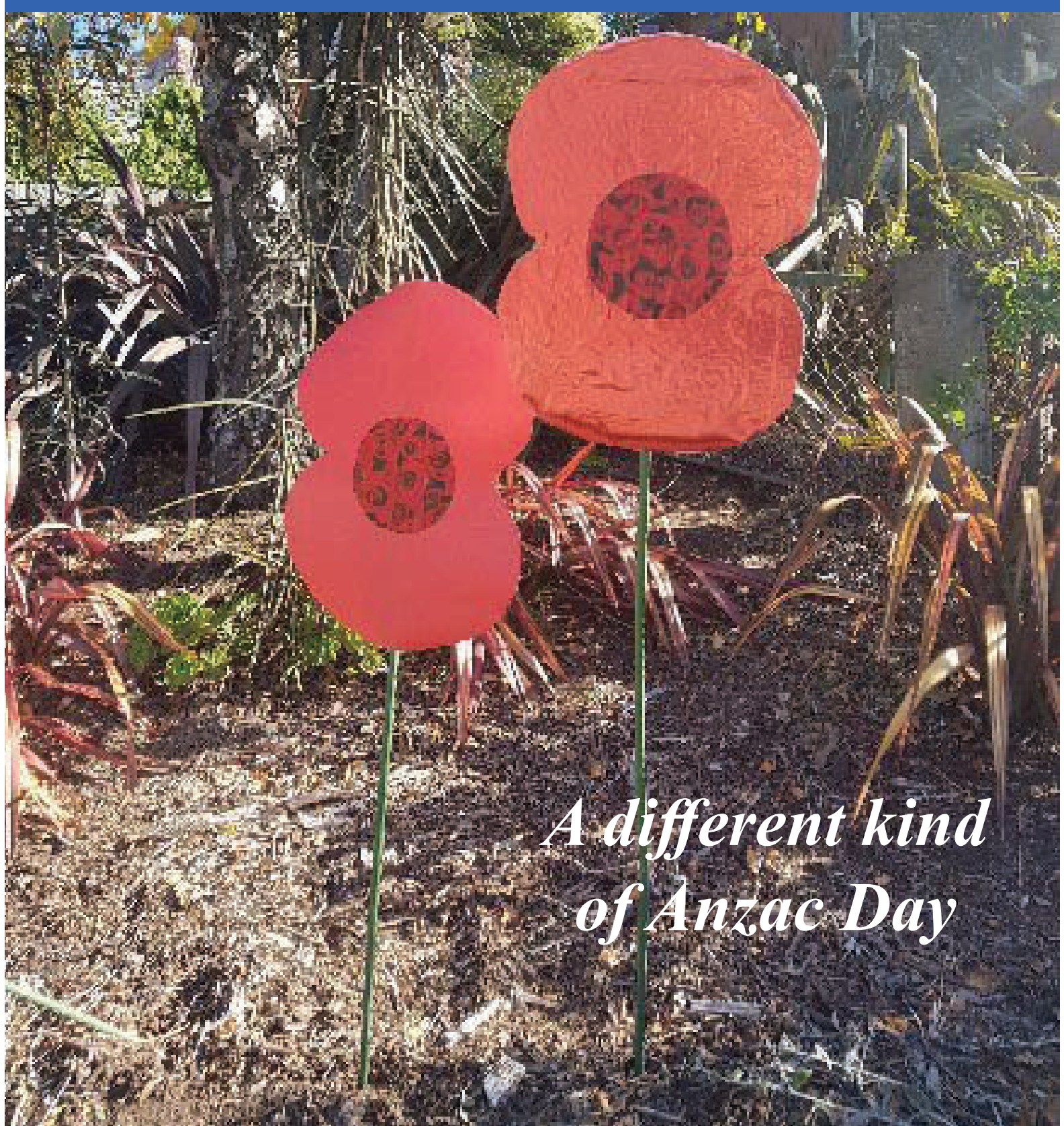


Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTERBURY Vol 106: Winter 2020



*A different kind
of Anzac Day*

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

Charities Commission Number: CCC29446

FROM THE CHIEF EXECUTIVE



What difficult and different times we find ourselves in.

The last time we were preparing a **Keeping On** – none of us had heard of

COVID-19 or Corona virus, we didn't have 'levels' with rules that we had to live within, and the office was a buzz of work and laughter.

This **Keeping On** finds us, just like you, at home within our bubbles, and for the first time in over 50 years, **Keeping On** won't be going to the printer. I am very interested in your feedback on the digital only copy. Drop me a line with your thoughts.

Level 4 and 3 are effectively the same for our organisation. This has meant a continuation of working from home, and keeping in contact with each other, and you, by phone and computer only.

We know this has caused some challenges for some – who have lost their social connection either from one of our visitors, or a catch up over a coffee at one of our outings. We are very aware of the importance of social connection and the issues that occur when people lose these meaningful connections. We have been trying to mitigate this separation by increased

phone contact, and I thank all of our wonderful, fantastic and generous volunteers for their support.

For many of you, this will be yet another challenging time in your life. We hear a lot in the media about 'older people' and the need to keep them safe! While it is true those over 70 and those with health conditions face a greater risk of a negative outcome from the virus – we need to be careful to couch the information on how to minimise the risk – as just that – information. The same rules apply to all of us, and we all have the opportunity to take advice or not, and thankfully we have.

It has been fantastic to see the country come together in this fight. We have all played our part, led by a government that clearly values and respects older people. A view that reflects Age Concern Canterbury's own mission and values.

We will be reviewing our organisations response as we move through the Government levels. We are hoping to be back to business as usual as soon as possible.

There is still time to get your Flu vaccination. It is free to those over 65 – call your GP to arrange an appointment.

Keep well
Simon Templeton
Chief Executive

A WORD FROM THE PRESIDENT



We are certainly living in very different times having been in lock down for our own safety in recent weeks. Despite moving into the Level 2 Alert phase please continue to

listen to all the advice given about social distancing - keeping two metres apart. Stay at home where you can, keep well and save lives. Don't be afraid to ask for help if you need it from family, neighbours and friends.

Age Concern Canterbury have been here to help during the lock down and while the offices have been closed up until now, the phones have been constantly monitored and your messages for help or otherwise have been actioned as soon as possible by the most appropriate staff member. Now that the office is once again open, we will begin to offer some of the services put on hold in recent weeks.

Remember if you are unable to get out and about, most supermarkets still have a service that will allow you to get essential grocery items and have them delivered to you, and the Student Volunteer Army is

still helping with grocery buying and delivery. Your pharmacy will deliver medication to you at no charge. You need to continue to do whatever exercise you are accustomed to do, staying close to home. There is a wide variety of choices to help you exercise on the television. But be careful, don't overdo anything you have not done before.

While we have been experiencing some lovely autumn weather be mindful that some days are unseasonably warm and the need to keep hydrated as in summer is still there. Drink plenty of water as well as your usual tea or coffee. In the evenings when it is getting cooler remember to shut the doors and pull the curtains to keep the warmth of the day in your house. Our gardens need to have some attention preparing for winter so now, when you are not able to be out and about, is a very good time to start. This is also very good exercise.

The Annual General meeting of Age Concern Canterbury is now set down for August and the Board have decided that the Positive Ageing Expo, held each September, should be cancelled for this year.

Keep warm, keep safe and keep well.

Trish Adams, **President**

A MESSAGE FROM THE EDITOR

This Winter Edition of **Keeping On** is being published in digital form only.

I understand that this will make it unavailable to many of our regular readers, and I apologise for this. However, there was too much uncertainty at the time of planning this edition to commit it to print. We were also unsure if our usual distribution points of libraries, malls, rest homes and clubs would be open and running, and ran the risk of having thousands of magazines on hand but no way to get them to our readers.

Some of our regular features, such as the Clubs page and information about Age Concern Canterbury events, do not feature in this edition, due to uncertainty of future social interaction guidelines.

The Spring Edition of **Keeping On** in August will once again be printed and we plan to republish some of the articles and stories which are in this edition.

Deirdre McGrath
Editor, **Keeping On**

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Keeping On

OFFICIAL MAGAZINE OF AGE CONCERN CANTEBURY (INC)

Keeping On is distributed by Age Concern Canterbury to Christchurch Malls, Senior Citizen Clubs and Groups, Libraries, Medical Centres, Rest Homes, Hospitals and Institutions, Housing Complexes and Agencies working with older people and individuals. **Keeping On** is published quarterly in February, May, August and November each year. Written contributions for consideration can be emailed to the Editor at dmcgrath@ageconcerncan.org.nz or contact Deirdre on

Ph: (03)366-0903 or Fax: (03)365-0639.

The **Keeping On** Team: Deirdre McGrath - Editor,
Mike Crean - Journalist, June Peka - Journalist,
Anna-Marie Hunter - Advertising Representative/Desktop Publisher.
Keeping On is printed by Inkwise, Rolleston.

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

Colin Amodeo, a literary machine

by Mike Crea

Colin Amodeo is a literary machine. The avid historian has researched and written 20 substantial books. Now in his mid-70s and still on the English staff of Shirley Boys' High School, he is working on three more books. As a hobby he writes regular history columns for weekly newspaper The Akaroa Mail.

"Writing is a disease, and I've got it," Colin says.

His driving force is the need to preserve Canterbury heritage. He laments the loss of heritage in the earthquakes. Another strong interest is maritime history. Several of his books tell absorbing stories of the ships and the coasters that once served Lyttelton and the small ports of Canterbury.

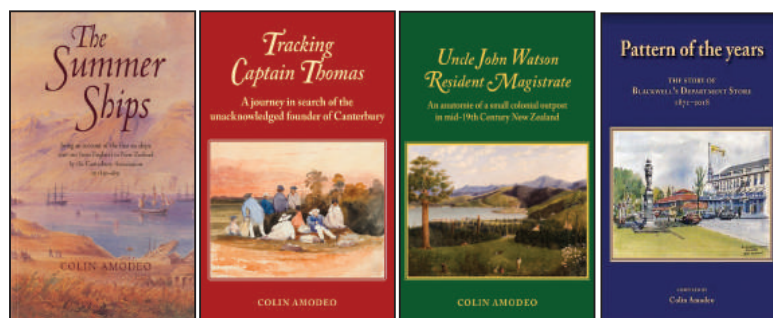
Colin's great-great grandfather was a ship's captain in the 1860s.



Colin Amodeo

So, "There's a bit of saltwater in the blood," Colin says.

He never met that ancestor of course, but is intrigued by him. He came to New Zealand to dig for gold in Coromandel and Thames but instead bought a goldmine and sold



Some of Colin Amodeo's literary titles.

it. Then he bought and sold other mines and did well enough to invest in shipping companies. He had a heart attack while on his ship, died and was buried in the Red Sea.

Colin was born in Christchurch, where his father was a manager of hardware firm Mason Struthers. Colin attended St Andrew's College. He declares himself a true Cantabrian, "as one-eyed as they come".

Colin later taught English at St Andrew's and was a good mate of fellow old-boy, teacher and author Gordon Ogilvie (deceased). Both shared a fascination for the history of Banks Peninsula.

Impressed by Colin's work, the Canterbury History Foundation presented him with an award that enabled him to take time off from teaching in the 1990s. In that period he produced his trilogy on Canterbury shipping: *The Summer Ships*, *The Mosquito Fleet of Canterbury*, and *The Forgotten Forty-Niners*.

The trilogy he is working on tells the life stories of three significant Canterbury pioneers: Captain Thomas, Thomas Cass, and John Watson. Colin says when he began research on Watson he was appalled how little anyone knew about him.

The book, 'Uncle John' Watson

Resident Magistrate, was launched at the end of 2019. As the government's legal representative at Akaroa in the mid-19th Century, Watson dealt with tricky situations across the whole of Banks Peninsula. Colin sees Akaroa in those heady days as a microcosm of New Zealand with its mix of Maori, French, German and English, of whalers and farmers, rogues and vagabonds, Catholics and Protestants. He shows how Watson's earlier experiences in Russell, the Bay of Islands and Auckland, from the time of the Treaty, helped prepare him for his work in Canterbury.

The thoroughness of Colin's research is reflected in his books. Sprinkled among the narratives are related historical asides that he has unearthed. A recent discovery he made while researching was that Thomas Cass's watch was sold for 900 pounds at auction in London in 2015. Engraved on the back of the watch was a reference from his old school to his brilliance as a student.

Such historical titbits delight Colin and his readers. Canterbury readers will be delighted too that Colin has consistently chosen local printers and publishers Caxton to produce his books.

Mature Moves is about helping people

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

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

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

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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.

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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.

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Why the AIDS tragedy should give us hope

by Dr Doug Wilson

The situation we find ourselves in today with COVID-19 took my mind back 30 years, to a time when the world was grappling with a new and frightening virus that – for the moment – had us all stumped.

The first that mainstream medical doctors learnt of AIDS (Acquired Immune Deficiency Syndrome) was the appearance in 1981, in New York City and San Francisco, of small groups of gay men with unusual infections and cancers, otherwise usually restricted to people with severely compromised immune systems.

Almost all the patients died of serious infections. Their immunity was severely depressed.

For a few years the only treatments were directed at their serious infections, not at the heart of the disease itself, the virus that was destroying their immune system. That was unknown.

Three or so years later Human Immunodeficiency Virus, HIV 1985, had been identified and there were tests to measure blood levels.

