

Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTERBURY Vol 110: Winter 2021



*Life is a piece of cake,
Page 3*

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A WORD FROM THE PRESIDENT



How the time flies by. This time last year we were in life changing lock down. None of us knew how long it was going to last and what on-going effects it would

have on us all. We did manage, some by learning new skills and new ways of doing things. Shopping was especially challenging for some as groceries and fresh vegetables were a difficulty. With the help of family, neighbours, friends, the Student Volunteer Army and some supermarkets making deliveries and internet banking we were able to get food necessities.

It is hoped that lock downs and other restrictions are behind us. Now we must think about vaccination for both the winter flu and Covid 19. Most Doctors have the regular flu vaccine available now and I strongly urge you to get protection for yourself and your family. When the Covid vaccine becomes available, for your age group, take advantage of the protection it offers.

In May the winter warmer payments start being paid with your regular National Super payments and will continue until October. Last year the payments were doubled, this year it reverts to the usual amount.

With the end of the wonderful weather we have had we need to make sure that we keep warm enough early in the morning and in the evening.

As I write this column the world has learned that Prince Phillip, the Duke of Edinburgh has died just two months before his 100th birthday. What an amazing life and incredible support for Her Majesty, the Queen. Prince Phillip has been an active enthusiast for many organisations for all age groups and many philanthropic causes. The Duke has visited New Zealand many times and a number of you will have memories of having been close to him at functions and some will have met and talked to him. Rest in peace, Prince Phillip.

Take care of yourselves and look out for your friends, family and neighbours.

Trish Adams
President

FROM THE CHIEF EXECUTIVE



Recently I saw what I thought was a fantastic quote:

"I prefer liberty with danger, than peace with slavery."

Jean-Jacques Rousseau.

Although written in the 1700s about a quite different time (and place), what resonated with me was the relevance to a current issue, where an ageist attitude prevails that older people need to be saved from themselves. We all live with risk every day; we all make choices every day that at some level may increase the risk of something going wrong. I certainly want to age in a society where I have the liberty to make my own decisions, without someone else riding roughshod over them (slavery).

Age Concern Canterbury's mission is to achieve wellbeing, rights, respect, and dignity for older people. The foundation of that statement is valuing the person's right to choose. If you feel your decisions are not being respected, listened to, and followed – give us a call, we are here to support you.

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

older people in our lives.

You will find our 2020 Statement of Service Performance in the later pages of this publication. It highlights well the work we have been doing across the organisation, and some of the outcomes we have achieved for older people, in a year that was challenging for us all.

Steady As You Go (SAYGo) is an amazing falls prevention class we are now running at 40 locations across Christchurch and North Canterbury. Strength and balance are the keys to falls prevention and the peer-led classes are proven to reduce falls, also they are a great way to stay socially connected. If you have had a fall or feel concerned about falling – join a class near you.

Another health promotion course we run is the Waka Kotahi Staying Safe driving course. It is a classroom-based course we run in partnership with the Christchurch Police, and we encourage ALL over 65's to enrol. When was the last time you had a driving refresher on the road rules?

Age Concern Canterbury recommends never engaging with any person or company who cold calls, just turning up and knocking on your door. Never let them in and ask them to leave. If you need a tradesperson, handyman, gardener or cleaner – give us a call at Age Concern Canterbury on 366 0903 and we will put you in touch with someone on whom you can rely. This includes heat pump cleaners!

Ngā mihi nui

Simon Templeton
Chief Executive

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Keeping On

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Martin Meehan, “Mr” Kidd’s Cakes

by June Peka

Sitting over a very good coffee and a crossword at busy Kidd’s Cakes recently I watched a tallish, past-retirement-age chap pushing chairs in, straightening the condiments, and wiping tables with a nice clean cloth. With a smile and a word for everyone, he did look a bit tired, but happy in his work. As is my habit, I chatted him up. Yes, he should be retired he told me, but with the ups and downs of the past few years since opening the new bakery and cafe, he’d put his pinny back on.

“And it’s not just baking. If it needs doing, I’ll do it, the boss tells me, not at all in a ‘poor-me’ way. Hearing his story, it’s obvious he’s a worker and a do-er, this Mr Kidd.

But wait, there is no Mr Kidd. This man is Martin Meehan. That he became a baker may or may not have something to do with the fact that his grandfather (son of an unwed mother) was raised under the bench in a bakery in Westport Ireland, but it did take some time for Martin to link that into a familial circle.

Brought up in a “two up -two down” in Merseyside, he did start work in a bakery after leaving school at fifteen, but that was never going to last long.

“It just didn’t work, starting work at 3am after partying all night to Beatles’ music in the clubs. I think I only lasted about six months before going into the army for a year or two and then shifted on to Melbourne.”

The most memorable thing about Melbourne for Martin, apart from marrying wife Jann, was the Magpie Bakery in Collingwood’s Aussie Rules territory where a jolly woman served wonderful warm fruit pies.

“She’d ask, ‘do you want cream with that’, and right before your eyes would slash the steaming pie open and dollop a scoopful of cream into it. That might’ve been a bit of a message for me too.”

The couple moved on to New Zealand, hankering to live on a hill with a sea view. They found that first in Invercargill, where for six years Martin worked ungodly hours at the Tiwai Smelter, for good wages.

“Neither of us had any qualifications at all, and at that time you couldn’t even get a filing clerk’s job without School Certificate, so Jann and I made a plan to support each other through study, to get better jobs. We started with University Entrance study at night school. I did a bit of extramural from Massey, including Medieval History because it was a passion of mine. It was good practise for someone who hadn’t studied beyond high school before as well. Then, when we came to Christchurch I went to Canterbury University and did some teacher and social work training, which led me to working for the Department Of Social Welfare at



Martin Meehan should be retired but has put his pinny back on.

the Strathmore Gilrls’ Home in Ferry Rd. I loved that work. I loved the girls. Some were very troubled but all looked like angels when they were asleep. I know that, because part of my job was to shine a torch on their faces every night, to make sure they were there.”

Then there was a bakery course at Christchurch Polytech and the purchase of a takeaway bar, specialising in pies, near Lancaster Park.

“This wee place was so popular with the sporting crowd. We were rushed off our feet before, during and after big games. We’d send the kids over to the park and get them to race back and let us know when lunch break was declared at cricket and to expect the onslaught. We had to wedge one leg against the wall and the other against the counter, which would move with the crush of people.”

Then there were five years as a courier driver. And Martin painted the house while Jann studied accountancy.

“When one of her friends was scouting about for a business venture I suggested making specialty cakes for kid’s birthdays and other occasions. She wasn’t keen on the idea but the more I thought about it, I realised there was a market. So I became an ex courier driver and converted a sleepout/garage at home

in Severn Street into a mini bakery. A neighbour came in to help and even with just the two of us, it was really close quarters. If I picked something up, she’d fill the space, and vice versa. It took off like a rocket though.”

So when the local Post Office closed its doors in the strip of shops on the Cranford Street/Innes Road corner Martin moved in. He found the premises had previously been a bakery, owned by two local sisters. Was that another message perhaps? And rather than confuse customers further, he added a “d” to Kid’s and has often since been called Martin Kidd. Over the years as the bakery

expanded it swallowed up most of the other shops on the strip, plus a couple of houses.

“It was a bit of a nightmare. Each time we gathered more space we acquired a new floor level. Some of the floors had collapsed. We’d knocked holes through walls with each new addition to the point we almost needed a traffic policeman. And then the Northern Corridor raised its head, which gave us the push to build new.”

Thinking back, Martin is not sure he’d do it again.

“There were hurdles and obstructions all the way. It was fraught with problems from day one. I had nothing but crap from the council. It cost everything we had, family silver and all, to get it up and running. In our mid 60s we owed three million dollars. Times were really tough. We had to put on our smiles and look like a million bucks, even if we were eating beans on toast at home. We couldn’t even think of retiring.”

Home by then was a bach around the bays; the family house having followed the family silver into that deep pit of repayment.

The six months Northern Corridor roadworks time-frame became three years, but through it all Kidds built a regular and loyal client base.

“We’re cool, but not in a Fonzie way. Older folk love coming here because we’re all about real hospitality, not ‘hospo’ as it’s known these days, and a lot of people have said how nice it is to recognise the food. We didn’t close after the earthquakes and our take went up 40%. We owe a lot to our customers, and to the 50 staff who, since Covid, have become 29. We didn’t have to put anyone off, but as people left they weren’t replaced. So we’ve all picked up extra work, not just me. But all the numbers are on the way up again now. One day I’ll think about retirement perhaps.”



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From ‘Morgan Freeman’ of Havelock North to international franchise

It all began with Melanie Harper driving her aunt around Havelock North on errands, but now Driving Miss Daisy is a successful international franchise operated by Melanie and her husband Jack.

“I drove Aunt Trish for eight years after she was in a bus crash, but when she started feeling indebted to me, she stopped asking,” says Melanie Harper.

“This was when I had my lightbulb moment. I could be the Morgan Freeman of Havelock North by starting a business where I play a role similar to the one he played in the movie, Driving Miss Daisy.”

Timing was perfect because Jack was just winding up the sale of his own company and could see the huge potential for such a business to rapidly expand as a franchise. The rest is history. There are 75 operating franchisees across New Zealand, 50 across the UK and it has just launched into Australia.

While Driving Miss Daisy is about getting people from one place to another and includes additional services like escorting clients into doctors’ rooms, Jack Harper says it is all about companionship. “The reason that ninety percent of these people love going out with us, is because



Driving Miss Daisy’s Melanie and Jack

they end up spending time with their Daisy who can, over a period of time, become like a surrogate daughter or a surrogate son,” he says.

The Harpers join the top franchise leaders from 10 other niches to share their stories and offer their valuable advice in the best-selling book, “New Zealand’s Top Franchise Leaders, Secrets Revealed,” written by Pete Burdon.

Melanie Harper has enjoyed every



Driving Miss Daisy’s Melanie and client.

step of the journey that began in 2008. “Seeing the smiles on our clients’ faces due to our quality caring service, which has given them back their independence and provided them with companionship at the same time, is very rewarding,” she says.

Jack Harper says it has also been extremely satisfying to see so many successful franchisees build successful Driving Miss Daisy businesses for themselves. “They

do this by following our systems and also contributing hugely to their local communities, both as a service provider and an employer of numerous drivers,” he says.

‘New Zealand’s Top Franchise Leaders, Secrets Revealed,’ by Pete Burdon, can be found at www.FranchiseLeadersBook.com or at all good bookstores. Pete Burdon is a best-selling author of books sharing the stories of leaders in specific niches.

Stopping cheques is going to be inconvenient

When 79-year-old Margaret Murray from Christchurch heard that banks were going to stop accepting cheques, she says that her first thought was “that’s going to be a bit inconvenient”.

Mrs Murray has regularly donated to her local branch of the Cancer Society since the death of her husband 14 years ago.

“They were good to my husband and if I ever have need of them myself, I’m sure they’d be pretty good to me,” says Murray.

Being mindful of the need to transition to a new method of making payments, rather than continuing to rely on cheques, Murray made the decision to use a debit card for her most recent donation to the Cancer Society.

“It was simple,” she says. “I filled out the form and put my debit card number on it and I just mailed the form back.”

Chief Executive of the Cancer Society’s Canterbury-West Coast Division, Liz Chesterman says that

for many people who have been regular users of cheques, it can be challenging to change.

“With 71 New Zealanders diagnosed with cancer each day, we need the ongoing support of our regular donors now more than ever before,” says Chesterman.

“With cheques no longer an option, we are available to assist people to find the way that is easiest for them to continue to support us,” says Chesterman.

“Options include calling us on **03 379 5835** to donate over the phone via credit or debit card, setting up an automatic payment or direct debit via online banking or by visiting our website.

Alternatively, people can visit their local Cancer Society centre where they can donate using cash or EFTPOS,” says Chesterman.

Mrs Murray’s advice to those who have yet to make the change is “You’re going to have to do it sometime, so you’d better call in some help.”

Cheques have gone, but people with cancer still need your support.

Margaret has made the change and you can too!

To donate, call (03) 379 5835, visit www.cancer.org.nz or pop into your local Cancer Society centre.



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Cruise the beautiful Doubtful Sound

by Mike Crean

Captain Cook looked into a New Zealand fiord, doubted the practicality of turning his ship around between the soaring mountain walls, and sailed on up the West Coast.

Cook named the fiord Doubtful Sound. Without doubt though, it is the most spectacular tourist attraction in the country.

The skipper of our cruise boat said Cook was wrong to call it Doubtful Sound. It is not a sound, but a fiord. Fiords were formed by glaciers; sounds were formed by rivers. No, I don't understand it either but the experts say so.

My wife and I took the cruise in February this year – along with 100 other superannuitants from around New Zealand. The one-day excursion began at 10.00am with a boat ride from Manapouri village across Lake Manapouri to West Arm. Then two buses took us over Wilmot Pass to Deep Cove at the east end of Doubtful Sound. There we boarded another boat and cruised the sound,



Doubtful Sound, the most spectacular tourist attraction in the country.

which is three times longer than Milford Sound, out to the Tasman Sea, before returning to Deep Cove. Another bus ride over the pass, another cruise across the lake, and we landed at Manapouri village at 5.00pm. What a day!

The views and vistas were too grand for me to describe. Let's just say Fiordland gets rain, frequently and

heavily. The sun shone on our day but the skipper said cruises continue in any weather. The sight of water cascading down towering mountain faces during rain is magnificent.

Talk to the locals and you will note a disdain for the better-known Milford Sound. Envy perhaps, or competition for tourist dollars. I have cruised both sounds now. While still a fan of

Milford, I have to rate Doubtful the champion.

To visit either, the obvious base is Te Anau. It sits on the shore of the South Island's largest lake, 15 minutes by car to the village of Manapouri and 50 minutes by coach to Milford Sound. Facilities, accommodation and shops are excellent. Folk are friendly, laid-back and helpful.

The road trip from Christchurch to Te Anau is best via Tekapo, Lindis Pass, Cromwell, Kingston and Mossburn. Take two days, for the distances are long and the scenery demands numerous stops for viewing.

If you have time and stamina, consider the easy one-day drive from Manapouri southwards to Tuatapere, then east through Riverton to Invercargill. This is one of my favourite jaunts, for the interesting landscapes, derelict buildings, Southern Ocean waves and light traffic volumes on excellent roads.

So, as the man in the Dilmah Tea commercial says: "Do try it".

Bank on your own terms at ASB

As more of the world moves online, it's easy to feel overwhelmed. While some retired people can get their week's groceries, stream the latest episode of The Crown and transfer birthday money to their favourite grandchild from their favourite armchair, for a lot of others, doing things online can be a daunting prospect.

When it comes to online banking, ASB is here to help get you up to speed at whatever pace suits you to help you bank online with confidence. You'll have your finances sorted and your money at your fingertips wherever you are, whenever you need it.

Learn about banking online, in person

For those who prefer a hands-on approach to learning, ASB offers free Better Banking Workshops at selected ASB branches and community centres nationwide. These workshops, run by friendly ASB team members, will introduce you to online banking and step you through, with tips and tricks on how to bank online safely and set up internet and mobile banking on the spot.

The groups are kept small, to a maximum of 10 per workshop, to allow for plenty of time for questions and hands-on support.

To register type asb.co.nz/workshops into your internet browser

or talk to the friendly team at your local branch.

Find out how to get online with the How-to Hub.

If you already know your way around an online recipe or just like following along with how to videos, you might appreciate being able to learn online and at your own pace.

ASB's How-to Hub has step-by-step guides to help you set up internet and mobile banking, through to learning about specific online banking tasks you can do so that your money is at your fingertips, whenever you need it.

Each guide is available to download as well, and some come with instructional videos for those that like to watch how it's done before doing it themselves. Type asb.co.nz/how-to into your internet browser to find out more.

You can always pick up the phone

Learning new skills for the first time is hard for everyone, regardless of age. Luckily, when it comes to banking there are two phone numbers available if you need a hand.

ASB's FastPhone line is an automated number available whenever you need it. Once you're set up, you can make simple banking tasks, like checking your balance or paying bills. Call **0800 803 804** to register.

For customers 65 and over, there's

also a dedicated phone line for you to call for any banking help you need. It's available 8.00am-8.00pm Monday

to Friday, and 8.30am-5.00pm on weekends, and Public Holidays.

Call **0800 272 119**.

Bank with confidence.

We're here to help make your everyday banking easier.

<p>How to bank online. Get step-by-step guides to learn about internet and mobile banking.</p> <p>asb.co.nz/how-to</p>	<p>Better Banking Workshop. In-branch workshops to help you set up internet and mobile banking.</p> <p>asb.co.nz/workshop</p>	<p>Your direct line to ASB. If you're 65 and over, call our priority line.</p> <p>0800 272 119</p>
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Lowdown on anti-seizure medication (ASM)

How do they work?

Anti-seizure medication (ASM) does not cure epilepsy but aims to stop seizures from occurring by changing the level of chemicals in the brain that are responsible for the excessive electrical impulses that result in seizures. The medication is most effective when the level of medication in the blood is consistent. This can be achieved when it is taken regularly as prescribed.

Missed doses reduce the medication in the blood level and may result in seizures. Forgetting to take the medication is the most common cause of treatment failure.

Helpful tools to remember medication.

