

ISSUE 04, 2023

www.ageconcern.org.nz



**AGE
CONCERN
MARLBOROUGH**

He Manaakitanga
Kaumātua Aotearoa

Age Concern Marlborough

*Merry
Christmas*

— AND —
HAPPY NEW YEAR

“Nothing ever seems impossible in Spring, you know.”
L.M. Montgomery

Reflecting On A Challenging Year



As 2023 draws to a close, we can reflect on a challenging year. We still have COVID alive and in our Marlborough community, some of our community are struggling to find suitable housing, some are having difficulties financially and some have trouble finding appropriate health care. The elections are over, the new Cabinet has been sworn in and we have optimism for our seniors to benefit from the promised reforms.

A welcome to the new Minister for Seniors - the Hon Casey Costello, a NZ First MP from the Waikato. Age Concern NZ has briefed the incoming Minister and asked her to focus on five areas:

- Housing and Urban Design
- Income and the Cost of Living
- Access to Healthcare
- Loneliness and Social connection
- Elder Abuse

There are many risks associated with the new government not addressing these and these risks include:

- more Seniors are homeless and more live in inadequate and unhealthy housing
- more Seniors living in poverty and limited access to essential services
- earlier admissions to rest homes
- increasing poor health for older people
- increasing elder abuse and neglect leading to physical, emotional and financial harm to older New Zealanders.

We do not want this to be the way New Zealand goes.

What a great New Year it would be if we are able to work together in our communities with the new government to address the needs of

our ageing population and enable older NZers to age with dignity, respect, and happiness.

My thanks to all our members, volunteers and supporters who have helped us throughout the year. We could not manage without you.

We welcome Bobby back to our team and thanks to her and our other staff members Meryl, for her administration duties and Volunteer programme and Liz, for her Driving programmes.

Merry Christmas and a very happy New Year to you all.

**Marge Scott, Chair
Age Concern, Marlborough**

Contact Information

Phone: (03) 5793457

Email: admin@ageconcernmarlb.org.nz

Address:

Marlborough Community Centre
Room 1, 25 Alfred St Blenheim 7201

Office Administrator/Volunteer Coordinator

Meryl Jones

10.00am – 1.00pm Monday to Friday

admin@ageconcernmarlb.org.nz

OFFICE HOURS

Community Welfare Coordinator

Bobby Houlahan

support@ageconcernmarlb.org.nz

Merry Christmas

Warm holiday wishes for a Merry Christmas and a fantastic New Year from us all at Age Concern Marlborough

Our office will be closed from Thursday 21st December and reopen on 8th January 2024

Bobbys Back

We would like to welcome Bobby Houlahan back to Age Concern Marlborough. Wow did that year go quickly!

Bobby has been off looking after her daughter Eden, but we are happy to have her back from maternity leave.

So, if you need anything from the ladies in the office you will now be contacting either Bobby or Meryl



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New Board Members



Age Concern Marlborough Inc is looking for new people to be part of our local governance board.

We are a registered charity looking for people with experience and knowledge, especially in these areas:

- Strategic planning
- Fundraising and marketing
- Financial management
- Community health and welfare

Age Concern is affiliated to Age Concern NZ Inc, and our role is to support older people in the community to ensure they are respected, supported, empowered, and valued. We rely on grants, contracts, and donations to deliver our services.

Our board members meet monthly, usually for one to one and a half hours on a Thursday at 4pm. There are occasional extra meetings and some delegations.

The role is a voluntary one and in return for your contribution you will receive the satisfaction of helping your community and the friendship of like-minded people.

Please send a letter expressing your interest and a brief outline of your experience to: admin@ageconcernmarlb.org.nz by September 08, 2023.

Bridge Tournament

Age Concern Marlborough's annual bridge tournament fundraiser was again a great success! People from as far as Kaikoura and Motueka travelled for the tournament, raising funds for our non profit organisation.

It was a big day with people playing from 10am-5pm. Playing bridge was not the only enjoyable part of the day, everyone loved the social aspect, food, lucky dips and raffles.





STEADY AS YOU GO

Our SAYGO classes provide gentle exercises to improve strength and balance and help prevent falls.

Blenheim - \$2, Picton \$3

Phone Age Concern office
03 579 3457 for more info



IN-HOME VISITING SERVICE

We have a wonderful network of friendly volunteers available to visit or phone with people over 65 who may be feeling lonely or isolated.

If you, or someone you know would like a visitor please get in touch, our Volunteer Coordinator will match a volunteer with similar interests.

