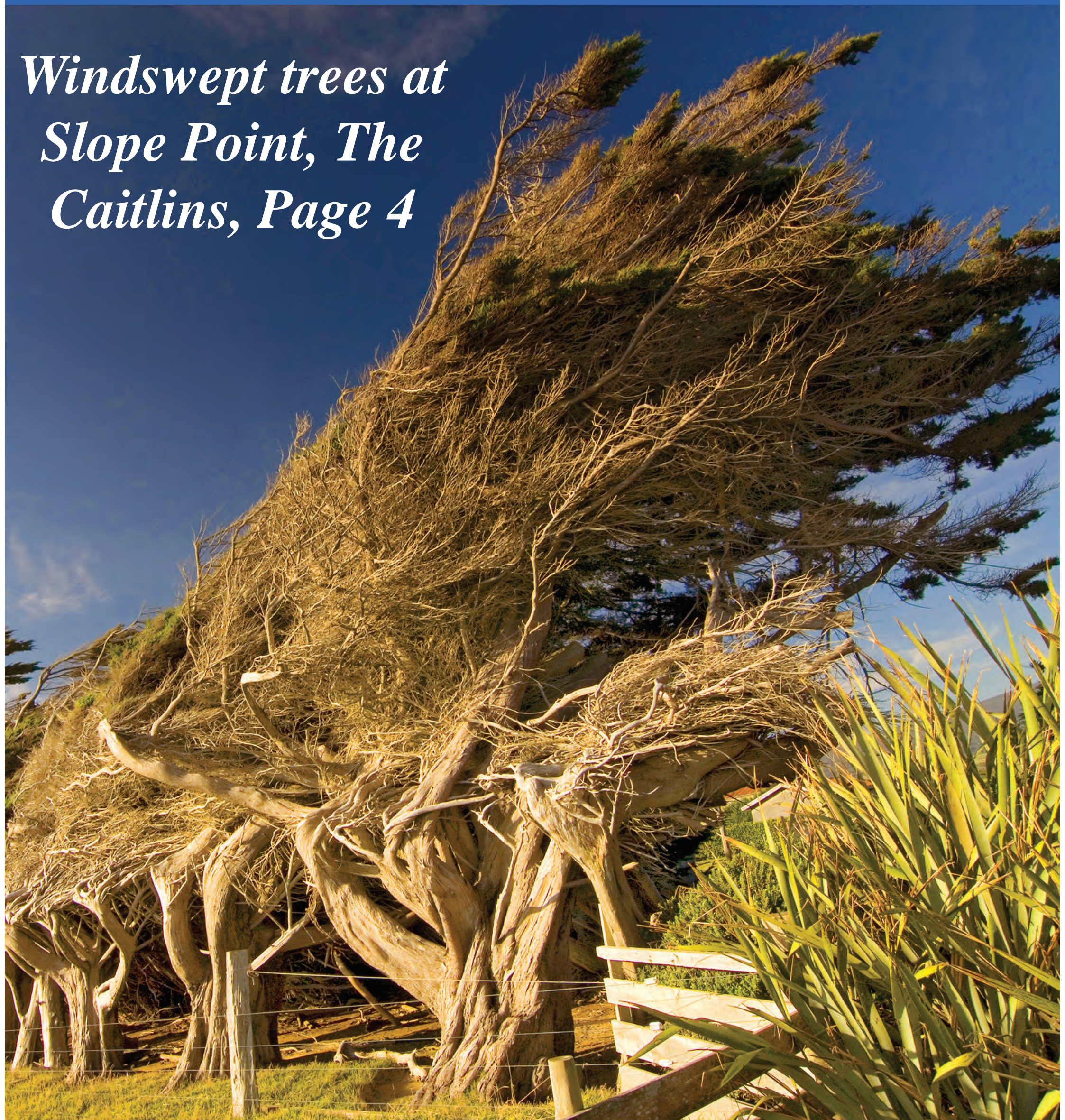


Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTERBURY Vol 113: Autumn 2022

*Windswept trees at
Slope Point, The
Caitlins, Page 4*



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

Charities Commission Number: CCC29446

A WORD FROM THE PRESIDENT

Here we are again and it is nearly two years since we first went into lockdown for Covid 19. It is well into February now and how January has flown by. We

have a new variant Omicron, which is highly infectious, but perhaps not such a serious illness as the earlier virus infection. We still need to take care to look after ourselves. That does not mean that we must wrap ourselves in cotton wool and stay at home. We all need to take the precautions that our health professionals are telling us to do.

We all need to have the vaccination injections, the first two and 3 months later get the booster dose. Use masks at all times when out and about and hand sanitiser whenever you see it. Hand washing is still important even with sanitiser. Make sure that your vaccination passport is available to be seen when asked. (If you don't know how to get it on your phone ask one of your grandchildren to do it for you or a friendly teenager from next door). Keep up your usual exercise routines.

Enjoy the summer weather by taking a long walk in the sunshine. As well as exercise you will benefit by getting some vitamin D from the sun. Here are some suggestions for you to include on your walk plan.

- * visit the Botanical Gardens
- * the Museum
- * the Art Gallery
- * Riccarton Bush and listen to the bird song
- * enjoy the walkway around the river from the city to the hospital
- * visit the memorial wall (the earthquake anniversary is coming soon)
- * enjoy the gardens at Mona Vale
- * watch some test cricket on the Hagley Oval
- * walk the Halswell Quarry and see the various nations gardens.

These are just a few of the beautiful and interesting places to see in our city.

Take advantage of the fresh summer fruit and vegetables, search out the bargains at the open air markets. Make sure you have a healthy and varied diet to combat illness.

Take care
Trish Adams
President

FROM THE CHIEF EXECUTIVE

Welcome to 2022 - and a very Happy New Year to you all.

I hope you had an enjoyable Christmas season with

family and friends. I certainly felt very lucky, and privileged, that we were able to socialise with others and have a 'normal' Christmas and New Year, after the year we had, and the issues we saw on the news every night from around the world (and Auckland).

There are 2 key ingredients in the work we do - people (volunteers) and funds.

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

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

Volunteering can, however, bring huge personal benefits to our lives. Some of these benefits include:

- Helping to build a community.
- Meeting new people, which can lead to lifelong friendships.

- Gaining new skills.
- Improving physical and mental health.
- It makes us feel good to know that we are helping others!

It may seem too early to mention Flu vaccines - but by the time the next **Keeping On** goes to print the flu season will nearly be upon us. As research shows, having a Flu vaccine is a more important factor in living longer than exercise or being lean or overweight! (The most important factor being staying socially connected). It is even more important this year because of Covid-19.

So I recommend that you all get the vaccination as soon as it is available and talk to your family about being vaccinated to protect them and you also.

Remember - we are here to help. Some of the reasons to call might be related to loneliness, elder abuse, the need for a gardener, house cleaner or a trades or handy person, the need to attend one of our health promotion activities (driving courses or falls prevention classes) or it may be seeking some information related to older people. Our Vision is to be the lead organisation in Canterbury that connects, supports, empowers, celebrates and respects all older people in an inclusive society - so whatever your question or query relates to - call us first.

Simon Templeton
Chief Executive

— CONTENTS —

Page 3, Historian - Geoffrey Rice



Page 9, Golden Girls - happy to meet at The Palms



Page 13, Ben and Derek - celebrating their 100th birthdays



Page 18, Ode to a two-wheeler



Page 21, After retirement - what next for Hans?

Page 25,
Why snacks matter
Page 29,
Happy Birthday Elder Care Canterbury
Page 32,
My Two Cents

**Keeping On**

OFFICIAL MAGAZINE OF AGE CONCERN CANTERBURY (INC)

Keeping On is distributed by Age Concern Canterbury to Christchurch Malls, Senior Citizen Clubs and Groups, Libraries, Medical Centres, Rest Homes, Hospitals and Institutions, Housing Complexes and Agencies working with older people and individuals.

Keeping On is published quarterly in February, May, August and November each year. Written contributions for consideration can be emailed to the Editor at dmcgrath@ageconcerncan.org.nz or contact Deirdre on **(03)366-0903**.

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

Age Concern Canterbury is very grateful for the support we receive from our advertisers. Without advertisements this publication could not survive. Some of our advertisements are the traditional type and others include advertorial (an advertisement that's written in the form of editorial content). To be transparent to our readers each of these advertorial pieces is labelled with the symbol A.

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

Christchurch historian, Geoffrey Rice

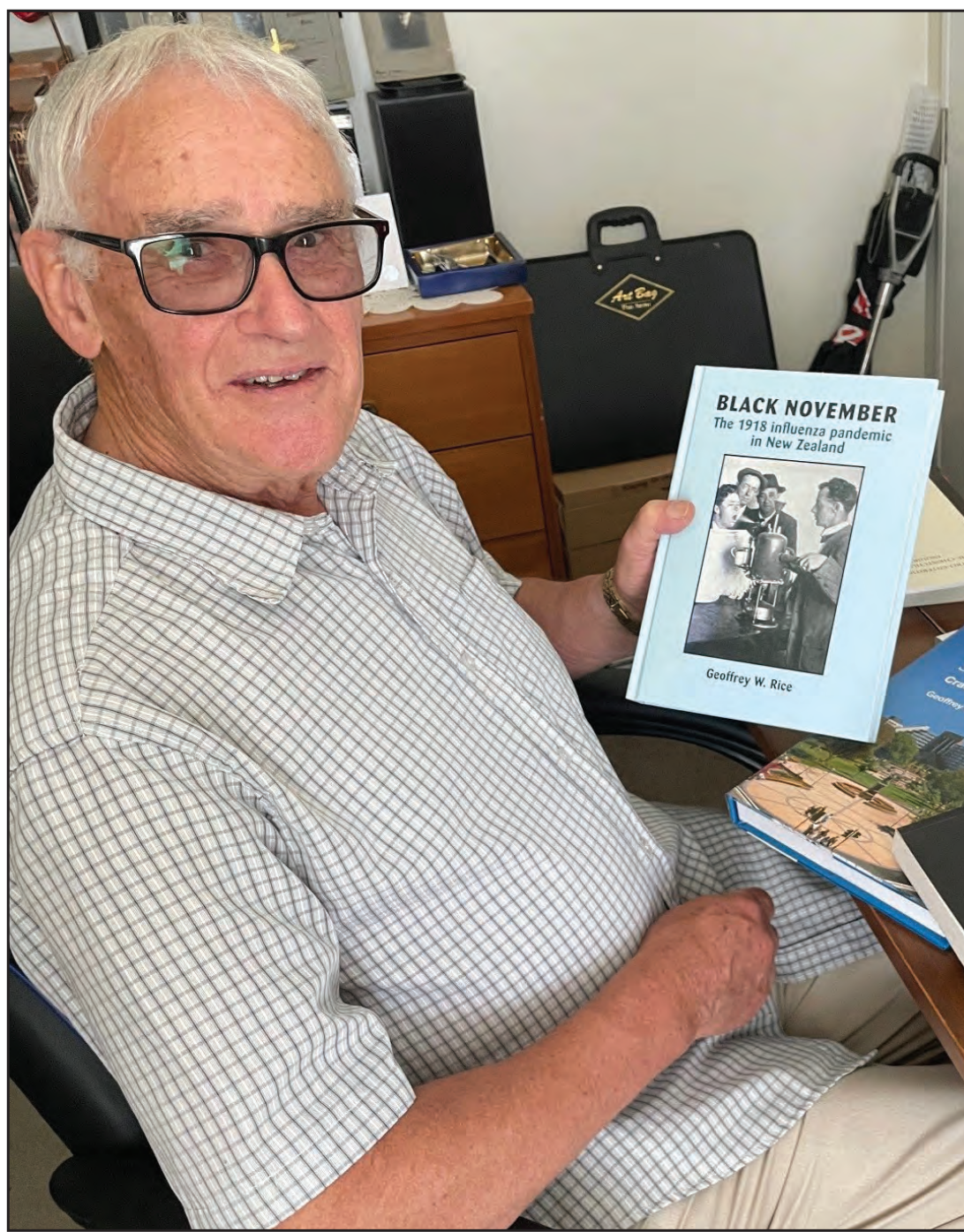
by Mike Crean

A Christchurch historian has assisted government and medical decision-makers on the management of Covid-19. He has written papers on medical history that have been published in overseas medical journals.

This polymath is University of Canterbury Professor Emeritus Dr Geoffrey Rice, New Zealand's leading authority on the 1918 influenza pandemic. His main lesson from that murderous pandemic was that Government had to move fast to meet the challenge of Covid-19.

Medical history became a spare time interest to Rice accidentally when talking to his father about the 1918 flu in Taumarunui. (It was called "Black Flu" because its victims turned black in death.) Rice's book **Black November** was first published in 1988, and reissued in an enlarged illustrated second edition in 2005. This was the world's first country-level study of the pandemic based on individual death records. A condensed version with new colour pictures was published as **Black Flu 1918** in 2017.

Hundreds of students remember Rice as a serious but affable history lecturer with a quirky sense of humour. He was one of the first lecturers in History to use slides and visual aids in his lectures. He was born in Taumarunui in 1946, lived briefly in Invercargill, then moved to Christchurch as a seven year-old. He attended Waltham Primary School where he was awarded the 1959 Dux medal, presented by forthright Member of Parliament Dame Mabel



University of Canterbury Professor Emeritus, Geoffrey Rice.

Howard. His secondary schooling was at Linwood High, where he excelled in English and History and was Head Boy in 1964.

Art was Rice's first love, though. He wanted to gain a fine arts diploma at university and go teaching. However, Linwood principal Percy Hickling took him aside and urged him to pursue "a proper degree". He took the

advice and completed BA and MA degrees at Canterbury University, winning scholarships along the way. His undergraduate years were at the university's former city site, now the Christchurch Arts Centre. He majored in History and wrote his MA thesis on the Assassins in Syria during the Crusades. For his doctorate he studied European diplomacy in the

18th Century. He tutored in European history while still a student.

Rice was the first student to be awarded a PhD in History at Canterbury University. That was in 1974. The year before he had been appointed to the only full-time job he has ever had, lecturing in History.

He edited the second edition **Oxford History of New Zealand** in 1992 and wrote the biography of Sir Heaton Rhodes of Otahuna. Illustrated histories of Christchurch and Lyttelton were followed by books on Christchurch crimes and scandals and a history of Victoria Square.

His many publications led to promotions in the university, and ultimately to Professor of History. Retirement in 2012 brought him the honorary title of Professor Emeritus. In 2021 he was appointed an Officer of the New Zealand Order of Merit.

Art has remained "a big part" of his life. He paints and sculpts and occasionally sells landscapes. He writes books, all soundly researched, while listening to classical music on Radio NZ Concert.

Twice married, a father of four and grandfather of two (so far), Rice continues writing about medical men in nineteenth century Christchurch, while serving as secretary of the Canterbury History Foundation.

Asked how he thinks New Zealand has dealt with Covid-19, Rice replies: "Remarkably well, as we had political leaders who listened to the science and the expert epidemiologists. No other country has done better. But Omicron is a serious threat, and we all need to be vaccinated".

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.

Needed in all areas in Christchurch.

Casual work only.

Payment is on an hourly rate.

For more information please phone Deb on 366-0903



Top Quality & Affordable Hearing Products
www.hearingtrue.co.nz

Prices from **\$399**

FREE Appt & Hearing Test

Same Day Service - At appt get tested, fitted and 'walk out the door' with hearing aids

Ph 0800 443 274

info@hearingtrue.co.nz

SHOPRIDER "Simply the Best"

SPECIALS



WHEELCHAIR SCOOTER SALES & SERVICE

Variety of new and used scooters, wheelchairs and walkers
Contact: Gerald & Christine
28 Years of friendly service with a guarantee

Phone 383 1364 or 021 183 1177

Take a drive through The Catlins

by Mike Crean

Our baby slept in a carry-cot on the back seat of our Morris Mini as we drove through The Catlins. That was 1971. We lived in Southland then but didn't realize how long this trip would be, or how much of the road would be shingle. Some Sunday drive that was!

Since then I have driven The Catlins half a dozen times. The road is fully sealed now, so this has become a major attraction. Some visitors simply go from A to B in two or three hours. I recommend staying a couple of nights, getting out of your car and viewing the scenic wonders. Accommodation options abound.

Be warned – they breed them tough in these rugged hills. A typical local farmer, Jack McNabb, was a hard-nosed All Black forward. He played three tests against the Springboks (1949) and three against the Lions (1950). He and two of his brothers played for Otago. The fourth brother, Tom, told me his ambition had been to play for the All Blacks but World

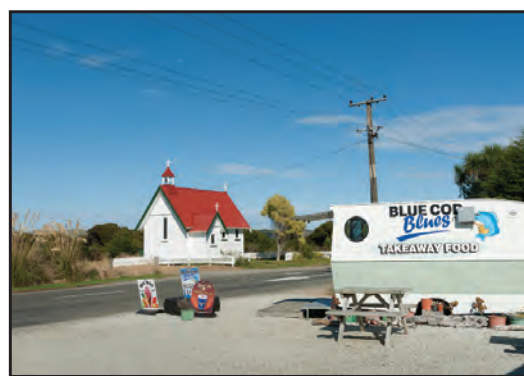


Left: Windswept trees at Slope Point and right, Wakawa - Catlins

War II got in the way. However, he was selected and played for an international army team against Wales, during the war.

South of Balclutha is the "gateway" to The Catlins, the township of Owaka. The museum here provides an excellent introduction to the area. You can learn about shipwrecks along the rocky coast, how the branch railway that ended at Tahakopa boosted farming, and other themes.

