

SUMMER 2021 QUARTERLY NEWSLETTER
www.ageconcernwellington.org.nz



Age Concern Wellington Region

Serving the needs of older people

COMPLIMENTARY COPY

Seniority

A photograph of an older woman with short red hair and a younger man standing in front of a large, snow-capped mountain peak. The woman is wearing an orange puffer jacket and a patterned scarf. The man is wearing a red puffer jacket and a dark face mask. The background is a bright blue sky with white clouds.

**From hiking the
Himalayas to taking
a few steps with a crutch**

**How Age Concern is helping Catherine
find happiness in her new normal**

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OFFICE HOURS

9am - 4pm Monday to Friday

Chief Executive Report



Welcome to this summer issue of our magazine. There are some great stories about our work, the benefits of exercise and even some challenging thinking around the terms we use to describe those over 65!

This issue leads off with Catherine's story, where you'll read just how much of a real and lasting difference our volunteers make in the lives of seniors. We now have more than 300 volunteers like Jo and Myra across the Region, and we are so very grateful for the gift of their time.

There are a whopping 12,315 seniors living alone in the Wellington Region. Many have no family and no one to talk to. Catherine's story highlights the huge impact our work is having in helping end isolation and loneliness for older people.

Half of our funding for all this great work comes from central or local Government. We need to raise the rest to make sure we can continue to support isolated and lonely seniors. November marks our first public fundraising appeal and I need your help to keep these programmes going. You can partner with us in ending loneliness for those over 65 by making a donation. For more details on how to donate, check out page 3.

Enjoy this issue, and I hope you have a wonderful Christmas and New Year. See you in 2022!

Stephen Opie

CEO, Age Concern Wellington Region

Age Concern Wellington Region Services

Companion Walking Service

Would you like to go out more but find it difficult to go out on your own? If you'd like to go for a walk in your community, to the park, local café or shops, then we can help. Our carefully chosen and trained volunteer walking companions are keen to support you. We will match you with a local companion with similar interests so that you can enjoy a walk together.

Accredited Visitor Service

Our Accredited Visitor Service (AVS) provides companionship to people over 65 who are lonely and would like a regular visit from a friendly volunteer. We aim to match people with volunteers who live in the same area and have similar interests.

If you're feeling lonely or if you know someone who would like a visitor, then contact us and one of our AVS Coordinators will be in touch.

Steady as You Go falls prevention classes

Our 'Steady as You Go' exercise classes are available around the Wellington region. These classes are designed to improve strength and balance and help prevent a fall.

Phone Friend

Do you feel a little lonely but not sure you would like a visitor in your home? Would you enjoy a weekly friendly phone call? We may be able to match you with a Phone Friend volunteer. Call 04 499 6645 for more information.

Staying Safe Course for Older Drivers



Staying Safe is a classroom-based refresher workshop for senior road users. The workshop aims to maintain and improve safe driving practices and increase knowledge of other transport options available to help senior road users remain safely mobile.

Please call for the next course dates.

Call 04 499 6648 for more information.

Volunteers Welcome

If you have a little spare time and would like to volunteer with Age Concern Wellington Region, we'd be happy to hear from you. We have a particular need for volunteers in Lower Hutt and Porirua. Please email adminassistant@acwellington.org.nz or call 04 499 6648.

Sending you all a hug
this Christmas as it's the
perfect gift for you all.



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 the publisher or Age Concern advocates or rejects its use.



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

What sorts of situations is PHONE 105 for?

You can use 105 to report non-emergency situations online or via the phone, such as when your car has been stolen, your property has been damaged, or you want to give Police information about crime in your area.

The key message is that if it's happening now or just happened and there's a threat to life or property, call 111. If it's already happened and there's no immediate danger, use 105.



On the other end of the phone

Age Concern Wellington Region receives more than 7,500 calls every year. Many of these are from seniors wanting information, advice and support.

If you ring Age Concern Wellington Region (ACWR), more often than not, Ann Dalziel will respond. She is the “go-to” person at ACWR who will most likely be able to help you. She is a patient listener, and as a last resort, has a list of contacts that rivals the Yellow Pages (remember them?).

During the August lockdown, Ann kept a log of the calls she received, and the subject raised by the caller. They were many and varied, with the occasional one leaving her at a loss for words. In the course of a week, she logged over 120 calls from all parts of Wellington and the Hutt Valley. Some issues were very serious, some were the result of anxiety or worries and some (occasionally) a bit puzzling.

Most calls she receives are from people who have concerns about caring for older family members or friends who are experiencing difficulties. The callers seek information on their own behalf, or for relatives or friends who are living alone and need advice.

Quite a few calls are from older people who are receiving no services and don't know what is available to them. There are also queries about sorting out legal or relationship (even bullying) issues between family members, tenancy issues and even problems with services provided by retirement homes. Of course, there has been an increasing number of calls relating to Covid-19 testing and vaccinations.

Ann invariably provides the necessary information or directs the caller to another organisation which is set up to deal with more specific issues.

There are some slightly different concerns like the lady worried that her 86-year-old mother

is still driving and shouldn't be doing so. Age Concern Staying Safe courses for older drivers may be a helpful solution there.

