

**Official publication of Age Concern Wellington**

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**OFFICE HOURS:**

**9.30am - 4.30pm Mon - Fri**

*Winter 2015*

**Age  
Concern**

Wellington

He Manaakitanga

Kaumātua



***Serving the needs of older people***



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## Executive Officers Report

The year is flying past and it may be my age, but it seems to be moving faster every year. A good news point is that life expectancy is increasing and at the moment it is 15 minutes every 6 hours, or 91 days every year which means that one year of life expectancy is gained every four years of time.

We recently had a very interesting Annual Conference, attended by all 34 Age Concerns from around New Zealand. One of the interesting speakers was Dr Natalie Jackson, from Massey University, whose topic was 'The Miracle of Population Ageing'. The question asked is why policy has been so slow to keep pace with the ageing population? Why are economists still using antiquated measures like the 'aged dependency ratio' when there are twice as many people of 'working age' who are not working as there are above the age of 65, still working. By 2026 there will be more people over 65 than under 14 years old, which is the first time this has occurred since records started, so the measure of aged dependency needs to be redefined now. New Zealand is currently 4th in the OECD of those employed as % of employment for 65-69 years.

The language used about the ageing population is a major obstacle to bringing the many advantages of this situation to the fore.

The discussions fail to mention that the population ageing is quietly bringing about an end to natural growth in the population that was driven by Baby Boomers, as there is a forecast that there will be no natural increase in population.

The questions for the future highlight some of the benefits of the ageing population. Many Seniors do thousands of hours of volunteering. Many mind grandchildren, but who will do that in the future once the bulge has past?

While a number of new retirement centres are being built in or near main centres, what happens to the many Seniors living in the smaller regions? Are they removed from family and contacts, or is there alternatives that need to be planned now? There is

also an issue where many industrial and occupational jobs are facing low entry:exit ratios meaning there could be a skills shortages in the future.

The World Elder Abuse Awareness Day is on 15th June, and later in the year, 1st October is International Day of the Older Person. Seniors need to be using all our contacts to help change the language, discourse and measures in current use to reflect that there is not a problem in the population movement, but that there is a miracle of population ageing.

A concerted effort is required by us all to push back hard against the stereotypes and labels about ageing. We need to be pushing employers to re think their current personnel attitudes, and accept that seniors have a place in their business by allowing them to work less hours or days, but still be extremely valuable contributors to the business.

As Seniors we need to constantly refer to the benefits we provide to family, friends, society and business, so that we help overcome the negativity associated with ageing. We need to have a positive attitude and refuse to accept that being old is a problem for society.

*John Gibbons*  
Executive Officer



**We would like to thank our members and supporters, and especially thank the following organisations for their ongoing financial support:-**

Four Winds Foundation

Infinity Foundation

Mana Community Foundation

The Trusts Community Foundation

Hutt City Council

Wellington City Council

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Say goodbye to cabin fever this winter and get out for a warm and comfortable drive with your local Daisy. Take a scenic drive to a local attraction or a trip down memory lane to places from your past. Some clients take a trip like this once a week to have a break from their everyday surroundings and if you have friends to share this with then it becomes even more affordable. Contact Driving Miss Daisy to plan your next outing.

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*Serving the needs of older people*



## COMMUNITY PATROL VOLUNTEERS WANTED!

“Community Patrols of New Zealand (CPNZ) has seven groups operating in Wellington City and the surrounding suburbs. Patrols are always on the lookout for new volunteers, with daytime shifts once a week proving popular with retirees. Bill Thomas, Secretary Treasurer of Wellington South Community Patrol, says “when you’ve retired, it’s a good time to think about what you can do to give back. It’s not hard work, but it’s a great way to get to know your community”.

John Barnhill has been a patroller for the last 5 years and describes CPNZ as a very worthwhile organisation; “we really are the eyes and ears of the local community and the police”. Bill adds that “our job is to observe - we don’t try to catch people; instead we keep an eye out and let the authorities know if there is anything going on”.