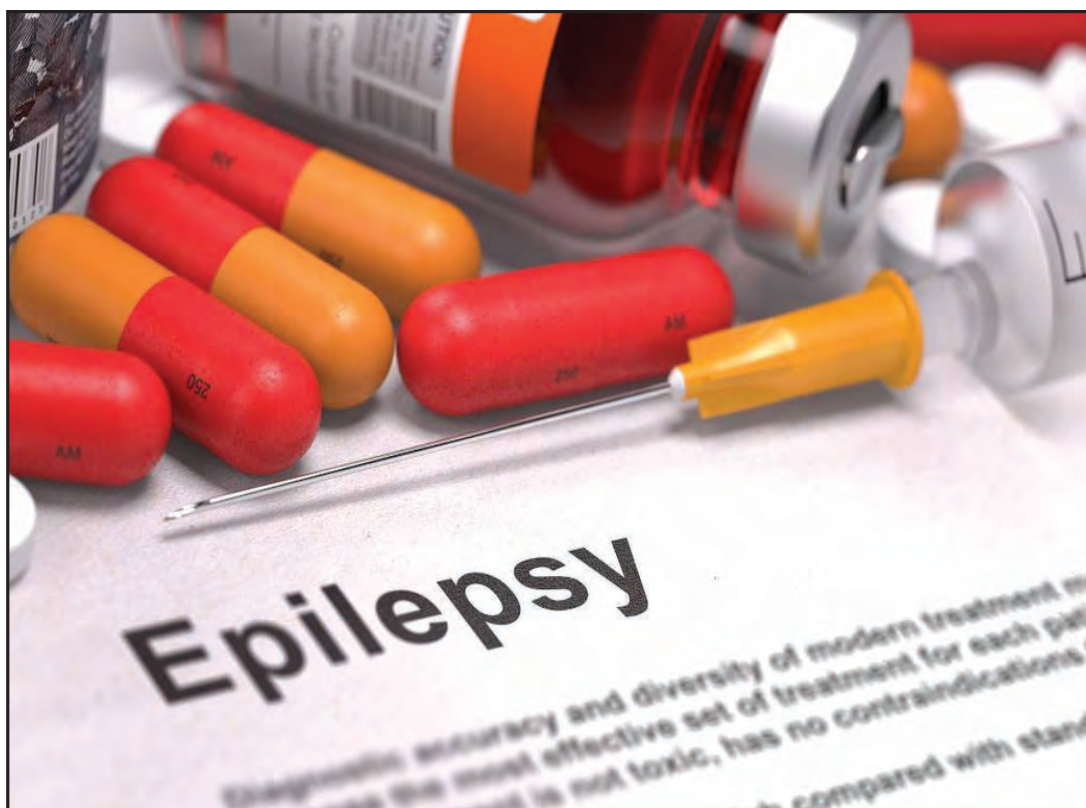
- * Medication reminder alarm app on phone
- * Alarm on your watch
- * Blister packs or pill box
- * Make it part of your daily routine and keep the pills visible (unless children are about)
- * Have extra doses in a bag/purse you often use, so you have a spare, should you forget to take one and you are out.

Why is a particular medication chosen?

- * Age Gender
- * Medical History
- * Other medication taken
- * Seizure type & epilepsy syndrome
- * Side effect profile
- * Desire to become pregnant

The effective dose - will my dose change?

The effective dose of medication varies between individuals, due to the variable metabolism and excretion. The process to find the most suitable medication can be trial



and error, as each person responds differently. Older people often need less medication because of reduced metabolic efficiency. Usually, the medication is introduced as a low dose that is gradually increased until seizures cease, or side effects become evident. It may take weeks or even months to reach the appropriate maintenance dose.

Will there be side effects?

All medication can cause side effects especially during the first few months of starting the treatment. Some common side effects of ASM's are: drowsiness, tiredness, dizziness, mood changes, blurred vision, headaches and nausea.

There are a few ASM that may cause side effects if used long term e.g. Phenytoin (Dilantin) Over the long term, this drug can cause bone thinning. It is best to always read the guidance leaflet for your medication to check, or ask the GP or Pharmacist.

Can other drugs interact with my ASM?

Some drugs can affect and be affected by other drugs. This is called a 'drug interaction'. When two drugs interact, how one or both drugs work will be affected. Interactions can result in one or both drugs:

- * working better (being more effective); or
- * working less well, for example, if one prevents the other from working or speeds up how quickly it is eliminated (got rid of) from the body, so it has less time to work.

Drug interactions can happen between different ASMs, and between ASMs and other types of drugs including non-prescription (or 'over the counter') medications including complementary therapies and herbal remedies. It is suggested that you inform all medical professionals about any medication or non-prescription drugs you are taking. If you wish to

buy an 'over the counter' medication, ask the pharmacist if you are safe to do so on the medication you are on.

Where can I get more information about my ASM?

www.healthinfo.org.nz
www.healthnavigator.org.nz/medicines
www.medsafe.govt.nz/Medicines/infoSearch.asp

Will my dose change?

Once the right medication has been found most people will continue to have good seizure control. For a few people they may find that over time they must take larger doses of their seizure medicine to achieve the same result. This effect is known as tolerance. As children grow adjustments may be required. Older people may need less medication because of reduced metabolic efficiency.

Do I need regular blood tests?

Measuring medication blood levels is rarely necessary once seizures are well controlled. It is more likely to occur if you have poor seizure control, unwanted side effects or very young age or are elderly.

Please Note: The information in this article is generic. For specific information regarding your medication please use an information sheet provided on a specialist online website (see above website links) or from your medical provider.

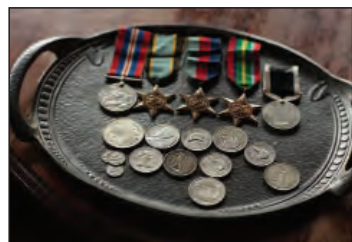
If you or your partner are seeking support or information around Epilepsy, please contact your local Epilepsy New Zealand Educators on 027 2706689 or 022 3677895 or phone the National Line during office hours on 0800 374537.

Steve Purcell, over 40 years in the antique business

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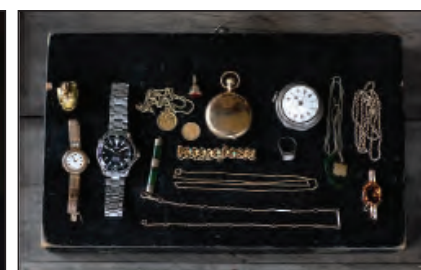
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Steve Purcell is a licensed antique dealer trading as Antiques International Limited, with over 40 years experience in the business. Steve started frequenting



Steve Purcell, licensed antique dealer

antique shops and restoring antique furniture when he was 15 and developed a passion for Kauri furniture in particular. After "doing up" a number of pieces it soon became apparent that some would have to be sold to make room for more projects.

Developing associations with a number of dealers, it was a natural progression into general antiques, art and jewellery. In the 80s the hobby became a business selling items at antique fairs, on behalf in established shops and converting an old Bedford bus into a mobile antique shop.

In the 90s the first official shop "Circa 1900" was formed with a partner in Merivale and a second shop in Riccarton called "Finders".

With the dawn of the new millenium internet communication was now a well established medium for selling, opening the door to a world wide customer base. Circa 1900 was closed and the company Antiques International was formed.

Royal Commission of Inquiry into abuse in care

The Abuse in Care Royal Commission of Inquiry is investigating the historical abuse of children, young people and vulnerable adults in State and faith-based care in Aotearoa New Zealand. They are looking into why people were taken into care, what abuse people suffered in care and why, and the effects of the abuse on them and their family.

State care could include foster care and adoption services and settings, residential children's homes, psychiatric hospitals, schools; including boarding schools or special schools, disability care or facilities, police cells, court cells or police custody, youth justice placements or at health camps. Faith-based care could include adoption and foster

care services and settings, religious schools; including boarding schools, borstals, pastoral care services, or church camps.

If you are a survivor or witness of abuse in care, your voice matters, your experiences matter. It is never too late to share your experiences, you can make a difference.

Helping the Inquiry learn about what you or your loved one went through in care and the affect it had on your life, family and community, will help

the Inquiry make recommendations to make it safer for children, young people and vulnerable adults in care today and in the future.

Sharing experiences of abuse can be very hard and upsetting. The Inquiry can organise or cover costs for short-term supports and counselling or disability supports to support survivors and witnesses talk about the abuse with them. Confidentiality is a high priority for the commission. There are many ways to engage with

the Inquiry including participating from the comfort and safety of your own home.

To find out more confidentially:

Phone the contact centre on 0800 222 727 Monday to Friday, 8.00am to 4.00pm.

Email contact@abuseincare.org.nz

Write to PO Box 10071, The Terrace, Wellington 6011.

Look at the website www.abuseincare.org.nz for more information.

Follow the Inquiry on Facebook <https://www.facebook.com/abuseincareRCNZ/>

Alternatively, you can contact Ana Lee, Community Engagement Advisor at ana.lee@abuseincare.org.nz or phone 027 223 1193.



Abuse in Care

Royal Commission of Inquiry

Feeling breathless? Dizzy? Fatigued? Don't assume its your age, it could be your heart

As we age, our bodies go through physical changes. You may not be able to climb stairs as easily, or you may notice discomfort or inability to participate in normal daily activities.

Sometimes, these changes may be signs of an underlying medical condition, such as heart valve disease¹—a condition in which the heart valves do not work as they should.³

Heart valve disease can reduce

the amount of blood to your body. If your body isn't getting enough oxygen, this can lead to symptoms such as breathlessness, fatigue and lightheadedness.¹

Heart valve disease impacts 8.5% of over-65s and is one of the most prevalent and serious conditions impacting elderly people in New Zealand.³ Unfortunately, up to 50% of people who develop symptoms will not survive within two years, unless

they have a valve replacement. Early diagnosis is therefore essential for survival.

Diagnosis of aortic stenosis starts with listening to the heart, but 1 in 5 New Zealanders over 60 say their doctor rarely or never checks their heart with a stethoscope, making the illness undetected, undiagnosed, and untreated. If you are experiencing signs or symptoms reflective of heart valve disease, ask your GP to listen

to your heart.

References: 1. Nkomo VT, Gardin JM, Skelton TN et al. Burden of valvular heart diseases: a population-based study. Lancet 2006;368:1005–11. 2. Alliance for Ageing Research. Aortic Stenosis: Under-Diagnosed and Under-Treated. 2008. <https://www.ageingresearch.org/press-release/alliance-launches-aortic-stenosis-awareness-campaign/>. Accessed January 20, 2021.

Feeling more tired than usual?



Heart valve disease can happen so slowly you might not notice it. Common symptoms include feeling breathless, more tired than usual or feeling dizzy. The earlier heart valve problems are picked up the sooner your doctor can help you find the best treatment option.

Ask your doctor to listen to your heart



NewHeartValve.co.nz

Oldcodgerus Doug - the new species

by Doug Wilson, Senior New Zealander of the Year

Life has a habit of throwing up nice surprises.

Kids, grandkids, work opportunities - I've always counted myself lucky for what's come my way, whether expected or out of the blue.

And so, a few weeks back I was counting my lucky stars once again when I found myself trussed up in a tuxedo and sharing dinner with 800 people, nervously awaiting the results of the Ryman Healthcare Senior New Zealander of the Year award.

I was humbled to be there because the other finalists were outstanding.

Winning the title was a surprise, a pleasure and a great privilege. To represent the older community, no matter how you define it, is an intense honour.

Kim Hill, whom I must thank for her communication opportunities, describes me as coming from the dark side of 80. I'm finding 83 is not too bad though, come on in. There's still stuff we can do.

There are now so many of us of the 65 plus community, close to 800,000, each with their own personal stories, that a single voice can be drowned out.

My role is to talk and write, to broaden understanding across generations, using humour as a facilitating weapon of communication.

I deployed this weapon in my acceptance speech.

Describing myself as an 'old codger' got an uncomfortably big laugh from all the youngsters.

Warning the audience that they were all ageing as I spoke, and that they should ignore the older generation at their peril – because we can be troublesome as they well know – got even more applause.

That's right – ignore us at your peril!

Immediately after the awards I received lots of congratulations and requests for selfies.

To my surprise there were repeated engagements with younger attendees, who enjoyed both the laughter and the positive attitude about living longer. During the evening we heard the various



Doug Wilson, Senior New Zealander of the Year 2021.

stories behind the other candidates' awards. It was apparent there is a dazzling array of new talents with innovations, ideas, interventions, technologies, social engineering, and other wondrous activities that have been both created and implemented. For me this was like opening a magic box of tricks, treasures, and visions of the future.

A stand-out was Jazz Thornton, a young mental health advocate who attempted suicide on different occasions as a teenager. To get her positive mental health message across she trained in filmmaking. Her short film Dear Suicidal Me had more than 80 million views in its first 48 hours after release.

Another was Ranjna Patel. Ranjna was asked by Counties Manukau police to see if she could assist dealing with the South Auckland Asian community domestic violence. She turned the

standard approach upside down, removing the offending men from their homes, providing them with emergency accommodation, counselling and behaviour therapy, while providing support for the family at home. A recent Massey University longitudinal study looked at the project, the terrible situations usually marked by repeat offending, and found over 60% of them had not reoffended in 5 years, a dazzling success story.

These were just two of many stories. It was a supermarket of creative riches.

The older community can only gain by supporting these miracles of local creativity. It is not handwringing but getting hands deep into problems to help.

Maybe for some I was representative of a new species, Oldcodgerus Doug.

But the multiple responses since the awards have been both generous and friendly. The experience sends me a message of our need to accelerate cross generational dialogue, and to recognise many older people also have creative thoughts and positive attitudes.

I'm on a mission to support the older community as much as I can, while at the same time admiring in public the positive inventions and initiatives which will shape our future, old and young.

It just so happens that my new book Ageing Well: how to navigate a life's journey in your later years is about to hit the shelves.

My intention is to spread the word: The more we know the better we can cope. I hope it also presents further evidence for the older community, while facing their individual versions of getting older, that they have great capacity to assess, adapt, and eventually accept how things are.

We're lucky to be old and wise. My experience in Auckland shows the younger generations admire us for it.

We should make the most of it.



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Christchurch one hundred and sixty years ago

by Mike Crean

Let me take you around inner Christchurch as it was 160 years ago.

It is 1861, a decade since the original colonists chose their sections and started building their homes. It is halfway through the "foundation period" of Canterbury history, as defined by historian Dr John Cookson, (1850-1870).

Our time machine lands on the rutted dirt road through Ridley Square. Here the site reserved for ChristChurch Cathedral is a rough expanse of weeds. Construction will not start for another 10 years.

We ask a colonist leaning against a picket fence how he feels about delays in building the cathedral.

"It is disappointing. After all, surveyors planned the city 12 years ago, including promises of a cathedral here and a grammar school in the north-west corner of the Square. Folk already call this Cathedral Square. Its true name is Ridley Square, named after a martyred bishop, to go with Cranmer and Latimer squares.

"I arrived on this swampy plain 10 years ago. I have watched Christchurch rise from the rushes. But lack of money has stopped progress. I wish Mr Godley had not gone back to England after he founded this colony. He realised the remedy to the money problem was large-scale sheep farming and exporting of wool to the Home Country. The Canterbury Association rules would not allow that. Huh! Now fortunes are being made on big sheep runs but they are outside the Canterbury boundaries," he grumbles.

We cross the nor'west part of the Square where Christ's College was to have been built. Posters advertising musical recitals and plays are pasted on walls. We ask two young men loitering there what they do.

"We were on a Provincial Council works scheme. We planted those young gum trees," one replies, pointing to the saplings. "Now we don't have any job. Perhaps we will join the gold rush to Otago."

A few simple cottages stand behind the gum saplings. Further on is the substantial home of Dr Alfred Barker and his family. The doctor sailed as ship's surgeon in the Charlotte Jane. He is an expert photographer. Looking around to see what is worth photographing we get views of the Port Hills and a few tall native trees at the Deans' Riccarton estate.

We take one of the numerous dirt paths to sleepy Gloucester Street, then on to Colombo Street. People are going into and out of shops, the largest a pharmacy on the Armagh Street corner.

Now we are in Market Square, though you will know it as Victoria



The Papanui/ Victoria St Bridge over the Avon River. The Provincial Chambers are visible in the background.

From the AC Barker Collection at Canterbury Museum.

Square. This is the bustling heart of town. Workers load their shovels into a dray at the Public Works yard. Farmers do their deals at grain, straw and seed stores. Girls in pinafores and boys in boots and knickerbockers run about. A butcher hangs a mutton carcass in front of his shop. Thirsty patrons enter the Standard Hotel, one of several pubs around town.

Market Square extends to Kilmore Street in the north and Durham Street in the west. So this square is a square, with the Avon River flowing through the middle. A wooden bridge linking Colombo Street North to Colombo Street South is just wide enough for two small carriages to pass. Another bridge, on the diagonal Whately Road (later to be named Victoria Street), shudders under heavy wagons carting timber from Papanui Bush. An iron bridge is planned to replace it.

Market Square is boisterous with

rowdy stalls, raucous hawkers, auctioneers' calls, dogs barking. Attractions range from fortune-tellers to pens of sheep and pigs. People wait for mail from "Home" at the town's first Post Office. Soon the Post Office will move into the much bigger Market Hall building.

Nearly all buildings are wooden. Fires are frequent. A fire station also stands in Market Square but how effective can it be with a horse-drawn appliance and hand-operated water pump, manned by volunteers?

Police officers march in and out of their Market Square barracks with an eye for trouble-makers, mainly drunks and prostitutes. They look in at the lock-up, women's prison, immigration barracks, pubs and animal pound, all in Market Square.

Court hearings take place in the Land Office at the corner of Worcester Street and Oxford Terrace. The Land Office is one of the few



Photograph of A C Barker's house taken 7th February 1872.

From the AC Barker Collection at Canterbury Museum

large buildings. Others we can see include: Foresters Hall downstream, and Inwood's mill, St Michael and All Angels' Church, Royal Hotel, and the Pegasus Arms building upstream. Shands Emporium can be seen on Hereford Street. The Methodists will soon erect Christchurch's first stone church, on Durham Street.

A rickety footbridge over the Avon leads to the Provincial Council building. Local architect Benjamin Mountfort's masterpiece is an amazing achievement after 10 years of settlement and with so few residents. An estimate for Central Christchurch is 1500 souls, with an added 1150 in Lyttelton and a further 5000 in rural areas – a population of fewer than 8000 people.

Buzzing forward to today, 160 years does not seem so long. Our great-grandparents might have been among those children in pinafores and knickerbockers running about in Market Square.

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Early signs of dementia - Part 1

Dementia is the “umbrella” term for a group of illnesses, such as Alzheimer’s disease and vascular dementia, that cause the brain to fail. The symptom that is common to all forms of dementia is memory loss, in particular short term memory loss. Short term memory changes are often quite understated. You may notice that the person with dementia can remember events that took place years ago but not so well things that happened in recent times. Other signs of changes in short term memory are forgetting where things have been put, not being able to remember why they have entered a particular room or forgetting what they are supposed to be doing on any given day. Repetitive behaviour also becomes more common due to memory loss. However, memory loss is not the only symptom of dementia that influences the person’s ability to carry out daily tasks. Over two issues we will be discussing the other symptoms that make carrying out normal tasks of daily living so challenging. This time we will be looking at how difficulty in reasoning, disorientation, and changes in language make day to day life a challenge.

