

WINTER 2024



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SENIORITY

Stay Connected | Social Fitness
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04 499 6646



From the CEO

Before I joined Age Concern, I never really thought about how many social connections I had or whether those connections were strong and lasting. Now that I lead a team of staff and volunteers who are focused on helping seniors develop good social connections, I find myself thinking about my relationships with friends, and what I need to do to keep those going well.

I watched a video recently about a Harvard University longitudinal study – you can read more about it later in this issue. My takeaway was the word ‘cultivate’. Researchers say we need to cultivate our social connections, as if we were growing something in the garden.

But how do you cultivate a friendship? As an introvert, I tend to hold back and wait for my wife to organise things or wait for a text from a friend. But now I am trying a bit harder! I am sending the text or organising the BBQ or a trip to the movies.

I get to speak to a lot of wonderful groups like Rebus, Rotary, Probus and Friendship Clubs around the Wellington Region. My message to them is to keep gathering together – these groups and clubs are helping improve members’ physical and mental wellbeing. I’ve said it in this magazine before – we are made to be in relationship with others and it’s important we keep doing that as much as possible.



I hope you enjoy this issue of Seniority, all about our core business – social connection.

Stephen Opie

Age Concern Wellington Region CEO

Curious Conversations is back for 2024!



Join our monthly online event to hear from some brilliant and fascinating people. Visit www.curiousconversations.nz to register.

Plus, watch the recording of the first event - our trip to Wellington Zoo!



Contact Information

Phone: 04 499 6646

Email: news@acwellington.org.nz

Address: Level 1, 138 Wakefield Street, Wellington

Postal Address: PO Box 11108, Wellington 6142

Website: www.acwellington.org.nz

Facebook: [ageconcernwellington](https://www.facebook.com/ageconcernwellington)



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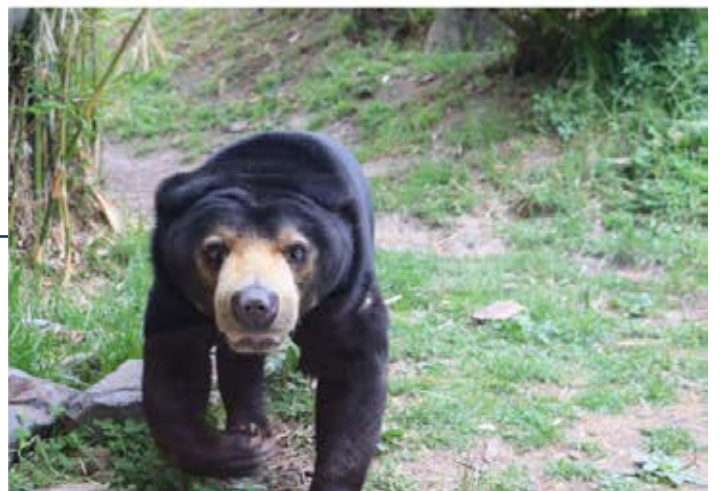


Can You Help?

You can help us reach more lonely and isolated seniors. Do you have a couple of hours a week you can spare? Or are you able to make a donation? Call 04 499 6646 or scan the QR code on page 5 for more information.

Thank you to the lovely people who donated beautiful plants and a coffee urn! We are still in need of a few specific items. Maybe you can you help? We're looking for:

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Phone Calls From Around the World

"I never know when he's going to ring," says Arnold, "but I always look forward to his calls."

Sometimes life brings surprising friendships into our path. Alan (pictured) has been calling Arnold for the past two years. Unlike most of Age Concern's Phone Friend volunteers, Alan calls from all over the world. "He called from Malaysia this week," Arnold says. Over the years, Alan has called from Germany, the UK, Korea, China, India, Thailand and many more places. When Arnold was discharged from hospital after a spell of ill health a couple of years ago, he felt a little isolated and was referred to Age Concern's Phone Friend Service.

At the time, Alan was living in New Zealand. Alan first volunteered with Age Concern when Covid was raging. "I read an article about how difficult things were for housebound people. After lockdown ended, I contacted Age Concern and started volunteering." One of the brilliant things about the Phone Friend Service is that Alan has been able to continue to call Arnold despite being half a world away.

