

Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTERBURY Vol 98: Winter 2018



'Speargrass Lagoon near Arrowtown, Central Otago.'

(Photo courtesy of Peter Morath Photography Ltd)

Phone (03) 366-0903, Fax: (03) 365-0639, Email: team@ageconcerncan.org.nz, www.ageconcerncan.org.nz

Charities Commission Number: CCC29446

FROM THE CHIEF EXECUTIVE



"The afternoon knows what the morning never suspected." — Robert Frost.

A quote that highlights the wisdom of age – a virtue we should

all value and admire.

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

You will find our Statement of Service Performance in the later pages of this publication. It highlights well the work we have been doing across the organisation, and some of the outcomes we have achieved for older people. One of the sections I would draw your attention to is Elder Abuse. While it is testament to our health team that they can deliver such a high-quality support service to so many older people facing this family violence, the year on year increase in the number of referrals is a sad indictment on our society and shows how some within our community do not respect older people. July 2017 also saw Age Concern Canterbury successfully tendering to deliver a high-quality Elder Abuse service across all of Canterbury (including mid and South), and the West Coast.

Steady As You Go (SAYGo) is an amazing falls prevention class that we are now running at 31 locations across Christchurch and North Canterbury. Strength and balance is the key to falls prevention and the peer-led classes are proven to reduce falls, and they are a great way to stay socially connected also. If you have had a fall, or feel concerned that you

might – join a class near you.

Another reminder of winter, other than the shorter darker days, is the increasing heating bill. Electricity, wood or gas – winter can be an expensive time of year to keep warm. We know that staying warm is key for many of us to stay healthy, so we encourage you to look at how this can best be done at your place.

Community Energy Action (CEA) is a charity that works with Cantabrians to ensure they are doing everything they can to heat their homes efficiently. Having good insulation is the key, but there are some things we can do every day to help ourselves, and keep the power bills down. Having hot water set at 55 degrees, not using a portable gas heater, using the curtain bank curtains and ensuring they have thermal backing are just a few suggestions CEA makes.

This time of year is also a good time to check your smoke alarms. If in doubt – change the battery – they are life savers.

If you are struggling with heating, please let us know, we may be able to help.

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

To finish on another health note –if you haven't had your influenza (Flu) vaccination – it is not too late. Protect yourself, your friends and family and get vaccinated today at your GP or at some pharmacies. It is FREE for over 65s. While you are there enquire about the shingles vaccine, which is also free.

Ngā mihi nui

Simon Templeton
Chief Executive

A WORD FROM THE PRESIDENT



I hope that you have all enjoyed our spectacular summer. Winter has shown itself this week with early snow on the high country that surrounds us. It

is time to get out your winter warm clothing, it is easy to take some layers off when it is too hot. Don't wait until you are too cold to put heating on and be sure to have sufficient warmth in your house at night.

Our gardens have needed the rain as they were getting very dry. Weather forecasters are telling us we have some more warm days to come.

The flu vaccine has become available from the beginning of April and it includes the Australian strain of flu from last winter. I strongly urge you all to get vaccinated as soon as possible. Influenza is a very serious illness. While you are talking to your health professional ask about Zostavax, the vaccine for the

prevention of Shingles.

The week starting 16th April will see Stephen Phillips, on our Board and the Board of Age Concern New Zealand, Simon Templeton, CEO Age Concern Canterbury and me in Wellington for the annual conference and AGM of Age Concern New Zealand. There is a very full programme for the conference and I look forward to being able to report in the next issue of **Keeping On**.

Wednesday 16th May is the date set down for the AGM of Age Concern Canterbury, mark it in your diary now. It will be held at our offices at 24 Main North Rd at 2.00pm.

Yvonne Palmer and I went to Ashburton recently for their Older Persons Expo, similar to our Expo but on a smaller scale. Our Expo date this year is Monday, 1st October and the venue is Papanui High School – another date to mark in your diary.

Keep warm and well and look out for your neighbours.

Trish Adams
President



Keeping On

OFFICIAL MAGAZINE OF AGE CONCERN CANTERBURY (INC)

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

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

— CONTENTS —



Page 7, Reinvent yourself and stay current



Page 9, Knowledge is the key to antiques trading



Page 19, Post a Letter to Copenhagen



Page 19, Kevin McKinnel, a prodigious worker

Rosalind Russell - Bletchley veteran

by Mike Crean

A German bomb exploded three doors from the Jermy family home. Twenty year-old Rosalind dived for the cupboard under the stairs. Other family members landed on top of her. They survived but their home, 25 miles south of London, was destroyed.

That happened 77 years ago in World War II but Rosalind recalls it vividly. At 97 she still sees "the sky glowing pink" over London ablaze. She still feels the "awful crushing sense" of the bomb blast.

She speaks proudly of the people's "no fuss – get on with things" attitude. She is proud that all six of the Jermy family served in the war, on sea, land and in the air. Called up for war service at 22, Rosalind joined the



Mrs Russell (WAAFS), second from left.

Women's Auxiliary Air Force (WAAF) with clerical experience. She was quickly handpicked for a special task.

Post-war she would bear the title, Bletchley Veteran.

Top brains at Bletchley Park, north

of London, were decoding German military messages. Security was so tight that Rosalind never realised her work was associated with it.

From midnight to 8am, in a hut at an air force base near Bedford, she performed an essential function for the decoding operation at Bletchley Park, 20 miles away.

"We had no idea. We had never seen Bletchley Park," she says.

Her work was to intercept German radio messages and identify their call signals. The Germans changed call signals daily. Rosalind and fellow workers detected the patterns in these changes. From these they predicted each day's new signals.

(Continued on page 4).

Driving Miss Daisy, navigating this winter with ease

During the winter months the cold weather and shorter daylight hours can make life challenging for

everyone, but that's no excuse to hibernate!

Whilst it's a nice thought to be

snuggled up inside, with the fire or heating on, sipping on hot drinks, the reality is that winter can often be a jolly nuisance. There are a few things that can be done to help make the winter months more enjoyable:

Be extra careful to prevent falls - Wet, frosty conditions can make it easy to slip and fall causing injuries such as hip and wrist fractures, head trauma and lacerations. Make sure your shoes have good traction with non-slip soles, replace worn cane tips to make walking easier and install handrails up steps.

Wrap up warm in appropriate clothing - With such a large variety of clothing available these days there's no need to be cold, either when you're inside or when you're out and about.

Prepare for electricity outages - Ensure you have supplies on hand in case of an electricity cut. This includes a radio with batteries, canned foods, bottled water and extra blankets. Driving Miss Daisy can help you prepare for this.

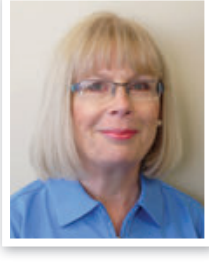
Eat well - In winter we need to nourish our bodies with warming,

nutrient-rich foods to help boost our immune systems. Think delicious soups and broths, citrus fruits full of Vitamin C and hearty casseroles. You may consider the option of purchasing nutritious prepared meals and soups that are available these days.

Maintain contact with friends and family - Driving Miss Daisy can help drive you to social engagements or appointments. Our vehicles are all maintained to a very high standard, they are warm and clean, to drive you safely in almost any weather, and our amazing drivers will ensure you're delivered safely from door to door.

Driving Miss Daisy can help you stay comfortable and safe, so you will not just survive but thrive this winter! Remember that many of our franchise owners have fully equipped Mobility Vehicles, so if you have a walker or wheelchair this is no problem at all. No matter what your requirements please call us today to discuss – we look forward to seeing you soon. (A)

Driving Miss Daisy – we've got Canterbury covered!



Keep your independence and freedom with our safe, reliable companion driving service.

We can drive and accompany you anywhere:

- Shopping trips
- Medical and personal appointments
- Social outings, meetings, church
- Airport drop-offs and pick ups

Total Mobility cards accepted in most Canterbury areas, and an ACC approved provider.

Bookings are essential – call today and make your next outing a pleasure!

North Canterbury
Redwood
Harewood
Riccarton/Selwyn
St Albans
Cashmere
Wigram
Ashburton
Timaru

Ph: (03) 312 2936
Ph: (03) 352 4596
Ph: (03) 358 9466
Ph: (03) 347 1009
Ph: (03) 423 9831
Ph: (03) 423 9778
Ph: (03) 325 7153
Ph: (03) 307 7237
Ph: (03) 683 1073

www.drivingmissdaisy.co.nz



Top Quality & Affordable Hearing Products
www.hearingtrue.co.nz

**No Matter What You Have
Been Offered elsewhere , We
Will Save You Money**
Unbeatable Price & Quality
Make your FREE Appointment at:
Hearing True
304 Papanui Road
Christchurch
Ph (03) 972 5713
info@hearingtrue.co.nz

SHOPRIDER "Simply the Best" SPECIALS



WHEELCHAIR SCOOTER SALES & SERVICE

Variety of new and used scooters,
wheelchairs and walkers
Contact: Gerald & Christine
28 Years of friendly service
with a guarantee

**Phone 383 1364 or
021 183 1177**

Rosalind Russell - Bletchley veteran

Continued from page 4.

"A dispatch rider called every morning at 8.00am to collect them (the predicted call signals)," she says. Bletchley operators could then tune into the messages and decode them.

The "girls" were commanded not to talk about their work. They were told it was top-secret, with no explanation given.

"It was a monotonous job, very intricate work, hard on the eyes. One girl had to be allowed to go home."

On the positive side were the breaks when Rosalind and her friends could visit pubs, hitch rides to dances or go home for weekends.

Most popular were the dances at an American airfield. There she swung and jived to the music of legendary bandleader Glenn Miller, in person.

The Americans seemed nice, she says, although local men grumbled about them because they had better uniforms and greater charm.

She first met New Zealanders at a dance hall in Cambridge. Kiwi flyers from a nearby base were there and she danced with one.

"That was my brief encounter," she says.

When Allied victory became imminent, Rosalind noticed the radio messages decreased and became more random. Then they stopped.



Mrs Rosalind Russell

The war was over. The man in charge of index cards whooped loudly and threw a box of cards in the air.

Years passed before the crucial significance of Bletchley Park operations was generally recognised.

"It opened up a whole world," Rosalind says. "We were just little cogs in a big wheel. We did what we were told; never questioned it. We didn't know what others were doing."

Lasting friendships with co-workers were forged. Rosalind returned to clerical work but, with post-war euphoria fading, she found "the rot set in". Jobs were scarce and food was short. It was time to get away.

An advertisement offering ex-service "girls" a two-year engagement with the Royal New Zealand Air Force did the trick. Rosalind and some friends decided to go.

Rosalind spent a year at Christchurch's Wigram airbase. There she passed exams for shorthand and typing. For her second year in New Zealand she was personal typist to Flight Lieutenant Richard Bolt, at Wellington's Shelly Bay. He would later become Air Marshal Sir Richard Bolt, Chief of Defence Staff.

Rosalind and friends next travelled through Australia. Then she shuttled twice between England and New Zealand and married engineer Cyril Russell.

For the Russells, living in England felt "flat and dull". On impulse they decided: "let's go back to New Zealand".

In 1960, with daughter Charlotte, they did – permanently.

NB. The German's 'Enigma' machine puzzled many at Bletchley Park because of its intricacies. Berlin considered that the machine was fool proof and that it could not be cracked. 'Enigma' potentially had millions of settings. Towards the end of the war, those who cracked 'Enigma' were able to send a German secret message to an Allied commander in the field before the intended German recipient received it himself. Therefore Allied military planners in the field could shape their plans accordingly to accommodate what they believed their opposite number was planning to do. (Source: <https://www.historylearningsite.co.uk/world-war-two/world-war-two-in-western-europe/code-breaking-at-bletchley-park/bletchley-park/>)

MARY POTTER COMMUNITY CENTRE

442 DURHAM ST NORTH ST ALBANS

DO YOU LIVE IN THE ST ALBANS
AREA OR NEARBY?

WOULD YOU LIKE TO MEET
NEW FRIENDS AND JOIN IN SOCIAL
ACTIVITIES AT THE CENTRE?

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

The key to downsizing home and property is planning

The key to downsizing your home and property is in the planning.

For most of us the thought of selling up the family home and downsizing can be incredibly daunting and hard to think about.

But the reality is, the more thought and preparation you put into your new downsized lifestyle, the more likely that the process of selling and buying will be stress free and easy when the time comes.

The good news is you needn't do it alone. Ayliss Ripley, real estate sales

consultant with Harcourts Grenadier, has seen first-hand the difference good support and advance planning can make. When it comes to moving on from a home that has become too big or too much work to maintain, there may be a lot to do to prepare the home and the owner, for the market place. Ayliss assists her clients with a planned approach to selling or buying with good advice and added service.

Ayliss prides herself on being solution focussed and to do this she works with a network of professionals

and tradespeople who can assist with everything from cleaning, gardening and home maintenance to EQC, financial and legal advice.

"I can work with you as much or as little as you want. My job is really to make this process as easy as possible.

"And just because you're starting to think about downsizing now, doesn't mean you're committed to anything. I can help you work out what needs to be done, how and when, so you're prepared when the time comes.

"Downsizing and moving to a new home should be an exciting time and I feel incredibly privileged to be able to help people literally open new doors."

Ayliss has an approachable, friendly manner and recognises that selling or buying a home, is a big decision and deserves not only an excellent sales person but an excellent overall service provider. To start planning for tomorrow, today, give Ayliss Ripley a call on 0800 228822 for a friendly, no obligation chat about your options. (A)



Receive a **FREE** market appraisal of your home.

It's a good idea to plan ahead. If you're thinking of selling, downsizing or moving house, now or in the future, then call Ayliss Ripley today.

Let her answer your real estate questions and assist you with preparing for the buying or selling process.

Ayliss Ripley

Licensed Sales Consultant

Free Phone: 0800 22 88 22

Mobile: 0274 474 775

Email: ayliss.ripley@harcourts.co.nz

Grenadier Real Estate Ltd Licensed Agent REAA 2008

Harcourts **GRENADIER**



Peace of mind retirement

- Fixed weekly fees for life – guaranteed*
 - Continuum of care
 - Deferred management fee capped at 20%
- Plus six more guarantees!**

** Terms and conditions apply*

Rangiora
Christchurch



- Ryman village
- Proposed village

Rangiora

- Charles Upham

Christchurch

- Anthony Wilding, Aidanfield
- Diana Isaac, Mairehau
- Essie Summers, Beckenham
- Margaret Stoddart, Riccarton
- Ngaio Marsh, Papanui
- Park Terrace, Central City
- Woodcote, Hornby

For more information
phone Josie on
0800 000 290

www.rymanhealthcare.co.nz

Enduring Power of Attorney in relation to personal care and welfare and advance care plans

Increasingly we are asked to act as Attorney for clients who have no one that they know and trust to act for them. Any friends or family members who may have been prepared to take on the role have passed or are older themselves which makes them less suitable for the role.

It's problematic. While we endeavour to get to know our clients as well as we can so we can assist them to make good legal decisions, we're not really equipped to help them make personal decisions about their health and well-being. But we don't want to leave them with no one to advocate for them if they lose the ability to make decisions for themselves. It's a real quandary – personally and professionally.

At Pier Law Limited we will consider taking on this role for clients but only where the client has an Advance Care Plan. An Advance Care Plan helps us to understand what is meaningful to our client. It helps us

to understand our clients' values along with any emotional and cultural needs they may have. Importantly, it also provides us with guidance on the care and treatments our clients do, or do not, want in the event that they are unable to make or articulate those decisions for themselves.

A client should also review their Advance Care Plan with their GP or the practice nurse. That healthcare professional is then asked to sign the Advance Care Plan confirming that the client:

- had capacity at the time the Advance Care Plan was made;
- was informed and understood the decisions they were making; and
- made their Advance Care Plan voluntarily.

More information can be found at <http://www.advancecareplanning.org.nz> or call Fleur McDonald on 03 327 0590 to arrange an appointment to discuss your situation. **(A)**

PROTECTING YOU AND YOUR FAMILY INTO THE FUTURE

GIVE YOURSELF AND YOUR FAMILY PEACE OF MIND - TALK TO US TODAY.

In today's complex world, you need specialist advice from professionals with the right credentials.

Pier Law is a private client law firm with proven expertise and decades of experience in structuring protections for client's personal care and welfare, asset management and succession planning.

OUR AREAS OF PRACTICE INCLUDE:

- Wills
- Enduring Powers of Attorney
- Family Trusts and Succession Planning
- Rest Home Subsidies
- Occupation Rights Agreements
- Funeral Trusts
- Estate Planning
- Trusteeship and Trust Administration
- Probate and Estate Administration



Make an appointment to talk to Fleur McDonald, now at Pier Law and our Elder Law specialist, at one of our three convenient branches or request a home visit if you prefer.

Telephone 03 366 5540 www.pierlaw.co.nz



What it means to be a guarantor

by Julia Yoo, Legal Educator, Community Law Canterbury

Becoming a guarantor for someone can be a risky move if you don't know what you're getting yourself into. It is important to know what it means to be a guarantor, otherwise it could be an easy way for you to end up with a huge debt and get into financial difficulty.

Being a guarantor entails more than simply providing a character reference for someone else. A guarantor, by definition, is someone who "guarantees" another's loan, credit contract, hire purchase agreement or mortgage. If the borrower falls behind in repayments, the lender may come after a guarantor to pay back the loan, even if they are unable to afford it. Further, the borrower's default could negatively affect a guarantor's credit score making it difficult for a guarantor to get a loan.

Before agreeing to become a guarantor, it is important to consider the bullet points below to know your rights and understand what precautions you can take to limit your liability:

In considering to be a guarantor it is important to ask the following:

* Why is a guarantee required: Does the borrower have a bad credit history?

* How responsible is the borrower: Is there a real risk that they won't be able to pay?

* Would you be willing and capable to pay a default: A good rule of thumb is can you make a payment for the amount you are guaranteeing at the time of being asked.

* Is the guarantee needed: Are there other ways for the borrower to secure funds that don't require you to be a guarantor?