Phone our office
03 579 3457

Monday: 10.30 – 11.30

The Foundry, John Street

Tuesday: 11.30 – 12.30 St

Christopher's Hall, Weld Street

Tuesday: 1.30 – 2.30

Union Parish of Picton, 40 Broadway

Wednesday: 1.30 – 2.30

Marlborough Community Centre,
Alfred Street



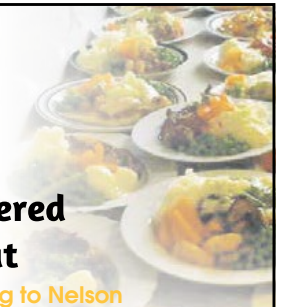
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Friendship Group

What a great turnout we had at our Friendship Group! This month we ran a workshop by Mel Keenan from Westpac Bank.

She talked to us about scams and keeping safe online. It was a real eye opener to the types of scams that are circulating at the moment and how to protect yourself.



Our Friendship Group members also enjoyed a wonderful cuppa, morning tea and catch up. If you want, or know someone that would like to come along to our Friendship Group then please contact the office on 03 579 3457 we would love to see you there!

Join us as a volunteer visitor and make a difference

Our visiting service volunteers come from a wide range of backgrounds and age groups

Age Concern is committed to ensuring that our volunteer visitors have a rewarding, safe, and enjoyable experience.

Having a regular visit is something to look forward to, and makes a real difference to the health and happiness of an older person.



Star volunteer introduction

We would like to highlight our Star Volunteer Marilyn Briggs. She is one of our many fantastic volunteers that work with us at Age Concern Marlborough.

We admire Marilyn as she goes above and beyond to help older people in our community. Marilyn is part of our visiting service and the people she has helped have said she has made a significant improvement in their lives.

We very much appreciate Marilyn! Marilyn says, "as a volunteer I am really happy to give my time to help those that need it and my reward is receiving a beautiful smile, a thank you and often a hug".



Staying connected

Not using your car or using it less doesn't mean that you have to stop participating in social and personal activities that you enjoy.

AGE CONCERN NEW ZEALAND
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Kaitiaki Takekiri

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Transport options for Seniors

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Plan ahead – do what you enjoy

Wool Wanted

In her spare time, Patricia, our treasurer knits cot blankets for Plunket. These are distributed to local families.

This requires a constant supply of wool. If you have any to spare- from 1 ball upwards, Patricia would be very happy to receive this. It must be wool, not acrylic, and can be 3 ply, 4 ply or double knit.

If you can help and/or need a declutter we would love to hear from you. Please either contact the office on 03 579 3457 or drop the wool into the Age Concern office at 25 Alfred St between 10-1pm daily.



Come along to our Steady As You Go Classes

One third of people over the age of 65 fall each year. One Third! That's a significant number. Falls are also the most common cause of injury in older people.

Do you want to reduce your likelihood of having a fall by 30%? Yes? Why not! Come along to our Steady As You Go classes. They are low impact, fun, social classes that go for

1 hour. The cost is \$2 per class.

We have classes running in both Blenheim and Picton. There will be a new Saygo class starting in Renwick on 8th Feb.

Ring the office to find out what class suits you best. We would love to have you come along!
03 579 3457



Start the conversations this holiday period

A reminder that when all the family is together during the holiday period it's a great time to discuss important things like wills, EPAs and funeral planning. And it doesn't have to be bleak or depressing – funerals are a celebration of your life and can be as unique and personal as you are!

2024 – New Year's resolutions – make 2024 the year you get your will sorted – or updated!

Total mobility scheme

Did you know that if you have an impairment that prevents you from driving, Age Concern Marlborough can help you get a taxi card issued from the Marlborough District Council.

This card gives you discounted taxi fares! If you think you might be eligible, ring the office at Age Concern and we can take you through the process to get your free card.



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EIGHTH PAGE
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no bleed needed

Citizens Advice Bureau



Te Pou Whakawhirinaki o Wairau

Need help with your
computer, tablet or phone?