Near Owaka is Pounaweia. The Catlins River runs from a small lake out to sea here. Relics of riverside landings remain like skeletons,



reflecting a past when boats brought supplies in and took timber out for building Dunedin. Now city people escape the rat-race here.

A few minutes south of Owaka are the famous Purakanui Falls. A side road leads to a parking area with toilets. A five-minute walk on an easy track takes you to the falls.

Exploring side roads reveals interesting places, like Tahakopa and various small bays. Ask museum staff for suggestions and further details.

Just past Papatowai the main road climbs to present vistas of the sea. This is a popular area, not least for

surfers as New Zealand's best and biggest waves assail the shore.

The road next runs through Chaslands district, then a left fork leads to Waikawa. Here you find another museum and a roadside seller of delicious fish and chips. A sign points to Niagara. Take a look at the falls if you like, but only if you can take a joke.

A little further on is Curio Bay's fascinating fossilized forest. Again, plenty of parking space and a short walk. Next you are approaching the most southern location on the Mainland. It is called Slope Point. Walking across a paddock to the much-visited point you realise how it got its name. You are sloping forward 45-degrees into the wind off the Southern Ocean. Just as the local trees do.

Head westward through changing landscapes, seeking glimpses of Stewart Island. In an hour you can be in Invercargill. Easy – without a baby in the back seat.

To Will or not to Will that is the question

Many people put off making a Will - it's almost as if making a Will acknowledges one's own mortality! But if you die without a properly made Will, you are said to have died intestate and your estate will be settled according to the provisions of the Administration Act ("the Act"). Under the provisions of the Act your estate will be divided in set proportions amongst your surviving spouse, children and/or immediate family. Almost inevitably the result is that your estate is divided in a manner different to how you would have wished. On the other hand, if you have made a Will, you can relax in the comfort of knowing that your affairs will be administered in accordance with your wishes.

While you can write a Will yourself it is essential to comply with the requirements of the Wills Act 2007 to ensure that the Will is valid. When you are dealing with your hard earned assets it is worth engaging someone to ensure all the requirements are met and that you have considered any duties you may owe under other legislation such as the Family Protection Act 1955 or the Property (Relationships) Act 1976.

As well as dealing with your property, your Will can also be used to give directions as to your preference for burial or cremation and the type of funeral you desire. If you have young children, you should always take the opportunity to appoint a guardian to represent their interests in the event of your sudden death.

If you have a child with special needs and it would be inadvisable for him or her to receive a direct cash payment from your estate, it is possible to set up a Testamentary Trust in your Will, to ensure that the child's needs are met during their lifetime. Upon their death, the remainder of the capital and interest of the Trust can then be divided among other beneficiaries.

Similarly, people will often choose to leave their surviving spouse a life interest only in their share of a house property or other investments, so that they enjoy the use of the asset (or the income from it) during the remainder of their lifetime, but on their death, the capital is passed to the children of the relationship. This can suit second or subsequent relationships and can have the additional benefit of the surviving spouse having less assets in their name if they are later asset tested for eligibility for a subsidy.

Even if you have a Will don't forget that it is a document that needs to be reviewed from time to time as your circumstances change. A good rule of thumb is to review every five years or if something significant happens in the meantime. There are certain events which make it absolutely essential to update your Will. For example, if you marry or remarry, your Will is automatically revoked, unless it was made in contemplation of that marriage. Likewise, if your relationship comes to an end or your marriage is dissolved, or if you have wound up your Family Trust your Will should be reviewed.

Give Phillippa Shaw a call on 379 7835 to arrange an appointment to discuss how a new Will would be of benefit to you. **(A)**

Harmans LAWYERS

Protecting you through all stages of life

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

Our Seniors Law team can help with:

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

Visit us in our new offices within the Central City, or we can come to you with our home visit service and other alternative locations.

Contact Phillippa Shaw **P** (03) 379 7835 **E** phillipa.shaw@harmans.co.nz
A 79-81 Cashel Street, Central City, Christchurch 8011

www.harmans.co.nz

COVID-19: Preparation and looking after yourself and your whānau



Now that Omicron is in the community, do not delay on getting your booster dose if it has been at least three months since your second dose.

This is also the time to plan with your household, whānau or neighbours how you'll manage if you catch COVID-19.

What you need to plan for	What you can do now
<input type="checkbox"/> Getting food and supplies	<ul style="list-style-type: none"> • If you can, buy some extra food that does not expire quickly and is easy to prepare. • Organise with friends, whānau or neighbours to do contactless drop offs.
<input type="checkbox"/> Having enough medication in case you need to isolate	<ul style="list-style-type: none"> • Contact your GP or local health provider about how to access prescription and medication if you are in isolation. • If you can, buy medication that can relieve cold and flu like symptoms like paracetamol, ibuprofen, and throat lozenges.
<input type="checkbox"/> Accessing your usual home care or support	<ul style="list-style-type: none"> • If you're living alone, speak to your whānau about who can support you. • If you have care or support providers coming to your home, ring them to understand how you will be supported while you are in self-isolation.
<input type="checkbox"/> Finding ways to keep yourself occupied	<ul style="list-style-type: none"> • Find activities that you can do to help pass the time. • Organise for friends to ring you so you don't feel too isolated.
<input type="checkbox"/> Organising care for people you're supporting or caring for	<ul style="list-style-type: none"> • Find someone who can help look after your pets. • If you're looking after other people, discuss with other family members who might be able to do this while you are self-isolating and recovering.

In case of emergency:

- Most of us can recover safely at home. If you need advice or your symptoms worsen, call your doctor, health provider or Healthline on **0800 358 5453**.
- If you are having trouble breathing, call **111** immediately.
- Have personal information ready, including: full names, birth dates/ages, NHI numbers, medical conditions and prescriptions, GPs/health providers and other emergency contact details.

Find more information and resources on COVID-19 readiness on the Canterbury DHB website:
www.cdhb.health.nz/your-health/covid-19-care-in-the-community/

Canterbury
District Health Board
Te Poari Hauora o Waitaha

**Unite
against
COVID-19**

Support available for most vulnerable during Omicron outbreak

Canterbury health and welfare services have been working together to ensure that anyone who needs help gets the support they need during the spread of COVID-19.

"The health and wellbeing of the most vulnerable members of our community, including older people living alone, is very much at the forefront of our response to the current outbreak," Canterbury District Health Board Chief Executive Dr Peter Bramley says.

"In Canterbury reaching those most in need of help at this time is

very much a joint response which also involves both government, local government and non-government agencies."

Dr Bramley says the "extremely positive" response from the Canterbury community to the call to get vaccinated for COVID-19 has been positive. At the time of writing more than 98 per cent of the eligible population are fully vaccinated, while 63.9 percent have received their COVID-19 booster vaccine.

"With Omicron, the booster is so important and really increases your

protection. If you haven't already had yours, please get it as soon as possible.

Most people with up-to-date vaccinations and who have had a booster will experience a mild illness if they contract Omicron and will be able to self-isolate safely at home.

"We know self-isolation will be hard for many people, particularly those living alone. We are urging everyone to think about how they and their family/whānau would cope if they had to self-isolate tomorrow," Dr Bramley says.

"Be prepared and think about who could deliver your groceries and

essential supplies. Talk to your family, friends, and neighbours, and ask for help if you need it.

"Please be reassured that help is available from numerous agencies and volunteers. There will be no 'wrong door' for anyone calling any agencies for support. As a community we will get through this together."

Anyone who is self-isolating and needs support can contact Welfare Support on 0800 512 3373.

If you have any concerns about your health, contact your General Practitioner or call Healthline at 0800 358 5453. (Source: Canterbury District Health Board, February 2022).

Hot weather takes its toll

A long spell of hot summer weather can take its toll on most of us, as it saps away the moisture from our bodies. For those of us who are ageing or disabled hot weather could be deadly, especially if we are relying on others to give us drinks.

In such weather we need to drink more water than the usual recommendation of 6-8 standard glasses a day.

Dehydration is a problem because our bodies are 60% water and used for:

- digestion
- circulation
- saliva
- transporting nutrients and wastes to and from our cells
- maintaining our body temperature (sweat helps to cool us down)

Our bodies are continuously losing moisture though:

- urinating
- our bowels
- breathing
- sweating

We may lose fluids because of:

- an underlying medical problem e.g heart failure, kidney disease or electrolyte imbalance

- diarrhoea
- vomiting
- large blood loss
- high fever

Dehydration can occur quickly in

hot or humid temperatures as our body sweats to try and cool our bodies.

Here are some early signs of dehydration:

- tired and grumpy
- struggling to concentrate
- experiencing a dry mouth
- headachy
- unusually constipated
- unusually hungry
- dry skin
- cramp in the arms or legs
- urinating less than normal
- dizziness

If you have any of these signs, the first simple solution is to drink more fluids. If this isn't making things better seek medical help.

You, or they, may feel thirsty or hungry, however the best sign is urinating less frequently, with very dark urine.

Remember dehydration is life threatening. If you have any of the signs mentioned, drink more water than you would normally do.

If you need more advice on how to keep hydrated just contact us at Therapy Professionals where our friendly dietitians can help.

Phone (03) 3775280,

Email: admin@tpl.nz

Website:

<http://www.therapyprofessionals.co.nz>

(A)

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. Watch it demonstrated at www.aircycle.co.nz. See the ad below for more information.

(A)

THERAPY PROFESSIONALS LTD

IS AGEING, DISABILITY, INJURY OR ILLNESS MAKING LIFE DIFFICULT?

Therapy Professionals Ltd's physio, speech language, music and occupational therapists and dietitians can make life easier.

**We can help.
We come to you.**

For more information contact:

Telephone: (03) 377 5280
Fax: (03) 377 5281
admin@tpl.nz
www.therapyprofessionals.co.nz

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

RRP \$39.90

- * Cold hands & feet
- * Sciatica
- * Stroke rehabilitation
- * Parkinsons & MS

'Available Diabetes Christchurch, More Mobility & some pharmacies'
View and order at www.aircycle.co.nz or phone Sue in Levin on 0800 141415.

Insulation upgrades for health



Community Energy Action installer carrying insulation bales into a house.

More insulation equates to better health in many cases. This is especially true for older people and the more insulation the better! Have you had your insulation checked in the last decade? Insulation that was installed many years ago may have deteriorated or may not have been installed to current installation standards and may need a top-up. The energy assessors of CEA Charitable Trust can do a free insulation check.

If you do need a top-up, and have a SuperGold card with Community Services Card (CSC) endorsement, your insulation could be free (owner-occupiers only). In some low income areas all owner-occupiers qualify (no CSC-endorsement required).

For those not qualifying, we have a 35% discount on insulation for quotes accepted before the end of February 2022. All our assessors and installers are fully vaccinated, will be wearing masks and gloves and will practice social distancing to keep you safe.

As the Omicron variant of Covid-19 threatens our health, it is more important than ever that come winter, our houses are warm at an affordable price. A generous layer of insulation is likely to be one of the best ways to achieve that. We can get very busy over winter, so it is advised to get your insulation now. It is especially relevant if you had earthquake repairs or renovations done and/or had trades people doing work in the ceiling or under the floor, since the insulation may have been disturbed and it is advised to get it checked.

For more information, and to find out whether you qualify, contact CEA on 0800 GETWARM or apply online at www.cea.co.nz.



AGE CONCERN CANTERBURY IS LOOKING FOR

ENERGETIC AND RELIABLE CLEANERS



Energetic and reliable cleaners are required to clean houses for older adults living in the community.

Needed in Kaiapoi, Bishopdale, Redwood and Belfast

Casual work only.

Payment is on an hourly rate.

Drivers licence and an appropriate level of fitness is required.

For more information please phone Deb on 366-0903

Loneliness and social isolation

Loneliness is indiscriminate. There is an abundance of research on this subject in New Zealand and young people are just as likely to feel lonely as older generations. The level of loneliness in this country is escalating and as anyone who has ever experienced it will agree, the feeling can seem insurmountable once it settles into our lives.


There can be many reasons for being lonely, such as health, mobility impairment, sensory loss, changes to driving ability and bereavement. There are all sorts of things happening as we age which can make getting out of the house increasingly difficult and so social isolation can cause loneliness.

When people are no longer able to drive, that's where Driving Miss Daisy comes in! Driving Miss Daisy is the connection from home to the community. They make it their priority to ensure each and every journey is filled with laughter, kindness and positivity.

The Driving Miss Daisy drivers love to catch up with the clients and will do everything possible to make the journey enjoyable. That can be as simple as a trip to the supermarket or regular hairdresser appointments. Sometimes, it can be more adventurous and include trips further afield; outings to the beach for a breath of fresh air or coffee with friends; anywhere the heart desires.

Driving Miss Daisy is committed to helping their clients get out and about. They're here to help their clients feel safe and comfortable. Their clients can feel confident there is every protocol in place to keep their trip safe, clean, socially distanced and with vaccinated drivers, so they can live life to the full and make the most of every moment.

Wheelchair Accessible Vehicles are available upon request to assist with walkers or wheelchairs. Total Mobility Scheme cards accepted.

Call us today to discuss your requirements. 

Get out and about with Driving Miss Daisy



Keep your independence and freedom with our safe, reliable companion driving service.

We can drive and accompany you to:

- Medical and personal appointments
- Deliveries - e.g. take home meals
- Companion outings
- Grocery shopping
- Airport drop-offs and pick-ups
- Or even transporting your pet!

Total Mobility Scheme cards accepted in most Canterbury areas, and an ACC contracted supplier.

Bookings are essential - call today and make your next outing a pleasure!

North Canterbury Ph: (03) 312 2936
Redwood Ph: (03) 352 4596
Harewood Ph: (03) 358 9466
Riccarton Ph: (03) 323 6984
Selwyn Ph: (03) 347 1009

St Albans Ph: (03) 423 9831
Cashmere Ph: (03) 423 9778
Wigram Ph: (03) 325 7153
Ashburton Ph: (03) 307 7237
Timaru Ph: (03) 683 1073



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

Keeping On Advertisers - book now for advertising space in the May 2022 issue of *Keeping On*. The deadline is Friday, 29th April 2022.

Please contact Anna-Marie on 331-7804.

Retirement villages

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

The decision to move into a retirement village is not one you should rush. Take time and consider all your options. Make a checklist of the reasons for and against and involve your family and friends in your decision making process. It is also important to ensure you have the appropriate legal and financial advice.

The most important thing to remember is that this decision is about you and the type of lifestyle you want. Here are some things to keep in mind when you're thinking about the move to Retirement Village living.

The Lifestyle – what kind of lifestyle do you want? Think about the things that are “must haves” for you and pick a Village which enables you to achieve your goals. Look at different Villages to ensure that the Village you pick ticks all your boxes.

Your Future - does the Village have Hospital or Dementia level care? If your needs change, are you able to move within the Village to a

different level of care? Who decides if you need to be move to a different level of care? What are your rights in those circumstances? Will you have priority over a new resident? What happens if there is no available space?

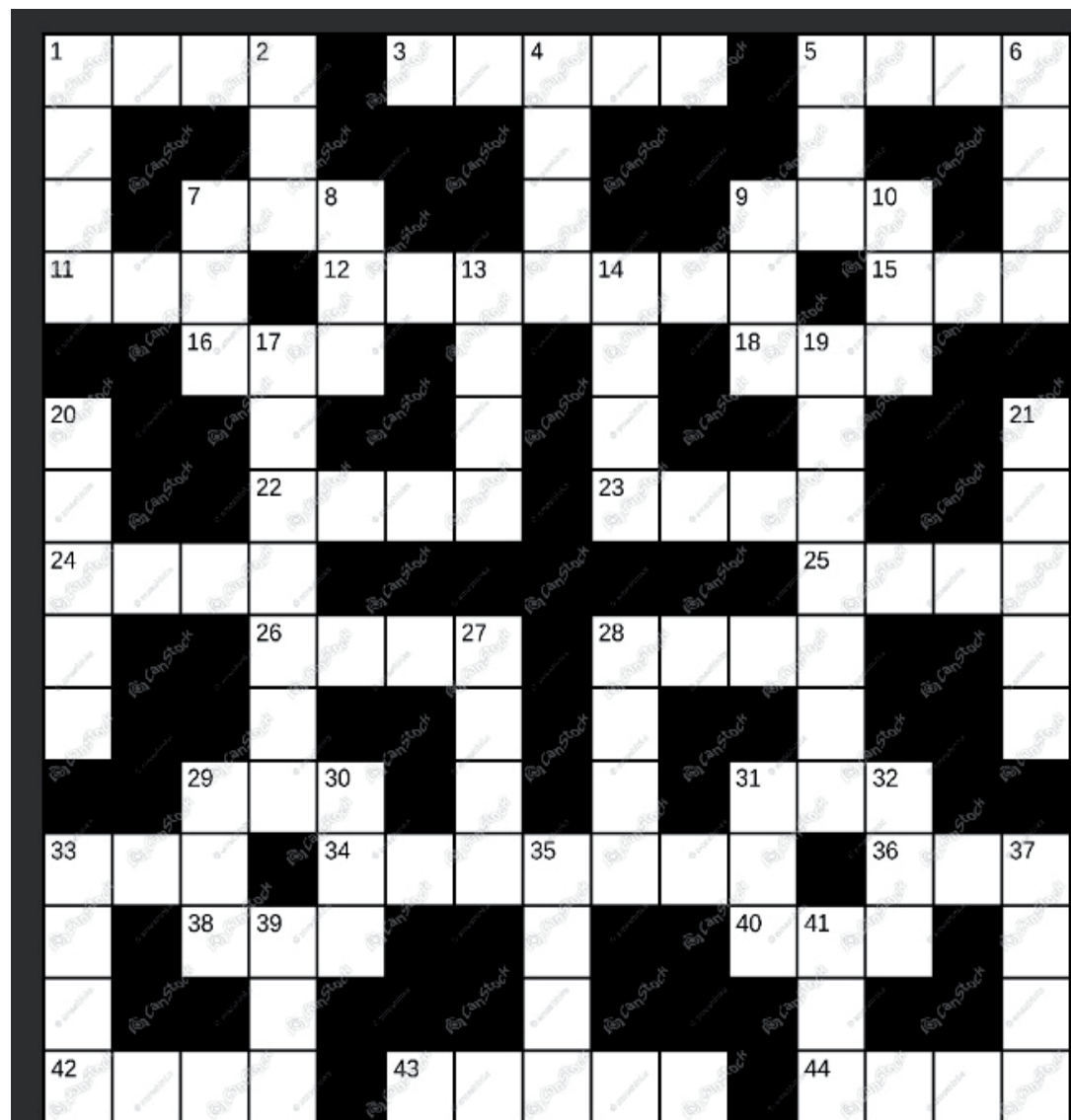
The Money – make sure you understand exactly what you are paying for. What on-going fees are there? Will those fees change over time and, if so, how? On terminating your Agreement, what money will be refunded to you? What costs will be taken out of any refund, how is your refund calculated and when will you receive it?