* All contracts of guarantee must be in writing and they must be signed. This should specify the amount being guaranteed, the circumstances in which the guarantor may be called on to pay and the length of the obligation. If the guarantee is of a credit, both the guarantor and the debtor must receive the same exact key information followed by a separate copy of the contract.

* The lender has an obligation to comply with the Responsible Lending Code, for all consumer credit contracts beginning on/ after 6 June 2015. A lender must make reasonable enquiries to confirm that a guarantor is able to fulfil the guarantee, should such become necessary, without causing undue hardship.

* A guarantor may ask, at any stage, for particular information if requested in writing. For instance, a guarantor might request information on the amount still owing to satisfy the obligation. The lender then has 15 working days to provide this information. If there are any changes made to the contract, both the guarantor and the debtor must receive notice.

* A guarantor may limit future liability by cancelling the guarantee. This means that while you are not released from the original obligation, you are not responsible for any future debts the borrower takes on with the lender. Otherwise, the lender is still responsible for informing the guarantor of future lending by the borrower.

For anyone considering to guarantee someone else's loan, we would strongly recommend seeking initial legal advice. For free legal advice, contact your local Community Law Centre. Community Law Canterbury offers an Info-line service during the hours of 10:00am – 4:00pm weekdays in which our volunteers can provide meaningful legal information over the phone to assist you. Alternatively, the Law Centre operates drop-in clinics for clients needing legal advice. These run during the evening from Monday to Thursday from 5:30pm – 7:00pm, and in the morning on Saturdays from 9:30am – 12:00pm out of our main office on 198 Montreal Street. If you are unable to make any of these times, please call our Info-line service to book an appointment with one of our friendly volunteers.

All of our services are free and confidential.



Est.
1979

ROOF & PROPERTY SERVICES

PH 347-2635 or 0274-847-980

Family & Canterbury Owned & Operated

Moss Removal, Moss Proofing & Silicone Seal Treatments

Spider/Fly/Pest Controls, Snow Block & Bird Proofing

Roof Restoration Colourcoating & Rechipping - for all roof types

Roof & Spouting Repairs, Spouting Clean, EnviroWash/Waterblast

☺ Need help with anything else? Call us to enquire. ☺ Senior Citizen Discount.

Arthur's Roof & Property Services Ltd. Email: APISL2008@slingshot.co.nz

POSTAL ADDRESS: PO BOX 16-463, Hornby, Christchurch.

Ph: (03) 347-2635, Arthur 0274847980, Anneke 0273494014

www.arthursroofandproperty.co.nz

Re-invent yourself and stay current

by Mike Crean

Age should be no barrier to keeping up with computers, says Christchurch senior-citizen Felicity Price.

This child of the 1950s has become a prodigy of social media. Wife, mother and grandmother, she keeps up with the young'uns and mentors some.

Felicity is a renowned author, columnist and public relations expert. Her writing and volunteering for numerous arts organisations were recognised in 2009. As she casually puts it: "I got an 'OMNZ'" (Officer of the New Zealand Order of Merit).

When her father died, Felicity switched schools from Rangi Ruru to Christchurch Girls' High. Suddenly she got down to work, she says.

The work ethic stayed with her. Leaving school after sixth form, she started work at The Press to pay her way through university. She learned journalism "on the job" in four years of reporting. Meanwhile she gained BA and MA degrees at Canterbury University. Then she took her Overseas Experience.

Back in Christchurch she rejoined The Press. Her work included sub-editing the racing pages, though she could barely tell one end of a horse from the other. When her first child arrived, Felicity took up freelance writing. Among her coups was the front page story for the first edition of North and South magazine. It told the saga of climbers Phil Doole and Mark Inglis losing their legs on Mt Cook.

Next came stints on television – writing and interviewing for TV1's Science Express series – and on radio, with Radio NZ's Christchurch newsroom.

By the mid-1980s, amid the hoopla of an economic boom, Felicity set up a public relations firm. Then came the 1987 financial crash. Her sense



Felicity Price, renowned author, columnist and public relations expert.

of realism and her work ethic carried her and husband Chris through the hard times. They sold the business in 2012.

A family trip to Denniston in 1988 launched Felicity as an author. She was enchanted by the high, lonely plateau near Westport. The thought of how the women coped in this forbidding coal mining environment

inspired her first novel. *Dancing in the Wilderness* was a blend of romance, suspense, history and feminism.

The feminist element also underlined a long sequence of columns written for Stuff.

Her next novels pursued a similar course. She set one around the Maungatapu murders and one on the life of Captain Bully Hayes, providing

the women's point of view with each.

Then came a trilogy exploring the theme of an adoptee's feelings of not belonging and seeking "who you are and how you fit in". These three "sold very well", she says matter-of-factly.

A creative writing course with Bill Manhire at Victoria University helped Felicity handle such themes.

She wrote two company histories and a biography of motorcycle designer John Britten. Then, to the surprise of many, she announced she would be writing no more. She has kept to that so far but will she always?

"I feel at the moment there's nothing burning to write about," she says. "I'm over it now." But with a little goading, she admits: "I would never say never; maybe in 10 years...."

Felicity's recent involvement in arts organisations includes chairing the Court Theatre through the earthquakes and its re-establishment at Addington. The Government appointed her to chair the Christchurch Symphony Orchestra in a major reshuffle. She chaired The Press Readers' and Writers' Festival. She was appointed last year to chair the Christchurch Arts Centre. She has been a board member also of Canterbury Employers' Chamber of Commerce, New Zealand Symphony Orchestra, and Creative NZ.

The path she trod from journalism to public relations is still viable for young people but she stresses an understanding of social media is essential.

"Everyone can use social media but very few know how to harness it to make it work for them."

Felicity's advice for seniors is: "Re-invent yourself and stay current. Be able to foot it with the young people and even mentor them".

SENIOR AEROBICS

**Weekly senior aerobics from Wednesday, 9 May 2018
10.30am to 11.30am**

English Park Function Lounge, Cranford St. (easy access & parking)

Energy, confidence, a spring in your step ... and the first class is always FREE

**Warm up, followed by easy moves on your feet to music.
Refuel with water and a rest of around 5 minutes, then chair work, balance, stretches and some (light) weight work.**

**For more information please contact Dakota on
022 012 5005 or simplyactivewithdakota@gmail.com**

G Barrell & Sons

Simplicity Funerals

Simply respectful. Simply affordable.

More people are asking us about pre-payment and pre-planning.

We can help guide you through all of the options available and offer advice on the best solutions.



Mark Glanville - Manager & Funeral Director, Mike Chandler - Funeral Director

Canterbury wide, we're part of your community.
Providing 24 Hour Care, 7 Days

03 379 0196
www.simplicity.co.nz

If sugar is so bad for us, why is the sugar in fruit OK?

by Kacie Dickinson, Accredited Practising Dietitian; Lecturer in Nutrition and Dietetics, Flinders University
and Jodi Bernstein, PhD Candidate in Nutritional Sciences, University of Toronto

We hear regularly from health organisations and experts that we should eat less sugar. But we're also told we should eat more fruit.

All types of sugar will give us the same amount of calories, whether they are from fruit or soft drink. But the health risks of eating sugar are related to consuming too many "free sugars" in the diet, not from eating sugars that are naturally present in fruits or milk.

Types of sugar in food

Sugar in food and drinks comes in various forms. Sugar molecules are classified as monosaccharides (single sugar molecules such as glucose and fructose) and disaccharides (more complex structures such as sucrose and lactose).

Fruit contains natural sugars, which are a mix of sucrose, fructose and glucose. Many people have heard that sugar is bad, and think that this must also therefore apply to fruits.

But fructose is only harmful in excess amounts, and not when it comes from fruit. It would be incredibly difficult to consume excessive amounts of fructose by eating whole fruits.

It's much easier to consume excess sugar from foods and drinks that contain "free sugars".

Free sugars include these same sugars (fructose, glucose, sucrose), but in this case they have been

removed from their naturally occurring source (rather than being eaten as natural parts of fruits, dairy products, and some vegetables and grains). This includes sugar that is added to food and drinks by food companies, cooks or consumers.

Health risks come from free sugars, not fruits

Evidence shows that the health risks from sugars, such as tooth decay and unhealthy weight gain, are related to consuming too many free sugars in the diet, not from eating sugars that are naturally present in fruits or milk.

For this reason it is recommended that no more than 10% of your daily calories come from free sugars. For the average adult, this is about 50g or only slightly more than the amount of sugar in a can of regular soft drink or soda. It's estimated that Australians get around 60% (65g) of their sugar intake from free sugars.

Foods that are sources of free sugars, such as juices, soft drinks, biscuits and lollies, are often high in calories and have little other nutritional value. It is often easy to consume more of them compared with fresh fruit and they also may be replacing other nutritious foods in the diet.

Consider a bottle of fruit juice – you would have to eat six whole oranges to get the same amount of sugar you

consume in the juice. And because the fruit is in juice form, it counts towards your daily limit of free sugars.

Calories from drinks that contain sugar often become an addition to the calories you are eating from food, which may lead to weight gain over time.

Eating large amounts of dried fruit is also not a good idea if you are limiting your sugar intake. Through the process of removing water from the fruit, nutrients are concentrated, such that dried apricots, for example, contain about six times as much sugar (40g per 100g) as fresh apricots (6g per 100g).

We need to eat fruit

Unlike many foods that are high in free sugars, fruits are packaged with lots of nutrients that help provide us with a balanced diet for good health.

For starters, fruit is an excellent source of fibre. An average banana will provide 20-25% (6g) of your recommended daily fibre intake. Getting enough fibre in the diet is important for protecting against bowel cancer. There is clear room for improvement in our fibre intake – adults in many countries consume only about half of the recommended amount each day (25g for Aussie

women and 30g for Aussie men).

The fibre in fruit, which is often absent in many foods and drinks with free sugars, may also help to fill you up, which means you eat less overall at a meal. It's not clear exactly why this is, but it could be related to the volume of the food (especially compared with liquids) and the chewing involved.

Fruit is also a good source of other nutrients such as potassium, which can help lower blood pressure, and flavonoids, which may reduce your risk of heart disease.

There is evidence that eating whole fruits (alone and in combination with vegetables) reduces your chances of dying from cancer, obesity and heart disease.

Despite this, only about 50% of Australians eat at least two pieces of fruit per day.

Most national dietary guidelines encourage eating fruits and vegetables, with an emphasis on the vegetables. To try and eat your recommended two pieces of fruit per day remember that a piece could be a banana, apple or orange, or two smaller fruits like plums or apricots, or a cup of grapes or berries.

(Source: www.theconversation.com)



MINISTRY OF
SOCIAL DEVELOPMENT
Te Manatū Whakahiato Ora

Help available for New Zealand Superannuation clients this winter

* Purchasing a heat course

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

* Heating costs included in Disability Allowance

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

* Assistance with heating costs

There may be recoverable assistance available for electricity, gas or firewood.

Note: Applicants must meet a number of criteria.

Winter Energy Payment

- * For people getting NZ Super, Veteran's Pension or a benefit.
- * Paid automatically - people don't need to do anything.
 - Paid from 1 July - 30 September 2018
 - \$20.46 a week if single with no children
 - \$31.82 a week if there's a partner or dependent children
- * Payments won't affect other help (eg. Disability Allowance, Temporary Additional Support, Accommodation Supplement, Income Related Rent)
- * People getting Residential Care Subsidy or Residential Support Subsidy aren't eligible.
- * Can travel overseas for up to 28 days before payment stops (as long as they're still getting NZ Super or their benefit).
- * People can choose to opt-out (and re-start later).

Senior clients can access further information on the Ministry of Social Development website www.msd.govt.nz and click on **What we can do for seniors** or phone us on 0800 552 002.



NEW WORLD
Bishopdale

Open 7.00am to 9.00pm 7 Days

Cnr Farrington Ave and Harewood Rd (Close to Airport)

Ph 03 359 8998 Fax 03 359 5552

100% NEW ZEALAND OWNED



Scan
code to
email

Website: www.newworld.co.nz/south-island/canterbury/bishopdale



Knowledge is the key to antiques trading

by Mike Crean

Owners of antiques who ask Deric Blackler for a valuation should be prepared for a blunt appraisal. The owner/operator of Portobello Antiques at The Tannery in Woolston believes in truth.

People need to know the truth, Blackler says. If their things are junk, they need to know.

There is no brutalism in Blackler. He is deeply learned in the value of antiques and believes in sharing his knowledge – honestly. He sees knowledge as key to antiques trading. He is confident in the judgments he makes, based on his knowledge.

"I would stake my life on it. Knowledge is my greatest asset," he says.

He shares this knowledge in an instant with free valuations at the shop (Portobello, named after his grandparents' home in Scotland), in his columns that run in a monthly supplement to *The Press*, and in occasional Antiques Roadshow events. His straight-talking verdicts in these forums have elevated him almost to a cult figure.

Nevertheless, some sellers get cross when he calls their stuff junk. He responds that, as a seller himself, he would prefer to know the real value. He adds that some dealers lack the courage to tell sellers the hard truth.

Born and raised in Invercargill, Blackler was fascinated by antiques from an early age. He scoured junk shops as a boy and collected things. His appearances in one shop attracted the attention of an elderly dealer who gave him a piece of advice he has never forgotten....

"If something catches your eye, it's for a reason. So do it the compliment of looking at it closely."

Like many young Kiwis, Blackler headed to Britain and worked in bars for a couple of years. Unlike many Kiwis, he used his free time to trade



Deric Blackler

in antiques at boot sales and in a market stall. He learned much about antiques. He developed an ability to retain a mental picture of every item he saw.

Returning to New Zealand he settled in Christchurch. He established his business in the central city 30 years ago. The 2011 earthquakes wrecked his shop and he became involved in a drawn-out battle to retrieve his precious stock. He then moved to his present site at The Tannery.

Widespread earthquake damages propelled Blackler into assessing antique items for insurance companies. He was critical of assessments that were being made for policy holders by some unknowledgeable valuers. Insurers still contract him for assessments.

The joy of antiques is in the pleasure they give people and in researching their provenance, Blackler says. He loves digging out information on something he has bought, extending his knowledge when he comes across related information, and brushing up



Portobello in the Tannery

on it when he sells the item.

Finding pre-Victorian era items in New Zealand always thrills Blackler. Those who say New Zealand is a young country overlook the fact that early settlers brought precious possessions with them. Georgian period articles, "heavy, sensible, well-made", have lasted well and still come up for auction.

Blackler visits dealers on his frequent South Island trips. Many seek his advice when he calls. Asked for an example of a "good buy", he tells of purchasing a painting for \$14 in a Timaru shop and selling it for \$2000.

But Blackler is no heartless profiteer. He once bought an item for \$8 at a Christchurch garage sale. On the way home his mental image of the item prompted him to think it was worth more. He stopped his van and checked. Then he turned around, drove back to the garage sale and handed over a further \$200. The seller then showed him some more pieces, which she was going to dump. He offered her \$6000 for the lot. She broke down in tears.

The moral of the story? If you decide to sell anything, do due diligence first and know its real worth.



Get your ambulance bill* covered in a medical emergency

Become a St John Supporter Scheme member today.

For more information visit www.stjohn.org.nz or call 0800 ST JOHN (0800 785 646)

*Terms and conditions and exclusions apply. Please refer to www.stjohn.org.nz/supporter-terms

Need Advice?

- * Retirement villages
- * Asset protection
- * Wills & Trusts
- * Enduring powers of attorney
- * Property sales and purchases
- * Relationship property issues

Ph: 366-5169 (Leo Steel)

- Home visits at no extra charge
- We are here to assist you in all legal matters

STEEL & CO
BARRISTERS & SOLICITORS

111 BEALEY AVENUE, CHRISTCHURCH

Moving into a retirement community?



You can now get \$10,000 worth of contents cover for no more than \$26 a month.*

Whether it's your furniture, TV, phone or even your watch or favourite piece of jewellery, if your belongings are worth \$10,000 or less AMI can help protect them at a great price.†

Ask about our new \$26 advanced contents cover today.

Just visit ami.co.nz/contact to find your local AMI store, or call 0800 100 200.

ami
We're right here

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

Ponder this with Brian Priestley

Well your Majesty I hope you enjoy being 92 more than I do. You are no longer the spry girl who played tag with young officers on the deck of the Britannia. The army left me with a legacy of limping. We met for about 20 seconds many years ago, but I would best remember the day you visited Stratford early in your reign.

The climax of the visit would be your appearance on the theatre balcony overlooking the river Avon. The watching crowd on the opposite bank would applaud respectfully. Instead of which they burst into hearty laughter when you appeared.

In East Africa I believe they call it Uji. In Rumania you could be offered something called rather like Malaliga, in the Canary Islands Gofio. They call it Shuko in Salvador and drink the stuff out of a gourd.

You and I would call it 'porridge'. Shamefully I admit to having ignored the stuff for more than 70 years. What an idiot I have been.

No doubt I was simply brought up badly. What with the Luftwaffe overhead and helping to clean the village machine gun we never thought deeply about food. Even the word 'porridge' sounds a bit of a bore. Popeye had his spinach but who could imagine taking on the enemy after a can of porridge.

The other day I finally tired of years of cornflakes, and jams, and marmalades. When I was offered porridge I decided to take a chance. A revelation. A new world of breakfast delight.

From now I shall stroll into the Savoy Grill, or the Ritz or wherever and demand porridge from fawning flunkies. Today my day begins when a smiling cook brings me a great bowl of delight every morning.

The bowl could be hot and alive with sugar and fruit. I would not ask my cook for her [no doubt secret] recipe but certainly salt has a lot to do with it.

Years ago I wrote the arts programme on television was pretentious and boring. I write this while watching Beethoven's 5th from Norway and awaiting a Mahler Symphony. Suddenly I am a convert. Perhaps I became so after watching a lady who looks very Chinese beating the daylights out of "Rhapsody in Blue". I have become a regular supporter. I am taking in a great deal of good stuff about art and music as well. Hoorah!



Queen Elizabeth talks with actresses after watching a performance of 'As You Like It' at the Memorial Theatre, Stratford-upon-Avon, June 14th, 1957.