The police frequently ask daytime patrollers to go around specific areas that have been hit with crimes such as car break-ins and home robberies; the presence of community patrollers does a lot to deter would be criminals, and means the police have someone on the ground to report any suspicious activity if it does arise. Personal safety is the first priority for patrollers, and all volunteers are trained to stay safe and avoid confrontation.

Bill says he’s gotten a lot out of volunteering for CPNZ, but what stands out is that “I really get a sense that I’m helping, while also gaining a greater knowledge of the community. You see the diversity of Newtown, which is a really great suburb from that point of view.”

Wellington South’s patrollers reflect this diversity, with volunteers coming from all walks of life, and ages ranging from early 20s through to mid 70s. For more information about your nearest group and to find out more about their training and schedules, contact Community Patrols New Zealand:

Phone: 470 7044

Email: [database@cpnz.org.nz](mailto:database@cpnz.org.nz)

Website: [www.cpnz.org.nz](http://www.cpnz.org.nz)”



## THE AGE CONCERN WELLINGTON CHARITABLE TRUST

Exists to enhance the wellbeing and interests of older people in the regional district of Age Concern Wellington (Inc), being generally the Wellington, Lower Hutt, Upper Hutt and Porirua territorial areas. The Trust will support provision of advocacy and services to older people in need of assistance and not reasonably addressed through conventional means.

The Trust seeks to create a strong capital base from which it can further its purpose in the short and longer term. This can be achieved through gifts and bequests.

## INSTRUCTIONS TO YOUR SOLICITOR

To give a Bequest to The Age Concern Wellington Charitable Trust. Instruct your Solicitor to prepare the necessary documentation for a gift or bequest.

**‘I give to Age Concern Wellington Charitable Trust, PO Box 11-108, Manners Street, Wellington for its general purposes.’**

**This Bequest instruction is not effective until written into your will which must be signed.**

Please let us know if you make a bequest, so we can thank you personally.

# HAPPY



**"I've done more exciting things in the last year, than I did in the previous 70!"**

*Ryman resident, Alister Leckie  
(aka Al Pharrell Williams)*

**For more information on our friendly villages  
please phone 0800 588 222**



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66 Mabey Rd, Lower Hutt





**Maureen Drummond, Accredited Visitor, Ellen Te Moni AVS client, Co-ordinator Hutt Valley Melva Howard.**

## INTRODUCING Ellen & Maureen

Ellen Te Moni was introduced to her new visitor Maureen Drummond recently.

A great match, with history from Ellen's Ngapuhi iwi, she grew up speaking only Maori until her early teens. Enjoys sharing her stories, an awarded actress in her younger days as Bloody Mary in South Pacific. We await to hear her beautiful singing voice,

especially 'Some Enchanted Evening', 'Bali Hai'i' and 'Happy Talk'.

Living in the Hutt Valley Ellen is 77 and is so gracious sharing her knowledge, educating us on the correct pronunciation of the Maori language and is up to date with current affairs. She is a great chatterbox! Ellen appreciates our Accrediting Visiting Service along with other carers checking in on her and ensuring she keeps in good health.

A song from the Rodgers and Hammerstein musical about her makes U.S. Navy sailors sing, Bloody Mary is the girl I love, her skin is tender as *DiMaggio's glove* (changed to "her skin is tender as a baseball glove" in the 1958 movie),

- "Some Enchanted Evening"
- "There Is Nothing Like a Dame"
- "Bali Ha'i"
- "I'm Gonna Wash That Man Right Outa My Hair"
- "I'm in Love with a Wonderful Guy"
- "Younger Than Springtime"
- "Happy Talk"

"You've Got to Be Carefully Taught"

## The Short Story

### Lands

Ngāpuhi is the largest tribe in New Zealand. Their territory stretches from the Hokianga Harbour to the Bay of Islands, and to Whāngārei in the south.

### Canoes

Arriving in the Matawhaorua canoe, the navigator Kupe named the Hokianga Harbour. After he returned to Hawaiki, two captains, Nukutawhiti and Ruanui, set off again to establish settlements in New Zealand.