Difficulty in Reasoning. (Organising, planning, or explaining)

This involves making decisions, planning and problem solving. It may mean that a person in the early stages of dementia begins to have difficulty developing and following a plan of action such as planning a menu or preparing for a holiday. Working with numbers may also become difficult.

Disorientation

Often people with a diagnosis of dementia come up against difficulty determining time, place, or person.

Disorientation with time may include losing track of dates and no longer being able to judge the passage of time. As the disease process continues the person with dementia may well have “peeled back the decades” so that their reality is several years prior to now. Planning for future events may also become difficult as well.

Disorientation to place occurs as the person with dementia becomes increasingly forgetful about where they are, how they got there and why they are there. Things may be put in unusual places and the person with dementia may have no ability to retrace their steps to find lost things.

This may also include forgetting once familiar landmarks or forgetting regularly used directions.

Disorientation to person can become a problem as people can be misidentified. It is common, for example, for children to be misidentified as a spouse due to familial resemblance.

Language Difficulties

The language centre of the brain is one that is often compromised over the course of the dementia journey, so it’s reasonable to expect that struggling to communicate thoughts and feelings features as one of the more common symptoms of dementia. You may notice that initiating conversations or even participating in conversations may become more difficult. Conversations may also randomly be paused mid-sentence. Word finding becomes more difficult and words may be used in the wrong context or place in the sentence. All of these difficulties can lead to repetitive conversations and frustration. It is important, also to remember that having a conversation with a person who has dementia may well take longer than usual to conclude because it takes

longer to process what has been communicated.

Walking in their shoes, the early stages of dementia can be a very difficult time, often inducing fear. People might find themselves in the position of not being able to remember or recognise people, and unable to follow conversations or directions. They may no longer remember why they went shopping or recognise their way home. They may no longer have the get up and go to even go shopping. All this because of physiological changes in a person’s brain as they commence their journey. Being confronted with these changes in their reality can be very frightening and can create a time of grief as they, (and their loved ones) adjust to these new losses. People in the early stages of dementia need our kindness and understanding as they grapple with the issues and walk towards living well with a diagnosis of dementia.

The material for this article is taken from the Living Well with Dementia Course run by Dementia Canterbury for both people living with a diagnosis of dementia and those who care for them.

Unplanned weight loss more common in older people

It may surprise you to know, unplanned weight loss or malnutrition is more common in older people than any other age group. As we age we may lose weight for a number of reasons, such as:

- decreased appetite
- loss of muscle and bone mass
- struggling to chew and swallow food and fluids (dysphagia)
- illness, medication and disability
- loss of sight and hearing
- loss of taste and smell
- stress, poor sleep and fatigue
- loneliness, depression or boredom
- a tighter budget

- difficulty shopping
- few cooking skills or low motivation to eat and cook alone
- alcohol intake
- inactive and don’t feel as hungry

If you are losing weight unintentionally see your Doctor to rule out any underlying health problem. Other things you can do to maintain or increase your weight are:

- have three small tasty meals a day, with small snacks inbetween
- serve good looking meals and snacks on a smaller plate
- add extra calories with butter, margarine, syrups, grated cheese

and cream etc

- have tasty meals and snacks – use garnishes, add salt, spices, stocks or sugar
- moisten food with gravy, sauces and condiments for swallowing
- eat your main meal when you are most hungry and awake
- reduce distractions and conversation while eating
- eat while comfortable and relaxed
- chop or grate harder-textured foods for swallowing problems
- ensure dentures fit well
- monitor weight monthly, no more
- fortify your milk - whisking 1 cup

milk powder with 2 litres blue milk and use in drinks, cereals, and desserts

If, after ruling out an underlying health problem and trying these suggestions, you continue to lose weight, ask a Dietitian or your Doctor about oral nutritional supplements. Supplements don’t replace a balanced diet they complement it.

If you want some help with changing your diet our friendly Dietitian can help please contact us at Therapy Professionals. **Call 03 3775280 or email admin@tpl.nz.**



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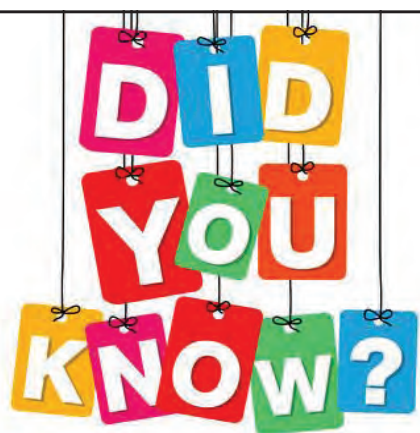


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That you can take a holiday from paying your rates to the Christchurch City Council.

Rates postponement is intended to help those on a fixed income, to continue living in their homes when they do not have the financial capacity to pay their rates, or where payment would create a financial hardship.

It is important to understand that the postponement is effectively a loan from Council to you, and over time the amount lent (including compounding annual fees) may significantly reduce your equity in the property. It is recommended you visit an independent financial advisor prior to applying and provide evidence of the visit.

Ratepayers aged 65 or over will automatically qualify, provided that the property is their primary place of residence.

Up to 100% of all rates charges

may be postponed, including arrears owing from the previous financial years.

To apply for a rates postponement visit the Christchurch City Council website or contact your local council service centre.

If your postponement is approved: the council may put a formal charge over the property, like a mortgage. Rates charges will continue to accrue but will no longer be payable on the normal due dates. No late payment penalties will be applied; however, an annual fee will be added at the end of each rating year to recover interest and administration costs.

All postponed amounts, including the added annual fees, will become payable when the property is sold or no longer used as the applicant's primary place of residence.

Greater independence in your own home

Nurse Maude's Health & Mobility Shop in Wairakei Road has long been the place to go for those who need specialised products that allow them to live as independently as possible in their own home.

For those suffering permanent disability, needing temporary supplies or equipment post-surgery, incontinence products, or wanting to buy or hire wheelchairs, the Health & Mobility Shop makes it possible to minimise people's reliance on others as they go about their day to day lives.

Being able to hire and buy specialist equipment and supplies is a large part of being able to retain that independence, with a wide range of equipment and products from shower stools to utensils.

Nurse Maude has been caring for the people of Canterbury since 1896, with the emphasis on keeping people in their own homes and communities for as long as possible, and whenever possible.

Access to these products and this equipment, along with expert advice, is an integral part of living and fully participating in the community.

Because health and mobility issues don't keep business hours, Nurse Maude has made sure there are options when it comes to accessing what is needed.

The **Health & Mobility Shop** in **Wairakei Road** is **open 8.30am to 4.30pm Monday to Friday**, with easily accessible parking right at the door

Maudes Online allows you to shop 24 hours a day, seven days a week from home at **www.nursemaudeshop.org.nz**

You'll find the staff at Nurse Maude's Health & Mobility Shops work closely with Nurse Maude's nurses and suppliers to make sure the expertise and support customers need is always available to make your life just that much easier. **(A)**

The confidence to thrive

Life is full of adventures to be had, opportunities to be explored and dreams to be fulfilled. Unfortunately, health and mobility issues can rob us of our confidence and hold us back from living life to the fullest.

At the Health and Mobility Shop, we provide the products and equipment you need to maintain your independence.

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From wheelchairs and walking frames right through to continence supplies, we'll help you enjoy the freedom of confidence.

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Good uptake of bowel screening programme

In mid-April Canterbury held its public launch of the National Bowel Screening Programme in the foyer of the new Waipapa facility on the Christchurch Hospital Campus. Although the programme started in Canterbury late last year, the DHB wanted to wait until there was some success to report and celebrate.

Kits started being delivered in volume in December last year, and by mid May 23,548 kits had been sent out. So far 550 test results have come back positive, which means they needed further investigation which



is usually a colonoscopy – where a tiny camera is used to examine the

bowel. The participation rate is at 60 percent, which is very good for this early stage in the programme.

Lead clinician for the Canterbury programme Dr Teresa Chalmers-Watson said through earlier detection, more lives will be saved.

“Canterbury has found 27 people with bowel cancer since we started the programme, most of whom had no symptoms. By picking up these issues early as part of our screening programme, we dramatically increase the chance we can treat cancers and pre-cancerous growths successfully.”

If you are in the target age group for the programme, which is 60-74 years old, and you receive a kit:

1. Use the test kit to swipe your sample and click it shut.
2. Stick the unique yellow barcode on the tube.
3. Complete and date the consent form.
4. Send the test and the form back in the prepaid pack straight away.

Visit www.timetoscreen.nz for more information.

Capacity to make decisions

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

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

- * understands the decision they are making
- * can discuss with us the possible options available to them in a way that shows they appreciate the risk and or benefit of any decision
- * understands the impact that a decision, or the lack of a decision, may have on them or their loved ones
- * is able to articulate and discuss all of these issues with us.

Having these discussions with our clients can be difficult. It can be very confronting for our clients and we risk them feeling offended by us questioning their capacity. That is not our intention. Our sole purpose in making the enquiry is to ensure that the legal outcome our clients

have set out to achieve, has the best possible opportunity of success.

If there is a possibility that our client's decision might be challenged, one questions that may be raised is whether they had the capacity required to make the decision in the first place.

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

We can write to our client's doctor to provide them with background information, advise them of the legal test at issue and to request a detailed report regarding our client's capacity to make the decision they are contemplating.

If you have concerns about your capacity, or the capacity of a loved one who is about to make significant decisions, it is important that you obtain professional advice which relates to your situation. Contact us at Fleur McDonald Legal on 03 365 1595. Together, we can explore how we can help you find the best solution for your legal needs. (A)

Burning smoke-free means a warmer, more efficient fire

Winter is almost here, and we want everyone in Canterbury to be warm and cosy in their homes. A smoke-free fire means a warmer, more efficient fire – and cleaner air for us all to breathe.

There are three components to ensure a smoke-free fire:

1. Use of dry, well-seasoned wood,
2. Adopting good burning technique, and
3. Use of a modern, well-maintained burner.

Ensuring your wood is dry and well-seasoned is key to burning a hotter fire with less smoke. It'll also save you money as you'll use less wood to achieve a better result. See our list of Trusted Good Wood Merchants at warmercheaper.co.nz

Adopting good burning technique is also important. The 'upside-down' technique can last anywhere between 30-60 minutes before reloading is required. See warmercheaper.co.nz/burning to learn this 'upside-down' burning method.

Finally, a modern, well-maintained burner with a clean flue will achieve

the best results. There are subsidies and other forms of financial assistance available to those in Clean Air Zones, to help you upgrade to an ultra-low emission burner or alternative forms of heating such as an Energy Star qualified heat pump.

However, we understand that not everyone is able to invest in upgrading their home heating. If this is the case, it's possible that you may be eligible for a temporary waiver to operate your non-compliant wood burner, if certain conditions are met. Get in touch so we can discuss your situation:

- Visit our website warmercheaper.co.nz for help with your burning technique and for our list of Trusted Good Wood Merchants.

- Visit ecan.govt.nz/heating-rules for our clean air zone rules, information about wood burners, and financial assistance that may be available to you.

- Call us on 0800 324 636 to talk to a member of our Customer Services team. (A)



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Rita and the Lady in Red

by Mike Crean

Meeting a German spy and walking with him around a small country town is a nagging memory for 100-year-old Christchurch woman Rita Procter (née Allen). Nagging because she cannot understand why she thought so little of it at the time.

As a teenager, shortly before World War II, Rita was working in the Mead's Tearooms in Rakaia when a rather plump person dressed entirely in red rode up on a bike. The cyclist was identified as "The Lady in Red". Newspaper stories had appeared about the cyclist attempting to ride the length of New Zealand.

Tearooms owner Mrs Mead invited the cyclist to stay the night. The cyclist accepted. Mrs Mead asked Rita to take The Lady in Red for a walk around the town while she prepared a bed for the night.

Rita and the visitor chatted as they walked and stopped occasionally to talk to people. The Lady in Red spoke good English and was polite, Rita says. She did not notice any foreign accent.

Next morning the cyclist rode away. A couple of days later a newspaper report appeared, saying the Lady in Red had been involved in a road crash further south and had been taken to hospital. The report said the lady's bike was unusually heavy and, under closer inspection, dozens of maps of New Zealand were found, rolled up, inside its frame.

Most spectacularly, The Lady in Red, wearing red trousers, red top and a red hat, turned out to be a man! And not only a man – but a German spy!

Rita forgot about the event until she saw a TV programme years later about a "Lady in Red" riding a bike



100 year old Rita Procter

through Australia. The programme said the rider was a male German spy and had arrived secretly in Australia by submarine before World War II. Perhaps it was the same lady, er, man that Rita had met. Or did all German spies adopt this disguise?

In her long life Rita has encountered many crises. Each of them shows how much life in New Zealand has changed. The first was her younger sister's case of scarlet fever which required months in hospital. Rita remembers health officials taking a shovel of hot embers from their kitchen fire and tipping phosphorous over it to produce clouds of smoke that were said to kill the fever germs.

Then her father contracted the dreaded disease tuberculosis. He had to spend two and a half years in the open-air sanatorium at Waipiata, near Ranfurly, where winters were freezing. When discharged, her

father, who had been a railway station master, was reduced to light duties. Light pay packets too! His new job was a stop-go man at the Rakaia River bridge which was one-way and carried trains as well as road traffic.

While her father was ill, no money was coming in. So Rita's mother, who had six children, had to take a job. She also took in boarders. To make room for the boarders her children had to double up in beds.

Memory of her maternal grandfather is dim but he was the only grandparent Rita met. She was still young when he died. He was Antonio Rizzi who had run away from home in Italy at 15 years. He worked on a ship until it berthed at Bluff. Antonio then worked in the flax industry near Winton in Southland.

Rita left the Mead's Tearooms and worked as a housemaid and nurse for the Boag family on a Mid Canterbury farm. She impressed the family, especially the son, Laurie. They became close friends and Saturday night dance partners. They married and had two children. Laurie's mother then had a stroke. Although untrained, Rita nursed her at home for four years. When Laurie became ill, Rita nursed him for two years, until he died.

Later she met Christchurch accountant Maurice Procter who had an office in Rakaia. Romance blossomed and they married. They set up home in Christchurch, with Maurice's three children from a previous marriage.

Rita rejoices in her wonderful parents, marvellous husbands, fantastic daughter and son, and three lovable stepchildren. Yes, times were tough. But memories can be sweet.

New personal driving service for Christchurch

Getting out and about and doing the things you have always done are important parts of keeping independent. Freedom Drivers offer a safe, trustworthy and caring service that is about much more than just transport.

While we are well-known in the North Island, we are now expanding into the South Island and are delighted to announce the launch of our first business in Christchurch. Run by Dean Stewart, we are able to provide a friendly, reliable service offering standard transport as well as a Wheelchair Accessible Vehicle capable of transporting both manual and larger power wheelchairs.


"We love to support the local community and our service is

designed to provide personalised transport and assistance to anyone needing a bit of extra help getting from A to B. We specialise in driving seniors and trips cover a wide range of outings including the usual medical and business appointments as well as shopping or just a nice afternoon out with a friend or two. Our wheelchair accessible vehicle is a larger hoist model with plenty of headroom for taller passengers to travel in comfort," says local owner Dean.

"Travelling with Freedom is like riding with trusted friends or family. You can enjoy building a relationship with a very small team of drivers who you will get to know and trust," adds Dean.

Freedom prices are competitive and comparable to (and often less) than other options or standard taxi services. Our service is highly personalised to your needs with a convenient pick-up and drop-off at your front door. We always escort you to the car and to your destination and we always go 'the extra mile'.

We take Total Mobility cards (TM) and we are ACC Registered Vendors. All our drivers are fully licensed and NZ Police checked for your protection. Our service is pre-booked and pre-quoted.

To find out more please give Dean a call on (03) 352-1599 or 027 364 6877. 

Texting for seniors

BFF - best friend fell

BTW - bring the wheelchair

TTYL - talk to you louder

BYOT - bring your own teeth

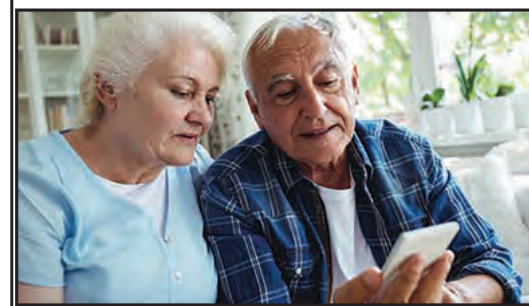
LMDO - laughing my dentures out

FWIW - forgot where I was

IMHAO - is my hearing aid on?

OMMR - on my massage recliner

ROFLACGU - rolling on the floor laughing and I can't get up



Transport you can trust



Do you need a reliable friendly driving service?

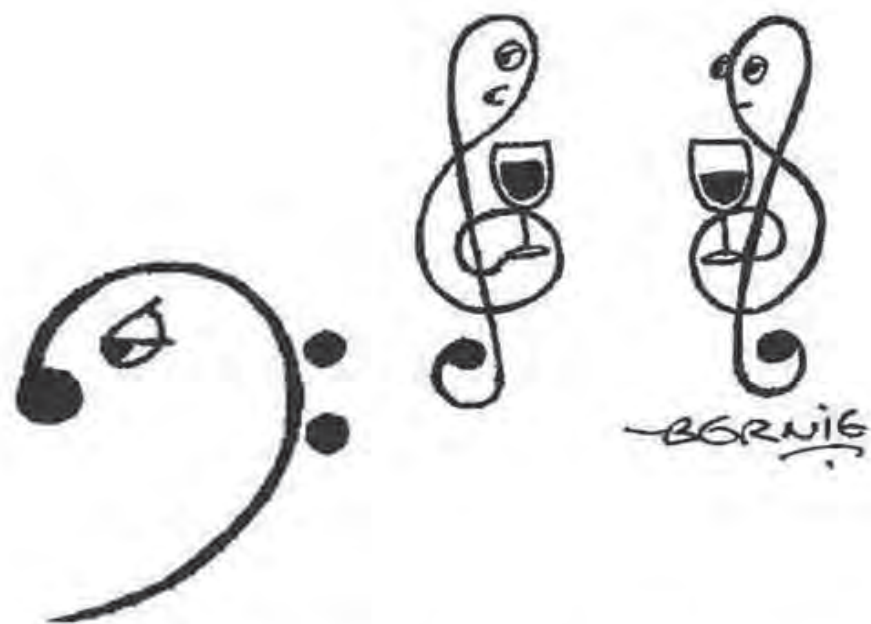
- * Extra care for seniors
- * Medical appointments
- * Business appointments
- * Social & sightseeing
- * Shopping trips
- * Airport transfers
- * Pets to the vet



Total Mobility Provider

Dean Stewart on
03 352-1599
or 027 364 6877





'Nice guy but a bit too deep for me'

Inspiring independent living

Living in an enabling community or a disabling community? A question Aspire Canterbury always asks to reduce the barriers of everyday living for people with impairments and disabilities.

