

Official publication of Age Concern Wellington

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OFFICE HOURS:

9.30am - 4.30pm Mon - Fri

Winter 2017

**Age
Concern**

Wellington

He Manaakitanga
Kaumātua



Serving the needs of older people



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Executive Officers Report

Welcome to our Winter 2017 edition.

Recently I have noticed a spate of impersonation attempts on my Facebook friends and thought I would share this with you so you can protect yourself if you are a Facebook user.

The practice involves hacking into a user's profile picture and setting up a fake Facebook page using that person's name and photograph. Then friend requests are sent to existing friends so that the impersonator has access to those people when they accept the friend request.

If you use Facebook and receive a friend request from someone you know and think is already connected to you via Facebook then be very careful. Take a look at the profile of the requester. If it has been set up very recently and there are very few friends be suspicious. Is the date of birth consistent with the age of your friend? Use "search" to find your real friend and compare the profile with that of the requestor. Check your list of friends to see if you are already friends with the person. Is the photo slightly grainy? That can be an indicator that it has been copied.

Send a message to your friend if you suspect their account has been targeted.

And if it happens to you, Facebook has some helpful advice in its Help Centre:

"Go to the profile of the impersonating account. If you can't find it, try searching for the name used on the profile or asking your friends if they can send you a link to it. Click on the three vertical dots below the cover photo and select 'Report'. Follow the on-screen instructions for impersonation to file a report."

Meanwhile, happy reading.

Marion Cowden
Executive Officer

Free Advance Care Planning Presentation

No matter what your age or health, it's never too early to start talking about the care you'd like if you could no longer make decisions for yourself. Come along to hear Arthur Te Anini speak about his advance care plan. Arthur has chronic lung disease and found it a huge relief to talk to his whānau and doctors about what's important to him if he became seriously ill and couldn't speak for himself.

When: Monday 12 June 5:30pm - 7.00pm

Where: National Library, Molesworth St, Wellington (ground floor)

RSVP: By 2 June to Helen.Rigby@sidu.org.nz



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Driving Miss Daisy's evening at the Opera

A trip to the opera may conjure up images of stuffiness, exclusivity and big city theatres, attended regularly by the same 'opera' crowd. But times are changing and opera is starting to enjoy a renaissance in the big cities and regions alike.

Driving Miss Daisy was proud to support the production of Carmen held during the popular Napier Art Deco festival this February. They promoted the opera to their client base, and organised a fleet of vehicles to transport people to and from the event free of charge, as well as providing a light supper. In total, eleven Driving Miss Daisy vehicles transported 100 theatre-goers.

Many people who enjoyed the Driving Miss Daisy hospitality were already clients, however a number had never used the service before as they still drive. Those who were new to Driving Miss Daisy commented that they were pleased they had tried the service as they don't like to drive at night, they worried about parking, they could not see at night, or they often didn't have a friend to go out with. Using Driving Miss Daisy on this occasion was a wonderful way for them to experience the excellent service and enjoy a night out with a group of like minded people.

Feedback from this was extremely positive. Many were grateful for the thoughtful Daisy Drivers who dropped them right outside the theatre. Others commented that they would never normally choose to go to the opera, but it was a wonderful experience. Some people who were collected in the same car had never met before; Driving Miss Daisy was excited to hear that since the evening they had become firm friends and were meeting for lunch or coffee. And everyone commented on the high quality service that Driving Miss Daisy and their drivers provided.

If you'd like to organise an outing for a group of friends, whether it's during the day or evening, please call your local Driving Miss Daisy to discuss.

Upper Hutt - Lynda Moore
(04) 970 6636 021 177 4968

Lower Hutt - Andrew Dykes
(04) 568 2254 027 280 0668

Mana-Porirua - Jo Rangiawai
(04) 235 7985 021 503 520

Wellington North - Ange Morris
(04) 478 5535 021 256 6902

Wellington East - Ermanno Lubich
(04) 384 8344 021 215 3014

Wellington City - Therese Lloyd
(04) 470 7523 021 503 102

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Wellington City	Ph: (04) 470 7523
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Wellington North	Ph: (04) 478 5535



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Take the Time to Talk

By the Funeral Directors Association of NZ

Do your children, grandchildren and friends know the defining moments of your life? Do they know the day you laughed so hard you cried? Do they know your favourite teacher or proudest achievement? Do they know who taught you to ride a bike, swim or drive a car?

