

Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTERBURY Vol 111: Spring 2021

*Ronnie rides into fitness,
Page 12*



A WORD FROM THE PRESIDENT



Spring is on the way, and we can say goodbye to the cold and wet winter. All last summer we were looking for rain because our gardens were so dry but they are not now.

As I write this column the Olympic and Para-Olympic games are coming to an end and New Zealand's athletes have been very successful. We are all in admiration of the wonderful success of Lisa Carrington, Emma Twigg and the Seven's women. What wonderful young women to mention just those few and there are many more who have excelled in their chosen sport.

The Covid-19 virus is not going to go away any time soon so take good care of yourselves. Wash your hands thoroughly, frequently and dry well. Cover any coughs or sneezes and if you are feeling unwell stay at home. Use hand sanitiser when it is available. Wear a mask. Make sure that you check-in to get your vaccination. This not only gives

you protection but increases the protection in the community and for you and your family.

I have recently participated in the Staying Safe driver refresher course run by Age Concern Canterbury. I recommend the course to you. Most of you will have been driving for many years and like me, know it all, but there is something in the course to brush up on for everyone.

During winter it is sometimes difficult to get the exercise we need. It is recommended that we all need 30-40 minutes exercise 3-4 times a week. Just walking around the block is good exercise and each time you go for a walk try to do a bit more.

Those who are eligible to receive the winter warmth add on to their pension will continue to receive that payment until October. It is made to make sure you keep warm so take advantage of it. Check on your elderly neighbours, there are so many who are alone in our communities, and we need to look out for them. You might be the only person they speak to for a few days.

Trish Adams
President

FROM THE CHIEF EXECUTIVE



By the time this article goes to print most of the over 65 population in New Zealand will have had their covid vaccinations

or be booked into the system. If you haven't, we strongly suggest that you do – by going online www.BookMyVaccine.nz or phoning the helpline **0800 28 29 26**.

We are all part of the team of 5 million and all need to play our part. The information coming out of the Canterbury District Health Board is encouraging with the majority of those already invited (older people) taking the opportunity to be vaccinated, and it was pleasing to see the residential care facilities going first and having a bespoke approach to ensure the most at need were prioritised. Well done CDHB team.

Unfortunately, due to Covid 19,

we have cancelled this years Better Later Life Expo, but we are already working on next year's Expo – this will be at a new venue and with a new look. Can't wait to see you there.

We all need to do more to promote positive ageing, and to value the contribution older people make to society. That is our vision and mission, and my challenge to you – ask yourselves what you can do to make the life of an older person better. Your call to action could be October 1st, the international day of the older person – or don't wait and connect today!

Winter warmth is very important this time of year. While we see the days getting longer there is no shortage of cold and wet days. The government's winter heating payments will be in each of your bank accounts (if you are over 65) we encourage you to use the funds directly on keeping warm.

Simon Templeton
Chief Executive

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Keeping On

OFFICIAL MAGAZINE OF AGE CONCERN CANTERBURY (INC)

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Climate change needs urgent action, and senior citizens play a role

by Mike Crean

From his dormitory window in Nairobi, young Graham Townsend gazed wistfully at the mighty peak of Mt Kenya. Sixty years later he gazes at the distant Southern Alps from his Port Hills home. Both vistas have fed his love of mountaineering and rock climbing. But conservation of the natural environment is his prime interest now.

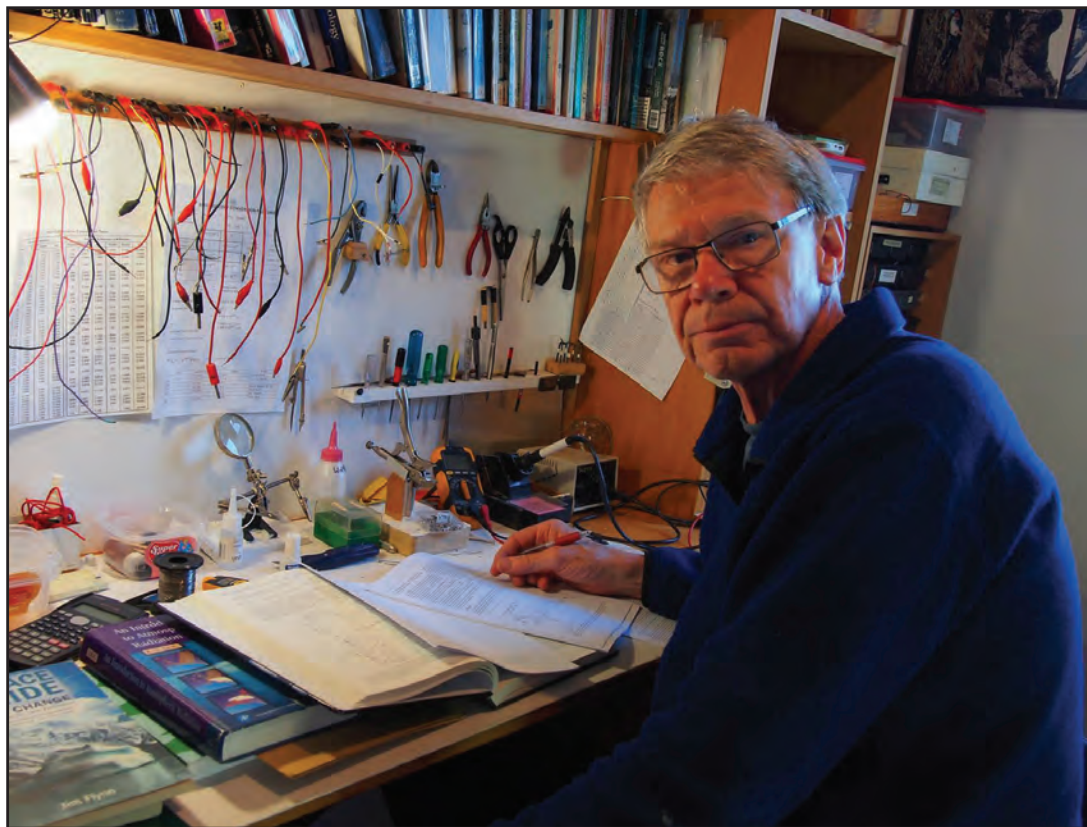
Graham is a prominent figure in Christchurch's conservation movement, devoted to the battle against global warming. He is aware of his luck at being brought up in easier times. He agonises for today's children and future generations. He says they face "unimaginable hardship" if climate change is not arrested.

Graham was born in Essex, England, in 1950. In 1957 he moved with his family to Uganda. His father was appointed Principal of the new technical secondary school there. Graham was sent to boarding school in Nairobi, Kenya. He returned to England in 1968 to study at Bristol University.

After graduating in chemistry, which included a paper in environmental chemistry, he achieved honours in infra-red spectrometry, relating to climate physics.

A teaching career attracted him as he "enjoyed explaining things" to people. New Zealand secondary schools were short of staff and the offer of free fares for teachers appealed to Graham. He took flight and taught at James Hargest High School, in Invercargill.

There he met his wife. They moved to Christchurch in 1977. Graham taught chemistry at St Bede's College for the next 24 years. He was then awarded a Royal Society scholarship to pursue further work in chemistry.



Graham Townsend, a prominent figure in Christchurch's conservation movement.

He joined Canterbury University's chemistry department where he developed preparation courses for foreign students.

His interest in conservation was growing all the while. It offered chances to "explain things", based on his background in chemistry.

"I was very interested in wildlife and conservation in Africa. I got quite passionate about conservation. I knew from way back that climate change was real. It became obvious this was a crisis. Urgent action is needed," he says.

Graham discusses climate issues in straightforward terms. Every national science academy in the world is in agreement on the threat of rising temperatures, he says. "The science is beyond reasonable doubt."

He deplores uninformed people pushing contrary views. He cites in particular "gutless" politicians, "shock-jock commercial radio

commentators", and ignorant social media adherents.

He says reputable sources worldwide, such as NASA in the USA, have scotched claims by non-experts that Earth's warming climate is nothing new as the climate has continually changed through the millennia. Trustworthy experts have proved that current change is greater and is happening much faster than earlier changes.

Research shows the earth should be cooling now, but it is heating, Graham says. "Most people now agree climate change is real. A majority believe it is man-made. The current focus is to get the wider public to accept we have to make sacrifices – for our kids' sake. It's a global emergency."

"Some people try to paint this as a left-wing beat-up. They choose to ignore the multiple warnings," he adds. Without urgent action he

foresees rapidly rising temperatures making life in tropical zones impossible for humans and ruinous to the global economy.

"We can therefore expect mass migration and possibly regional conflict," he concludes.

His retirement, in 2017, was a chance to become more involved in the crusade. He pushes the message that the world faces imminent peril through climate change. He believes all reliable research shows this peril is "man-made", so "man" must act to stop it.

Graham joined the Christchurch based organization, 350-Otautahi. Its 700 members try to influence public opinion so people will learn the true environmental situation and accept the need to combat it. This means using media, especially "social media". It means badgering politicians until they can no longer claim they have not been told about climate change as a cover-up of their gutlessness.

Misinformation is a form of child-abuse, he says, as the children of today will suffer the most.

"We're all in this together. We're all going to take a hit. Do it voluntarily, or wait for nature to do it to us," is his warning. "We need wide support for drastic, even painful action; there's no other way."

Senior citizens can play a role, Graham says. Seniors must get educated on the issues, using reliable sources such as NASA's climate change website. Put children and grandchildren first, because they will suffer the most. Lobby politicians for real action. Vote sensibly. Cut back on travel, especially flying – "Either we go low carbon, or we watch the global economy collapse".

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Are your losing your mobility?



As we age most of us want to keep our independence, this requires us to be mobile. The ability to get up and about with ease is essential for everyday life.

How might you know if you are in danger of losing your mobility? To help, here are some early signs of immobility. They include:

- being unsteady on your feet
- difficulty getting up and down stairs
- avoiding stairs
- avoiding doing any exercise
- reluctant to go out
- a decline in housekeeping
- a drop in personal grooming and hygiene
- difficulty getting out of a chair
- falls

There are many reasons why immobility may happen as we age, some common ones are:

- an underlying health condition or disability causing an abrupt or gradual decline eg Arthritis, Stroke, Parkinsons Disease, dementia
- being less active over time and losing our strength and balance
- being bedridden after a short illness or operation
- a fear of falling

- low armchairs and seats which are hard to get out of
- uncomfortable or unsupportive footwear
- long toenails, corns, ingrown toenails and other foot problems
- loneliness, depression and anxiety
- alcohol consumption
- being overweight or malnourished

The good news is in most cases we can improve our mobility by dealing with the underlying problem and doing regular strength and balance exercises. The sooner we start the better off we will be.

Regardless of our age, regular exercise keeps us fit and makes us feel better. Being physically active strengthens the heart and lungs while supplying increased oxygen to the body. This nourishes and strengthens muscles and joints making them work more efficiently. The spin-off is you have greater mobility, feel more energetic, look better and possibly have more fun.

If you or someone you know is showing signs of immobility our friendly Physiotherapists can help just contact us at Therapy Professionals.

Ph: 03 377 5280
Email: admin@tpl.nz



Important to get your Covid 19 vaccination

Getting your vaccination



A healthcare worker will do a health check with you and answer your questions.



You will need to agree to be vaccinated.



Then the healthcare worker will inject the vaccine into your arm.



You'll need to stay for at least 20 minutes after so a healthcare worker can check you're ok.



Once the healthcare worker says you're fine, you can leave and carry on with your day.

After your vaccination



You will be asked to get your second dose of the vaccine at least 21 days later.



You get your best protection against COVID-19 after 2 doses of the vaccine.



If you have side effects or feel unwell after your vaccination, speak with your trusted health professional.

If you're taking any medications or have a bleeding disorder, talk to your health provider first.

If you have had an allergic reaction to any vaccine or injection in the past, please talk to your vaccinator.

"It's important you're protected against COVID-19," says Dr. Alan Pithie, Canterbury DHB infectious diseases clinician and Canterbury's COVID-19 Clinical Lead.

"The Pfizer vaccine, currently the only vaccine on offer in New Zealand, is highly effective against COVID-19 when you receive both doses.

The Pfizer vaccine has now been given to tens of millions of people worldwide, and thoroughly assessed for safety. The vaccine also provides protection against the new, more transmissible, strains (such as Delta)."

Studies show that about 95% of people who have received both doses of the vaccine, are protected against getting

COVID-19 symptoms.

In Canterbury, we have administered over 200,000 doses across Groups 1, 2, 3 and 4.

To book your vaccination, go to www.BookMyVaccine.nz or call 0800 28 29 26.

You can ask your whānau and friends to help you book your vaccination appointments if you need assistance.

Across Canterbury we have more than 60 clinics, general practices, and pharmacies who are able to provide vaccinations, and more are being set up every day. We are scaling up to deliver around 45,000 vaccinations a week.

More local information and updates can be found on www.vaccinatecanterburywestcoast.nz

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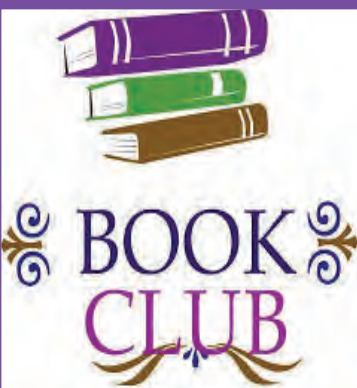
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Ask your whānau or a friend to help you book if you need a hand.

To book your vaccination appointments, phone **0800 28 29 26** or visit **www.BookMyVaccine.nz**

For local updates check **www.VaccinateCanterburyWestCoast.nz**



My Book Club recommends

Beartown

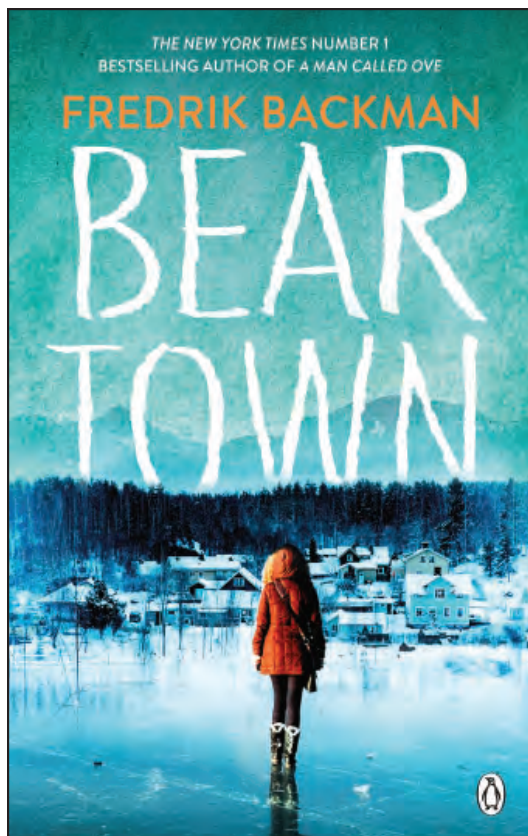
by Fredrik Backman and reviewed by Annie Boardman

In a few words

The back of beyond...the forest at your doorstep...the cold and the dark...and the weight of the whole town's expectations on your shoulders. Beartown's junior ice hockey team know what pressure is all about, and this fast-paced story adds a distressing crime to the challenges they face. Giving equal weight to both the numerous characters and the plot, the author challenges readers to consider the power given to sport in Western society and the negative consequences that can follow this obsession.

Great for

Readers who enjoy contemporary thought-provoking stories with universal themes will find this a worthy specimen. Beartown immerses you in a community that is struggling to survive, where everyone has known everyone else forever. If you have read a previous book by this author, *A man called Ove*, then



you will know that Fredrik Backman is adept at writing about communities of interesting people — the good, the bad and the ugly. And in this story, all three categories are present.

Why I love this book

Although set in the northern hemisphere and featuring ice hockey, it is a story that makes you think of New Zealand and our obsession with sport. Substitute the ice hockey for rugby and it could be a story that unfortunately feels very close to home. It is therefore the perfect vehicle for discussing how we treat our young sports people, and how we allow them to treat others. Even if you are like me and would prefer reading a book to standing on the sidelines cheering with the crowd, this story is absorbing and compels you to take sides yourself — just from the comfort of your armchair rather than the pitch.

My one criticism would be

You have to have your wits about you to keep up with the many characters. However, as they are all crucial to the story you do become invested in what is happening and they soon all fall into place.

About Annie

Annie is one of the Book Discussion Scheme team, writing the book blurbs for the BDS catalogue and helping to dispatch the book parcels around New Zealand. Annie is the convenor of three book groups!

She says her favourite book is usually the one she is reading at the time, but adds: "My reading choices are 'ideas-driven'. I read a wide range of fiction and non-fiction but really enjoy stories that make me think and so challenge and broaden my view of the world."

Shape

Book Discussion Scheme (BDS) provide enough copies for your club to read the same book at the same time, as well as professionally-prepared discussion notes. Membership starts from \$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.



