

AUTUMN 2020 QUARTERLY NEWSLETTER
www.ageconcernwellington.org.nz



Age Concern Wellington

Serving the needs of older people

COMPLIMENTARY COPY

Seniority

**Sleep and
Healthy Aging**

Emergency Planning

Future of Senior Housing

Companion Walking Service and more ...



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Contact Information

Phone: (04) 499 6646

Email: news@ageconcernwellington.org.nz

Address: Suite 4, Level 1, Anvil House,
138-140 Wakefield Street, Wellington 6011
Postal Address: PO Box 11-108,
Wellington 6142

OFFICE HOURS

9am - 4pm Monday to Friday

Disclaimer: The views expressed in this newsletter are not necessarily those of Age Concern Wellington. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.

Chief Executive Report

It's been an exciting year for Age Concern Wellington with new services launched and many changes to the way we do things. Last autumn we updated our vision and this year has been about making that happen.

Our vision is for our older people to be a thriving, respected and engaged part of our community.

We know being part of a community is vital to health and in a world which is increasingly dominated by technology it's important to make sure people are at the heart of progress. We're part of that and have launched two new services to make sure everyone has the opportunity to stay connected. Our Companion Walking Service helps people who find it difficult to get out and about in their community and our Connect! programme, as its name suggests, is all about connecting people with their communities. We're also holding workshops on improving sleep, nutrition for seniors and how to identify frauds and scams, plus we have our Staying Safe classroom-based refresher driving courses. The team here have been incredibly busy!

Keeping in touch with what's happening in your community can be a challenge. Last year we introduced an email newsletter, Chatter, which I encourage you to sign up to – if you've signed up but not received it please do check your junk folder and add us as a safe sender. If you don't use email

then perhaps a friend or family member can sign up and let you know what's happening. And, because we know print is just as important, we've expanded Seniority from 16 to 24 pages – this is the first edition of our chunkier version.

We couldn't do any of this without our volunteers and supporters. As a charity we rely on our volunteers to help with our services and it's been really heartening to see lots of people stepping forward to help with our Companion Walking Service. I hope you've been enjoying your outings as much as the people you're helping!

We also rely on our funders and donors to support our services financially. We'd like to thank the funders for their support – it's greatly appreciated. We'd also like to invite you to consider making a donation to support older people in the Wellington region. You could make a one-off donation either now or as a gift in your will, or you could become a Friend of Age Concern Wellington and donate a regular amount. Every donation, large or small, will help us provide services and support for older people into the future. You can find out more about supporting our work on the website or complete the tear off slip in the back of this Seniority.

Thank you to everyone who wrote to us about the last Seniority Issue! We especially enjoyed reading your thoughts about our climate change article. *Correction from the last Seniority issue, Summer 2019:* An over 80 year old will be hospitalised for an average of 15 days, not 5.

We're also excited about our new agreement with lawyers, Mahony Horner, to provide discounted legal services to seniors and supporters in the Wellington region. This is a very generous offer from Mahony Horner which I encourage you to read about in this issue of Seniority.

On a more sombre note, this will be my last editorial as I head back to the UK next month to be close to my elderly mother. We look forward to introducing our new Chief Executive in our Winter edition. In the meantime, enjoy autumn's crisp mornings and warm days.

Jacqui Eyley Chief Executive

YOU'VE GOT A FRIEND

Companionship is at the heart of the Driving Miss Daisy service. It's the relationship that develops between our Daisy drivers and their clients that makes our business so rewarding.

Now celebrating 10 years of business our clients are evolving with how they use our service, which is a direct result of the companionship that is unique to the Driving Miss Daisy Service.

The business originated to empower the elderly, to give you the freedom to live independently by offering a companion driving service that would be reliable, trusted and affordable. We saw how the elderly could still "be in charge" as they went about their daily errands of shopping and being on time for appointments knowing one of our Daisies would always be by their side.

Today people ask what has changed in 10 years. Well, we are now successfully operating across the country with over 250 fabulous Daisy cars on the road.

We are very grateful to the many who have supported us like ACC, NZTA and numerous Regional Councils who accredited us under their Total Mobility Scheme, which provides half price fares up to certain limits on numerous trips for many of you on our service.

However the biggest change we are seeing are the Daisy Experiences. Every aging expert especially those involved with dementia are in agreement that maintaining our social networks helps maintain not only our physical health but helps reduce the risk of depression.

Daisy Experiences offer endless possibilities. From trips to revisit places we once knew so well, to a drive in the country, to getting friends together for a café outing, an event or simply just getting out and about, it's all good for you.

Talk to your local Daisy or call us to find out how we can help you stay social, active and independent.

Editorial supplied by Driving Miss Daisy

Have a Driving Miss Daisy experience with us.



Keep your independence and freedom with our safe, reliable companion driving service.



We can drive and accompany you to:

- Shopping trips
- Medical and personal appointments
- Social outings, meetings, church
- Airport drop-offs and pick ups

Total Mobility Scheme cards accepted and ACC approved provider.

Bookings are essential – call today and make your next outing a pleasure!

Upper Hutt	Ph: (04) 970 6636
Lower Hutt	Ph: (04) 568 2254
Mana-Porirua	Ph: (04) 235 7985
Wellington City	Ph: (04) 470 7523
Wellington East	Ph: (04) 384 8344
Wellington North	Ph: (04) 478 5535



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

Relationship changes in a village

Retirement villages are microcosms of the wider society. Residents' relationships and obligations can change in a village, just as they do elsewhere. But retirement village residents' obligations are governed by contracts that usually don't have the level of flexibility to easily allow for changes when personal circumstances change.

Leaving aside a move to care or leaving the village entirely, there are three ways residents' circumstances can change. These are:

- Divorces and separations
- Late life love
- Moving a child or other dependent adult in

Over the next few issues we'll be having a look at these in more detail.

The framework for looking at these issues

It's important to stress that every village is unique and there are many different approaches taken by operators. Generally speaking, village managers will look at the context of the request as well as the resident's circumstances before making a decision. The starting point is recognising that an occupation right agreement (ORA) is usually a personal contractual right to occupy a unit and is non-transferrable. Further, residents will usually hold their interests jointly rather than as tenants in common.

