

ISSUE 01, 2024

www.ageconcern.org.nz

Age Concern Marlborough



AGE
CONCERN
MARLBOROUGH

He Manaakitanga
Kaumātua Aotearoa



Quote or text - TBC

The beautiful colours of Autumn



As I sit writing this message, I look out the window and see the Autumn leaves in all their beautiful colours. Where has the year gone? I hope, as Winter approaches, you have all got your free flu vaccine, either from your Doctor or from many Chemists. (You can even book online at Book My Vaccine)

- Housing and Urban design
- Income and Cost of Living
- Access to Health Services
- Loneliness and Social Connection
- Elder Abuse

Although many of us feel that COVID is a thing of the past, it certainly is not and there are still many outbreaks in the Marlborough district. I cannot emphasis enough that you do need to get regular boosters and there is a very recent booster available, covering many more strains. Keep in touch with your Doctor or Chemist about these.

The five key areas that Age Concern NZ has identified as impacting heavily on older people in NZ are:

Many of you will share some or all of these concerns and if you need some assistance or advice do not hesitate to contact our local office. Bobby and Meryl are very happy to hear from you.

Keep warm and cheerful as winter approaches,

**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 Frida
admin@ageconcernmarlb.org.nz

Community Welfare Coordinator
Bobby Houlahan
support@ageconcernmarlb.org.nz

SIXTH PAGE
92.5 x 82.4mms
no bleed needed

Congratulations to Marg

It was yet another fantastic turnout at the Annual Seniors Expo.

We were run off our feet providing information to the people in our community. Congratulations to Marg Candy, who won our plant from the raffle at the Seniors Expo. Marg must be a lucky woman as this is the 2nd plant she has won over the years from the Seniors Expo.

Also a massive thank you to **Mayflower Studio Florist** for donating the plant. How lucky are we to have such a supportive community!



Friendship Group

What a fabulous time we had at our Friendship Group event.

We had the wonderful Farishta from Akawai Acupuncture come and talk to us about acupuncture and how it works.

We were very spoilt as she then went around the room giving massages and minor treatments.



STEADY AS YOU GO
Our SAYGO classes provide gentle exercises to improve strength and balance and help prevent falls.

Blenheim - \$2, Picton \$3, Renwick \$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.

- Monday: 10.30 – 11.30am**
The Foundry, John Street
- Tuesday: 11.30 – 12.30am**
St Christopher’s Hall, Weld Street
- Tuesday: 1.30 – 2.30pm**
Union Parish of Picton, 40 Broadway
- Wednesday: 1.30 – 2.30pm**
Marlborough Community Centre,
Alfred Street
- Thursday: 10-11am**
Anglican Church Hall, 54 High Street, Renwick

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

SIXTH PAGE
92.5 x 82.4mms
no bleed needed

Keeping Warm this Winter

Why is it harder for older people to keep warm?

Changes to people’s bodies as you get older means cold weather and winter viruses affect you more than they used to.

- As you age, your immune systems become weaker, making you less able to fight off viruses.
- Elderly people lose the muscle mass that helps you keep warm and moving about.
- Some people experience frailty as they age, which can make it more difficult to keep active.
- The cold also makes health conditions harder to manage – it can even affect our hearts and circulation. The heart doesn’t circulate blood as well, so less heat is released from vessels in the skin. Systems from the cardiovascular to the immune struggle to compensate.

5 tips to keep you warm this winter

1. Wear lots of layers

- Several thin layers will keep you warm, rather than one thick piece of clothing. Base layers such as thermal vests or long sleeve tops can trap heat.

2. Keep Moving

- Move around at least once an hour and avoid sitting still for long periods. Even a little activity can help you maintain strength and mobility.
- Even gentle movement while seated can help.
- Keep as active as possible to boost your circulation. Even light exercise will help keep you warm.
- When you do sit down, put your feet up as it’s coldest nearest the ground.

