



SENIORITY

Outstanding Volunteer Awards | Scammers Exposed
Volunteers Making a Difference



From the CEO

Whenever I am invited to speak at an event, I always make a point of highlighting the team of people who make our work possible. This team is made up of more than just our 10 staff – it includes more than 220 volunteers that choose to serve in their communities by connecting with seniors.

December 5 is International Volunteer Day. An estimated 862 million people around the world volunteer in some capacity. It's incredible to imagine the change this makes in our world. Where would we be without volunteers?

Our work in the Wellington Region is only possible because of our volunteers. In this issue of Seniority, you'll read about some of them, including our two Outstanding Volunteer Service Award recipients for 2023 – Sandy Wilton and Sue Doris. Both Sandy and Sue embody what it means to give so generously of one's time and energy to connect with seniors. They each help us in multiple ways, including visiting seniors and helping at events.

It would be great to give an award to all our volunteers – that's what I'd really like to do! But our team chose Sandy and Sue this year to represent the wonderful work our entire volunteer team does.



Our volunteers continue to keep our wheels moving. I am looking forward to working with them all in 2024.

Have a lovely Christmas and New Year!

Stephen Opie

Age Concern Wellington Region CEO



Think a new
outlook on life

1a Boulcott Street,
Boulcott
0800 SUMMER
summerset.co.nz



**You can help us reach more
lonely and isolated seniors.**

Scan the code to
visit our secure
donation website.
Or navigate to
acwellington.org.nz
to make a donation.



Contact Information

Phone: 04 499 6646

Email: news@acwellington.org.nz

Address:

Level 1, 138 Wakefield Street,
Wellington

Postal Address:

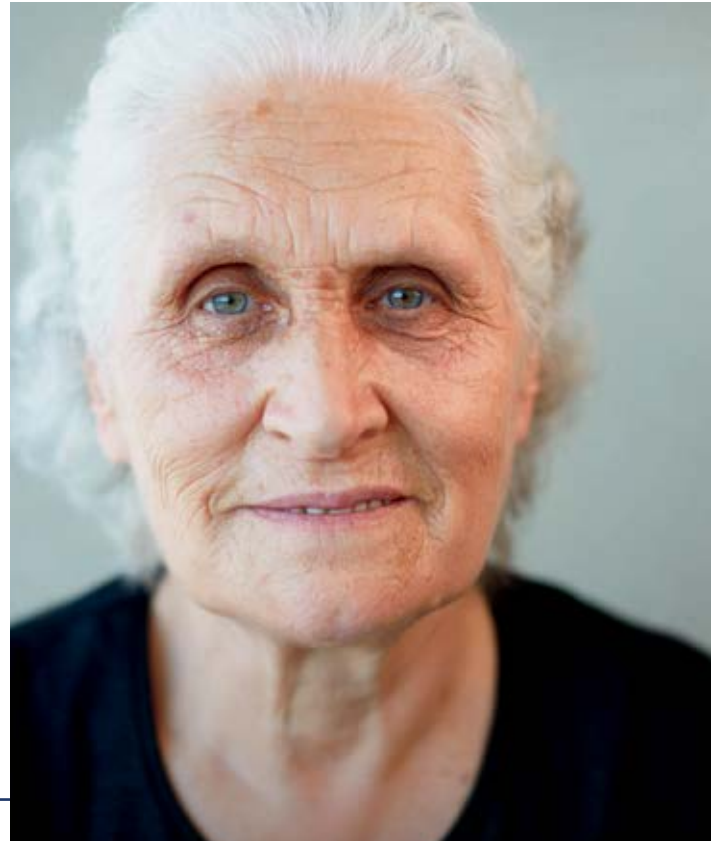
PO Box 11108,
Wellington 6142

Website:

www.acwellington.org.nz

Facebook:

www.facebook.com/ageconcernwellington



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. Do you have a couple of hours a week you can spare? Or are you able to make a donation? Call 04 499 6646 or scan the QR code on page 2 for more information.

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

- affordable office space
- a reliable car



2023 Age Concern Wellington Region

Sandy Wilton

Sandy Wilton's motivation to volunteer started when she was just 15 years old. She worked in the kitchen at a rest home, and found she really enjoyed conversations – especially with seniors.

Originally from Kent, Sandy has worked as a medical secretary in London, Dorset, Canada, and eventually New Zealand. Sandy emigrated to New Zealand with her husband and their two sons in 1986. They lived in Masterton, and then Wellington from 1999. Although Sandy did work for nine years as an office manager with dam engineers in Wellington, most of her career has been in the medical field – and mostly working in geriatric and other hospital departments.

Sandy is now retired and became an Age Concern volunteer in 2020. She really enjoys the feeling of giving back, which is her motivation for volunteering with Age Concern.

“I currently have one client that I visit at home, and another with the Age Concern Walking Service, although there is more time spent chatting over a cup of tea and a biscuit than walking.” Sandy also helps with our monthly social connection hub in Upper Hutt, and occasionally volunteers for other Age Concern events like the census information sessions.

Sandy enjoys meeting other volunteers and senior clients each week. “I consider myself very fortunate to be able to help other older people who don't enjoy the same level of health and mobility as I do. Most of all, I love the chats with clients and their stories of days gone by – which are quickly creeping up in my



own life experiences as well!”

