

Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTERBURY Vol 102: Winter 2019

The joy of family



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Charities Commission Number: CCC29446

FROM THE CHIEF EXECUTIVE



“Real loneliness is not necessarily limited to when you are alone.”

Charles Bukowski

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 connected, 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 keep in touch with the older people in our lives.

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.

Steady As You Go (SAYGo) is an amazing falls prevention class that we are now running at 37 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. If you have had a fall, or feel concerned that you might – join a class near you.

Age Concern Canterbury recommends never engaging with any person or company who cold calls, just turning up and knocking on your door. Never let them in and ask them to leave. If you need a tradesperson, handyman, gardener or cleaner – give us a call at Age Concern Canterbury and we will put you in touch with someone on whom you may rely. 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 65's.

Ngā mihi nui
Simon Templeton
Chief Executive

A WORD FROM THE PRESIDENT



Our world as we knew it has been turned on it's head. The most important thing for us all to remember is to keep safe, be kind and look out

for each other. I always urge you to contact any elderly neighbours who are alone to make sure they are not afraid and have all the help that they need and to which they are entitled. Make sure that they have enough food and are able to get out for shopping.

The weather is getting cooler and autumn is here, that means winter is on the way. We still need to keep up fluids, water is necessary and hot drinks help with keeping warm. A bowl of hearty soup is a very good lunch for this time of the year.

A reminder that you need to get in dry firewood, get your heat pumps cleaned for more efficient operation and check doors and windows to eliminate draughts.

The first Government winter warmth payment for those entitled will be automatically paid with your pension payment dated 16 May and continues until October.

Stephen Phillips, member of our Board and Age Concern New Zealand, Simon Templeton our CEO Kim Slack, a Canterbury Board member and I have all been to the Age Concern New Zealand AGM and conference in Wellington. The theme of the conference was “Age Concerns Us”. We had two full on, very busy and interesting days and I am very pleased to report that Stephen was re-elected to the Age Concern New Zealand Board for a further two years. It was an excellent opportunity to reconnect with all the other members of the Age Concern family and make new friends.

Flu vaccinations are being rolled out from now, so make sure you arrange with your Medical Centre to get protected soon.

Take care and keep warm
Trish Adams
President

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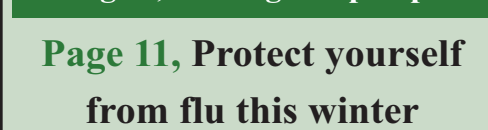
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OFFICIAL MAGAZINE OF AGE CONCERN CANTERBURY (INC)

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The deadline is Friday, 19th July 2019.
Please contact Anna-Marie on 331-7804.

Peter Knight, laid back and fearless

by Mike Crean

A Christchurch boat smacks its way across calm water at the speed of an aircraft. A 'rooster's tail' of spray billows behind it. A new world speed record lies just ahead.

At the wheel of the hydroplane is Peter Knight, 'laid back' and fearless, though he well knows the risk of one small misjudgement that could hurl him skywards into eternity. He has had a few mishaps in his career, including being thrown from his boat once, on Nelson's Lake Rotoiti. But he is lucky. Where rivals' nerves become knotted, he remains calm — almost casual.

Peter is 'The Boss' to all who know him. His boat is called Boss too, and rightly, because it is about to become the undoubted leader in power boat racing.

Peter, now 89, relaxes among boat racing trophies, photographs and mementoes in an Addington retirement villa. He chats about his classic 'rags to riches' life journey. It is the story of a poor Christchurch boy who left Technical High School after five months of secondary education, did a carpentry apprenticeship and made the big-time as builder, developer, hotelier and international sportsman.

His world Grand Prix speed record came in 1986 when he sustained the speed of 285.83 kmh over the one-mile strip on Twizel's Lake Ruataniwha.

Powering Peter to the top of the world was the hydroplane he and his son, Peter junior, built to American specifications in their own workshop. The boat's V8 turbocharged engine quaffed pure methanol. Thank goodness for Mobil's sponsorship, says The Boss.

Peter was born in Hamilton but moved to Christchurch with his family when he was 10. He attended 11 primary schools, including the former Christchurch Normal School in Cranmer Square. By the time he reached secondary his only wish was to leave. He quit at 14.

Completing his apprenticeship in Christchurch, he worked around the South Island for four years and married Patricia Knapp from Greymouth in 1954. When their son, also named Peter, was born, The Boss realised he needed to make a big step to get ahead in life. So he 'went out on his own' in business and won a three-year contract to build a new school on the Chatham Islands.

Life on the Chathams was very basic for the young Knight family but they loved the community. After



Peter Knight keeps this model of his world record breaking powerboat "The Boss" in his Christchurch villa.

finishing the school, Peter built some houses and farm buildings there, before returning to the mainland.

He brought enough money back to Christchurch to buy a large section on which he built four flats. The return from this allowed him to build the house which he, Patricia and their growing family (four children) would call home, until the Christchurch earthquakes.

Shaken by the quakes, Peter and Patricia moved to Motueka in 2011. Patricia died there three years later and Peter moved back to Christchurch.

There was a great deal of constancy about Peter. In all his building life he fully employed just one man, Allan 'Sparrow' Alderson. Allan did his apprenticeship with Peter and was his right-hand man for many years.

Then, when Peter decided to build motels in the city centre, he hired Averil Lark as manager. She stayed in the job as the motel grew into a lodge and then into a full tourist hotel and conference centre, The Latimer.

Averil says Peter was "a tough boss but compassionate". Staff members became part of "the Latimer family" and Peter would always help them when needed. Averil became the "adopted daughter" of the Knights.

The motel, at the corner of Latimer

Square and Worcester Street, started with 17 units. Neither Peter nor Averil had any experience in hospitality but they learned on the job. And as they learned, they expanded the business. Doing all the work himself, Peter kept building and developing until the complex consisted of 120-plus hotel rooms, seven conference rooms and other facilities.

When Christchurch's first 24-hour service station closed, Peter bought it. The spacious building, standing across Worcester Street opposite his hotel, was the ideal workshop for his carpentry business and his great hobby, power boat racing.

He had first tasted the hobby on shooting expeditions at the Chathams, followed by racing on the Avon-Heathcote Estuary.

With a new workshop and a 'do it yourself' ethos, a succession of boats took shape. Each boat he built was given a name, such as Bel Air, after the Chevrolet Bel Air saloon car that Peter was driving at the time.

Peter and his son brought plans and parts from America to build Boss (the boat). By now Peter was able to take more time away from business. In addition to competing in events around New Zealand, from Lake Karapiro near Hamilton, to Oreti River near Invercargill, he was making annual treks around the USA in the northern summer for races with the world's best.

The world's racers not only admired Peter's skills as he notched up victories, they gasped at how he kept racing in his 60s.

His drive to victory had to end some time. In 1999 Peter had a stroke. For a long time he could not speak or walk, let alone drive a speeding boat. He underwent many hours of therapy and slowly 'got back on track'. But he would not race again. He left that to Peter junior.

And what happened to Boss the boat? A world beater in its time, it is dated now. After 30 years of high-speed skimming over water, it is having a spruce-up before being presented to a transport museum at Wanaka.

As for The Latimer, it has become part of international hotel group Rydges' empire and is still growing. Peter pops in once or twice a week for a quiet drink with a few old mates. It is not hard to imagine what they talk about.

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Forgetfulness: normal ageing or early dementia?

by Dr Doug Wilson

A few months back I visited someone in Mangakino, a small New Zealand central North Island town, originally built for the workers who were constructing the huge hydro dam of the same name.

I had visited there as a kid to see the massive building works.

When I returned home, a drive of around 40 minutes, my wife enquired where I had been.

I knew where I had been in crisp detail, but not the name of the town. Whakamaru was the next town and that I remembered well from my schoolboy visit over 60 years ago.

But Mangakino had taken fright and raced away from my finely tuned neurones. "Come back" I wanted to shout. But I could only bleat: "It's slipped my mind. I'll remember later."

Simple solution: I'll google it, or at least the neighbouring dam:

Whakamaru. Sure enough, there on the map nearby was Mangakino. Problem solved.

Nope. Not solved at all. After I closed the Google screen I called out to my wife: "It was XXXX?" The pesky word remained absent, absent without leave I might add, and the Google jog had gone with it. I began to think that I'd better check in to a dementia unit as I was losing it, and what did I need to take with me?

Common sense prevailed as I felt on top of stuff otherwise. So I wrote the word Mangakino on a card and placed it beside the phone and computer.

It took three days for that pesky neurone either to wake up, or pass the name to an underworked neighbour. And it did, and now I am Mangakino educated and friendly.

I don't have dementia!!

So occasional, or even common trouble with memory recall is a feature of normal ageing.

When dementia arrives, at first with isolated episodes of abnormal or even bizarre behaviour, sudden mood changes, increasing patches of forgetfulness, lack of recognition of people they know well, or increasing confusion, then it is time for action.

Daily skills begin to fade; individuals can struggle with conversation, judgment becomes unreliable, they may wander without knowing where they are, and their personality can alter materially.

It is time for a proper medical assessment to be sure that the issue is dementia, as in many instances it is something else. You don't want to get it wrong!

Self-diagnosis is a wobbly area and can prematurely label a spouse or loved one with a disturbing diagnosis that it is not.

Sometimes the individual is reacting adversely to medication; drug doses for older subjects are commonly too

high. Or their thyroid gland is out of kilter, or there are disturbances of their liver or kidney.

Type II diabetes can induce changes suggestive of dementia, as can mini strokes.

Too much alcohol in the elderly is a common disrupter of behaviour and memory.

Depression and anxiety can over-run the governors of normal behaviour.

A bladder, or even a deep skin infection may tip behaviours off balance and individuals can appear confused.

Low levels of vitamin B12 are a common cause of abnormal behaviour and personality in older people.

So, don't rush to judgment.

Find the disorders that are not dementia and get them treated. Missing a masquerading condition that is readily identified and treated is a major lost opportunity to discard the dementia label and return life to its rightful path.

About the author

Dr Doug Wilson has been an academic physician, a pharmaceutical industry research executive and a medical scientist as well as a writer.

For the past 30 years he has monitored the scientific literature as it relates to ageing, and the conditions that may interrupt your enjoyment of that process. Due to his background as a physician, a scientist, and a developer of new drugs, he's well placed to distil clear messages from the huge forests of data that exist and confuse.

Doug's aim is to cut through the fads and fallacies to concentrate on the core issues and the physiological and psychological reasons behind them. Armed with this information, we can plan for our older years to



Dr Doug Wilson

be golden years, not tarnished, confused or stressed years.

Doug works as a consultant for Ryman Healthcare.

Matters of the heart seminars



Join us for a **FREE** community information series brought to you by the Heart Foundation and Christchurch Heart Institute, and the University of Otago Research Centre.

Thursday, 13th June 2019, 'Living with Atrial Fibrillation'

Murray Hart, Clinical Nurse specialist in cardiology from Christchurch Hospital will discuss AF symptoms, causes, risk factors and common triggers. You will also learn about treatment and ways to manage the condition.

At 6.30 to 8.00pm at the new Salvation Army Building, 853 Colombo Street, (Corner Salisbury Street), Christchurch.



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Where community shapes the heart of your retirement

Two more Town Hall organ concerts coming soon

On Wednesday March 6 this year, the iconic Town Hall pipe organ was officially reopened by Mayor Lianne Dalziel after an eight year silence while the building was being restored. Town Hall organist, Martin Setchell, then played two entertaining concerts to enthusiastic full houses. Much of the music heard that day is also available on Martin's latest CD 'Resounding Aftershocks'. It can be ordered locally from Pipeline Press, 235 Illam Road, Christchurch 8041, enclosing a cheque for \$30 including postage and packing, or online at www.pipelinepress.com.

Two further celebrity concerts in the International Organ Series presented by the Friends of the Christchurch Town Hall Organ Trust will be held on



Sunday afternoons at 3pm finishing at approximately 4.15pm.

On Sunday 9 June the celebrated titular organist of Dijon Cathedral, France, Maurice Clerc, will play a programme of French music including César Franck's famous *Chorale in A minor*, works by Mouret, Louis Vierne

and Gabriel Fauré, and end with an improvisation on a theme given to him only just before he plays! Impromptu creation of music is a tour de force for which French organists are renowned. Monsieur Clerc has travelled to four continents over his long and distinguished 40-year career.

On Sunday 18 August one of Great Britain's brightest young organists, Benjamin Sheen, will perform. Benjamin Sheen is now Associate Organist at Saint Thomas Church in New York City. He holds degrees

from the University of Oxford and the Juilliard School, is a prize-winning Fellow of the Royal College of Organists, and the 2011 recipient of the Worshipful Company of Musicians' Silver Medal.

His contrasting programme features English music by Walton, Smart, Whitlock, a Concert Fantasy on themes by Gershwin, an exuberant Toccata alla Rumba, and music by Mozart, and Bossi.

Large attendances are anticipated at both these concerts and advanced booking is recommended. (Door sales will be available from 2pm if tickets are still available).

If you wish to see the international organ concerts on the Town Hall organ continue, then please support these two events.

Full details of how to book tickets will be available on the special fliers delivered in May. For now, mark both these dates in your diary and plan to attend!

To exercise or not to exercise? That is the question

Winter is coming and with it the inevitable colds and flu. Our physiotherapists are often asked whether to exercise or not. Here are a few tips to help you decide.

You've got a fever

- Stay home and rest so your body can battle the infection – it doesn't need the stress from exercise.

You've got a cold

- You might feel miserable, however, moderate intensity exercise is okay and shouldn't make you more sick. Just take it easier.

You've got the flu

- Head for the sofa. With flu comes a fever so do not exercise.

You've had an asthma attack or chest infection

- When your asthma is back under control start exercising again gently.
- With a chest infection comes a fever so skip exercise.

You've had a bad night and feel too tired

- Get up and get moving! Exercise boosts your energy and helps improve sleep.

- Constant fatigue can be a sign of illness so see your doctor.

Your muscles are sore

- Keep up the exercise, keep it gentle and increase the intensity over time.

You've had a rough week

- Exercise can help reduce stress and boost energy. Start with a gentle walk or exercise – and do more if you feel like it.

You've not exercised for some time

- Don't rush your comeback, it takes a lot of energy to keep up muscle strength and fitness, and no time to lose it.

- Ease back into it. Start exercising gently and gradually increase intensity over time.

If you need any advice on what's the best sort of exercise for you, our friendly physiotherapists can help, just contact us on phone (03) 377 5280 or email admin@tpl.nz

Adapted from Web MD feature "When not to Exercise" by Kelli Miller Stacey (reviewed by Louise Chang MD)

Martin Setchell's concerts on the Rieger pipe organ

On Wednesday March 6, 2019 in the Douglas Lilburn Auditorium in the Christchurch Town Hall, Martin Setchell, Town Hall Organ Curator, presented two concerts on the restored and enhanced Rieger pipe organ.