3. Eat hot meals and drink hot drinks

- Eat hot meals and have regular hot drinks.
- Budget-friendly homemade hot meals can include porridge, a jacket potato, pasta, soups and stews
- Eat a healthy balanced diet that includes at least five portions of fruit and vegetables per day as that can help your immune system to work well during winter.
- If you’re trying to keep your energy bill down, using a slow cooker, microwave, or air fryer could help you to reduce costs, compared to an oven-cooked meal.
- Hot meals and warm drinks contribute to a person’s warmth but with a cost of living crisis many people need help with their shopping bill. If you need urgent help getting food and cannot afford to pay for it, you can get free food by visiting your local foodbank. Foodbanks give out free parcels that should provide at least three days’ worth of in-date, non-perishable food.
- You can also pop down to the local Crossroads Marlborough for cheap/free meals and food.

4. Keep the house warm

It is important to ensure your home is adequately heated. Not heating your home properly can contribute to damp issues.

- Try and keep the room where you spend most of your time, such as your living room or bedroom, heated to at least 18°C if you can.
- Alternatively leave the house and visit the new library on those cold winters days. The library is a fun, social place to relax in the warm, without having to pay the power bill.
- Remember to turn off radiators in hallways or rooms that aren’t being used and close doors to trap heat in certain areas.

- Only heat areas of the house as you need them e.g. you might choose to turn the heating on in your bedroom before bed.
- You can use a hot water bottle or an electric blanket to keep warm at night but you should avoid using an electric blanket if you are unable to use the controls yourself, because you could turn the heat up too high.
- Try and block any areas in your home that are draughty, including around window frames and under doors.
- Keep your curtains open in the daytime to let light and warmth in but close your curtains before it gets dark to avoid losing heat.

5. Get help if you are struggling to keep warm

Unfortunately, many elderly people are struggling to afford food or the money to pay energy bills to heat their home.

If you are struggling please ring the Age Concern Marlborough office. We can help you access services that are available.





Aberleigh

MARLBOROUGH

Aberleigh Rest Home provides loving care in small homes with access to beautiful gardens.

We offer every level of aged care

REST HOME, HOSPITAL AND CARE FOR PEOPLE WITH DEMENTIA

17-19 McCallum Street, Springlands, Blenheim 7201
Please contact us on (03) 578 7966
www.aberleigh.co.nz

A gift of hope from mystery man

A pensioner struggling with depression is paying to tribute to a mystery man whose kindness helped save her life.

Shirley Eke, 83, moved to Blenheim with her cat, Stan, shortly before Christmas from Tūātapere in Southland. She says she's been struggling with loneliness and money issues, spending just \$50 a week on groceries.

Already depressed and worried about money, Shirley says her eftpos card declining three times at the supermarket recently was almost the last straw. "It bounced back three times, and I was so embarrassed. All I wanted to do was just leave."

Leaving her groceries behind, Shirley went to ask staff at Countdown Springlands to call her a taxi when a man stepped forward and offered her a lift. "He told me he was 'quite safe,' and took his hat off and bowed to the security camera..."

"He took me home, but I was still so depressed, I was tired all the time, that I just went to bed."

"Next thing I know there was a knock, knock on the door and there he was with my groceries, the ones I'd had to put back. He had paid for them. "I cried; I was still feeling so emotional."

This act of kindness gave her hope better days were ahead, Shirley says. The man, whose name is Tim, then returned later with even more groceries and a colourful card.

"It was just so out of the blue," Shirley says. "He didn't know how much better I felt because of what he'd done. It just shows there are some



kind people in the world. 'I just want to thank him; he gave me hope.'

Shirley says she gifted her mystery benefactor a walking stick from a collection which had belonged to her late partner. "Tim and his wife, or partner, said they liked walking and biking, so I said to pick a stick. "It made me feel so much better that they took one. 'The whole thing has just given me such a lift and I couldn't be more thankful for their kindness.'"

Age Concern have been helping Shirley as a member since she arrived in Blenheim. Community Welfare Coordinator Bobby Houlahan says an anonymous helping hand can have a big impact.

"We have had a lot to do with her and helped with the move to Blenheim as she doesn't have family members here.

"She is a wonderful woman and we have loved getting to know her. When she rung me and told me the story, I thought it was wonderful, someone being so kind to our older population, especially in this time of hardship.

"It's great to hear such a heartfelt, anonymous act of kindness. You never know the impact it will have on someone, such a simple choice to be kind."

Plymouth Publishing Limited

Plymouth Publishing has been supplying sporting and recreational club hand books, annual reports and yearly publications for over 20 years throughout the country.

We specialise in sporting club handbooks containing yearly programmes. As well as club annual reports such as RSA and Cosmopolitan Clubs, for club members.

