

ISSUE 02, 2024

www.ageconcern.org.nz

Age Concern Marlborough



AGE
CONCERN
MARLBOROUGH

He Manaakitanga
Kaumātua Aotearoa



Spring is in the air...

Spring is in the air with beautiful bulbs and blossoms beginning to show their wonderful array of colours. I hope you have all managed to keep warm through the winter and look forward to the warmer summer months ahead. If you need any assistance please get in touch with our office.



Age Concern Marlborough is part of our national organisation known as Age Concern New Zealand. A major part of their role is to deal with the big issues, dealing especially with a range of government organisations and working hard to lobby for improved policies affecting seniors. Some of the areas our national office is dealing with at present include:

- More options for retirees in rentals. As the number of retirees is increasing NZ landlords need to keep up with the demand, especially looking at affordability
- Retirement villages in some cases need to be carefully monitored – some are providing excellent service but some are not.
- Scams are increasing and I encourage you all to watch the CHiPS advertisements and the ASB Scam information. If it sounds dodgy seek advice urgently.
- Better access to medical facilities

And so the list goes on. If you have ideas you feel Age ConcernNZ should be following up, please contact me or our Blenheim Office. We are here to help and support our seniors. Enjoy the Spring and do not be afraid to ask for advice or assistance.

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

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

Office Administrator/Volunteer Coordinator
Meryl Jones 10.00am – 1.00pm Monday to
Friday
admin@ageconcernmarlb.org.nz

Volunteer Coordinator
Liz Fargher
volunteer@ageconcernmarlb.org.nz

Introducing Liz

We would love to introduce you to our newest member of Age Concern Marlborough, Liz Fargher.



Liz is passionate about older people and is really enjoying her new role as the volunteer coordinator.

She is loving the one-on-one time she gets to spend with people in the community and can see a real difference in the lives of people she helps.

If you would like to become a volunteer, or equally feeling lonely at home, then please give Liz a call and talk to her about the opportunities available.

Op-Shops in Blenheim

The Blue Door

40 Seymour St
03 579 4353

SPCA Op Shop

32 Grove Rd
03 579 4860

Hospice Shop

Blenheim 80 Cleghorn St
03 579 4686
Picton 38-40 High St
03 578 9494

St Vincent De Paul

Blenheim 63 High St
03 577 8378
Picton 110 High St
03 573 5475

St John Opportunity Shop

3/11 Boyce
St Salvation Army Store
25 Redwood St
03 578 3238

Save Mart

38 Stuart St
03 579 2038

Havelock Charity Shop

66 Main Rd
028428 6071

Smartphone Courses

Our SilverTech Smartphone Courses are going great! Today, we learned how to take selfies! It's all about the angle. Among other things, like how to set up your emergency contact, send photos, send group texts, talk to text and much much more! Our participants are a great bunch of people and learning fast!



The courses consist of a 2-hour session every week for 3 weeks. It is planned this way so you can learn about your phone, go home and practice, then return the following week to learn more and ask us any questions that have popped up. We are receiving fabulous feedback from the courses and people are happy with what they are learning.

If you are interested in joining one of the courses, then please ring the office on (03) 5793457.



Marlborough District Libraries partners with Digital Inclusion Alliance Aotearoa to offer the Skinny Jump programme. Skinny Jump is a programme designed to help more New Zealanders gain access to affordable broadband at home by providing heavily subsidised connectivity. Jump is a flexible pre-paid service, offering 35GB of data for just \$5.00.

Because Jump uses Skinny's 4G wireless network there's no fibre or landline connection and no installation cost. No credit references or credit checks are needed. Contact the Marlborough District Library on 03 520 7491 to find out more.

BOOK A LIBRARIAN

SUPPORT | ASSISTANCE | KNOW-HOW | HELP

Did you know the Blenheim Library can help you with the following...

- Downloading eBooks, eAudiobooks and library apps
- Basic computer skills, including email, social media, word processing and using the internet
- Basic trouble shooting on your digital device (laptop, tablet, phone, and eReaders)
- Skinny Jump

Simply Drop-in Wednesday morning between 10am-12pm (Blenheim), 11am-12pm (Picton, Term time only) where our friendly staff will be happy to help or book a free session with our Book A Librarian team.