Sandy enjoys Curious Conversations on our website, and also keeps busy riding her bicycle around Upper Hutt when weather permits, attending U3A lectures, gardening, yoga, and much more.

We're truly thankful for Sandy's contribution to Age Concern, and we're so pleased to award Sandy with the Outstanding Volunteer Service Award of 2023. She's one of our exceptional volunteers, and we're so thankful and proud to call her one of the Age Concern Team.

LORNA HARVEY

Team Leader – Communications & Events

Outstanding Volunteer Service Award Recipients

Sue Doris

Sue Doris has been volunteering with Age Concern for many years. Sue likes making a difference in people's lives, and currently volunteers for us as a visitor for two older people. She also helps out at our monthly social connection hub for seniors in Linden.

Sue's been matched with five clients over the years. She enjoys knowing that she has a positive impact in all their lives. In their own way, each client has become an important friend. "I get my motivation from my parents – they were advocates of community volunteering. I've been with Age Concern for years. It's a great organisation."

With a background in social work, Sue also works two days a week at the Redwood Club, a day programme which provides a social network for seniors.

"One of the clients I visit is the most amazing woman. She only has kind thoughts about everybody. There's nothing she thinks that is not good. Everything is said in a positive way. There are no nasty thoughts," says Sue. The two have become great friends, and they speak about everything. "She's such a pleasure to see because of her positive outlook. She likes to make people laugh and plays the piano so people can enjoy her music," Sue adds. All the people she's been matched with have their own special niceness about them, according to Sue. "You can find good in everyone. There's always something pleasant about them, and we find ways to connect and look forward to the visits."

Sue enjoys collaborating with our organisation. "The staff are all amazing, and I



really feel supported as a volunteer." Although Sue feels a bit embarrassed about this award as she's convinced there are other volunteers who do more, we're thrilled to award Sue with the Outstanding Volunteer Service Award of 2023. She's one of our star volunteers, and we're extremely thankful and proud to call her one of the Age Concern team.

LORNA HARVEY

Team Leader – Communications & Events



Printed by **AlpinePrint**
an environmentally friendly company using only
sustainable resources in the production of this publication.



Please remember to recycle
when disposing of this product.

Rosemary Cole

– Volunteer of all Trades

Best described as a staunch Wellingtonian, Rosemary Cole spent most of her working life helping others. She continues to do that in retirement too. Rosemary has so many different interests that you could write a book about her!

Rosemary's career focussed on Special Needs teaching with Speech Therapy, Education of the Deaf and Remedial Reading. This was initially in schools. Later, this broadened out to helping anyone wanting help with Literacy, Numeracy and English as a Second Language. She helped students of all ages at any stage of learning and ability. That included working with Learning Support Centres and the Department of Corrections.

Now she volunteers a lot of her time and enthusiasm with Age Concern. Rosemary also volunteers for Zealandia, the New Zealand Portrait Gallery and Wellington Library's Books at Home service among other things. She also supports innumerable social welfare and community causes. Her leisure interests include choral and orchestral music (she played the double bass), plus bush walking/tramping and geocaching.

Rosemary started her education at Wadestown Primary School and Wellington Girls' College (WGC). She was the third generation of her family to attend WGC, followed later by her daughter.

In 1971, she graduated from Victoria University with a BA in Psychology and Education. Meanwhile, she attended Teachers' College in Kelburn as a prerequisite to becoming a Speech Therapist. In 1971 she became a Speech Therapist in Motueka and graduated as a teacher specialising in Speech Therapy.

Rosemary did her OE in 1972 and taught in London Fields Deaf Unit. When she returned to New Zealand in 1973, she found that teaching the deaf had changed from lip reading to sign language. This would have meant more training in Education of the Deaf, so Rosemary reverted to Speech Therapy.

Next came marriage and two children. "By the time I got back to being able to work full time, Speech Therapy had changed to Speech and Language Therapy. I would have had to completely retrain, so instead, I retrained in Remedial Reading." Later she trained as a Speld Tutor. Later again, Rosemary trained to tutor in ESOL/ English as a Second Language, "which I'm still doing."

Along the way, Rosemary gained a Diploma of Education in Special Learning Needs and a Diploma in Teaching Reading. In addition, she has been learning Te Reo Māori and tikanga through long distance, correspondence courses.

With such a wide range of interests it was almost inevitable for Rosemary to offer her services to ACWR. She is like a fairy godmother – you ask, and she will usually provide. She recalls seeing an item in a newsletter or poster calling for volunteers for Age Concern and signed up.

She started in 2020 as a Phone Friend, which she enjoyed, and hopes to continue being a Phone Friend for anyone lonely wanting a chat. After that Rosemary was going to join the Visiting Service and help with shopping, but Covid got in the way!

She decided to move sideways in volunteering



choices. Rosemary took up Companion Walking in 2021 but added the Visiting Service. Rosemary helped a vision-impaired woman walk down 'Memory Lane' by sorting out and talking about her family photographs. As well as that, Rosemary helped her separate her junk mail from the important stuff.

However, the Walking Service is her favourite, as she gets out and about with a client. That client decides the route and sets the pace. Sometimes a client just wants to walk around the local area or visit the shops, medical centre, pharmacy, and library.