### Ancestors

The tribe's founding ancestor, Rāhiri, was descended from Kupe, Nukutawhiti and Puhi. When his two sons fought over land, Rāhiri helped them make peace by flying a kite over the territory. The points where it landed marked the boundary between their two regions – Hokianga and Taumārere.

All tribes north of Auckland are descendants of Kairewa and his wife Waimirangi, 'the queen of the northern tide'.

Through his marriages, Rāhiri forged links with many tribes. Some descendants moved eastward, taking over other groups. Eventually the name of Ngāpuhi was given to all tribes in the Hokianga and Bay of Islands.




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## European contact

Using muskets gained through trade with Europeans, Ngāpuhi defeated several tribes in the 'musket wars' of the 1820s.

Ngāpuhi chiefs signed both the Declaration of Independence in 1835 and the Treaty of Waitangi in 1840. But in 1845–46, after chief Hōne Heke protested at growing British control, Ngāpuhi fought the British to a stalemate. Later they lost much land.

## Ngāpuhi today

In 2013 there were more than 125,000 Ngāpuhi people, and more than 50,000 lived in Auckland. Their central organisation is Te Rūnanga ā-Iwi o Ngāpuhi. Renowned descendants include Dame Whina Cooper, who led a land march in 1975.

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## Dear John.....

Dear John

*My thirty year old grandson has asked me to help him buy a car. He's seen one he likes but hasn't got quite enough and needs another \$5000 to buy it. He asked his parents, my son and daughter in law, but they told him to buy one he can afford. I feel very torn as I want him to be able to come and see me and he says he won't be able to visit me if he hasn't got a car. I've got a small amount in my Kiwisaver, but I was keeping that aside for any medical expenses that might crop up. He hasn't got a good credit rating and so he can't take out a loan for the car.*

Dear Mavis

Well, to be brutally honest, my answer is 'don't do it.' It sounds as if he isn't very good with money and you may well need the money for an unexpected expense of your own. As you know,

even ordinary things these days are expensive. I agree with his parents that he should set his sights lower and buy one that he can afford.

However, if you really can't bring yourself to turn him down, my next advice is to "put it in writing." Write down how much you are lending him – and make it very clear it's a loan not a gift – and when you want it repaid by.

In fact it would be a good idea to set up the repayment plans immediately, before the money is handed over. You could agree on a weekly or fortnightly repayment amount, and take him down to the bank to set it up before you release the money.

Have you talked to his parents about this? They may not be very pleased that he's come to you, and gone behind their backs. I suggest that you talk to them first to avoid a big family disagreement.

**Please send in any queries you might have and our amazing manager, John, will reply to these questions and problems and give an answer drawing on his vast experience working at Age Concern.**

**He can be contacted on Ph 499 6646; emailed on [eo@acwellington.org.nz](mailto:eo@acwellington.org.nz); or written to at PO Box 11-108, Manners St, Wellington 6142**



Serving the needs of older people

## World Elder Abuse Awareness Day – WEAAD

**Elder abuse is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.\***



WEAAD was launched in 2006 and the UN designated June 15th as the day on which to raise worldwide awareness.

Its purpose is to provide an opportunity for communities all over the world to educate people about the complex nature of elder abuse and neglect and bring it to their attention.

Just as the abuse of children was once a hidden issue but is now widely acknowledged, so the abuse of older people is being increasingly recognised all over the world. In New Zealand the Ministry of Social Development has contracted Age Concern

nationally to investigate cases of elder abuse. In Wellington we have two Elder Abuse and Neglect Prevention Coordinators, one with a community work background and the other with a legal background.

It used to be thought that carer stress was the main cause of elder abuse, but in fact it is far more complex than this. Family dynamics and relationships play an important part as does the financial stress experienced by family members and others. Ageist attitudes whereby older people are not seen as a vital part of the community influence individuals to exploit seniors. The role of mental health and/or addiction issues cannot be underestimated. The power and control issues of domestic violence do not stop at 65, they just keep on keeping on. Old-fashioned greed and opportunism are in the mix. And words fail me when it comes to describing the many scams people are lured into, “evil” and “wicked” somehow just don’t seem strong enough.

