

Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTERBURY Vol 105: Autumn 2020



*New
dog-visiting
service,
Page 7*

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Charities Commission Number: CCC29446

FROM THE CHIEF EXECUTIVE



We can't do our work without the amazing support of our volunteers and those that support us financially – we are a charity and every bit of funding we receive, no matter how big or small – is very welcome and put to good use supporting older people.

On the volunteering front, finding enough people to be willing to volunteer their time to ensure the sustainability of our services is becoming increasingly difficult. We understand the many reasons why in today's society people are time poor.

Volunteering can, however, bring huge personal benefits to our lives.

Some of these benefits include:

- Helping to build a community
 - Meeting new people which can lead to lifelong friendships
 - Gaining new skills
 - Improving physical and mental health
 - It makes us feel good to know that we are helping others!
- Our organisation needs more help

in the area of hosting morning or afternoon teas for our clients. If you want to contribute more to your community, you will be warmly welcomed and supported. Please do make contact with Katie if you are keen to help.

I have been at many meetings recently regarding services that affect older people. Several of those are with the Canterbury District Health Board, looking at community services and mental health services. Another was with the South Island Alliance regarding dementia services. Staff at Age Concern Canterbury are often involved in these meetings – and we are always keen to hear your thoughts on any service or matter affecting older people – so please do give me a call and offer your thoughts or suggestions – so we can advocate on your behalf to ensure older people are connected, supported, celebrated and valued in an inclusive society.

I hope you had a safe and happy Christmas and New Year period, we look forward to supporting you in 2020.

Ngā mihi nui
Simon Templeton
Chief Executive

A WORD FROM THE PRESIDENT



Greetings and Happy New Year to you all. I hope that you had a peaceful and happy Christmas with family and friends.

It is summer holiday time so we all should take time to recharge our batteries for 2020. Read a book, go for a walk, enjoy looking at your neighbourhood gardens, contact a friend you haven't seen for some time or visit a neighbour and have a cup of tea. Remember that the lonely are more vulnerable at this time when their caregiver and relatives might be away and would welcome a visit or phone call from you.

We start this new decade with the news of the devastating fires in Australia. The smoke, the smell of burning and ash from there darkens our skies. It made for unusual sunrises and sunsets over most of New Zealand. Our sympathy goes out to all who have lost loved ones in their heroic efforts to put out the fires. We also feel for those who have lost their homes, businesses, stock and





farms. Closer to home we experienced the volcanic eruption on White Island and the horrific injuries suffered by those who were on the island at the time. A day of adventure turned into tragedy. Our sympathy to the families of those who died in the eruption. The recovery of the injured will be long and slow, we wish them well on their journey back to health.

At the end of November, Age Concern Canterbury hosted our wonderful volunteers at the annual lunch at the Christchurch Casino. We thanked them for the priceless contribution they make to the continuing success of Age Concern Canterbury. There were many more functions that the staff arranged to thank those who had close relations with the work that they do. I hope you all enjoyed the hospitality.

When the weather is warm you need to make sure that you have plenty to drink, water is necessary for hydration and good health. Take care, look after each other.

Best wishes
Trish Adams
President

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Keeping On

OFFICIAL MAGAZINE OF AGE CONCERN CANTERBURY (INC)

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Keeping On Advertisers - book now for advertising space in the May 2020 issue of *Keeping On*.

The deadline is Friday, 24th April 2020.

Please contact Anna-Marie on 331-7804.

Kevin Meates - a Canterbury All Black

by Mike Crean

The recent death of "Tiny" Hill leaves 90-year-old Kevin Meates as probably the oldest living All Black in Canterbury.

The flanker and lock played 47 matches for Canterbury, beginning in 1951, the same year as "Tiny". However, two broken legs limited his appearances for the All Blacks to two test matches. Both were against Australia in 1952.

Born and raised in Greymouth, Kevin first took to rugby league. His introduction to rugby union came when he moved to St Bede's College as a boarder. His older brother Bill had already been an All Black, so much was expected of Kevin. He was given a trial for the First XV. However he was very young for his class, short and light in build. He was assigned to the Second XV. The next year he was demoted to the Thirds. In his last year, though, he was promoted to the Seconds and, at last to the Firsts where he played as prop in three college matches.

Kevin proceeded to Canterbury University and joined the Marist Rugby club in 1945. It was an historic time for the club as it had been "kicked out of" the Christchurch rugby competition some years earlier. This had been caused by a row with the Canterbury Rugby Union over the fielding of a new player in a competition final. Since then Marist teams had played league instead. In 1945 they returned to union. Only two members of that year's Marist team survive, Keith Davidson and Kevin.

A growth spurt boosted Kevin's height to 6 feet 3 inches and his weight to 14 stone 12 pounds (Kevin is not comfortable with metric measurements). He played mostly as flanker until Canterbury's All Black locks Nelson Dalzell and Bob Duff retired. Then he played mostly at lock. His ambition was to be an All Black but his selection in 1952 came



Kevin Meates, Canterbury and All Black flanker and lock.

at a difficult time. His mother was ill in Christchurch Hospital and he felt misery rather than elation.

The way in which he learned of his selection could only have happened in the amateur age. Canterbury played Wellington at Athletic Park in the capital and the All Black team was to be read out at the after-match function. The selectors were having difficulties and the team list was not finalised before the Canterbury team had to catch their bus to the ferry wharf to return home on the overnight sailing. As the team left an official confronted the selection chairman, grabbed the new team list and rushed to the wharf. And there, as the players stepped off the bus, he called to each in turn: "You're in, you're in, you're not, you're not....."

Kevin's next aim was to make the All Black team to tour Great Britain, Ireland and France in 1953-54. He

played in the final trial match but suffered a serious leg injury in a clash with legendary All Black hardman Kevin Skinner.

When he was fit again Kevin reset his target to playing the 1956 Springboks. Again he had bad luck. Playing for Marist against University he broke his leg. Four of the Varsity players were doctors and they tended his injury carefully. One of the doctors was Hugh Burry who would become an All Black and later a world leader in sports medicine.

Canterbury coach Jack Rankin heard of Kevin's injury and phoned the hospital. Hugh Burry answered the call and gave the coach the bad news about Kevin. Jack's response was: "Well, if he's out, you're in". So Hugh played the Boks and Kevin watched the game from the grandstand, his leg in a heavily padded wooden box-cast.

That break kept Kevin out of rugby until 1957. Then he was selected to play for Canterbury against the All Blacks on their return from a short Australian tour. The Press newspaper that morning displayed a photo of illustrious All Black lock Nev McEwen with the rhetorical question – "Can Canterbury match this?" Canterbury more than matched it; they won. And, Kevin points out, Nev McEwen never took a single lineout ball. Who was marking Nev? Why, Kevin of course.

Kevin retired from top rugby at the end of 1957 but played for Marist in 1958 with a steel plate in one leg. He was greatly surprised when All Black selector Tom Morrison rang him late in the year to say, "We're going to need you (possibly with a view to the 1959 Lions' tour)". Kevin had an operation to remove the steel plate so he could work his way back to peak form. Sadly, the operation was a failure as the bone had grown around the plate. Kevin's rugby was over.

His life was still full, though. Married to Jean for many years, with a large family, he has had little time to regret his curtailed All Black career. The entrepreneurial businessman has been a long-time Labour supporter and worked unpaid from 1960 to 1972 helping Norman Kirk to become Prime Minister. He was at "Big Norm's" side throughout the 1972 election and is adamant that Kirk was "a truly great man".

There is much more to the Kevin Meates story. But as the stroke victim struggles to maintain his concentration after 70 minutes in his wheelchair talking rugby, I decide to leave the rest for another day.

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For a limited time we can do Home Energy Assessments for free for homes in the Christchurch and Banks Peninsula area. The thorough energy assessment looks at everything that uses power in your house. You will get a written report afterwards with suggestions that are tailored to your house and your situation including your financial situation. They will also provide information on any subsidies available (for heating, insulation or ventilation) to make your house warmer and more energy efficient. Not all subsidies are income dependent and some homes may qualify for a 92% insulation subsidy without any income testing!

If you are renting we will need permission from your landlord but we are happy to talk to your landlord and explain the assessment.



One of Community Energy Action's energy advisors discussing energy savings with a homeowner.

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and healthier at home, not to make a profit. You can trust that an energy assessment from Community Energy Action is impartial and independent and focused on your best interest only.

Don't miss out and contact us now before the busy winter period on (03) 374 7222 or 0800 GETWARM (0800 438 9276) or email info@cea.co.nz for more information or to make an appointment.



*"With mirth and laughter
let old wrinkles come."*

William Shakespeare

Audrey charmed by a Rangiora village tour



Audrey and Sales Advisor Wendy Kappler

Audrey is very happy she was tempted into life at Charles Upham Retirement Village following a complimentary gourmet lunch and tour.

Her guide on the tour was Sales Advisor Wendy Kappler who remembers Audrey as slightly hesitant to consider a retirement village.

Audrey enjoyed a wonderful lunch and was starting the tour when she met an old friend, unaware that she was a Charles Upham resident. Soon enough her expectations of the tour and Rangiora village had changed.

Audrey was no longer hesitant. Instead she could see the village offered a strong social circle.

"I came and had a look one day and, well, I was quite taken with it!" Audrey says.

She was born and raised in Christchurch, and she and her husband Kevin, a fisherman, lived in Barrhill, Rakaia. When her husband passed away, she couldn't imagine living on her own in Barrhill, and was ready for a move. Audrey says she didn't want to be a burden on her children and wanted to remain independent.

Her daughter Lynda accompanied her to the gourmet lunch and tour date at Charles Upham and the rest, as they say, is history. That was 18 months ago.

She now loves village life, being home in her serviced apartment, and the opportunities she has to get out, originally in her own car, but now has given that away, and so loves the trips out in the village van and to experience the village community.

"Everybody seems to get on well together and enjoy doing things together, which is what is so nice about here. It's not often you hear someone have a grump is it Jo?" Audrey says.

Audrey enjoys regularly using the Charles Upham swimming pool/spa or settling down with a good book in the library. The other facilities include a gym, hair and beauty salon, bar, shop, movie theatre and café.

From March 1st 2020 you will no longer be able to pay the IRD with a cheque. If you need to make a payment to the IRD after this date you can:

- Pay in person at Westpac Bank: By dropping into a Westpac bank and paying over the counter with cash or eftpos, or by using a Westpac Smart ATM. If you can access the internet, go to www.westpac.co.nz to find a Westpac Branch or Smart ATM
- Use online banking options such as direct credit payments or automatic payments. Many banks offer a dedicated tax payment option
- Pay online through Inland Revenue: - By making credit or debit card payments at www.ird.govt.nz/pay - By making direct debit, debit card or credit card payments at myIR online services. Login or register for myIR at www.ird.govt.nz - Make an overseas payment by using a fees-free money transfer service. Search for "make a payment" at www.ird.govt.nz To help you find a payment option that works for you talk to your bank about the options they have, visit www.ird.govt.nz/pay or talk to your tax agent.





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Dogs really can chase away loneliness

by Lauren Powell and Emmanuel Stamatakis (University of Sydney)

Feeling lonely? A dog may help. Our research confirms what many dog owners already know: dogs are great companions that can help you to feel less lonely.

Cuddles and slobbery kisses, meeting other dog owners in the park and a general lift in mood all likely help.

But our study, published recently in BMC Public Health, found dogs didn't affect psychological distress, the type seen in depression and anxiety.

Why are we studying this?

Almost two in five Australian households own a dog. And although most dog owners will assure you, in no uncertain terms, their dog is a source of sheer happiness, scientific evidence is lacking.

Most previous studies have compared the mental well-being of dog owners to non-owners at a single point in time. The problem with these studies is they cannot tell if dogs actually make us happier, less lonely or less stressed. They also cannot tell us if dog owners are simply in a more positive state of mind in the first place.

So, in this study, we measured mental well-being at three points in time: before owning a dog, three months after owning a dog and eight months after owning a dog.

What did we do?

Our study, known as the PAWS trial, involved 71 Sydney adults who were separated into three groups:

- * people who bought a dog within one month of starting the study



- * people who were interested in getting a dog in the near future but agreed not to get one during the study, and

- * people who had no interest in getting a dog.

People filled out surveys to measure their mood, loneliness and symptoms of psychological distress at the three different time-points. We then compared the mental well-being of the groups at the beginning of the study, to the mid-point and to the end-point.

Here's what we found

New dog owners felt less lonely after they got a dog compared to the other two groups. The effect happened quite quickly, within three months of acquiring a dog. There was no further decrease in loneliness between three months and eight months.

We also found some evidence that dog owners had fewer negative

emotions, such as nervousness or distress, within three months of getting a new dog but this finding was not as clear cut.

We found that symptoms of depression and anxiety were unchanged after acquiring a dog. Maybe the dog owners in our study already had low levels of psychological distress before they got a dog, so dog ownership didn't lower these levels any further.

What does it all mean?

There are lots of possible reasons dogs can help to lessen feelings of loneliness. We know having a quick cuddle with a dog boosts people's mood in the short-term. Maybe daily dog cuddles can also boost the owner's mood in the long-term which could help to lower feelings of loneliness.

