

SPRING 2024



**AGE**  
CONCERN  
WELLINGTON  
REGION

He Manaakitanga  
Kaumātua Aotearoa

# SENIORITY

Scam Prevention Tips | Let's End Loneliness for Seniors  
Downsizing and Organising Guide



[www.acwellington.org.nz](http://www.acwellington.org.nz)



04 499 6646



## From the CEO

*"The only constant in life is change"*

*So says the Greek philosopher Heraclitus. There are times in our lives when this statement feels even more relevant than usual. For us at Age Concern, it currently feels like we are in a washing machine with change coming at us in all directions. Some change of course is good, some not so.*

The population of seniors continues to change – quite rapidly. We are awaiting the latest Census data to tell us how many more seniors are living alone across our Region. The new Government has made many changes in society since being elected, and some of those are now affecting charities like ours with a reduction in funding. Unfortunately, we have been impacted by these changes too with the cessation of some of our contract funding.

Amidst so much societal change, our work with seniors carries on. I am always warmed by the great feedback our team and volunteers get from so many seniors they are connecting with. And when I can get out of the office and into the community, I am moved by the smiles and laughter I see at our events.

But I also hear the sad stories too: hoarding, no electricity, no heating, mouldy housing, no friends or family, poor mobility, unsatisfactory health care. These are very real problems and are happening in our back yard!

So, I need your help. This month is our annual appeal. You can find out more about it on our website or later in this issue of Seniority. This year, we're raising funds to help us grow our visiting and phone friend services, ensure that our Community Support line can continue to help hundreds of seniors over the next 12 months, and for our growing programme with Pasifika seniors.

Will you help me keep this vital work going?



I would really appreciate your support in reaching seniors who need support and connection, especially as we navigate through a sea of change.

**Stephen Opie**

Age Concern Wellington Region CEO

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## Can You Help?

You can help us reach more lonely and isolated seniors. Do you have time to volunteer a few hours of your time? 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 already helped us! We are still in need of a few specific things. Maybe you can help?  
We're looking for:

- large plants
- a reliable car



## 91 and Still Grateful

*Elizabeth's home in Upper Hutt feels like a cozy favourite great-aunt's house. It's welcoming and warm, and Elizabeth has a keen sense of humour*

Elizabeth was born 91 years ago in Scotland, into a family of five children. She lived in a stone house by the side of the sea, a short distance from Oban. She enjoyed helping on her uncle and aunt's farm nearby, and especially enjoyed working with the 12 horses there. "I'd go and milk the cows by hand at 4.30 in the morning and put my head against the cow's side for warmth."

Elizabeth has never enjoyed sitting still and has always kept herself busy. She taught herself to swim and sail in the bay by her house, did just about every sport, and was volunteering at the hospital by the age of 14. She went on to train and then work as a nurse until she married and had her two boys.

She travelled a fair bit over the years, and when a close friend moved to New Zealand, she decided to come for a visit. The boat took six weeks to arrive: "It's a long wait for a busy person!" she recalls. There were port stops along the way, and she was told that whatever she did, she wasn't to wander off the main streets. "Don't trust anybody when you travel, and don't get lost."

At the time, Elizabeth's husband John was delivering a new ship in Indonesia with the merchant navy. He flew over to New Zealand from there and joined Elizabeth for their three-month holiday. Elizabeth felt at home in New Zealand, and they decided to stay permanently. "John had been around the world, so he didn't mind change." Her husband found work at the Dunlop Factory, and when Elizabeth's children were at school, she worked part time in the medical field, and then in the tax department

looking after a team of 32 people.

"I'm very grateful to live in a place like this," she smiles.

Elizabeth was widowed two years ago, and

she also had a car accident around that time. It was caused by a hypoglycaemic seizure, and she's had many health issues since then. Poor eyesight and arthritis have made things particularly difficult.

Age Concern volunteer Sandy visits Elizabeth most weeks. "Sandy is marvellous," Elizabeth says. "She calls every week, and when I feel alright, we take my walker down the road and sit for a few minutes. Then we walk back and have a cup of tea together."

Sandy also really enjoys their chats and looks forward to seeing her each week, or to a phone call when Elizabeth's not feeling up to a visit. "She's a very wise and special person who is very proud of having been a nurse for so many decades and is very accepting of her limitations," Sandy comments.