There are many forms of abuse, but top of the list for older people is financial and psychological abuse. Older people who are isolated and vulnerable can easily fall victim to financial exploitation, whether it be by family, caregivers, neighbours or tradespeople. The result is huge distress and often financial hardship for the older person themselves.

Another area of abuse is the neglect of an older person, when the person in the role of caregiver does not attend to the physical, medical and health, nutritional or emotional needs of the older person. And sometimes older people themselves fail to look after themselves, and their environments get on top of them, and intervention is attempted if possible.

Sadly, there can also be abuse in residential care facilities, and these cases are also investigated by our two coordinators.

Age Concern strongly encourages people to take action to stop older people being taken advantage of. Anyone who has concerns about their own or another’s situation can contact us on Ph 499 6646 or eanwgtn@acwellington.org.nz for a confidential discussion about what is happening and how Age Concern might be able to help.

*Sheila Reed* EANP Co ordinator

\*Definition taken from the Age Concern website [www.ageconcern.org.nz](http://www.ageconcern.org.nz)

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Alan and his wife Joan at their home in Tawa.

## VOLUNTEER ACCREDITED VISITING SERVICE

The visiting service for Age Concern Wellington has many volunteer visitors aged from their early twenties to their eighties.

One such visitor in the more mature age bracket is Alan Rice who lives in Tawa.

Alan has been visiting for over 2 and half years and we really appreciate his contribution to our service.

I visited Alan recently to talk about his background and Alan spoke about his ancestors settling in Wellington in 1841. They came on the ship Olympus and landed in Petone. There are several streets in Johnsonville named after his family including Norman Lane, and Sim Street.

Alan attended Ngaio school before and during the war and then spent four years at Wellington College.

He then went job hunting and by luck was offered a job at the first place he visited Shell Oil.

He worked there for 40 years and went to many towns in New Zealand during that time. The highlight of those years was as he described them the best three years of his life in Papua New Guinea.

Alan Married his wife Joan in 1954 and they had four children. They celebrated their 60th wedding anniversary last year.

Alan has had a life long interest in cycling. It was the late Wally Williams who helped Allan to paint and upgrade his bike in the nineteen forties. Today he is a

Life Member of many cycling clubs including:  
Port Nicholson Cycling Assn  
Cycling New Zealand  
Wellington Cycling Centre  
Cycling New Plymouth

In 2012 he received an award for a Wellington Lifetime Contribution to Cycling Sport 2012. He was also present at the opening of the Cambridge Velodrome which was opened by Prince William when he toured New Zealand in 2014.

For me Alan provided the quote of the week when he said "The only problem with young people today is that I am not one of them"

*Monica Robinson*  
AVS Coordinator Wellington

**The main thing that's wrong with the younger generation is that I'm not in it.**

**I know my secrets are safe with my friends, because at our age they can't remember them either**

E Morris Jnr

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## Book Review

### In Your Prime by India Knight

Ann reads such interesting books, and after she'd passed this one on to me, suggested that I might like to review it for our readers who might also be interested!

In Your Prime is a highly irreverent and light-hearted book about the whole ageing process. It gives you a great sense of achievement at having arrived at the senior years, and that in fact you've done and learnt an awful lot along the way.

It's immensely cheering to learn that the very term prime is elastic these days; 80 is the new 50 what with our increased longevity. You are in your prime at any time before the decline and you can decide when that might or might not be.

It's also a book to dip in and out of, choosing the chapters that are of interest to you and ignoring the ones that aren't.

The section on How to be a Friend to Someone who

is ill is great – *don't keep asking what you can do to help, just do it.* And if you turn up on the doorstep with a casserole or flowers, don't expect to be invited in and entertained. Your friend is sick and may not feel up to it.

There's an excellent chapter on Ailing Parents and how to deal mentally with this and where to get help. As she points out, there are plenty of manuals for having a baby but no Penelope Leach for geriatrics! The avenues for help mentioned are all UK based, so here in NZ, Age Concern can be a good starting point for help and advice.

