



SENIORITY

Planning for the Future | Exercise with Friends at 101
Intergenerational Connections



The Other Retirement 'Currency'

Public discussion around preparing for retirement centres mostly on how much money you need to save. All sorts of figures are thrown around – from \$200,000 to \$1m, depending on what kind of lifestyle you want, and whether you own a home. I find all the numbers and range of opinions confusing and a little overwhelming, especially when I am trying to save for my retirement during a cost of living crisis.

But I believe there's actually another 'currency' we need to have in retirement. It's free, it's everywhere and we all want it. No, scratch that, we all need it. It's social connection.

Social connection is incredibly important for everyone, no matter what age. Sharing our lives with others is a natural, and very human thing for us to want to do. The problem is, it's not always possible for us to do this well, or sometimes at all. Social isolation can often lead to feelings of loneliness, something which most of us experience in our lives. I remember many times when I felt left out as a kid, or lonely in my teenage years due to a lack of social connection.

I really think, as a society, we totally underestimate the extent that loneliness is present in our communities. I think this lack of understanding is even more prevalent when it comes to our older population. I can assure you, there are many isolated and lonely seniors in the Wellington Region. My team meet them almost every day.

So, our goal is to help end loneliness. As part of this, we want everyone, not just seniors, to know how important it is to be socially connected in retirement. If younger generations could not only save for retirement but also build strong social connections throughout their lives, they would be more likely to thrive in their retirement years.



For tips on how you can build your social connections, check out Mick's article in this issue of Seniority called Improving Your Social Connections. If you feel isolated or lonely, don't hesitate to call us. We just might have a programme that suits your needs.

Stephen Opie
Age Concern Wellington Region CEO

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:

- indoor plants
- a reliable car
- inexpensive parking spaces in the CBD



Felix and Jenny (on the left) from Age Concern Auckland join us for a special event for Chinese seniors in Porirua



Gallery tour



ACWR staff during an earthquake drill

A Birthday Celebration for a 101-Year-Old

Margaret Balneaves is 101 years of age. She's welcomed me into her home on a windy afternoon. Her hands are cold, but her bright blue eyes and pink outfit give her a playful, almost youthful appearance. She smiles as she tells me about her three children, five grandchildren and seven great-grandchildren. Her home is warm and there are many photos of her family displayed around the dining and living rooms.

Margaret celebrated her birthday with friends at the local Steady As You Go exercise class recently. After their usual exercise, the group shared afternoon tea. There were cakes, candles, and many happy faces as they celebrated this exceptional lady.

Margaret has lived in Tawa since the 1950s. "This was one of the first houses on this hill in Tawa when we first moved here. There were lots of young families, it was a wonderful place for kids to grow-up. We all knew each other and looked out for each other. There were lots of returned servicemen, like my husband." At first, there was no water and no sewage. There was a dry toilet in the garage, a water tank, and they heated water with fire.

"I grew-up in the depression. We had a veggie garden, which helped a lot. People complain of prices going up, but anyone can stick a silver beet seed in the ground..."

At the bottom of her road, there are 103 steps down the main street in Tawa. Margaret took these steps every almost every day until she was 96 years old. "It helped me have strong bones I think. I had my first broken bone when I was 100," says Margaret.



"Most of my grandchildren live in Australia, but I keep in touch with them over Facebook," she says nonchalantly, as if all 101-year-olds are comfortable with social media. "When Andrew, my husband, hurt his shoulder in the 1970s, he couldn't play golf anymore so he got a computer with the intention of researching his family tree. We took courses with SeniorNet, and I've been using computers ever since."

"Andrew died in a car accident 20 years ago. He was 83," she says quickly as if she doesn't want to stop on the sad thought for too long. "I was concussed from the crash. I remember lying on my bed a couple of months later and looking at my husband's photo. He would have told me to get up and get cracking. So that's what I did."

Margaret learned shorthand at polytechnic when she was 12, enabling her to work in an office by the time she was 14. She met



Andrew when she was 16 and he was 18. Andrew and Margaret went on a double date, and they were soon engaged. "I bought my wedding dress for five pounds, and we got married when he came back from the war."

Andrew was captured in a battle and was a prisoner of war in Europe for three and a half years. He didn't speak of it much, but did join a POW Association. The wives picked-up a little information from each other at reunions every three years. After her husband's death, Margaret found a box of his war documents under a couch. She digitised much of it for her family.