At the beginning of the 1pm concert, Mayor Lianne Dalziel officially reopened the city's iconic pipe organ which has been silent for the past eight years.

Included in the programme was the world premiere performance of *Celebration*, composed by Norwegian-born Mons Leidvin Takle

especially for this occasion.

Also on the programme was the *Toccata from Symphony No.5* by Charles-Marie Widor, which provided a linkback to the inaugural organ concert in May 1997.

These concerts, aptly titled *Resounding Aftershocks*, certainly were a joyful celebration enjoyed by the two large and appreciative audiences.

There will be two organ concerts this year presented by the Friends of the Christchurch Town Hall Organ Trust, on 9 June and 18 August.

Matters of the heart seminars



Join us for a FREE community information series brought to you by the Heart Foundation and Christchurch Heart Institute, and the University of Otago Research Centre.

Thursday, 4th July 2019 'Staying Well with Heart Failure'

Julie Chirnside, Clinical Nurse Specialist and Professor Richard Troughton, Cardiologist from Christchurch Hospital, will discuss the factors that can contribute to developing heart failure, available medications and what you can do to feel better and lead a more normal life.

At 6.30 to 8.00pm at the new Salvation Army Building, 853 Colombo Street, (Corner Salisbury Street), Christchurch.



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New staff at Age Concern Canterbury



Sam Robb



Shae Cornelius



Katie Faithful

In the past six months there have been several changes among the staff at Age Concern Canterbury.

We have said goodbye to Julie (Accounts Administrator), Dayl (Editor, **Keeping On**) and Nicki (Liaison Officer). Peter Gwynne has moved into the Liaison Officer role and we have welcomed Sam, Shae and Katie onto the team.

Sam Robb

Our new Accounts Administrator, Sam moved home with her family from Australia last year and has been working at Age Concern Canterbury for seven months. She has travelled extensively (her husband is a souvenir from a Canadian trip), and her working history includes project co-ordination, accounts and office management. She brings a wealth of accounts and administration knowledge to her role, and has already developed a reputation for her organisational skills.

Outside of work Sam is kept very busy with her two daughters and their various sporting interests. Sam still enjoys travelling but most travel now is done vicariously through Netflix, while enjoying a glass of wine.

Shae Cornelius

Shae began working as the Receptionist at Age Concern Canterbury late in 2018. Shae grew up in Rakaia and attended Mount Hutt College before moving to Christchurch to finish her schooling at

Ao Tawhiti Unlimited. This gave her the freedom to pursue her fondness for writing and music.

In Shae's own words, she's a "keen guitarist, a tolerable synthesiser player and an unfortunate drummer." Outside of work you might discover her begrudgingly camping in the pouring rain, getting into far too elaborate conversations with herself on lonesome drives, and cradling her rabbit 'Oatmeal' as if it were a small child.

Katie Faithful

Katie is Age Concern Canterbury's newest team member. With Peter Gwynne moving into the Liaison Officer role we welcome Katie into the role of Social Network Coordinator with a responsibility for the mini bus outings.

Katie joins us from a project management role with Transnational (a translation support service). A born and bred Cantabrian, Katie attended Marion College and Canterbury University, before heading overseas for the obligatory OE. She lived and worked in the United Kingdom for 6 years where she worked in project management.

Outside of work hours Katie is very busy with her two teenage daughters, and in her spare time (what spare time?) loves reading, music, rugby and cricket. She dreams of the day she can watch movies and listen to music that is of her own choosing.



AGE CONCERN CANTERBURY MEMBERSHIP

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- ☐ An individual member (\$20 per person, \$30 per couple)
☐ A friend (\$10 per person, \$20 per couple)
☐ Subscription to the quarterly **Keeping On** newspaper (\$15.00 per annum)

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.

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Driving Miss Daisy's 10th birthday

This May marks a ten year milestone for Driving Miss Daisy. We are New Zealand's first and largest companion driving service and we have been committed to helping older people stay social, active and independent since 2009.


With ten years' worth of hard work and dedication, owners Melanie and Jack Harper have been successful in establishing Driving Miss Daisy as a trusted and loved brand, giving people the freedom of independence within their community. Driving Miss Daisy is now established all over New Zealand with 73 franchises, from Invercargill all the way up to Kerikeri in the North.

"We are so proud of what we have achieved and all of the people that we have helped along the way. Thank you to all our Daisies - franchise owners, drivers and partners. Thank you to all the wonderful clients we have enjoyed helping, spending time with and making friends with - here's to another decade of making a difference in people's lives!" Melanie

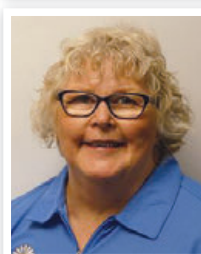
Harper, co-founder Driving Miss Daisy.

As people get older and their situations change, it can be hard to get out and about, socialise or simply manage basic errands. Driving Miss Daisy provides freedom, independence and strong social connections for those who need it. Our Driving Miss Daisy, 'Daisies', provide transport as well as companionship to clients ranging from supermarket shops, to doctors' appointments, or simply accompany them for leisurely activities whether grabbing a coffee or going on a group day trip.

We hold the companion driving service contract with ACC nationally and we are accredited under the Total Mobility Scheme which provides discounts on Driving Miss Daisy transportation services.

It is important to stay socially active and if you would like to find out more about our services please call us to discuss - we look forward to hearing from you. 

Driving Miss Daisy – we've got Canterbury covered!



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Attention homeowners - insulation subsidies available

Have you checked on the health of your home lately? After coming out from a cold, harsh winter, our homes can often do with a little TLC! Given that we spend a significant amount of our time at home, it seems logical that we make sure it is a healthy environment for us to live in.

It's the perfect time now to make sure you have enough insulation in your ceiling and underfloor, as this contributes greatly to the health of your home, and the health of you and your family.

In particular, those with respiratory conditions and other illnesses aggravated by cold, damp environments, can benefit immensely from improving their ceiling and underfloor insulation.

Community Energy Action (CEA) is the only service provider in Central and North Canterbury that can offer



insulation subsidies through the Government's insulation scheme, Warmer Kiwi Homes.

Qualifying homeowners could receive up to 92% off the costs of insulation, if;

- You are a homeowner, living in the home,
- The home was built before 2008, And either;
- Have a valid Community Services Card (CSC) or a Super Gold 'combo card',

Or,

- The home is located in an area identified as lower-income; contact CEA to find out if your address qualifies.

Unsure whether you have a SuperGold 'combo card'? Check the back of your card, and if it states the initials CSC, it can be used in replacement of your Community Services Card – meaning, you will qualify for health subsidies (such as insulation subsidies above) as well as your SuperGold Card discounts.

If affordability is a problem, and/or you don't qualify for the above subsidy, CEA has interest free payment plans available.

CEA is also a registered provider of the new Healthier Homes Canterbury Rate scheme provided by The Regional Council (ECAN). This offers low interest loans toward the cost

of insulation, heating and simple ventilation, to be paid back via rates bills over nine years.

Make use of the cheaper summer months to help spruce up your home! If you start making improvements now, you'll be in a warmer, drier, cosier home before you know it and the dreaded winter blues won't be so bad!

In addition to insulation, CEA also provides a free energy advice hotline on 0800 GET WARM, and free recycled curtains through the Curtain Bank.

To discuss any of the above services don't wait....Give us a call on 0800 GET WARM or (03)374 7222, email: info@cea.co.nz, or visit: www.cea.co.nz for more information to see how we can help you create and maintain a healthy home!

Easy living - Maltworks Villas a new place to call home

Maltworks Villas offers buyers a unique opportunity to create a stylish, low maintenance lifestyle for those who are young at heart and wanting to maintain their independence within an environment where a high value has been placed on a real sense of community. With a communal clubhouse available, enjoy the camaraderie of new friends or utilise for private use should you require.

These stylish lifestyle village units have all the advantages of the renowned natural micro-climate environment of the Heathcote Valley and surrounding Port Hills. Their freehold unit titles allow you to benefit from the growth in capital value of your villa. You can list and sell your villa with whomever you choose and retain the full sale proceeds with no fee payable back to the developer.

With a variety of different plans to choose from with 2 or 3 bedrooms and larger floor plans ranging from



102m²–200m², your options are wide-open, allowing you to decide what configuration would suit your needs best, with the single level options ideal for those who want to future-proof their living.

Every advantage is taken of the sun and all the villas come insulated, double-glazed, with heat pumps and

the bonus of solar heating generating considerable savings on power bills, some as low as \$20.00 per month.


Its peaceful and sought-after location allows an easy commute to the city and all the delights of Ferrymead, Redcliffs and Sumner Villages as well as the cafes, markets and restaurants of Lyttelton.

Convenience is amplified by the build of shops alongside Maltworks Village, which will offer a Café, Dairy and Hairdresser so it really will mean a literal 'pop out to the shops' when you need something.

It more than delivers on its promise to provide lifestyle living with minimal upkeep, freeing you up to pursue recreational activities and travel.

Immaculate in presentation, as only a relatively new build often is, this is a superb example of easy living with everything you need and nothing you don't.

Buyers who are serious about investing in good living need to take a good hard look at Maltworks Villas and everything this development and the community has to offer.

A showhome is open for viewing on Tuesday, Thursday and Sunday 1-2pm, or arrange a viewing by appointment. **Call Michelle on 3524-900, www.plcgroup.co.nz.** 

Your country in the city

MALTWORKS VILLAS
HEATHCOTE 60 PORT HILLS ROAD
PRICED FROM \$480,000

Maltworks Villas, designed for the over 50'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

Never give up hope

by June Peka

With an ear-to-ear grin to put the Cheshire Cat to shame Gary Whiteside is a living advertisement for the wisdom of never giving up hope.

Not that he's ever been a glum chap, but in the past 12 months Gary has found answers to questions which have dogged him for most of his life, and there's a palpable air of contentment and spring in his step as a result.

Gary was born in Auckland in 1948. He remembers childhood as being pretty much like anyone else's of those times. He had a mother and father and two younger siblings, and although they were all of darkish colouring with jet-black hair and brown eyes, and he was a fair boy, that didn't raise any questions within, until he wondered one day why his little schoolbag was monogrammed GBS and not GBW. And then he came across some papers which left him with a 'strong inkling' that his father wasn't actually his father.

As he was later advised by a family member, around the time of



Gary and Willy Whiteside

his marriage in 1970 to Christchurch schoolmate sweetheart Willy Bitter, those papers related to his adoption as a five-year-old in 1953 by both his father and the woman he knew as Mum.

"It was a huge shock. I'd been quite happy with my life, and even then I didn't become really unhappy because I had Willy in my life, but I felt I'd been living a lie. Who was I, if I wasn't Gary Whiteside?"

In 1973, with Willy's help, Gary began the search for his origins. At that time the law did not support his attempts, so he was able to gather only snippets of information, which form the basis of the large paper file he has since amassed. Then in 1983, by writing a cleverly worded

letter relating to his time of birth, to the hospital at which he was born, Gary obtained the name of his natural mother - Joyce Jackson. Despite determined searching though, by both Gary and members of the Christchurch Adoption Support group, Joyce proved elusive.

With the passing of the Adult Adoption Information Act in the mid 80s, Gary was among the first wave of thousands of adopted people eager to trace their origins. His original birth certificate gave Joyce's age as 23. Additional information from CYFS records supplied her physical description, occupation and last known address along with details of his birth father.

However, after many years of

diligently checking those details and following convoluted trails, Gary was forced to accept there was no Joyce Jackson; his birth mother had woven an elaborate web of deception around a fictitious name, for reasons known only to her. There seemed nowhere else to go.

Fast forward to 2017 though, and the advent of DNA testing. Gary's results provided a bewildering array of strange names. Suddenly, this man with no known relatives except his own daughter, had found a possible thousand, but didn't yet have the key to where he fitted with them.

"I actually existed. This felt like the first official document that proved I actually existed. It was an exciting time. I had those results for about a year before Luise, a closely matched/related young woman from Wellington also registered on the DNA database. From that point things fell into place. I belong to a family. Everything has happened since then."

"Everything" includes now knowing the names of both his natural mother (nothing like Joyce Jackson) and father, (sadly both deceased), having photographs of them, knowing their personal backgrounds and family history and, remarkably, being recently able to meet with first, second and third cousins in the North Island. He'll meet another in Adelaide later this year. There are more in Canada too. It's little wonder that smile is a mile wide.



Beth Dunn
Funeral & Marriage Celebrant

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Email:
info@funeralcelebrantbeth.co.nz

Website:
www.funeralcelebrantbeth.co.nz



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An urban myth - 'villages are just for rich people'

by John Collyns, Executive Director, Retirement Villages Association

It's true that some retirement villages are seriously expensive. You won't get much change from a million dollars in some places, but the price also reflects the amenity value, location, views – all the sort of things you'd expect from a real estate transaction.

Retirement village operators are acutely aware that their residents, generally speaking, come from a 10 or 15 km radius of their village, so they can keep the social connections, clubs and activities they've enjoyed for decades. Operators also know that their Occupation Right Agreements (ORAs, or the contracts between the residents and the operator) should



An affordable retirement village option.

reflect the average freehold home price in the area where the village

is based. That means that an ORA in the premium parts of Auckland or Christchurch will come at a higher price than in other places. It also means that residents have a huge range of prices and options to choose from, if they're prepared to look a little further.

Releasing pent-up equity from the family home is another driver of demand in recent years. It's a bit like winning Lotto if you can sell your

family home and move to a village at a significantly lesser cost. The additional money can dramatically improve your retirement, and remember, you can't eat equity unless you release it.

Trade Me Property has a section devoted just to registered retirement village units. A quick look through recently showed that there are at least 30 units and serviced apartments priced at \$300,000 or less, in a huge range of places across New Zealand. Taupo, Christchurch, Rotorua, Pukekohe, Manukau, Napier, Tauranga, Red Beach, the Hutt Valley, Nelson and Whanganui are just some of the options. The average price of the 30 units is \$199,000 – which, coincidentally, is the same price my former next-door neighbour paid when she moved to a central Lower Hutt village.

The RVA's website (www.retirementvillages.org.nz) has a list of member villages and their contact details, so you can check the minimum entry age, who's got rental units, and ask questions.

Dementia Canterbury needs volunteers

Currently there are around 6,000 people diagnosed with dementia in Canterbury, with that number expected to almost triple by 2050. At Dementia Canterbury, our aim is to support people to live well with dementia. With a staff of 15 covering Canterbury and the West Coast, we provide education, support, planning, therapeutic services, and meaningful activity in partnership with our community for people with dementia and their family and friends. We recognise the need for services to be responsive to people with dementia as well as those who support them.

