

AUTUMN 2022 QUARTERLY NEWSLETTER
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Age Concern Wellington Region

Serving the needs of older people

COMPLIMENTARY COPY

Seniority



**A message from the Minister for Seniors
Work, Business, Volunteering... Keeping Busy After 65
Covid-19 Resource Pull-Out Included**

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From the CEO



I hope you are having a wonderful summer, especially with the great weather we have had. (Although, struggling to sleep at night because of the heat is certainly no fun!)

Not long into the New Year we were reminded again that Covid-19 is still around and still having a major impact on our country. Even though we knew Omicron would eventually come, I don't think many of us anticipated case numbers rising quite so quickly. It certainly has made for a disrupted start to the year for older people in our Region and for Age Concern.

This issue of Seniority features a handy pull-out section in the middle with information about how to get through self-isolation if you or a household member gets Covid-19, plus a message from the Minister for Seniors, Dr Ayesha Verrall. Don't forget, if you have any questions about Covid, please call us on **04 499 6646**.

This issue also features some thoughtful articles about working past 65. This is becoming something more and more seniors are doing, and it looks like future generations will also have to think about as they struggle to pay mortgages off before retirement.

Enjoy this issue of Seniority and do get in touch with us if are feeling isolated and lonely. We're here to help.

Stephen Opie

CEO, Age Concern Wellington Region



If you are unsure whether your smoke alarm is clean or working, or if you can't replace the batteries without assistance, ring your local fire brigade. They will provide this service for you

It could save lives!

Age Concern Wellington Region Services and Programmes

*** Please note: special measures and some restrictions are in place to enable services and events to run during the pandemic.**

Companion Walking Service



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

Accredited Visitor Service



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

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

Staying Safe Refresher Driving Courses

Staying Safe is a free classroom-based refresher workshop for senior road users. Age Concern delivers this programme in partnership with

Waka Kotahi (NZTA). 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

Upcoming Courses

***Vaccine pass required**

- TAWA: 31 March
- JOHNSONVILLE: 6 April

Registration is required, please call us on 04 499 6646 to register, and for venue information. *Vaccine pass required for all events.



Steady as You Go Exercise Classes

Steady as You Go Falls Prevention Exercise Classes are designed to improve strength and balance and help prevent a fall. The classes improve balance and leg strength, flexibility, general fitness and wellbeing, and are a great way to meet new people. Classes consist of a combination of sitting, standing and walking exercises, and take around an hour. Gold coin donation. *Vaccine pass required for all classes.

Please see back page for a list of classes

Working Longer



Volunteer Mick Calder writes about busy lifestyles and seniors

There is no official retirement age in New Zealand, but most pension funds and the government

superannuation scheme kick in at the age of 65. So, if you are willing and able, you can choose to work on after 65, but you may have to negotiate the terms and conditions with your employer.

According to the executive summary of a conference organised by the Stanford University Centre on Longevity in 2017 there is a compelling case for people to work longer. For the individual, apart from the possibility of it being a financial necessity the conference confirmed that working longer can help maintain physical and cognitive health. The appeal for some is that they get a sense of fulfilment from their employment – it provides them with status in their community.

The conference also found that the presence of older workers can improve the productivity of the entire workforce.

While it may sound easy, there can be issues for both the worker and the employer. Workers will look for more flexible working conditions as their priorities change. While some may need the income for paying the bills, others may seek more leisure time for sport, hobbies or travel.

Obviously, there are differences according to the type of work you do. Those who have spent their lives doing hard physical labour may consider a less arduous life in retirement as the answer to all their prayers. Even so, studies in the US have found that adults aged 65 and over are twice as likely to be working today compared with 30 years ago. But it tends to be the healthier, better educated, and higher earning white collar

brigade who stay on the job.

One interesting aspect is that among those who are working after the age of 65 there is a tendency towards self-employment, opting for a reduced number of hours by taking on contract work, or because of their financial circumstances many will take on volunteer work in all its different forms.

Reading various articles about working beyond retirement age, they invariably indicate the view that you need not be tied to your previous career choice. There are opportunities to retrain for an entirely different activity. And there is still the option of volunteering on a part-time basis.

A recent article in the Probus South Pacific newsletter looked at the issue of making some extra money in retirement. In their view, "Being retired doesn't mean you have to abandon your income potential altogether. You might be keen to continue supplementing your savings and enjoying more of the finer things of life, or perhaps you simply seek the social and emotional benefits of keeping busy with odd jobs and maintaining meaningful connection." They listed some ideas for generating extra income without too much effort, including; caring for other people's pets, renting a spare room in your house, selling homemade or used items at a market, or marketing your professional services online. (The full Probus article can be read on www.probusouthpacific.org).

In my youth, I formed the view that those who retired and did not have much to occupy them did not seem to last very long. I decided to keep busy after retirement with some work, travel, physical activity, and other diversionary tasks rather than just sitting around.

But circumstances intervened – as they do. As my retirement began creeping up on me my full-time work gradually disappeared, and I moved to contract work for three days a week. There was some mad scrambling to negotiate my new remuneration and more action to settle on the best option for my superannuation scheme. I

decided to invoke the early retirement clause since my pension would be based on the average of my last three years' salary. As my annual contract income would be lower it was better to "retire" and calculate the pension on the old rates.

This left me with at least two days a week to fill, and I was not inclined to play golf all that time. I continued as treasurer of a professional organisation and took on a contract as secretary of another to keep me off the streets. I completed an online course in proof reading and editing and began proofing academic papers. An unexpected offshoot was learning about plagiarism!