Another caller had a query about wearing a face mask and the potential of losing his hearing aid when removing the mask. Another was approaching 72 years and wanted advice on how to age well. And then there was the man who rang about some dead birds!

But not all of them are quite so demanding. Ann finds that a good percentage are enquiries about the services that ACWR can and does provide. Many are about the Steady as You Go fitness and balance classes, Companion Walking Service, the Visitor Service and the Phone Friend Service.

Such services can only be provided within the limits of the funds ACWR receives from its support organisations and from the generous donations from members and friends of the organisation.

A donation to Age Concern is always welcome, of course, to help with their wide range of activities for older people. Please call 04 499 6646 to donate.

Mick Calder



RYMAN PIONEERS

Togetherness

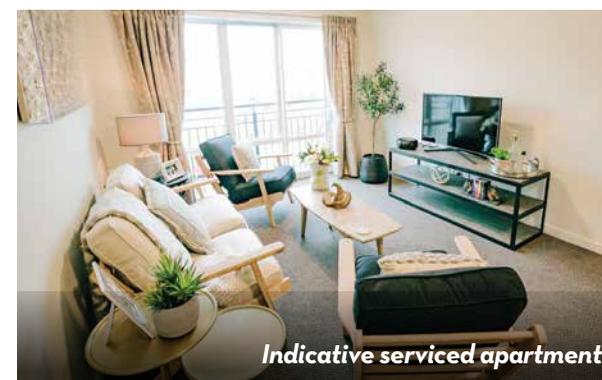


"There's always something going on to help people get together and do things."

Maureen, Myrtle and Sybil, Ryman residents

NEIGHBOURLY-NESS BUILT IN

It might be coffee or simply going for a walk - most of us find comfort in doing things with others. Our serviced apartments and village lifestyle make it easy, with neighbours that look out for, and support, each other. It's a genuine community, and another example of how we're pioneering a new way of living for a new retirement generation.



Indicative serviced apartment

Our villages offer a range of living options from independent and assisted living, to resthome and hospital care, and in some villages specialist dementia care.

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112 Parata Street, Waikanae, 04 293 1390

MALVINA MAJOR VILLAGE

134 Burma Road, Khandallah, 04 478 3422

RITA ANGUS VILLAGE

66 Coutts Street, Kilbirnie, 04 387 7625

SHONA MCFARLANE VILLAGE

66 Mabey Road, Lower Hutt, 04 567 8725

rymanhealthcare.co.nz

FROM HIKING THE HIMALAYAS TO TAKING A FEW STEPS WITH A CRUTCH

How Age Concern is helping Catherine find happiness in her new normal



“I was 13 when Edmund Hillary came to speak at my high-school. He described the Himalayas and talked about his experiences, and I wondered if I’d ever manage to get there.” Sir Edmund started a dream for Catherine, and she’s been there 16 times since then. Catherine has trekked through 53 other countries, but her favourite place outside of New Zealand is Nepal. The Himalayas are her second home. She can reveal the best place to view Mount Everest (it’s not the base camp), and which editions of the Lonely Planet have the best trekking guides; she can tell you about the lepers on the streets of Kathmandu, and the beautiful flowering Rhododendrons on the mountainsides.

Three years ago, Catherine suffered a massive stroke which left her unable to walk without support. Life would never be the same again.

Two months in hospital and countless hours of physiotherapy helped

Catherine regain some mobility, but she will never really walk alone anymore. She has lost the function of most of her left side.

Catherine’s medical background probably helped her make quick choices to enable her to live as independently as possible despite this new reality. Almost as soon as she left hospital, she sold her house in Johnsonville and bought a smaller one-level home in Tawa. Conveniently located near the shops, Catherine thought she’d be able to walk there soon enough. Sadly, her recovery plateaued somewhere along the way. Catherine simply can’t walk alone outside her home. Inside, she manages a few steps with the help of a crutch.

Catherine was widowed nine years ago. Her son lives nearby and brings meals to her regularly. Her two other ‘adopted’ sons live in Nepal. At 81-years-old, Catherine longs to go back to Nepal one last time, but she doubts if that will happen now.

Catherine is well dressed and quite tall. She looks younger than her age, and she has smiling eyes. Her clothes are reminiscent of India. Her home is decorated with treasures from her travels. Glimpses of Korea, Afghanistan, Dubai, and of course Nepal appear around her living room.

Life had slowed to a crawl when a friend of a friend mentioned a Steady as You Go exercise class to Catherine. “You should come along,” he said, and Catherine did.

“After walking 10 to 12 kilometres a day for most of my life, I can manage these low-impact classes without too much trouble, even now,” Catherine says. These exercise classes are designed by Age Concern to help improve balance and prevent falls. Shortly after the stroke, falls were an issue for her,

but not so much anymore. Another exercise class participant lives down the road and picks up Catherine on the way.

About once a month, Age Concern Wellington Region puts on a ‘Pop-up Hub for Seniors’ after the exercise class. At one of the hubs, Catherine met some of the Age Concern staff and was introduced to the Companion Walking and Accredited Visitor Services. Volunteer Jo goes for a weekly walk with Catherine, and volunteer Myra visits Catherine at home for a weekly chat and cup of tea. “They’re such different people, but that’s good. That’s what makes them interesting,” Catherine says. Jo enjoys trekking and has also been to the Himalayas, which makes her an ideal walking companion for Catherine.

