warmer, drier and healthier. Key information is around insulation, dampness, ventilation and heating.

Download the free guide from the Consumer New Zealand website.

Seniors clients can access information on the Ministry of Social Development website www.msd.govt.nz click on 'What can we do for Seniors'. Or phone us on 0800 552 002.

Highlights and tripping tips in Europe

by Mike Crean

Tourism is posing a threat to many towns and cities. For seven weeks in May and June we were part of the problem. My wife and I were willing partners in an industry that is choking roads, streets, footpaths – even airways and waterways.

An outstanding impression from travels through Britain, France, Switzerland and Italy was the almost suffocating volume of tour coaches, campervans, cars and people, people, people.

For a start, our plane, after flying from Hong Kong, had to circle London three times before getting a turn to land. Good sightseeing if you have a window seat, but frustrating.

Here are other random examples. Only residents' cars were allowed in the Cornwall seaside village of St Ives, so grumpy shuttle bus drivers shunted visitors along narrow streets in and out of the town. At Stonehenge I counted 22 large tour coaches in the bus park at one time, indicating that coach numbers per day might be around 200. I gave up trying to appreciate art in the Louvre, Paris, as a river of tourists streamed remorselessly past the paintings and I could barely see anything. (Try the Musee D'Orsay instead, with its impressionist works.) The locals in Venice want cruise ships banned as each large vessel discharges enough tourists to raise the sinking city's already crowded population by 6%. (Our tour guide said we were lucky only one cruise ship was berthed each day we were there.) The queue at St Peter's in Rome extended to infinity, with people waiting in line under a hot sun for four hours.

However, tourism is good for host countries' economies and on that basis I make no apology for my part in boosting tourist numbers.

Here are a few points to assist fellow senior citizens who may be



When the Germans withdrew from France in WW II they destroyed all bridges over the Arno except this one, the Ponte Vecchio. Soldiers of the NZ division knew it well.

contemplating a grand European tour.

Firstly, avoid peak travel time. Lower costs apply a few weeks either side of mid-June and tourist numbers are fewer. A travel agent will advise on this and on tour discounts for early bookings.

Secondly, if you have no capable friends or relatives in England, get some. There is fascination in many places away from the tourist trails, as my brother and his wife proved in several day trips by car. They live on the Essex coast and we virtually covered the county: gentle farm lands, beautiful and historic towns such as Saffron Walden, Thaxted, Harwich, Walton on the Naze and Coggleshall, which can be reached by bus or train from lovely 2000 year-old Colchester. We also ran into neighbouring counties Kent and Suffolk. Also, staying with relatives cuts the accommodation costs.

Next, if you scorn coach tours, as I once did, then try one. We took two such tours and they were marvellous. The tour directors were knowledgeable, engaging and considerate. The drivers were superb and the coaches supremely comfortable. The hotels and meals ranged from good to excellent. Socialising among passengers was

fun. All spoke English.

Choose your tour carefully. On our Devon-Cornwall expedition nearly all the 40-odd passengers were aged mid-50s to late-70s. The pace was easy and we mixed well. On our Europe Traveller tour, we (at 69) were the oldest by about five years. Most were in the 25 to 45 range. The pace was quicker but we kept up, thanks to having done lots of walking before leaving home. Again, your travel agent will advise on choices.

Tours are realistically priced but they come with a catch. You usually book and pay weeks in advance. Then, when you get on tour, you find there is a range of "optional extras", usually costing about \$NZ50-80 each. You are tempted to do them because you forget how much you have already paid for your tour. So, keep an eye on your spending and be prepared to skip some activities.

On the other hand, coach tours offer savings in stress and the time you would waste working out where to go. They take you to places you might not otherwise see, avoiding queues because they have priority entrance. And you never have to hump your own luggage.

What were our highlights? On a drive with my brother and his wife we visited Chartwell House, in Kent,



The view from halfway up the Eiffel Tower takes in much of Paris, extending to Sacre Coeur Cathedral on Montmartre (top right).

once home of Sir Winston Churchill and now a museum to him. In Paris, the Moulin Rouge cabaret floorshow was spectacular. In Switzerland, a funicular railway and a cable car took us to the viewing platform atop Mt Stanserhorn. In Italy, we cruised Venice's Grand Canal in a water taxi and narrow side canals in a gondola.

Other fabulous experiences ranged from the choir of Exeter University music scholarship singers performing in an 11th-Century church, to Michelangelo's painted ceiling in The Vatican's Sistine Chapel. Not to mention an Italian-based friend joining us to sit on the terrace of our Florence hotel and chat over drinks while the Arno River (well-known to Kiwi soldiers in World War II) drifted by.

I say go for it, fellow seniors. The expression: "You are never too old" is untrue. The day will come when you will be unable to handle it. If you cannot bear being stuffed into an airline's "cattle class" for 11 hours, but cannot afford business class, ask your travel agent about premium-economy class. We took it and recommend it. Start planning for 2018 now.

NB: This is not a commercial but, for the record, we booked with House of Travel, Northlands, and toured with Trafalgar Tours, London.

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Nuk Korako National List MP Based in Port Hills – (03) 384 0008



national.org.nz

Authorised by Gerry Brownlee, 283 Greers Road, Christchurch



Ponder this with Brian Priestley

"Say I'm weary, say I'm sad;
Say that health and wealth have
missed me;

Say I'm growing old, but add -
Jenny kissed me."

Perhaps Victoria had not yet come to the throne when Leigh Hunt wrote those words. They are simple and tender and we don't seem to get that sort of thing nowadays. What's happened to love poetry? It wasn't all tender, of course. There were plenty of randy cavaliers...

"Out upon it, I have loved three
whole days altogether

And am like to love three more
If it prove fair weather ..."

How much more fun than watching the box or the latest Hollywood stuff. One can almost feel Jenny's kiss (on the cheek I think). Long, long ago I even tried to write some of that sort

of thing myself but I can't recall that it was well received. At 15 or 16 I was far from an expert, and if you take tenderness away, as they so often seem to do today, then perhaps love loses the magic.

I have just rediscovered a little book of old love poetry and pictures of (mostly) youngish Victorians staring

One word seems so often to be missing from the debate on our cathedral. It is 'beauty'. But is there anything wrong with the idea? Surely folk who devised the old cathedral were more worried about words like 'respectability' or 'propriety'. It was not, perhaps, a building to make the heart sing or the soul rejoice. Indeed they set about changing the building when the plans arrived.

into one another's eyes with quiet delight.

"I have culled a little flower;
My messenger to be;
Let it whisper in thine ear
All I would say to thee."

How pleasant to have a suitor who could throw off stuff like that ... sorry love.

I suspect some people's God might prefer a little church I know which is surrounded by trees on Dartmoor. And then how about Coventry with the morning sunshine high up through the splendid windows and the sound of pilgrims moving through the aisles? Oh, there is beauty in the universe if we look for it. Should we not try to squeeze more of it into our cathedral?

Every so often we are told to beware of bullying. It's good advice of course but surely the best answer must often lie with the bullied.

When I was 12, we were oppressed by the form a year above us. Five or six of them would pick one or two of us to bully in our lunchbreaks.

There appeared to be a problem. The fact was that one or two smaller chaps are in trouble when faced with more, and larger, bullies. Sneaking to a master was, of course, not allowed by the schoolboy code.

So we held a meeting and next time the bullies appeared 14 of us attacked them. This ended the problem. Perhaps many boys learned something also.

Maltworks Lifestyle Village - freehold unit title

A vision to turn Heathcote's derelict Maltworks site into a new residential lifestyle village, has now begun with the first of stage one villas now under construction, and a showhome open for viewing.

Property Lifestyle Concepts, or PLC Group, has been operating in Canterbury for 15 years. Having developed three previous larger scale over 55/60s lifestyle villages, they certainly have fine tuned the 'lifestyle village concept'. The new village project, Maltworks Villas, contains 65 villas, a clubhouse facility, and a communal vegetable garden.

The villas are a mixture of single level and two storey homes, with single or double garaging. Configurations vary with two or three bedroom options and floor plans ranging from 102sqm to 200sqm. There is limited fencing around the homes so as not to box people in, and plans vary from being in a duplex situation (joined), standalone, or terraced.

The central community clubhouse facility available in the village, allows residents to become part of the social scene by having access to committee organised art classes, exercise groups, card games, coffee groups, organised dinners and outings. The clubhouse is offered for the exclusive use of village residents to meet and socialise with their friends and family as they wish, or to arrange special events for that special celebration or milestone. Consisting of a modern kitchen facility, bathroom facilities and an open plan lounge area, which flows easily onto a northwest facing patio and lawn area, providing a pleasant socialising environment all year round. The lounge is set up with TV, lounge suites, dining table & chairs. All this while still having the ability to live in a village environment of like-minded people.

Ownership of the villas is on a freehold unit title (not a license to occupy), where the purchaser retains

full ownership of their home giving them the option to on-sell it on the open market as an 'over 55's lifestyle villa'. The owner retains any capital gain realised from the sale process.