An ORA will typically contain provisions relating to the length of time that guests may stay with a resident without first obtaining the operator's consent. Guests are often limited to stays of no more than two weeks at any one time and a total of six weeks in total each year. These limits ensure that guests don't interfere with the rights of other residents and to avoid the abuse of village facilities.

All disclosure statements for registered retirement villages are required to disclose the effect of marriage on an occupation right agreement.

Divorce, or when a resident couple separates

Operators will not agree to any change to the occupancy arrangements of a separating couple until



they are satisfied that both parties have first received proper legal advice on how to proceed.

The ORA will usually be relationship property. As with any separation, one partner may offer to give up their right to occupy the unit and their interest in the termination proceeds in exchange for some other benefit. Many, but not all operators, will be willing to acknowledge this arrangement and may formally document the change, subject to both residents obtaining independent legal advice.

It is not uncommon for operators to find that residents are concerned about legal costs and will try to avoid formally documenting the division of their relationship property. Some residents will try to hand over the responsibility of documenting their relationship property division to the operator. Operators, of course, do not wish to be put into this position and will actively avoid getting involved.

Unfortunately, as with any relationship break up, there may be insufficient assets or income available to allow one partner to stay in the village and to pay the other resident out, or there could be angst among other residents if one party stays and the other leaves. While village managers will be sympathetic to the change, it's not their job to get involved in relationship property disputes.

Next time we'll have a look at what happens when a resident falls in love.

editorial supplied by Retirement Villages Association

RYMAN PIONEERS

Peace of mind



RELAX, YOU'RE GOOD

A big reason why people choose a Ryman village over the others, is knowing we have everything from independent and assisted living to a full range of care options, so if you ever need it, it's there for you. It's another example of how we're pioneering a new way of living for a new retirement generation.



There are 5 Ryman villages throughout Wellington - in Khandallah, Kilbirnie, Lower Hutt, Petone, and Waikanae.

Each is unique, distinctive and a reflection of the area. To find the village that's right for you, and see the townhouses, apartments and serviced apartments that are available, have a look online:

rymanhealthcare.co.nz



Sleep and Healthy Ageing

Dr Rosie Gibson is a Researcher Sleep/Wake Research Centre, Massey University, Wellington where she conducts projects related to sleep and healthy ageing as well as the changes to sleep with dementia and family care. Sleep awareness week is in March. Rosie will be presenting on the topic of sleep and ageing across Wellington (see details below).

Sleep is a basic human right, we all do it and by the time we're 65 we would have slept approximately 22 years! But as we get older sleep typically becomes lighter and more fragmented. Many also experience early morning awakenings and increase in daytime sleepiness or napping. This has been related our changing physiology and an increased likelihood of clinical sleep disorders, as well as the impact of other health conditions, waking habits, and changing lifestyle.

We all have an internal body clock in the brain which helps keep our sleep, among other things, in time with the outside world. It is regulated by our exposure to light, activity, eating and so on. With ageing, the internal body clock deteriorates so the timing of sleep becomes less regular and we are more likely to wake up in the night as well as fall asleep in the day. Across the night we go through stages of light, deep and dreaming sleep. As we age, sleep typically becomes lighter in quality which means we're more easily woken in the night and can feel less alert in the day.

Around 20-30% of the New Zealand population report a sleep problem. The most common problems are insomnia and obstructive sleep apnoea. Insomnia is defined by not being able to get to sleep or stay asleep. This can increase with ageing because of sleep being lighter and more easily disturbed. How we use medications, bright screens or caffeine and other stimulants can also make it harder to get to sleep. Furthermore, changes to lifestyle or responsibilities for example with retirement, caregiving or bereavement can lead us to

become worried sleepers. Often insomnia is a short-term issue, related to something happening in waking life but for some it can become a long-lasting issue.

Obstructive sleep apnoea is defined by pauses in breathing during typically accompanied by snoring and daytime sleepiness. As we age this becomes more likely due to softening of the airway, hormonal changes, as well as impacts of weight gain and other respiratory conditions. This can be more difficult to recognise as it occurs while you're asleep! Other issues people report with their sleep include restless or twitchy legs, confused awakenings, sleep talking, or increased toilet visits.

The importance of sleep. Disrupted sleep not only causes daytime sleepiness but also affects our mood, eating habits, memory and functioning. Poor sleep can contribute to other medical conditions like cardiovascular disease and dementia. Furthermore daytime sleepiness increases the likelihood of social isolation, driving accidents or falling. In our increasingly round-the-clock society, sleep time is often compromised for other activities we need or want to do. But sleep needs to be recognised as a natural tonic for us to lead healthy and productive lives. Prioritising our sleep can not only improve our feelings of alertness but also helps with our body's metabolic processes and healing, our brain's ability to learn and maintain memories, and supports good mental health and social wellbeing.

Improving Sleep. It is important to try and preserve good sleep to maintain healthy ageing. This can be achieved through keeping a regular routine across the week and making sure you spend some daytime in bright light and exercising to strengthen the internal body clock. Some people use medications in an attempt to resolve insomnia. Although these may be useful for a short period, their success rate is varied and the side effects can outweigh the benefits so it is always worth consulting your doctor before

using. Instead consider adjusting routines, behaviours or thought processes to try and help. Some hints and tips for promoting good sleep include:

- Avoid eating or drinking too much before bed (but also avoid going to bed hungry)
- Avoid alcohol, cigarettes or caffeine before bed
- Have a relaxing pre-sleep routine to help mind and body relax and fall asleep
- Keep the bedroom a "safe sleep" zone for example:
 - appropriate lighting for sleep and safety
 - block out disturbing noise
 - avoid watching TV, or listening to radio in bed
 - make the bed nice and comfortable
 - check your bedroom is a comfortable temperature
- If you don't fall asleep in about 20 minutes, get out of bed and spend a little time doing a relaxing activity before going back to trying to sleep

Source: National Sleep Foundation

If you have a long-lasting sleep condition, feel excessively sleepy in the day or think you have obstructive sleep apnoea consult your doctor who can advise and refer you to a sleep clinic if necessary.



