

SUMMER 2024



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Disclaimer

The views expressed in this newsletter are not necessarily those of Age Concern Wellington Region. The inclusion or exclusion of any product does not mean that Age Concern advocates or rejects its use.

Can You Help?

You can help us reach more lonely and isolated seniors. Can you volunteer a few hours of your time?
Or are you able to make a donation?
Call 04 499 6646 for more information.

Thank you to the lovely people who already helped us! We are still in need of a reliable car. Maybe you or someone you know can help?



From the Editor

Kia ora,

As we bring together this edition of Seniority, I'm struck by the profound impact of the 250 remarkable individuals who form the heart of Age Concern Wellington Region. The theme of this issue of Seniority is volunteers, and here at Age Concern, we couldn't be more honoured to celebrate the extraordinary volunteers who give their time, energy, and heart to support our work with seniors across the Region.

We couldn't do our work without this great team of volunteers. They are the friendly visitors bringing companionship to isolated seniors and the caring voices on the other end of the phone when someone needs a listening ear. They make life better for seniors in the Wellington Region.

We recognise the immense value of our volunteers, and we are truly thankful to work with so many wonderful people.

Perhaps you or someone you know has considered volunteering but hasn't taken that first step yet. There is always room in our Age Concern whānau for more people willing to give a little to make a big difference. If you've been thinking about it, I encourage you to reach out and join us – your contribution could be life-changing, not only for those you help but for you as well.



This issue is dedicated to you, our awesome volunteers: thank you for being part of our Team!

Lorna Harvey
Seniority Editor



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

**MERRY
CHRISTMAS**

from the Age Concern Wellington Region Team

Our office will be closed from 20 December to 12 January

Scam Savvy Seniors



Our recent online Scam Quiz results show that participants are well aware of the dangers posed by scammers. With over 95% of the 169 participants passing the quiz with scores above 50%, it's clear that people are becoming more scam-savvy. Impressively, nearly half of those who took part achieved a perfect score of 100, and 31% reached the 85-pass mark.

Unfortunately, I did not achieve the 100-point pinnacle of success. I try to engage any suspect scammer when they call, to hear what they have to offer and I endeavour to lead them on, before promptly telling them that I am not interested, and hang up. My score was downgraded to 85% because I admitted to my mischief in my answer. Tough.

The interesting thing about the quiz was that it recorded the time taken to complete it. The average time taken was 2 minutes and 49 seconds but there was a great deal of variation. The fastest times were 39 and 42 seconds; both scored 100, while the slowest took over an hour to record an 85. I think they must have taken a rest between answers.

Well done all of those who recorded a pass, but there are still some who would receive the cautionary comment, "Could do better". But even if you topped the class this time, remember, scams are changing all the time, so stay alert to the latest scams by checking out some of the resources on this page: www.acwellington.org.nz/scam-prevention/. If you haven't already done so you could try your hand at the Scam Quiz.

MICK CALDER
Office Support Volunteer

Useful Lifehacks for Seniors

QUICK TIPS

- The little arrow by your fuel tank icon indicates which side of the car the cap is on.
- Put a wooden spoon across a boiling pot of water to help keep it from boiling over.
- Boil your pasta in a shallow frying pan. It takes less water, and it cooks faster.
- If you have hard butter but want to bake, use a cheese grater to quickly soften it.
- Clean your sneakers with an old toothbrush and some non-gel white toothpaste. Leave the toothpaste on the shoes for about ten minutes, and then wipe it off with a damp towel. Repeat the process if necessary.
- 25% of 18 is the same as 18% of 25. Percentages are reversible and one is usually easier to figure out than the other one.
- Paint the head of your keys a different colour so you know which one is which.



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Volunteering could lead to a Happier Life

What is it about happy lifestyles in other cultures that gives rise to words that are difficult to explain. The Japanese word “ikigai” has come into prominence recently. According to Héctor Garcia, co-author of the book Ikigai: The Japanese Secret to a Long and Happy Life “There is no word like it anywhere in the world,” but it refers to a passion that gives value and joy to life. He reckons it also affects mental and physical health, especially among senior citizens.

The Danes have the word “hygge” (pronounced “hooga”) that they believe is also difficult to explain, but which they say is about taking time away from the daily rush to be together with people you care about – or even by yourself – to relax and enjoy life’s quieter pleasures. It is not quite the same as ikigai, but is their secret for happy life.

Similarly, “lagom” (pronounced “logum”) is the Swedish formula for happiness. Again, the claim is that it cannot be precisely translated, but it means something like “just right”. Not too much, not too little. Happiness requires balance, and popular belief is that it is an art form the Swedes have mastered.

Garcia’s book about ikigai is based on interviews with over 100 citizens of Ogimi village in Okinawa. The village is renowned for being considered as a “village of longevity” where he found that healthy and active seniors each had an ikigai, or something worth living for. “Everyone knows what the source of their zest for life is, and is busily engaged in it every day,” says Garcia.

Another distinguishing feature of this community is that the elders have strong social links with their peers and frequently

get together to enjoy karaoke, birthday parties, and more. “Avoiding social isolation is linked to the motivation and confidence to lead active lives.”

A more recent study carried out in Japan of people over 65 showed that those who worked only for financial reasons had a 1.55 times greater risk of decline in functional capacity two years later, compared with those who worked in pursuit of their ikigai.

He provided a diagram to illustrate the concept of ikigai and to help you find your ikigai. It has four overlapping categories of “what you love,” “what the world needs,” “what you can be paid for,” and “what you are good at”. By doing what you love and/or what you are good at, you can extend that to fulfil the other categories.