I loved the Health and Beauty and Fashion chapters – it really is important to be able to smile at oneself and the stage we have reached. Don't wear beige, so ageing! *Wear colour, and wear navy not black. Don't be too fat or too thin – the former will stuff up your knees and the latter will make you look wrinkly.*

I mostly skipped the parts about Family Relationships, though the advice for helping your children cope with a new stepmother or how to



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A FREE independent service for NZ residents or citizens 16 years and over who experience difficulties managing the impact of hearing loss.

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A hearing therapist may be able to help if any of the following apply to you:

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- You have difficulty hearing in background noise?
- You have difficulty hearing the television, phone or doorbell?
- You have a hearing aid, but feel it's not the complete answer?
- You have noises in your head or ears?

Hearing Therapists are trained to understand the impact of hearing loss and are able to advise and support anyone who experiences difficulties communicating effectively because of this. Assistance may include learning communication strategies, finding a suitable phone, or learning to get the most from the hearing aids someone already has.

**For a FREE appointment phone  
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# STAYING SAFE

a refresher workshop for senior road users

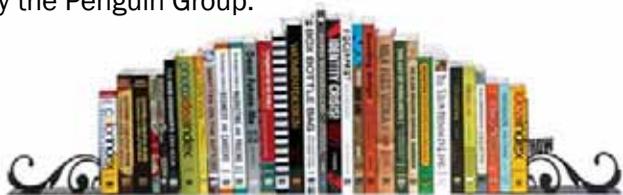
deal with a straying husband was interesting but, mercifully, not relevant.

Apparently our cultural hunger becomes more acute in our later years – this must be why Circa is filled with what Roger Hall calls the “geriatric brigade” on Sunday afternoons, a sea of greying and balding heads! So keep on supporting the Arts and the need to extend your mind.

And finally, this is the age of *The Joy of Pottering*, our golden pottering years when we can become pottering Olympians, just pootling around, not doing very much, on our own or in the company of friends. Read, Laugh and Enjoy!

Sheila Reed

In Your Prime by India Knight was published in 2014 by the Penguin Group.



## How well do you know the road rules?

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

For enquiries and to register please contact:-  
Ann Dalziel - Age Concern Wellington.

Tel 04 499 6646

or e-mail [communitysup@acwellington.org.nz](mailto:communitysup@acwellington.org.nz)  
[www.nzta.govt.nz/traffic/senior-road-users](http://www.nzta.govt.nz/traffic/senior-road-users)

**We have two Staying Safe Courses booked for Friday 17th July and 31st July 2015 at Anvil House, 138 Wakefield Street, Wellington, starting at 9.45 a.m. If you would like to attend this, please ring Ann Dalziel on 499 6646 or e-mail [communitysup@acwellington.org.nz](mailto:communitysup@acwellington.org.nz) to book a place (numbers are restricted).**



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

**Exercising with stiff and painful joints can be difficult, but it is worth persevering.** Exercise has been proven to help you better manage your arthritis. The benefits include improved mobility, better pain management and increased functioning. And water based exercise has particular benefits, as the increased buoyancy of water allows for ease of movement and decreased joint loading.

If you exercise with a group, then there are the additional benefits of social contact and reduced isolation. Arthritis New Zealand offers water-based exercise classes in Kenepuru, Kilbirnie, Lower Hutt, and Paraparaumu. Phone Maggie on 0800 663 463 or email [maggie.lovekinpitman@arthritis.org.nz](mailto:maggie.lovekinpitman@arthritis.org.nz) for further information about these classes.

As well as exercise classes, Arthritis New Zealand offers Arthritis Educator services, information sessions, seminars, workshops, weekly live chat on Facebook, support groups, support for people newly diagnosed with arthritis, and much more.

Arthritis New Zealand is the national organisation focussed on raising awareness of the more than 140 different forms of arthritis, advocating for those with the condition, and providing advice and support. There are 578,000 people in New Zealand living with arthritis.

## Home delivered meals

Many of our clients receive pre prepared meals, delivered directly to their home. There are a number of different suppliers, and their content and prices vary enormously. Listed below is a short summary of what is available in the Wellington/Hutt region, together with contact details.