A colleague and I were then asked to collaborate in writing a history of our previous employer which introduced me to the art of interviewing – past and current members of the organisation. I also learned a new skill of adapting my writing style to match that of my co-author. She also

encouraged me to write opinion pieces for newspapers which involved a different approach. I was suitably surprised when my articles were accepted, and even more astounded when I received payment.

So, writing became part of my retirement with newsletters for various organisations as well as documenting several overseas trips, plus a couple of stints proofreading and editing autobiographies, and finally co-authoring another history. And then I started volunteering at Age Concern Wellington Region. Not all of this was for monetary gain, but it kept me up to date with the people and organisations as well as keeping me from twiddling my thumbs. So far, so good.

So, the advice (or my personal advice anyway) is to maintain a relatively busy lifestyle in retirement if only to sustain your cognitive skill and your emotional wellbeing.

Mick Calder





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Men as Solo Agers

A recent article by clinical psychologist Jackson Rainer, posted on the Next Avenue website, provides some useful advice for men to stay connected, be prepared, and fight loneliness.

Rainer uses the term Solo Agers as an alternative to “elder orphan” which he describes as a “horrible designation” used by some social scientists in the USA. While he admits to being observably alone, living independently and of a certain age, he considers himself to be active and connected, and certainly not an orphan. But being alone can carry some unique risks for older men.



He lists a few of his home truths, such as:

- Most older men are feeling lonelier and more isolated than we care to admit.
- Older men were taught from an early age never to admit vulnerability or to ask for help. So, we don't.
- We were taught to figure out problems independently or be humiliated.

According to Rainer, “As men, we would rather stand naked in rush hour traffic than risk the exposure of not knowing, or worse, being seen as weak and culpable for perceived fragility.” He goes on to discuss Three Steps for Successful Solo Aging with additional advice. Some of it is geared to circumstances in the USA but there are usually New Zealand equivalents.

1. While you are healthy, make plans.

Spell out personal wishes regarding medical treatment (called Advance Care Planning). Grant someone the power of attorney to handle legal and financial matters should the need arise. Talk to a financial planner to develop a plan for managing money.

* Age Concern has more information available on Advance Care Planning – call 04 499 6646 for details.

2. Go toward others.

There are great benefits in being social, especially since men are notorious for waiting for others to recruit them for social activities. “Waiting for others never, never, never works.” So, get out and join up, or seek assistance in connecting.

Age Concern Wellington Region provides several social connection services that could be considered.

3. Get busy. Stay physically active.

Men need a schedule, and they rely on being known for what they do. As they retire, they shift to being known for who they are, but their lives can be enhanced by routines of planned physical exercise and social activities.

While it's easier for me to focus on men, much of the above likely applies to many women as well.

So, looking ahead, allowing room for help, and connecting with others are keys to going it alone with integrity. Rainer finally asks, “Does it solve all the loneliness encountered as a solo ager? Certainly not, but it does keep us in charge of what is manageable as we grow older.”

For the full article go to www.nextavenue.org/solo-aging-men/

Mick Calder

Tips to reduce the risk of falling when wearing a face mask

Unfortunately, for the many of us who wear glasses, face masks can cause some loss of lower peripheral vision. The lower peripheral vision is an important sensory function that guides us when we walk and helps to stop us tripping or falling.

It is therefore essential to consider how to reduce the risk of falling while wearing a face mask.

Some useful tips to consider:

- Check your mask fits snugly around your nose and cheeks to reduce any visual impairment and fogging of glasses
- Slow your walking pace to give you more time to consider what is immediately in front of you and what trip hazards lie ahead
- If you wear glasses, consider adopting practices to help reduce fogging, like swimmers do with their goggles (such as a drop of washing up liquid on glasses)

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Let's End Loneliness



Loneliness is defined as the state of being alone and feeling sad about it. You can be surrounded by others and still feel alone. And the thing is that it can affect any one at any age. It is all about a lack of social connection.

My 9-year-old granddaughter was lonely when she was cooped up at home in Melbourne for weeks on end and couldn't see her friends, due to the Delta variant of Covid-19. Even those who are busy at work can feel lonely at the weekend, when the buzz of the office has been replaced by the quieter pace of the suburbs. And then there are those who live on their own – particularly older people. There is a basic human need to want company and the social interactions that spring from it.

For me, the epitome of loneliness was the character “Lonely” in the 1970s TV programme “Callan”, deftly portrayed by actor Russell Hunter. A downtrodden, shabbily dressed, and gaunt faced nark living alone and operating on the wrong side of society. Callan exploited Lonely's weaknesses relentlessly. So, I was pleased to learn that Russell Hunter was almost the exact opposite; *“an elegant, brilliantly humorous and generally delightful man, who applied the same level of professionalism to every performance”* according to his obituary in the Guardian in 2004.

So, loneliness can come in many different guises and affect people at all stages in life. The Covid pandemic has, in all probability, increased the prevalence of the problem, and certain seasons

like the run up to Christmas only aggravates it. There is precious little data on the incidence of loneliness in New Zealand, and what little there is relies mainly on self-determination. According to a study by Statistics New Zealand in 2010, one in three adult New Zealanders reported feeling lonely to some degree over the previous four weeks. The report went on to reveal that young adults had a greater likelihood of feeling lonely and the occurrence decreased linearly with age; 18% of young adults felt lonely all, most, or some of the time, compared with 11% of older people.

There was a strong relationship between the standard of living and feelings of loneliness of respondents, and that increased for older people. The issue is growing, exacerbated by the continuing battle with Covid-19. This led to the establishment of the New Zealand Coalition to End Loneliness with the aim of raising awareness of the issue and to work together on reversing the trend.