As if that wasn't enough, Rosemary then took on the task of distributing copies of Age Concern's 'Seniority' magazine. She distributes them to various organisations and sites around Karori.

Rosemary says she and her "clients" enjoy the magazine as it is full of useful articles, advice and crosswords. What adds to the enjoyment is that the magazines are free.

Volunteering is not her only contact with our organisation. She also tunes in to the "Curious Conversations" webinars with their interesting content. Rosemary appreciates the ability to go back and listen to them again. She also attends the "Tea and Tech" sessions to keep up with technology. Lately, she has joined the weekly online Steady As You Go class to keep fit and improve her balance.

All this adds up to a genuinely appreciated volunteer of all trades for our organisation.

MICK CALDER

Office Support Volunteer



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.

528 2331

Upper Hutt | Kingswood,
Cnr King & Cairo Sts, Upper Hutt

5 66 3103

Lower Hutt | Cornwall Manor,
Cnr Knights Rd & Cornwall St

Welcome to the Team Steph & Nicky

Steph Deegan | Communications and Fundraising Assistant

Steph joined our Communications and Events Team in August 2023.

Married with two children and a proud Wellingtonian, Steph is a self-confessed 'jack of all trades'. She spent 8 years working and travelling overseas. As well as her years in hospitality, she has worked in health and wellbeing, counselling and working with physically disabled members of our community. Steph's background includes experience in event coordination and fundraising, and she's a great communicator and an enthusiastic problem-solver.

Steph is passionate about finding a good balance in life and will get excited to chat about how taking care of all aspects of our wellbeing affects the quality of life we experience.



Whilst she has settled in Wellington, she's not a fan of the wind – but the benefits of being close to extended family outweigh the annoying wind.



Care On Call provides:

- Home help & companionship
- Personal Care
- Overnight & 24-hour care
- Respite Care
- Serious Injury Support
- Dementia Care
- Palliative Care

Call us anytime

0800 66 44 22

www.careoncall.co.nz | care@careoncall.co.nz



Nicky Fairbairn | Companion Walking Service Coordinator

Nicky was homegrown on the Kāpiti Coast before heading to Otago University to study Physical Education and Exercise Science. She took off on her OE back in the 90s, having no inkling that it would last over 20 years. Nicky worked at the forefront of the health, fitness and wellbeing industry in Southern California before heading to London to work in the corporate wellbeing sector.

“Experiencing first-hand how real change happens when all aspects of wellbeing collaborate is one of the things that drew me to being part of the Age Concern team,” says Nicky. “The team really strive to have services work together to have a positive impact on the wellbeing outcomes for Seniors within our community.”

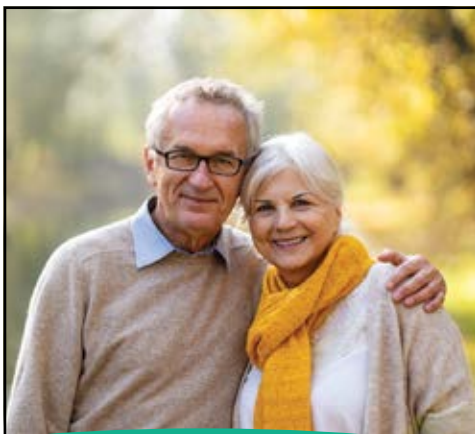
Nicky coordinates the Companion Walking Service in Wellington and Porirua, and continues its expansion further into different suburbs. The Walking Service enables our senior clients to walk and to stay connected with their local communities – having a

positive impact on both their physical and emotional wellbeing.

Nicky has a real love of people, and especially enjoys enabling and motivating them to get and keep moving.

“It’s fantastic to be back. Aotearoa New Zealand is simply the best country, and you really cannot beat Wellington on a good day! We wanted our son to grow up as a Kiwi and we also wanted to be home to support our extended family.”

Nicky’s ‘motto to live by’, inspired by Saint Mother Theresa of Calcutta, is “Happy are those who do no great things, but small things with great love.”



Get back your independence.

Regain your independence with your very own TM3 Trike. Go wherever you want to go in supreme comfort and classic style. Hassle-free ownership with no licence, no registration and almost no maintenance. Plus, have peace of mind with fantastic personal local support, local repair and local parts from EV Bikes.



Order yours today and get your very own TM3 Trike for only \$4,500 tested and delivered right to your door. Buy online or call us and get back your independence today!



CALL US

0800 222 249



BUY ONLINE

EVBIKES.CO.NZ



EV Bikes NZ, 508 Ferguson Street, Palmerston North

Mary Busch (and Friends)

One of Our Many Voluntary Coordinators

Collaborator would be a better description for the organiser of the St Peter's Steady as You Go class, suggests Mary Busch. Age Concern designated Mary as the coordinator for the Thursday group. The original plan was to interview her about the role, but like a seasoned coordinator she manipulated the arrangement to include several other class members in the discussion.

Mary would modestly accept that she is the main contact, but demurs when the title of coordinator or Peer Leader is suggested. She claims that everyone mucks in when required, rather than the onus falling on one member, and that view is acknowledged by the other members.