Bus Service

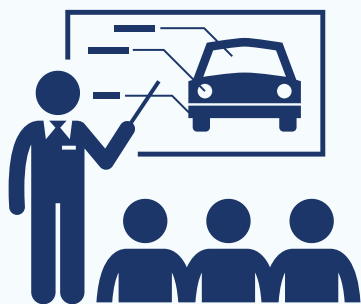
Picton's new Saturday bus service underway



Sounds Ward Councillor Barbara Faulls was one of the first passengers to 'get on board' Picton's new Saturday bus service recently. "It's fantastic to see the new Saturday service underway and I encourage people to use it whenever they can. I particularly enjoyed meeting bus driver Helen - she's friendly, compassionate with users, helpful and a real credit to the Ritchies' team," Councillor Faulls said. Council has approved the trial of a Saturday bus service for 12 months, funded from existing budgets. The service starts at Waikawa Bay with pickups in Picton along the way and drops off at several Blenheim stops, concluding at the Seymour Street terminal. The cost is \$4 each way. "While the service is 'hail and ride' from Waikawa Bay through to Wellington Street in Picton, there are also some existing bus shelters along Waikawa Road. The plan is these shelters will receive an upgrade," Council's Multi Modal Advisor Charlotte Campbell-Lamerton said. For further information go to: www.marlborough.govt.nz/services/bus-services/bus-routes-in-marlborough

Driving Course

Staying Safe: Refresher Courses for Older Drivers



What a great turn out we had at our last Staying Safe Driving Course!

We drive on our roads every day. For many of us they are our lifeline – driving is a means of independence, social connection to family and friends and access to essential services.

With the generous support of Waka Kotahi (NZTA), Age Concern offers free Staying Safe: Refresher Courses for Older Drivers all over New Zealand to help keep older people safe on the roads.

The theory-based refresher course is an opportunity for people to re-familiarise themselves with traffic rules and safe driving practices in a friendly and relaxed environment with other older drivers. The course includes information on other transport options available to help keep you mobile for as long as possible, whether behind the wheel or when you stop driving.

How to register for a Staying Safe: Refresher Course for Older Drivers

To register for a Staying Safe Refresher course for older drivers please call the office on 03 579 3457

Thanks!

We would like to extend a warm thankyou to Lois Little.

Lois has provided Age Concern with a box of hand knitted bed socks.

These socks have been flying out the door like hot cakes! If you would like a pair, pop on in, we have a couple left to donate to people.



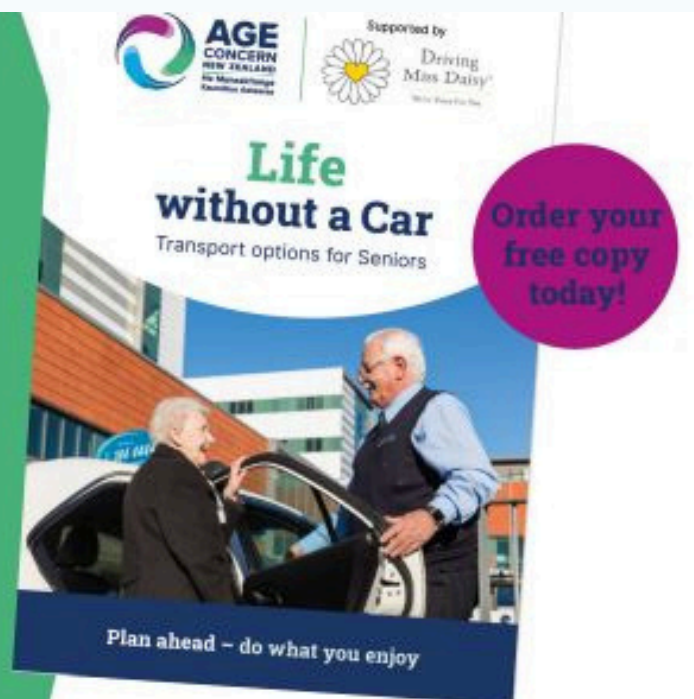
Thanks to the Good Bitches Baking

We would love to thank the 'Good Bitches Baking' for our weekly supply of baking. Our members love receiving the home cooked goodness and it is always sure to put a smile on their face.



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.



Friendship Group



A social group held every second Tuesday of the month with speakers and local information, morning tea and a raffle.

**Please call the office for more details
03 579 3457**

Steady As You go



Join our exercise classes to help with your balance and prevent falls. We have 5 classes in Marlborough, I'm sure there's one near you.

**Please call the office for more details
03 579 3457**

Mens Social/Cooking Group

We are starting a men's group in January, we have cooking on site for you to watch, learn & taste if your interested, also cards/dominoes & games.

We would like your input as to what else you would be interested in as we want this to be your group.

Please call our friendly staff in the office on 03 579 3457 or call in and see us at AGE CONCERN MARLBOROUGH- 25 Alfred Street, Blenheim.



**“Youth is the
gift of nature,
but age is
a work of art.”**

—STANISLAW JERZY LEC

Gardening

Summer is just around the corner and with the warmer weather and longer days, more time can be spent outside. This also calls for fresh and healthy salad flavours which can be grown right in your garden.

VEGETABLE GARDEN

Lettuce, rocket, spinach and silverbeet are great bases to start growing outside, in time for summer.

