

SUMMER 2019 QUARTERLY NEWSLETTER  
www.acwellington.org.nz



# Age Concern Wellington

*Serving the needs of older people*

COMPLIMENTARY COPY

## Seniority



**New Companion  
Walking Service  
and more**

For advertising phone Dave 027 652 5220 or email [dave@kiwipublications.nz](mailto:dave@kiwipublications.nz)

A Kiwi Publications Limited publication | [www.kiwipublications.co.nz](http://www.kiwipublications.co.nz) | Please refer to website for disclaimer

## Contact Information

**Phone:** (04) 499 6646 **Fax:** (04) 499 6645  
**Email:** ceo@acwellington.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



Go to [www.facebook.com/ageconcernwellington/](http://www.facebook.com/ageconcernwellington/) to follow us on Facebook.

**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

We've had a busy few months getting our new services ready. This summer sees the launch of our Companion Walking Service. If you find getting out and about difficult on your own then we can match you with a volunteer walking companion who can help you. You might like to go out for a walk to your local park, a browse around your local shops or a walk to a local café for a cup of tea with your companion.

The service is aimed at people who have concerns about their safety while out walking and would appreciate the security and companionship of a volunteer but the service is also available for people who are just keen for some company. Our new coordinator, Lynn Crossland, joined us in October and she has more to tell you about the service on page 4. Lynn is busy recruiting volunteers at the moment so if you can help then please get in touch.

We've also had funding approved from Wellington and Hutt City Councils to expand our work around social connection for older people in Wellington. This is incredibly exciting and we are now busy putting plans into place to help people access the large number of activities available in these areas. Keep an eye out for information in future issues of Seniority and if you're online then make sure you sign up to our monthly email newsletter Chatter.

Last month we held our first Ambassador meeting. It was a small but incredibly useful gathering as we looked at

our proposed leaflets for both the Companion Walking Service and a main leaflet covering all our services. Our Ambassadors gave us some valuable feedback on both content, layout and our branding generally. Our new leaflets should now fly off the stand and mean we can make a real difference to older people around the region. Please consider joining our Ambassadors and help us develop the best services for older people in your community.

I hope you're enjoying the warmer weather. Let's hope this summer isn't too warm though! Climate change is becoming an increasing concern for all of us but especially the younger generation. In this edition, our new Board member, Paul Green, has written a questionnaire for you to test your knowledge on climate change. Paul taught modern social problems and the sociology of the environment at Massey. He is now retired but has retained his interest in the climate change movement. He'd love to know what you think on the topic so please email us your feedback and we will forward it to Paul.

Whatever the weather, a variety of seasonal festivities will be upon us soon. For many people this means celebrating with their families but not all of us have our family nearby. If you're on your own this Christmas then keep an eye out for community events and get-togethers in your area and join in the fun.

Best wishes

**Jacqui Eyley** Chief Executive



**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.acwellington.org.nz](http://www.acwellington.org.nz)  
**or email us at**  
[news@acwellington.org.nz](mailto:news@acwellington.org.nz).

## 'TIS THE SEASON

This is the season of family and love and most of all giving. We give gifts to our loved ones, friends and others to show appreciation for all they have done for us through out the year. It's also a special time for us all at Driving Miss Daisy as we get into the spirit with our special festive Daisy Experiences.

There is fun and adventures to be had with your local Daisy. Call your Daisy to go and see the Christmas lights in your town, enjoy singing along at the Christmas Carols, or attend a special festive church service.

A Driving Miss Daisy Experience can be for one, or get a group together and share the costs and have your own festive get together at your favourite café or simply a drive to stroll in the sunshine and enjoy an ice cream.

Aging experts agree that it's good for you to keep active and importantly keep your social networks active. This particularly helps with depression and whilst it is a festive time of year it can be lonely for some, so do reach out and help each other. Talk to your Daisy they will know the local activities that may be of interest to you and your friends.

Driving Miss Daisy can solve the Christmas dilemma of a gift to buy or receive. What better idea than a Driving Miss Daisy Experience gift voucher that can be bought directly from your local Daisy. This has traditionally been a wonderful gift that family can give you, so don't forget to drop them a hint. A Driving Miss Daisy gift voucher creates memories, which is something very special, and you can use anytime you wish throughout the year.

