

ISSUE 01, 2025

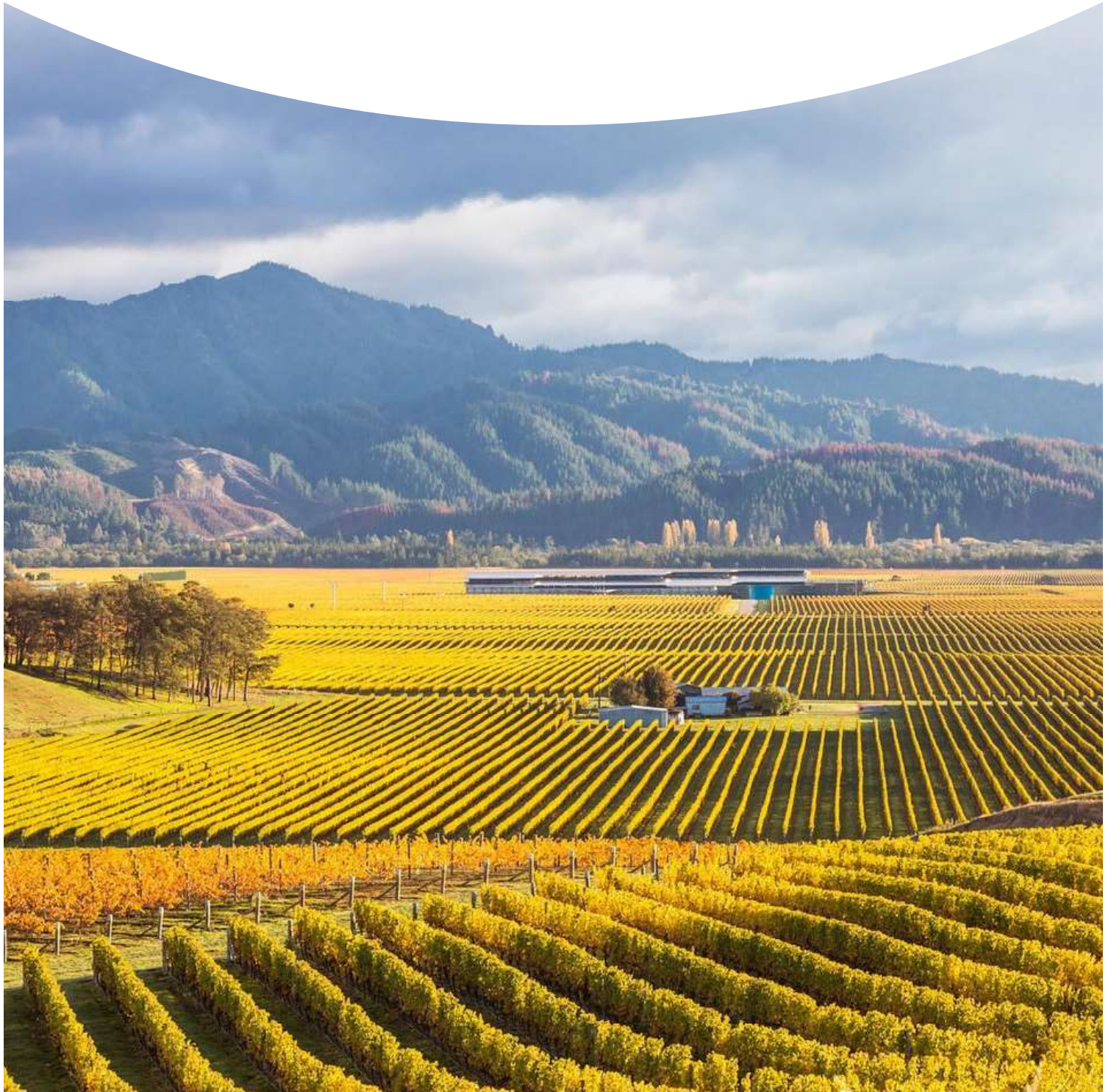
www.ageconcern.org.nz



AGE
CONCERN
MARLBOROUGH

He Manaakitanga
Kaumātua Aotearoa

Age Concern Marlborough



As winter approaches...