An onsite caretaker lives in the village and mows the lawns, so you can sell your lawnmower! They also take care of the roadside gardens, keeping the overall appearance of the village up to a high standard. Exterior windows are cleaned quarterly too! Along with the clubhouse facility, the exterior maintenance of your villa is taken care of into the future. House insurance is organised by the Body Corporate which manages the operation of the village. A perfect setup giving added security for those who wish to lock and leave to escape the winter.

The Heathcote area boasts a strong community, a natural microclimate sheltered from the cool easterly and southerly winds, and is surrounded by the natural beauty of the Port Hills.

Maltworks Villas is within easy reach of all hill suburbs, and an easy tunnel commute to Lyttelton township, providing a great opportunity for parents to be closer to their families who live within these areas.

The village is located at 66 Port Hills Road, Heathcote Valley, where local shops are to be constructed adjacent to the village. Ferrymead and Eastgate shopping centres are both within an easy driving commute. The bus route 28 to Christchurch & Lyttelton runs close by the village within an easy 200m walk.

Recreational activities are in abundance with Ferrymead driving range an easy five minute drive away, tennis and bowling clubs and other community recreational activities all in close proximity to Maltworks Villas, along with the gondola, walking tracks, and a children's playground on the doorstep of the village to take the grandchildren! Come and see what the Maltworks has to offer! (A)

Your country in the city

MALTWORKS VILLAS
HEATHCOTE 66 PORT HILLS ROAD
PRICED FROM \$469,900

Maltworks Villas, designed for the over 55's, is situated on the old Maltworks site. Located in an excellent micro-climate position in the middle of the beautiful Heathcote Valley.

Immerse yourself in this newly developing community and enjoy the company of like-minded neighbours.

- Freehold unit title, so you retain 100% ownership.
- Lifestyle village, NOT a retirement home.
- No fees on exit, you recognize the full capital gain.
- 2 and 3 bedroom villas, double garage options.
- 11 different plans to choose from.
- Sizes vary from 102m² - 200m².
- Pick your own internal colours prior to construction!
- Body Corporate weekly fees kept to a minimum.
- Onsite caretaker mows your lawns (sell your lawnmower!), maintains roadside gardens and house exterior, house insurance and windows cleaned quarterly.
- Clubhouse facility for social gatherings.



MALTWORKS VILLAS

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AGE CONCERN CANTERBURY POSITIVE AGEING EXPO



In conjunction with Papanui High School

Marking International Day of Older Persons

FREE ENTRY & ENTERTAINMENT

**Monday, 2 October 2017
9.00am - 2.30pm**

**Papanui High School,
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Exhibits and displays

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Age Concern Canterbury 366-0903



**Christchurch
City Council** 
and Graham Condon Centre

Expo prizes proudly sponsored by More Mobility

Positive Ageing Expo will be an intergenerational event

"I am absolutely delighted to announce, that once again, Papanui High School is hosting this year's Positive Ageing Expo, on Monday 2 October," says Principal, Jeff Smith.

"This will be Age Concern's eleventh expo, and the seventh year the school has hosted it. I have received extremely positive feedback from similar events held over previous years, where students from Papanui High help set up the facility, and assist visitors throughout the day."

"Our students play an intergenerational, interactive role in many areas. Over forty students will give up one day of their school holidays to be involved. Students and older adults will interact in a wide range of activities, from up-skilling older adults in digital technology, to helping serve morning tea."

"The school is a perfect venue, and there are many pluses for Age Concern having this here, as the Orbiter and other buses stop outside Northlands Mall, and it is just a short walk through the mall to the school. A caterpillar bus is available to take people from the Sawyers Arms Road



Students from Papanui High School interact in a wide range of activities throughout the day at the Positive Ageing Expo.



gates to the gymnasium, and there is plenty of car parking on the school's sports field."

"Planning is well under way, and with over 115 exhibits, stalls, entertainment, and attractions, this year's event will be the largest yet. Stalls will be set up in the school's Johns Wing, Gym, and adjoining Graham Condon Recreation Centre, and there will be marquees on the school grounds."

"Many organisations such as the Christchurch City Council, Police,

Fire, local retirement villages, Civil Defence Emergency Management, and numerous charitable organisations offering services and information for older adults and their families, will be taking part."

"It's a great day out, with plenty to see and do. We are very pleased to be able to support this important annual event. Over the years we have watched the Expo go from strength-to-strength, and we look forward to a long association with Age Concern Canterbury."



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"Independence is vital to maintaining a quality of life."
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Expo prizes proudly sponsored by More Mobility

Come along and have a great day out

What are you doing on Monday 2nd October? The annual Positive Ageing EXPO is here again and we would love to see you, your friends and family/whānau. Come along and have a great day out at one of New Zealand's leading Age Concern public events. The EXPO opens at 9.00am and closes at 2.30pm. Once again, we are holding it at Papanui High School in Langdons Road, Papanui. This year over 150 exhibitors will talk with you—there is something for everyone, all ages and life stages, men and women, serious advice and fun activities.

Age Concern Canterbury staff will be there to explain all our services, you can join in a Falls Prevention Exercise Class to see how you like it.

Representatives of service organisations will be there to give advice and answer questions. These include the NZ Police, Fire and Emergency Services, Canterbury District Health Board, Pegasus Health, Christchurch City Council, Community Organisations,

Community Law, Rotary, Kiwanis, and many more.

Talk about Advanced Life Care plans, traffic safety, City Council issues and much, much more.

Free tea and coffee

If you wish to take a rest between all this interesting activity, have a cuppa and something to eat, in the Johns Wing! We listened to your feedback and we will have more chairs available this year for you to rest on.

How to get there

You can travel to the Positive Ageing EXPO at Papanui by one of several bus routes – the Orbiter, the Blue Line, No.28 Papanui/Lyttelton, No.108 Casebrook/Northlands, and No.125 Redwood/Westlake. The EXPO is at Papanui High School, just 5 minutes' walk from the Northlands Mall.

The green caterpillar will shuttle you from the School gate on Langdons Road to deliver you safely right to the EXPO door. Remember to use your GOLD Card to get free travel on the bus.

If you are driving, enter from Langdons Road – drive into the school grounds where parking wardens will direct you to a parking space for just a gold coin donation. The caterpillar will operate around the carpark also.

Plenty of parking will be provided for those needing a disabled car park. Enter from Langdons Road and our helpful volunteers will guide you to the allocated car parks close to the

Positive Ageing Expo facilities.

Thank to our supporters

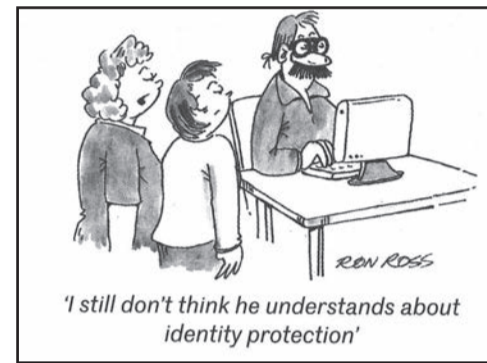
Thanks to the people who make this EXPO possible and the generosity of our wonderful sponsors. More Mobility for sponsoring the raffle prizes table which will be sited in the Graham Condon Gym and Papanui High Students and staff, we couldn't do this without them.

Peer training in a friendly environment

SeniorNet is a non-profit organisation which offers training to anyone over 50 years of age helping them to become competent computer, smart phone and tablet users. The organisation is run entirely by volunteers many of whom have only learned how to use computers themselves in recent years, this includes the tutors most of whom started learning about technology at SeniorNet.

Our emphasis is on providing peer training in a friendly social environment by our experienced, volunteer tutors. Classes have a maximum of six students with two tutors, this ensures a good learning experience. A wide range of courses and workshops are available for which reasonable charges are made to cover the society's running costs.

SeniorNet gives members an opportunity to learn new computer skills, thus enabling them to keep up with modern technology and enhance their lifestyle. There is a wide range of courses on offer which are constantly being updated as technology changes. Details of their full range of courses can be found on their website www.seniornetcanty.co.nz. Courses cover many Microsoft



Windows-based programs plus smart phones and tablets, all in all a wide range of courses related to computers and technology.

We also hold monthly special interest group meetings on specific subjects, these include digital photography, genealogy, music and video production, online travel and technical matters. There is also a social meeting on the third Thursday of each month, featuring guest speakers who cover a wide range of topics. There is also a monthly newsletter.

SeniorNet is a great way to break down social isolation for older people. As well as allowing them to become computer literate, it helps ensure they can keep up with the modern world and keep in contact with younger friends and relatives which is a major motivating factor for many people. (A)

Reducing the burden of moving

At Senior Move Managers, we provide support to senior citizens during 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 related 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 – 0800 667 558. (A)



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Senior Move Managers provides support to senior citizens when they are going through the process of relocating home. We come to you to discuss the areas in which we can assist during this difficult time.

Together we work out what is required for your situation and what service providers are needed.