Dog owners may also meet new people through their dog as people

are more likely to talk to strangers if they are accompanied by a dog. In our study, dog owners also said they had met new people in their neighbourhood because of their dog.

So far, there have only been two similar studies to look at mental well-being in new dog owners, one of which was conducted almost 30 years ago.

Of these studies, one found dog owners had fewer symptoms of psychiatric disorders after they acquired a dog. The other study found no difference in loneliness after people brought a new dog home.

Dogs may also improve our physical health, by reducing blood pressure, improving cardiovascular health and increasing the amount of physical activity their owners perform. But, as is the case with mental well-being, the scientific evidence is still limited.

So, what happens next?

One of the things our study cannot determine is how dogs affect men's mental well-being. By chance, all the new dog owners in our study were women. So, we don't know whether dogs affect men's mental well-being in a different way to women.

Our next step is to look at mental well-being in a much bigger group of new dog owners to confirm these findings. A bigger study could also provide more insight into the relationship between dog ownership and mental illness, such as depression and anxiety.

(First published in *The Conversation*)

Keeping fit as we age is important

Keeping fit when older is important and takes more effort the older we get. Fifty per cent of those over 75 are sedentary (sit most of the time) and 25% of those over 85 aren't active

at all. Habitual activity makes up a large part of all activity. Housework makes up more than half of an older woman's activity.

As we get older, fitness is more

important than weight, so relax about your shape and concentrate on fitness.

So how fit are you?

What walking distances can you comfortably do?

- walk across the road
- walk around the house
- walk in your garden
- walk in the street – one block
- walk in the street – two blocks
- walk more than four blocks

Being unable to walk round the block is one indicator you have an increased risk of falling.

Test your fitness with the "Get up and go test" – using a dining chair.

Record how long it takes you to stand; walk three metres (10 feet); turn; walk back; sit down again.

After a month of exercising, test yourself again. A change more than four seconds can indicate a change in the level of mobility eg six seconds slower indicates slower/less confident mobility or six seconds faster indicates stronger/more

confident mobility.

Below are some moderate intensity realistic exercise ideas for you to improve your fitness:

- a brisk walk.
- an exercise class e.g. our Arthritis exercise class!
- treading water in a pool with moderate effort.
- an active game with grandchildren
- sweeping, vacuuming, mopping floors.
- washing the car – with gusto!
- gardening - mowing, raking and digging.
- washing the dog!!
- parking further away from the shops and appointments and walking.
- using a walk as a social occasion.
- walking to visit friends rather than driving.
- biking – it's often quicker than a car!
- putting your phone and remotes a little distance away from your chair so you have to get up.

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New dog-visiting service to start



Pictured are our first three visiting dogs Greta, Toby and Rosie, who along with their owners will trial the new service in February.

Age Concern Canterbury is to start a new pet-visiting service and is currently recruiting dogs and their owners for this companionship programme.

The organisation recognises that loneliness and social isolation can adversely affect an older person's mental, emotional and physical health and research in New Zealand shows that many people demonstrate great health improvement through interaction with animals.

The new visiting service is designed to assist in the reduction of loneliness and isolation for elderly Christchurch people living in their own home, by having a visit from a volunteer and their pet.

As with all Age Concern Canterbury services all volunteers (human and animal) will be thoroughly vetted.

Everyone wins with this service

- People look forward to a dog visit and feel energised and comforted afterwards

- Dogs love being patted, cuddled and talked to, often responding by gazing at the person as if listening carefully to what is being said. Many dogs are also playful and mischievous

- Dog owners love to observe the pleasure their pets bring to others.

A dog visit can have a profound effect for the elderly homeowner if they enjoy the company of dogs.

It is planned to vary the visits and build up a relationship with the eventual possibility of a dog walk with client and dog owner and the visit may even extend to personal time with the dog and client without the dog owner present.

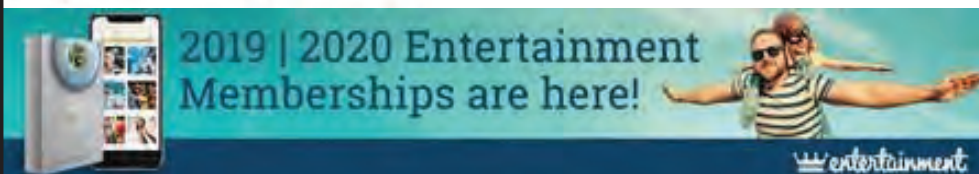
If you would like a visit from a dog and their owner, please contact Beverley Mason on 366 0903.

We are also interested in hearing from anyone who owns a dog and is interested in becoming a dog visitor volunteer.

AGE CONCERN CANTERBURY FUNDRAISER



Entertainment books available through Age Concern Canterbury. Contact Peter Gwynne on 03 366 0903.



You've got a friend

Companionship is at the heart of the Driving Miss Daisy service. It's the relationship that develops between our Daisy drivers and their clients that makes our business so rewarding.

Now celebrating 10 years of business our clients are evolving with how they use our service, which is a direct result of the companionship that is unique to the Driving Miss Daisy Service.

The business originated to empower the elderly, to give you the freedom to live independently by offering a companion driving service that would be reliable, trusted and affordable. We saw how the elderly could still "be in charge" as they went about their daily errands of shopping and being on time for appointments knowing one of our Daisies would always be by their side.

Today people ask what has changed in 10 years. Well, we are now successfully operating across the country with over 250 fabulous

Daisy cars on the road.

We are very grateful to the many who have supported us like ACC, NZTA and numerous Regional Councils who accredited us under their Total Mobility Scheme, which provides half price fares up to certain limits on numerous trips for many of you on our service.

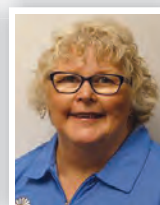
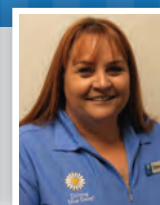
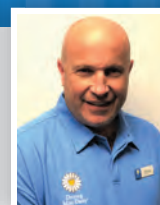
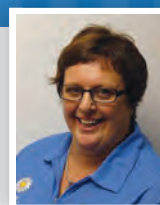
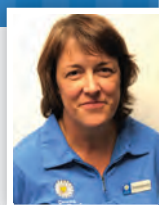
However the biggest change we are seeing are the Daisy Experiences.

Every aging expert especially those involved with dementia are in agreement that maintaining our social networks helps maintain not only our physical health but helps reduce the risk of depression.

Daisy Experiences offer endless possibilities. From trips to revisit places we once knew so well, to a drive in the country, to getting friends together for an event or simply just getting out and about, it's all good for you.

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So you're retired. Have you thought about volunteering?

So you're retired. You've said hello to slow mornings lingering over breakfast and the paper (on a tablet?) and leisurely days at the golf club or fishing. You head away for a couple of days mid-week and meet friends for long lunches any time. Your garden loves the extra attention. But is the novelty of the empty day planner wearing off? If so, perhaps it's time to consider volunteering. Volunteering for a not-for-profit organisation such as Presbyterian Support offers enormous benefits, especially for retirees, and it barely makes a dent in the week. Here's what some of our volunteers say about the benefits they receive:

- A way to give back: When Robert was still a busy farmer he promised himself that one day he would give back to his community. Now, as a semi-retiree, he has mentored four young people, taking them on the outdoor tramps and adventures he loves while they spend time with an awesome male role model.
- Continued learning: An ex-railway man, Simon's retirement was getting under his wife's feet till she thrust a volunteer ad under his nose and said, "that's your job". Now Simon transports seniors experiencing dementia between home and their Enliven day programme. Before taking on the role Simon researched all he could about dementia so he could treat his clients with care and skill.
- New social connections: Health issues meant Shane could no longer work as a painter/decorator. Itching to get out of the house, he signed up



After the novelty of retiring has worn off volunteering could be an option.

as a volunteer at the Presbyterian Support day programmes. He's made "many, many friends" and of volunteering says, "Just do it. You'll get far more out of it than you put in – even if the people you're helping need it more than you."

- A sense of purpose: When ill health ended Alasdair's career as a dairy farmer he was devastated. But volunteering for Presbyterian Support and other organisations gave him new purpose. He volunteers as a minivan driver as often as he can and his advice is the same as Shane's: "Just do it. You've got nothing to lose and everything to gain."

If you'd like to learn more about volunteering for Presbyterian Support in your retirement, visit www.psuffersouth.org.nz/volunteer for ideas and to register your interest. Alternatively, call 0800 477 874. We'd love to hear from you!



My Book Club recommends

As most book clubs were only getting back together after a Christmas break at the time of printing, we have called on the expertise of staff of the Book Discussion Scheme to recommend a title for this edition.

'The Book Woman of Troublesome Creek' recommended by Barbara Brown.

In a few words

A novel that captures the imagination and the heart — it is based on the Pack Horse Library Project, set up in rural Kentucky during the Great Depression.

Great for

All readers, but particularly those who enjoy historical novels based on true events.

Why I love this book

This book was inspired by two real events: the blue-skinned people who once lived in rural Kentucky; and the Pack Horse Library Project, set up to support isolated and poverty-stricken people in Kentucky.

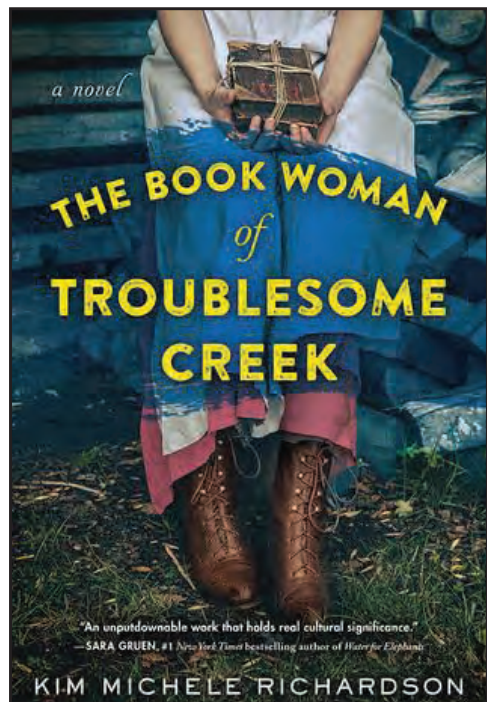
Our book woman is Cussy Mary Carter, a 19 year old, blue-skinned librarian from Troublesome Creek in Kentucky. She lives with her widowed father and has a job delivering books and other reading material to the isolated people in the Appalachian mountains — from the back of her mule, Junia.

Cussy Mary loves her job and the reader comes to love Cussy Mary as she travels the back roads on Junia, delivering reading material to people with little or no money and very little education. With her blue skin, a rare genetic condition, Cussy faces discrimination and hatred from many people, but she is also loved by the people she helps.

This book has a bit of everything: history, extreme poverty, superstition, bigotry, discrimination, romance, medical testing and the joy of reading. Highly recommended.

My one criticism would be

The book starts slowly and has an abrupt ending, but what's in-between



is really special. It makes the reader appreciate the many things in life that we take for granted.

Read more about *The Book Woman of Troublesome Creek* by Kim Michele Richardson in the catalogue or login to add it to your book list.

I also recommend

The Widows of Malabar Hill (Fiction) by Sujata Massey

Parveen Mistry is a young female solicitor working in her father's law practice in Bombay in the 1920s. An engaging and original detective story set in a fascinating period.

The Cause of Death (Non-fiction) by Dr Cynric Temple-Camp

The author is a New Zealand pathologist based in Palmerston North. He discusses various cases he has worked on, including the Lundy case. Written in a chatty style, it's extremely interesting.

Book Discussion Scheme (BDS) provide enough copies for your club to read the same book at the same time, as well as professionally-prepared discussion notes. Membership starts from \$65 per person for a year's membership and includes delivery.

Find a book group to join (or advertise your own) at www.bds.org.nz/join or email bds@bds.org.nz to request an information pack.

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Should over 70s get to vote?

by Dr Doug Wilson

It was Brexit that triggered the too old at 70 debate once again.

The decision in 2016 to leave the EU was supported by close to 52% of the population, but the regional and age discrepancies between leave and remain were dramatic.

Of the 18 to 24 age population 70% wished to remain in the EU.

The 24 to 49 age cohort were strongly in favour of remaining at 64%.

In contrast, for the 65 and over population, 60% wished to depart.

Their numbers pushed exit over the line. If there is one group to blame for waving goodbye to the EU it is older citizens.

These age discrepancies triggered angry cries that the wrinklies have sold the young ones' future down the road. It was viscerally felt that pensioners would experience little impact from these decisions, but had forced the impact of leave into a huge mess for the kids to clean up over subsequent generations.

Such a view of mess is reinforced by ongoing political events of today.

There is no question older people in Britain, from a cocktail of fear of change, distrust of immigrants and foreigners, and nostalgia, preferred fortress Britain to the cosmopolitan world of Europe.

But the young didn't help themselves as their voting turnout in the 18 to 34 age group was 64%, contrasting with 89% of the 65 and over group. Power to the older citizens.

They knew that they needed to get out to save their world.