I hope everyone has managed to organise their flu vaccinations – a simple but effective way to give yourself extra protection against the many nasty bugs that tend to appear at this time of year. The winter fuel support will also be welcomed by many to help keep warm.

In early April, I had the privilege of attending the Age Concern New Zealand Annual General Meeting and Congress, alongside fellow Board member Wendy Inder. I think it's fair to say this gathering exceeded our expectations. Not only did we have excellent opportunities to exchange ideas with other Age Concern branches, but we also heard directly from the Ministry of Health, Health NZ, the Minister for Seniors, ACC, and others.



There is no doubt that funding is tight, but it is crucial that organisations like Age Concern continue to remind government agencies that consistent and proactive community support can save millions of dollars through early intervention by qualified health practitioners. This can help free up hospital resources and deliver better outcomes for everyone.

We need to rethink and remodel our health system. Our senior population is growing, and it's important to remember that these individuals have contributed to the tax system throughout their lives. They remain a valuable resource, offering a wealth of wisdom, experience, and knowledge.

I would love to see an enhanced community care system where health specialists of all kinds work together, cooperatively, to create healthy and happy communities. The current fragmented system isn't working – and a fresh approach shouldn't be that difficult! Enjoy the last of the autumn sunshine and stay warm this winter. Remember, we are only a phone call away if you need advice or support. Bobby, Meryl, and Liz are an amazing team who work very hard to support Marlborough seniors.

Take care,
Marge Scott, Chair
Age Concern Marlborough

Contact Information

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Monday to Friday
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Volunteer Coordinator
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volunteer@ageconcernmarlb.org.nz

Seniors Expo 2025



Bobby Houlahan and Liz Fargher had their hands full at the Age Concern desk during this year's Seniors Expo, which saw an impressive turnout of 670 attendees.

Throughout the event, the duo found themselves inundated with questions as hundreds of visitors approached the desk, seeking information about the services offered by Age Concern.

"It was a busy day, but a really rewarding one," said Houlahan. "We spoke to so many people who were eager to learn about the support and resources available to seniors, and it felt great to be part of such a vibrant and engaged crowd."

Fargher added, "After hours of answering questions and offering guidance, we definitely needed a sit-down and a coffee to recharge!"

The Age Concern desk was a popular spots at the event, as attendees flocked to learn more about the wide range of services that support senior citizens in the community.

Despite the long day, both Houlahan and Fargher agreed that it was a success, with many people leaving the desk with valuable information to help them navigate their senior years.

"It was a good day overall, and we're just happy to have been able to help so many people," Houlahan concluded.

Celebrating Our Volunteers: A Heartfelt Appreciation at Age Concern Marlborough

Today, we had the absolute pleasure of celebrating the incredible individuals who make a real difference in our community – our volunteers! At Age Concern Marlborough, we know that our volunteers are the backbone of our organization, and today was all about showing our deepest appreciation for all they do.

Volunteers are the unsung heroes, dedicating their time, energy, and passion to help us serve older adults in our community. Without them, our work would not be possible. Whether they're offering companionship, assisting with events, or providing essential services, their contributions create a meaningful impact in the lives of so many.

Today's celebration was a small way to say thank you for the countless hours of support, kindness, and care that our volunteers give. It was a moment to reflect on their selflessness and to honor their invaluable role in helping us achieve our mission. At Age Concern Marlborough, we are incredibly grateful for each volunteer's unique contribution. Their hard work and dedication are an inspiration to us all, and we look forward to continuing to work alongside such an amazing group of people.

Once again, thank you to all our volunteers - you truly make a difference, and we appreciate everything you do!



Mental Health and Older People



The Importance of Mental Well-being for Older Adults

Mental well-being plays a crucial role in overall health, particularly as we age. Positive mental health can improve emotional balance, help maintain independence, and enhance cognitive function. For older adults, staying mentally healthy is key to leading an active and fulfilling life. However, challenges like loneliness, grief, and cognitive decline can negatively impact mental health if not addressed.