From that stage multiple existing drugs were investigated if they might defeat HIV. The first, AZT, was a cancer drug that blunted the reproduction of the virus. While this was not a cure, it did slow the acquired infection rate in 1987. Over the next few years a number of new anti-HIV drugs were developed, mostly from scratch, targeted against the virus.

These were not easy developments. I was involved in mid 1990s with one drug which worked brilliantly for a few days, tearing the virus levels down to be almost undetectable.

But HIV was no ordinary target, it mutated rapidly, and after a few weeks the virus reappeared, at this stage resistant to the drug.

Subsequently patients with HIV infection were treated with multiple drugs, which profoundly reduced the risk of mutations which produced resistant versions of the virus. Dr Tony Fauci from NIH in USA, as today, was the prime leader in the fight.

Over the years, 50 million people have been affected by HIV. Prior to, and in parallel with the New York experience, the virus was found to have been rife in parts of Africa for many years. It was never recognised as HIV. Transmission occurred through sharing of blood, sex, and use of shared intravenous needles. People were diagnosed with the infections they had acquired, particularly pneumonias. Most of the patients became very skinny before they died, and were labelled as slim disease.

Science began to understand HIV, and build the ammunition against it. The public health directions were complex, until the modes of transmission had been firmly identified.

HIV was most common in the gay community where multiple sexual relations were common. This coterie, together with intravenous drug users, constituted populations targeted by some communities as undesirable, and as their own fault.

Such judgemental opinions were abandoned as blood transfusion and heterosexual activity were found to be common causes of transmission. Tens of thousands of people died merely because they required a transfusion as part of their hospital surgery.

Similarly, individuals with haemophilia, who were treated with blood products from donors, suffered the same.

Heterosexual sex was found to be as common as gay sex for transmission. The stigma has disappeared, largely. Public health recommendations based on the routes of transmission had to be followed for years not weeks.

Today, with modern drugs, HIV is a chronic disease which can be managed adequately without too much shortening of life.

What a difference 30 years makes! We have come a long way.

COVID-19 was identified as the illness within a few weeks – not years.

Its genetic sequence was identified and shared less than a month after first clinical diagnosis. Within another month, after tens of thousands of individuals had been infected in China, clinical description of the disease had been defined, and the older population and those with other chronic diseases like heart disease and diabetes were clearly designated high risk.

The path forward is to develop a vaccine against coronavirus, and currently there are over 35 vaccine agents in development. Almost certainly this will be successful commercially by 12 to 18 months.

The tragedy for HIV and the particular biological nature of that virus, is that there is still no effective vaccine and all control depends on the anti-viral drugs.

For coronavirus there are multiple drugs which might be repurposed as effective anti-viral agents and are in different stages of testing.

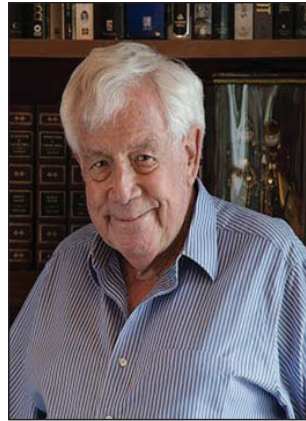
There are plenty of patients which makes the task easier. With the assistance of artificial intelligence, entirely new drugs are already being designed. With this form of virus it is almost certain that a vaccine will be effective. In the interim some anti-viral agents are likely to be identified to hold the fort. Lockdown is an effective path to aborting the infection.

Whereas patients affected with coronavirus exhibit a fatality rate of 1% to 2% for HIV before treatment the death rate was heading towards 50%.

The world of today is a healthier place than the HIV world 20 to 30 years ago.

Which should give us all a degree of hope in the weeks and months ahead.

About the author, Doug Wilson



Dr Doug Wilson is a physician, medical academic, writer and is a consultant to Ryman Healthcare.

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, 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.

Age Concern Timaru



Elder Abuse Response Services (EARS)

The Elder Abuse Response Service aims to improve the quality of life of older people in abusive situations and to prevent abuse by providing information, education, advocacy and support. Sarah Hendry (Elder Abuse Clinician) here in South Canterbury is happy to assist/support any inquires you may have.

Accredited Visiting Services (AVS)

The aim of AVS is to reduce loneliness and increase social connections for older people with no or few regular visitors. This is achieved by pairing volunteers with clients for about an hour each week to enjoy conversation and common interests. There is also a coffee afternoon on Tuesdays. Contact co-ordinator Sonia King to discuss.

Office Hours:
Monday - Thursday
AVS 03-687 7587, Sonia King
sking@ageconcern.org.nz
EARS 03-687 7372, Sarah Hendry
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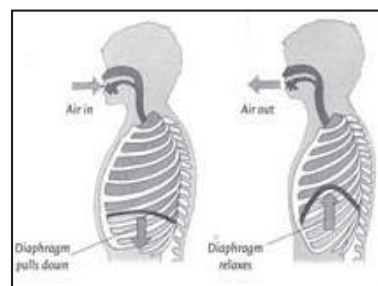
Natures' tonic for anxiety - diaphragmatic breathing

Covid 19 Lockdown has made many of us a little anxious about:

- catching the virus
- our family's livelihood

Feeling anxious doesn't help solve these issues it just makes them worse. Diaphragmatic breathing can help:

- reduce stress and improve wellbeing
- improve immune system
- Improve sleep
- Increase energy



Breathing happens automatically using the diaphragm muscle which pulls air down into the lungs (like bellows) and as it relaxes, it rises up and forces air out of the lungs.

Our breathing is controlled by our autonomic nervous system, which has two parts. The sympathetic, which controls our fight-or-flight response, and the parasympathetic, which is in charge of everyday processes.

When anxious or stressed many of us pull up our shoulders and breathe in the upper chest cavity, which does not use the lower chest and diaphragm.

We can regulate our automatic nervous system, with diaphragmatic breathing which:

- reduces our heart rate and blood pressure
- relaxes us

• decreases the stress hormone, cortisol, released into our body when anxious.

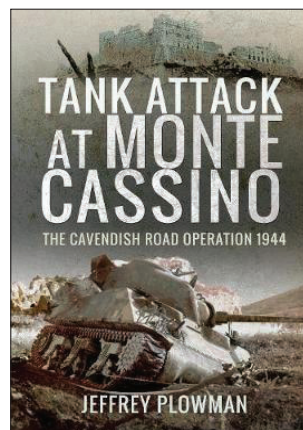


To learn diaphragmatic breathing, follow these instructions:

- Sit comfortably - back supported, bottom at the back of the chair and hands relaxed.
- Relax your shoulders - shrugging them and letting them fall.
- Place one hand at the top of the chest and the other above your tummy button. As you breathe in, notice the hand over your tummy rise up then down as you breathe out. The upper hand moves little, if at all.
- Breathe slowly in and out, emphasising the breath out. When resting, the breath out takes longer than the breath in.
- The deeper the breath, the more movement of the lower hand. The upper hand should move only a little.

If you are struggling to learn diaphragmatic breathing, just contact us your friendly physiotherapists can help.

Phone 03 3775280 or email: admin@tpl.nz



Tank Attack at Monte Cassino by Jeffrey Plowman

Book review by Mike Crean

"The people responsible for this action never had a clue as far as I am concerned."

This is the concluding sentence from a damning reminiscence by war veteran Frank Brice of Amberley. It appears in Christchurch author Jeffrey Plowman's new book set in World War II.

Today's senior citizens heard of New Zealand soldiers' courageous attempts to capture the Italian town of Cassino and the monastery high on Monte Cassino, in 1944.

German troops were using the monastery as a fortress and observation post at this pivotal point in the Allied advance. Against great odds, the Kiwis came close to success but were withdrawn, badly battered, from the action. A Polish contingent completed the job.

Plowman first provides background to the Cassino battles, then focuses on one specific action, the Cavendish Road Operation, which sub-titles the book. This operation was a daring attempt to scale the rugged mountain on a new road dug out by army engineers, and to approach the monastery from the rear. The attack was undertaken by the 20th Armoured Regiment, a South Island unit using Sherman tanks.

Their valiant efforts failed. Brice, the gunner in a leading tank, felt bitter about the pointlessness of a venture that had killed and wounded his mates. Plowman explains why this happened, citing "dissension" and "dithering" by senior officers. He pinpoints lack of communication, poor timing and the non-appearance of support units. Plowman says the embarrassment this caused may explain why the operation has not been fully described before.

Ironically, when fighting in North Africa earlier in the war, the 20th Armoured Regiment had started as the 20th Infantry Battalion. As foot soldiers they had been let down by poor tank support. Converted to tanks and transferred to Italy, they were let down by poor infantry support. Plowman assesses what difference timely infantry support might have made on Monte Cassino.

Readers interested in forefathers' war exploits will find this book tragic but gripping. Some technical passages may trouble general readers.

We're here to help

Christchurch City Council COVID-19 Update

Please put the correct items in your yellow bin

- Please continue to put the correct items in your bins. Garden and food waste goes into the green bin, rubbish into the red bin and correct, clean recycling into the yellow bin. You can learn which items are acceptable at ccc.govt.nz/recycling

Getting outdoors

- Enjoy fresh air and exercise locally. Remember to always maintain a two metre distance from anyone not in your bubble. Please continue to keep your dog on a leash, and take your dog poo and any rubbish home with you.

Talk to a librarian

- Whether you need help with technology, eResources, family history, Māori resources or all thing books, our friendly librarians are here to help. Call us Mon-Fri 9am – 6pm and Sat-Sun 10am – 2pm on (03) 941 7923.

Rates

- We know many of you are facing financial hardship. If you are under financial stress, you may be eligible for a rates payment extension. Apply online at ccc.govt.nz/ratesextension or phone 0800 800 169.

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Damned if they do, damned if they don't

by Esther Perriam

When "this" (this = COVID 19) all started happening here in Aotearoa we all knew it would be just a matter of time until Aged Care services, especially care homes, would be in the spotlight. After all, international reports showed that those over 70 years of age faced the worst outcomes.

It didn't take long until we started hearing on the grapevine that indeed some services were closing doors, not allowing visits, restricting movements.

I was invited to speak on the Nine to Noon programme with other industry experts to discuss how the wider sector was prepared for the possible challenges of COVID19.

It didn't take long for the emails to hit my inbox either. Two in particular are still present in my mind.

One argued strongly (one might even say aggressively) that facilities should be locked down, that older people are vulnerable, that we should be learning lessons from Australia, that we weren't doing enough. The tone was forthright, and it felt like righteous anger was pouring from the screen. And whilst it was a bit confronting – I sort of got it – I've been so sure and so definite about things in the past that I've got onto a keyboard and poured my soul into a passionate email or online response.

The other was equally passionate, and in this case indignant – aged care facilities should not be shutting families and visitors out. Did they not appreciate that socialisation was critical to an older person's well-being? This email was furious that decisions had been made too quickly, with not enough consultation, that 'corporate' operators were in effect callous. They were clearly distressed that their loved one had not been able to receive their regular visitor.

And this is the dichotomy of the environment that our aged care providers appear to operate in too often. They are damned if they do, and damned if they don't.

I've spent 15 years in this sector now and I have to say so much of what I see is pretty amazing given the restraints in the sector. Committed cleaners, cooks, grounds-people, leaders, trainers, operators, CEOs, care givers, nurses, drivers, activities staff; the list goes on and on of people and organisations who take pride in their work. And yes, I do see some people whose passion has dimmed over time and who might need to rediscover their purpose or find a new job, but these are the minority.

When we induct new staff into our business we get to see with our own

eyes the transformation when they realise that what they 'thought' about older people and the older people's sector is challenged. We develop champions for older people and real believers in the services that exist to support seniors. But how can we do this for EVERYONE?

How do we challenge society to both value our seniors but also to value the organisations and businesses that are there to support them? And how do we do this in a way that still allows us to challenge the system when it's no longer in step with what we as a society and consumers might want?

It's true, not everyone will live in a retirement village. Not all of us will need aged care in our lifetime. We might not need to join a day programme, or have someone help us with daily tasks...but we will know someone who will need some, or one of these services. So, we will be touched by a sector that is damned if it does and damned if it doesn't.

How can we change the narrative? How do we move from a blame game either way – to an understanding that these services are here to meet a need and that they require us to deliver feedback in a way that empowers and informs change? If we can find a way to get to this place, I believe we will develop an environment that fully allows and enables older people to live their best lives.

About Esther Perriam



Esther Perriam is a Director of Eldernet. She's worked in the business for over 15 years and has been lucky to visit many of the older person's services around the country. She's never short of an opinion on...pretty much anything. Esther really loves reading and you'll see plenty of book reviews authored by her. As a mother of two children there's not much free time but if there is she also enjoys cooking (for grown-ups, not the kids!) and anything beach related in her spare time. Esther has presented at conferences around New Zealand and is happy to be contacted in regard to speaking or presenting at your event.

Lean on Me say Driving Miss Daisy

Lean on Me - the words of this popular song come to mind when thinking about you all and our Driving Miss Daisy community at the moment.

*Lean on me when you're not strong
I'll be your friend*

I'll help you carry on

For it won't be long

As an essential service we have been at the frontline with the most vulnerable people during these extraordinary times. To be acknowledged and trusted by the Government has enabled us to continue supporting our elderly clients utilising our gold standard health and safety procedures.