Legal Structure - You are required to seek legal advice before you sign an Occupation Right Agreement so make sure your lawyer explains how the Village you are interested in is structured.

When you are making a decision about whether a Retirement Village is your next step, it's important you get good advice from a team who understand how your decisions may impact on you. Please contact us at Fleur McDonald Legal on 03 365 1595 or info@fmlegal.co.nz. Together we can explore how we can help you find the best solution to meet your legal needs.

(A)

Test your crossword skills



ACROSS:

1. Cast aside (4), 3. Firmament (5), 5. Bestow (4), 7. Collar (3), 9. Effluvium (3), 11. Deplore (3), 12. Me Purse (anagram) (7), 15. Pamper (3), 16. Gorge (3), 18. Pekoe (3), 22. Spent (4), 23. Passage (4), 24. Paladin (4), 25. Ceases (4), 26. Prestige (4), 28. Molten rock (4), 29. Auberge (3), 31. Adder (3), 33. Owns (3), 34. Of the heart (7), 36. Singular (3), 38. Also (3), 40. Weave (3), 42. Contract (4), 43. Appropriated (5), 44. Junket (4),

Cryptic Clue: 3. I lost from one or other for anaesthetic (5)

DOWN:

1. Finished (4), 2. Refreshment (3), 4. Get wind of (4), 5. By way of (3), 6. Lope (4), 7. Insect (3), 8. Tax (3), 9. Obtain (3), 10. Pool (3), 13. Speed (4), 14. Long-lasting (4), 17. Midriff (7), 19. Captivates (7), 20. Suffers (5), 21. Lounges (5), 27. Proclaim (4), 28. Placements (4), 29. Suffix for occupations (3) 31. Bill once passed (3), 32. Sink a ball (3), 33. Angelic Instrument (4) 35. Escritoire (4), 37. Pitcher (4), 39. Away (3), 41. Appropriate (3)

Cryptic Clue: 20. Painful chase?

ANSWERS ON PAGE 30

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

One Stop Mobility & Independence Shop

Hire, Sales and Service

More Moblity has over 500 products in store to keep you independent

* Mobility Scooters * Power Wheelchairs * Standard Wheelchairs * Walkers/Rollators * Walking Sticks, Canes & Crutches * Rehabilitation Aids * Toilet & Bathroom ware * Lift Chairs * Kitchen & Grooming Aids



The joy of independence
moremobility 

113 Blenheim Road, Riccarton. Christchurch.
Ph: 348 3460 or 0800 666222

Caring for the care partner

by Dementia Canterbury

Dementia not only affects the person with the diagnosis of dementia, but also family and friends as they cope with the changes that occur for their loved one and changes to shared relationships with them. This is especially true for the person who is shouldering most of the care. At Dementia Canterbury, we call that person the Care Partner.

Caring for someone with a diagnosis of dementia can place a huge strain on the Care Partner's wellbeing, physically, emotionally, and spiritually, often pushing them to the limit. It is ideal, therefore, for the task of caring to be a team effort. That being said, friends and family can often look on, baffled as to the best way to help. Here are some ideas.

Become Informed

Learn about the disease, especially the form of dementia your family member or friend has been diagnosed with. Learn how this could affect them and the best ways to respond to them and to the changes that are occurring. Courses are offered at Dementia Canterbury specifically for this purpose. Ring your Keyworker to learn more. There are also regular seminars run throughout the year where experts share their experience and knowledge. Remember that "Knowledge is Power", having knowledge about something helps a long way towards responding in a manner that is both appropriate and helpful.

Be a Friend

First and foremost- stay in touch! Sadly, dementia does carry a stigma that can be very isolating for the person with dementia and their family. To best support the Care Partner requires a commitment to be the best support you can be for them. This may mean dealing with any concerns you may have about dementia. It may involve offering a listening ear or a shoulder to lean on- both very practical and important gifts. Their world has changed dramatically, with



many "new normals" to confront. It is important that you continue to include the person with dementia in discussions, conversations, and decisions. Feeling included will increase their sense of wellbeing and have a flow down affect in their Care Partner.

Help with Tasks

Looking after someone with dementia can be taxing on every front. Often tasks that find themselves on a "To Do" list can become overwhelming. So, a kind friend or family member who can help to shorten that list is a real treasure. Help with tasks such as mowing the lawn, cleaning windows, or even preparing a meal or running errands will, ultimately, be greatly appreciated. You may need to be patient about this and be prepared to not be easily deterred- it may take a while for offers of help to be accepted.

Offer Emotional Support

Care Partners of people with

dementia often face conflicting emotions. These could be anything from love to obligation, satisfaction to frustration, confusion and anger. There is often a real sense of the burden associated with the care they need to provide. Depression and anxiety are high risk concerns. Emotional support, therefore, becomes very important. This may mean providing a listening ear, or some social connection, so that they feel less isolated, or it may mean having a more difficult conversation about seeking further help.

Offer Opportunities for "Down Time"

As mentioned previously, caring for someone with a diagnosis of dementia can be an all-consuming task. It is very important for Care Partners to have the opportunity for some down time so that they can recharge their batteries. This can mean anything from time to themselves to read a book, pursue

a hobby, get some exercise, or even run an errand. It could also mean taking the opportunity to spend some time with friends. Family members and friends can help by:

Popping in for an hour or two, to spend time with the person with dementia while the Care Partner goes out- or taking the person with dementia on an outing while the Care Partner stays at home- or you could make a day of it!

Discussing the idea of respite through the various day care programmes available – (see your doctor for a referral for needs assessment)

Discussing the idea of some respite care in an Aged Residential Care Facility for a longer period of time. (Again, access to this begins with a referral from your doctor)

Offering support such as this is a very practical and helpful way to ensure the wellbeing of both the person with dementia and their Care Partner. No person is an island, so if the load can be lightened by offering support, it will be better for all concerned.

Kia Kaha as you continue to support your friends and/or family members who are affected by dementia. May there be some fun and laughter and enriching of relationships along the way.



FRANCO DAL DIN
027 484 2739
03 355 6555
fdaldin@cowdy.co.nz

Licensed Agent REAA 2008



Are you putting it off?

You are not alone in planning your move to a Retirement Village. You need time to get comfortable with the idea. BUT so many things to sort, and how to do it?

Let me help you with your BIG decision. Call me for a professional home appraisal & I'll help you work things out, plus I have a large network of people who can help.

Let's have a cuppa.

"You make the tea and I'll bring the biscuits!"

Experience the Cowdy Standard.

cowdy.co.nz

cowdy



Flexibility and freedom for families to customise a service their own way

\$2,000 incl. GST

- Direct cremation
- Use of crematorium for committal or gathering
- An eco-friendly coffin
- Payment in full is required at time of cremation

0800 27 28 29

www.mainlandcrematorium.co.nz

Golden girls, happy to meet at The Palms

by June Peka



Golden Girls - Colleen, Colleen and Ann - happy to get together at The Palms.

Every mall has its mavens. They're not just pretty, coffee-consuming, talking faces. You could say they're essential service providers. Because they're there most days, they know their territory like the backs of their characterful, bling-encrusted time-worn hands, and are more than happy to dispense advice on everything from the best eateries to the poshest toilets, and the friendliest shop assistants. Really, they should be presented with a sign at least, even paid a stipend (free coffee once a week?) for their sterling service to commerce and consumerism. They're the first to spot a dropped wallet, to notice when the Christmas decorations aren't up to scratch or the music is too loud. In fact at The Palms, management has been known to consult these long term regulars over small changes and display themes, and at times has rewarded their input.

Mostly over-65s, The Palms mavens gather almost daily in the concourse centre ground where they can be seen and heard. Their numbers vary. Mostly women they're joined at

times by a few chaps, but you can't help but recognise the constant trio at the centre. Between them they've accrued more than a couple of centuries of Golden Girl wisdom and humour, and all profess to be open books. If, like me, you sidle up with a smile on your face they'll be happy to share their pearls and pages. Caring is sharing they say, and a problem shared is a problem halved.

Colleen Limmer, Colleen Brown and Ann McIlroy have a lot in common.

They're all single, of a similar age, and have in the past been members of various groups – gardening clubs, knit and natter sessions and the like. Now they're happy to meet at what they refer to as their home away from home and enjoy the easy friendship, without any schedules. They like to dress up, accessorise, put on some lippy, and make a day of it – almost every day.

"Some days I'll get here at 10 and before I know it, it's time to go home

for tea. I'm never lonely and I'm never bored." Ann McIlroy tells me.

Colleen Brown says it's good to talk over important things with friends in your age group.

"A few years ago I would never have considered moving to a retirement unit, but now I wouldn't go back to my big old house."

They don't run out of words, there are no awkward silences. They talk about op-shopping, and grandchildren, and the problems of the world. How to recycle leftovers and underpants, and wangle a second piece of pork crackling from the sandwich maker. As they've got older they've become grateful for every day they wake up "above the grass", and their lot in life. All have had ups and downs, some more major than others.

"We have a lot in common. Kids and ex-husbands, old friends and health issues. Between us we have the answers to most of life's problems", says Colleen Limmer.

If you need answers or simply to look upon happy faces, say hello to our own Golden Girls.

PROTECTING YOU AND YOUR FAMILY INTO THE FUTURE

GIVE YOURSELF AND YOUR FAMILY PEACE OF MIND - TALK TO US TODAY.

In today's complex world, you need specialist advice from professionals with the right credentials.

Pier Law is a private client law firm with proven expertise and decades of experience in structuring protections for client's personal care and welfare, asset management and succession planning.

OUR AREAS OF PRACTICE INCLUDE:

- Wills
- Enduring Powers of Attorney
- Family Trusts and Succession Planning
- Rest Home Subsidies
- Occupation Rights Agreements
- Funeral Trusts
- Estate Planning
- Trusteeship and Trust Administration
- Probate and Estate Administration



Make an appointment to talk to Caroline Davey or Bill Herbison at one of our three convenient branches or request a home visit if you prefer.

Telephone 03 366 5540 www.pierlaw.co.nz

PIER LAW

Caring for our pets when we're gone

There is no doubt that we kiwi's love our pets. It's difficult to think about the day when they'll no longer be with us... but what if something happens to us first?

It is important to take your pet into consideration when preparing your Will or Trust, especially if you want them to continue their 5-star luxury lifestyle when you're gone.

Firstly, it is important to choose an emergency caregiver. Give this person feeding and care instructions for your pet, contact information for your veterinarian and perhaps a key to your house.

In your Will or Trust you can include the name and address of the person you wish to have permanent care of your pet. It is also important to provide a secondary permanent caregiver, just in case the first person mentioned can no longer act when the time comes.

You can arrange for their contact information to be kept safely with the Will, so that the person handling your estate can contact them easily. You can also include instructions on how you wish for your pet to be cared for.

As pet owners we are all too familiar with the costs of owning a pet. Food, bedding, toys and vet bills can be extremely expensive. To make sure that your permanent caregiver has the resources they need to care for your pet, you can provide a gift for them in your Will. You can specify the exact amount you would like them to receive and request that the funds are only to be used towards the care of your pet.

If you would like to make a Will, or an amendment to your current Will to include a provision for your pets, come and talk to the Pier Law team today.

Assisted dying and the meaning of home

by Mason Head, Content Creator at The Eldernet Group

In an article published on The Spinoff last month, Frankie Bennett, a campaigner in the End of Life Choice referendum with Yes for Compassion, argues that allowing palliative care and aged care providers to choose whether to allow assisted dying on their premises is unfair, distressing and “will lead to people dying the harrowing deaths they desperately sought to avoid.”

If a care provider decides not to permit assisted dying, the only option is to send them to another facility that will support them. While we don't wish to pick sides on the debate, one of Bennett's points really hit home for us: “what happens if a person can't be safely moved, or there is nowhere to move them to?”

It's an unpleasant thought: not just for the person who might be moved while terminally ill but for that person's loved ones. I certainly wouldn't wish that experience for my 94-year-old nana.



Photo by Dominik Lange on Unsplash

It got us thinking: what should people expect when they transition into care?

For all intents and purposes, a care home is your new home; not just somewhere to live but a place in which you feel a sense of belonging. Importantly, you should feel that your cultural and spiritual

values and personal beliefs are respected and upheld.

Yet how you live in your family home differs greatly to how you live in a shared flat, for example. In your family home, you likely run your own ship; yet in a shared flat, other people's choices will inevitably affect you too.

So, while a care home is your home, it might pay to think of it more as a flat or communal house. Think back to your flatting days: you wouldn't have moved into a flat with people who didn't share similar values to you (or if you did, you'd quickly have realised your mistake and found a more suitable place).

It's the same with a care home: the perfect rest home for you is one that allows you to make choices that are right for you. If assisted dying is something you may consider in the future, it would be wise to ask any of your shortlisted homes what their stance is on the issue. It could save a lot of pain in the future.

The Eldernet Group is New Zealand's most trusted provider of information for older people and their whānau. Head to www.eldernet.co.nz or freephone 0800 162 706 for your free copy of its 'Where To From Here' handbook.

Florentine Gold - naturally good for your body

Aches and pains tend to accompany the process of ageing, and a natural range of products from Florentine Gold NZ are now available to help ease a variety of conditions.

Available directly from florentinegold.co.nz clients around New Zealand are enjoying the many benefits.

The All Natural Harmony Body and Joint Rub is proving excellent for sensitive skin, with feedback showing impressive results for arthritis, fibromyalgia, psoriasis and eczema also.

Containing no artificial nasties, ingredients included natural crystal mineral salts, pure essential lavender oil and eucalyptus oil and cold pressed neolardi bean oil. The range is cruelty friendly and vegan accredited.

“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 3 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

The 200ml bottle of Natural Harmony Body and Joint Rub is \$45.00 and \$35.00 for the 100ml bottle. There is an additional charge of \$5.00 for Rural Delivery.

While the All Natural Harmony Body and Joint Rub is undoubtedly the hero product in the range, it also includes deodorants, foot spray and tropical guard insect repellent.

View the full range and/or order online at florentinegold.co.nz. The products can be couriered overnight throughout New Zealand. 



All Natural harmony Body & Joint Rub

Great for all manner of joint and muscle stiffness, sprains and strains and dry flaky skin.



EXCELLENT FOR SENSITIVE SKIN

Phone: 027 517 2347

Email: info@florentinegold.co.nz

www.florentinegold.co.nz

Natural Harmony Body & Joint Rub is \$45.00 for 200ml and \$35.00 for 100ml, including delivery with an additional \$5.00 for rural delivery. You can purchase by visiting our website www.florentinegold.co.nz, by emailing us at info@florentinegold.co.nz or by phoning us on **0275172347**.

TESTIMONIAL

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

The All Natural Harmony Body & Joint Rub would make a wonderful present for family and friends.

New Zealand Post woes

by June Peka

With nearly all the family in Australia, I've posted on average a parcel a month for some years now. Big ups for all the posties involved on both sides of the ocean, as none of those presents have missed their mark.

In recent months though it has become just too difficult to carry on this Nana pleasure. It's not just about stamp shortages or Covid delivery delays, it's a cranky assistant behind the counter in my local Post Office who seems to have embraced the newly introduced Customs Dec CN22 "green form" as her training ticket to a career in law enforcement.

This form does come with instructions on its reverse, but silly

me, I keep making errors which have necessitated me being sent away to complete another form, five times in total. Yes, I did use lower case letters once – oops. I used a dollar sign when there was already a printed one in place – BIG oops apparently. I printed MRS (yes, in upper case letters) where I should just have used a name. This one elicited big frowns, and stabbing finger points to the instructions, now blown up and tacked on a wall – just for me, really?

Corrections cannot be made to these, I'm advised. They would not be accepted by Customs, even if I initialled them. The fourth and fifth time I was sent away I took my parcels to another Post Office where they sailed past careful scrutiny. Then in November I took my parcel to my local Post Office again and was once again turned down (see picture above). My personal policewoman took offence at that baby book number correction, and the fact I had written "not known" under receiver's

email address. Thankfully, it flew off, no problems, from another Post Office.

Having been employed as a public servant myself for 20 years, when client satisfaction and service was 101, I eventually decided to contact the manager of my local Post Office.

Mmmm- did you know NZ Post is no longer listed in the phone directory in Government departments? Did you know there are no individual NZ Post listings, either on paper or online? There's a Service Centre attached to my local, but that phone number is unmanned. I sent two messages to the NZ Post web page, no reply so I made a complaint on an online review form. I was advised, by computer generated message to use a complaint form - which was no longer available. Other Post shops are not permitted to give me a direct dial phone number or the manager's name. Has our Post Office become a branch of the NZSIS? It is as impenetrable.