“These two girls make a big difference in my life. I couldn’t do without them. They’re wonderful people,” Catherine says with a smile. After her stroke, Catherine’s new reality was a difficult adjustment, but Jo and Myra have made a significant positive difference in her life and she is extremely thankful to know them.

**You can help
Age Concern
Wellington Region
reach more isolated
and lonely seniors
who really need
our support.
Please donate.**

**Check-out three simple
ways to make a donation
on back page.**

Walking Works

Most older people are probably not aware that they are victims of Sarcopenia, but are likely to be aware of its effects. A quick online 'consultation with Doctor Google' will advise that Sarcopenia is the fancy medical term for muscle wasting – general loss of muscle mass, strength and function which is a consequence of ageing.

However, it is not a new age phenomenon; the problem of loss of muscle mass has been recognised for over twenty centuries, with one article raising its status to “a predominant concern of mankind”. That may be taking it a bit too far in this age of the Coronavirus pandemic, global warming, species extinction and other environmental concerns, but as the years roll by it does tend to become an issue for some.

The general advice is that there are no effective medical or pharmacological remedies for this condition, and the age old, recommended remedy is exercise and resistance training along with a bit of attention to healthy nutrition.

Resistance training involves weightlifting, pulling against resistance bands or moving part of your body against the force of gravity, all of which can be a challenge for some older people who are unable or unwilling to embark on strenuous exercise programmes.

So, what about walking as a preventative measure for the dreaded Sarcopenia? The advice is that any form of physical activity has advantages and walking has the additional benefit of a low cost of entry. This means that most people, regardless of age or ability can start walking as a form of regular exercise.

There are those who advocate for 10,000 steps per day, but recent studies have shown advantages plateau at around 7,500, so there may not be much more benefit in making that extra effort.

Walking keeps our bodies functioning, can improve cardiac health, alleviate depression, and prevent muscle wastage, so it is worth a crack if you are able. It is even more enjoyable if you can find a friend or companion to accompany you. And there are places in and around Wellington to enjoy a quiet walk, with the distinct possibility to stop for a coffee and a breather if required. Anywhere on the waterfront from the railway station round to Evans Bay, and even further, has the advantage of a flat terrain.

If you are thinking of walking, uncertain about your ability to achieve such goals, or need a companion to provide that extra feeling of confidence if you get into difficulties, Age Concern Wellington Region provides a Companion Walking Service aimed at improving the lives of older people, particularly those who may need a little assistance to get out and about. It may not reverse the effects of Sarcopenia, but at least we can aim to slow its progress and provide the perfect excuse for getting out in the fresh air.

The aim is to match those requiring the service with a compatible volunteer companion trained in Health and Safety and cleared via the police vetting service. The service operates in Wellington, Porirua and Lower Hutt.

Only \$5 is requested by Age Concern for each walk to help cover the costs of the programme. But a donation to Age Concern Wellington Region is always welcome, of course, to help with their wide range of activities for older people. Call 04 499 6646 for details.

Mick Calder



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SeeHear, 174 Oxford Street | (06) 368 0130

PARAPARAUMU

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info@courtenayhearing.co.nz

www.courtenayhearing.co.nz

Courtenay Hearing Centre Serving the Kapiti area since 1993

We are pleased to announce that **Courtenay Hearing Centre** has purchased Kiwi Hearing, a well-respected, local, independent hearing clinic in Waikanae. This means that our Waikanae clinics have merged, and all services will now be provided in the walking mall, Shop 10, 2 Mahara Place, across from the library and two doors down from ANZ. This will also mean that we will be staffed 5 days per week. We look forward to seeing you there!

We still have our clinics at Paraparaumu and Levin.

Courtenay Hearing Centre provides a full range of audiology services including tinnitus assessment and treatment, ear protection solutions, assistive listening devices as well as batteries, hearing aid repairs and accessories.

If you or a family member are having problems hearing, call and make an appointment today to see the team at Courtenay Hearing Centre at a location near you, for caring, professional advice

Visit our website www.courtenayhearing.co.nz for more information.

Editorial supplied by Courtenay Hearing Centre

WELLBEING TIPS

THESE TIPS ARE DESIGNED TO HELP GET YOU THINKING ABOUT WHAT WILL HELP YOUR MENTAL WELLBEING AT THE MOMENT. THESE SIMPLE ACTIONS ARE BIG MOOD BOOSTERS – FIND WHAT WORKS FOR YOU AND KEEP AT IT!



GIVE – ĀWHINA

Think about a skill you have you could share with your whānau, offer to pick groceries up for elderly neighbours or simply give a compliment to a loved one!



TAKE NOTICE – ME ARO TONU

Notice the things that make you feel good and do them more often! It could be your morning coffee, a walk around the block or playing games with your tamariki/children.



GET MOVING – KIA KORI

Regular movement and exercise helps release tension and stress and gives you an energy boost!



CONNECT – TŪHONO

Keep in touch with your friends, whānau and colleagues on the phone, through social media, video chats and text.



STAY CURIOUS – ME WHAI WHAKAARO

Learning new things helps to focus your mind and gives you a sense of purpose. It could be learning a language, a craft, or even mastering a tricky recipe.