The group meets every Thursday morning in the Garden Room behind St Peter's Anglican Church on Willis Street. The members proudly state that they meet every week of the year because there is always someone around.

The group started more than five years ago when Mary was looking for an exercise group in the inner city. With encouragement from Age Concern staff member Ann Dalziel, the falls prevention exercise classes were started in the Garden Room. It has the advantage of being on bus routes and is within easy walking distance for inner city residents. The membership grew quite quickly to the extent that a second class became necessary.

Mary says that St Peter's is very welcoming and supportive of the groups, some of whom are members of the congregation. Sometimes, due to commercial pressures, the Garden Room is hired to other groups, but this just means the exercise session moves into the church for the occasion, no worries!

The Garden Room has picture windows so the public can view the members as they go through their routines, or as one member put it "The extraordinary things we do with our bodies". The public audience can be a little disconcerting, but the team keeps concentrating on the exercises because "you have to work hard to keep fit when you get old."

They are all great fans of the Steady as You Go programme and confirm the sessions have made an enormous difference to their confidence and wellbeing given the various walking and driving hazards throughout the city. One member commented that her eyesight and peripheral vision had improved, while another added that she finds herself



Mary Busch (left) with some of her assistant coordinators (second left to right) Judith Davey, Jean Phipps and Marion Kiddle

doing some of the moves while cooking or waiting for the kettle to boil.

As might be expected, the group has morphed into a social group. The exercises are the initial focus, but they also provide an opportunity to get together afterwards for tea and coffee and to exchange views on diverse issues. Mary commented that there is a wide range of experience, expertise and networks among members including in nursing, writing, education, library, research, and community organisations.

A high level of respect and regard for one another has developed within the St Peter's Thursday group through sharing weekly the challenges of ageing, of keeping mobile, safe and stimulated. They are very grateful to Age Concern for supporting the Steady as You Go programme and would strongly encourage others to collaborate to establish similar exercise groups in their communities where there is not one there already.

MICK CALDER

Office Support Volunteer

Celebrating Seniors' Week 2023

October saw the beginning of Seniors Week and it was all action at Age Concern! In partnership with Wellington City Council, we hosted a raft of events around the Region.

Over 30 seniors enjoyed the Seatoun social connection hub, which was a great turnout and celebration of their commitment to wellness. Seniors also showed their zest for keeping themselves active and safe, turning up for their regular falls prevention Steady As You Go classes. We're now hosting 37 classes in various suburbs around the Region.

We also delivered the Staying Safe refresher driving course for older people which was well attended. Being older does not need to mean being less involved. Seniors' Week also saw a fantastic Curious Conversation livestream event featuring Registered Dietician Melissa Kenworthy in a live cooking demonstration with our team. Members of the team also represented Age Concern

at various other community events around Wellington.

A real highlight of Seniors' Week was our flagship event – Making Connections. This one-day educational and informative event was held in Johnsonville and was attended by nearly 80 seniors. Covering topics such as pain management, Advance Care Planning, how to avoid scams and much more, participants not only went away well fed thanks to delicious food provided by AMP and Pak 'n Save, but better informed on a range of important aspects of ageing well. The day was sponsored by Summerset and TaskMasters, and also featured a range of other businesses and non-profits showcasing their activities.

We see seniors prove daily that they take their health and wellbeing seriously. It's such an honour to be able to celebrate Seniors' Week with our senior community.

RECENT HIGHLIGHTS...



... Age Concern in the Community



The Benefits of Volunteering for the Volunteer

Volunteering is generally viewed as a service that helps people and changes their lives, but the Mayo Clinic recently advised that it can also benefit the health of the volunteer. A volunteer doesn't have to be a wealthy donor or a politician to make a difference in their community, they can enhance people's lives purely by volunteering their services, big or small, to assist others. Research has shown that voluntary service can provide significant health benefits for the volunteer, particularly for older adults.

There is some contention about whether volunteering makes people happier, or that there is a reverse causality in that happier people are more likely to volunteer. Be that as it may, the general view is that volunteering can improve both the physical and mental well-being of the volunteer.

One study published in 2020 by the Journal of Happiness Studies reported that people who volunteered reported greater life satisfaction and better overall health as opposed to those who didn't. In addition, they found that those who volunteered more frequently (at least once a month) showed better mental health than those who volunteered less frequently.

The Harvard Medical School has been looking at these mental and physical health impacts including the question of how volunteering might contribute to lower blood pressure and whether it may also reduce stress.

A study conducted by Carnegie Mellon University comments, "As with any activity thought to improve health, researchers are trying to identify the specific characteristics of volunteering that provide the greatest benefit. For example, how much time would

you need to put into volunteer work to lower your blood pressure or live longer?" Their study proposes that 200 hours of volunteering per year correlated to lower blood pressure. But there are other studies that have found a health benefit from as little as 100 hours of volunteering a year.

Which types of volunteer activities improve health the most? No one really knows. There is some speculation that mentally stimulating activities, like tutoring or reading, might be helpful for maintaining memory and thinking skills, while "activities that promote physical activity would be helpful with respect to cardiovascular health, but no studies have really explored this." So, it is all a bit up in the air, but speculation is rife, and theories persist.