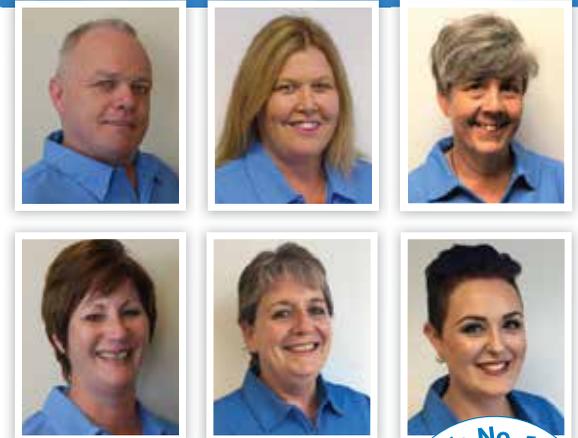
Remember, Driving Miss Daisy accepts the TMS cards ("half price taxi chits"), providing driving discounts on trips.

Have a Wonderful Festive Season.

Melanie  
 Co-Founder

*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 cards accepted and an 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](http://www.drivingmissdaisy.co.nz)

## Take a walk with us!

This month we are launching our new Companion Walking Service.

It's well-known that exercise relieves tension and stress, boosts physical and mental energy and enhances well-being through the release of endorphins, but did you know that walking is one of the best forms of exercise? Walking has been shown to have many benefits - it improves joint mobility, muscle strength, circulation and bone density. It can also improve mental wellbeing, relieve stress, improve memory, help you sleep better and boost your overall mood. Walking in nature has been shown to be particularly beneficial, and we are fortunate in Wellington to have so many beautiful parks to enjoy.

If you are keen to get out into the community more and are interested in having a walking companion to assist you then this new service could be for you! We will match you with a fully trained volunteer walking companion with similar interests so that you can enjoy a walk together. Your companion may be able to take you for a walk down to the local coffee shop, browse in the local shops or go to the beautiful rose gardens at the Botanical Gardens. If the weather is bad you could go to a museum or gallery. Doing any walking activity keeps you physically active, mentally stimulated and reduces any feelings of loneliness. You can have a great time together exploring new places.

We asked people what they are looking forward to most about this service and they said that they 'can't wait to get out into their local community to enjoy seeing people and having conversations. To be able to have company and a chat whilst sharing a walk with others!'

Walking with a Companion can give you confidence and open up opportunities to participate in group walks and community activities. Your Volunteer Walking Companion will have received full training and have passed police vetting. We hope you will develop a rapport with your volunteer and look forward to regular outings. We anticipate that our clients will request a Walking Companion for many reasons. You may be recovering from an operation or have a medical condition which makes you feel unstable walking alone, you may already use a walking aid but still need the support of a volunteer and help with building up your confidence. You might want to explore your local community but be worried about finding your way home again. Or maybe you'd just like someone to talk to.

There are great benefits for you to enjoy:

- Making new friends
- Discovering new areas to walk
- Improving health and fitness
- Increasing your sense of wellbeing

Our volunteers enjoy the same benefits too! We are currently recruiting volunteers who enjoy the company of older people and would like to help someone with a walk in their community for an hour a week.

This service is currently only available in Wellington City and the suburbs. If you are interested and would like more information please contact Lynn Crossland - call 04 499 6646 or email [cws@acwellington.org.nz](mailto:cws@acwellington.org.nz)

You can also keep up-to-date with our services on our website [www.acwellington.org.nz](http://www.acwellington.org.nz), email newsletter Chatter and Facebook page.



Staying at home in your later years is now an affordable and safe option thanks to the care and support Care on Call provides.

From a couple of hours of help around the home per week to full time care Care on Call has experienced, trained and thoroughly screened carers available to cater to your unique needs.

Please call us or visit our website for more information.



[wellington@careoncall.co.nz](mailto:wellington@careoncall.co.nz)  
**0800 776 815**  
[www.careoncall.co.nz](http://www.careoncall.co.nz)



# The Ryman Difference

Putting residents first! Our winning formula for over 35 years.



### Fair terms

The base weekly fee is fixed for the entire time you occupy your townhouse or apartment, guaranteed.\*

There are no hidden costs such as waitlist fees, surprise move-in costs or administration fees. And you will benefit from one of the lowest deferred management fees in the retirement sector, capped at 20 percent.



### Resident-focused innovation

Ryman *Delicious* menus offer choice and freshness, our myRyman electronic care programme enables individualised care at the touch of a button, and emergency power generators in every Ryman village centre keep residents safe and warm even if the lights go out.



### Care options that suit your needs

We're dedicated to caring for you now and into your future.

We provide independent living, and assisted living in a serviced apartment. Plus, resthome and hospital care, and in most villages, specialist dementia care.

For more information about our five friendly Wellington villages, phone Josie on 0800 000 290 or visit [rymanhealthcare.co.nz](http://rymanhealthcare.co.nz)



## Osteoporosis (OP) literally means 'porous bone'

It is a condition that causes bones to become thin and fragile, which decreases strength and makes them much more easily fractured. There are no external symptoms. Bones can break even with a minor injury and can occur in any part of the body, but very often happens in the wrist, spine, shoulder and hip.