Elizabeth occasionally also joins Age Concern's social connection events and enjoyed the recent talk on skin cancer.

"The helpful couple next door is also absolutely wonderful. I'm so lucky I'm well surrounded," she says. Her advice to people? "I don't like people having a moan about nowt. We don't





have anything to complain about. You've got to be sensible, but you've still got to be careful. And don't swear, and don't raise your voice," she adds.

**LORNA HARVEY**

*Team Leader – Communications & Events*



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### Who knows what You Want?

You might have already thought of the music and readings you'd like to have at your funeral - but does anyone else know?

To help you with the many choices available, Gee and Hickton Funeral Directors are offering, free of charge, a kit - My Life, My Funeral. For our free information kit, or to discuss how to make the right choices for you, please phone at any time.

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# Ageing - A Rich Opportunity for Both Individuals and Society

Thirty years ago, the United Nations began annual celebrations of the **International Day of Older Persons** to highlight the important contributions older people make to society, and to raise awareness of the opportunities and challenges of ageing. The **UN Principles for Older Persons** includes the statement that “older persons should be able to pursue opportunities for the full development of their potential”.

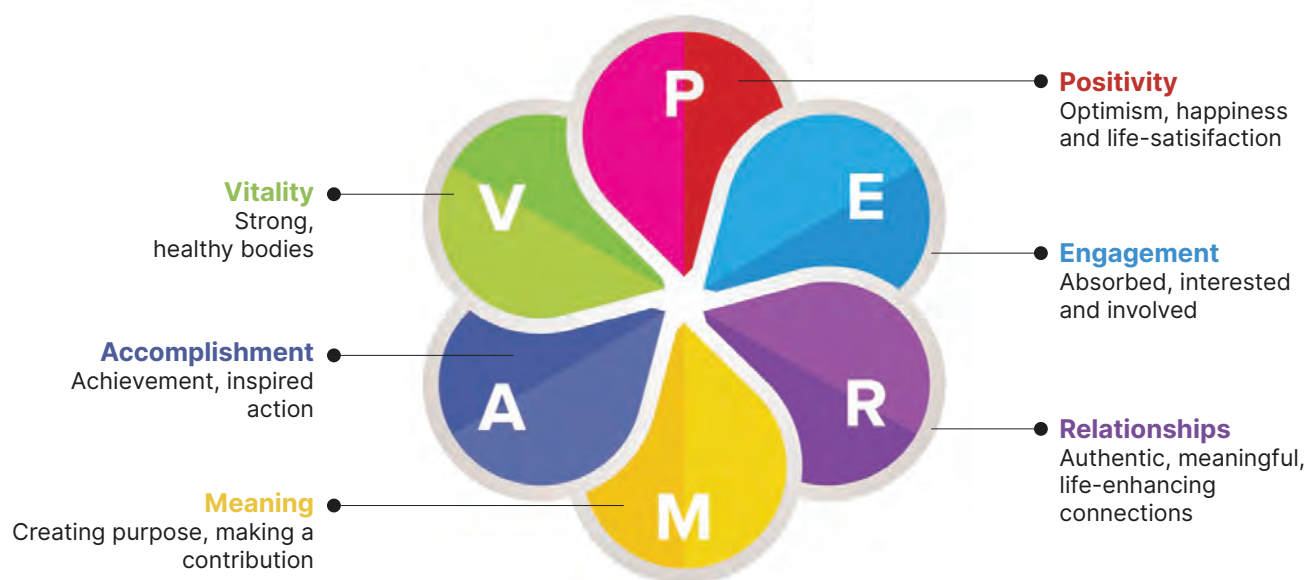
In order to pursue the opportunities of older age, it's important that we ensure our own wellbeing as we navigate some of the challenging realities of growing older. In this regard we are fortunate to be able to draw on the work of Dr Martin Seligman, professor of psychology at the University of Philadelphia and others working in the field of positive psychology\*.

Dr Seligman's work on optimism, motivation and character shows how we can make the most of our lives and enhance our wellbeing, by performing well in all areas.