Garcia gives the example of having a love of cooking and being good at it could extend to catering for friends and bringing smiles to their faces, even though it may not be what you can be paid for. He allows that it may be difficult to fulfil all four categories, but by keeping them in mind you can make your ikigai, and probably your life, more satisfying.

These findings have led to the Japanese government to introduce programmes to actively encourage the employment and social engagement of senior citizens.

As one of the staff at Age Concern pointed out, applying the principles in some ways explains why volunteers find themselves with us too (though their payment is not in dollar terms).

So, for a more fulfilling life, maybe it is time to consider adopting the Japanese formula and find your ikigai, or perhaps scale it back a little



and indulge yourself in the Danish hygge, or Swedish lagom. Whatever way you choose it seems the secret is to develop a balance by remaining active and enjoying what you do either working, volunteering, pursuing hobbies, or participating in community activities.

MICK CALDER
Office Support Volunteer



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It's Best to Be Prepared



It can be difficult to think about your end-of-life care, and what happens to your things after you've gone. But being prepared is really important, and worth the effort, especially for your family. Here are three essential documents you should think about having.

Will*

A will is a legal document that dictates how your assets and possessions will be distributed after your death. A will ensures your wishes are carried out. Without a will, the distribution of your assets becomes subject to legal processes, which can be prolonged and complex.

Your will not only specifies how your financial assets are distributed, but also allows you to pass on heirlooms, values, and taonga (treasures) to the next generation.

If you already have a will, ensure it reflects your current circumstances. It's recommended to review your will every five years or after significant life changes like marriage, divorce, or the birth of children.

Your will can appoint executors, guardians for children, outline funeral arrangements, and specify beneficiaries and charitable bequests.

Enduring Power of Attorney*

An Enduring Power of Attorney (EPOA) is a legal document that allows a person to appoint

someone else (the attorney) to make financial and/or legal decisions on their behalf. If you become so ill or are in a bad accident that you can no longer make decisions for yourself, an EPOA lets your attorney make decisions for you about your property and health.

There are two types of EPOA.

1. **Personal Care and Welfare:** including healthcare, accommodation, and other personal matters. It is important to note that decisions about life-sustaining treatment require specific authorisation and cannot be made under this EPOA without further legal provisions.
2. **Property:** management of property and financial affairs. Responsibilities may include managing bank accounts, paying bills, buying or selling property, and making financial investments. The attorney must act in the donor's best interests and follow any instructions or restrictions outlined in the EPOA document.

Advance Care Plan

Advance Care Planning (ACP) is the process of thinking about, talking about and planning for future health care and end of life care. It's a way to record how you want to be cared for if you can no longer communicate.

ACP is a process of thinking about your values and goals and discussing your preferences for your current and future healthcare.

ACP helps you say to health care professionals what you do and don't want, including your end-of-life care. By writing it down, it is easier for your whanau, loved ones and health professionals to know what matters to you – especially if you can no longer speak for yourself.

** It is highly advisable for individuals to seek legal advice when preparing a will and enduring power of attorney to ensure their wishes are*

accurately reflected and legally sound. Most law firms can help you prepare an EPOA, for a fee.



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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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Please see our website for information on how you can support our work or return this slip to the address below.

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

I wish to support the work of Age Concern Wellington Region by:

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Age Concern staff and volunteers to be Santa's Elves for a day again


Last year, Age Concern Wellington Region staff and volunteers were excited to don Christmas hats and become Santa's elves, delivering more than 50 Christmas Gift bags to isolated and lonely seniors. These seniors, who might not otherwise receive any gifts this Christmas, were so pleased to have a visit and a gift. Everyone enjoyed sharing a moment together, and there were lots of laughs and connections made.

This year, with support from Summerset Boulcott, students of Queen Margaret College,

CK & Co. Realty, Gilmours, AMP and Pulse Energy, we're looking forward to delivering over 50 gifts in mid-December.



Thank you to everyone who supports our work at Christmas and all year round. We couldn't do it without you!



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A few words about our volunteers

"Having someone to walk with makes it so much more enjoyable. We talk about many things, and I always enjoy my volunteer's company."

"It's so good to be able to share my joys and sorrows with such a wonderful person when my volunteer comes for a visit."

"When I'm with my Age Concern volunteer, I feel like I'm part of what is going on in the world."

"We talk and talk, and that's so nice."

"I have made a new friend. I'm so grateful for my volunteer's time and kindness."



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



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Please call 04 4996648 or email news@acwellington.org.nz

RECENT HIGHLIGHTS...



... Age Concern in the Community



Upcoming Events

Seatoun Hub for Seniors

4 Dec 10.30 - 11.30am

Upper Hutt Hub for Seniors

11 Dec, 12.30pm (at Maidstone Park this time)

Manners Street Coffee Group

12 Dec, 10.30am

Linden Hub for Seniors

10 Dec, 1pm

Walter Nash Hub, Taita, Lower Hutt

12 Dec, 1.30pm

Omai Fa'atasi Pasifika Seniors, Porirua

3 & 17 Dec, 21 Jan, 4 & 18 Feb

Staying Safe course for older drivers

6 March, Manners Street

Tea & Tech, and Scam Prevention

TBC

Please call 04 499 6646 for details & more event dates.



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

or **call 04 499 6646 for more information**



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	11 am	Maidstone Park, 11 Railway Ave, Upper Hutt
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**

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