Nestled in the heart of Bishopdale's bustling retail mall, Aspire Canterbury was established in 1982. Having recently relocated to Bishopdale, it is a grass roots, community-based NGO which provides a range of services across Christchurch and wider Canterbury.

To ensure we live in a connected world, Aspire has a range of services it provides in the community:

Shop and hire of equipment: There is an extensive range of products both in the Bishopdale Shop and online for sale or hire, these are ACC approved and WINZ quotes can be provided. Happy to source exactly what you need from one of the many suppliers, it is committed to providing you with the equipment you need to 'live well'.


Total Mobility Scheme: The Total Mobility scheme assists eligible individuals, to access transport and enhance community participation. The scheme provides 50% discounted taxi fares with a maximum

subsidy (terms and conditions apply). Contact Aspire on 03 366 9093 for information.

Mobile Service: ideally located for suburban arterial routes, Aspire Canterbury offers an unique mobile van service for the Christchurch and wider Canterbury region. Aspire makes it easy for you to access equipment, information, and services. It can provide a guest speaker for community group meetings, rest homes, church groups, Probus groups etc. For more information contact one of their friendly team on 03 366 6189

Information Service: Funded by Ministry of Health, Aspire provides free, unbiased information to keep you up-to-date and connected. It can also assist with the navigation of services, funding, and information about alternative provider services.

Surrounding shops include Ma Baker and alternative eateries, hair salons, Peter Timbs Meats, a postal service, a supermarket, and it is close to the YMCA, so make a day of it, pop in and see the friendly team, or give Aspire Canterbury a call.

"I can't change the direction of the wind, but I can adjust my sails to reach my destination." Jimmy Dean. 

inspiring independent living

ASPIRE CANTEBURY is a not-for-profit organisation, established over 40 years ago



■ **Shop and hire of assistive technology.**

■ **Total Mobility Scheme** - 50% off Taxi's up to a maximum of \$35 (terms and conditions apply)

■ **Mobile Services** - connecting with the community.

■ **Disability Information Service** - unbiased information, we are here to listen and help you.

aspire
canterbury

We now stock continence products!

- Excellent leakage protection and skin dryness for the user.
- Discreet service. ■ Free delivery.

Contact us face to face or over the phone for a chat about your needs.

Ph: 03 366 6189. FREEPHONE 0800 347 242.

Ph: (TOTAL MOBILITY) 03 366 9093. 17E Bishopdale Courts, Bishopdale, Christchurch

Email: admin@aspirecanterbury.org.nz

Website: www.aspirecanterbury.org.nz

Calcium - key nutrient for strong bones



Calcium is a major building block of our skeleton and is vital for strong bones. Eating a diet rich in calcium is one of the steps that can help prevent the onset of osteoporosis.

Eating a balanced diet that includes foods rich in calcium and vitamin D is important to give your bones the calcium they need. The amount of calcium we need in our diet varies at different stages of our lives.

Ninety-nine percent of the 1 kilogram of calcium found in the average adult body resides in our bones. Bone acts as a reservoir for maintaining calcium levels in the blood, which is also essential for healthy nerve and muscle function.

If you don't supply your body with the calcium it needs, the body responds by taking calcium from your bones. This leads to Osteoporosis - a condition where the density and quality of our bones is reduced, making them weak, brittle and more likely to fracture (break). There are usually no symptoms of osteoporosis until a fracture occurs. Treatment and prevention will normally focus on lifestyle changes and medications to boost bone density.

For healthy individuals, the recommended daily calcium intake

can be achieved through a healthy diet which contains calcium rich food.

Foods high in calcium include dairy products, dark green vegetables, beans, legumes, fish (especially sardines or salmon which are eaten with the bones), soybean products, cereals and nuts. It is recommended that at least 1000mg of calcium is taken in each day.

As a guide, a 250ml glass of milk will provide around 360mg of calcium and a pottle of yoghurt is around 195mg. Other examples of calcium contents include a cup of boiled broccoli (59mg), 100 grams of tofu (105mg), calcium fortified soy drink (286mg), and 10 raw almonds (30mg).

Vitamin D is also essential as it promotes absorption of calcium into the bones.

Food high in vitamin D includes sardines, tuna, eggs and liver. Regular but moderate exposure to sunlight also helps to produce vitamin D in the body but remember excess sun exposure poses other health risks.

For further information on Osteoporosis see www.osteoporosis.org.nz

Osteoporosis New Zealand

Our **vision** is better bones and fewer fractures for New Zealanders.

Our **mission** is to make this happen by engagement with the public, health professionals, policymakers and the private sector, through programmes of awareness, advocacy and education, to prevent fractures caused by osteoporosis.

Phone 04 499 4862 or Email info@osteoporosis.org.nz
Osteoporosis New Zealand, PO Box 688, Wellington 6140

Find out more at
www.osteoporosis.org.nz

OSTEOPOROSIS
NEW ZEALAND
Better bones, fewer fractures

Independent living, serviced apartments, studios and full time care.



Enjoy freedom of choice in our all-in-one community

Bring your passion for gardening. Bring your hobbies and interests. You can even bring your cat! Arvida's Park Lane Living Well Community is designed around helping you to live your best life. From total independence to assisted living or full care, we offer every type of accommodation. Park Lane has a cinema, café, community gardens and much more. The newly opened Arvida Good Friends at Park Lane Living Well Centre is also next door, offering a heated pool, spa and specialist gym. Why not come and see it all for yourself.

Call Tara on 021 489 784 or visit parklaneretirement.co.nz



ARVIDA
Park Lane

An Arvida Living Well Community

Age Concern Canterbury support InCommon



Age Concern Canterbury's President, Trish Adams, and volunteer Abdi who were part of the InCommon campaign.

Age Concern Canterbury is proud to have two of its volunteers feature on the posters and billboards for the InCommon campaign.

InCommon is a campaign to encourage Christchurch residents to reach out across cultures and faiths to make Canterbury a better place where everyone feel that they belong.

Board chair, Trish Adams and volunteer driver Colin Walsh, were both happy to be part of the visual and digital images that depict everyday Christchurch residents with different physical and demographic attributes – Pākehā and Pacifica, Muslim hijabi (wearing headscarves) and non-Muslims, pairs from different ethnic backgrounds – who share common interests, practices and preferences

based on a 25-question quiz.

The campaign's call to action nudges viewers to be more interactive with people from other backgrounds and cultures, reminding them that it's easy, feels good and helps make Canterbury a more welcoming place.

InCommon is supported by several community organisations, government agencies, and individuals. The project is funded by the Office of Ethnic Communities, the Christchurch City Council, and the Rātā Foundation.

An Advisory Group provides high-level feedback, which includes representatives from Ngāi Tūāhuriri, Ministry for Pacific Peoples, the Canterbury Muslim community, and the Canterbury Interfaith Society.

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.

The 200ml bottle of Natural Harmony Body and Joint Rub is couriered to your door for \$43.50 and \$33.50 for the 100ml bottle. There is an additional charge of \$4.50 for Rural Delivery.

"My name is Graham Reed I am 94 years of age, I suffer from Peripheral Neuropathy Sensory Ataxia."



Peripheral neuropathy refers to the lack of sensation (or in a number of cases burning, tingling pain) beginning in the bottom of the feet

spreading gradually up the legs.

For 30 years I have tried all sorts of things to no avail. I bought a bottle of the Florentine Gold All Natural Harmony Body & Joint Rub over 2 years ago from a stall at the New Brighton Market. Initially there was no notable effect THEN amazing results. I rediscovered it again in the **Keeping On** magazine. I now just use it once per day and have full use of my hands." Christchurch, November 2020

(A)

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Natural Harmony Body & Joint Rub

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Keeping On Advertisers - book now for advertising space in the August 2021 issue of Keeping On. The deadline is Friday, 6th August 2021. Please contact Anna-Marie on 331-7804.



Age Concern Canterbury Inc.

Statement of Service Performance

For the year ended 31 December 2020

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.”

Like all people and organisations, Age Concern Canterbury was greatly affected by Covid-19. This is reflected in the numbers of older people we supported and in our financials.

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 12,783 in Canterbury. (13,941 in 2019)

Across the three regions, 44 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 191 volunteers (221 in 2019).

Social Connection Service



The Social Connection Co-ordinators utilised the 3 mini buses that we have to facilitate 3,754 outings for socially isolated people. (7,090 in 2019)

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



“I really enjoyed my first outing. The host was lovely.”
from a Minibus client.

Elder Abuse Neglect Prevention

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

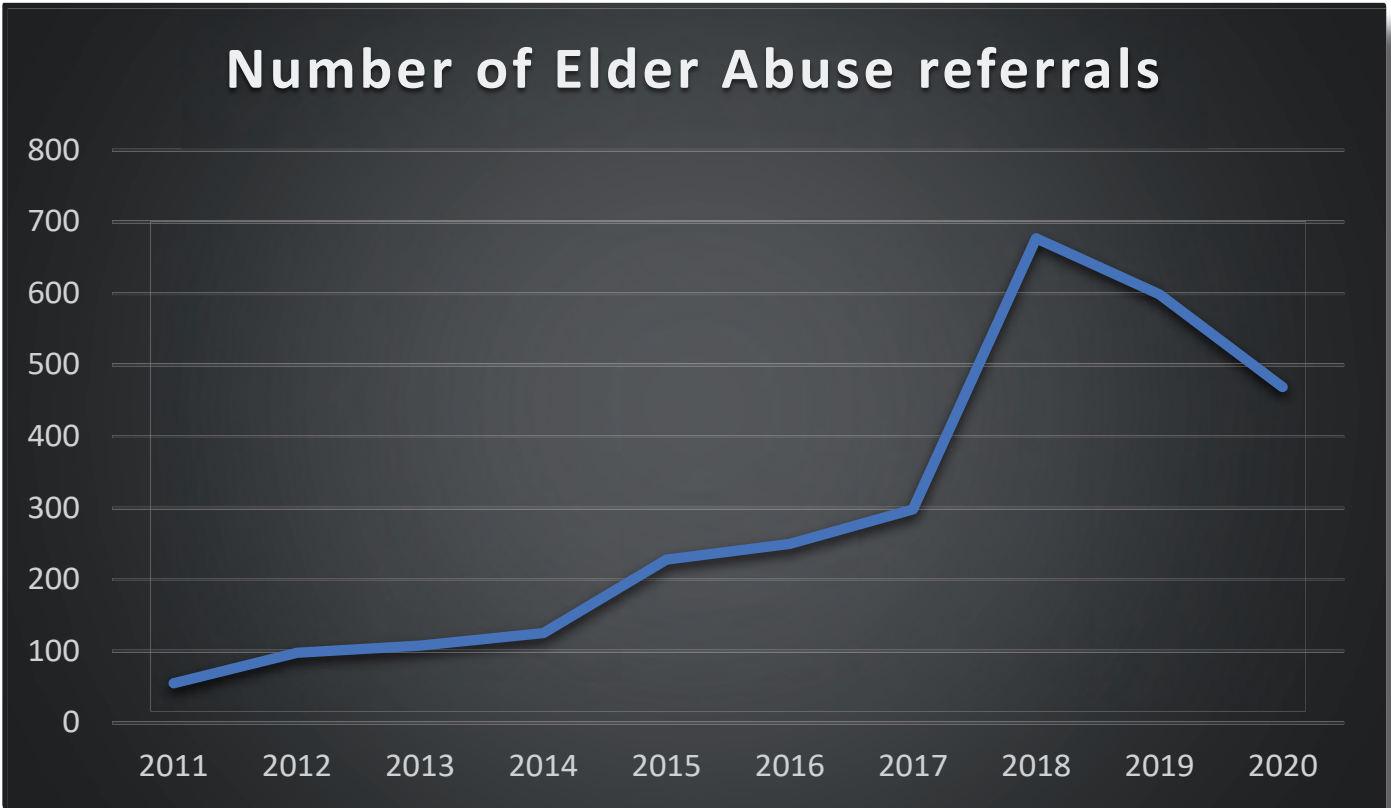
469 referrals were received with 199 closed cases of Elder Abuse. *(There were 599 referrals in 2019 and 327 closed cases)*

There were 368 general enquiries about Elder Abuse and Neglect Prevention. *(309 in 2019)*



78% 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



2119 clients were assisted with home help, a trade/handyman or gardener from our database. *(2,828 in 2019)*

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

Volunteers



In 2020 volunteers contributed over 16,000 hours to improving the lives of older people (19,000 in 2019). 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 \$302K per year.* (* Based on minimum wage).

Steady As You Go (SAYGo) Courses

70 new participants completed the ten week course and continue to attend the 41 classes across Christchurch and North Canterbury. (35 classes were running in 2019)

“I feel more confident to leave the house.”
“I feel safer and stronger on my feet.”

SAYGo Course attendees.



Keeping On



Keeping On is published four times a year: February, May, August and November.

39,000 copies of **Keeping On** were distributed throughout Christchurch and the South Island. (53,000 copies last year)

At the end of 2020 we began distributing **Keeping On** through Christchurch New World supermarkets.

“Keeping On is absolutely super-duper interesting!”

Keeping On reader.

Website and Facebook

Our Website was visited by 34,814 people, viewing 109,250 pages (33,101 people in 2019, with 101,151 page views) with 87% of those being first time users (87% in 2019).

We currently have 893 followers on our Facebook page (up from 657 in 2019) – and this is growing daily, with an increased focus on connecting with people via this medium.

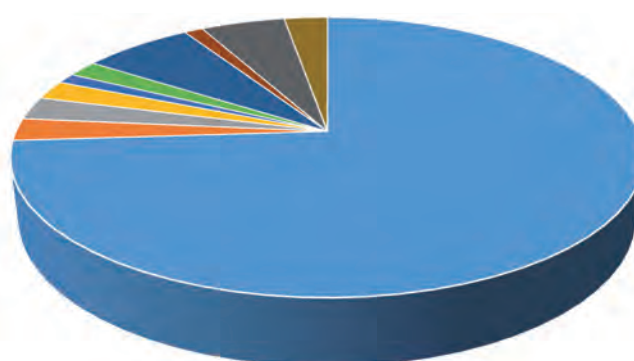
Our Finances

Income 2020



- Grants 10%
- AVS Contract 15%
- Membership 2%
- Interest and dividends 23%
- Other 2%
- EANP contract 28%
- Health Promotion 9%
- Bequest 6%
- Keeping On 5%

Expenses 2020



- Salaries 74%
- Travel and vehicle 3%
- Accounting & Audit 1%
- Other 7%
- Depreciation 5%
- IT, computer software and expenses 3%
- Stationery, Photocopying & Postage 2%
- Professional Fees 2%
- 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

Estate of Margaret Olive Burns
Estate of Stewart Lufton
Estate of Ruby Fowler
Estate of Mr and Mrs Geoffrey Wood
Estate of Irene Killick
Estate of W Fairclough
Estate of C N Grandi



Serving the needs of older people

Good Bitches bake for Age Concern Canterbury

Age Concern Canterbury is thrilled to be a recipient of the Good Bitches Baking in 2021.

This amazing group has offered to bake birthday cakes for some of our clients who would otherwise not celebrate their special day.

Good Bitches Baking has been around since 2014, when two Wellington women were solving the problems of the world over a glass (or two) of wine. Feeling helpless at the enormity of the task, they came up with the idea to let those going through a hard time know that people in their community cared.

Their mission then was to bring a slice of happiness to someone suffering hardship and in 2021 their mission is to make Aotearoa the kindest place on earth.

The Christchurch chapter was started in July 2015, with five bakers and one recipient. Today Christchurch has over 270 bakers, delivers around 260 boxes a month to 49 recipients from Rangiora to Ashburton. Along with Age Concern Canterbury, recipients include the Cancer Society residential homes, the Battered Women's Trust, City Mission Night Shelters, Christchurch Hospital ICU, Pediatric and Neonatal wards and many others.



Merle was delighted to be the first recipient of a cake from Good Bitches Baking.

Good Bitches Baking is all about spreading a bit of sweetness in the community. They aim to give a moment of happiness to people going through a tough time, and they have certainly done that for the Age Concern Canterbury clients who have been recipients of a special birthday cake this year.

Anyone can be a Good Bitch – it's a very admiring and gender-

inclusive term. Good Bitches are people who want to help those in their community who are having a tough time. You don't have to be a master baker, because it's the kindness in your intentions that matters more than the final product.

If you are interested or want further information, contact Sally Clarke – chch@gbb.org.nz



Grace from Good Bitches Baking delivers one of her goodies to Age Concern Canterbury.



A friendly face and helping hand

2020 was a year of reflection for many of us. So many people around the world were isolated from family and friends and consequently felt deep loneliness. It reminds us of the importance of staying connected with our communities, making time to visit friends and family, and just getting out and about to do the things we love.

The loss of a driver's licence doesn't mean stopping doing the things that you love to do. At Lift Companion Driving we love to help our clients to live life to the full and retain their independence. We offer a personalised, friendly driving and companion service and pride ourselves in offering a friendly face and helping hand when needed.

We can stay with you when you are out and offer that extra support and assistance as required.

Lift can offer transport and assistance with:

- * medical appointments,

- * shopping,
- * pets to the vets,
- * airport transfers,
- * social outings,
- * scenic drives and much more!