Bunny Hess was a colleague (and a fine photographer) who worked, like me, for the Birmingham Mail. To steal a march on the opposition he had

hired a rowing boat and stationed it just under where the Queen would stand. The moment you appeared the crowd began to cheer and Bunny stood up in his little boat.... And fell in! It seemed the biggest laugh since Laurel and Hardy. I was round the corner when it happened but I was told you took it pretty well.

So then we both got on with trying to make it a better world. It was going to be happy days with blue skies over the Straits of Dover and peace everywhere, according to Vera Lynn.

I wonder what went wrong?

My happiest moments?

Let's begin in a rather swanky Staffordshire pub very many years ago.

As chief reporter of the Cannock Courier (there were two others), I was taking a young teacher out to lunch. The excuse (and black tie) was I needed help with our children's corner.

I had met her organizing a children's concert and then again, by coincidence made in heaven, at her home miles away. My life, until then had been rackets and girls had not lived up to hopes.

By the second course my mind was telling me "this is the one". Suddenly life was happy for both of us and I never even proposed to her – it was so obvious. We were right.

At 18, I was sitting in a wooden cage floating beneath a large balloon. My feet were dangling in a round hole over 800ft of nothing.

If I pushed off too hard or too softly, I could smash my face on the other side of the hole. But at the shout of "GO" I went. It was a winderous day so I made a messy landing on top of the chute, but I had done it. I would become a paratrooper and the girls would think me marvellous (they didn't).

Good heavens – can it be true? A quick calculation suggests I have spent more of my life living in NZ than in the country of my birth.

That's not taking into account the years keeping a rather rowdy peace in the Far and Middle East. It has worked out rather well perhaps. England was a good place to grow up. Unspoiled countryside until the motorways filled. In a word, after 1940, a country of which to be proud.

I had a degree in history which is about finding out what happened and why. An ideal training for reporting Midlands politics and waves of immigration.



Parachute training August 1942

At 12 I was a slow bowler with a natural off break. I remember bowling to Big Turner in a junior house match. He was large and intimidating. I can still see the ball beating the bat and the surprise on his face and the wickets breaking. I got other wickets that day but I cannot remember them.

Ice crunches under my feet and then the garden gate and I was in the

home for Wayward Girls where Vera had hired a bed. And suddenly there she was, looking tired and proud and I was holding this tiny bundle with a head poking out of the top.

Oh, we have had some happy times and most of them started in that Staffordshire pub for the price of a lunch.

Thank you love.

I came to NZ because the family needed an adventure. The job was to head the University of Canterbury's graduate course for student journalists. It had been almost a total failure. Apart from radio, NZ hardly employed any journalism graduates. When I showed a copy of a South Island paper around a Birmingham news room, people fell apart laughing.

Despite sparks of life in the North Island, NZ's written journalism was timid and hidebound. A senior television type told me, "I'm not having a graduate or a woman in my newsroom". He got both!

With the North Island leading the way, journalists with and without degrees were pushier and more expert. The number of applicants for our course rose from 16 in the first year to more than 90.

Even *The Press* joined in. Yours truly suggested they should have a livelier letters page in a city which loved argument and the penny finally dropped, years later.

And then there's been all the written stuff over the years. Am I English or a Kiwi?

I don't think I would walk away from 1940, but I was cheering for Taylor in a big match. I'm confused.

April was Golden Oldies month

The recently completed Christchurch Casino Golden Oldies Sports Celebration 2018 by any standards was a success.

Six sports festivals were run over the month beginning with cricket and netball in the first week. Followed by golf, hockey, lawn bowls and rugby.

The event was instrumental in bringing several thousand people to Christchurch who had either never been before or were returning for the first time since the earthquakes. The upshot is that there are now many, many more people who will be telling friends, family, acquaintances etc. that Christchurch is once again open for business.

Overseas visitors were particularly impressed with the sporting facilities and opportunities.

The Golden Oldies Festivals are for people 35 and over with an emphasis on Fun, Friendship and Fraternity. This occurred in spades with participants ranging from 35 to



83 once again meeting old friends and playing their favourite sport.

The final week saw the 22nd Golden Oldies Rugby Festival hosting teams from 16 countries. Rugby is always by far the biggest of the Golden Oldies disciplines and it created quite a stir around the city during the playing week.

Most visitors took the opportunity to

extend their holiday and travel further around the South Island after their festivals.

Vintage Sport & Leisure confirmed that the success of the Christchurch festivals has resulted in a large number of teams and individuals signing up for the next round of festivals. This includes a lot of local teams who were experiencing Golden Oldies for



the first time. They also said that the one-month multi-sport approach was a one off designed specifically for Christchurch.

The next events will be netball in Hawaii, hockey in Vancouver, cricket in Harrogate (Yorkshire) and rugby in Denver, Colorado.

Golf and bowls are yet to decide on their next destination.

Important link from our past to the future

by Hon. Ruth Dyson, Member of Parliament

It's interesting how connections are made and maintained – with people, with music, with buildings, with places. Many of us can remember where we were when a significant event took place – and that place is forever connected in our mind with the particular event.

In Christchurch, we know what it is like to lose significant buildings. How do you feel about these lost buildings – part of the past and time to move on? Or do you feel as though something is missing from you because of your connection to the building?

Do you have ideas about how we can better keep these memories alive and pay respect to events that connect people to them – and pay respect to the history of the building? I would be keen to hear from you if you do!

Recently, the new Minister for Greater Christchurch Regeneration Megan Woods (also a local Christchurch MP), told us that the former home of renowned Canterbury artist, Bill Sutton, will be saved and restored and gifted to the City of Christchurch. His former home in Templar Street Richmond was built in 1963 and redzoned following the earthquakes. It's where he painted most of his works and he had intended leaving it to the City but all that changed with the quakes.

I think that this is a great gift to the

City. The house will now be able to be used for the purpose that Bill Sutton had always envisaged – as an "artists in residence" scheme. It's an important link from our recent past to the future and will have a lot of meaning for anyone who is familiar with his work.

Another famous local left us recently, and I heard many people reminiscing about their early years in Opawa and Woolston with Ivan Mauger, one of the greatest speedway riders of all times. His name is as familiar as that of Peter Snell and so

many other sporting heroes from our country.

After watching the Commonwealth Games, I can see that we have many more coming through. I was so proud to watch our competitors work so hard and many of them well recognised with medals.

For me, their behaviour as competitors is as important as winning, so thank you so much to those representing our country who did so with dignity and true sportsmanship. That's what it should be about!



Franco Dal Din

0274 842 739

fdaldin@cowdy.co.nz

Are you putting it off?

You are not alone in planning your move to a Retirement Village.

You need time to get comfortable with the idea.

BUT so many things to sort, and how to do it?

Let me help you with your BIG decision.

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

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

Ruth Dyson
MP for Port Hills



For advice and information please contact my electorate office:

📍 642 Ferry Road, Woolston

📞 376 4512

✉️ porthills.mp@parliament.govt.nz

📧 PO Box 19661, Christchurch 8241



Labour

Authorised by Ruth Dyson
642 Ferry Road, Woolston

COWDY & CO 03 355 6555

REAA 2008



What would it take to get an effective Alzheimer's drug?

by Philippa Cosgrove, Educator, Dementia Canterbury

A theme that resonated at last year's 17th Alzheimer's Australia Biennial National Conference "Be the Change" in Melbourne, was the importance of physical exercise and its positive impact on cognition and ageing.

One of the Keynote Speakers at the conference was Professor Sam Gandy, a Professor of Neurology and Psychiatry at the Icahn School of Medicine at Mount Sinai in New York City. He gave an inspiring presentation titled "What Would It Take to Get an Effective Alzheimer's Drug?". Professor Gandy is an international expert in the metabolism of the sticky substance called amyloid that clogs the brain in people living with Alzheimer's disease. The pathology of Alzheimer's disease is characterised by 'plaques and tangles', amyloid is the stuff of plaques which interfere with the chemical messages (neurotransmitters) that are passed

between brain cells (neurons). The 'tangles' refer to the damage within the neurons themselves interfering with the release of chemical messages. Professor Gandy said that "any new medication for AD that is worth the risk of ingestion for decades must be effective and must do no harm anywhere in the body" – no small challenge for researchers and drug companies! While many contributing factors are out of our control, many are not and doing what we can to improve our brain health is important regardless of our current cognitive ability.

Professor Gandy proposed that early intervention is key to building resilience to the accumulation of plaques and tangles in the brain. He made reference to the research findings of "The A4 Study: Stopping Alzheimer's Disease before Symptoms Begin", agreeing that mental stimulation is an important factor

– keeping the brain active through enjoyable and meaningful activities. This sits alongside the importance of staying socially connected, following the Mediterranean Diet and controlling cardiac risks, all of which are modifiable lifestyle factors. Professor Gandy also made the intriguing statement that "Physical exercise can neutralise the effects of APOE4."

So, what is APOE4? According to Powledge, T. M. (2014), "APOE4 is the riskiest known Alzheimer's gene variant. It is riskiest not because it always causes the disease, nor because it wreaks damage relatively early in life; it doesn't do either. It's riskiest because it is so common. As many as 1 in 5 people possess APOE4." People may inherit APOE4 from either or both of their parents, those who inherit from both parents have an increased risk again.

No matter what age, Professor

Gandy strongly recommends for each of us, to do a minimum of "30 minutes of exercise, such as brisk walking, or any form of physical resistance activity, three times weekly" to neutralise the impact of this gene variant, and so build resilience to the pathology. The insights into how exercise helps our brain, particularly in the areas of memory and learning is exciting. Neurogenesis – growing new neurons – is one of the important benefits that comes from exercise. Given that the vast majority of us do not know whether or not we possess the gene variant APOE4, but we do know of the many and profound benefits that come from exercise, this really is advice that is best taken to heart – and to the body.



Maltworks Lifestyle Village - Freehold unit title

A vision to turn Heathcote's derelict Maltworks site into a new residential lifestyle village is under way. A third of the village is spoken for, stage one is complete, and stage two is under construction. A showhome is open daily between 1-2pm for viewing. There are completed villas available now for purchase.

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 people are not boxed 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. It consists 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 environment all year round. The lounge is set up with TV, lounge suites, dining table & chairs.

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 50's lifestyle villa'. The owner retains any capital gain realised from the sale process.

An onsite caretaker lives in the village, 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 Pitcaithly Body Corporate Services Ltd who manage the body corporate 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.

The village is located at 60 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 and Lyttelton runs close by the village, within an easy 200m walk.

Local recreational activities are in abundance with Ferrymead driving range an easy five minute drive away and tennis and bowling clubs in close proximity. Other recreational activities include the gondola, walking tracks and a children's playground on the doorstep of the village for the Grandchildren! Come and see what the Maltworks has to offer!

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

LIFESTYLE VILLAGE • HEATHCOTE VALLEY • CHRISTCHURCH

PLC GROUP

LIFESTYLE VILLAS / PROPERTY DEVELOPMENT / COMMERCIAL



Michelle Tait
M 027 668 6268 P 03 352 4900
E michelle@plcgroup.co.nz
W plcgroup.co.nz

Dream retirement shattered by relationship property laws

It can often be difficult to tell whether you're in a qualifying relationship which might trigger the equal sharing provisions of our relationship property laws. Many enter into new relationships, thinking their relationship is more of a close friendship, rather than something akin to marriage. The trouble is, should that relationship end, the other person (and/or their family) doesn't always agree. Assets you own (even if they're solely in your name) could be subject to a claim which can have a serious financial impact on retirement plans.

A local example (names & facts changed to protect privacy):


Clementine (aged 64) moved to Christchurch from France following the end of her marriage. She brought with her enough money to purchase a lovely freehold home (\$600,000.00), a car (\$40,000.00) and a caravan (\$90,000.00). After a year or so she met Jack (aged 60). Jack didn't own much after his divorce, but he was a great companion. After the earthquakes Jack's flat was too cold so he moved in to live with Clementine and over the next few years they enjoyed many trips around NZ together. Clementine paid for their

travel and living costs as Jack usually spent all his income on his children and hobbies.

After 5 years together, Clementine and Jack separated. Clementine felt their relationship was nothing like a marriage, just close friends enjoying their retirement. Jack's kids however were adamant they were a couple and Jack wasn't going to argue.

Clementine's dream retirement now involved lawyers, the Family Court and Jack making a claim against her for half her home, car and caravan! Where on Earth would she get \$365,000.00 from? Her small income and age meant the bank wouldn't give her a mortgage!

How could Clementine have avoided this claim? By entering into a Contracting Out Agreement with Jack. That Agreement could have secured, as her separate property, all the assets in her name and ensured Jack would only have been entitled to share jointly owned property.

At Harmans we have a specialist Family Law Team which can assist with Contracting Out Agreements and discuss any relationship property questions you may have. Give Harmans a call on 352 2293. 



Protecting you through all stages of life

We guide seniors through the legal issues that affect them.

Our friendly and experienced Seniors Team offers specialised legal advice so you have peace of mind and feel confident when it comes to making decisions that are right for you and your family.

Our Seniors Team can help with:

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

We are conveniently located in our Papanui office, but if you can't get to us we can come to you through our Home Visit Service.

Contact Phillipa Shaw

P (03) 352 2293 E phillipa.shaw@harmans.co.nz A 485 Papanui Road, Christchurch
www.harmans.co.nz

Relationship Property Laws

Hear Harmans' Lawyers discuss the issues here at Age Concern Canterbury, 24 Main North Road, Papanui on Monday, 16th July 2018 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.



Senior Move Managers

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. The following is from a recent client.

"After being in my family home since 1949, I knew it was going to be a large process moving into a retirement village and I was feeling very overwhelmed.


My husband passed away a couple of years ago which left me alone in the house having to go through this change by myself. I was nervous, but having the help of the team from Senior Move Managers reduced my anxiety during this major life change.

I wouldn't have got through it without your help - I would've been there another year! We worked together on 21 separate occasions to make my move possible which helped me

adjust to small incremental changes rather than it all happening in one big swoop. Senior Move Managers made the move very manageable and not overwhelming.

On moving day, I spent the day with my family with the peace of mind knowing everything would be taken care of, and completed by the time I returned. All of my belongings were moved into my new place and it was all set up how I wanted it. My old house was cleaned, and all the rubbish was taken away.

Paul was kind, caring and helped me through a very difficult time - I simply couldn't have done it myself. Senior Move Managers minimised the stress of the move and eased the transition into village life in the calmest and least stressful way possible."

Give us a call for an obligation free quote on 0800 667 558. We can then construct a management plan to suit your needs and guide you through this transition. 



SENIOR MOVE MANAGERS LTD

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



Age Concern Canterbury Events Calendar 2018

Confident Driving Courses

- 17 May 2018** Ethnic Chinese Rewi Alley, Riccarton
18 May 2018 Age Concern Canterbury,
 124 Main North Road, Papanui, Christchurch
22 May 2018 Tuahiwi Marae, 219 Tuahiwi Road, Kaiapoi
24 May 2018 Ethnic Chinese Rewi Alley (2nd course)
31 May 2018 Kaikoura Council, Supper Room
6 June 2018 Charles Upham, Rangiora
11 June 2018 Lincoln Events Centre
15 June 2018 Russley Retirement Village
11 July 2018 Charles Upham, Rangiora
19 July 2018 Refugees and Migrants, Hagley College

Harman's Seminars

- 16 July 2018**
 Relationship Property Issues
15 October 2018
 Trusts
21 January 2019
 Enduring Powers of Attorney

1 October 2018

Positive Ageing Expo, Papanui High School

For more information phone 366-0903



**Positive Ageing Expo, Papanui High School,
 Monday, 1 October from 9.00am to 2.30pm.**

EXHIBITORS REGISTRATION

Registration for Age Concern Canterbury's Postive Ageing Expo is now open. Contact Yvonne Palmer on 331 7808 or ypalmer@ageconcerncan.org.nz



Life Without A Car

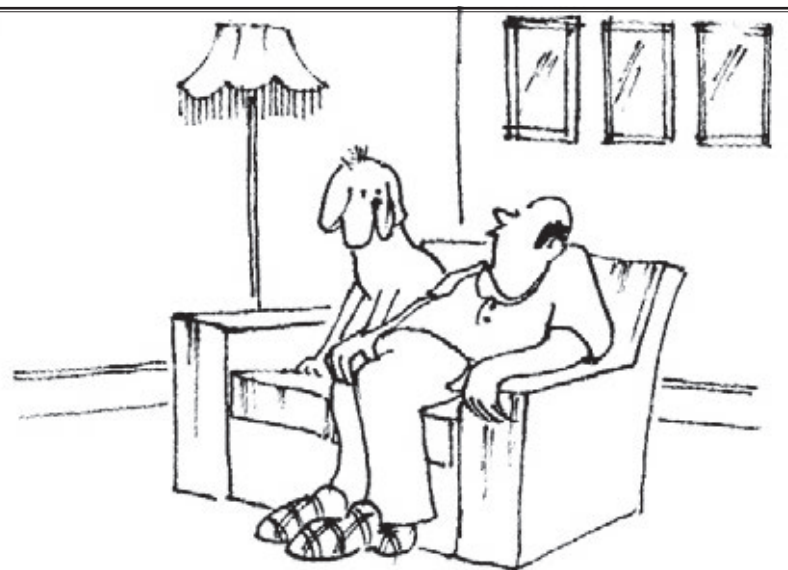
Plan ahead - do what you enjoy



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**



"Have you seen my glasses anywhere dear?"

The eyes of the police



CPNZ, Community Patrols of New Zealand, is a nationwide organisation supported by the police and run by volunteers.

Members are **the eyes of the police** and work in carrying out preventative patrolling, both evening and daytime, in clearly marked vehicles, well equipped and with police communication access. Volunteers observe, record and report on possible or actual criminal activity or follow up specific police requests.

As volunteers we do not place ourselves at risk; at least two

patrollers are in the vehicle, a driver and observer, wearing safety vests. Details of each patrol, vehicle and personnel are logged with police communications.