When Margaret was 68 years old, she had bowel cancer. "You know your body, and you know if there's something wrong – listen to your body." Thanks in part to her self-awareness, her bowel cancer was caught early and she was treated successfully. She started exercise after this, and still participates in regular Steady As You Go exercise classes.

The companionship found at the exercise classes is an important part of her life. "People don't realise that having that time every week to have a chat while exercising is as important as the exercise. And everyone can do these exercises!" She's thankful to her friend Mavis for inviting her to the classes and loved sharing afternoon tea with them for her birthday. Margaret thinks isolated people should give the classes a go.

She's also been involved with the local church for many years, and believes this is important

for social connection as well. "They're caring people. Just go along for the fellowship, don't worry about whether you believe in the religion or not," she says.

Margaret gave up driving three years ago, but her daughter lives nearby and checks-in on her regularly. Margaret is able to cook, bake, make tea, and much more. "As long as I'm able to do it, it's silly not to."

While Margaret's hearing has diminished over the years, her eyesight is still keen and she has a fantastic memory. As I prepare to leave her comfortable home, she shares a nugget of wisdom with me:

"Only you can make yourself do things, only you know how you're feeling. Be positive in your mind, and realise only you can choose to help yourself."

LORNA HARVEY

Team Leader – Communications & Events

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Yvonne Shepherd



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Improving Your Social Connections

One of the issues facing older people these days is the tendency for families to be widely dispersed. Recently, a client of Age Concern noted that her two daughters lived in Australia and her son was disabled and could not go anywhere easily. Since her husband died, she had been living at home, on her own, for over 25 years - but she still managed to maintain her social connections.

Apart from her cleaner and gardener, and regular visits from the District Nurse, she had a companion who took her shopping, another for going to the movies and outings, and a weekly visit from an accredited visitor from Age Concern. It just took a bit of organising, but she knew that it was for the better.

It is well recognised that there are considerable benefits in the development and maintenance of social connections no matter what your age. This becomes more

important as you grow older and people pass away, move away, or there are changes in personal health and ability, different living arrangements, and other factors, all of which increase social distancing to the detriment of mental health and well-being.

A study at Stanford University in 2014 found that "strong social connection:

- leads to a 50% increased chance of longevity
- strengthens your immune system (research by Steve Cole shows that genes impacted by loneliness also code for immune function and inflammation)
- helps you recover from disease faster, and
- may even lengthen your life!"

"People who feel more connected to others have lower levels of anxiety and depression.

Moreover, studies show they also have higher self-esteem, greater empathy for others, are more trusting and cooperative and, as a consequence, others are more open to trusting and cooperating with them. In other words, social connectedness generates a positive feedback loop of social, emotional, and physical well-being."

Any move to help seniors stay connected with their community and family can benefit their mental health and wellbeing and could help them maintain their independence and mobility. Group activities can keep your brain vitalised.

So, if you are in that older cohort, what can you do about improving your social connections? As indicated above, social connections usually don't come to you – you must make a bit of an effort.

Here are some techniques or tips to create more social connections and build a whole new network of friends and colleagues.

- Join community activities: you may already belong to an interest group like a gardening club, but there is no harm in widening that network. Think about U3A, or your local Probus/Friendship/Rebus club – all have a wide range of activities for people in the older age group.
- Volunteer: not only will it help your community, it will also provide you with opportunities to meet new friends and develop new interests. Several organisations (including Age Concern) provide visitor services matching volunteers with those who appreciate their company.
- Take a class: if you have the urge to learn, there are numerous adult and community education courses available throughout the Wellington Region for you to train your mind and meet new friends. If that

seems too arduous, you could always just join a craft group and learn to draw, or cook or knit perhaps. Of course, if such a group does not exist in your area, you could always start one of your own and spread the word either online or on your community noticeboard.

- Join an exercise group: strength and balance groups for older people operate all over the Wellington Region. Age Concern runs more than 35 Steady As You Go classes where you can improve your core strength and balance and find like-minded friends. See the schedule on the back page of this issue.
- Join a walking group: there are groups which allow for different levels of fitness, so you don't need to worry about dragging the chain, and sometimes you need to stop and smell the roses. Check out some of the Wellington walking groups here <https://www.livingstreets.org.nz/node/1950>. Alternatively, you could take up walking with a group of friends. But if you need some assistance walking, Age Concern Wellington Region has trained volunteer walking companions keen to support you.