Age Concern Social Connection Coordinator Kirsten Blyde has a knack for matching the right people together. The two men have lived most of their lives away from their birth countries, but Alan is Scottish and Arnold is from the Netherlands. They're both well-travelled and share many common interests. "At first the conversations were a bit weird as we didn't know each other, but we soon got past that and now it's easy to chat. Arnold knows a lot of the things I know. He was conscripted in the army. My dad was in the army at the same time. We both know football and like to talk about the great players from the 70s and 80s. We're both from Europe. I supposed you could say we have a shared history. I really enjoy speaking with Arnold," Alan says.



Arnold and Alan have never met in person, but they now feel like they know each other like old friends. Years ago, Arnold travelled to many of the same places Alan now calls from. Alan sometimes talks about cities and streets he's visiting that week, and Arnold remembers going to the same places years before – images of rivers running down streets, thousands of motorbikes by a monastery, and all sorts of other memories come racing back as the two men have a good laugh together.

"I enjoy the phone calls," Arnold says. "Alan has a good voice, he's nice to listen to, and he's also a good listener." Arnold lives by himself and isn't well enough to travel anymore. Hearing about Alan's adventures and travels brings a welcome variety to Arnold's life.

In many ways, Arnold and Alan are very different people with different backgrounds: Arnold was a construction manager and has had a hand in the construction of many buildings around Wellington, and Alan works in the plasma and protein serum industry.



“People think they don’t have time for anything,” Alan says. “But they should make the time. Everybody who’s got a phone should do this. So many people miss out by not taking the time to listen. I’m delighted to know Arnold. He’s a very interesting person. It’s no trouble to call him, just a real pleasure. I have no living older relatives, no family left to tell me of their migration, the wars, and so much more. It’s a great privilege to listen to Arnold.”

LORNA HARVEY

Team Leader – Communications & Events



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Staying Connected

- Social Clubs for Seniors



Dr Seuss: "You'll never get bored when you try something new. There's really no limit to what you can do."

One way of staying connected as you gain in age and experience is to join one of the many social clubs established to exercise the mind and soul. The main ones are Probudus, Rebus, Friendship Clubs and U3A, and there are many more. Each of them has monthly or more frequent meetings and annual membership fees, these being relatively modest.

There is more to these clubs than meets the eye. At first sight they would just seem to be an excuse for people to get together once a month and listen to someone speaking about their area of expertise, which may, or may not, generate some questions from the audience. And there may be a cup of tea and a bit of a chin-wag afterwards. That was my impression when asked to join the newly formed local Probudus Club a few years ago.

Wikipedia describes Probudus as "a local, national, and international association of retired people who come together in non-political, non-sectarian, a non-profit, autonomous club. The clubs provide regular opportunities for members to meet others in similar circumstances, with similar levels of interest, make new friends, and maintain and expand their interests."

One feature of some clubs is to have a member give a five-minute talk about themselves or a topic of interest to them, which is also a means of getting to know each other. In our club we have heard about travels in the arctic, construction and flying model planes, collection of first edition LP records, books written, as well as brief autobiographies and/or family histories.

Everyone has an interesting story to tell, if only you can get them to stand up in front of the crowd. There is one rule – try to avoid speaking about politics or religion. A speaker once talked about the American elections and was criticised for raising political issues as there was some support for each of the parties and their presidential candidates.

Once my new club got under way, membership started to expand, as did its range of activities beginning with the usual book group, which met monthly and then a weekly walking group. Very soon we were having a monthly dinner, lunch, trip to the cinema, Circa, day trips and social Issues groups, plus weekly pétanque, coffee/tea and happy hour groups. The range of activities also extended with group travel to out-of-town parts of the country.

At its peak, we had 160 members and all these activities meant that in one way or another we were thrown together and got to know each other, our likes, dislikes, fancies, and foibles. So, it was much more than just monthly meetings.

As the editor of the Wellington Central Probudus club newsletter, I joined with other Probudus Club editors in the Wellington Region to exchange newsletters and other information. We decided that Rebus and Friendship clubs should be included in these exchanges. There are about 20 such organisations in the Greater Wellington Region. That is when we found that the range of interests and activities covers just about anything you can imagine. There are groups with interest in wine appreciation, cooking/baking for men, digital technology, gardening, travel, cryptic crosswords, and even Quiddler (whatever that is). *

If that's not enough there is U3A (University of

the Third Age) which Wikipedia describes as “an international movement whose aims are the education and stimulation of mainly retired members of the community — those in their third ‘age’ of life. There is no universally accepted model for the U3A. Its original conception in France as an extramural university activity was significantly modified in the United Kingdom, where it was recognised that most people of retirement age have something to contribute, and the emphasis has been on sharing, without formal educational links.”