Your Daisy can help you live independently by doing those essential errands for you while you remain safe in your bubble. We are able to do your grocery shopping, collecting and delivering prescriptions and get you to your medical appointments and safely back into your bubble. We can make this time more bearable by picking up a magazine, or a fresh bunch of flowers. We have received heart-warming thanks and appreciation for helping you in this time of need.

Whilst the future is unknown, we do know that the current situation will not be forever. If the lockdown has been getting you down, we can get you out and about in our Driving Miss Daisy car bubble. Nature is putting on a beautiful autumnal display at the moment, enjoy it at its best with a trip to your local park or the beach with us, we could even pick up a coffee on the way.

Going forward the core Driving Miss Daisy commitment is to empower you, giving you the freedom to live independently by offering a companion driving service that is trusted and affordable. Safe as well, we follow Ministry of Health hygienic and social distancing guidelines.

Don't forget a Daisy Experience gift voucher is an ideal treat you or for a friend.

We have always been there for you and we will continue to be by your side in the community especially during this period, post COVID-19. Stay safe, be kind, let's support each other.

Melanie

Co-founder DMD



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It seemed a sensible plan. I would carry the books in my stoutest, most capacious bag which would also accommodate my empty three-litre laundry liquid bottle. I would deposit the books at the Oxfam bookshop and come home via the Tremendously Wholesome store where I could refill the bottle. What could go wrong?

Well, it was good in theory but lugging twenty-odd hardbacks for three quarters of a mile is hard work as is returning with a full three-litre bottle. (And, of course, one inevitably picks up other things when in a shop.) It was a muscle-straining feat of endurance for one who has not frequented a gym since 1969 and made me start to face the grim reality of my dwindled sexuagenarian stamina.

How was this to be managed from now on? Oxfam needs my books and I have plenty to give them. I am committed now to refilling laundry



and washing-up liquid bottles where possible. Shopping on foot saves petrol and self-propelled locomotion is good for me. But it's no good if I have to lean against random walls on the way back and, once reunited with my front door, collapse into a chair for an hour.

It took a while to reach the inevitable – and perhaps obvious –

solution. A trolley! “Are you serious?” my younger self asked my older self. Trolleys are for, well, old people. In fact, older women, if you think about it. When did you see a man pulling along a trolley?

For the next few outings I made a careful reconnoitre of trolley-wielders. Most were, indeed, older women and, my God, they made good use

of them. A woman with a trolley in a supermarket can be a formidable sight – basket in one hand, trolley expertly propelled by the other silently proclaims, “Out Of My Way, Sluggards! I'm on a Mission!” But some trolley-owners were younger and, I admitted to myself, just being practical.

I spent some time researching trolleys online – it is astonishing how many factors need to be considered – the weight, the capacity, the manoeuvrability, the number of compartments, buttons, zips, pockets and the stability of the whole thing when both empty and full. And, of course, the design, colour and cost. I went in the end for plain black. I was not yet so enamoured of the idea as to want to be showy about it.

It skulked in my coat cupboard for a couple of months before I left the house with it. When I met people I knew on the pavement I felt like disowning it – “It's not mine. I'm just carrying it for a friend...” But I then found that, almost like a dog walker meeting another dog walker, there is a camaraderie among trolley-wheelers. They smile at you as you negotiate the pavement to avoid a collision. Mine even had some admiration from aficionados who obviously recognised its superior quality although I balked slightly when a neighbour remarked that, “It doesn't look like a grandma bag at all.”

And it is – oh, it really is, so useful! I no longer feel that my arms grow by agonising inches on every trek from the shops. It certainly saves on car journeys as I can walk minor deliveries to friends or the post office. I have become an unashamed – even proud – trolley dolly and wonder why it took me so long.

(Source: www.theoldie.co.uk)

A friendly face and a helping hand

Lift Companion Driving is an essential service and as such is offering transport during the Covid-19 pandemic. We can transport and assist our clients with essential trips; i.e. to supermarkets, medical appointments, vets, or the pharmacy.

Did you know that we also offer a shopping or errand running service too? On those days when you would rather stay at home, or are self-isolating, why not let us do your shopping, or collect your prescription for you?

As always, our goal is to offer a high-quality service, at a reasonable price. Whilst our priority remains the safety of our clients, we are constantly looking for new ways to improve and enhance our service, whilst maintaining high standards

of hygiene. This includes, but is not limited to, measures such as wiping the interior surfaces and handles of our vehicles with disinfectant, before and after each client, using hand sanitiser and washing our hands regularly. We also practice recommended social distancing, but with our usual caring approach.

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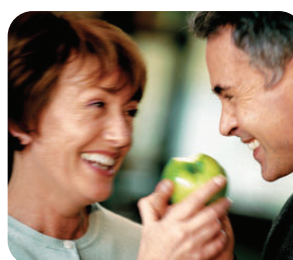
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Love: the hardest word to say

by Becky Manawatu, Westport News

Melanie Mayell had accepted that her father didn't express love, until a book revealed she was wrong.

She is sitting on the couch at her Okari Lake cottage, with a wooden box in her lap, and starts to tell the story of a book which changed her – and her father's – lives.

Melanie is a big reader, that's evident by the number of books in the cottage. About 15 years ago she came across a particularly special book: *The five love languages*, by Gary Chapman. The book explains people's unique ways of expressing love.

It simplifies the complex emotion to say there are just five examples: receiving and giving gifts, quality time, physical touch, words of affirmation and acts of service. When she read acts of service, she had "a light bulb moment", immediately thinking of her father.

Ted, an engineer, was born in 1930 in Oamaru and was the youngest of six. Melanie describes him as "practical and not very emotionally demonstrative". He was most often busy, cleaning, mending, fixing. "If my car broke down, he would be there immediately." Having spent most of her life not doubting, but wondering, about her father's love, the realisation that his love language was acts of service stunned her.

After reading the book, she wanted to get hold of him immediately. She thought: "Oh my gosh, I've got to let him know, I get it. That I see all these kind gestures as love. But I can't tell him, because he won't be able to receive it."

Instead she typed out memories, dozens of them, of things he had done for her and the rest of her family. They included trips to Westport to explore, the time he rushed to her aid to fix her car, bonfires and cooking damper on sticks.

One read: "It was rare to stop the car en route [Ted normally wouldn't stop until the destination was reached] to our holiday destination. But you would always make an exception for what promised to be a great pottery stop. I think stopping like this at people's workshops was a unique and wonderful start to my appreciation of art, and especially sculpture."

Another was: "There was nothing that you couldn't build, fix or modify... [such as] my corner bookshelves, you said, 'you draw what you want and I'll make it for you.'"

Other memories included Ted responding to a midnight call from Melanie after someone had tried to steal her car and broke a key in the ignition, and numerous accounts of



Melanie Mayell with her memory box

his inspiring love of adventure and the outdoors.

She put each memory, typed onto a small square of paper into a box. She put each box into a large wooden box – and she waited for his birthday.

When the day came around, she visited her parents at their Mount Pleasant home. "I said: 'I've made you something for your birthday'." He said: "Oh yeah." She explained the memory box to him and said: "You could keep it in your garage. You could pick one out when you feel like it."

And that was that.

Several days went by and Melanie

hadn't heard anything, so she called her mother, Heatherbelle, and asked: "What's going on with the box?"

Heatherbelle said, "Oh..."

"I said: 'Where is it? Sitting in the garage?'"

No, it wasn't sitting in the garage, her mother told her. "It's beside his bed. He reads one to me every night. He loves it."

Melanie was thrilled. A short time later, Ted was diagnosed with Parkinson's disease. Slowly Melanie's parents' life "reduced". As his symptoms became worse, his workshop in the garage and all his tools went, then they moved to

a small apartment in Christchurch's residential care Nazareth Community. Eventually Ted had to be moved to the facility's Nazareth House for palliative care.

As the many material things dropped away from Ted's life, he held onto one thing: the memory box. It was kept at his hospice bedside, so he could read from it, until he died aged 88 last year.

Melanie says she'd added to the box over the years after she first gave it to him, as she remembered other things, new memories were made, or some of the originals became tatty.

At Ted's funeral Melanie stood up and read from the memory box. Since he died her mother has kept it, because it was special to her too – in fact it changed Melanie's relationship with Heatherbelle as much as it did with Ted.

"Instead of Mum constantly being Dad's cheerleader: 'Oh your father he does all these things', she saw he was acknowledged, and she could just relax."

She said the simple idea was life changing, even if only subtly. "If you are so busy looking in one direction for something, you miss what's already there... I hadn't seen those acts of service as gifts of love."

The gift "shifted" something in their relationship. It became easier, more relaxed, they had a bond they didn't need to speak about. He never mentioned the memory box to her directly.

"But that was another big thing, I wasn't doing it for the big, 'Oh my god, thank you'." She made the gift to reciprocate Ted's love.

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The terrors of Shakespeare's plague

Shakespeare's siblings were killed by the plague, which closed theatres at key moments in his career. Thank God he never caught it, says Susan Hamlyn

In another era we might well have called the current epidemic "the plague".

Plague has been a frequent visitor over the centuries and an effective decimator of the population. Shakespeare knew it well and when it terrorised London in 1592-3, the theatres and other places of public resort were closed to prevent the spread of infection much as today.

In fact, in 1564, the year he was born, the plague killed off a quarter of the people in Stratford-upon-Avon, having already, in the previous few years, despatched his parents' two other children. Shakespeare was lucky to survive and it boggles the mind to think how different our world, our language and our cultural landscape would be had it been otherwise.

Inescapably, plague was a feature of his entire life – quite possibly being the cause of the death of his own only son, Hamnet, at the age of 11. It was already clear in Shakespeare's day that infection was spread by people gathered together and theatres were usually the first public spaces to be closed during times of infection. The idea gave ammunition to those who believed that theatres were, in any cases, iniquitous places – breeding grounds not just of infections but of immorality of all kinds. As the headmaster of Tonbridge School, Sir



John Stockwood, complained in 1578: The blast of a trumpet will call a thousand people to see a filthy play... an hour's tolling of a bell would only bring a hundred people to a sermon. And Stephen Gosson, in the following year, pleaded: Let us but shut uppe our eares to Poets, Pypers and Players, pull our feete back from resort to Theaters, and turne away our eyes from beholding of vanitie, the greatest storme of abuse will be ouerblown, and a fayre path troden to amendment of life.

The plague, however, was a far more effective killjoy than any preacher. Theatres stayed closed

during several critical periods of Shakespeare's career. In 1592, he was newly arrived in London and his Henry VI plays were being performed at The Rose Theatre. But the plague shut it down and all theatres remained closed for fourteen months. What was he to do? Happily for what followed, he polished up his poetic skills and wrote *Venus and Adonis* which he described as "the first heir of my invention" and which was an immediate popular success. The confidence this must have given him clearly informs the plays he wrote once the theatres reopened - *Love's Labour's Lost*, *Romeo and Juliet*, *Richard II* and *A Midsummer Night's Dream* – arguably his most lyrically poetic works.

Later in his career, plague again devastated the world he knew. Between 1603-1613, The Globe and all other places of popular entertainment were closed for a total of nearly seven years because of it. The outbreak in 1603 – the year of the queen's death - killed 20% of the population and it must indeed have seemed like the end of the world everyone knew. Shakespeare's *Measure for Measure*, *Othello*, *King Lear* and *Macbeth* – all darkly sombre plays - followed the re-opening of the theatres.

Let us hope he followed his own advice – put in the mouth of Gratiano in *The Merchant of Venice*:

*With mirth and laughter let old wrinkles come
And let my liver rather heat with wine
Than my heart cool with mortifying groans.*

(Source: *The Oldie*)

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Great Cantabs

by Mike Crean

Canterbury has been blessed with outstanding characters. Not all of them are well known but all have contributed mightily to the province's self-esteem. The few personalities in the following collection are representative of a much larger group.

These nine "Great Cantabs" all lived in and around Christchurch

in the post-World War II era. Press writer Mike Crean was lucky enough to interview six of them, and to write obituaries of the other three after chatting to their families. Here he presents brief pen portraits of them.

For reasons of space, some of the nine items will be held to run in a future edition.

Gladys Goodall



Photographer Gladys Goodall drove 50,000km for work and died at 106. She made a living from taking photos for postcards, calendars and leaflets.

The Otago farm girl learned to use a camera and develop film as a child. She took up nursing, married a Waimate farmer and moved to Christchurch with him when their farm failed.

Her husband became a tour bus driver and Goodall turned her hobby into a paying proposition by taking scenic

photos for him to sell to tourists. Demand for her images grew and she set up a central-city studio and office.

Stationery firm Whitcombe and Tombs contracted her to supply images. The pay enabled her to buy new gear for colour photography and a Ford Zephyr car in which she clocked 162,000km before crashing near Thames.

The intrepid Goodall drove rough and winding roads in all weather. She made countless ferry crossings of Cook Strait. She stayed in small pubs, including "some appalling dumps". She often visited a scene several times, or waited for hours, to catch the right mood and light.

Goodall was one of the first two women appointed JPs, in 1949. She made it clear – she was joining the Association of JPs NOT just to make the tea. And she never did make it.

John Johnson

Sumner man John Johnson was a pacifist and conscientious objector in World War II. He was exempted military service on religious grounds, having been a Quaker from the age of 14. His grandfather had denounced all war after experiencing the horrors of Gallipoli in World War I.