In 1970 a Californian University professor, Douglas Stewart, gently floated disenfranchising voters from the age of 70.

He suggested that allowing the old to vote made no sense as the consequences of their voting behaviour frequently neutralised the wishes of younger populations who are having to live through the future world impacted by significant political decisions.

He suggested that it was not uncommon for older voters to disagree with government spending on infrastructure like roads, bridges and rail, and other long-term developments. The implication of some of these negative decisions might last for decades, even generations.

In the 1960s a detailed light rail plan was prepared for Auckland, strongly fostered by the mayor at the time Mr Dove-Meyer Robinson.

However, a coalition of conservative city councillors tossed the creative solution out, and central government abandoned ideas of providing funding.

The consequences have been close to 60 years of gridlock before public transport in the city can reach the minimum required for a city of its size.

Alternate views are that voter diversity is essential to ensure that serious political decisions are carefully thought through, and the wisdom of age can modulate the extravagance of youth.

This is particularly relevant when technology is changing so fast.

These changes present the younger citizens with far greater competence to understand the implications of technology changes, while older people and pensioners frequently struggle to learn a new language of the world.

Voting decisions can be made on the basis of insecurity and ignorance, while creative opportunities of critical importance might be left and ignored.

New Zealand and Australia have both had histories of pioneering electoral law. New Zealand was the first country to give women the vote in 1889, and Australia is one of the few countries that advocates compulsory voting. In both instances the actions were to broaden the voting franchise, and support the unalienable right to vote. Belgium has had such a system for many years. Many States of United States have restricted franchise rules, which can limit citizens' opportunity to vote. In both New Zealand and Australia the laws and the systems promote voting rather than struggle to find way to gerrymander the system.

So the concept of no votes for grannies is pretty much dead, especially as many politicians are

themselves aged in the 70s and 80s. Particularly this is so in the American Congress. The powerful neutralising event of the younger community not bothering to vote, has largely undercut the arguments for limiting voting by the age of 70. Or in fact at any age.

There has recently been a satirical advertisement which is viewable on You Tube, entitled Don't Vote. This entertainingly has a group of obviously senior citizens using antagonistic, dismissive, and even offensive language advising, and encouraging young people not to vote, so they won't disturb any impending lolly scramble that especially enriches older people. For many individuals in the USA, the huge recent tax cuts, essentially further enriching the wealthy, while at the same time massively increasing the long-term debt, is a trigger for this type of humour.

One idea would be to set up an upper Legislative House for the 70 plus community, were they disenfranchised.

This could be a Colloquium of Kaumatuas to deliberate on matters of deep interest to seniors.

At intervals this august elderly group could submit wise and thoughtful reports to Parliament, for the MPs to deliberate and comment sagely on the wonderful value of the wisdom of the old. But maybe not.

While a debate about the quality of citizen input into the political world is legitimate, at the same time the information on which decisions and advice are made is increasingly trashed by the disruptive effect of social media, and noisy politicians

who understand that, if they repeat a pronouncement loudly and often enough, even if it's completely wrong, many people will still accept it as fact, agree and act accordingly. So some discussion about our political process is valuable.

It's always changing, and history reminds us that past flaws and failures have not disappeared as we learn more, just that today's tribalism can heighten the antagonistic energy that we commonly see in political debate.

It is perhaps this area where the wisdom and tolerance of older people may count for much more. Hopefully!

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. His background as a physician, a scientist and a developer of new drugs, means 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 be golden years, not tarnished, confused or stressed years.

Doug works as a consultant for Ryman Healthcare.

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Mulberry - more than a fashion handbag

by June Peka

Mulberry is much more than a fashion handbag or a trendy paint colour. In fact it's so real it's been around almost forever, known in the botanical world as *Morus*.

My maternal great-grandparents planted their *Morus Nigra* in Petone in the late 1800s. Eight metres tall by the time I was of climbing age, its boughs spread the width of the backyard. My mother cried for the family history lost when the tree was felled in 1951 to build a lolly factory, but my grief was for the silkworms whose golden thread we wound around stubby sticks in the hope we would weave a magic carpet. (We didn't know then, that nine trees are needed for the grubs to make one pound of silk!)

Over the years I've spotted only five really big trees in Christchurch - with two of those since falling to earthquakes and development, so eventually we planted our own 20 years ago.

We chose *Morus Alba Pendula* - a dwarf (now three metres) ideally



suited to the suburban section. While not festooned with the huge, sweet-but-tart berries of my childhood, our weeping mulberry has been a copious cropper of smaller, juice-packed fruit since its second season. *Alba*, meaning white, does not refer to the colour of the berries at maturity, but to the buds they form from. To me, the berries when purple have optimum flavour, while others might prefer the acidity of the dark red berry or the sweetness of the really black *M.nigra*.

It's not a fussy grower - being

tolerant of drought, pollution, poor soil, and cooler temperatures. Planted in a sunny spot with good drainage, it will thrive with minimal feeding. Self and wind pollinating, the smaller varieties need only a little pruning every two or three years to reduce overcrowded wood.

Although native to Asia, the mulberry features significantly in European history. In the 'Satires of Horace' it is recommended the berries, a favourite at bacchanalian feasts, be picked just before sunset for 'a most pleasurable experience'.

Pliny dubbed it 'the wisest of trees', in reference to it seldom being caught out in a late frost, and Pyramus and Thisbe were said to have been slain in the shade of a mulberry tree - their blood thenceforth contributing to its colour. Mosaics of both tree and berries were revealed in the excavation of Pompeii.

Vincent van Gogh painted probably the artworld's most recognisable tree, near the asylum in Saint-Remy. Like Janet Frame's unruly hair, Vincent's large tree flails wild and autumnally orange in a field of dried grass, beneath a thunder-threatening sky.

I'm pleased our own orderly little model is more the bush of the nursery song and am happy to tell you a secret. Woodham Park and Orton Bradley Park each have a very elderly tree deserving of great respect. They're bearing right now (Feb/March) so if you take the grandies to taste this food of the gods, ask them to keep their feet on the ground please.

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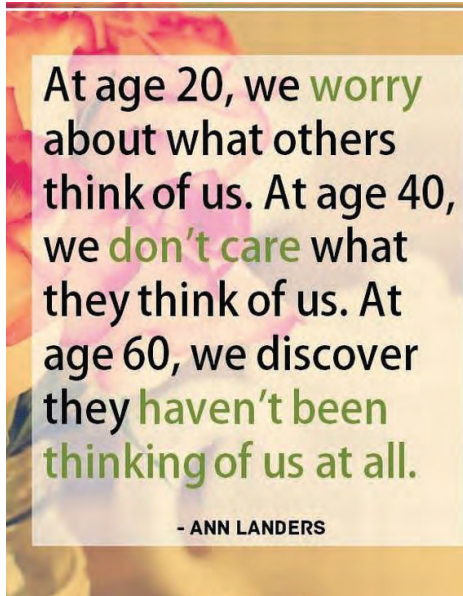
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The Duchess who came to dinner

Last year (22 November 2019), the Senior Chef team had a very special sous chef – namely, Her Royal Highness, the Duchess of Cornwall. Her Royal Highness included the visit to the Senior Chef programme while Prince Charles travelled to Lincoln University as part of their third joint visit to New Zealand. Christchurch was the third stop on their tour.

Her Royal Highness also launched the new Senior Chef cookbook – Easy Recipes for One or Two at an event after the cooking session. Pegasus Health Senior Chef Coordinator Wendy Scanlon invited Her Royal Highness on stage where she launched the book.

Wendy said Senior Chef was all about connecting the community, combating loneliness and providing older people with a new sense of purpose.

Her Royal Highness said she was delighted to be invited to the event.

"It's a real pleasure to be for once surrounded by people my age. I'm feeling a lot better and I'm so impressed by everything you're doing here."

She particularly applauded the work the Senior Chefs were doing.

"I do think it is so important as you grow older to be able to cook ... I think this school will re-energise older people to like cooking again and eating good food for your body



Her Royal Highness, The Duchess of Cornwall, makes a meal with Senior Chef participants and Karen Ogg, Senior Chef Coordinator (Photo by Amy Driver)

and your mind is vitally important as you get older."

Her Royal Highness was gifted her own copy of the cookbook and an apron.

Active Ageing is a key focus of Her Royal Highness' work. The fact that she included the Senior Chef session and recipe book launch on her itinerary is high praise indeed – and

certainly endorses Pegasus Health's shared goals of helping older people stay active and engaged and to support their independence.

Senior Chef is a free programme jointly funded by the Canterbury District Health Board and Pegasus Health that supports older people living alone or with one other person, to live with better health, through practical cooking skills, meal planning, budgeting, shopping tips and good nutrition. It also provides social interaction and encourages people to get out and about, therefore countering loneliness. The programme to date has had over 2500 participants.

You can find out more about Senior Chef at <http://www.seniorchef.co.nz/> and see page 27 for more information about the Senior Chef cookbook.

GPSOS provides safety, security and peace of mind

With its technology revolutionising personal monitoring and safety, the Kiwi company GPSOS is becoming the go-to name for those who want to feel safer wherever they go.

With 24/7 personal monitoring and a rapid link to emergency services just a button push away, GPSOS technology is beneficial to older people, particularly those who may live alone or have health issues.

"Friends and families of older citizens take great comfort in the fact that their loved ones are in safe hands with GPSOS", says Chief Operating Officer at GPSOS Scott Lee.

"This technology provides them with greater independence, and the ability to get out and enjoy life with the knowledge that if something does go wrong, GPSOS is there," Scott says.

"My grandfather once fell in his bathroom and couldn't talk to anyone as the base unit of his monitoring device was in the lounge, he lay there for over an hour with no one to reassure him it would be ok. I am proud of this technology, where you can have a very clear two-way conversation whenever you're in cell phone coverage and it can trigger an alarm automatically if you fall."

There is a 75-year study done by Harvard University that stated the key to happiness is the connections we form with other people throughout our lives.

"With this technology you can go to the movies, the supermarket, the RSA or bowling club and get the connection you want."

"GPSOS provides the opportunity

for people to live their best life in their later years and while we lose some things as we grow older, we don't

have to lose our independence."

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SENIOR CHEF

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

Immunisation for older people

Free vaccines to protect against influenza, shingles, tetanus and diphtheria.

As you get older, you become more vulnerable to some infectious diseases. Free immunisation is offered from 65 years onward to protect against: tetanus; diphtheria; influenza and shingles.

Tetanus (or lockjaw) is a serious infection caused when bacteria that live in dirt and dust, enter the body through a cut or wound. Tetanus causes muscle stiffness, painful spasms and sometimes death. Tetanus is more likely to be fatal in older people. Diphtheria is a serious bacterial infection of the throat that can close off the airway. It can also affect the heart and nervous system and cause death.

Because of immunisation, diphtheria is now extremely rare in New Zealand. However, it can still be brought back into the country through travel. Combined tetanus and diphtheria vaccine is recommended when you reach the age of 45 years

and again at the age of 65 years to boost the immunity you received as a child. The vaccine is free, but your general practice may charge a small fee to give the injection.

Influenza (or the flu) is a serious illness that can sometimes be fatal. People of any age who contract the flu can end up in hospital, but it's more likely if you're older or have an underlying medical condition. Influenza can make existing medical conditions such as asthma, emphysema or diabetes, a lot worse. The Influenza vaccine is free and recommended every year from age 65 years onward. Every year around 400 New Zealanders die from influenza.

Shingles (or herpes zoster) is a painful rash affecting a particular nerve. It's a long-term effect of chickenpox that can occur many years after a person has recovered from the initial disease. It can affect anyone who has previously had chickenpox and it's more common in older people. Shingles usually



lasts 10-15 days and can cause scarring and loss of vision if it affects the eyes. One of the most serious complications, particularly among older people, is nerve pain that lasts long after the rash has disappeared. About 1 in 3 New Zealanders will get shingles in their lifetime. Shingles vaccine is free at age 65. Until April 1st 2020 anyone aged from 65 to 80 years is also eligible for a free shingles vaccine.

How effective are the vaccines?

Immunisation significantly reduces the chance that you will catch these diseases, but does not provide total protection against any disease, including influenza or shingles. Immunisation is strongly recommended by Health Professionals as it may still reduce the severity of the disease. Although the effectiveness of immunisation reduces as we get older (because our immune systems become less effective at fighting disease with age), immunisation is still one of the best ways to help protect against several serious diseases.

Where do I get immunised?

Free immunisation against these diseases is available at your general practice. Many pharmacies also provide free influenza immunisation to those aged 65 years and over. If you spend time with babies and young children or are likely to spend time with young grandchildren in the near future, you might also want to talk to your Doctor or nurse about how immunisation can protect you and your family from other infectious diseases, like whooping cough.

Four Key Points

1. As you get older, the protection from earlier immunisations can begin to wear off.
2. Free immunisations for those aged 65+.
3. Protect against influenza, shingles, tetanus and diphtheria.
4. It's safe to receive all three vaccines together.

(Source: Immunisation for Older People leaflet www.healthed.govt.nz)

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Thomas says from experience

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It is important 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, and blood pressure & cholesterol problems. It is very important to obtain a well-balanced nutritional diet to manage these conditions with medication.