STICK TO A ROUTINE – WHAI MAHERE

It will help you get through each day and adjust to regular life when it goes back to normal.



RELAX – MAURI TAU

Find ways to rest, switch off and recharge. Reading, mindfulness, yoga and deep breathing are all great ways to unwind.

GETTING THROUGH TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

ALL RIGHT?

Mental Health Foundation
mauri tū, mauri era

Connection Matters



Birthdays should be a special time of celebration but sometimes when you live alone, birthdays can be just another day. This is especially true when the world is going through a pandemic.

Norm, a Council housing resident who lives alone, was thrilled to share morning tea on a very special day with friends and neighbours during a recent Age Concern gathering. The monthly social gatherings normally take place in Council community rooms, but as these are closed under Delta Alert Level 2, they had been cancelled for a long time.

Kirsten Blyde, Age Concern Connect Coordinator, came up with a creative alternative. The group gathered at a café down the road from the flats. They reserved a table and, respecting social distancing and sign-in rules, they were able to meet. It was so nice to chat, laugh and share stories with friends. It happened to be Norm's 88th birthday, and everyone was especially pleased to celebrate together.

As Covid-19 continues to impact our nation and communities, keeping connected with others has never been more important. Make sure you stay in touch with as many friends and family as you can, even if it's by phone. We don't know what is going to happen next year with the spread of Covid-19, so now is a good time to strengthen your connections and support your friends.

Call 04 499 6646 for more information.

IMPORTANT TELEPHONE NUMBERS

- **COVID-19 Healthline**
0800 358 5453
- For emergencies dial **111**
- For non-emergency police matters dial **105**
- If you are feeling anxious or just need someone to talk to call or text **1737**
- **Age Concern Wellington**
04 499 6646
- **WellElder:** a counselling service for older people, or those supporting an older person. Wellington Region: 04 380 2440 (Tuesday - Thursday)
- **Lifeline:** qualified counsellors and trained volunteers: 0800 543 354 or free text 4357
- **Samaritans:** confidential support, empathetic listeners: 0800 726 666
- **The Continence NZ Helpline**
0800 650 659
- **Elder Abuse Wellington Helpline**
04 805 0880
- **Dementia Wellington** 04 972 2595
- If you need to discuss your entitlements phone the **MSD Senior Services** line 0800 552 002
- **Wellington City Council:**
wellington.govt.nz or 04 499 4444
- **Hutt City Council:**
huttcity.govt.nz/ or 04 570 6666
- **Porirua City Council:**
poriruacity.govt.nz/ or 04 237 5089
- **Upper Hutt City Council:**
upperhuttcity.com/ or 04 527 2169

Welcoming our new staff



Jessica Russell

Jess has always wanted to work with seniors and considered working in one of the retirement villages around Wellington. Her best friend used to be her Polish grandmother who she loved to visit and talk to about

life's problems.

Her grandmother had been orphaned in Poland and suffered under the Nazi regime, being deported to the USSR and then to Iran before being transported to New Zealand in 1944.

Her first taste of New Zealand was in the Pahiatua camp, which was initially to be her home for just a year. But circumstances changed post war, and most accepted the Government's offer to stay in New Zealand. She died about ten years ago, so Jess lost her mentor.

A born and bred Wellingtonian, Jess studied for a BA in Film Media and Communication at the University of Otago before taking on a variety of office administration and management jobs, plus some valuable overseas experience. She still favoured the idea of working with seniors and visited some with her children for "Baby Bounce and Rhyme" sessions.

Jess joined Age Concern Wellington Region in June as our Administration Assistant and quickly started putting her stamp on office systems and programmes. Her spare time is taken up with her one and four-year-old children, yoga exercises and keeping in contact with her extended family.



Lydia Wiles

Lydia is a qualified Social Worker from Derbyshire and worked in Adult Social Care in the United Kingdom. In 2015 she decided she wanted to live in a different country and the choice was between Canada

and New Zealand.

New Zealand is the furthest distance from the UK, so she and her partner decided to have a look.

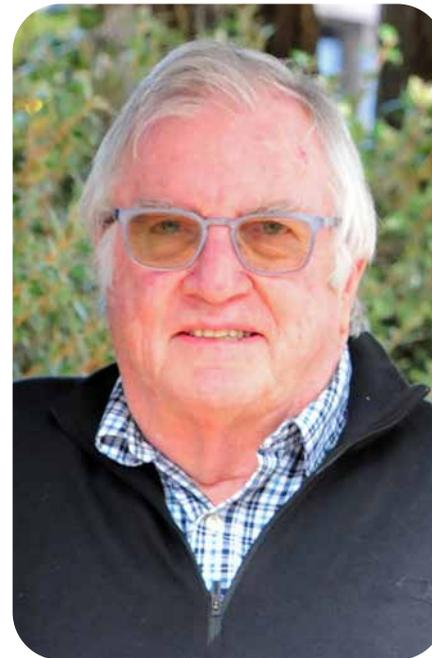
They travelled around the country for twelve months before deciding to settle here and ended up in the Hutt Valley. After considering their options, they took the plunge to become permanent residents and are glad they made the decision especially since Brexit and all its unintended consequences.