Johnson enlisted in the Quakers' ambulance unit and sailed to China in 1942. He served through the final bloody years of the Japanese occupation of China. He then became embroiled in civil war between the communists and nationalists, driving, repairing and maintaining primitive trucks to deliver supplies to Quaker hospitals in remote regions. It was perilous work, often under fire. His training in Christchurch as a marine engineer served him well. His courage was never in question.

Returning home, Johnson married and settled in Heathcote Valley, handy to his work in fishing and marine occupations at Lyttelton. He died in 2014, aged 92.

Yvette Bromley

Severe earthquake damage to the Canterbury Provincial Council chamber struck like a sword at Yvette Bromley's heart.

It was in this building that Bromley founded the Court Theatre and performed in its first play, in 1971. The Court became highly regarded throughout New Zealand. It moved to the Arts Centre and then to an Addington warehouse after the 2011 earthquakes.

Bromley carried out many functions with the Court. In its early days, she sold tickets at the door, hid the money during the performance and paid the actors after the curtain came down. She produced and directed plays, mentored players and nurtured talents. Assisted by Christchurch Mayor Ron Guthrey, she put the Court on a full professional basis.

Growing up in London, Bromley pursued her twin loves of drama and cricket. After World War II she and husband Richard emigrated to Christchurch. She took teaching positions at Christ's College, St Margaret's, Rangi Ruru and Medbury School. Her theatre involvement began with the Repertory and Risingholme groups. Then, with actor Mervyn Thompson, she launched the Court Theatre.

Her daughter Elizabeth (Moody) became a stalwart actor and director with the Court. Bromley died in 2013, aged 100.

(Continued on Page 26)

Retirement villages

Security, freedom from home maintenance worries, support, companionship and on-site healthcare are just some of the reasons why you might be contemplating the move to a Retirement Village. But the implications of buying in a Retirement Village are varied and often seem quite complex.

Retirement Villages typically utilise devices called Occupation Right Agreements (ORA). These do not transfer ownership, as such, but rather, they confer a licence to occupy a certain unit at the Village until a given event.

Under an ORA, you make an initial payment for entry into a Retirement Village, often referred to as the purchase price of the ORA. From this initial capital payment the Village will apply a formula for calculating a 'deferred management fee' or 'village contribution' that is deducted from the entry payment when you end the ORA. This exit fee is usually between 20% to 30% of your entry payment and accrues between 2 to 5 years from your entry date.

There are three main additional costs you should consider and compare when you are looking at Villages. In addition to the exit fee,

there will be a weekly fee payable to the village owner to cover the running costs of the village. Some Villages will fix this fee from the date of your ORA, others will increase the fee tied to the consumer price index or the increase in the National Super rate, and others to account for the increased cost of services each year. There is usually another weekly service fee based on the extra services you require or opt for. There may also be other costs and you should carefully view all the Village documentation before you commit to avoid any surprises once you've settled in.

The decision to move into a Retirement Village is not one you should rush. Think about the things that are "must haves" for you and pick a Village that enables you to achieve these goals. Look at different Villages and speak to the residents if possible, to ensure that the Village ticks all your boxes and involve your family and friends in your decision making process.

At Harmans we have experience dealing with purchasing in a Retirement Village. Give Phillipa Shaw a call on 03 352 2293 to arrange an appointment to discuss your situation.

(A)



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Student Volunteer Army has mobilised across NZ

The Student Volunteer Army (SVA) has mobilised across Aotearoa/New Zealand to provide a grocery delivery service for people who are affected by the pandemic and resulting lockdown. The SVA has partnered with New World, Hyundai and Z Energy to deliver groceries for those who can't 'just pop to the shop'.

The process is simple: place an order online, or call us with a list and our friendly team will place an order for you. Pay for your groceries with a credit or debit card, and within 48 hours (but usually the next morning!) a screened, interviewed and trained volunteer will deliver your groceries to your door - completely contactless,

which makes for a very safe service. Your local supermarket opens early just for us, meaning less contact with the public and a shiny clean store - and our partnerships with retirement villages are especially effective as a single volunteer delivers all of the orders for one location. Volunteers are vetted every day for health status and only participate if they are 100% healthy. We can cater for a variety of dietary requirements - but do let us know if there is something you'd like to see on the shop that isn't there!

Delivery is available nationwide - head to www.shop.sva.org.nz or call 0800 005 902 to place an order.

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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.

(A)



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Update on Age Concern Canterbury Events and Activities

SAYGo, Steady As You Go (Falls prevention exercise classes)

Each community lead class will restart when the leader feels comfortable that the group can adhere to the current Covid-19 guidelines. Please contact Beverley Mason at Age Concern Canterbury on 366 0903 for further information.

Age Concern Canterbury AGM

This meeting has been postponed until

Wednesday August 19th 2020.

Positive Ageing Expo

This event has been cancelled for 2020.

Planning is already underway for our next Expo on

Monday October 4th 2021.

Café Groups and Social Outings

The social connection team will keep you informed when these will be starting up again. Please phone Katie or Debbie if you require further information.

Safe with Age Driving

These courses will resume when Covid-19 guidelines allow. Please contact Age Concern Canterbury on 366 0903 if you wish to register for a course in the future.

Feeling proud to be a New Zealander

Christchurch has a very 2011 feel about it at the moment with people looking after each other, particularly those on their own or more vulnerable. You really find out the true worth of people during hard and challenging times and it's in times like these that I feel very proud to be a New Zealander.

The innovation and fun that people are having and sharing during our lockdown time is just awesome. But for many, these are very sad times. We have lost lives and many have lost jobs. This is definitely going to be a marathon challenge not a sprint.

I remember in 2011 and 2012 that the language of Cantabrians was like a unique one that only we could understand - talk of red or green zones and TC1 or TC2 or TC3. Overcap payments, jack and pack, underrunners, rubble foundations - these all became part of our everyday conversations with each other while the rest of the country would have been puzzled! A similar thing is happening now - with talk of social distancing, staying within your bubble, alert level 4, 3 2 and 1. It's so interesting to see how quickly the language becomes part of everyday conversation.

We have responded to this unseen virus enemy in such a strong and united way. My thoughts are with those who have lost a family member during this time and have been unable to be with them. That is, without doubt, the hardest time to face. And then so many more who have been unable to have a traditional funeral services where friends and family can

share memories and farewell their loved ones. Another very difficult time for them.

Times of the year when often family spend time together - such as over Easter weekend - saw many unable to fulfil these plans. ANZAC Day will be memorable as being the most unusual commemoration in our history. Thousands of New Zealanders stood outside their homes (or in their lounge or patio) to pay tribute to those who have served our country and remember the sacrifices they made so that we can live in a free country.

Children and adults all around the country made beautiful poppies and put them on their fences. I am sure that this will now become a new tradition on ANZAC Day in future years. And in future years, when our youngsters ask what we did to fight the Covid 19 virus in New Zealand, we will be able to say that we stayed home and saved lives.

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



Authorised by Ruth Dyson
642 Ferry Road, Woolston

Getting the most from powerful protein

by Wendy Scanlon, Senior Chef Coordinator, Pegasus Health

Did you know that compared with younger people, older people need 25% more protein?

Older New Zealanders, on the whole, meet this target because protein-rich foods, such as meat, chicken, kaimoana, eggs, milk and milk products are part of our culture and readily available. However, there's a few points to consider to get the most from protein.

Include protein in snacks & meals

Research suggests that eating protein across breakfast, lunch and dinner potentially increases muscle strength in older people. We want strong muscles to help us stay on our feet and prevent falls, to keep our gut healthy and for good lung function and breathing. Protein is mainly eaten at lunch and dinner so this is a reminder to have some protein at breakfast time and at snack time. This could be as simple as having yoghurt with your cereal or porridge or adding peanut butter to your toast.

If your appetite is poor

If you find you are eating less and have lost weight it is doubly important to eat protein with every snack and meal. Little and often is the key.

Step outside your comfort zone

If you tend to only choose meat, fish

and chicken as your protein foods, try some of the plant foods rich in protein. These include legumes such as lentils, split peas, chickpeas and cooked dried beans (e.g. canned red kidney beans, chilli beans and baked beans), nuts, seeds and soy products such as tofu. Wholegrains such as oats and barley also contain some protein. These options are also rich in other vital nutrients such as fibre, vitamins and minerals. They are kind on your budget too.

Stuck for ideas?

So here's 10 ways you can boost your protein throughout the day.

- * Cheese, hummus or peanut butter on crackers.
- * Baked beans or eggs on toast.
- * Smoothies made with milk and yoghurt.
- * Hot drinks made with milk.
- * Lentils, chickpeas or kidney beans added to soups, salads and casseroles.
- * Yoghurt as a dessert or snack.
- * Nuts on cereal, salads and stir-fries.
- * A tablespoon of milk powder added to your porridge, mashed potatoes or hot milk drink.
- * A dollop of hummus stirred through mashed potato or kumara.
- * Sardines on toast.

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Tasty Fish Pie



To make it easier, plan to have a meal the day before with mashed potato, then you can save some for your fish pie.

Mashed Potato	1 Serve	2 Serves
Potato, scrubbed and chopped into chunks	1 large	2 large
Milk	1 - 2 tblsp	2 - 4 tblsp
Butter or margarine	1 tspn	2 tspns
Salt and pepper	To taste	To taste

Method

Boil potato until soft, around 15 – 20 minutes, then mash with milk and butter/margarine. Add salt and pepper to taste.

Fish Filling	1 Serve	2 Serves
Cheese sauce, packet	½ packet	1 packet
Milk	¼ cup	½ cup
Water	¼ cup	½ cup
Canned fish, drained and flaked	1 x 95g can	1 x 185g can
Frozen peas or frozen mixed vegetables	¼ cup	½ cup
Oil spray to grease the dish		
Hard-boiled egg, sliced	1	2
Cheese, grated	2 tblspns	¼ cup

Method

* Preheat oven to 180°.

* Combine cheese sauce mix with milk and cold water in saucepan. Mix well. Bring to the boil while stirring, then turn down the heat and simmer until thickened.

* Stir in fish, hard-boiled egg and frozen peas. Pour into a lightly oiled small ovenproof dish.

* Top with mashed potato and sprinkle with grated cheese.

* Bake for around 20 minutes or until bubbling.

* Serve with vegetables or a green salad.

Tip: use a tasty cheese sauce mix and canned smoked fish for extra flavor.

COVID-19 Information

• At Alert Level 2 we've got to play it safe. Keep your distance from people you don't know in public, and keep track of where you've been and who you've seen. This will help contact tracing if it is necessary.

• Remember to keep up the hand-washing, cough and sneeze into your elbow, and stay home if you're sick. If you're experiencing symptoms of COVID-19 (such as cough, fever, and shortness of breath), please call Healthline on 0800 358 5453, or your GP.

• Alert Level 2 means we can do

most of our everyday activities - but carefully. We can go into local businesses, travel around the country and (most importantly) see friends and family.

• To help keep your home warm and dry as the weather gets colder, we've doubled the Winter Energy Payment for 2020. If you're eligible you'll automatically get payments from 1 May.

For the most up to date information visit covid19.govt.nz or call 0800 779 997

Hon Ruth Dyson
MP for Port Hills

My office is available to give advice and assistance. You can contact me on 03 376 4512 or by email at porthills.mp@parliament.govt.nz



Authorised by Hon Ruth Dyson MP, Parliament Buildings, Wellington

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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** 


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GOLD



Natural Harmony Body & Joint Rub

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NZ Lockdown 2020 COVID-19

Eddie Rodden

In future years New Zealanders may look back on the 2020 lockdown as an interesting, even fulfilling, time. They may want to tell their grandchildren about it.

Burwood senior citizen Eddie Rodden penned a little poem that may help. Greymouth-born Eddie moved to Westport and then to Christchurch, where he settled and remains. He worked in the printing business mainly, with a brief interval owning and running a dairy.

The Lockdown

Lock it down,
Lock it up,
Lock it now, Eddie,
Whatever the cause is,
We've gotta be ready
To help one another in the times ahead
And listen to Jacinda, whatever she said.
Keep apart from ya friends and ya mates,
And no more shaking hands.
Give 'em the old-fashioned elbow jolt,
We've all gotta make a stand!
Listen to some happy songs
On ya radio or on ya tape
And if ya feeling down and out,
Chew on ya favourite grape!
So, here's to you
And here's to me
And here's to all of us.
Keep walking on the sunny side
And don't kick up a fuss!

by Eddie Rodden



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Age Concern Canterbury Inc. Statement of Service Performance

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

For the year ended 31 December 2019

Vision

To be the recognised organisation in Canterbury that connects, supports, empowers, celebrates and respects all older people in an inclusive community.

Mission Statement

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

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

Accredited Visiting Service

The Accredited Visiting Service (AVS) team in Canterbury, the West Coast and Timaru continue to co-ordinate thousands of volunteer visits to socially isolated people 13,741 in Canterbury. (9,808 in 2018)

Across the three regions, 40 percent of the volunteers are under 65.

“Things have changed for the better now I have a visitor, we go out for coffee and have been to the art gallery and even a ride on the tram! My life has really turned around and I couldn’t be happier.” from an AVS client.



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

Social Connection Service



“I really enjoyed my first outing. The host was lovely.”

from a Minibus client.