In Christchurch a number of patrols operate independently and with their own committees and thus can liaise with their local police and be aware of their neighbourhoods specific needs and issues.

Patrol groups have regular training and work on a roster system to work with patrollers commitments.

For more information go to www.cpnz.org.nz.

CITY PARK COMMUNITY PATROL

Part of the Sater Communities Working Together Programme

Patrol needs Volunteers

Our patrol seeks volunteers to assist citizens and the police in preventing crime and keeping our city and parks safer.

Drivers (automatic), **Observers** (keep in touch with Police communications, afternoon patrol, no walking involved)

For more information please contact John Hewitson (Vetting Officer) on 03 3776797 or John Bird (Chairman) on 0273057694



Staying Safe

Confident Driving for Mature Drivers

A refresher course for mature road users throughout Canterbury

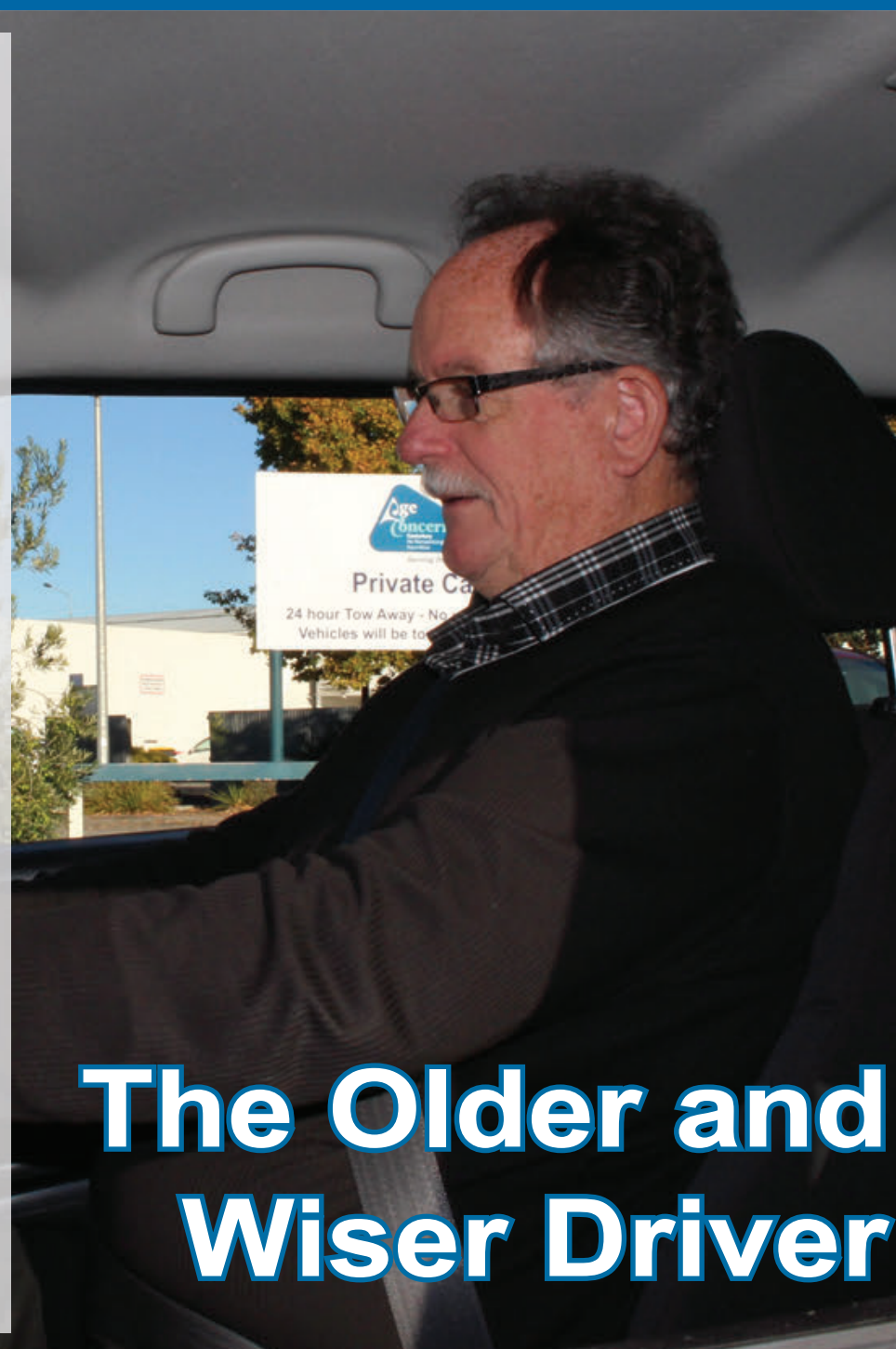
Ageing is inevitable, but growing older doesn't have to mean giving up an active life. Driver safety is vital for drivers of all ages, but older drivers experience physical changes that can affect driving ability - changes in vision, reaction time and flexibility.

- * *Update on Road Rules from Canterbury Police presentation*
- * *Gain confidence from the course*
- * *Defensive driving tips for safe driving*
- * *Impacts of wellbeing and driving*

What does the course involve?

- * A class room based programme
- * Cost \$10.00 per course including lunch
- * Held in a safe & enjoyable environment
 - * Workbook for future reference
 - * No tests or exams on the course
 - * Certificate of Attendance

Watch this space for courses for Ethnic Communities



The Older and Wiser Driver

Course starts at 9.30am and concludes at 2.45pm

Contact Age Concern Canterbury on 366-0903 for bookings.



Serving the needs of older people





Age Concern Canterbury Inc. Statement of Service Performance

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

For the year ended 31 December 2017

Vision

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

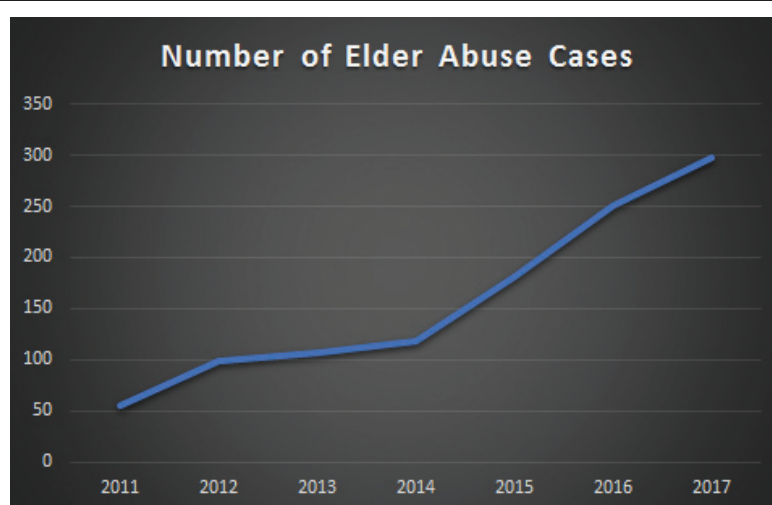
Mission Statement

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

“Age Concern Canterbury has always supported me and my friends. It is a great organisation.”

Elder Abuse Neglect Prevention

- * From 1 July Age Concern Canterbury delivered the Elder Abuse Service across the West Coast and Timaru.
- * 298 referrals were received with 222 closed cases of Elder Abuse (there were 250 referrals in 2016 and 218 closed cases in 2015).
- * A further 213 health referrals were received by the Health Team.
- * There was a 70/30% split female to male clients and 70% were aged over 75.
- * There were 220 general enquiries about Elder Abuse and Neglect Prevention.
- * 21 education sessions were delivered to Aged Residential Care with 540 participants.
- * The Health Team ran 25 public awareness activities.



75% of abuse was by a family member.

“I didn’t know there was support out there for oldies like me, but now I do and I don’t have to deal with this alone.”

Earthquake Support

The Earthquake Support Coordinator has continued to support many older clients through their earthquake related issues and other social needs.

Accredited Visiting Service



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

- * The Accredited Visiting Service (AVS) team in Canterbury, the West Coast and Timaru continue to co-ordinate thousands of volunteer visits to socially isolated people (7,671 in Canterbury).
- * Across the three regions, 40 percent of the volunteers are under 65.

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

Home Support Services



- * 2,622 clients were assisted with a home help, trade/handyman or gardener from our database.
- * All service providers on our database are police checked and interviewed.

Social Connection Service



“I contacted Age Concern Canterbury when my wife died to find things to get involved in as I miss her terribly - I have been on 100 trips with them.”
from a Minibus client.

- * The Social Connection Co-ordinators utilised the 3 mini buses that we have to facilitate 6,281 outings for socially isolated people.

“Yes, I love the outings, I look forward to them everyday.”
from a Minibus client.



Volunteers

- * In 2017 volunteers contributed over 16,500 hours to improving the lives of older people. This enabled us to deliver on our vision – of being the lead agency that connects, supports, empowers, celebrates and respects all older people in an inclusive community.
- * In pure economic terms, volunteer involvement equates to over \$260K per year*. (* Based on minimum wage).

Age Concern Canterbury Courses

* 1,324 people attended a Health Promotion course.

"I also make route changes and think about alternatives that might be better and safer for me."

Confident Driving Course attendee.



* Over 60 speaking engagements were attended by staff.

"It is a very worthwhile course. Older drivers should be encouraged to do the course because things change."

Confident Driving Course attendee.

Keeping On Newspaper



* 54,000 copies of **Keeping On** were distributed throughout Christchurch and the South Island.

"I look forward to reading Keeping On - it's extremely informative, entertaining and very relevant to older people."
Keeping On reader.

Age Concern Canterbury Expo

* Many thousands of people attended the Positive Ageing Expo at Papanui High School on 2nd October 2017. There were 157 exhibitors.



"You certainly do an amazing job of bringing this event to the people of Christchurch. Everything was wonderfully organised right down to the most helpful and polite students that were on hand to assist." Expo attendee.

Steady As You Go (SAYGo) Courses



* 346 completed the ten week course and continue to attend the 31 classes across Christchurch and North Canterbury.

*"I can get out of my bed without using my walking stick now."
"I feel more stable. I have some energy when I get home."*
SAYGo Course attendees.

Website and Facebook

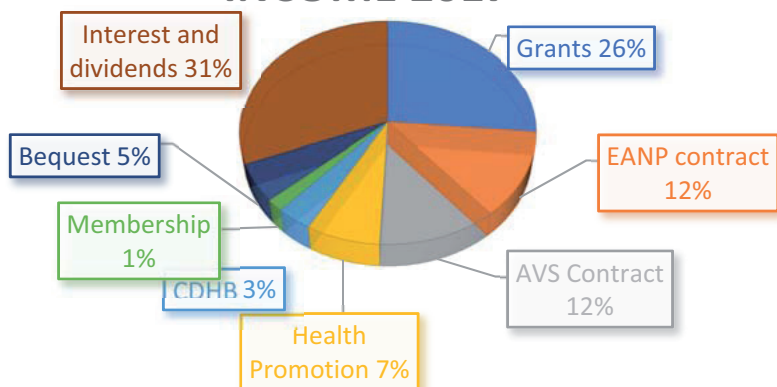
* Our Website was visited 36,298 times, that's 99 every day, with 83% of those being first time users.

* We currently have 425 followers on our Facebook page (up from 337 in 2016) – and this is growing daily, with an increased focus on connecting with people via this medium.

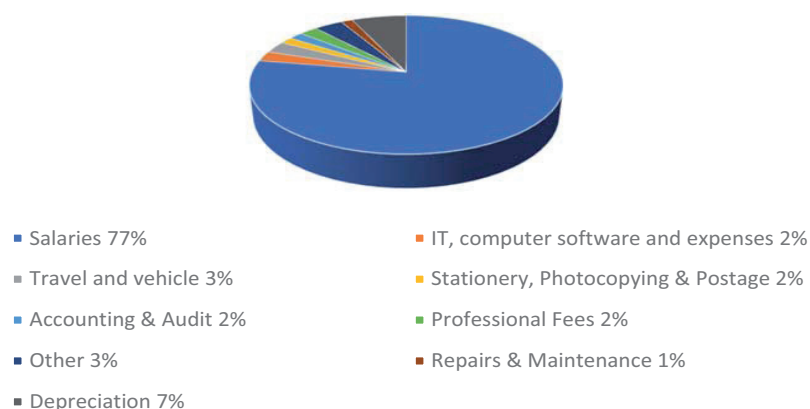
* One story included on the Facebook page was about the need for food provisions - this reached 2,200 people, 260 of whom interacted with Age Concern Canterbury as a result.

Our Finances

INCOME 2017



Expenses 2017



Acknowledgements

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

Age Concern Canterbury Trust
Combined Lions Club of Christchurch
Lloyd Morgan Lions Clubs Charitable Trust
Southern Trust
New Zealand Lotteries Commission
Christchurch City Council

Christchurch Casino Trust
Rata Foundation
Waimakariri District Council
Selwyn District Council
Margaret Burns Charitable Trust
Christchurch Earthquake Appeal Trust

More Mobility
H.P.A.
Jones Foundation



Finding friendship through strength and balance

Friendship and fellowship are at the heart of a new falls prevention initiative which is seeing older people staying active and lowering their risk of falls.

ACC and Sport Canterbury have joined forces to support the development of Approved Community Group Strength and Balance Classes throughout the Canterbury region.

The aim is to help reduce the number of falls in our older population through strength and balance classes. Currently, every year one in three people aged 65 and over injure themselves in a fall. This rises to one in two once you reach 80.

Accredited classes receive the 'approved strength and balance programme tick' symbol so people know the class is endorsed.

Steady As You Go (SAYGo) is an exercise and well-being initiative established through Age Concern, which is aimed at helping older



From left to right: Turia Taylor, Gabrielle Rennie (Rosemary's Granddaughter), Rosemary Mahon, Saunoa Aiono, Chris Woods, Judy Carson.

adults stay active, improve balance and strength while also providing friendship. SAYGo uses strength and balance exercises with the aid of a chair. There is a mix of standing and seated exercises while walking is

also incorporated into the routine.

For Saunoa Aiono, who has gone from SAYGo participant to Peer Leader at Manse Place in Redwood, she says it has given her confidence within herself and improved her

fitness.


"I've had friends in a walking group comment about how much more energetic I am compared to this time last year and that gives me a lot of confidence."

For Rosemary Mahon, the weekly class gave her motivation to prioritise her health after she had a fall which injured her neck.

"For me I come for the friendship and I love being part of a group, but having had a fall in Australia, tripping up a step into a bathroom which saw me come home in a neck brace, I knew how important it was to stay active because arthritis can set in so easily."

Fellow group member Judy Carson says anyone who is eager to give it a go should not be nervous.

"It's a lot of fun, we've all become great friends and we feel more confident and active as a result."



AGE CONCERN CANTERBURY

MEMBERSHIP

I would like to become (please tick one box):

☐ An individual member (\$20 per person, \$30 per couple)

☐ A friend (\$10 per person. \$20 per couple)

I would like to subscribe to the **Keeping On** newspaper, delivered quarterly, for a cost of \$15.00 per annum. ☐ (please tick box)

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

I enclose:

Membership Subscription

\$

Keeping On Subscription

\$

Donation

\$

TOTAL

\$

Payment can be made by direct credit into Age Concern Canterbury bank account: BNZ 02 0800 0188056 000. Please notify us of your deposit.

Mr/Mrs/Miss/Ms

First Names:

Date of Birth:

Street Address:

Suburb:

City:


Postcode:

Phone No.:

Signed:

Email:

Please post to The Chief Executive, Age Concern Canterbury Inc,
24 Main North Road, Papanui, CHRISTCHURCH 8053.
Email: team@ageconcerncan.org.nz

<div><div><h3>Steady As You Go</h3><h3>Falls Prevention exercise classes</h3><p>in Canterbury as at 01 April 2018</p></div><p>For more information about any of these groups please phone Age Concern Canterbury 366 0903 or Christine Toner 0274339598 (city) or Robyn Bain 0220468467 (Nth Canterbury).</p></div>			
Day	Time	AREA	Location of class
Christchurch City Classes			
Monday	10.00am	Redcliffs	Port Hills Uniting Church, Augusta Street, Redcliffs
Monday	10am	Parklands	Parkview Lounge, Parklands Community Centre, Queenspark Drive
Monday	10.30am	Hei Hei	Community Centre, Wycla Ave
Monday	10.30am	Wainoni Best Years group	Celebration Centre, 81 Bickerton Street, back entrance with Preschool signage
Monday	1pm	Harewood 2 Waitlist only	St James Church Hall, Harewood Road, Airport end
Monday	2pm	Harewood 3 New members welcome	St James Church Hall, Harewood Road, Airport end
Monday	1pm	Halswell Waitlist only	Te Hapua, Halswell Service Centre and Library 341 Halswell Road
Monday	2pm	Papanui Village Presbyterian Church	Papanui Village Presbyterian Church, Frank Street, Papanui
Tuesday	9am	Nazareth House	Nazareth House, 220 Brougham Street, Sydenham
Tuesday	9.30am	Papanui	Age Concern Centre, cnr Main North Rd and Loftus St
Tuesday	10.30am	Fletcher Place, Upper Riccarton	Fletcher Place Residents Lounge, off Bowen Street Ph 343 0631
Tuesday	10.30am	Bryndwr Chapel	179 Idris Road, Bryndwr
Tuesday	2pm	Waltham	Waltham Cottage, 201 Hastings Street East, Waltham
Wednesday	10.30am	Redwood	Manse Place Residents' Lounge, off Main North Road
Wednesday	10.45am	Halswell2	Te Hapua, Halswell Service Centre and Library 341 Halswell Road
Wednesday	1pm	Lincoln	Lincoln Community Care, Lyttelton St, behind the Library
Thursday	9.30am	Riccarton	Kauri Lodge, 148 Riccarton Road
Thursday	10.00am	St Albans Waitlist only	St Albans Tennis Club, Dover St, St Albans
Friday	9.30am	Hoon Hay	Hoon Hay Presbyterian Church Lounge, 5 Downing St, Hillmorton 8025
Friday	10.00am	New Brighton Waitlist only	New Brighton Library – in the PAD
North Canterbury Classes			
Wednesday	10.30am	Rangiora	Ballarat Retirement Village, 21 Ballarat Road
Wednesday	11am	Amberley	Amberley Library, RSA Room
Wednesday	10.30am	Rotherham	Rotherham Hotel, 42 George St, Rotherham
Wednesday	11.30am	Oxford	Oxford Town Hall, 34 Main Street, Oxford
Thursday	11.00am	Amberley Beach	Amberley Beach Hall
Thursday	1.30pm	Pegasus	Pegasus Community Centre, corner Pegasus Main and Tahuna Street
Thursday	2.00pm	Kaiapoi	The Mill Room (Darnley), 24 Sewell Street, Kaiapoi
Thursday	4.00pm	Rangiora	Ballarat Retirement Village, 21 Ballarat Road

Post a Letter Copenhagen

The Visiting Service was approached by Keri Bloomfield from Post a Letter Copenhagen in December and invited to take part in their Letter writing event in January.