Call now for a free no obligation quote on 0800 667 558

www.seniormovemanagers.co.nz
info@seniormovemanagers.co.nz



Seniors

Interested in Computers, Smart Phones Tablets?
SeniorNet Canterbury offer peer computer training for over 50s in a friendly, social environment.

New members very welcome; call at our rooms in the CFC building, 250 Westminster Street or ring our Secretary on 385-4643

Expo prizes proudly sponsored by More Mobility

A KiwiRail Tranzalpine trip



After being fortunate enough to win a prize in the draw at the Positive Ageing Expo last September we learned we had won a return trip for two on the TranzAlpine between Christchurch and Greymouth.

We delayed the booking due to a fire requiring major bridge repairs and so finally booked for 31 May. The day was fine and cool in Christchurch as we joined the other passengers on the platform. It was good to see the very excited pupils from Waiau School packed up to travel for a camp at Arthurs Pass.

We experienced a great day of magnificent scenery and very comfortable travel in our carriage. The staff were all extremely friendly, pleasant, and helpful and the audio was very interesting and informative.

After an hour in Greymouth we rejoined the train for our return home.

Breaking the cycle of arthritis pain

by Andrew Candy, Communications Co-ordinator, Arthritis New Zealand

We sometimes hear people say they have just a bit of arthritis but if you're living with the condition, you will know how painful and unpredictable it can be.

Living with pain can be the hardest part of living with arthritis. It's easy to start avoiding activities because they cause pain or you think they may be damaging your joints. You may start losing confidence and feel that you are not able to live a healthy life.

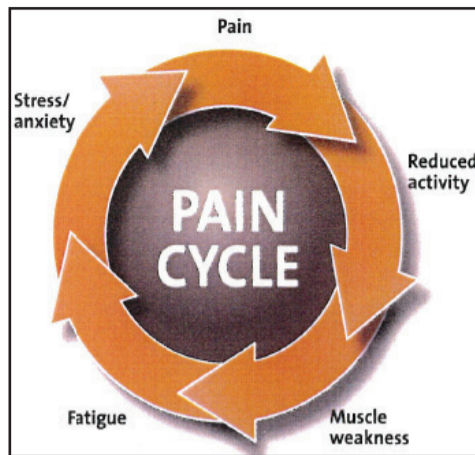
Pain is complex whether it's acute or chronic. Short term acute pain is very useful – it's a signal that you need to protect whatever part of your body is hurting. Chronic pain that lasts longer than three months however does not always mean harm. Often it's the brain overprotecting us.

Scientists have found that the amount of pain does not relate to the severity of injury or changes that show on X-rays or scans. Arthritis is no exception! We also know that pain, stress, fatigue and feeling down or depressed will often make your pain worse.

This cycle is known as the pain cycle. The good news is that the pain cycle can be broken.

What can we do to manage pain?

- Low impact exercise including regular stretching and strengthening.
- A healthy diet and maintaining a healthy weight.
- Joint protection, including use devices to relieve joint stress, such as walking sticks and supportive cushioned footwear.
- Mind- based approaches (deep breathing, relaxation, mindfulness, distraction).
- Stress relief through the four 'Ps': pace yourself, prioritise, plan, watch your posture.
- Medications and supplements.
- Applying heat or cold – whichever



brings relief.

- Topical creams and gels.

Everybody is different, so be prepared to try different self-management techniques until you find what works best for you. Pain may limit your life but it doesn't have to control your life.

For more information and support, phone Arthritis New Zealand 0800 663 463 and speak to one of our

Arthritis Educators.

The Arthritis Educators are on hand during business hours (8.30am to 5.00pm) to answer any questions you may have about your arthritis and options for a better quality of life with the help of medications, exercise, joint protection, pain management and healthy lifestyle.

September is appeal month for Arthritis New Zealand. Thousands of wonderful volunteers will take to the streets and malls on Friday 22 September to raise money for our information, education and support services. If you'd like to join them, please phone 0800 663 463.



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Age Concern's volunteer driver receives MNZM

When Alison Wilkie "retired" four to five years ago, she volunteered to be an Age Concern Canterbury social-outings van driver after hearing that drivers were needed.

"Every second Wednesday I pick up the 'St Albans Coffee Club members' and we're off for coffee at a different venue each time."

The group leaves about 9.35am and is usually away for about three hours. "We have a ticki-tour on the way back," she says.

She has devoted her life to others, mostly in health and education but is now choosing to slow down.

Alison Wilkie has recently turned down an invitation to become a committee member of a bridge club. Volunteering for community work has been the story of her life but now she admits there is a time to leave the stage or, at least, slow down.

She was brought up in Christchurch with parents who were involved with St John Ambulance. So at nine Alison became a St John's cadet and remained with the organisation until she was 19. "I never thought I would not be a nurse," she says.

"Mother wanted to be a nurse but her mother would not let her be one as she didn't think she would be strong enough. I think my mother lived her nursing aspirations though me."



Alison Wilkie, Member of the New Zealand Order of Merit

Becoming a nurse led to a life of service to the health industry. "I have lived, breathed, studied and worked in health all my life," she says. In fact, she has now been awarded a Member of the NZ Order of Merit for her services to health and her community work.

"I have many different and transferable skills and experiences obtained within the broadest range of health, education and community service. My commitment is to being involved, where possible, in improving the health and wellbeing of all New Zealanders ... which includes the

social determinants of health. This would be second to none," she says.

Alison has been a member of the Canterbury District Health Board and the Riccarton-Wigram Community Board and the Christchurch Resettlement Services Board.

Before that she helped set up several asthma societies in the South Island. That specific interest was prompted by a son (she has three children) having asthma.

She says a highlight of her asthma work was the implementation of the NZ Asthma Educators' Forum in 1991. She is a life member of two

asthma groups.

In recent years Alison was involved with the Ministry of Education as Chair of the Establishment Board of Trustees setting up the Te Waka Unua School and the St Francis of Assisi Catholic School. Many years earlier, when her children were at primary school, she was involved in Halswell School's PTA.

When Alison becomes involved with an organisation, she dives into the nuts and bolts, and gives her all.

The University of the Third Age (Kate Sheppard group) now occupies her as her job is, as a committee member, to arrange speakers. Next up she has Sir Geoffrey Palmer and Dr Andrew Butler on whether Aotearoa New Zealand needs a written constitution. Further, she plays bridge regularly at the Christchurch club.

"I am giving up committee positions now," she says.

However, she misses her work on the health board. She served from 2000 to 2008 and wishes she had won another election. "I don't think the voting system (STV) and being low on the list of candidates (W for Wilkie) are helpful," she says.

However, Alison says her friends and family keep her busy. Her three children live in Auckland. She has eight grandchildren and three step-grandsons.

Step out of your comfort zone and enhance your life as well as the life of others

People choose to volunteer for many reasons. For most it offers the chance to give something back to the community and we feel good that we are helping others. An added benefit is that we are also enhancing our own lives.

These three stories show just how stepping out of your comfort zone to help others can have an amazing impact on your own life as well.

There is no tragedy in life like the death of a child but for Age Concern Canterbury volunteer driver, John Fowke, it was a double heartbreak with the loss of a beloved daughter and six-year-old granddaughter at the same time.

It was unimaginably devastating for John and his wife and in the weeks and months that followed the tragedy John said he felt that his life was wasted. "I became totally inadequate, relying on others for everything."

John credits his wife Margaret for being "his rock". She was also struggling with the loss of her daughter and grandchild but in John's words, she "steadied the ship on many occasions".

It was some timely words of wisdom from Margaret's cousin who had suffered her own tragic loss that helped John to work through his grief and introduced him to Age Concern.



John Fowke credits his wife Margaret for being "his rock".

John initially began helping with gardens and lawns, and went from feeling totally devastated to a feeling that he belonged and that he had something to contribute.

He did not hesitate to take up an invitation to become a volunteer driver, and admitted he was "fairly excited" to become involved in driving and entertaining groups of "lovely

people" for three to four hours. John could easily empathise with many of the group as like him they too had often lost someone close.

John's volunteer driving has become an important regular activity for Age Concern clients and is equally as important for John. He has become one of Age Concern Canterbury's greatest stalwarts, helping with funding applications and generally raising the profile of Age Concern at every opportunity.

John describes his role as a "small cog in the amazing wheel of Age Concern Canterbury. They are great staff, great people who do great jobs. I am so very lucky to be a part of this." He credits his involvement in Age Concern Canterbury with helping him come to terms with his loss. "I'm now much better, thanks to them."

Continued on page 18 .../

Step out of your comfort zone and enhance your life as well as the life of others

Continued from page 17 .../

In the same year that Vicki Buck was the Mayor of Christchurch and Sean Fitzpatrick captained the All Blacks, Frances began volunteering as a visitor for Age Concern. Today, 23 years, later Frances is still visiting Lorna, the same woman she was matched with three Mayors and 16 All Black Captains ago. Theirs is a very special match that has developed into a lifelong friendship.

Frances says she began AVS volunteering after being somewhat coerced by a work mate. She doubted that she could do it. At 45 she was much younger than most of the other volunteers, but after two meetings with the co-ordinator Margaret Chapman, she decided to give it a try, and nervously made her first visit to Lorna.