Fractures due to OP are a major cause of ongoing pain and can contribute to long-term disability and loss of independence in older adults. 1:3 women and 1:5 men over the age of 50 will suffer a 'fragility fracture' ie due to OP. The chances of a second fracture doubles once the first fracture has happened. Awareness of risk and early diagnosis is vital. Fractures, loss of height and a curved spine may hint at OP. A DEXA scan can check bone density and therefore bonewebness.

### Prevention (& treatment )

Although there are some risk factors you can't change, there are a number of things you can do to keep your bones healthy and strong to reduce the risk of OP developing.

### Nutrition

Calcium is an important component of bone, so we need to eat enough to 'feed' our bones. Although there is debate about how much is enough, the

consensus is it is best to get calcium from your diet, rather than a supplement. Two servings of dairy products per day are likely to provide enough. One 200 ml glass high-calcium milk = >400 mg calcium.

The body also needs vitamin D to help us turn calcium into bone. Vitamin D is made in the skin in response to sun exposure and helps us absorb the calcium from our diet. Unless you never go outside or have dark skin, you are likely to be getting enough sunshine and if you exercise outdoors regularly that will top up your vitamin D tank.

### Physical activity

This is vital in keeping muscles and bones strong. To increase bone density, exercise needs to be weight-bearing and include a moderate level of impact. If the impact is too low, bones will lose mass, or if too much could result in injury. Jogging, walking and tennis are good examples of weight-bearing exercise. Although swimming and cycling are good for building muscle strength and cardiovascular fitness, they are not weight-bearing. Aim for 30 minutes, three times/week.

### Medication

Most medications work by slowing bone loss or replacing bone. These include bisphosphonates, hormone replacement therapy or selective oestrogen receptor modulators.

#### Risk factors. If over 50 and:

- history of fractures (esp. after minor injury since 50)
- family history
- low body weight (BMI < 20)
- long-term use of corticosteroids for e.g. asthma, rheumatoid arthritis and other inflammatory conditions
- endocrine conditions
- overactive thyroid, parathyroid or early menopause
- conditions that lead to malabsorption of food, e.g. coeliac disease
- some chronic diseases e.g. RA, chronic liver or kidney disease
- some medications for breast cancer, prostate cancer or epilepsy
- low levels of physical activity
- smoking
- excessive alcohol intake

sourced from *Martinborough Medical Centre Health News.*

## Staying Safe Refresher Driving Courses

**Have you ever said to yourself 'Where did that car come from?'**

**Have you ever missed seeing a pedestrian about to cross the road?**

**Have you ever found other drivers 'honking' at you in traffic?**



These are 3 of the 20 questions that our new Staying Safe Refresher Driving Course asks participants to answer when they start the session.

The Land Transport Authority takes safe driving importantly for all ages but in particular senior drivers and has therefore awarded Age Concern a national contract to deliver their course material.

Although older drivers are involved in fewer crashes than other age groups because they drive conservatively for shorter distances, they do injure more easily and take longer to recover from a crash. For example, a 40 year old will be in hospital for an average of 4 days after a crash but an over 80 year old will be hospitalised for an average of 5 days. Even if the crash is not their fault, older drivers are more likely to suffer serious injuries. This is known now as the Fragility Factor and is recognised by ambulance personnel and health professionals.

It is a four hour long classroom block of material but we punctuate it with morning tea and a light lunch. It covers things that I had never taken much into account like the effect that medication might have on our driving as well as the general effects of aging on driving. Current road rules are covered to remind us of some changes, and different road conditions are looked at.

The course is fully funded by Land Transport and is therefore free of charge to you. The next session will be on:

**Thursday 12th December  
10am to 2pm at Anvil House  
138-140 Wakefield Street**

Phone us on 499 6646 if you would like to attend, or if you are reading this after the event, phone us about sessions in 2020 and get your name down.

*Sheila Reed*

## 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](http://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](http://www.harbourcityfunerals.co.nz)

**Harbour City**  
... FUNERAL HOME ...



Locally owned funeral directors,  
caring in your community.

Contact us today for your  
**FREE** about funerals booklet.

Wellington Ph: (04) 387 8301  
Upper Hutt Ph: (04) 528 8924  
Lower Hutt Ph: (04) 570 0111  
Kāpiti Coast Ph: (04) 298 4888

  
Locally Owned Funeral Directors  
Caring in our Community

[www.harbourcityfunerals.co.nz](http://www.harbourcityfunerals.co.nz)

*Editorial supplied by Harbour City Funeral Home*

 **Dignity First**  
Aged Care Advisory Service

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](http://dignityfirst.co.nz)

## What do we know about Climate Science?

According to a Stuff survey in October this year, a generation gap has emerged between older and younger New Zealanders about the seriousness and impacts of climate change. While an overwhelming majority of climate scientists say the impact is serious and requires urgent attention, our older generation are more doubtful.