In late November a Regional Manager advised by email that the photo above "shows no total weight" (the parcel is weighed when it gets to the Post Office) "no country of origin of the gifts", and "isn't dated" - all things easily sorted, in my opinion.

Since then, I've heard nothing. Poor service NZ Post Northlands. Put your customers first, particularly the elderly and those without modern technology. And there's a chocolate fish for the first person to find that direct phone number which is answered by a real person.

Mature Moves is about helping people

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

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

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

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

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

things sorted and organised with minimal fuss and stress.

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

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

Mature Moves is about helping people. You let them know what help you need 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 Mike and the team 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?



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 Mike on
0800 777 214
Mobile 021 0837 8251

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

Mike Pero | REAL ESTATE

Helping you make the right move

Thinking of selling?
Contact Cathy and Ian today.

"Cathy was key to the sale of my mum's home. Mum was moving into a retirement home, so supporting her in a caring way was necessary. Mum had to down-size and Cathy offered endless help to sort her possessions. Cathy and Ian communicated with us throughout the sales process. The whole family thanks you."

Andrew

Mike Pero Real Estate Ltd. Licensed REAA (2008).
Featured testimonial verified by RateMyAgent.



Bishopdale

Cathy and Ian Falconer
0800 888 426
bishopdale@mikepero.com

Celebrating their 100th birthdays in style

Age Concern Canterbury clients, Ben Carr and Derek Moreton, recently celebrated their 100th birthdays with us in style.

A fun party was held at our offices at Main North Road, Papanui and lots of reminiscing and stories told during that time.

There was also plenty of cake to go around thanks to the GBB (Good Bitches Baking) team. These wonderful volunteers bake and decorate cakes for Age Concern Canterbury. The cake for the 100 year olds is shown in photo far right.

Happy Birthday Ben and Derek!



Jayne works to the benefit of her clients

Jayne Martin is a Licensed Sales Consultant with Harcourts, Kaiapoi.

Jayne brings the discipline and organisational skills of a dedicated Police Officer in the London Metropolitan Police and a Probation Officer here in New Zealand.

The wealth of knowledge and interpersonal skills she acquired in these diverse positions works to the benefit of her real estate clients.

She has travelled and worked extensively and understands the diverse needs that reflect a multi-cultural market.

Being passionate about property Jayne has bought, renovated and sold many times in New Zealand. Working with her own properties was so gratifying, she knew she had found her lifetime career.

Her career move into the Real Estate arena was fuelled by her passion for engaging with and

helping the public.

You will find that her work ethics are second to none; an admirable quality that makes Jayne stand out from the crowd. Her work is meticulous and detailed, not only because it's good business, but because she prides herself in her work.

Residing in North Canterbury with her partner, Jayne is down to earth and has a warm personality to match. Of more importance is her work ethic, commitment towards the job, and knowing that her clients can both trust and rely on her - whether it be a sale or purchase. Doing what is right for her clients is first on her list.

You will see that customer satisfaction still exists when you use Jayne to market your property!

Mobile: 027 517 7937

Office: (03) 327 5379

Email: jayne.martin@harcourts.co.nz

co.nz

(A)

ARE YOU *Thinking* OF DOWNSIZING, RELOCATING TO A RETIREMENT HOME OR SIMPLY WISH TO KNOW THE VALUE OF YOUR HOME?

Jayne can help you with all three, she has helped many of her clients with an easy stress free transition, covering Christchurch and North Canterbury, Jayne prides herself on going the extra mile for her clients.

If you would like a no obligation chat and a coffee, give Jayne a call.

Jayne Martin

☎ 027 517 7937 | 03 327 5379

✉ jayne.martin@harcourts.co.nz

🌐 harcourtsfourseasons.co.nz

Harcourts

Four Seasons Realty

Four Seasons Realty 2017 Ltd
Licensed Agent REAA 2008



New personal driving service for Christchurch

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

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

"We love to support the local community and our service is designed to provide personalised transport and assistance to anyone needing a bit of extra help getting from A to B. We specialise in driving seniors and trips cover a wide range of outings including the usual medical and business appointments as well as shopping or just a nice afternoon out with a friend or two.

Our wheelchair accessible vehicle is a larger hoist model with plenty of headroom for taller passengers to travel in comfort," says local owner Dean.

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

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

We take Total Mobility cards (TM) and we are ACC Registered Vendors. All our drivers are fully licensed and NZ Police checked for your protection.

Our service is pre-booked and pre-quoted. To find out more please give Dean a call on (03) 352-1599 or 027 364 6877.

(A)

Transport you can trust - Christchurch



Do you need a reliable, friendly driver you can get to know?

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

Call Dean Stewart on 03 352-1599 or 027 364 6877



Waking at 3am and dwelling on fears and shortcomings

When I wake at 3am or so, I'm prone to picking on myself. And I know I'm not the only one who does this. A friend of mine calls 3am thoughts "barbed-wire thinking", because you can get caught in it. The thoughts are often distressing and punitive. Strikingly, these concerns vaporise in the daylight, proving that the 3am thinking was completely irrational and unproductive.

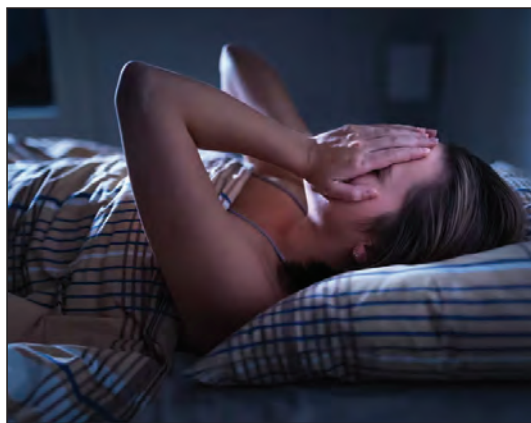
So, what's going on?

I'm a psychology researcher with expertise in mood, sleep, and the circadian system (the internal clock regulating sleep). Here's what the research says about what may be behind this common experience.

In a normal night's sleep, our neurobiology reaches a turning point around 3 or 4am.

Core body temperature starts to rise, sleep drive is reducing (because we've had a chunk of sleep), secretion of melatonin (the sleep hormone) has peaked, and levels of cortisol (a stress hormone) are increasing as the body prepares to launch us into the day. Remarkably, all this activity happens independent of cues from the environment such as dawn light. Nature decided long ago that sunrise and sunset are so important that they must be predicted (hence the circadian system).

We actually wake up many times each night. Light sleep is more common in the second half of the



night. When sleep is going well, we are simply unaware of these awakenings. But add a bit of stress and waking will become a fully self-aware state.

Not surprisingly, there is evidence the pandemic is a sleep-disturbing stressor. So if you're experiencing 3am wakings at the moment, you're definitely not alone.

Concerns about being awake when one "should" be asleep can cause the person to jolt themselves into anxious wakefulness when they go through a light sleep phase.

If that sounds like you, be aware that insomnia responds well to psychological treatment with cognitive behavioural therapy. There is a strong link between sleep and depression. Speak to your doctor if you have concerns about sleep.

Catastrophising

Around this time in the sleep cycle, we're at our lowest ebb physically and cognitively. From nature's viewpoint, this is meant to be a time of

physical and emotional recovery, so it's understandable that our internal resources are low.

But we lack other resources at this time – social connections, cultural assets, all the coping skills of an adult are not available. With none of our human skills and capital, we are left alone in the dark with our thoughts. So the mind is partly right when it concludes the problems it's generated are unsolvable.

Once the sun's up, we're listening to the radio, chewing our toast and pushing the cat off the bench, and our 3am problems are put in perspective. We can't believe the solution of just ringing this person, postponing that thing, or checking such-and-such was overlooked in the wee hours.

The truth is, our mind isn't really looking for a solution at 3am. We might think we are problem solving by mentally working over issues at this hour, but this isn't really problem solving; it's problem solving's evil twin – worry. Worry is identifying a problem, ruminating about the worst possible outcome and neglecting the resources we would bring to bear should the non-preferred outcome actually occur.

So, what can we do about it?

Have you noticed the 3am thoughts are very self-focused? In the quiet dark, it's easy to slide unknowingly into a state of extreme egocentricity. Circling round the concept "I", we can

generate painful backwards-looking feelings like guilt or regret. Or turn our tired thoughts to the always uncertain future, generating baseless fears.

Buddhism has a strong position on this type of mental activity: the self is a fiction, and that fiction is the source of all distress. Many now practise Buddhist-informed mindfulness to manage stress in the daytime.

I bring my attention to my senses, specifically the sound of my breath. When I notice thoughts arising, I gently bring my attention back to the sound of breathing (pro tip: earplugs help you hear the breath and get out of your head).

Sometimes this meditation works. Sometimes it doesn't. If I'm still caught in negative thinking after 15 or 20 minutes, I follow the advice from cognitive behavioural therapy, and get up, turn on dim light and read.

This action may seem mundane, but at 3am it is powerfully compassionate, and can help draw you out of your unproductive thinking.

One last tip: It's important to convince yourself (during daylight hours) that you want to avoid catastrophic thinking. For good reasons not to worry, you can't go past the Stoic philosophers.

Waking and worrying at 3am is very understandable and very human. But in my opinion, not a great habit to get into.

(Source: www.theconversation.com)

Cancer Society hopes bulb sales will blossom

Last year, thousands of daffodils went to waste when New Zealand went into a nationwide lockdown 10 days before the Cancer Society's annual Daffodil Day fundraiser in August.

Heather Locke, Fundraising Manager for the Cancer Society's Canterbury-West Coast Division, says the organisation was devastated that it was unable to sell fresh flowers last year.

"Our fresh flower sales are an important fundraiser for us so we lost a significant amount of income from not being able to package and distribute daffodils to those who had ordered them," Locke says.

"Not only are the fresh daffodil sales an important revenue stream for the Cancer Society, they are also a major source of income for our supplier, Hadstock Farm, which grows the daffodils en masse specifically for this event," Locke adds.

Now the Cancer Society is teaming up with Hadstock Farm once again, this time to sell bags of daffodil and tulip bulbs.

"We sold bags of bulbs last year and the feedback from those who bought them was that they were excellent quality," Locke says.

The bulbs are available for sale in bags of 10 from the Cancer Society's centres in Christchurch, Rangiora, Rolleston, Greymouth, Ashburton and Timaru. The cost is \$10 for a bag of mixed daffodil bulbs and \$12 for a bag of mixed tulip bulbs. There is a discount for bulk orders, with 100 daffodil bulbs available for \$95 and 100 tulip bulbs for \$110.

"To place an order, people can either phone or visit the Cancer Society centre closest to them or call (03) 379 5835," Locke says. The bulbs will be available for collection in mid-March, giving people plenty of time to get them into the ground to brighten their gardens in Spring. (A)



GROWING SUPPORT FOR THE CANCER SOCIETY

DAFFODIL & TULIP BULBS FOR SALE

- 10 x MIXED DAFFODIL BULBS \$10
- 10 x MIXED TULIP BULBS \$12
- 100 x MIXED DAFFODIL BULBS \$95
- 100 x MIXED TULIP BULBS \$110

TO ORDER, CONTACT YOUR LOCAL CANCER SOCIETY CENTRE:

Christchurch – Rangiora – Rolleston – Greymouth – Ashburton – Timaru

Payment on delivery (approximately mid-March).



Living Well apartments offer fabulous views over Christchurch



Change your view of life

If you are ready for a no-maintenance home with a stunning view, come and enjoy the panorama from an independent apartment at Rhodes on Cashmere. Located on the lower Cashmere Hills, our boutique 65+ community is loved for its peace, privacy and personalised service.

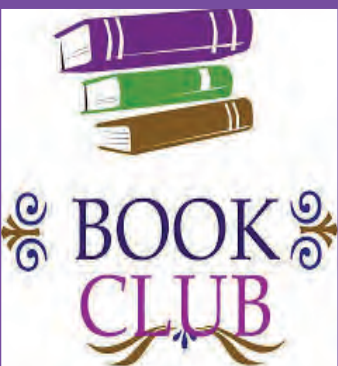
**Phone Karen to book a private tour on
03 332 3240 or visit rhodesoncashmere.co.nz**



ARVIDA

Rhodes on Cashmere

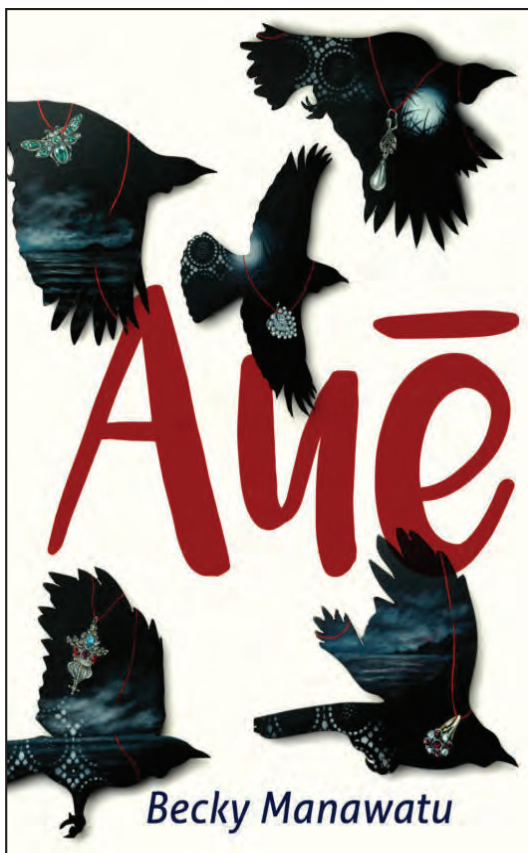
An Arvida Living Well Community



My Book Club recommends

Auē

Reviewed by New Zealand's Book Groups



Becky Manawatu

Auē is not an easy read, but a story of the graphic realities of gang life, child abuse, and intergenerational trauma. However, it is not without hope, much of it delivered in the form of the character of eight-year-old Arama (Ari) who believes most hurts can be healed (or at least helped) with a box of sticky plasters.

After their parents were lost in a boating accident, Ari's older brother, Taukiri, has dropped him off at Uncle Stu and Auntie Kat's home in Kaikōura, believing they can offer his little brother a better life than he can. As the boys' stories diverge, we are given glimpses into the life of Jade, a woman born into gang life and struggling to escape — but where is she now and who is she to each of the boys?

This novel would appeal to readers looking for quality writing from a New Zealand author that cuts to the heart of New Zealand's societal issues and

reveals that a family's love might be all that is needed to turn back the tide of sorrow.

Here's what book clubs from

around New Zealand had to say about Auē:

This was an amazing book. A grim reading during lockdown (some couldn't face it) but gripping and cleverly laid out. As the narrative voices and storylines slowly start to come together, they make sense. It was sad and hard for us to understand the mindset of a woman who cannot comprehend love without violence, who stays with violent partners, and can see no escape. The fact that there are currents of real life events in the book brings home how fragmented our society is. Really recommended. (AUCK 285)

Some found the subject matter confronting, and others found it powerful and poignant. We had a lively discussion. (DUNED 004)

A grim story, very well-written. Some readers wished for a family tree to help follow the story as it moved between generations. For others

that was part of the enjoyment of reading and sorting the relationships. Beautiful language and imagery. Hard to read at times but with a cracking pace towards the end. (DANNE 001)

We all thought this was the best book we had read in a long time! (QUEEN 001)

Book Discussion Scheme (BDS) provides enough copies for your club to read the same book at the same time, as well as professionally-prepared discussion notes. Membership starts from \$70 per person for a year's membership and includes delivery.

Find a group to join (or find members to start your own) at www.bds.org.nz/join.



The Stamp, Coin & Gold Exchange



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



Owner, Matt Power

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

"My whole focus is to look after the client and make sure they get the best result for their Stamps, Coins, Banknotes and Gold. It has been my passion since I was 6 years old. I was milking cows to pay for my regular trips to the Stamp and Coin events in Christchurch, on the bus from Rangiora, even at that early age. With me, you will get genuine and honest advice on the value of your collections and holdings.

Gold and Silver are at ALL TIME highs. And the Stamp and Coin market is actually stronger now than ever, ! in no small part due to Covid 19, as people stay home and re discover their hobbies. So, now is a great time to sell!

I am a Licensed 2nd Hand Dealer and have hundreds of happy customers and suppliers. References on request.



We Buy your Old Gold Jewellery

Open Monday to Friday 10-6pm & Saturday 10-5pm

It is SIMPLE. Just give me a call.

Matt Power. **0800 39 24 26.**
(0800 Exchange).

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

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



If you have a large collection, or are too old to travel. No worries! I can come to you.

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

Staying active and connected with Good Friends Go

Ever wanted to have your own trusted driver to take you to appointments, get you to the shopping mall or visit friends? As a member of Arvida Good Friends you can. Good Friends Go members love our skilled, caring drivers Ian, Marise and Ken. They are always up for a good chat and go the extra mile to help you have a great day. They are also fully trained in first aid and mobility support, including assisting wheelchair users.

Graham Williamson, in his 90s and lives in Cashmere, uses his Good Friends Go unlimited rides subscription to get to the specialist 50+ gym at the Arvida Good Friends Community Centre in Addington, clear his post box and do his weekly grocery shop. He books rides on his Good Friends Go app on his phone and often brings a friend with him. From May to December 2021, Graham took 200 rides and says he enjoys the freedom of not having to park and always having someone to talk to on the journey. Congratulations to Graham for winning our inaugural "Most Rides" trophy.