Checking the interest groups on U3A Wellington site (u3awellingtoncity.org.nz/study-groups/) opens another level of interests for older people to choose from. In addition to those mentioned above, they include health, music appreciation, philosophy, Shakespeare studies, and German and Te Reo conversation groups.

The essence of all these groups is the opportunity they provide to get together with others who have similar interests. But when any group of older, wiser people get together to discuss a particular subject, they will invariably extend their discussions beyond the chosen topic. It is the same with any gathering for physical activity: our pétanque group meets twice a week to play sometimes fiercely competitive games, but that is just the perfect excuse to go to the local pub after to sort out the woes of the world. One thing leads to another.

So, joining any one of these organisations is worth considering if you have time on your hands.



**Quiddler is a popular card game available at most bookshops or game retailers.*

MICK CALDER
Office Support Volunteer



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Social Hubs to Stay Connected

Looking for something to do? Are you missing out on having something to look forward to? You could join with other seniors at Age Concern's monthly social connection hubs or coffee group.

The Connect programme, involving these free events for Seniors, is designed to get older people together in convivial surroundings on a regular monthly basis. There are three hubs in the Wellington suburbs and one each in Lower and Upper Hutt, and the coffee group meets at Te Pokapū Hapori - Wellington Central Community Centre in Manners Street.

Events Coordinator Vanessa Lavatai, who organises the events in Wellington, says the hubs have a speaker while the coffee group depends on general conversation. But from her point of view the real drawcard must be the food. So, she ensures that there is a good selection to meet most tastes, as well as hot and cold drinks. The current favourite is cheese and crackers, but other options are always on offer. Similarly, Tania Fleming, our Hutt Valley

Social Connection Coordinator ensures the Hubs in the Hutt Valley have plenty of food too.

Vanessa says that she likes to get the participants "warmed up". After they have settled with their food and drink, she starts off with some games or quizzes, or some gentle exercise (if they haven't just finished a Steady As You Go class) and maybe a discussion of topical news events of the day such as the recent eclipse.

Sometimes the discussion centres on wider topics such as community gardens and other facilities, but she finds the most interest recently has been about internet scams in one form or another. She says that many of the participants claim to have been scammed in some way, so are all interested in any new angle being used by scammers to try to separate them from their money.

Speakers and topics cover a wide range of interests including heart health, skin cancer, group travel for seniors via Great Journeys NZ, Staying Safe Driving Courses and of course, scams.

Occasionally Vanessa (and Tania) fill in if the speaker cannot make it. Vanessa says her go-to topic is the work of Age Concern and the various programmes offered, with a few anecdotes added in. But if my interview with her is anything to go by Vanessa could entertain a crowd, without notes.

So, if you are looking for some interesting speakers, entertainment, conviviality, and some food, come along to the community hubs or the coffee group. A list of all the venues and dates is included in this magazine. Or call 04 499 6646 for details.



MICK CALDER
Office Support Volunteer

Omai Fa'atasi is Coming Together

As we reported in the Autumn issue of Seniority, Omai Fa'atasi is a brand-new initiative being developed by Age Concern Wellington Region in conjunction with Atamu EFKS Porirua. Together, Age Concern and Atamu will establish a social connection service to help Pasifika seniors link up with others in their community including community leaders as well as learning new skills and enjoying good food and friendship.

Atamu is a charitable organisation committed to serving Pacific families and children through programmes they co-design with their community. Their programmes cover social issues, health, education, housing, and economic aspects – all delivered through contracts with several government ministries and other community organisations.

The launch of the Omai Fa'atasi programme took place at the Salvation Army hall in Cannon's Creek on April 30. Future gatherings are scheduled for 21 May, 11 June, 2 and 23 July, 13 Aug, 3 and 24 Sept, and 15 Oct. All will be at the Salvation Army, 89 Warspite Ave, Cannons Creek, Porirua from 10am – 12.30 pm. There is no need to register, just turn up.