The scientific evidence indicates that greenhouse gases, mainly carbon dioxide and methane, are the major causes of increasingly high temperatures, sea level rises and more extreme weather events such as floods, droughts and hurricanes. Although other factors may be involved, no alternative explanation appears to explain matters as well as the greenhouse gas model.

In the following questionnaire you can test your knowledge of these findings. You can check your answers at the bottom of page 9.

- 1. What are the effects of carbon dioxide in the earth's atmosphere?**
  - a) Its particles are trace elements (gases) in our atmosphere that trap surface heat.
  - b) It is part of a cycle of exchange between our oceans, trees, rocks and biosphere.
  - c) Since the industrial revolution an increase of particles is warming both lands and seas.
  - d) Rising sea levels and coastal inundations are due to the heat retained in our atmosphere.
  - e) All of the above
  - f) None of the above
- 2. The sources of excess carbon dioxide in the atmosphere are due to burning fossil fuels like coal, oil and natural gas.**  
True/False
- 3. There is no evidence that deforestation, soil erosion or agriculture make a significant contribution to carbon dioxide concentrations.**  
True/False
- 4. Our forests and oceans are the major carbon sinks for absorbing carbon dioxide in the atmosphere.**  
True/False
- 5. There are no practical alternatives to fossil fuels that power modern industry and transport.**  
True/False
- 6. Current wind and solar power technologies are not economically sustainable energy sources.**  
True/False
- 7. According to the United Nations' IPCC\* reports, if greenhouse gases continue to grow at current**

**rates, this could lead to temperature increases of up to 2°C which would have very dangerous consequences by 2036.**

True/False

- 8. Natural sources of carbon dioxide were twenty times larger than human activity sources but were closely balanced by environmental sinks, like plants and plankton, that absorbed it.**  
True/False
- 9. Sea level rises and extreme weather events will hurt agriculture and biodiversity.**  
True/False
- 10. Warming oceans will acidify and reduce the survival capacity of shellfish and coral reefs.**  
True/False
- 11. The oil giants, like Exxon Mobil, deny that fossil fuels have caused climate change because their scientists have found factual evidence that refutes the claims of climate scientists.**  
True/False
- 12. Palm oil production has been often associated with labour exploitation, specie extinctions and rainforest destruction but it can be produced sustainably and responsibly.**  
True/False
- 13. In 2014 New Zealand's contribution to the world's greenhouse gasses was small but on a per capita basis was the fifth largest among OECD countries.**  
True/False
- 14. From 1990 to 2017 our gross greenhouse emissions increased by 23% but due to our forest and land use removals (absorption) our net emissions had declined.**  
True/False
- 15. A Wellington Climate Scientist says about 30 centimetres of sea-level rise is now all but certain by 2050 to 2060 and could rise to 1.5 metres if we continue burning fossil fuels.**  
True/False
- 16. According to a Stuff opinion survey in October 2019, what proportion of people over 65 years felt that climate change had little or no impact on their lives?**
  - a) Two thirds
  - b) Half
  - c) One third
  - d) One tenth
- 17. According to the same survey, what proportion of the 15-24 year old's shared a similar opinion?**
  - a) Two thirds
  - b) Half
  - c) One third
  - d) One tenth
- 18. The Stuff survey found that more women than men felt affected by climate change.**  
True/False

**19. Why do climate scientists see the industrial revolution as the underlying cause of our environmental and climate crises?**

- a) It initiated a geologically unique pattern where carbon dioxide emissions preceded rising temperatures.
- b) The resulting exponential growth of population and industrial productivity disrupted the natural balance of emissions and absorption.
- c) It has since locked in temperature increases, extreme weather events and rising oceans for the foreseeable future.
- d) All of the above
- e) None of the above

The article has been contributed by our new Board member, Paul Green. Paul taught modern social problems and the sociology of the environment at Massey. He is now retired but has retained his interest in the climate change movement. If you would like to send your answers and comments to Paul you can post them to us at Age Concern Wellington, PO Box 11-108, Wellington, 6142. Paul will answer any questions in our Autumn edition.

Answers to the questionnaire:

1. e 2. T 3. F 4. T 5. F 6. F 7. T 8. T 9. T 10. T 11. F 12. T 13. T 14. F 15. T 16. a 17.c 18. T 19. d

\* The IPCC is the United Nations' Inter Governmental Panel on Climate Change and its team of scientists collate and critically review all the scientific research on climate change and publish their reports.