**MEALS ON WHEELS WELLINGTON** – this service is **only available via a referral from a Health Professional**, such as a GP, Practice Nurse or Social Worker. These meals are made daily in the kitchens of Wellington Hospital and usually consist of meat, fish or chicken with potatoes and two other vegetables. There is also a pudding, such as sponge and custard. The cost for these meals is \$3.90. The meals are distributed daily either via volunteer drivers (often accompanied by an IDEA client), or by the Meals on Wheels service van. Wellington sends out approximately 120 meals every day.

A similar service exists in the **HUTT VALLEY** where meals are produced in the Hutt Valley Hospital kitchens. These meals cost slightly more - \$4.00 for a main and \$1.00 for pudding. The meals are distributed daily via volunteers, often with the assistance of `Thumbs up` clients. They usually send out between 170 and 185 daily.

**UPPER HUTT** meals prepared at Hutt Hospital are distributed to Upper Hutt via the Red Cross. They currently send out approximately 70 daily (Monday to Friday).

**EZEE MEALS** – previously produced by Wellington City Mission, this company has changed ownership and the meals are now manufactured by Silk Road Foods. The meals are still produced at Titahi Bay and are nutritious, home style pre packed frozen meals ready to heat and eat. There are ten main meals and nine smaller meals with prices ranging from \$5.00 for a small meal to \$7.50 for main meals. Distribution is via Church Halls (just the same as previously) – and from City Mission, Newtown.

Contact Silk Road Foods, tel 04 236 7410, fax 04 236 653, e mail [orders@silkroadfoods.co.nz](mailto:orders@silkroadfoods.co.nz)

**WATSONIA** – this service is specific to the area from Petone to Stokes Valley. The company offers

food that is similar to food older people enjoyed as children, such as savoury mince, meat loaf and gravy, steak casserole and puddings such as fruit crumble and custard. A significant point of difference is that it is served on plates! Watsonia distribute about 50 meals daily. The cost of meals varies from \$6 for a very small meal to \$12 for a very large meal, and \$3 for dessert. Contact Margaret 04 5770159.

**EAT UNLIMITED** – produces wholesome meals such as Roast Beef with horseradish sauce, broccoli and roast vegetables ((\$9.90), Mince and Cheese Pie (\$9.50), and desserts such as raspberry cheese cake (\$4.50). These meals come fresh, not frozen and there are daily deals available. Deliveries are weekly and can be kept in the fridge, or frozen as required. Meals can also be collected from EAT premises at 67 Pilmuir Street, Lower Hutt. To order – phone 04 5601960, or email orders@eat.co.nz

*Ann Dalziel*

Community Support Co-Ordinator

## More De-Cluttering Tips

Following on from last edition's article on decluttering, some further tips are:

- Mary from Karori suggested that you have a marker with you when you read the paper so that you can highlight the article you want to keep. You can then cut it out rather than keeping the whole paper.
- Give your treasures to the grandchildren! I recently gave some old handbags to mine and they were over the moon. (Their mother wasn't but perhaps it was payback time for all the years of storing her stuff!)
- Every time you go to an over-full drawer or cupboard to look for something, have a tidy up while you are there.

Sheila Reed EAN Coordinator

**It never worries me when I get a little lost.**

**All I do is change where I'm going.**

**Time may be a great healer, but it's a terrible beautician.**

**The days happy hour is nap hour.**

## Support Age Concern Wellington

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

(Please tick the relevant boxes)

- Become an individual supporter by an annual donation \$\_\_\_\_\_
- Making a donation of \$\_\_\_\_\_
- Becoming a Corporate supporter \$\_\_\_\_\_
- Becoming a volunteer visitor

Note: Donations of \$5 or more are tax deductible

Do you require a receipt?

GST Registered Number - 20-448-962

Title: \_\_\_\_\_ First Name: \_\_\_\_\_

Surname/Agency/society/Organisation/Corporate: \_\_\_\_\_

Street Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ City: \_\_\_\_\_

Postal Address (if different from above) \_\_\_\_\_

Email Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Information is confidential, will not be passed on to any other persons or agency and is held in accordance with the Privacy Act 1993

Bank A/C: 0305 1007 19509 00

Pay by cheque or online with name as reference

**Age Concern Wellington Inc**

Forward this form or contact us with your address.