Contact us any time and find out just how easy and effortless your next publication can be.

You will be amazed that in most cases we can provide high quality printed books **free of charge**.



P. 09 489 9743 | E. sales@plymouthpublishing.co.nz
W. www.plymouthpublishing.co.nz
A. 3b Echelon Pl | East Tamaki



GEOFFREY T
SOWMAN
FUNERAL DIRECTORS

**Local people
supporting our
local community**

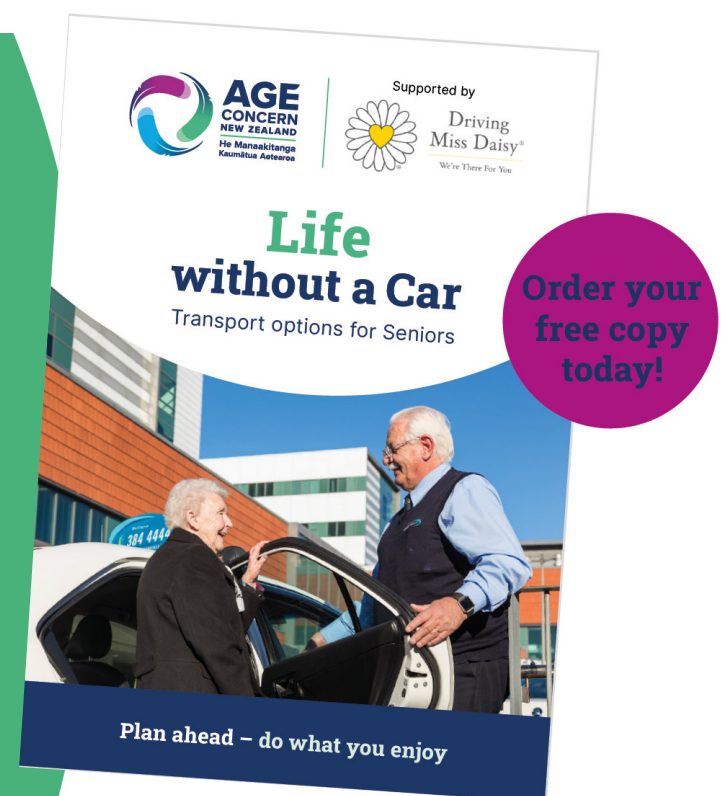
03 578 4719

Cnr Hutcheson &
Parker Sts, Blenheim

www.sowmans.co.nz

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.



Call 0800 65 2 105 | www.ageconcern.org.nz

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 Blenheim, Renwick, and Picton.

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



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.



SAYGO class in Renwick

Our new SAYGO class in Renwick is up and running well!

The class started in February, and we are delighted with the amount of people attending. It is a very social class that enjoy a cup of tea and biscuit afterwards.

It runs from the Anglican Church Hall on 54 High Street, Renwick on Thursday 10am-11am. You are more than welcome to pop along. Classes are \$3 per session.



Digital and Technology Support in Marlborough

There are a range of local community groups and individuals that are willing to help you learn new skills. No matter what level you are at, assistance is available and, in many cases, its free of charge.

Age Concern Marlborough run Digital Literacy classes. These workshops offer help with smartphones, tablets, and laptops. Contact the office for dates. FREE. 03 579 3457

Marlborough Libraries run their 'stepping up' workshops in Picton and Blenheim. Courses include introduction to smartphones, google photos, apps, and using emails. FREE. They also offer their 'book a librarian' service. This is a 45min session with a staff member. They offer basic troubleshooting on laptops, smartphones and tablets. FREE. 03 520 7491

Citizens Advice Marlborough run a digital clinic available on Tuesdays 11am-1pm by appointment. FREE. 03 578 4272

Literacy Marlborough runs courses on digital devices, basic computing and spreadsheets. FREE. 03 577 9080

REAP Marlborough offer training in basic media. Fees may apply. 03 578 7848

Not Tech Savvy is a small local business specifically designed to help eliminate the little computer problems people face. They will come to your home and help with instillation of new products, getting to know your device, advice on what technology to buy and troubleshooting. Affordable fees apply. 03 972 2400



Volunteer Visitors!

We are needing volunteer visitors!