Harbour City Funeral Home, Proudly Locally Owned and Operated

Harbour City Funeral Home personnel are available to serve families throughout Wellington and greater Wellington region with premises in Wellington, Lower Hutt, Upper Hutt, and now in Paraparaumu, Kāpiti Coast.

Started in 1989 by Simon Manning, the business is still locally owned and overseen by Simon's keen eye for innovation, passion and excellence in funeral service. Whilst many funeral companies are under the ownership of multi-national funeral chains Harbour City has proudly remained locally owned.

Harbour City Funeral home looks after all aspects of funeral care including at-need, pre-planning and pre-payment, monumental work (headstones and plaques), online memorials at www.tributes.co.nz, bereavement support services as well as being certified to carry out natural burials.

Please contact us for a copy of our free, no-obligation funeral information booklet. Our location phone numbers are listed in the advertisement below.

www.harbourcityfunerals.co.nz

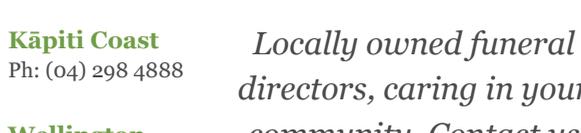




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Locally owned funeral directors, caring in your community. Contact us today for your FREE about funerals booklet.



Locally Owned Funeral Directors
Caring in our Community

www.harbourcityfunerals.co.nz 

SAY Go exercise classes

Our 'Steady as You Go' exercise classes are available around the Wellington region. These classes are designed to improve strength and balance and help prevent a fall.

SAY Go 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. They are ideal for complete beginners, are ongoing and you can find out how you've improved over your first 10 weeks.

Classes are established by one of our staff

members with the aim of becoming peer-led at the end of 10 weeks.

Gold coin donation/koha is appreciated. You can find your nearest class below. If you'd like to join a class, come by ten minutes before the class starts.

**For more information please call
04 499 6646**



Available Steady As You Go Classes 2020

DAY	TIME	LOCATION	ADDRESS
Monday	11am	Central Park Apartments	Brooklyn Road, Mt Cook
Tuesday	11am	Seatoun Village Hall	22 Forres Street, Seatoun
Tuesday	11am	Koraunui Stokes Valley Hub	184 Stokes Valley Rd
Tuesday	11am	Upper Hutt Library	844 Fergusson Drive, Upper Hutt
Tuesday	1pm	Vogelmorn Hall	Mornington Rd, Brooklyn
Wednesday	12pm	Eastbourne Community Hall	Tuatoru St, Eastbourne
Wednesday	12pm	Walter Nash Centre	16 Tocker St, Taita
Wednesday	1pm	Newlands Community Centre	9 Batchelor St, Newlands
Thursday	10am	St Peters Church (garden room)	Willis Street
Thursday	11am	Bob Scott Retirement Village	25 Graham St, Petone
Thursday	10.30am	Thistle Hall	Cuba Street, Wellington
Thursday	1pm	Koahunui Stokes Valley	184 Stokes Valley Rd, Stokes Valley, Lower Hutt

Connect

We are launching our new Connect! Programmes which aim to get people better connected with their communities.

The programmes are an initiative to reduce isolation among older people, and strengthen communities through increasing participation and engagement.

The Activity Connect! programme connects older people with local activities, while the Community Connect! programme aims at strengthening communities by encouraging and providing opportunities for our older people to get involved in their neighbourhood.

If you have ideas for an activity in your community, would like to join in or volunteer, then we'd love to hear from you!

Call 04 4996646 or email connectwell@ageconcernwellington.org.nz for more information. As part of the programmes, we've organised the City Gallery Tours. Please see below for more information.

City Gallery Tours

Exciting opportunity for Volunteer visitors and their clients at the Wellington City Gallery!

In collaboration with Wellington City Gallery and Nikau Café, Age Concern Wellington is happy to offer a guided tour of our exhibitions, followed by an afternoon tea.

The gallery is accessible and has lifts, and a wheelchair may be available upon request.

- 25 March 2020, 1:30pm
- 13 May 2020, 1:30pm
- 17 June 2020, 1:30pm

The sessions are limited to 12 participants per time - please call Kirsten at 04 499 6646 or email connectwell@ageconcernwellington.org.nz to reserve your space



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Courtenay Hearing Centre provides a full range of audiology services including tinnitus assessment and treatment, ear protection solutions, assistive listening devices as well as batteries, hearing aid repairs and accessories.

If you or a family member are having problems hearing, call and make an appointment today to see the team at Courtenay Hearing Centre, for caring, professional advice.

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



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PARAPARAUMU
8A Ihakara Street

LEVIN
SeeHear, 174 Oxford Street

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

DEAR JOHN...

**Dear John**

I have been putting off going to my dentists for a couple of years, and when I eventually summoned up the courage to go, was horrified to find that I needed three fillings, plus I had chipped a tooth. The worst thing about it all was the cost of doing the remedial work, I couldn't believe it could be that expensive! Have you any advice about sorting this out?

Margaret.

Dear Margaret

You have my sympathies – dentistry in NZ is incredibly expensive. Training to be a dentist is the most expensive course at University and this is reflected in the charges, plus there is no Government subsidy on dentistry.

However it is vital that you care for your teeth, they affect overall health and enable you to eat nutritious foods such as fruit, vegetables, meat and nuts.

Firstly I would phone around a range of dentists and ask for a quotation. Some in the suburbs are less expensive than central CBD. There is a wide variety of prices, and some dentists offer staggered payments. Some dentists give a discount for SuperGold Card holders too. If you are on low income or have a community service card, you may be able to apply for a loan from WINZ.

Once you get your teeth sorted you should consider looking after your teeth and gums very carefully. Yearly visits to your dentist would help identify any problems before they become major, cleaning twice a day with a fluoride toothpaste (electric toothbrushes are recommended) and the use of dental floss will keep your gums in good order.

I hope this advice is useful – teeth are such an important part of healthy ageing that it is worth the time and effort to look after them. Age Concern have some information sheets “Brushing Up On Teeth” which are excellent.