The vision for Omai Fa'atasi is a big one. We want to develop a full wrap-around service for seniors, having the capacity and resources to connect seniors coming to the events into wider community life, health and community services and help them navigate other issues and challenges they may be facing.

To drive the early stage of the programme, we've appointed Waitangirua local Sheila Tagiilima-Lemalie as part-time Coordinator. She's based at Atamu's office in Porirua. She is a New Zealand born Samoan who was raised



in Samoa for almost 18 years. Sheila returned to New Zealand in 2007.

Sheila has a Master of Education and had a career in Early Childhood Education before her marriage and five children. She has been working as a Women's Screening Support Coordinator (cervical and breast screening) for Pacific Women in the Porirua region for the last 6 years and continues in that role while also delivering the Omai Fa'atasi programme. Sheila loves serving people who ask for her help.

We want to thank our funders for this project to date: Office For Seniors, Wellington Community Fund, Rotary Wellington.



Go to www.facebook.com/ageconcernwellington/ to follow us on Facebook.

What Really Makes Us Happy?

Asking yourself what really makes you happy can cause some brain-strain; thinking about your life and the times when you've been most happy. But getting people to respond to this question is not the best way to measure what really makes us happy. Our memories are often flawed and bitsy and can be very creative - leaving us with perhaps superficial or flavoured answers.

Many may be tempted to answer 'money, material things and achievements' – especially a young generation just setting out on life's journey. But is that what really makes us happy?

In 1938, during the Great Depression, Harvard University began tracking the lives of 268 students in the hope that the longitudinal study would reveal clues as to what contributes towards a healthy and happy life. That study is still going.

Over the last 85 years, the study has expanded to include another study of much poorer men living in Boston, then adding the children of the original recruits, and later women. About

50 of the original students in the study are still alive. And one of the original recruits went on to be President of the United States – John F. Kennedy.

Harvard now has an ocean of data about all aspects of life. But there is one finding that current Study Director Dr Robert Waldinger says is more important than any other. He says it's the key to a happy life: **relationships**.

"The surprising finding is that our relationships and how happy we are in our relationships has a powerful influence on our health," he told the Harvard Gazette. "Taking care of your body is important, but tending to your relationships is a form of self-care too."

He says they have learned three big things about relationships. The first is that social connection is very good for us. Being connected into family, friends, and a community result in a happier and physically healthier ageing experience. Loneliness is toxic, and one researcher from the University of Utah, who did a meta-analysis of a large range of



similar studies, likens the detrimental health effects of being lonely to smoking half a packet of cigarettes a day or being obese. It's not surprising then that being disconnected from others also makes one more prone to health problems such as heart disease and dementia.

Conversely, the study reported those who are in a close relationship, such as a marriage, tend to keep each other healthier. In fact, other studies have also shown those who are married on average, live longer than those who are not.

The second finding about relationships is that it's not the number of friends we are connected with, but the quality of our relationships that matters. An introvert might only need a couple of close friends, but they will be just as happy and healthy as an extrovert with a very full social calendar.

The third finding was that good relationships protect our brains. People who are in secure relationships in their 80s find they can rely on their memories for longer. Loneliness leads to a faster fading memory and a greater risk of developing dementia.

So, what is it then about relationships that makes such a difference? Dr Waldinger believes that relationships are stress regulators. Most of us experience some level of stress most days. Having close relationships means we can talk to someone else, which literally calms us down. Those who are isolated aren't always able to do that and can spend a prolonged period in a stressed state – higher blood pressure and cortisol - resulting in negative health effects.

It's not surprising that research proves that relationships have such a dominant effect not just on our physical wellbeing but also mental health. But that doesn't make maintaining

relationships any easier! Relationships need to be cultivated. Much like going to the gym once and then thinking we're set for life, our relationships need work, sometimes every day. While there is a push to get people saving money for their retirement, there should also be a push for people to build and strengthen their social connections to stay healthier longer. Call it social fitness!

STEPHEN OPIE

Age Concern Wellington Region CEO

Read more about this study on the Harvard Gazette site: <https://news.harvard.edu/gazette/> (type Waldinger in the search bar).