Our Activity Programme has been growing rapidly, and now covers a wide range of interests and activities including gardening, DIY, walking, swimming, guided tours at Christchurch Art Gallery and Canterbury Museum, and themed discussion groups at a number of libraries. As our service continues to grow, so does our need for

funding (we fundraise 2/3rds of our operational budget) and for excellent volunteers. There are many ways volunteers can be involved, from supporting us with events and administration through to roles that involve direct contact with our clients, such as assisting with activities and transport, or companion volunteering. Currently we are urgently seeking more transport volunteers to help by transporting clients to and from our activity groups. Our volunteers say it is hugely rewarding getting to know the people they transport and being part of making their day. Don't worry if you don't know much about dementia - we provide training so that you can feel confident in your role. If you have a full driver's licence, a car, and some availability on weekdays then we'd love to hear from you! Please contact Jasmine Salam, Volunteer Co-ordinator, on 03 379 2590 ext. 215 or jasmine@dementiacanterbury.org.nz.

Autumn has arrived

by Ruth Dyson

While always delighted with the splendour of the changing autumn colours surrounding us, I still miss the glorious summer days as we all receive a crisp reminder that autumn is here and winter is just around the corner. I know that, for many, the impending costs of increased power use is a challenge. It should be a basic fact that all New Zealanders are able to live in warm, dry homes but sadly that is not yet the case.

That's why I am so pleased with our winter energy payment. This year, it starts on 1st May and carries on until 1st October. It is a universal payment and if you are receiving New Zealand Superannuation, you get it automatically. For a single person, the rate of this payment is \$20.46 per week and for a couple it is \$31.82 per week. This should be a big help for those power bills and hopefully will let people have the confidence to use a bit more power to keep warm and well.

While this payment is a significant help, there are more structural issues to address, including the dramatic change in the number of older New Zealanders who are renting rather than owning their home.

In a recent report from Victoria University author Kay Saville-Smith, she noted that by 2020 about half of

those turning 65 would be in rentals compared to historical rates of home ownership at that age of 85%.

The rates of Superannuation (and later the link to the average wage) were based on the reality at the time that most on superannuation would be in their own home and mortgage free.

We need to break this cycle of home rental and move to more home ownership, particularly for older people. Renting a home if you are entirely dependent for income on New Zealand Superannuation is a huge challenge. I think that older New Zealanders deserve a better quality of life than this would give them.

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

Volunteer with Dementia Canterbury



- Become a Volunteer Driver and help provide transport to and from activity groups
- Commitment can vary based on your availability
- Create friendships, have fun, feel good, and make a real difference

Contact Jasmine (Volunteer Coordinator) today to find out more:

✉: jasmine@dementiacanterbury.org.nz

☎: (03) 379 2590 ext. 215

🌐: www.dementiacanterbury.org.nz



Matters of the heart - a free heart health seminar series

The Christchurch office of the Heart Foundation is running a series of free specialist led seminars this year on a range of topics relating to heart health. We have noticed that one of the areas where people seem to be missing out is in being clearly educated about their heart condition, so we aim to help fill this gap by giving people the opportunity to hear specialists speak and to be able to ask questions. These seminars, led by heart specialists from Christchurch Hospital, have been very well attended, often with waiting lists! It is great opportunity for people to gain specialist knowledge, to ask questions in a supportive environment and to meet others living with the same condition. We have a range of people attending these seminars, from people with heart conditions, to

by Emma Griffin, Heart Health Advocate, Christchurch Office – Heart Foundation

supportive family members, medical staff and just those interested in learning more about heart disease.

This year we have decided to extend our offering of topics and to try and run them in a cohesive sequence so that people can come to all or just pick the ones that are of interest to them.

Our next three topics in April, May and June are:

- The Electrics of the Heart – Dr Matt Daly
- Living well with Atrial Fibrillation – nurse specialist Murray Hart
- Staying well with Heart Failure – nurse specialist Julie Chirnside and Professor Richard Troughton

Previous attendees at these talks have really enjoyed listening to the specialists and have commented to

us that they feel much more informed about their or their partners heart condition and more confident moving forward.

The topics for the rest of the year will be:

- Women and Heart Disease
- Medications for the heart
- Managing stress and anxiety

Being diagnosed with a heart condition can be confusing and overwhelming, our aim is to help educate people living with heart disease and to make them feel less alone and more supported. We will

also be running Atrial Fibrillation and Heart Failure workshops so people living with these conditions can have the opportunity to ask more questions, meet others in the same situation and gain some more practical knowledge. All details of the next seminars and how to register are in this issue of **Keeping On**.



Protect yourself from the flu this winter

If you're 65 or older, having the flu shot every year can keep you healthy and active for longer.

"People 65 and older and those with chronic health conditions are more likely to develop complications if they get the flu," says Canterbury District Health Board Medical Officer of Health Dr Cheryl Brunton. "It's important to get your annual flu shot as soon as possible so you're protected before the peak flu season over winter."

The flu vaccine is available now at your general practice and participating pharmacies and is free if you're 65 or older.

"The flu is a very serious illness, which can't just be 'shaken off' like a cold. We have already seen unseasonably early flu cases in Canterbury, so it's important that you get vaccinated – not just to protect yourself but also to prevent you from passing it on to whānau and friends."

Getting the flu vaccination every

year is your best protection against the flu. If you had the vaccine last year, the protection it offered will have reduced over time. This year's vaccine has also been changed and includes two new strains added to offer more protection against the types of flu circulating this season.

Around 80 percent of people infected with influenza show no symptoms so you can spread the flu bug without even 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.

"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 Brunton.

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.

Kenneth F Weaver Trust - rental security for life

When you are a tenant of the **Kenneth F. Weaver Trust**, you can sleep well in the security of knowing you have a home for life.

45 years ago, Kenneth F. Weaver recognised a need for good quality housing for Christchurch's elderly – accommodation that was cosy, secure, and perhaps most importantly, affordable.

The **Kenneth F. Weaver Trust** now owns 29 units, at four Christchurch locations, in Barbadoes Street, Abberley Crescent, Hills Road, and Trist Place. The units are sunny, well maintained, and spacious enough for couples or a single person.

There are some eligibility requirements. Tenants must be 60 years of age or older, must have a genuine housing need, and have only limited assets. Some responsibility for maintaining the unit's garden applies, the units are pet-free, and at most locations there is no off-street parking. Some garaging is available, but is in high demand and incurs extra costs.

The **Kenneth F. Weaver Trust Inc.** is a fully registered charitable trust, and as such profit is not the goal. The goal is to provide living facilities for pensioners at significantly below market rates. There are 25 single bedroom units, and 4 two bedroom units.


In 2005 Kenneth F. Weaver was awarded a Queen's Service Medal



Kenneth F Weaver

for his service to the community. Operation of the Trust is looked after by Kenneth's children, Karen and Craig, but charitable work and promotion of the Trust is still a big part of Kenneth's life. "I want to make sure the public is aware of the service," he says.

"I have been a tenant of the Kenneth F. Weaver Trust for the last 10 years. The trust has made me feel welcomed, comfortable and safe in my unit, in which I now call my home. I would recommend their properties to anyone." Margaret Day

If you are interested in finding out more, contact Karen on **027-404-2415**, or via the website **www.kennethfweavertrust.co.nz** 



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 Pōwhiri Hauora o Waitaha

FLU-FREE

PUBLICA006

Residential care subsidies

The **Residential Care Subsidy** was introduced to assist people assessed as needing long-term residential care, in a hospital or rest home, with the financial costs of their care. As the subsidy is financially means assessed, you will only qualify if you have both assets and income under certain monetary thresholds.

Asset thresholds have increased each year since 2005. As at May 2019, you must have assets below \$227,125 (including your house and car) if you are single or if you and your partner are both in care. If you are a couple with one partner in care and one still living in your family home, you can choose between the \$227,125 threshold or a threshold of \$124,379 excluding your family home and car.

If you are under the asset threshold then an income assessment is applied. Any income you and your partner receive will be assessed. Income received from your assets is also included except for the first \$992 for a single person, \$1,983 for a couple where both partners are in care or \$2,975 for a couple where one partner is in care. Income received from paid employment of the partner who continues to live in

the community, is also excluded.

In addition to the asset thresholds, everyone is entitled to have an amount of up to \$10,000 set aside in a prepaid funeral trust which is not included for the purpose of asset testing.

Gifting

You are presently still able to make monetary gifts in the period leading up to your application for a subsidy but the assessment will include 'excess' gifts as part of your assets. Gifting of \$6,500.00 per year made in the five years before you apply for a subsidy is excluded from the financial means assessment.

Any gifts of more than \$27,000.00 per year, per couple, made before the five year period may be included in the financial means assessment.

If you are looking at making a gift to a family member or settling assets into a Trust, Harmans have a team who understand the implications of these decisions and how they may impact on you. We can also assist with the completion of an application for a Residential Care Subsidy and set up a funeral trust if required. Give Phillipa Shaw a call on 352-2293 to arrange an appointment to discuss your situation.



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

Seminar: Residential Care Subsidies

**Hear Harmans' Lawyers
discuss the issue
here at Age Concern Canterbury,
24 Main North Road, Papanui on
Tuesday, 11th June at 2.00pm**

Light refreshments will follow the discussion.

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



Age Concern Canterbury Events Calendar 2019

30 September 2019

Positive Ageing Expo, Papanui High School

Confident Driving Courses

17th May 2019 Ashburton

20th May 2019 Amberley

21st May 2019 Culverden

22nd May 2019 Cheviot

23rd May 2019 Springston Community Hall,
12 Leeston Road, Springston

27th May 2019 Oxford Town Hall

30th May 2019 Darfield Recreation Centre, Darfield

6th June 2019 Age Concern Canterbury, Papanui

10th June 2019 Rangiora Main Power Oval

1st July 2019 Diana Issac Retirement Village

Home and Personal Safety Courses

9.00am to 3.00pm

**Presenters: Age Concern Canterbury, Emergency
Management Civil Defence, Canterbury Police,
Canterbury Neighbourhood Support, Fire Emergency NZ**
For more information please enquire.

Seminars at Age Concern Canterbury

Tuesday, 11th June 2019 at 2.00pm

Residential Care Subsidies

Phillipa Shaw, Harmans Lawyers

Wednesday, 3rd July 2019 at 2.00pm

The Canterbury Initiative - Advanced Care Planning

Jane Goodwin

For more information phone 366-0903

Dave Adamson, an inveterate traveller

by Mike Crean

What is the name of Christchurch's Sister-City in China? You don't know? Well, Dave Adamson is not surprised. A dedicated Sinophile, Dave is well aware that senior New Zealanders generally find China too large and too complicated to think much about it.

The answer, incidentally, is Gansu. But note, this is not a city; it is a province. Dave has been to this north-western region of China nine times and will be back there for the tenth time soon.

He is an inveterate traveller and has visited many countries. A favourite moment was meeting and shaking hands with the Chinese Vice-President, before an enthusiastic audience in a grand hall with gold and red lining.

Wow, it's a long way for a boy from Invercargill, he thought at that moment.

Born in 1944 and brought up 'on the wrong side of the tracks' in New Zealand's southernmost city, he left Invercargill Technical College at 15. But he always read a lot. Now his dream was to travel to places he had seen in books. He worked hard to raise the money.

Fetching up in Rome in 1966 he bought a Lambretta motor scooter and set off to tour Europe (from Mt Vesuvius to the Berlin Wall) and the UK. Ten thousand kilometres later he reached London and found a job in local government. There he met a girl he had known in New Zealand and they married; Dave at 22, Nancy just 19.

When the children came along it was time to return to New Zealand and settle into permanent work. The family made their home in Christchurch and Dave began his 41-year career with the Christchurch City Council. Meanwhile he took a few papers at Canterbury University, which, he says, was to show people that this school dropout did have some brains.

Anyone asking Dave what he did at the council is in for a long answer. Suffice to say, he always loved a challenge and tended to switch jobs about every second year, until he was appointed to establish an International Relations Department. Starting alone in an empty office he built the department up to employ six more staff. Among their responsibilities was oversight of the seven Sister-City volunteer committees.

"I loved the stimulus of it," he says. As for visits to China, he adds: "Once you have been to China, you are never the same again".

His first trip there was prompted by



"Travel takes it out of you," says Dave Adamson as he eases back.

former Canterbury man Rewi Alley. This teacher and social and health reformer became famous in China. He always urged greater understanding between China and New Zealand.

Dave is proud of a book on Rewi Alley's life on which he collaborated in writing. The 1997 edition was upgraded to a handsome 'coffee-table' volume in 2017 to celebrate the 120th anniversary of Alley's birth.

Dave's last trip there was as a guest at the 35th anniversary of the Christchurch-Gansu Sister-City relationship. By then he had seen much of the vast Gansu Province, which stretches from one end of the Great Wall to the edge of the Gobi Desert, with the Silk Road running through.

Marriage with Nancy broke down and Dave married Carol in 1991. She is an avid tourist too, so Dave can now add four trips to India and three to Nepal among his travels. In Nepal the couple phoned Sir Edmund Hillary and scored a 40-minute meeting with him. Dave found it a little overwhelming, remembering mainly "Ed's" huge hands and unaffected shyness. Toss in the Dalai Lama and the Chinese Vice-President and you could say Dave has hob-nobbed highly.

Dave retired from the council in 2009 but his love of China remained. It has led him to membership and sometimes office holding in the China Friendship Society at local and national levels, the Christchurch-Gansu Sister-City Committee and the Friends of Halswell Quarry Park (where a Chinese garden has been planted and is cared for).

After the 2011 Christchurch earthquakes Dave joined an Aranui church group aiming to help people in straitened circumstances. Alone he knocked on 1700 doors and talked to dozens of shattered residents. While

reporting back to base on the needs of these people, so the group could provide appropriate help, he became

totally convinced that what the people wanted most was someone to talk to, someone to share their desperation.

Even this was not enough for this man of action. Carol, his arty wife, launched him into a demanding hobby. Now he is a master of cross-stitch. His eye-arresting embroideries are scattered around their vast living room.

"I started it and I'll never stop. I love it," Dave says.

His works include an image of the city council's coat of arms and another of C F Goldie's well known painting of an old Maori woman with a pipe in her mouth. The intimacy and accuracy are striking. One of his works won the premier art award, among all art media, at the Duvauchelle A&P Show. And that's not bad for a boy from Invercargill either.

Mature Moves is about helping people

If you are considering moving into a smaller home, perhaps a retirement village or residential care and you feel you could use some help Mature Moves could be your answer.