The Coalition to End Loneliness reports that 18.4% of New Zealanders felt lonely at least some of the time in 2021 compared to 16.6% in 2018, and 13.9% in 2014, and that this has been exacerbated by the social isolation brought on by Covid 19. See letsendloneliness.co.nz or call 04 499 6646 for a list of contacts and phone numbers of those organisations offering assistance.

Living alone is another factor which leads to the loneliness problem, and surprisingly, it tends to affect women more than men.

The general approach to reducing the feelings of loneliness for the individual is to recognise the problem and take positive steps to improve social connections by getting out and meeting others, joining in group activities, and establishing routines to maintain progress. It is easier said than done. There are those who may not recognise their problem, or having done so, are unable to do anything positive to alleviate it; so, it may need the intervention of friends or relatives to assist them over the first hurdle.

Age Concern Wellington Region (ACWR) receives numerous calls from concerned friends or family members seeking assistance for older people who need some companionship and support.

ACWR offers visitor and walking services, both of which match volunteers with those who need some social connectivity. There are nearly 200 volunteers on the books of ACWR who go out of their way to visit seniors at least once a week. Invariably a strong and friendly relationship develops, and the visits sometimes extend further to occasional outings to see something of mutual interest, a coffee break, or just visit the shops.

Like many charities, ACWR has the ongoing problem of finding sufficient volunteers willing and able to take on the task of visiting their selected senior at least once a week. Right now, there is a particular need for more volunteers in the Hutt Valley.

Do you have:

- An interest in, and empathy with, older people
- A genuine desire to offer friendship and companionship
- Good communication skills, including being an active listener
- Tact, objectivity and maturity
- An interest in community service
- Respect for confidentiality
- Cultural sensitivity, awareness, and acceptance of difference

If you answered yes, and are interested in helping, please contact us on 04 499 6646 or visit www.acwellington.org.nz/volunteering/ Age Concern Wellington Region is a charity with half its funds coming from local and central government with the remainder from grants and donations to continue our work. If you wish to support Age Concern Wellington Region you can donate at www.aged2perfection.nz or call 04 4996646 to find out how you can support us.

Mick Calder



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We still have our clinics at Paraparaumu and Levin.

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

Editorial supplied by Courtenay Hearing Centre

Making Garden Connections



Nathalie and Tim are both keen gardeners who met each other at the Innermost Gardens in Mount Victoria recently: she gardens to keep active while he volunteers at the community garden.

Gardeners thrive on getting their hands dirty and communicating with nature. They also enjoy getting together to explore other gardens and talking with each other to share advice, tips and new ideas.

Late last year, Age Concern Wellington Region (ACWR) and Wellington City Council organised an outing for ACWR participants to visit the Innermost Community Gardens. The sizeable group that turned up shows that interest in gardens is still there among seniors.

Nathalie made an early start to travel in from Upper Hutt. She told Stephen Opie (CEO of ACWR) she never knew the Innermost Gardens existed and was delighted not only to discover it, but also to see and experience the enthusiasm of all those volunteers who looked after the complex. She also learned some new gardening tips.

Although she lives in a retirement village, she has access to two small gardens and keeps active by growing vegetables for herself and donating any excess to the food bank or sharing it with her neighbours.

Nathalie expressed her delight in learning new gardening techniques on the tour, especially learning from others how to do things better.

But the learning wasn't a one-way street. Volunteer Tim, who has been volunteering at Innermost Gardens for 15 years, admitted that he enjoyed drawing on the wisdom and experience of the members of the tour group.

He thinks community gardens are amazingly important, and visits by members of the community were an added extra as they brought people together and improved intergenerational communication. "I had conversations today with people who have more years of experience than me growing a lemon tree, or things like that. Community gardens are a way of bringing generations back together. People connect on their own terms with so many different people they wouldn't normally connect with anywhere else."

Community gardens attract a wide range of volunteers. There are 'weekend gardeners' who work during the week and like to get out in natural surroundings in the weekend. The 'midweeks' are generally retirees and more senior gardeners. In addition, there are calls for volunteers for special projects which attract members from both those groups and outsiders.

The group finished with light snacks and refreshments on this perfectly warm and calm Saturday morning.

Tours such as these are just some of the varied activities arranged by ACWR for the older members of the Wellington community.

YOUR SPECIAL COVID-19 PULL-OUT SECTION

A Message from Hon Dr Ayesha Verrall Minister for Seniors



With Omicron now in the community, I know it will be a stressful time for a lot of people. Almost no country in the world has escaped Omicron and New Zealand is no exception. But where we are different is how we have planned to minimise the impact of the virus and protect our people from it

The Government has a three-phase public health response to Omicron that aims to slow down and limit the spread of the outbreak.

The system will continue to adjust to identify those who are at a greater risk of illness from Omicron – which will be a smaller percentage of cases. The prime focus of testing and tracing is protecting those at highest risk of becoming severely unwell and our critical workforce who are key to keeping the country running.

Vaccination still remains one of our best defences against COVID-19, so I encourage you to get your booster, if you haven't already. Getting boosted will play a major role in preventing serious illness and keep pressure off our hospitals. While a two-dose course provides good protection against Delta, it's the booster shot that makes a real difference against the Omicron variant.

As always, it's what each and every one of us can do as individuals that will make a difference. Our plan is simple – get boosted, wear a mask, and follow the basic hygiene rules we've become so familiar with.