It's often said that the best part of a funeral is the telling of the life story - but the sharing of your story isn't something that has to be done in your absence.

You don't have to leave it up to someone else to tell - do it yourself and enjoy being a part of the conversation. Take the Time to Talk to those you love, and who love you. Share your life, your story and your opinions on your final farewell.

Sharing the memorable events, people, places and favourite activities, values and lessons learnt during your life can help bring your family closer together. The talk also helps reaffirm to your loved ones how much impact you had on each other's lives.

We plan for so many events in our life, but sadly New Zealanders don't appear so keen to plan for their funeral. As Funeral Directors, every day we see the struggle families have when trying to make the decisions which will best honour their loved one's life. Why not lighten their load and make a few of these decisions ahead of time.

There are so many aspects to a funeral, including decisions such as who will give the eulogy or say some final words, what you would like to wear for your final farewell, and what music you would like played. Each of these components plays an important role in the value of a funeral and shouldn't necessarily be left up to others to decide.

Some people say they don't want a fuss, and even suggest they don't need a funeral. But we know that being able to gather, remember and celebrate a person's life allows family and friends to say goodbye in the most meaningful way. Creating a funeral event allows them to begin the journey of saying goodbye.

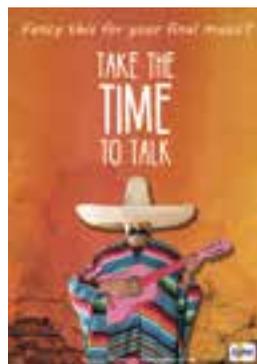
Do you have a favourite place you'd like friends and family to gather? Who would you like there and who do you think would best speak to your life story? Have you thought where you want to be buried, or have your ashes placed? What music or reading do you love and what flower or other symbol best represents your passion?

When the time comes, these conversations can be transformed into a meaningful gathering to remember and celebrate your life.

We encourage you to Take the Time to Talk about your life and your final wishes.

For more information about how to Take the Time to Talk, on why funerals are important, the different aspects of a funeral or even to request a funeral cost estimate, please visit the FDANZ website at www.fdanz.org.nz

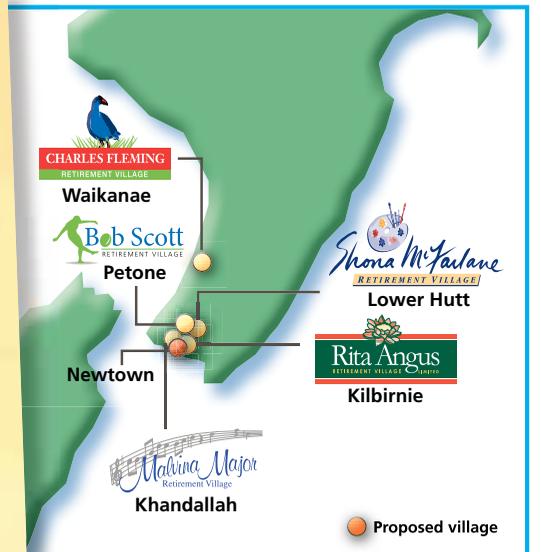
The Funeral Directors Association of New Zealand (FDANZ) is an association of funeral directing firms carrying out the majority of funerals in New Zealand. Choosing a FDANZ member gives immediate assurance of high quality standards and the very best in service and caring.



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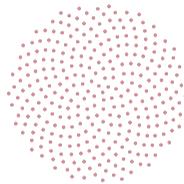


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WELLELDER WORKS



WellElder is a specialist counselling service for older people in Wellington, Porirua and Kapiti.