**"CLIMATE CHANGE? ANIMAL EXTINCTION? WHO CARES?! WE ONLY LIVE ONCE!"**



## Serving the Wellington/Kapiti area since 1993

Here at **Courtenay Hearing Centre** we focus on providing solutions that best meet people's needs and budget. We source products from all the major hearing instrument manufacturers - from whom we are independent, allowing us to provide unbiased professional advice, and to offer the best solution to maximise your hearing potential.

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](http://www.courtenayhearing.co.nz) for more information.



### Caring for your hearing



#### For independent professional advice

- Hearing assessments
- Digital hearing aids — all brands (60-day trial)
- Tinnitus assessment and treatment
- ACC, Ministry of Health and War Veterans funding
- Musician and noise plugs
- Accessories, batteries and servicing



**Call (04) 385 9144**  
FREEPHONE 0800 432 766

**WELLINGTON**  
Level 2, 15 Courtenay Place

**WAIKANAE**  
Waikanae Specialist Centre,  
Marae Lane

**PARAPARAUMU**  
8A Ihakara Street

**LEVIN**  
SeeHear, 174 Oxford Street

[info@courtenayhearing.co.nz](mailto:info@courtenayhearing.co.nz)  
[www.courtenayhearing.co.nz](http://www.courtenayhearing.co.nz)



**Dear John**

Over the years I've made donations to various charities and good causes as and when I've been able, but as Christmas approaches I feel utterly overwhelmed already by the constant stream of appeal letters arriving in my letter box. Now that I'm a Gold Carder I can't possibly respond to them all and don't know quite what to do. Why this bombardment? It feels almost like harassment!

**Dear Elspeth**

I can relate to this but I guess with money and donations hard to come by for most charities, Christmas is an ideal time, from their point of view, to fund raise. But I too feel a twinge of guilt as I toss the letters into the recycling bin!

It's important to remember however, that the appeal letters are as impersonal as a scammer's letter for all that they're addressed to you to give them a personal touch. Remember that hundreds of letters have been sent out with an expectation of a 20% or so return. There is no need to feel bad about not responding. This might be an ideal time to rationalise and prioritise which causes you would like to support. Make a pile of the appeal letters you receive over the next few weeks and sort them according to your budget and personal preferences. It might also be worth phoning or using the reply envelope to let the ones you don't want to support know that you would like to be removed from their mailing list. This will after all save them on postage and printing. I'd also advise you to avoid setting up automatic payments to anything other than the ones you really want to support. It took me months to get one charity to stop my payment and I was on the point of taking the bank's advice to change my credit card. And don't get me started on what I saw when I was doing the elder abuse work where older people who were losing their cognitive abilities were leaving themselves short of cash by sending money to every cause that contacted them!

You control how you wish to spend your money.

**Living with Heart Failure?**

**Free information sessions on living with heart failure with your local Clinical Nurse Specialists.**

Share your experience and ask questions. Family and whānau are welcome.

Register at [hfailure.eventbrite.co.nz](http://hfailure.eventbrite.co.nz) or phone 04 472 2780 [heartfoundation.org.nz](http://heartfoundation.org.nz)

**Lower Hutt**  
Thursday 5 March 2020,  
5.30 – 7.00pm  
Naenae Bowling Club

**Upper Hutt**  
Thursday 26 March 2020,  
5.30 – 7.00pm  
Upper Hutt Cossie Club



**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.

Register at [icdinfo.eventbrite.co.nz](http://icdinfo.eventbrite.co.nz) or phone 04 472 2780 [heartfoundation.org.nz](http://heartfoundation.org.nz)

**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



NEW ZEALAND VIDEOGRAPH

**TELL YOUR STORY**

- PRESERVE YOUR PERSONAL HISTORY -  
FOR YOUR FAMILY  
FOR THE NATION

PHONE OR TEXT: 027-381-7420  
EMAIL: [NZTellYourStory@gmail.com](mailto:NZTellYourStory@gmail.com)

**City Gallery Seniors**

**12 February 11 March**  
**29 April 2020 10.30am | Free**

Do you enjoy visiting exhibitions and catching up with like-minded people? City Gallery Wellington have announced the launch of City Gallery Seniors—a regular mid-morning talk and tour for those aged 65+.

Kicking off in the new year, these guided tours will explore the Gallery's current exhibitions, followed by morning tea. No prior knowledge of contemporary art is needed, this talk and tour is suited to everyone. Just bring your curiosity.

The gallery's summer exhibitions showcase photography, sculpture and video from a range of NZ and international artists exploring contemporary ideas.