Good aesthetics in dentures are also paramount as they contribute significantly to each individual's confidence and psychological well-being.

"Dentures, especially with full plates, not only restore your missing teeth, but support a big portion of the facial features like the areas around your lips, cheeks and the lower jaw. This determines the profile of half your face. With the right expertise customised dentures, designed with each individual's measurements in mind, can greatly improve and enhance your appearance and provide adequate support to correct the facial height and the jaw-line. This can help restore the youthful look back into your smile."

At Merivale Denture Clinic, Thomas, with his specialised expertise and friendly down-to-earth manner, provides only the finest quality customised dentures to help all those in need. This improves the ability to eat, talk and smile with confidence, enhances physical and psychological well-being and ultimately improves each individual's quality of life.

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Age Concern Canterbury can undertake assessments to test your eligibility and organise the Total Mobility card for those approved.

Please contact us on 366 0903 for further information or for an assessment appointment.



Darwin, the Top End

by Mike Crean

Australia's Northern Territory capital of Darwin is tropical. Rain seems frequently and humidity is high. Temperatures soar. Locals call it the Top End. It could be called the Hot End.

My first impression of Darwin, stepping down from a plane, was the sweltering heat – even at midnight. I was whisked to an apartment near the top of a tall building to catch some sleep. But sleep was hard to find with a weird gallery of live exotic creepy-crawlies watching from around the walls. After dozing a little I rose before 6am and went outside for a walk.

Signs along the waterfront warning of deadly saltwater crocodiles emerging from the waves persuaded me to cut my walk short. Darwinians must be tough, I thought, seeing carpenters and navvies heading for their daily toil on a large building project wearing nothing more than shorts and boots.

My trip was funded by Northern Territory tourism people in return for publicity to boost visitor numbers. After breakfast I was picked up by Pat who was to guide me and four wealthy-looking Americans on a luxury three-day, four-wheel-drive "safari" through Kakadu National Park. Pat was a plucky, white Zimbabwean. Unusual, I thought, for a Zimbabwean to guide tourists in Australia.

On the map Kakadu looks close to Darwin. On the road it is about three hours travel. For most of that time the road is bordered on both sides by bush with numerous tracks leading into the forest. Pat explained they led to abandoned airfields built in World War II for American and Australian air force bases when the Japanese advance on Australia was threatening.

Pat said Darwin had been extensively damaged by Japanese bombing raids. Poor old Darwin had hardly finished rebuilding when disaster struck again. Cyclone Tracy flattened the city in 1974. Now bigger and better it stands as a signal to earthquake-smitten Christchurch on how to run a rebuild.

If we had stayed on the first road we might have reached Alice Springs a couple of days later. Instead we swung left at Pine Creek and stopped at a traditional Outback pub. Then it was on to Kakadu.

A highlight was a hike up a mountain track to see ancient Aboriginal drawings on rock walls. Athletic Pat strode out while we tourists struggled to keep up. Small



lakes beckoned every few minutes. Little freshwater crocodiles inhabited them but Pat assured us they would scuttle away. I didn't believe him and refused to take a dip at the first lake. At the second, with the temperature about a thousand degrees, I almost gave in. At the third I thought, oh well, you only die once, and plunged in, clothes and all.

The views were magnificent. Best of all was at the largest of the lakes with a sheer cliff-face behind it. Parts of a Crocodile Dundee movie were filmed here. I stayed out of the water.

By night we dined under the stars, but not before the half-hour downpour that soaked us gloriously each day from about 4.15pm. Then, with the

air cleansed, the table was set with candles, crystal and elegant crockery. This was "fine dining" in the jungle, with a sumptuous meal presented by our Aboriginal chef who arrived each day with a mobile kitchen. I discovered the world's most delicious fish, locally caught barramundi.

In the twilight our tents were pitched and not even the thought of snakes wiggling in to join me could keep me from sleep.

At the town of Jabiru we boarded a boat for a cruise up a billabong. There, eyeing us sullenly from the banks, were large saltwater crocodiles. Occasionally one would menace its way into the water. We would watch to see where it might surface, and to

check that our boat was not made of plastic.

Our last drive was to a broad expanse of semi-desert. Countless termite mounds, rising above 3-metres, dotted a landscape like a fantasist's nightmare. Further on packs of wild horses (brumbies) strutted around like royalty.

Back in Darwin I took a sightseeing ride. The city looked clean and orderly, if not outstanding. The Cyclone Tracy museum was interesting. A moving sight was the former prison, a building with thick stone walls which had proved impervious to bombs and cyclones. Looking in the cells I wondered how convicts could have survived. The low roof would have required inmates to stoop. Ventilation was almost nil. How brutally the evil and unfortunate were once treated.

Later, as our plane taxied towards take-off, I was reminded of Darwin's proximity to Australia's politically unstable neighbours. The plane stopped and the captain announced we would have to wait a few minutes for an incoming air force Hercules. Darwin still has a strong military presence and civilian aircraft have to give way.

No sweat. Our plane had good air-conditioning.

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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.

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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.

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Trusts Act 2019 - time for a review

In New Zealand, it is estimated that there are some 300-500,000 trusts currently in existence. It's no surprise that, with 2 degrees of separation, if you don't have a family trust yourself you'll probably know someone who does.

The Trusts Act 2019 was passed into law in July 2019 and comes into effect in January 2021. The new Act now includes common law principles built up over years of court decisions. While there are many new provisions the main ones that will be of interest to trustees are the setting out of the mandatory and default duties of trustees, the core documents to be held by trustees and the information that is required to be provided to beneficiaries.

Trustees are required to know the terms of the trust and act honestly and in good faith in accordance with the terms. While this was always expected, it was not set out in the Act before and so possibly not understood by people when they agreed to become a trustee on a trust.

All trustees must hold copies of the core trust documents, the Trust deed and any variations made to the Trust deed, and at least one trustee must hold all the trust documents, including records of assets, minutes and financial records.

Giving information to beneficiaries is required in the new Act and this may possibly pose the biggest challenge for many settlors and trustees. Many family trusts were set up with the definition of beneficiary including the settlors, their children and grandchildren along with partners, nieces and nephews among other groups. It is likely that it was never intended that many of these beneficiaries would receive a benefit under the Trust and in some cases even the settlors' children are not aware of the existence of the Trust.

The new Act includes a presumption that basic trust information must be made available to every beneficiary. Basic trust information includes that the person is a beneficiary of the trust, the names and contact details

of the trustees and to advise the beneficiary that they have a right to request trust information. Trust information that may be requested includes any information regarding the terms of the trust and the trust property. However this presumption is qualified by considerations trustees may take account of in deciding what, if any, information to give.

The 18 month delay before the Trusts Act 2019 comes into effect allows time for settlors, trustees and

advisors to familiarise themselves with the changes and requirements and review their trust to ensure it is currently fit for its intended purpose and will continue to be fit once the new Act comes into force.

At Harmans we have a team with specialist knowledge available to provide you with legal advice about your trust. You can contact Phillipa Shaw at Harmans on 03 352 2293 to arrange an appointment to discuss this.

Changes to the Trusts Act

Hear Harmans' Lawyers discuss the issue here at Age Concern Canterbury, 24 Main North Road, Papanui on Wednesday, 25th March 2020 at 1.30pm

Light refreshments will follow the discussion.

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



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www.harmans.co.nz

CAN YOU IDENTIFY ABUSE TO THE ELDERLY?

Try our quiz and challenge your ability to recognise the signs and symptoms of elder abuse.

1. Do you know any people 65 years of age or over?
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:

**Phone (03) 366-0903
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Age Concern Canterbury benefits from residents' generosity



Summerset Cavendish Village Manager, Stephanie Meehan joins Activities Co-ordinator, Anna Childs in presenting Simon Templeton with a cheque for \$2657. The money was raised by residents at the village throughout 2019.

Residents of Summerset Cavendish Retirement Village made a generous donation to Age Concern Canterbury in December after a year of fund-raising.

Activities Co-ordinator Anna Childs said the 134 residents chose Age Concern Canterbury as their charity at the beginning of 2019 and undertook activities throughout the year to raise \$2,657.00 in support of this organisation.

Weekly raffles at Happy Hour, sausage sizzles and a spring fair in November where residents ran stalls, including selling items made by the Village Knitting and Sewing Group, all contributed to the total.

Summerset Cavendish is just two years old and the fundraising drive also doubled as a great team building exercise for the residents.

"There were only about 40 residents at the beginning of the fundraising so the effort has been amazing," said Village Manager Stephanie Meehan.

Age Concern Canterbury's Chief Executive, Simon Templeton, said his organisation is extremely grateful for the donation.

"Every dollar we receive in donations is used to support older people in our community and it's great that this work is acknowledged," Mr Templeton said.

Arthritis pain relief that works in minutes

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

After launching this exciting product in December 2016 at the New Brighton Mall Market we have had reports of huge successes from folk who took the opportunity of the offer of a free trial at our stall. The rub has been used for all manner of aches and pains including various forms of arthritis, fibromyalgia, psoriasis, crps and eczema.

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

You can purchase this online, by visiting our website www.florentinegold.co.nz or email us at info@florentinegold.co.nz.

Alternatively you can visit us at our stall at the New Brighton Mall Market on Saturdays between 10.00am-2.00pm. We would love to see you there.

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

* Excellent for sensitive skin, no harmful additives.

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

* Not tested on animals.

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

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

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

"I was fortunate to come across the joint lotion at New Brighton Markets in Christchurch. I was walking unsteadily because of knee pain and weakness, and steps on and off the bus were a challenge. I was offered a trial right away and put on the lotion as directed, then off I went. Within 15 minutes I climbed two flights of concrete steps to the pier without needing to hold the rail and with little discomfort. Absolutely wonderful!

I have also applied the product to my scalp and have the psoriasis under control. This is amazing after decades of problems and no result from other products and prescriptions. I am passing on the good news to family and friends without hesitation. I encourage anyone with joint or skin problems to try these products which bring most remarkable relief." **Genevieve Grainger - 2017 Christchurch**

"I have suffered from lower back degenerative disc pain for 7 years, tried multiple other avenues for relief but nothing has worked like this amazing pot of 'gold'! The relief I have obtained from Florentine Gold Body and Joint rub is profound and I will be a long term customer, my mum is also getting amazing relief for her bad knees, it is a must try for any pain and inflammation in my opinion and Phil and Josephine are just lovely to deal with also." **Delena 8th May 2019**

(A)

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‘Uncle John Watson Resident Magistrate’ by Colin Amodeo

Uncle John Watson Resident Magistrate

An anatomy of a small colonial outpost
in mid-19th Century New Zealand



COLIN AMODEO

History is a jigsaw and historian Colin Amodeo has inserted one more piece in the unfinished picture.

The latest book by this enthusiast for Canterbury history tells the story of the little-known John Watson. Little known, yes, but highly influential. Amodeo, a most diligent researcher, has unearthed the compelling story of Watson's life and garnished it with insightful descriptions of the colonial background in which Watson lived and worked.

As Resident Magistrate of Banks

Book Review by Mike Crean

Peninsula, based in Akaroa through the mid-19th Century, Watson trod a precarious path between French and British aspirations and the upheavals of Maori society amid European diseases and greed in the years following the Treaty of Waitangi signing.

Amodeo shows the scope of Watson's duties as the representative of British Law with a deep understanding of the man's trials, triumphs and tribulations.

As with all of Amodeo's books, the

flowing narrative is accompanied by sidebars on nearly every page. Each contains a fascinating vignette – a snatch of history associated with the main topic, often with illustrations. To read this book is to leave one with the satisfying feeling of having learned new dimensions in the formative background of our homeland.

A word of praise too is due to the Christchurch printers and publishers, Caxton Press, for another handsome volume in their long list of Amodeo's works.

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 recently moved to the district, he is certainly no recent convert to the mobile denture business. Bernard operated a successful mobile denture service in the North Island since 2002. He 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. A

Warmest New Year greetings to you

by Ruth Dyson, Member of Parliament Port Hills

Warmest New Year greetings to you all and I hope that 2020 is good to and for you.

While many of us feel as though we may have overeaten at Christmas and it's time to eat a little less, it appears that this is certainly not the case for many resthome residents.

A study released recently provided some very concerning information. It was undertaken by the University of Otago and surveyed 54 residents at a Christchurch resthome. It found that more than half of the residents are not eating enough food and are at risk of malnutrition. Given the high prevalence of malnutrition in resthomes and an ageing population, I was surprised that this appears to be one of the few pieces of research into this topic.

The lack of key nutrients included protein and iron as well as water. Many residents did not eat or drink vitamin C-rich items such as juices or fresh fruit despite them being on the menu. Some residents thought that they didn't need to eat very much because they weren't very active but in doing so over 60 percent were not eating enough to maintain their body weight and muscle mass. On average, about 30 percent of the food was not eaten by residents.

I have been to many resthomes and the quality and attractiveness of food presented varies hugely, from being something which you really could not resist eating to something that you wouldn't touch unless you were starving! But this study didn't point to the quality of food being served

as being a driver of the problem except for in one area where not enough protein was being provided, particularly in smaller meals.