They are a Christchurch based company with local people helping older people to downsize and move, when the need arises.

They understand that sometimes your family are not positioned to help as they might like to or have time restraints. True to their motto 'to treat you like they treat their own families', the team at Mature Moves can pack up, declutter and move all of your belongings and furniture to your new home.

Then they unpack and set up your new home to the very last detail, setting up the home just the way you like it.

Decluttering can be a bit overwhelming, however, it is made much easier with some understanding

help. Step-by-step you can have things sorted and organised with minimal fuss and stress.

Along with this wonderful service, they can also organise selling things you no longer require, or gifting them if you desire to family or charities.

They can also clean homes inside and out, and complete the gardening to get houses ready for sale.

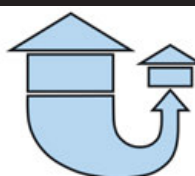
Mature Moves is about helping people. You let them know what you need help with and they will set about showing you just what they can do to help you.

A visit and consultation is free of charge, with no obligation to use their services. However, if you feel they may be of assistance a quotation can be provided for your consideration.

You can call Mature Moves on 0800 777 214 to talk about your move.

We are sure Sharon and Gary can help you to lighten the load and make your move a smooth transition. (A)

Are you thinking of moving? Could you use some help?



**MATURE
MOVES**
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We can help you

- Downsize
- Declutter
- Pack Up
- Relocate
- Unpack
- Storage
- Setting up your new home
- Preparing your house for sale
- Cleaning: inside & out
- Rubbish removal/gardening
- Selling & gifting items
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Phone Gary or Sharon
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Staying Safe

Confident Driving for Mature Drivers

A refresher course for mature road users throughout Canterbury

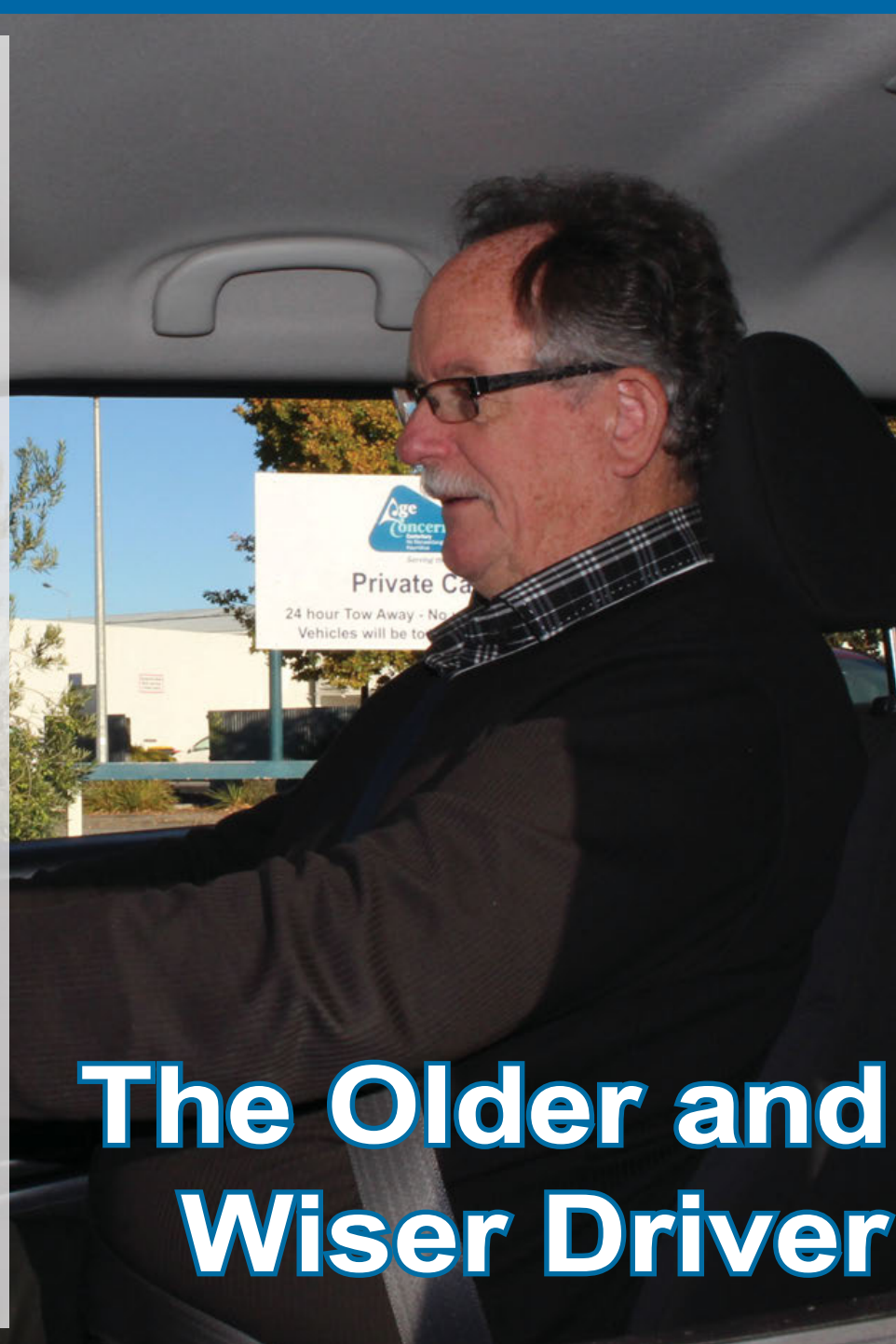
Ageing is inevitable, but growing older doesn't have to mean giving up an active life. Driver safety is vital for drivers of all ages, but older drivers experience physical changes that can affect driving ability - changes in vision, reaction time and flexibility.

- * *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.



'A spoonful of sugar makes the medicine go down'

by Wendy Scanlon, Senior Chef Coordinator, Pegasus Health

"A spoonful of sugar makes the medicine go down, in a most delightful way!" sang Mary Poppins in 1964. We seem to be taking this to the extreme now however, with sugar added to so many of our foods and beverages. On average, New Zealanders consume 10 – 14 teaspoons of sugar a day – double the recommended amount.

The sugar debate hits our headlines constantly. Should we try to cut it out completely or is it enough to just cut back?

Know your sugars

The World Health Organisation (WHO) recommends no more than 6 teaspoons of free sugar each day. Free sugars are sugars added to foods by manufacturers, cooks and consumers, plus sugars that are naturally present in honey, syrup and fruit juice.

The other sugar category is 'intrinsic sugar'. This is found naturally in whole fruit and vegetables, within their cells. They take longer to digest and enter the blood stream slower than free sugars, so are less likely to cause spikes in blood sugar. For this reason, we should not try to avoid them. Whole fruit and vegetables also contain valuable vitamins, minerals and antioxidants, they are high in dietary fibre so fill us up and they don't promote tooth decay like free sugars do. So, enjoy your fruit, and remember to fill half your plate with non-starchy vegetables. Enjoy some starchy vegetables too, but no more than ¼ of your plate.

Lactose, found in milk and milk products is also classed as an intrinsic sugar, so milk does not need to be taken off the shopping list. Be aware of flavoured milks and yoghurts

however, as they have added sugar. Look for unsweetened versions of almond and other plant milk as many varieties have sugar added.

Should I cut free sugar completely?

The best advice is to limit it, not try to eliminate it. While too much can harm our health, small amounts can be useful in making food taste better; if a sprinkle of brown sugar on your morning porridge or a teaspoon of raspberry jam on your toast helps you eat and enjoy those foods, then providing you are keeping to the guideline of less than 6 teaspoons free sugar per day, this should be a help, not a hindrance to your health. And remember, most of our free sugars come from packaged foods and drinks, A standard 600ml fizzy drink has a whopping 16 teaspoons of sugar added to it!

6 ways to cut down on free sugars and enjoy the natural sweetness of whole foods (intrinsic sugars)

1. Make water your drink of choice. Take fizzy off your shopping list; keep a jug of cold water in the fridge, jazz up water with sliced fruit, berries or mint and pack a water bottle for activities outside the home.

If you have sugar in your tea and coffee, try gradually weaning yourself off it. Four cups a day with 2 teaspoons of sugar is equivalent to 8 teaspoons of sugar, which is above the 'no more than 6 teaspoons' recommendation, without even including other foods.

2. Eat your fruit, don't drink it! One glass of fruit juice has the sugar of around four oranges. The sugar in juice is free, which means it raises the blood sugar quickly. It is very easy to drink a glass of juice (and more) but not easy to eat four oranges in one

sitting! Enjoy whole fruit, rather than juice.

3. Go for a plain breakfast cereal such as Weet-bix or porridge and add fruit for sweetness. Many breakfast cereals are high in added sugar. Choose one with less than 10 grams of sugar per 100 grams, or if it has dried fruit, less than 25 grams sugar per 100 grams.

4. Swap flavoured and fruit yoghurts

for plain, unsweetened yogurt. Add fresh or frozen fruit for sweetness.

5. When baking use some of life's natural sweeteners such as dried or pureed fruit. Our Chocolate and Ginger Bliss Balls include dates for sweetness.

6. Having something sweet? Keep the portion small, sit down and savour the taste.

Chocolate and Ginger Bliss Balls

Bliss balls are usually based around dried fruit (for sweetness) and nuts (for body and texture). You could leave the ginger out of this recipe if you don't like it. You could replace it with cranberries or apricots – anything is possible!

Ingredients

14 dates, soaked in boiling water for 1 hour then drained, reserve 2 tablespoons soaking liquid
2 tablespoons peanut butter
½ cup raw almonds
8 pieces of crystalline ginger, roughly chopped
2 tablespoons dark cocoa
2 tablespoons soaking water from dates
Coconut, for rolling

Method

1. Put all ingredients except coconut in a high speed blender or stick blender using bowl attachment.
2. Blend to a rough paste.
3. Refrigerate for 5 minutes until paste is stiff enough to roll into balls. Using wet hands roll into balls and roll in coconut.
4. Refrigerate in an airtight container for up to 2 weeks.



Senior Chef is a free 8-week cooking class focused on cooking for one or two people.

It's all about improving your cooking skills, inspiring you in the kitchen, using nutritious meal ideas and easy to make recipes, and meeting new people.

For further information or to book into a class call us on 374 1639.

Come and enjoy social interaction with other seniors...

MONDAYS

9.00 am Board Games
10.00 am Morning Tea
10.30 am Board Games
12.00 noon BYO Lunch / Socialise
1.00 pm Exercise Class
1.30 pm Movie time

THURSDAYS

9.00 am Board Games
9.30 am Mass
10.00 am Morning Tea
10.30 am Games / Crafts
12.00 noon BYO Lunch / Socialise
12.30 pm Housie
2.15 pm Afternoon Tea

Gold coin donation for non-residents

MARY POTTER COMMUNITY CENTRE

442 Durham Street North, St Albans, Christchurch 8014 Telephone 372 9224

Website www.lcmchristchurch.org.nz Email activities@lcm.org.au

Need a listening ear?

Ageing 🦋 dementia 🦋 grief 🦋 caregiving 24/7 🦋 residential care adjustment – These are some of the reasons people come and see me.

Life is full of change and transitions. Sometimes it's hard.

🦋 Can I offer you support? 🦋

Elizabeth Hamilton

Reg. Social Worker, Counsellor, Supervisor
MANZASW, MNZAIPT

30+ years of working in Older Person's Health

027 369 0667

elizhamiltonnz@gmail.com



Age Concern Canterbury Inc. Statement of Service Performance

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

For the year ended 31 December 2018

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.

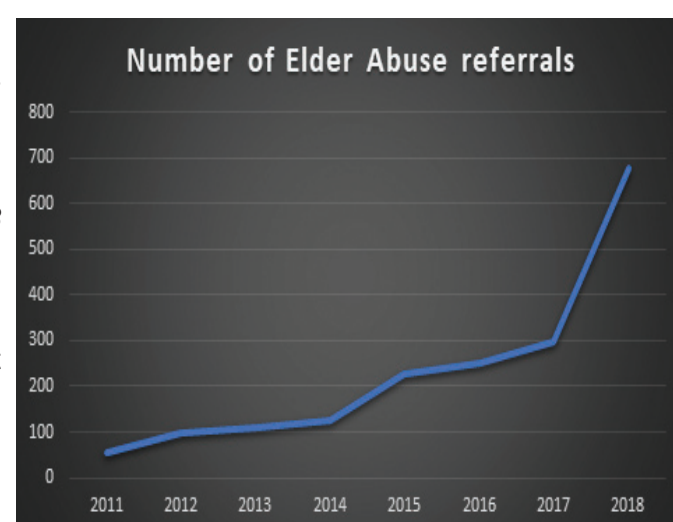
“Age Concern Canterbury has always supported me and my friends. It is a great organisation.”

Elder Abuse Neglect Prevention



75% of abuse was by a family member.

- * Age Concern Canterbury delivers the Elder Abuse Service across Canterbury, the West Coast and Timaru.
- * 677 referrals were received with 330 closed cases of Elder Abuse. (There were 298 referrals in 2017 and 222 closed cases)
- * A further 158 health referrals were received by the Health Team. (213 in 2017)
- * There was a 70/30% split female to male clients and 70% were aged over 75.
- * There were 228 general enquiries about Elder Abuse and Neglect Prevention. (220 in 2017)
- * 15 education sessions were delivered to Aged Residential Care with 263 participants. (21 in 2017 delivered to 540 people)
- * The Health Team ran 25 public awareness activities.
- * Some of the large increase in the numbers of elder abuse referrals can be explained by including referrals from South Canterbury and the West Coast.



“Grateful thanks for guiding me to walk away from the ongoing abuse by some of my family, children and others and on it goes.”

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 am so appreciative of the time together with my visitor - we get along so well - there is no need for anyone to feel lonely with all the support offered by Age Concern.”
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 9,808 in Canterbury. (7,671 in 2017)
- * 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



- * 2,792 clients were assisted with a home help, trades/handyman or gardener from our database. (2,622 in 2017)
- * 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 6,704 outings for socially isolated people. (6,281 in 2017)

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



Volunteers

- * In 2018 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 \$270K per year*. (* Based on minimum wage).

Age Concern Canterbury Courses

* 1,315 people attended a Health Promotion course. (1,324 in 2017)



"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.

"Keeping On is absolutely super-duper interesting!"
Keeping On reader.

Age Concern Canterbury Expo

* Many thousands of people attended the Positive Ageing Expo at Papanui High School on 1st October 2018. There were 163 exhibitors. (157 exhibitors in 2017)



"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



* 50 new participants completed the ten week course and continue to attend the 37 classes across Christchurch and North Canterbury. (32 classes were running in 2017)

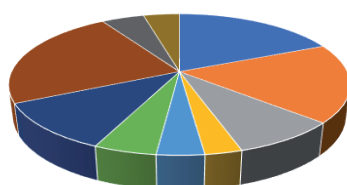
"I can get out of my bed without using my walking stick now."
"I feel more stable. I have some energy when I get home."
SAYGo Course attendees.