This is just a short list of the possibilities for increasing your social connections that exist in and around Wellington. It is really a matter of taking the time and making a bit of an effort. There are some amazing ways to meet other people and establish strong and interesting friendships. Socialising is good for you.

MICK CALDER
Office Support Volunteer



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Welcome Mallory, Social Work Intern

At Age Concern, we enjoy hosting and mentoring interns to give them work experience. Mallory Glasse, a Social Work student, began working with us recently for four months as part of her training.

Mallory has completed four years of her Social Work course at the Open Polytechnic, which has all been done by distance learning with only occasional sessions which involve meeting others in her class. Once she has successfully completed her internship, she will qualify as a Registered Social Worker.

She has always thought her future role would be in the field of social work as she is passionate about creating equal opportunities for children and families.

There are ample opportunities for social workers in New Zealand especially in the fields

of child protection and youth justice, which is where Mallory hopes to find her niche. However, she is realistic enough to recognise the need to build her skills before moving into those roles.

She will be working on a part-time basis for four days a week, starting with a few days in our Wellington Office to understand our policies and procedures before spending time in the "field" with our coordinators.

She lives in Johnsonville and also works at Onslow College as a teacher aide. Home is close to some beautiful walking tracks which Mallory enjoys as they take her out of the urban environment into the bush and some farmland.

Welcome to the team, Mallory.



Coming Events

Vogelmorn Hub for Seniors

27 June, 25 July & 22 August, 2pm.
Call 04499 6645 or drop-in

Livestream Curious Conversations

19 June, 17 July & 21 August, 2pm

Seatoun Hub for Seniors

4 July & 1 August, noon

New Falls Prevention Class, Plimmerton

Weekly, Wednesdays at noon, from 14 June

Upper Hutt Hub for Seniors

14 June, 12 July & 9 August, 12pm

Tea & Tech

21 June, Khandallah
Call 04 499 6648 to register

Manners Street Coffee Group

13 July & 10 August, 10.30am.
Call 04 4996645 or drop-in

Linden Hub for Seniors

11 July & 15 August 2023, 1pm.
Call 04 4996645 or drop-in

Staying Safe course for older drivers

5 July in Petone & 30 August in Wellington
Call 04 499 6648 to register

City Gallery Tour

15 June 2023, 1.30pm. Call 04 499 6645

Walter Nash Hub, Taita, Lower Hutt

15 June & 17 August, 2pm. 20 July, 1pm.
Call 04 499 6646 or drop-in

More Information:

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Upper Hutt hub for seniors



Tea & Tech



Staff member Ann and friends at a Steady As You Go training event

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Planning for the Future

Sue Doris likes making a difference in people's lives, and volunteers for Age Concern Wellington Region as a visitor for two older people. She enjoys knowing that she has a positive impact in both her clients' 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 one day a week at the Redwood Club, a day programme which provides a social network for seniors.

Sue Doris heard about Advance Care Planning 15 years ago when she worked at a hospital. Although she wanted to prepare her own Advance Care Plan at the time, she put the thought on the back burner as life's other priorities demanded her attention.

Advance care planning, the process of thinking and talking about your values and goals and what your preferences are for current and future healthcare, helps you to understand what the future might hold, and say what health care you would or would not want.



When Sue's mother died about 10 years ago, Sue became astutely aware of just how important having an ACP is. Sue and her mother had discussed end of life care and Sue knew what her mother wanted. This made the decision to let her mother die naturally and without intervention much less painful. After much discussion with her siblings, everyone agreed on their mother's plan without guilt or doubt.

When Sue heard about Age Concern Wellington Region's new (and free) Advance Care Planning Service recently, she decided it was finally time to prepare her own plan.

Kay Webster, Age Concern's ACP Coordinator, arranged to meet Sue. "Kay was so friendly on the phone. She gave me the choice of where to meet – we agreed to meet at my house. Kay also sent a booklet in advance, as well as an information sheet," said Sue.

"When Kay came to my house, she asked if I'd like to write, or if I preferred that she did the writing. She wrote my answers as I spoke. It was so easy!" Although Sue admits the process was a little emotional at times, especially as she thought about her own mother as she went through the questions, Kay's reassuring voice and manner steadied Sue. They worked through the plan and managed to get to the end. "I had given the questions a lot of thought, but it was helpful to discuss some things. Kay's easy to talk to, so helpful."