If you do feel ill don't hesitate to reach out for help either through your GP or by calling Healthline on **0800 358 5453**. There is also a phone line- 0800 512 337-

you need some extra support with things like getting access to food or medicine.

BE PREPARED FOR COVID-19

CHECKLIST

HOPE FOR THE BEST -- PREPARE FOR THE WORST

The best defence against the spread of the Omicron variant is to be double vaccinated with booster, and to wear an approved mask when indoors or in public areas. But this may not be sufficient against this bug – so you need to be prepared if you or someone close to you is infected.

You need to think about isolating for a long period – **plan for a couple of weeks**. So, what do you really need? The following checklist might help.

HOUSEHOLD PLANS – who, outside your home can you ask for help and support?

- People.** How will you arrange to look after people that usually depend on you? How are you going to communicate with them and other family members, and how often? Your pets – who will take the dog for a walk?
- Personal services.** Who can do your shopping for you, recycling, put the rubbish out, possibly collect your mail?
- Emergencies.** Make a list of contacts to ring in case of emergencies – doctor, dentist, chemist, other carers or support workers.
- Health.** Make a list of important medical information such as health conditions, disability information, etc. See the useful contacts and other information in this pull-out.

ESSENTIAL SUPPLIES – what you may need to consider

- Stock up on supplies** – but don't overstock, as supermarkets and other essential suppliers will still be operating (you don't really need three months' supply of toilet paper...)
- Shopping lists** – think about the essentials that you will need to keep you going and items that can be stored for a while before use; groceries including frozen or canned meats, fish, fruit and vegetables; staples such as flour, sugar, butter, tea/coffee, milk powder, cereal, cooking oil, rice and pasta; jams and spreads, bread, eggs; toiletries including toothpaste, first aid items, painkillers/paracetamol and maybe toilet paper; detergent for dishwashing and cleaning, bin liners, paper towels, pet food and litter. Plus, anything you would really crave!
- Medical supplies** – Do you have enough of your prescription medicines – for you and family members, and the pets. Allergy medication. Spare batteries for hearing aids etc. Hand sanitizer and face masks.
- Entertainment** – Books and magazines, Podcasts, recorded TV shows and movies, puzzles, cards and other games some of which can be downloaded on to your computer or played online.

BE PREPARED FOR COVID-19

DEALING WITH THE INFECTION

If you have Covid, it is currently more likely that you will have the Omicron variant. If you have been vaccinated and boosted, the effects are reported to be less severe than with the Delta variant. But as we have seen, other variants could also develop.

IF YOU DEVELOP SYMPTOMS – GET A TEST

- Symptoms** -- the generally recognised symptoms are a new or worsening cough, sneezing, runny nose, fever, temporary loss of smell or altered sense of taste, sore throat, shortness of breath.
- Get a Test** -- The first step is to stay at home, except to get a test. Either ring your GP or contact a Community Testing Centre. You can get advice on how to book a test by calling Healthline on 0800 358 5453.
- A Positive Test** – The Ministry of Health will send you a text message from 2328 confirming your positive test result. The text will provide information about self-isolation, support options and a 6-digit access code for the online contact tracing form.
- Notify** – you need to notify your close contacts that you are self-isolating, as well as your support team in case you need help. Tell your neighbours too (non-contact).
- Health Team Support** - You will have support from local healthcare providers to meet your health, welfare and wellbeing needs while you recover. A 24-hour contact phone number will be available for health support. Your point of contact may be an individual or a team from your general practice, primary care provider or from a local community health service.
- Monitor your physical condition** – If you have been double vaccinated with a booster, the effect of Omicron is likely to be less severe than other variants; the advice is to treat it like a cold – so rest and keep up your fluid (water). To avoid spreading the virus at home, you must social distance, wear a mask and try not to spend time in shared spaces. Monitor your temperature and your breathing. If your condition deteriorates, contact Healthline on **0800 358 5453**.

If you need urgent medical help call **111** immediately. Tell them you have COVID-19 when you call. This can include if you or someone you care for has:

- severe shortness of breath or difficulty breathing
- severe chest pain or discomfort
- difficulty waking up or is very drowsy

- More Advice** – if you have access to the internet, you can find more advice here: www.health.govt.nz
- Keep calm and follow public health advice.

The situation is evolving rapidly and some of this information may change. Other checklists, useful reminders and advice are available online at www.covid19.govt.nz





USEFUL CONTACTS

Covid-19 Healthline: 0800 358 5453

Healthline: 0800 611 116 (general health advice)

Covid-19 vaccination advice: 0800 28 29 26 (8am to 8 pm)

Online Greater Wellington Covid-19 Hub:

www.facebook.com/protectgreaterwellington

COVID-19 TESTING STATIONS

Once you know you need a test, please call the following numbers for the required location below and you will be referred to the Community Testing Centre or a general practice for your test.

Wellington Central, 196-200 Taranaki St: 0800 885 022

Porirua, 178 Bedford Street, Porirua: 0508 672 862

Kāpiti, Team Medical, Coastlands Shoppingtown: 0800 885 022

Lower Hutt Testing Centres: 0800 4888 123

Getting a Covid-19 test from a testing station is free. There may also be the option of purchasing Rapid Antigen Tests (RATs) from some stores and pharmacies. You can take the test home and test yourself, but some people may find the process difficult.

WHAT IS SELF-ISOLATION?

If you test positive for Covid-19, you need to isolate at home so that you don't infect others. It's OK to feel nervous about self-isolation, most people are. Here's some information that might help.

You will have support from local healthcare providers to meet your health, welfare and wellbeing needs. You may be given a Pulse Oximeter, an easy-to-use device that measures your blood oxygen level.