We have plenty of room in the boot for wheelchairs and walkers and take group bookings.

Why not book one of our increasingly popular full or half-day outings? We are happy to organise and suggest trips or choose somewhere yourself and let us take care of the details.

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

Here is what some of our clients say about us.

'Helen was absolutely marvellous and offers a fantastic service.'

'Lift Companion Driving is superb,

a wonderful service at a very reasonable price.'

For a competitive free quote and set price up front, call Helen on 027

775 5671 or email info@yourlift.co.nz

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

YOUR LIFT, HERE WHEN YOU NEED US.



Lift
Companion Driving

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

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

www.yourlift.co.nz

We hope to accept Total Mobility cards in the future, BUT we still give the same discount in the meantime so you don't miss out!

Our pricing is very competitive. Contact us to discuss your requirements on 027 7755 671 or email info@yourlift.co.nz

Wills and Enduring Powers of Attorney

People often confuse the term attorney with the term executor. An attorney is someone that you appoint to act for you while you are alive. This may be in one off situations, for example, if you are going to be away when a document is required to be signed. An enduring power of attorney allows your attorney or attorneys to act whenever you have allowed for in your deed and to continue acting if you lose mental capacity. This is important in the event that you have a health issue or accident that leaves you lacking mental capacity and requiring an attorney to make decisions for you. Having enduring powers of attorney set up to cover your personal care and welfare and another to cover property is a key safeguard to protect your wishes in the event that you can no longer make these decisions or communicate them yourself.

An attorney's power to act ends when you die. This is commonly not understood and some attorneys believe that they can continue to deal with the deceased's property including the bank accounts. It is another common misconception that money to cover the funeral expenses

needs to be withdrawn before the bank accounts are frozen. Firstly the attorney is no longer authorised to act and secondly it is not necessary as most banks have a process of allowing the payment of funeral expenses before probate is granted by application from the executors or their lawyer.

When you die your latest Will becomes effective and the person or persons you have named as executors are able to start their role of dealing with your estate. Your executor's first duty is to deal with your funeral arrangements. If you have expressed a wish in your Will for burial or cremation or for a particular service or to not have a funeral service at all, your executors can take these into account. Your executors are not bound to follow the wishes expressed in your Will regarding your funeral arrangements so it is a good idea to discuss these with the person or persons you are appointing to check that they are agreeable to carrying out your preference. It is also helpful to let the persons you are appointing know where your original Will is held and where you keep a copy.

Setting up enduring powers of

attorney allows you to decide who you want to act for you while you are alive and particularly for when you cannot make decisions yourself. Without these deeds someone would need to apply to the court to be your welfare guardian and/or property manager if you lost mental capacity. And completing a Will allows you to appoint the people you trust to carry out your funeral wishes and to state how your assets are to be

distributed. If you die without a Will someone needs to apply to the High Court to administer your estate and the distribution is set out in a formula in the Administration Act 1969.

At Harmans we have a specialist seniors team to help with any queries and to assist you to set up the deeds that best meet your needs. Give Phillipa Shaw a call on 352-2293 to arrange an appointment.

Enduring Power of Attorney

Hear Harmans' Lawyers discuss the issue here at Age Concern Canterbury, 24 Main North Road, Papanui on Tuesday, 15th June 2021 at 1.30pm

Light refreshments will follow the discussion.

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



Protecting you through all stages of life

We guide seniors through the legal issues that affect them.



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

Our Seniors Team can help with:

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

We have two convenient locations in Papanui and the Central City. But if you can't get to us we can come to you through our Home Visit Service.

Contact Phillipa Shaw P (03) 352 2293 E phillipa.shaw@harmans.co.nz

Central City 79-81 Cashel Street, Central City, Christchurch 8011

Papanui 485 Papanui Road, Papanui, Christchurch 8053

www.harmans.co.nz



HOSTS AND DRIVERS WANTED FOR SOCIAL OUTINGS



Hosts and drivers needed for our well-loved Social Outings Service.

Drivers transport clients in our minivans to a morning or afternoon tea in and around Christchurch, supporting them to make new friends.

No special licence required. Casual basis.

Hosts provide a morning or afternoon tea on a monthly or casual basis to a group of 5-9 clients.

Please contact Katie Faithful on 331 7801 or Debbie on 331 7814 for more information. Email k.faithful@ageconcerncan.org.nz or dgarraway@ageconcerncan.org.nz

Friends made over the tea cups

by Sonia King (AVS Co-ordinator South Canterbury)

Timaru women, Jessie Smith and Di McKay, met through Age Concern's Accredited Visiting Service in 2012 and have become great friends.

Di previously worked with me at Timaru Hospital for years and we met quite by chance in a local supermarket and had one of those "catch up" conversations that often occur at the freezer aisle.

Di had by then retired and on finding out that I was now working with Age Concern as an AVS Co-ordinator, said that she would be interested in being a visitor to meet a new friend. I immediately set up an appointment to arrange some orientation training and a police check and to get Di onboard as soon as possible as I knew that she would make a wonderful visitor.

I matched Di with Jessie and the pairing has been going ever since, with the friends meeting regularly for



Jessie and Di met through Age Concern Canterbury's Accredited Visiting Service in 2012 becoming great friends.

nearly ten years.

Jessie had been part of the visiting service for the previous 12 months, following the death of her husband. She had cared for her husband full time prior to his death and had given up many of her various clubs and interests to do this. Although still independent, Jessie had to give up



Di and Jessie today (Jessie has just turned 99) enjoying the sunshine on one of their visiting days. In October, this year Jessie will reach a very special birthday.

driving and with her family living out of Timaru, she self-referred to the Age Concern Visiting Service to have a regular visitor. Her first allocated

visitor moved away after 12 months, and Jessie asked me to find someone who originated from South Otago as she was very interested in meeting someone from where she grew up. Coincidentally Di had recently come on board with the Visiting Service, fitted that particular requirement, and as they say, "the rest is history".

Jessie recently moved into residential care following an admission into hospital and once settled in, Di soon took up her weekly visiting at the home. They still tend to solve the problems of the world during these visits and still thoroughly enjoy each other's company.

Visits are usually accompanied with some home baking from Dianne.

Jessie has often commented to me that meeting Di has been an absolute lifeline for her and that "she has kept me sane all these years."

Games morning at Age Concern

Age Concern Canterbury is about to trial a "drop in" games morning at their base, 24 Main North Road, Papanui. The monthly gathering is initially planned for the first Friday of every month.

The activity is intended to offer another informal opportunity for social connection and the Age Concern team encourages those who are looking to meet and interact with others to come along.

The organisers will be guided by the wishes of the group as to what games and activities are involved, but in the beginning, we will provide a variety of board and card games for people to try. There will also be tea and coffee provided.

The regularity of the morning will be decided by the interest shown, so please come along if you are keen.

GAMES MORNING

**First Friday of the month:
4th June, 2nd July & 6th August
from 10.00am to 12.00 noon.
Age Concern Canterbury,
24 Main North Road, Papanui.**

Complimentary tea, coffee, water & biscuits.



New Christchurch North Men's Groups' first outing

Following requests from several interested men, the Social Outings Service has started a dedicated Men's Group.

The Christchurch North Men's Group had its first outing in early March and six participants headed to the Papanui Working Men's Club for a pint (or coffee) with their pie and chips!

The men, who also participate in other regular café and hosted outings, relished the opportunity to gather with a group of like-minded individuals.

Research by Age UK shows that a group such as this provides focus and something for older men to do and is a way to keep busy and strengthen social connection.

These groups bring opportunities for peer-to peer support, spaces to offload and share problems and to form new friendships with other men who have had similar life experiences or have shared interests.

The first trip was such a great success that it is now held monthly and a Christchurch South Men's



Christchurch North's Men's Group enjoyed a get-together at the Papanui Workingmen's Club.

Group will be starting soon.

If you are keen to join our Men's Groups, give the **Social Connection Team** a call on 03 366 0903.



Social Connection Team – Age Concern Canterbury

Phone 366 0903 or www.ageconcerncan.org.nz

Visiting Service or individualised support & advice: ask for Rebecca or Peter. **Social Outings:** ask for Katie or Debbie.

Old teeth need looking after

Tiaki niho ā pakeke

Having a healthy mouth and teeth contributes to your overall health. Looking after your teeth by brushing twice a day and seeing your dentist regularly is an important part of looking after yourself and is even more important as you get older.

If you're caring for an older person, don't forget the contribution good dental health can make to their comfort, nutrition, health and wellbeing.

Common dental health issues in older people include:

- problems with gums and mouth ulcers
- tooth loss
- older fillings needing replacement
- cavities around the roots of teeth
- medication side effects such as a dry mouth
- problems with dentures.

If you have pain in your mouth, swelling, or discomfort from your teeth, it's important to talk to your dentist or GP. Don't put it off. If you notice changes to the way your mouth and teeth feel or look, it's also important to seek treatment.

Preventing problems with your mouth and teeth

If you've had good dental habits all your life, it's important to keep it up. However, it's never too late to develop better habits around dental hygiene.

Teeth cleaning

Brushing and flossing removes plaque and tartar from teeth to prevent gum disease and tooth decay. Severe gum disease causes at least one-third of adult tooth loss.

- Brush your teeth every day – morning and night.



- Brush with a soft toothbrush and fluoride toothpaste.

- After brushing your teeth swish and spit but don't rinse.

- Avoid sugary foods and drinks between meals – give your mouth a break.

- Drink water or milk between meals.

- Arthritis and other mobility issues may make it difficult to brush and floss. An electric toothbrush may make this easier. If you are having trouble, talk to your GP or dentist. If you're receiving care at home (or in an aged residential facility) you may be able to ask your carer to assist.

Denture care

It's important to care for your removable partial or full dentures:

- Remove and rinse dentures after eating.

- Clean your mouth after removing your dentures using a soft toothbrush.

- Brush your dentures at least daily.
- Soak your dentures in water overnight. This helps to keep their shape.

Mouth ulcers

Mouth ulcers are small sores that develop in your mouth. These are quite common and generally go away on their own. If you have ulcers that are very painful, that are stopping you eating or drinking the foods you usually like, or that have lasted more than two weeks, it's important to see your dentist or GP.

Regular dental check-ups

A yearly dental check-up can help maintain the health of your teeth and deal with problems at an early stage before they become severe. There are many things a dentist can spot during a dental check-up such as cavities, early signs of gum disease, and other oral problems that can affect your general health.

Dental treatment can be expensive, however, seeing a dentist for regular check-ups will save you a lot of money and trouble, and will help to keep your teeth looking good and working well.

Subsidies for older people

Subsidies may be available to help pay for dental treatment. It's important to discuss with your dentist how much any treatment is likely to cost and which subsidies you can use. You may be able to pay off the cost of treatment.

The Canterbury DHB funds emergency dental care for low-income adults. If you're in pain, or have swelling or an infection in your mouth, subsidised emergency treatment is available through a number of private dentists for older adults with a Community Services Card.

New Zealand residents over the age of 65 are able to attend the Relief of Pain Clinic at the Hospital Dental Service. Younger adults receiving a full WINZ benefit may also be eligible. Phone (03) 364-0250 to check eligibility. The Hospital Dental Service is located at 2 Oxford Terrace.

(Source: www.healthinfo.org.nz)

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My Book Club recommends

Meet Me at the Museum

by Anne Youngson and reviewed by Cherie Gordon

Meet Me at the Museum is a gentle story of a developing friendship between Tina, a middle-aged East Anglian housewife, and Anders, a Danish museum curator. A shared interest in the 'Tollund Man' archaeological find of 1952 (housed in the Silkeborg museum in Denmark) sparks their initial correspondence, and this epistolary novel then unfolds in letter/email form between the two characters. They share detailed descriptions of their day to day lives and, as they learn to trust one another, their regrets, unfulfilled plans, loves and unexpected crises. The book describes the tenderness of finding a soul mate in later life.

This novel would appeal to readers who are drawn to character driven tales, rather than those with complicated and action-packed storylines. It is a slow paced story, one to savour and to reflect on.

I very much enjoy books about friendship, particularly between unlikely characters who might not ordinarily have anything to do with one another. It reminds me strongly of 'The Guernsey Literary and Potato Peel Society' in which letter-writing is also the format of the book, and a vehicle for developing connection between two individuals. I adore the fact that Tina and Anders encourage each other to 'experience a life well lived', and that because of this encouragement, there was hope for change in both their lives, even though they have fewer years ahead of them than behind them.

The knowledge gained about early archaeological discoveries, in this case 'The Tollund Man', was another plus, and I went on to read up more about the 'bog people', of which there are actually over 150 in all.

My one criticism is that it takes some time (a couple of chapters) for the book to get into its 'groove'. Tina's first letter to the Danish museum and the subsequent reply from Anders talk a lot about the 'Tollund Man', and you do wonder where on earth the story will go from there. As the letters become more personal, your enjoyment of the book will increase. Please don't let this put you off!

About Cherie

After many years of reading (almost exclusively) detective fiction/psychological dramas (favourite authors Ann Cleeves, Louise Penny and Camilla Lackberg) I joined a book group, which I have been part of for 20 years. Largely thanks to the varied

tastes of the group members, my own tastes have broadened considerably – as many of the choices made I might never have chosen to read myself. Because of our varying opinions we have fantastic discussions about the books, frequently disagreeing, but then able as a result to glean more from the book through listening to other points of view!

As a result, I have read some superb books over the years, I can hardly think of one I haven't gained something from. I read a variety of genres, but read to escape into unfamiliar worlds, so prefer fiction on the whole. Anything that makes me think about the subject long after I've finished the book gets my vote; recent such reads include: Plum Rains by Andromeda Lax (the effect of increasing use of artificial intelligence on our lives); The Tally Stick by Carl Dixon (NZ mystery detailing the disappearance (or not?) of a family on



the West Coast after a car crash) and Auē by Becky Manawatu (beautifully written NZ book that covers sibling, family relationships, gang violence and mythology, set in Kaikoura).

Helping the whole family keep in touch

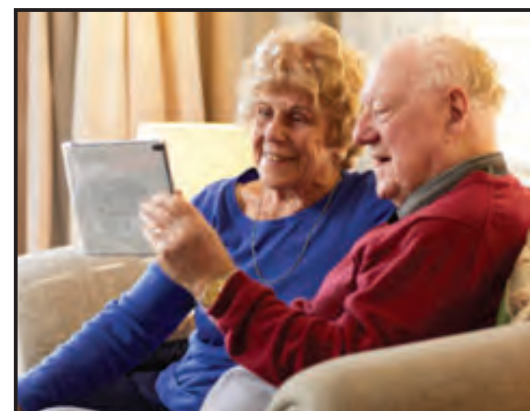
Kitcal® is a specially designed tablet that helps our senior generation stay socially connected to their whānau and friends. It offers Kiwi seniors the direct personal communication that younger generations take for granted and use every day to chat and send photos and messages.

Every feature has been carefully considered to incorporate the essential elements for our senior generation, while keeping the tablet simple and easy to use. Kitcal receives messages, photos and videos, can request voice and video calls, has a handy check-in feature for peace of mind and a calendar that can be remote-managed by family.

"The key is Kitcal's simplicity" founder Julie Caldwell says. "We worked with experts to ensure we were using the right fonts, colours and symbols for senior family members".

Kitcal has a large screen so it's easy to read and uses pre-set emojis instead of a keyboard to reply to messages.

"We specifically wanted to make Kitcal ready to use straight out of the box," Caldwell says. "The monthly subscription comes with 2GB or 5GB of data and a pre-installed SIM card, so there's no need to set up a Wi-Fi



account or modem".

Designed and developed in New

Zealand, Kitcal is suitable for seniors unable to use a mobile phone, iPad or other traditional tablet. The tablet connects with family members via a free Companion app.

Complete with timber stands and handy magnetic charging cables, Kitcal will keep seniors in the loop with their families' day-to-day sharing of news.

For more information visit www.kitcal.nz

(A)

Helping the Whole Family Keep in Touch

Kitcal is a specially designed tablet which helps our senior generation stay socially connected



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Phone: 0800 43 76 96 Email: info@kitcal.nz

Kitcal
www.kitcal.nz

Book Discussion Scheme (BDS)

provides enough copies for your club to read the same book at the same time, as well as professionally-prepared discussion notes. Membership starts from \$70 per person for a year's membership and includes delivery. Find a group to join (or find members to start your own) at www.bds.org.nz/join.



To gift or not to gift

Although gift duty has been abolished, gifting large sums isn't necessarily a good idea, depending on where your priorities lie. Below we comment on some queries that we as lawyers are commonly asked to advise on.

Can I gift money?

In short, yes you can. Without gift duty, you can gift as much as you like whenever you like.

Should I gift money?

There is no one size fits all answer to this question. A gift of an asset, whether it is money or goods, means that you lose legal ownership of that item. Accordingly, if you are considering gifting, calculate accurately what you can spare, because a gift is final.

Consider also the possibility of Residential Care Subsidy ("RCS") implications. Gifting can be looked upon by the Ministry of Social Development as "asset deprivation" in the context of a RCS regime which is asset tested. If you wish to best protect your chances of eligibility for the RCS in the future, you are safest to gift at the rate of \$13,500/annum

if you're a couple, or \$27,000/annum for a single person. Try and complete all desired gifting well before the need for rest home care arises, because the threshold for allowable gifting in that five years prior to a RCS application, drops right down to \$6,500/annum.

What if I choose to gift to one of my children and not the others?

If evening up between the children is important to you, but you lack the cash to achieve this with gifts to all of the brood at once, speak to your lawyer about altering your Will to provide an "evening up" provision in the Will. The clause would effectively record that 'Sandy' has already had \$x during your lifetime and therefore when your estate is ultimately distributed, 'Sandy' has her earlier gift deducted off her inheritance, to the effect that at the end of the day, the children have then all received an equal sum.

For a more comprehensive discussion on this topic, please contact our office on 03 366 5540 to make an appointment.

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PIER LAW

More than 400 local retirees warmer with free insulation



CEA Charitable Trust installed free insulation in the homes of hundreds of eligible retirees in 2020 and has funding for more.

More than 400 households with retirees are enjoying an easier to heat home this winter thanks to insulation installed by a local energy trust in 2020. CEA Charitable Trust installed the insulation for free and has funding for more people who may be eligible. Many hundreds more low income households under the retirement age were also assisted last year and the number would have been even higher if the lockdown hadn't forced the closure of the trust for nearly 2 months.