Lydia enjoys working with older people and joined Age Concern Wellington Region in September 2021 as our Social Connection Coordinator in the Hutt Valley.

As with all "Northerners", she gets on well with most people and especially enjoys working with older people. In her view, seniors should be supported with the aim of maintaining their independence, building their confidence and strengthening their decision-making abilities.

Lydia has a very active toddler who keeps her busy at home, but she does enjoy getting out walking and exploring the great outdoors.

Volunteer Spotlight



Mick Calder

Mick is our Office Support volunteer.

He is a generalist, having started in agricultural science then marketing economics and trade policy, and finished in business management and administration, with elements of bookkeeping and legal drafting thrown in.

He has written countless reports, newsletters and articles for magazines and newspapers. He recently completed an Editing and Proofreading diploma course

and dabbles in this part-time as a freelance business.

He has also finished co-authoring the Meat Board's centenary history which is due to be issued next year. It covers the 25 years from 1997 and follows on from 'Meat Acts'.

His interests range from travel, bush walking, cycling, and periodic swipes at a golf ball, to writing, reading and doing cryptic crosswords. He is adept in the use of computers, and is an invaluable help in the Age Concern Wellington Region office. If you read our eNewsletter or Seniority Magazine, you will have read some of Mick's excellent work.



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 - **Longview Home, Tawa**

retirement villages | rest home | hospital | dementia
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Free phone 0508 ENLIVEN
www.enlivencentral.org.nz

Steady As You Go Classes 2021

*call 04 499 6646 to confirm if classes are running under different alert levels.

DAY	TIME	LOCATION	ADDRESS
Monday	10.30 am	Karori Community Centre	7 Beauchamp St, Karori
Monday	1 pm	Island Bay Community Centre	137 The Parade, Island Bay
Monday	1.30 pm	Walter Nash Centre	20/22 Taine Street, Taita
Tuesday	11 am	St Barnabas Church	35 Box Hill, Khandallah
Tuesday	11 am	Koraunui Stokes Valley Hub	184 Stokes Valley Rd, Stokes Valley, Lower Hutt
Tuesday	12 pm	Linden Community Centre	10 Linden Avenue, Tawa
Tuesday	1 pm	Vogelmorn Hall	Mornington Rd, Brooklyn
Tuesday	1 pm	Johnsonville Uniting Church	16 Dr Taylor Terrace, Johnsonville
Wednesday	9.30 am	Live Online Class	Zoom
Wednesday	11 am	Knox Church	574 High St, Boulcott, Lower Hutt
Wednesday	12 pm	All Saints Church, Hataitai	90 Hamilton Road, Hataitai
Wednesday	12 pm	Eastbourne Community Hall	Tuatoru St, Eastbourne, Lower Hutt
Wednesday	12 pm	Walter Nash Centre	20/22 Taine Street, Taita
Wednesday	1.30 pm	Newlands Community Centre	9 Batchelor St, Newlands
Thursday	10.30 am	Thistle Hall	Cuba Street, Wellington
Thursday	11 am	Bob Scott Retirement Village	25 Graham St, Petone, Lower Hutt
Thursday	11 am	Miramar & Maupuia Community Centre	27 Chelsea Street, Miramar
Thursday	12 pm	Tawa Community Centre	5 Cambridge Street, Tawa
Thursday	1 pm	Koauui Stokes Valley	184 Stokes Valley Rd, Stokes Valley, Lower Hutt
Friday	10 am	Johnsonville Community Centre	3 Frankmoore Avenue, Johnsonville
Friday	11.00 am	Seatoun Village Hall	22 Forres Street, Seatoun
Friday	1.30 pm	Loaves & Fishes, Wellington Cathedral of St Paul	2 Hill Street, Thorndon

RECIPE: 40 second omelette



The 40 second omelette is a great way of using whatever you have in the fridge!

The choice of fillings you can use is endless! Cheese, spinach, ham, tomato, mussels, cooked rice, left over pasta, tuna, sweetcorn and so on.

Ingredients

- 2 x Grade 7 eggs
- 2 Tbsp of water
- Salt and pepper
- Tbsp butter
- ½ cup filling of your choice

Method

1. Beat eggs and water together until blended, adding salt and pepper to taste.
2. In a 26cm non-stick pan, heat butter until it sizzles – but not burnt.
3. Pour in egg mixture.
4. With an inverted spatula, pull the cooked portions of egg from the perimeter of the pan to the centre so any uncooked egg can run into the cleared hot pan surface. Do this until the egg is set and will not flow. Don't cook until it's dry! The moist egg will finish cooking when the omelette is folded over.
5. Sprinkle all of the filling on the left side of the egg (left-handed people fill the right side). Slide the spatula all the way under the unfilled side of the omelette up to the centre of it. Fold the unfilled side entirely over the filled side. Set aside spatula.
6. Holding the pan in your right hand and a plate in your left hand, invert the pan so the omelette falls upside down onto the plate (left-handed people use opposite hands).
7. Garnish to serve.

Source: https://grownups.co.nz/health/health-wellbeing/protein-pill-can-take-every-day/?preview_id=1662634

One should never count the years – one should count one's interests. I have kept young trying never to lose my childhood sense of wonderment. I am glad I still have a vivid curiosity about the world I live in.