Combating loneliness

Research tells us what we often know from our counselling - old age can be lonely. And loneliness can be crippling, and lead to many other challenges and problems.

Everyone experiences loneliness sometimes, but it can be particularly difficult for older people. There are many reasons for loneliness as people age.

Losing partners and friends, often lifelong relationships is major stress, and people experience being alone in a new and frightening way.

Increasing numbers of older people are living on their own, and face worries about how to manage in emergencies, or getting assistance with things they can no longer manage.

Families are often living far away, and busy with their own lives. Hopefully they are available for special occasions and when needed, but often are not part of everyday living.

Moving home - to downsize or into a retirement village/rest home means leaving known neighbourhoods with familiar people and places. Having to start relationships with new people is tiring and demanding. It takes time, and without shared history feels very uncertain.

Decreased mobility and poor health makes getting out more difficult and tiring.

Limited income and concerns about costs, limits opportunities and causes stress and worry about what to do.

Losing a drivers license, or voluntarily ceasing driving, makes it harder to get around, compounding many of the these factors.

These are all very real challenges, and we need to develop specific strategies to combat loneliness as we age, and are increasingly on our own.

There is no one answer - everyone is different and will



find their own ways to make connections with others.

What is it you enjoy doing? How can you do more of it? This is the key to developing ways through loneliness.

Knowing your neighbours - wherever you live - is a good start. Neighbours are our first port of call in an emergency - and may never be our best friends - but New Zealanders are mostly naturally friendly and willing to meet the people they live closest to.

Using computers and the internet to maintain email and skype contact with friends and family can be an important part of everyday living. The internet also opens up a huge world of information and networks for people interested in giving it a go.

Getting out for a walk or drive and enjoying nature and the environment can lift ones spirits and give one strength to consider what else to do.

Be curious about the world around you - read articles and notices in local papers and shopping centres to find out more about what is on offer. There is a range of activities such as choirs, walking groups, senior net, community centres, university of Third Age, bridge and bowling clubs, Probus and other service clubs providing different activities for people who can get to them.

Transport can be available to help - Total Mobility card provides discounted taxi and driving services for people unable to drive, and occasional use of taxis and services such as Driving Miss Daisy are available in addition to public transport services. The cost seems high - but maintaining a car can also be very a high cost.

Talk to people. It sounds trite, and can be difficult at times, but the more we do it the more practice we get. Talking to a counsellor can certainly help, and WellElder is here for anyone who seeks counselling.

Combating loneliness takes a range of strategies - and different ones for everyone. But it's always worth the effort.

Elizabeth is Missing by Emma Healey

A 70 year old mystery solved by a dementia sufferer, written by a debut novelist in her 20's who gets the Alzheimic voice exactly right - can this be true?



Well yes it can. Emma Healey began exploring the idea of dementia in fiction in 2008 after the death of one grandmother and the decline of another.

Elizabeth is Missing is her first novel and has all the elements of a whodunit written in a totally convincing dementing voice.

Maud's great friend Elizabeth has had to go into care but in Maud's confused mind, Elizabeth is missing and something untoward has happened. In reality what is wrong is that seventy years ago Maud's sister went missing and she has never been found. The answer to this lies somewhere in her damaged mind.

And that is all I am going to say about the plot because I don't want to spoil the twists and turns of the story lines.

You could read this book as a mystery. Or you could read it to try to comprehend the workings of a confused mind - and all of us will relate to the muddles Maud gets into whether or not we have a diagnosis. But read this book on all its levels and you will be "stirred and shaken" as one reviewer so graphically puts it.

Sheila Reed
EAN Coordinator

**A river cuts through rock,
not because of its power,
but because of its persistence.**

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ELDER ABUSE HITS CLOSE TO HOME



ELDER ABUSE AWARENESS 15 - 22 JUNE

Elder Abuse Awareness Week 15-22 June 2017

The week starts with World Elder Abuse Awareness Day on June 15 and runs for the next 7 days. The campaign message this year is Elder Abuse Hits Close to Home as unfortunately Age Concern elder abuse statistics show that

- More than three quarters of alleged abusers are family members
- More than half of the alleged abusers are adult children and grandchildren
- Alleged abusers are as likely to be female as male

What is elder abuse and neglect?