At only 68 Lorna was also younger than most who sign up for the Visiting Service. She was recently widowed, and although supported by two loving daughters, she found herself housebound, bored and lonely. Lorna is blind and although



Frances and Lorna, a very special match

fiercely independent, she missed the friendship and company she had been used to when her husband was alive.

Despite her reservations Frances found that her first visit to Lorna went very well. "It helped that Lorna is a chatterbox," she says. It also helped that they found they had friends, acquaintances and interests in common. Over the years their visits have included walking along the beach, baking, and talking...lots of talking. Lorna loves talking about her family, and her early life in Lyttelton. The activities and outings have changed over the years but both women still look forward to the weekly visits as much as ever. At 90 Lorna is still fiercely independent.

Frances describes their relationship as now like family. The women include each other in family milestones and celebrations, and Frances will sometimes help with shopping and appointments. This is not what is usual, required or even encouraged of AVS visitors but there is no doubt that over the years these women have developed an unique bond that surpasses the official guidelines.

Falls are preventable, SAYGo Falls Prevention exercise classes improve your balance, leg strength, flexibility, general fitness and well being

Falls are preventable. SAYGo Falls Prevention exercise classes improve your balance, leg strength, flexibility, general fitness and well being. You can prevent falls. Steady As You Go (SAYGo) is the exercise class designed to help older people reduce their likelihood of having a fall.

- Simple activities, seated in a chair, standing and walking.
- Proven to improve balance, flexibility and strength.
- Participants feel physically better and more able.
- Class members enjoy being with a social and friendly group of like-minded people.

SAYGo in Amberley and Rangiora

Eleven weeks of fun, learning, motivation and achievement culminated in a sharing day when new Peer Leaders met together in Amberley recently.

The benefits of the Falls Prevention Programme (SAYGo) were advocated and discussed as we enjoyed lunch, a class, some First Aid tips and further



training.

It is thanks to this enthusiastic group that the SAYGo classes will continue on a weekly basis in Amberley and Rangiora. There are still spaces in these groups and new members are very welcome.

Early spring will most likely see the expansion of these popular and beneficial classes to new locations in Kaiapoi, Oxford, Culverden, Cheviot and Hanmer.

Consider these facts:

- * Around 30% of people aged 65 and over will fall at least once each year.
- * Falls are NOT a natural part of ageing.
- * Improved balance and stability mean that falls ARE preventable.

Check below for the SAYGo exercise classes in Christchurch and North Canterbury. For more information about these groups please phone Age Concern Canterbury on 366 0903 or Christine Toner 0274339598 (city) or Robyn Bain 0220468467 (North Canterbury).

Location of classes: North Canterbury Classes

- Wednesday at 10.30am, Rangiora.** (Class full, new members welcome at Thursday class), Ballarat Retirement Village, 21 Ballarat Road, Rangiora.
- Wednesday at 11.00am, Amberley.** Amberley Library, RSA Room.
- Wednesday at 1.30pm, Amberley Beach.** Amberley Beach Hall.
- Thursday at 5.00pm, Rangiora.** Ballarat Retirement Village, 21 Ballarat Road, Rangiora.

New classes planned for North Canterbury potentially starting 21 August – possible times could be Cheviot on a Tuesday morning, Culverden or Rotherham on a Wednesday morning, Hanmer on a Wednesday afternoon, and Kaiapoi on a Thursday afternoon – all to be confirmed. Please phone Robyn on 0220468467 to register your interest. Feel free to attend any suitable class. For more information call Age Concern on 366 0903.

Location of classes: Christchurch City Classes

- Monday at 10.00am, Redcliffs.** Port Hills Uniting Church, Augusta Street, Redcliffs.
- Monday at 10.30am, Hei Hei.** Community Centre, Wycola Ave.
- Monday at 10.30am, Wainoni.** Best Years group Celebration Centre, 81 Bickerton Street, back entrance with Preschool signage.
- Monday at 1.00pm, Harewood.** WAITLIST ONLY. St James Church Hall, Harewood Road, Airport end. Class is currently full.
- Monday at 2.00pm, Harewood.** New members welcome. St James Church Hall, Harewood Road, Airport end.
- Monday at 1.00pm, Halswell.** WAITLIST ONLY. Te Hapua, Halswell Service Centre and Library, 341 Halswell Road. Class is currently full. A good alternative is at Hoon Hay on Friday mornings.
- Tuesday at 9.00am, Nazareth House.** Nazareth House, 220 Brougham Street, Sydenham.
- Tuesday at 9.30am, Papanui.** Age Concern Canterbury, corner Main North Road and Loftus Street.

- Tuesday at 11.30am, Fletcher Place.** Upper Riccarton, Fletcher Place Residents Lounge, off Bowen Street.
 - Tuesday at 1.00pm, Waltham.** Waltham Cottage, 201 Hastings Street East, Waltham. Please phone 942 2173 to check class time and vacancies.
 - Thursday at 9.30am, Riccarton.** Kauri Lodge, 148 Riccarton Road.
 - Thursday at 10.00am, St Albans.** St Albans Community Centre, 1047 Colombo Street (near Edgeware Road) with parking access 126 Caledonian Road.
 - Friday at 9.30am, Hoon Hay.** Hoon Hay Presbyterian Church Lounge, 5 Downing St, Hillmorton.
 - Friday at 10.00am, New Brighton.** New Brighton Library, in the PAD. Parking beyond the whale pool or in the Library parking area.
- New classes are being planned for Christchurch city, Banks Peninsula and mid Canterbury. If you have an idea for a new class location please phone Christine on 0274339598.

New faces on the Age Concern Canterbury Team

Two staff have come together in our Home Services team working part-time in the role replacing Sharyn Anderson.

Deborah McCormick started with us in an administrative role but was happy to take on the Home Services Co-ordinator's role, part-time, when it became available.

Julie Taylor works as our Accounts Administrator but also undertakes to work part of her week in the Home Services Team.

Both staff are happy to receive your requests for gardeners, tradesmen, handymen and domestic providers to undertake those tasks that are becoming increasingly difficult. You can call during business hours



From left: Debbie Garraway, Deb McCormick, Julie Taylor and Deirdre McGrath

9.00am to 4.30pm and they will co-ordinate the help you need.

Deirdre McGrath has been working full-time on reception since

the beginning of the year and has provided a consistent voice and continuity in her role here at Age Concern Canterbury. She came to us with a wealth of knowledge gathered over the years working for a similar organisation in Westport.

A new-staff member has replaced Jasmine Salam in the Social Outings service. Debbie Garraway worked as an office manager for 18 years before joining our team and is enjoying the opportunity to bring people together in coffee groups.

To find out more about the work that Age Concern Canterbury undertakes go to www.ageconcerncan.org.nz or phone 366 0903.

Elderly drivers driving to the future

Many elderly drivers lose confidence as the years roll by.

Aware of this Age Concern Canterbury aims to help those drivers and, for 10 years, has offered a Confident Driving Staying Safe course.

About 5500 older drivers have taken the course throughout Canterbury in those 10 years and 99 per cent of those who took the five-hour course expressed satisfaction.

Ten years ago Yvonne Palmer took the NZ Transport Agency's training certificate to be a facilitator of a safe with age driving course. She still runs the courses but since 2009 she has had hands-on help from the police.

In the early days funds dried up after two and a half months. But after lobbying, more money was found. The number of attendees on a course was limited to 16.

However, the course grew each year and this financial year 646 took part in one of the 35 courses held in Canterbury. Most reasons given for attendance are loss of confidence; using roundabouts, driving at peak



Yvonne Palmer with members of the New Zealand Police team who have contributed to the programme over the years. From left: Mike McCoser, Inspector Tony Hill, Senior Constable Steve Spencer, Yvonne Palmer, Senior Sergeant Kelly Larsen, Senior Sergeant Mike Jones. Back left: Senior Sergeant Phil Dean, Inspector Al Stewart (Road Policing Manager) and Inspector Glenn Nalder

times, and reversing. One woman has attended six courses over the 10 years. Yvonne says the woman learns something new every time she attends.

Individuals can self-refer but some drivers attend because they are referred by their doctors or the police.

Courses run from 9.30am to 2.30pm

with lunch thrown in. A donation of \$5 is requested. Participants work through a work book on road rules, watch videos and have discussions about incidents and crashes in which older drivers have been involved.

The courses are designed to keep older drivers on the road longer and safely by maintaining confidence. They also provide insight into changes

when driving, pedestrian safety and the impact of medication.

Inspector Al Stewart, head of Canterbury Road Policing Team, is very supportive of the courses and he believes they help to bring down the Canterbury accident rate. A member of the Road Policing Team attends and presents at each course.

Older drivers who have had crashes in the past three years or who are confused about giving way at intersections, having difficulty in shifting focus, having trouble looking over their shoulder, or saying to themselves "Where did that car come from?" could find the course helpful.

Phone Yvonne 366 0903 or email: ypalmer@ageconcerncan.org.nz.