Helen Keller

RayWhite

LEADERS GROUP

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OPINION: What's in a Name?

Volunteer Mick Calder writes about the current trend of moving way from the term 'elderly'

There is an ongoing global debate about describing older people as a group. The trouble is in finding a satisfactory word to refer to a very heterogeneous collection of citizens over the age of 65 years.

As soon as you start, you run into the problem that just about any generic word can, or could, cause offense to either a single person or a sub-group of the population you seek to define.

When it comes to a crunch, it is the collective word or words used that can cause many of the problems. The issue is that society will try to use a single word to define a group of people comprising some 15% of the population, aged between 65 and over 100 – a 35 year age spread. It includes any number of people with different abilities, interests, and levels of experience, living in a multitude of different circumstances – from those who are well off, to those getting along as best they can.

Other groups, like children, are more easily defined as they are lumped into smaller well-understood cohorts of pre-school, primary or secondary-aged groups, without generally offending anyone.

But defining over 65-year-olds in a single group is a problem. It may be that the word chosen becomes over-used or associated with (real or imagined) negative aspects of the group and thus becomes unfashionable or unwanted. The current 'out of favour' word is "elderly". Does this phenomenon go in cycles?

That brings up my memory of a skit by stand-up comic Stan Freberg back in 1957 (I had to

do a Google search to find the date). He was interrupted by a censor from the 'citizens radio committee' who objected when Freberg began to sing "Old Man River".

The censor claimed "The word 'old' has a connotation that some of the more elderly people find distasteful. I would suggest you make the substitution." So, Freberg changed it to "Elderly Man River". The song went on with frequent interruptions from the censor!

Now the term 'elderly' is out of favour, and there is a whole lot of substitutes including 'older people', 'seniors' and the rather unfortunate 'older adults' which is a confusion, in its own right.

My question is whether it is the older generation who is worried about this, or those who face the future prospect of being stereotyped by an ageist collective name? I would hate to raise the issue of political correctness.

Admittedly, there are reasons some negative connotations come about, such as the perceived cost to society due to superannuation and health charges, and there are seniors requiring support because they are isolated, disabled, become frail, or have mental health issues. But this should not be regarded as being any different from other sections of society - education, social welfare, unemployment, police, or corrections. It is all part of the cost of living in New Zealand.

This view skates over the fact that many of these seniors have already done their service, paid their taxes etc, and yet continue to contribute to society by volunteering their time and experience to assist others. Some of them may not have the stamina of the younger brigade or be as mobile, but that does not stop them offering their services. A government report from 2016 showed that around 1.2 million kiwis volunteer for at least

one charity or not-for-profit organisation, which adds up to over 157 million hours donated to our communities each year. The value of volunteers' labour alone contributes \$3.5 billion to our GDP. Many of the volunteers are seniors who have experience and wisdom gained from a lifetime of getting on with it. So, seniors could be regarded as contributing to, as well as depending on society and life in Aotearoa New Zealand.

Just like those other sectors of the population, there are organisations established to provide support and care for the less active older members of society. Age Concern Wellington Region provides a Visitor Service, Companion Walking Service, Pop-up Hubs for Seniors, Steady as You Go fitness and balance classes, as well as Staying Safe driving workshops and Tea and Tech classes to assist seniors in their daily lives.

From a personal point of view, I don't really care what generic name I am saddled with at 80 - elderly, oldies, silver tops, old farts, ancients, sages.

If you have been around as long as me and most of my mates have, you have been blamed, shamed, occasionally framed, and renamed. Basically, it is not something I lie awake at night worrying about.

I am of the opinion (and you can get opinionated when you have reached a certain age) that most of the venerable, revered, occasionally forgetful people don't lose any sleep over what the rest of humanity calls them.

There is more to life than worrying about a collective noun.

What do you think? Let us know your views, we'd love to hear from you.

Mick Calder

Supporters of Age Concern Wellington Region



On email?

Subscribe to our regular email newsletter to keep up-to-date with news and events for over 65s in the Wellington region.

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Growing diversity in retirement villages

Traditionally, retirement village residents have tended to be mostly pakeha and come from a fairly standard background. We're often asked what we're doing to encourage older people from other ethnic backgrounds to move in, and for a long time, the answer was "not very much". However, more recently that's started to change, so we asked our writer Janet Brown to investigate.

By Janet Brown, Head and Heart Ltd

I'm talking with a group of Chinese residents at Summerset at Heritage Park when it becomes clear that it all started with Heidi's housewarming party. Heidi Ng and her husband moved due to the effects of his Parkinson's Disease. Heidi invited about forty of their friends to come and celebrate their new home, and that party sparked a chain reaction that's still continuing.

Village managers often say that it's quite common for each new resident to trigger one or two inquiries from their friends and family. In this case, Heidi and her husband are Chinese, as are many of their friends. And that party has led, in just over a year, to fifteen apartments (and counting!) in Heritage Park's new Heritage Apartment Building being occupied by other Chinese residents. Heritage Park Village Manager Leticia Chuck believes this trend is likely to continue, "The village is really a reflection of the wider Auckland community."