The Social Connection Co-ordinators utilised the 3 mini buses that we have to facilitate 7,090 outings for socially isolated people. (6,704 in 2018)

“I love helping to bring a smile to people’s faces. We have a lot of fun.”

from a Minibus driver



Elder Abuse Neglect Prevention

Age Concern Canterbury delivers the Elder Abuse Service across Canterbury, the West Coast and Timaru.

599 referrals were received with 327 closed cases of Elder Abuse. *(There were 677 referrals in 2018 and 330 closed cases)*

There was a 66/34% split female to male clients and 70% were aged over 75. *(70/30% split in 2018)*

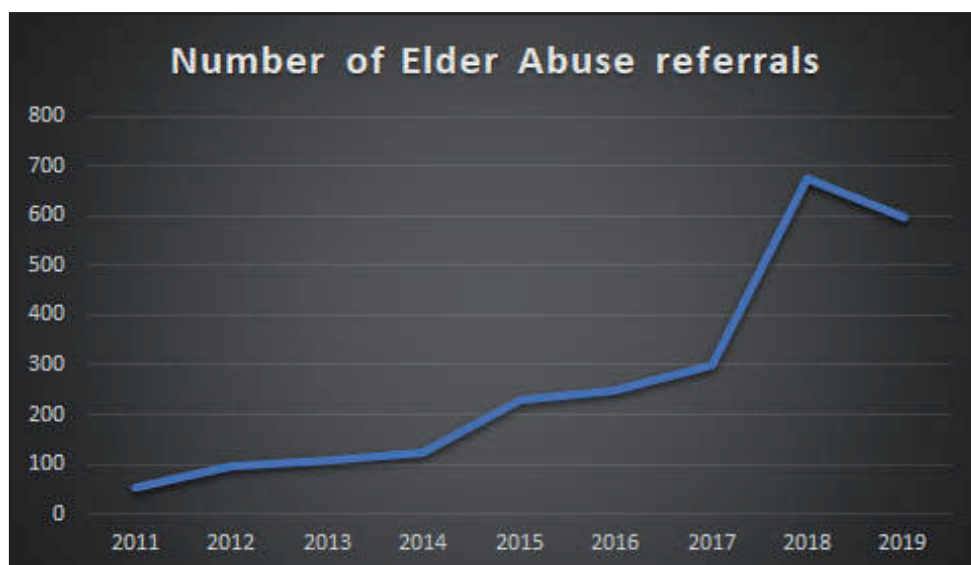
There were 309 general enquiries about Elder Abuse and Neglect Prevention. *(228 in 2018)*

17 education sessions were delivered to Aged Residential Care with 290 participants. *(15 in 2018 delivered to 263 people)*



75% of abuse was by a family member

"I am feeling more relaxed and able to deal with (the) mental and physical abuse."



Home Support Services



2,828 clients were assisted with home help, a trade/handyman or gardener from our database. *(2,792 in 2018)*

All service providers on our database are police checked and interviewed.

Volunteers

In 2019 volunteers contributed over 19,000 hours to improving the lives of older people *(16,500 in 2018)*. This enabled us to deliver on our vision – of being the lead agency that connects, supports, empowers, celebrates and respects all older people in an inclusive community.

In pure economic terms, volunteer involvement equates to over \$336K per year*. *(* Based on minimum wage).*

Age Concern Canterbury Courses

988 people attended a Health Promotion course. (1,315 in 2018)

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

Confident Driving Course attendee.

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

Confident Driving Course attendee.



Age Concern Canterbury Expo



Many thousands of people attended the Positive Ageing Expo at Papanui High School on 30th September 2019. There were 154 exhibitors. (163 exhibitors in 2018)

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

Expo attendee.

Steady As You Go (SAYGo) Courses

33 new participants completed the ten week course and continue to attend the 35 classes across Christchurch and North Canterbury. (37 classes were running in 2018)

*"I feel more confident to leave the house."
"I feel safer and stronger on my feet."*

SAYGo Course attendees.



Keeping On



53,000 copies of **Keeping On** were distributed throughout Christchurch and the South Island. (54,000 copies last year)

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

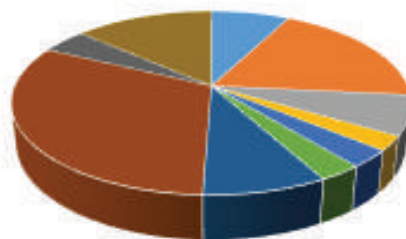
Website & Facebook

Our Website was visited by 33,101 people, viewing 101,151 pages (21,925 people in 2018, with 79,118 page views) with 87% of those being first time users (86% in 2018).

We currently have 657 followers on our Facebook page (up from 550 in 2018) – and this is growing daily, with an increased focus on connecting with people via this medium.

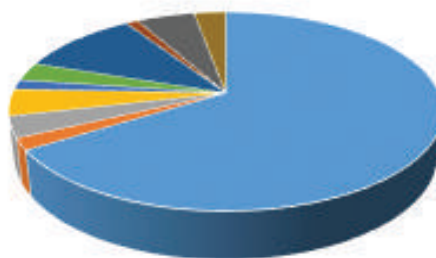
Our Finances

Income 2019



- Grants 8%
- AVS Contract 7%
- CDHB 3%
- Bequest 8%
- Keeping On 4%
- EANP contract 19%
- Health Promotion 3%
- Membership 3%
- Interest and dividends 32%
- Other 13%

Expenses 2019



- Salaries 67%
- Travel and vehicle 3%
- Accounting & Audit 1%
- Other 11%
- Depreciation 5%
- IT, computer software and expenses 2%
- Stationery, Photocopying & Postage 4%
- Professional Fees 3%
- Repairs & Maintenance 1%
- Rent, Rates & Insurance 3%

Acknowledgements

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

Age Concern Canterbury Trust
Community Trust of Mid and South Canterbury
Christchurch City Council
Margaret Burns Charitable Trust
Jones Foundation
Christchurch Casino Trust
Waimakariri District Council
Selwyn Council
More Mobility

Estate of Margaret Olive Burns
Estate of Patricia Leeney
Estate of Alfred Burnett
Estate of Stewart Lufton
Estate of Ruby Fowler
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Family of Jean Stenbury



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For more information give us a call today on 0800 278 432 or visit our website www.arvida.co.nz



Driver's Licence

If your driver licence expired on or after 1 January 2020, it is temporarily extended. To help smooth the transition back to compliance the Transport Agency will set expiry dates for this document, which could extend up until 10 October 2020.

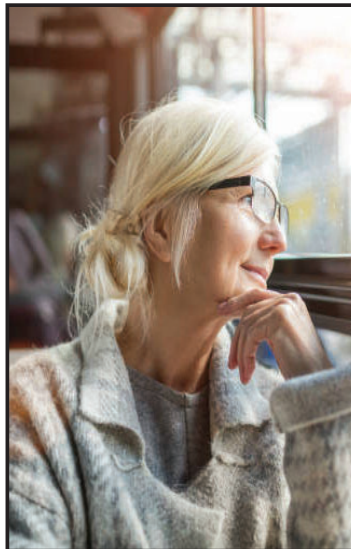
New expiry dates will be communicated publicly with plenty of time to get your document compliant.

Drivers must continue to comply with all other road rules, as well as any relevant restrictions of their licence (e.g. learner licence restrictions and zero alcohol licences).

Any licence suspensions, disqualifications and revocations will also continue to apply.

Confession

by Bub Bridger



I'm a little in love with you
Nothing
To cause you embarrassment
Or concern
Just a warm
Skip of the heart
When I see you from
My bus
At your stop

I catch your eye
And give you a wave
And I note
That you are more beautiful
Now than you ever were
And I am a keen
Observer of beauty
Whether it's sunsets
Or music
Or the Mona Lisa
Or birds flying
Or green growing things
Or you

So
How does it feel
My young Adonis to be
Held in such regard
By an elderly lady
On the 24 Express?
Well

Don't knock it
Because it really is
A rare compliment
And you
Only have to respond
With your wide smile
Which is a small price to pay
For allowing me my glimpse
Of what used to be
All those years ago
When I was seventeen
And beautiful young men
Smiled
By the dozen.

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.

See our ad on the next page. **(A)**

AGEING and HEALTH

World Health Organization

Between 2000 and 2050, the number of people aged 60 and over is expected to double

In 2050, more than 1 in 5 people will be 60 years or older.

By 2050, 80% of older people will be living in low- and middle-income countries.

► EVERY OLDER PERSON IS DIFFERENT

Some have the level of functioning of a 30 year old.

Some require full time assistance for basic everyday tasks.

Health is crucial to how we experience older age.

► WHAT INFLUENCES HEALTH IN OLDER AGE

INDIVIDUAL

- Behaviours
- Age-related changes
- Genetics
- Disease

ENVIRONMENT THEY LIVE IN

- Housing
- Assistive technologies
- Transport
- Social facilities

► WHAT IS NEEDED FOR HEALTHY AGEING

A change in the way we think about ageing and older people

Creation of age-friendly environments

Alignment of health systems to the needs of older people

Development of systems for long-term care

Healthy Ageing...being able to do the things we value for as long as possible #years ahead

BARTON FIELDS LIFESTYLE VILLAS



Over 55's Lifestyle Village
Enjoy the safety, security, and lifestyle of Lincoln Village

From \$369,000

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- * You can finance it
- * You can bequeath it
- * Final stages include new plan options
- * Safe like-minded community
- * Private community lodge
- * Enjoy the lifestyle that this village offers

Call now for a one-on-one appointment

Find out more

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www.bartonfieldsvillas.co.nz



MARY BRITTAN LIFESTYLE VILLAS



Over 55's Lifestyle Village
Enjoy the safety, security, and lifestyle of Rolleston Village

From \$465,000

- * Fully maintained village
- * Built by Mike Greer Homes with a 10 year Masterbuild guarantee
- * You can own it, all gains are yours
- * You can rent it
- * Secure living environment
- * Straight forward contracts that everyone understands

Call now for a one-on-one appointment

Find out more

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Mature memory mishaps

by Canterbury Epilepsy NZ Educators

Memory involves many different regions of the brain which makes this area of cognition vulnerable to neurological disorders.

As you grow older, you may experience physiological changes that cause small glitches in some of your brain functions. We've all misplaced keys, can't remember someone's name, lost our car in a carpark or forgotten a password. When we were young, many of us didn't pay much attention to these lapses, but as we grow older, the worry may set in and we often think the worst about our terrible memory.

Epileptic seizures can interrupt brain function and frequent seizures may interfere with memory processes. Frequent or long seizures can sometimes cause physical damage to the parts of the brain that are tasked with storing or retrieving memories. Some medications, stress, or lack of sleep can also impede memory storage or retrieval.

How Does Memory work?

Our processing and encoding of information involves electrical and chemical activity occurring in a set manner within the brain. Seizure activity or occasionally medication can sometimes disrupt the electrical and chemical efficiency of this processing and encoding mechanism.

Memory processing, storage and retrieval are complex systems of mechanisms and one small blip can have an impact on our memory. Memory starts with sensory input of information from the outside world. This input travels to the processing centre of the brain. The sensory message will require your attention, focus and fast processing skills to

transfer the sensory information to the processing centre, which will form it into a memory. The processing and encoding of information may be prevented if there is any damage to the processing centre; which may mean information cannot be moved from the processing centre to be stored or filed into the different areas of the brain. Seizure activity or brain degeneration may impact on how and where the information is stored and filed in the separate areas of the brain; or it may disrupt the brains retrieval system, making it difficult to recall stored information.

Whatever your reason for a poor memory, you may find you can't reverse the changes but you can compensate for the weaknesses by using new strategies and techniques. Why not try some of the ideas that follow?

Add meaning to the information you must learn, put it into context, use visual images and remember it in a rhyme or a song.

Look for patterns in the information, can you group information together?

Repeat, rehearse, and recall new learnt information.

Leave the repetition of the information until an hour later, then a day, then a week.

Only add new information once you have mastered and consolidated the prior information

Organise information

Organise your environment with calendars, lists, alerts/alarm reminders and label and organise things.

Keep specific items in a consistent place for example a small dish or hook by the front door to place keys.

Have an inbox system for mail or to-do tasks, one box for processed and one box for things that still need to be done.

Establish routines

Schedule specific tasks requiring mental effort and focus during a time of day when you know you are at your best.

Schedule less taxing tasking at a regular occurring time.

If you are tech minded add a notebook app to your smart phone and use the microphone app to talk to the phone to add reminders or lists that you can refer to.

Use a ruler while reading to slow your visual input to the brain. This may help the input of the information from the eyes to the brain.

Read aloud (under your breath) as this allows the visual and aural processes to work together to work for better retention of information.

When meeting somebody for the first time, ask their name then try to use it immediately while you talk to them e.g. I see what you mean Barbara.

You've just learnt something new. Share this new information immediately with somebody else or write yourself a note about it. Keep yourself a special book for note taking or use a smart phone.

Shadowing -when learning a new skill, have somebody shadow you; talking and role modelling you through the new task; repeat it again if needed. Next, try it on your own with the shadow person checking in until you feel confident enough that you have retained all of the information to go it alone.

Positive social interactions on a

consistent basis will help you continue to be stimulated, mentally sharp and intellectually engaged.

Don't skip sleep or stay up later at night. Sleep is a critical time when memories consolidate and get stored. Missing out on high quality sleep can compromise some of those processes.