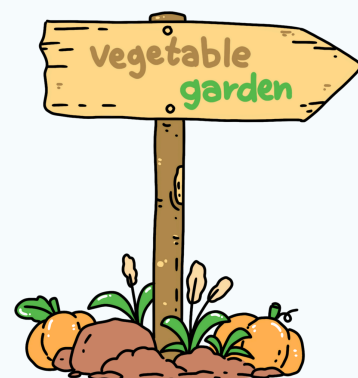
These greens tend to thrive in the spring, with cool weather and occasional rain.

Lettuces tend to grow faster in spring so try different varieties for texture and colour.

Rocket can be grown either in pots or in garden soil and be sure to pick silverbeet and spinach while the plants are young.

Mound up the soil around potatoes as the leaves begin to appear. Some more ideas for sowing this month include beans, celery, carrots, radishes and sweetcorn, peas, spring onion and beetroot.

For continuous harvesting, aim to sow seeds every three weeks and spray with copper to prevent against fungi.



Kiwi Access Card

Have you heard of the Kiwi Access Card?

It is designed to give those without access to a valid passport or driver licence a convenient way to prove their identity and age. The card is recognised across New Zealand, it can fit neatly in a wallet and features the cardholder's photo on the front. Even if you are well past the stage in the life of getting asked for ID to access age-restricted goods and services, there are still some important things that you may need proof of identity for, such as opening a bank account. The Kiwi Access Card can make this a lot easier.

It is also helpful for those who are blind or have low vision as the Kiwi Access Card includes braille features for safety and security.

The Kiwi Access Card costs \$55 including GST and is valid for 10 years from the issue date.

How to apply

You can pick up the application form from a participating NZ Post Shop or AA Centre.

Once you apply it will take roughly 2 weeks to receive your Kiwi Access Card.

KIWI ACCESS

Karen Louise Sample
Date of Birth 28/04/1955
Issue Date 14/01/2019
Expiry Date 14/01/2029
Card Number 01295732

\$55 INCL. GST

Kiwi Access Card has replaced the 18+ Card.
Get the most out of life with the Kiwi Access Card.
Available now from participating NZ Post and AA locations.
Freedom for only \$55.

www.kiwiaccess.co.nz

Applications for the new Kiwi Access Card will open from 14 January 2019, and can be made via NZ Post or AA. The Kiwi Access Card will retail at \$55 including GST.

Sudoku

EASY

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

MEDIUM

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

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.



Recipe

Blueberry Bread



Ingredients

2 cups plus 2 tablespoons all-purpose flour, divided
 3/4 cup sugar
 1 teaspoon baking powder
 1/2 teaspoon salt
 1/4 teaspoon baking soda
 1 large egg, room temperature
 2/3 cup orange juice
 2 tablespoons butter, melted
 1 cup fresh or frozen blueberries

Directions

Preheat oven to 325°. In a large bowl, combine 2 cups flour, sugar, baking powder, salt and baking soda. Whisk the egg, orange juice and butter. Stir into dry ingredients just until moistened. Toss blueberries with remaining flour; fold into batter.

Pour into a greased 8x4-in. loaf pan. Bake until a toothpick inserted in the center comes out clean, 60-65 minutes. Cool in pan for 10 minutes before removing to a wire rack to cool completely.

Nutrition Facts

1 piece: 165 calories, 3g fat (1g saturated fat), 21mg cholesterol, 186mg sodium, 33g carbohydrate (15g sugars, 1g fiber), 3g protein. Diabetic Exchanges: 2 starch, 1/2 fat.

Christmas Trifle



Ingredients

Frozen or fresh berries - 750 g
 Raspberry jelly - 1 packet
 Blackberry jelly - 1 packet
 Ready made custard - 600 ml
 Packet of large sponge cake, cut into squares
 Whipped cream - 400 g
 Fresh raspberries - 200 g

Directions

Arrange half the berry fruit in two shallow dishes. Make up the two packets of jelly using half the amount of boiling water in packet instructions. Pour over the fruit and allow to set.

In a glass dish layer the custard, berries, sponge cake and jelly finishing with custard.

Top with whipped cream and garnish with raspberries.

Nutrition Facts

Energy 1290kj • Protein 6g • Total Fat 16g • Saturated Fat 9g • Carbohydrates 35g • Sugars 24g • Sodium 146mg



Summer Bridge Tournament

**Sunday, 19th January 2025
at 10am (2 sessions)**

AT PICTON BRIDGE CLUB
Port Marlborough Endeavour Pavilion,
181 Waikawa Road, Picton

Light lunch provided

*A fundraiser for Age Concern Marlborough with
Lucky dips, raffles etc... Prizes Galore!*

Entry \$35
Entry closes on the 15th January 2025

All ages and stages of Bridge players welcome
Entries online NZ Bridge Tournaments

Enquiries to Marge Scott

📞 021 825 473
✉ marge.scott@extra.co.nz

Online Payments to:

Age Concern Marlborough Inc
03-0599-0475319-00





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

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