Life Without A Car

Another course offered by Age Concern for elderly drivers is called Life Without a Car.

This is aimed at adjusting to life without a car. Insights are given as to how to stay mobile and continue to do the things you enjoy.

Bookings are essential and the courses are held around Canterbury.

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

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

Winter warmth is critical

by Ruth Dyson, MP for Port Hills, Labour's Senior Citizens Spokesperson

In Canterbury, we know how cold our winters can be and we know that many of our homes are not well insulated. Around 1600 New Zealanders die prematurely each year due to living in cold, damp homes. That's four times the road toll! Thousands more are admitted to hospital with respiratory illnesses brought on by living in houses that are just too cold.

Older New Zealanders and those on low incomes are most at risk because of this poor quality housing and the difficulty they have in paying for heating.

We need to up our game to change these numbers. My Select Committee has recently considered a member's bill proposed by Andrew Little to

require all rental homes to meet good standards of insulation, heating, ventilation and weather tightness so that these homes are fit to live in. I totally support this proposal and the intention of funding grants of up to \$2000 to support the homeowner to upgrade insulation, retrofit double glazing or install a clean fixed form of heating.

The other half of the equation is the cost of staying warm. The cost of household heating has risen by 30 percent since 2008. Many people cannot afford to keep heaters on and are forced to live in temperatures well below international health guidelines. I hear stories from many older people about them having hats and jackets on inside to keep warm – and going

to bed early because they are too cold to stay up. Labour is going to introduce a Winter Energy Payment for people receiving superannuation or a main benefit. This will be \$450 a year for a single person and \$700 a year for a couple or a person with dependent children, paid in monthly payments from May to September.

For a retired couple, this means they will receive an extra \$140 a month during winter. The payment will not be limited to a specific type of expenditure. This will give people flexibility to use it to best suit their personal circumstances which could be leaving the heater on longer,

installing new heating, or investing in draught-stopping and insulation.

This is a really good use of taxpayers money and should help to change the horrific premature death and hospitalisation rates. If someone is ill because of a preventable condition, then it just makes sense to address the cause of the illness rather than just treating the end result. These payments will enable around a million people to better keep themselves warmer and healthier in winter. That's what we should be supporting for everyone.

Authorised by Andrew Kirton, 160 Willis Street Wellington

New Service for Elder Abuse Response

Age Concern New Zealand is backing a new Elder Abuse Response Service being launched on 1 July 2017 by the Hon Maggie Barry, Minister of Office for Seniors.

"We fully support the increased investment in a new Elder Abuse Response Service (EARS) to cover the whole of New Zealand," says Stephanie Clare, Chief Executive Age Concern New Zealand.

"It is critical that we help older New Zealanders live a life free from harm."

Age Concern New Zealand is a leader in Elder Abuse and Neglect Prevention and knows the need will only increase as our older population grows and as we all age.

"It's not acceptable to have the older population living in fear and Age Concern is here to help in communities across New Zealand."

It is estimated that in New Zealand 70,000 people over 65 are abused each year and that Age Concern New Zealand statistics show that 75% of alleged abusers are family members.

Stephanie says "All of our Age Concern members are pivotal in helping older people live safe lives. We are in communities among older people every day – we know how to spot signs of abuse or neglect and how to support people through such a difficult and shocking experience."

Age Concern provides support and aftercare through social connection programmes that are vital to the recovery and rebuilding of self-esteem of those who have suffered abuse, lost trust or become isolated.

"We know that we are well positioned to offer these vital services and able to link with other agencies to help any older person who has suffered abuse to lead a better and safer later life."

You can contact your local Age Concern to find out more about our programmes at www.ageconcern.org.nz The Office for Seniors took over the Elder Abuse prevention and education role from Age Concern New Zealand on 1 July 2017 with the launch of a free and confidential 24/7 help-line, 0800 32 668 65 (0800 EA NOT OK).



Help-for-Hoarding Group

- ✓ Are you aware that you have a problem with clutter at home?
- ✓ Does the clutter affect 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 the hoarding has happened?
- ✓ Are you motivated to learn new ways of organising and new coping skills?
- ✓ Can you visualise how you would like your home to be?

If the answers to **ALL** the above are 'YES' and you are interested in being part of this group (or know someone who might be) please contact me at Age Concern Canterbury on 03 331 7806 to arrange for me to visit you and discuss further. Emma Hockley, Psychologist.

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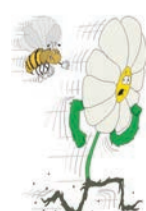
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*For the first year.
†Refers to the combined value of your belongings, not the value per item. Normal underwriting criteria applies.

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 Darfield and Selwyn District.

Own transport and tools necessary.

Payment on an hourly rate.

For more information please phone Deb on 366-0903

AGE CONCERN CANTERBURY ARE LOOKING FOR

CLEANERS



Required for older adults in the community.

Payment on an hourly rate.

Cleaners are required for the Barrington, Spreydon and Redwood areas of Christchurch.

For more information please phone Deb on 366-0903

Staying connected impacts on how well we eat

by Wendy Scanlon, Senior Chef Co-ordinator

One of my favourite quotes comes from English writer Virginia Woolf, "One cannot think well, love well, and sleep well, if one has not dined well". Eating well is central to our well-being, particularly as we age. The focus is often on what we eat, but research is now showing that how we eat is of equal importance.

About ten years ago the concept of "blue zones" was introduced. Blue zones are the geographical areas of the world where people live the longest. People in the blue zones suffer a fraction of the lifestyle diseases common in other parts of the developed world and enjoy more healthy years of life. There are five blue zone regions: Sardinia, Italy; Okinawa, Japan; Loma Linda, California; Nicoya Peninsula, Costa Rica and Icaria, Greece.

Author of the Blue Zone book, Dan Buettner, gives nine lessons for well-being, based on the lifestyle of these regions:-

1. Enjoy moderate, regular physical activity.

2. Have a purpose in life. The Nicoyans call this "plan de vida" or "why I wake up in the morning"!

3. Stress less. Every culture has a different strategy – Okinawans take time to remember their ancestors, the Californian Seventh Day Adventist pray, while the Greeks in Icaria have siesta.

4. Have a moderate kilojoule intake. The message is to stop eating when you are full and spread your intake across the day. Breakfast really is the most important meal of the day.

5. Enjoy a plant-based diet. That means having 90 percent of our food

based on plants. Having legumes (dried beans, peas and lentils) as part of our diet is also important.

6. If you drink alcohol, do so moderately, in the company of others and with food.

7. Engage in spirituality or religion.

8. Engage in family life.

9. Engage in social life.

The final three lessons are about staying connected. All of the blue zoners have a social circle that supports healthy habits. Research tells us that both living and eating alone are risk factors for malnutrition as we age. By sharing meals with others we can potentially improve our eating habits, health and quality of life.

To stay connected, try some of the following ideas:

- Organise a pot luck dinner with

friends. Make it interesting by inventing a theme – only plant food or food that begins with the letter "C".

- If you live alone choose to have dinner once a week with friends in a similar situation. Dining with four friends means three nights off cooking and one night where you cook for others.

- If a neighbour has meals-on-wheels take your meal over and eat together. We eat more when we eat with others.

- Enjoy a neighbourhood lunch once a month, with every one bringing something to share. In the summer time this could include exploring a local park or favourite picnic spot.

The bottom line is to stay connected with family, friends and social groups.

Pumpkin and Chickpea Casserole, a blue zone meal

This Moroccan inspired casserole ticks the boxes as a Blue Zone meal - plant based with added legumes (chickpeas). This recipe is for four serves so invite some friends around to share it with you and stay connected.

Ingredients

1 tsp Oil
1 onion, peeled and chopped
1 tsp Minced Garlic
1 tsp Ground Cumin
1 tsp Cinnamon
1 tsp Tumeric
½ tsp Paprika
3 cups Pumpkin, peeled, deseeded and cut into 2cm cubes
1 x 400g can Chopped Tomatoes



1 x 400g can Chickpeas, drained and rinsed
1 Lemon, juice and zest
Salt and pepper to taste
1-2 tblsp Fresh Coriander

Method

1. Heat the oil in a large saucepan. Add the onion and stir over a medium heat until the onion softens. Then add the garlic and cook for 1-2 minutes, stirring continuously.
2. Add cumin, cinnamon, tumeric and paprika. Stir and cook for a further 2 minutes.
3. Add pumpkin, chopped tomatoes, chickpea and lemon zest.
4. Bring to the boil. Stir then reduce to a gentle simmer.
5. Cover and cook for 25 minutes or until the pumpkin is tender.
6. Once cooked stir in lemon juice, salt, pepper and coriander.

Exercise for people over 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10lb potato bags. Then try 50lb potato bags and eventually try to get to where you can lift a 100lb potato bag in each hand and hold your arms straight for more than a full minute (I'm at this level).

After you feel confident at that level put a potato in each bag!

(Source: unknown)



Franco Dal Din

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REAA 2008

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Nine ways Occupational Therapy helps you thrive in your senior years

by Catherine Fink, Occupational Therapist, Port Hill Therapists

Are you facing challenges with everyday life as a result of ageing, disability or health issues? Read on to find out how Occupational Therapists (OTs) can help.