Stay at home – don't go to work, clubs, church or any other public place. Do not have visitors in your home, unless they are providing medical care. Separate yourself from others as best you can. If you can't, keep a 2m distance at all times and wear a mask that covers your nose and mouth.

Stay in a separate room away from others as much as possible and keep the door

closed. Keep the room well-ventilated by opening the windows.

Use a separate toilet and bathroom and do your own laundry. If that isn't possible, use the bathroom after everyone else. Clean and disinfect surfaces you touch.

Avoid using shared spaces at the same time as other people. Eat in a different room and use different dishes, cups and eating utensils.

If you need food, prescriptions or essential items, get friends or family to leave them on your doorstep, or get supplies delivered.

Be ready – have a look at the checklist on the previous page to be ready if you need to self-isolate. For more detailed information, please go to the Government's Covid-19 website: www.covid19.govt.nz or the Health Navigator: www.healthnavigator.org.nz

Phone Friend



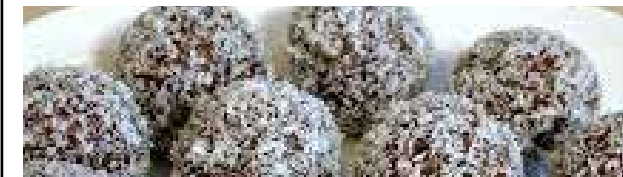
Do you feel a little lonely but not sure you would like a visitor in your home?

Would you enjoy a weekly friendly phone call?

We may be able to match you with a Phone Friend volunteer. Call 04 499 6645 for more information

TIM TAM TRUFFLES

Makes about 30



Two (2) packets Tim Tam Biscuits (original are best)
250g Anchor Cream Cheese – (original important) or 250g Philadelphia (original - the packet keeps longer in the fridge)
1 Tablespoon Icing Sugar Coconut - (to roll in)

METHOD

Place Tim Tams in food processor (one packet at a time) and process until like breadcrumbs. Put into a bowl and mix in the icing sugar and then the cream cheese and mix all together. Take out teaspoon lots and roll into balls, and then roll in coconut. Place in a container and freeze until ready to use. These keep for a long time in the deep freeze – and you can use either a few at a time or as many as you want as the rest keep well. Can eat straight out of freezer.

Volunteers Welcome

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

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*Information in this article is adapted from <https://www.healthnavigator.org.nz/health-a-z/c/covid-19-positive-how-to-quarantine-at-home/> and <https://covid19.govt.nz/isolation-and-care/how-to-self-isolate/>. All information in this pull-out was current at the time of printing. Please check www.covid19.org.nz for the latest updates.

Why your medicine cabinet can be a health hazard



Many medicines in our medicine cabinet we need, but what about the yellow pills in a jar that's lost its label, and the eye drops we have had for a long time. And what was that green capsule for?

Old medicines lying around the home 'just in case' are dangerous:

- If taken when they have expired
- If taken but are not prescribed for you
- If in reach of children

The safest and easiest way to dispose of unwanted and out-of-date medicine is to return them to your pharmacy at any time – for free and safe collection and disposal.

Think before you throw - Unwanted medicines that are dumped into the toilet, tipped down the sink or put out with the rubbish can seriously harm the environment. We need to change our behaviours to solve this problem and give the environment a chance.



Don't flush medicines down the toilet. Sewerage plants can't treat all chemicals in waste water, resulting in contamination of waterways.



Don't pour medicines down the sink. Medicines contain highly soluble chemicals which when entered into water systems can harm aquatic life.



Don't throw medicines into the rubbish/recycling bin. Medicines disposed of this way end up in exposed landfill sites.

By returning expired and unwanted medicines to your local pharmacy, you can make your home a safer place, help safeguard your community and protect the environment.

This is all you need to do... it really is easy

- Step 1** Sort through your medicines cabinet
- Step 2** Take expired and unwanted medicines to your local pharmacy
- Step 3** Give them to your pharmacist for proper disposal, and...
- Step 4** Tell your friends and relatives about this option

Useful Tips:

- Only ask for what you need when collecting your medicines from the pharmacy
- Tell your Doctor or Pharmacist if you are no longer taking a medicine
- Do not share any medicines with family or friends as this is unsafe and may not work in the same way
- It is not safe to use your medicines to treat other symptoms

Annual Flu Vaccination - Stay healthy this winter

It's coming up to the time to get your annual Flu Vaccine which should be available from mid-April. It takes around two weeks to develop immunity once vaccinated. Ideally, immunisation should be carried out before the main influenza activity in May to September.

Seasonal influenza vaccinations are recognised as being the single most effective way of reducing the impact of the flu – especially for those most at risk of complications.

Following basic hygiene practices will also help you stay healthy:

- Wash your hands regularly for at least 20 seconds and dry them for 20 seconds – or use an alcohol-based hand rub
- Cover your mouth and nose with a tissue when you cough or sneeze – then put the tissue in a lined bin
- Cough or sneeze into your elbow if a tissue is not readily available
- Avoid touching your eyes, nose and mouth
- Don't share drinks
- Avoid crowded places
- Stay home if you are sick
- Use a facemask when you are out and about

Flu can be anywhere. The best chance to protect yourself is to get immunised. Immunisation is **FREE** to those over 65. Ask your Doctor, nurse or Pharmacist for your **FREE** vaccination. Equally importantly, if you do become unwell, stay at home until you are better.

We were created to be "in the community" with others. So if you are feeling a little isolated or lonely, reach out to someone and be the friend to them that you would like them to be to you.



Supporters of Age Concern Wellington Region



On email?