Below are some examples of how you can develop in each of the areas:

- **Positivity** – developing positive beliefs about yourself and the world that guide your thoughts, feelings, and actions
- **Engagement** - living in the present moment and focusing on activities that provide you with the appropriate balance of using your skills and being challenged
- **Relationships** - maintaining the friendships you currently have and looking for opportunities to make new friends
- **Meaning** - doing the things that are meaningful to you in a way that makes you meaningful to other people
- **Accomplishment** - setting and achieving goals
- **Vitality** – focusing on the mental, physical and emotional sides of your life

The Third-Age Foundation is a registered charity. Every month we bring together small groups of people around New Zealand who meet in person to support and inspire each other to flourish as they age, by enabling them to:



- Engage in thought provoking and lively discussions on ageing.
- Cultivate the mindset and motivation required to flourish as they age.
- Enjoy the company and friendship of others interested in ageing proactively.

If you're interested in continuing to make the most of your life, join us for our Flourishing as You Age free event on Thursday 3 October, 10-12pm at Te Pokapū Hapori & Centennial Community Centre, 105 Manners Street.

Please let us know that you are planning to attend by emailing:

[info@thirdagefoundation.org](mailto:info@thirdagefoundation.org)

[www.thirdagefoundation.org](http://www.thirdagefoundation.org)

- \* Further information on Dr Seligman can be found on the University of Pennsylvania's website:  
<https://ppc.sas.upenn.edu/people/martin-ep-seligman>

Written for Seniority by the **Third Age Foundation**

## Tea and tech in Lower Hutt

*Age Concern Wellington Region offers personalised tech support for seniors at various events across the Wellington Region. In March, staff and volunteers dedicated a day to assist seniors in Epuni, Lower Hutt, where participants brought their smartphones, laptops, and tablets, often accompanied by a lengthy list of questions.*

"I'm just so worried about losing my phone," one lady expressed as she sought help with backing up her photos.

Some attendees needed guidance with online



banking, while others wanted to share photos, understand streaming services, create a social media account and more.

ANZ volunteers provided support, and also delivered a valuable scam prevention presentation during lunch. The discussion resonated deeply as many participants had firsthand experiences with scams and frauds, leading to some emotional questions.

Participants especially appreciated the one-on-one support, frequently noting that no question felt too simple or too difficult. They praised the volunteers for their patience and enjoyed the food and socialising.

A memorable moment of the day was when an Age Concern staff member assisted an older lady in video-calling her sister overseas. The joy and laughter on their faces were heartwarming.

Age Concern Wellington Region offers a variety of events, programmes, and services in Lower Hutt and in the wider Wellington Region. For more information, please visit:

[www.acwellington.org.nz](http://www.acwellington.org.nz).



# A Life Well-Lived

## Catherine's Inspiring Journey

*Catherine walked down the sunny road in her village. "Sorry to keep you waiting," she called out from a distance. "I've just had lunch with a friend at the café." She walked slowly, occasionally leaning on her walking stick for balance. When we reached her warm, sunlit home, she invited me in and offered me a cup of tea.*

As she began sharing her life story, it was clear that Catherine was genuinely content with life.

Catherine was born in Feilding, and her family moved to a nearby community when she was a toddler, settling on a farm at Colyton. When Catherine started school there, she rode her horse three miles each way. Her dad accompanied her the first week, but after that, she managed on her own. Along the way, there was a bridge where she had to dismount before crossing. "A lady who lived next to the bridge would watch for me, help me off the horse and lead it through, then help me back on with a stool on the other side. Then I'd be on my way." The horse was kept in a paddock while Catherine was at school. When she was a little older, she went to Whanganui boarding school, the same girls' school her mother had attended years earlier. "It was a good school," Catherine recalled.

After leaving school, Catherine worked on the farm for a year before attending dressmaking school in Palmerston North. "I made dresses and gowns for people until I married at 22," she said. "Bill, my husband, was a builder. He built our house in Palmerston North where we had our first two children." A friend and neighbour, a woodwork teacher, convinced Bill to become a woodwork teacher himself. "After that, he taught for 30 years in Upper Hutt," Catherine said with a smile.



As her children grew, Catherine kept busy with dressmaking, leather and copper tooling, and sometimes teaching these skills from her home. Catherine and Bill were also Girls and Boys Rally leaders (similar to Guides) for many years. As a fundraiser, Catherine edited the Rally Cookbook. Many homes in New Zealand have a copy of this book, so you've probably tasted one of the recipes.