Occupational Therapists care about how people live the life they want, and do the things they want to do. Their concern is enabling people to do their everyday activities (or occupations), such as looking after one's self, managing the home, caring for others, getting out and about in the community, staying engaged in meaningful activity and staying well. OTs enable people to do things – because doing is good for you.

Here are 9 ways an Occupational Therapist can help older people.

1. Ensure your Safety at Home

Safety is often a concern when a person experiences reduced mobility, impaired vision or memory loss. An occupational therapist can assess a person's ability to manage their everyday activities and provide solutions to assist the person to remain as safe as possible in their home.

Preparing for using a mobility aid or wheelchair in the home or setting up the home if your vision is failing, installing handrails to prevent falls or accessing the community when you stop driving are things an OT can help with to future proof your home.

2. Maintain your Independence

Staying independent in everyday activities despite reduced mobility, pain, fatigue, sensory loss or other conditions can be a challenge. Occupational therapists are experts at finding practical solutions to enable people to achieve their goals for independence. There is a huge range of disability equipment and gadgets on the market, and OTs can help you to determine what equipment is right for your needs and how to install and use it. Occupational therapists also teach strategies to enable greater independence in tasks such as getting dressed or getting in and out of a chair or the car (to name a few).

3. Maximise wellbeing

Our wellbeing is very much related



Liz recently asked for an Occupational Therapist to assess her ability to use a mobility scooter and teach her to drive it in her local area. Being able to use the mobility scooter means Liz can continue her meaningful occupations such as visiting friends, getting to the shops independently and going to the local park on her own.

to how we live our lives on a day to day basis. A fundamental concept in Occupational Therapy is the importance of participation, keeping our identity and being interested and connected through meaningful activities, regardless of our abilities or disabilities. Whether it's baking for grandchildren, volunteering with a local school, gardening, walking the dog, going to exercise class, being creative or learning new things... doing is good for you...physically, mentally, spiritually and socially. Occupational Therapists can help you to build more wellbeing into your life in meaningful and sustainable ways.

4. Have fun and stay socially active

It's essential to enjoy life, have fun and stay engaged in meaningful leisure, spiritual, intellectual and social activities. Occupational therapists can

help a person to look at their lifestyle and make sure there is a balance of "work, rest and play". They can help you prioritise and engage in activities that benefit your mental health and quality of life as well.

5. Access the Community

Getting out and about in the community can be difficult for older people. Yet, it's important you stay connected and keep going to activities such as exercise groups, church, clubs, volunteering, visiting, etc. Occupational therapists help people overcome barriers to accessing the community. This might be through exploring alternative transport options, becoming confident with bus use or learning to use a mobility scooter.

6. Understand and manage memory difficulties

If you are noticing changes in your memory and thinking, an Occupational Therapist can advise on practical strategies for managing this. Using lists, weekly planners, setting up routines for weekly activities, using technology and using cognitive techniques for remembering information are just a few of many helpful tips.

If you are a family member with concerns for someone's safety in cooking, driving, living alone or managing money and security, then an occupational therapist can do a functional assessment and provide support and management strategies.

7. Adjust to transition or loss

Older age can be a time of great transition. Whether it is due to losing a spouse, experiencing a health issue, moving home or losing one's ability to drive, there can be many adjustments to make. Finding your way around these changes can be overwhelming. Occupational therapists can help with establishing a plan to move forward and provide support to engage in activities that foster identity, meaning and purpose and promote health and wellbeing.

8. Manage Anxiety and Depression

Often anxiety and depression

can cause a person to become less interested or engaged in their everyday activities. Loss of interest or confidence in cooking, selfcare, getting out and about or staying in touch with others can lead to worsening health, physical deterioration and social isolation. An occupational therapist can suggest practical strategies to manage symptoms, find easy ways around tasks and support the person to participate in activities that improve outlook.

9. Connect with the wider health and social service system

Sometimes it's hard to work out what type of help or support you need or is available.

There are many health services such as Falls prevention, Senior Chef or Active Canterbury and programmes run by charities or NGOs such as friendship groups or help with daily tasks etc. Occupational Therapists know what help is out there and can help you determine what would work best for you and refer you or link you in.

Find an Occupational Therapist today to help you thrive in your senior years.

Occupational therapists can be found throughout the community. They are employed in the DHB at Older Person's Health, and many also work in private practice, rehabilitation centres or non-government organisations.

Some occupational therapy services are publicly funded with a referral from your GP. More options are available from a private occupational therapist if you can self fund.

You might want to discuss your needs for occupational therapy with your family or GP, and make a referral accordingly.

To find a private occupational therapist call OTNZ (04) 4736510 or go to www.otnz.co.nz/public/find-an-occupational-therapist/, alternatively contact Age Concern.

Written by Catherine Fink, Occupational Therapist, Port Hill Therapists. www.porthilltherapists.co.nz

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November 2017 issue of *Keeping On*.

The deadline is Friday, 13 October 2017.

Please contact Anna-Marie on 331-7804.

Things you can do to protect yourself from scammers

Scammers continue to keep hitting the phones; including to 'fix' computers. It seems that scammers have been letting their fingers do the walking of late. There has been an increasing number of reports of telephone scams here in NZ.

Consumers can stop themselves being scammed by never disclosing any personal or financial details to these callers. In particular, people should be aware about:

- * Callers advising that the person's computer is infected with a virus and requesting credit card details to fix the problem.
- * Calls offering products, services or cash under fake government grants.
- * Callers seeking bank details in

order to process a bank fee refund or tax refund.

* Callers offering to place the person's number on the Do Not Call Register for a fee.

* Any calls offering free holidays.

Be cautious - if you get an unsolicited call and the caller requests personal information, it may be a scam. Hang up and verify who they are by independently contacting them directly. Protect your personal information and financial details - don't provide your details to anyone who has contacted you out of the blue who you don't know and trust. Even if they claim to be from a reputable company or Government department it may still be a scam.

If you get a cold call from someone claiming you are entitled to a refund, have won a holiday or have a virus on your computer, hang up immediately.

It is also inadvisable to give your credit card details to charities set up outside supermarkets etc. If they don't accept a cash donation, THEY ARE TRYING TO SCAM YOU.

Never disclose your bank or credit card details to unknown sources.

Just because they 'sound nice' on the phone, does not mean you should trust them. Your bank already has your details, they will not call you to confirm them. THIS IS A SCAM.

Contact your bank immediately if you think you have provided your details to a scammer. It is better to be safe than sorry.

(Source: www.grownups.co.nz)

Snack on exercise while reading

The Aircycle enables people to "snack on exercise" and make it a regular part of daily life. These "snacks" could be just five minutes 4 or more times a day while watching TV, sitting with a coffee, playing bridge, reading, sitting at a desk, in the car or on a plane.

Use little and often for fast and unbelievable relief of joint pain and circulation problems. It's so easy and simple and it works. No one is too old to exercise this way. The Aircycle is an inflatable exerciser which enables one to easily and gently exercise feet, legs, lower back, hands, arms and shoulders from a sitting position without weight bearing activity.

Here's recent feedback:

- "Before I used my Aircycle I had bad circulation in my feet. Now my toes are a normal colour and the swelling and pain in my joints is greatly reduced."
- "The swelling in my ankles is down and I can walk much further without stopping."
- "I've had 2 x DVT's in my leg. I use the Aircycle at my desk to help prevent further problems."
- "I no longer suffer cramps at night which used to stop me sleeping."
- "I'm 84 years old and have used an air cycle for many years now and



it gives me great relief from restless feet and legs. I use it in the evenings when watching TV."

- "My legs and thighs are so much stronger and I have better balance."
- "My husband no longer shuffles - he's walking normally."
- "I use it to relieve sciatic nerve pain which used to be chronic."
- "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 any more."
- "I'm back playing golf without the pain in my hip."

For more information see below. **(A)**



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



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- * Cramps & restless legs
- * Travelling (DVT)
- * Varicose veins
- * Cold hands and feet

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

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 or email us at 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.
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- * Not tested on animals.

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), and 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 any hesitation." **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 (A)**



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UPDATE FROM THE CLUBS



Beckenham Friendship Club members celebrated their 30th birthday in July. In August Pat Hannah will entertain and Richard Hore in September.

Meet: 2nd Tuesday of the month at 1.15pm. St Marks Methodist Church, Somerfield Street.

Contact: Ann McKenzie on 03 314 9943.

Bishopdale Senior Citizen Club members enjoy a Housie afternoon. Members have also enjoyed a surprise lunch bus trip and a trip to Rangiora for Christmas lunch is planned in November.

Meet: Fortnightly on Monday 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 bus trip to Ashburton and recently celebrated 42 years as a Club. Mike Early, a speaker from Barton Fields Development gave a talk and in August Paul and Kaye Easterbrook entertained members.

Meet: First Tuesday of the month at 1.30pm at Lincoln Event Centre.

Contact: Lena Cameron on (03) 342 5467.