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

You can subscribe through our website
www.ageconcernwellington.org.nz
 or email us at
news@acwellington.org.nz



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MANA U3A

- Making new friends
- Sharing interests
- Fun and companionship

Mana U3A is one of several U3A groups in the Wellington region, with Tawa U3A to the south and Kapiti U3A to the north up the coast, as well as two in Wellington.

The University of the Third Age (U3A) was founded in France in 1973 to provide continuing learning opportunities for retired people. By 1981 it was established in England and by 1989/90 branches were opening in New Zealand. Today there are branches worldwide, but there is no official ruling body, each group operating independently according to its situation and facilities available.

The Mana U3A focus is on giving our members opportunities to learn, the chance to get to know others in the same area, and a way to share their interests, skills, and knowledge.

Employment provides stimulation, ongoing learning, and social interaction, and moving into part-time work or out of paid work altogether represents an entirely new phase of our lives. This new stage may seem daunting in some ways, perhaps empty as social connections are left behind, along with the interest and stimulation that a workplace provides. There can also be a loss of self-esteem and confidence.

The U3A model, based on lifelong learning and the sharing of knowledge and skills, is designed to help people make this transition. Different U3A groups will have different programmes and activities so it would be wise to check on the individual group at www.u3aonline.org.au/find-a-u3a

Joining Mana U3A costs only \$10 a year, we have quarterly meetings with a shared lunch and guest speaker, and several interest groups cater

for the varying interests of our members. These include book groups, bridge, creative writing, visits to theatrical shows, a garden group, family history, Travellers' Tales where we learn about the trips members have taken in New Zealand and overseas, Mah Jong, a handcraft group where members practise all kinds of craft, current affairs, science, poetry appreciation and play readings, a walking group, scrabble, and film visits. The number of interest groups is still growing.

Our members also have free access to the range of Interest Groups run by Tawa U3A, our southern neighbour, and so have an even greater variety of activities in which to take part. For example, some of our members sing in the Tawa choir, and Tawa U3A members have joined us for our quarterly meetings, seminars and daytrips.

As well as our quarterly meetings and Interest Groups, we also arrange the occasional one-off event, such as a recent day trip to the Wairarapa.

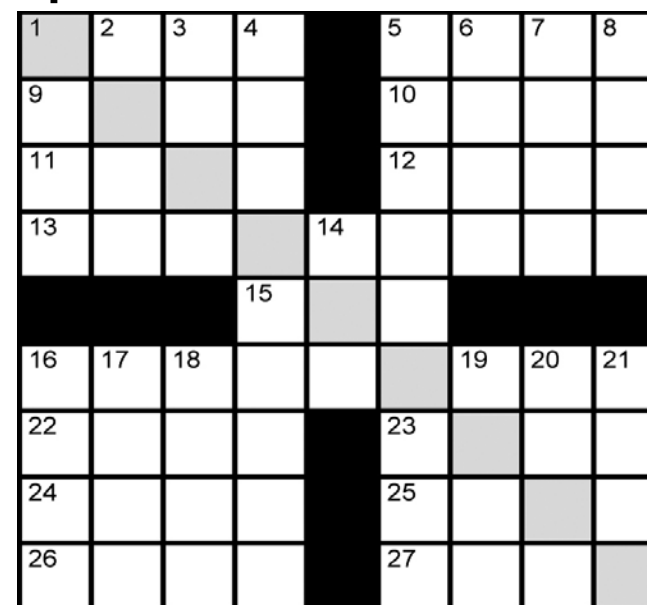
Mana U3A welcomes members from all walks of life, whatever work they might have done and whatever their background. We offer social gatherings and stimulation, not only to the newly-retired but also to those who might have lost loved ones or suffered other setbacks and be looking for new friendships and connections. For many people, our U3A offers a way back into the community, and a sense of purpose at times of loneliness or grief.

Joining us is simple. Just ring or text Kay Phillips our President on 027 975 8569 or Michael Lynch our Membership Manager on 04 235 6531.

You can also email Kay or Michael on 46nanakay@gmail.com or m.lynch@extra.co.nz.

We always look forward to meeting new members and you will be very welcome.

Optical & Otherwise



Across

- 1. Doctrines
- 5. Use a keyboard
- 9. Madison Avenue award

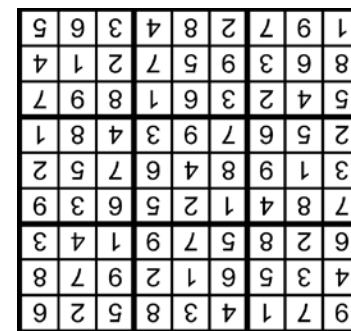
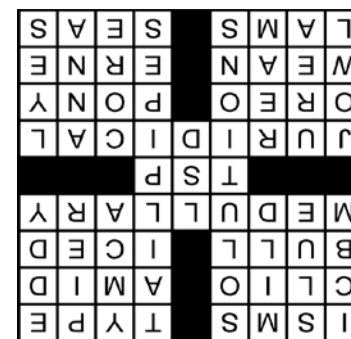
10. In the center of

- 11. Kind of market
- 12. Like some drinks
- 13. Relating to bone marrow

- 15. Kitchen meas.
- 16. Of or relating to the law
- 22. Snack often twisted apart
- 23. Small horse
- 24. Withdraw gradually
- 25. Sea eagle
- 26. Flees
- 27. Neptune's realm