Discounted Legal Fees

Age Concern Wellington and law firm Mahony Horner are working together to provide substantial discounts on certain legal services to seniors and Age Concern supporters in the Wellington region. These include advice and preparation of Wills and Enduring Power of Attorneys (EPAs) for just \$75 +GST for members and \$150 +GST for non-members.

If it's time to write or update your Will or you're considering creating an EPA then contact us and we will refer you to Mahony Horner. Read more on these topics from Associate, Siri Nicholas on the link below.

Mahony Horner are also offering a free initial consultation on any other legal matter.

We'd like to thank Tom Mahony and his team for supporting Wellington's seniors.”

To help our clients understand some of the frequently-used legal terms, Siri Nicholas from Mahony Horner Lawyers has written a few lines for us.

Enduring Powers of Attorney

An Enduring Power of Attorney (EPA) gives a person's nominated attorney the authority to act on their behalf in respect of certain transactions and decisions if the person executing the EPA (the donor) becomes mentally incapable.

EPA in relation to Property

The EPA in relation to property gives the attorney the right to manage your financial affairs and deal with your property. So this includes land and houses as well as bank accounts, shares, investments and personal possessions – basically everything you own in your own name.

You can choose the property EPA to take effect only if you lose capacity or alternatively to take immediate effect and to continue to take effect if you lose capacity. If you choose the former then your attorney cannot act unless a health professional prescribed by statute certifies that you are mentally incapable.

For the EPA in relation to property you can appoint more than one attorney to act jointly or severally. If they are appointed to act jointly they must act together. If you appoint them to act severally then they can act together or independently of the other.

You can also appoint a successor attorney to take on the role should the primary attorney be unwilling or unable to act.

EPA in relation to Personal Care and Welfare

An EPA in relation to personal care and welfare, as the name suggests enables your attorney to make legal decisions about your personal care in the event of your mental incapacity.

For instance your attorney can decide if you need to go into care, what home or hospital you will go to and what medical treatment you should have and so on.

Unlike the property EPA, the personal care and welfare EPA by definition can only be triggered upon the donor losing capacity. Again, this needs to be certified by a medical practitioner who is authorised to make that assessment.

Wills

A Will allows you to set out how your property is to be dealt with after you die.

Dying without a will leaves your assets to be dealt with under the Administration Act and the prescribed process does not provide for the level of flexibility that most people want.

Executors

The first thing to consider is who the executors will be. Your executors will administer your estate, arrange for funeral expenses to be paid and will apply for probate if required. They will then see to the distribution of your estate and make sure all debts and accounts have been paid. Most often people appoint a spouse or partner and their solicitor. The solicitor will attend to the documentation and administration of the estate.

Funeral Instructions

Another consideration is whether you wish to be

buried or cremated.

Personal Possessions and cash legacies

Your will should also stipulate to whom and how you would like your personal possessions distributed together with any cash legacies and any charitable gifts.

Digital Assets

Your Will can also deal with your 'digital assets' - your social media accounts, email addresses and passwords and the treatment of these digital assets upon death.

Residuary Estate

Once those matters are dealt with then you need to provide for your residuary estate – assets held in your personal name.

It is therefore really important that you seek good legal advice when preparing a will to make sure it covers all of your testamentary directions and takes your specific circumstances into account.

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Our clients recommend us because **we listen.**

Hearing Consultants is a locally owned independent audiology service in Wellington, Hutt Valley and the Wairarapa.

Since 1992 our team has succeeded in improving the hearing of thousands of people. We provide the best and most appropriate solution from the hundreds available as we are not limited by being owned by a manufacturer of hearing aids.

We carry out hearing testing and micro-suction wax removal in our clinics and we fit hearing aids and supply hearing aid accessories.

You'll get expert, independent advice because that's what you ask us for. We listen.

0800 43 27 25

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Go to www.facebook.com/ageconcernwellington/ to follow us on Facebook.

HELP FOR FAMILIES ORGANISING THEIR LOVED ONES

- Does your loved one need help to move into a care home? or help in their home?
- Do they need assistance after coming home from hospital, a support person at appointments, running errands or do you live away and need someone to check in on them?
- Is there something else your loved ones need and you don't know what to do?

When you don't know where to start, are time poor or can't be there, it can be extremely stressful organising your loved ones needs. This is where Dignity First, an independent aged care advisory service steps in. Dignity First takes a holistic approach offering customised advice and practical help while supporting you each step of the way.

Dignity First does the work for you, leaving your family free to spend quality time with your loved ones.



With in depth knowledge of local aged care services we provide you with customised advice and practical support.

HAYLEY ROCHE 0800 4 DIGNITY
CALL US TODAY dignityfirst.co.nz



Seniors at Work

Ian Fraser

An update from Seniors@work: an organisation committed to bringing together employers with qualified, experienced workers who happen to be in their 50's and beyond...

We are looking forward to an exciting and fulfilling year following the first six months of our journey to assist those job seekers in their mid-50's and over in finding work opportunities. We are getting more and more job seekers joining us each week and have another media release going out in a week, which will further spread the good word about Seniors@work.

We are building slowly but surely and are getting more momentum and traction from both large private employers, government agencies, and small and medium sized businesses – with many having made medium and long term commitments for 2020. This is such meaningful support not just for Seniors@work but more importantly for job seekers in their mid-50's and over.

I also feel that Seniors@work has become a site that many people over 50 who are looking for work visit, in the knowledge and confidence that every listed position is guaranteed to be suitable for a mature worker. A win both for us, and also for our Job Seekers, who represent so much more than just New Zealand's "ageing population problem".

For more information, please call 021 742557

Encore – 80 years old and setting records!

Barbara Sharp is an inspiring 80 year old: she's smashing New Zealand indoor rowing records! Barbara was thrilled with her results at the 2020 Masters Games in Dunedin, but didn't think there was anything spectacular about it.

We at Age Concern Wellington are happy to hear such uplifting stories - contact us with your story to be featured here next month, or to nominate someone who's doing exceptional work in the community!