About Good Friends Go

Rideshare transport for members of



Good Friend Go members, Ken Baluyot, Ian Chamberlain and Marise McCudden are skilled and caring drivers.

Arvida Good Friends, covering central and southwestern Christchurch. See where we drive in Christchurch at www.goodfriendsgo.co.nz

Hours: Monday to Saturday, 8.00am to 4.30pm.

Pricing:

- Pay as you Go \$5 per week subscription fee and \$7 per person, per ride, door to door.

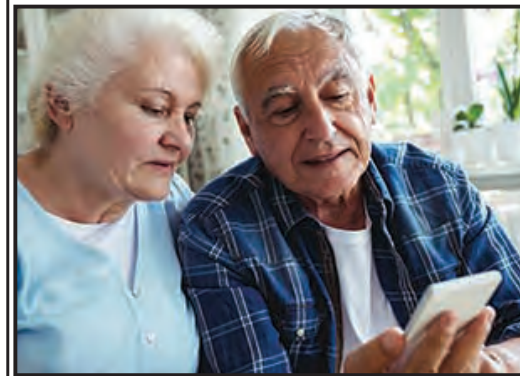
Or:

- Unlimited Rides \$20 per week subscription fee.

- Pay weekly the Good Friends Go app (credit card or direct debit). Wheelchair van available at no extra cost.

Learn more at goodfriendsgo.co.nz or call our Living Well Advisers on 0800 20 41 20.

Texting for seniors



BFF

- best friend fell

BTW

- bring the wheelchair

TTYL

- talk to you louder

BYOT

- bring your own teeth

LMDO

- laughing my dentures out

FWIW

- forgot where I was

IMHAO

- is my hearing aid on?

OMMR

- on my massage recliner

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

KEEPING
YOU
OUT AND
ABOUT

If you still live life on the go, but need a hand getting from A to B, Arvida Good Friends Go is a members' transport service with trained and friendly drivers, so that you can relax and enjoy a comfortable ride.

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

\$20 PER WEEK

FOR UNLIMITED RIDES IN OUR
CHRISTCHURCH SERVICE AREA

Subscribe to the Good Friends Go unlimited plan and you'll also receive a Living Well membership worth \$5 a week for free.

See where we drive in Christchurch at Goodfriendsgo.co.nz

ARVIDA
good friends
Keep doing you

Margaret's ode to a two-wheeler

by Margaret Mary De Goldi

One of my earliest memories is learning to ride a bike. In our back garden, there was 10 metres of concrete path from the front porch to the side door of the garage. That path wasn't wide, you had very little time to find your balance, stay upright, and pedal before you ran out of path. You had to learn fast but the incentive was strong. Once you could do it, family law said that you could ride to school regardless of being five years old and crossing Innes Road. If you could stay upright, you were deemed to have sufficient road sense to pedal to school. From that moment, biking has been my preferred option.

I can't remember the bike where I learned the trick of staying upright, but I can remember my first brand new bike. One Christmas, my sister and I got bikes together. Hers was blue, mine was red, and they were English, made by Raleigh. Later, with longer legs, that blue Christmas bike became mine because by then, Clare had a green Loline. In time I inherited the green Loline, and so it went on.

Bikes were our transport. School, music, sport, Mass, friends. It was unthinkable that your mother might drive you. If it rained, you had two options – you got wet or you took the bus. Bussing had drawbacks: you had to walk to the bus stop, and also wait for it. Why bus if you could bike? Your bike is always right there and it takes you right to where you're going.

Red bike, blue bike and even green bike were no nonsense bikes. They didn't really break down. They had back brakes but no gears and were heavy and sturdy. Bikes became rusty with bent bits but the main thing was they got you places.

One thing bikes did get, with some monotony, were punctures. My



father (who walked to work) was a good puncture repairer. You told him there was a fix needed and after dinner he would sit cross-legged in the washhouse with the tyre and a bowl of water, some patches, glue and sandpaper. He was so good I never learned myself.

In my second year of high school I got a new bike. It didn't come for Christmas or for a birthday. My reconstruction is that after multiple evenings of puncture repairs, my father was reduced to taking the offending bike into Hobdays for a new wheel. Dad was not prone to impulsive purchases, so the 10-speed he wheeled up the drive that evening was quite the surprise. Having the bike shop fix a puncture was ignominious enough, but fixing a puncture by buying a complete new bike was sensational. I loved that 10-speed. It was white, it had big wheels, it had handle bars that curved down and around, and it had gears – 10 of them. It had hard skinny tyres and no carrier. It was beauty itself.

On a 10-speed, distance became no object. My cousin and I went on biking adventures to far flung places

like Rangiora and Spencer Park. That summer, at 14 years, we persuaded our parents to let us bike to Little Akaloa. There was method in that caper. Having our bikes meant that we didn't have to walk the 10 minutes from bach to beach. No need to walk when you had your bike.

I know I had that white bike for many years until it was stolen while I was at choir. I was living in town then and I was reduced to walking until my next birthday! This time it was a pink bike. It had thicker tyres, and the handle bars didn't go down and around. We took that bike with us to Tonga, with two child seats – the plastic bucket-style for a one-year-old and a nifty construction that hooked between the stem of my handle bar and the stem of my seat. That seat had stirrups and a padded area that a three-year-old could sit on while my arms went round him to the handle grips. That was our transport. On the weekend, Rowan's seat would switch to Philip's bike and the 25 kilometre round trip to the beach became very doable. Another choir practice, another theft. This time it was temporary. We were recognisable in the village and my missing bike made the notices that Sunday at Mass. It was duly returned, no questions asked.

New bikes were an occasional feature of my own children's birthdays or Christmas. Over the years bikes were reconditioned and handed down. The children biked to primary school – crossing a state highway instead of Innes Road. Helmets and high-viz were the difference. As the children aged, we biked with them on longer trips. During this period biking became an exercise option. The Little River rail trail is on my doorstep and I've ridden it multiple times.

For the last 15 years I've regularly biked to and from work. Six years ago, I got an eBike (black) so now I don't have to factor in wind. I prefer to bike, it's that simple. I ride up to the back door and park – for free. When I'm biking to and fro I listen to books, music, and podcasts, I talk to my sisters, I think about the day to come and the day that has been and I rehearse conversations that I need to have or should have had. Why drive when you can bike?

Biking is a sensory experience too. You see more from a bike than you do in a car. Rabbits, pukekos, ducklings. You say hello to children going to school. You smell things on a bike too – dinner being cooked, winter fires. In September I know where to sniff the daphne and in June the winter sweet.

For sure there are hazards to biking – cars. Cars are unpredictable and will always beat a bike in a fight. Recently I was waved over by a policeman and given a talk about safety. It was a one-sided conversation because it was clear that Mr Policeman hadn't been on a bike in a long while. The conversation I'd wished I had with Mr Policeman was that I am on high alert at all times, that wearing high viz makes no difference, that having so many flashing lights you could be a Christmas tree makes no difference. A simple way to teach bike safety would be for car drivers to ride a bike for a week. I could go on, but I think you get the gist.

I know that bike travel has increased with the roll-out of bike lanes. When I wait at the lights now there are usually twenty of my people waiting with me. Biking is a great way to get around. It's cheap, it's fast and it's fun. Channel your inner child.

Understanding the way grief affects us

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.

MEMBER Funeral Directors ASSOCIATION OF NZ



Mark, Mike and Nick at Simplicity Funerals.

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 inviting space large enough for family viewings or gatherings. We have a sound system and TV screens to play favourite music and photos, either on your own device or using ours.

We also have a modern kitchen for those wanting to 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. We also do funeral based talks to groups, if you would like one of us to come to your group and answer all those questions, please get in touch. (A)

Canterbury wide, we're part of your community.

Providing 24 Hour Care, 7 Days

03 379 0196

www.simplicity.co.nz

Growing up in a retirement village and making it work

By Janet Brown, Head and Heart Ltd

Isobel Harris-Clark doesn't remember a time when she didn't live with her grandparents in Summerset by the Ranges, Levin. Her earliest memories are of her grandparents reading to her in the lounge, and playing with her dolls house. She was just over two when Child, Youth and Family sent her south on a bus in the care of a social worker. Isobel's grandmother, Gwyneth Harris, collected her from the bus stop and took her home to her villa, and there Isobel stayed, until she left in 2019 to go to Otago University, where she is currently a third year student planning to embark on her Masters study next year. Child, Youth and Family attempted to resettle Isobel elsewhere when she was about five, because they thought a retirement village wasn't a suitable place for her to grow up, but her grandparents marshalled their case; affidavits of support for their parenting from within the village, the school, preschool and church, and across Levin finally convinced a Family Court judge that Isobel should stay where she was, and that was that.

Isobel's babyhood had been challenging: her mother Janine was an alcoholic, and her father was unable to provide the stability she needed at that time. When Janine was heading south to another residential rehab programme, Isobel came into her grandparents' care, though initially the care was all Gwyneth's responsibility. Isobel was so anxious because of her early experiences that she wouldn't stay alone in a room with her grandfather Cedric. But Cedric, a retired teacher like Gwyneth, gradually won her over with his patience, waiting till she was ready to come to him, and within months she began to trust him.

Gwyneth had raised six children, and in the village she nurtured Isobel within the same frameworks – love, routines, expectations and lots of activities. She remembers, "I knew Isobel needed routines to give her security. I got her into preschool three mornings a week to give her friends, and we did lots of activities – we went to plays and the pantomime, the circus, and library programmes, then as she got older she loved her dancing. When she was little I took her to meetings in her pushchair; she had books and snacks, she was always happy." On Sundays Isobel went to church, where she sat with Gwyneth in the choir stalls.



Above: Carol Thornbury (left) and Milly French. Right: Gwyneth Harris (left) and Isobel Harris-Clark.

Isobel was also part of village life, going to all the events with her grandparents. Gwyneth remembers explaining, "Isobel, there are people here with wobbly legs and walkers, so you have to be careful and quiet." And she was, rapidly becoming the Christmas fairy and the Easter bunny's helper. Isobel tells me that she's still Santa's helper when she goes home for Christmas. Her great aunt and uncle also lived in the village; Isobel says "They were very gregarious, they ran all the events – St Patrick's and St Andrew's Day breakfasts, shared dinners, communal fireworks – and I loved getting involved. If I lost a tooth – especially the time I lost one at a potluck dinner – I got lots of coins from all the Tooth Fairies there."

Living in the village sometimes gave Isobel an edge over her schoolmates. The mini-golf course was a great drawcard for new school friends, and the villa was well-located, with lots of lawn space and trees nearby to play in. "We could practice gymnastics on the lawn – I had a bigger backyard than anyone else! One of the residents told me recently how much she enjoyed watching us practicing from her window – she'd been a gymnast herself. When we had school projects we'd always go back to our place to work on them. Nana would make us afternoon tea and we'd work at the dining room table."

Another bonus was that Isobel's best friend's grandmother lived in the village. Her friend would have breakfast with her grandmother then they'd walk to school together. Looking back, Isobel says, "Growing up in a retirement village was my normal, and we made it work. I loved hearing the residents' stories about their lives. One of my human geography papers at uni recently was



about ways you can be discriminated against – sexism, racism, ageism – and that made me think about growing up in a retirement village and all I learned from that."

I asked Gwyneth whether she had to negotiate any special arrangements to keep Isobel in the village. She explained that, with Isobel arriving so unexpectedly, the then manager took the view that they should wait and see how things worked out. By the time the custody was permanent, Isobel had won everyone over and so the informal arrangement continued. There was one complaint to the CEO, who investigated and took the pragmatic view that Isobel had caused no bother and should stay. The current manager, Monique Hayes, says that Isobel is much loved by residents new and old, and her visits home are eagerly awaited.

The village provided security and continuity for Isobel when her mother, who she visited on Sunday afternoons, died, and more recently when Cedric died five years ago. She still loves her trips home to Summerset by the Ranges. Isobel explains, "It's different living in the village now, and many of the residents are no longer there, but I love seeing the ones that are. Coming home sporadically I do notice people ageing, being out of the village I see it more. I'm so grateful for all the opportunities I had, living in a retirement village wasn't detrimental at all. The village community was my wider family."

Milly French is only nine, but she has very similar views about the time she spends in Northbridge Residential Village on Auckland's North Shore. Milly's mother Rachel died when Milly was four, and since then she's spent every second weekend and much of her school holidays with her grandmother Carol and step-

grandfather Dennis Thornbury. Carol says that Milly has made friends with all their neighbours, who are mainly women on their own: "People have been very welcoming, especially on our apartment floor. Our neighbours treat her like a friend, they look forward to seeing her. And there's so much to do – we swim in the pool, use the spa, walk around Tuff Crater, and go to the beach. Northbridge is informal and unfussy, so it's easy to have her here. It's her second home, and she feels safe here."

Milly agrees. "I love coming here and seeing all the lovely people here. I like going for walks, seeing the quails and other birds. At the allotments there's a little bush walk with weta houses, and when I went last time, one had spider's webs on it. And it's really fun in the pool. Gramps races me, and I make a little floaty house out of the pool noodles and Gramps pretends to be a leopard seal."

I ask Milly about the difference between living in her father's house and her grandparents' apartment. She tells me: "It's quite different to come to the apartment, it's bigger than my house and I like the way Granny has a rubbish chute so we don't have to do the bins and mow the lawns."

It's really nice and quiet out on the balcony. At Christmas people decorate their doors and railings, and Ross, who delivers the mail, puts tinsel on his mobility scooter basket, it's lots of fun. We give the neighbours on our level Christmas baskets with fudge and biscuits."

As growing up in a retirement village did for Isobel, Carol says going to village functions like barbeques and afternoon teas has given Milly confidence talking with older people and she looks forward to these events. "It makes her feel grown up, being part of an adult community. On balance I think it's been very good for her."

While these arrangements are still relatively uncommon, it's clear that with goodwill on all sides they can be made to work for the families concerned and for other residents. They give a taste of multi-generational living in an older community, and it's probable that having a child around regularly goes some way to filling the gap for residents whose grandchildren don't live nearby. Isobel and Milly are living proof that it can indeed take a village – even a retirement village – to raise a child.

New Christchurch South Men's Group now meeting

Following the success of the North Men's Group, the Social Outings service is pleased to announce that we now have a Christchurch South Men's Group.

We had our first well-anticipated outing late last year where we headed to the Hornby Working Men's Club for a pint or coffee with our pie and chips! Great fun was had by all! If you are keen to come join in with our Men's Groups, please give the Age Concern Canterbury Social Connection Team a call on 03 366 0903.



Men's groups are proving popular.

GAMES MORNING

ON HOLD UNTIL FURTHER NOTICE

First Friday of every month from 10.00am to 12.00 noon at Age Concern Canterbury, 24 Main North Road, Papanui.

Complimentary tea, coffee, water & biscuits.



Steady As You Go (SAYGo)

Falls Prevention – Exercise Classes in Canterbury (February 2022)

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	Parkview Lounge, Parklands Community Centre, Queenspark Dr
Mon 10.30am	Wainoni	Celebration Centre, 81 Bickerton St
Mon 10.30am	Hei Hei	Wycola Ave Community Centre Hei Hei
Mon 11.00am	Harewood (1) (On Hold)	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)	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 (1)	Papanui Village Presbyterian Church, Frank Street
Tues 9.00am	Sydenham (On Hold)	Nazareth House, 220 Brougham Street, Sydenham
Tues 9.30am	Papanui (Waitlist) (2)	Age Concern Centre, cnr Main North Rd and Loftus St
Tues 10.00am	Parklands (On Hold)	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 (On Hold)	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 11.30-12.30	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,
Wed. 2.00-3.00pm	Papanui (3)	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 (2)	RSA Hall, Victoria Street, Rangiora
Thurs 1.30pm	Pegasus	Pegasus Community Centre, corner Pegasus Main and Tahuna St
Thurs 2.00pm	Kaiapoi	Anglican Church, 23 Cass Street, Kaiapoi

New Classes are highlighted

VOLUNTEERS NEEDED

A dog visiting service from Age Concern Canterbury where a volunteer and their companion dog visit clients on a regular basis for an hour each time in their own home.

Please contact Bev on 366 0903 for more information or to volunteer.

VOLUNTEERS WANTED FOR SOCIAL OUTINGS

Hosts, drivers and drivers' assistants 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.

Drivers' assistants support the drivers and help 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

What next when retirement came along?

by Hans Nagelkerke, Age Concern Canterbury, Social Outing Minivan Driver

First off was to get my drivers licence renewed when I reached 65 years of age. I also had a truck licence I wanted to keep and for this I needed a medical. Waiting in the rooms by the doctor there was a copy of **Keeping On** and on one of the pages in a corner, "Volunteers wanted for Social Outings". That started the idea to be able to give something back to the community, so I contacted Age Concern Canterbury to offer my service. Well it did not take long to get a "Yes please, come and drive for us!"

After the necessary paperwork and an AA test drive I was in. After a few days going out with other drivers I got the hang of the collection of clients and delivering these to a host for coffee and a nice afternoon spread. Afterwards the tea they were returned to the same address I picked them up from. Providing these trips made you feel you were doing some right.

After getting the schedule each week, I transferred the addresses into my GPS and pushed some buttons to tell me the most economical way to drive the route.

My schedule means first on is now first off the minivan. Most clients that see my at their door for collection know that and I never take the some route. It may seem that I am lost but afterwards I always receive the comments that they love the ride(s).

Time flies when you having fun and not long ago I received my 5 year Certificate of Appreciation as minivan Driver for Age Concern Canterbury.