Our free digital clinic will be
available on Tuesdays
11 am - 1 pm
By appointment only

 25 Alfred Street, Blenheim.

 03 578 4272

 E: marlborough@cab.org.nz

 W: marlborough.cab.org.nz

 W: cab.org.nz

*Not sure?
ASK US.*



Op-Shops in Blenheim

The Blue Door

40 Seymour St- 03 579 4353

Hospice Shop

80 Cleghorn St- 03 579 4686

St John Opportunity Shop

3/11 Boyce St

Salvation Army Store

25 Redwood St- 03 578 3238

SPCA Op Shop

32 Grove Rd- 03 579 4860

St Vincent De Paul

Blenheim- 63 High St- 03 577 8378

Picton

110 High St- 03 573 5475

Save Mart

38 Stuart St- 03 579 2038

Havelock Charity Shop

66 Main Rd- 028428 6071

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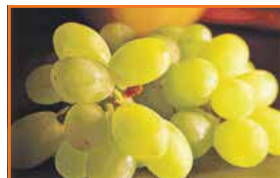
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5 Reasons Why Walking Is Great For Senior Health

Walking is an ideal way to stay healthy, especially for seniors. The benefits of walking are numerous and can improve physical, mental, and emotional well-being. Many senior adults already incorporate walking into their daily routines, but if you haven't, here are some reasons why you should consider it. Be sure to speak with a medical professional, however, before making any changes in your exercise routine.

1. Walking Is Good for Your Physical Health

Walking benefits your body in many ways. It can improve your cardiovascular health by lowering blood pressure and cholesterol, strengthen your bones and muscles and even reduce your risk of falls, which is key to maintaining your independence as you age. Even better, it takes no special equipment, and the health benefits of walking start to take effect in as little as 10 minutes per day.

2. Walking Can Help You Sleep Better

Many seniors struggle with sleep issues like insomnia or have trouble staying asleep at night. Walking can improve sleep quality by promoting relaxation and reducing stress. Additionally, regular exercise has the added benefit of tiring the body out, making it easier to fall asleep (and stay asleep) each night.

Exposure to sunlight can also help regulate the body's natural circadian rhythms, helping you create a healthy sleep routine.

3. Walking Can Boost Your Mood

Exercise is a great mood-booster thanks to natural "feel-good hormones" called endorphins. While many forms of exercise may be difficult for older adults, the low-impact nature of walking makes it accessible for a wide



range of physical fitness levels.

Seniors should aim for at least 150 minutes of activity per week. This translates to approximately 30 minutes per day at least five days per week.

4. Walking Slows Cognitive Decline

Walking is great for the brain in more ways than one. In addition to being a mood booster, exercise can slow cognitive decline or even enhance cognitive performance. This is because exercise promotes proper blood flow to the brain to keep it healthy and functioning properly. Some studies have even linked walking to a lower risk of dementia and related conditions.

5. Walking Reduces Loneliness

As we age, it's not uncommon to experience loneliness and isolation. However, walking with companions can help combat this. Friendships later in life play an important role in our well-being, and walking with others can help provide a sense of community and social connection. In turn, this helps seniors feel more engaged with the world around them.

If you would like someone to walk with, contact the office with your name and contact details. We can introduce you to some like minded people who would also appreciate someone to walk with.

It pays to shop around for the cheapest fuel prices

Do you ever flinch when you see the price of petrol? You're not alone, but you can save yourself money by checking the price boards outside petrol stations for the cheapest fuel prices and talking to others about where the best prices are on the day. Discounts can save you money on petrol or diesel, typically 6 to 7 cents per litre off the price you pay for your petrol. But beware, as even with a discount you may be paying more for your petrol than if you had shopped at a competitor site down the road. It pays to shop around for the best price.

The Commerce Commission has responsibilities for monitoring and regulating the fuel markets to promote competition for the long-term benefit of consumers. This regime was set up by the Government in 2020 in response to the cost of living crisis and the relatively high price of fuel.

As part of our work, we have asked companies to explain why there are large price variations across the country and within cities, as we cannot explain these differences by looking at costs. Our most recent monitoring report has case studies that shine a light on different types of discounts and which ones offer the best value for consumers.

This work tells us that shopping around for the cheapest price is key. Here are some things you can do:

- Are you using the correct type of fuel for your car? Regular 91 is generally cheaper than Premium fuel, so if your car can run on Regular 91 using that fuel will save you money at the pump.
- You are often best off simply choosing the petrol station with the lowest board price or the site with a one-off 'discount day'.

- Consider changing your shopping habits. If a competitor site down the road has cheaper prices why not support them and save yourself money.
- Consider buying petrol on a day when discounts are larger.
- Loyalty programme benefits can be complicated, with minimum and maximum purchases required, and rules around accumulating discounts. Most consumers are unlikely to get the most benefit from these programmes.
- There is a really useful smartphone application called Gaspy which helps you find the cheapest prices in your area that day. If you are not comfortable using a phone app perhaps you have a friend, neighbour or family member who can look up the prices. This is something that you could do as a community, spreading the word on which petrol station has the cheapest prices. You can also add information to Gaspy on the prices you see to help others.