Exercise your body. It doesn't have to be an intense work out. It's good for your heart, your mood, your sleep and your mind, particularly the part of your mind involved in memory.

Pay attention - If you don't give something your full attention the likelihood is this information won't get encoded into your long-term memory. For example, when you park your car, stop; then look around and find a specific marker to identify where in the carpark you parked. Do not rush even if you are late for an appointment but make time to take note.

Board games, puzzles or start a new activity. Anything to encourage you to focus, retrieve, repeat and recall information.

This article provides general information and discussions around memory and health. The information is not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. If you have a medical concern regarding your cognitive function and memory, you should consult with your health care provider.

If you want practical advice or a better understanding of Epilepsy call Canterbury Epilepsy NZ Educators on: 027 2706689 or 022 3677895

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Building in intergenerational spaces

by Eve Williams, Content Developer and Social Media Administration, Eldernet

Through history, intergenerational cooperation and learning has been a fundamental part of many communities and cultures. Somewhere along the way we moved away from that model. Family members began living further apart from each other; therefore, they lost their natural intergenerational composition. Society as a whole has also become more age-segregated which provides little opportunity for interaction between the generations. Although the ideal thing would be that this happens organically, sometimes this is not possible. So how can we build to facilitate these intergenerational relationships?

Around the world

In Cleveland, USA they have created 'Intergenerational schools'. These schools create places where intergenerational relationships and learning can occur. These facilities help develop positive ways for older people to remain valued members of society. The Intergenerational School in Cleveland has seen increases in stimulation in the intellectual development of both older and younger people.



Singapore is implementing plans to make the co-location of both aged care facilities and child care facilities the rule, not the exception. The Singapore government is pouring \$3 billion into new developments "to maximize opportunities for intergenerational interactions" and encourage innovation. All so Singapore can become the envy of the world's rapidly aging societies.

The research

Intergenerational activities benefit both generations. For older people, these interactions enhance socialisation, stimulate learning and increase emotional support. They also improve health, as older people who regularly volunteer with children burn 20% more calories per

week, experience fewer falls and perform better on memory tests than their peers. Also, those who suffer from dementia or other cognitive impairments experience more positive effects during interactions with children than during non-intergenerational activities.

There are also many positives for the children. These include improved academic performance and enhanced social skills. It enabled young people to develop social networks, communication skills, problem-solving abilities, a sense of purpose and a positive attitude to aging. Researchers also saw a dramatic decrease in negative behaviour and an increased sense of stability as children and youth gained

positive role models with whom they interacted with on a regular basis.

New Zealand

There are already a large number of aged care providers who have reached out to nearby preschools and kindergartens to facilitate intergenerational play and learning, however there are a number of barriers that they have to overcome. Should some pressure be applied to retirement village operators who are building new retirement villages to think more intergenerationally? Or should the government be the one to facilitate the intergenerational spaces? If one nation is willing to pour \$3 billion in new developments "to maximize opportunities for intergenerational interactions", maybe we should review our options too.

About the author: Eve Williams is the Content Developer and Social Media Administration for Eldernet. She is currently studying towards her Masters at the University of Canterbury. She has a passion for learning new things.

(Reprinted with permission from the Eldernet Gazette).

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Family duty, marriage and separation in a retirement village

by John Collyns, Executive Director, Retirement Villages Association

Retirement villages are microcosms of the wider society. Residents' relationships and obligations can change in a village, just as they do elsewhere. But retirement village residents' obligations are governed by contracts that usually don't have the level of flexibility to easily allow for changes when personal circumstances change.

The framework for looking at these issues

Recently I caught up with some experienced retirement village operators and chatted to them about how they handle relationship changes and family obligations in their villages. It's important to stress that every village is unique and there are many different approaches taken by operators. Generally speaking, village managers will look at the context of the request as well as the resident's circumstances and needs before making a decision.

Leaving aside a move to care or leaving the village entirely, there are three broad ways residents' circumstances change. These are:

- Divorces and separations
- Late life love
- Moving a child or other dependent adult in

In considering the scenarios, the starting point is recognising that an occupation right agreement (ORA) is usually a personal contractual right to occupy a unit and is non-transferable. Further, residents will usually hold their interests jointly rather than as tenants in common.

An ORA will typically contain provisions relating to the length of time that guests may stay with a resident without first obtaining the operator's prior consent. It is not uncommon that guests are limited to stays of no more than two weeks at



any one time and a total of six weeks in total each year. The rationale for these limitations is to ensure that guests do not interfere with the rights of other residents and to avoid the overuse or abuse of village facilities.

All disclosure statements for registered retirement villages are required to disclose the effect of marriage on an occupation right agreement.

1. Divorce, or when a resident couple separates

Operators have told me that they will not consider agreeing to any change to the occupancy arrangements of a separating couple until they are satisfied that both parties have first received proper legal advice on how to proceed.

The ORA will usually be relationship property. As with any separation, one partner may offer to give up their right to occupy the unit and their interest in the termination proceeds in exchange for some other benefit. Many, but

not all operators, will be willing to acknowledge this arrangement and may enter into formal documentation to reflect the change, subject to both residents obtaining independent legal advice before signing any documentation to give effect to such a change.

It is not uncommon for operators to find that residents are concerned about legal costs and will try to avoid formally documenting the division of their relationship property. I'm told that some residents will try to essentially hand over the responsibility of documenting their relationship property division to the operator. Operators, of course, do not wish to be put into this position and will actively avoid getting involved.

Unfortunately, as with any relationship break up, there may be insufficient assets or income available to allow one partner to stay in the village and to pay the other resident out, or there could be angst

among other residents if one party stays and the other leaves. While village managers will be sympathetic to the change, it's not their job to get involved in relationship property disputes

2. Late life love

Re-partnering later in life is a relatively common occurrence in villages.

A typical scenario is as follows. He was 94, widowed and living in a village, she was just 74. The relationship started a year after he moved to the village and a year later she moved into his unit.

The existing resident needs to decide what rights he wants his new partner to have in relation to his unit. The two principal options are:

- The new partner has no financial interest in the unit and no right to remain in the unit after the original resident dies or terminates the ORA. In this situation, such an arrangement is best documented as an "additional resident consent" giving the new partner the right to live in the unit for as long as the original resident continues to live in the unit, but with no financial entitlement. An operator is likely to ask the resident and the new partner to sign an additional resident consent document recording the terms that the new partner may live in the village.
- The new partner becomes a party to the ORA, and depending on the residents' intention, may or may not have a right to receive the termination proceeds. Contractually, the surviving resident will usually be entitled to the termination proceeds and if the residents want the termination proceeds to be paid to any specific person, this will normally be documented as between the residents.

Continued on next page .../

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Family duty, marriage and separation in a retirement village

Continued .../

In our typical scenario the resident's family wanted the village to add her to the existing ORA. The village refused to allow the new partner to be added to the existing ORA, but offered three options to accommodate the new partner's right to live in the unit or in the village:

- Amend the ORA to record that the new partner can live in the unit but has to leave within three months should the existing resident go into care or die. The new partner would not have any financial interest in the ORA;

- Consent to the new partner living in the unit for so long as the original resident wishes the new partner to live there. In addition, the operator may offer the new partner an option, on the death of the existing resident or when the existing resident terminates his ORA, to buy either that unit or another in the village at the then market price;

- The existing resident surrenders their ORA and a new ORA is issued in the name of both the original resident and the new partner at the unit's then market value with a new deferred management fee (DMF) to be paid (although offered at the same rate as when the original resident moved into the village rather than the new higher rate). In this case, the original unit price was \$600,000 and the current market value was \$950,000. So while this is an expensive option, the new partner gets to stay in the village without any restrictions should the original resident die or go into care.

These are just some of the approaches an operator may take. Where residents are of a similar age operators are more likely to agree that a new resident can be added to the ORA with no change to the DMF. This may be achieved by terminating the original ORA and issuing a new



ORA in both residents' names, or by a variation of the ORA. As with the scenario regarding divorce, the operator will require both residents to have separate independent legal advice prior to signing of any documentation to give effect to a change.

3. Dependent children or grandchildren moving in

Operators encounter many different scenarios where residents ask for consent to have a dependant or vulnerable adult, a child who has fallen on hard times or grandchild live in the resident's unit either temporarily or permanently. Whether or not a particular operator will allow this will depend on the particular village and circumstances. The operator's consent is required on the basis that this category of people will be living in the village as guests.

Operators appreciate that these requests to support family need to be managed with fairness to everyone involved. Having said that, operators also must respect the needs of the wider resident community and consider how the additional person will fit in with the existing community. The operator will want to consider whether the dependent person's needs can be suitably managed by

both the resident and the village. Further, the operator will want assurance that there is a plan in place for the care of the dependent person if the resident becomes unable to care for the dependant person or dies.

One operator mentioned how a child was sent to live with their grandparents in the village by Oranga Tamariki. Sadly, this arrangement led to considerable distress for other residents and the child's parents had to be trespassed from the village to keep the peace.

Where consent has been granted to a long-term guest, the operator is likely to reserve the right to revoke the consent if the person's presence in the village becomes undesirable, they become a nuisance to others, or the resident, in the operator's opinion, becomes unable to care for that person.

Not surprisingly, having children live in a retirement village is a divisive subject so consequently many operators will be unwilling to agree to children living permanently or semi-permanently in a village.

Increasingly, adult children who have fallen on hard times, maybe through divorce, mental health issues or having just been released

from prison want to move into mum or dad's unit at a village. These situations can be particularly fraught and there have been instances where a child has pressured a resident to allow him or her to move into the unit. Some operators may require a police check and certain types of conviction could impact on the guest's right to stay at the village. Operators have talked about the need to trespass children where it is evident that elder abuse is occurring or other residents are being put at risk.

Where a fully competent person is allowed to move into a resident's unit as a semi-permanent or permanent guest, the operator will usually want the guest to sign an acknowledgement that they will comply with all village rules, respect other residents' rights and that his or her right to live in the unit may be revoked by the operator.

In the end, it's in everyone's interest that resident relationship changes and the need for residents to support loved ones are managed with care and empathy. While the village operator needs to ensure the village is managed so as to protect the interests of the whole resident body, individual residents' needs are also important. Our experience can be summed up in two key points:

- If a resident's financial interest in an ORA is going to be affected, then a resident must get proper legal advice from a solicitor who practices relationship property law; and
- Encourage your client to talk to their village manager promptly so they can jointly work through the options open to the resident.

4. Find out more

You can find out more about retirement village life, along with new videos of residents talking about their journey to the village in a brand-new website – www.retirementlife.co.nz



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More great Cantabrians



Chris Doig

Operatic tenor Christopher Doig loved both music and cricket. His mother insisted he and his three brothers learn piano, though all preferred sport.

Christchurch Boys' High School music teacher Clifton Cook recognised a special quality in Doig's singing voice. Tutored by Cook, Doig became the school soloist. His sports ability and his army of sporty brothers saved him from being teased by other boys.

At university Doig supported himself with professional singing engagements. While teaching English and playing senior cricket and provincial hockey, he won the national Mobil Song Quest. The prize included a singing scholarship in Vienna. There he was converted from a baritone to a tenor

and mastered the languages required for opera. He performed in Europe's great opera houses.

Returning home in 1984 he continued his singing career. He launched also into administration of the arts, reviving the Wellington Festival, chairing the NZ Arts Council and re-vamping Canterbury Opera.

Then Doig was asked to take over administration of NZ Cricket as its CEO. His success in this role led to positions on other sports bodies.

Molly Goosens

Molly Goosens was at university in Holland when the German Army invaded in World War II. She left university, took a job with the railways and joined the Dutch Resistance movement in its secret war against the invaders.

Risking execution, Goosens helped fugitives escape to Britain. Once, after delivering a secret letter to a house, she learned the house had been taken over by German soldiers. She sneaked back inside, sifted through the mail, retrieved the letter and got clean away.

When Allied armies swept into Holland in 1944, Dutch railway workers, including Goosens, went on strike to hinder German movements. During the stoppage she delivered payments to striking workers so their families could stay alive. In near famine conditions she made long bike rides in rural areas to gather food for starving families in the cities.

After the war Goosens married an escapee whom she had helped to hide from the Germans.

They came to New Zealand in 1959 and settled in Christchurch.

She gained masters degrees in French and German at Canterbury University and became fluent in English, Maori and Hebrew. She tutored many students in languages, visited prisoners and was active in church and welfare organisations.

Jim Stewart

Professor Sir James Stewart was a tough rugby nut commonly known as Jim. Born and raised in Whanganui, he became a true Cantabrian, proud of his Ngai Tahu heritage.

Stewart came to Lincoln College as an 18 year-old rural cadet in farming and agricultural studies. He graduated and took up a research position with the Department of Agriculture while completing degrees at Canterbury University. He returned to Lincoln as a lecturer, before gaining a scholarship for doctoral studies in England. Back at Lincoln he became a professor and then principal.

Stewart played a major role in agricultural research and education. As an international consultant he was influential in farming development in third-world countries. He served on many boards and committees. He loved classical music and was devoted to the Presbyterian Church.

He played first-class rugby for Canterbury and represented NZ Universities. As a "no-nonsense" coach of Canterbury, he achieved two Ranfurly Shield tenures, one including nine successive defences of the prized trophy.