One of the suggestions made for improvement was that smaller meals be served with more protein and other nutrients than is actually needed and that nutrient rich snacks were served more often. I was very pleased to hear that the resthome which was the subject of the study wanted to take the findings on board so hopefully this will see an improvement.

That is a good thing of course, but it doesn't go anywhere near addressing the needs of thousands of other resthome residents who are no doubt in a similar situation. I hope that the resthome association can lead some thinking, discussion and action on this front, for the good of all our resthome residents.

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
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Anne Frank at 90 - an eternal tragedy

75 years ago, on January 27th, 1945, the Russians liberated Auschwitz. Anne Frank's newly published, complete diary reveals the full agonising story of her life and death in Bergen-Belsen, writes David Horspool.

Anne Frank would have been 90 last year, on June 12th.

To commemorate the anniversary, her collected works have been published by the foundation set up in her name, the Anne Frank Fonds.

Not only her diary, but also a whole collection of stories and observations — even her anthology of favourite quotations — have been brought together in one place.

The resulting heavy volume is impressive enough. It also gives a poignant indication of the writer's life that the teenaged author wanted to live — and might have lived, if her family's place in Het Achterhuis, the secret annexe in Prinsengracht, Amsterdam, had not been discovered — betrayed — and Anne, along with all of its occupants except her father, had not been killed. She and her sister Margot died of typhus in Bergen-Belsen, having passed through Auschwitz, where their mother was murdered. Anne died aged 15, in February or March 1945.

Before this new publication, I had never read the diary, which seems odd not only because I am, after all, interested in history, but because I am half-Dutch.

My mother (another Margot) lived through the Occupation in The Hague, where her father was a family doctor, and I grew up with stories of hunger, German soldiers in the streets, threats and disappearances.

Anne evokes her life of normality



Anne Frank would have been 90 last year, on June 12th.

combined with utter strangeness, all shaded with the menace of destruction, with a freshness and honesty that has endeared her to generations of readers. But how much did the non-Jewish Dutch population know? My mother, ten years younger than Anne, is adamant: 'We all knew what was happening.'

She illustrates with a couple of stories. After her father's surgery, which was held in the family home, it was little Margot's task to 'open the French windows' to the back garden. This was so that a Jewish neighbour, Mr Cohen, could pass unnoticed through a gap in the fence for a consultation. Otherwise, the Cohens did not go out, and their neighbours shopped for their food. Later in the war, as the net closed, the Cohens 'disappeared'. After the Liberation, they returned: they had been hidden for the duration.

My mother's father was once in a motorbike accident (his car had been requisitioned — 'stolen', as my

mother puts it — by the Germans). As he lay in bed, soldiers came, rounding up able-bodied males to fill their depleted ranks. He was, fortunately, in no condition to go, but what the soldiers didn't know — as my mother greeted them on the stairs before she was chivvied off in case she gave the game away — was that several other men were concealed 'beneath the floorboards' to avoid being conscripted.

Such risks were an accepted part of life. When my grandmother went to fetch my grandfather at the hospital after his accident, the ward sister quietly passed her some papers from his bag: a sheaf of resistance leaflets he must have been distributing on his medical rounds. My mother still has a small prohibited calendar of the time, with the Dutch royal family pictured on it. It is one of very few mementos of her father, who died on Good Friday in March 1945, not long before Liberation Day, May 5th. By then, after the Hunger Winter of

1944, food was vanishingly scarce.

By May 1945, Anne and her sister had died. Anne Frank's writings had been preserved by some of the 'helpers' who had sustained them in the annexe.

Anne had heard a broadcast from the Dutch government in exile proposing to collect writings to be published after the war, and had begun editing her diary to be put forward.

When her father was liberated from Auschwitz, he saw to it that her wishes were fulfilled, though initially a heavily edited version was published to preserve his daughter's modesty (over her crush on the 16-year-old boy in the annexe, Peter van Pels) and the memory of those — including her mother — she criticises.

The version we have now is unexpurgated. Its first claim on our affections is not as an historical document bearing witness to the way the Holocaust squeezed out its victims' lives. What is unexpected is its charm: the honesty of the girl who is falling in love with the only eligible boy sharing her captivity; the girl who cannot stand her mother (who, like all mothers, 'doesn't understand' her).

Like the others in the annexe, Anne was eager for news of Allied advances but, in her aching and her celebrations of ordinary life, she shows us what they were fighting for. She fell victim to its horror in the end, of course, and as we read we know that shadow will fall. But she encourages us to believe that ordinary life cannot be extinguished — that, as for my mother's neighbours, surviving the horror would be part of their story, too. (First published in *The Oldie*, July 2019)



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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

Staying Connected - Christmas 2019

Age Concern Canterbury's Social Outing Groups and Visiting Service enjoyed a variety of pre-Christmas events and enjoyable visits. We celebrated the season with fun and flair and have many more adventures planned for 2020. Come and join us.



Ageing is not for everyone – only some of us will have that privilege

New Zealand is on the brink of societal change that will impact us all. In a period of 40 years there will be a 700% increase of the population in the 95+ age group, a 283% increase in the 80+ and 108% increase in the 65+.

We will also be more ethnically diverse as Maori, Pasifika and Asian populations increase significantly. Now is the time to work together so older people enjoy great later lives in Aotearoa. Join the conversation this April on how we all can make New Zealand a great place to age at the *Vision for Ageing in Aotearoa* conference.

Age Concern New Zealand (ACNZ) and New Zealand Association of Gerontology (NZAG) are bringing together a stellar line up of speakers, researchers and thought leaders who are delving into subjects as diverse

as climate change, older workers and housing design through to falls prevention and organ donation.

The *Vision for Ageing in Aotearoa* conference will be opened by Minister for Seniors, Hon. Tracey Martin and includes a political panel on policy affecting older people.

Dr Ngaire Kerse, New Zealand Association of Gerontology President says “By showcasing the amazing research happening around New Zealand we hope to inspire, enthuse and encourage development of innovative and evidence based health and social care for our older population”.

Stephanie Clare, Chief Executive, Age Concern New Zealand says “We are all ageing and have an interest in creating a society that respects, values and celebrates the contribution of all older New Zealanders.

“The longevity ecosystem needs us all to work together to ensure that Aotearoa is equipped with the best opportunities get well, be well, stay well and live well.

“We believe that actions taken now can change the course of ageing in New Zealand for the better, for our older population and wider society, she says”.

Make sure you register for the *Vision for Ageing in Aotearoa* conference and help create a future we can all enjoy. There are Student, SuperGold and Earlybird discounted rates available.

www.ageconcern.org.nz/conference2020.



Is it time to review?

Happy New Year! Whether you've chosen to make a new year's resolution or not, January is an opportunity to start the year fresh - an opportunity to take stock, reflect and, where required, make the changes you want to see in your life.

The same is true of your legal documents. Do you have copies of all your legal documents? When did you have them prepared? Do your documents continue to reflect the changes in your life and your wishes as they stand today?

Life is unpredictable and our relationships and preferences change over time. If your legal documents

were prepared for you some time ago, it is important for you to review them to ensure the contents continue to reflect your wishes. As a general rule, I recommend that you review your legal documents at least every five years or anytime you experience change, such as a change in career or work place, or changes at home, such as the end of a relationship or the start of a new one.

Here are few examples of situations where change may impact on your legal documents:

1. A change in your relationships

Family dynamics and romantic relationships can change

considerably over the years. You may lose a loved one or marry again or welcome a new member of the family.

2. A change in your assets

If you've bought or sold your home, started a new business, changed your investment portfolio or who you invest with.

3. A change in country

If you are new to New Zealand or you are leaving to go home, a change in where you live will almost certainly impact on your legal documents and estate planning. There may also be tax implications if you have investment or tax to pay in another country, all of which makes looking at your estate planning a critical part of settling in to your new home, wherever it may be.

While double-checking your legal documents, such as your Enduring Powers of Attorney and Will, may not be at the forefront of your mind during times of change, those changes may impact the way you have structured your estate planning. If after review, nothing needs to change, you will have the peace of mind of knowing that your affairs are in order.

Contact me at Fleur McDonald Legal on 03 423 3541 to make an appointment to talk with me or request a home visit if you prefer. Together we can explore how I can help you navigate the changes in your life and find the best solutions to meet your legal needs.



PROTECT THE THINGS THAT REALLY MATTER

You've worked hard to secure your retirement, so that you can relax and enjoy the things that really matter to you. The time has now come to think about how you can safeguard your assets for the benefit of future generations.

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The freedom of freehold at Barton Fields and Mary Brittan

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

Designed specifically for mature residents, our Lifestyle Villages are certainly not your average 'retirement village'. In fact, it's an exclusive enclave of quality homes surrounded by communal gardens and sprawling reserves; a vibrant community where people over the age of 55 can enjoy an invigorating lifestyle without the stress of maintaining a large home and its accompanying grounds.

Unlike most traditional 'retirement villages' in this country, there is no License to Occupy policy in our Lifestyle Villages. Instead, our Villages were created under the Unit Titles Act, allowing residents to purchase their own villas just as one would a normal home.

The villa becomes their own in every respect; an asset they can borrow against or sell whenever they want. Because there is no Deferred Management Fee (i.e. in our Village model you do not lose a percentage of the sale price on the sale), the owner of each villa will reap the rewards of any increase in value.

It's a model that's been praised by investment experts including Paul Rickerby, Director of Christchurch Accountants and Financial Advisors Moore Stephens and Markhams.

“The freehold title ownership model is far more transparent than the license to occupy model,” he says. “Freehold ownership gives the owner more options and means any capital gain is theirs, and theirs alone.”

Built by the award-winning Mike Greer Homes, the villas are highly customisable, with unique floor plans and a range of colour palettes.

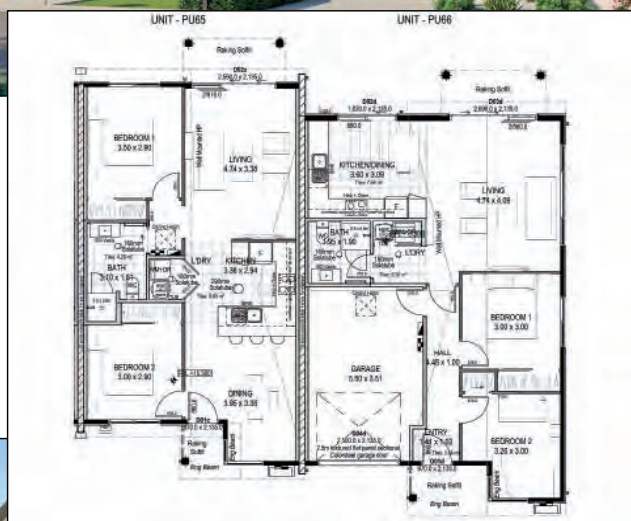
Facilities within the development include an architecturally designed Lodge for the Village community's use and an array of walkways and cycle ways, while the proximity to everything from the local transport, community and sporting facilities, to the charming townships of Lincoln and Rolleston with their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

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

www.bartonfieldsvillas.co.nz or
www.marybrittanvillas.co.nz.



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Make 2020 a learning year



Do you want something new to start the next decade? The WEA has over 50 classes this term – with something for everyone.

At the WEA we specialize in small classes and face to face learning opportunities at an affordable price. Based in the central city we create a fun, supportive and community focused environment – so hop online (www.cwea.org.nz) or pop in – our office is open Monday to Friday 9.30-3pm at 59 Gloucester Street, Christchurch.

Here is a taste of what is on offer:

Art History: The Evolution of Abstraction – Linda Hart.

Monday, March 23rd, 10.00-12.00 noon, \$21.00

Abstraction was a totally explicable evolution that came from the revolutionary changes occurring in the world view at this time. We will look at the rules broken by the Impressionists, Fauvists, Cubists, Futurists Expressionists and Dadaists, Constructivists and the metaphysics of Klee and Kandinsky.

Kids and Their Grownups:

- Felted Valentine's Day Heart –

Elizabeth Sheid.

Saturday, March 21st, 10.30-11.30 am, \$10.00

- Crochet Your Own Easter Basket with T-Shirt Yarn – Kazuko Iwai.

Saturday, March 28th, 10.00am-12.30pm, \$16.00

A variety of creative and fun workshops for kids to enjoy with a parent, grandparent or other adult caregiver. A chance to connect and get creative together. Minors must be accompanied by an adult. If, as an adult, you wish to make your own creation (heart, jewellery or basket) please purchase your own ticket.

Films That Matter: Solar Mamas

Friday, April 3rd, 12.30–2.00pm, \$8.00

An inspiring film about one woman's attempt to light up her world. Rafea is an uneducated Bedouin mother from the Jordanian desert. She gets the chance to go to the Barefoot College, where middle-aged women from poor communities train to become solar engineers, and bring power to their communities. Hot chocolate and popcorn included.

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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.