When not driving, my other job is being an Ambassador for our Christchurch Airport. Ambassador -



Above photo: Hans, and a friend, built their own aircraft flying it in Canterbury airspace and below, Hans invested in a flight simulator.



what does that mean? Well, advising travellers where to collect rental cars, finding Taxis or where to catch the bus into town. You get the odd question as to where is the best coffee? We remain neutral in our replies to this and say that all coffee in the airport is good you just have to choose perhaps by the smell of the brand the various Cafes are using!

My other time away from home is at the Air Force Museum. Here I have a job as a Volunteer Guide. On Tuesday's I am available for the "behind the scene tours" and walking in the hangar assisting the visitors with information. A great variety

of visitors, even ex-Air Force Staff retired or from other areas, enjoy the unique collection of past aircraft.

My other hobby is still aviation although a little harder financially after retirement but I invested in and built my own aircraft simulator. With this I can fly any aircraft model that I flew or worked on in the past. After people expressing a wish to have a go they did but did not get off the ground or crashed on approaching the airfield. Yes, this is not an arcade

game but nearly the real thing.

Ages ago I did build, with a friend, our own aircraft. It was a single seat aircraft and gave me a great deal of satisfaction to make and fly the aircraft here in Canterbury airspace. Building the aircraft was for self education and enjoyment but I have had the odd mid-flight events! One time I pulled the wrong lever and killed the engine mid-flight. But I just angled the nose down so the propeller could start turning again, put the fuel back on, and off we went again.

Another time I was flying over Sumner beach, I pulled the aircraft up to do a roll, but I went too far and the next thing I was upside down thinking, 'I haven't done this before!' I pulled the power back, and just slowly came up the right way. There are always things you learn as you go

Now living in a retirement village there is still no rest for us. Being Dutch cycling is a popular past time and we are now heading off for road trips on the many Christchurch cycleways. We also enjoy playing table tennis and once a month there is the village variety show filled with song, dance, readings and great stories are told. I preformed a few times and the latest one was with an aircraft made out of the Recycling bin boxes of cardboard and a bit of paint!

I keep busy but am still going strong with the Wednesday afternoon drives for Katie Faithful at Age Concern Canterbury for many years to come.

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 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, Emma or Peter at Age Concern Canterbury on 366 0903.

WOULD YOU LIKE MORE COMPANY?



The Accredited Visiting Service at Age Concern Canterbury has caring volunteers who are keen to spend time with an older person. Our volunteers visit on a regular basis for about an hour each week. They tell us that they enjoy the opportunity to get to know an older person, and that they benefit and learn from the experience.



Please call Rebecca on 331 7816 if you would like to find out more.



Social Connection Team – Age Concern Canterbury

Phone 366 0903 or www.ageconcerncan.org.nz

For the Visiting Service ask for Rebecca Hopgood, Peter McGrath or Emma Parker. For Social Outings ask for Katie Faithful or Debbie Garraway.

AGE CONCERN CANTERBURY

Staying Safe Refresher Driving Courses

10.00am to 2.00pm.
A light lunch is provided

2022

Monday, 28th February, Rolleston

Wednesday, 9th March, Rangiora

Monday, 14th March, Age Concern Canterbury,
24 Main North Road, Papanui. Christchurch

Tuesday, 22nd March, Greymouth

Wednesday, 23rd March, Reefton

Wednesday, 30th March, Arvida Good Friends, Addington

Monday, 11th April, Age Concern Canterbury,
24 Main North Road, Papanui. Christchurch

Wednesday, 27th April, Arvida Good Friends, Addington

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



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



UPDATE FROM THE CLUBS



Amberley Welcome Club members enjoyed a trip to Orana Park and lunch in November and their Christmas dinner was held at the Amberley Hotel. The meetings and trips for 2022 will be Covid-19 conditions dependent. Two trips are pencilled in, Picton in March and Kaikoura in April. **Meet:** Once per month at 12.00 midday at Church Hall, Church Street, Amberley. **Contact:** Ann McKenzie on 021 1012086.

The **Christchurch Red Hatters** have enjoyed lunch in November at the Day Dream Café in Ilam and also a morning tea at Devine Café Summerset Village. Their Christmas dinner was held at Hoofbeats Restaurant, Racecourse Hotel on 7th December. An annual planning meeting took place in January for the year's gatherings and events. A monthly dinner on February 15th will be at Amore Italian Restaurant, Halswell. Punting on the Avon and lunch at Antigua Boatshed is planned for 11th March. **Contact:** Queen of the May, May Stuart, on 027 407 1909.

The Selwyn Lions catering team cooked the **Lincoln Senior Citizen Club** members their Christmas Lunch at the Lincoln Event Centre and served up a delicious meal at the table. Members enjoyed entertainment from Alans Men. On 1st February club members will enjoy an outing to Akaroa with lunch at the Duvauchelle Hotel.

The committee meet monthly and hope to continue with monthly meetings and outings, when we can, in this Covid era!

Contact: Theresa on 325 2449 or email redroses1113@xtra.co.nz.

Email dmcgrath@ageconcerncan.org.nz with your Club updates.



by Liz Barnard

“There’s Nowt So Queer as Folk”

Welcome to the new regular column for the LGBTQI.. group that we have initiated at Age Concern Canterbury. We will be reporting back on our monthly get togethers/meetings etc and welcome contributions from all members of the group.

Meetings for this quarter are as follows and ALL are welcome:

Meetings are all held at **Age Concern Canterbury, 24 Main North Road, Papanui** and are as follows:

24th February at 10:30am
24th March at 10:30am
21st April at 10:30am.

Our inaugural meeting was held on the 20th January at 10:30am at our office on Main Road. Some of the excellent ideas and suggestions that

were proffered and discussed were:

- * monthly meeting/not too formal/member driven.

- * topic for discussion and/or speaker
- * informal coffee locally
- * a discussion around retirement facility options, community living, what is available etc.

Any other suggestions and ideas would be gratefully received. Please let any over 65 year friend/family/supporter know about us.

Suggested next topic: 65 ALIVE Support Group at Age Concern Canterbury, with speaker, Di Matthews.

Need Advice?

- * Retirement villages
- * Asset protection
- * Wills & Trusts
- * Enduring powers of attorney
- * Property sales and purchases
- * Relationship property issues

Ph: 366-5169

Home visits at no extra charge

We are here to assist you in all legal matters

STEEL & CO
BARRISTERS & SOLICITORS

111 BEALEY AVENUE, CHRISTCHURCH

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



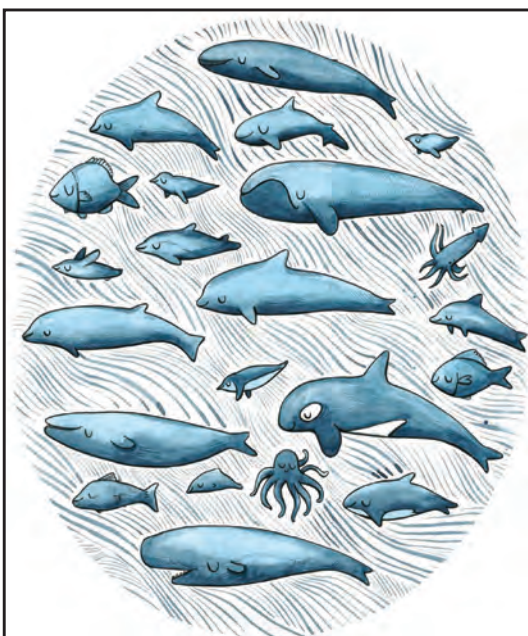
Seaweed events programme in Christchurch

Seaweed runs in Christchurch from 5th-13th March, and at the Canterbury WEA there are some exciting events offered:

SEAWEEK: NEEDLE FELTING 3D SEA CREATURES

Elizabeth Sheid. Sunday, 6th March at the WEA or 13th March at the Lyttelton Recreation Centre, 1.00-4.00pm.. Cost is \$25.00.

Needle felting is a fun way to sculpt unspun wool into a miniature 3D creature. In this workshop Elizabeth will teach you the basics of needle felting. During the workshop you will make a sea turtle, sea urchin or just a beautiful seashell to keep or give as a gift.



Please note this course is being offered in either WEA Christchurch, or Lyttelton.



SEAWEEK: LIFE AT THE ICE EDGE

Paul Broady. Monday, 7th March, from 6.30-8.00pm, \$koha.

Each winter vast areas of ocean freeze over to form sea-ice. In spring this starts to melt and the ice edge retreats. This ice edge region is one that usually abounds with life in both north and south polar regions. Why is this so? What are the differences between the Arctic and the Antarctic? Polar bears and penguins come immediately to mind but there is much more besides these iconic animals.

SEAWEEK: WATERCOLOUR WHALES & OTHER WONDERFUL SEA CREATURES

Sarah Greig. Wednesday, 9th March from 1.00-2.30pm or 4.00-5.30pm. Cost \$4.00.

Join local artist Sarah Greig for a fun sea creature themed watercolour workshop. You will each create your own colourful A4 artwork using watercolours and paint-pens. Sarah will show you how to make your own quirky sea creatures and prove that everyone can draw and paint!

Please note we are running two workshops so check the time carefully when booking.

You can see these, and over 50 other courses offered at the WEA, on our website www.cwea.org.nz, where you can register for courses.

You can also register during business hours by phone 03-3660285, or by visiting us at 59 Gloucester Street. To see the full Seaweed events programme visit <http://www.seaweed.org.nz>

Respiratory Relief Society Canterbury Inc



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

Support and education by

- * Group exercises (Input and supervision through professional trainers providing professionally designed light exercises for people with respiratory, cardiac and vascular problems)
- * 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

St Martins Voluntary Library

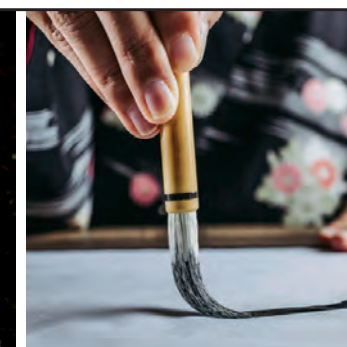


Open: Monday, Tuesday, Thursday & Friday from 2.00-4.00pm. Wednesday & Saturday 10.00am-12.00pm

We have the latest fiction/non fiction books and large print. Books by - James Patterson, Stephen Leather, Lucinda Riley, Ann Cleeves etc!

Yearly subs: \$12.00 per person, \$18 for double membership.

St Martins Community Centre, Cnr Wilsons Road and Wades Avenue, St Martins. Christchurch.



CANTERBURY WORKERS EDUCATIONAL ASSOCIATION
ROOPU KAIMAHI MATAURANGA O WAITAHA

What will you learn?

COURSES, CLASSES, WORKSHOPS
YOUR SPACE FOR ADULT AND COMMUNITY EDUCATION IN THE HEART OF CHRISTCHURCH

CONTACT US 03 366 0285 • 59 GLOUCESTER ST, CHCH WWW.CWEA.ORG.NZ

Don't give me anymore presents!

by Caroline Flint

Caroline Flint doesn't want flowers, chocolates or endless packaging. Conversation – in the flesh or online – is a much bigger treat

In our family at the moment, life is quite hard.

My beloved husband is ill – slowly dying. He has led a good life and is very old but, I am not really ready to lose him. I still enjoy his company and his wit. We chat and debate (and argue) after 57 years of happy marriage – so we are very blessed.

But, as all carers know, his demands are frequent: 'Please can you give me my other glasses. Please can you pick up the remote control from the floor. Please can you move my leg; it feels sore and stiff.'

At least he always says please and thank you.

Every 20 to 30 minutes, he needs my attention. I also cook the lunch and phone for different services. I collect books from the other room and replace what he is reading. It takes all my time and all my attention. After all, I am 80, very frail and weak and unable to walk properly.

So when my birthday was approaching, I asked everyone to refrain from sending presents. None at all, please. Presents are such a responsibility.

My best present is your presence. Best of all is if you visit and have coffee or tea (made by you).

Second best but still very enjoyable is a FaceTime phone call and a chat, or Zoom. If those are unmanageable, you could try a phone call or a letter – but please No Presents.

I should have saved my breath. I am aware that this is a first-world problem and that I sound like a spoiled and over-indulged woman. I know that people I love only wanted to show that they loved me.

But I was reduced to a sobbing, hysterical wreck at my birthday, surrounded by flowers, which are a lot of work. They have to be taken out of their large cardboard box; the ends cut off; a vase or container searched for; flower food put in. They are lovely, but I am too frail to carry anything as heavy as water, so they're a huge strain – and then what happens when they die?

And the cardboard box – who takes that to recycling? I can't. I rarely leave home. Everything comes in huge cardboard boxes – so much packaging.

Then come the cakes, scones, jam and cream – all lovely but overwhelming. That small box of florentines in the biggest cardboard box they could find. I have always



had problems with my weight. I try to eat sensibly – not to gorge on scones and jam.

And what about the chocolates? At least I could put those in the entrance hall of our flats. Anyone who fancied one could help themselves. And again – more cardboard boxes to dispose of.

Thankfully, my son, who lives nearby, answered my call for help. I gave him the cakes, scones, cream, cheese and jam.

I may give him the voucher for a tea for two at a posh restaurant. I haven't left my flat for nearly a year – why did my friend feel compelled to buy me something I can't use and she couldn't afford?

I'm sorry to be ungrateful but I made it quite clear I didn't want presents. They are overwhelming when life is overwhelming enough. But the pleasure a visit brings is unbelievable. My husband perks up: someone fresh to talk to. Someone with new views, who has been to see a new play or film, or to the Children's Park in Kew Gardens, or the latest exhibition at the V&A.

All of this is listened to intensely, discussed or laughed at. Occasionally, there are tears or criticism.

I loved the description of the new Tube stations. Or the bike ride our sons did from Betws-y-Coed to London – all grist to the mill. All enjoyable. All worthy of discussion.

When people come to see me, they don't need to bring anything. But if they do, I get them to put the flowers in a vase or serve the cake and take the cardboard box with them.

FaceTime is a delight. Twice or more times a week, our daughter pops up on a screen in our sitting room, eating her lunch or dinner and chatting to us at the same time. Bringing in the fresh air of her life in the country, the doings of our youngest grandchild, the bats outside of an evening.

Zoom brings an old school friend into our sanctuary, to tell us what she has been doing, where she has been, how her grandchildren and children are faring – such a treat and a million,

billion times better than a burdensome present. So what I am really trying to say is that if someone says that they don't want any presents – they mean it. Presents are a tremendous burden when you are already overburdened.

(Source: www.theoldie.co.uk)



A duck walks into a pub and says, 'Pint of bitter, please.'

The barman says, 'That's amazing - a talking duck. We've got a circus coming to town next week. You ought to audition. You're bound to get a part in the circus.'

And the duck says, 'What are you talking about? I'm a bricklayer.'

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 millennium internet communication was now a well established medium for selling,



Steve Purcell, licensed antique dealer

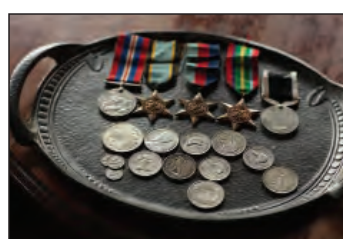


opening the door to a world-wide customer base. Circa 1900 was closed and the company Antiques International was formed. A

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

Why snacks matter to supplement meals

by Eloise Stevens, Senior Chef and Healthy Lifestyles Team

We often hear that it's important to eat three meals a day. However, sometimes we struggle with our appetite or find it difficult to eat as much as we used to, resulting in unintentional weight loss. If this sounds like you, don't be afraid to add in 1-3 healthy snacks throughout the day. Supplementing main meals with morning tea, afternoon tea and supper can be beneficial.

Choosing a Snack

An ideal snack is one which provides energy and essential nutrients such as protein, vitamins, minerals, and fibre but without too much added fat, sugar, or salt. Try to avoid processed foods such as biscuits and chips, as while they are

handy and convenient, they tend to contain a lot of sugar, salt, saturated fats, and artificial additives. These are not great for your health and won't provide you with the energy and nutrients you need.

Great snacks are also ones that are quick to prepare and are easy to eat.

Take a look at our list of tasty snack ideas below!

Ten top snacks packed with goodness!

- * Tuna, avocado, or tomato and cheese on wholegrain crackers
- * Fresh cut vegetables with dip, hummus, pesto, or peanut butter
- * Baked beans on wholegrain toast
- * An egg sandwich
- * A handful of nuts or seeds, such

as pre-sliced almonds or peanuts

* Fresh fruit with yoghurt

* Sliced banana or stewed apple with pre-prepared custard

* A glass of milk and a few pieces of dark chocolate

* A fruit smoothie made with milk and yoghurt

* Try our Peanut Butter Biscuits, (recipe below), with a milky coffee

Fluids are important too

As we age our body loses its ability to tell us it is dehydrated. The easiest way to check if you are getting enough fluid is to check the colour and amount of your urine. Except for first thing in the morning, your urine should be almost clear and plenty of it. If you have dark yellow urine, you

aren't drinking enough.

To stay well hydrated, drinking 6-8 cups of fluid a day is recommended. That doesn't necessarily mean 6-8 cups of plain water. You can also get fluid from cups of tea and coffee, milky drinks, and foods such as soups, custard, and yoghurt. Having a milky drink as a snack is a great way to increase fluid, as well as get nutrients like protein and calcium.

Eloise Stevens is a student on a 6-month placement with the Senior Chef and Healthy Lifestyles Team at Pegasus Health. She is currently studying a Master of Applied Science, endorsed in Nutrition Practice through the University of Otago.

Peanut butter biscuits



These delicious biscuits may remind you of peanut brownies from your childhood. They won't last long and are great with a cup of tea.

If you know someone who is struggling with poor appetite, make them a batch! Peanut butter is rich in protein and fats that look after your health, and oats are high in fibre to help keep us regular. A perfect snack!