Watch Dr Waldinger's TED talk on YouTube: Robert Waldinger: What makes a good life? Lessons from the longest study on happiness | TED



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Recent Highlights



... Age Concern in the Community



Scammers Come in all Shapes and Sizes

It's not a nice feeling to discover that you have been scammed. My experience was unusual in that the company did supply the goods I ordered, but then they took advantage and dunned me for more money. I decided that I would share my story even though it is slightly embarrassing to admit to being taken for a ride.

Usually, I recognise the signs something is wrong - wrong email address, bad spelling, using my full name rather than my nickname. But this time it was purely my own lack of attention.

I bought some footwear from an overseas site – BESTDEALZ247.COM; the deal went through, and the goods arrived in due course. But then I noticed that I was also being charged US\$49.99 for something else that I didn't order, or so I thought. Apparently, when you buy something, this company automatically sign you up for a 7-day free trial for "exclusive deals", and supposedly confirm the arrangement in an email.

The catch is, if you do not cancel the arrangement within the 7 days, they charge you US\$49.99 per month, even if you have not bought anything. I spotted it after the second charge and emailed them demanding my money back, to no avail.

The speed of their reply and the carefully worded explanation claimed that all the details of the offer were advised on their front page and were repeated in a follow-up email. This all led to their conclusion that the charges were legitimate and therefore not refundable. Their response strongly suggested to me that they deal with this on a



regular basis.

It sounds plausible, but legally questionable, especially since I did not receive their follow-up email. They say they have cancelled the deal, but to be doubly sure I cancelled and replaced my credit card. I also advised Netsafe NZ.

So now, in addition to looking for all the signs as listed above, I am now alerted to the need to read the fine print.

Age Concern run an advice section on scams in the regular email newsletter and have established a series of Technology and Scam Prevention Workshops to educate participants about scams. The most recent workshop in Epuni was very well attended. There are more events coming up – just check the Upcoming Events page in this magazine, or on the website.

Netsafe NZ knows all about online scams and has a wealth of information and tips about staying safe online. They note that older people (sometimes called 'Silver Surfers') are the fastest growing group of online users who may find it tricky to navigate all the online information and technology safely. They are there to help at netsafe.org.nz.

P.S. Just when you thought it was getting safer there is a new scam doing the rounds. The New Zealand Police report that Kiwis are being contacted on the phone; generally, a landline, by someone claiming to be a police officer. The officer will claim to be from a particular department, tell you that you have been a victim of fraud or scam, and begin to try and obtain further financial information from you. This is a scam. Hang up. New Zealand Police will never contact people seeking their banking details, card numbers, pin numbers or passwords.

MICK CALDER
Office Support Volunteer



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Matariki 2024 – A Time To Connect

Matariki celebrates the Māori New Year which traditionally brought whanau together to reflect on the past, and plan for the future. The date for the public holiday this year is set for Friday 28 June, which signifies the rising of the Pleiades star cluster in the southern skies.

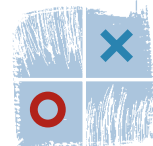
It's a time for reconnecting with family, sharing food, singing songs, and telling stories. In other words, a time to celebrate not only family connections but cultural ones as well. The Matariki website expands on that saying: "As the stars of the Matariki cluster rise in the winter sky, they signal a time of remembrance, reflection, and renewal across Aotearoa. Matariki is a special period that connects us to the land, the sky, and each other, through a series of events, traditions, and celebrations that are deeply rooted in Māori culture." See <https://matariki.co.nz/> for more information about the cultural traditions and events planned throughout Aotearoa for the celebration this year.

In Wellington, the theme for Matariki this year will be getting together to celebrate whanaungatanga (kinship), to be with others, to share stories and kai, and plan to work towards a sustainable future. There will be a series of cultural events along the waterfront, in front of Te Papa, and a food court in the Odlins Plaza. See <https://wellington.govt.nz/news-and-events/events-and-festivals/matariki#puanga> for details.

The Council draws attention to the rising of Puanga (also known as the star Rigel in Orion) as well as the Matariki star cluster (Pleiades, or the Seven Sisters) to mark the Māori New Year. Puanga can only be seen in parts of the



Far North, Taranaki, Whanganui, Wellington, the Hutt Valley, and parts of the South Island. Puanga is the star acknowledged by our mana whenua iwi Te Āti Awa Taranaki Whānui, while Ngāti Toa acknowledges the Matariki cluster.