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Royal Commission of Inquiry into abuse in care

The government established the Royal Commission of Inquiry into Abuse in Care to look into what happened to children, young people and vulnerable adults in state-based care or in the care of faith-based institutions between 1950 and 1999. The work of the Inquiry began in 2019 and will continue until 2023 and the primary aim is to ensure that we learn from the experiences of those who were abused or neglected in these settings to ensure that it does not happen again.

The scope of the inquiry is broad



Louise Taylor

and includes psychiatric institutions, foster care, borstals or youth justice facilities, children's homes, adoptions,

health and disability settings, police custody and educational settings. The Inquiry wants to know about neglect or abuse which occurred in these settings and the impact this has had on the lives of survivors. Full wellbeing support is available at no cost to those who take part in the work of the Inquiry.

If you were abused or neglected in one of these settings between 1950 and 1999 and you would like to know more about the Inquiry there are a number of ways you can become involved. To find out more you can

call the main number for the Royal Commission on 0800 222 727, look at the website abuseincare.org.nz or you can contact Louise Taylor at Community Law Canterbury. Louise is one of a panel of senior lawyers who have been appointed by the Royal Commission to work with survivors to ensure that their experiences are recorded. There are no costs to survivors who use a panel lawyer to lead them through the process.

If you would like to contact Louise please call 03 366 6870 or email louise.taylor@canlaw.co.nz

Feeling breathless, dizzy or 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 that you could previously do. Usually, it seems like a normal part of ageing, so we put up with it.

Sometimes, these changes may be signs of an underlying medical condition, such as heart valve disease (1) - 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 older 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 often, undetected, undiagnosed, and untreated.

Getting your heart checked is very easy. It is a short and simple check, that can be done during any appointment with your GP. So next time you go to see your GP, ask your doctor listen to your heart.

(1) Mayo Clinic Staff. www.mayoclinic.com. <https://www.mayoclinic.org/diseases-conditions/aortic-stenosis/symptoms-causes/syc-20353139>. Accessed December 7, 2020.

(2) Alliance for Aging Research.

Aortic Stenosis: Under-Diagnosed and Under-Treated. 2008. <https://www.agingresearch.org/press-release/alliance-launches-aortic-stenosis-awareness-campaign/>. Accessed November 24, 2020.

(3) Otto CM. Timing of aortic valve surgery. *Heart* 2000;84:211-8

(4) Grimard B.H. Aortic Stenosis: Diagnosis and Treatment. *Amer Cad Fam Phys.* 2016:371-377

(5) According to a survey Heart Health – New Zealand conducted by YouGov (2020) of 1023 New Zealanders over the age of 60 years old, commissioned by Edwards Lifesciences on 6-19 October 2020 [unpublished raw data] (A)

Feeling breathless?

Dizzy? Fatigued? ¹

You may think it is a normal sign of ageing and put up with it, but it could be a valve in your heart.¹ Aortic valve disease affects 1 in 8 people over 75 years.² If detected promptly, your doctor can help you find the best treatment option. It is a short and simple check. Just ask your doctor to listen to your heart.

Ask your doctor to listen to your heart

 listentoyourheart.co.nz

1. Mayo Clinic Staff. www.mayoclinic.com <https://www.mayoclinic.org/diseases-conditions/aortic-stenosis/symptoms-causes/syc-20353139>. Accessed December 7, 2020. 2. Nkomo VT, Gardin JM, Skelton TN *et al.* Burden of valvular heart diseases: a population-based study. *Lancet* 2006;368:1005–11.

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Grandparent contact and the legal position

"My daughter-in-law, my son etc. won't let me see my grandchild. What can I do?"

"My son, my daughter-in-law are incapable of looking after my grandchild or grandchildren and I believe they are unsafe. What should I do?"

"What legal redress can I access to ensure their safety?"

"It's so expensive, how can I afford legal representation? Can I get Legal Aid?"

Each of the above scenarios could run to a chapter in a family law text. For present purposes I intend to confine this article to some comment on the underlying legal position and signposting steps you can take to resume or improve contact, ensure grandchildren are safe. I also explore opportunities for external funding (if you want legal representation and you do not have sufficient resources to fund legal representation).

Conventional wisdom of the importance of grandparents in a grandchild's life is preserved both in underlying legislation and decided cases.

We live in a challenging environment complicated by the need to respond to Covid19 and the uncertainties and stresses that it creates virtually on a

daily basis. Resilience is challenged and that in turn challenges the relationships we have with those who are near and dear to us, and sadly on occasion that leads to fall outs within families. Children can become the unintended victims in the sense that contact with important people in their lives (grandparents) can be diminished or in some cases cut off entirely because of adult issues.

It is reassuring to note that there are decisions of the Courts which recognise and affirm the importance of grandparents in a child's life.

In the 2016 decision *Sinclair v Hayden* [2016] NZFC 3648 the Court helpfully confirms that the conventional wisdom that it takes "a village to raise a child". Whilst parents retain the primary role in providing care for the children in making important decisions for them, the legislation (Care of Children Act 2004) recognizes at principle 5(e) that a child should "continue to have a relationship with both his or her parents, and that a child's relationship with his or her family group, whanau, hapu or Iwi should be "preserved and strengthened". That principle is the legislative pathway for grandparents seeking to establish a resumption of contact with their grandchildren

where it has been cut off or frustrated at the outset.

The Act is effectively saying that it is a child's right to have those relationships (i.e. contact with grandparents preserved and strengthened).

In *Sinclair v Hayden* Judge Russell commented that grandparents must not diminish or inadvertently affect the role the parents play in the child's upbringing. Having said that however the Judge then offered this commentary on the importance of grandparents "...good grandparents can teach children much about life which the children's own parents cannot. They come from a different generation, and can teach children matters from a different perspective than the child's own parents". In the particular case the Judge found that grandparents were positive role models.

In practical terms (if you find yourself in the difficult situation of not being able to have contact with your grandchildren), then the first step is to go through a process called Family Dispute Resolution, or "FDR". This is a mediation process and in Christchurch you can contact Family Works or Fairway Resolution to start the ball rolling. This is available in circumstances where you have tried to persuade your children to allow contact and they have either stopped contact or refused to engage with you. They will provide some in house counselling and discussions, and ultimately run a mediation, led by a professional in the area. FDR does involve an upfront fee from you, however depending on your circumstances it could be free, for everyone involved. The above providers provide funded services depending on your finances, and there are a number of other providers who also provide this service privately. If you approach your local provider they will be able to provide further information in that regard.

If that process is unsuccessful then you would need to apply for leave (section 47(e)) i.e. permission from the Court to commence your

application. A new application motivated by a genuine interest in your grandchildren and a desire to have a meaningful relationship with them is likely to be granted. The application involves a formal application, an affidavit outlining particular circumstances of your case and your grandchild's situation and what you want. It is served on the children's parents who then get an opportunity to respond. A lawyer can in certain circumstances be appointed to ascertain the views of the children.

It is not unusual for that process to then take many months until you reach the point where you get a hearing. On the upside the majority of family law cases settle before a hearing is required. An application could be the spark that helps families engage and reach a satisfactory outcome.

If you have a concern that your grandchild is living in an unsafe environment and your efforts to engage with the parents have been rebuffed or ignored, then in the first instance you should contact Oranga Tamariki. It is a process known as making a referral. It is always a difficult decision for you to take but as you know from being a parent and (a grandparent), that often involves making difficult calls. You can contact Oranga Tamariki on 0508 326 459.

In circumstances where you do not have sufficient resources of your own, you can apply for Legal Aid. Again that process should be undertaken with your lawyer who will make an application and you should get a response within 1 -2 weeks which will tell you whether or not your application would be funded.

If you find yourself in the predicament above, then you should contact your lawyer to discuss what can be done. At Harmans we have a team of five lawyers in the family team who have a broad depth of knowledge in the area of family law. You can give either Harriet Daley, Mimi Simpson or Charlie Robson a call on 03 379 7835 to arrange an appointment to discuss your situation.



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www.harmans.co.nz

Access to grandchildren

Hear Harmans' Lawyers discuss the issue here at Age Concern Canterbury, 24 Main North Road, Papanui on Wednesday, 20th October 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.



Ko Helene Hakaraia tenei

Helene's mihi/message

Nga mihi mahana ki a koutou katoa, ko ahau tenei.

Ko Otakou te marae

Ko Ruahikihiki te whānau o toku Whaea no te whānau Bates.

Warm wishes to everyone. This is me.

My mother's family go back to Otakou.

Ruakihikihi are the people there and she is from the Bates family.

At high school Helene Hakaraia had aspirations to become a nurse, but her father didn't like the idea of her cleaning up after sick men, so when her mother found her a position as wages clerk for three combined garment manufacturing companies, she at least could use her natural maths ability. Number crunching did her no harm, but she never lost that need to nurture either. Helene is a rare bird who balances a love of logic and puzzles with a strong, caring and wairua (spiritual) side - attributes which earn her the love and respect of colleagues and the folk she watches over and cares for 50 years on. Warmth and empathy shine from her beautiful brown eyes, but there's no mean dose of acuity there as well.

Marrying young, Helene raised a family while caring for her husband invalided in a motorcycle accident. When her children were at school she returned also, gaining University Entrance as part of Kohanga Reo training,

"I hadn't really enjoyed school the first time around. I wasn't a confident person, and I felt different, even though I wasn't treated differently to others. My "normal" was always different, but I didn't recognise it as a gift until I was in my twenties. From an early age I could "see" tupuna arriving on the marae for tangi, for instance. I just thought everyone could. Talking about it, I found two other people (my father was one) who were the same. My sister has a similar gift, although she will tell you hers is not as developed as mine, and that's probably because our life journeys have been different."

Helene's life journey has made her special among her peers.

"I'm very respectful that I can be part of another world, and share it, through my tupuna. I take nothing for granted. But I can tell the best spook stories in the world. Travelling around the country in a van to tangi in other districts, there'd be lots of laughter, good kai and we would waiata and sometimes even get out to haka on the roadside. And I was often called on to tell a spook story. When I told a spook story, travelling down the Desert Road on a dark night, everyone was spooked, I tell you. But my gift is also a big responsibility - very real and serious. There's a longlist of rules



Helene Hakaraia

and protocols around disrespect and inappropriateness in walking with the tupuna (communicating with the dead), and it might be easy for some to overstep a mark, but I believe I am guided. It's more than a feeling, there's a sense of tuning into another level. Sometimes things come out of my mouth, which I would normally be too tactful to say, but it turns out to be right for the occasion. I used to worry about that, but now I know I can trust my tupuna.

Helene recalls a group of friends leaving a room to go outside to smoke, when she heard herself say You should give it up. Say hello to emphysema."

"I was shocked, and my boss was, but they weren't. Sometimes I can summon a voice, or a message, and other times it comes out of the blue. I'll often know who is calling when there's a knock on the door, or the telephone rings, and I'll know what it's about. It's about being open to anything."

Helene's gift has led her into the

caring field, in a way quite unlike the nursing she had in mind as a youngster. She refers to her community work with Te Puna Oranga, as "maioha", which translates to being welcoming, affectionate, accepting, having regard for and appreciating difference.

"I was employed for 10 hours a week but I can often work many more, because it doesn't feel like work. We get referrals from the mental health sector, schools, community organisations, counsellors, whanau, MPs, CEOs, you name it, and from all over New Zealand. We all need something sometime. There are people who ask for cultural supervision too. It's client-driven, and it's about direction, connection and healing.

When Covid struck, Te Puna Oranga was already keeping an eye on kaumatua in the community, and from that involvement recognised and identified that some within the wider group had special needs. Twelve in particular were unwell, alone and needing support. Normally sociable people, they

were finding isolation quite a struggle, and "needed to be gathered in" Helene says. Although they appreciated the offered mainstream support, such as Meals On Wheels, they missed the traditional rituals around kai (food/eating) - the sharing and companionship and familiarity of their own comfort foods especially.

And so Manaaki 20 was born at that time, via a contract with Te Putahitanga, with Helene and others appointed to take care of the vulnerable men and women, as well as making sure the creature comforts they needed were readily available. On Helene's frequent home visits

she bore not only hearty bacon hock soup, paraoa pairi (fry bread) and Louise cake from her own kitchen, but also care packages containing winter basics such as hats and quilts, hot water bottles and blankets, soup and Milo, and non-spill mugs. If her people were still cold she could arrange firewood. If they had a problem she couldn't fix, she'd refer them to the social work team at Te Puna Oranga.

Helene is part of a group which looks after the social aspect of the kaumatua too. You will see her at Eastgate Mall often, having kawhe (coffee) and a korero (chat) with an ever changing, coming and going group. She'll be subtly checking out how they're coping, and enjoying the companionship herself. At any time of the week, there'll be a table or two or three, of welcoming people, mostly kaumatua but some youngsters too, ready to chew the fat and listen to the stories of old times. Anyone is welcome. Many of them will be found back there on a Thursday evening from 5.30 - 7pm, where they'll have a food court meal accompanied by Helene and a ukulele group with other musicians and singers. If you're lucky you'll get to hear some well-known musos from the past too. They've still got the pipes, as they say!

Glossary

Kaumtua: older respected people.

Manaaki: defined as cherishing, looking after, conserving and sustaining.

Tupuna: dead people, ancestors.

Tangi: funeral. V: to cry.

Waiata: songs, singing

Whānau: family

Kohanga Reo: Language Nest, early childhood education.

Kai: food

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Sepsis, what you need to know

Knowledge is power and knowing the red flags and signs of sepsis can save your life, and the life of your loved ones.

So what is sepsis?

Sepsis (also known as "septicemia" or "blood poisoning") is a life-threatening complication of infection where the body's immune response starts to damage its tissues and organs. It can affect every part of the body from head to toe.

How serious is sepsis?

Some with sepsis make a full recovery, especially if they are treated early. Others are left with lifelong disabilities, particularly where sepsis is not recognised or treated quickly. Overall, at least 10% of older people with sepsis die in hospital, and 60% of adults who survive an admission have a new physical or cognitive disability (a 'cognitive' disability is one caused by disturbance of normal brain function).

So why is it so important for the older generation to be aware of?

As we get older our immune system is not firing on all cylinders like it did when we were young and sprightly.



Some people have medical problems or injuries which make infection more likely. When an infection does happen (such as a urinary tract infection, a skin infection like 'cellulitis', pneumonia, or an infection after a procedure or surgery) older people are less able to get it under control before sepsis takes over. The sooner we get medical treatment the better the outcome.

So what are the signs of sepsis?

Sepsis is not a simple cough, cold or fever. In fact, quite a lot of people with sepsis don't have a high temperature when they get to hospital, and some

even have low body temperatures. People will often have a sense that they are unwell with an infection before developing the following as the poisoning takes hold:

Seek medical help urgently if you or your loved one develops any or one of the following:

- * Slurred speech or confusion, or difficult to wake,
- * Extreme shivering or muscle pain
- * Passing no urine (pee/mimi) for a day,
- * Severe breathlessness or breathing very fast,
- * It "feels like you are going to die,"

* Skin mottled, bluish, or pale or feels abnormally cold to touch.

Unfortunately, sepsis still causes deaths in New Zealand - more than breast, bowel and prostate cancer combined. The Sepsis Trust NZ is a team of passionate doctors, nurses, survivors, and supporters who all work towards the common goal of eliminating unnecessary harm due to sepsis in this country. The Trust aims to increase awareness of sepsis, improve care for people with sepsis, and support the survivors of sepsis and their families/whānau. Through our fundraising efforts we've been able to appoint a sepsis support nurse, who can offer a friendly ear and practical advice to anyone who wants more information, or who might be struggling with sepsis and its aftermath.

Visit the Sepsis Trust NZ website at sepsis.org.nz for more information. We appreciate donations or regular giving - use the website or get in touch at info@sepsis.org.nz to support our mission.

Inspiring independent everyday 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. ^(A)

inspiring independent living

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West Coast Road is still good

by Mike Crean

Before TV, Selwyn Toogood was a household name. He made Rinso washing powder and the radio quiz show "It's in the Bag" famous too. Selwyn toured the country and presented the show from a different town hall each week. Few people knew New Zealand as well as he did.

So, I have never forgotten Selwyn saying the West Coast Road, between Greymouth and Westport, was the grandest in New Zealand. Take a drive along it and you will see what he meant. Known now as State Highway 6, it slides spectacularly between spuming breakers of the Tasman Sea and a daunting wall of bush-clad hills.

If you are in a hurry, allow 90 minutes for the trip. But who wants to hurry? There is plenty to see along the way and a stop at Punakaiki is almost compulsory.

Leaving Greymouth, you cross the Grey River and head to Runanga. This town is steeped in coalmining and trade union history. Almost a suburb of Runanga is the settlement of Dunollie.

Allow me to digress. Dunollie is the home of New Zealand's greatest marathon runner, Dave McKenzie. As an unknown athlete in 1967, with top international runners all around him, and in freezing conditions, Dave won the ultra-prestigious Boston Marathon, and in record time. He still laughs recalling the



The "grand" Coast Road between Greymouth and Westport meanders along the rugged coastline.

Greymouth Athletics Club singlet he was wearing above several warmer garments. A large letter G, for Greymouth, emblazoned the singlet. A commentator covering the race puzzled about this before proclaiming the winner was representing Greece.