If you have an hour or 2 spare a week and would like to befriend an older lonely person then please contact the office on Monday we would love to hear from you.

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



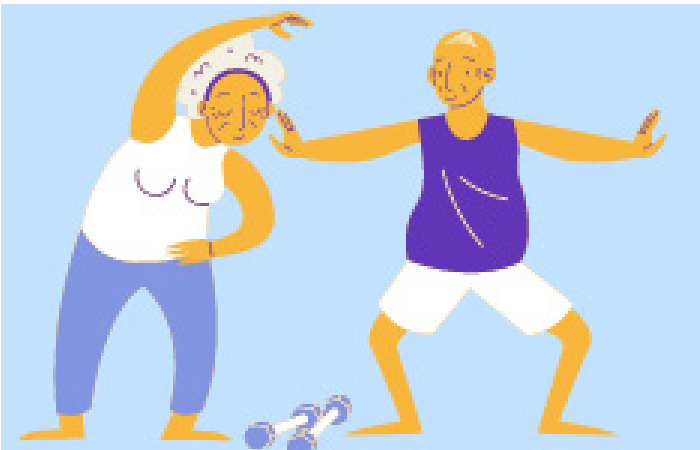
**TO CARE FOR THOSE WHO
ONCE CARED FOR US
IS ONE OF LIFE'S
HIGHEST HONORS.**

THEHORSEMAFIA.ORG The Horse Mafia® THEHORSEMAFIA.ORG

Sudoku

EASY

2		5			9			4
						3		7
7			8	5	6		1	
4	5		7					
		9				1		
					2		8	5
	2		4	1	8			6
6		8						
1			2			7		8



10 BENEFITS OF EXERCISE FOR OLDER ADULTS

- Maintain independence
- Manage weight
- Reduce health risks
- Improves brain function
- Boosts mental health
- Promotes mood and energy
- Enhances sleep health
- Strengthens mobility and flexibility
- Improves body image
- Elevates sexual function



SIXTH PAGE
92.5 x 82.4mms
no bleed needed



Bean Stuffed Kūmara

Ingredients
4 Medium red kūmara
1 420g can Five bean mix, drained
1 cup grated cheese
Salt and pepper, to season
Sour Cream, to serve

- Method**
- Preheat an oven to 180°C (160°C fan-forced)
 - Using a fork, prick the kūmara a few times. Place onto a tray, rub with a little oil. Place into the oven for 1 hour 30 or until cooked through. Remove from oven and allow to cool.
 - When cool enough to handle, slice the top off each. Scoop out the inside carefully without tearing the skin, and place filling into a large bowl. Add the bean mix, half the cheese and spring onions, reserving a little for garnish. Season with salt and pepper.
 - Return the filling to the kūmara, piling it up, and sprinkle over the remaining cheese.
 - Bake for a further 20 minutes until golden brown and hot through.
 - Serve hot with a dollop of sour cream and garnish with remaining spring onion



Carrot, Apple & Ginger Loaf

Ingredients
4 Medium red kūmara
2 Eggs
1 Ripe banana, mashed
¼ cup Brown Sugar
100g Butter, melted
¼ cup Peanut oil
1 cup Grated carrot
1 cup Grated apple
1 ½ cup Flour
1 ½ tsp Baking powder
2 tbsp Grated fresh ginger
1 tsp Cinnamon

- Method**
- Preheat an oven to 170°C (150°C fan-forced). Line a loaf tin with baking paper.
 - Into a medium sized bowl place, the eggs, banana, sugar, butter and oil, combining well. Stir through the carrot and apple.
 - Into another bowl place the flour, baking powder, ginger and cinnamon. Add the wet ingredients to the dry, stirring to combine.
 - Pour the mix into the loaf tin. Place into the oven for 45 minutes or until a skewer comes out clean. Remove and cool in the tin before serving.



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:

.....

Phone:

Email:

Payment may be made either to the office or online to our bank account:

Westpac - 03 0599 0475319 00

Be sure to include your name in Particulars and 'subscription' in reference.

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.

Office use only: Receipt # _____ Membership Card given: _____ Entered: _____



Please pass these on to your friends and family



JOIN OUR SOCIAL MOVEMENT AGAINST AGEISM NOW!

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



JOIN OUR SOCIAL MOVEMENT AGAINST AGEISM NOW!

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