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Announcing Our New Huia Club

As we announced in our Autumn issue of Seniority, Age Concern Wellington Region has recently changed its legal structure from an Incorporated Society to a Charitable Trust. The Age Concern Wellington Region Trust has been established and became operational from February 2024.

As part of this change, we have created a new membership initiative called the Huia Club. This club replaces our old membership scheme. All current members have been transferred over to the Huia Club.

Huia Club members receive this magazine in their mailbox four times a year, along with other communications. Being a member of the Huia Club is a great way to support Age Concern and help us reach more isolated and lonely seniors.

If you are not already a member with Age Concern Wellington Region, you can join at any time by calling us on 04 499 6646 or visit our website www.acwellington.org.nz/huiaclub



You can also make a payment to our new bank account (see below) – membership is \$35 for an individual and \$45 for a couple.

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Across

- 1. To give someone a fright
- 6. Used with a racket wheel
- 10. Kind of wheel
- 13. Joked around
- 15. Three before seven
- 17. Will Smith blockbuster
- 19. Discover
- 20. Smooth-coated dogs with curled tails
- 21. A rosary
- 27. Deception
- 28. Indy entrant
- 29. Subordinate to senior
- 31. "How ___ Mehta Got Kissed, Got Wild, and Got a Life" (Kaavya Viswanathan novel)

- 32. Bit
- 36. Sweet talker
- 40. Oriental
- 41. Brawl
- 43. Past participle of bear
- 46. The Queen's furry friends
- 47. Dusk, to Donne
- 48. A tuba; unlike a guitar
- 53. Cogitate
- 55. Contents of Pandora's box
- 56. Over values
- 63. Nonhuman
- 64. Pleasant to the ear
- 65. Barbie's beau
- 66. Andy's radio partner
- 67. Gray

Down

- 1. Schuss, e.g.
- 2. A.T.M. need
- 3. "That's ___ ..."
- 4. "___ to Billie Joe"
- 5. German astronomer Johann
- 6. Man with a mission
- 7. "Gladiator" setting
- 8. Cyst
- 9. Anita Brookner's "Hotel du ___"
- 10. Coefficient in physics
- 11. Slowly, to a conductor
- 12. It blows off steam
- 14. Big game
- 16. A porcino to some
- 18. Apprehend

- 21. Ace
- 22. Criticizes
- 23. Deep purple, edible berry
- 24. A real loudmouth
- 25. A type of spirit
- 26. Vocalized
- 30. Brain cell
- 32. Change, as a clock
- 33. Crumb
- 34. Adaptable truck, for short
- 35. Anderson's "High ___"
- 37. Moving vehicles
- 38. Cork's country
- 39. Kind of life
- 42. "___ the season ..."
- 43. To jeer at
- 44. Body of work

- 45. Invisible
- 46. Rockrose is one
- 49. Back in
- 50. Harvard, Yale, Brown, etc.
- 51. Game with matchsticks
- 52. Garden bloom, informally
- 54. Victorian, for one
- 57. In-flight info, for short
- 58. Bottom line
- 59. "___ say!"
- 60. Mozart's "L' ___ del Cairo"
- 61. After expenses
- 62. Chester White's home

1	2	3	4	5		6	7	8	9		10	11	12	
13					14		15				16			
17						18								
				19							20			
21	22	23	24						25	26		27		
28									29		30			
31					32	33	34	35						
	36			37								38	39	
			40								41		42	
43	44	45								46				
47				48		49	50	51	52					
53			54			55								
56				57	58						59	60	61	62
63										64				
65				66							67			

Sudoku

HARD

			8					
7	8	9		1				6
					6	1		
		7					5	
5		8	7		9	3		4
	4					2		
		3	2					
8				7		4	3	9
					1			

EASY

2		5			9			4
						3		7
7			8	5	6		1	
4	5		7					
		9				1		
					2		8	5
	2		4	1	8			6
6		8						
1			2			7		8



Thank you to all the supporters of Age Concern Wellington Region.



On email?