A few minutes further up the road you see the sea. The tiny village of Rapahoe is a splendid place to stop the night. In a fine motel there, high above the beach, you get an enchanting view of sunset over the Tasman.

The coast road continues along steep bluffs, through deep gullies and rugged bush country to Barrytown. The sea is your escort. Nikau palms in paddocks wave at you on the straighter stretch before Punakaiki.

For many years tourists poured into Punakaiki. Cars, coaches and caravans hogged the parking spaces. Covid-19 has scotched that. It is more pleasant now. Walk the excellent circular track above the dramatic blowholes where surging waves crash and bash serrated

rocks, shooting spray high in the air. If you are lucky enough to face an offshore wind and incoming tide, all the better. An excellent café back at the highway awaits you.

A short distance up the road a sign points to Bullock Creek. This is the site of the 1995 Cave Creek disaster. You can drive most of the way in, then walk the last kilometre to the spot where a viewing platform collapsed sending a group of 13 Polytechnic students and a tutor to their deaths in the chasm. To many, the place holds a spiritual hush.

Back on the highway you enjoy more ocean vistas before drifting slightly inland as you approach Charleston with its cute little bay. This once was a roaring goldmining town. It is much smaller now. The challenge is to imagine how it once was touted as the capital of New Zealand. Well, Russell was full of bad people, Auckland was too. Suggestions were sought on where to base the country's Parliament. Charleston was in the mix but Wellington got the nod. Perhaps this, showed what people thought of politicians.

The final section of the trip seems plain after these scenic wonders. As Highway 6 turns right, towards the Buller Gorge, you can veer left and pop into Westport. Why not? This hearty town deserves support after its recent flooding.

Are increasing costs putting a strain on your budget?

Times have changed – and so has the cost of living. Kiwi retirees may be facing some or all of the below financial challenges.

- Housing and food price increases
- Council and insurance rate increases
- Savings interest rate decreases

New Zealand Super is not enough

As at 1 April 2021, the NZ Super and Veteran's Pension payment rates for a retiree living alone are \$873.88 fortnightly (after tax), while a couple receives \$672.22 each.

According to the New Zealand Retirement Expenditure Guidelines, a couple wanting to live a 'no frills' lifestyle in a major city would need \$898.73 per week.

For a couple wanting the freedom to live more comfortably with some luxuries, they would need \$1,436.00 a week.

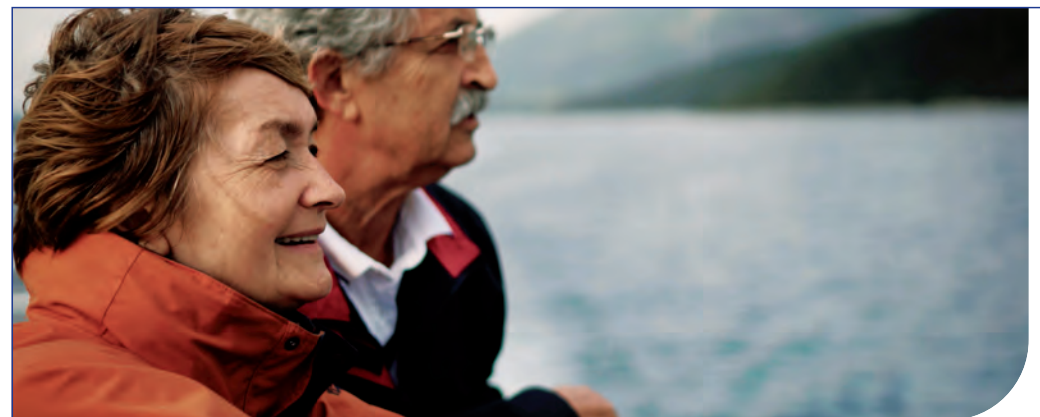
Considering the fact that many retirees no longer have salaried income, funding a dream retirement lifestyle is no longer possible on NZ Super alone.

Unlock an unexpected source of wealth

Many Kiwis have considerable equity tied up in their home, and with it, a certain degree of wealth. Unfortunately, these funds are not easily accessible without selling the home. A reverse mortgage allows people over 60 to access some of the equity in their home without selling or moving out, helping them fund a more comfortable retirement. Unlike a regular mortgage, the loan amount and interest are repayable when you move permanently from your home, meaning you're not required to make regular repayments.

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Staying alive with 65

by Garry

I was lucky enough to be offered a place with the 65 Alive Group. This is run by Odyssey House, one of the more progressive organisations providing services to people in recovery from disfunction, to alcohol and drugs. Why was I lucky? Following a two-week, detox programme expertly run by Thorpe House Social Detoxification Service, it appeared that apart from, the somewhat outdated, AA organisation, which is run by its participants, there was nowhere a person in my circumstances could find the essential support needed to help maintain my newfound sobriety.

I had attended AA for some time previously and found the culture almost demanding of total, future sobriety. I was aware that 90% of people suffering from addictions tend to relapse. Either most attending AA were lying about their recovery or AA was only 10% successful. I needed a more open-minded support group



where the reality of relapse was not considered a failure but more part of the process of overcoming a life-threatening condition. Who was there for people past the age now seen as of no use to society – those who have made it to 65? I had been treated as an overstay by two ageist employers and didn't fancy my options, but I needed to keep working and to be sober to survive. It was then I got lucky.

Diane asked to meet me before I left detox – she changed my life.

Diane was from an outfit 65 Alive, an innovative support group targeted at recovering addicts who were 65+. Yeah nah... I didn't fancy having tea and gingernuts with dodderly folk (so who's ageist?). However, you never know until you give it a go. I've met some wonderful people at 65 Alive. Each week we have the most insightful and useful listening sessions, learning about others' experiences with their addictions and discussing ways to manage life for the true rewards it offers.

Expertly trained facilitators such as Shirley, Veronica, Simon Diane, Lynne and Char also provide person to person support between meetings – they have high, demanding workloads. A third 65 Alive Group is due to start in Christchurch due to the outstanding success of the operating model. There are relapses, it's expected, but from my experience the recovery rate is more like 90%!

On behalf of the wonderful group who attend my 65 Alive group, I want to express gratitude to Odyssey House for its initiative to support an older age group which suffers from addictions, people who have been largely ignored in the past. Our gratitude especially is forever to those who have made 65 Alive a wonderful success. It's time for the Government to recognize this success and provide the funding 65 Alive deserves and needs. But that's for another move... coming soon.

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.

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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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Ronnie Kelly rides into fitness

There are a few wobbles when Ronnie Kelly's feet first hit the bike pedals, but they quickly pass.

As a youngster Mr Kelly was an assured rider, but it has been 10, maybe 15, years since the grandfather of three was on a bike and he is still regaining his confidence.

"The reason I wear gloves isn't because of the cold – it's to protect my hands from gravel rash if I fall off," the 72-year-old confides as he pulls on his gloves and fastens his helmet in readiness for a ride along the Coastal Pathway.

"I'm a bit wobbly when I first get going, but I get better. I bought a bike that is just a little bit too big for me. I'm ok once I'm on it and travelling along at a reasonable speed, but going really slowly or getting the bike started is still a little bit of a problem."

Mr Kelly, who originally hails from Scotland, is a diabetic and it is largely for health reasons that he has bought a bike and started going for short bike rides. He is determined to lose some weight and improve his fitness.

He is starting off small, going for short, gentle rides that allow him to build-up his cycling skills. But he plans to do more as the weather improves and his confidence grows.

"I've always enjoyed biking, but I got out of the habit of it," Mr Kelly says. "I like the pace of it and being able to look around. It's quite a leisurely thing. I'm not out to go really quickly or anything like that. I just like the feeling of it. I did have a motorbike



A few wobbles when Ronnie Kelly's feet first hit the bike pedals but they passed.

for a while so I guess I have a liking for things with two wheels on them."

Mr Kelly has taken a few rides along the Coastal Pathway and has also been on some of the city's other off-road cycleways. He feels safe on them as he doesn't have to contend with other traffic and can take his time.

"Before there were cycle paths everywhere, I would have thought twice about buying another bike. But there are just so many opportunities for cycling now," Mr Kelly says.

While he has only been biking for about a month, Mr Kelly believes it is already starting to make a difference to how he feels. He has lost some weight and his blood sugar levels have been improving.

Biking also helps assuage some of the guilt that Mr Kelly feels when he takes his treasured Mustang GT out for a drive.

"It doesn't balance it out, but I do feel a little bit less guilty about taking the Mustang out for a drive now that I'm doing some cycling," he says.

Maybe, one day, he might even love his bike more than he loves his Mustang?

"Not a chance," he says with a chuckle.

Christchurch City Council believes that getting more people cycling is key to creating healthier communities, reducing congestion, and addressing climate change.

That is why it is going to spend \$242.8 million over the next 10 years

on making the transport network safer for people who want to cycle.

"We want to make going places by bike a safe, convenient option for people of all ages," says Lynette Ellis, the Council's Acting Head of Transport.

Results from the Council's Life in Christchurch 2020 survey show that 27 per cent of respondents aged between 65 and 79 are now travelling by bike at least once a month – up from 5 per cent in 2019.

Fifty-one per cent of the survey respondents aged over 65 say they find it easy or very easy to travel by bike in Christchurch.

"The network of major cycleways that we are building is changing how people move around the city. I particularly love it when I see young kids, or people who haven't been on a bike for years, riding on the cycleways because it shows the investment is making a difference," Ms Ellis says.

"Many older people will recall biking everywhere as children and young adults. It was the way people got around. That has changed though as cars have become cheaper to own and run.

"We want to see the pendulum start to swing back the other way so that biking again becomes a popular way for people to get around. People don't need to make every journey by bike – just one or two a week could make a huge difference," Ms Ellis says.

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'.

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Encourage neural pathways and maintain the brain

Memory, focus, and information processing is commonly reported as a big area of concern for people with epilepsy. People complain of problems with the storage of memory or problems retrieving memory. Epilepsy can also reduce your attentional speed or rate of information processing, but we must not give up on our brain and its ability to do things, instead we need to try to encourage new neural pathways and help to maintain the brain.

There are simple and practical ways of promoting your brain health and cognitive function.

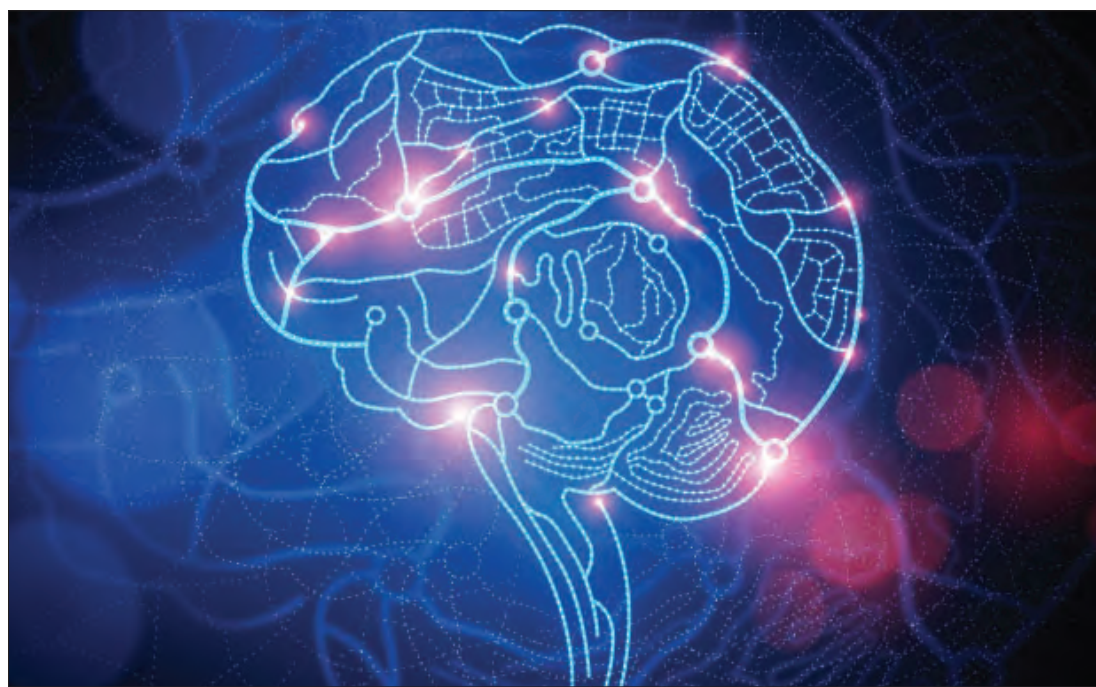
There are many lifestyle practices that can help to maintain and 'grow' your brain; helping to form new nerves and neural connections.

As we get older there is a thinning out of the number and complexity of dendrites. These dendrites are like branches on our neurons (nerve cells), that receive and process information from other nerve cells and form the basis of our memory. We need to keep the nerve cells 'switched on' with new learning, to encourage the brain and nerve cells to grow, adapt or change patterns of connections.

Three simple lifestyle choices to help maintain the brain

1. Eat a diet high in unsaturated fats, such as those found in tuna, salmon and raw walnuts. These unsaturated fats can help promote the production of new neurons in part of the brain.

2. Sleep and get enough of it. Six to eight hours of uninterrupted sleep is the best. This helps the promotion of the growth of new nerve connections,



used for learning and retention.

3. Connect and stimulate the neurons. Going out to meet others or inviting others over or meet up with new groups. Studies have found that with as little as ten minutes of contact and conversation with a new person can lead to improved mental cognition.

Why not try some Neurobics?

This special form of mental exercise makes your ability to focus and concentrate a lot sharper, improving memory and forming new cognitive maps. We all use cognitive maps or mental maps every day to navigate unfamiliar territory, give directions, learn, or recall information. Our five senses are the gateways, through which our brain gets in contact with the outside world; this sets up network pathways based on our daily routine. If you fit in a little Neurobics every day, you could change those everyday routines into 'mind-building'

exercises that help stimulate the brain.

Try a 'pick and mix' of these Neurobics exercises, for short periods each day.

1. Brush your teeth with your non-dominant hand (encouraging your brain to build or expand new circuits in the cortex of the brain) or try writing a quick note with your non-dominant hand.

2. Vary your normal routine in the morning e.g., try a different breakfast, vary the order in which you do things, change the setting on your radio alarm, walk a new route with your dog. (But always make sure to take your medication).

3. Read aloud either to yourself or read out something to your partner or friend. (Listening activates the left and right hemisphere of the cortex, speaking activates the motor cortex on both sides).

4. Take a different route to the

shops, the library or walking the dog. Your brain will start to activate different areas to integrate the new sights, smells and sounds you are encountering.

5. Try to identify all the objects and their places on a shelf. Move some objects around then try to put them back in the right place with your eyes closed.

6. Look at a familiar picture upside down. Your brain will kick in, trying to interpret the shapes and colours and the relationships within the picture.

7. Find at least 4 textures e.g., bubble wrap, sandpaper, silk, and corrugated card. Cut out 4 small squares and stick them under a table. Feel the textures, but every few days move them around or change one of the textures.

8. Vary where you shop. Perhaps a food market or a shop with products from different cultures or continents. Take in the rich smells of spices and herbs or earthy smells, look at the varying colours and shapes of fresh produce.

9. Try something new in your meal. A new herb, a different flavour or texture.

10. Start a new hobby, one that is neurobically stimulating, using different senses or using things in a nonroutine way.

If you have been diagnosed with epilepsy and want some support, please contact the Canterbury Epilepsy New Zealand branch on 027 270 6689 or 022 367 7895 or phone 0800 374537 during office hours.

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.

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



Is there room for

my stuff?



Find your perfect Arvida community for you and your stuff with our new Community Finder. Simply scan the QR code with your phone's camera or visit arvidafinder.co.nz

If it matters to you, it matters to us.



Quiet tonight



Are you lonesome tonight?

Everyone needs to feel connected. But as we age, we often find ourselves spending more time alone, which can lead to feelings of vulnerability, loneliness and isolation, which in turn can affect our health and well-being.

Vulnerability, loneliness and isolation in older adults is often due to changes in health and social connections that can come with growing older, hearing, vision, and memory loss, disability, lack of mobility, and/or the loss of family and friends.

Add to that the challenges brought about by the worldwide pandemic, and the lack of social contact has become a major concern, and in some older adults it can exacerbate feelings of isolation, depression, anxiety and sadness.

People who are lonely lose their sense of connection to family, friends and community. This can activate the same stress responses in the body as physical pain. It may also be bad for brain health. Loneliness and isolation have been linked to poorer cognitive function and higher risk for dementia related illnesses.

There are things that you can do to stay connected and look after your health and wellbeing.

Eldernet and Care Publications provide essential information for older

adults, either through access to their website or through their publications.

Many public libraries run special services for older adults, including learning basic computer skills through programs like Better Digital Futures to help older adults stay connected to family members who live further away.