**Age Concern Wellington, PO Box 11-108,  
Manners Street, WELLINGTON 6142,  
or tel 499 6646**



## PAUL FOSTER-BELL NATIONAL LIST MP BASED IN WELLINGTON CENTRAL

Paul is working hard to:

- Support growth in our Wellington Economy.
- Assist businesses, and all Wellingtonians, with their issues.
- Encourage our world-renowned Wellington innovation.

If Paul can be of service, contact his office: **DDI:** (04) 817 6887

**Email:** [wellingtonoffice.national@parliament.govt.nz](mailto:wellingtonoffice.national@parliament.govt.nz)

**Website:** [www.pfb.co.nz](http://www.pfb.co.nz)  @PARFosterBell

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Parliament Buildings, Wellington

**National**  
[www.national.org.nz](http://www.national.org.nz)



### ‘Borrow a Mobility Scooter with Wellington City Council’s City Mobility

City Mobility is a Wellington City Council and TSB Bank initiative providing free mobility scooters to help people get around and enjoy Wellington city. The scooters are safe and easy to use and are available from eleven locations around Wellington City. The scooters are available to anyone aged 18 years or over who has limited mobility, from wheelchair users or elderly to people with temporary mobility problems.

Bookings are recommended. Scooter hire is free. No payment is required. You just need to some form of ID. You can book a scooter for up to 4 hours.

#### Scooter locations

City:

- CQ Hotel Ph. (04) 385 2156
- Freyberg Pool Ph. (04) 801 4530
- Wagamama Restaurant Ph. (04)473 7999
- Wellington City Council Ph. (04) 499 4444
- Wellington Cable Car Ph. (04) 472 2199

Suburbs:

- Karori Community Centre ph. (04) 476 4968
- Kilbirnie Library ph. (04)387 1480
- Newtown New World ph. (04) 389 7015

Scooters from the venues below are available only for use within the premises:

- Te Papa Ph. (04) 381 7000
- Wellington Botanic Garden Ph. (04)473 5747
- Zealandia Ph. (04) 920 9200

For more information including additional scooter locations visit <http://wellington.govt.nz/services/community-and-culture/accessibility-services/mobility-transport> or call Wellington City Council on (04) 499 4444’



### Family Tree - Adam and Eve

A little girl asked her father,  
“How did the human race start?”

The father answered,  
“God made Adam and Eve, they had children and so all mankind was made.”

Two days later the girl asked her mother the same question. The mother answered:

“Many years ago there were monkeys from which the human race evolved.”

The confused girl returned to her father and said,  
“Dad, how is it possible that you told me the human race was created by God, and Mom said they developed from monkeys?”

The father answered,  
“It is very simple. I told you about my side of the family and your mother told you about hers.”

## Vitality and Health into Every Age with

### “Yoga in Daily Life”

The Yoga in Daily Life Society (New Zealand) is a charitable organization, based in Wellington, and is affiliated to the International Fellowship of Yoga in Daily Life based in Vienna, Austria. We have been operating in Wellington since 1992, encouraging people of all ages to practice yoga to promote good health and bring more love, inner happiness, mental and physical balance into their lives.

Yoga exercises have a demonstrable, stimulating and regulating impact upon all systems of the human body, including the lymphatic system, nervous and the immune system. Asanas (yoga postures) are also particularly beneficial for:

1. **Respiratory Function**
2. **Cardiovascular Disease**
3. **Rheumatic Complaints**
4. **Relieving problems related to joint and spine mobility**

We would like to encourage the older people to come for our morning classes.

A holistic approach is taken during the class, starting by relaxation and the full yogic breath, continuing with warming exercises focusing on the spine and joints and moving then to different postures to benefit the whole body. The classes finish with pranayama (a breathing exercise) and a short meditation to promote mental, physical and emotional balance.