The trust is a registered provider of the government subsidies. "The Government provides 90% and thanks to some generous funders we can top that subsidy up to 100%," says Caroline Shone, Chief Executive of CEA. "That means the insulation is completely free. Any retiree with a Community Services Card (CSC) endorsement on their Gold Card can get the free insulation. And those living in eligible low income areas may qualify even if they don't have a CSC endorsement."

Insulation is not just available for homes where there is no insulation.

"Many homes have not enough insulation or have old insulation that has compacted and could do with a top-up," Ms Shone says. "If your insulation hasn't been checked in the last ten years, give us a call. Our energy assessors are happy to come and have a look. Any top-ups required are also covered under the free insulation scheme."

"Homeowners typically report that the heat is retained much better after insulation is installed or topped up," Ms Shone continues. "The house doesn't cool off as much overnight and it is easier and cheaper to heat."

Once insulation has been installed or topped up, homeowners may also qualify for heavily subsidised heating.

Both the heating and the insulation subsidy are also available to under 65s with a CSC or living in an eligible area. CEA works in north and mid Canterbury as well as the West Coast.

Anyone interested or who would like to know more, can call CEA on (03) 374 7222 or 0800 GETWARM or email info@cea.co.nz or fill in the application form on CEA's website www.cea.co.nz.

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Elder abuse hits close to home

Elder abuse and neglect is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.

Age Concerns use this global definition in working to reduce the harm and distress that elder abuse and neglect causes, and improving older peoples' wellbeing and safety in their home.

The week starts on World Elder Abuse Awareness Day 15 June 2021. The campaign theme for this year is: **Elder Abuse hits close to home.**

Campaign Messages

Elder abuse is harmful.

Older people are harmed through physical abuse in one in five cases that Age Concerns work with causing deteriorating health. More than two in five Age Concern cases involve financial abuse which reduces living standards and making ends meet. In addition elder abuse impacts the psychological, social, or spiritual health of older people. Being threatened, manipulated, groomed, coerced, or forced is the horrific experience of abused older people. Even when the abuse stops, the devastation can be long lasting for physical health, financial independence, and emotional wellbeing.

Protect rights of older people.

Even though we are all ageing, ageism is a common form of prejudice and discrimination. Ageist attitudes undermine the voices of older people being listened to. It often starts in our families where older people's opinions are laughed at and joking about "getting old" tips off the tongue. Older people become invisible and can find themselves being treated differently simply because of their age. When it comes to making choices, older people's views get written off and choices are overruled. Elder abuse and neglect are predicated by ageist attitudes when older people's needs are disregarded, their rights are not upheld, and they are exploited.

Include older people in decision-making.

Everyone should feel safe and be free from harm and coercion from those they trust. Sadly, this is not always the case; New Zealanders of all ages can find themselves experiencing abuse in one or more of its many forms. For older people it can be abuse from those they know well, such as relatives or friends who may also provide support, advice, care, or companionship. Even when this has been formalized through setting up 'enduring powers of attorney' or loan agreements, it can be a trusted relative who excludes older persons from decisions about their own welfare or property. Older people can be victims of family disputes, stopping them seeing grandchildren or having visits from someone they love.

Elder abuse affects our society.

Elder abuse and neglect are intergenerational issues in our society with three quarters of the cases that Age Concerns see involving younger generations abusing older people. While elder abuse is often hidden behind closed doors, in more than nine out of ten of the cases that Age Concerns work with, the older people are living in community settings - not institutions. They are our streets, in our suburbs and towns, and in our families.

We experienced fantastic generosity of spirit during the 'lockdown' last year and many people made connections with older folk in their neighbourhood or made extra effort to keep in touch with older relatives further away. Unfortunately, this did not stop some older people being abused or neglected as Age Concerns worked to support older people throughout that time. In our communities anyone can encounter the greed and self-interest of those who manipulate older people and override the dignity and respect that New Zealanders of any age deserve.

Prevent elder abuse and neglect.

Age Concerns around the country see the harm elder abuse causes in almost ten new cases each working

day, so we are committed to raise awareness to prevent elder abuse and neglect.

World Elder Abuse Awareness Day is a great opportunity to learn more about a global concern that affects New Zealanders too. We cannot solve abuse issues in our families and communities if we don't learn and talk together about why "Elder Abuse hits close to home."

We can all help to prevent elder abuse and neglect by:

- Loving and cherishing older relatives / whānau.
- Phoning, zooming or facetimeing older people / kaumātua.
- Visit older people / kaumātua in

our neighbourhood.

- Involving older people / kaumātua in our social activities.
- Encouraging older people/ kaumātua to make their own decisions.
- Supporting older people/ kaumātua to use their money for their needs.
- Honouring older people's/ kaumātua's wisdom.
- Enabling older people/kaumātua to set their own pace.
- Speaking respectfully and listening to older people's/kaumātua's stories.
- Seeking advice from any Elder Abuse Service or Age Concern if you think an older person/kaumātua is being abused or neglected.



ELDER ABUSE HITS CLOSE TO HOME

75%

More than three quarters of alleged abusers are family members

If you or someone you know needs support contact an Age Concern or the Elder Abuse Help Line?

📞 Elder Abuse Help Line
0800 EA NOT OK
Free Phone Age Concern
0800 65 2 105

🌐 ageconcern.org.nz

📱 AgeConcernNewZealand

Thank You.

Age Concern
He Manaakitanga Kaumātua
Aotearoa

Serving the needs of older people

ELDER ABUSE HITS CLOSE TO HOME

Call 0800 EA IS NOT OK or Age Concern 0800 65 2 105

ELDER ABUSE AWARENESS 15 - 22 JUNE

Age Concern Mid-Canterbury



Age Concern Canterbury is pleased to be able to introduce our new Elder Abuse Response Clinician in Mid-Canterbury.

Anika Hunt (Annie)

Born and bred in Rural Mid Canterbury. Annie is a mother and grandmother. She is a Registered Social Worker with a special interest in clinical, therapy and abuse work.

Annie has a range of experience in the Social Work field both working for organisations and private practice. Some of the roles Annie has held include running stopping violence programmes both in the community and prisons, working in the mental health field, general hospital (palliative care, dementia) providing supervision and tutoring.

From a personal and recreational point of view, Annie is committed to health and fitness, a yoga teacher, a massage therapist, endurance runner and tramping, enjoying what the area has to offer so far as trails, mountains and the outdoors.



Annie will be working from 47-49 Tancred Street, Ashburton on Monday, Tuesday and Thursday

Ph: 027 231 4439 or

email: Annie.Hunt@ageconcerncan.org.nz

Referrals can also be made via our webpage:

www.ageconcerncan.org.nz



Steady As You Go (SAYGo)

Falls Prevention – Exercise Classes in Canterbury (May 2021)

For more information about groups please phone Age Concern Canterbury 366 0903. A koha of \$2.00 is appreciated. **Each class is a one - hour session.**

CHRISTCHURCH CITY AND SOUTH

Day /Time	AREA	Location of class
Mon 10.00am	St Albans	St Albans Community Centre, 1049 Colombo Street
Mon 10.00am	Redcliffs	Port Hills Uniting Church, Augusta St
Mon 10.00am	Parklands (Waitlist)	Parkview Lounge, Parklands Community Centre, Queenspark Dr
Mon 10.30am	Wainoni (Waitlist)	Celebration Centre, 81 Bickerton St
Mon 10.30am	Hei Hei	Wycla Ave Community Centre Hei Hei
Mon 11.00am	Harewood (1) (Waitlist)	St James Church Hall, Harewood Road, airport end
Mon 1.00pm	Harewood (2) (Waitlist)	St James Church Hall, Harewood Road, airport end
Mon 1.00pm	Halswell (1) (Waitlist)	Te Hapua, Halswell Service Centre and Library, 341 Halswell Rd
Mon 2.00pm	Harewood (3)	St James Church Hall, Harewood Rd, airport end
Mon 2.00pm	Papanui	Papanui Village Presbyterian Church, Frank Street
Tues 9.00am	Sydenham	Nazareth House, 220 Brougham Street, Sydenham
Tues 9.30am	Papanui Waitlist	Age Concern Centre, cnr Main North Rd and Loftus St
Tues 10.00am	Parklands (Waitlist)	Parkview Lounge, Parklands Community Centre, Queenspark Dr
Tues. 10.00am	South Brighton	South Brighton Community Centre, Beattie Street.
Tues. 10.00am	St Albans	Lamb of God Community Centre, 21 Thames Street, St Albans
Tues 10.30am	Upper Riccarton	Fletcher Place Residents Lounge, off Bowen Street
Tues 10.30am	Bryndwr (Waitlist)	Bryndwr Chapel, 179 Idris Road
Tues 1.30pm	Hornby	Community Care Centre, Goulding Avenue
Tues 2.00pm	Waltham	Waltham Cottage, 201 Hastings St East
Wed 10.30am	Redwood (Waitlist)	Manse Place Residents' Lounge, off Main North Road
Wed 10.45am	Halswell 2	Te Hapua, Halswell Service Centre and Library, 341 Halswell Rd
Wed. 1.00pm	Opawa	Opawa Community Church, Cnr Opawa Rd and Aynsley Terrace
Wed 1.30pm	Lincoln	Lincoln Community Care, Lyttelton St,
Thurs 9.30am	Riccarton	Kauri Lodge, 148 Riccarton Road
Thurs 10.00am	Heathcote	Malt Works Villa Hall, Port Hills Rd
Thurs 9.30am	St Albans	St Albans Community Centre, 1049 Colombo Street
Thurs 11.00am	Avonside/Linwood	Holy Trinity Church, 168 Stanmore Road
Fri 9.30am	Hoon Hay	Hoon Hay Presbyterian Church Lounge, 5 Downing St
Fri 10.00am	New Brighton (Waitlist)	New Brighton Library – in the Pay and Display Room
Fri 10.00am	Opawa	Opawa Community Church, cnr Opawa Rd and Aynsley Tce

NORTH CANTERBURY

Day time	AREA	Location of class
Tues 10.00am	Rangiora	RSA Building, Victoria Street
Wed 10.00am	Rangiora	Ballarat Retirement Village, 21 Ballarat Rd
Wed 11.00am	Amberley	Amberley Library, RSA Room
Thurs 10.30am	Rotherham	Rotherham Hotel, 42 George St
Thurs 10.00am	Oxford	Oxford Town Hall, 34 Main Street
Thurs 11.00am	Amberley Beach	Amberley Beach Hall
Thurs 1.30pm	Pegasus	Pegasus Community Centre, corner Pegasus Main and Tahuna St
Thurs 2.00pm	Kaiapoi	Kaiapoi Scout Hut, 12 Williams Street, Kaiapoi

The Little Company of Mary Prayer Ministry

The Little Company of Mary (LCM) Sisters invite Keeping On readers and others to join their Prayer Ministry for the sick, suffering and dying in our troubled world. For those experiencing distress at the sudden death of a loved one, it is consoling to know that somewhere in the world, prayer is being offered for the dying by LCM Sisters and members of the LCM Prayer Ministry, known as Associates and Affiliates.

The idea of a prayer ministry first formed in the mind of Founder Mary Potter during the early days of the LCM. Prayer for the sick, suffering and dying was her deep concern. Mary Potter lived at the time of the Industrial Revolution. She witnessed illness, great poverty, the breakup of family life and woefully inadequate resources. Mary Potter longed for a great circle of prayer for the sick, suffering and dying to address these issues.

Today we call our prayer ministry companions, Associates and Affiliates. These are women and men who are drawn to the LCM spirit and commit to daily prayer for the sick, suffering and dying. They



pray through the intercession of Mary as she stood beneath the cross with her dying Son on Calvary. Our Associates and Affiliates and others involved with the LCM Sisters are known as the Greater Company of Mary (GCM).

GCM Masses are held three times a year at the Mary Potter Community Centre, 442 Durham St North, Christchurch. The next Mass is scheduled for 10.30am Saturday 14 August. You, your friends and family are invited to come along. All welcome.

To learn more about Affiliates or the LCM Prayer Ministry, please contact the LCM office, phone 03 372 9224, email nzadmin@lcm.org.au or visit our local website, www.lcmchristchurch.org.nz.

Come and enjoy social interaction with other seniors...

MONDAYS

9.00 am Board Games
10.00 am Morning Tea
10.30 am Arts and Crafts
12.00 noon BYO Lunch / Socialise
1.00 pm Exercise Class
1.30 pm Variety Hour

THURSDAYS

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

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



Crossword man prefers anonymity

A chance encounter at the reception desk of Age Concern Canterbury has resulted in us being able to publish a regular crossword in our magazine. Like most crossword compilers he prefers anonymity but has provided us with the following details about himself:

* RVT are the initials of our shy crossword compiler.

* He loves words, their meanings, synonyms, antonyms, rhymes, and origins (etymology).

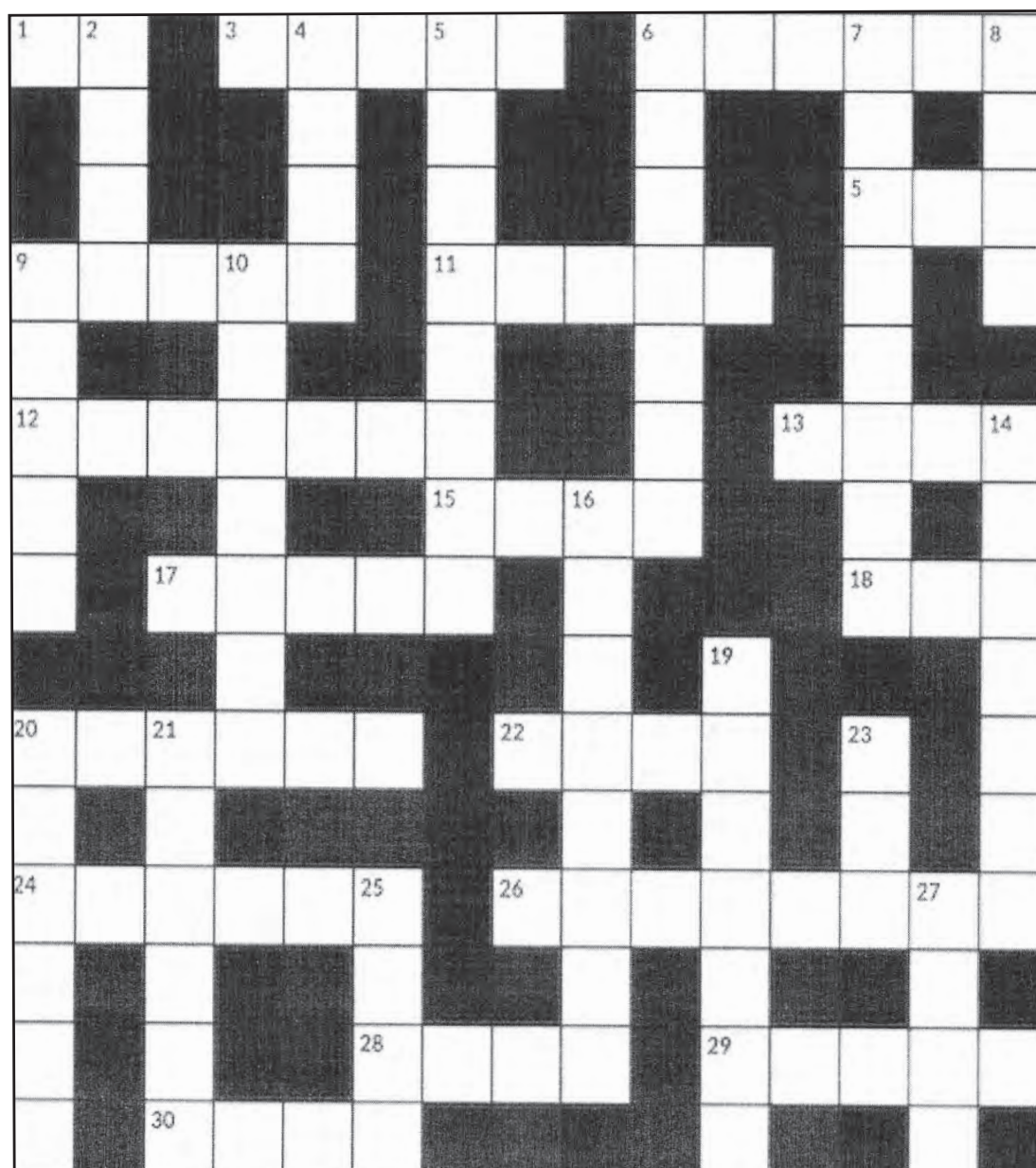
* When speaking, he often waxes

his mords, which tendencies are referred to as Spoonerisms.

This trait stems, perhaps, from a family connection with Revd. Wm. Archibald Spooner (1844 to 1930 - an Oxford Don). When toasting Queen Victoria, Spooner apparently meant to say,

"Three cheers for our dear old Queen"; but instead he said " . . . queer old dean".

In professional life, RVT is a 'retired' though still rather busy Private Tutor, Musician, & Administrator



Clues (RVT #51121):

Across:

1. Near (2)
3. Emotions (5)
- 5.* Monkey (3)
6. Aperture (6)
9. Investigate (5)
11. Ice house (5)
12. Parts of inner ears (7)
13. Deputy (or tool) (4)
15. Single occasion (4)
17. Monarch (5)
18. Received (3)
20. Become less (6)
22. State (4)
24. Grant (or consult)
26. Given (8)
28. Lessen (4)
29. All (5)
30. Be idle (4)

Down:

2. Period (4)
4. Instrument (4)
5. Resolution (8)
6. Joyful shout (7)
7. Hauling (8)
8. Period (4)
9. Sat (5)
10. Due to (7)
14. Came in (7)
16. Collarbone (8)
19. Tracks (7)
20. Principal (6)
21. Put off (6)
23. Be done with (3)
25. Bar (4)
27. "Lugs" (4)

* Specially placed nearby to avoid a clash.