There are also many confidential helplines that you can contact, such as:

**Lifeline: 0800 543 354 or
free test 4357 (HELP)**

**Suicide Crisis Helpline: 0508 828
865 (0508 TAUTOKO)**

**Depression Helpline:
0800 11 757 or free text 4202**

Seniorline: 0800 725 463

The team at Age Concern Canterbury can also help you to stay connected, whether through social outings, their Accredited Visiting Service or through their Community Health or Home Support Services.

If you are feeling lonely or isolated and need support, please contact Age Concern Canterbury on 03 366 0903, or contact us at Fleur McDonald Legal on 03 365 1595, and, where we can, we'll help you access the assistance you need. We look forward to providing you with advice from the heart. A



PROTECT THE THINGS THAT REALLY MATTER

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

Call me today to discuss how you can keep what is yours—in the family.



Fleur McDonald Legal

Advice from the heart

Phone: 03 365 1595
146 Bealey Ave, Christchurch

Downlights? Get them replaced to be warmer!



CEA energy advisor discussing downlights with a customer.

Does the ceiling in your lounge have lots of little lights sitting flush with the ceiling? Can you see the bulbs?

If you answer "yes" to those questions, there is a good chance you have old-style downlights. These little lights in the ceiling have a transformer in the ceiling cavity that gets hot. It means that any ceiling insulation that was installed, would have left a gap around the transformer. And if you have a lot of these little lights, it means you have a lot of gaps in your ceiling insulation (rather like Swiss cheese). All these gaps means your house will be harder and more expensive to heat.

Luckily, there is a solution. IC-rated LED downlights use a lot less power and they do not get hot so that insulation can be installed over them. An electrician can replace these

downlight units with IC-rated LED downlights. You will not only save on lighting but more importantly, you can have all those insulation gaps filled in. Without the insulation gaps, your house will be easier and cheaper to heat.

If you have a Community Services Card or SuperGold Card or live in an eligible low income area, you may be eligible for FREE insulation from Community Energy Action Charitable Trust (CEA). CEA can also help arranging replacement of your old style downlights and may be able to contribute towards the cost.

Don't hesitate, contact CEA on (03) 374 7222 or 0800 GETWARM or visit www.cea.co.nz for more information and to see how CEA can help you as they have helped so many others in the Canterbury Community.

VOLUNTEER VISITORS NEEDED



Could you spare a little time to become a volunteer visitor?

Many older people in your community are lonely and isolated as they receive few or no regular visitors. Age Concern Canterbury's Accredited Visiting Service helps reduce the loneliness by providing friendship and companionship through a volunteer visitor.

We currently need volunteers particularly from Sumner, Heathcote and other Eastern Suburbs.



We provide full training and support and ask that you commit for at least 12 months, one hour per week.

If you'd like to make a real difference to an older person's life please contact Rebecca or Peter at Age Concern Canterbury on 366 0903.

Beautiful new space for older adults in Addington

Have you been to see the new Community Living Well Centre in Addington? It's a great outing with a friend. You'll get a warm welcome from Centre Manager Vanessa and Living Well Advisor Alex. They'll give you a tour, tell you about all the activities and membership options and then you can have a coffee and homemade treat at Natter Café, hosted by Josh and Sarah.

Free talks every Wednesday at 1.00pm

Try out Thinking Well Wednesdays – learn something new and meet new people. From understanding the chemical makeup of wine to avoiding bank fraud and the benefits of yoga, there is something for everyone. Check out who's speaking at www.goodfriends.co.nz/whats-on or simply come along next week to sharpen your brain.

Free meeting space for local friendship and community groups

If you are looking for a new or different venue for your club, meeting or activity – Arvida Good Friends Community Centre is a great option. All community groups and not for profit organisations can book the upstairs space at the community centre for free. Parking is good and there is great value catering on site.



Contact Vanessa Bottomley on 0800 20 41 20.

Arvida Good Friends is new to Christchurch, giving older Cantabrians support to stay living well at home for longer. They've got the community centre, plus private home help and home care support, as well as Good Friends Go their members' rideshare transport service for appointments, shopping and socialising. Memberships start from

\$5 per week, but you don't need to be a member to visit the Community Centre.

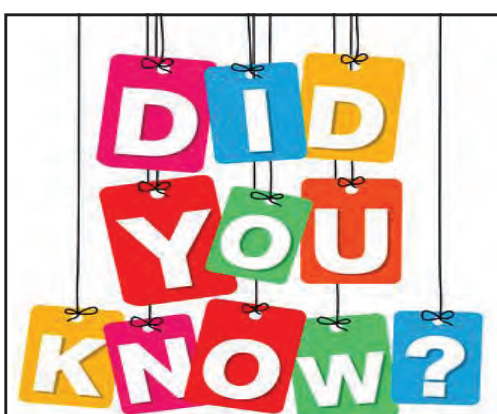
Arvida Good Friends Community Centre, 47 Whiteleigh Avenue, Addington (parking on site and gate connection to Show Place).

Monday to Saturday, 8.00am to 4.30pm.

www.goodfriends.co.nz

Phone 0800 20 41 20

Ⓐ



In 2021 Te Wiki o te Reo Māori will be 13-19 September.

Māori Language Week has been celebrated each year from 1975. The week always includes September 14th which commemorates the presentation of the 1972 Māori language petition to parliament.

Kia kaha te reo Māori

'Kia kaha' is well understood in New Zealand English with its meaning of 'be strong'. We often talk about languages as if they are people – talking about language health, strength, and revitalisation. So when we say 'Kia kaha te reo Māori' we're saying - 'Let's make the Māori language strong'.

**KEEP UP
WITH
THE
UPKEEP**



If you enjoy living at home but sometimes need a hand staying on top of things, Arvida Good Friends have trained helpers to support you to keep living independently.

Whether you need help around the house, light gardening, a hand with appointments, or just a friendly face, Arvida Good Friends will find you a like-minded helper, personally matched to you.

To become a member call **0800 20 41 20** or visit **goodfriends.co.nz** today.

**MEMBERSHIP FROM
\$30 A WEEK**

Subscription benefits include 30 mins of home help and then it's \$36 per hour after that. No hidden extras.

**ARVIDA
good friends**
Keep doing you

Scottish Country Dancing still a popular pastime activity

Scottish Country Dancing has been and continues to be a popular pastime activity. This group of over 60-year-olds have combined dancing experience of over two centuries! Most of the women have been dancing for well over 50 years but Tony is a relative newcomer with only 43 years of dancing experience. Vivienne, Ann, Baroona and Tony still dance weekly.

No longer confined to Scotland, Scottish Country Dancing is popular the world over for its blend of traditional culture with the leisure pursuits that people enjoy today. Although there are thousands of dances, most of them are made up of just a few basic figures which means that they can generally be learned quickly and easily, with the emphasis on Scottish Country Dancing as a social pastime. This

allows anyone, young and old, to enjoy an evening out to the accompaniment of the stirring reels and more gentle strathspeys which have come down through the generations.

Contact the Royal Scottish Country Dance Society to find out about your local Scottish Dancing Club.



Ann Perkins, Barbara Simmonds, Ruby Walker, Vivienne Brown, Baroona Gilbert and Tony Beasley are all still active participants in Scottish Country Dancing.

Gentle but effective exercise while sitting

Joint pain and circulation problems like cramps, restless legs and fluid retention can be eased and often disappear with the help of an Aircycle exerciser.

For 12 years Allen from Beachlands had been unable to drive and found walking difficult due to numbness in his feet. He advises "I'm now walking 2 kms per day. My wife is using it too with great results. We're excited about the months ahead".

A lady from Te Horo devised Aircycle to help her husband's severe arthritic pain, stiff joints and swollen ankles.

The simple, inflatable cushion allowed her husband to exercise his ankle, knee and hip joints, lower back, wrists, fingers, arms and shoulders while he was watching TV.

It was so effective an arthritis educator asked more be made for other sufferers. Now it's used by thousands of people here and overseas.

Sandra, Waikanae advised "I've found Aircycle really effective for fluid retention, neuropathy pain and circulation – it really works".

Ross, Auckland wrote "I've had such success with this in reducing cramps, swollen ankles and sore legs. I've bought two more as gifts for friends".



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

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

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



Gentle exercise while watching TV or reading



Arthritis aid and circulation booster

Helpful for:

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

RRP
\$39.90

'Available Diabetes Christchurch, More Mobility & some pharmacies'
View at www.aircycle.co.nz or call 0800 141415 or post \$44.90 (P&P included) to 106 Kawi Road, Levin 5510.

Understanding the way grief affects us

Early in my career I lost my brother at a young age, my parents, my young brother and I were devastated. Having these experiences in life helps us as funeral directors to understand the way grief can affect us.

My colleagues Mike, Nick and Amber have experienced unexpected loss and we have dedicated our lives to helping others at this very sad time. At Simplicity we act with warmth and understanding, our goal is to empower you to have the farewell that suits your needs.

Our location is in the heart of Sydenham easy to find with enough parking, simply park out the front. We have just completed our 'Memories Room' this is a modern, warm and inviting space large enough for family viewings or gatherings. We have a sound system and TV screens to play favourite music and photo's, either on

your own device or using one of ours. We also have a modern kitchen for those wanting for have a cuppa. Our Chevrolet Caprice Hearse is parked in the building behind a graphically designed glass wall for those wanting to farewell or follow the hearse to the crematorium or cemetery.

We have funeral plans to suit everyone with a wide range of options. We can always custom design a funeral plan to suit your needs whether it's something simple or a full service in a venue of your choice, with burial or cremation. Our Pre Arrangement plans and Pre paid options through the Funeral Trust NZ are an excellent way to help guide your family through at the time. This takes quite a lot of pressure off, and can be peace of mind for you.

www.thefuneraltrust.co.nz

Mark Glanville (fdnz cert)



G Barrell & Sons

Simplicity Funerals

Simply respectful. Simply affordable.

More people are asking us about pre-payment and pre-planning. We can help guide you through all of the options available and offer advice on the best solutions.

We offer Funeral Information talks to groups. Please call us for a speaker to come to you.



Mark, Mike and Nick at Simplicity Funerals.

Canterbury wide, we're part of your community.

Providing 24 Hour Care, 7 Days

03 379 0196

www.simplicity.co.nz

Take time to look after your bones

Osteoporosis literally means 'porous bone'. It is a condition that causes bones to become thin and fragile, decreasing bone strength and making them more prone to fractures. It is often called the 'silent disease' as bone loss occurs without any external symptoms.

The result is that bones break easily, even following a minor bump or fall. Healthcare professionals may refer to these broken bones as fragility fractures or osteoporotic fractures. These terms all mean the same thing. Fractures (bone breaks) can occur in any part of the body, the most common sites of a fragility fracture are the wrist, spine, shoulder and hip. Osteoporosis is sometimes confused with osteoarthritis. Osteoporosis is a bone disease; osteoarthritis is a disease of the joints and surrounding tissue. Fractures due to osteoporosis are a major cause of pain and often means that there is long-term disability and loss of independence among older adults. Osteoporosis can even result in premature death.

The good news is that there are many ways to prevent and manage osteoporosis at every stage of life. Take charge of your bone health today!

Children and adolescents need to BUILD maximum peak bone mass.

Adults need to MAINTAIN healthy bones and avoid premature bone loss.

Older people need to SUSTAIN mobility and independence.

Building strong bones throughout your lifetime means you can continue to do the things you enjoy for longer.



Exercise and Vitamin D through sunlight are two great ways to help prevent osteoporosis.

To reach optimal peak bone mass and continue building and maintaining bone tissue as you get older:

- Exercise regularly
- Eat well
- Create healthy lifestyle habits
- Talk to your doctor about the risk factors you might have

Exercise regularly

Ideally you should aim to do at least 30 minutes of weight-bearing physical activity every day. The best exercises for bones are ones that work your muscles against gravity. Some examples are walking briskly, jogging, tennis, dancing, low-impact aerobics, or golf. Resistance training or muscle strengthening exercises that suit your needs and abilities will help improve coordination and balance. This helps to maintain mobility and reduce the risk of falls and fractures.

Vitamin D

Vitamin D is essential for the absorption of calcium from the diet, bone development, control of cell growth and immune functioning, and has also been linked with the prevention of muscle weakness, which is important for preventing falls.

When vitamin D levels are very low your bones suffer. The best source of Vitamin D is sunlight. Vitamin D is naturally created in the skin from

exposure to sunlight. For Vitamin D synthesis, exposure must be to direct sunlight as UVB does not pass-through glass. In New Zealand exposure should be restricted at high UV times. For most people, vitamin D deficiency can be prevented by 5 – 15 minutes' exposure of face, arms, and hands to sunlight 4 – 6 times per week. In winter (May to August) a brisk walk or other form of outdoor physical activity around the middle of the day is a good way to increase your vitamin D.

In Summer (September to April) it is important to understand that any sun exposure between the hours of 10am to 4pm can increase the risk of skin cancer. Remember it is essential to slip, slop, slap and wrap during these hours. It is best to schedule outdoor activity to early morning or late afternoon. Individuals who never go outside (if they are frail or unwell), those who are veiled, and those who have dark skin, are at risk of vitamin D deficiency, so might benefit from a vitamin D supplement. The use of supplements by those who are not deficient does not improve bone health. Most healthy European New Zealand adults living independently do not require vitamin D supplements.



Mature Moves is about helping people to lighten the load

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?



**MATURE
MOVES**
With Care

OBLIGATION FREE
CONSULTATIONS



We can help you

- | | |
|-------------|---------------------------------|
| ■ Downsize | ■ Setting up your new home |
| ■ Declutter | ■ Preparing your house for sale |
| ■ Pack Up | ■ Cleaning: inside & out |
| ■ Relocate | ■ Rubbish removal/gardening |
| ■ Unpack | ■ Selling & gifting items |
| ■ Storage | ■ Estate Clearance |

Phone Gary or Sharon
0800 777 214
Mobile 021 570 702

Email: info@maturemoves.co.nz
www.maturemoves.co.nz

Affordable world-class care

Having a sense of purpose, fun, meaning, control and dignity are all key elements of the care at Nurse Maude Hospital. Visits are welcome at any time, including those from the family dog.

"This is, after all, the resident's home, and they deserve no less," says Natalie Seymour, Manager of the Nurse Maude Hospital, which provides long-term residential, end of life, complex and respite hospital level care.

That care is based on the values that were established 125 years ago when Nurse Maude herself cared for the some of the most vulnerable and frail in the Christchurch community.

Meeting the individual needs of residents, many with complex health needs, takes a responsive, skilled and flexible approach and the total commitment of our nursing staff and specially trained volunteers.

"It's important for our residents, and their families, to be able to trust that we will look after, and respect them and never forget they have had full and interesting lives before they came to live here," says Natalie. "Meeting their desire to be as independent as possible, to continue to be involved



and know that they matter is just as important as meeting their health needs."

With its large established garden and streamside walk the residents enjoy warm and secure surroundings, each with their own ensuite, large communal living spaces and smaller private lounges.

Residents at the Nurse Maude Hospital may be fully funded and there is no charge for those needing palliative care, making world-class care much more affordable than you think.

"We can also provide private and respite care," says Natalie "and we can step you through the process for funding and admission." A



Support Group for Significant Others

A support group for people living with or supporting those who have issues with anger or who drink, gamble or struggle with an addiction. The aim is to provide information and support, some education and guidance. The group would be run by an experienced trained AOD (Alcohol and Drug) Clinician.

Is this the group for you? Have you:

Have you been embarrassed or felt the need to apologise for this person's behaviour?

Does this person's behaviour stop you doing things for yourself?

Are special occasions ruined by this person?

Do you tend to focus on this person and ignore your own needs?

Do you suffer financially because of this person?

Have you stopped inviting people to your home?

Have you considered ringing the Police and feared for your own safety?

Does this person discourage you from being social?

Do you carefully consider what you are going to say as you fear how they will react?

Tuesdays from 1.00 to 3.00pm

Age Concern Canterbury, 24 Main North Road, Papanui. Christchurch.

Cost: Free and tea, coffee and biscuits will be available.

There is a bus stop right outside the door and parking is available around the back of the building. If anyone has problems with transport let us know and we will see how we can assist.

Please call Diane on 03 3317812 or 027 2486249 to enrol or talk to any of the staff at Age Concern Canterbury. Looking forward to seeing you here.



World-class care may be more affordable than you think



Combining world-class nursing services with quality, contemporary facilities, we provide hospital-level residential care 365 days of the year. We believe care of that calibre should be accessible to everyone, and we think you'll be surprised by what's available to you. Contact us today to discuss all the options.

Contact: Ph (03) 375 4145
25 Mansfield Avenue, Merivale
www.nursemaude.org.nz

Nurse Maude
Caring for the people of Canterbury since 1896

Early signs of dementia - part 2

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 most common to dementia is the progressive impairment of memory, in particular short term memory. You may notice that the person with dementia is able to remember events that took place years ago but recent events not so well. 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 day. Repetitive behaviour 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. No one will show all the signs listed in these articles. It will depend on which part of the brain is most affected. Our rule of thumb is that people will display problems with memory loss and at least one other of the concerns we have discussed. In the last issue we discussed problems with reasoning, disorientation and language that make carrying out normal tasks of daily living challenging. Now we will be taking a look at how personality

or behaviour changes, co-ordination problems, reduced motivation, poor concentration, difficulty with spatial awareness, and impaired judgement may be troublesome for someone in the early stages of dementia.