04 499 6646

Hardship Fund

Age Concern Wellington is a charity which relies on grants and donations to provide services to the region's seniors. We offer most of our services free of charge, but we have to charge a small contribution for some services, such as the Companion Walking Service. We know some people struggle to find even a small amount and it breaks our heart to see seniors in need, so we've set up a hardship fund and are asking for donations to help us help those most in need. Your donation will make a huge difference to their quality of life.

Please consider helping by making a donation. You can donate online on our Givealittle page: search for Age Concern Wellington on givealittle.org.nz or call 04 499 6646



Thank you!

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!

Friendly, local personal transport - Total Mobility accepted and wheelchair accessible

Call Freedom Drivers for medical, business and personal appointments or assistance with shopping. How about a drive with a stop for morning or afternoon tea for yourself and a couple of friends?

"We bring our friendly service to your door providing extra help at either end of the journey as needed. For medical appointments, we make sure you get to the right place and will wait if necessary or pick you up after the appointment. Travelling with Freedom is like travelling with friends or family - you build a relationship with a driver you get to know and trust."

Service is personal and our prices are comparable to (and often less) than a standard taxi. We take Total Mobility cards (TM) and we are ACC Registered Vendors. Our comfortable vehicles are at the ready with wheelchair access if needed.

Call toll free on 0800 956 956 to find out more.

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www.freedomdrivers.co.nz

Age Concern MONTHLY CHATTER



On email? Subscribe to Chatter our monthly 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@ageconcernwellington.org.nz.

Staying Safe workshops for senior drivers



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

We have a new workshop presenter, Lyndsey Jacobs. New workshop dates coming soon, please call us for more information 04 499 6646



Enjoy life with Enliven

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

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

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

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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 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

GST Registered Number: 20-448-962

Title: Mrs / Mr / Miss / Ms _____

First Name: _____

Surname/Agency/Society/Organisation/Corporate: _____

Street Address: _____

Suburb: _____

Postcode: _____

City: _____

Postal Address (if different from above): _____

Email: _____

Telephone: _____

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

Bank Account: 0305 1007 19509 00

Pay by cheque or online with name as reference **Age Concern Wellington Inc.**

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

Living with an ICD?
(Implantable Cardioverter Defibrillator)

Free information sessions on ICDs with Lin Coleman, Specialty Clinical Nurse in Heart Rhythm Management. Share your experience and ask questions. Family and whānau are welcome.

Wellington

Wednesday 18 March 2020, 5.30 – 7pm
ASB Sport Centre, 72 Kemp St, Kilbirnie

Hutt Valley

Wednesday 1 April 2020, 5.30 – 7pm
Education Centre, Hutt Hospital

Kāpiti

Wednesday 29 April 2020, 5.30 – 7pm
Te Newhanga Kāpiti Community Centre, 15a Ngahina St, Paraparaumu

Porirua

Tuesday 12 May 2020, 5.30 – 7pm
Porirua Club, 1 Lodge Place, Porirua

Register at icdinfo.eventbrite.co.nz or phone 04 472 2780 heartfoundation.org.nz



Atrial Fibrillation (AF) Support Groups

Support groups for people and whānau impacted by atrial fibrillation.

Come along and join us for a chat and a cuppa, and the opportunity to meet others with AF.

Porirua

When: 10.30am, last Wednesday of the month (bimonthly from January)
Where: Linden Social Centre, 10 Linden Avenue, Linden

Lower Hutt

When: 10.30am, first Thursday of the month (bimonthly from February)
Where: Hutt Art Society, 9-11 Hutt Art Society, Lower Hutt

Contact Cath at cathl@heartfoundation.org.nz or phone 04 472 2780 ext 2



Beware of Cold Calls

In early January 2019, Karen* received a phone call from a man named Tony*. He said he was from Spark in Auckland, and he told Karen that her “internet had been compromised by someone in California.” Tony asked Karen to log on to her computer and to go to her frequently used websites. He explained he would “clean the computer and trace the hacker.”

Tony stayed on the phone with Karen for around seven hours while her internet browser was open and she visited her regular websites. At some point during that time, Tony gained access to Karen’s bank account. Later that night Karen realised she had been scammed and quickly called her bank, only to find over \$50,000 was missing from her accounts.

Half of Age Concern’s elder abuse referrals involve financial abuse, and Police data shows “fraud and deception” is the only offence category where the elderly are overrepresented as victims. Many older people don’t realise the importance of their own personal information, but criminals trade this information as a valuable commodity.

Scammers are becoming increasingly sophisticated in how they deceive their victims. Karen was an educated, professional woman; she didn’t fit the profile of the “typical” scam victim, highlighting the fact that anyone can be a target or a victim. Cold calling scams often involve the caller impersonating an authority to pressure their victim and commonly misrepresent themselves as government departments like IRD or Immigration, telecoms providers or computer support.

These criminals are always adapting and changing their methods, which means it can be hard to keep up with warnings about specific scams. Instead, it’s important to remember the risks of giving out personal details or transferring money. Always be alert to the signs that can point to a cold calling scam. Be on your guard

when answering calls from blocked or unknown numbers, and beware of any requests for personal or financial details over the phone. Never agree to a phone request to install software that allows someone access to your computer.

New Zealand Police and Age Concern are working together to help combat fraud that targets seniors. Our “Stop, Wait, Validate” campaign is designed to give you tips to help avoid the scammers. We’ve put them into a handy cutout to keep by your phone to help you if a cold caller says something that doesn’t seem right. Stop - take your time and think about what to do. Wait - put the phone down if you’re unsure and ask someone you trust for advice. Validate - call the company back on a verified number (from a bill, or the phonebook).

Scammers are professional criminals and can be very good at what they do, but they can be stopped. It’s as easy as hanging up the phone.

**Names have been changed to protect individuals’ identities.*





Don't

- ✗ Give out account passwords ever
- ✗ Give out personal information
- ✗ Give someone remote access to your computer
- ✗ Pay for anything you weren't expecting
- ✗ Pay money to a friend you haven't met in person
- ✗ Let someone pressure you to make a decision
- ✗ Believe you've won an unexpected prize

Do

- ✓ Take your time and think carefully about what to do
- ✓ Put the phone down if you're unsure
- ✓ Ask someone you trust for advice
- ✓ Call the company back on a verified number, eg, from a bill
- ✓ Call Police's non-emergency number 105

Companion Walking Service Update

We’ve had some very positive feedback from clients. One woman said: “I really look forward to my weekly trip out. Apart from going to the supermarket once a week, the only time I get to go out is with my volunteer for a walk.”