Papanui Senior Citizens Welcome Club members enjoyed entertainment from Ian Mac and Ken Webb. Members also enjoyed a mid-winter dinner at Hoofbeats Riccarton Hotel. A future trip will see members visiting Loburn Redcross and entertainment from the Sunshine Entertainers and Brian Ringrose.

Meet: Tuesdays at 1.30pm at the RSA, Papanui Road, Papanui.

Contact: Colleen Smith on 359 7738.

Sumner Senior Citizens Club members held their AGM in June followed by a birthday afternoon tea. Members enjoyed a bus trip to Rangiora to hear the Christchurch Theatre Workshop concert.

Meet: Second and fourth Wednesday each month at 1.30pm at Sumner Surf Club.

Contact: Lola Bouckoms on 384 9889.

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

Tuesday at 1.45pm

26th September 2017

28th November 2017

Rangiora RSA

Victoria Street, Rangiora

Wednesday at 1.45pm,

27th September 2017

29th November 2017

An afternoon with the SING group is a good afternoon's entertainment at a reasonable cost. We look forward to seeing you and thank you for your continuing support.

For advance bookings please phone Zilla on 389 2411

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.



Friendly atmosphere at U3A St Albans

The U3A movement aims to encourage an active retirement for women and men in their 'third age' by providing for their cultural, social, physical and intellectual interests. Members are people wanting to widen their interests by getting involved in life long learning opportunities Of all kinds and to share activities in an informal, friendly atmosphere.

U3A St Albans meets on the fourth Thursday of each month, except in December, with tea and coffee at 9.45am and the meeting beginning at 10.15am. The venue is St Albans Uniting Church, 36 Nancy Avenue. Meetings usually last about an hour.

We have a great programme of guest speakers planned for our monthly gatherings.

We are establishing Special Interest groups which will meet outside of our regular meeting times to cater for our members' interests and activities. A regular newsletter keeps members informed of activities and events.

Visitors and prospective members are welcome - please make yourself known to a greeter at the door. For further information contact Ellwyn Mackie (President) on 0276551156 or Noni Rush (Secretary) on 354 5643 or email: u3astalbans@gmail.com or www.u3anetcant.nz/stalbans/



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.

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 Aranui, Aranui Wainoni Community Centre, Mondays starting 24th July, 1.30pm to 3.00pm.

Be Active Lincoln, Lincoln Events Centre, Wednesdays starting 26th July, 10.00am to 12.00 noon.

Be Active Spreydon, Pioneer Recreation Centre and Sport Centre, Wednesdays starting 26th July, 6.15pm to 7.15pm.

Be Active Bishopdale, Bishopdale YMCA, Thursday starting 27th July, 1.30pm to 3.00pm.

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

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 an open session on the first Wednesday of the month from 10.00am to 12.00 noon at our Club Rooms, 3 Brake Street, Church Corner, Upper Riccarton. *Come along for an informal chat, we'd love to see you.*

Get Togethers for Older People

Wednesday, 20th September 1.30 to 3.30pm

Celebrating Spring

Wednesday, 15th November 1.30 to 3.30pm Christmas Event

Entertainment followed by afternoon tea. Held at Riccarton Baptist Church, 80 Rattray Street, Riccarton. *Entry by gold coin donation to help cover the cost of food.*

Contact Velda on 348 4350

New Zealand's Modern History: Ruthanasia

by Dan Bartlett, Researcher - Archives, Te Runanga o Ngai Tahu

Ruthanasia. One of the more spine-chilling portmanteaus to ever enter the New Zealand vernacular. A perjorative sentiment describing the uncompromising and arguably dangerous nature of Ruth Richardson's health and welfare reforms, Ruthanasia was the social services' Rogernomic equivalent. In her 1991 Mother of All Budgets, Richardson introduced the New Zealand public to her grave new world of "stiff medicine".

The National Party had won a decisive victory in the 1990 election, winning 67 seats to Labour's 29, and the one seat won by Jim Anderton's New Labour in Sydenham. However, it is important to note the distorted majorities produced by the First Past the Post (FPP) electoral system, which was ultimately superseded by the Mixed Member Proportional (MMP) system in 1996.

Although the National Party now held 69 per cent of the parliamentary seats, over twice the amount Labour held, it had only gained 48 per cent of the popular vote; in the same election, the Green Party received 7 per cent of the popular vote yet did not attain a single parliamentary seat.

National's landslide victory was followed by a suite of policies that took even their own voters by surprise. The new Prime Minister, Jim Bolger, "had presented himself as a moderate who would consolidate on the changes made by Labour, slow the dizzying pace of change, and reconstruct a decent society". Indeed, Bolger averred that in the 1990 election campaign he "totally captured the essence of New Zealand in building a decent society because I thought we'd lost that". However, the rhetoric would not come close to the reality, and by gifting Ruth Richardson the finance portfolio, Bolger ensured that the pace of change would not be slowed but redoubled. In one fell swoop, the unemployment benefit was cut by 25



Ruth Richardson and Ken Douglas, opposite ends of the spectrum.

per cent; the sickness benefit by 20 per cent; and the domestic purposes benefit (DPB) by 17 per cent. The political scientist Jon Johansson asserts that the new government "continued the significant reforms of the Fourth Labour Government and took it to areas even Labour had feared to tread.

Bolger went into the 1990 election pledging the restoration of a decent society. It didn't look that decent when he immediately embarked on lowering wages, writing the unions out of the statute books and lowering benefits." Of the cuts, Jane Kelsey writes that "the moral responsibility argument was aimed mainly at the domestic purposes beneficiary.

The prevailing image was of a young woman who had deliberately got herself pregnant knowing she could bludge of the state for the next fifteen years." Yet as Kelsey points out, "Richardson failed to mention that very few of those on the DPB were 16-year-old single parents. Such misleading generalisations provided a politically convenient justification for

broader benefit cuts and the assault on the welfare state."

The social policy researcher Charles Waldegrave laments that "no budget in the history of this country has so systematically undermined the quality of life and the civilised protection of citizens, carefully devised over the last 50 years, as the 1991 Budget. Kiwis can now boast the dubious honour that they led the world in both the creation and dismantling of the welfare state".

In June 1991, the New Zealand Listener published a budgeting advice article for its readers. Kiwis were given handy tips to stretch their budgets because "unemployment is up and benefits are down". Readers were told that it was "easier to cut

back on the food budget than other areas...the cheap and humble potato is packed full of minerals essential to health...which is why the Irish were considered the best fed peasantry in Europe before the potato famine...do whip an egg into the mashed potato if you think there isn't enough protein on the menu that day." The Listener also suggested canny ways to keep warm, as winter encroached and heating bills began to mount: "Make warm cuddle rugs from scraps of wool trousers, skirts, coats etc., and line the back with an old sheet... wear track suits instead of nighties or pyjamas." The article ends on an endearingly twee note, reminding readers not to forget "the good old-fashioned water bottle, and an even more old-fashioned method of keeping warm - cuddling!"

To say that the late 1980s and early 1990s were turbulent years in Aotearoa New Zealand risks courting understatement. The economy was reformed and deregulated, resulting in massive job losses, privatisation and, ultimately, a share market collapse.

The Employment Contracts Act was introduced in an attempt to crush the trade union movement. The welfare system was gutted while unemployment skyrocketed; benefits were cut and families crowded into state houses. The public health system was ordered to run along business-lines; hospitals were closed, and entire towns turned out to protest. Successive governments lost the public's trust and arguably never regained it.

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Judy has always loved to sing

Judy Price has always loved to sing while playing the piano or organ and despite having both hips replaced, she returned to ballroom dance classes earlier this year as a way to keep fit. She also wants to take up kayaking again, a sport she discovered while living in Canada 20 years ago. It's this adventurous spirit that has led the 76 year-old into an unexpected adventure - making her stage debut at the Isaac Theatre Royal as Sister Mary Theresa in the Showbiz Christchurch production of Sister Act.

Judy never expected that a casual phone call to enquire about joining Showbiz Vocal Studio would lead to an audition in front of New Zealand Arts Foundation Laureate Sara Brodie, director and choreographer of Sister Act.

"We were looking for someone to play one of the senior nuns," explains Showbiz Christchurch General Manager, Michael Bayly "so when Judy rang and talked about her love of music and desire to take it up again, I knew we had Sister Act auditions that night and thought she might be worth a try."

Judy was quite taken aback when Michael asked how old she was, but once he'd explained why and talked about the role he was looking to cast, she thought she'd give it a go and audition for the role.

At no time has Judy ever considered taking her love of music onto the stage, but the role of Sister Mary Theresa sounded challenging and fun. And



Judy Price with Sister Act Musical Director, Matthew Everingham

she's not one to let a challenge get the better of her. While living abroad twenty years ago she was involved in a serious car accident and was told by a surgeon that she might lose both of her legs. Even though it took five long years, Judy was determined to prove the surgeon wrong, and worked hard to get well and walk again.

Judy auditioned for Sister Act alongside seasoned performers many years her junior and, despite the pressure of the audition process, proved she had what it takes to land the role of the oldest - and feistiest - nun in the convent.