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Keith's book is a family treasure

by June Peka

When you've been married 65 years, no one knows you better than your other half. So when 91 year old Keith Gilchrist was recently invited to write a potted version of his life story, who better to help than Irene who has known him since she was 21? These days Keith might just forget an appointment time or where he's put his glasses down - "thank goodness for Irene", he says - but detailed memories of his earlier years - growing up in Waikouaiti through depression and wartime, serving in Korea, marriage, family and his business exploits have made his book a family treasure.

Supported by Christchurch Libraries and Dementia Canterbury, Keith, Irene and I sat down for a couple of hours each Friday over a six-week period late last year.

More than once I thought of Huckleberry Finn and The Waltons as Keith recalled his happy upbringing in a supportive and loving rural community, where his father was a small farmer/handyman with a milk-run in nearby Palmerston. Keith's mother, always busy and involved in the community, kept the home fires burning.

"Miller Ward was my closest friend. He and I often whizzed around on a toboggan-type thing we made from a chair on two crown wheels and it went like the clappers. We had no serious accidents but we were always on the lookout for replacement seats. After school and on holidays Miller and I went rabbiting, with my foxie dog Trixie, and a hunting ferret. We would send Trixie barking around the paddocks and shelter belts so that the rabbits would go underground. Then we'd throw our nets over all the burrow entrances. I had a small wooden box which hung from a strap over my shoulder. I would open the lid just enough to grab the ferret behind the ears, and we'd set him off down a hole. You could hear the rabbits thumping around under your feet, and then they'd pop up and into a net. We never tried to get them all; it was better to just get what we needed and leave some for next time. If we got any to spare, Mum would send me around the neighbours. She'd say 'take one to Mrs Kerr or Mrs Tennant.' What went round came



Irene and Keith Gilchrist, married 65 years

around. I often took something home for Mum. Barter trading was a great thing. People were better off then I think."

For pocket money Keith and Miller collected empty beer bottles at the Waikouaiti Races after the New Year's Day meetings.

"One year we got a gross. That's 12 dozen. At a penny a bottle that gave us twelve shillings, really good money. We had a hiding place in the hedge of a couple of spinsters who lived nearby. They watched out for us and our stash, so we had a head start on anyone else. The bottle man would come around the day after."

War broke out when Keith was 10. "A customer told me as I delivered milk to him. It drew people close. Mum and others knitted for the soldiers and a committee raised

money to send parcels. My brother Stan was called up in 1942. He lost a leg.

When I was 14, I started working at the Post Office sorting mail and delivering telegrams. I relieved the ladies on the exchange and met all the trains carrying mail. The station master allowed me to set up a *Tablet which was very effective.

**Tyer's Electric Train Tablet system is a form of railway signalling for railways used in several countries; it was first devised in Great Britain by engineer Edward Tyer after the Thorpe rail accident of 1874, which left 21 people dead. It was used in New Zealand for close to 100 years until June 1994. The system used a hard disk called a tablet, a form of token.*

The purpose of the system was to

use the tablet as a physical guarantee to the train crew that their train had exclusive right of way on the single line section. Without this they could not proceed beyond the section signal which protected entry to the single line. (Wikipedia)

Keith was 15 when his mother died, and he and his father and brother and sister were enveloped by family and kindly neighbours. Shortly after, he was apprenticed to Otago Motors which began a lifetime's work in the motor trade industry - including ownership of Auto Parts and Windscreen Repairs in Dunedin.

Keith spent twenty months in Korea as a bombardier and not long home met Irene (Towler) at a St Kilda dance.

"I was taking another girl home and she had a friend called Irene who needed a ride. So I said 'OK, toss her in the back seat.' We dropped the other girl off first and it all started from there. Our first date was at the Motor Trade ball. That was a big night, the town hall was packed. Irene looked pretty good in her get up. Everyone's eyes lit up when they saw her. We were married in October 1955.

The couple had three children, with Irene - "a whizz at shorthand typing"- working part-time in the private sector and as a school secretary. She played cornet for the Dunedin Ladies Brass Band, tennis and netball kept her fit, and she became an accomplished craftswoman, excelling in hardanger, knitting and needlework.

"I think we were good parents. We did as well as we could. There's nothing really outstanding about us - we're just ordinary people. We've always treated people as we'd like to be treated. I don't regret anything. I don't think there's anything I'd go back and do differently if I could.

I admire people who look out for others. It was bred into us, to look after others. Manners are important I think. And kindness too."

Keith and Irene have downsized to a two bedroom apartment supported by their chosen rest-home where there is still much evidence of their endeavours - Irene's exquisite handwork on the walls and a colourful and productive garden of "just the right size" at the sunny back door.

Independence not isolation: personal alarms and medical alerts

Advancing technology is enabling older adults with epilepsy to continue to live on their own with a greater quality of life. Deciding on the right type of alarm or medical alert is a personal choice based on what type of support you are looking for, your budget and personal circumstances. People can feel more secure, knowing that with a push of a button or an automated response to a fall or movement, an alert will go out to a 'real' person.

You may need to think about how your alarm is set to contact and alert others and which type of contact is most suitable for your emergency needs. Some devices will be supplied with an auto-dialler alarm which is pre-programmed to call a number of contacts, once it is activated. If you are thinking of selecting the auto-dial with personal contacts option, you need to be sure that your friends or family member will always pick up the alert immediately.

Other alerts or alarms may have a response centre connected to them 24/7. If the alarm is activated and help is required, someone from the call centre will be guaranteed to respond anytime day or night.

With the array of products on offer, some assistance and research may be needed before you take the plunge and buy or rent a device. It's always best to read reviews on products and not just listen to the 'sales pitch'. Your situation or health condition may be different from your friends so always bear this in mind if you are asking their advice on a device they use.

Below are a few tips around medical and personal alarms; so you can think before you buy:

1. If you are considering an alerting system, does the device detect your

particular seizure type? Different seizure types may be detected by different methods e.g. heart rate, oxygen levels, wandering or specific movements, perspiration.

2. Determine the cost of the device. What is the cost to purchase/rent the device? Is there a monthly or annual fee? Are there set up and maintenance costs for the device, or any other technology needed to support the system? Is the alarm/alert MSD-accredited enabling you to get some or all of the cost covered by your disability benefit?

3. What is the purpose of the device you require? For example do you require it for: Organisation and reminders for you, alerting others to your seizure activity, tracking and monitoring seizures for yourself or/and to share with Doctors (is this data secure?) or providing useful information to carers?

4. Consider if the device will be physically comfortable to wear and are you happy to have it on display?

5. Does the device need power to charge? How long will the charge last?

6. Does the device/app require Wi-Fi?

7. Is it water resistant?

8. What is the capacity and distance it can track, record, alert and store information?

9. What else will the device need? e.g. apps, monitors, smart phone, camera, specific watch, Fitbit or iPad

10. How active are you? Your daily activities may dictate the type of alarm or alert to purchase. If you are active and on the go, you may want to think about a devices system with GPS tracking.

11. How straight forward is the set up and is there a set up and installation cost?

12. What happens if the device

breaks? (insurance, warranty, replacement cover)

13. Is there any published clinical trial data for the device or can your specialist advise you on the type of device you require?

14. When selecting a medical or personal alarm look for one that accepts more than one contact. The more contacts you have, the better – in case the first contact is away from their phone or has it on silent.

15. Before you buy or rent, look into the privacy policy and any information regarding data protection. Call the company if you're still unsure and confirm that they have data protection measures in place.

What type of alarm is best for me?

A medical alert or personal alarm can come in the form of a pendant, bracelet, a gadget attached to your belt and even a smartwatch. Most alert systems are activated by the press of a button but many also have the additional benefits of voice control, motion detection (or non-motion detection) or fall detectors.

Most personal alarm devices are designed to alert pre-selected contacts or a 24 hour call centre. There will be additional charges if you are connected to a 24 hours call services.

When you are considering buying or renting a personal alarm or medical alert, think about how best it is going to work for you.

What seizure type do you have?

Do you have Tonic Clonic seizures? If so, you may wish to look for a device that sends an alert that picks up this type of rapid movement.

Perhaps you wander during your seizures and are worried you may walk out of the property. You may wish to look for a device with Geo-fencing. This system works by setting up a virtual fence. When the device

you are wearing crosses this virtual fence, it sends an alert to a contact.

Do you experience an aura which will give you time to press a button to alert somebody? If you don't experience an aura or get any warnings before your seizure, when will you be conscious and alert enough to press a button? Is a button alert your best option?

If you are active and often away from home, it may be best to invest in a personal alarm with GPS tracking. GPS tracking works by providing information on your exact location. The devices are often lightweight to wear and work wherever there is mobile phone coverage (you do not require a mobile phone for it to work). Some GPS tracker alarms come with built-in pulse and fall sensors, enabling monitoring of the user's physical condition and the ability to raise an alarm if needed, even without the press of a button.

It's great to know that there are devices available now that can provide you with added security and are able to send for assistance when you need it but it is important to understand that medical or personal alarm devices have not been proven to prevent SUDEP (sudden unexpected death in epilepsy). The information in this article is intended to help facilitate a conversation with your loved ones around selecting an alert device best suited for your needs.

If you have epilepsy and are seeking guidance or support, contact the Canterbury Epilepsy New Zealand Educators on email: canterbury.westcoast@epilepsy.org.nz or anna-lee@epilepsy.org.nz or phone Monday to Friday 027 270 6689, Monday to Wednesday 022 367 78945 or free phone 0800 374537.

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Annette and Brian Withers' good life

by June Peka

Annette Withers is sublimely happy in her vegetable garden. A self confessed worrier, she "gets away from it all" in the large and rampantly productive patch at the rear of the two acre block in rural Rangiora she shares with husband Brian, two sheep, three hens and a previously feral cat.

The Christchurch Girls' High old girl reached this happy place via a circuitous route which began with marriage to Brian in 1966, followed by a move to Cust where for many years they ran the garage previously owned by his father.

"I think that showed me I was a country girl at heart, so when we spotted five acres for sale in Ruby Bay, it was a good move for us. I loved the land and also worked as a residential social worker at Nelson's Salisbury School for 10 years. After that we ran motels in Westport. That was a fun time. We hosted and got to know a number of All Blacks, and seasonally we'd have the dope-busters book in. Took us a while to figure out who they were!"

Then in the 80s the Withers' saw an advertisement for a "niche business" for sale back in Christchurch. The Water World on Blenheim Road was just what they needed at that time in their lives.

"Although we'd mostly been rural folk, The Water World with its big display garden and 10,000 litre pond, complete with water lilies and other aquatic plants, landscaped bays and artificial rocks was a good fit for us. We had a good customer base and regular clientele, and I enjoyed keeping it looking at its best. We moved on after 15 years but Brian still keeps his hand in via an online business selling pond parts and



Annette Withers is sublimely happy in her vegetable garden.

accessories, and dispensing advice and service when requested."

Right now, ironically, water is not a big part of the Withers' world. A healthy outdoor goldfish pond flourishes along with Annette's vegie patch, but the large and traditional herbaceous border is struggling a little in drought conditions. Camellias, roses, paeonies, hostas, irises, lupins and many other treasures get shade from an over-storey of weeping cherries, rhododendrons, conifers and other mid-sized trees, but the ground is

parched. Annette isn't worried; she's seen this before.

"It's amazing to see how quickly it bounces back after a good rain. Nothing seems to die. It just goes in to survival mode. We're never desperately short of water. We get a Hurunui District council allotment of 1800 litres a day plus we have a number of rainwater tanks. It's just that I prefer to look after the vegie garden."

And that is obvious from the minute one enters the quiet and private enclave behind the house. Chooks cluck and sheep bleat nearby, bees buzz and birds sing. Nothing else. The road could be miles away. Triffid-like pumpkin vines clamber over and

up ("Brian is growling that I have taken over all the compost heaps") and silver beet the size of elephants' ears flourishes at the base of laden bean frames. I'm given some to take home. Bumble bees by the dozen work the red flowers. Annette's tomatoes are way ahead of mine too; I'm treated to a couple of sweet tiny toms too.

Carrots, parsnips, beetroot, corn, asparagus, strawberries, potatoes – they're all here and thriving, along with a mini orchard of peaches, feijoas, plums, apples and grapes. A monarch butterfly production line flourishes. Another couple of swan plants in a glass house are specially reserved for the overflow. Netting is draped over crops most attractive to unwanted visitors. Chook poo goes into the compost with an occasional load of vegie mix or mushroom compost and lawn clippings. Annette "can't be fuffed" collecting sheep poo from the paddock but likes to use the Bunnings brand of dried chook and sheep pellets, especially when planting out.

"So yes, it is a lot to look after, but Brian's always around. And it's good for me. If I can't garden I worry. What used to take me a day now takes three, so I've had to learn to let go a bit. Nothing goes to waste – not even from the heavy croppers. I freeze dwarf beans and give excess runners to family and friends, and we eat a lot of them ourselves. Same with zucchini; I make muffins and freeze. Last year I grated and froze them – they need the moisture squeezed out first. I also use them as nearly-raw pasta with a zingy sauce. The trendy term is 'zoodles' I believe. Digby Laws' vegetable cook book is very useful."

And with the brown shaver hens turning excess leafy vegetables into golden-yolked eggs it really is the good life.



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What is a will?