The companion walking service, which launched in November 2019, is now well under way. The service matches volunteers with people struggling to get out. We’ve been receiving a lot of positive feedback.

Recently a male client said: “Going out and having someone to talk to really lifts me up. Having lost my wife and daughter I often feel very low.” With the advice of health professionals, this man has managed to replace his antidepressants with a weekly walk!

Another lady who is 90 was recently advised to stop driving and was feeling devastated. She said “Walking with my lovely companion and going to different places fills me with joy.”

Thank you to our kind Companion Walking Service volunteers and clients (as seen on the magazine cover) for making this service such a success!

If you or someone you know would like to try out our Companion Walking Service, please call 04 499 6646

Voice Arts offers free social drama classes for seniors.



This is a drama class but there are no lines to learn and definitely no audiences! It is a class run by Voice Arts, a unique organisation that uses improvisation and drama specifically to support people’s emotional wellbeing and their cognitive development.

Now in their 15th year, Voice Arts has worked with hundreds of ordinary everyday people. Most have never done drama before. Voice Arts trained facilitators use a range of adapted drama games, along with storytelling and story-making to help us stretch the grey matter, to build self-confidence but most importantly it supports us to

Eating Well

A recent study by Otago University researchers found that more than half of Christchurch rest home residents weren’t eating nutritionally sufficient meals. Nearly three-quarters of them didn’t eat enough protein to maintain their muscle mass. This malnutrition will inevitably contribute to weakening health.

For some, smaller and more frequent meals may help, while for others, softer textures may suit their specific health requirements. For many people, however, knowing which types of food and how much of these foods our bodies need is a big part of the solution.

In collaboration with Rhiannon Cox from the University of Otago Wellington, Age Concern Wellington is running several informative Nutrition Workshops in the coming weeks. Please join us!

**30 March 2020 in Wellington
20 April 2020 in Lower Hutt
21 April 2020 in Whitby**

Please call Ann at 04 499 6646 (or email info@ageconcernwellington.org.nz) to register or for more information.

have fun. You don’t stop playing because you get old, you get old because you stop playing. And these classes are very playful. Gordon is in his 90’s. He says: “I do a lot of things that I enjoy, but this is the only thing that is truly fun.” Another participant says: “I laugh more in this class than I do any other time of the week.” Voice Arts is running two ‘Social Drama for Seniors’ classes in Wellington, one in Newtown and one in Titahi Bay. Thanks to funding support from Wellington City Council and the Wellington Community Trust, the classes are free to attend but places are limited. For more information email: nicola@voice-arts.org.nz or call on 04 973 0022.

A New Solution for Ageing in Place

Faeze Yavari

With the rise in the number of people over 65 in New Zealand, it is more important than ever to make sure everyone has access to suitable housing. Ideally, people would have the choice to stay in their homes as they age (or 'age in place'), so that they can continue to be part of their communities near their friends and where they usually feel most comfortable. There is a housing shortfall in New Zealand, and many of the available houses are not suitable for older people as they are poorly insulated, have too many stairs, or are too expensive to maintain or heat. Converting existing houses could be an answer to the problem.

For her doctorate thesis, architect Faeze Yavari conducted extensive research to investigate the potential for converting existing homes into more suitable accommodation for seniors. The research looked at the possibilities of making homes both smaller and more age-friendly, as a means of achieving 'ageing in place' in well designed and easy to heat and maintain homes. Her research study focused on possible solutions rather than the problems by devising several house conversion options.

She looked at two New Zealand house types: the villa and the state house. Using the New Zealand 'Lifemark 3-star' standard, both were reimagined with different degrees of shared space. Three designs were produced for each house, ranging from subdivision (conversion to two smaller units), to having some shared spaces such as a guest bedroom, to private ensuite bedsitting-rooms with shared living spaces.

The proposed solutions were evaluated by seniors and experts through various means. A questionnaire-based survey was conducted with hundreds of people (aged 55-85) to gauge opinions on the sharing approach, among other things. Then, several built environment and ageing population experts were called in to evaluate the plans. Finally, a client focus group was conducted

to probe the reasons behind the first survey's results.

Although further research, such as a broader ethnic and cultural variety in survey participants, would be beneficial, the results showed that many older people would prefer to 'age in place,' either in their existing house or in a more suitable dwelling within their community. However, the cost of house conversions was seen as a likely problem. On the other hand, the significant benefits of upgrading a house for older people include reduced energy bills through efficient design strategies such as thermal insulation and double-glazed windows, and incorporation of forward-thinking design features such as the installation of assistive devices like stair lifts.



Poorly insulated windows in older homes can make our houses difficult and expensive to heat. What are some suitable alternatives?

Another finding which emerged from this research was that a large number of older people are not aware there might be housing options for their future housing needs. They need to be well informed about possible housing alternatives and the cost and resource implications of these options, as well as their benefits and disadvantages, so that they can choose the option that best suits them. (*More on this in next month's Seniority Magazine*).

Overall, the study found that solutions that required more sharing were not appealing to many older people. However, both experts and seniors agreed that this depended on personal

preferences, culture, and background. Findings from this research also show that having a spare multi-purpose room, a private deck and a good-sized dwelling with plenty of sunlight are features most people wanted.

Faeze's research suggests that older people have very specific housing needs when it comes to 'ageing in place.' Seniors, it appears, wish for space, privacy and affordability. The problem is as much a social as a design one. Given the cost, legislative, and practical implications of converting houses for aging in place, a system for financial support and management of the process would be necessary. If funding could be secured, client participation in the design process would be crucial for conversion of existing houses to be a successful way of allowing ageing in place.