Filled with powerful gospel music, outrageous dancing and a truly

moving story, Sister Act is the feel-good Broadway musical comedy smash based on the hit 1992 Whoopi Goldberg film. It features all new original music by Tony and eight-time Oscar winner, Alan Menken (Aladdin, Beauty and the Beast, The Little Mermaid, Little Shop of Horrors), and was nominated for five Tony Awards including Best Musical.

The Showbiz cast will feature 16 principal characters (of which Judy is one), eight dancers, an ensemble of ten nuns, two Altar Boys, eight backing vocalists and a superb show band.

"I am looking forward to working with such a talented group of performers with different skills and in such a stimulating environment," says Judy.

The Showbiz Christchurch production of Sister Act – A Divine Musical Comedy will be at the Isaac Theatre Royal from 8-23 September. \$65 senior concessions are available on A & B Reserve tickets for all Tuesday, Thursday and Sunday performances.

- Evening performances at 7.30pm Tues-Sat.

- Sunday Matinees: 4 pm, 10 & 12 September 2017.

- Duration: 2 hours 30 minutes – including a 20 min interval.

<https://www.showbiz.org.nz/sister-act/>

Tickets available from ticketek.co.nz/showbiz or phone 0800 842 538.

Barbara and Daryl Johnston specialising in real estate for those of us over 60

Barbara and Daryl have been married and living in Christchurch for over 40 years where they raised their

two daughters and several cats.

Daryl was born and bred in Christchurch, Barbara arrived from

Palmerston North to work with National Airways Corporation (NAC) where Daryl was employed by Air New Zealand.

With the birth of their first daughter Barbara decided to look to her longer term future and study for her real estate exams at the then Christchurch Polytechnic, this was a three year course and along with study she also ran the Riccarton Community Group which provided various educational opportunities for people in the surrounding community. Barbara was involved in the early establishment of Women's Refuge. After the completion of her exams and working as a salesperson for a further three years, in 1987 Barbara was made an Associate of the Real Estate Institute of New Zealand (AREINZ).

Daryl continued his career with Air New Zealand working in customer

service. Barbara was employed by the long established Canterbury Real Estate company of W.E Simes and in 1996 Daryl retired from Air New Zealand to team up with Barbara.

In 2010 after the September earthquake Simes had changed ownership with an emphasis more on Commercial real estate. It was time to move on and stay with their expertise so in January 2011 they moved to BAYLEYS, just three weeks prior to the disastrous February earthquake. Daryl suspended his licence and went to work for EQC for the remainder of that year returning to BAYLEYS in January 2012.

Barbara and Daryl have extensive personal and business networks, they continue their community involvement; Daryl is a Justice of the Peace and actively involved in Rotary.

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- For advice or an informal chat contact Barbara or Daryl

Barbara AREINZ

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barbara.johnston@bayleys.co.nz

Daryl

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The story of Ernest Rutherford brought to life



Rutherford's Den at the Arts Centre has undergone an incredible post-earthquake transformation, with its new, modern exhibition offering something for people of all ages.

Whether you want to delve into the history of Lord Ernest Rutherford – a man who came from humble beginnings and went on to win a Nobel Prize – or get intimate with the atom, the interactive displays contain a wealth of information.

Children as well as adults are catered for, making it the ideal outing with the grandchildren, a friend, or you can arrange to bring a group for a special tour. Make a day of it by popping next door to Bunsen café, formerly the home of Le Café, and into the beautifully restored Great Hall and North Quad that are open daily to the public.

Ernest Rutherford was a pioneer, innovator, thinker and collaborator. He completed his undergraduate degree at Canterbury College when it was based at the Arts Centre site.

While a student, he carried out

much of his own research into the high frequency magnetisation of iron in a basement that forms part of the Rutherford's Den experience. Formerly a student cloak room, Rutherford successfully sought to have the basement converted into a laboratory for his early experiments.

The successes of Rutherford and his peers laid the foundation for future technologies such as radios, TVs, sonar, the Geiger counter, mobile radios and telephones, and smoke alarms.

His legacy means he is also an inspiration – encouraging a new era of scientific discovery – and his life's work and achievements remain a timeless demonstration of the power of ideas and creativity.

- Purchase tickets: On site at 2 Worcester Boulevard, or at www.rutherfordsden.org.nz

- Open 7 days, 10am – 5pm

- Canterbury residents \$15 (adults); \$10 (65+); \$5 (children)

- Free entry for those with reduced mobility. **(A)**

Disco Diva, Gangster Boyfriend and Nuns, Nuns Nuns!



Show image from the New Plymouth Operatic Society production and cast of Sister Act

It is Philadelphia, Christmas 1970, when wannabe disco diva Deloris Van Cartier witnesses a murder committed by her gangster boyfriend. She is put in protective custody in the one place the cops are sure she won't be found: a convent!

Disguised as a nun, under the nom de plume Sister Mary Clarence, she finds herself at odds with both the rigid life-style of the nuns and their uptight Mother Superior. Using her unique disco moves and singing talent, Deloris inspires the nuns to create a more contemporary choir, and they become the hit of the community.

Word of their success reaches her ex-boyfriend Curtis, who arrives at the convent with his mob to settle their score with Deloris. A battle ensues between the mob and Deloris's newly found sisterhood of feisty nuns.

Filled with powerful gospel music, outrageous dancing and a truly moving story, **Sister Act** is the feel-good Broadway musical comedy

smash based on the hit 1992 Whoopi Goldberg film, featuring new music by Tony and eight-time Oscar winner, Alan Menken.

A sparkling tribute to the universal power of friendship, **Sister Act** is reason to REJOICE!

Sister Act – A Divine Musical Comedy. Produced by Showbiz Christchurch, 8-23 September 2017 at the Isaac Theatre Royal.

- Evening performances at 7.30pm Tuesday to Saturday.

- Sunday Matinees: 4 pm, 10 and 17 September 2017.

- Tickets start at \$55. \$65 Senior concessions available on A & B Reserve seating, Tuesday to Thursday and Sunday.

- Duration: 2 hours 30 minutes – including a 20 minute interval.

<https://www.showbiz.org.nz/sister-act/>

Tickets available from Ticketek.co.nz or phone 0800 842 538.

- ticketek.co.nz/showbiz. **(A)**



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Sara Brodie

Musical Director
Matthew Everingham

Music by
Alan Menken

Lyrics by
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Canterbury DHB taking a fresh approach to food services

Canterbury DHB has taken the exciting step of bringing all food services in-house. This includes all patient meals, all staff cafes and Meals on Wheels, and at Ashburton Hospital orderly, cleaning and laundry services are also being managed in-house.

In March, Canterbury DHB announced it would take over management of all food services from existing provider Medirest, a subsidiary of Compass Group, after the contract expired on 30 June. This followed the decision in September last year not to sign up to the national food service contract.

We're thrilled that over 99 percent of staff have transferred from the previous Compass Group contract, and that food services are continuing as usual. The changeover occurred last weekend and things have gone very smoothly. I would like to acknowledge all the work of Rachel Cadle, Support Services Manager, and the project team who have worked tirelessly to ensure a smooth transition.

It's exciting to be welcoming around 300 new staff as a result of the transfer of services in-house. We are fortunate to have our own well-



Travis Courtyard Cafe at Burwood Hospital

established, proven and fully-owned, Cook-Chill production unit so we will continue to use the same food production methods. This means we can make savings and deliver more than we could have on the national contract. As a result of the transfer of services any profits from café sales will now be funnelled back into the Canterbury Health System.

We're very thankful for the great service Compass Medirest has provided over the last 13 years. I would also like to thank them, their union, and all the staff who have



worked co-operatively behind the scenes on the details to ensure and support a smooth transition.

Food services at Canterbury DHB cover all the meals and beverages for patients, including those with a wide range of dietary requirements, Meals on Wheels, and the provision of food in cafés which are open to staff and the public at Christchurch Women's Hospital, Christchurch Hospital, Burwood Hospital, Ashburton Hospital and Hillmorton Hospital. The DHB prepares and serves more than one million patient meals each year and

delivers more than 120,000 meals on wheels.

While there are no immediate changes planned for current menus, which enjoy high levels of customer satisfaction, over time there will be some enhancements to the range of healthy choices available.

The DHB has also developed a new brand for its food services recognising that it is a separate 'business unit' within the DHB. The new brand name is WellFood – A fresh approach to food – a further signal of the desire to gradually freshen-up the food options.

Entering this next phase is very exciting for Canterbury DHB – welcoming our new staff and continuing to enhance our food services for patients, staff and visitors – and to those receiving Meals on Wheels at home.

If you have any feedback, questions or suggestions, please let the WellFood team know at wellfood@cdhb.health.nz

(Source: Canterbury Hospital Board, CEO Update)



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 you would 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.



Barton Fields Lifestyle Villas - Lincoln

Safe - Secure - Lifestyle

from \$415,000

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.
- Proudly built by Mike Greer Homes and with a 10 year Master Build Guarantee.

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