See answers on page 35



UPDATE FROM THE CLUBS



Amberley Welcome Club members enjoyed a three night stay in Tekapo including a tour near Mount Cook was enjoyed by members in March. April saw members on a trip to the Iron Ridge Sculpture Park and then lunch at Chrissi's Kitchen, Waikari. On 21 June the club will hold its mid-winter Christmas dinner at Brook Hotel. **Meet:** Every Wednesday at 12.00 midday at Amberley Church Hall. **Contact:** A McKenzie on 021 1012086.

Christchurch Senior Citizen Club members enjoy Cards on Mondays at 12.30 to 3.00pm and Indoor Bowls on Tuesdays from 12.45 to 3.00pm. There is an old-time dance on the 3rd Saturday of the month from 1.30 to 4.00pm with a live band. Visitors are always welcome at any of our activities. **Meet:** At the Scottish Hall on the corner of Edgeware and Caledonian Roads. **Contact:** Veronica on 383 4682 or Beth on 388 2375 for further information.

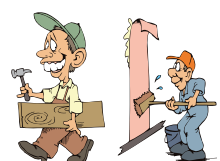
Elizabeth Bridge Club members meet every Wednesday for bridge. They are a friendly club and visitors are welcome. There is easy parking available. Please arrive by 12.50 in time for a 1.00pm start. **Meet:** Wednesdays, 1.00 to 4.00pm at the Christchurch Bridge club rooms, 21 Nova Place (off Barbadoes Street). **Contact:** Maureen on 021 646 123. www.elizabethbridgeclub.co.nz.

Lincoln Area Senior Citizens members are now meeting again and recently enjoyed a cruise with lunch on the Kaiapoi River Queen. At the May meeting Sam Broughton, Mayor of Selwyn, spoke. On 1st June members will be on a bus trip to Duvauchelle Hotel for their 45th birthday lunch with visits to Akaroa and the Cheese Factory. **Meet:** Tuesdays at 1.30pm Lincoln Events Centre. New members welcome. **Contact:** Theresa on 325 2449 or email redroses1113@xtra.co.nz.

Papanui Senior Citizens Welcome Club members enjoyed entertainment from Dave Petrie, Kay and Paul the K2 Duo and Phil Chapman. Future entertainment includes Alan's Men, the Sunshine Entertainers and Richard Hore. **Meet:** Tuesday at 1.30pm, Papanui RSA, Harewood Road, Papanui. **Contact:** Colleen Smither on 022 6230945.

Somerfield Garden Club members enjoyed a talk about the importance of bees and a talk about dahlias in March. In April there was a talk about KiwiCare and a lawyer will talk about Wills at their May meeting. The talk in June will be on roses. **Meet:** Monday at 1.15pm at the Cashmere Club, South Colombo Street. **Contact:** Colleen Davis on 03 338 7117.

Sumner Senior Citizens Club members enjoyed a talk by James Daniels about his life and happy occasions. The Club's AGM will be held on 23rd June followed by a special afternoon tea. **Meet:** 2nd and 4th Wednesday at 1.30pm, Sumner Surf Club. **Contact:** Lola Bouckoms on 384 9889.



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Pegasus SAYGo helps the community

The SAYGo (Steady as you Go) Falls Prevention exercise group has been running in Pegasus for over three years. SAYGo is an Age Concern programme with a mixture of gentle seated and standing exercises.

Funds accumulated from the \$2 donation to attend class are used to pay the hire charges for the Pegasus Community Centre, with any excess funds given back to the community. Past recipients have included the Pegasus Woodend Menzshed, Age Concern and the Pegasus Community Centre (towards Welcome Bags for new residents).

During March the SAYGo group gave a donation of \$200 to the Te Kōhaka o Tūhaitara Trust. The Trust manages the Tutaepatu Coastal Park which runs from Kairaki Beach to the Ashley River estuary. The Trust was delighted and has used the money to purchase Totara trees. Several smaller Totara have been planted along the western ridge (Kaitiritiri Ridge) in Pegasus and a larger Totara planted at the pa harakeke at Woodend Beach (at the start of the Woodend Beach to Pegasus track).



The Pegasus Steady As You Go (SAYGO) group has been running for over three years.

The trees were purchased from Riverside Nursery in Tuahiwi. This is a great example of an activity at the Pegasus Community Centre which starts off by benefiting older people's health, then has the flow on effect of benefiting a local charitable trust and a local business. The Totara trees have a life of 2000 years, which is a benefit to the environment and the community.

In April the Pegasus SAYGo

responded to a request on the local Facebook page from the Knitter Knatters group which needed more wool to knit clothing for premature babies. The SAYGo group gave \$50 to enable the group to buy some more wool.

The Pegasus SAYGo group enjoys a laugh, but is also very supportive of each other. Each week the group get-together for a cuppa and chat after class.



Te Kohaka o Tūhaitara Trust volunteers planting the Totara.

If you would like to find out more about SAYGo groups available in your area, go to the website: <https://ageconcerncan.org.nz/courses-and-groups/falls-prevention/>



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THE BEST PLACE TO SELL YOUR STAMPS, COINS, BANKNOTES and SCRAP GOLD in Christchurch.



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The Stamp and Coin Exchange at 134a Riccarton Road, next to Westfields Mall, has been looking after Cantabrian Collectors for many years. The Owner, Matt Power. Is a born and bred Cantabrian and has over 40 years of experience.

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"The greatest thing about collecting, is the people and the fun. At some stage it is time to move on and sell. Especially if the family has no interest in those things. There are still lots of passionate collectors out there who will love the work you have put in. So, why not get in touch and pass those items to people who really care?"



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And Email. Matt@thestampexchange.co.nz, or just pop on in to the shop.

134a Riccarton Road. Directly opposite Riccarton Mall, 2 doors down from the House of Travel. Parking at the rear off Kauri St.

Something for everyone at the WEA

With 59 events happening in Term 2 at the WEA, there will be something for everyone. Topics including arts and crafts, dance, movement and music, environment and science, history, language, literature, philosophy and more.

Some highlights this term include Around the World in 80(ish) Breads, a two-part talk with Simon Gray, who will talk about how bread has evolved into a myriad of forms and spread across the globe. In Climate Science and Soup – What's happening to the Antarctic and Greenland ice sheets? Paul Broady will discuss and summarise a selection of recent studies for those who would like a little more detail than that often reported in the media, a light dinner of soup and salad is included. The Marvellous World of Science with Simon Pollard is a fun two-part exploration through recent discoveries in science and what they mean for our future. Another highlight will be The Belief Continuum – an introductory talk from Mazharuddin Syed Ahmed on the origins of six major religions, what they have in common and what sets them apart.

Courses are held throughout the week in daytime, evenings and weekends, with a strong focus on social and environmental justice – if it's good for the people and planet – then it's good for the WEA.

There are regular groups and clubs, including Pod-Cast-On, who knit for babies at NICU and PIPS while listening to fascinating pod-casts; Craft for a Cause, making items to support causes and groups around the city; Book Group, meeting monthly to discuss an interesting read; WEA Norwest Branch, meeting every Friday in Papanui with a varied schedule of speakers; WEA Outdoor Painting Club who paint at various



locations in the wider Christchurch area; and WEA Field Club, offering monthly trips around Canterbury to encourage outdoor activity and enjoyment of the natural environment.

On a busy day there can be up to 8 events happening, with dozens of people coming and going or sitting chatting with a cuppa in the sociable kitchen space. The WEA community is diverse and includes people from a variety of cultures and ages, coming together to learn and share skills and

experience, and make friends. As well as the central city location, classes are also held in Lyttelton and New Brighton. The WEA is committed to keeping prices affordable and offers some free talks and workshops each term.

Visit the WEA at www.cwea.org.nz to find out more. Or drop into the WEA office at 59 Gloucester Street between 9:30am and 3:00pm Monday to Friday.

What day is it?

by Jan Beaumont

All day I've been thinking it's Thursday

It appears I've been really perplexed

I now know it's Friday but since I retired

I don't know one day from the next.

I never have suffered confusion

I was always right up with the play

But since I left work and my time is my own

It seems the same day after day.

The good thing is that I don't suffer

The Sunday Night Syndrome I hated

When you knew that the weekend was over

And Monday was all that awaited.

But though I am happy to lose that

There's another day that's not the same

And the meaning of Thank God Its Friday

Has been lost and that's really a shame.

I have no desire to start working

For I love that when I go to bed

I don't have to set an alarm anymore

And I sleep till I wake up instead.

It's not that my life's lost it's purpose

But I need to have much more routine

So I know if its Monday or Sunday

Or one of the days in between!



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The joy (?) of ageing - what I've learnt so far

by Mary Clifton

That you wake up one day with a waist nearly the size of your hip measurement.

That those cute dimples that appear when you smile leave a permanent dent.

That your dreams of running like you used to, turn into dreams of walking like you used to.

That suddenly you seem to have another chin and oh my goodness are they jowls!

That the time has come to embrace comfort-in with elastic at the waist, out with any heels above 2 inches.

That your foundation, on the rare occasions you wear it, needs to be geared towards coverage and evening out skin tone.

That even with many years of robust skin care regimes you will have lines and wrinkles, of unknown origin, and not at all related to laughter lines.

That the trendy texting you used to do is like Latin to next generation texters.

That you discover your bottomless pit of patience and tolerance does in fact have a defined depth.

That looking back with nostalgia gives you more joy than looking forward with hope.

That losing one and then both of your parents is a grief so deep it changes you and that, even in death you seek their love and approval because you know they still walk by your side. But



You understand through experience that the sun rises even after the darkest night and sets on the darkest day.

You have evidence based opinions backed by life.

You can work that comfort chic; go girl!

You can laugh at yourself without embarrassment; and don't care about the lines your laughter makes;

That you can love the skin you are in and it's worth continuing to care about it and yourself.

You have friendships that have lasted as many as 5 decades, so far.

You can still write a good letter and know the joy of receiving one.

That Facebook, messenger, Skype and Zoom are a lifeline but not a place to live your life.

Some days, most days even, you don't wear

make up and the postman/ delivery man still smiles at you.

Garden centres become your retail therapy and who knew they sold all that other lovely stuff as well!

You see joy in the little things, like a new flower, a bird singing, the first journey from their nest of the baby blackbirds; the little hug from your partner that lets you know you matter.

Which gives hope for the future but in a more measured way; you learn that a good life is not about the grand gestures but the small everyday kindnesses and you appreciate each and every one of them.

You know life is precious, time passes more quickly than you ever believed possible, so you find moments to just be still, and listen to nature's conversations.

You learn that anger is negative energy that saps your soul so you pick your battles more wisely with the right words at the right moment.

You are more thankful for each moment and each day.

Most of all, as I saw recently you realise the truth that "you are given this life because you are strong enough to live it". You are and you will.

So, head up, shoulders back, smile and embrace the day. (Source: www.theoldie.co.uk)

Winter energy payment will make a real difference

Snow on the Alps, brisk southerly winds, mountains of yellow leaves. All this means one thing... Winter is almost upon us. Here in Canterbury our winters are particularly beautiful, and particularly cold. Properly heating our homes through these cold months can be an expensive exercise. The Labour party has long recognised this, which is why in government, we implemented the Winter Energy Payment in December 2017. Over a million New Zealanders receive this payment, including all those on New Zealand superannuation. This year,

the payments started on 1 May and the extra money will be a relief for many readers - having a warm, dry home makes a real difference to our health and wellbeing!

The Winter Energy Payment is part of a suite of policies we are implementing to support older New Zealanders. We've helped seniors keep active in the community through upgrades to the SuperGold Card system, made visits to the doctor cheaper or free for nearly 600,000 New Zealanders and funded Digital Literacy training. And we're going

to keep moving as we implement the Better Later Life Strategy, which promotes positive ageing and community engagement, establish an Aged Care Commissioner to identify and address issues in the aged sector, and work closely with the health sector to build an even stronger, more resilient health system.

This Labour government is built around kindness and compassion and every Labour Member of Parliament is committed to these values. Canterbury's Labour MPs

are no exception. Our offices can provide support and advice to older New Zealanders on a whole range of issues - whether you have a concern or query, have a personal issue you need help with, or want to know more about what this government is delivering, we're here to help so don't hesitate to get in touch!

Wishing you a warm and healthy winter.

(Contributed by Tracey McLellan, MP for Banks Peninsula)

We're here to help

Please get in touch if you need any assistance.



Tracey McLellan

MP for Banks Peninsula

03 376 4512

Tracey.McLellanMP@parliament.govt.nz
642 Ferry Road, PO Box 19 661



Duncan Webb

MP for Christchurch Central

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Sarah Pallett

MP for Ilam

0800 727 244

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Bryndwr, Christchurch
PO Box 36195, Christchurch 8146

Christchurch is a city of wretched motorists

OPINION: Is anyone surprised that Christchurch residents have rubbished the standard of driving in our city so emphatically?

The latest Quality of Life Survey lays bare our unflattering perception of our fellow city motorists, with 80 per cent of respondents nominating dangerous driving as a Christchurch problem. No other main centre in New Zealand reported such a high level of concern.

It actually makes you wonder if the 20 per cent of respondents who didn't rate dangerous driving as a serious source of concern are indeed the prime four-wheeled reprobates in our midst.

Despite never having a crash in my life, I'm far too modest to tout myself as a model driver. Mistakes happen. We all make them. But I do my best to play by the rules, while remaining fully attentive and courteous behind the wheel.

* Christchurch bus lane clampdown boosts council coffers by \$1.3m

* The 10 motoring issues the Automobile Association wants action on

* Are these our worst Kiwi driving habits?

* Lights, sirens, panic: driving reactions alarm emergency services

Stuff has captured numerous drivers using cellphones while driving in Ponsonby, Auckland, as the Government hikes fines for using phones at the wheel.

I suspect you've reached the same conclusion as me – whether you've been away from home for a few days, a few weeks or a few months. It only takes an hour or two on our roads to know you are back in Christchurch.

We are a city of wretched motorists, grossly over-represented by the dysfunctional, the daydreamers and the pathologically inconsiderate. I'm always renovating my hit list of Christchurch's biggest driver defects, but here are some of my current driving beefs:

Inattention. Why do so many drivers seemingly switch off to their surrounds, as if they are driving in a daze and take an inordinate amount of time to engage the accelerator after a traffic light turns green? Are they in a drug-addled state?

Ditto for the drivers who fail to use their indicators correctly – particularly at roundabouts – or the muppets who refuse to merge like a zip, when two lanes become one. Then there are the drivers who turn corners from the wrong lanes.

It never ceases to amaze me, when cruising along the likes of Moorhouse Ave, how many motorists will suddenly careen across three lanes to reach the right-turning lane at a fast-approaching intersection.

Just as insidious is the proportion of motorists who clearly haven't got a clue that when turning into a multi-



laned road they are required to turn into the nearest lane to them. If ever there is a case to be made for a compulsory refresher test of the road code, this is it.

Alongside the curse of inattention is driver distraction, headlined by motorists who are hooked to their hand-held cellphones to talk or text while driving. It is a grossly inexcusable infraction, given the lawful hands-free options. Police issued over 40,000 infringement notices for the offence last year, which no doubt was just the tip of the iceberg.

On Friday, the relevant fine increased from the trifling amount of \$80 to \$150, with a further review of all traffic-related fines scheduled for later this year.

In contrast to our soft-touch penalty regime, Queensland's state government recently jacked up its fine for using a cellphone while driving from \$400 to \$1000. Impounding or confiscating the offending phone strongly appeals to me as an instructive way of ramming home the message to "get your hand off it".

Finally, it's the narcissists. They are the anti-social territorialists who increase their speed in passing lanes

to hamper the overtakers; are loathe to let you in when you are changing lanes; who don't give way to cyclists; and don't dip their lights for oncoming traffic at night.

Auckland is more serious about traffic problems.

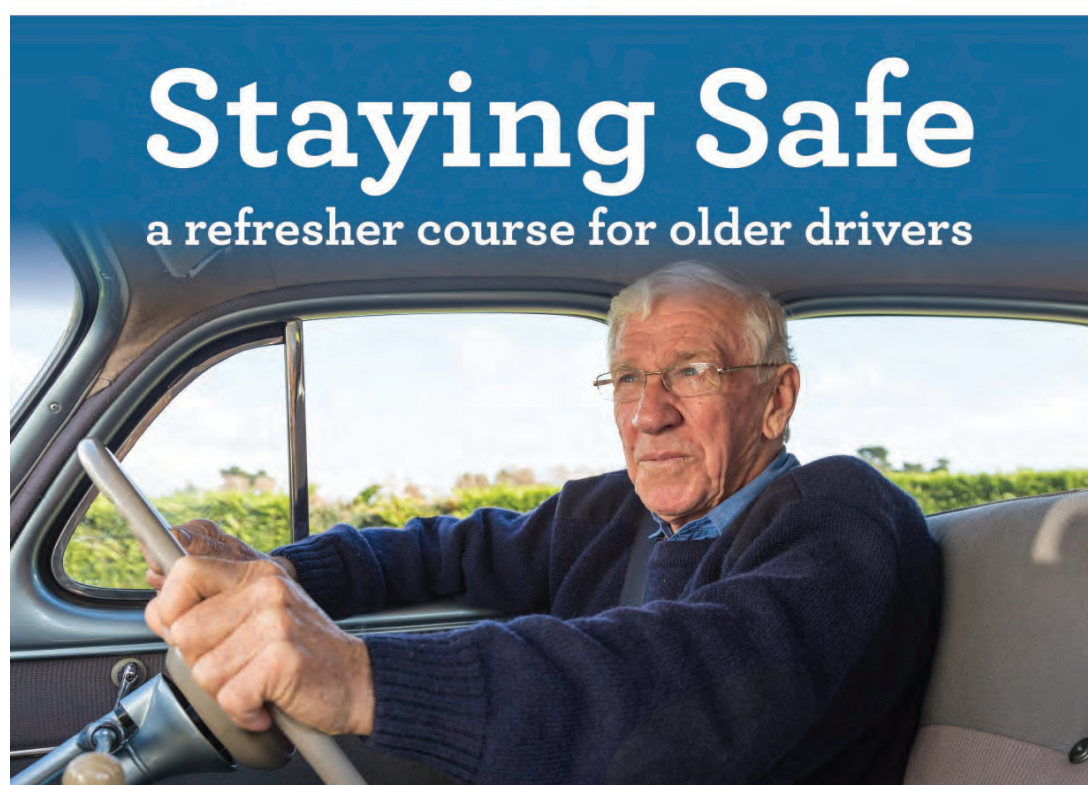
But the biggest menace is undoubtedly running red-lights. Christchurch is arguably New Zealand's red-light running capital, largely due to the abysmal level of enforcement. It's given rise to the galloping swathe of drivers who blithely sail through red lights with bloody-minded, addictive disregard.