Elder Abuse and Neglect 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. (Definition adopted from WHO Toronto Declaration on the Global Prevention of Elder Abuse 2002).

What does Age Concern do to prevent elder abuse and neglect?

Age Concern offers free, confidential, specialist Elder Abuse and Neglect Prevention Services in 23 centres throughout New Zealand. There are 7 other providers of EANP services nationally who are supported by Age Concern.

In Wellington and the Hutt Valley I am your Elder Abuse and Neglect Prevention Coordinator and I regularly write articles for this magazine.

I am also available by phone, 499 6646, or email, eanwgt@acwellington.org.nz to talk about any issues that arise. I can make Home Visits or provide a phone consultation service - it is entirely up to the caller what they would like.

All Age Concern EANP Coordinators work with other agencies such as, needs assessment services, police, banks, community agencies, medical

practices and a wide range of health professionals. Our region includes 2 DHB's, Hutt Valley Health and Capital Coast Health, and I work closely with health workers from both of them.

About Elder Abuse

- Each year, Age Concern's Elder Abuse and Neglect Prevention services receive more than 2,100 referrals for older people who may be facing elder abuse or neglect. That's eight referrals every working day. In Wellington and the Hutt, I average 10 referrals a month and have an average of 5 active cases each month.
- We all need to take a more active role in supporting the well-being of older people - and to treat them with respect.
- There are several categories of elder abuse, usually defined as financial, psychological, physical, sexual, institutional and neglect, and in Wellington we take referrals relating to self-neglect.
- It is common for several types of abuse to occur together and psychological abuse is almost always present.
- I see more cases of financial abuse than any other category.
- There is a fear with older people that if they speak-out they will lose the only social support network they have, especially if the abuser is a relative - yet our services can work with the older people to retain that relationship if that's what they want.



How you can help to prevent Elder Abuse

- Love and cherish your older relatives/whānau
- Speak respectfully to older people/kaumātua
- Include older people/kaumātua in your social activities
- Phone or visit your older relatives/whānau
- Support older people/kaumātua to spend their money how they wish
- Encourage and support older people/kaumātua to make their own decisions
- Honour older people's/kaumātua's wisdom
- Enable older people/kaumātua to set their own pace
- Respect older people's/kaumātua's stories
- Seek advice from an Elder Abuse and Neglect Prevention Service when you think an older person/kaumātua is being abused or neglected

Sheila Reed

Elder Abuse and Neglect Prevention Coordinator

www.acwellington.org.nz

www.ageconcern.org.nz



More than three quarters of alleged abusers are family members



More than half of the alleged abusers are adult children and grandchildren



Alleged abusers are as likely to be female as male

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www.simplicity.co.nz

All foods are not equal

Botanist James Wong has recently published a new book called *How to Eat Better*. Wong is an award winning BBC 2 show, 'Grow your own Drugs', and a regular on Radio 4's Gardeners 'Question Time'. He collaborated with Dr Emma Derbyshire, who has a degree in nutritional biochemistry and PhD in human nutrition. This book is very useful in that it uses scientifically proven information to prove what is nutritionally beneficial.

Here are a few suggestions from the book:

- Place your mushrooms on a sunny windowsill for an hour or two - the vitamin D will skyrocket.
- Store strawberries for four days on the counter instead of in the fridge to quadruple their healthy-heart compounds (alas these peak just before mould sets in!).
- Keep tomatoes and mangoes at room temperature for a week or two to almost double their carotene levels.
- Store grapes at room temperature to increase antioxidant levels by up to 20%.
- Chop or shred salad leaves, garlic and carrots etc., several hours before eating, and store in a sealed bag. This stresses the still living tissue, sparking the production of protective polyphenols and increasing antioxidant levels by 50%.
- Buy plastic wrapped rather than loose broccoli. Once picked it decreases in nutritional value, losing up to 80% of its glucosinolates by the time