Subscribe to our regular email newsletter to keep up to date with news and events in the Wellington Region. Subscribe through our website www.acwellington.org.nz or email news@acwellington.org.nz

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*Ts & Cs apply

Upcoming Events

Vogelmorn Hub for Seniors

25 June, 23 July, 27 Aug, 2pm

Seatoun Hub for Seniors

5 June, 3 July, 7 Aug, 10.30 - 11.30am

Upper Hutt Hub for Seniors

12 June, 10 July, 14 Aug, 12pm

Manners Street Coffee Group

13 June, 11 July, 15 Aug, 10.30am

Linden Hub for Seniors

11 June, 9 July, 13 Aug, 1pm

Walter Nash Hub, Taita, Lower Hutt

13 June, 11 July at 1.30pm & 8 Aug 2pm

Staying Safe course for older drivers

12 June, 10am Khandallah Town Hall

24 July, 10am Anvil House

28 Aug, 10am Anvil House

Call 04 499 6646 to register

Tea & Tech, and Scam Prevention

26 June, 10.30am in Linden

31 July, 10.30am in Khandallah

14 Aug, 10.30am in Seatoun

Call 04 499 6646 for details

Services

Visitor Service/Phone Friend Service

Community Support

Connect Programme

Companion Walking Service

Advance Care Planning Service

Falls Prevention exercise classes

Staying Safe courses for older drivers

Technology and Scam Prevention Workshops

Read more about the impact our services are having in articles throughout this magazine. Visit www.acwellington.org.nz or call **04 499 6646 for more information**



Can you help?



Loneliness is a very real issue for many seniors, because it is detrimental to mental and physical health. That's why we bring people together across generations, cultures and places to help end loneliness for seniors. We provide high-quality, free social connection services for those who are isolated. But we need to raise more funds to help us deliver these services.

Regular monthly donations are a wonderful way to help us plan ahead and ensure this work continues. Can you consider making a monthly donation to this important work?



P 04 499 6646
E info@acwellington.org.nz
www.aged2perfection.nz

Charities registration no. CC61759

Making a regular donation helps us ensure we can continue our quality social connection services. Please consider making a regular gift.

- Yes, I would like to give a regular (monthly) donation of:
- \$20 \$30 \$50 Other \$
- I would prefer to make a one-time gift of: \$

Name

Address

Phone Number

Email

Please charge my credit card.

Card number:

Expiry date:

Name on card:

Please mail completed forms to:
Age Concern Wellington Region
PO Box 11108
Wellington, 6142

You can also call us to make donations by phone with your credit or debit card, or donate using internet banking. Our account number is 38-9025-0361487-00



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 adminassistant@acwellington.org.nz

 04 499 6646

Dear Ann

Do you have a question for Ann that you'd like answered in the next magazine? Please email news@acwellington.org.nz

*I wonder if you are able to offer some advice. Lately I find that I have so many aches and pains and everything seems more difficult to do. I was always an early riser, but now it takes me hours to get up and dressed, and I find that many friends have either died, have dementia, or no longer go out, so I find myself quite lonely. I want to live my best life but am finding this increasingly difficult to do. Do you have any suggestions?
Elizabeth, Lyall Bay*

Hello Elizabeth,
Thank you for your e-mail – sadly your description is not unusual. As we age, it is often more difficult to get out and about, and our social life suffers.

Recently Professor Vladimir Hachinski, a Canadian Neuroscientist and Researcher, won \$250,000 from Ryman Health for researching ways to enhance the quality of life for older people. His main findings were that three things are advantageous for healthy ageing - being active, being socially connected and having good sleep.

Age Concern Wellington Region run a number of falls prevention classes called Steady As You Go, which will keep you active. The classes are not only for exercise, but they are friendly and social too. Alternatively, if you cannot manage a class, we have a number of social connection hubs. These are designed for people to come along to and have a coffee – sometimes there is a speaker, but quite often it is lovely to just spend the time talking to people who live in the neighbourhood. Currently there are hubs in Seatoun, Linden, Heretaunga, Lower Hutt, Brooklyn and Wellington Central. There is also a new Pasifika hub called Omai Fa’atasi in Porirua.

We also run other services such as the Visiting Service, Companion Walking Services as well as a Phone Friend service, all designed to socially connect and build relationships.

There are too many options to list here, so I would suggest having a look at our website www.acwellington.org.nz or call 04 499 6646 for further help.