The general view of the health benefits to the participants of volunteering to help seniors comes down to:

- Increased physical activity. Many volunteer opportunities involve physical activity to a greater or lesser extent, such as taking seniors for walks, or even visiting them. Any regular activity can help improve physical health and reduce the risk of chronic diseases.
- Reduced stress. It is suggested that volunteering can help to reduce stress by providing a sense of purpose, action, and achievement. The volunteer connects with others and builds relationships, and shares experiences and opinions, which can further reduce stress.
- Improved mental health. Volunteering gets people out making contacts, either

individually or in groups, to develop a broader social network which helps improve mental health by reducing isolation and loneliness. It can also help to boost self-esteem and confidence.

- Sense of purpose. Volunteering can give you a sense of purpose and make you feel like you are making a difference in the world. This can boost your self-esteem and overall well-being.
- Longer lifespan. Volunteering has been linked with helping individuals live longer. This is possibly due to the benefits listed above of reduced stress and better social connections.
- Lower blood pressure. Volunteering may help reduce blood pressure, perhaps by increasing physical activity and lowering

stress. That's important because high blood pressure is a risk factor for heart disease and stroke.

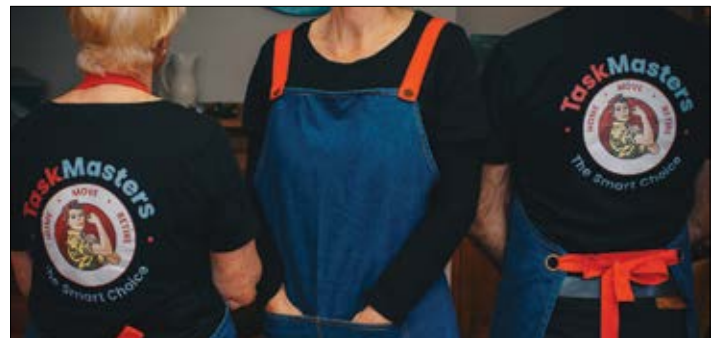
While the science may be a little vague, it generally points to the conclusion that if you want to improve your health and well-being, volunteering to help seniors is a great option.

Age Concern has options for volunteering to assist seniors in the wider Wellington region. There is a volunteer opportunity that is right for you. So, if you feel so inclined give us a call. You will be glad you did.

MICK CALDER
Office Support Volunteer

SUDOKU

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



Make your move to retirement living stress free, contact the professional organisers!

Mature, life experienced team of professionals
Compassionate and empathetic approach helping you make decisions to declutter and downsize.
Expert help to pack, unpack and set up in your new home.
Extensive network of quality and reliable tradespeople to get your house ready for the market.



027 562 7006
info@taskmasters.co.nz

taskmasters.co.nz

Scammers Exposed

The world is inundated by nefarious scoundrels seeking to deprive you of anything of value, particularly your hard-earned cash.

In the past, there used to be peddlers of nostrums of dubious quality which they claimed to be good for fixing everything including coughs, colds, and pimples on the bum. Invariably these nostrums were just a mix of non-toxic, but occasionally toxic, chemicals to be swallowed, injected, or rubbed onto the affected area, in the hope of some miracle cure.

Sometimes nature took its course and the patient survived, but not necessarily because of the cure suggested by the nefarious rascals. But people still bought them.

“Ponzi” schemes, where you could become an overnight millionaire if you bought and sold enough stuff by recruiting others to do likewise, flourished for a while, until the participants found they had too much stock and very few customers.

These are just two of the myriad ways devised by “flash Harries” to fleece you. The common aspect of their activities was that they sought to relieve you of your hard-earned funds by selling you a ‘pup’ – something that is worthless, or just useless, or inveigling you into handing over money for nothing. Another epithet for these people is ‘scumbags’ or maybe ‘scammers’.

These days they have changed tactics and rather than peddling their ‘wares’ from door to door they operate on the internet or contact you unexpectedly by phone. The aim is the same. They are after your money, by fair means, or more realistically, by any unsavory means at their disposal.

I thought that I was well acquainted with the various aspects of these scammers but was brought back to reality by a presentation from Matt Hull from ASB in Upper Hutt recently. It was a presentation arranged by Age Concern to keep members up to date with the latest developments in the scammers’ art, or craft.

The problem is that scammers are very smart and are using techniques that are difficult to detect.

Matt addressed the issues that can arise from almost any situation interacting with another person, but more particularly when these interactions are via computers/tablets using the internet, or via smartphones.

The most common scams he listed are phishing – suspicious emails or text messages, investments, online sellers, and buyers, and even internet dating. But there are also scams involving altered invoices, cryptocurrency, and ticket resellers.

The scammer aims to catch you unawares, pressure you to act quickly, and get you to pass over personal information (login ID and passwords) or persuade you to give them access to your computer or to install a programme that gives them access to your computer. So, you need to be alert, suspicious, and take a sceptical view of anything you receive via email or text, especially if it is unsolicited. This is keeping yourself safe.

Banking scams are very prevalent. The first rule for you to remember is that even if it looks realistic, banks will never ask for your banking password by email, text or by clicking on a link within an email or text message. If the message does not look or sound right and makes you suspicious, separately check the



phone number for the bank (not the one in the message) and ring them. Their security section will be pleased to help.