What is a will?

A Will is a legal document that outlines your wishes once you've died and may include:

- 1. Funeral instructions;
- 2. The person(s) you wish to be responsible for administering your Estate (your "Executor");
- 3. How you wish your property, money and possessions (your "Estate") to be distributed.

Why make a will?

We understand that death can be an uncomfortable topic to discuss, and it's easy for a Will to fall to the bottom of your priority list. However, the situation that arises when a person dies without a Will (called dying "intestate") can be costly and stressful for grieving family members. When someone dies intestate, the Courts will appoint someone to administer your Estate. This may not necessarily be the person you would have chosen. Even if it is, your Estate will be distributed according to a set formula, which may not accord with

your wishes. In contrast, a Will allows you to choose someone you trust to administer your Estate and ensures that your assets will be distributed as you choose.

When should I get a will?

If you own assets, you should have a Will. If you don't, we recommend you put it at the top of your "to-do" list.

Contrary to popular belief, a Will is not a document to "sign and forget". As your health, relationships and priorities change, your Will needs to reflect those changes. As such, we recommend that you review your Will every 3-5 years.

How do I get a will?

The team at Pier Law are happy to assist you with preparing or updating your Will. If your family circumstances are more complex, we can also advise you on how to reduce the risk of your Will being contested.

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As you may be aware, as of 27th March, Kiwibank will no longer be issuing or accepting cheques. As a result of this, our bank BNZ, will no longer be accepting Kiwibank cheques for deposit from this date.

If you currently pay your membership with Kiwibank cheques, we do offer several other methods of payment which you will be able to utilise instead, these include Online Banking, Eftpos and Cash.

We understand that coming into our office to pay by Eftpos or Cash may not be convenient, and you may not have Online Banking. If you would like assistance setting up an alternate payment method, please call us on 366 0903.

Cognitive impairment and wandering

Do you care for or know of someone who suffers from a cognitive impairment who has a tendency to wander, get disorientated and lost? WanderSearch Canterbury Charitable Trust can assist.

Since 2010 WanderSearch Canterbury Charitable Trust has been working in the community to help keep such vulnerable people safe. Through the generosity of our funders we stock a tracking device loan bank which allows us to issue trackers at no charge to the client.

Our trackers enable the NZ Police to find a missing person very quickly. A WanderSearch tracker operates on radio frequency therefore does not require the caregiver to keep it charged, nor does it rely on cell phone coverage or electricity supply. A six-monthly service charge of \$55.00 can, in most cases, be covered by

the client's Disability Allowance.

The benefits of a WanderSearch tracker include giving peace of mind reassurance to caregivers and families and reduced stress for the client should they go missing, as they can be located quickly with the minimum of fuss. Importantly, it allows clients who are not at the point of needing secure residential care to remain living with their family or in an environment with which they are familiar.

Wandersearch Canterbury Charitable Trust's service is endorsed by both Dementia Canterbury and the NZ Police. Devices come in pendant, wrist or key ring form.

Email or call Linda today if you would like to find out more about how these devices can protect your loved one, 03 9070072 (include area code) linda@wandersearch.nz



WanderSearch Canterbury has been assisting clients with cognitive impairment who have a tendency to wander since 2010.

Endorsed by Dementia Canterbury and the NZ Police.

For more information on our tracking systems and our free to loan device bank contact WanderSearch Canterbury on 03 907 0072 (use area code) or info@wandersearch.nz

Introducing the new Senior Chef cookbook, *Easy Recipes for One or Two*

by Wendy Scanlon, Senior Chef Coordinator, Pegasus Health

Most recipes are written for families or large groups. Easy Recipes for One or Two, has been specifically written for people living alone or with one other. At the end of 2019, Senior Chef had the pleasure of hosting Her Royal Highness, the Duchess of Cornwall, who launched our cookbook.

We asked our Senior Chefs, all

Cantabrians aged over 60, what they would like in a cookbook. The result is a cookbook with clearly written recipes. The ingredients used are familiar and affordable with a few modern flavours. The book is over 120 pages, spiral bound for longevity and every recipe has a colour photo so you know exactly what your dish should look like. The back section

includes nutrition information for ageing well.

Senior Chef's goal is to support Cantabrians to enjoy a long and healthy life. Central to this is eating well, but let's not forget our social networks, daily rituals, moving more and having a sense of purpose. These were all aspects that Her Royal Highness touched on at the launch of our book. She

walked, she talked and spent some time in the kitchen with a Senior Chef class. Our bean salad (featured here) has now got the royal seal of approval!

The book is used in our free 8-week cooking course for people 60+. You can also purchase a copy (\$20 plus postage) through Community and Public Health (03 378 6721).

Senior Chef Bean Salad



This recipe makes enough for four serves so enjoy with dinner and have leftovers for lunch the next day.

Ingredients

Canned 4-bean mix, drained and rinsed, 1 x regular can
Canned whole kernel corn, drained and rinsed, 1 x regular can
Spring onion, thinly sliced (including green stem), 2 – 3
Telegraph cucumber, diced, ¼
Tomatoes, chopped, 2 medium or 8 cherry tomatoes
Fresh mint, chopped, 3 tablespoons
Sesame seeds, toasted (optional), 1 tablespoon
Dressing
Lemon juice, 4 tablespoons
Canola oil, 1 tablespoon
Sugar, 1 teaspoon
Garlic, crushed, 1 teaspoon
Salt, ½ teaspoon

Method

1. Mix all salad ingredients together in a bowl.
 2. In a clean jar, combine all dressing ingredients. Screw on the lid and shake well.
 3. Pour dressing over and mix to combine.
 4. Store any leftovers in an airtight container in the refrigerator. The salad will be fresh to eat for two days.
- Simplify the recipe by using a store bought dressing
Tip: Toast sesame seeds or other nuts and seeds by dry frying in a heavy bottomed fry pan. Stir the seeds/nuts with a wooden spoon. They are ready when they start to pop, or start to brown. DON'T walk away while doing this!

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truly unique experience and ensures each day is full of delightful surprises.

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For further information of any of the above tours please contact –
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UPDATE FROM THE CLUBS



Amberley Welcome Club members have enjoyed lunch at the Crate and Barrel in Leeseton and a Kaiapoi River Queen Trip. In March there are plans for a day trip to Hamner Springs and a 3 night stay in Geraldine. **Meet:** Mondays at 12.00 noon at the Anglican Church Hall. **Contact:** Ann McKenzie on 03 314 9943.

Christchurch Senior Citizens Club members enjoy their Card Group on Mondays from 12.30 to 3.00pm. The Indoor Bowls meet on Tuesday afternoons from 12.45 to 2.30pm and on the 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 Edgware and Caledonian Roads, St Albans. **Contact:** Veronica on 383 4682 or Beth on 388 2375.

Lincoln Area Senior Citizens enjoyed Christmas lunch in December at Lincoln Baptist Church foyer with catering from the Lions Team. In February members have a bus outing to Geraldine planned. In March members will have a talk from Jan Greig on life as a Lightcourse Keeper's daughter. **Meet:** Tuesdays at 1.30pm Lincoln Events Centre. New members welcome. **Contact:** Theresa on 325 2449 or email redroses1113@xtra.co.nz.

Papanui Combined Probus Club members enjoy interesting speakers, great outings and making new friends. **Meet:** on the first Tuesday of the month at 10.00am at the Papanui R.S.A., 1 Harewood Road. Good parking. **Contact:** Marie 351 7708 or Sian 359 0057

Somerfield Garden Club members enjoyed a visit to a members' garden and a Christmas lunch at the Raspberry Cafe. Visits to the Botanical Gardens, to the Autumn Show and a talk on caring for your lawn is planned. **Meet:** 2nd Monday of the month at 1.15pm at the Cashmere Club, Colombo Street, Christchurch. **Contact:** Colleen Davis on (03) 338 7117.

Sumner Senior Citizen Club members enjoyed a visit to Trensham Gardens with morning tea and also a lunch in February at the Raspberry Cafe. Future plans include a speaker from the Blind Foundation visiting accompanied by a dog. New members are welcome - it is a very friendly club! **Meet:** 2nd and 4th Wednesday of the month at 1.30pm at Sumner Surf Club. **Contact:** Lola Bouckoms on 384 9889.

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South Elder Care

We provide a programme for older people living in South Christchurch who are suffering from:

- * Dementia * A disability or mental health related issue * Loneliness
- * A need for social support.

We offer:

- * Morning tea and a home cooked lunch * Social interaction and fun
- * Bowls, croquet and Rummy-O * A chance to keep up with daily news * Gentle exercises and walks * Quizzes.

Tuesdays, 10.00am to 2.30pm at St Martins Presbyterian Church, 43 St Martins Road.

For more information contact Jeanette on 027 323 0256 or Sue on 021 225 0020. Or email southeldercare@gmail.com

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Steady As You Go (SAYGo)

Falls Prevention - exercise classes in Canterbury (January 2020)

Each class is a one - hour session

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

Please note that some classes are currently waitlisted and cannot accept new members at the moment. For other classes, just go along. A koha of \$2.00 is appreciated.

CHRISTCHURCH CITY AND SOUTH

Day /time	AREA	Location of class
Mon 10.00am	Redcliffs	Port Hills Uniting Church, Augusta St
Mon 10.00am	Parklands	Parkview Lounge, Parklands Community Centre, Queenspark Dr
Mon 10.30am	Hei Hei	Community Centre, Wycola Ave, Hei Hei
Mon 10.30am	Wainoni	Celebration Centre, 81 Bickerton St
Mon 1.00pm	Harewood	St James Church Hall, Harewood Road, airport end
Mon 1.00pm	Halswell	Te Hapua, Halswell Service Centre and Library, 341 Halswell Rd
Mon 2.00pm	Harewood	St James Church Hall, Harewood Rd, 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 Dr
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 Rd
Wed 1.30pm	Lincoln	Lincoln Community Care, Lyttelton St,
Thurs 9.30am	Riccarton	Kauri Lodge, 148 Riccarton Road
Thurs 10.00am	St Albans Waitlist	St Albans Tennis Club, Dover St
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
Fri 10.00am	Opawa	Opawa Community Church, cnr Opawa rd and Aynsley Tce

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
Thurs 10.30am	Rotherham	Rotherham Hotel, 42 George St
Thurs 10.30am	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



Falls are preventable

STEADY AS YOU GO (SAYGo)

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

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

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

Half of people over 80 fall each year.

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

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

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



DESIGNED FOR MEN AND WOMEN

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

SAYGO has been shown to provide continuous improvements in strength and balance over time in community based ongoing Peer-led classes.

Three simple tests carried out in the first week and at 10 weeks check improved strength and balance.

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

Please ring Age Concern Canterbury on 366 0903 for more information on these classes.

Showbiz Christchurch presents the 2020 Saunders & Co Season of Lerner and Lowe's My Fair Lady



Photos: Showbiz Christchurch/Danielle Colvin

My Fair Lady, April 3rd to 18th 2020 at the Isaac Theatre Royal

Pompous linguistics professor Henry Higgins wagers he can transform Eliza Doolittle (played originally by Julie Andrews & Audrey Hepburn), a street-smart girl from the East End gutters, into a proper Edwardian society lady. But who really will be transforming whom?

This clash of class, intellect and personalities sparks some of musical theatre's wittiest banter and memorable songs including 'Wouldn't It Be Lovely?', 'The Rain in Spain', 'On the Street Where You Live', 'I Could Have Danced All Night', and 'Get Me to the Church on Time'.

When My Fair Lady was first performed in Christchurch in 1962, it set the record at the Theatre Royal, running for 171 performances to an audience of 200,000.

The 60th Anniversary of My Fair Lady was celebrated in 2016 with a production directed by Julie Andrews. A Broadway revival followed in 2018 and received a Tony Awards nomination, and won three awards for "Outstanding Revival of a Musical".

Showbiz Christchurch is delighted to bring a stunning new production of this "musical of all musicals" back to Christchurch in 2020.

Concessions: Valid SuperGold, Student, KiwiAble and Community Cardholders may purchase discounted \$70 A-Reserve tickets to any matinee and Tuesday-Thursday 7:30pm performances of My Fair Lady. Ticket prices include GST, a \$2.50 ITR Heritage Levy and Ticketek service fee.

Family Group Price: Share your love of musical theatre with your family. Purchase two adult A-Reserve and two children under 18 tickets for \$320. Any performance in the 2020 Saunders & Co Season of My Fair Lady including Friday and Saturday nights. Cannot be purchased in any other combination.

How to Purchase:

- Online: [ticketek.co.nz/showbiz](https://www.ticketek.co.nz/showbiz)
- Freephone: 0800 842 538 or Phone 03 260 5260.
- Ticketek Box Office at Isaac Theatre Royal, 145 Gloucester St, Christchurch. Open Monday to Friday, 10.00am – 5.00pm.