Heidi picks up the story and explains how it started. "We looked at several villages, then the first time I walked in here I felt the warmth, the welcome. But when I told people we were moving to a retirement village, they often said "Poor you!", so I had a party to show them how lovely it was." She doesn't mind not getting capital gains because of the support and activities retirement village living offers. That view has been strengthened by the marked improvement in her husband's wellbeing and enjoyment of life since they moved in. Everyone in the group nods and agrees.

About the same time, Graham and Janet moved in. Graham is New Zealand born, an accountant who's still working, and doesn't speak either Cantonese or Mandarin, and Janet came to New Zealand from Hong Kong aged

nine. She speaks Cantonese, and before they moved in mostly did so with her mother in her nineties; now she has a group of neighbours to talk with in Cantonese. Janet had looked at a number of retirement villages and brought Graham to look at Heritage Park; he knew the area and liked the lake views, so they put a deposit down on their three-bedroom apartment.

Raymond Sun was the first party-goer to act: "After the party I picked up some fliers on the way out, and started looking at villages." He settled quickly on Heritage Park, and next thing his friend Sylvia was keen as well. Others were interested too: Kitty, Jenny and May from Raymond's tai chi class, and Heidi's friends from Eastern Howick Baptist Church. All have now moved in, as well as others. They all appreciate the amenities, each enjoying different aspects. Raymond enjoys getting to know non-Chinese residents at happy hour, and encourages others to come: "Everyone should go to happy hour, it helps you know what's going on and it's great for getting to know people." Chinese New Year became a village-wide celebration, enthusiastically supported by residents, who watched Raymond demonstrate the art of the traditional tea ceremony, while Heidi introduced them to Chinese calligraphy.

Living on two floors of the same apartment block, it's easy to pop in to catch up – Heidi laughs about how they walk barefoot from apartment to apartment: "We don't even need to put our shoes on to go and see each other!" Raymond adds, "Every day, people are ringing my doorbell. In Howick, that didn't happen."

But the group is at pains to tell me that the disadvantages of a village are heavily outweighed by what they've gained. Graham's final comment, as he leaves to go to work, is "Everyone is very friendly here." Heidi sums it up: "I know, if anything goes wrong, I'm already in a safe place with my friends around me."

But for now, they're all enjoying life in their new apartments and community. Heidi has the last word on this too: "Every day it's like having a holiday together on a cruise!"



editorial supplied by Retirement Villages Assn.

Bonus Bonds

You may be aware that the Bonus Bonds scheme is being wound up and the proceeds returned to the holders of Bonus Bonds (Bondholders). If you have Bonus Bonds, here's important information about the wind-up process and how you'll receive your payment.

What do you need to do? We will deposit your payment into any New Zealand bank account you choose. Simply get in touch by calling the Bonus Bonds Wind-up Contact Centre, on 0800 266 374 between 8am and 6pm, Monday to Friday. Please note, you don't need to come into an ANZ branch – when you call we'll let you know how to provide us with the details of your bank account. In many cases you will be able to provide your bank account details to us straight away over the phone.

If you have the details of your Bondholding (for example, your Bondholder number or a serial number from a Bonus Bonds certificate), it would be helpful to have these at hand when you call.

How much will you get and when will you get it? We expect to make a payment of \$1.10 for each Bonus Bond you hold, between October and December this year. If there are any remaining funds when the Bonus Bonds scheme wind-up is finalised, you may receive another small payment then.

For more information, check the Frequently Asked Questions on the Bonus Bonds website at bonusbonds.co.nz/faqs, or give us a call on the numbers above.

ANZ Investment Services (New Zealand) Limited is the manager of the Bonus Bonds scheme.



Christmas Fudge

Ingredients

- 340 gm white chocolate chips
- 2/3 cup sweetened condensed milk
- 1 cup red and green jubes

Instructions

1. Pour the white chocolate chips and sweetened condensed milk into a microwave safe bowl. Microwave the bowl for about 30 seconds, stir everything together and then microwave again for 15 seconds at a time; until everything is melted together. Alternatively melt white chocolate in a double boiler.
2. Add jubes and stir everything together.
3. Pour into an 20cm×20cm baking dish that is lined with foil or greaseproof paper
4. Cover and refrigerate for several hours to allow the fudge to firm. Slice and enjoy!



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Happenings and Highlights



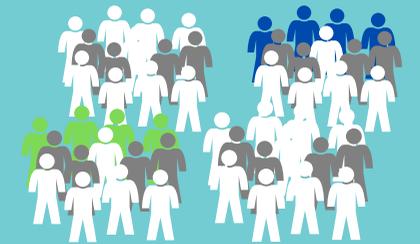
Above: Age Concern Wellington Region Patron Lady Susan Satyanand gave a fascinating talk at our Linden Pop-Up Hub for Seniors in November 2021. Below: Did you see Age Concern Wellington Region's front page article in the Dominion Post (11 November 2021)? Here's a glimpse behind the scenes... Stuff reporter Mandy Te and Stuff photographer Jericho Rock-Archer gathered Denis and Rick's story in Denis' beautiful garden. You can read the article online here: <https://www.stuff.co.nz/dominion-post/wellington-top-stories/126884649/christmas-appeal-age-concern-wellington-is-helping-combat-loneliness-in-seniors>