White chocolate mousse with berries

Need to bring a Christmas desert this Christmas? Don't worry, Age Concern have you sorted. Dust off those special glasses and give this desert a try.

Smooth and creamy, our white chocolate mousse is the ultimate in decadence. Matched with the summer sweetness of fresh strawberries, it looks and tastes amazing – but is surprisingly simple to prepare, making it ideal even for amateur cooks.

Serves 8

Prep time: 15 mins + cooling time

Cooking time: 0

Ingredients

- 300g Pams Finest White Cooking Chocolate Block, chopped into chunks
- 1 cup Pams Coconut Cream
- 2 tablespoons orange juice
- 1 teaspoon finely grated orange zest, plus extra to garnish
- $\frac{3}{4}$ cup Pams Cream
- 250g strawberries, chopped
- 125g blueberries

Method

1. Place the chocolate and coconut cream into a medium bowl. Place the bowl over a pot of boiling water, ensuring the bowl doesn't touch the water. Stir continuously until the chocolate is almost melted, then stir in the orange juice and zest. Stir until the chocolate is fully melted and the mixture is smooth. Set aside to cool to room temperature.



2. Whip the cream until it forms soft peaks. Carefully fold into chocolate mixture. Divide the mousse between serving glasses and refrigerate for 4-5 hours, or until set. Top with the strawberries and blueberries and garnish with the extra orange zest to serve.

Tips:

- Make white chocolate shards, top with raspberries and pomegranate for decoration.
- Use store-bought thickened cream in place of the whipped cream.

Across

- 1. Container weight
- 5. Reprimand, with "out"
- 9. Swallows water eagerly
- 14. Didn't have enough
- 15. Deep purple, edible berry
- 16. Wagner work
- 17. Refusal to interfere
- 20. Boston newspaper
- 21. Dorm room staple
- 22. Sign of summer
- 24. A British gentleman (Archaic)
- 28. Snowman prop
- 31. Diarist Samuel
- 34. Maple genus
- 35. Trick taker, often
- 36. Abysmal test score
- 37. Ancient city NW of Carthage

- 38. Private property
- 42. Leisurely walk
- 43. Send to the canvas
- 44. Drink from a dish
- 45. Impulse transmitter
- 46. Physics particle
- 48. Half a matched set
- 49. Lampoons
- 51. Australian runner
- 53. Inflammation of the ear
- 56. Cremona artisan
- 60. Conceited
- 64. Unfit for Jewish consumption
- 65. Bubbly drink
- 66. Season to be jolly
- 67. Bakery supply
- 68. Bow

69. Prize since 1949

Down

- 1. Chinese dynasty
- 2. Gone wrong?
- 3. Ashcroft's predecessor
- 4. Like some mushrooms
- 5. Dracula, at times
- 6. Air force heroes
- 7. Dermal development
- 8. Vivacious
- 9. Dead duck
- 10. Current
- 11. Floral necklace
- 12. Adept
- 13. Gabriel, for one
- 18. Formerly known as
- 19. "Aeneid" figure
- 23. Airy

25. Tapered, frozen formation

- 26. Fruit juice
- 27. Understands
- 28. Greek surname
- 29. Mountaineering tool for frigid conditions
- 30. Being
- 32. Big time
- 33. Lively Bohemian dance
- 36. Animal house
- 37. Amateur video subject, maybe
- 39. Well wishes before a vacation
- 40. Listening device
- 41. A bag-shaped fish trap
- 46. Bon mot

47. Improved selling price

- 48. Caring
- 50. Brown ermine
- 52. Fortify
- 54. Knowing, as a secret
- 55. Fodder holder
- 57. Bit
- 58. Abound
- 59. One way to stand by
- 60. Dump
- 61. "... ___ he drove out of sight"
- 62. Grassy area
- 63. ___ grass

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**AGE
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AGE CONCERN MARLBOROUGH MEMBERSHIP RENEWAL/NEW

Please complete the following and return to Age Concern Marlborough, Room 1, 25 Alfred Street, Blenheim 7201.
Phone 03 579 3457 / email: admin@ageconcernmarlb.org.nz

Date:

Name:

Address:

.....

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Email:

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Total: _____

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As a not-for-profit Charity, we welcome Donations and Bequests to help us continue to support and promote the welfare of older people in Marlborough.

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Find our more about becoming an Age Concern Dignity Champion and sign up at www.ageconcern.org.nz



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