\$70 SuperGold Concessions

Tues-Thur 7:30pm & Sunday 4pm Performances, A-Reserve Seats

Showbiz Christchurch

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3-18 April

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The Brexit coin, that Oxford comma

by Gyles Brandreth

There's been a bit of a hoo-hah this week about the punctuation in the message on the reverse of the 50p coin being issued tomorrow to mark the UK's departure from the European Union. The phrase, borrowed from Thomas Jefferson, reads:

Peace, prosperity and friendship with all nations

The distinguished author Philip Pullman has suggested a boycott of the coin because it's 'illiterate'. He reckons there should be a comma after the word 'prosperity'. Is he right? Well, there is a case for that extra comma, but in this instance I don't think it's essential. The meaning



of the message is clear, isn't it? Punctuation is there simply as an aid to clarity and understanding.

In a nutshell, commas are used to separate items in a list:

I packed my bag and in it I put my brush, my comb, my toothpaste, my teeth, my pyjamas and my book.

In a list there is no need for a comma before the 'and', unless the sense requires it. Here it is probably helpful:

The list of the great lovers of history should include Adam and Eve, Troilus and Cressida, Antony and Cleopatra, and Kermit and Miss Piggy.

Without that final comma, you leave open the possibility that Antony and Cleopatra and Kermit and Miss Piggy were part of some sort of time-travelling foursome.

Now, how many people am I talking about here – two or four?

I want to thank my parents, Charles and Alice.

If it's just two people, my parents who are called Charles and Alice, one comma is sufficient. But if it's four – my parents plus Charles and Alice – to make that clear you need to add an extra comma to your list:

I want to thank my parents, Charles, and Alice.

'Making it clear' – that's what it's all about. And that's why some people – especially those who went to Oxford University or who work for the Oxford University Press – insist on having a comma before the word 'and' even in the most straightforward list. This is

known as the 'serial comma' or the 'Oxford comma', and it can be useful:

My favourite flavours of drink are orange, lemon, raspberry, and lime and ginger. They used to be strawberry, apple, pear, lime, and ginger.

Without the Oxford comma, you can give people the wrong idea. Famously, The Times newspaper once ran a brief description of a television documentary featuring Peter Ustinov, promising:

Highlights of his global tour include encounters with Nelson Mandela, an 800-year-old demigod and a dildo collector.

With the Brexit coin, you can look at it both ways. The list features either three elements - peace/prosperity/friendship - or two: 'peace', plus 'prosperity and friendship', the last two linked without a comma for a reason: trading leads to friendship and trading brings prosperity. You can read it whichever way you prefer. In fact, if you can't quite decide, given it's a coin, you can toss for it. Literally.

Oh yes, you can have a lot of fun with a comma.

(Source: www.theoldie.co.uk, January 2020)

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Freedom Medical Alarms is part of HealthCare NZ Group.

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24 Main North Road, Papanui, CHRISTCHURCH 8053.

Optimising communication with a person living with dementia

by Donna Jemenett, Educator, Dementia Canterbury

One of the most common frustrations aired by those who regularly associate with people living with dementia, concerns the struggles that are encountered with communication. They often express that they wonder if the person living with dementia is deliberately trying to be difficult. Sadly, this is furthest from the truth. The struggles experienced are very real and are caused by injury to the brain due to the many and varied causes of dementia.

Dementia affects various aspects of a person's day to day living, especially the way we communicate. The process of sending and receiving messages becomes more and more disrupted due to three main neurological symptoms that are likely to affect a person living with dementia; aphasia, agnosia and apraxia.

Aphasia

Aphasia robs you of your ability to communicate. It affects your ability to produce or understand speech and/or the ability to read and write. A person with aphasia may:

- Speak in short incomplete sentences.
- Have jumbled sentences that don't make sense.
- Replace words or sounds for others.
- Speak words that are unrecognisable.
- Have difficulty understanding other people's conversations.
- Have problems with reading and writing.
- Have difficulty recalling words.

The severity of these problems depends on the extent of damage in the brain. This can range from just one of the problems listed above — to so severe it can almost halt communication.

Agnosia

Agnosia is the inability to process sensory information. This gives rise to the person living with dementia not being able to recognise familiar objects or what they are used for. It may also mean they are not able to recognise faces or sounds.

Apraxia

Apraxia is difficulty doing previously learnt actions, or the inability to carry out everyday actions or gestures. This may include difficulty putting syllables together in appropriate order to form words, or difficulty saying long or complicated words, requiring repeated attempts to produce them. This can make communication very challenging. It also affects day to day activities such as doing up shirt buttons, putting on a jacket or tying shoelaces.



A person with Apraxia may:

- Understand how to use items such as a knife and fork or a pen but not be able to carry out the movements required to use them.
- Be unable to plan a phase of movements, therefore are no longer able to follow a sequence of movements such as getting dressed or bathing.
- No longer be able to perform tasks that involve more than one step.
- No longer be able to follow verbal commands or to copy the movements or actions of others.
- Find it challenging to make the movements required for speech. They may have difficulty producing sounds or understanding rhythms of speech.

Understanding these problems can help us to optimise the communication we have with people living with dementia as we put the following tips in place.

1. Listen

A good communicator is primarily a good listener, having skill not just in hearing the words but understanding what lies behind the words. Listening involves gleaning the whole picture, looking for gestures and expressions that form body language. Listen with your eyes as well as your ears.

If words are garbled, listen for a theme and help by reflecting this back.

Listening is such an important part of assisting a person with dementia to communicate. It gives them a sense of wellbeing. Knowing that someone has listened to us validates us and affirms our self-worth, so it's always a valuable thing to do regardless of whether the person you are communicating with lives with dementia or not.

2. Reduce distracting noise and movement

A person with dementia may find it difficult to filter out external sounds while they are communicating with you. It is important to eliminate competing sounds like the TV or radio to help maximise recognition and understanding. Find a quiet place to talk. This will give your communication a better chance of succeeding.

3. Identify yourself

Agnosia may mean that the person living with dementia may have difficulty recognising faces. Not recognising people can be a huge source of anxiety for them so it's always helpful to minimise this by introducing yourself- even if you are someone very familiar to them. It is better to tell them your name and relationship to them and call them by their name as well. This is a very reassuring thing to do and stops them worrying or using their precious brain power thinking about it.

4. Use touch to gain attention

If it is appropriate, touch can be a very helpful way of gaining attention. Try touching them on the shoulder, elbow or knee. It is important, however, to ensure that the person living with dementia has seen you before you touch them. You don't want to give them a fright, so always approach them from the front before you touch them.

5. Ask one question at a time or give one step instructions

Aphasia may mean that the person with dementia has difficulty understanding your conversation, so keep it as simple as possible. Apraxia may mean that the person with dementia has difficulty following the actions of your instruction or is no longer able to sequence actions.

One question at a time and one step instructions will achieve greater success.

6. Cue associations if there is difficulty finding the right word

Using cues, such as showing or pointing to an object can be helpful if the person with dementia experiences word finding difficulties. Using gestures or body language can also be of help. Asking permission to help shows respect and is a wise thing to do.

It is also important to remember that the words expressed may not accurately reflect what the person with dementia is thinking or feeling, so it is important to exercise patience and be flexible.

7. Use non – verbal affirmation and acceptance

A person living with dementia may respond better to a hug, a smile or a thumbs up signal than any other verbal affirmation you may give them. Show positivity in your actions and body language and watch it accomplish great things for you!

8. Always consider that the person living with dementia may understand more than they are able to express

This is a very important consideration to remember. Aphasia may rob a person of their words, but they may well have understood yours and/or read your body language accurately.

9. Look for the emotions behind the words and acknowledge those feelings

Living with dementia and the neurological symptoms associated with it can be extremely frustrating and disheartening. Having someone who acknowledges their emotions for what they are is invaluable as it creates a sense of wellbeing for the person living with dementia. We all function at our best when we have a sense of wellbeing.

It's also priceless for you to have someone who will do the same for you as you seek to do the best you can to communicate with the person in your life who is living with dementia.

There is no magic wand that takes away these symptoms and the difficulties they create. Living with dementia or living with someone who is living with dementia requires all the courage and fortitude you can muster. However, these tips will help to smooth the way and achieve worthwhile communication. Kia Kaha.

My two cents

by June Peka

I see my nephew just once a year, when he motors back through Christchurch in his van with the smoking chimney pot. He roughs it around the remote south for a week or two and then we talk ninety-to-the-dozen for a night before he heads back to the Wairarapa. He was last here only a few months back so when he texted recently about the prevalence of coincidence in his life of late, we didn't go into details. I just wrote it up as a reminder in my scrapbook. "talk about coincidence with Carl next visit".

My scrapbook, the current one of writings by fabulous old farts, and other scintillating pieces of memorabilia, was on the table because I'd just snipped a piece from that most glorious of English magazines "Country Life". Beside an ornately gilded portrait of Thomas, the First Lord Clifford of Ugbrooke (born 1630) was a paragraph relating to his negotiation of the secret Treaty Of Dover. This was only known about because he "kept a common-place book for much of his life" it read. Common-place book??? "Google this" I wrote in the margin before pasting it on a new page in my book.

Not 24 hours later, and before I'd had a chance to consult with Google, I had a phone call from a chap (another Brian in fact) who'd read about my scrapbooks in the spring issue of Keeping On, and needed to tell me they probably "weren't just run-of-the-mill scrapbooks, but rather common-place books", and I was following in the footsteps of some pretty famous characters who'd also kept them. Napoleon, Lewis Carroll, and Thomas Jefferson for instance, and now Bill Gates even. They've been known for years as "thinkers journals" he said, and I should look up their history. I felt just a bit clever, telling him about Lord Clifford and his book.

In 1706 a chap called John Locke wrote "A New Method Of Making Common-place Books", and since 1999 I have compiled a tottering, tatty pile of them. Bulging out of their spines, and tied up with string, they're not beautiful, but in a fire I'd rescue them before my cell phone.



Like those of the learned ones before me, my books contain many beautifully written columns, along with quotes, the odd poem, proverbs and sayings. There are birth and death notices, photocopies of lucky Lotto tickets, colourful drawings from the grandchildren, special occasion cards, even copies of the periodic table and Greek alphabet (very useful for cryptic crosswords). There are leaves and pressed flowers, recipes, cartoons which have tickled my funny bone, photographs of special people, and did you know that the stately brick Edmonds factory on Ferry Rd was demolished in Spring 1990? In the margin beside that I pledged to NEVER buy petrol from the blanketty-blank pig-ugly service station which would replace it.

There are invitations, snippets about magpies and hedgehogs, movie and concert reviews and tickets to same. Bits and pieces of my own most unprofessional art work too. And a few words about Dr John Moffatt, once head of Christchurch Teacher's College and Christchurch Star contributor, a man of huge intellect who wrote books and composed music in three languages. When Dr Moffatt died I

helped clear his home of thousands upon thousands of books. They filled his very dark house almost to the point of collapse, even the window spaces, with hundreds covering his bed. His bathroom was so full of books he washed and toileted at the local shopping mall. He slept under a grand piano. His books were above my head literally and figuratively, but in the few that I was given I found he had underlined profusely, written in the margins and marked with a strange script. I'm ashamed that it's taken me till now to learn those hieroglyphics are "marginalia" related to the library-sized index system he kept – his expanded version of the common-place book.

Tech-savvy people can do without a paper book in these times, by "simply downloading" (Google tells me) photos of their collections into smart devices which can be on their person 24 hours a day. As with me, I'm pretty sure that wouldn't appeal to Carl, but I've made another note for the discussion list. "Marginalia, common place books, tell Carl, 2020."

PS: Please tell me if you ever see a pile of those "Country Life" magazines languishing in an op-shop. I don't mind how old they are.

It's been fifteen years since I started the slide into inconspicuousness. I noticed it first when I retired from real, paid employment and succumbed to glasses about the same time. Despite my lovely niece's husband at Rangiora Eyecare fixing me up with some super-funky spectacle frames, and Hayley at Just Cuts gunking my greying hair into a trendy, Rod Stewart sucked-mango-pip look (which we once streaked with purple) nothing appears to reverse or arrest this insidious invisibility. When I'm out with that same niece (beautiful, raven-haired, nut brown, 20 years younger than I) I just don't get a look in. No matter whether I stand to her right or left at a counter, she gets served first. At the phone shop, smart young assistants will look her in the eye, as I stand a half metre away, and ask "are you sure your aunty can manage this?" Waiters take her order first.

And if she'd been thinking I'm more than just a little touchy on the subject, I think she gets it now, after bumping into me at the Mall pharmacy in December. I'd found what I wanted, marked \$24.95 on the pottle itself and on the shelf ticket, so I took it to the pretty youngster at the counter who pressed the buttons and came up with \$27.95.

Kindly, I said "I'd like it at \$24.95 please, as clearly advertised." She demurred. I insisted. Then, flustered, she excused herself to consult with a colleague. As the minutes ticked by, and I watched the discussions behind glass, I was gently bumped into by said lovely niece. We both watched for another five minutes as the two pretty young things took their discussion to another person, and then, yet another person.

My feet were tapping and I'm sure I was scowling very visibly, when No 1 pretty youngster eventually reappeared and.... apologised profusely to lovely niece!

After I'd quite recovered, over a coffee five minutes later, lovely niece asked what I'd bought which had caused all the angst anyway.

The penny dropped as I opened my mouth to reply - "vanishing cream".