It is interesting to know that the banks have systems to monitor credit card transactions and if anything looks out of the ordinary, they will contact you to check.

Investment scams offering high returns with little, or no risk are another scammers' pleasant pastime. They offer you investment opportunities where the returns are higher than could be reasonably expected, or interest rates on deposits that are above and beyond the best rates banks can offer. Remember – if it sounds too good to be true, it probably is a scam. I used to get regular calls from a heavily accented person saying they represented a sharebroker in New York offering me deals that were too good to be true. I have now blocked that number.

Internet dating scammers use false photos and identities to pretend to develop a relationship with someone online. They are doing this full time and can become very convincing to the extent of becoming a soulmate. Then they bring up a personal issue or problem which may require funds to fix. They ask for money, possibly just small amounts initially to test the waters, and then more. If the scammer succeeds, they may ask

for more money, but suddenly the relationship ends, and they disappear.

Matt's presentation raised quite a few questions from the relatively small audience which showed the concerns the attendees had about the risks they face. It certainly opened my eyes.

These were just a few of the scams doing the rounds at present. A more complete list of the various types and how the scammers operate is available from Netsafe (visit www.netsafe.org.nz or call 0508 638 723). They also have tips and guides for staying safer online.

MICK CALDER

Office Support Volunteer

LYCHGATE FUNERALS

Caring for you and your family in your time of need

Wellington City: Ph 04 385 0745 | 306 Willis Street
Johnsonville: Ph 04 477 6855 | 7 Johnsonville Road

www.lychgate.co.nz

Fares are **CHANGING** from 1 September 2023

Find your best fare

Find your best fare by using our new 'fares selection tool' at metlink.org.nz/findmyfare or by contacting our Contact Centre on **0800 801 700**.

New fares & concessions

The new fares and concessions are:

| | Under 5 | Under 13 Free | Child Fare | Young Adult | Adult | SuperGold |
|-----|---|---|--|--|--|--|
| AGE | 0-4 | 5-12 | 13-18 | 19-24 | 25+ | 65+ |
| | Free travel No Snapper card required. | Free travel* Green Snapper card and Free Pass required. | 75% discounted fares* Green Snapper card required. | 50% discounted fares* Red Snapper card with Concession required. | Full price fares for non concession holders. | Peak: Adult Fares at full price.** Off Peak: Free Travel with SuperGold card. |

Existing concessions, including Accessible, Tertiary and Community Connect, will continue to be applicable.

For ferry passengers, new fares will be available on all forms of payment, including cash and EFTPOS.

If your situation is unique or you need assistance, call the Metlink Contact Centre on **0800 801 700**.

Applying for your concession

To access your Free Travel pass or concession discount, apply at snapper.co.nz or call Metlink Contact Centre on **0800 801 700**.

For more detailed fares and passes pricing information, terms and conditions and conditions of carriage, please visit metlink.org.nz/findmyfare

*Some exclusions apply (including Metlink on demand services and Te Hunga Whaikaha Total Mobility taxis) and concession discounts are based on the full adult fare with applicable discount during off-peak hours.

**If eligible SuperGold customers should consider using a community connect concession during peak travel.





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



On email?

Subscribe to our regular email newsletter to keep up to date with news and events in the Wellington Region.

Subscribe through our website www.acwellington.org.nz or email news@acwellington.org.nz

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

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



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

(Please tick the relevant boxes)

- Making a donation of \$.....
- Making a regular donation of \$.....
- Becoming a Member \$
(\$30 single, \$40 couple)
- Agency member (\$80) \$.....
(organisation or company)
- Volunteering

Note: Donations of \$5.00 or more qualify for tax credits.

Please tick box if you require a receipt

GST Registered Number: 20-448-962

Title: Mrs / Mr / Miss / Ms _____

First Name: _____

Surname/Agency/Society/Organisation/
Corporate: _____

Street Address: _____

Suburb: _____

Postcode: _____

City: _____

Postal Address (if different from above): _____

Email: _____

Telephone: _____

Information is confidential, and will not be passed on to any other persons or agency and is held in accordance with the Privacy Act 2020.

Bank Account: 38-9023-0218900-00

Pay online with name as reference

Age Concern Wellington Region Inc.

Forward this form or contact us with your address. **Age Concern Wellington, PO Box 11-108, Manners Street, Wellington 6142 or phone (04) 499 6646.**

Coming Events

Vogelmorn Hub for Seniors

27 Feb & 26 Mar, 2pm

Seatoun Hub for Seniors

7 Feb & 6 Mar, 10.30 - 11.30am

Upper Hutt Hub for Seniors

13 Dec & 14 Feb, 12pm

Manners Street Coffee Group

14 Dec & 14 Feb, 10am

Linden Hub for Seniors

12 Dec & 13 Feb, 1pm

Staying Safe course for older drivers

14 Feb, 10am in Lower Hutt

17 Apr, 10am in Te Aro

Call 04 499 6648 to register

Walter Nash Hub, Taita, Lower Hutt

TBC

Tea & Tech, and Scam Prevention

27 March, 10.30am, Epuni

Call 04 499 6646 for details

More events are added regularly,
check out website for details.