Once the plan was completed, Sue agreed to have the plan scanned and emailed to the hospital and her GP's office. Kay copied Sue on the email and left the original with Sue. "I was involved all the way through the process. I had thought for a long time about this, and I felt a huge relief when it was done. Kay made the whole process so easy!"

Sue enjoys collaborating with Age Concern Wellington Region. She finds our services very professional, and feels not only supported as a volunteer, but also as an ACP client.

If you would like to know more about Advance Care Planning, please call 04 499 6648 or visit www.acwellington.org.nz

LORNA HARVEY

Team Leader – Communications & Events



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Intergenerational Connections

Once a month, Age Concern Wellington Region runs a coffee group at Te Pokapū Hapori – Y Central. From time to time, Best Start Leeds Street and Te Pokapū Hapori/Wellington City Council collaborate with Age Concern to turn the morning into an intergenerational event. For a couple of hours, the venue makes space for seniors and children to connect in an interactive way that's comfortable for all.

The benefits of intergenerational connections have been extensively researched over the years, but it doesn't take a scientist to see the joy on everyone's faces. One of the older participants commented: "It did me good to see young people well cared for and happy. I loved the morning."

Approximately six children and a dozen seniors laughed together, asked questions ("How old are you? You look very old!") and read stories. The little ones even sang a song before leaving.

The meeting was a ray of sunshine on a rainy morning. There was a peaceful energy which left everyone smiling for the rest of the day.



Dear Ann

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

Dear Ann,
My favourite cousin, from Levin, is moving to Wellington to live with her daughter. She tells me there are numerous activities for older people in Levin, and she frequently sees the same people at lots of events. Is there something similar in Wellington?
Gillian, Te Aro

Dear Gillian,
Thank you for your note. It is interesting that sometimes smaller towns have quite a few activities going on, and everyone attends them as there are often no competing events happening. Your cousin will probably meet lots of new faces at the many events for seniors across Wellington.

At Age Concern Wellington Region, we have a number of activities that happen monthly in Central Wellington, as well as the suburbs. These are called hubs and usually consist of a free lunch followed by a speaker. It's a great

way to connect with others, because as we know being isolated is bad for health. We also offer a free Visiting Service and Companion Walking Service. Once your cousin is established, she can be referred for these if needed.

Keeping mobile is very important as it allows you so many more options. The Steady As You Go falls prevention classes are another wonderful way to connect with others, as well as helping to retain your mobility. Check out our website: www.acwellington.org.nz

There are also other services and events around the region. Your local newspaper probably has a 'What's On' section with listings, and the CAB (Citizen's Advice Bureau) or library may be able to give you more information as well.

I hope this helps.
Ann



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



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Keeping in Touch

Looking back on aspects of a life spent reasonably well, there are some activities that seemed crazy at the time but had long term effects. One of those activities I indulged in while attending Lincoln Agricultural College was a "capping stunt" in 1961: pushing a hospital bed (with original Bakelite casters) around Hagley Park in Christchurch to set a new record.

Massey University had claimed a record of 57 miles, and the newspaper report carried the challenge, "Let other universities try and beat that."

A team of ten was hastily cobbled together and camped in Rolleston House to start the marathon at 1.00 pm on a Saturday; allowance had to be made for some who were involved in rugby games that afternoon. Teams of two, wearing calico smocks to improve visibility, took between 45 and 50 minutes to complete the measured circuit, and finished with a total of 65 laps, or 203.5 miles (327.5 km). Cracked it!



Capping events in those days were part of a student fundraising scheme for a chosen charity, and that year the charity was Cholmondeley Homes for Children. Unfortunately, there is no record of the funds collected.

That is the background to friendships that developed amongst a relatively diverse group of students from all parts of NZ, plus a Scotsman and an Aussie, which has lasted over 60 years.

We basked in our glory for a few weeks, and then got on with the more serious business of passing exams which was accomplished by all members of the team. But after twenty years, a call went out for a reunion to celebrate our achievements. It took a year to get it together, especially as the venue suggested was Hawaii! Seven of the team members and their partners were able to attend. That set the scene for regular reunions over the years with the ninth one being held in Christchurch and Lincoln University this year.