- it reaches your plate. This loss is halted when broccoli is kept refrigerated and sealed.
- Simmer blueberries for 3 minutes into a compote and get 100% more antioxidants.
 - Add mustard to cooked broccoli to increase cancer fighting compounds by 300%.
 - Microwaving whole potatoes is the best way to retain all their nutrients.
 - Tinned tomatoes are better for us than raw because heat breaks open their cells, releasing the lycopene molecules. Concentrated tomato puree is the richest source of lycopene.
 - Chill cooked carbohydrates (potatoes, rice, pasta) for 12 hours as this causes some starch molecules to expand and crystallise, turning them into 'resistant starch' which lowers its GI and is harder to digest.
 - Although all fresh fruit and vegetables are beneficial to health, there are advantages in choosing certain varieties:

- Tomatoes** - most nutritious baby plum tomatoes, least nutritious beefsteak tomatoes
- Citrus** - best blood oranges and grapefruit, least lemons and limes
- Salad leaves** - best kale and rocket, least iceberg lettuce
- Grapes** - best crimson or black seedless, lowest Thompson grapes
- Cabbages** - best savoy and brussels, lowest cauliflower
- Rice** - best black, lowest white short grain
- Beans** - best black and kidney beans, least butter beans
- Tea** - best Oolong tea, green and white tea, least black tea
- Berries** - best black currants and blueberries, least strawberries

- Chocolate** - best dark chocolate, least white chocolate
- Apples** - best Braeburn, least Fuji and Golden Delicious

What is particularly pleasing about his suggestions is that they don't involve spending more money. For instance he likes the fact that 'value' orange juice is more beneficial than freshly squeezed orange juice because the whole fruit is pulped, so it contains the phytonutrients in the citrus peel. He resents the idea that you have to go to some fancy supermarket and get super foods from the Amazon (such as chia or goji berries).

How to Eat Better: How to Shop, Store and Book to Make Any Food a 'Superfood' by James Wong, published by Mitchell Beazley.

Ann Dalziel
Community Support Coordinator



'Old age and treachery will always beat youth and exuberance'

David Mamet

How do you select the best Care Home for you?

Unless you have prior experience of a relative or friend in residential care you will be uncertain what to look for in a care home.

Riverleigh Residential Care Manager, Eileen Thomson, a registered nurse and veteran of the residential care sector with some 25+ years experience, offers advice on three key areas to consider.

"Firstly, the staff should be warm and welcoming, and naturally compassionate and empathetic," says Eileen.

"Secondly, consider the quality of care. The Ministry of Health publishes audit results for all residential care facilities on their website," explains Eileen, "but the Manager of a facility can also make this available to you upon request."

"We are exceptionally proud at Riverleigh, which is highly recommended by healthcare providers in the Hutt Valley for its high standard of personalized care and warm, friendly atmosphere. Finally, Eileen explains that the facility should have spaces for living which are appropriate for the person receiving care.

"Riverleigh is particularly light and sunny, with large lounges, bedrooms with en-suites. The facility can also provide couples rooms with recreational space and courtyard gardens available for resident to enjoy" says Eileen. The food is cooked on site by our City and Guilds trained chef.

Eileen and her team is happy to answer questions from anyone considering care or just wanting to understand their options.

For more help in how to choose a care home, call Eileen at Riverleigh Residential Care today on (04) 569 7955.

Looking for the best care in Lower Hutt?

Let our friendly and professional staff take care of your needs. Whether your stay is one day or several weeks, you or your loved ones can take advantage of our safe and fully serviced environment.

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CARE AT HOME A SENSIBLE CHOICE

Deciding what support you need to maintain independence as you age can be challenging. Miranda Smith, owner of New Zealand's longest running private homecare agency knows how difficult these decisions are.

"Sometimes people in crisis contact us, other times our services are used to help someone recover from illness or injury. Whatever the reason, we believe that accessing the right support, especially for those living alone, is critical. Peace of mind comes with knowing the right care is in place".