Down

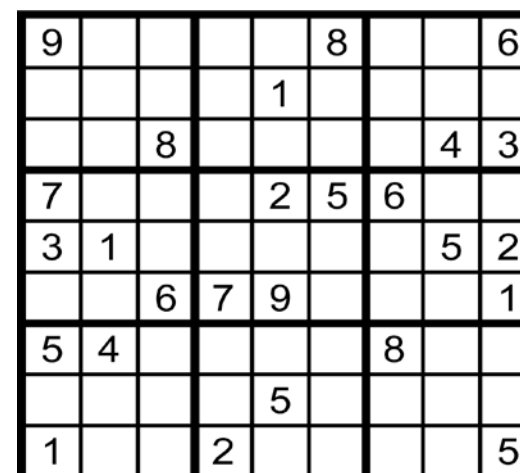
- 1. Missile
- 2. Swing around
- 3. Gentle
- 4. Answers
- 5. Vents on cars
- 6. Village People hit
- 7. Dock
- 8. Small whirlpool
- 14. Hallucinogen
- 16. Bloodhound feature
- 17. Fertilizer chemical
- 18. Paper purchase



- 19. Reactor part
- 20. Writer Quindlen
- 21. Cleaning cabinet supplies

- ARC DE TRIOMF
- ARC DE TRIOMPHE
- ARCH OF TITUS
- BRANDENBURG GATE
- GALERIUS
- GATEWAY
- INDIA GATE
- MARBLE ARCH
- NEUTRALITY
- PALACE SQUARE

- PORTE SAINT DENIS
- ROOSEVELT
- RUA AUGUSTA
- VICTORY GATE
- WASHINGTON SQUARE
- WELLINGTON



FAMOUS ARCHES



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

Entrepreneurship – an Opportunity for Older People



Volunteer Judith Davey writes about entrepreneurship in later life

If we look at synonyms for “entrepreneur” we get words like “tycoon”, “magnate” and “mogul”. In my current research, I simply mean a person who starts up a new

enterprise in the private sector, usually, but not always, with the goal of making money. I am looking at people aged 50 plus (because this is the definition of “older workers” used in the literature).

Should entrepreneurship in later life be encouraged? There is considerable evidence that meaningful and appropriate work is beneficial to the wellbeing of older people at the individual level. Work provides a sense of self-worth and accomplishment, as well as social inclusion. It can increase the incomes of older people, improving material wellbeing, especially when pensions and other sources of income are inadequate. In this sense it can contribute to “Active Ageing”, as defined by the World Health Organization - **“If ageing is to be a positive experience, longer life must be accompanied by continuing opportunities for participation in social and economic affairs”.**

There are also benefits to society when older people can contribute their skills and experience as entrepreneurs. This can help break down ageism and negative stereotypes. Extending and widening economic opportunities for older people will contribute to economic and business growth and better investment in human capital and knowledge management in mixed-age workforces. In addition, taxes paid, and reduced demands for support by older people

will help offset the increased costs of an ageing population. This will help society move away from commonly held ageist perspectives.

The literature suggests that people who set up new businesses later in life are prompted by two main motivations - they have been “pushed” into entrepreneurship through necessity, or “pulled” by the prospect of business opportunities. Push factors can include insufficient income from paid work, unhappiness in their current work environment, long-term unemployment, redundancy, age discrimination, and inadequate pension expectations.

Potential profitability will be an important pull factor, but others include the desire for greater freedom and autonomy in the workforce, fulfilling and flexible work, a long-term aspiration or dream, and the chance to take advantage of a business opportunity which arises.

Our research in New Zealand, as part of Massey University’s programme, “Maximising workforce participation for older New Zealanders: Opportunities, Challenges and Prospects,” drew on in-depth interviews with people who had started new businesses after the age of 50. We concluded that their motivations did not neatly fall into the “push-pull” categories and do not reflect the diversity of people’s experience. Motives were often mixed, complex, and changed over time. But there were some consistent themes. We identified broad “entrepreneurial orientations” which helped to describe this complex process, that is, starting a business for the first time later in life.

The largest group of interviewees were the “Opportunity-Takers”. For them, opportunities arose ad hoc but often reflected their backgrounds and work histories. Some created their own opportunities, while others were offered an opportunity that they embraced. This could be almost accidental – being offered a business loan, or meeting someone with complementary skills.

The second largest group were the “Difference Makers”, characterised by their vision of the impact and contribution they wanted to make. Starting a business was not an end in itself; rather they were motivated by a desire to help others, save the planet, or contribute to the public good. Hence, a highly skilled nurse aimed to offer self-help workshops for women. An engineer became interested in developing “green” energy technology.

The “Direction Changers” recognised that they wanted change in their work and lives. A combination of self-awareness, insight and life stage factors had them asking, “do I want to be doing this for the foreseeable future?” A new business offered the opportunity to use their skills and experience in fresh fields. A theatre nurse retrained as a counsellor. A man who had experienced business failure and redundancy resurrected his interest in painting and is a successful artist at the age of 70.

Everyone in the “Needs Must” group had faced unsatisfactory life situations, and creating a business seemed the best option to generate income. Factors such as redundancy, inter-office politics, and a need to get over serious health setbacks, triggered the decisions, even if they had never contemplated being entrepreneurs. Starting a business, even though challenging, proved to be a silver lining, offering freedom, flexibility and a new prospect.

A small group, which we called the “Investors” had backgrounds in business. Their primary driver for buying into or establishing new enterprises was financial. Unlike the others interviewed, they undertook extensive risk analysis and professional advice before pursuing their business venture.