Post a Letter Copenhagen has been holding free monthly letter writing events since 2011. Their goal is 'simply to encourage and spread the art and love of writing letters because we know it's super exciting to receive a handwritten letter'.

At a previous letter writing event they had asked 10 volunteer writers to write to 10 residents of BUPA Fergusson Care Home in Upper Hutt. Keri noted 'It was a really lovely and successful event with our writers in Copenhagen really enjoying connecting with elderly people in New Zealand. An exciting and new country to most of them. The residents at Fergusson loved receiving the letters which were read by everyone. You can probably imagine the excitement when they were received'.

Post a Letter Copenhagen got in touch with the Visiting Service after seeing media coverage on social isolation of older people in New Zealand. We were asked if any of



Pam Hastie with her beautifully written letter.

our clients would appreciate a letter from a kind stranger in Copenhagen. Thanks to help from staff and our volunteer visitors we were able to put forward 17 clients who wanted to take part.

I popped out to deliver some of these letters to our lovely clients. Pam Hastie (pictured) was one of the lucky recipients. Pam was very pleased to be part of this event and thought it was a wonderful idea.



Margaret is looking forward to making a new pen pal.

Margaret Latimer (pictured) also received a beautifully written letter. Margaret reminisced about a pen pal she would write to in the UK, they became firm friends and reconnected when she was asked to make contact for her pen pals' 80th birthday. This led to tears of joy from both sides! Margaret was delighted to receive such a personal letter and is looking forward to writing a letter back.

I have received some lovely calls



The letter writing event took place on 11th January.

from clients expressing their gratitude and how lovely it has been to receive such a well written letter. They have expressed how exciting it has been to learn about someone else's life and I know many of our clients are eager to write back.

We would like to thank Keri and everyone who reached out to our clients through Post a Letter Copenhagen. Letter writing is perhaps becoming a forgotten art but as we can see this simple act can bring immense personal joy and lead to lasting friendships.

'Happiness is when you make unexpected new friends'.

Kevin McKinnel, a prodigious worker

by Mike Crean

Inability to read made life difficult for Kevin McKinnel. The Christchurch 70-year-old switched jobs often as he achieved promotions to a level where he needed to be able to read.

Kevin is a prodigious worker. He was sometimes engaged in two or three jobs at a time.

"It has always been a struggle but I got there somehow. I couldn't do a trade, though I would have liked to," he says.

Most of Kevin's education was in Christchurch. He attended Cashmere Primary School and Christchurch Technical High School. The Cashmere principal tutored him in reading but some sort of mental block prevented progress.

In earlier years Kevin could cope with oral testing for his various licences and management courses. More stringent conditions since the 1980s formed a barrier to advancement.

Yet Kevin is happy in his achievements as a worker, an adventurous traveller and a loving family man with wife Judith and their two daughters.

He speaks warmly about childhood in the Old Stone House at Cashmere. His father worked on Mr Cracroft Wilson's Cashmere Estate and Kevin grew up in the large homestead.



Kevin McKinnel

"It was very warm, with huge open fireplaces. There was plenty of firewood. And it was cool in the summer. A beautiful old house with a very big lounge that you could have a ball in," he says.

The only drawback was a german owl that swooped on him, causing him to trip on the cat.

He loved helping on the farm and soon progressed to bagging and selling pine cones and sheep

manure he dug out from under the woolshed. He worked in pram shops on Colombo Street and Riccarton Road while still at school, and was then taken on permanently. Next he worked at the Canterbury Malting Company at Heathcote, as a ganger hefting bulky sacks of barley.

This led to driving trucks for Ted Spence, carrier. Then he branched out to driving limousines for Pacific Tourways, taking rich tourists around the South Island. Switching to Lion Breweries he drove forklifts and trucks, while also working nights as a barman at the Brevet Club near the airport.

Keen to go out on his own he bought a New Brighton coffee bar, when the seaside suburb profited from exclusive Saturday trading. He employed eight staff on Saturdays when queues of customers stretched out of the door.

Worn out by the pressure, he sold the business, but bought it back two years later, then sold it again. Meanwhile he took a day job at the Christchurch Drainage Board and drove his Blue Star taxi outside normal work hours.

Jobs as caretaker or groundsman at a range of schools followed. These included Rangiora High, St Andrew's College, Hammersley Park (Shirley),

Fendalton Primary (a favourite, where he stayed 22 years), St Peter's Catholic (Beckenham), Oaklands Primary (Halswell) and Hoon Hay Primary. Now semi-retired, he works 20 hours a week at St Mark's School (Opawa).

"He's not allowed to retire," said a staff member at St Marks. Another added, "He's a fantastic caretaker, all of the staff value everything Kevin does at the school."

"I like doing maintenance and enjoy the good atmosphere. I get on well with teachers," he says. During all this, he worked weekends as barman at an Opawa function centre.

He worked to fund his passion – world travel. Judith dislikes long flights so Kevin has toured widely on his own. His favourite country is the USA. It was in a hotel there that he and Judith, also from Christchurch, met. They married in 1975.

His least favourite country is Russia. In Cold War Moscow he found many restrictions. "It was frightening," he says.

"On the weekends we like going for meals and dancing at the Clubs and twice a year during the school holidays going to our Timeshare in Queenstown and Wanaka which we have owned for about 30 years."

Get in quick before it is too late

by Deana Lyons, Marketing Assistant, Community Energy Action

Winter is fast approaching and so too is the deadline for the end of the government insulation subsidies!

Government subsidies through the Energy Efficient Conservation Authority (EECA) enable Community Energy Action (CEA) to help provide up to a 50% reduction in the cost of installing insulation in your home. This is applicable if you have a community services card, or if you are a landlord, or if your tenant does.

These subsidies are due to finish in June 2018. The Healthy Homes Bill currently states that all rental

properties must have insulation and a working smoke alarm. The Healthy Homes Guarantee Act (No 2) has recently passed into law. This Act changes the current law to ensure that every rental home in New Zealand meets minimum standards of insulation and heating.

It has been well documented how important it is to ensure you are living in a warm, dry and healthy home. Doing so, benefits your health and/or the health of your tenant.

So as winter approaches it is even more important as temperatures drop

outside that it stays warm inside.

If affordability is an issue, CEA may be able to organise other financial assistance including interest free payment plans over a number of months, to help. Criteria applies.

Additionally, if someone in the house has a health condition, or is on a low income you may be eligible for extra funding from some of CEA's other funding streams.

Everybody deserves a warm dry healthy home, so make sure you DON'T MISS OUT on financial assistance whilst the government

subsidies are still available

To find out more about any of CEA's services, including arranging a free insulation check, free curtains or if you just want to discuss how we might be able to help you, don't hesitate - call us on 0800 GET WARM (0800 4389276, or email us on info@cea.co.nz or alternatively visit our website at www.cea.co.nz



Fire-lighting technique gaining popularity

An upside-down fire-lighting technique can save time and reduce air pollution – and it doesn't involve standing on your head!

New Zealand Home Heating Association fire master Dave Pullen says the upside-down technique – also known as “top down” or “Swiss style” – is gaining popularity and he gets plenty of feedback that it's working well for people.

“If you want a fire that gets going quickly – saving time and excess smoke – then I'd recommend trying this technique, which uses larger pieces of wood at the bottom and kindling on top. If you're the type of person who wants to do it once and do it well then this technique is for you – you can walk away with confidence that your fire will be getting off to a good start and heating up fast.”

It may sound simple but having good, dry wood is also key to running an efficient fire that burns clean.

“If a chimney is smoking badly it's



Dave Pullen of the New Zealand Home Heating Association demonstrates the upside-down firelighting technique.

often the fuel that's the problem,” said Pullen. “You wouldn't put diesel into a petrol car, so you should ensure the wood you're using is dry and seasoned. Wet wood will not burn hot enough to heat your home well and will also smoke out your neighbours.”

Pullen advised using one of Environment Canterbury's Trusted Good Wood Merchants to source

wood and stocking up at least a season ahead.

“Wood needs at least a year to dry, so you should be thinking about next year's wood supply well ahead.”

Environment Canterbury provides free in-home support for anyone who needs help lighting their fire correctly.

Call 0800 329 276 to arrange for a Better Burning Advisor to visit you at home, walk you through the best techniques, and leave you with some free kindling.

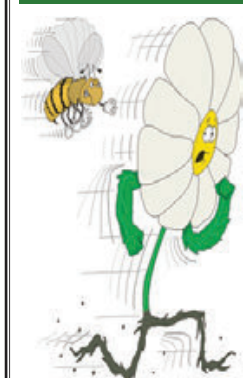


Has your wood burner expired?

Keeping warm is important. We have options to suit you including temporary waivers.

Call 0800 329 276 to find out more.

AGE CONCERN CANTERBURY ARE LOOKING FOR ENERGETIC AND RELIABLE GARDENERS TO MAINTAIN GARDENS



Fit, keen, energetic, reliable, preferably with own lawn mower and a current drivers licence.

Needed in Woolston, Ferrymead and St Martins areas.

Payment is on an hourly rate.

For more information please phone Deb on 366-0903

Joy of independence motto for More Mobility

The Joy of Independence is the motto that More Mobility has on the side of their vans and in all of their advertising. "This totally sums up what we try to achieve with our business, and gives us complete clarity when it comes to researching what items we need to stock," say Russell and Kim.

Initially when the doors first opened ten years ago, More Mobility carried a range of Mobility Scooters, walking frames and wheelchairs, along with a scattering of daily living aids. They sold, hired, and serviced these products. However since then their stock lines have grown from about 80 to 500 products.

"We now carry a large range of mobility scooters, walking aids, wheelchairs and furniture. This includes beds and electric stand assist chairs, incontinence products, living aids; including specialised cutlery for those suffering from arthritis. Dressing aids, toilet and bathroom equipment, including toilet bidets and electric bath seats for those deprived of having a bath by inability to get in and out. We also stock ramps, wheelchair carriers for the car, respiratory equipment and height adjustable chairs and tables. Actually, these are just a sample of some of the products you can buy or hire from us," says Kim.

On the mobility scooter side of the business, More Mobility stocks 5 different brands of scooters and powerchairs, and at any given time has up to 15 or so scooters on the floor to try out. They also have a large range of second-hand stock. These have been traded on new scooters, and are reconditioned and sold as second-hand with new batteries and a warranty, to provide a perfectly reliable second-hand purchase.

"Prices of new scooters range from

\$1,499.00 through to \$13,000.00. Commonly, scooters we sell are in the range of \$3,500.00 to \$6,500.00 and our second-hand scooters start at \$1500.00, including new batteries and a comprehensive warranty," says Russell.

"The Mobility Scooter and electric wheelchair side of the business continues to expand. This trend will continue as our city continues to mend and the footpaths are repaired and replaced," says Kim.

"We spend a lot of time giving tuition to new clients, it is in every one's interest to have this training as it ensures the rider is safe, and is made aware of where the dangers are. We want our scooter riders to be confident and safe," Russell says.

"Obviously budget will dictate what our clients can afford, however we strike a lot of people unsure about what they want to spend. In these cases Russell will take new and second-hand scooters to demonstrate and we find people are generally surprised by how little they cost," expresses Kim.

"We are receptive to making a home visit to those not able to make it in to see us at the shop, or special appointments can be made with us if you are unable to make it within normal shop hours," says Kim.

With the growth of mobility scooters More Mobility has also extended its workshop services.

"If you or your family have any issues with mobility and comfort, call or pay a visit to More Mobility, our shop is located at 113 Blenheim Road (in between Clarence and Dalgety Streets). Hours are 9.00am-5.00pm Monday to Friday, 9.00am-2.00pm Saturday. Phone 348 3460 or 0800 666 222," say Russell and Kim. (A)

Police warn of phone scam

Southern District Police have received numerous calls reporting an automated phone scam targeting the Southern area.

The automated message is in a Kiwi Accent:

"This is the Police you owe money to Inland Revenue, if you don't pay you will be arrested. Please call 04 889 0505."

When rung a person asks for your name and IRD number.

People need to remember that government agencies will never call you to ask for your bank account or credit card details by phone. If you receive a call and something doesn't

seem right, double check their details and hang up if you have any doubts. If they claim to be a bank or organisation, call that organisation on the number of their official website and check with them. We recommend people look after their personal details in the same way they would their wallet and personal possessions.

Anyone who believes they are a victim of any crime, in person or online, should report the matter to their local Police.

Netsafe also provides helpful advice and information on its website <https://www.netsafe.org.nz/>

Do you need a walking stick?

You may benefit from using a walking stick if you feel:

- nervous about being able to walk safely
- concerned about falling when out and about especially on uneven ground
- unwell or sore because of a flare up in your arthritis or when you want to walk further than usual.

Using a walking stick is not a sign of 'giving in' and can often be used as a temporary measure to keep you safe and relieve the pain of sore joints.

Choosing a walking stick

- There are many types eg wood, steel, and adjustable sticks. All of these are fine.

- Height is very important. To ensure your walking stick is the right height:

- o stand upright with your arms relaxed by your side.

- o the top of the stick should be in line with the bony knob on the outside of your wrist. This means your elbow

should be slightly bent when your hand is resting on the handle of the walking stick.

- Ensure the rubber stopper on the end

does not wear through.

Using a walking stick correctly

- Hold the stick in the hand opposite to the painful or unstable leg.

- Place the stick forward, either before or at the same time, as the painful or unsteady leg.

- Take some weight on the stick and on the painful leg.

Up and down stairs

- Going up, the good leg goes first, and then the sore leg and stick last.

- Going down, the stick goes first, and then the sore leg and the good leg last.

Compiled for you by our physiotherapists.

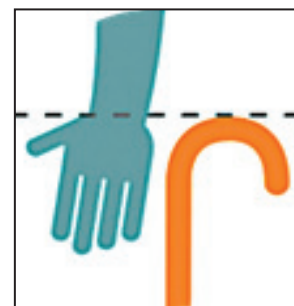
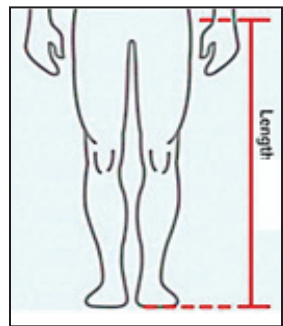
For more information:

Phone: 3877 5280,

Fax: 03 377 5281,

www.therapyprofessionals.co.nz

Email: admin@tpl.nz. (A)



One Stop Mobility & Independence Shop

Hire, Sales and Service



* Mobility Scooters * Power Wheelchairs * Standard Wheelchairs *
* Walkers/Rollators * Walking Sticks, Canes & Crutches * Rehabilitation
Aids * Toilet & Bathroom ware * Lift Chairs * Kitchen & Grooming Aids

Products also available for hire

The joy of independence

more mobility



113 Blenheim Road, Christchurch. Ph: 348 3460 or 0800 666222



THE THERAPY PROFESSIONALS LTD

IS AGEING, DISABILITY, INJURY OR ILLNESS MAKING LIFE DIFFICULT?

Therapy Professionals Ltd's physio, speech language, music and occupational therapists and dietitians can make life easier.

We can help.
We come to you.

For more information contact:

Telephone: (03) 377 5280

Fax: (03) 377 5281

therapyprofessionals@clear.net.nz

www.therapyprofessionals.co.nz

Enliven volunteers make a positive difference ... in their own lives

He aroha whakatō, he aroha puta mai
If kindness is sown, then kindness you shall receive.



Shane Torrance.

Shane Torrance, from Nelson, doesn't fit the stereotype of a volunteer at an older person's day programme. But his tattoos, shaved head, and heavy-metal t-shirts belie a big soft heart. Now the older ladies who once wouldn't let him hold their handbags while they climbed into the Enliven van, call him their friend.

A few years ago Shane lost his legs and some eyesight as a result of Type 1 Diabetes, ending his career as a painter and decorator. Now Shane helps on Enliven van runs, and serves morning tea, chats with members, and helps with activities (Housie, anyone?) on day programmes.

Volunteering gives Shane the sense of purpose he used to get from employment, and because he knows what it feels like to almost lose his independence, he enjoys helping others who may be struggling with theirs.

Through volunteering Shane has developed an extensive network and made many friends. So for anyone considering volunteering, he has this advice: "Just do it. You'll get far more



Marilyn McLellan.

out of it than you put in—even if the people you're helping need it more than you."

Marilyn McLellan has volunteered for many years and now hosts an Enliven HomeShare group in north Christchurch. When asked what she gets out of volunteering, Marilyn's voice gets dreamy and thoughtful. "You hear the joy and laughter of people who might be living on their own and wouldn't experience that joy if it weren't for your help," she says. "There's this immense satisfaction from knowing you've made somebody's day better."

Marilyn's advice for others considering volunteering is similar to Shane's. "Go for it," she says. "Give it a go. What you get out of it is much more than you expect."

Volunteers are vital to the work we do at Enliven. When surveyed, 85% believed they make a positive difference in their community, and that volunteering improves their own lives too.

If you would like to learn more about volunteering with Enliven in Canterbury, call Roni Jordan on 03 313 8588 Ext 26 or e-mail ronij@psusi.org.nz.