Services

Visitor Service

Community Support

Phone Friend Service

Companion Walking Service

Advance Care Planning Service

Falls Prevention exercise classes

Staying Safe courses for older drivers

Call 04 499 6646 for more information



Dear Ann

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

I know that you often receive requests for information, but as it is nearly Christmas, I thought I would like to share my appreciation of one of your services.

Following an operation last year, I found myself pretty much house-bound, and over the following weeks I became a bit depressed and lethargic. Talking to a friend, she suggested getting in touch with Age Concern, as you run a home Visiting Service.

It took a while for me to make the phone call, after admitting to myself that I was very lonely. However, all was well, and the Coordinator came out to my house to meet me. We had a cup of tea, and she asked all sorts of questions about me. She explained they liked to take great care in matching a visitor with a 'client' as they want the visiting

arrangement to work, so having mutual common interests was a great starting point.

All I can say is that this service has been a lifeline for me – I look forward to the weekly visits as we have so much to talk about. I have found that I take more interest in the news and what is going on around me, and that my health has improved significantly. My volunteer visitor also really enjoys the contact – she misses her grandparents, so I have become a substitute Granny!

So, a big thank you to Age Concern and the Visiting Service – I thoroughly recommend anyone getting in touch with the friendly office.

Gracie, Lyall Bay



COURTENAY Hearing Centre

Caring for your hearing



For independent professional advice

- Hearing assessments
- Digital hearing aids — all brands (60-day trial)
- Tinnitus assessment and treatment



- ACC, Ministry of Health and War Veterans funding
- Musician and noise plugs
- Accessories, batteries and servicing

WELLINGTON
Level 2, 15 Courtenay Place | (04) 385 9144

WAIKANAĒ
In the mall 10/2 Mahara Place, Waikanae | (04) 293 4170

PARAPARAUMU
8A Ihakara Street | (04) 385 9144

LEVIN
SeeHear, 174 Oxford Street | (06) 368 0130

info@courtenayhearing.co.nz
www.courtenayhearing.co.nz



Enjoy life with Enliven

Enliven creates elder-centred communities where individuals are recognised and valued – a place where everyone can enjoy companionship, meaningful activity and fun.

- **Huntleigh Home and Apartments, Karori**
- **Woburn Home and Apartments, Woburn**
 - **Cashmere Home, Johnsonville**
 - **Cashmere Heights Home, Johnsonville**
 - **Longview Home, Tawa**

retirement villages | rest home | hospital | dementia
short term respite | health recovery | day programmes

Free phone 0508 ENLIVEN
www.enlivencentral.org.nz

Across

- 1. Container weight
- 5. Reprimand, with "out"
- 9. Swallows water eagerly
- 14. Didn't have enough
- 15. Deep purple, edible berry
- 16. Wagner work
- 17. Refusal to interfere
- 20. Boston newspaper
- 21. Dorm room staple
- 22. Sign of summer
- 24. A British gentleman (Archaic)
- 28. Snowman prop
- 31. Diarist Samuel
- 34. Maple genus
- 35. Trick taker, often
- 36. Abysmal test score
- 37. Ancient city NW of Carthage

- 38. Private property
- 42. Leisurely walk
- 43. Send to the canvas
- 44. Drink from a dish
- 45. Impulse transmitter
- 46. Physics particle
- 48. Half a matched set
- 49. Lampoons
- 51. Australian runner
- 53. Inflammation of the ear
- 56. Cremona artisan
- 60. Conceited
- 64. Unfit for Jewish consumption
- 65. Bubbly drink
- 66. Season to be jolly
- 67. Bakery supply
- 68. Bow

69. Prize since 1949

Down

- 1. Chinese dynasty
- 2. Gone wrong?
- 3. Ashcroft's predecessor
- 4. Like some mushrooms
- 5. Dracula, at times
- 6. Air force heroes
- 7. Dermal development
- 8. Vivacious
- 9. Dead duck
- 10. Current
- 11. Floral necklace
- 12. Adept
- 13. Gabriel, for one
- 18. Formerly known as
- 19. "Aeneid" figure
- 23. Airy

25. Tapered, frozen formation

- 26. Fruit juice
- 27. Understands
- 28. Greek surname
- 29. Mountaineering tool for frigid conditions
- 30. Being
- 32. Big time
- 33. Lively Bohemian dance
- 36. Animal house
- 37. Amateur video subject, maybe
- 39. Well wishes before a vacation
- 40. Listening device
- 41. A bag-shaped fish trap
- 46. Bon mot

47. Improved selling price

- 48. Caring
- 50. Brown ermine
- 52. Fortify
- 54. Knowing, as a secret
- 55. Fodder holder
- 57. Bit
- 58. Abound
- 59. One way to stand by
- 60. Dump
- 61. "... ___ he drove out of sight"
- 62. Grassy area
- 63. ___ grass

| | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 |
| 14 | | | | | 15 | | | | | 16 | | | | |
| 17 | | | | 18 | | | | | 19 | | | | | |
| 20 | | | | | | 21 | | | | | | | | |
| | | | 22 | | 23 | | | 24 | | | | 25 | 26 | 27 |
| 28 | 29 | 30 | | | 31 | 32 | 33 | | | | 34 | | | |
| 35 | | | | 36 | | | | | | 37 | | | | |
| 38 | | | 39 | | | | | 40 | 41 | | | | | |
| 42 | | | | | | | 43 | | | | | 44 | | |
| 45 | | | | | 46 | 47 | | | | | 48 | | | |
| 49 | | | | 50 | | | | | 51 | 52 | | | | |
| | | | 53 | | | | 54 | 55 | | 56 | | 57 | 58 | 59 |
| 60 | 61 | 62 | | | | | | | 63 | | | | | |
| 64 | | | | | | 65 | | | | | 66 | | | |
| 67 | | | | | | 68 | | | | | 69 | | | |