Makes approx. 12 biscuits.

Ingredients:

- Rolled oats, 1 cup
- Peanut butter, 1 cup
- Brown sugar, ¼ cup
- Baking soda, 1 teaspoon
- Large Egg, 1

Optional: mixed nuts (such as sliced almonds, cashews, or walnuts), as desired

Method:

- Preheat oven to 180°C and line an oven tray with baking paper.
- Combine the oats and peanut butter.
- Add in the brown sugar, baking soda and egg. Mix well.
- Roll a tablespoon amount of dough into balls carefully, and place onto lined oven tray.
- Flatten balls gently into a circular shape about 1cm thick. If desired, place a few nuts on top of each biscuit and press in gently.
- Bake biscuits for 12 minutes – 15 minutes until golden brown.
- Set aside to cool for at least 10 minutes before eating or storing.

When you can't make a Will

Life can change in an instant. When a change in circumstances affect our clients, the team at Godfreys Law may be asked to revise Wills for those clients.

As people get older, they may pay more attention to their Wills and revise them frequently. Some people make several Wills during their lifetime, but if they lose their "legal capacity" they will no longer be able to make a new Will.

When can't you make a Will?

Questions about legal capacity and whether a Will is valid have been raised for centuries. During the case Banks v Goodfellow (1870), English Judge Cockburn CJ said it was essential that someone making their Last Will and Testament understood the nature of the act and its affects and the extent of the property being disposed. He also added that mental conditions should not influence his Will.

To put it simply, a person will not be able to make a Will if they are mentally ill or cannot understand the consequences of their decisions.

The question around legal capacity and when you can't make a Will comes up often, so there are clear guidelines. The experienced lawyers at Godfreys Law are used to checking these guidelines when interviewing a client whose capacity is in question.

Sometimes, it may be sensible to get a medical report too. A doctor can look for signs of dementia, schizophrenia, manic depression, or a disorder which could cause memory loss or severe emotional changes. These conditions can affect a person's understanding of the consequences of the decisions they are making and limit their legal capacity.

Will your wishes be carried out?

The Life Law team at Godfreys Law can make sure that your wishes are followed, and that the Wills you create, are more likely to withstand challenges later, where questions of capacity might later be raised by disappointed beneficiaries.

If you're looking to update your Will, contact Godfreys Law on (03) 366 7469. ^(A)

Godfreys | Law

REAL PEOPLE. REAL SOLUTIONS.



For expert planning and advice in your twilight years

Gina Dobson

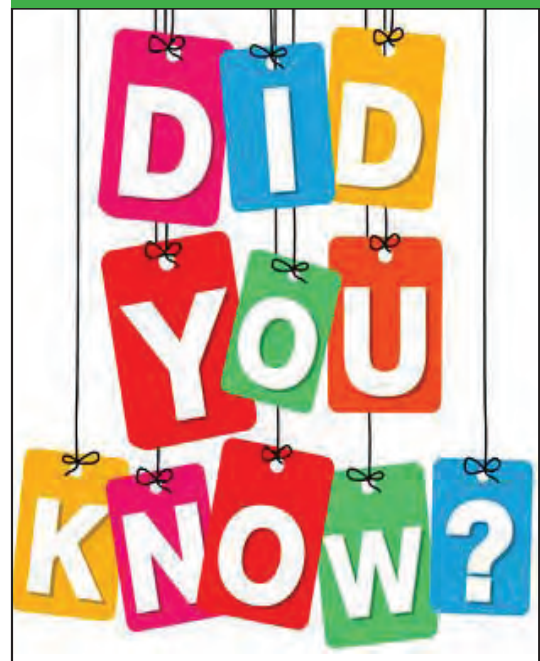
Solicitor
(03) 366 7469

SENIOR CHEF

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

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

Water charge from July for high-use households



Christchurch households that regularly use large amounts of water will begin paying an extra charge from July this year to cover the cost of supplying it.

From 1 July 2022, the excess water use targeted rate will apply to any household that uses, on average, more than 700 litres a day – roughly equivalent to 100 toilet flushes or taking seven baths.

Property owners in Christchurch and Banks Peninsula will pay a fixed rate of \$1.35 for every 1,000 litres they use over the limit, with water usage recorded and billed for on a quarterly basis.

Christchurch households currently use an annual average of 540 litres a day – the highest household average of all the larger cities in New Zealand.

“Under the new scheme, where

a property owner regularly uses significantly more water than the average household, they will contribute to the cost of supplying that extra water, which is fair,” says Chair of the Council's Three Waters, Infrastructure and Environment Committee, Pauline Cotter.

“We know the top 20 per cent of household water users in Christchurch use half the total residential water supplied to the city.

“So the problem is that a small proportion of households are using an extremely large amount of water – while putting a heavy burden on parts of the water supply network, mostly over summer.

“Charging for excess water use will help us manage the water demand better and also reduce our pumping costs over summer.

“Long term, we won't need to spend as much money expanding our water supply network, and it will also improve the sustainability of our city's water supply, which aligns with our climate change goals.”

The Council received a total of 403 submissions on its proposal to charge for excess water use, with 207 of those indicating they supported it. A further 67 submitters said they supported the idea of charging residential water users in various ways.

Last summer Christchurch recorded its highest single day of residential water use in a decade – an average of 1,324 litres per household.

Ms Cotter says those property owners who receive an excess water use charge will likely only receive it for the summer months, when water use is at its highest.

“It's likely the first invoices will be sent out towards the end of 2022. Even then, we would expect the average charge to be in the realm of tens of dollars rather than hundreds,” she says.

“This isn't about penalising people – it's about getting people thinking about the way they use their water.

“We will be rolling out further information, including a way for people to easily access their quarterly water usage online, so they can see how they're tracking and modify their use before the excess charge comes into effect. In some cases, this will also help people to see they have a water leak on their property, allowing them to get it fixed.”

The Council estimates the excess water use targeted rate will affect about 20,000 to 30,000 properties and bring in an additional \$2 million in revenue in the first year.

Exemptions will apply for unexpected water leaks – with proof the leak was repaired promptly – or for personal circumstances such as medical conditions.

Where multiple properties are served by a single water meter, the Council will not charge for excess water use until separate water meters are installed, unless there is a special arrangement in place specifying which property is responsible for payment.

(Source: Christchurch City Council newsline)

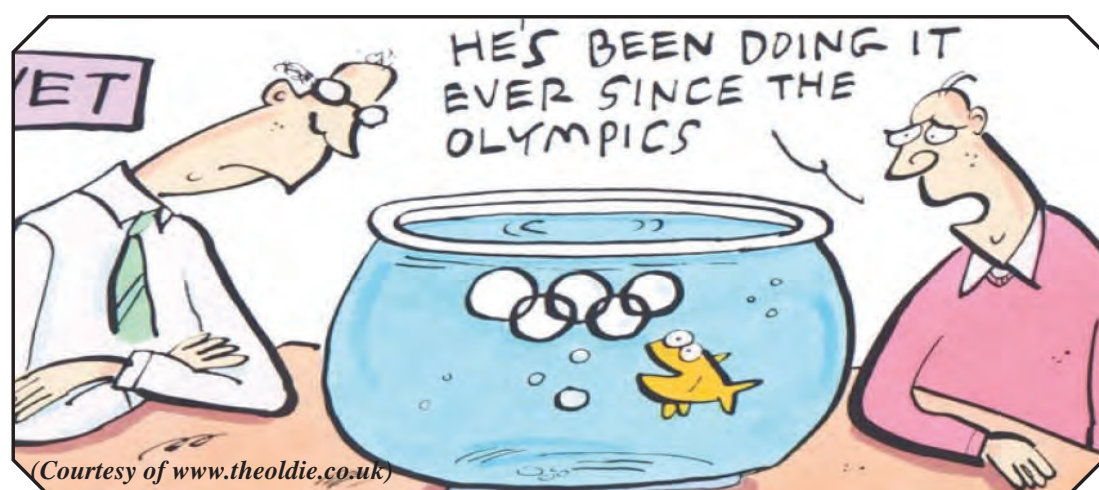
Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTEBURY Vol 112: Summer 2021



READ AND PASS IT ON

Share your copy of
Keeping On with neighbours,
family and friends.



(Courtesy of www.theoldie.co.uk)

TRADES DIRECTORY





ROOF Est. 1979

& PROPERTY SERVICES

PH 347-2635 or 0274-847-980

Family & Canterbury Owned & Operated

Moss Removal, Moss Proofing & Silicone Seal Treatments

Spider/Fly/Pest Controls, Snow Block & Bird Proofing

Roof Restoration Colourcoating & Rechipping - for all roof types

Roof & Spouting Repairs, Spouting Clean, EnviroWash/Waterblast

☺ Need help with anything else? Call us to enquire. ☺ Senior Citizen Discount.

Arthur's Roof & Property Services Ltd. Email: APISL2008@slingshot.co.nz

POSTAL ADDRESS: PO BOX 16-463, Hornby, Christchurch.

Ph: (03) 347-2635, Arthur 0274847980, Anneke 0273494014

www.arthursroofandproperty.co.nz



ROSS GALT

LOCK & ALARM LTD

COMPLETE SECURITY SOLUTIONS

95 Kingsley Street

Christchurch

Ph: (03) 365-0298

"We can come to you"

www.rossgalt.co.nz

BLOCKED DRAINS??

WATERBLASTING??

Competitive Prices

CANTERBURY

WATERBLAST LTD

ANYTIME - (03) 365-7960

Book your Trade size ads (4 x 1 column or 8 x 1 column ad) for the May 2022 issue of *Keeping On*.

Deadline for ads is Friday, 29th April 2022.

Contact Anna-Marie on 331-7804.

Invitation from 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). If you want to go straight to the start of walk, you must let Sue know on the day. For further details on the walks phone Sue on **981 7071**. \$4.00 petrol contribution to driver (unless otherwise stated).

Please note that some walks could be subject to change due to road, footpath, walkway and track conditions, also due to availability of cars on the day.

Mondays

28th February, STROWAN-FENDALTON WALK (2 hrs approx.)

This is a new walk and features Elmwood Park, Waiwetu Reserve, Jeffreys Reserve and Plynlimon Park. It will be followed by lunch at The Elmwood Trading Co. on 1 Normans Road at 12.30pm (Vaccine Passes required). Please let Sue know by Thursday 24th February if you wish to come (for numbers). Start from St Andrews Square (entrance off Normans Road opposite Alpha Street near the shops). Park between Normans Road and Peel St.

7th March, AIDANFIELD-WESTLAKE WALK (2 hrs approx.)

Check out the growing suburb of Aidanfield along with a walk to the lakes in Westlake Reserve. Start from Aidanfield Drive near Donovan Place.

14th March, DALLINGTON LOOP-WOODHAM PARK WALK (2 hrs approx.)

Save on petrol. Walking from the Community Centre site, this walk features Avebury Park, Richmond Community Gardens, Avon River, Woodham Park and Fungi Farm. Start from Chancellor Street off Shirley Road.

21st March, TUMARA PARK-QUEENSPARK (2 hrs approx.)

This walk features the attractive Tumara Park skirting the edge of



Bottlelake Forest, moving into the neighbouring suburb of Queenspark and back into Tumara Park. Start from Putake Drive (off Mairehau Road) near Titirangi Crescent.

28th March, NEW BRIGHTON-BEXLEY WETLANDS WALK (2 hrs approx.)

This walk goes from New Brighton into the Bexley Wetlands Red Zone and back. It will be followed by coffee at The Salt On The Pier Café for those who wish with vaccine passes required. Start the walk from The South Ramp (near Cenotaph) on Marine Parade.

Thursdays

24th February, LYTTTELTON EAST-URUMAU RESERVE (2 hrs approx.)

Rescheduled from December, this walk has great views out over Lyttelton and the rebuilt Sumner Road. It includes a visit to The Lyttelton Timeball Station. It will be followed by coffee at Lyttelton Coffee Company for those who wish with vaccine passes required. Start from Dublin Street, first left after tunnel.

3rd March, AVOCA VALLEY-MARY DUNCAN PARK (2 hours approx.)

This is a new walk combining Avoca valley and Mary Duncan Park Walkway with some great views along the way. Start from Avoca Valley, parking near number 54 Avoca Valley Road.

10th March, DIAMOND HARBOUR-CHURCH BAY (Day Walk)

Meet at Chancellor Street at 9am. Please note: You can go straight to Lyttelton on the day but please let Sue know. Park cars on Norwich

Quay, then walk over the bridge to catch the ferry. Ferry departs B Jetty at 9.40 am. Take lunch, drinks, warm/ waterproof clothing, good shoes/ boots and spending money. Note: We will catch either the 2.02pm or 3.02pm ferry back as time permits.

17th March, CAPTAIN THOMAS-SCARBOROUGH BLUFFS (2 hrs approx.)

This walk has great views out over Sumner and Lyttelton Harbour from the top. Start from Lower Sumnervale Road, near Sumnervale Reserve in Sumner.

24th March, HUNTSBURY TRACK-MT VERNON (2 hrs approx.)

Rescheduled from December, this broad four wheel drive track takes you up to the Mount Vernon area with great views out over the harbour. Park on Huntsbury Avenue, near Vista Place.

31st March, HARRY ELL WALKWAY (2 hrs approx.)

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

HAPPY FEET DANCE CLASS

Wednesday at 1.00pm

**at St Albans Community Centre,
1049 Colombo Street, Edgware.**

\$2.00 per session

Come along and shake your boogie! Will suit low to mid-level of fitness. It's all about having fun! All are welcome.

If interested, please phone Rowena on 027 4040 897.



STRENGTH

BALANCE

AND A GOOD YARN

Join an approved class near you:

Visit www.livestronger.org.nz or phone Sport Canterbury on 0800 228 483

LIVE STRONGER FOR LONGER
PREVENT FALLS & FRACTURES

Christchurch Hospital changes systems

Visitor restrictions effective from Sunday, 23rd January 2022 until further notice.

You do not need to show your My Vaccine Pass to enter DHB facilities, but you must scan the NZ Tracer App QR code for each building or specific area you enter, where a unique QR code is displayed – or sign in manually. You must also wear a paper surgical/medical mask at all times unless medically exempt, or eating or drinking in a designated area.

Visiting hours for Christchurch Hospital are from 11am – 1pm and 3pm – 8pm, with only one person visiting at a time

Anyone with planned/elective surgery or an outpatient appointment should turn up as planned – if there's any change to your appointment we'll contact you directly.



Phone:

General enquiries:

03 364 0640

Enquiries about patients:

03 364 0600

Calling a hospital department or ward:

Call general enquiries on **03 364 0640** and ask to be put through to the ward or department concerned.

Aspire Canterbury moving to the BrainTree Wellness Centre

In June 2022, the Disabled Persons Centre Trust T/A Aspire Canterbury will move to a Wellness Centre supporting local people to live their best life. This Centre is called the **BrainTree Wellness Centre** at 74 Langdons Road, Papanui, Christchurch.

The Disabled Persons Centre Trust which trades as Aspire Canterbury ('Aspire') support a broad range of people with disabilities and impairments. Children and adults living with neurological and/or physical disabilities and impairments often have complex needs that require integrated supports. With significant data showing that a total wellness approach has a hugely positive impact on people's lives, BrainTree is creating this reality. We share the vision of BrainTree and want to make a difference to the communities we serve in living a life full of purpose

and meaning. As well as a shared vision, working collaboratively and becoming a tenant of BrainTree, the Centre will boost organisational efficiency, increase effectiveness and drive a broader social change. Within the **BrainTree Wellness Centre**, you will also find Multiple Sclerosis & Parkinson's Canterbury, Dementia Canterbury, and the Stroke Foundation.

The Centre will have a couple of seminar rooms, a studio, and a social area with whole food café allowing individuals to have an experience whilst they visit the charitable trust/s. The Centre will also be available for use by the wider local community groups, providing a 'place-based' approach focussed on engagement to access services, benefiting the people we serve. So, come along to BrainTree and see us, we are here to help you! (A)

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.

High quality care for older people at risk of social isolation

"I would be very lonely if I did not come ... the meetings are a blessing."

"[When you] come to this Group you forget to feel lonely."

"Looking beyond myself - I get out of my 4 walls."

"Keeps me alert ... my flexibility has improved."

"I enjoy the great welcome feeling of all group members and companionship."

"The exercises, quizzes and discussions make for positive thinking."

"I always look forward to coming to the group... independence as well as friendship."

These quotes are taken from surveys completed by guests at Elder Care Groups run by Anglican Care Social Services in Christchurch. There is a growing awareness through research of the great harm caused to the health of people who become socially isolated for whatever reason. Our Groups were set up nine years ago to provide high quality care for elders at risk of isolation with the aim

of helping them live life to the fullest.

There are now eight Groups meeting in Christchurch: in Avonside and Aranui, Fendalton and Burnside, Burwood and North New Brighton, Opawa and Woolston. Each Group supports the well-being of guests by offering friendship and a programme (half day) of gentle exercise and shared activities. Groups are held in warm accessible venues and run by paid Co-ordinators with the help of volunteers who are all trained in the particular needs of older people.

New guests are always welcome. New volunteer helpers and drivers are also welcome too: men and women of all ages are part of our volunteer team and tell us they have as much fun as guests do.

Annual surveys of guests and volunteers continue to report a high level of satisfaction (and gratitude) for the work that is done and the comments reflect those above. For more information please contact the Co-ordinator, Anne Russell-Brighty on 3848396 Your enquiries are very welcome. (A)

inspiring independent living

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



- Shop and hire of assistive technology.
- Total Mobility Scheme - 50% off Taxi's up to a maximum of \$35 (terms and conditions apply)
- Mobile Services - connecting with the community.
- Disability Information Service - unbiased information, we are here to listen and help you.