Catherine called for recipes, and thousands were mailed to her. She tested most on her family before including them in the book. She recalled the youngest of her four daughters saying, "I hate that book. I'm tired of eating these recipes. Can't we just eat normal food please?" Some recipes had mistakes, some were delicious. "There were 20 different pavlova recipes. Some 'never fail' recipes didn't rise, but many were great." Over the course of a year, Catherine tested most recipes and also ensured they weren't in other books. The first book sold in the late 1970s for \$2.50. It has been a great success. Over the years, the Rally Cookbook has been reprinted 18 times and



# Social Work Intern Tim Shaw

more than 120,000 copies have been sold.

At 87, Catherine likes to keep busy. Widowed four years ago, she now lives in a retirement village. She enjoys researching family history and has written an award-winning book about her mother's Rowe family of Rongotea.

Catherine also attends regular Age Concern social connection events in Upper Hutt and helps where she can.

"The speakers are interesting. We heard from someone on scams not long ago, and we also had volunteers helping with tech support. It's a great idea."

Catherine also enjoys gardening and recently won a plant photo competition. The plant was once her grandmother's, a gift from someone in Palestine many years ago. The prize was a gift card to a garden centre, and Catherine looked forward to using it to add more blossoms to her garden.

Catherine has a kind heart and is constantly keeping herself busy and being helpful. It was a pleasure to spend the afternoon listening to her stories and as I left her home, I couldn't help but feel inspired by Catherine's creativity and unwavering positivity. Her life is a testament to finding joy in simple pleasures and remaining engaged with the people around her.

*After many years in the corporate world, Tim searched for something different. He wanted to add more value through his work, and so he chose to study social work. Tim is three years into a four-year programme at Whitireia in Porirua and is thoroughly enjoying it.*



There are a total of two intern placements in this programme, and Tim is doing his first placement with Age Concern Wellington Region.

Tim enjoys exercise, reading, learning and cooking in his spare time. He is most passionate about being well, and about others being well. He has learned that it's important to know your boundaries while still caring about others. He believes people need to be considerate about others.

Tim brings much enthusiasm to the workplace, and he appears to be a great problem solver. Welcome to the Team, Tim! We're glad you chose to spend a few months with Age Concern.

**LORNA HARVEY**

Team Leader – Communications & Events



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to follow us on Facebook.

# A Man on the Move

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*I walked up the steep drive and called out to the guy on the balcony hanging out some laundry to ask if I had the right place. "Yeah, this is it. Come on up," replied Paul. He is legally blind, so it was a bit of a surprise to see him doing the laundry. But after talking to him it was not so surprising. He seems to manage most things.*

The interview with Paul Dean was intended to hinge on his experience of being one of the last three crew members to leave the Wahine in April 1968. He recalls that as the ship rolled, the three of them were stationed at the double doors assisting passengers through so they could work their way to the back of the ship and down the deck to the bottom rail, hopefully to be picked up by a lifeboat or raft. Unfortunately, some did not reach the lifeboats, especially when the bottom rail went underwater.

After everyone was off the ship, he made his way, holding onto the top railing, to the very back of the ship and climbed onto the railing looking for a clear spot to jump into the water. But, he slipped and fell into the water on his back. After around 20 minutes in the water, he heard someone call "anyone there". He replied and was pulled onto the very overloaded lifeboat.

Unfortunately, the lifeboat ropes were caught around the ship's propellor, and a very brave seaman had to get back into the water under the ship, with a knife in his mouth, to cut the rope free and get back onto the lifeboat. After sorting out the rowing apparatus, not an easy task, they rowed to Seatoun beach.

Three and a half years later he was living in Seatoun overlooking the village and the shipping lanes out of the harbour.

It was then that the story veered from this to cover the many and varied work and travel aspects of Paul's life. You could say that he has

been there and done just about everything. Unfortunately failing eyesight has limited his activities these days. He attends the Blind and Low Vision Institute each week being driven there by his wife Linda or helpful volunteers.

The Institute suggested using the walking service last year, so he and volunteer Ann have established a system for regular walks around the flatter parts of Seatoun. As Ann says, "Paul and I have been meeting weekly for nearly a year. We walk a regular route around Seatoun, stopping for a coffee on the way. It's always good to catch up with him and discuss a wide range of topics as well as getting some exercise and fresh air."