People who start new businesses after the age of 50 are clearly a diverse group and their motivations involve complex factors. Our interviewees do not exhibit the recognised “entrepreneurial” motivations of innovation, growth and maximising profits. Their concerns

included the development of personal aspirations, building on previous workplace experiences, finding compatible ways of working, and reverting to interests left aside while building a career. Many were not purely economically driven. Personal wellbeing and altruism figure in their aims and motivations.

Should government encourage older people to set up businesses? Government policies should recognise both economic and social objectives in this area. The economic objective should be to provide a positive and supportive environment in which older people with entrepreneurial ambitions can thrive and contribute. The social objective should be to encourage older people to remain economically active in ways that suit them, including through entrepreneurship, thus contributing to active ageing.

Dr. Judith A. Davey

“If ageing is to be a positive experience, longer life must be accompanied by continuing opportunities for participation in social and economic affairs”

~ World Health Organization



Johnsonville: Falls Prevention Hub for the Wellington Region



They are suitable for most people, including beginners. Most of the participants are between the ages of 65 and 100, and their physical capabilities vary greatly. Several people come to class with a walking frame if space permits, and a few are partially visually impaired. Everyone is included.

“My balance has improved since starting this exercise. It’s a great class, and a great tutor,” one

Johnsonville has emerged as the hub of Age Concern Wellington Region’s Steady as You Go falls prevention exercise classes. With over 30 classes across the Region, Johnsonville is proving to be rather central with three weekly classes and plenty of active participants. There are also classes in nearby Newlands, Khandallah, Linden and Tawa to name a few.

“When the first Johnsonville group told us they couldn’t take any more participants because they were full, we started a second class. It was so popular that we quickly started a third one!” says Health Promotions Coordinator Ann Dalziel. “It always surprises me to see how many people continue to join our classes. It’s about the social connection as much as the exercise.”

The Steady as You Go exercise classes are designed to improve strength, balance, flexibility, and general fitness and wellbeing. Participation in the classes helps prevent falls, and it’s a great way to meet new people. The classes consist of a combination of sitting, standing and walking exercises, and take around an hour. The classes are established by one of Age Concern’s staff members with the aim of becoming peer-led at the end of 10 weeks.

Johnsonville participant said recently. “I can now turn my neck when driving,” another Johnsonville group member said.

“I love coming. I have improved, and I feel much better,” a participant said. This last quote reflects the feeling of many of Steady as You Go’s participants. The improved feeling often refers not only to physical wellbeing, but also to mental wellbeing as participation in the classes also creates social connections. The weekly gatherings bring a sense of routine to many, and they are an event to look forward to. The participants sometimes go for a cuppa together after the exercise session, and they tend to check on each other if anyone is absent. Throughout the Covid-19 lockdowns and Alert Level changes, many of the groups’ participants also remained connected through frequent phone calls.

Everyone is welcome to Steady as You Go exercise classes, and with over 30 classes around the Wellington Region, it’s likely there’s a class in your neighbourhood. Call 04 499 6648 for more information or visit www.acwellington.org.nz for times and locations. We hope to see you at a class soon!

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

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

(Please tick the relevant boxes)

- Making a donation of \$.....
- Making a regular donation of \$.....
- Becoming a Member \$..... (\$25 single, \$30 couple)
- Volunteering

Note: Donations of \$5.00 or more are tax deductible

Please tick box if you require a receipt

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Did you enjoy reading this copy of Seniority?

If you enjoyed reading this copy of Seniority and would like to receive it regularly, you can join Age Concern

for only \$25 and receive your copy every quarter in the mail!

Steady as You Go Classes

* Vaccine pass required. Please visit our website or call 04 499 6648 for updates on classes before attending. Some of these classes may be on hold due to the evolving Covid-19 situation.

DAY	TIME	LOCATION	ADDRESS
Monday	10.30 am	Karori Community Centre	7 Beauchamp St, Karori
Monday	1:00 pm	Island Bay Community Centre	137 The Parade, Island Bay
Monday	1.30 pm	Walter Nash Centre	20/22 Taine Street, Taita
Tuesday	11:00 am	Koraunui Stokes Valley Hub	184 Stokes Valley Rd, Stokes Valley, Lower Hutt
Tuesday	10.30 am	The Dowse Art Museum	James Coe 2 Room, 45 Laings Road, Hutt Central, Lower Hutt
Tuesday	12:00 pm	Linden Community Centre	10 Linden Avenue, Tawa
Tuesday	1:00 pm	Vogelmorn Hall	Mornington Rd, Brooklyn
Tuesday	1:00 pm	Johnsonville Uniting Church	16 Dr Taylor Terrace, Johnsonville
Wednesday	9.30 am	Live Online Class	Zoom
Wednesday	11:00 am	Knox Church	574 High St, Boulcott, Lower Hutt
Wednesday	12:00 pm	All Saints Church, Hataitai	90 Hamilton Road, Hataitai
Wednesday	12:00 pm	Eastbourne Community Hall	Tuatoru St, Eastbourne, Lower Hutt
Wednesday	1.30 pm	Walter Nash Centre	20/22 Taine Street, Taita
Wednesday	1.30 pm	Newlands Community Centre	9 Batchelor St, Newlands
Thursday	10.30 am	Thistle Hall	Cuba Street, Wellington
Thursday	12:00 pm	Tawa Community Centre	5 Cambridge Street, Tawa
Thursday	1:00 pm	Koraunui Stokes Valley	184 Stokes Valley Rd, Stokes Valley, Lower Hutt
Friday	10:00 am	Johnsonville Community Centre	3 Frankmoore Avenue, Johnsonville
Friday	11.00 am	Seatoun Village Hall	22 Forres Street, Seatoun