The daughter of one of the agency's clients shares her experience when her mother was diagnosed with Alzheimers. *"Miranda Smith was reassuring and supportive and I was given the opportunity to meet and interview potential carers. Being able to still live in her own home, despite needing 24 hour care, meant my mothers dignity and independence were maintained."* Miranda Smith Homecare has the personnel and experience to ensure supporting someone doesn't become overwhelming. Why not talk with them today?

A Tribute to Julie Lowe

Julie Lowe died on April 4, 2017 in Oxford Cottage Hospital, North Canterbury, cared for in their Palliative Care section and lovingly supported by her four sons, their families and friends. Her funeral was a quiet family affair which was typically Julie, practical, thinking of others, a professional social worker to the end.

Julie was a social worker who really made a difference, not just on behalf of individuals, but for all those in New Zealand who care for family members of whatever age, who maybe ill or disabled in New Zealand.

When I joined the staff of The Princess Margaret Hospital in the late 1980s Julie was the Supervising Social Worker of the Hospitals, Assessment, Treatment and Rehabilitation team. She was already deeply concerned about the impact that caring could have on the health and well being of family members caring for older relatives, advocating for respite care and access to services to enable that caring role to be sustained as well as possible with the least possible stress on their own health. She undertook study of carer support services in the United Kingdom to broaden her capacity to assist and support carers. That led on to contact with others such as Laurie Hilsgen in Northland, herself a carer of her husband. The two of them largely founded Carers New Zealand, which, over the following years, has developed into a major NGO aiming to support all those who care, as well as those for whom they are caring.

Over time Julie also moved into a health governance. Since moving to live in Cust, she became a Board Member of the Oxford Community Health Centre Charitable Trust which governs the Oxford Community Health Centre whose professional staff, in turn, have helped care for Julie over recent weeks.

Rest in peace Julie. You were stimulating, lively and fun loving, as well as a superb professional colleague and friend.

Margaret Guthrie
April, 2017



Dear John...

I was talking with a friend the other day, and she told me that it had cost her and her husband over \$1000 to appoint their Enduring Powers of Attorney and redo their wills. I'm on my own, but even halving that, it's a lot of money so I'm thinking of hoping for the best. My son is next of kin, so he'll be able to make the decisions and tell people what I want. I want to leave as much as possible to the family when I go.

Dear Mavis

I'm sorry to say this, and I mean it kindly, but a lot of people bury their heads in the sand in an ostrich kind of way when it comes to Enduring Powers of Attorney. It won't be that simple if you find yourself unable to make decisions at any point.

Let's suppose that you were insisting on staying at home even though this was patently unsafe and that the doctors had confirmed this and recommended residential care. *Your next of kin does not have the legal authority to place you in care.* An application would have to be made to the Family Court to have an Attorney appointed to make a placement. (The next of kin could apply to be the Attorney of course but it would have been less complicated and costly to have been already appointed.)

This would cost at least \$3000, more if it was done urgently. Costs would also increase if there was any kind of dispute or contest between family members. So in a way, you could view appointing EPA's as a potential saving against your estate, hundreds versus thousands. And if you appoint the Attorneys yourself, it is your decision and not one that has been taken out of your hands.

Someone in the office here recently went to Perpetual Guardian to redo her Enduring Powers of Attorney and Will. Age Concern has a special relationship with Perpetual Guardian, and so she was charged \$150 for each EPA and \$100 for the will - this latter being half the usual cost. So \$400 all up

seemed very reasonable to her, and a lot less than taking court fees out of her estate at a future date.

Hopefully these ideas will help in your decision making. If you have any further questions, you're very welcome to phone us at Age Concern or talk to the local Community Law Centre, or even your own lawyer.