Website and Facebook

* Our Website was visited by 21,925 people, viewing 79,118 pages (36,298 times in 2017) with 86% of those being first time users (same % in 2017).
* We currently have 550 followers on our Facebook page (up from 425 in 2017) – and this is growing daily, with an increased focus on connecting with people via this medium.

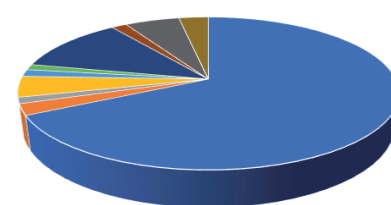
Our Finances

Income 2018



Grants 18%	EANP contract 18%
AVS Contract 9%	Health Promotion 3%
CDHB 4%	Membership 5%
Bequest 11%	Interest and dividends 23%
Keeping On 5%	Other 4%

Expenses 2018



Salaries 68%	IT, computer software and expenses 2%
Travel and vehicle 1%	Stationery, Photocopying & Postage 4%
Accounting & Audit 1%	Professional Fees 1%
Other 12%	Repairs & Maintenance 2%
Depreciation 6%	Rent, Rates & Insurance 3%

Acknowledgements

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

Age Concern Canterbury Trust
The Southern Trust
Christchurch City Council
More Mobility
Margaret Burns Charitable Trust
Rata Foundation
Jones Foundation
Christchurch Casino Trust
Health Promotion Agency

Waimakariri District Council
Selwyn Council
Hellers
Estate of Eric Arthur Winslade
Estate of Miss Prudence Barker
Estate of S T Slade
Estate of Jean Stanbury
Estate of Margaret Olive Burns
Estate of Patricia Leeney

Estate of Basil Thomas Nottingham
Estate of Mr & Mrs Geoffrey Wood



Stay Connected

The Social Connection team at Age Concern Canterbury, with the support of over 500 volunteers, can help you stay connected in your community.

Did you know that staying socially connected can improve your health and wellbeing?

We offer individualised advice, regular social outings and weekly social visits.

Let us help you Stay Connected



What's available at your local library?

Most libraries offer JP Clinics (Justice of the Peace), audio books and large print books, magazines, DVDs and technology classes to help with your computer skills, tablet or iPad. Christchurch City Libraries may also be able to support older adults who have *difficulty in accessing a library*.

The library can be a great place to socialise and a huge source of information. Make this winter the time to drop in and ask one of the friendly staff about events, classes and resources for older people. Or, why not catch up with family and friends at the libraries with a cafe!

The following are a few ideas from around Canterbury - you might be surprised by how much is on offer!

Christchurch City Libraries

(<http://my.christchurchcitylibraries.com/older-adults/>)

- * Family history guides
- * Memory bags - can be beneficial for people with dementia
- * Reading in health - book scheme for mental health
- * Lifelong learning and recreation information - find a course to suit you
- * Information on Ageing - useful online information.

Selwyn Libraries

(<http://www.selwynlibraries.co.nz/whats-on/eventsandprogrammes>)

- * Adult Crafts and Board Games
- * Book Clubs
- * Adult Memoir Writing Classes
- * Selwyn Speaker Classes and NZ Music Month
- * Sewing and Patternmaking Workshops.

Waimakariri Libraries

(<http://libraries.waimakariri.govt.nz/about/events/adults>)

- * Stepping Up computer classes
- * Movie Mornings at Kaiapoi Library
- * Ancestry Introductory Sessions
- * Games for adult groups
- * Drop in sessions: getting to know your library online.

These are just some of the services on offer and there is much more to discover, so make sure you drop into your local library for more information. Please note that not all services are available at all libraries.

Social Connection Team – Age Concern Canterbury

Phone 366 0903 or www.ageconcerncan.org.nz

Visiting Service or individualised support & advice: ask for Emma or Liz.

Social Outings: ask for Katie or Debbie.

Fitting exercise into your life

by June Peka

June McClelland says fitting exercise into one's life is a bit like climbing a ladder – it's best not to fall off.

"You'll get the wobbles at times. You might slip back a couple of rungs, but the trick is to stay on that ladder. It's always easier to pick up where you left off, rather than start all over at the bottom again. Eventually it becomes obvious it's good for you so it becomes a way of life, and it's not a chore. You get to enjoy it."

With this positive attitude June is quite the ambassador for Green Prescription Canterbury. She not only puts herself through the motions about three times a week at her chosen Bishopdale YMCA venue , but she meets and greets folk new to the scene too.

"I remember being very nervous on my first day. I used to be a very private and quiet person, so it was quite an effort to just turn up. Now I realise that others will be feeling the same, and that having someone to meet them, and be like a buddy, might make a difference in getting them back and keeping them on track."

It's been eight years since that first day for June, and now in her mid-seventies, she's the first to admit the changes in her life encompass a lot more than the physical .

"You know, we're indoctrinated to think we'll go downhill with age. When we start to notice a bit of arthritis and decreasing energy levels, we're told it's in our genes. 'Your mother had arthritis ; what do you expect?' Well,



June McLelland

you don't have to accept that, but if you don't want to be on a walking stick like your mother was, you do have to do something about it."

June picked up the gauntlet when she and her husband were invited to join a party of similarly-aged people planning a trip to America. She knew she'd have trouble keeping up with the others and didn't want to be a burden. Within weeks of starting the Green Prescription course her doctor suggested, she was feeling the

benefits at home, and not long after that, breezed through the trip – at the hottest time of the year too. One of the trip highlights was seeing Dean Barker bring the NZ boat into San Francisco after winning a heat.

"Now, when I do my two minutes on the grinder on the gym circuit, I'm transported back to that magical day. But really, I'm reaping the benefits in many different ways; I get on and off the bus more easily, I manage the stairs at home better than I did in my sixties. No more cold feet or pins and needles – my circulation has improved a lot. I can enjoy a bath without worrying about getting stuck. My clothes fit better; I might've lost weight but I think it's more to do with toning and shape. I love our vintage cars and now I get in and out of the low-slung MG, and clamber up into the 1927 Boat-Tail Essex as well. Best of all though, I'm sure it (exercise) builds confidence and sharpens the brain. I've recently taken up the challenge of learning piano pieces I didn't quite master when I was young. My mother had dementia as well as arthritis, but thanks to Green Prescription I'm planning to avoid that as well."

Enjoy being active

A personal insight from June Peka

Green Prescriptions are funded by the Ministry of Health. To get one, talk to your doctor who will set the wheels in motion.

I have loved every one of the eight Be Active sessions just finished. Well perhaps line-dancing not so much. I used to be such a groover but now I just can't get the hang of counting and dancing at the same time.

My favourite session was aqua-jogging which is gentle on the joints. When I was a groover I wouldn't bare my body anywhere, but now I have found Nirvana at the Graham Condon pool in Papanui, where difference is the norm. People on crutches, missing a limb, scarred, overweight, breastless (like me) and downright dodderly are all part of an amazingly welcoming and accepting crowd – and the ever-visible attendants provide that important sense of security. Be

sure to ask your doctor about the newly available four-month free swim pass.

Your GP script will get you free consultation with a qualified physical activity coach who will oversee your progress toward improved physical fitness for a period of at least four months.

You'll get information about options in your local community, including Be Active, an eight-week Sport Canterbury course costing \$3 per week. This includes yoga, tai chi, line dancing, gym circuit, team games, and aqua-jogging – all overseen by friendly, helpful and knowledgeable people. All age groups and fitness levels are catered for. Wheel chairs can be accommodated.

No excuses now. See you at the pool sometime!

Steady As You Go Classes



For more information about Steady As You Go classes please phone Age Concern Canterbury on 366 0903.



SAYGo (Steady As You Go)

Falls Prevention Exercise Classes in Canterbury (30 April 2019)

For more information about any of these groups phone Age Concern Canterbury on 366 0903.

Please note that some classes are currently waitlisted and cannot presently accept new members. For other classes, just go along. A koha of \$2 is appreciated.

CHRISTCHURCH CITY AND SOUTH		
Day /time	AREA	Location of class
Mon 10.00am	Redcliffs	Port Hills Uniting Church, Augusta Street
Mon 10.00am	Parklands (Waitlist)	Parkview Lounge, Parklands Community Centre, Queenspark Drive
Mon 10.30am	Wainoni	Celebration Centre, 81 Bickerton Street
Mon 1.00pm	Halswell (Waitlist)	Te Hapua, Halswell Service Centre & Library, 341 Halswell Road
Mon 2.00pm	Harewood (Waitlist)	St James Church Hall, Harewood Road, airport end
Mon 2.00pm	Papanui	Papanui Village Presbyterian Church, Frank Street
Tues 9.00am	Nazareth House	Nazareth House, 220 Brougham Street, Sydenham
Tues 9.30am	Papanui (Waitlist)	Age Concern Centre, Cnr Main North Rd and Loftus St
Tues 10.00am	Parklands	Parkview Lounge, Parklands Community Centre, Queenspark Drive
Tues 10.30am	Upper Riccarton	Fletcher Place Residents Lounge, off Bowen Street
Tues 10.30am	Bryndwr	Bryndwr Chapel, 179 Idris Road
Tues 2.00pm	Waltham (Waitlist)	Waltham Cottage, 201 Hastings St East
Wed 10.30am	Redwood	Manse Place Residents' Lounge, off Main North Road
Wed 10.45am	Halswell	Te Hapua, Halswell Service Centre and Library, 341 Halswell Road
Wed 1.30pm	Lincoln	Lincoln Community Care, Lyttelton Street, Lincoln
Thurs 9.30am	Riccarton	Kauri Lodge, 148 Riccarton Road
Thurs 10.00am	St Albans (Waitlist)	St Albans Tennis Club, Dover Street
Fri 9.30am	Hoon Hay	Hoon Hay Presbyterian Church Lounge, 5 Downing St
Fri 10.00am	New Brighton (Waitlist)	New Brighton Library – in the Pay and Display Room
NORTH CANTERBURY		
Day time	AREA	Location of class
Wed 10.00am	Rangiora (Waitlist)	Ballarat Retirement Village, 21 Ballarat Rd
Wed 11.00am	Amberley	Amberley Library, RSA Room
Wed 10.30am	Rotherham	Rotherham Hotel, 42 George St
Thurs 10.00am	Oxford	Oxford Town Hall, 34 Main Street
Thurs 11.00am	Amberley Beach	Amberley Beach Hall
Thurs 1.30pm	Pegasus	Pegasus Community Centre, corner Pegasus Main and Tahuna St
Thurs 2.00pm	Kaiapoi	The Mill Room (Darnley), 24 Sewell St
Thurs 4.00pm	Rangiora	Ballarat Retirement Village, 21 Ballarat Rd

Navigating change

Generally, our focus is on the minutiae of every day life. Then something comes along which forces you to re-evaluate. Whether it's a change in work place or a change in living situations, change can be scary, even when it's positive change.

My decision to move to Pier Law in November 2017 reminded me how difficult navigating change can be. My change in workplace meant new people, new systems, new methodologies and an underlying grief for all I had decided to leave behind.

For clients who are faced with significant change, perhaps because of the loss of a life partner or the need to move away from their family home, change brings confusion, disorientation, bewilderment and the realisation that the fundamentals they've taken for granted over their lifetimes, have changed or are changing.

My job is to help my clients and their families navigate change and

find peace of mind legal solutions. It's important to me that I provide my clients with empathetic, plain English advice no matter what kind of changes and challenges they find themselves facing.

At Pier Law we pride ourselves on taking a genuine interest in our clients. We listen to our clients and work with them toward a cost effective solution that works for their needs. We are small enough to work closely with you to get an in-depth understanding of your specific needs but we're large enough to have the expertise, knowledge and skills required no matter what those legal needs may be.

Contact me, Fleur McDonald, at Pier Law on 03 366 5540 to make an appointment to talk with me at one of our three convenient branches or request a home visit if you prefer. Together we can explore how I can help you and your family navigate the changes in your life and find solutions which best meet your legal needs. (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



In youth we learn ...



In old age we understand.

- Marie von Eschenbach -

Gentle and effective exercise while sitting watching TV

Used under feet and hands, the Aircycle exerciser is a simple way to relieve joint pain, increase circulation, reduce swollen ankles and cramps,



help restless legs, strengthen muscles, and improve balance and mobility. It also aids in the prevention of blood clots when sitting for long periods.

Aircycle exerciser provides gentle exercise without weight-bearing or strenuous activity. It's simple to use, soft on feet and hands and easily deflated for carrying in a pocket or purse. Use it from the comfort of your chair while sitting – reading, having coffee, watching TV or travelling.

A woman from Te Horo invented this simple device to help relieve

her husband's severe arthritic pain and swollen ankles. His arthritis carers were so impressed with the relief and increased joint mobility he experienced they asked her to make more for other sufferers.

Gay from Rotorua says: "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."

Sam from Oraki wrote: "I've suffered for years with sciatica. It's gone completely when I use the Aircycle."

Mrs Cooksley from Wellington advised: "I'm diabetic and had an ulcer on my leg which wouldn't heal. After 7 weeks using my Aircycle it was gone! My Doctor is recommending it to other patients. The pumping motion is addictive and comforting. I use it while I'm knitting".

Aircycle carries a lifetime warranty and is listed with Medsafe. See it demonstrated at www.aircycle.co.nz or see the ad below for more information. (A)



Gentle exercise while watching TV or reading



Arthritis aid and circulation booster

Helpful for:

RRP \$39.90

- * 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

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.

Put a lift in your day



Helen from Lift Companions aims to provide a caring and quality service.

Summer and autumn are wonderful times of year to enjoy getting out and about, to visit friends and family, or just go for a scenic drive. Making the most of fine weather and sunny days is something we all look forward to.

At Lift Companion Driving we love to help our clients to live life to the full and retain their independence. We offer a personalised, friendly driving service and can also accompany you whilst you are out, if required.

Lift can offer transport and assistance with;

- Medical appointments
- Shopping
- Pets to the vets
- Airport transfers
- Social outings
- Scenic drives

And much more!

We have plenty of room in the boot for wheelchairs and walkers and also

take group bookings.

If there's something you require help with, we would be happy to have a chat about your options. We tailor our service to each client's requirements and aim to offer a quality, personalised service, at a reasonable price. Lift Companion Driving is an ACC approved transport provider.

Here's what some of our clients say about us!