Myths about the flu vaccine

The CDHB conducted a survey which explored some of the barriers to getting the flu shot:

Myth: The flu isn't that bad anyway, it's just like getting a cold.

Influenza may cause nasty cold like symptoms like a sore throat, runny nose, hoarseness and coughing but unlike a cold, the flu can lead to hospitalisations and deaths.

Myth: I'll catch the flu if I get the flu shot.

Influenza vaccines in New Zealand do not contain live viruses. These vaccines contain fragments of inactivated influenza viruses and cannot cause disease.

Myth: I've heard the vaccine isn't

effective. It only covers a few strains.

The vaccine in New Zealand covers the four major types of seasonal influenza virus. The vaccine is your best protection.

Myth: I got flu after my last vaccine, so it didn't work.

You may have got a flu-like illness caused by another type of virus. These illnesses can be severe at times. It takes up to two weeks after the shot to be fully protected. If it doesn't prevent you from getting the flu, it can decrease the chance of severe symptoms.

(Source: Abridged from CDHB, CEO UPDATE, 30 April 2018).

Shoo the flu this winter

Now is the time to think about the best way to protect yourself from influenza or the 'flu' this winter.

Flu vaccine is now at your general practice and participating pharmacies and is free if you're 65 or older. It's important to get your annual flu shot as soon as possible so you're protected before flu season strikes in winter.

Canterbury District Health Board Medical Officer of Health Dr Ramon Pink says the flu is much worse than a common cold.

"It is a very serious illness, that can't just be 'shaken off'. It's been a severe flu season in the Northern Hemisphere, a possible predictor of what we may see in our winter. It's so important that people get vaccinated – not just to protect themselves but also prevent them from passing it on to whanau and friends."

The US has experienced its worst flu season in almost a decade with influenza causing over 28,000 hospitalisations over 2017-2018. In New Zealand, flu-related illnesses

cause 400 deaths a year.

This year's vaccines for New Zealand have been developed to offer protection against the strain circulating in the Northern Hemisphere winter this season.

Around 80 percent of people infected show no symptoms so you can spread the flu bug without knowing you have it. Canterbury District Health Board is urging people to protect themselves, their whānau and the wider community by getting their flu shots now and encouraging others to do the same. Getting your flu vaccination every year offers the best protection against the flu.

"It is much better to protect yourself from infectious illnesses by getting vaccinated than dealing with the stress and hardship of getting sick," says Dr Pink.

Flu shots are available from your doctor or nurse or participating pharmacies.

To learn more about the flu and where to get vaccinated visit www.flufree.co.nz



enliven
PRESBYTERIAN SUPPORT
UPPER SOUTH ISLAND

"Just do it. You've got nothing to lose and everything to gain." - Alasdair F., Enliven volunteer, Ashburton



Do you have time to listen?

Volunteers Needed.

We're looking for volunteers to help at our day programmes for vulnerable older people. Join our friendly, supported volunteer team and make a positive difference.

Call a nearby Enliven centre to learn more:

Christchurch	Ashburton
03 366 5472	03 308 5868
Rangiora	
03 313 8588	



<http://www.enlivenuppersouth.org.nz/volunteer>

STAY FLU-FREE

GETTING THE FLU SHOT EVERY YEAR IS YOUR BEST PROTECTION AGAINST THE FLU.

Flu shots are free for Canterbury residents aged 65 and over from your GP team or some pharmacies.

Check out www.flufree.co.nz for more info and flu facts.



Canterbury District Health Board
Te Pouni Hauora o Waitaha

FLU-FREE

PUBLICA006

Will housework cause fractures with osteoporosis?

Will housework cause fractures especially if you have osteoporosis and have suffered spinal fractures?

Unfortunately, for those living with osteoporosis, a fracture of one or more spinal bones can occasionally occur after an awkward movement or even without any particular trauma, and this is obviously a worry with regards to housework.

It is important however, not to restrict your activities as this can create further problems. Finding ways to continue normal day to day living with confidence is important. It's probably also useful to think, as anyone with back problems needs to do, about positive steps and approaches you can take to always ensure you are

looking after your back when you move and lift.

Before undertaking any activity at home that involves physical moving of any household item, you should consider the following.

What are you trying to do?

If the activity involves twisting, stopping, bending, pushing or sudden movement try and think about the best way to tackle the task eg unloading a front loader washing machine. Plan this task by bending your knees to get down to the load without bending or twisting your back. If the load is heavy, move it in small amounts or not at all.

Store items you use frequently, such as cups and cooking equipment, at a

working height to minimise the need to reach up or bend down for them.

Moving heavy loads

These should always be broken down into smaller, more manageable sizes to reduce the load on your spine. When picking up an object, make sure it is light enough to lift before trying to do so. Use an aid or ask for help if it is too heavy or unwieldy to move. You could also think about using lightweight versions of some household equipment such as vacuum cleaners, or aids to pick things up, such as a long-handled reacher/grabber.

Before moving anything

Stand as close to the load as possible and spread your feet to

shoulder width. Grasp the load firmly, bend your knees and try and keep an upright posture as far as possible, avoiding twisting your spine. Take your time and ensure you feel stable and secure before you move.

Make sure your route is clear

Make sure that there is nothing in the way of you being able to put the object down safely without carrying it too far. If you normally use a walking aid, you may wish to consider changing it for one that allows you to carry things with you.

Don't forget, you may be eligible for help in the home. Talk to your GP about this.

(Source: Bone Alert newsletter, February 2018)

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. (A)

Enjoying the best of Canterbury with Anglican Living

For many of the seniors who have made Anglican Living's Bishopspark and Fitzgerald care facilities their home, regular outings are a much anticipated highlight. With an hydraulic hoist for those in wheelchairs, and wide steps to make it easier getting in and out of our van, lack of mobility is no barrier to enjoyment. Volunteers and activities staff ensure safety and fun share equal top priority.

You don't have to be young to want to try out some of the new eateries in Christchurch and nearby areas. Bishopspark rest-home residents recently enjoyed a very successful trip to a new café in Kaiapoi. They loved the ambience and food, and the fine china and silverware used to serve it was a nice touch.

Another group, this time from the Fitzgerald retirement complex, visited the Wigram Air Force Museum, where a volunteer guide showed them around. They went inside the

Hercules that goes to Antarctica and watched a documentary about the South Pole. Some residents who had visited the museum 60 years ago were amazed by the changes.

Afterwards they were hosted by a staff member for afternoon tea and a guided tour of her beautiful garden, followed by a drive around the new Wigram housing area. This outing got rave reviews, full of words like "amazing", "great displays" and "a wonderful afternoon outing". To be part of the fun and help as a volunteer driver for outings please get in touch.

Our Fitzgerald care facility caters for those requiring rest home, secure dementia rest home, or hospital levels of care, and Bishopspark also has a rest home, with both facilities able to provide quality respite care as well. To enquire, visit anglicanliving.org.nz or phone Bishopspark on (03) 977 2320 or Fitzgerald on (03) 982 2165. (A)

REAL ESTATE SPECIALIST FOR THOSE OVER 60

Barbara & Daryl Johnston

- 20+ years experience of selling homes in Christchurch
- Honesty, integrity and discretion at all times
- For advice or an informal chat contact Barbara or Daryl

Barbara AREINZ

B 03 375 4808 | M 027 448 9184
barbara.johnston@bayleys.co.nz

Daryl

B 03 375 4801 | M 027 487 7381
daryl.johnston@bayleys.co.nz

BAYLEYS
WHALAN AND PARTNERS LTD, BAYLEYS
LICENSED UNDER THE REA ACT 2008



We care about your choices

Variety is the spice of life! With our ever-changing social programmes, you can choose when to be involved, and when to have quiet, private time. And at meal times, enjoy a choice of two tasty, nutritious main dishes.

Find out what else makes our care homes at Bishopspark and Fitzgerald so unique.

anglicanliving.org.nz
03 977 0896

Anglican Living
Aged Care Among friends

More older people will be renters

by Judith Davey

In December 2015 I critiqued a report entitled Homeless Baby Boomers. Since then housing problems have come to the fore and hardly a day goes by without a headline relating to the "housing crisis". Often it is first home buyers who are seen to be suffering most. But here I want to look back to other research, which focused on older renters.

The rate of home ownership in New Zealand has been dropping since its peak in 1986, when 73.5% of households were owners, to 67% at the time of the 2006 census and 65% in 2013. And the rate is projected to fall even further in the future, even although home ownership is still somewhat higher among older people.

New Zealand housing policy from earliest times has emphasised the goal of home ownership, imparting

it with moral value (ownership was claimed to produce responsible and stable citizenship). As a result, renting has been seen as second class; renters have been stigmatised and renting tenure is insecure.

Older people are especially vulnerable if their housing tenure is insecure and if their housing is cold and damp. Renters cannot easily adapt or modify their housing to deal with declining health and reduced mobility. Many surveys have shown that renting in New Zealand is associated with social and economic deprivation. It is the poorer people in any age group who are more likely to be renters. The implicit assumption has always been that NZ Superannuation will be sufficient to support a basic lifestyle provided that the recipients are home owners and have paid off their mortgages by the time they reach the age of eligibility.

So falling home ownership and increased renting among older people should be a cause for concern.

Our report to the Department of Building and Housing in 2008 included the following findings.

- In 2006, there were 288,900 households where the reference person was 65 years old or older. Of these households, one in five was living in rented accommodation.

- 34,920 rented from private landlords (64%); 11,180 households from central government (20%); and 8,120 households from local authorities (15%).

- From 1996 to 2006 the number of older households renting from private landlords increased by nearly 30%. So this is the dominant tenure type for older renters.

- One person households were the predominant type of household among older renters, accounting for

nearly two-thirds of such households. The majority of one person households were composed of women.

These figures have probably not changed greatly in the 2013 census and we await the 2018 figures.

Projections

But the projections to 2051, however tenuous, are concerning.

- By 2051 the number of households with a reference person 65 years or older is projected to increase to 820,000, of which 169,000 will be living in rented accommodation (21%).

- Between 2006 and 2051, the number of older renter households in the 65 to 74 age group is projected to more than double. In the 75 to 84 age group it will nearly triple. In the 85 and over age group numbers will grow nearly nine-fold, from 6,670 to 53,885.

Continued on page 25.

For the benefit of others

The Kenneth F. Weaver Trust Inc. is a fully registered Charitable Trust that owns and operates 29 cosy pensioner units exclusively for the elderly in Christchurch.

In 1973 Kenneth F Weaver saw a need for low cost housing for over sixties who could not afford to pay for quality secure rental accommodation in Christchurch. Today the Trust has a total of 29 units at 4 different locations. All the units are warm,

sunny and spacious enough to cater for couples or a single person.

The units offer:

* Rental security for life

Once you are a resident, you have the peace of mind of a home for life.

* Affordable living

We offer our units at an affordable rate (below market rate) for all of our residents.

* Cosy and well maintained

Our units are well managed and we

pride ourselves in keeping them in top order.

* Exclusively for the elderly

Our units are exclusively for the elderly. You must be at least 60 years of age to be eligible for rental residency.

* Lovely gardens

Our properties have some lovely gardens, which are well maintained by the residents and a gardener.

* Peaceful and friendly

We hope that you may enjoy some peaceful accommodation, and have the opportunity to make new friends.



Kenneth F Weaver, QSM

KENNETH F WEAVER TRUST INC.

29 units available for rent at 4 different locations in Christchurch

* At Abberley Crescent, St Albans there are 14 single bedroom units (single or couples).

* At Barbadoes Street, Edgware there are 10 single bedroom units.

There are 4 garages on site to rent at an additional cost per fortnight.

* At Hills Road, Edgware there are 3 x two bedroom units.

* At Trist Place, Edgware there are 2 units, a single bedroom unit and a two bedroom unit.



For more information contact Karen on 027 4042415

www.kennethfweavertrust.co.nz

"I have been a very happy tenant of the Kenneth F Weaver Trust for 24 years. Treated with respect and kindness encouraged to make the flat my home and feel it really is. I would like to say, thank you to the trust."
June McIntosh, Resident.

"I have been living in my unit for the past 10 years. The units have a lovely outlook and are close to the shops and bus stops. I feel secure and safe at all times and am very happy living here."
Francis Marks, Resident.

If you are interested in renting one of our pensioner units, and would like to speak with someone, please call Karen Weaver on 027 40 42 415 for further information and to find out about criteria for applying.

See advertisement.

More older people will be renters

Numbers renting from private landlords will grow from 34,970 in 2006 to 112,260. Those renting from central government will increase by about the same amount, from 10,865 to 40,450. Renting from local authorities is projected to nearly double, to 16,130 households in 2051.

These figures call for policies to increase the supply of affordable rental housing designed with older households in mind, particularly single (and female) tenants. Can the private sector be relied on to do this? Concerns are frequently expressed about the quality of housing in this sector, with calls for independent "warrants of fitness".

In the past, local authorities received subsidies and low interest housing loans from central government, but



Affordable rental design, Flanders, Belgium

both central and local government public rental stocks have been cut and there is considerable concern about the sale of pensioner rental housing and rent increases.

It seems there is a role for innovative private and public rental developments, with central and local government, private sector and 'third sector' (i.e. voluntary organisation) landlords working together.



Construction of affordable housing, Stoke, UK

Given growing numbers of very frail and disabled older people, rental housing providers of whatever sort need to recognise the need for home-based services and investment in appropriately designed housing, and also that housing needs to interact closely with care needs. This means better integration of social support, health care and housing, and changing expectations, values

and standards concerning the quality and appropriateness of housing. Innovative approaches to planning and design and increased engagement of users in the development of housing models and advocacy services are required for all sectors of the housing market. It is vital that the needs of renters are not obscured by the needs of majority home owners.

[1] Nana, Ganesh, Stokes, Fiona, Keeling, Sally, Davey, Judith and Glasgow, Kathy (2008) *Older Renters 1996-2051: Trends, Projections, Issues and Challenges*. NZiRA and BERL.

[1] The reference person is the Statistics New Zealand term for the person who completes the Census dwelling form.

(Source: <https://acnzonreaserach.wordpress.com>)

It is SO good to cook for ourselves

by Jane Callahan, Senior Chef Co-ordinator, Pegasus Health (Charitable) Ltd

I grew up on a farm in Southland, the youngest of 7 children. My mother, when young, would never have imagined a country lifestyle, where she would have to cook for a large family, farm workers and shearing gangs. While life on a farm may have sounded idyllic, my mother was never taught to cook, and this part of her job description was not what she had signed up for!

In contrast, my father left school at 12 to live on a farm in the Catlins, where he cooked for his three bachelor uncles. While a basic cook, Dad certainly had the upper hand in the kitchen, but because he didn't have the time, it was our mother's fare we were subjected to. It is easy now to laugh about her food and how much she would have preferred sewing to cooking, but it does make me think of how much easier her life would have been if someone had taught her to cook.

We are often told that the younger generation don't know how to cook. It is not just the younger generation however, who lack the skills or motivation to cook for themselves; in fact research shows that as we age, we become less likely to prepare our own meals.

So why is cooking for ourselves so important? We know that life expectancy is increasing but have you heard of "health expectancy?" This factors in life "quality" as well as quantity, in other words, how many years of life expectancy are spent in



A huge component of good health is how well we eat.

good health. A huge component of good health is how well we eat and the best way to eat well is to cook for ourselves.

If you struggle with cooking, have you considered taking a cooking class? If yes, then Senior Chef, organised by Pegasus Health, could be the answer.

Senior Chef consists of 8 x three-hour sessions run in various locations throughout Christchurch and Canterbury. The free classes cover nutrition topics such as eating for healthy ageing, menu planning, budgeting and more. As well you get

to cook a meal and sit down together to enjoy it. The social aspect as much as the cooking skills are what graduates report enjoying the most! All recipes are provided in your free cookbook.

If interested please contact your doctor, practice nurse, or other community service provider (e.g. pharmacist or physiotherapist) for a referral. For more information call (03) 374 1639.

In the meantime, how about trying the following winter warming soup. This delicious Curried Kumara soup is a popular recipe from the course.

Curried Kumara Soup



4 serves

Ingredients:

1 teaspoon of oil

2 medium onions; peeled and chopped

1 teaspoon minced garlic

1 tablespoon curry powder

2 medium orange kumara; peeled and chopped

4 cups chicken stock

2/3 cup evaporated milk

Method:

Heat oil in a large saucepan.

Add the onions and stir over medium heat until onions soften. Add garlic and cook for 1 minute.

Add the curry powder and cook for a further 1-2 minutes while stirring.

Add kumara and chicken stock and simmer for 10 minutes or until the kumara is soft.

Puree the mixture, add the evaporated milk and heat through without bringing to the boil.

Keys to thriving in your senior years

by Catherine Fink, Occupational Therapist, Thrive

What does it mean to thrive in your senior years?

"Positive Ageing is about having a positive attitude, feeling good about yourself, keeping fit and healthy and engaging fully in life" says Louise Tapper, Occupational Therapist at Thrive. Louise and her colleague Catherine Fink, who is also an occupational therapist with Thrive, are experts in positive ageing. They work with older people to help them stay well, happy and active in their homes and communities. Louise says "our service is for people whose everyday challenges get in the way of living a satisfying life. Our practical and professional approach is designed to help you thrive".

Positive ageing has become quite a focus in recent years, in part due to the attention drawn by the growing ageing population, but also due to the evidence that shows how people can proactively prolong their physical, mental and social abilities well into very old age. Even in the face of a health condition or a disability a person can continue to thrive or age positively.

Ageing Positively and Health challenges

When health issues start to impact on your ability to age well there are a number of ways you can be proactive

about ageing positively as outlined below.

Taking a preventative approach to potentially avoidable factors such as falls, loss of ability to do everyday activities and social isolation is essential for well older people. This can be achieved by looking after yourself, getting the right kind of regular exercise, eating well and attending to your mental wellbeing. Prolonging your independence, getting out and about regularly and "future proofing" your home for old age are also important preventative measures.