Paul started life in Melbourne and had just finished his printing apprenticeship when he developed itchy feet and decided to see what New Zealand was all about. He hitched his way around both islands with a sleeping bag and a small tent, stopping wherever he ended up in horse stalls and all sorts of places – a typical Aussie swagman.

A shortage of money led him to "seagulling" for work on the wharves in Wellington, followed by full-time employment for a couple of years before the wander lust set in once again. His younger brother joined him for a trip to the UK and Europe, sailing on the Oriana. This time a VW Kombi provided transport and accommodation. Of course, there were many stories of their adventures.

Paul eventually decided to come back to NZ and returned to working on the wharves until finding work as a steward, and later Officers' Steward, just after the Wahine entered the Wellington Lyttleton service in 1966. That job ended with the disaster in 1968, but after a short recovery period he joined the Māori, followed by the Aratika, Aramoana, Aratere and Aranui ferries on the





Wellington/Picton run.

Never one to stay in the same place for too long, Paul returned to terra firma and worked initially for Music Carriers in Kilbirnie supervising the night shift pressing vinyl records for Philips. The factory moved to a new site in Miramar, so Paul moved to creating and installing road signs for the Wellington City Council. When the council decided to farm the work out to contractors, Paul, whose eyesight was deteriorating, decided that he would retire early and do the best he could until he celebrated his 65th birthday.

A student couple from China boarded with him for a while and invited him to visit them after they returned home. This led to Paul seeking advice for his eyesight and a subsequent cataract operation which restored his sight but only for two years as there were underlying issues.

Subsequent trips were made and he met Linda. He waited for her to finish her natural medical career before they married and moved back to Wellington. Linda continues to work in the natural therapy business in Wellington.

Paul is now blind but does not like to sit around. "I used to have somebody take me walking, usually neighbours, but slowly they all went. I thought I've got to keep moving. It's hard to lay in bed listening to CDs all day. It's no good for your body. Gotta keep moving."

He has been going to the Blind and Low Vision Institute for around 20 years. "I could still see a little bit when I started going there to do exercises every week." There are monthly meetings with a speaker and he spent some time on the committee.

He didn't know much about Age Concern, but he rang and was matched up with Walking Service volunteer Ann. They get on well, and Paul has plenty to talk about. Like many of the Walking clients, Paul would like to do the walks more frequently, but that comes down to having more volunteers available.

Obviously, Paul is a man who likes to keep moving.

**MICK CALDER**  
Office Support Volunteer

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# Pause, Reflect, Protect

## Avoiding Scams

*In this digital age, scams have evolved and become quite sophisticated. Technology has brought convenience and connectivity, but it has also opened doors for unscrupulous individuals seeking to exploit trust and innocence. Scams are on the rise, so it's important to be on your guard. Some useful tips include considering requests and asking yourself how the request makes you feel. It's also important never to enter passwords on unknown sites. Even clicking on a link in a text message can be dangerous. Scammers are good at making things seem urgent, so perhaps the most useful advice is to 'pause, reflect, protect.'*

### Gardening and Repair Scams

A casual recommendation or even a cold call at your place with an offer to tidy your garden, mow the lawns, trim trees or hedges can be very enticing. But if you don't know the background to the offer, be aware that it could be bogus.

Sometimes a gardener or repair person asks to be paid up front, or wants a deposit halfway

through, and the work never gets done. The essence of the scam is usually the request for payment after some work is done but before completion. Be aware of those who resort to stories about coming back to do more, but really need the payment now.

Be wary of offers at surprisingly low prices. It could just be a means of gaining access to your property. Treat unsolicited offers of help with a healthy degree of scepticism.

### Email and Text Message Scams

There's also an increase in emails and text messages from scammers pretending to be from official places like IRD or NZ Post. Even if it looks convincing, don't click on links or give out your bank details.

Government agencies like IRD don't put refund amounts, or links directly in their emails or texts. Scam emails may come from an email address or include links that are wrong, but almost look right.

## STAY SCAM SAVVY

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Types of Scams

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Text and Phone

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Romance

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Questions



For example: **ird.co.nz** or **ird.govt.nz** instead of **ird.govt.nz**

To check a link, use your mouse to hover over it. The address will appear in a box (or at the bottom of your screen). Make sure the link is correct before clicking on it.

Hints that it's a scam:

- The email address is wrong
- The website link is wrong
- The text message is sent from an overseas phone number.