As The Press recently reported, three red light enforcement cameras will be deployed in Christchurch later this year to collar the rodents. It's a start, but woefully inadequate, given Auckland already has over 20 next-generation detection cameras in operation and more coming.

These cameras only cost \$40,000, so they're hardly cost-prohibitive.

Rather than being permanently fixed to one intersection, Christchurch needs an arsenal of portable cameras deployed to our streets, to underpin the anywhere, anytime enforcement mantra. Tame our streets.

(Written by Mike Yardley).



This FREE classroom based course will help you re-familiarise yourself with traffic rules and safe driving practices. It will also increase your knowledge about other transport options and help you remain independent for longer.



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Staying Safe - Confident Driving Courses

10.00am to 2.30pm.

There is a \$10.00 charge for lunch.

Courses held at Age Concern Canterbury, 24 Main North Road, Papanui, Christchurch on:

Wednesday, 23rd June

Monday, 5th July

Wednesday, 28th July

Monday, 2nd August

Wednesday, 25th August

Wednesday, 22nd September

Courses in other areas

Tuesday, 1st June

Cheviot

Wednesday, 9th June

Rangiora

Tuesday, 15th June

Hokitika

Wednesday, 16th June

Westport

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Rangiora

Course dates are continually being updated so please phone **03 366 0903** to register or to enquire about future courses.



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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.

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

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

Decluttering can be a bit overwhelming. However, it is made much easier with some understanding help. Step-by-step you can have

things sorted and organised with minimal fuss and stress.

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

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

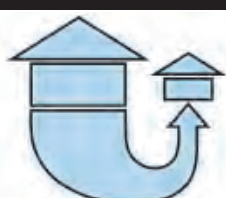
Mature Moves is about helping people. You let them know what you need help with and they will set about showing you just what they can do to help you.

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

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

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

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



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Never-fail chocolate cake



Never-Fail Chocolate Cake (like the one on the front page)

1 ²/₃ cups flour 1 ¹/₂ cups caster sugar 1 ¹/₂ baking soda
²/₃ cup cocoa 1 tsp salt

100g butter, melted and cooled (or you can use canola oil, but butter has a better flavour)

1 ¹/₂ cups milk 2 eggs 1 tsp vanilla extract

Method

Heat the oven to 180degC and grease and line two 20cm sandwich tins. Sift the dry ingredients into a large bowl and mix well. Add the butter, milk and eggs and beat by hand or in a mixer until well mixed. Divide evenly between the two tins and gently place in the oven.

Bake for about 30 minutes, until the cakes are springy, and a skewer plunged into them comes out clean. Let them cool for 10 minutes, then gently turn out onto a wire rack to cool completely.

Wrap carefully in clingfilm and store in a cool place (not the fridge) until you are ready to ice them. The flavour of this cake improves the day after you make it.

Sandwich the cakes together with raspberry jam, cream or whatever you like and top with chocolate ganache, blue berries.

Chocolate Ganache

225 grams good quality dark chocolate 1 cup cream

Method

Place chopped chocolate in a medium heat proof bowl. Heat the cream in a saucepan over medium heat until it begins to gently simmer. (Do not boil – it will be too hot)

Pour over the chocolate then let it sit for 2 -3 minutes before you slowly stir until completely combined. Spread over your cake when it cools to the consistency you like.

Loburn Red Cross



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

the Karikaas Dutch cheese factory, and the cost is \$8.00 per person. For enquiries and/or bookings please contact:

Mary Stewart on (03) 313-8393.

All money raised goes directly to the Red Cross. We look forward to meeting some new groups.

Look after yourself over the winter months

by Wendy Scanlon, Senior Chef Co-ordinator, Pegasus Health

"Winter is a season of recovery and preparation." Paul Theroux

As we head into winter it's a good idea to do some preparation to keep ourselves well. Here's a few tips to consider.

1. Keep eating your vegetables and fruit. We know that eating a wide range of vegetables and fruits protects our bodies from disease and gives us a good chance of staying well over winter. Eating in season is kind to our budget. Favourite winter vegetables include greens such as silverbeet and spinach, broccoli and cauliflower and root vegetables such as potatoes, kumara, carrots and beetroot.

Why not roast some carrots, pumpkin, kumara and red onions in a little oil? Leave the skin on your vegetables when you can for extra fibre. Enjoy the vegetables with dinner and then turn the leftovers into a roast vegetable salad or a quiche.

Frozen or canned vegetables are good value for money. Have a look at the frozen vegetable section at your supermarket, you will be surprised at the variety!

Include some fruit with your breakfast; it could be a handful of frozen blueberries on your porridge, sliced banana on toast or some canned peaches with your Weet-Bix. Whole fruit makes the perfect snack too. Aim to have a couple of servings of fruit each day.

2. Enjoy a little protein with every meal. Protein is important for muscle maintenance. Having strong muscles protects you against falls. Try not to skip meals and get into the habit of having some protein with each meal. You don't have to eat huge meals, what's important is variety. What protein-rich foods could you have at each meal or snack? It could be yoghurt, milk or eggs at breakfast,

some cheese or canned fish at lunch, and some beans, meat, fish, or chicken for dinner.

If you are concerned about your strength and balance find a Live Stronger for Longer class near you at www.livestronger.org.nz

3. Shorter days may make us less motivated to cook so make the most of it when you do feel like cooking. Making a pot of soup, casserole or savoury mince that can be portioned and frozen means you can take a break and just reheat when you are feeling tired. Try our Chicken with White Beans recipe.

4. Invite a friend for lunch. You don't have to do all the work, share the load, and keep it simple, e.g., sandwiches and fruit, and get your friend to bring the fruit! The most important part is spending time with others and catching up with a friend. Go on, give that friend a call now!

5. Keep moving and get outside when it's light. This is a great formula for a good night's sleep and important for your vitamin D levels. Between May and August, it's important to get outside to soak up some vitamin D. You can't make vitamin D by sitting inside by a sunny window. If you have a history of skin cancer or are taking medicines that make you sensitive to sunlight you should use sun protection all year round. If you think you may not be getting enough vitamin D, talk to your GP team before taking a vitamin D supplement.

6. Keep learning. Learning is fundamental to our wellbeing. Take the opportunity to visit your local library and scan through some cookbooks for new ideas and recipes, or do an online search. If you are not a confident cook enrol with Senior Chef.

7. Keep your home warm and dry. Are you confused about how to start making your house warmer and your power bill lower? Community Energy Action gives independent advice to homeowners and tenants. Give them a call today to find out more 0800 GET WARM (0800 438 9276).

8. Have your flu vaccine. The vaccination programme for over 65s started on 14 April. We are expecting a light flu season, but it is still vital to be vaccinated. Once our borders open, influenza will come with overseas visitors. We need everyone to be protected. Contact your GP team or community pharmacist for more information.

Although winter can keep you inside, try to connect with friends or family, keep moving and eat a variety of foods every day from the four food groups:

- * vegetables and fruit
- * grain foods
- * milk and milk products and
- * other protein foods i.e., chicken, fish, meat, legumes, eggs, nuts, and seeds.

This will go a long way to keeping you healthy over winter.

Chicken with White Beans



This recipe will give you four serves so you can squirrel some away in the freezer for days you don't feel like cooking.

Ingredients

Oil, 1 tablespoon
Onion, 1 medium, finely chopped
Garlic, crushed, 1 teaspoon
Celery, 2 sticks, finely sliced
Carrots, 2, finely diced
Chicken thighs, skin off, about 500g, diced
Wholegrain mustard, 1 teaspoon
Flour, 1 tablespoon
Stock, chicken or vegetable, 1 cup
White (Cannellini) beans, 1 x can, drained
Salt and pepper to taste

Method

In a medium fry pan heat oil, add onion and cook for a couple of minutes until translucent. Add garlic, celery and carrots and cook until they have softened: 5 minutes.

Add chicken to pan, stirring so it doesn't stick. Thoroughly cook chicken. Add wholegrain mustard and flour, cook for 1 – 2 minutes.

Add stock, reduce heat, and stir until thickened. Simmer for a further few minutes.

Finally add white beans and stir through until heated. Add salt and pepper to taste. Serve with a side of rice or potatoes of your choice.

Tip: use a frozen vegetable mix in place of fresh vegetables for an easy option.

SENIOR CHEF

Senior Chef is a free 8-week cooking class focused on cooking for one or two people. It's all about improving your cooking skills, inspiring you in the kitchen, using nutritious meal ideas and easy to make recipes, and meeting new people.

For further information or to go on our waiting list call us on 0800 333 405

Age Concern Timaru



Elder Abuse Response Services (EARS)

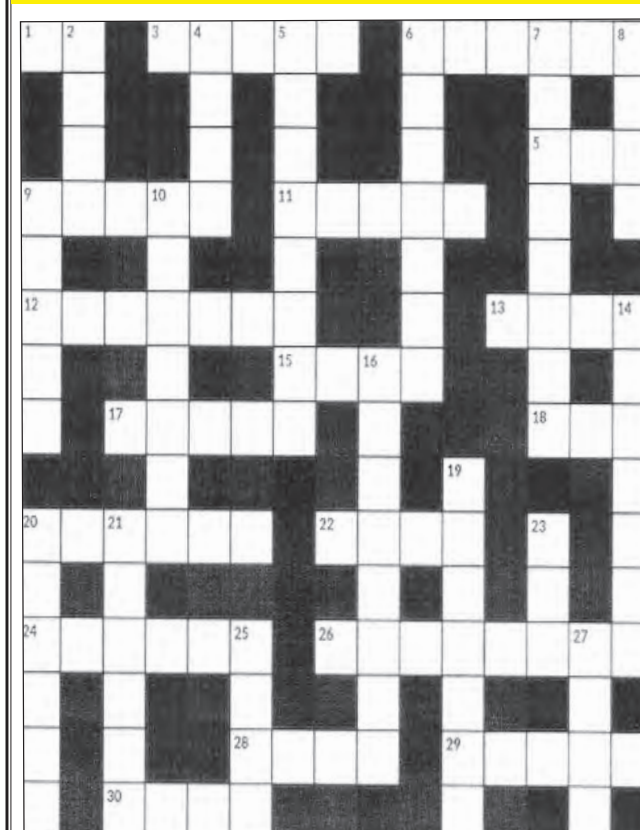
The Elder Abuse Response Service aims to improve the quality of life of older people in abusive situations and to prevent abuse by providing information, education, advocacy and support. Sarah Hendry (Elder Abuse Clinician) here in South Canterbury is happy to assist/support any inquires you may have.

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 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.



Answers to crossword puzzle on Page 29 (RVT #51121)



Across:

1. By; 3. Moods; 5.* Ape; 6. Window; 9. Probe; 11. Igloo; 12. Sacculi; 13. Vice; 15. Once; 17. Queen; 18. Got; 20. Recede; 22. Aver; 24. Confer; 26. Accorded; 28. Ease; 29. Every; 30. Loaf;

* Specially placed on the grid.

Down:

2. Year; 4. Oboe; 5. Decision; 6. Whoopee; 7. Dragging; 8. Week; 9. Posed; 10. Because; 14. Entered; 16. Clavicle; 19. Grooves; 20. Rector; 21. Cancel; 23. Rid; 25. Reef; 27. Ears.

My two cents

by June Peka

My BFF, best friends forever

My oldest bestie hates olives and coriander (I love'em both), she's a good Catholic girl (I'm an atheist) and she's an obsessive compulsive house cleaner (you should see mine). An early bird, she got me up at the crack of dawn today (that's 10am for me), wondering if I had the pip because I hadn't responded to her phone messages. Her phone is welded to the end of her arm. It has it's own screen in her car. Mine is my first, eight-years-old, won't do the Covid thing and gets checked once a day – if I remember.

"I didn't know you had a magpie tattoo. When did you get that?" she asked querulously, pointing at my right ankle, unusually exposed by a shortish nightie as I sleepily tottered about making her a cup of chai.

Mmmm – I had to think carefully. 15 years ago maybe? We laughed.

"Must've been about the time you got that American husband I never met." I counter.

So how can we call ourselves oldest besties, I wondered? For a start, it's a bit about duration. It was more than 50 years ago when young Ana Warren and I found ourselves in a shearing gang together. Short plump chicks both of us (although I'm over five feet tall at least) we were referred to as Tweedledum and Tweedledee. The smiliest, happiest girl I ever met, she made me laugh more than I ever had before. Both top-heavy to a fault (hers many years later made pert and perky by clever surgery, mine flattened by cancer) we'd watch for that rare moment when all four shearers were on the long blow, facing the porthole, heads down, bums up, and we'd whip off our tops and race bare-breasted around the wool table. I must ask her if she remembers that.

I handled the smelly, bloody or maggoty jobs. It was easier than watching her dry-retch. I'd come from a family which routinely chopped up and disembowelled hunted animals, and dug in their poop and guts for garden manure. Her mother's house always smelled like flowers and furniture polish.



Besties Ana Warren and June Peka today and more than 50 years ago.

I was already married and Ana married one of the shedhands. Our husbands were neither here nor there, not terribly visible or important, amorphous, will-o-the-wisps. They were around for a few short years only, so we raised our children together, sharing a house some of the time. We partied, and the world was a dull place if we didn't get to the old Bower Tavern to kick up our heels on the weekend. We came home with the milkman so often that our house got quite a reputation.

With Dino the oldest off to school we went back to our beds one morning to sleep off a hangover, and were woken an hour or two later by the sounds of our girls having enormous fun sliding from the kitchen, through the laundry and toilet to the bathroom, in a half gallon of cooking oil. Ana was good at that sort of clean-up.

Neither of us were good at spiders. Nudging out of Sorensons Place with the back seat of the Morrie Eight full of kids, I spotted the spider on the inside of the windscreen first, and leapt out. Looking up from the middle of the road I saw she (the driver) had done the same, leaving the car full of kids laughing like crazy, slowly petrol jumping across the intersection. Another time, picking water cress in a creek, she almost broke my shoulder, beating the water spider thereon.

Neither of us were good at food poisoning either. Thank goodness the children couldn't be

persuaded to eat the water cress cooked up with a sack of mussels some admirer dropped off, because they had to nurse us, who had made a real feast of it.

In shifts, we cooked and cleaned, and worked in shops, bakeries and factories to keep the home-fires burning.

I had no family in Christchurch but was welcomed into her large whanau cut from the same happy and friendly cloth. Tangata whenua, the hundreds included her uncles - the musically talented Wakefield brothers. June her mother, herself a shortie, would always greet me with a laugh. She only had to imagine my wee short fat legs wrapped around a double-bass to put a smile on her dial, she said.

Everyone has to grow up, and so we found ourselves settled with new husbands, new jobs and for her another daughter. Sometimes long months went by but I always knew If I needed anything at all, she'd be there, only a phone call away.

She followed me into work at a rest home, where to my surprise her mature stomach coped with all the messes and smells such places can surprise one with. She was adored by the residents.

She followed me into employment with DSW/ CYFs too. For nearly 20 years I sat in an office in a job right up my alley, and she became one of the very best family home parents in the organisation. Fun, fair and firm was her *modus operandi*. Hearing the accolades from my cushy desk I was always proud to say "yep, that's my bestie!"

We talked when her second relationship failed. And then got on with life. I got the tattoo, she got the Yank.

While I took early retirement in 2005, she went on to manage a residential home for troubled men, where once again she excels and is loved.

Now here we are living a two minute walk apart. We're both great-grandmothers and with all of mine across the ditch she's happy to share – as always. That's what besties are about.

Oat cuisine for the winter months

The best thing about winter is that no one looks sideways at you when you have your pudding at breakfast time. Mothers even encourage the practice. That's if you can look at porridge as a dessert, which I find very easy to do.

Cafes sell porridge with your morning cappuccino these days so it has to look good. Both my parents were great cooks; we were eating Kentucky fried rabbit and Chop Suey in the 1950s. They dressed our morning oats with a knob of butter and a spoonful of muscovado sugar – a huge advance on the grey stodge our friends were fortified with to walk to school on icy mornings.

Like most of their generation, their parents and grandparents had not long been here from the

old country where the basic recipe and preparation of porridge hasn't changed in centuries.

Cook oats until thickened, in water (or milk, or half and half) with a pinch of salt (or sugar, or half and half). Mrs Beeton sprinkled her oats into boiling water; others like to mix it in cold and soak overnight. That's it. Except those in the know swear it's best when stirred by a traditional beechwood spurtle – also good for soups, stews and broths, or anything else inclined to stick to the bottom of the pot.

In Scotland porridge was never just breakfast. Full of vitamins and minerals, extra was cooked at the same time and poured into a tin-lined drawer in the dining table where, when it set solid, it could be

sliced into slabs. Shepherds and field workers wrapped it in paper to take with them. Those who worked near home might fry a slab with bacon, for lunch. I haven't tried that, but here's what I do like.

We soak ours overnight, with a small (home-made) ice-block of feijoas or stewed apples, blackboy peaches, pears or rhubarb.

In the morning cook as preferred, dollop into bowls and top with a portion of Oat Crumble Topping (see recipe). This will keep for two or three weeks in the fridge, or you can freeze. Then decorate with more fruit - mandarin slices, prunes, blueberries etc, roasted nuts, chia seeds, yoghurt, lite sour cream, cinnamon, chocolate sprinkles even! And drown it all in almond milk!

Oat Crumble Topping

125g (half cup) butter, softened
125g (half cup plus 2 tbsp) brown sugar
150g (1 cup plus 1 and a half tbsp) flour
150g (1 and a half cups) rolled oats

Method

Preheat oven to 185c. Line a baking tray with baking paper.

Place butter and sugar into a bowl and beat until light and fluffy.

Sift flour on to butter, add oats, and mix well until combined. The mixture should resemble crumbly cookie dough.

Spread over prepared tray. Bake 15 mins, stirring occasionally, till brown.