**Feel free to joint our Beginners Course (next starting 25 May) or to joint our KOHA CLASSES on Wednesdays 10.00-11.30 and Fridays 8.30-10.00 on Jessie Street, TE ARO**

**Phone 04 801 7012**

**Email: [info@yogaindailylife.org.nz](mailto:info@yogaindailylife.org.nz)**



## Advance Care Planning

Thinking about the end of your life can be difficult. Advance Care Planning gives you a chance to say what's important to you about your future health care and how you wish to live your life. There's great value in conversations you have with close family and friends about your choices and the type of care you would like.

Now is the best time to start the conversation about advance care planning before you become seriously ill. It's something everyone should consider and is not limited to certain age groups.

Recording your choices or wishes is voluntary. It can be in any format, though ideally documented on a form designed for this purpose.

Advance directives are statements about your medical care in the future if you are unable to make the decision yourself. It usually sets out circumstances so certain care can be withheld and is binding on doctors should the circumstances arise. An advance directive may be a separate document or part of an advance care plan.

Sharing your wishes for your future healthcare with your family can help guide their decision making if you become too unwell to participate in decisions about your treatment. It's also important to share an advance care plan or advance directive with the health professionals involved in your care so they can refer to it if required.

Further information and forms related to advance care planning and advance directives can be found on the website [www.advancecareplanning.org.nz](http://www.advancecareplanning.org.nz) or by emailing [info@advancecareplanning.org.nz](mailto:info@advancecareplanning.org.nz).

Vera Sullivan  
Geriatric Liaison Nurse  
Hutt Valley DHB



Serving the needs of older people



## BUPA IN WELLINGTON

Bupa's purpose is to enable people to live longer, healthier, happier lives. We do this by providing a broad range of healthcare services, support and advice to people of all ages.

0800 60 80 99  
[www.bupa.co.nz](http://www.bupa.co.nz)

### Care Homes

Care is at the heart of everything we do; at each care home we develop individual care plans and tailor activities to suit. Understanding what you need is really important, so that we can make sure your care is personalised and you live the best life possible. Your enjoyment of each day is our main focus – we make sure you can live 'your day, your way'. We would love to have the opportunity to talk to you so contact the care homes in your community below:

**Fergusson Rest Home and Hospital**  
 654 Fergusson Drive, Upper Hutt - (04) 528 7689

**Gardenview Care Home**  
 134 Bath Street, Levin - (06) 368 1070

**Harbourview Rest Home and Hospital**  
 5 Bowlers Wharf Lane, Porirua - (04) 233 0756

**Stokeswood Rest Home and Hospital**  
 18 Glen Road, Lower Hutt - (04) 562 9060

**Te Whanau Rest Home and Hospital**  
 603 Queen Street, Levin - (06) 368 1081

**Whitby Rest Home and Hospital**  
 4 Observatory Close, Whitby - (04) 234 7981

**Winara Rest Home and Hospital**  
 9 Winara Avenue, Waikanae - (04) 293 6034

### Medical Alarms

Bupa medical alarms are designed to keep people as safe and independent as possible. Caregivers and families can relax, secure in the knowledge that they will be alerted immediately, if something happens. Each person's situation is different, so for more information call us on **0800 60 80 99**

### Retirement Villages

Residents enjoy living in our retirement villages because they offer home comforts, a sense of community and everything is tailored to suit. If you are thinking of moving to relax and feel safe, but still want an independent lifestyle, our villages are just the answer. Contact our Bupa retirement village in your community.

**Fergusson Retirement Village**  
 8 Ward Street, Upper Hutt - (04) 238 1273

**Winara Retirement Village**  
 9 Winara Avenue, Waikanae - (04) 293 2591

### Bupa Care Services

We are the largest residential aged care provider in New Zealand, providing residential aged care to over 4,200 people in over 60 care homes, 29 retirement villages and 7 rehabilitation sites. We also have over 10,000 medical alarms customers and 24 dental clinics. Bupa has no shareholders so we invest all our profits to provide better healthcare to our customers. We specialise in dementia care and play a leading role in shaping dementia services, providing around one third of New Zealand's specialist dementia beds.

### Bupa Care Services New Zealand

- Care Homes
- Retirement Villages
- Medical Alarms
- Rehabilitation

*We are Bupa*