I hope these suggestions are helpful.
Ann

Answers

EASY

2	1	5	3	7	9	8	6	4
9	8	6	1	2	4	3	5	7
7	3	4	8	5	6	2	1	9
4	5	2	7	8	1	6	9	3
8	6	9	5	4	3	1	7	2
3	7	1	6	9	2	4	8	5
5	2	7	4	1	8	9	3	6
6	4	8	9	3	7	5	2	1
1	9	3	2	6	5	7	4	8

HARD

1	6	5	8	4	7	9	2	3
7	8	9	3	1	2	5	4	6
4	3	2	5	9	6	1	7	8
2	9	7	4	6	3	8	5	1
5	1	8	7	2	9	3	6	4
3	4	6	1	5	8	2	9	7
9	7	3	2	8	4	6	1	5
8	2	1	6	7	5	4	3	9
6	5	4	9	3	1	7	8	2

S	P	O	O	K			P	A	W	L		M	A	G
K	I	D	D	E	D		A	R	E	A	C	O	D	E
I	N	D	E	P	E	N	D	E	N	C	E	D	A	Y
				L	E	A	R	N			P	U	G	S
P	R	A	Y	E	R	B	E	A	D	S		L	I	E
R	A	C	E	R				J	U	N	I	O	R	
O	P	A	L		R	O	U	T	I	N	E			
	S	I	L	V	E	R	T	O	N	G	U	E	D	
			E	A	S	T	E	R	N		R	I	O	T
B	O	U	R	N	E						C	O	R	G
E	E	N		S	T	R	I	N	G	I	N	E	S	S
M	U	S	E			E	V	I	L	S				
O	V	E	R	E	S	T	I	M	A	T	I	O	N	S
C	R	E	A	T	U	R	E			D	U	L	C	E
K	E	N		A	M	O	S			S	L	A	T	Y

Steady As You Go Falls Prevention Exercise Classes

DAY	TIME	LOCATION
Monday	10 am	Seatoun Village Hall, 22 Forres Street, Seatoun
Monday	11 am	Knox Church, 574 High Street, Boulcott, Lower Hutt
Monday	1.30 pm	Walter Nash Centre, 20/22 Taine Street, Taita
Tuesday	11 am	Koraunui Stokes Valley Hub, 184 Stokes Valley Rd, Stokes Valley
Tuesday	11 am	Wainuiomata Library, 1 Queen Street, Wainuiomata
Tuesday	12 pm	Linden Community Centre, 10 Linden Avenue, Tawa
Tuesday	12 pm	Newtown Community Centre, Corner of Rintoul and Colombo Streets, Newtown
Tuesday	1 pm	Vogelmorn Hall, Mornington Rd, Brooklyn
Tuesday	1 pm	Johnsonville Uniting Church, 16 Dr Taylor Terrace, Johnsonville
Tuesday	1:30pm	Walter Nash Centre, 20/22 Taine Street, Taita
Wednesday	9.30 am	Live Online Class, Zoom
Wednesday	12 pm	All Saints Church, Hataitai, 90 Hamilton Road, Hataitai
Wednesday	11.30 am	St Andrews Anglican Church, 11 Steyne Avenue, Plimmerton
Wednesday	12 pm	Eastbourne Community Hall, Tuatoru St, Eastbourne
Wednesday	1.30pm	Heretaunga Christian Centre, 51 Lane Street, Wallaceville, Upper Hutt
Wednesday	1.30 pm	Island Bay Community Centre, 137 The Parade, Island Bay
Thursday	1 pm	Tawa Community Centre, 5 Cambridge Street, Tawa
Thursday	1 pm	Koauuni Stokes Valley, 184 Stokes Valley Rd, Stokes Valley
Thursday	1:30pm	Walter Nash Centre, 20/22 Taine Street, Taita
Friday	10am	Aligned To Go at the Victoria Bowling Club, 125 Pirie Street, Mt Victoria
Friday	11 am	St Mary's Church Hall, 69D Discovery Drive, Whitby
Friday	1 pm	Loaves & Fishes, Wellington Cathedral of St Paul, 2 Hill Street, Thorndon

**Call 04 499 6646 for more information or
check website for update events www.acwellington.org.nz**