Personality or Behaviour Changes

It is not always easy for the person with dementia to recognise changes in themselves, however others may.

Extreme swings in mood may occur, but there may also be a noticeable turnaround in mood generally. Confusion, depression anxiety and fearfulness are common in the early stages of dementia. You may see a shift in personality. People who have been shy or quiet all their lives may become more outgoing. This is because the condition often affects the social filter in the brain. Some people may become withdrawn and others who have been easy going may become irritated- especially when things occur outside of their normal routine. Obsessive compulsive behaviours may also become more noticeable.

Co-ordination problems

This may include such things as dropping things more often, not being able to do very familiar things such as use cutlery, hold a pen, have difficulty taking off or putting on a jacket or being able to multitask.

Reduced Motivation

Reduced motivation is a common problem which causes a lot of frustration. The person with dementia may lose interest in hobbies and activities. They may not want to go out anywhere or spend time with friends and family. They may appear emotionally flat.

Poor Concentration

A person with dementia may find it difficult to perform or complete routine daily tasks, to read a book or follow a movie or programme on TV. They may also struggle to learn new tasks or follow new schedules.

Difficulty with Spatial Awareness

As spatial awareness diminishes, we lose the ability to perceive and relate to the space around us, this is very noticeable as a person with dementia may have difficulty judging the different flooring spaces or patterns on the floor might become confusing. Dimensions and distances become difficult to judge and knocking into things becomes a common occurrence. Poor spatial awareness is one reason why people with dementia may lose their driver’s license, or why tasks such as sitting down on a chair become difficult.

Impaired Judgement

Financial choices may demonstrate poor judgement e.g., giving money

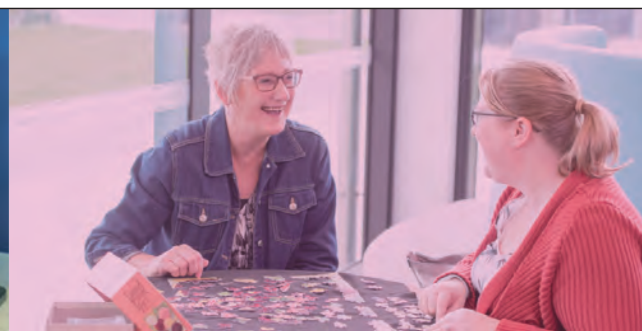
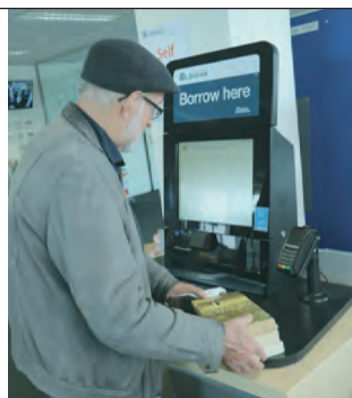
away to strangers or getting involved with scams. Also, things like having the ability to think through risk taking situations and what the consequences of actions might look like can also be problematic.

The manifestation of these kinds of changes in daily life can be quite disconcerting for those who are noticing them, either in themselves or in someone they care about, especially as the early stages of dementia journey can look so different for individuals, depending on which part of the brain is most affected. Having some understanding about what those early symptoms might look like will be helpful should you need to navigate this path.

At Dementia Canterbury we aim to help people who either have dementia, or who care for someone who has a diagnosis of dementia, to live as well as possible for as long as possible. Obtaining an early diagnosis goes a long way to ensure this can happen. Seek help from your doctor to talk over any concerns as soon as possible.

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

swell
Ageing well in Selwyn



Supporting the wellbeing and inclusion of our older residents in Selwyn

Join us for 2 weeks of events and activities including an expo especially for our older residents living in Selwyn.

Swell Expo

Monday 18 October, 9am–2.30pm
Lincoln Events Centre

Exhibitors will provide information about living your best life in Selwyn.

Learn about social activities, healthcare, life planning and community groups; plus enjoy fun activities and entertainment.

Swell Give It a Go Fortnight

Monday 11 to Sunday 24 October

Join us for guest speakers, exercise classes, talks, food demonstrations, art classes, and indoor bowls to name a few for senior residents to take part in.

Pick up your Swell events booklet from any Selwyn District Council library or service centre from 01 October 2021. Visit selwyn.govt.nz/swell2021.

GAMES MORNING

**First Friday of every month:
from 10.00am to 12.00 noon.**

**Age Concern Canterbury,
24 Main North Road, Papanui.**

Complimentary tea, coffee, water & biscuits.



Lorenzo Massetti, funeral celebrant

When the need arises through death, creating and delivering a funeral service that encompasses and celebrates a well lived life can be a daunting task for most folks.

After a rewarding career in funeral service, spanning over 20 years, I am now offering my expertise, communication skills and event planning abilities to families, as an experienced and trusted funeral celebrant.

As an articulate and experienced celebrant, I combine my background in Radio Broadcasting with a relaxed and professional style of delivery, to ensure the funeral service is a respectful acknowledgement of a life lived.

My creative, yet compassionate and reassuring personality has endured over the years; and has been the cornerstone of my success in both funeral directing and more recently as a funeral celebrant of choice.

Empathetic, personal service is assured.

As a caring celebrant, MC, host and facilitator I will plan and conduct

a ceremony that allows you to grieve in your own way.

I have worked alongside and supported folks from all walks of life with a calm, compassionate, level headed, empathetic and friendly approach.

Holding the nationally recognised New Zealand qualification in funeral directing further enhances my strengths, as an engaging funeral celebrant.

Whether it's a cremation, burial, an ashes interment - whatever your service needs, I will lead a service with dignity and sensitivity.

I am available to assist all families, all faiths, all denominations, with all ceremonies at all venues across Canterbury.

I can be contacted and secured through a direct phone call to me on 021 820 280 or by instructing your funeral director to call me.

At the most difficult time in life, where grief overcomes due to a loss, I create and officiate truly authentic funeral services, designed especially for you and your family. ^(A)



**LORENZO
MASSETTI**

FUNERAL CELEBRANT

*20 years
supporting others*

Available Canterbury wide

021 820 280

lorenzomassetti@xtra.co.nz

Social connection volunteers of the month

Age Concern Canterbury values all its volunteers. We have close to 300 generous people who give up their time to visit, drive, assist drivers, make phone calls, help with catering, deliver magazines, and generally make all of our jobs just a little bit easier.

Earlier this year Age Concern Canterbury decided to recognise one volunteer a month who has gone above and beyond in their volunteering role for Age Concern Canterbury.

For the past six months these volunteers have been:



March

**Peter
Lewis**



June

**Betty
Chapman**



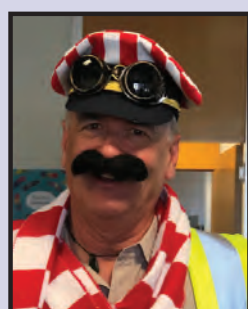
April

**Janet
McGimpsey**



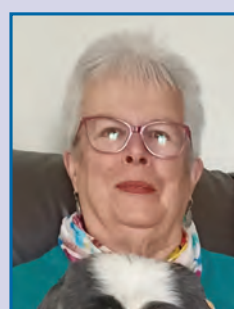
July

**Gaynor
James**



May

**Hans
Nagelkerke**



August

**Linda
Cowan**



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**

The hostess with the mostest



An Age Concern Canterbury outings group enjoy another afternoon tea with Nancy.

Nancy Van den Ende is the consummate hostess. Her afternoon teas are legendary and a favourite of Age Concern clients who attend the Hosted Social Outings Service.

Nancy has volunteered for Age Concern Canterbury for 22 years as a host for this service, both in her own home and as part of her local church. At 93 years young she shows no sign of slowing down.

Nancy started volunteering when she moved back to Christchurch from Lower Hutt. She had previously been on an outing when visiting her sister and enjoyed it so much she decided she wanted to be part of it when she

moved here. And the rest, as they say is history.

Once a month she provides an amazing home baked afternoon tea for a group of Age Concern social outings clients in her own home. These afternoon teas are the traditional type with a range of sweet and savoury delights, laid out on dainty cake plates. Her Coffee Flakes and Coffee Peanut Biscuits are legendary, and clients, drivers and Age Concern Staff often ask for her recipes.

Nancy's hostess skills aren't limited to the food. She is always welcoming to her guests and ensures they



Nancy with two of her guests and a display of her wonderful afternoon tea.

engage in meaningful conversation. Everyone leaves her home full of both food and friendship.

Nancy is one of 71 individuals and groups who regularly host Age Concern clients in their own homes, for afternoon or morning tea. If you are interested in finding out more about this service either as a client or a host, please contact the Social Connection team on 366 0903.

Lockdown Lewis's Lament



We're all locked down at 14A
It's really, really tough!
They talk about a dog's life-
well,
I've really had enough!
She's run right out of chicken
sticks,
(She says they're out of stock).
And then she takes me walking
Round another ** block!

She never looks the smartest
But now she wears a mask
And her hair is something
shocking
This woman is a task
That would make a lesser dog
than me
Give up and go elsewhere -
But I can't even run away
because we just stay here!

I want to play with other dogs,
I want to visit Keith
And Olwyn, George and all my
friends -
Instead I hide beneath
My crocheted blanket and I
dream
Of days at Level One
When dogs could still go
visiting
And have a load of fun!

Linda Cowan, is one of our Companions on Paws volunteers. She and her dog Lewis were the first to join the service and have been regular visitors to several clients. Lewis is the perfect visiting dog, well trained, intelligent, and small enough to sit on a lap or couch, if that's what the client wants.

Level 4 Lockdown has meant no weekly visits and Lewis in particular has found this very difficult as you will see from this poem.

New Rangiora Social Group



The Social Outings service is pleased to announce that we now have a Rangiora Social Group!

We had our first well-anticipated outing in June where we headed to the Artisan Café in Rangiora for coffee, cake and a good natter.

Outings are on a Thursday morning once a month to a café or host venue in the Rangiora area.

If you're keen to join our Rangiora Social Group, please give Social Connection a call on 03 366 0903.

Coffee Peanut Biscuits



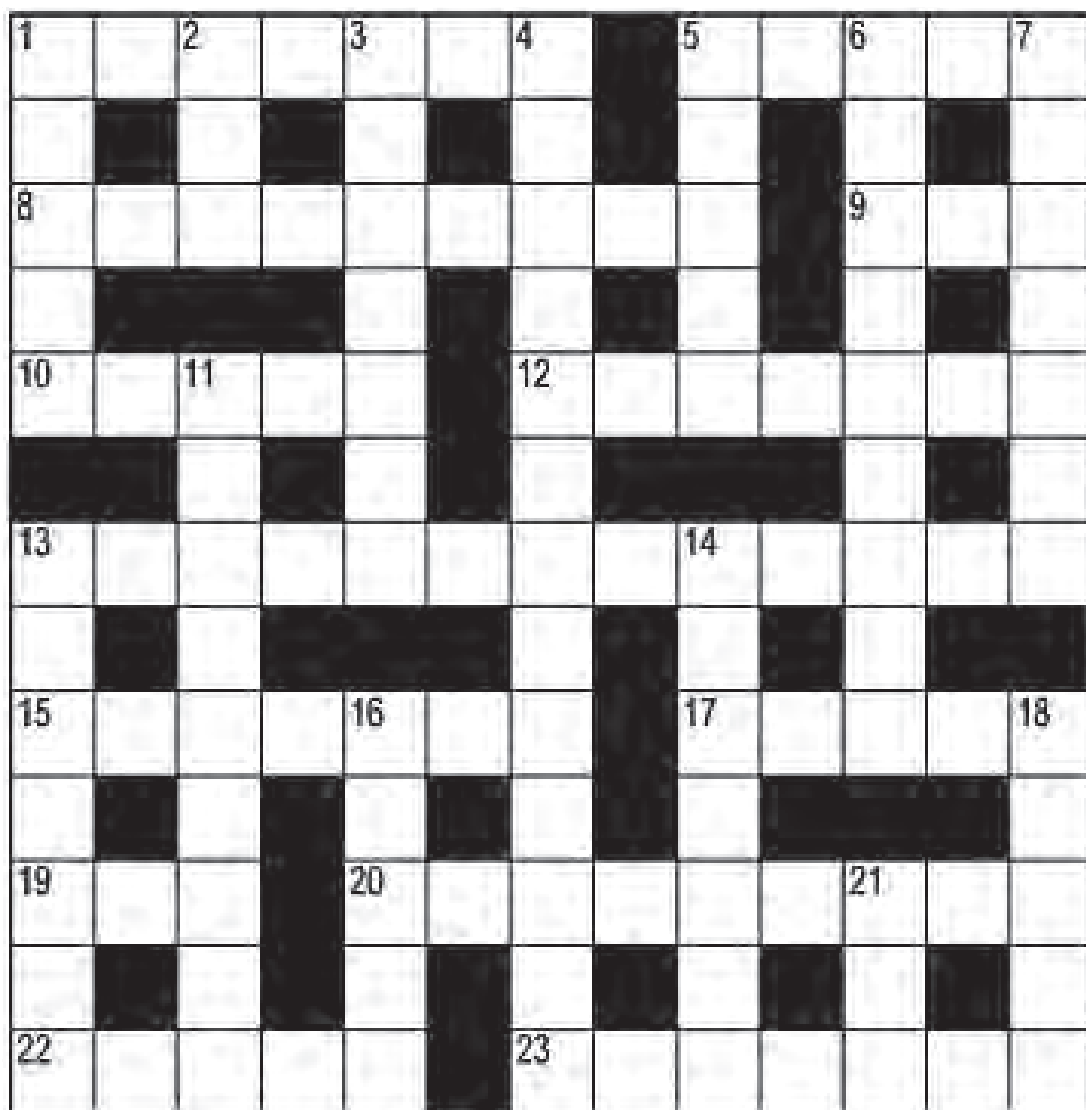
Ingredients

¼ lb butter
¼ lb sugar
1 dessertspoon coffee essence
5 oz flour
1 teaspoon baking powder
Pinch of salt
1 cup peanuts

Method

Cream butter and sugar. Add coffee essence then dry ingredients, and lastly add the peanuts. Roll into balls and flatten on a cold tray. Bake in a moderate oven.

(From Nancy Van den Ende)



CLUES (RVT Xword #51122)

Across:

- 1*. Esteem (7)
 5*. Entirely (5)
 8. Birds-eye view (9)
 9. Antelope (3)
 10. Cavort (5)
 12. Compass direction (7)
 13*. Best parts (9,4)
 15. Polished rubber (7)
 17. Endures (5)
 19. Owns (3)
 20. Greatest (9)
 22. Fibre (5)
 23. With the wind (7)

*Combination clues 1) & 5) Politely (7+5=12)

*Cryptic clue 13) In front with speed equipment (5+4+4=9, 4)

Down:

1. Speedily (5)
 2. Star (3)
 3*. Sincere (7)
 4. Fickle (13)
 5. Confronted (5)
 6. Plants tall with it (9)
 7. Fresh (7)
 11. Jittery (9)
 13. Newer (7)
 14. Increase size (7)
 16. Store ashes (5)
 18. Full (5)
 21. Edible tubers (3)

*Cryptic clue 3) Keen to lug home (7 or 3 + 4)

SEE ANSWERS ON PAGE 32.

Over 40 years in the antique business

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



Steve Purcell, licensed antique dealer



opening the door to a world wide customer base. Circa 1900 was closed and the company Antiques International was formed. (A)

STEVE PURCELL ANTIQUES

BUYING - SELLING - VALUATIONS - APPRAISALS - ESTATE ADVICE

BUYING NOW



Old jewellery and scrap gold * Old coins & banknotes * Old New Zealand items
 * Paintings and old prints * Old silver and pewter * Medals & badges
 * Collectables * Old China porcelain & pottery * Old watches & clocks

If you have any of the above items you wish to sell please contact today for a consultation or to arrange an appointment.

0800 4 BUYER - 0274 327 514 - 03 351 9139

stevepurcellantiques@gmail.com

WWW.STEVEPURCELLANTIQUES.COM

AGE CONCERN CANTERBURY FUNDRAISER



Buy a Membership
to help us raise extra
for our fundraising

FUNDRAISING WITH
entertainment



Entertainment books available through
Age Concern Canterbury.

Contact Peter Gwynne on 03 366 0903.

The Pegasus SAYGO group celebrate their community donations

Age Concern Canterbury's Steady-As-You-Go Co-ordinator, Bev Mason, recently helped the Pegasus SAYGO group celebrate their community donations. SAYGO is an Age Concern programme with a mixture of gentle, seated and standing exercises. Since the group first started in March 2018 it has given away \$1,000 to community organisations.

Age Concern Canterbury has

received \$450.00 with other recipients including the Pegasus Woodend MenzShed, the Pegasus Knitter Knatters group and Welcome Bags for new residents. The Pegasus SAYGO group enjoys a laugh and gets together for a cuppa and chat after class each week.