Looking Back at the Last 12 Months

3,728 VOLUNTEER VISITS FOR THE VISITOR SERVICE

An increase of 25%



136 MATCHED VISITOR SERVICE CLIENTS

An increase of 15%

61 MATCHED WALKING SERVICE CLIENTS

Up from 17 clients in the last financial year



916 WALKS TAKEN IN THE WALKING SERVICE



49 COMMUNITY HUBS & SOCIAL HOUSING COFFEE GROUPS EVENTS ATTENDED BY **530+ PEOPLE**

30 STEADY AS YOU GO WEEKLY CLASSES & **536** PEOPLE ATTENDING THEM



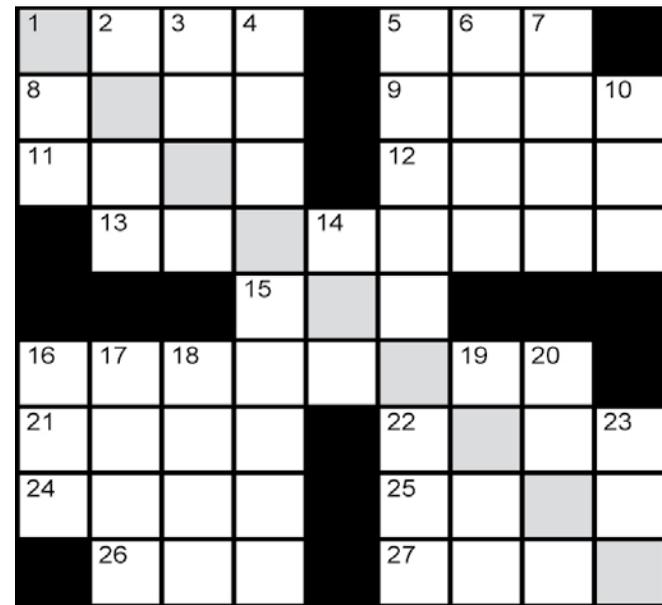
11 STAYING SAFE REFRESHER DRIVING COURSES

Attended by 139 people

324 VOLUNTEERS ACROSS THE REGION

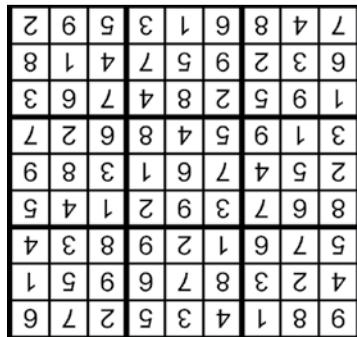
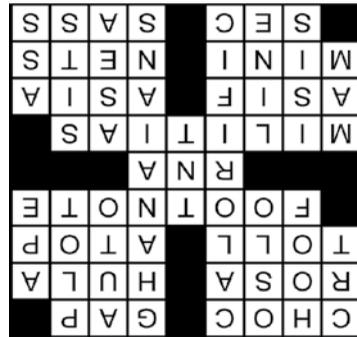


Settlers



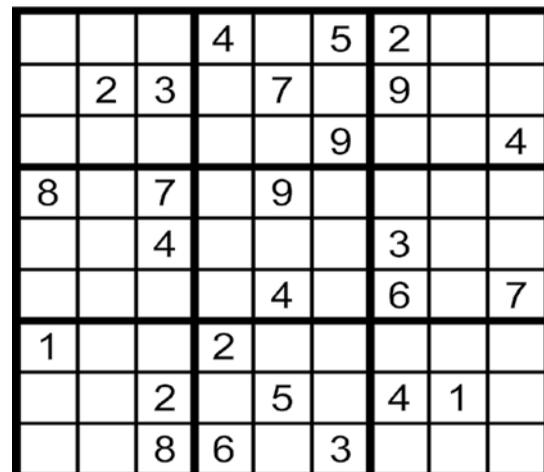
- Across
 1. Van. alternative
 5. Mountain pass
 8. Santa ____, Calif.
 9. Maui dance
11. Turnpike fee
 12. At the peak of
 13. Annotation
 15. Genetic material
 16. Groups of minutemen

21. "Dream on!"
 22. Atlas section
 24. Short skirt
 25. Fishing gear
 26. "Hold on a ____!"
 27. Back talk
- Down
 1. Computer monitor, for short
 2. Horseshoe site
 3. Nobel Peace Prize city
 4. Relating to heat
 5. Inhabitants of the Gold Coast
 6. Vehicle
 7. Scheme
 10. "Tarzan" extra
 14. Atlanta-based station
 16. Mayan Indian
 17. Egyptian fertility goddess
 18. Queue
 19. Fishing, perhaps



20. Takes a seat
 23. Blockhead

- | | |
|------------|-------------|
| ATTACK | GRANDMASTER |
| BISHOP | KING |
| BLACK | KNIGHT |
| BOARD | PAWN |
| CASTLE | QUEEN |
| CASTLING | RED |
| CHECKMATE | RESIGN |
| DEFENSE | ROOK |
| DRAW | SACRIFICE |
| EN PASSANT | STALEMATE |
| ENDGAME | STRATEGY |
| FIANCHETTO | THREAT |
| FORK | |



How to solve sudoku puzzles. No math is required to solve a Sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*

WORD FIND - GAME OF CHESS



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Please put your name and phone number as the reference and also include the words “2021 Appeal”

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