Getting professional help and addressing health or functional issues as soon as they arise, rather than waiting for things to get worse or until disability sets in is another way of being proactive. We call this early intervention. Catherine Fink suggests that working with an occupational therapist to prepare for the future and make a plan for ageing well with a health condition is a recommended and effective early intervention.

Sometimes health issues such as a stroke, heart attack or broken bones, hospitalisation or life events such as loss of a spouse result in a change in your abilities. Getting the right support to return to the everyday activities that give life meaning,

purpose and structure is important. Louise says, "Catherine and I provide skilled occupational therapy for older people with issues related to ageing, mental health, disability or illness". This is known as "reablement". "Often health events might result in short term physical limitations that resolve in time. Yet the emotional toll and loss of confidence or change in routine or lifestyle can be harder to overcome, and people may need a burst of extra support, which we can provide at Thrive", says Louise.

5 Keys to Thriving in your senior years

Catherine and Louise have developed a list of 5 keys for Thriving in your Senior Years, based on the Positive Ageing Strategy 2001 and their work as occupational therapists. This list incorporates the concepts of early prevention, early intervention and reablement in the context of positive ageing. If you would like to be posted this list as an ongoing reminder about positive ageing, or if you would like to discuss your needs regarding thriving please get in touch with Catherine and Louise at Thrive.

Phone: 027 221 9071

Email: hello@thriveot.co.nz

Or visit www.thriveot.co.nz

Five Keys to Thriving in your Senior Years

Look after yourself

- Seek help when you have concerns.

- Eat well, exercise regularly.

Participate in activity that gives meaning

- Do things that you enjoy and value.

- Give to others.

- Be a lifelong learner.

Prolong your independence

- "Use it or lose it".

- Get out and about regularly.

- Have a plan for when or if you can no longer drive.

Prepare for the future

- Be proactive about ageing well with a health condition.

- Prepare your home for old age.

- Make a plan for preventing falls and avoiding isolation.

- Consider your safety and security at home and in the community.

Make the most of your senior years

- Do things every day that make you feel good.

- Have a positive attitude toward ageing.

- Be a role model for others.

www.thriveot.co.nz,

Email: hello@thriveot.co.nz

Ph: 027 221 9071

New location for brain charities

The relocation of two of Canterbury's neurological charities will see a major improvement in facilities for clients and staff.

Multiple Sclerosis and Parkinson's Canterbury and Dementia Canterbury have moved from Aspire in Worcester Street to modern, airy premises at 3/49 Sir William Pickering Drive.

The two not-for-profits jointly own Canterbury Brain Collective Limited. The move to Sir William Pickering Drive is an interim step and ultimately the Collective will be seeking a long-term base for charities and research groups in the neurological sector.

While the two charities are leasing the new space together and will share some common areas in the building, they are not merging, and will continue to offer their own services.

They learned last year the Worcester Street building they rented was targeted for demolition, prompting the hunt for an improved but affordable new home, Darral Campbell, Manager of Dementia Canterbury, said.

"As charities, what became very



New building for Brain Charities

apparent in our search is that being within the four avenues was not financially within our means, and would always mean significant compromise in terms of any free and accessible parking.

"Wherever we are located will always mean travel for some, but we have carefully considered main arterial access and traffic flow, public transport options and availability of parking in our search," she said.

"Clients are still getting used to the new location and travel routes, but are already commenting on the inviting and spacious environment, and our staff have noted how wonderful it is to see clients and care partners from our respective services

enjoying social interaction in our joint waiting areas."

The new location meant a much improved, light and airy, temperature-controlled gym for therapeutic exercise, yoga and other sessions offered by MS and Parkinson's, Manager Robin Furley said.

MS and Parkinson's member Ingrid Robertson said the building was light, comfortable and the gym was "fantastic" while fellow member Rod Logan said the building would be cool in summer and warm in winter and had great parking.

It is anticipated that a permanent move to a collective premises for community-based neurological services will be two or three years away and will require major capital fundraising.

For more information phone Robin Furley on 03 366 2857 ext 2 or email manager@ms-pd.org.nz

About MS and Parkinson's Canterbury

- Established in 1962

- Provides support and information for people with MS and Parkinson's, their families and caregivers.

- Has over 1000 members

- Services the area from Kaikoura to Ashburton

For more information phone Robin Furley, Manager on 03 366 2857 ext 2 or email manager@ms-pd.org.nz

About Dementia Canterbury

- Established in the early 1980s; initially as members of the Alzheimers federation and rebranding as Dementia Canterbury under the umbrella of Dementia New Zealand in 2016.

- Provides education, specialist social work support, therapeutic and social activity groups volunteering, advocacy and support to all people affected by dementia including care partners and whanau.

- Services the area from Kaikoura to Ashburton and West Coast.

For more information phone Darral Campbell, Manager on 03 379 2590 or email darral@dementiacanterbury.org.nz



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 in December 2016 at the New Brighton Mall Market we have had reports of huge success from folks who took the opportunity of the offer of a free trial at our stall. It has been used for all manner of aches and pains including various forms of arthritis, fibromyalgia, psoriasis, crabs and eczema.

Since then people have been visiting our stall having been recommended by family, friends and work colleagues. Some have recommended the product to their relatives in other parts of New Zealand.

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 10.00am-2.00pm. We would love to see you there.

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

* Excellent for sensitive skin, no harmful additives.

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

* Not tested on animals.

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


skin conditions including, acne, eczema and psoriasis.

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

Genevieve Grainger - 2017 Christchurch

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


FLORENTINE
GOLD



Natural Harmony Body & Joint Rub

www.florentinegold.co.nz

E: info@florentinegold.co.nz • Ph: 027 517 2347

Safe, gentle and effective exercise while watching TV

Inflatable, simple to use, soft on feet and easily carried in a pocket or purse, AIRCYCLE exerciser provides gentle exercise without weight-bearing or strenuous activity. You can use it from the comfort of your chair while sitting doing other things – reading, having coffee, chatting on the phone or watching TV.

A decade ago a woman from Otaki invented this simple device to help relieve her husband's severe arthritic pain and stiffness. His arthritis care givers were so impressed with the relief and increased joint mobility he experienced they asked for more to be made available to other sufferers.

Although originally designed to help people with arthritis, the AIRCYCLE exerciser has proved helpful for a variety of circulatory and foot, leg and hand problems. The exercises are those used for aid in the relief of:

- joint and lower back pain or sciatica
- aching legs, swollen feet and ankles
- sore wrists, hands, arms and shoulders
- cramps and restless legs
- diabetes foot-care and ulcers
- chilblains

"The Aircycle is even better than the information says. The pain in my knees has gone and although I use a walker I don't need it around the house anymore. I can move more freely and have much less pain in both my hands and feet. My feet are warmer too and now I don't need bed socks which I've worn for years" Gay, Rotorua

The exercises also help anyone sitting for long periods who may be at risk from blood clots or overuse syndrome such as:

- office workers
- long-distance travellers




"My Aircycle was given to me last Christmas. It sits on my office chair at work so that every time I use my computer I'm reminded to throw it under my feet. I use it to help prevent blood clots which my doctor has warned me about as I sit most of the day. It also eases my fingers after long stretches on the keyboard and helps prevent 'over use syndrome'". Chris, Wellington.

By helping to increase joint flexibility and muscle strength, balance and mobility can be improved. Hence AIRCYCLE is used to aid:

- those affected by a stroke, Parkinson's or MS.
- convalescent patients
- those waiting for hip or knee replacements
- anyone wishing to increase strength and remain independent

Made in NZ, many hospitals, rest-homes, arthritis educators, diabetes clinics, podiatrists and physiotherapists use or recommend Aircycle.

See ad below for contact details or visit www.aircycle.co.nz 



Gentle exercise while watching TV or reading



AIRCYCLE™
YOUR EASIEST STEP TO BETTER HEALTH

Arthritis aid and circulation booster

GREAT GIFT IDEA!

Helpful for:

- * Relieving arthritic and joint pain
- * Diabetic foot care
- * Aiding prevention of DVT
- * Reducing swollen ankles
- * Cramps & restless legs
- * Building muscle/preventing falls
- * Cold hands & feet
- * Sciatica
- * Stroke rehabilitation
- * Parkinsons & MS

RRP \$39.90

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.



UPDATE FROM THE CLUBS



Amberley Welcome Club members enjoyed a trip to Waddington Gardens in February, a Mystery Bus trip in March and a three night stay in Cromwell in April. Members have a lunch at The Three Stags planned followed by a tour around. New members are very welcome. **Meet:** Mondays at 1.30pm, Anglican Church Hall, Amberley. **Contact:** Ann McKenzie on 03 314 9943.

Beckenham Friendship Club members were entertained by Paula and Kay Easterbrook in March. In May Russell Driver will provide entertainment followed by Marion in June and Arthur Cartwright in July. **Meet:** 2nd Tuesday of the month at 1.15pm. St Marks Methodist Church, Cnr of Barrington Street and Somerfield Street. **Contact:** Janet Meek on 332 4237.

Darfield Senior Citizens Club members enjoyed a Christmas lunch at Coalgate Tavern in December, a bus trip to Geraldine visiting the Tin Shed in February and held its AGM in March. A fashion show is planned for May and a mid-winter Christmas lunch will be held in June. **Meet:** Every 3rd Friday at 2.00pm, Darfield Recreation Centre. **Contact:** Elizabeth May on 03 318 7607.

Lincoln Area Senior Citizen club members held their AGM in March. In April a speaker from the local Historical Society spoke. Outings have include a visit to Lake Hood with lunch in the Lake House Restaurant, lunch at the Famous Grouse in Lincoln celebrating the clubs 42nd birthday. A tip to the movies at Academy Gold is planned in August. New members welcome. **Meet:** Lincoln Event Centre. Annual Subs \$10.00 and bus hire is paid by COGS. **Contact:** Theresa on 325 2449.

New Horizons South West Baptist Church Club members held \$5.00 lunch with a speaker on 'Simple Sign Language'. A coffee morning is held each Thursday at 10.30am. On Monday 14th May there will be a \$5.00 lunch with Quiz master Dave Adams. A trip to explore Rangiora will take place on Thursday, 24th May from 9.00am to 2.30pm. **Meet:** South West Baptist Church, 244 Lyttelton Street, Spreydon. **Contact:** For more information please contact Ruth Townsend on 0273360090.

Parklands Ladies Club members recently enjoyed a guided tour of Riccarton House followed by lunch at the Shirley golf club. The meeting in May will have, as a guest speaker, a Long Haul Pilot with Air New Zealand. New members are welcome for fun and fellowship, regular outings and coffee mornings. **Meet:** On the 1st Monday of the month at 1.30pm at the Parklands Baptist Church on QE2 Drive. **Contact:** Joy Brandon on 383 3136.

Sumner Senior Citizens Club members enjoyed a lunch and garden tour at Ashley. Future activities include a lunch at Loburn Red Cross and a scenic tour. **Meet:** Second and fourth Wednesday each month at 1.30pm at Sumner Surf Club. **Contact:** Lola Bouckoms on 384 9889.

SHIRLEY RECREATIONAL WALKERS



Shirley Recreational Walkers have a variety of walks available.

They meet on Mondays and Thursdays by the Shirley Community Centre site for car pooling or to start their walks. *Parking is available on Chancellor Street (entrance off Shirley Road).*

Contact Sue Long on 981 7071 or 0277754635

KEEPING ON POSTAL COPIES

Please send me the next 4 editions of the *Keeping On* magazine.

Name: _____ (Please print clearly)

Address: _____

Email: _____

Date: _____

A payment of \$15.00 is attached to cover
☐ postage and packing (no cash please).



Post: *Keeping On*, Age Concern Canterbury, 24 Main North Rd, Papanui. Christchurch 8053.

Christchurch Theatre Workshop

SING!

St Albans Uniting Church
36 Nancy Avenue, St Albans.

Tuesday, 29th May 2018

Tuesday, 24th July 2018

Tuesday, 25th September 2018

Tuesday, 27th November 2018

Rangiora Showgrounds,
Ashley Street, Rangiora.

Wednesday, 30th May 2018

Wednesday, 25th July 2018

Wednesday, 26th September 2018

Wednesday, 28th November 2018

Please give Heather a call on 383 1170 if you are coming to any of the concerts.



Quilt Exhibition

Celebrating 40 Years of Creativity

The Canterbury Patchwork and Quilting Guild warmly invites you to an exhibition of works by the many talented quilters in Canterbury.

Wednesday, 10th to Sunday, 14th October 2018

10.00am to 4.00pm daily

Papanui High School Hall,
30 Langdons Road, Papanui.

* Cost is \$5.00 * Ample parking is available. * Raffles.

* Wheelchair access is provided.

* Light refreshments are available for a gold coin.

For further information please contact
Jude Hancock (jihmjh18@gmail.com)

Loburn Red Cross

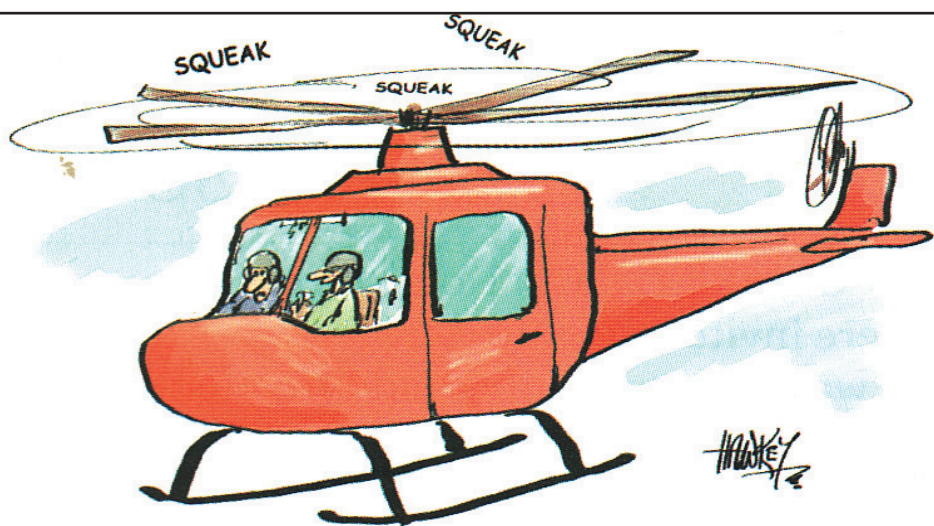
Loburn Red Cross is continuing to provide an 'all-you-can-eat' afternoon tea and small country sales table during the months of February to November for groups looking for a local outing.

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.





'You should try turning it off, wait for a few minutes and then turn it on again'

Christchurch Senior Citizens Club

The Christchurch Senior Citizens Club meets in the Scottish Society Hall on the corner of Edgeware and Caledonian Roads, St Albans.

Card group meet on

Mondays from 12.30 to 3.00pm

(door charge is \$2.00).

Indoor Bowls group meets on

Tuesdays at 12.30 to 2.30pm

(door charge is \$3.00).

On 1st and 3rd Saturday of each month an Old Time Dance is held from **1.30-4.00pm**

(door charge is \$7.00).

Phone Veronica on 383 4682 or Beth 388 2375 for more info.

Garden City SeniorNet

Garden City SeniorNet would like to invite you to become a member of our Learning Centre.

For a joining fee of \$25.00 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.

TRADES



BLOCKED DRAINS??

WATERBLASTING??

Competitive Prices

CANTERBURY WATERBLAST LTD

ANYTIME - (03) 365-7960

RICCARTON

Auto Electric Centre Ltd
For all electrical repairs

*** SPECIALISTS IN 4WD VEHICLES ***

Cars, Trucks, Boats, Diesel, Agricultural Machinery - Forklifts

Mobile Service Available

Full BATTERY SERVICE

Sales - Service - Testing

Phone (03) 348-7736

5 Leslie Hills Drive, Riccarton, PO Box 8381

ROSS GALT

LOCK AND ALARM LTD



95 Kingsley Street

Christchurch

Phone

365-0298

FOR ALL YOUR SECURITY NEEDS

Stamp and collectables are alive and well in Christchurch

Since the Canterbury earthquakes, Christchurch has been without a retail Stamp and Collectables shop. Now the country's only retail stamp and collectables shop, **The Stamp Exchange**, has opened opposite Riccarton Mall.

Matt Power, Owner. "Stamps and coins were my childhood passion. I love history and I love meeting the people who make up our city. After years in Real Estate, I took the plunge in early 2017 and opened a shop. It has been going great, with us buying local collections and items and passing them on to what is still an avid collector base here in Christchurch. We have created an old Victorian style shop where customers are greeted with a cup of tea and good conversation. It's a break away from the hustle and bustle. I feel my job is to keep history alive for the city, to make sure we stock local

and relevant materials and serve our customers. From stamps, postcards, coins to military items and mail, we focus on quality over quantity. Get in touch or come on in!"

Did you know? Christchurch used to be well known as the collector capital of New Zealand. At one stage there were 27 retail stamp shops in the city, which in many ways acted as banks for an avid stamp collecting world. Times have changed but thousands of people still enjoy the collecting of stamps, coins, postcards and other items.

"People who remain active in retirement with a hobby such as stamp or coin collecting tend to live longer and keep their wits for longer. "I have many ninety-year-old customers who are as sharp today as they were when they were at their prime. Collecting really keeps the mind active and it's great fun!" (A)



CASH FOR STAMPS

We Buy and Sell
"Old Stamps and Collectables"

Call us on 0800 EXCHANGE (392 426)

Or, visit our store next to Riccarton Mall.

134a Riccarton Road.

Two doors down from the House of Travel.

For large collections or if you can't travel. We can come to you South Island wide.

www.thestampexchange.co.nz

Help ★ Information ★ Support

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

INFORMATION REQUESTS

Phone (03) 366-0903 and
0800-803-344 (toll free)

To access our comprehensive database with information on retirement, health benefits, recreation and services.

www.ageconcerncan.org.nz

Email: team@ageconcerncan.org.nz



Keeping On Advertisers - book now
for a advertising space in the
August 2018 issue of Keeping On.
The deadline is Friday, 20 July 2018.
Please contact Anna-Marie on 331-7804.