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Concert in Lower Hutt

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W: www.daytimeconcerts.co.nz

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The Perils of Too Much Relaxation and not doing things for ourselves

My family recently bought me a Fit Bit for my birthday - this is the watch like device worn on the wrist that counts the number of steps you do in a day. The nearest and dearest



clearly had my welfare at heart but thought I needed some encouragement to be more active! They were right - I don't achieve the 10,000 steps a day target nearly often enough and I was horrified to realise that on an inactive day, like the day I was at the Age Concern Conference, I only achieve about 4,500 steps.

This has made me think about activity and particularly the inactivity levels of we superannuitants.

A recent American study I came across said that * "Our research team at Northwestern University recently explored the daily walking of assisted living residents and found they took, on average, 1680 steps per day."

"This is definitely significantly lower than the 10,000 steps recommendation a day for the general population and the 6,500 - 8,500 steps recommendation for individuals with disability or chronic illness."

Creating a safe environment, where lifts are encouraged instead of stairs, breakfast is brought to the resident in bed (rest homes do this these days!), ramps replace curbs and all meals and cups of tea are served, results in significantly fewer steps.

I think of a delightful lady whom I used to visit. She had the traditional perilous Wellington access to her house, but she was familiar with it and was up and down those uneven steps at least once a day. When she was forced into care due to assorted medical issues, the furthest she walked was from her room to the dining level, a short, flat distance, and naturally her mobility and general health declined.

Obviously we need residential care facilities but being wise after the event, the facility who defended their decision to my enquiry about why they didn't push my very slow moving client to the dining room by saying that she needed to walk as much as she could was quite right! If she'd been pushed by staff in a wheelchair, it would have been detrimental to her mobility and they were maintaining as much movement as circumstances allowed.

I think these findings and pointers can be applied to everyone in every living situation, whether at home or in care. The number of steps a day is critical for memory, cardiovascular function, quality of life and ultimately our eventual life span. And it is something we can implement ourselves.

So we should encourage as much independence as possible in the tasks of daily living. Let's not eliminate all challenges. Whilst standing on chairs to reach high cupboards is not a good challenge, taking the stairs instead of the lift is. We are in charge of our own movements at home but well done to the rest homes who actively encourage residents to engage in the life and running of the home - think of Enliven implementing the Eden Alternative. Perhaps all new residents to care facilities could be issued with a duster on admission to encourage movement inside their room!

Definitely Using It or Losing It is largely up to us.

Sheila Reed
EAN Coordinator and Fit Bit wearer

**The Perils of Too Much Relaxation in Assisted Living: the sedentary nature of such environments can be a threat to resident's health. By Margaret Danilovich.*

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Work starts on Wellington's newest retirement community



Enliven, part of the not-for-profit organisation Presbyterian Support Central, has begun transforming its Kilmarnock Heights Home site in Berhampore.

The existing 40 bed rest home will be replaced with a new, purpose-built 72 bed home and 57 retirement apartments.

Earthworks have just got underway, with the new home being built in front of the existing facility. Once that's completed, by October 2018, the retirement apartments will be built.

This carefully staged approach will mean the current Kilmarnock Heights Home will remain fully operational until the new home is opened.

Presbyterian Support Central CEO Chris Graham says the development is about much more than a new building.

"There's a strong emphasis on creating a caring, supportive and stylish elder-centred community. It will



The architect's impression of what the completed Kilmarnock Heights Home development will look like.

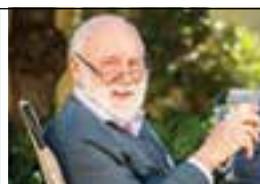
add to the growth and hum that Berhampore and Wellington South is experiencing."

Chris says the extensive planning phase, over almost three years, is a reflection of the organisation's commitment to ensuring the development fits in with the surrounding residential environment and neighbouring town belt.

"The contemporary design takes advantage of the location on the City to the Sea Walkway, the site's gentle elevation, peaceful off-street location and wonderful views across a golf course."

Once built, the home will embrace Enliven's Eden Alternative philosophy of care – a holistic approach to wellbeing that provides quality clinical care as well as supporting people's emotional, cultural and spiritual needs.

For more information about Enliven, and to keep up-to-date with the development's progress, visit www.enlivencentral.org.nz.



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