Take advantage of this opportunity and tell a friend—be sure to book your spot as places are limited. To book, call 04-913-9032 or visit <https://citygallery.org.nz/events/gallery-seniors/>

Testimonials:

*'Our small group really did appreciate the personal attention they received from you last week, and you gave us a very comprehensive background to Theo Schoon and his work. All in all it was an excellent morning, along with the introduction to Eavesdropping.'*

- Waterloo Probus Group

*'Thank you so much for such an enjoyable, informative visit to City Gallery. We had a really interesting time, followed by a most welcome morning tea.'*

- Wellington Eastern Suburbs Probus Group



**HY5™**

5 FUNCTIONS - 1 PRODUCT

HY5 is a unique NEW product helping individuals remain independent and safe at home. As we age we need help with basic tasks. HY5 is the only device that offers the all-in-one functionality that you need.

WALKER / ROLLATOR    BEDSIDE COMMODE    SHOWER CHAIR    RAISED TOILET SEAT    TRAVEL CHAIR

To order Call 0800 MEDIX21 or visit [medix21.co.nz](http://medix21.co.nz)

Also available at selected retailers

\* Use code AGEFREE at checkout

**ONLY \$329**  
INC. GST  
Free Freight\*

**MEDIX21**  
HELPING YOU MOVE AHEAD

W: [medix21.co.nz](http://medix21.co.nz) | E: [admin@medix21.co.nz](mailto:admin@medix21.co.nz)

## Living with Aphasia

Rue Crawford-Hool had experienced several mini strokes in her life, but unfortunately being a true New Zealander, she had the typical 'she'll be alright' attitude and didn't think much of it. Then one day in 1999 she suffered a massive stroke. She was 46, looking after her elderly parents and in hindsight was under a lot of stress at the time.

She was making her bed one morning and realised that she couldn't pull the sheets over the corners of the mattress. Something didn't feel right, so she thought she'd better go over to the other room to use the phone. That's when her legs collapsed and she fell onto the floor. Her left arm was paralysed and stuck under her body which at the time she didn't realise and couldn't work out why it was so difficult for her to crawl. She finally got her arm out from under her and got to the phone to call the ambulance. She had extremely high blood pressure and was taken to hospital where she was diagnosed with having experienced a massive stroke.

After a couple of days of being in hospital she regained her movement and realised that her voice wasn't fully gone as she first thought it did, although it wasn't quite the same as before.

She was discharged after 5 days and her sister-in law looked after her for a couple of days before she went back to her parents' home. She was still caring for her elderly parents, but it wasn't easy as both of them were in separate rest-homes until they passed away.

Fortunately, after this difficult time of having had to deal with her parents' death and her own struggles post stroke, she met her husband. They married and bought a family home together where they lived happily for 14 years. Eventually though, due to financial circumstances, they had to sell their home and decided to move down to Upper Hutt to be closer with Rue's daughter.

Once they moved there, they started connecting with other stroke survivors and people with Aphasia which helped Rue re-connect with people and she started singing again. It was also here that she was told about Aphasia for the first time by a visiting Aphasia support person, after having lived with it for 15 years.

Aphasia affects a person's ability to communicate. It affects each person differently – it may be hardly noticeable or very severe. It is a loss or disruption of language.

Unfortunately when Rue's husband died, she was no longer able to afford the rent for their apartment and she had to move to a smaller council owned flat. It was there that she felt she needed a purpose in life as she was worried that her life would otherwise become more of a "non-life". She knew she had to do something pro-active to keep herself going.

She's written several books in the past, so writing was something she was familiar with. But she wanted to write a "real" book that people could learn from. Judging by her own experiences, she realised that Aphasia is something not a lot of people know about, but quite a few people suffer from, so she started with the title "Aphasia: What is Aphasia?". Then she went to her support groups and asked people if she could interview them for her book. The book has become an essay of several stories of people with Aphasia and how they cope with it. Rue wanted to write about peoples' stories because she felt that many family members and friends of people who've had strokes don't quite understand what they have been through and are quite blasé about it. With this book she wants to make people understand what people go through when having a stroke and suffering from Aphasia and how it affects the dynamics of their whole life.

Being affected by Aphasia doesn't bother Rue too much, but sometimes it is hard. She wants people to understand what Aphasia is and get people to listen and be more patient when talking to Aphasia sufferers.

Even though it wasn't always easy for her to write this book, she got it done and is extremely grateful for all the help she has received from friends and family to finish her book. The book "Aphasia: What is Aphasia?" will be available from late November at the Upper Hutt "Writers Plot Bookshop".

**Stroke is an emergency, call 111 if you experience any stroke symptoms.**

**STROKE Central Region Inc.** **IS IT A STROKE? Act**

**F**ace **A**rms **S**peech **T**ime

Smile - Is one side drooping?    Raise both arms - Is one side weak?    Speak - unable to?    Act fast and call 111. Brain cells are dying!