If you would like to find out more about SAYGO groups available in your area please phone Age Concern Canterbury on 03 366 0903.



Pegasus SAYGo group, joined by Bev Mason (centre, front line)



Steady As You Go (SAYGo)

Falls Prevention – Exercise Classes in Canterbury (August 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	Wycola 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 9.00am	Papanui	Age Concern Canterbury, 24 Main North Road, Papanui.
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 Hall, Victoria Street, Rangiora
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	Rangiora	RSA Hall, Victoria Street, Rangiora
Thurs 1.30pm	Pegasus	Pegasus Community Centre, corner Pegasus Main and Tahuna St
Thurs 2.00pm	Kaiapoi	24 Sewell Street, Kaiapoi

Spreading kindness through craft



Crafters from our Craft for a Cause group and their latest creations, and Cotton Dish cloths made by WEA Crafters.

Crafting For a Cause is a group of crafters meeting weekly at WEA to create things people need. These clever crafters knit, crochet, sew, and repurpose materials generously donated to WEA Canterbury. Creating social capital, this group are helping reduce stash cupboards and keep materials from going into landfill, while sharing skills and ideas.

Polar fleece has been turned into kitten blankets for the SPCA and over 50 children's beanies and mittens for It Takes a Village, who told them "The mittens have been a life saver

for our families". Wool yarn has been knitted up as hats, scarves and baby blankets; handmade paper has been turned into Thank You cards; cotton yarn knitted and crocheted into dishcloths, facecloths and cat toys; curtains recycled into tote bags and net curtains into vege bags and laundry bags and sold as a fundraiser to members of the WEA.

To find out more or join the group, visit www.cwea.org.nz or drop into the WEA office at 59 Gloucester Street between 9:30 am and 3:00 pm Monday to Friday.

Ⓐ

Moving to a retirement village?

Selling your home?

- For maximum price and minimum stress, call on my 34 years experience in this specialised area.
- For independent advice and guidance without pressure, call me now for a free appraisal and very a competitive fee structure.



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



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

Casual work only.

Payment is on an hourly rate.

For more information please phone Deb on 366-0903

Tellen provides tailor made solutions

Tellen has been a leading specialist in Radio & Wireless Technology and Communication Systems over the last 25 years. We continue to service a broad range of industries across New Zealand.

Accessing the world's leading technology brands, we provide tailor made solutions to meet client needs and applications.

Our team of experienced and qualified specialists will design a solution, which can integrate with your existing system(s) or alternatively a new system that offers the latest features.

At all times the Tellen team will work closely with you to ensure the design solution meets your budget and importantly has the capacity for future upgrades and enhancements.

We supply, project manage, install, commission, offer training and 24/7/365 first line support for all our solutions.

Tellen is committed to providing the latest in leading edge technology to its clients to ensure your business can operate more efficiently, effectively and with easier and greater compliance through specialized

reporting systems.

Tellen also offers a range of innovative finance solutions to assist clients to undertake the installation of state of the art technology which will boost financial returns and efficiencies.

Tellen has maintained a fruitful and reliable relationship with our past health care clients. And we have taken Paging Technology into other industries. We are proud to hold the leading technology brands and methods at our fingertips. We are currently working alongside the biggest forces in Security, Safety, Hospitality and Wellbeing.

When looking into the future, it's clear that at Tellen we believe in using technology alongside hardware devices, and creating a use and solution fitting to our customers' requirements.

The applications for all our products are vast in numbers and the benefits are widely reaped in many industries. We are proudly NZ's major forerunner in Wireless Integration.

Please get in contact on 0800 877 266 or sales@tellen.co.nz. **(A)**

GPS Watch Tracker and GPS Pendant Tracker

12 month warranty / no contracts



Our MPers devices are designed to be a personal alarm for all ages, as well as a remote personal tracking device.

A complete tracking experience that comes with all the features and functions that is simple and easy to understand.

Quickly locate, monitor, and track your loved one by logging into your APP for Android or Apple iOS devices. Multiple family members can also track and receive alerts.



The Dove Bookshop, a bookshop with a difference



The Dove Bookshop in Bishopdale Mall is a bookshop with a difference. Sited alongside Phil and Dans furniture warehouse at the southern end of the mall, it covers about 400 square metres making it the biggest recycled bookshop in Christchurch.

The shop is run by St Christopher's Community Trust, a registered charitable trust, closely linked to St Christopher's Anglican Church in Avonhead. The Trust manager, Morris North explains.

"Our Book selling commenced in the late 1990s when St Christopher's was fundraising to build a new church. We started with an annual book fair and that went for two or three years and then we rented what was Dalleys Grain & Seed premises at 7 Riccarton Rd. That went well until the building collapsed in the big quake of 2010.

Other shops followed but a big change occurred early in 2020 when we moved into the present site. The big floor space meant that we

could provide wide spacing between the bookshelves which is greatly appreciated by customers especially those in wheelchairs or mobility scooters.

Customers also love the quality and range of the 25,000 books we have in stock. One of the amazing things about the shop is that every single book has been donated by supporters and the wider public.

We have collection bins in the grounds of St. Christopher's, 244 Avonhead Rd, St Paul's Church, Papanui, and outside the Dog Grooming Shop on the corner of Sawyers Arms and Highsted Road.

Books can also be dropped off at the shop or we are happy to make house calls if donors have large quantities to donate. We also have a very nice piano in the shop which customers are invited to play and only a few metres away is our local coffee shop so it all makes for a convivial hour or two to visit The Dove." **(A)**

ST CHRISTOPHERS DOVE BOOKSHOP

The biggest recycled book shop in town



*** Over 25,000 high quality books of all types at bargain prices ***
Plus CDs, jigsaws, puzzles, magazines etc * Spacious layout
*** Great car parking * Donations of books etc are most welcome**

St Christophers Dove Bookshop. Bishopdale Mall, next to the Furniture Warehouse, off Farrington Avenue.
Open Monday to Saturday, 10.00am to 4.30pm (4.00pm Saturday)
Phone 359 9869 A/H 021 08780 218



UPDATE FROM THE CLUBS



Christchurch Red Hatters members enjoyed dinner at Buddha Stix in Riccarton, a 'Gifts and Glamour Day' (jewellery and gown sale) and bingo at Hornby WMC. The Red Hatters have a monthly dinner on 4th Tuesday of the month in addition to monthly movies. There will be a visit to the Operatunity Concert on 2nd November. **Contact:** May Stuart on 03 3392326.

Lincoln Area Senior Citizens members had Selwyn Mayor, Sam Broughton, speak to them in May. Their June outing which was to be to the Duvauchelle Hotel for a birthday lunch was cancelled due to flooding. In July Nicola Woodward and Fonzie, her mini Schnauzer dog, spoke on dogs, their needs and care of. In August an outing to Darfield is planned visiting Te Huanui Art Gallery followed by lunch at the Darfield Hotel. September will see speaker Maria Romero talk on Monarch butterflies. **Meet:** Tuesdays at 1.30pm Bayliss Lounge, Lincoln Events Centre. New members welcome. **Contact:** Theresa on 325 2449 or email redroses1113@xtra.co.nz.

Papanui Combined Probus Club members enjoy listening to interesting speakers, going on great outings and making new friends. **Meet:** 1st Tuesday of the month at 10.00am at the Papanui RSA, 1 Harewood Road. Good parking. **Contact:** Marie 03 3517708 or Sian 03 3590057.

Papanui Welcome Club members have enjoyed playing housie and entertainment from Myra & Ray, Brian Clarke. Future entertainment will be provided by Alans Men and Alan Barron. **Meet:** Tuesdays at 1.30pm at Papanui RSA, 1 Harewood Rd. **Contact:** Colleen Smither on 022 6230945.

Somerfield Garden Club members enjoyed their AGM in May and June saw members enjoying a talk on roses. July saw the Club enjoy their mid-Christmas lunch at Armadillos in Prebbleton. The Club has a variety of speakers coming up and a Spring Show in October. **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 on Alice Springs and Northern Australia. The Antarctic Heritage Trust will be giving an interesting presentation in September. **Meet:** 2nd and 4th Wednesday at 1.30pm, Sumner Surf Club. **Contact:** Lola Bouckoms on 384 9889.

Loburn Red Cross

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

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



Total Mobility Agency

Age Concern Canterbury is now an approved agency for the Total Mobility Scheme.

Eligible individuals are entitled to discounts that give them 50% off transport fares with approved operators - up to a maximum of \$35.00 per trip. Individuals wishing to access the scheme must meet the eligibility criteria set by the NZ Transport Agency and adopted by Environment Canterbury. **Age Concern Canterbury can undertake assessments to test your eligibility and organise the Total Mobility card for those approved.**

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



South Elder Care

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

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

We offer:

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

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

For more information contact Jeanette on 027 323 0256 or email southeldercare@gmail.com

Bringing your story to life

Many people dream of writing their life stories or of capturing the wonderful memories of a family member, but simply don't know where to start. Lifetime Legacy mother and daughter team Joanne Cormack and Jasmin Bristowe want to change that with the launch of their stunning 'Magical Moments' book template. As a vehicle for recording personal life stories, it begins with a one-on-one interview with your own writer who transcribes your stories into the book before it goes to print. Artistically designed, the Magical Moments book features native birds and flowers as a wonderful backdrop and apt setting to a life lived in New Zealand. The narrative weaves its way through the book, covering ten life-stages of your choice, personal photographs, and the sharing of your well-earned wisdom. All with a view to creating an heirloom for future generations of your family. The final book production is printed to your requirements; which is often ten or twenty copies. They are store-quality, engaging coffee-table pieces. Jo's passion for honouring the passing on of stories, is evident, "A person's stories are the greatest legacy of their lifetime and have enduring value to future generations of their family. As digital print and video become more accessible to ordinary New Zealanders, more people are choosing to record their life stories in print or on video."



Writer at Lifetime Legacy,
Joanne Cormack

Lifetime Legacy also offer Living Legacy Videos where, in a one-on-one interview, a person's stories, life events and memories are shared within the relaxed setting of their own residence. "Imagine how wonderful it would have been to have viewed your own great-greats talking about their lives. It wasn't an option back then, but it is now." says Jo. "Our framework supports people who want to be intentional about gifting their stories forward. It gives them a structure for the production of their book or video. At Lifetime Legacy we make it happen, and in the process we make it a fun and rewarding experience." To learn more about bringing your stories to life, call Joanne on 0274802765, or head to www.lifetimelegacy.co.nz for more information. (A)

Your life stories



Your life stories are the greatest legacy of your lifetime and have enduring value to future generations of your family. Let us record them with you and for you, into an artistically designed Magical Moments book, or as a Living Legacy Video.



LifetimeLegacy

bringing your story to life

Phone Joanne Cormack 0274802765 or visit www.lifetimelegacy.co.nz

Shirley Recreation Walkers

Meet at 9:30am, Mondays and Thursdays by the Shirley Community Centre Site for car pool to start of walk. Park on Chancellor Street (entrance off Shirley Road).

NOTE: If you want to go straight to the start of walk, you must let Sue know on the day. Phone Sue on 981 7071. \$4.00 petrol contribution to driver (unless otherwise stated).

SPECIAL NOTE: Some walks could be subject to change due to road, footpath, walkway and track conditions resulting from Christchurch's many earthquakes. Also due to availability of cars on the day.

Mondays

13th September BROOKHAVEN-LINWOOD WALK (2 hours approx.)

This walk features Charlesworth Reserve, Te Rakau Reserve, the walkway beside the canal, Linwood Park and the walkway/cycleway on Linwood Avenue. Start from Charlesworth Street just off Ferry Road.

20th September NORTH HAGLEY PARK-BOTANICAL GARDENS (2 hours approx.)

This walk features North Hagley Park with cherry blossoms, daffodil woodlands and the beautiful Botanical Gardens. Start from the footbridge by the car park. (Entrance is off Armagh Street Bridge). For those who wish, bring lunch and a thermos to enjoy following this walk, or you can purchase from the nearby café.

27th September BROAD PARK-NEW BRIGHTON PIER (2 hours approx.)

This walk takes you from Waimairi Beach to New Brighton and back. It will be followed by coffee at The Beach Café near Broad Park. Start from Broadpark Road (Larnach Street end), off Beach Road.

Thursdays

16th September GOVERNORS BAY-ALLENDALE-SANDY BAY (Day walk) Take lunch, drinks, warm/waterproof clothing, good shoes/boots. This walk goes alongside the water in Lyttelton with great views along the way. Start from Cresswell Avenue, off Jetty Road, off Main Road in Governors Bay. \$6.00 to driver.

23rd September HALSWELL QUARRY (2 hours approx.)

This walk features several walking tracks on this site. Start from the car park of Halswell Quarry, off Kennedys bush Road. For those who wish, bring lunch to enjoy following this walk. Note: If the coffee van is there you can purchase food and drinks.

30th September HARRY ELL WALKWAY (2 hours approx.)

Walk from The Sign of The Takahe up Victoria Park Road and on to the Harry Ell Walkway. We will have our morning tea at The Sign Of The Kiwi Café. Return via Harry Ell Walkway and Dyers Pass Road. Park on Dyers Pass Road near The Sign Of The Takahe.



Smoked Fish Chowder



This chowder is a complete meal. It's a great way to enjoy milk, even if you are not a milk drinker! As suggested, wash the celery well and leave the skins on the potato for some extra fibre.

For special occasions use hot smoked salmon (100g) and a small can of smoked fish fillets (310g). If you are very lucky, you may have someone who catches fish in your whānau!

For four serves

Ingredients

1 tablespoon Oil
1 Onion, finely chopped
2 stalks Celery, washed and finely diced
1 teaspoon Garlic, crushed
3 tablespoons Flour
3 cups Milk
3 medium Potatoes, diced into 1cm cubes

1 x 450g can Smoked fish fillets, canned. Drain and keep the liquid.

Pepper to taste.

¼ cup Parsley, finely chopped

½ cup Cheese, grated

Method

Heat oil in a large saucepan.

Add onion, celery, garlic and cook until soft.

Sprinkle flour over vegetables, stir and cook for a further 1-2 minutes.

Add drained liquid from canned fish and stir to make a smooth paste. Slowly add milk, stirring constantly. Bring to a simmer.

Add potatoes, cover, and simmer for 20 minutes or until potatoes are cooked.

Flake fish and add to soup. Bring to a simmer.

Add parsley and pepper to taste.

Serve soup with a sprinkle of cheese.

Mary Potter Community Centre open for seniors on Mondays and Thursdays

Seven members of the Little Company of Mary (LCM) Catholic Religious Congregation of Nursing Sisters arrived in Christchurch in 1914 and secured land in Bealey Avenue where the Lewisham Hospital (later renamed Calvary) was opened in 1916.

Initially the medical profession was slow to refer patients to Lewisham.

They found it hard to believe a group of Religious Sisters could run a hospital. This situation changed after the 1918 influenza epidemic when 'flu victims filled Lewisham. The Sisters also nursed patients in Warner's Hotel and in their own homes. Sisters shared the tragic workload with Nurse Maude District Nurses around the city streets; one

Sister died of influenza.

Calvary expanded over the years, in addition to catering for medical and surgical patients, a Maternity section was added then a Psychiatric Day Unit. The Mary Potter Hospital was opened in 1954 caring for elderly and terminally ill patients.

Calvary was sold in 1979, Mary Potter Hospital was sold in 2004.

Southern Cross Hospitals purchased both.

Following the sale of the Hospitals, the Sisters sought to support seniors in the community who were in need of affordable housing. With proceeds from the sale of the Mary Potter Hospital, the Mary Potter Community Centre was built and opened in 2007. The Centre houses LCM administration offices and archives. A multipurpose hall is available and may be hired for activities and meetings. Overall supervision of the complex is administered by the LCM Foundation Board, Business Manager and Administration staff.

The Community Centre is open for seniors' activities on Mondays and Thursdays. All are welcome to enjoy company and entertainment, including board games, arts and crafts, exercise classes and housie. More information about the Mary Potter Community Centre is available on our website www.lcmchristchurch.org.nz and in our advertisement.

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

Gold coin donation for non-residents

MARY POTTER COMMUNITY CENTRE

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

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



Debunking a few food myths

by Wendy Scanlon, Senior Chef Coordinator, Pegasus Health

Everyone has a theory around food and health and a story to tell about what's worked for them. It can be rather confusing and some of the information via media or friends and family, is not always accurate or helpful to our health. Let's debunk a few food myths!

Trim milk has added sugar – stay away from it!

All plain milk, trim or full-fat, contains sugar: lactose. You will find "sugar" listed on the label of milk, but this relates to lactose. Lactose is known as an "intrinsic" sugar. Intrinsic sugars are found naturally in the cell structure of foods such as fruit, vegetables and milk.

The sugars we need to worry about are free sugars; these are added to foods and drinks or found in juices, syrups, and honey. You will find free sugars (added sugar) in flavoured milks and yoghurt.

Trim milk does have slightly higher amounts of sugar (lactose) when compared with full fat milk. We are talking tiny! That relates to the fat being removed and therefore sugar and protein increase. Trim milk also has more protein and calcium. We need more of these as we age.