As the population of New Zealand ages, the type of research Faeze conducted is crucial to the future comfort and wellbeing of our society. We look forward to seeing what will come of it! To read more about Faeze Yavari's research, please see Victoria University of Wellington's School of Architecture website: <https://www.wgtn.ac.nz/architecture/research/current-phd-research/faeze-yavari>

Faeze has recently completed her PhD at the Victoria University of Wellington, and is a volunteer with Age Concern Wellington's Companion Walking Service.

In the next issue of Seniority, we will examine some of the current senior housing options.



Grief and Loss



Age Concern Wellington recently collaborated with Skylight to offer our volunteers a Grief and Loss talk. The presentation was full of useful information, which is summarised here:

The mix of thoughts, feelings and reactions we experience when we're faced with any kind of difficult change or loss is called grief. It is a natural human process that helps to adjust to a new reality. Each individual will respond in their own unique way. There are no right or wrong ways to experience grief, and there should be no shame. Whatever has triggered the reaction of grief should be respected and paid attention to, so that you can process it and heal.

- Give yourself time
- Use your unique strengths, capabilities and resources
- Find your happy place
- Stay connected

Skylight has much more complete information and many resources that may help you or someone you know in times of grief. They can be reached at: (04) 939 6767 / 0800 299 100 www.skylight.org.nz

*"If you want to lift yourself up,
lift up someone else."*

— BOOKER T. WASHINGTON

Prepare, Don't Panic: Emergency Planning



After the November 2016 earthquake a lot more thought has been going into the region's emergency preparedness, and Age Concern Wellington has been looking into how well prepared our seniors are. In January, we asked our volunteer visitors to complete a survey with the people they visit to find out how well prepared they are. Getting stuck at home is one thing we can prepare for and this is now even more relevant with the possible spread of the Coronavirus (Covid-19) in the country.

Things to consider are:

Preparedness

- Do you have an emergency pack including: food, 9L of water per person, medication, equipment (torches, candles, matches, batteries), first aid kit?
- If the wastewater system was compromised do you have an alternative sanitation option, eg, portable toilet, plastic toilet bags?
- Is there someone nearby who you know will check on you in an emergency?
- Do you have someone who relies on you?

This could be a person or pet.

If so, do you have emergency supplies for them?

- Do you have someone to stay with if you needed to evacuate?
- Do you have any mobility or medical conditions which would make evacuating difficult?

Keeping informed

- How aware are you of what you need to do to prepare for a major emergency?
- What phone types do you have access to – landline and/or mobile?
If it's a mobile is it kept on charge?
- If you have a mobile phone: does it receive emergency alerts? You would have received an alert in November when there was a nationwide test.
- Have you downloaded the Red Cross Hazard App? The Red Cross Hazard App helps Kiwis identify hazards, reduce risk and stay informed when they need it most. It alerts users to official emergency warnings and updates, and allows them to quickly inform loved ones that they are safe.
- Do you have any particular concerns?
Eg, I haven't left the house for 3 months, I have a medical condition/medical dependence on power?

New Corona virus or Covid-19

If you're prepared for an earthquake then you should already have supplies but if not, it's good time to stock up on the essentials.

Ways to reduce your chances of getting an infection include:

- Frequent and adequate hand washing (with soap and for at least 20 seconds, and dry them well) will help minimise the spread of viruses, bacteria, and will contribute to keeping us healthy. Avoid touching your face and shaking hands.
- If you do feel alarming health symptoms, call the Healthline or 111 if it's an emergency.

It's recommended to call rather than go to a health centre.

- Sneezing into the elbow is better than into our hands, as flu-like viruses spread through droplets being coughed or sneezed.

The Ministry of Health is the one accurate source of information for everything related to this outbreak in New Zealand. They can be consulted by phone:

- Healthline: Free health advice and information, anytime:
0800 611 116
- Ministry of Health, current health advice available via a dedicated phone line:
0800 358 5453
- Need to talk? To connect with a professional counsellor free call or text: 1737
- Their website also contains a wealth of information:
www.health.govt.nz/

Our Emergency Preparedness survey results showed that many people have some of the recommended emergency supplies, but most are not fully equipped and don't necessarily have a plan in place. While it was encouraging to see that some are well prepared, we would like to see everyone have a good plan and the appropriate supplies in place.

Remember that communities that work together will fare

better. If you don't already know your neighbours, perhaps now is a good time to introduce yourself and share contact details.

We hope these tips will help you think through some constructive ways to prepare for any emergency.

Protect yourself and others against COVID-19

Cover your coughs or sneezes with tissues or your elbow

Put your used tissue in the rubbish bin or in a plastic bag

Wash and dry your hands often, especially after coughing or sneezing – use soap or hand sanitiser

Stay away from others if you're unwell

COVID-19 HEALTH ADVICE
0800 358 5453

health.govt.nz/COVID-19

Protect your family/whānau from COVID-19 (coronavirus)

New Zealand Government

February 2020 | HP7328

SPICY BRAIN FOOD



New research shows that eating curries containing turmeric might help prevent Alzheimer's.

Do you get "grey moments" when you can't think of . . . of . . . um . . . Or do you want to protect your brain from age-related decline? Well, it looks like curry is the answer!

New research has shown that occasionally eating curry produces "better cognitive performance". This was a National University of Singapore study, reported in New Scientist. It seems that turmeric is the golden key here. Turmeric (*Curcuma longa*) contains an antioxidant called curcumin, which acts to prevent the buildup of amyloid plaques, which lead to degradation of the brain. Turmeric is a basic constituent of curry, so curry boosts brain power in elderly people.

Similar research to the Singapore study indicates that cinnamon may also help with brain power. So here is a special recipe which includes both these useful ingredients.

Alzheimer's Curry Preparation time = 30 minutes.
Cooking time = 40 minutes. Serves 4.

1 tablespoon vegetable oil .	1 onion , halved & sliced.
2 garlic cloves, crushed.	2 teaspoons grated fresh
2 teaspoons ground turmeric .	ginger .
2 teaspoons ground coriander .	2 teaspoons ground ½
teaspoon ground cinnamon .	cumin .
½ teaspoon cayenne pepper .	400g can diced tomatoes .
1 cup chicken stock .	750g chicken thigh
500g kumara , peeled & cut	fillets , trimmed, cut into
into 3cm chunks.	3cm pieces.
80g baby spinach leaves.	½ cup coconut milk .
Cooked basmati rice , to serve.	