'Helen was absolutely marvellous and offers a fantastic service'

'Lift Companion Driving is superb; a wonderful service at a very reasonable price'

For a competitive free quote and set price up front, call Helen on 027 775 5671 or email info@yourlift.co.nz

You can also read more about Lift Companion Driving at our website www.yourlift.co.nz

(A)



YOUR LIFT, HERE WHEN YOU NEED US.

Do you or a loved one need extra help getting out and about, or a friendly face to give you a hand? Lift Companion Driving offers a safe, reliable, friendly driving and companion service, which provides much more than a simple taxi ride. We offer a wonderful option for:

- The Elderly
- Anyone who prefers to have a companion
- Tourists who want a local and personal service
- Those who can't drive themselves
- People with disabilities
- Children needing safe transportation

www.yourlift.co.nz

50% discount off your first booking. We hope to take Total Mobility vouchers in the future, BUT will still give you the same discount so you don't miss out!

Our pricing is very competitive.

Contact us to discuss your requirements on 027 7755 671 or email info@yourlift.co.nz

Quality customised dentures

Good quality dentures play a significant role in each individual's physical and psychological health. Poor aesthetics and ill-functioning dentures can lead to poor diet and low self-esteem which can affect the most basic and essential activities in our daily lives from eating to socialising. If these problems go unaddressed, it can cause constant stress on a daily basis which may even lead to depression, as found in many international studies.

It is paramount to have good, comfortable and well-functioning dentures to eat well especially for the elderly, who are at higher risk of age-related health conditions such as diabetes, arthritis, heart troubles, high blood pressure, and cholesterol issues. A well balanced, nutritional diet to manage these conditions in conjunction with the medications is important.

Good aesthetics in dentures are also essential, as it contributes significantly in each individual's confidence and psychological well-being.

Scientific studies suggest that a second allittake to start determining someone's first impression visually, like attractiveness and character,

where facial appearance plays a powerful role in how we perceive and treat each other, hence resulting in our efforts to maintain our aesthetic standards.

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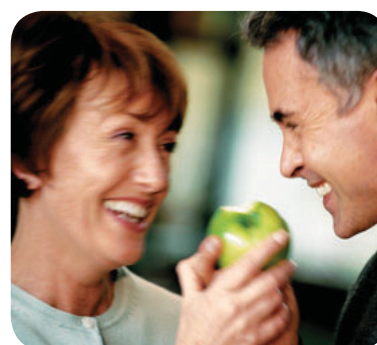
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Epilepsy in the over 60s population

Epilepsy can occur at any time of life but rises significantly in the over 60's population. It is the third most common neurological condition in this age group. Everyone has a seizure threshold, some high, some low. The ageing process may cause changes in the brain that lower the seizure threshold and reduce its resistance to seizures. Age related changes can sometimes make the diagnosis of epilepsy a little difficult as presenting signs and symptoms may mimic other conditions. New onset of epilepsy could show with vague complaints such as confusion, altered memory state, and memory difficulty, many are brief and may go un-noticed.

Not only is our population growing, our population is also aging, so the prevalence and incidence of epilepsy is increasing in New Zealand. Six people a day are diagnosed with epilepsy. Stroke is one of the major causes of epilepsy in the 60+ population, as well as head injuries caused through falls, previous brain trauma experience from the likes of car crashes or sports injuries, drug and alcohol abuse, degenerative diseases, metabolic change, toxicity and interactions, infections such as meningitis or encephalitis and the

longer life spans that modern society benefits. Having a community that includes epilepsy, without bias, fear or discrimination is important not only to society but to security of people with epilepsy living within it so that they are included and not isolated.

To establish a diagnosis of epilepsy in seniors is more difficult than in the general population due to the fact of not understanding different forms of seizures and assuming unusual behaviour or sensations are the result of aging. It becomes more complex when living alone or with someone who has difficulty observing, remembering and describing seizures. It becomes even further complicated when existing disorders may resemble seizures. Those working in the aged sector play an important role in supporting diagnosis and management of the condition.

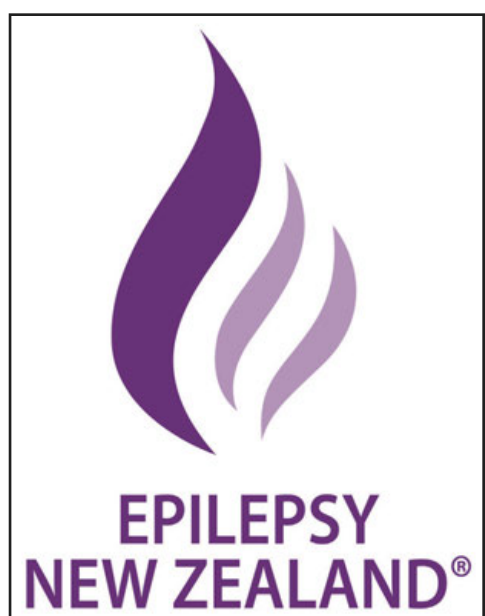
Although seizures are typically painless, end naturally, and are not dangerous to others, they can lead to complications in seniors, so a correct diagnosis is critical. For example, although most seizures do not result in injury, some major seizures can cause additional stress on heart and lungs. For seniors, stress on the heart poses the risk of

angina or heart attack and laboured breathing can also stress lungs and create complications for those with lung disorders. If a person has osteoporosis and falls as a result of a seizure bone fractures could result.

A seizure may take many forms. For instance, a person having a seizure might stare blankly, jerk uncomfortably, feel a tingling sensation, experience a funny taste or have a convulsion. The kind of seizure a person has depends on the part of the brain that is affected, and where the excess electrical activity is coming from. It is possible to have just one type of seizure, or more than one type. Seizure activity however is usually predictable and people tend to experience their seizure in the same way, for the same duration each time. Everyone is different with some people only experiencing one type of seizure, others may experience more. Some may rarely experience a seizure; others may have them numerous times a day. Being self-aware is important for those living alone and being able to discuss their particular situation with their doctor is important. It is dangerous to stop taking antiepileptic medications without proper medical advice. Adjusting medication doses

without medical advice can trigger more seizures which could be life-threatening.

People with epilepsy can lead a full and active life. Most people with epilepsy achieve good seizure control utilising antiepileptic medications. Combined with a sensible lifestyle, many become seizure free. However, on occasion a new epilepsy diagnosis may lead to the individual experiencing social issue that includes education, welfare, anxiety and isolation. Epilepsy New Zealand educators are there to lend a supporting hand (Free phone 0800 37 45 37).



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Maintaining good bone health

Bones are living tissue and after birth, the skeleton continues to grow to the end of the teenage years, reaching a maximum strength and size (peak bone mass) in early adulthood, around the mid-20s.

After this, the rate at which bone forms is often slower than the rate at which it is removed. Any factor which causes impaired bone formation or faster rate of bone remodelling will ultimately lead to a more rapid loss of bone mass and more fragile bones.

To maintain healthy bones and avoid premature bone loss you need to be proactive about understanding your own personal risk factors for osteoporosis. Awareness of risk and early diagnosis are key to the treatment of osteoporosis. Both men and women may have certain risk factors that can make them more likely to develop osteoporosis.

So, what are these risk factors and what you can do to maintain your skeleton in adult life?

The risk of fracture increases with age, as the protective effect of our hormones reduces, and our skeleton rebuilds at a lesser rate than it is removed. Sadly, this is one risk factor that we can't control.

Fracture history

Approximately 50 % of people who break their hip have previously broken another bone. These are usually a broken wrist, spine, shoulder or the other hip. 80% of refractures will occur within the year after the first fracture. Don't ignore the warning sign of your first fracture. If you are over 50 and have broken a bone as a result of a minor fall or bump, talk to your doctor or healthcare provider about osteoporosis and a bone health assessment.

Family history of osteoporosis

Bone health can be inherited. If anyone in your immediate family has osteoporosis, had a broken hip, rapidly lost height, or developed a stooped back, this is a risk factor. Talk to your family to understand your risk.

Medicines

There are certain medicines that have a critical role in managing other diseases, but unfortunately have a negative effect on bone health. This includes some medicines used for the treatment of Rheumatoid Arthritis, Asthma, Breast Cancer, Prostate Cancer, HIV. Talk to your doctor or specialist if concerned about your medication.

Early menopause

After menopause, there is a rapid decline in oestrogen levels. When oestrogen levels decrease, bones lose calcium and other minerals at a much faster rate. As a result, bone loss increases 4–5-fold for several years after menopause.

Conditions leading to malabsorption of food

The major causes of osteoporosis among sufferers of malabsorption include malnutrition of calcium, vitamin D, protein and other nutrients, and the accompanying weight deficit. This may be due to eating disorders such as anorexia nervosa or nutritional problems such as coeliac disease and inflammatory bowel disease.

While there are risk factors you cannot control such as your age or who your parents are there are lifestyle modifications that we can all consider to preserve bone health throughout life.

Maintain a healthy weight (BMI <20 kg/m²)

People who are underweight have significantly increased fracture risk. You should aim to maintain a healthy weight with a BMI of approximately 20 – 25 kg/m²

Aim for regular weight bearing exercise

Ideally you should aim to do at least 30 minutes of weight bearing physical activity every day. The best exercises for bones are ones that work your muscles against gravity. These can be weight bearing exercises where you are on your feet and bear your own weight, for example walking,

jogging, tennis, dancing or skipping. Resistance training which becomes more challenging as you build up over time, such as lifting weights or using gym equipment, is another good option.

Eat a balanced diet

You should aim to eat a balanced and nutritious diet with adequate calcium intake. Avoid food exclusion or undernourished diets. In particular, avoid severe weight loss diets or eating disorders. Try to eat 2-3 servings of calcium rich foods such as dairy products (milk, cheese, yoghurt etc), calcium rich vegetables (broccoli, silverbeet), tinned sardines/salmon (including the bones), calcium rich nuts (almonds, brazil nuts) per day.

Limit alcohol intake to no more than 2 alcoholic drinks daily

While a glass or two of wine or beer won't impact on your bone health, more than two units of alcohol per day can raise your fracture risk. Aim for no more than two standard drinks per day and have at least two alcohol free days each week.

Stop Smoking

Smoking is harmful to bone health and increases future fracture risk. You should avoid or stop smoking.

Have adequate sun exposure

Sunlight is the best source of Vitamin D and is naturally created when the skin is exposed to sunlight. Vitamin D is essential for the absorption of calcium from the diet, bone development, control of cell growth and immune functioning. It has also been linked to the prevention of

muscle weakness which is important for falls prevention.

Please do not treat this article as professional medical advice. For more information please look at our website. If you have questions or concerns, please speak with your doctor about an osteoporosis assessment. A simple test now could prevent future pain and suffering.

If you are over 50 and have any of the risk factors outlined above, you may have low bone density or simply have risk factors that make you more likely to develop osteoporosis as you get older, and/or suffer a fracture.

Talk to your doctor or other healthcare provider about osteoporosis and a bone health assessment.

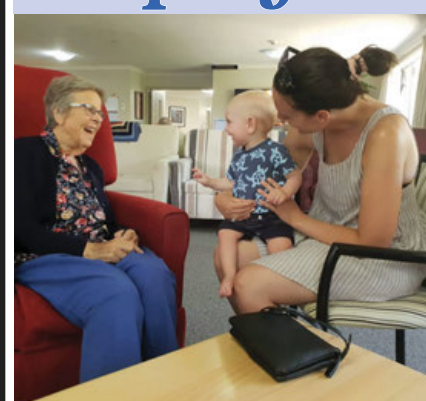
Osteoporosis New Zealand is a charitable trust dedicated to improving care and outcomes for people with osteoporosis. We are excited to be embarking on a campaign to raise public awareness of bone health. Through education and empowerment, people can become proactive in the management of their own bone health by understanding how to delay the condition, the role nutrition and exercise can play, that avoiding fractures is important to longer term quality of life and that identification and treatment of osteoporosis are readily available.

If you have found this article informative and would like to support our work, please share it with your friends and encourage them to join our mailing list at www.osteoporosis.org.nz.

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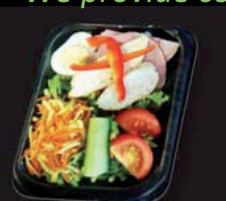


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Heidi shares her heart transplant experience

by Heidi Harty Eugster

My entire life I have fought to not be defined by the heart condition I was born with. For most of my life it didn't, and apart from a couple of open heart surgeries, I was able to lead a relatively normal life. I travelled, I had really good jobs, and I brought a house in my early twenties. I never allowed my condition to slow me down or influence when and what I wanted to do and I just dealt with regular procedures and stays in hospital.

That all changed five years ago, when after yet another open heart surgery, my condition deteriorated to the point where I had no choice but to confront the reality of heart failure and an end of life prognosis.

I was diagnosed with Hypertrophic Cardiomyopathy (obstructive) at the age of 18 months. The gene mutation MYH7-K825 came from my father's side and he, along with his mother and sister had it, as does my cousin.

I had a normal childhood growing up in Invercargill, aside from not being able to participate in high cardio sports, I enjoyed synchronized swimming (competitively) and family holidays. I don't remember my condition holding me back apart from fainting while doing PE and being told I was faking it.

I've always known I had this condition and got pretty sick at times, unable to do very much due to my condition restricting the efficiency of my heart. At age 9, I had open heart surgery and another at age 17. Both of these resulted in an immediately noticeable improvement in my health, but it wasn't to last.

In my mid-twenties, while biking to work at 5am, I suffered a major cardiac arrest which resulted in an induced coma and an ICD implant. Over the next ten years I became reliant on the ICD as it regularly paced and shocked me whenever I arrested, or went into abnormal rhythm.

Throughout all of this going on, I still refused to accept that my condition would inhibit me from doing anything other than what I had planned for my life. I got married, and had a beautiful daughter (despite going into cardiac arrest at 6 months pregnant).

I continued a successful professional career with a company who supported me and enabled me to thrive.

Eventually my condition worsened and in late 2017 I accepted that I was unable to work full time anymore.

It wasn't until I stopped working that



I realised how restricted my life had become; I had simply ignored all the indicators because I refused to let it define me. I wasn't able to walk up a flight of stairs, if car parks weren't within 50 metres of the supermarket entrance I would drive home. I slept with six pillows propping me up because it was impossible to breathe. I couldn't talk without getting out of breath, or eat. However I refused to consider a transplant because in my mind, I wasn't sick enough. I was finally told a transplant was the next viable step for me to take. At 38 years old, I finally accepted my condition had beaten me.