The message Senior Chef promotes is to include calcium-rich foods each day, including milk.

Eating eggs raises cholesterol

Egg lovers can breathe a sigh of relief. Based on current evidence, even if you are at risk of heart disease or have type 2 diabetes you can eat up to six eggs per week. This amount is unlikely to increase your risk of heart disease.

At Senior Chef we teach you how to cook with eggs – they are an inexpensive source of protein and other nutrients and they make the perfect base for a meal if you live alone.

Butter versus margarine

The media likes to grab hold of a study and take snippets from it to promote a certain food. This has happened with the butter versus margarine debate.

The bulk of the evidence still tells us that replacing butter (saturated fat) with margarine based on plant oils (unsaturated fat) helps reduce our risk of heart disease. Butter is the biggest source of saturated fat in the New Zealand diet. It's better for our heart health to include more plant-based fats, though having small amounts of butter shouldn't be a problem for most people.

Margarines used to have higher amounts of trans fats to improve consistency. These fats aren't good for heart health. The majority of these have been removed from New Zealand manufactured margarine. Compared with other countries, New Zealanders have very low intakes of trans-fats, which is great!

At Senior Chef we encourage fats that look after your health. This means enjoying more nuts, seeds, oily fish and plant oils like rice bran and canola oil. We also talk about our whole dietary pattern: including plenty of vegetables and fruit, wholegrains, legumes and less processed protein. The butter versus margarine debate is a bit like the saying, not seeing the wood for the

trees. Focus on your whole eating pattern, not just one food.

Fresh is best!

While we encourage eating lots of vegetables and fruit, this can be tricky if you live alone. There is nothing worse than going to the fridge and finding limp carrots or broccoli that look like they have had the life sucked from them. Frozen alternatives are just as nutritious, sometimes more, than their fresh counterparts. They are frozen immediately after cooking or harvest so retain nutrients needed for good health. Frozen vegetables are often kinder to your budget and, of course, there is no waste, which is a bonus. On the Senior Chef supermarket tour we discover the many varieties of frozen vegetables and how they can be used in cooking.

Remove skin from vegetables and fruit because of pesticide use

The Ministry for Primary Industries' Total Diet Study is about finding out what's in our foods and how we can keep it safe. Approximately every five years, MPI carries out the Total Diet Study which is a national survey of common foods in a typical diet to assess our exposure to certain chemicals such as agricultural compounds, contaminants and nutrients.

The last study in 2016 found that our exposure to agricultural chemicals and contaminants from food remains low and far below the levels that would be a food safety risk. They tested for insecticides, fungicides and herbicides. For the first time, two chemicals found in disinfectants used in the food production were also

included in the testing.

If you are still worried about pesticides trim and wash your produce well. Because of their shape, celery and spinach/silverbeet can collect residues in the base of the plant and they need a good wash.

At Senior Chef we encourage leaving the skins on vegetables and fruit, primarily for the extra fibre. Fibre looks after health in so many ways by keeping our bowel healthy, but it also lowers the risk of diabetes, heart disease and seems to play a role in our mental wellbeing.

Fasting overnight is good for health, so skip breakfast

Our body clocks are designed to work in harmony with the cycle of day and night. We are made to be active and eat during daylight hours and sleep at night. Our bodies react differently to food when we eat it late at night. Blood sugar spikes quicker and higher and more insulin is released. If eating late at night becomes a habit, we increase our risk of type 2 diabetes and heart disease. The aim is to eat regular meals during the day and give your body a rest from food for at least 12 hours overnight. If you have finished eating by 7pm, your body will be ready to refuel at 7am. So, this does not mean you need to skip breakfast. Breakfast conveniently provides you with nutrients that are important for ageing well such as protein, calcium and fibre. So, sit down, relax and enjoy your porridge and fruit or eggs on toast. At Senior Chef we have one class dedicated to breakfast foods and making the most of it!



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Book your Trade size ads (4 x 1 column or 8 x 1 column ad) for the November issue of *Keeping On*.

Deadline for ads is Friday, 5th November.

Contact Anna-Marie on 331-7804.

Complications of an electronic age

When you have passed away will your family or executor be able to locate all your records required to administer your estate? Will they know which power company you use and which bank you deal with? If you have close family, chances are they will know some of these details and perhaps you will have a bank ATM card in your wallet which will indicate where you do your day-to-day banking. But what if they don't know these details?

Before we started doing everything online, most people would have a folder, filing cabinet, kitchen drawer or shoe box stuffed with paperwork from household suppliers and financial institutions. This was a treasure trove for executors to identify services that needed to be cancelled, accounts that need closing and investments that need to be sold. If the deceased was inclined to throw everything away (yes, some people never keep anything useful), we could redirect the mail to the executor and over a few months a full picture of the deceased's affairs would emerge.

More and more we are encouraged or forced to transact our business electronically. All very well if your family can access your emails and electronically saved statements, but often they cannot. Perhaps you don't have close family, or your family is not particularly computer literate or

they just can't follow your electronic filing system. How do they identify estate assets? Trawling through recent bank statements may identify regular bills, pension schemes, interest receipts, dividends and other investment income. But what about those investments that don't generate income? Your KiwiSaver account, investments through online share trading platforms, that second bank you use where you receive online statements only, those Xero shares you bought for \$15 which don't pay dividends but are worth 10 times that now. How do your family and executor know where to look?

When you made your will your lawyer may have taken a brief list of assets. But this is often very general and out of date. So, if you tend to transact online, do your family and executor a favour. Keep a list of your investments, insurance companies and other organisations you deal with your copy of the will – not on the computer, but printed out and easily accessible to your family. Account numbers and balances on the list can be helpful but are not essential. If your executor knows what institutions to contact, they can take it from there.

Oh, and by the way, do your family another favour – by having an up to date professionally drafted will – but that is a story for another day. **(A)**

Leaving a bequest to Age Concern Canterbury



Have you ever considered leaving a bequest to Age Concern Canterbury?

Age Concern Canterbury is a charity and relies on the generosity of our community to raise over 60% of the funding required to deliver our essential services and support.

Any bequest left to us, no matter how small or large, has a lasting impact and helps ensure that we can continue supporting all those older people needing our help. A bequest to Age Concern Canterbury allows you to leave a legacy long after you are gone. It is the ultimate act of kindness and caring you can show towards your community.

Leaving a bequest is easy. After taking care of your loved ones, the simplest way to leave a gift in your will to Age Concern Canterbury is to speak with your solicitor, who can ensure that your estate is distributed in a way that honours your wishes.

To leave a bequest to Age Concern

Canterbury we recommend the wording: *"I give Age Concern Canterbury Incorporated the sum of \$XXX (or the residue of my estate, or a percentage of my estate) for its general purposes. I declare that the official receipt of Age Concern Canterbury will be sufficient receipt and discharge for my trustees."*

If you would like to leave us a bequest in your will, these are the official details you will need:

Legal Charity Name: Age Concern Canterbury Incorporated
Charity Registration Number: 29446

If you would like to talk to us further about leaving a bequest to Age Concern Canterbury and the difference it will make, please contact **Peter Gwynne 03 331 7087**. Also please let us know if you are making a bequest so we can personally thank you. Our special thanks to all those who have remembered us in their wills.

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I GIVE TO Age Concern Canterbury Inc, 24 Main North Road, Papanui, Christchurch 8053, for its general purposes the following amount:

(in words)

OR

Percentage/Portion of my estate:

(in words)

OR,

Description of Assets, Property, Shares:

(in words)

and the receipt of the Chief Executive or other authorized officer shall be a sufficient discharge to my executor.

Name:

Mr/Mrs/Miss/Ms

Address:

This is not effective until written into your Will which must be signed. Please let us know if you make a bequest so we can thank you personally.

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.



Over 20,000 items at Okains Bay Museum



Okains Bay Museum came about as a result of the passion and generosity of its founder, the late Murray Thacker Q.S.M. (1933 – 2017). A descendant of early Okains Bay Pākehā settlers, Murray gifted his extensive collection into public ownership in 1977. Since then, the Museum has grown to become a significant cultural and educational attraction.

Located within a heritage precinct, the Museum incorporates purpose built, replica and relocated heritage buildings including colonial cottages, tōtara slab cottages and the former Akaroa Recreation Pavillion.

A traditional Māori whare whakairo (carved house) and pātaka (raised food storehouse) are focal points at the heart of the Museum.

With over 20,000 items, the Museum vividly conveys the stories of early Māori and Pākehā life through its impressive collections from the Banks Peninsula.

A working Blacksmith's Shop, Print Shop, vintage vehicles and other working exhibits are in action on open days, notably during the Museum's famous Waitangi Day commemorations which are attended by thousands of visitors.

The 1850s Harris' cottage tells the stories of some of the 19th-century families in the bay beginning with the

Ngāi Tahu women who became the wives of the first Pākehā settlers.

The Colonial Hall contains exhibitions dedicated to the early period of Pākehā occupation. Many of these items have personal connections with the early pioneering families of Okains.

The taonga Māori collection is recognised as a collection of national significance. It covers the full span of Māori settlement from the very early 'archaic period' through to the 19th and 20th centuries. Highlights include an impressive display of hei tiki and taonga puoro (Māori musical instruments).

A magnificent collection of waka (Māori canoes) and small European boats impress a sense of the historical importance of watercraft in New Zealand.

Open Hours

- 10.00am to 4.00pm weekends only from 1st May 2021 to 30th September.

- 10.00am to 4.00pm, Wednesday to Sunday from 1st October to 30th April.

- Adult: \$15.00. Child: Free (up to 13 when accompanied by an adult.)

- Concession: \$10.00 (Student, Community Service or KiwiAble Card Holder).

Ⓐ



Featuring over 20,000 taonga Māori & Pākehā treasures displayed over 30 heritage buildings on Canterbury's scenic Banks Peninsula.

Open Weekends 10 am - 4 pm | okainsbaymuseum.co.nz

Respiratory Relief Society Canterbury Inc



Group exercises for people with respiratory and other related health conditions.

Support and education by

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- * Increasing self knowledge and management of your condition.
- * Speakers at regular intervals.
- * Social outings/organised outings.
- * Free bi-monthly newsletters

Meetings

Each Tuesday in St Albans from 1.00pm to 2.15pm, at St Albans Uniting Church, Nancy Avenue (off Innes Road).

Each Thursday in Christchurch South from 1.00pm to 2.15pm, at Pioneer, Recreation Centre, 75 Lyttelton Street.

Phone 332 4471 for more information

The next step ...

First National Progressive Real Estate are not only progressive with their name but also with their thinking.

They are thinking of their clients and their possible needs when progressing to the next step in their lives and to plan for downsizing their homes and to make their lifestyles easier and with less stress.

This decision can often involve having knowledge and making comparisons as to what is on offer.

In August First National intended to hold a seminar for their clients on this very topic.

However, due to level 4 lockdown the seminar had to be postponed.

Deirdre McGrath from Age Concern Canterbury was going to be a key speaker and was to focus her discussions around making a decision to move and the importance of being proactive, positive and prepared. She was going to touch on

the wellbeing around this step rather than the actual practicalities of doing it.

First National were sure their clients would have found this very informative.

They were also fortunate to have had Fleur McDonald from Fleur McDonald Legal organized to guide their clients in discussion as to the differences between retirement homes and rest homes. Fleur was to cover off many legal questions that clients may have had.

As soon as possible First National will look to reschedule this seminar.

This may be the start of many on this topic. If you are reading this article and would like to attend their Next Step Seminar they would love to hear from you.

Call Sue Mullins 027 244 1325 or 03 358 9088 to register your interest.

HELPING YOU TAKE THE
NEXT STEP

If you are considering taking the next step to moving into a Retirement Village or Rest Home come and have a coffee with us. We can help you.

our caring & experienced team can chat with you about your options, offering you helpful advice, all at your pace

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I want to age like sea glass



I want to age like sea glass. Smoothed by tides, but not broken. I want my hard edges to soften. I want to ride the waves and go with the flow. I want to catch a wave and let it carry me to where I belong. I want to be picked up and held gently by those who delight in my well-earned patina and appreciate the changes I went through to achieve that beauty. I want to enjoy the journey and always remember that if you give the ocean something breakable it will turn it into something beautiful. I want to age like sea glass.

Bernadette Noll
(Reproduced with permission)



AGE CONCERN CANTERBURY



Staying Safe - Confident Driving Courses

10.00am to 2.30pm.
\$10.00 charge for lunch.

Monday, 13th September
at Age Concern Canterbury

Wednesday, 15th September
at Culverden

Wednesday, 22nd September
at Age Concern Canterbury

Monday, 27th September
at Te Hapua Halswell Centre

Tuesday, 28th September
at Templeton Community Centre

Wednesday, 13th October
at Age Concern Canterbury

Monday, 18th October
Arvida Good Friends, Whiteleigh Ave

Wednesday, 24th November
at Age Concern Canterbury

Life Without A Car
Mon. 4 October (10.30am-Midday)

Phone 03 366 0903 to register

Answers: RVT Xword #51122

Across:

1*. Respect, 5*. Fully, 8. Panoramic, 9. Gnu, 10. Dance, 12. Easting, 13*. Firstrate gear, 15. Ebonite, 17. Lasts, 19. Has, 20. Uttermost, 22. Rayon, 23. Leeward

Combination: 1), 5), Respectfully

Cryptic: First (in front), Rate (speed), Gear (equipment)

Down:

1. Rapid. 2. Sun. 3*. Earnest, 4. Temperamental, 5. Faced, 6. Legginess, 7. Younger, 11. Nervously, 13. Fresher, 14. Enlarge, 16. Inurn, 18. Sated, 21. Oca

Cryptic: 3) Earnest Ear (lug [carry]) Nest (home)

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



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Corner of McCarthy Street & Rowley Ave, Hoon Hay



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MP for Christchurch East
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Sarah.ilamMP@parliament.govt.nz
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PO Box 36195, Christchurch 8146



Labour

Authorised by Tracey McLellan, 642 Ferry Road, Woolston

New Zealanders haven't been scanning in enough, and that contributed to the need for a full lockdown

Fast isolation of infected individuals is key to containing any outbreak of COVID-19, including the Delta variant, and contact tracing is a critical part of this process.

Since the first case was confirmed on Tuesday, six more people have tested positive, including a fully vaccinated health worker at Auckland City Hospital and a teacher at Avondale college. Genome sequencing has also confirmed that the original infection is linked with the Delta outbreak in New South Wales.

The first case was using the NZ COVID Tracer app, which has helped to keep track of where he had been during the five days he is thought to have been infectious. But unfortunately, we know from national statistics that the majority of New Zealanders have not been scanning enough.

Over the last month, we've seen 500,000-700,000 QR code scans and manual entries on any given day, coming from 300,000-400,000 active users. This equates to just under 10% of the adult population in New Zealand.

Epidemiological modelling shows we need at least 60% of the population participating in digital contact tracing, and ideally 80%, to have confidence there will be sufficient information to control any outbreak, anywhere in the country.

This has contributed to the decision to place the whole country in a level 4 lockdown, because the government does not have confidence that we, as



a country, have enough information to support rapid contact tracing.

We have been a long way from the target level of participation, but it's not too late to add manual entries into the app to help speed up the process now as we try to get the spread under control.

Speed of contact tracing is essential

On the positive side, about 1.5 million devices are using the Bluetooth Tracing function, which equates to just under 40% of all adults. But the Bluetooth system is limited in its usefulness for digital contact tracing because it has a higher likelihood of error and provides less information to the Ministry of Health. It's complementary to the

QR codes and manual entries, not a replacement.

Using the tracer app saves time for contact tracers.

We need to be keeping records of where we have been before cases appear in the community, but now that there is an outbreak, it becomes even more important that we have those records.

In the unfortunate event that you or someone you have interacted with gets COVID-19, those records could make the difference between a small number of cases and the hundreds of daily cases we're seeing in parts of Australia.

If you can't or don't want to use NZ COVID Tracer, it's fine to use Rippl, or to keep your own written records. Even when we get out of lockdown again, it is likely the virus will still be in New Zealand and we will need to be able to respond quickly to further cases.

When the government is making the decision on whether to lock the country down or not, one of the key pieces of information is whether they have confidence they could isolate the right people quickly enough.

If we don't have enough contact tracing information, we have little choice but to isolate everyone through a lockdown. It's not the only factor that plays into that decision, but it is an important one.

Data privacy

The NZ COVID Tracer app is designed to support contact tracing efforts, by making it easy for

individuals to keep track of where they have been and who they have been near, whether that is through scanning QR codes, adding manual entries, or turning Bluetooth Tracing on.

This is so that if you get COVID-19, then you can provide that information in a format that is easy to understand for the contact tracers, and saves time. It also means that the Ministry of Health can send contact tracing locations of interest and relevant Bluetooth ID numbers to your device, which are then checked against the diary on your device so that you can be alerted as quickly as possible.

It's important to note that the government only gets to see the data if you test positive for COVID-19 and provide the data voluntarily — you can review the privacy impact assessment for more details.

If you haven't used NZ COVID Tracer in a while, it's worth updating the app and seeing the new features. The Ministry of Health has been updating it regularly and it now contains a lot more information, and it is easier to enter manual entries.