We have cycled down from the top of a volcano to have breakfast on the beach, played golf, gone fishing, been to a Menzshed, visited farms, gardens and many restaurants, all the while chatting and recalling events that had almost faded from memory over the years. There has been a bit of eating and drinking and a hell of a lot of fun.

During the last two reunions the emphasis has been on the value of the connections we made during our years at university, and particularly the way in which that diverse group of students still manage to hang together and get along so well. While we meet as the "Bedpushers", we maintain contact with each other and over the years have tapped



into different areas of each other's expertise to assist with our own projects.

As might be expected, our numbers have dwindled over the years, but because the contacts are so strong, bereaved partners have always been included in the mix.

The value of the relationships has been extended in the last few years to include some non Bedpushers and their partners, which means that the reminiscences extend well beyond the original capping stunt.

So, while some reunions can be a bit of a trial of strength and endurance where you try to remember the names of those from the past, a reunion that focusses on a special activity or function has a lot more going for it and builds those strong relationships that keep you going and going.

A poem/ditty I composed for one of the reunions captures the essence of fun and friendship that has stayed with us over the years.

Ravings of a Senile Mind

Things never turn out as expected,
Well, mostly that's what I've found,
Mad schemes should not be rejected,
They might turn life's course around.
Bed pushing for fun seemed crazy,
Or at least a complete waste of time
But it caused me not to be lazy,
And made a whole group of us chime.

I found that not all Scotsmen are pipers
And some bloody Aussies are great,
North Islanders aren't always city slickers,
You'd be pleased to call some of them mate.
We broke the bed pushing record,
And collected some charity money.
We cemented a teammates' accord,
Even though we all dressed quite funny.

But what were the long-term effects,
That improved my budding career.
There's team-work and management aspects,
And plans improved by a beer.
Don't refuse wild plans on first sight,
Turn them over and look round behind.
Planning can make them come alright,
Using a creative and flexible mind.

The whole caper has been a good story,
To explain our marvellous deed,
And I can exaggerate the glory,
To any who will take heed.
As I review how my life's spent,
There's not been too many disasters.
With luck I'll become an old gent
As long as I have enough casters.

MICK CALDER
Office Support Volunteer

Age Concern's Advance Care Plan Scribe

Kay Webster is a fantastic combination of an extroverted, charismatic and bubbly life force, and a caring, empathetic and patient friend. Kay has a wealth of expertise in community development, having spent 25 years working in the not-for-profit sector. She is passionate about supporting those who are most vulnerable, and her role as Age Concern's Advance Care Planning Coordinator allows her to do this on a regular basis.

Advance care planning (ACP) is the process of thinking about, talking about and planning for future health care and end of life care. In an ACP, people are encouraged to write down what is important to them, what their concerns are, and what their care preferences are. By writing it down, it's easier for their whānau, loved ones and health professionals to know what matters to them – especially if they can no longer speak for themselves. An ACP can also cover other information like who they want involved in discussions about their health, where their important documents are, and what sort of funeral they would like.

When visiting a particularly discombobulated home recently, Kay met Jeremy*, a lovely person. He had been referred by the hospital, and he was keen to meet Kay. He was prepared for the meeting in a way that few of her clients are. Jeremy had several health conditions, and he wanted his affairs in order so that his loved ones would be spared as much burden as possible in the event of a crisis. Amid the disarray that ruled his home, Kay focused on Jeremy and helped him communicate his hopes and wants with clarity. The weight of his circumstances seemed to lighten as Kay helped him record his choices in his Advance Care Plan. "He is

a beautiful soul," Kay says. "Smart, personable... I feel privileged to have supported him."

Kay met with another client recently, Joan*. Housebound, Joan has many different people coming and going each week. People deliver shopping, help her take her medication, help her clean her house... but their visits are fleeting, and she has few genuine interactions. Kay took a couple of hours to discuss the Advance Care Plan. She didn't rush, and Joan appreciated her time. Kay was also able to refer her to another Age Concern service - the Visiting Service. This could help alleviate her loneliness by providing a volunteer to visit her each week.

Kay has dozens of similar stories. Sometimes she meets clients who are affluent, other clients struggle to make ends meet or their lives are hectic; often they are lonely. Occasionally clients have little understanding of what ACP is (they might think it's just about funeral planning, for example); at times the discussion takes a more philosophical turn. But the years go by for everyone equally, and they all benefit from creating an Advance Care Plan. Most feel a weight has been lifted once they have completed their plan.