How can I ensure that when I die my family knows where everything is and who to contact?

When a person dies it can be very difficult for family to locate all the documents needed to settle the deceased's affairs - such as insurance policies or deeds to the house.

It's a good idea to let your family know where to find important documents just in case something unexpected happens to you. You could arrange to store them with a lawyer, at a secure document storage facility, or in a safe place in the house.

Some of the documents you might wish to make readily available are:

- a copy of your will
- any instructions about the distribution of personal belongings not covered in the will
- your birth certificate
- a list, including contact details, of organisations and people to notify if anything happens
- instructions on where all your property and investments are and who to contact about them
- information about any online accounts you have (e.g. email accounts) which you want shut down when you die
- details of your insurance policies
- important documents such as land titles and mortgage agreements and any other documents that may be important to your family, e.g. the original manuscript of a book you have written
- any wishes relating to funeral arrangements:
- a list of friends you want at the

funeral and their contact details

- a letter to individuals or a recorded message for the funeral
- your wishes for the funeral if they are not detailed in your will

What are some of the things that need to be done after a family member dies?

A family member or a funeral director needs to register the death, including obtaining a medical certificate or Coroner's Authorisation.

If you are doing this yourself, then you must register the death with the Department of Internal Affairs, Births, Deaths and Marriages Office within three working days of the body being buried or cremated. It doesn't cost anything to register the death. To register a death you need to fill out a Notification of Death for Registration (BDM28). If you contact the Births, Deaths and Marriages Office they will send you a copy of the form.

You will need to organise the funeral and notify the other family members and close friends of the deceased.

In some circumstances (e.g. if the death is unexplained, was violent or a suicide) the coroner will investigate the death.

If you are the deceased person's representative (i.e. administrator of the estate or executor of the will) then you will have a number of responsibilities, which may include:

- applying to the High Court for probate (permission to deal with the deceased's assets and liabilities)

• checking whether the deceased had funeral insurance, or whether the family can get any financial assistance from ACC, Work and Income, etc. to help pay for the funeral.

• notifying the deceased's employer and checking to see whether they are owed any salary or superannuation from their workplace.

• notifying Inland Revenue - you may have to file a tax return up to the date of death. You also need to notify Inland Revenue if the deceased had a student loan, paid or received child support or held a KiwiSaver account.

• notifying Work and Income if the deceased was receiving a benefit, or Senior Services if they were receiving NZ Superannuation.

• notifying the deceased's bank so they can freeze the bank accounts (until the funds are able to be distributed) and transfer any joint accounts to the surviving joint account holder/s. More about this is on the Banking Ombudsman's website.

• contacting the Department of Internal Affairs to have the deceased's passport cancelled. The passport can be sent to the New Zealand Passport Office in Wellington (or the nearest Internal Affairs office) with a covering note stating the date and place of death.

• notifying the NZ Transport Authority so that they can cancel the deceased's driver licence.

• if the deceased had a life insurance policy, arranging with the

insurer for any payment to be made to the appropriate people or person. If they had other insurance policies then those insurance providers need to be notified of the death.

• organising for the deceased's debts to be paid from the estate and for the remainder to be distributed in accordance with the wishes of the deceased.

• if the deceased's house was registered as a joint family home, the title should at some stage be transferred to the name of the surviving spouse or partner with Land Information New Zealand (LINZ). LINZ recommends that the transfer be carried out by a lawyer.

• if there are any vehicles which are registered to the deceased, NZ Transport Agency recommends that you have the vehicles temporarily transferred to your name as the registered person so that - until the will is finalised - any further correspondence about the vehicles is directed to you. Do this by completing a Change of registered person form, online or at an agency.

You may be able to apply for bereavement leave from your employer, which will give you some time to get these things done. You can ask a lawyer for help in the above activities; the cost of this help will come out of the estate.

(Source: www.cab.org.nz)

President Oprah? You must be joking

When I appeared on her show, it was cheap, dingy and disturbing.

I am an adoring fan of Alan Bennett, Fiona Shaw, Nicola Walker, the Royal Ballet Company and many more.

But I wouldn't think to engage any of the above to rewire my house, build me a conservatory or assist with a tricky plumbing problem.

As for Oprah, I'd firmly warn against hiring her as a shoulder to cry on. Never mind consider her suitable to be the next President of the United States.

I loathe Oprah. Here's why.

At the height of her popularity, Emma and I were invited to Chicago to appear on a mother-and-daughter edition of her famous chatshow. We were the so-called star turn to be followed by other similar pairings of 'ordinary folk'.

Arriving at the studio was a worrying



Anne Robinson

eye-opener. A company, owned by a woman whose billionaire fortune and popularity had been made off the back of it, was a depressingly

cheapskate operation. No dressing rooms or make-up artists were made available for guests. Only a small box of lipsticks and powder in the corner of a dingy green room. The producer herded us in and left to deal with a more pressing problem: another mother and daughter who were intent on making a bolt for it.

As Emma observed, the producer's job was to keep these two hamsters on the wheel by whatever means. In between his clumsy attempts to cajole, the mother and daughter rowed, screamed and even spat at each other.

We left to take our seats on the Oprah sofa while the disturbing scenario continued. The daughter, it turned out, had convictions for driving under the influence and the mother feared for her granddaughter's safety.

But never mind: in a matter of minutes, Oprah had expertly knitted the two together and they left the set smiling, to estatic applause from the studio audience.

Shortly after, Emma and I were bundled out, while being told, because of the budget, we'd have to share a taxi with the same mother and daughter and be dropped off at our hotel. We did so huddled in a corner, while the pair, now openly weeping, exchanged body blows.

Where was Oprah now? Busy recording another hit show. Television is a confidence trick.

Its performances are there to entertain. Not to trouble themselves with aftercare for disturbed guests.

I rest my case.

(Source: Anne Robinson, *The Oldie*, March 2018).

Familiar landscape for new Art Gallery head

Blair Jackson has been appointed the new Director of Christchurch Art Gallery Te Puna o Waiwhetū.

He will take over from Jenny Harper, who is stepping down after 11 years.

Mr Jackson, who was previously the Gallery's Deputy Director and Curatorial, Collections and Programmes Manager, says his "focus will be on expanding and broadening our audiences and exploring new ways of engaging visitors with our exhibitions programme".

"Galleries are no longer just showcases that we visit to see the creativity of others," he says.

"They need to be places that encourage the experiential; a place for us to interact with, take risks and develop our own creativity. The ability to think creatively is, now more than ever, one of the most important human resources.

"I am extremely lucky to have a very



Blair Jackson

talented team. I know them well and love working with them. The gallery is also fortunate to have a fantastic group of supporters and commercial partners.

"It is so good having the Gallery open again after being closed for five years, but we've only just begun.

There's so much more that we want to do."

A University of Canterbury School of Fine Arts graduate, Mr Jackson describes himself as "an artist in a previous life".

"A fine arts degree offers more options than being an artist," he says. "For me, gallery life took over."

Mr Jackson initially worked as a gallery assistant at the Canterbury Society of Arts – now known as CoCA – before being appointed registrar at the Manawatu Art Gallery.

Prior to moving to Christchurch, he was exhibitions manager at the Dunedin Public Art Gallery and Otago Settlers Museum.

An alumni of the prestigious United States-based Getty Leadership Institute for museum leaders, Mr Jackson took up his Deputy Director role in 2006, a week after Ms Harper took the Gallery reins.

"I want us to continue to build great collections, work with innovative artists and build new audiences through outstanding exhibitions and audience-focused programmes," he says.

The selection panel has described Mr Jackson as the "standout" in an impressive list of international and domestic candidates for the role.

Ms Harper is "delighted" with the appointment.

"We are fortunate to have a leader of Blair's calibre who is well equipped to capitalise on the multiple opportunities for growth and development in our regenerating city," she says.

"Blair also brings fresh perceptions and practices to drive greater gallery engagement."

Mr Jackson moved into the role on 3rd April 2018.

(Source: James Richardson, Senior Communications Advisor, CCC).

Broadway Hitmen

Broadway Hitmen follows on from the grand success of the 2017 mid-year concert An Evening of Rodgers and Hammerstein Classics. Orchestra, soloists and a large chorus will fill the Isaac Theatre Royal stage to present a concert of back-to-back hits from two of the biggest names in musical theatre, Cole Porter and Andrew Lloyd Webber.

American born Porter wrote the music and lyrics of over 800 songs during a career spanning five decades, conquering both Broadway and Hollywood. He was renowned for soaring melodies, offset with urbane and witty lyrics giving rise to his signature musical genre known as 'the Cole Porter song'. His full length musicals remain classics on stage and screen with icons like Anything Goes, Can Can and Kiss Me Kate finding new audiences with every decade. Many of his greatest songs, such as 'Night and Day' have endured, covered by modern stars: Michael Bublé, Robbie Williams, Lady Gaga and many more.

British born Andrew Lloyd Webber is arguably the best known name of musical theatre in the modern world. In 2017 he became the first composer to have four musicals playing simultaneously on Broadway since 1953. Webber has composed some of the world's most beloved and successful musicals including Evita, The Phantom of the Opera, Jesus Christ Superstar, CATS and Sunset Boulevard to name just a few.



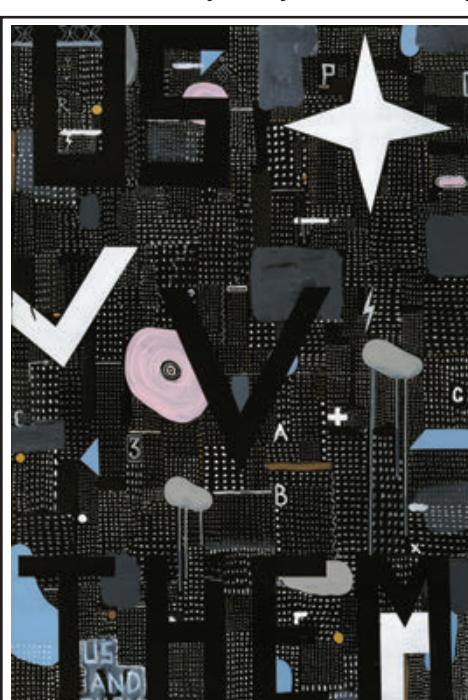
Showbiz Christchurch.

Photo by Wendy Riley

This concert of two of the greats of musical theatre will be an

unforgettable evening. The superb on stage orchestra under the baton of Ravil Atlas with soloists and a large chorus promises to lift the dome off the Grand Old Dame.

- **Season: 13-15 July 2018**
- **Evening performances: 7.30pm.**
- **Matinees: 2 pm Saturday 14 July & 4pm Sunday 15 July**
- **Duration: 2hrs 15mins (incl. 20 min interval).**
- **Show website: showbiz.org.nz/broadway-hitmen**
- **Tickets start from \$60 (includes GST, a \$2.50 ITR Heritage Levy and Ticketek service fee).**
- **All Premium, A Reserve and B Reserve tickets \$70 for Gold Card holder & Students with ID.**
- **All bookings at Ticketek, Freephone: 0800 842 538**



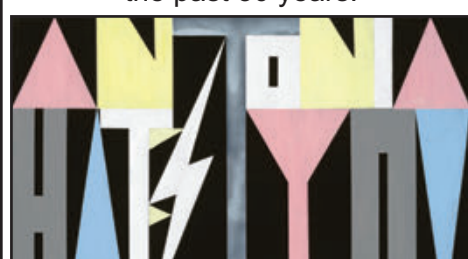
Us v Them

Christchurch Art Gallery
US V THEM: Tony de Lautour
5 May – 9 September 2018
Free entry

Welcome to the low brow, high-art world of Tony de Lautour's paintings, sculptures and ceramics.

One of New Zealand's leading painters, de Lautour's early works drew from wide-ranging sources including seedy underground street culture, tattoos, post-punk music and comic books, as well as fine English porcelain and antiques.

De Lautour was awarded a New Zealand Arts Laureate in 2012, and over the past decade his painting has developed into an unique take on geometric abstraction. US V THEM brings together a selection of de Lautour's work produced over the past 30 years.



Antonia Hates You

The SAUNDERS & CO Season
Showbiz Christchurch Production of

BROADWAY HITMEN

A Concert of Cole Porter and Andrew Lloyd Webber Hits

Isaac Theatre Royal 13-15 July

Featuring full concert orchestra, soloists and a large chorus

SPECIAL SENIOR CONCESSIONS

BOOK NOW:

0800 842 538
ticketek.co.nz/showbiz

For show info visit
showbiz.org.nz

showbiz
CHRISTCHURCH

Transient Ischaemic Attacks or TIAs

Warning Stroke or "Mini-stroke"

A TIA is the same as a stroke, except that the signs last for a short amount of time and no longer than 24 hours.

Although the signs do not last long, a TIA is very serious. It means there is a problem linked with a high risk of stroke. More than one in 12 people will have a stroke within a week after a TIA. Because of this, a TIA is often called a warning stroke or mini-stroke. It shouldn't be ignored.

Cause of TIA

In most cases TIA is caused by a blockage of blood supply to the brain. This blockage, which is temporary, is usually a clot. The clot then either dissolves or moves. After this the blood supply to the brain returns to normal and the signs disappear.

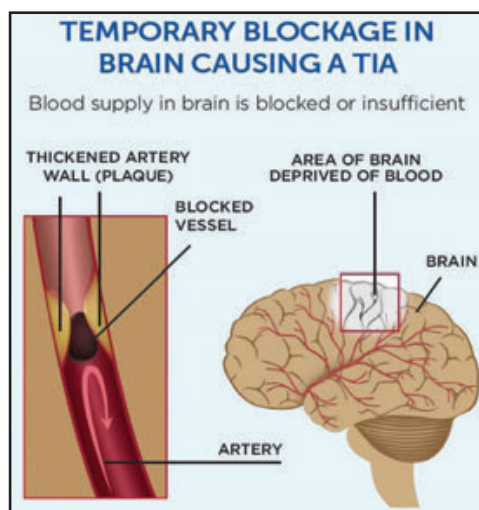
TIA is not usually caused by bleeding in the brain.

Diagnosis

A suspected TIA is a medical emergency. A person with signs should be taken to hospital immediately.

TIA diagnosis is based on:

- * understanding what signs occurred
- * thorough medical assessment including blood pressure, cholesterol, blood sugar tests
- * results of head scans and
- * other relevant examinations/tests.



Treatment

Medication can help reduce the risk of stroke and improve your health.

Medications prescribed after a TIA work in different ways. They may:

- * make blood less sticky. Anti-platelet medication e.g. aspirin, clopidogrel
- * prevent fatty deposits from building up. Cholesterol lowering medication e.g. simvastatin, atorvastatin
- * lower blood pressure e.g. cilazapril, quinapril, others
- * thin blood to prevent clotting e.g. warfarin or dabigatran.

It's important to take your medication as prescribed by your doctor. Never stop taking it without talking to your doctor.

Risk of a stroke after a TIA

A TIA is a sign that there is a

problem with the blood supply to the brain. Anyone who has had a TIA is at an increased risk of stroke.

The greatest risk of having a stroke is within the first few days after a TIA. This is why it's important to call an ambulance and seek immediate medical help if any stroke signs develop.

Specialised treatment with 'clot busting medication' can be given for some strokes. Act FAST because time is a crucial factor for this treatment to be considered.

Driving after a TIA

A TIA doesn't usually have an impact on day to day activities. However a person who had a TIA shouldn't drive for at least one month, because of the risk of a stroke occurring after TIA. A doctor must give a medical clearance before you can drive again.

TIA information, advice and support

Stroke Foundation of New Zealand
www.stroke.org.nz
www.strokewise.org.nz
0800 78 76 53 - free phone for advice and link with community stroke advisors

Healthline 24 hour telephone advice
0800 61 11 16.

Signs of TIA

Learning the FAST message will help you see the signs of a TIA and stroke.

FAST

There is no way of knowing if the signs are TIA or stroke. If you experience any one of these signs, or see someone with these signs, call 111 immediately.

Getting help fast can reduce brain damage and give someone a better chance of recovery.

(Source: www.stroke.org.nz)

SIGNS OF STROKE

F
FACE
DROOPING ON ONE SIDE

A
ARM
WEAKNESS ON ONE SIDE

S
SPEECH
JUMBLED, SLURRED OR LOST

T
TIME
TO CALL 111

THINK FAST

If you see **ANY** of the signs, call 111 immediately.

stroke.org.nz

Over 55's Lifestyle Village

Enjoy the safety, security and lifestyle of Lincoln Village

SPECIAL PROMOTION

Sell your home for free when you buy this unit*

* Conditions apply



New build | 2 bedroom duplex | free hold unit title | move in ready

\$399,000

To find out more please phone 0800 325 523
or visit bartonfieldsvillas.co.nz

All agent enquiries welcome



Bellamy's | everything property

• Real Estate • Mortgage & Insurance • Property Management • Property Law

The freedom of freehold at Barton Fields and Mary Brittan

Nestled amidst landscaped grounds on the fringe of Christchurch, the Barton Fields and Mary Brittan Lifestyle Villages are a community with an ownership structure that provides both freedom and peace of mind.

Designed specifically for mature residents, our Lifestyle Villages are 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 is no License to Occupy policy in our Lifestyle Villages. Instead, our Villages were created under the Unit Titles Act, allowing residents to purchase their own villas just as one would a normal home.

The villa becomes their own in every respect; an asset they can borrow against or sell whenever they want. And because there is no Deferred Management Fee (i.e. in our Village model you do not lose a percentage of the sale price on the

sale), 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 license 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 unique floor plans and a range of colour palettes.

Facilities within the development include an architecturally designed Lodge for the Village community's use and an array of walkways and cycle ways, while the proximity to everything from the local transport, community and sporting facilities, to the charming townships of Lincoln and Rolleston with their vibrant shops and restaurants ensures everything you could ever need is within easy reach.

To find out more, simply call 0800 325 523 or visit:

www.bartonfieldsvillas.co.nz or
www.marybrittinvillas.co.nz