### Phone Scams

Unfortunately, scammers also pretend to be calling from organisations including charities. They will often try to sell membership or dietary supplements.

A good approach is to hang up and call the organisation back – this should help ascertain whether it was really them calling.

Staying vigilant and cautious can protect you from scams. Scammers are resourceful crooks, and it pays to be wary of offers that seem too good to be true. By following these tips and staying informed, you can help safeguard yourself against being scammed.

**Age Concern Wellington Region has launched a new web page called Stay Scam Savvy. Check it out for some more scam prevention tips and you can even test your ability to spot a scam with our fun quiz! Visit our website: [www.acwellington.org.nz/scam-prevention/](http://www.acwellington.org.nz/scam-prevention/)**



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# I M A C BEING AL

**We receive thousands of calls a year.** Loneliness is the number one reason people call us.

Loneliness has a serious impact on mental and physical health. Age Concern is here to help seniors by creating lasting social connections.

**Making a donation to Age Concern Wellington will help us continue our crucial services for seniors.**





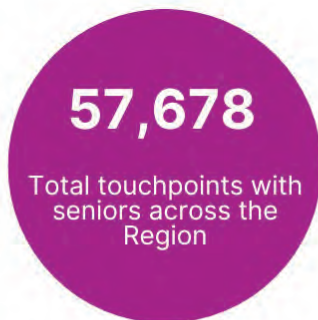
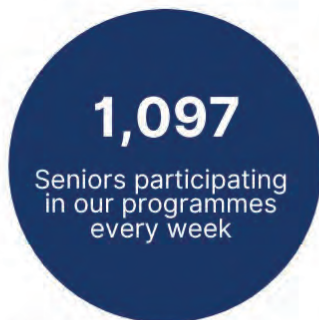
# G I N E

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# Downsizing and Organising

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*As people transition into new stages of life, downsizing can be a liberating yet challenging process. Whether the goal is to move to a smaller home, simplify daily living, or just declutter, downsizing offers a chance to reassess what truly matters. Here are some comprehensive tips to make downsizing and organizing more manageable and less overwhelming for seniors.*

## 1. Start early and plan ahead

Downsizing is not a task to rush. Start planning well in advance of any move or major life change. Begin by setting clear goals. Goals will help guide your decisions.

## 2. Create a sorting system

Label boxes or areas with categories such as “Keep,” “Donate,” “Sell,” “Give to Family,” and “Discard.” This helps in organising items systematically.

## 3. Tackle one room at a time

Don't try to declutter the entire house all at once. Focus on one area at a time. Start with less sentimental areas, such as the kitchen or bathroom, to build momentum before moving on to more challenging spaces.

## 4. Evaluate necessity and sentimental value

Consider both the necessity and sentimental value of items. Ask yourself questions like, “When was the last time I used this?” or “Does this item bring me joy?”

## 5. Enlist help

Downsizing can be emotionally and physically demanding. Don't hesitate to ask for help from family, friends, or professional organisers. Sometimes, a third-party perspective can make it easier to let go of items.

## 6. Sell or donate items

Items in good condition can be sold or donated. Garage sales, online marketplaces, and OP shops are great options for selling. For donations, consider local charities. Not only does this help others, but it can also give a sense of purpose to the downsizing process.

## 7. Make Use of storage solutions

For items that you want to keep but don't need immediate access to, consider using under-bed storage, shelving units, or even renting a storage unit. However, be mindful of transferring clutter from your home to another location.

## 8. Celebrate progress

Celebrate your progress along the way. Downsizing is a significant accomplishment, and recognising small victories can keep you motivated.

## 9. Maintain the Organisation

Once you've downsized, adopt habits that prevent clutter from accumulating again. Regularly assess your belongings and repeat the downsizing process as needed.

Downsizing can be a rewarding journey, leading to a simpler, safer, and more manageable living environment. The goal is not just to reduce the number of items, but to create a living space that reflects the current stage of life and brings joy and comfort

# Huia Club Membership

*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](http://www.acwellington.org.nz/huiaclub)**

You can also make a payment to our bank account (38-9025-0361487-00). Please mention your name and phone number in the payment reference.