**Stroke is an Emergency!**  
The faster a stroke is treated the better the recovery.

For more info on stroke visit [www.strokecentral.org.nz](http://www.strokecentral.org.nz)

**STROKE Central Region Inc.** **#DON'T BE THE ONE NZ**

**Aphasia New Zealand Charitable Trust**  
mate ngaronga reo

For more info on Aphasia visit [www.aphasia.org.nz](http://www.aphasia.org.nz)

## Latest Postal Scam – Malaysian scratch card scam

The Malaysian fake scratch card scam must have proved very lucrative to the scammers as it has resurfaced in NZ and already millions of dollars have been lost never to be seen again.

Beware an envelope arriving in your box with a row of colourful Malaysian stamps. Inside will be a colourful brochure and a couple of scratch cards telling you, the supposedly lucky winner, that you have won \$US 150,000 but that you will have to pay tax and insurance costs before receiving your prize.

A lot of these letters are being sent to rest homes and retirement villages which just goes to show how trusting senior people are being deliberately targeted. So if an A5 white envelope (half the size of an A4 envelope) with your family name printed first followed by your first names and no return address, arrives in your box, DO NOT SEND ANY MONEY AND THROW THE ENVELOPE AND CONTENTS AWAY.

This latter point is very important – if you do what a lot of people do and write Return to Sender and pop it back in the post, you are simply confirming to them that someone lives at the address and you can be targeted again.

And if you are not sure whether something is or isn't a scam, please do contact us on 499 6646.

*Sheila Reed*

**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.

**TRANSPORT YOU CAN TRUST**

**Reliable and friendly service**

- Medical appointments
- Social and business trips
- Shopping
- Sightseeing and outings
- Airport transfers
- Pets to the vet
- One off or regular
- Long trips and local

**For more information**  
**0800 956 956**

Total Mobility Provider

**freedom.** companion driving  
[www.freedomdrivers.co.nz](http://www.freedomdrivers.co.nz)

## Better Later Life

- He Oranga Kaumātua 2019 to 2034

The Government has just launched a strategy for “Better Later Life – He Oranga Kaumātua 2019 to 2034.” The purpose is to ensure that New Zealand has appropriate policies in place for our ageing population so that Central Government can provide leadership. The Strategy fits with the Healthy Ageing Strategy 2016, New Zealand Disability Strategy 2016, and the New Zealand Carers Strategy 2008 and New Zealand Carers Strategy Action Plan.

The over-riding vision for the Strategy is that older New Zealanders lead valued, connected and fulfilling lives (Kia noho ora tonu ngā kaumatua). Five key areas for action are identified:

- Achieving financial security and economic participation*
- Promoting healthy ageing and improving access to services*
- Creating diverse housing choices and options*
- Enhancing opportunities for participation and social connection, and*
- Making environments accessible.*

As the Strategy points out, there are can be challenges in ageing, some systemic and some more personal: “As we age, we can experience significant life changes. We could

develop poor health, lose our job or driver licence, or lose a spouse or partner, siblings or friends. We may need to move to a new house, or transition into residential care. Some changes may make it more difficult to stay socially connected or to participate in the community. Our ability to adapt and cope with change is affected by our level of social support and connectedness. Being better able to adapt to change means that we will be better placed to deal with challenges that may impact us later in life.” As the Minister for Seniors, Hon Tracey Martin, has pointed out, “local government, nongovernmental organisations, families and whānau and individuals all have an important role to play in making the future better for New Zealanders as we age.”

As a community trust with over ten years’ experience working with older people, WellElder sees a clear role for its counsellors within the “Better Later Life” Strategy. They continue to support and advocate for clients, encouraging them to respond creatively to change as necessary, often in the face of a range of difficulties.

If you live in Wellington, Porirua and Kapiti and are over 60 (or over 55 for Maori and Pacifica), you are welcome to call WellElder to discuss our low-cost accessible service on 380 2440. We are open Tuesday, Wednesday and Thursday and our website is [www.wellelder.nz](http://www.wellelder.nz).



## Enjoy your life with Enliven

Some things make for happier, healthier living, no matter what your age or ability. At Enliven, we create elder-centred communities where older people have companionship, choice and control, meaningful activity as well as quality care.

- |   |  |
|---|--|
| <p><b>Cashmere Home</b><br/>51 Helston Road, Johnsonville.<br/>Phone: 04 477 7067</p>         | <p><b>Longview Home</b><br/>14 Sunrise Boulevard, Tawa.<br/>Phone: 04 232 6842</p> |
| <p><b>Cashmere Heights Home</b><br/>16 Helston Road, Johnsonville.<br/>Phone: 04 478 9051</p> | <p><b>Huntleigh Home</b><br/>221 Karori Road, Karori.<br/>Phone: 04 464 2020</p>   |

**Hearing Consultants**  
Independent Audiologists  
AN ETHICAL & ACCOUNTABLE NEW ZEALAND BUSINESS SERVING WELLINGTON FOR 26 YEARS

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

Many people don't ever receive the solution that would best resolve their hearing issues. That's because the hearing clinics that make up the big chains answer to overseas hearing aid companies who only allow them to offer a limited range of aids.