We now stock continence products!

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

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

Ph: 03 366 6189. FREEPHONE 0800 347 242.

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

Email: admin@aspirecanterbury.org.nz

Website: www.aspirecanterbury.org.nz



ELDER CARE GROUPS

Friendship, Help and Support for people aged over 65.

The weekly programmes include:

- gentle exercise and activities
- fun, friendship and personal support
- morning or afternoon tea
- practical advice and information on healthy living
- all for just a \$3 donation
- transport can also be provided.



Guests say: *"I enjoy the great welcome feeling of all group members and companionship ... the exercises, quizzes and discussions make for positive thinking and keeping alert ... I always look forward to coming to the group... independence as well as friendship..."*

For more information please contact the Co-ordinator Anne Russell-Brighty 3848396

Happy Birthday Elder Care Canterbury

Elder Care Canterbury has come a long way since it started 25 years ago. The ethos remains the same – working together to integrate and improve health services for the wellbeing of Canterbury's older people.

In the beginning, medical specialists wanted to address the fragmentation and lack of integration in health services for older people. To this end they pooled their money and resources to create a project that would integrate these services.

Early projects included fractured hips, stroke rehabilitation and delirium. Over time these pathways were formalised and integrated into practice across the Canterbury health system as it evolved.

Pioneering aspects of the work were recognising the value and seeking opinions of the consumer voice, i.e. older people using the services. Another was the recognition of inequitable access to health services for Māori, Pasifika and refugee/migrant groups and their poorer health outcomes. Creation of these forums were a catalyst for the wider current health reforms.

In 2006 Presbyterian Support won the Elder Care Canterbury contract from the Canterbury District Health Board.

Around the same time the



Helen Ross, the Christchurch based Co-ordinator for Eldercare.

Canterbury health system was evolving with the development of initiatives such as the Canterbury Initiative and the Canterbury Network whose responsibility is the more formal practice of providing medical care. Elder Care Canterbury has focused on community services and social issues such as housing, transport and access to health-related information and resources.

The importance of where people live was recognised which led to the establishment of regional forums in

North Canterbury, Mid Canterbury and, most recently, Selwyn.

These days Elder Care Canterbury is essentially an information-sharing network of people and agencies concerned for the holistic wellbeing of older people. The way of doing this is holding forums, email updates to subscribers and holding hui on either geographical or subject-related issues.

Identifying where there are issues, gaps or deficiencies and advocating for appropriate services



Helen at Mary Potter Community Centre.

are an important part of Elder Care Canterbury's work.

Elder Care Canterbury has a Christchurch-based Co-ordinator, Helen Ross. Helen is a registered social worker with many years' experience working with older people. She has a background in health social work including mental health, needs assessment and coordination, and community development.

As for the 25th anniversary - a celebratory event is being planned to mark the occasion but what that might look like has yet to be determined given the changing nature of the COVID-19 pandemic.

If you would like to contact Helen about Elder Care Canterbury please call 03 363 8225 or 027 557 7372. Alternatively, email her at helen.ross@psusi.org.nz.

Viruses don't take holidays and the Covid pandemic continues

by Tracey McLellan, MP for Banks Peninsula


I hope you all managed to enjoy some quality time with family and friends over the summer holidays. Unfortunately, viruses don't take holidays and the Covid situation, in New Zealand, as elsewhere, continues to evolve. Fortunately, the Labour Government learned from the outset of the pandemic to expect the unexpected, and although the inevitable arrival of the Omicron variant has shifted the goalposts, New Zealand remains - as we have been at every twist and turn of the pandemic - in an excellent position to manage this next stage.

The entire country has moved to red in the traffic light system. The red setting is not a lockdown, but reintroduces certain measures, such as capacity restrictions at events and social distancing requirements, which seek to slow the spread of the virus. By getting a booster, wearing a mask, getting prepared at home, and looking out for each other, we can all do our bit to slow the spread and keep our communities safe. If you're 18 or over and it's been three months since your second dose, you can get your booster today. Book yours,

or find a walk-in clinic near you, at bookmyvaccine.nz.

One silver lining of Covid is that it has reaffirmed the Labour Government's commitment to intergenerational equality with respect not only to health care, but also to social and employment opportunities, housing, service accessibility and digital inclusion. The Government is embarking on significant and ongoing health reforms that will put care at the heart of the health sector. It's been particularly meaningful to have the opportunity for increased dialogue and consultation with stakeholders in the age care sector.

My office, and my colleagues across the city, is here to help if you have any concerns or need any assistance. We can help with anything from immigration to queries about government policy, and we'd love to hear from you if there's anything we can do.

Enjoy the tail end of summer and the autumn transformation that is so evident throughout our garden city. Stay safe, have fun and don't hesitate to reach out for assistance. 

Here to help

My office is operating at Red. We can see My Vaccine Pass holders in person by appointment Monday – Friday, 10am – 4pm. We offer constituency services by phone or email for others.

Tracey McLellan
MP for Banks Peninsula

03 376 4512

Tracey.McLellanMP@parliament.govt.nz

642 Ferry Road, Woolston, Christchurch

[f/traceymcLellanlabour](https://www.facebook.com/traceymcLellanlabour)



Labour



Authorised by Tracey McLellan, 642 Ferry Road, Woolston



Bequests, however small, leave a lasting impact



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.



Form of Bequest

TAKE OR SEND TO YOUR LEGAL ADVISER FOR INCORPORATION IN YOUR WILL

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.



Total Mobility Agency

Age Concern Canterbury is 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.

Loburn Red Cross

Afternoon Teas cancelled



Loburn Red Cross having been them. They wish to apologise for providing their afternoon teas for those who have had bookings over 33 years but sadly, are no cancelled and thank visitors for their longer able to continue providing continued support over the years.

Crossword Answers #110122

ACROSS:

1. Omit, 3. Ether, 5. Vest, 7. Bag, 9. Gas, 11. Rue, 12. Supreme, 15. Pet, 16. Eat, 18. Tea, 22. Done, 23. Road, 24. Hero, 25. Ends, 26. Mana, 28. Lava, 29. Inn, 31. Asp, 33. Has, 34. Cardiac, 36. One, 38. Too, 40. Tat, 42. Pact, 43. Taken, 44. Tour,

Cryptic Answer: 3. E(i)ther

DOWN:

1. Over, 2. Tea, 4. Hear, 5. Via, 6. Trot, 7. Bee, 8. GST, 9. Get, 10. Spa, 13. Pace, 14. Ever, 17. Abdomen, 19. Endears, 20. Aches, 21. Basks, 27. Aver, 28. Loci, 29. Ist (e.g. Journalist), 31. Act, 32. Pot, 33. Harp, 35. Desk, 37. Ewer, 39. Out, 41. Apt

Cryptic Answer: 20. Aches (Anagram)

AGE CONCERN CANTERBURY NEEDS

HANDYMEN



Fit, energetic and reliable and have a current drivers licence.

Needed in Woolston, Linwood, St Martins, Halswell and Hoon Hay

Casual work only.

Hourly rate of \$25.00.

For more information please phone Deb on 366-0903

More dairy a day keeps breaks at bay

A study published in the British Medical Journal has shown an increased intake of calcium and protein- rich dairy foods, including milk, yoghurt and cheese, can reduce the risk of falls and fractures in aged care residents.

Senior Research Scientist at Fonterra's Research and Development Centre in Palmerston North, Dr Caroline Gunn, was on the study's Steering Committee and says the results clearly show that dairy can help older adults with their health and wellness.

"The study was the first of its kind in investigating whether increasing the daily intake of dairy is both an effective and safe way to reduce fracture risk in older adults."

Dr Sandra Iuliano, Principal Investigator and Senior Research Fellow at the University of Melbourne, says: "The results of the study showed a 33 per cent reduction in all bone fractures, a 46 per cent reduction in hip fractures and an 11 per cent reduction in falls.

"Those residents having the extra dairy maintained lean muscle mass in their arms and legs, which could



likely have contributed to the reduced falls risk.

"The two-year trial involved 7195 residents in 60 aged care facilities across Australia. Half the aged care facilities provided their residents (average age 86 years) with an additional 1.5 serves of dairy (3.5 serves in total) per day while the other half continued providing the usual 2 serving or less of dairy per day.

"This relatively modest increase in dairy was provided to the participants in a variety of ways that included replacing servings of the sweet cakes/biscuit type foods."

Low calcium and protein intakes can lead to fragile bones and an increase in the risk of falls and fractures. It is estimated that older adults in aged care account for approximately 30% of all hip fracture cases.

"In terms of public health spending, reducing the number of hip fractures would likely have cost-benefits," says Dr Iuliano.

Dr Gunn says Fonterra helped to support the research by donating one-million-dollars worth of its products, including cheddar, parmesan cheese, yoghurt, skim milk powder and milk, to provide extra protein and easily absorbed calcium for the residents.

"This study helps to demonstrate the important role dairy could play in improving nutritional outcomes in the older population.

"A glass of milk continues to be one of the richest sources of

readily available dietary calcium and protein, which play a significant role in growing and maintaining healthy bones, muscle and immunity through all life stages.

"The increase in protein also showed positive implications for the participant's lean mass (arms and legs), that may allow them to maintain greater stability and improved control, potentially improving their confidence with mobility.

"Today's consumers are focused on leading healthier and more active lifestyles - and dairy can help contribute to this.

"By 2030, over 0.7b of the world's population will be aged 70 and over, reaching 0.9b by 2040. Studies like this latest one provides solutions to some of the challenges faced by the ageing population.

"It is also a real opportunity for our Active Living business. We will continue to leverage our nutrition and science expertise across consumer brands to help people to live more active and healthier lives.

"There is also opportunity for our Foodservice business, which already supplies aged care facilities with much-needed dairy nutrition," says Dr Gunn.

Fonterra supported the study along with the Centre National Interprofessionnel de l'Economie Laitière, Aarhus University Hospital, University of Melbourne, Austin Hospital Medical Research Foundation, Sir Edward Dunlop Medical Research Foundation, Dairy Australia, California Dairy Research Foundation, National Dairy Council, Dutch Dairy Association, Dairy Council of California, Danish Dairy Research Foundation and Dairy Farmers of Canada.



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.



Osteoporosis New Zealand

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

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

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

Find out more at
www.osteoporosis.org.nz



My two cents

by June Peka

Memories Bless their hearts - all of 'em



Do you remember luscious, newly baked bread, soft and still warm?

On school holidays I was sent to the shop to bring home the daily bread. I took a flour bag to carry the loaf. Bread was unwrapped in those days. I walked home sloooooowly, my eager fingers slipping into the bag and peeling off heavenly flakes from God's culinary creation. I slipped them onto my tongue. Ah, delirium! The bread melted in me and I swooned in it. The bread came from the bakery at nearby Waikari, to The Farmers' store in our town, Hawarden. The aroma of hot, newly baked loaves sitting in cubby-holes behind labels bearing customers' names lured me like sin.

In the 1950s many farmers in our area grew wheat. Waikari had a flour mill as well as the bakery. Health and Safety rules were unknown but no one got sick from bread handled by shop staff or little boys' grubby fingers poking into used flour bags.

If I ate too much on the way home I got a scolding. It was worth it. But Heaven help me if I forgot to pick up The Press. A Road Services' bus brought the papers from Christchurch. Shop staff wrote subscribers' names on the papers. I picked our paper from the pile. Dad paid the bills at the end of the month.

Seven State Houses stood on our street. Each had a "stately" wooden mailbox by the front gate. Birds used them for nesting as there was no mail delivery in Hawarden. The bus also brought mail bags each day. Post Office staff took about an hour to sort the mail. So, my next task was to collect our letters.

Well-to-do citizens paid for lock-up boxes in the open foyer of the Post Office. I had to ask for our mail at the PO counter. On Saturdays the PO was closed so I went to the back door and knocked. The telephone exchange operator came and handed our mail to me.

Perhaps these chores produced my work ethic. The flour bag produced something better – delicious delight. Ah, the memory!

I heard my name called over the mall intercom recently. Within minutes I was reunited with my battered old wallet - therein my life - which I hadn't even missed at that stage. Oh my, when I thought about the other possible consequences I went weak at the knees. The treasured old thing, given to me by a lovely young friend decades ago, and personalised by my name carved in leather, was pretty well stocked with cash, a huge number of "essential" cards, and of course at least 30 coffee cards. I presented a new one of those to the lovely young man who'd handed it in, who genuinely thought I was a bit OTT I'm sure.

Relating that story to my oldest bestie recently of course she had to trump me, as besties do. She'd been out walking her teeny tiny dog when a woman over a fence stopped her to make a fuss of the wee dot. Within minutes of meeting this dear lady, not only did Flossie have her whiskery face groomed, but her fluffy bottom too – no charge.

On a roll by now I told Ana about

the phone call from Penny, my friendly local chemist. Penny had noticed I'd been prescribed yet another medication and just wanted to check how I was feeling. Some people noticed odd side-effects for the first few days she said, so she just wanted to let me know not to worry. Awwwwwww.

AND then there's Ashley from Auckland, who popped in to my Facebook world by accident recently. Ashley, dear chap, had grown up in our lovely old St Albans bungalow, in the 30s and 40s, and sent me precious photos of those times.

Lastly, a big thank you to everyone who got in touch after reading my story about HMS Neptune and the Gold Star badges in the last issue of Keeping On. Between us all, we lost a lot of uncles. We haven't yet discovered the whereabouts of the Neptune plaque which was on the Bridge Of Remembrance, nor have we found another Gold Star, but it's been lovely to talk with such interesting folk.

Bless their hearts.

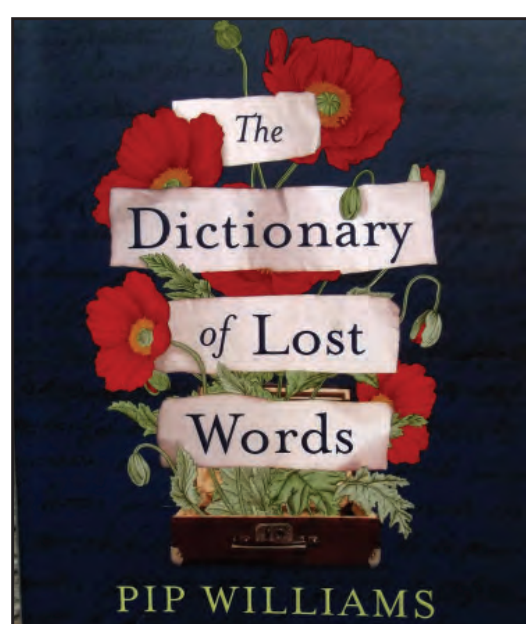
Book Review: The Dictionary of Lost Words by Pip Williams

Fiction based on factual events in recent history.

This book is exquisitely clever and original in the extreme – and it is kind. I feel sure if our Jacinda ever finds time to read, she would love this one as I do. There are protagonists, including a famous real-life unfortunate madman, but no true villains. Refreshingly, no biff, bang and wallop either, and even though sex happened we're spared the details. The C word (my most unfavourite word of all time) was used once or twice but in context with the subject and times, so that try as I might I could not be offended. I've read one reviewer who was, and I can only believe she tried much harder than I.

The only other criticism I've come across is that some found the first few chapters "hard to get into". That wasn't the case for me. A born-again Anglophile, lover of books, words, recent history, facts, and once an unmarried mother, I read it over two evenings and then went back and wallowed in it all over again. It will forever be in my top five, I'm sure.

Woven around two major true events, the fictional story is of Esme, daughter of the head lexicographer, under Dr James Murray, principal compiler of



the now Oxford English Dictionary, a major opus which began in 1897 and carried on through times of the women's suffrage movement and the Great War.

From many childhood hours under the table in Murray's Scriptorium - the grandly named tin shed in his garden, Esme becomes a decent woman who is fascinated by the words of women from different worlds to hers. By various means she captures those words for her own dictionary.

If you enjoyed Simon Winchester's *The Surgeon Of Crowthorne*, you need this beautiful book to add another dimension to that side of the story too.

Come to Corfu too



Five years ago, we were gently nudged from our sedentary seventies, out into the world. We'd been to Australia numerous times; that's easy, it's not far away, and they speak our lingo. But in 2017 our son and family jollied us on to a Mediterranean cruise, preceded by long flights and stopovers in exotic places such as Dubai with its ridiculous shortage of toilets and surfeit of horrid coffee.

Oh my, we babes-in-the woods simply wallowed in the waterways and culture and history of Venice. Never churchgoers, San Zaccharia became our favourite building in the world. And the icing on the cake was bumping into our own charming Sir John Kirwan. Whistle-stop though it may have been, our cruise around the beautiful Greek Islands has created indelible memories of azure seas, ancient castles and monasteries clinging to huge hillsides, paddling with turtles, narrow cobbled streets of steep steps and vibrant vines, olives, antipasti and baklava. And the music!

We thought of jumping ship in Corfu, with its markets and lanes and friendly people – but settled for photos, which we shared with a niece, who recently recognised the landmarks in *The Durrells*, a TV series she was watching. For three weeks now without leaving home, we have, through a 1930s lens, relived our adventure on this beautiful island. Based on *The Corfu Trilogy* written by naturalist Gerald Durrell, this true (but beautifully exaggerated story) has transported us away from rainy days, Covid colours and health issues. It's on Netflix, comprised of four series, each with six parts, featuring the lives of widowed Louisa Durrell and her four recalcitrant unruly and truly loveable children, their cheap and gloriously rustic house, quirky friends and Gerald's collections of bugs and animals. We thoroughly recommend it to armchair travellers.