The fight against COVID-19 is a marathon, not a sprint. We need to build up and maintain all the good habits: washing hands, wearing masks, physically distancing where possible, and collecting information to support contact tracing. If we can keep it up, then we might have more confidence about our ability to respond to cases in the future.

(Source: www.theconversation.com)

What is RGM and why would it benefit me?

RGM stands for the Ronnie Gardiner Method. It's an innovative, multi-sensory exercise session for the brain in which rhythm, music, verbalisation and movement are used to stimulate both cognitive and motor skills. If that sounds rather technical and daunting, don't worry it really isn't. The sessions are in fact a lot of fun and suitable for anyone with or without a musical background.

The creator of RGM is Ronnie Gardiner, an energetic 89-year-old Afro-American Jazz Drummer who hails from Rhode Is in the US but who has lived in Sweden since the 60s. He decided to create a means by which he could use his understanding of rhythm, music, and movement to enhance cognitive learning and neuroplasticity in the minds of those who practised it and there are now RGM practitioners worldwide working with older adults and people with neurological conditions as well

as with children.

In 2019 we were fortunate to have had Ronnie himself and two of his master trainers from the Netherlands come out and run training courses around the country and here in Christchurch one of those trained practitioners, Kris Tynan, runs an eight-week course from the Age Concern Office.

How could you benefit? - By developing new neural pathways to help with memory and general cognition in a fun friendly environment with others just like you!

RGM September course

The eight-week course runs out of the Age Concern Office, 24 Main North Rd, Papanui on Tuesdays at 3pm, starting on September 28th and running consecutively for 8 weeks until November 16th.

The cost for the total course is \$30 and the only criteria is that participants be over 65 and able to

follow instructions. The session can be done seated or standing or a combination of both.

Registration is required and can

be done by emailing Kris on kris@eamnz.com or if you want to know more you can call her on 021 262 8886.

(A)

RGM AT AGE CONCERN

RGM stimulates brain and body to keep cognitively sharp.



NEXT 8 WEEK COURSE starts Tuesday Sep 28th 3-4pm and runs for 8 weeks until Nov 16th. Cost is \$30 for all 8 weeks.

Call 021 2628886 or email kris@eamnz.com for more information or to reserve a place. www.exerciseasmedicinenz.com

Retirement Villages Association releases a blueprint to take us forward

by John Collyns, Executive Director

You may have seen some media coverage of the Commission for Financial Capability's (CFFC) White Paper that proposes a review of the retirement village legislation. In our view this proposal is misplaced, as the legislative framework protecting residents' interests in the village is both robust and world-leading. The beauty of the regime is that it allows a huge range of commercial terms that allow residents genuine choice about their village. Looking for somewhere that shares capital gain? There are villages that do that. Want the certainty of a fixed weekly fees? 60% of villages offer that. And so on.

However, we also recognize that there are aspects of the commercial terms, which are the focus of the CFFC's White Paper, that can create problems for residents, especially if units take longer to re-licence than expected and families have to wait longer than desirable for the repayment of the capital sum.

On 25 May 2021, at our Conference, the RVA launched a comprehensive blueprint to introduce a range of improvements in the industry. In particular, the blueprint includes providing residents with a stronger voice, strengthening the complaints process and working with the CFFC to monitor re-licensing times so best practice standards can be developed.

The RVA will also explore establishing an Ombudsman to hear and resolve complaints and invite an independent member of the public to sit on its Executive to represent residents' interests. Retired High



Graham Wilkinson

Court Judge Hon. Dr John Priestly QC is already the independent chair of the RVA's separate Disciplinary Authority to look at complaints about egregious operator behaviour.

"The growth of our sector, the fact more than 100 Kiwis are choosing to move into a retirement village every week and the overwhelming satisfaction levels among residents clearly demonstrates that we have struck the right balance between robust regulatory oversight and effective self-governance," says RVA President Graham Wilkinson.

"However, we accept there is always room for improvement and refinement around certain practices as our sector and our offering evolves. This blueprint sets out the tangible and definitive steps we will be taking to achieve that goal."

As a first step, the RVA has invited the Hon Tracy Martin, a former Minister for Seniors, to be the Independent Member on the RVA's Executive Committee to ensure the

residents' voice is heard at our Board level. We are delighted that someone with Tracey's mana and experience has agreed to take up the role.

As part of the blueprint, the RVA has agreed with the CFFC to survey all members annually to examine emerging trends and work with members, residents and the Retirement Commissioner to design a best practice approach to re-licensing that reflects the reality of the local real estate market, yet ensures residents' estates do not wait an unreasonable period of time for a refund.

"We agree there is a role for continuously educating operators and residents about the re-licensing process and to encourage best practice including dealing with potential drawn-out re-licensing times," said Mr Wilkinson.

The blueprint also sets out plans to review Occupation Rights Agreements (ORAs) to address any perceived unfair terms or confusing clauses and ensure clarity around what the resident and operator are responsible for, in particular, repairs, maintenance and replacement of operator-owned chattels.

"We will work with our members, residents and the Retirement Commissioner to identify best practice for future ORAs which define each party's responsibilities, so that residents are not responsible for usual maintenance and replacement of operator-owned chattels, whilst protecting operators from bearing the cost of making good resident abuse

or damage to chattels.

"Already some operators have moved towards this position and we anticipate the majority of operators will follow quickly."

The RVA has worked with the CFFC to develop best practice standards around the disclosure of information about residents' transfer to care and have called for these to be incorporated into the Retirement Villages Code of Practice.

"We also agree that the retirement sector can encourage best practice standards, as is illustrated by the sector actively encouraging operators to stop charging all fees when a resident moves out," says Mr Wilkinson.

"This is an example of education and market pressure. The practice was extremely rare 20 years ago, but today the majority of villages have adopted this practice and we expect more to follow, although this will always be a challenge for smaller and not-for-profit villages."

Last year, the RVA signed a Memorandum of Understanding with the Retirement Village Residents Association of New Zealand to work together on issues. These include guidelines on dealing with the media, ensuring complaints raised via either organisation are dealt with expeditiously and fairly, implementing a comprehensive village manager training programme, and regular meetings between both the RVA and the RVRA's Executive Committees.

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House Museum on track for October opening

The Ravenscar Trust has officially gifted Ravenscar House to Canterbury Museum which will operate it as a house museum on behalf of the Christchurch and Canterbury community.

The Museum will now convert the house from a domestic dwelling to a visitor attraction which is scheduled to open to the public in October.

Ravenscar House Museum is the vision of philanthropists, Jim and Dr Susan Wakefield, whose Scarborough home was extensively damaged in the 22 February 2011 earthquakes.

The Wakefields began collecting art in the early 1990s, amassing a collection of about 300 mainly New Zealand paintings and objects, ranging from the mid nineteenth century to today and including works by some of New Zealand's best known and much loved artists.

The Wakefields had planned to gift their Scarborough house to the people of Christchurch but the earthquake forced a change of plan. However, within 4 years, they had formed a partnership with the Museum, through their charitable Ravenscar Trust, to create a new house on land at 52 Rolleston Avenue. The house, which was built by the Trust is owned by the Museum.

The site was gifted to the project by the Christchurch City Council following public consultation in 2015.

The Ravenscar Collection, which has been loaned to the Museum



Artist's impression of Ravenscar House Museum.

by the Trust, will be displayed in a domestic setting referencing the entrance lobby and four principal rooms in the Scarborough house. Designed by awardwinning architects, Patterson Associates, the house is set in a landscaped garden featuring a number of sculptures.

Steve Wakefield, Chairman of the Ravenscar Trust, said that the family was incredibly excited to see Jim and Susan's vision, now Artist's impression of Ravenscar House Museum, become a reality, and acknowledged the tremendous collaboration between the Trust, the Museum, City Council, architects, main contractors HRS Construction Limited, and all the consultants and specialists involved.

Museum Director Anthony Wright

said that Susan and Jim Wakefield through the Trust had been very generous benefactors to arts and education causes, but gifting a magnificent house to the city with the full support of their family was philanthropy at an extraordinary level.

"Ravenscar House Museum is a grand and exciting new visitor attraction for the city which will enhance and complement Christchurch's Cultural Precinct. The Museum is thrilled to have partnered with the Trust in creating this new home where the Ravenscar Collection, one of the most important private collections in the country, can be on permanent display to the public."

Mayor Lianne Dalziel said: "The

Council consultation showed overwhelming support for providing the land for the development of this magnificent gift. I know when the community sees this, they will absolutely love it. We are all grateful for the generosity of Jim and Susan Wakefield and their families."

Notes

1. The \$16 million development has been funded by Trust funds and an insurance settlement from the loss of the Scarborough home.

2. The house museum will be self-financing through paid-for ticketed entry, car parking revenue and other income. The Museum will support the operation of the house museum from its existing staff and resources. Three new Visitor Hosts will be recruited for the house museum.

Family is everything - keep in touch with Kitcal

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Kitcal users love receiving photos and videos from their families - it's a great way for their grandkids to keep in touch!

The Kitcal tablet is personalised and ready to go straight out of the box. The simplicity of the features and design make it easy to navigate and use.

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There is no need for Wi-Fi or an internet account as the Kitcal subscription includes internet data. A magnetic charging connection makes it simple to keep the Kitcal tablet charged.

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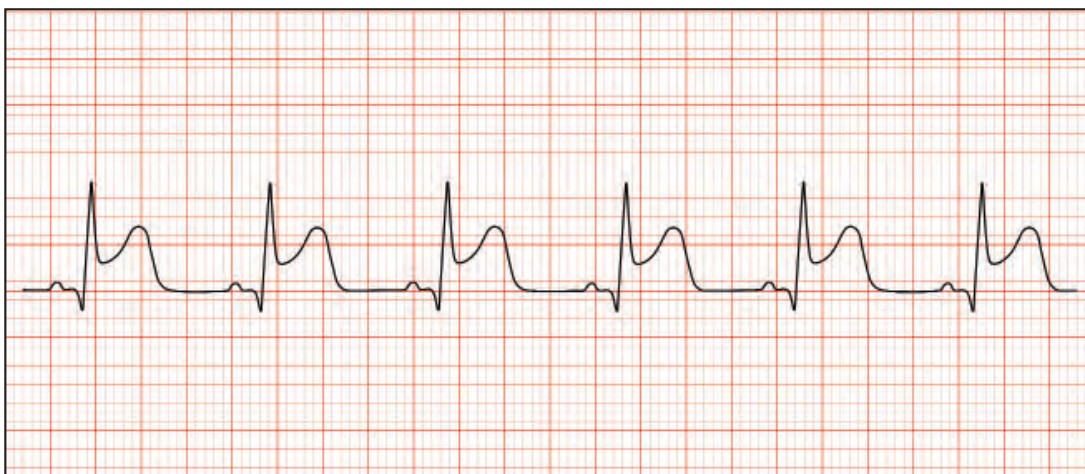
Offer valid until 30 September 2021

My two cents

by June Peka

**Dear Bradley Walsh,
we love your show
down under**

A heart attack might not be as dramatic as you think



We've all seen the advertisement. It's the man on the bench having the heart attack. The message is clear – a heart attack may not be as dramatic as you think. We can all spot one now – or can we?

At the end of June I dropped in on my new friend Helene (see her story, page 9). It was a chilly day when she opened the door, pink-faced and smiley. Delicious baking aromas assailed me in a blast of warm air. Helene had made a few trays of Louise cake for a function in a couple of days, and some of her very special paraoa parai (fry bread) just for me. With Matariki just around the corner, what better way to say welcome to my whare?

Helene plumped down across the table from me, mopping her brow with a paper towel. She sipped on water while I had a cuppa, and encouraged me to eat. She didn't actually feel hungry now she said. In fact maybe she had some indigestion or reflux happening. No worries, it'll pass, you eat up while it's warm, she encouraged. Minutes later she

felt a little clammy, despite a cool breeze through an open window. I wondered if it was something she'd experienced before, maybe related to her medications? She looked OK.

As I scoffed my fry-bread, with golden syrup, Helene calmly rung her GP's surgery and was advised to call 111 for an ambulance. By the time I'd moved my car from her front door, four wonderful angels had backed into the space and were taking her blood pressure, pulse rate, and temperature. An ECG showed some significant heart activity and within minutes she was on her way to hospital.

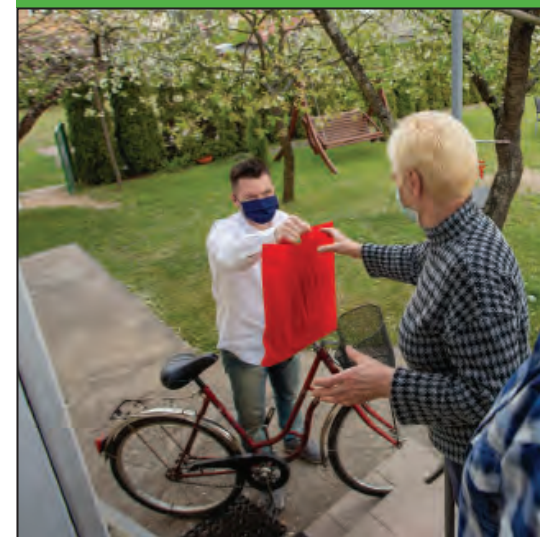
Helene is fine now, and her friends and colleagues have all thanked me for being there with her on the day. I have to say though, I was as useless as teats on a tom-cat. I sincerely promise to do better if I'm ever in that situation again. In the meantime I'm heartened to read that many people, like Helene, have saved their own lives, via that advertisement, by recognising quickly that things aren't quite right.

This is not a review, if it was it would have zero stars

We watched a few episodes of an Australian Netflix series called "Tangle", and I think I've cracked the reason Covid has got more of a hold over there. These people don't wash! The producers obviously decreed we must have realism so we were treated to many revealing trips to the toilets – male and female, and have been privy to sexual intercourse in there, as well as at a birthday party, in a bar, at a wake, in a church, a car, a public park, in a doorway, even in the garden. And just when you've got the message that they're all addicted to it, you get to see it again, and again. But we never saw anyone washing. Not hands, not any other bits, before or after anything.

A hygiene freak from way back I noticed many years ago that hand-washing isn't too much of an issue over there. Women walk straight out of the mall loos and back into shopping. I saw one emerge from a smelly cubicle eating an apple.

Neighbourly St Albans



People are what makes the world (and our neighbourhood) special. Recently when I had a bumper crop of japonica apples and we hadn't even finished last year's preserves from this lovely tree, I advertised them free on a Facebook page. Tina responded. She's only four blocks or a ten minute walk away. She'd love to try my japonicas she said, and in return would bake an apple and feijoa pie, with home-made pastry. She'd just made one for the young chap who'd brought a load of mulch for her organic veggie garden. Having apples and feijoas coming out of our ears I declined her kind offer but wondered how I too might get some of this magic mulch. In super quick time young Strider, also from within the 'hood, had off-loaded a scoop of garden gold onto a tarpaulin in our driveway. No charge he insisted, but he couldn't say no to fresh eggs from our lovely backyard chooks. It's a win-win for all, and I have two new young friends.

We're an astute lot; we know when a chaser has a cold or is off form, and we've noticed you have sore eyes sometimes, so we were hardly surprised when you disclosed last week that you suffer from blepharitis. I must tell you a story. My great-great-grandfather James Smith left Deal in Kent in the 1870s and went back a few years later to pick up younger brother Gilbert. Gilbert was the fair one among the swarthy mob of siblings and he didn't cope well on the ocean, or in the desert in Ohio, or later in outback Australia. Family lore says the poor devil was dogged his whole life by a condition called "sandy blight" which meant he always had unsightly, puffy, red-rimmed eyes.

Being the fair one in my own mob of swarthies, I was extremely upset when I was smitten with the blight a few years ago too. Despite faithful application of eye drops, washes, antibiotics, and wipes it was obvious I was cursed for life, like great-great-Uncle Gilbert the fair. And then along came our builder mate Ryszard, son of Polish immigrants to NZ, who consulted his olds on my behalf and assured me I could be fixed – I just needed to pee in my eyes. More precisely into a receptacle, thereby to be captured by eye-dropper. I was so desperate I did this for a week. It didn't work for me. And then I met a dear old soul up at the mall and she swore she'd got rid of her sandy blight (aka blepharitis) by bathing her eyes twice a day with Johnson's Baby Shampoo in warm water. Bradley, I am pleased to report I do this night and morning and have been un-blighted (un-blit?) for many years now (fingers, toes, and eyes crossed). Try this. You may not need to pee in your eyes, or even have that operation.

Locked in loo
A FRENCHMAN'S mission to ensure better hygiene among restaurant staff has inspired him to invent a toilet which locks users inside unless they wash their hands. People are trapped within until they put their hands under the sink taps for at least 10 seconds in the "Ten plus" toilet, designed by Jacques Robaey, a 57-year-old Dunkirk tiler.

Hubby says it's more of the same in the mens'.

So, out of neighbourly (indeed global concern) I thought I'd share this page from my old scrapbook. Please feel free to pass it on to friends and family over the ditch.