Stamps, coins and collectables



Matt Power

Hi everyone! What a busy month it has been here at The Stamp, Coin and Gold Exchange in Riccarton. While everyone hunkered down many got out their old collections and we made record sales during the period. What that means now, as we go back into our shop next to Riccarton Mall at 134A Riccarton Road, is that we need to BUY stamps, coins and gold items, scrap. So, hopefully you can help!

We are a registered essential service, licensed 2nd hand dealers and members of the NZ Stamp Dealers Association. We are the trusted name in stamps and coins in Christchurch. If you get a quote from any licensed gold buyer, or stamp and coin dealer we guarantee to pay you 10% more!

Don't waste your valuable time, come to us first and get the best price for your stamps, coins and gold.

The Stamp, Coin and Gold Exchange is open Monday to Saturday, 10.00am to 6.00pm. Call first if you can. We do come to you for larger collections or if you cannot travel. Stay safe out there. Call Matt, Maya and Team on 0800 39 24 26.

Matt Power, Owner



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Canterbury WEA has made 2020 a learning year



Kazuko our knitting and crochet tutor with a message for students)

We are living in challenging times! Term 2 at the WEA was postponed while the country was in Level 4 lockdown, but the team worked hard from home to contact our members, tutors and course participants and check that everyone was alright. They heard that people really wanted to keep connections going, keep learning new skills and growing those already begun. Plains FM had recorded lectures at the CWEA over the years and these were uploaded to our website as podcasts with a link to these on our home page. These podcasts are available free.

Our planned Term 2 courses and lectures were postponed until we are once again able to have group gatherings. In the meantime, our tutors put together classes via Zoom, email, Facebook, or as podcasts and video presentations – many having to learn new these skills on the fly. We were able to offer talks on science and the environment, recipes from different cultures being available each week to download, demonstration videos from our tutor's kitchens, art history discussions and painting exercises, Japanese conversation and Haiku, classes to

learn crochet, and our ever-popular Pod Cast On knitting group meets weekly on Zoom. Our Facebook page has been used to share links to other activities and many free services from communities around the globe. Technology has certainly made keeping in touch much easier for our learners and kept the team in their home offices busy.

Through the management and support of our governing Council, all staff and tutors have continued to be paid throughout this time, without CWEA seeing any income other than donations from our very generous members and supporters who are keen to support us through this time.

Whatever happens in the future, we will be moving forward in a different way. Our byline of "Never stop learning" has certainly made 2020 a year of learning for us all and, while our building remains empty, our wonderful community of committed people keep learning, sharing skills and working towards a new future.

To find out more about how you can be part of the Canterbury WEA community, visit our website - www.cwea.org.nz - or find us on Facebook - [canterburywea](https://www.facebook.com/canterburywea).



Putting a price on peace of mind

Coming out of lockdown, if there's one thing that this time has emphasised, it's that you can't place a value on your health. Unfortunately as Covid-19 has illustrated, sometimes even despite best efforts, it can be hard to maintain good health. Therefore it's sensible, and reassuring both for you and your family, to plan for poor health in case it should arise.

We have put together a Peace of Mind package that offers the full suite of documents necessary to achieve peace of mind regarding your legal affairs, and we are offering that package at a discounted rate. The package comprises:

1. A Will;
2. A Living Will;
3. Enduring Power of Attorney for Property;
4. Enduring Power of Attorney for Personal Care & Welfare; and
5. A Digital Assets Register (if you would like one).

The package covers your personal protection and wishes during your lifetime, in good health or not, and upon your passing. Our experienced and personable staff will be able

to walk you through the creation of these documents in a manageable, professional manner so that the experience leaves you feeling empowered and comforted, not confused or unsettled.

The package costs \$900 + GST plus disbursements and office expenses per person. Purchasing the package gives you savings of \$300 compared to organising all of the documents separately and it's a more efficient, easier way to tick all these protections off your list at once. Imagine how good you would feel knowing you've organised your affairs as best you can and imagine how satisfying it would be to tell your children or family that if they ask!

Contact our office on 03 366 5540 to make an appointment, or have a conversation, regarding our Peace of Mind package. All of our branches have equipment and procedures in place to best manage client appointments during this unusual time and we are happy to walk you through that ahead of your appointment if it would be of comfort to you.

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Free insulation to keep houses warm

Do you want a house that is warm without paying a fortune on heating? Do you want to keep healthy over winter? Insulation in the ceiling and under the floor is the key.

This year more than any other year it is vital to stay healthy and out of hospital. A warm house has proven to be an important factor for older people to stay healthy.

Canterbury organisation Community Energy Action (CEA) together with the CDHB have done research that has shown that older people living in warm homes that are well insulated and well heated are healthier than those that live in a cold uninsulated home. And if you have 'combo' gold card you may qualify for a 100% subsidy on insulation. That is free insulation!

How do you know you have a 'combo' gold card?

Have a look at the back of your card. If the number there is followed by ".../CSC" your gold card is also a Community Services Card.



CEA insulation installers can install insulation with 92% subsidy for eligible customers.

Funding available

CEA still has heaps of funding available for older people like you. Two nights in hospital is likely to be dearer than the subsidy to insulate your house. The government wants you to be warm affordably rather than have to treat you in hospital for a cold-related illness!

Covid-19

CEA has robust processes in place to keep you (and their staff) free from Covid-19. Staff will remain their

distance and will use appropriate personal protective equipment like gloves and masks to protect

themselves and you. Insulation installers will have minimal contact with you as they will be working in the ceiling space and under the floor.

Go online and register today for a free assessment of your insulation. Registering is easy. Fill in our online form for a free no-obligation assessment. CEA's energy assessor will look at the insulation you have (if any) and your CSC and will confirm whether you qualify for the subsidy. You can also call us on (03) 374 7222 or 0800 GETWARM to register. CEA works all over Canterbury from Kaikoura to Ashburton. The insulation service is fully open in Alert Level 2.

Enliven social services - for when everyday is like alert level 4

For many New Zealanders the COVID-19 Lockdown at Alert Level 4 was a lonely and frustrating time. We couldn't wait to see friends and family again, or to get out of the house to enjoy favourite activities and routines. Alert Level 3 arrived like a blessed relief and with the promise of an even brighter Level 2.

For some vulnerable seniors every day is like Alert Level 4. Age-related physical challenges make leaving the house difficult; the loss of friends and perhaps a spouse increases loneliness; family/whānau may live far away.

Enliven day programmes offer older people an enjoyable day out in the company of their peers. They are hosted by qualified, caring staff in a safe, comfortable and friendly environment. Each programme offers activities tailored to the group's interests and abilities including outings, music, crafts, and games. Transport is arranged and guests enjoy a main meal. Most importantly, Enliven day programmes create opportunities for fun and laughter, and for making new friends.

We offer three Enliven day programmes in the Christchurch region:

- Tōtara Club: For frail older people.
- Harakeke Club: For older people with cognitive impairment and memory loss. (Harakeke Club gives carers a welcome break.)
- HomeShare: Small groups held in private homes by trained hosts.

"Totara Club gives me a day in the week to look forward to." – An Enliven day client

Enliven face-to-face services have been suspended for COVID-19 Alert Levels 2-4. Our teams are supporting clients using remote methods. Day programmes will begin again at Alert Level 1 with strict hygiene protocols in place. For more information about our current COVID status please visit our website at psuppersouth.org.nz/ news.

If you or a loved one would benefit from an Enliven day programme or other service, you can join now in preparation for Alert Level 1. Simply talk to your GP or call us direct on 0800 477 874. We look forward to hearing from you. **(A)**

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 and 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 they are familiar with.

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, 03-907 0072 (include area code) linda@wandersearch.nz **(A)**



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CANTERBURY



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






You got me on my feet again. Thank you.
- an Enliven client

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Age positively with Enliven!

Talk to your GP about our services, or call us direct on:

ph: 0800 477 874

www.psuppersouth.org.nz/enliven

Support Showbiz and the Arts

New Zealand's leading musical theatre company and mainstay of the Christchurch arts scene, Showbiz Christchurch, is working towards putting on sale the new season dates for the postponed shows *My Fair Lady* and *Buddy: The Buddy Holly Story*.

Due to the uncertainties of Covid-19 and the multi-layered ticketing complexities, Showbiz thanks all its ticket holders for their patience as it navigated the process of postponing the 2020 shows.

Options for existing ticket holders

to secure refunds, exchanges or to donate the cost of their tickets back to Showbiz are available on its website: www.showbiz.org.nz/2020

Support Showbiz and the Arts

Purchase a FlexiTicket Voucher now and commit to a performance date later. Valid until 25 September 2021, a FlexiTicket holder gets to choose any performance to any show. Plus, the purchase helps support Showbiz to continue to stage world-class musical theatre in Christchurch.

A Showbiz Christchurch FlexiTicket voucher can be purchased online

and makes an ideal gift for lovers of musical theatre.

FlexiTicket Vouchers for Premium or A-Reserve seats

- can be exchanged for the equivalent seat available for public sale for any of the productions in the Showbiz Christchurch 2021 Season,
- must be redeemed in person at

the Ticketek Box Office at the Isaac Theatre Royal.

Multiple FlexiTicket Vouchers can be converted as required; you do not have to convert them all at the same time.

For more information visit the Showbiz Christchurch website: www.Showbiz.org.nz/flexi

Taking care of business

These last few weeks have been difficult for all New Zealanders as we have come to grips with the COVID-19 Pandemic and the Alert Level 4 "lockdown".

The good news is that because most New Zealanders have done what was needed and stayed home, we have been able to move down to Alert Level 2. That means we are able to move outside our own "bubbles" and connect with family and friends again. When we do, it's important to remember that COVID-19 is still out there and that we all need to keep safe.

Here are a few reminders:

- If you are venturing out for the first time, make sure you keep your distance from people you don't know. If you're with people you do know, make sure there are no more than 10 people in your group.

- If you're not feeling 100%, please stay home. Please wait until you feel better, before you go out.

If you really need to see someone, like your lawyer or other professional person, you may be able to talk with them by telephone, in the first instance, or by using an audio visual link.

- If you continue to feel unwell and

have cold or flu type symptoms, please call your doctor or Healthline on 0800 611 116 for advice about what you should do.


- Keep up good hygiene practices. Cough or sneeze into your elbow. Wash your hands regularly and use hand sanitiser, where it is available.

- Keep track of the three W's.

Where have you been? When did you go there? Who did you see?

Contact tracing helps control the spread of COVID-19 and ensures that if you get sick, all the people you've had contact with can be traced and tested.

At Fleur McDonald Legal our primary concern is the health and well-being of our clients, family and friends. If you have any concerns about your own well-being, or the well-being of an older family member, friend or neighbour please contact Healthline on 0800 611 116 or Age Concern Canterbury on 03 366 0903 or 0800 803 344.

If, as a result of COVID-19 or for any reason, you believe your legal documents need to be updated, please contact Fleur McDonald on 03 423 3541. Together we can explore how we can help you find the best solution to meet your legal needs. 



My Fair Lady (Photo courtesy of Showbiz Christchurch/Danielle Colvin)



Buddy the Musical (Photo courtesy of buddythemusical.com)



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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or visit www.showbiz.co.nz/flexi

Sleep won't cure the coronavirus but it can help our bodies fight it

Getting a good night's sleep can be difficult at the best of times. But it can be even harder when you're anxious or have something on your mind – a global pandemic, for example.

Right now though, getting a good night's sleep could be more important than ever.

Sleep is essential for maintaining our health and mood. Sleep can also boost our immune function and help us deal with stress.

How much do we need?

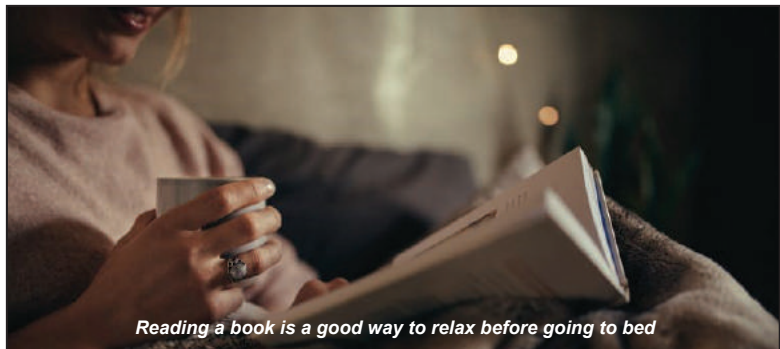
Social distancing has many of us spending more time at home. This may mean more sleep for some people – suddenly you've got time to sleep in and even have a nap in the afternoon.

For others, falling out of your usual routine may mean less sleep. Instead of going to bed when you normally would, you might be staying up late watching Netflix, scrolling social media or glued to coronavirus news.

For adults, achieving between seven and nine hours of sleep per night is the goal. If you know you're a person who needs more or less, finding that perfect amount of sleep for you and aiming to achieve that consistently is key. Sleep and our circadian system (or internal body clock) are essential for regulating our mood, hunger, recovery from illness or injury, and our cognitive and physical functioning.

Shifting our bed or wake times from day-to-day may affect all of these functions. For example, higher variability in night-to-night sleep duration has been linked to increased depression and anxiety symptoms.

Long-term consequences of sleep problems can include obesity, diabetes, heart disease, and high



blood pressure.