The transplant assessment was the most humbling and inspiring experience I've ever had. Going in to Hearty Towers, I was burdened with misconceptions, myths and questions about transplants, so many questions! The first morning was spent with transplant recipients and others like me who were going through the assessment process or waiting for a suitable donor organ to be found. I was inspired by the bravery, courage and support these beautiful souls gave me. I was given a probability of dying in the next two years which was confronting. The journey towards my transplant made me realise that this was one to take with others, and we would get through because of the incredible staff, community and care program in place.

I learnt a lot over those first few days, about the surgery, the drugs and rehabilitation post-transplant. What was more significant than everything else though, was the acute

awareness that none of this would be possible without the ultimate sacrifice of donors and the generosity of their families to allow us to live when their loved one's life had just ended.

When I got the call to say a heart had been matched to me, I was just so excited. My entire life I had resisted the symptoms of my condition and in a few short hours, my condition would be cured. In the days after my transplant I was overwhelmed at the enormity of what had happened. Not just that my life had changed forever, but that my life had changed because a life had ended. The impact of this has been profound; I am changed forever in ways I can't explain.

My life is now one of firsts. For the first time I have walked with my husband on Christchurch's Port Hills. For the first time I have had a running race with my ten year old daughter. For the first time we don't have to look for the closest available car park, or base our weekends on my available energy levels. Oh, and I've discovered a previously unknown love of stairs, any stairs, inside or outside, I don't care, the more flights the better!

I used to refuse to let my heart condition define me, now I am proud to be defined as a transplant recipient.

There are no words to explain the gratitude I have for my life and the experiences I will have because of this second chance. I will use this opportunity to do everything I can to raise the visibility about the difference donors make, they are our angels and I'll forever be grateful.

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The villa becomes their own in every respect; an asset they can borrow against or sell whenever they want. 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:

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The truth can be challenging

by Philippa Cosgrove, Dementia Canterbury

We are hopefully brought up to have high regard for the virtue of speaking the truth. Sometimes telling the truth can take great courage and fearlessness, at other times it can less nobly be an attempt to point out that we are right and someone else is wrong. When dementia enters the picture there comes a time when always telling the truth and correcting a person when they are wrong slides down the virtue scale, as it becomes not only unhelpful but potentially damaging to a person's self-esteem and wellbeing, as well as eroding the trust and goodwill in your relationship with them.

However, changing the habits of a lifetime can be challenging. Recently I read a memoir by an English author who lived with her mother-in-law with dementia. Although the writer had read books that told her not to argue or contradict a person with dementia, she found this advice difficult to follow. Even when her mother-in-law had quite advanced dementia she

would try to 'help' her to see that what she was saying was incorrect or rude or try to get her to see that the person she was speaking to was in fact her own reflection in the mirror. This had the effect of upsetting her mother-in-law and damaging their relationship and although she was aware of this, the impulse to correct her mother-in-law was difficult for her to shift.

Understanding the changes dementia brings is at the heart of beginning to change patterns of communication. When a person looks capable and healthy it can be difficult to understand that their apparent rudeness or obtuseness is not intended as a personal slight but is the result of a disease process over which the person has no control. The ability to separate the person from the disease process allows a communication partner to step back from reacting to the content of the communication and refocus on the needs of the communicator.

Dr G. Allen Power defines dementia

'as a shift in the way a person sees the world around her or him'. As short term memory and the world of everyday facts becomes more difficult for the person to access, we need to shift our habitual way of responding so that the person is not being constantly corrected and reminded about everything they have gotten wrong or forgotten. For while they may have forgotten what day of the week it is, they have not lost touch with their feeling and emotional world and, as we all know, it doesn't feel good to be found constantly wanting, especially when we are not in a position to make things better. You can't cure dementia by trying harder.

What then are more skilful ways of responding when someone is clearly wrong about something, "I didn't go out for lunch with John yesterday - what nonsense!" Firstly, does it matter that the person is wrong about something? Oftentimes a potential conflict can be avoided by

simply remembering to let go of the need to correct (and it's corollary- to point out that we are right). When it does matter, it can help to focus on the feelings behind the words, "I haven't got a dentist appointment, I'm not going anywhere". Rather than point out that the appointment is written on the calendar in their writing, acknowledge the feelings involved...the fear or anxiety that may have been evoked and offer calm, supportive reassurance...and the enticement of the pleasant activity that will happen after the dentist trip. The ability to step back and focus on a person's need in the moment rather than reacting to the content of the conversation is not easy for most of us and requires active thought and practice. Often, it's only on reflection that a more helpful way of responding occurs to us, but with time, reflection and practise it is possible to make changes that can lead to less conflict, resistance, and more teamwork.

As dementia progresses some people may begin to inhabit a personal reality that differs from the objective everyday world. It may be that a person believes a long-deceased parent is still alive, or that they are still in employment decades after retirement. Applying 'truth' to these realities can be counterproductive. After all, reality for all of us is composed of the stories we tell ourselves - for people with dementia it is not the veracity of these narratives that matters but the richness and connection that they engender. Rather than telling the person that their parent is dead or they are long retired, a more life-enhancing approach is to ask 'tell me about your mother, tell me about your job as a salesman'. Note that this response does not mean you are 'colluding' in the person's view of reality, you are simply bringing curiosity and interest to what the person is saying, providing them with the chance to reaffirm their identity and history in a way that is meaningful for them now.

It is not that we have given up on 'telling the truth' but that we are communicating a deeper truth, one that is based in kindness and connection and which seeks to enhance the dignity and wellbeing of another.

A mentor keeps a promise to himself

Many years ago Robert Hall promised himself that one day, when he had time, he would give back. He was a busy dairy farmer and father then, but he never forgot his promise. So these days, as a semi-retired city dweller in an empty nest, Robert volunteers as a mentor for 13-year-old James*.

James lives with his mother and has no contact with his father. He also experiences ADHD so has energy to burn. When Sarah Taylor, Family Works volunteer co-ordinator, compared the profiles of Robert and James, she quickly saw an ideal match. Now the pair embarks on the



Robert Hall, mentor

active outdoor adventures Robert loves—tramping, camping, and kayaking—and James spends time with an outstanding male role model.

"We started off with shorter activities," said Robert. "Like mini golf

and throwing a Frisbee around. Then once the trust was there we went on longer stints."

Robert hopes the experiences James shares with him will be "imprinted on his brain" and that he'll become "a useful member of society, not a drain". Perhaps like Robert's first mentee, who finished five years of high school and plans to become a chef. "That feels really good," said Robert.

Robert isn't the only Family Works mentor over 60 years old—some are over 70, and Sarah Taylor is delighted. "Our mature mentors bring special qualities to their role," she says. "Like experience, wisdom and the understanding that it's important to stop and smell the roses. Often, having raised families of their own, they know how to meet the needs of young people."

Sarah adds, "Robert takes his mentees away on incredible outdoor adventures, which is wonderful but not for everyone. Most mentors just spend a couple of hours per week with their young people walking or bike riding, baking, or simply visiting the library. The positive impact of these experiences is equally significant."

Robert has positively influenced four young lives (so far). If you would also like to "give back" through mentoring, please call Sarah on 027 531 8048. Or visit www.familyworksuppersouth.org.nz.



Mentors needed.

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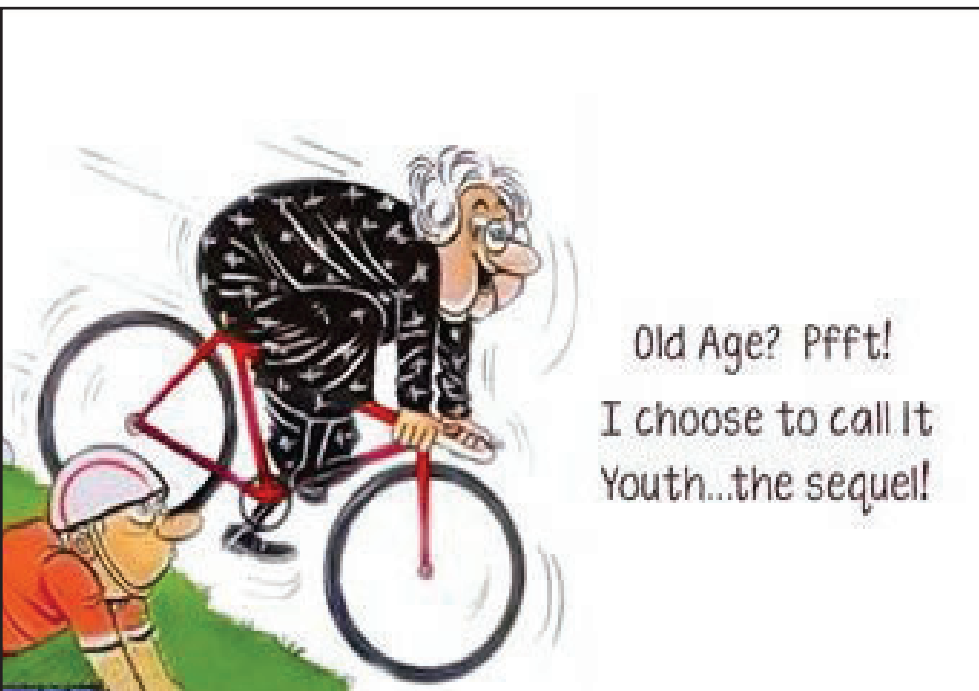
Contact Sarah Taylor on 027 531 8048 or saraht@psusi.org.nz.

"You're only giving your time, but time is the most important thing you can give anyone."

- Jason Aitken, Family Works mentor.

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





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To arrange for a photo to be added to your card, visit your nearest AA Driver and Vehicle Training Licensing outlet with your card, along with three forms of identification that verify your name and date of birth, plus evidence of your address. It's a free service for all SuperGold card holders. Your photo will be taken and a new card posted to you - all free of charge.

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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.

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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.

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Lana Wearne November 2018

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Ann Mckenzie, March 2019

(A)

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We are currently looking for a whole range of collectables, NZ and world stamps - we pretty much accept

everything! NZ and world coins, military history, odds and ends early NZ and worldwide. We also accept toys, jewellery, watches, gold and silver items and so on. It is as easy as giving us a call for a no obligation quote on your items. For larger collections, or if it is not easy for you to come to our shop in Riccarton, we can even come to you.

So, finish off that spring cleaning by moving on collectables to people who will care for and cherish the items you have collected over the years. Matt and the team at The Stamp Exchange. Call Matt on 0800 39 24 26 to make an appointment, or pop on in to our store at 134a Riccarton Road, across from Riccarton Mall. Open 10.00am-6.00pm on weekdays and 10.00am-5.00pm on Saturday. (A)



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Escape the ward with virtual reality

Teri Jackson was diagnosed with acute myeloid leukaemia (a cancer of the blood and bone marrow) just before her year 12 exams.

"I was pretty much hospitalised from October until half way through February and I only got a few days outside," she says.

Meanwhile, her friends were enjoying one of the best summers on record.

But thanks to a helpful friend and innovative use of virtual reality (VR) technology, Teri got to experience a little bit of the world outside her room.

Teri met MRI technologist Peter Dooley a few times while getting scans.

"And he just kind of showed up one time in the ward and said 'Here's a VR headset'," she says.

Peter has been working on using virtual reality to improve outcomes for patients.

He has successfully used VR to prepare young patients for MRI scans,



Teri Jackson demonstrates the virtual reality headset she used to view 360-degree videos and photos made by Hunter Benbow.

resulting in fewer failed scans and because a general anaesthetic was needed less often, a much shorter wait time for a scan.

Peter wants to find new uses for VR, and says he was interested to

see what Teri and her friends could do with the headset and a 360 degree camera.

Teri's friend, Hunter Benbow, took the camera out and made immersive movies and photos to be viewed on

the headset.

"It was quite neat, I just set the camera up on a hill near Lake Lyndon. That was one trip. I also took it around town and took five-minute clips around the place. I even strapped it to the tractor," Hunter says.

Peter says the process is helpful for the patient and also for family and friends who want to be involved.

"Teri was in a dark room, then she puts this headset on and all of a sudden she's up in the mountains, or she's on her mate's tractor," he says.

"When someone gets sick the family and friends want to help, and there's not much they can do. This is a great way to include them."

Teri says the technology has potential to improve hospital stays for a lot of long-term patients.

"It felt a little bit like an escape. Obviously I couldn't go outside so having outside brought to me was pretty cool." (Source: Jendy Harper, Senior Medical Advisor, Canterbury District Health Board).

New village with private ownership for over 60s living

A delightful new village designed for an over 60's community is being developed down Henry Roil Lane – running off 50 Sawyers Arms Road, Papanui. There are twenty impressive two-bedroom villas of various designs to choose from. Each offers generous floor space, security, sunny living areas, internal access garage and private yard. The superior double glazing, insulation, heat pump and engineered foundation provides a healthy living environment, and the high quality building materials ensure minimum maintenance.

As opposed to having a restrictive licence to reside in a retirement

village, each Sawyers Arms Villa carries a freehold in stratum (unit) title, allowing ownership of real estate with the opportunity to on-sell and enjoy capital gains.

The unit title carries the protection of body corp. rules, with an annual fee limited to home insurance premium and a small general maintenance fund intended for keeping public areas maintained. Pets are permitted. Friends and family can be invited to stay and a barbecue area is ready for community use.

The convenience of location in Papanui is to be envied. It's a stroll to the Northlands Mall, cinema, library

and Graham Condon Recreation Centre with a swimming pool. Also local is the medical centre, cafés, parks, Bowls Papanui and The Papanui Club.

The Main North Road bus stop provides easy access for transport around Christchurch for both work and play.

Residents are already enjoying the village as Stage 1 is now complete. As Stage 2 is underway, some villas are available to move into today, while others still offer the opportunity to choose interior design finishes. Completion is expected by June 2019 and Stage 3 is to commence in

summer 2019.

Annette Pendergast, sales professional with Mike Pero Real Estate, is managing the property sales. A display villa is available for viewing on Saturday 12noon – 2.00pm and private appointments are welcome. Our website sawyersarmsvillas.mikepero.com provides updates on prices and availability.