**Membership is \$35 for an individual and \$45 for a couple.**

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# Sudoku

## EASY

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

## HARD

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



**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](http://www.acwellington.org.nz) or email [news@acwellington.org.nz](mailto:news@acwellington.org.nz)

### Would you like to receive more copies of this magazine?

We're happy to mail copies of this magazine to your business or home. Please call 04 4996648 or email [news@acwellington.org.nz](mailto:news@acwellington.org.nz)



# Upcoming Events

## Vogelmorn Hub for Seniors

22 Oct & 26 Nov, 2pm

## Seatoun Hub for Seniors

6 Nov & 4 Dec 10.30 - 11.30am

## Upper Hutt Hub for Seniors

9 Oct, 13 Nov, 11 Dec, 12pm

## Manners Street Coffee Group

10 Oct, 14 Nov, 12 Dec, 10.30am

## Linden Hub for Seniors

8 Oct, 12 Nov, 10 Dec, 1pm

## Walter Nash Hub, Taita, Lower Hutt

10 Oct, 14 Nov, 12 Dec, 1.30pm

## Omai Fa'atasi Pasifika Seniors, Porirua

15 Oct & more (call 04 499 6646 for details)

## Staying Safe course for older drivers

16 Oct, 10am Khandallah Town Hall

27 Nov, 10am Anvil House

## Making Connections Day

2 Oct, 9am St James Theatre

## Curious Conversations

30 Sep, 2pm Online

## Tea & Tech, and Scam Prevention

30 Oct, 9.30am 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**

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





## We're moving!

Our programmes and services have expanded, and after over a decade in Anvil House we need a larger space. As of the end of October, our new office will be in the Dominion Building, Level 4, 78 Victoria Street, Wellington Central.

We're decorating our new walls, and we'd love your help. Do you want to be part of the puzzle? If you'd like to contribute, please decorate this puzzle piece and post it to Age Concern Wellington Region, where it will be displayed on our new walls.

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

TOP



Thank you. We look forward to seeing this puzzle come together.



# Dear Ann

*I notice that the new Government has put quite a few different initiatives into place, but there is very little for older people. I have been able to enjoy a comfortable retirement, but I know that many other older people are not so fortunate.*

*I see that Age Concern Wellington run several programmes that benefit older people at a very low cost and would like to support you in some small way. Suggestions welcomed.*

**Celia, Mt Victoria**

Dear Celia,

Thank you very much for your e-mail. You are correct in recognising the wide range of services Age Concern Wellington offers – Visiting, Companion Walking, Advanced Care Planning, Steady As You Go Falls prevention classes, as well as organising workshops and social get togethers.

The Government provide only around 25% of total funding, with another 25% made up of Council grants. This means that Age Concern must fund raise 50% of running costs just to keep the services available.

The most helpful way to contribute would be to make a regular donation, no matter how small. Regular income helps to enable planning for the year ahead.

There is a form in the Seniority magazine, or you can phone 04 499 6646 or make a direct payment to account number 38 9025 0361 487 00. Of course, any donation is welcomed and will directly benefit Seniors.

Many thanks Celia

**Ann**

\* Do you have a question for Ann that you'd like answered in the next magazine? Please email [news@acwellington.org.nz](mailto:news@acwellington.org.nz)

## Answers - Sudoku

### EASY

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

### HARD

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

## 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
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	1.30 pm	Walter Nash Centre, 20/22 Taine Street, Taita
Wednesday	9.30 am	Live Online Class, Zoom
Wednesday	11 am	Knox Church, 574 High Street, Boulcott, Lower Hutt
Wednesday	11.30 am	St Andrews Anglican Church, 11 Steyne Avenue, Plimmerton
Wednesday	12 pm	All Saints Church, Hataitai, 90 Hamilton Road, Hataitai
Wednesday	12 pm	Eastbourne Community Hall, Tuatoru St, Eastbourne, Lower Hutt
Wednesday	1.30 pm	Island Bay Community Centre, 137 The Parade, Island Bay
Thursday	1 pm	Koraunui Stokes Valley, 184 Stokes Valley Rd, Stokes Valley
Thursday	1 pm	Tawa Community Centre, 5 Cambridge Street, Tawa
Thursday	1.30 pm	Walter Nash Centre, 20/22 Taine Street, Taita
Friday	10 am	Aligned To Go, Quaker Meeting Room, 7 Moncrieff St, 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](http://www.acwellington.org.nz)**