At Hearing Consultants, we DO NOT recommend hearing aids based on sales commission or preferred supplier schemes - we recommend what's best for you.

Independent audiologists new zealand

Bowen Hospital | Lower Hutt | Upper Hutt | Wairarapa  
0800 43 27 25 | [www.hearingconsultants.co.nz](http://www.hearingconsultants.co.nz)

**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.**

## Resonance Podiatry

Our wonderful team at Resonance Podiatry are a group of highly experienced Podiatrists, who are specialized in treating a wide array of conditions affecting the feet and lower limbs. Our Resonance Podiatry clinics are the first podiatry clinics in New Zealand to become Allied Health Care Accredited providers, meaning that we are qualified at the highest possible health care standard for podiatry services.

Resonance Podiatry provides specialist assessment, treatment and management, utilizing leading-edge technology to provide you with the best management plan to get you back on your feet. We provide services ranging from general comfort care, to falls risk prevention, and general management of musculoskeletal conditions and chronic pain.

If you or anyone you know is suffering from any lower limb problem, don't hesitate to contact our friendly team for an appointment so we can get you back to work, sport, or play as quickly as possible!

**resonance**  
functional podiatry

**Resonance Podiatry** are a specialist team of Podiatrists, working in collaboration with you, and our fellow medical colleagues, to get you back to being pain-free. At Resonance we implement up to date evidence-based practice, and are committed to getting you back on your feet as quickly as possible.

**If you suffer from:**

- Painful feet
- Bunions
- Falls
- Corns
- Callus
- Difficult toe nails or ingrown toenails
- High Risk Foot: Diabetic Foot or Rheumatoid Foot

Come and see us at our Wellington CBD, Lower Hutt, or Mana clinics.

**Whatever your pain, we are committed to getting you back on your feet!**

**0800 4 RESPOND**  
[www.respod.co.nz](http://www.respod.co.nz)

Podiatry Health Services  
DAA Accredited  
Standard NZS 8371

## Seniors' Week is held in October every year and involves events for seniors.

This year it was kicked off with the Senior Regional Games on Tuesday 1st October at the Lower Hutt Events Centre.

We saw three city councils competing against one another; Upper Hutt, Hutt City, Wellington City, alongside Age Concern Wellington, Sport Wellington and other local partners at the inaugural SENIOR REGIONAL GAMES.

The Games was a free event offering people the opportunity to participate in fun physical and social activities, meet new people, and learn more about what activities are regularly available in your community.

From badminton to bowls, and card games to dancing, there was something for everyone, including for the 'active', the 'less active than I used to be', the 'only active if I get to see my mates' and the 'I'll come and watch others be active!'

The event aimed to knock down boundaries and challenge assumptions that the older you get, the less opportunities to stay active there are. So if this sounds like a bit of fun and you might like to get involved, watch this space leading up to October 2020.



## STEADY AS YOU GO PEER SUPPORT

Age Concern Wellington now runs 17 Steady As You Go falls prevention classes. The idea behind the initiative is that a Co-ordinator (usually me!) runs the class for the first 10 weeks, establishing good techniques and records. We do three personal assessments of participants at the first class – to measure strength and balance, and these are repeated 10 weeks later. There has, so far, always been an improvement in both strength and balance.

It is at this point that Peer Leaders take over the role. During the initial classes I try to identify people who would be willing and able to continue the class. The groups want to continue and the idea is that they take control of their own class. We usually try to work with at least two or three Peer Leaders – one will operate the CD, one take the register, another set up the room etc. When the task is shared it is not at all onerous.

On Friday 15th November we had a Peer Leader training day. We went over the exercises and paperwork, and after lunch, had a two hour session on first aid training. It was a fun day, and the Peer Leaders discussed their individual groups – it is always interesting to hear news of other classes as they are all quite unique!

We would like to thank our volunteer Peer Leaders – without them our classes would not continue, and of course the very low class charge (currently \$2.00) would not be possible without them. They do a fabulous job.

More information about our classes are on our website – [www.acwellington.org.nz](http://www.acwellington.org.nz)  
We are also open to suggestions where we could run further classes. Please contact me:-  
Ann Dalziel, Health Promotion and Community Support Coordinator Telephone 04 499 6646  
[communitysup@acwellington.org.nz](mailto:communitysup@acwellington.org.nz)



**Peer Leaders Training Day at Karori Community Centre**