Annette Pendergast, Licensed Sales Professional, Mike Pero Real Estate REA(2008). Ph: 022 090 2627. Email: annette.pendergast@mikepero.com or visit <https://www.facebook.com/AnnettePendergastRealtor/> 

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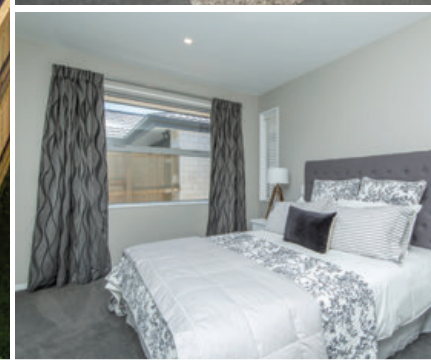
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Christchurch Theatre Workshop Concerts

**St Albans Uniting Church,
36 Nancy Avenue, St Albans.**

Tuesday, 28th May 2019 at 1.45pm

Tuesday, 30th July 2019 at 1.45pm

Tuesday, 24th September 2019 at 1.45pm

Tuesday, 26th November 2019 at 1.45pm

**Rangiora Showgrounds,
Ashley Street, Rangiora.**

Wednesday, 29th May 2019 at 1.45pm

Wednesday, 31st July 2019 at 1.45pm

Wednesday, 25th September 2019 at 1.45pm

Wednesday, 27th November 2019 at 1.45pm

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

Loburn Red Cross

Loburn Red Cross is continuing to provide an 'all-you-can-eat' afternoon tea and small country sales table during the months of February to November for groups looking for a local outing. The venue is the Loburn Reserve pavilion on the Loburn-Whiterock Road, just before the Karikaas Dutch cheese factory, and the cost is \$8.00 per person.



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

All money raised goes directly to the Red Cross.

We look forward to meeting some new groups.

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UPDATE FROM THE CLUBS



Beckenham Friendship Club members were entertained by City People, Grant Windsor and Paul and Kay earlier this year. Future entertainment will be provided by Russell Driver, Marion and Pat Hannah. **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.

Christchurch Senior Citizen Club members enjoy their Card Group on Mondays from 12.30 to 3.00pm. The Indoor Bowls and Friendship Groups meet on Tuesday afternoons from 12.45 to 2.30pm and on the 1st and 3rd Saturday of the month the Club runs an Old Time Dance. They would welcome new members. **Meet:** In the Scottish Society Hall, corner of Edgeware and Caledonian Roads, St Albans. **Contact:** Veronica on 383 4682 or Beth on 388 2375.

Darfield Senior Citizens Club members enjoyed their Christmas lunch at Coalgate Tavern and had their AGM recently. In May a trip to Hanmer Thermal Pools is planned and members will hold their Mid-Winter Christmas lunch in June. A trip to Caddy Shack City miniature golf is booked for July. **Meet:** Every 3rd Friday at 1.30pm, Darfield Recreation Centre. **Contact:** Elizabeth May on 03 318 7607.

Lincoln Area Senior Citizens enjoyed a coach tour of the Kate Valley landfill/restoration area after lunch at Fossil Point Cafe, Great Valley in April. At the May meeting the Lincoln Chief Fire and Emergency Officer, Jeremy Greenwood, spoke. In June a Hasslefree Coach Tour around Christchurch to see the post earthquake sights followed by lunch is planned. **Meet:** Tuesdays at 1.30pm Lincoln Events Centre. New members welcome. **Contact:** Theresa on 325 2449.

Papanui Senior Citizens Welcome Club members enjoyed entertainment from Ian Mac, the Spencer Duo and Rod Wilkshaw. Future entertainment will be provided by Dave Pettry, Ken Webb and Marion. **Meet:** Tuesdays at 1.30pm at Papanui RSA. **Contact:** Colleen Smither on 03 359 7738.

Thorington Ladies Friendship Club's motto is 'Fun, Friendship and Fellowship' and members look up to these ideals enjoying monthly outings, interesting speakers and great entertainers. They are a friendly club and would love new members. Just 'roll up' and you will be very welcome. **Meet:** First Monday of each month at 2.00pm at the Cashmere Club, Colombo Street South. There is plenty of parking and the blue bus passes the gate. **Contact:** Lesley on 980 2303 or Bev on 980 1365.

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**For more information
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or Sian 359 0057.**

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Waimak Dentures mobile service

A new and extremely popular service has arrived in the form of Waimak Dentures. While business owner, Bernard Kramer, has only moved to the district recently, he is certainly no recent convert to the mobile denture business. Bernard operated a successful mobile denture service in the North Island since 2002. Bernard was popular and well liked and known for his excellent workmanship, attention to detail and his caring manner toward patients in hospitals, resthomes, retirement villages and private homes. Bernard gained a reputation for being honest, reliable, genuinely caring and down-to-earth humble.

Do you need to regain that natural looking smile? Maybe your dentures are old, cracked, worn, or loose; Waimak Dentures Mobile Denture Service comes to you in the comfort of your own home. A mobile denture service is especially convenient to elderly members of the community who may find driving a challenge or have compromised mobility. While this service is affordably priced there is definitely no compromise in quality

and workmanship. There's also no extra charge for the mobile facility.

Bernard encourages his patients to participate in the choice of teeth (shade, size, shape) and is comprehensive in his explanation of the detail and process - all in simple terms enabling his clients to remain fully informed.

Since 1986 Bernard has studied and worked in Europe and Africa, before moving to New Zealand in 2001. As a registered Clinical Dental Technician, he can provide dentures direct to the public. He does everything from start to finish and also completes after-care appointments. He has the 'knack' of creating beautifully, natural looking dentures, individually made to suit each customer, Bernard only uses the best quality materials and proven technology. Bernard's motto has always been, 'the best or nothing'.

See the advertisement below for Waimak Dentures contact details and the current pricing specials, or check out the Waimak Dentures Facebook page.



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 Saturday 10am-4pm
 Sunday 10am-4pm: Lincoln and Rolleston.

Selwyn District Libraries

Selwyn District Council

Kia kōrero, let's talk advance care planning

About advance care planning

Advance care planning helps you, the important people in your life and your health care team plan for your future health and end-of-life care.

It helps you understand what the future might hold, and to say what health care you would or would not want. This makes it much easier for everyone to understand your wishes – especially if you can no longer speak for yourself.

An advance care plan includes information about what is meaningful to you, your values and the ways you would like those caring for you to look after your spiritual and emotional needs.

It can also cover what sort of funeral you would like, whether you want to donate your organs, whether you want to be buried or cremated, where your important papers are and whether you have in place an enduring power of attorney or advance directive.

Wellingtonian Cheryl Cameron has lived with Parkinson's for more than 11 years and came to the idea of advance care planning when she had an emergency visit to the hospital.

"It made me think about at what point I would want to stop medical intervention. So, I've written down

my wishes, and my husband Gary and I have shared it with our children, so that they all know my thoughts if they're confronted with hard decisions."

She says her family is very accepting of her decisions and reassured that she's thought about the care she does and doesn't want if she is ever unable to speak for herself.

When should an advance care plan be completed?

It is never too soon to start thinking about, discussing and writing down your thoughts on your health care. You don't have to complete your plan all in one go, the important thing is to make a start.

How do I do an advance care plan?

Nearly 3000 Cantabrians have made their wishes known by creating an electronic advance care plan. Most people create and share their advance care plan with support from their practice nurse or GP.

For more information about the Advance Care Planning or for a copy of the ACP template please visit www.healthinfo.org.nz (key word Advance Care Planning) or speak to your general practice team.

'The family will have my plan if they need to make hard decisions.'

Cheryl Cameron

Kia kōrero

Let's talk

Advance care planning

New Zealand Government
Plan for your future health care
www.myacp.org.nz

"Old age is an excellent time for outrage. My goal is to say or do at least one outrageous thing every week." ~Maggie Kuhn

*"Count your age by friends, not years.
 Count your life by smiles, not tears."*
 ~John Lennon

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2. Do you think that yelling at an older person could be considered abuse?
3. Have you ever noticed any visible markings of an unusual nature on an older person?
4. Have you ever noticed an unexplained change in an older person's personality?
5. Are you acquainted with an older person with whom your visitation privileges have been restricted or forbidden?
6. Do you know an older person who may appear to be anxious or frightened?
7. Do you know an older person who does not appear to be properly nourished, lacking in medical attention, or suffering from poor hygiene?
8. Have you noticed that an older person's personal belongings are missing?
9. Are you aware of any sudden changes in an older person's will, or unusual withdrawals from the person's bank account?



If you have answered 'yes' to some of the above and you have reason to suspect that an older person is being abused or neglected, you can contact, anonymously:

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The Music of Andrew Lloyd Webber



The 2018 Showbiz Christchurch concert 'Broadway Hitmen'.

Photo Wendy Riley

The Showbiz Christchurch 2019 mid-year concert builds on the success of *Broadway Hitmen in 2018* which featured some of the most popular tunes by musical hit maker Andrew Lloyd Webber and Cole Porter.

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CHRISTCHURCH

Everyday racism fuels prejudice and hate, but we can challenge it

In the aftermath of the Christchurch terror attacks a month ago, New Zealanders are grappling with difficult, albeit necessary, questions about discrimination and casual racism.

The response to the horrific attack has been heartwarming. Tens of thousands of people from different backgrounds offered support to the Muslim community and paid their respects to those senselessly killed and wounded. The response of Prime Minister Jacinda Ardern has been similarly refreshing, and has become a global talking point. This gives us hope for a better future.

But lurking behind news articles and commentary proclaiming that this is “not us”, debate is growing about what this atrocity also tells us that we have been reticent to acknowledge.

Everyday racism links to extremism

In some ways, both of these narratives ring true. On the one hand, we have bought into New Zealand’s high global ranking for tolerance and inclusion. On the other hand, New Zealand’s Human Rights Commission (HRC) and those of us who research prejudice and bigotry routinely find evidence for everyday experiences of casual racism. These experiences give extremism the space it needs to breathe.

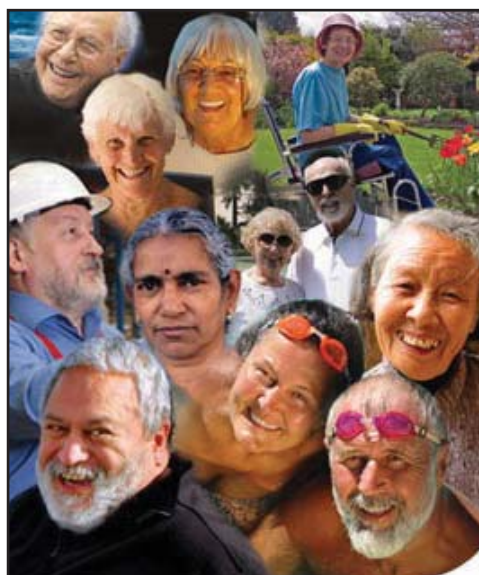
One in three of the complaints received by the HRC in New Zealand is about racial discrimination. In 2017, the commission launched a Give Nothing to Racism campaign fronted by acclaimed film director Taika Waititi.

The New Zealand Human Rights Commission launched a campaign in 2017 to highlight everyday racism.

Everyday, or “casual” racism and bigotry can appear relatively subtle or blatant. It may include comments such as complimenting someone who doesn’t fit the dominant group for being “well-spoken”, calling someone a “good” Muslim/Māori/Asian, excusing race-based jokes or comparisons as “just joking”. These seemingly benign comments are often accompanied with more blatant experiences of ethnic slurs, being told to go back to one’s country, or managers admitting they do not hire people with “foreign” sounding names (a violation of New Zealand law).

Compounded with such day-to-day experiences is research spanning decades and using a variety of tools (including neuroscience methods, reaction-time measures, and behavioural measures) to show bigotry lies on a continuum from blatant to subtle.

It’s worth mentioning, even subtle



biases contribute to negative outcomes for minority groups’ health, well-being and participation in wider society. And even subconsciously perceiving minorities as “less civilised” can fuel intergroup conflict and violence toward minority groups, as shown by decades of research

While terrorism may represent the actions by a small number of extremists, they are fuelled by social norms that allow these ideologies to take root and propagate. As acclaimed French theorist Jean Baudrillard observed in *The Spirit of Terrorism* ‘terrorism merely crystallizes all the ingredients in suspension’.

Social norms shape attitudes

This does not imply that communities are responsible for acts of terrorism, but rather that terrorism reflects what circulates in geopolitics, national politics, normative beliefs of those around us, the media and the influence of other ideological and social forces. Global context is, of course, important, but New Zealand now needs to reflect on how social norms within our own community can inadvertently promote hate and prejudice.

In Christchurch, and New Zealand more generally, extremist groups have been omnipresent for decades. Just last year, there was a white supremacist march down a main street in Christchurch that received numerous car horn toots of support. Students in Auckland have reported an increase in extremist group messaging on campus, even after the disbanding of a controversial European student association.

More broadly, data from the New Zealand Attitudes and Values Survey (NZAVS) shows that 28% of New Zealanders are willing to express negative feelings toward Muslims. Fortunately, this is where all of us may be able to contribute to reinforcing the inclusive and tolerant society we tout in international rankings.

Where to from here

Well-intentioned and fair-minded

people are often unaware of everyday experiences of members of minority groups. They often dismiss them as unrepresentative because the majority has a psychological investment in believing it “doesn’t happen here”. But such experiences do happen here as empirical research consistently finds, and these experiences cannot be undone simply through a similar number of positive experiences. People have a “negativity bias”, which means that negative events are weighed more heavily than positive ones. And if we have limited opportunities to forge meaningful close connections with people from other groups, then all it takes is a handful of negative experiences to wash away the benefits of other positive interactions and create distrust and social distancing between groups. Research shows although positive experiences are more common, negative experiences influence our attitudes more strongly.

Even as we work in increasingly diverse workplaces, our social circles tend to be fairly homogenous. Data from the NZAVS shows that as recently as 2017, 64% of white New Zealanders report that they did not spend any time in the last week socialising with someone Māori. Some 83% say the same about socialising with someone Pasifika, and 77% report spending no time with someone Asian, suggesting that

for many of us, our social networks are largely homogenous.

While this is similar to patterns elsewhere in the world, these homogenous networks create psychological distance between “us” and “them”. This also insulates us from hearing differing perspectives because minorities often fear that they will be seen as complainers if they share negative experiences in casual settings.

Instead, establishing relationships with people who are different from ourselves promotes positive intergroup contact, which is one of the most well-established approaches to reducing prejudice. Similarly, promoting social environments that encourage dialogue and cooperation, establishing common goals and providing opportunities for multicultural experiences offer some starting points for how to move forward.

At a time when the UN estimates more than 250 million people live outside of their country of birth, cultural diversity is an inevitable reality. It means we must learn to live and work together, and at the very least tolerate our differences. If each of us works to remove everyday bigotry within our immediate environment, we make it that much harder for extremist ideologies to take hold.

(Source: *The Conversation*)

Matters of the heart seminars



Join us for a FREE community information series brought to you by the Heart Foundation and Christchurch Heart Institute, and the University of Otago Research Centre.

Thursday, 1 August 2019 ‘Medications for the Heart’

Eve Tolerton, Cardiology/Respiratory Pharmacist Leader from Christchurch Hospital will discuss common medications relating to the heart, pros and cons including possible side effects, and talk about new funded cardiac medications that are now available.

At 6.30 to 8.00pm at the new Salvation Army Building, 853 Colombo Street, (Corner Salisbury Street), Christchurch.