"I think we are making a difference with the ACP service in many ways. It's an opportunity for people to think with clarity. I am a scribe. They can think, talk, and ask questions. I record their choices and provide



LORNA HARVEY

Team Leader – Communications & Events

a little insight. Some have already thought through everything and even created drafts. Others find it an emotional process and it takes a little more time."

Some clients only go through part of the process with Kay. They might ask for a booklet and choose to fill it in on their own and never lodge it with medical professionals. Others might work through part of the process but choose not to complete questions that are irrelevant to them, or just have a conversation with family rather than a formal plan. Kay considers these people as 'resourced', and that is almost as beneficial as a 'completed plan'. Her goal is simply to meet the needs of her clients. "Sometimes I just take people a few steps further forward, and that's good too," Kay says.

While some prefer to have a second visit to complete the plan, many can complete their plan in a 90-minute visit. Sometimes people need to think about the questions, or discuss things with loved ones, but other times people are happy to get the plan done and get Kay to file their plan with their GP and hospital after a single visit.

Kay had a blank slate when she started her work as Age Concern's ACP Coordinator in late 2022. The position was newly created, and in a relatively short time, Kay has shaped this brilliant service which is having a very a positive impact in many seniors' lives.

For more information about Advance Care Planning, visit www.acwellington.org.nz/advance-care-planning/ or call Kay on 04 499 6646 or 021 022 75534

** names have been changed to protect privacy*



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Scams: Pause, Reflect & Protect

We have noticed an increase in phishing and other scam-like activities. From phone calls and text messages saying you owe money, need to claim a parcel, or must renew an important document, to emails and letters claiming to want to give you money, there are countless approaches out there. According to Wellington District Police, there's even a scam pretending to offer assistance such as housing, renovations, food parcels and advocacy services, but asks for a money transfer. Sadly, it's important to be on your guard.





Some useful tips include considering requests and **asking yourself how the request makes you feel**. It's also important never to enter passwords on unknown sites. Even clicking on a link in a text message can be dangerous. Scammers are good at making things seem

urgent, so perhaps the most useful advice we've come across is to **'pause, reflect, protect.'**

If you have online access, Consumer NZ also has a useful article: www.consumer.org.nz/articles/scams

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



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- Cashmere Heights Home, Johnsonville
 - 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 Falls Prevention Exercise Classes

| DAY | TIME | LOCATION |
|-----------|---------|--|
| Monday | 10am | Seatoun Village Hall, 22 Forres Street, Seatoun |
| Monday | 1.30pm | Walter Nash Centre, 20/22 Taine Street, Taita |
| Tuesday | 11am | St Barnabas Church, 35 Box Hill, Khandallah |
| 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 | 1pm | Vogelmorn Hall, Mornington Rd, Brooklyn |
| Tuesday | 1pm | Johnsonville Uniting Church, 16 Dr Taylor Terrace, Johnsonville |
| Wednesday | 9.30am | Live Online Class, Zoom |
| Wednesday | 11am | Knox Church, 574 High St, Boulcott, Lower Hutt |
| Wednesday | 12pm | All Saints Church, 90 Hamilton Road, Hataitai |
| Wednesday | 12pm | St Andrews Anglican Church, 11 Steyne Avenue, Plimmerton |
| Wednesday | 12pm | Eastbourne Community Hall, Tuatoru St, Eastbourne, Lower Hutt |
| Wednesday | 1pm | Whirinaki Whare Taonga Arts & Entertainment (Expressions), Centre, 836 Fergusson Drive, Upper Hutt |
| Wednesday | 1.30pm | Walter Nash Centre, 20/22 Taine Street, Taita |
| Wednesday | 1.30pm | Newlands Community Centre, 9 Batchelor St, Newlands |
| Thursday | 10.30pm | Thistle Hall, Cuba Street, Wellington |
| Thursday | 11am | Newlands Community Centre, 9 Batchelor Street, Newlands |
| Thursday | 12pm | Tawa Community Centre, 5 Cambridge Street, Tawa |
| Thursday | 1pm | Koauunui Stokes Valley, 184 Stokes Valley Rd, Stokes Valley, |
| Friday | 10am | Johnsonville Community Centre, 3 Frankmoore Avenue |
| Friday | 1pm | Loaves & Fishes, Wellington Cathedral of St Paul, 2 Hill Street, Thorndon |