Sleep and immune function

Declines in the quality and/or quantity of sleep can affect our immunity, leaving us more susceptible to illnesses including viruses.

During sleep, the immune system releases proteins called cytokines. Certain cytokines are important for fighting infections and inflammation, and help us respond to stress. But when we don't get enough sleep or our sleep is disrupted, our bodies produce fewer of these important cytokines.

In one study, participants were exposed to the common cold (rhinovirus). Those who slept less than seven hours per night were almost three times more likely to develop a cold than those who slept eight hours per night or more.

Another study indicated that a single night of no sleep may delay our immune response, slowing our body's ability to recover. While we don't have any research yet on the relationship between sleep and the coronavirus, we could expect to see a similar pattern.

Sleep and stress: a vicious cycle

You've probably heard the phrase "to lose sleep over" something. We

have this saying because stress can negatively affect sleep quality and quantity.

Lack of sleep also causes a biological stress response, boosting levels of stress hormones such as cortisol in our bodies the next day.

Cortisol levels typically peak in the morning and evenings. Following a poor night's sleep, you might feel more stressed, have trouble focusing, be more emotional, and potentially have trouble falling asleep the next night.

Prolonged sleep loss can make us more vulnerable to experiencing stress and less resilient at managing daily stressors.

Think of sleep as your "shield" against stress. A lack of sleep can damage the shield. When you don't get enough sleep the shield cracks and you are more susceptible to stress. But when you get enough sleep the shield is restored.

It's important to stop this cycle by learning to manage stress and prioritising sleep.

Tips for healthy sleep

To allow yourself the opportunity to get enough sleep, plan to go to bed about eight to nine hours before your usual wake-up time.

This may not be possible every night. But trying to stick to a consistent wake-up time, no matter how long you slept the night before, will help improve your sleep quality and quantity on subsequent nights.

Think about your environment. If you're spending a lot of time at home keep your bed as a space for sex and sleep only. You can also enhance your sleep environment by:

- keeping your lights dim in the evening, especially in the hour before sleep time
- minimising noise (you might try using earplugs or white noise if your bedroom gets a lot of noise from outside)
- optimising the temperature in your room by using a fan, or setting a timer on your air conditioning to ensure you're comfortable.

Create a routine before bedtime to mentally relax and prepare for sleep. This could include:

- setting an alarm one hour before bed to signal it's time to start getting ready
 - taking a warm shower or bath
 - turning off screens or putting phones on airplane mode an hour before bed
 - winding down with a book, stretching exercises, or gentle music.
- Some other good ways to reduce stress and improve sleep include:
- exercising daily. To maximise the benefits for sleep, exercise in the morning in natural light
 - incorporating relaxation into your life
 - limiting caffeine, alcohol and cigarettes, particularly in the hours before bed.

Some nights will be better than others. But to boost your immunity and maintain your sanity make sleep a priority. (Source: the Conversation.com)

Alarms are directly connected to expert medical help

Freedom Medical Alarms are the only medical alarms monitored by highly trained call takers in the Central Emergency Ambulance

Communication Centre giving you direct connection to expert help.

Be assured that during this COVID-19 crisis, we are able to cater

to your needs and are fully equipped to ensure your safety whilst assisting you through the process.

1. After a fall, or in a medical emergency, simply press the button on your Freedom Medical Alarm pendant.

2. The base unit sends an alert through the mobile cellular network to the Central Emergency Ambulance Communications Centre.

3. Within seconds, a trained emergency call taker will receive the alarm and attempt to phone your home. You will be able to talk directly using the base unit's two-way speakers.

4. If the call taker gets no response an ambulance will be dispatched to your home address. If you do answer, our call taker will arrange the most appropriate help for you, including an ambulance if needed. We will also notify your contacts to inform them of your situation.

Benefits:

- Your details are stored confidentially and are available when needed - this means a faster response tailored to suit your needs.
 - We are a Work and Income NZ accredited supplier
 - A key safe is installed at your address so paramedics can access your home in an emergency
- Freedom Medical Alarms is part of HealthCare NZ Group

We pride ourselves on the "Circle of care" having access to other services for our current and future clients through HCNZ as our point of difference. They bring knowledge, experience and nationwide connections to the partnership with Freedom Medical Alarms.

Call HealthCare NZ on 0800 333 676 to talk about household management, personal care and other services which can help keep you safe and sound at home.

Freedom Medical Alarm

Free Phone 0800 380 280
www.freedomalarms.co.nz

A Freedom Medical Alarm support people to live their life with confidence.

'Make sure your medical alarm is a Freedom Medical Alarm'

Our personal medical alarms are monitored directly by the Central Ambulance Communication Centre, so emergency assistance is at the push of a button.

Do you have a patient, friend or family member who would benefit from a Freedom Medical Alarm?

- * Latest equipment supplied, no telephone required, all made in NZ.
- * Client information held confidentially for paramedics.
- * Work and Income NZ (WINZ) approved supplier.
- * Free installation including keysafe.
- * High level Customer Service connecting you to the help you need.
- * No ambulance costs.

Stay Connected

The Social Connection team at Age Concern Canterbury, with the support of over 500 volunteers, can help you stay connected in your community. Did you know that staying socially connected can improve your health and wellbeing? We offer individualised advice, regular social outings and weekly social visits.

The Social Connection Team at Age Concern Canterbury is available during the Covid-19 period to help you stay connected.

Call and leave us a message on 03 3660903 and one of the team will get back to you.

We look forward to hearing from you.

Staying Connected, Staying Safe and Staying Well

Here are some tips to stay connected, safe and well over the coming weeks.

With everything going on and the changes to day-to-day life many of us may feel anxious and worried. It's natural to feel this way when there is uncertainty. However, there are things you can do to help look after yourself and feel more in control.

Stay Connected - staying connected with others and having a chat can keep your spirits up and help with feelings of loneliness. As well as telephoning a friend or family member why not try a video call, email or connect on social media.

Talk about how you are feeling - if you find yourself feeling anxious, down or out of sorts, try to tell someone you trust or there are a number of organisations offering phone counselling.

Age Concern Canterbury can provide you with contact details.

Limit access to the news - the constant stream of information about Covid-19 can feel

overwhelming, set aside a period of time each day to stay up to date with the latest information.

Look after yourself physically - it is important to stay healthy and active by eating well, drinking enough water and doing whatever exercise you can.

Stick to a routine - adapt your usual routine or create a new one that prioritises looking after yourself, make sure you include things you enjoy. A routine can help you feel better and more in control.

Try to relax and get enough sleep - do what you can to relax and unwind, sleeping well can make a big difference to how you feel mentally and physically.

Try something new - why not use this time to pursue a new hobby e.g. gardening, yoga, painting, bake, read, write, do a puzzle, call an old friend or even learn a new language.

Ask for help! - if you are worried or have concerns don't be afraid to ask for help. Talk to family, friends, neighbours or call Age Concern Canterbury.



Healthy for Life on Saturday Mornings at 9.00am on TVNZ 1 and On Demand.

Have you tuned in yet?

Hosted by Bernice Mene, Healthy for Life is designed to help older people work on their strength and balance through an exercise programme called the super 7. The show provides great tips for staying safe and keeping your brain active, plus advice about healthy eating, social links and sleep.

My two cents

by June Peka

Bee hives in the backyard

The garden is littered with the graves of creatures - cats, rabbits, magpies, cockatiels, sparrows, hedgehogs, chooks, axolotls and fish. But no dogs because they were cremated and now live in a sideboard cupboard with my dear old Dad.

The chief gravedigger's sinking lid policy on pet numbers sees our patch now with only (approximately) 15,003 non-human beings. That's Tinks, two hens and a beehive.

We don't so much 'pet' the beehive as 'husband' it. I like that word 'husbandry'. The dictionary defines it as 'the careful and thrifty management of a flock' evoking images of fertile, sheep-dotted acreage, but with a bit of poetic licence we make it happen on a 769m² section in St Albans

For 40-odd years our hive has been a benign presence, fluctuating in numbers from 15,000 to around 100,000 in summer. As has been done for centuries, I knock on the walls of the hive to tell the bees of any births, deaths and marriages within the family.



Strangely, these peaceful creatures are just about the only thing the head beekeeper and I have cross words about. I complain that he squashes bees when he works with them; he says he can't stand there holding a 25 kilo box of honey frames till they all get out of the way. I say he uses too much smoke to calm them, (they're already quiet); he says it's alright for me, I'm not allergic - as he is. I carp about the dark brown frames we work with year after year - he says I should make new ones then. I threaten to never help with the

extracting, ever again, etc etc. He says he wishes.

He went to Perth for the whole of September one year, leaving me to deal with four swarms on my own. I never got over getting stuck on the chook-house roof, with a preserving pan full of bees cut down from the beech tree. What a time to discover a fear of heights. When another swarm settled in the neighbour's apple tree I held a carton beneath the cluster while THBK, kitted out in overalls, boots, gloves, helmet and face-net shook the branch. My half-

dozen stings were mere annoyances though compared to his one.

One single sting on the head can transform the THBK into Rumpole of The Bailey in 30 seconds, and many's the time a limb targeted through a teeny hole in the armoury has swollen to the size of a food-poisoned dog sausage, about to burst.

In recent years bee numbers have dwindled, due to disease, pesticides and the mysterious "colony collapse". Our lot have not been immune so we are presently husbanding a youthful hive and may not even be able to remove any honey this season. When we do it's a night time affair since our first daylight attempt resulted in thousands of bees streaming through windows and vents and under doors, attracted by the smell. In Heath Robinson fashion we employ mutton-cloth, meat dishes, buckets, bowls and hot knives, in conjunction with the custom made drum which, using centrifugal force, spins the honey all over the kitchen and us. We collapse into bed around 3 am.

Restoring nature's balance to our cruel world

Mac is tucked up in the lazy-boy watching David Attenborough yet again, so I decamp to the backyard. I do remember once being enthralled by these documentaries, but now, frankly, I'm jaded. Whether it's merciless, unforgiving Africa, cruel, heartless Asia or the relentless frozen wastes of Antarctica there are droughts and floods, heat-waves and blizzards, and everything in between, monotonously. It's weather, it's seasonal, and it happens - as famously expounded by Winston Churchill during the London air pollution of 1952 - and there's not much to be done about it. Except to make endless updates of the suffering of animals in such dismal conditions it seems. How I'd love a dollar (to donate to an animal charity of course) for everytime I've seen cute babies born - cubs, pups, kittens, hatchlings - to scrawny, unsupported mothers who have to leave them at the mercy of marauding monsters (usually male) and venture out to kill something to fill their starving bellies. Mother hunts, unsuccessfully, and is often wounded in the process. In pain, she tries again and again, and

sometimes it all works out OK, and sometimes it doesn't. It's nature I know, but sometimes I wish that caravan of voyeuristic, stalking, talking heads and camera toters would stick their noses in and upset the balance. What harm eh?

Out the back I get away from all that. I biff a dollop of cooked rice and pasta onto the woodshed roof for the small wild birds. Their only worry is a cunning seagull who is not after them, but their meal. He/she circles and hovers but won't descend while I'm handy.

I lift a sack of horse poop and am mobbed at foot level by three fat chooks who immediately polish off an entire family of centipedes. I feel sad. Centipedes are my friends. I upend the sack in the vegie patch, where the chooks can't come, and immediately I'm surrounded by a gang of oily starlings rootling out worms and slaters. I try not to be upset - no doubt they have starving babies in the nest, and they do help in the garden after all.

A mother starling poops a berry-stained deposit, and within seconds it is feasted upon by a stripey yellow

wasp, then another, and another still. With no hesitation at all I kill all three with a stomp of my filthy garden clog. Then I twist and grind it into the dirt for good measure. I know they don't look after anything but themselves, and I feel no remorse as I scoop up their mangled corpses to toss to the hens. I fancy I hear cheers from the beehive in its sunny corner. The guardians at the entrance appreciate all the help they get. You should see their team work! Six at a time will tackle a wasp on the running board.

Attracted by the starling scrabble, Tinks the tabby joins me. She's neither scrawny nor needy, and she'll never have babies to take care of. Neither of us spoke to her for hours, the day she vomited up two featherless baby birds at our feet. White butterflies cavort in pairs above her head. If they come any closer she might lazily swat at them, but her face tells me they're hardly worth the effort. A slightly more attractive lone monarch hovers about the healthiest swan plants I've ever grown. She lays a half dozen eggs which I know won't be there in a few hours time. Those blanketty-blank wasps will see

to that. If I'm lucky one or two of those eggs will become teensy caterpillars which I can transfer to the nursery plants in my garden shed of recycled door and windows.

How proud I was to nurture ten of them to chrysalis stage in that wasp-free zone. Then, lined up like the green bottles of shanty fame, bedaubed with specks of gold, they made an easy one-night feast for Mr or Mrs Ratty. In Attenborough's world Tinks would make short work of the Ratty family, but unfortunately their clocks don't coincide. The Rattys' are out marauding during the dark hours while Tinks is incarcerated for the safety of baby birds. Her curfew is 10pm after friendly consortings with the resident thicket-pigs who are fed under the mulberry bush at nine.

Footnote: A few days ago whilst trimming the hedge, Mac found the wasp nest. He was stung three times before beating a hasty retreat and calling Elite pest destruction people. It's something we've done ourselves in the past but this was in a tricky spot and well worth the \$155 to restore nature's balance to our own cruel world.