Making Social Justice a Top Priority Drives Age Concern Volunteer

Volunteers are critical to enabling Age Concern to reach seniors all over the Wellington Region. Sheila is one of our valued volunteers helping with the social connection hub for seniors at Te Pokapū Hapori – The Wellington Community Centre in Manners Street. She shares her story and reasons for volunteering with us.



While sitting together enjoying coffee in a Wellington Cafe, (she also admits being particular about her coffee), her face lights up as we chat about seniors and how to advocate for equal inclusion in society. When asked what drives her to continue to volunteer, the answer is a resounding “social justice”.

Sheila came to New Zealand in 1981 from the UK. She had two children, and the family grew up in the suburb of Karori where she still lives today. She worked as a community worker with a special interest in supporting older people to live at home, and over the years also worked for several organisations aiming to decrease Elder Abuse in our community.

After 20 years working with Wellington City Mission, she joined Age Concern in 2014. Working in the Elder Abuse and Neglect Prevention space, she admits it was probably the most fulfilling and rewarding role she ever had. Sheila retired just before the Covid-19 pandemic hit. She says she couldn't believe the increase in demand for Age Concern services during the pandemic and how it highlighted the number of isolated older people in the Wellington Region.

Through her experiences volunteering, she understood that helping in the background with pouring teas and handing out food allows the group leader the space to see and hear

what the need is within the group.

From the moment she considered retirement, Sheila says she knew that offering her services to Age Concern would be another notch in her volunteering belt. She was already leading a senior group at her church in Karori, volunteering at The Wellington Welfare Guardian Trust, CanBead, and the duties with Age Concern at the Manners Street coffee group fitted perfectly. She also keeps busy doing exercise like our Steady as You Go falls prevention class and a Spin Poi class at Te Pokapū Hapori. Sheila is an active person and that's just how she likes it! However, she makes time to spend one day a week with her four grandchildren, which she has done since each of them was born – what lucky kids.

Sheila says volunteering ensures that she is fully occupied, challenged, and that she finds achievement in her daily activities. She says she likes to do something useful to help others and to strive for equal value and inclusion in society. She advocates for social justice for seniors being a top priority and has made a number of valuable friendships while achieving her selfless goals. I'd call these worthy reasons to volunteer, and Age Concern is just one of the lucky recipients of Sheila's time and genuine caring nature.

STEPH DEEGAN

Communications and Fundraising Assistant

Steady As You Go Falls Prevention Exercise Classes

| DAY | TIME | LOCATION |
|-----------|---------|---|
| Monday | 10am | Seatoun Village Hall, 22 Forres Street, Seatoun |
| Monday | 11am | Knox Church, 574 High Street, Boulcott, Lower Hutt |
| Monday | 1.30pm | Walter Nash Centre, 20/22 Taine Street, Taita |
| Tuesday | 11am | Koraunui Stokes Valley Hub, 184 Stokes Valley Rd, Stokes Valley |
| Tuesday | 11am | Wainuiomata Library, 1 Queen Street, Wainuiomata |
| Tuesday | 12pm | Linden Community Centre, 10 Linden Avenue, Tawa |
| Tuesday | 12pm | Newtown Community Centre, Corner of Rintoul and Colombo Streets, Newtown |
| Tuesday | 1pm | Vogelmorn Hall, Mornington Rd, Brooklyn |
| Tuesday | 1pm | Johnsonville Uniting Church, 16 Dr Taylor Terrace, Johnsonville |
| Wednesday | 9.30am | Live Online Class, Zoom |
| Wednesday | 12pm | All Saints Church, Hataitai, 90 Hamilton Road, Hataitai |
| Wednesday | 11.30am | St Andrews Anglican Church, 11 Steyne Avenue, Plimmerton |
| Wednesday | 12pm | Eastbourne Community Hall, Tuatoru St, Eastbourne |
| Wednesday | 1pm | Heretaunga Christian Centre, 51 Lane Street, Wallaceville, Upper Hutt |
| Wednesday | 1.30pm | Walter Nash Centre, 20/22 Taine Street, Taita |
| Thursday | 11am | St Lukes Church, 34 Pitt Street, Wadestown |
| Thursday | 1pm | Tawa Community Centre, 5 Cambridge Street, Tawa |
| Thursday | 1pm | Koahunui Stokes Valley, 184 Stokes Valley Rd, Stokes Valley |
| Friday | 10am | Johnsonville Community Centre, 3 Frankmoore Avenue, Johnsonville |
| Friday | 11am | St Mary's Church Hall, 69D Discovery Drive, Whitby |
| Friday | 1pm | 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**