Method: Heat the vegetable oil in a large pan, and add the sliced onion. Cook over medium heat for about ten minutes, until soft and golden brown. Add the garlic, ginger, & spices, then cook, stirring for 30 seconds, then add the tomatoes and stock. Stir well, scraping the bottom of the pan.

Now stir in the chicken and kumara. Cover and bring to the boil, then reduce the heat to "low" and simmer for 30 minutes, until the kumara is soft. Take the lid off for the last 5 minutes of cooking.

Finally, add the spinach and stir through to wilt it, then stir in the coconut milk. Serve with rice.

Notes: Don't be put off by the long ingredients list: it is mostly dried spices, which are easily available at the supermarket or Food for Less. Have the garlic, ginger, and spices measured out into a small bowl so you can add them all at once to prevent them burning. You can decrease the cayenne to ¼ teaspoon if you prefer a milder curry.

New Zealand Post



Cheques no longer fit the bill

After 28 February 2020, NZ Post will no longer be accepting cheques.

Times are changing and fewer and fewer people are using cheques. In part, that's because of alternative, easier and safer ways to pay. But it's also because many organisations, including some banks, are no longer accepting cheques or are working towards going cheque-free.

What does this mean for you? We know this change may be a little unsettling, but remember you will still be able to come in store and pay for your NZ Post products and services - you'll just need to do it a different way.

You can still pay by: EFTPOS | CASH | CREDIT CARD.

What's Changing? After 28 February 2020 you will need to use a different way to pay when you come in store to pay at NZ Post.

What does this mean? After 28 February 2020 you will need to use a different way to pay when you come in store to pay at NZ Post.

What other payment options are available to me? There are plenty of easy ways to make payments when you come in store. We recommend EFTPOS, cash or credit card.*

Why is EFTPOS the best option? Paying by EFTPOS is more secure and convenient than paying by cheque, plus it usually costs you less in terms of bank fees. That's why most people choose EFTPOS these days.

What if I don't have EFTPOS? You can always pay by cash, but most banks can issue an EFTPOS card very easily. Some can do it the same day over the counter at any branch. You'll just need to choose a Personal Identification Number (PIN) so that all of your transactions are secure. You can give your bank a quick call to find out more.

What happens if I bring a cheque in after 28 February 2020? Unfortunately, if you present a cheque after 28 February 2020, we will not be able to accept it.

*Credit card acceptance varies across products services and stores.

Strength and Balance

Kia ora, Jessica and Campbell here from Sport Wellington! Here are some updates about what is happening in the exercise space in the wider Wellington region, and some information about exercise that (we hope!) you'll find interesting.

Firstly, here's a bit of background. Sport Wellington is the lead agency for Community Strength and Balance classes across the greater Wellington region. Our role is to create and grow access to strength and balance exercise classes for older people in their communities. We are part of the Live Stronger for Longer movement, a wider falls and fractures network all working together to support older people to stay independent and injury free.

There are a wide variety of different Live Stronger classes available to cater for different tastes and abilities including low intensity chair-based classes, Tai Chi, Yoga, Pilates, through to higher intensity circuit classes, dance and Zumba classes, aqua and gym-based classes. Basically, we've got something for everyone! You'll likely know about Age Concern Wellington's SAY Go classes, but did you know that they are all approved with the Live Stronger for Longer tick? We'd highly recommend you check out one of their classes if you're not already part of one.

Classes aren't just about improving strength and balance either. A 'good yarn' is also a key reason why many participants enjoy going along to a class as they provide an opportunity for social connection and community. Many go out for a coffee after class is over.

Why exercise classes? Well, regular participation in an exercise class that focuses on improving your leg, back and core strength and improving your balance has been found to increase your ability to remain healthy and independent – meaning you can continue to do the things that you love to do. Therefore, we're trying to get as many people into exercise classes as we can.

Part of our work is to assess exercise classes based on research-based criteria. If classes

meet the criteria then you can trust they will be appropriate and effective for older adults and approved with the Live Stronger for Longer tick of approval.

We encourage you to take some time to research the exercise class options available to you in your community. Have a look on the Sport Wellington website, sportwellington.org.nz, and Live Stronger for Longer website, livestronger.org.nz, or feel free to give us a ring on 04 380 2070 extn 265 for more information.

If you're like us to explore a particular topic or have any questions about exercise then please send them through to us and we'll address them in a future column.

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Neighbours Day Aotearoa

Our relationships with people living around us have an enormous impact on our wellbeing, sense of safety, and resilience to the unexpected. But more people of all ages in New Zealand are reporting feeling isolated or lonely most of the time. Whatever the individual reasons for this, it has profound consequences for all of us, and is a call to action for us all as we approach Neighbours Day.

Neighbours Day Aotearoa runs between 27 March and 5 April in 2020

and is a celebration and practice of the regular day to day connections between people living close to each other. Taking part in our communities and forming these connections gives us a sense of Whanaungatanga (belonging) and Manākitanga (social support).

Where to start?

It might mean a first wave or a smile, a chat over the fence or in your lobby, inviting your neighbour in for a cuppa or a game, or having a shared meal. Your local Community Centre, City Library, Community Garden, or other activity groups may also have ways to meet people.

Finally, try these 10 Getting Together steps with your neighbours:

1. Start small and take the first step – Reach out to a couple of people living around you and keep at it!
2. Decide what kind of get-together you'd like to have – Check with your neighbours what they like to do!
3. Choose a time and place
4. Create invitations - Make it easy, and be sure your invitations have details including activities and what your neighbours can bring
5. Spread the word – Use flyers or online tools, and remind your neighbours when you see them
6. Get everyone involved – Swap phone numbers to stay in touch with neighbours who are helping you and divide tasks to share the load.
7. Send out a reminder a few days before
8. Be a good host - Welcome people, help people who don't know anyone, and use nametags
9. Capture the moment - Take pictures and record videos from your event to share them with your neighbours.
10. Keep in Touch - Exchange contact details and start sharing ideas for your next activity.

Everyone needs good neighbours, so reach out today.