Combating Loneliness

Loneliness is a common issue among older adults, but there are many ways to combat it:

1. **Stay Connected:** Regular phone or video calls with family and friends help maintain strong relationships. Even simple gestures like writing letters or sending cards can make a difference.
2. **Join Social Groups:** Participating in local clubs, hobby groups, or classes can provide opportunities for socializing and building new connections.
3. **Volunteer:** Volunteering can create a sense of purpose while also fostering social interaction with others.
4. **Embrace Technology:** Learning to use technology like smartphones and video chat can help older adults stay in touch with loved ones and access online communities.

Activities That Improve Cognitive Function

Keeping the brain active is important for maintaining mental sharpness:

1. **Mental Exercises:** Engage in puzzles, crosswords, Sudoku, and cognitive training apps to keep the brain stimulated.
2. **Learn New Skills:** Taking up new hobbies or learning something new, such as a language or musical instrument, keeps the brain challenged.
3. **Physical Exercise:** Regular physical activity, such as walking, swimming, or yoga, improves blood flow to the brain and supports cognitive function.
4. **Social Interaction:** Meaningful conversations and socializing help keep the mind sharp and reduce feelings of isolation.
5. **Mindfulness and Meditation:** Practices like deep breathing, meditation, and mindfulness help reduce stress and improve focus and memory.

Creating a Healthy Routine

A healthy daily routine is essential for maintaining mental and physical well-being:

- **Eat well:** Focus on a nutritious diet that supports brain health, such as foods rich in omega-3 fatty acids, fruits, and vegetables.
- **Sleep well:** Aim for 7-9 hours of sleep each night to ensure the brain can repair and consolidate memories.
- **Stay active:** Physical activity boosts mood, energy levels, and cognitive function, helping to keep both body and mind healthy.
- **Stay hydrated:** Dehydration can impair cognitive function, so drinking enough water is essential for maintaining mental clarity.

By staying mentally and physically active, older adults can better manage loneliness, reduce cognitive decline, and improve their overall quality of life.

A Huge Shout-Out to Four Square Picton

A huge shout-out to Four Square Picton for going above and beyond to take care of their community. Recently, they helped an elderly man living alone who can no longer drive by taking phone orders and delivering groceries right to his doorstep – all the way down the scenic but challenging Marlborough Sounds, a 20-minute drive from town.



What makes this even more incredible is that they do all of this free of charge. It's not every day that you see such kindness and compassion, and this act of generosity makes such a big difference in his life. In a world where convenience often reigns, it's inspiring to see a supermarket put people first, ensuring that no one is left behind. Thank you for showing that real service means going the extra mile, both literally and figuratively. You've truly made his life easier, and for that, we are all incredibly grateful!

Op-Shops in Marlborough

The Blue Door

40 Seymour St
03 579 4353

Hospice Shop

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

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

Steady As You Go is now operating in Renwick!

Pop on down to the Anglican Church Hall on Thursdays at 10am-11am if you wanted to join. Classes are only \$2.

S

Weekly Steady As You Go Classes

Monday 10.30 – 11.30, The Foundry, John Street -\$2 per class

A

Tuesday 11.30am – 12.30pm, St Christopher's Church Hall, Weld Street, Redwoodtown - \$3 per class

Y

Tuesday 1.30pm – 2.30pm, Union parish of Picton, 40 Broadway, Picton (2 doors down from police station) \$3 per class

G

Wednesday 1.30pm – 2.30pm, Marlborough Community Centre, 25 Alfred Street Blenheim -\$2 per class

O

Thursdays 10am – 11am, Anglican Church Hall, 54 High St, Renwick -\$2 per class

For more information, please call the Age Concern office 579 3457



Friendship Group

FOR AGE CONCERN MEMBERS

A SOCIAL CLUB FOR A CUPPA AND A CHAT WITH MONTHLY GUEST SPEAKER. MEETINGS ARE HELD ON THE 2ND TUESDAY OF THE MONTH FROM 10AM – 11.30AM @ SOWMANS (HUTCHESON ST) PLEASE CALL (03)579 3457 TO CONFIRM ATTENDANCE



Blenheim Cabs

Good News for Picton Residents!!

Blenheim Cabs now have a vehicle based in Picton operating between the hours of 8am to 6pm 5 days a week.

Outside of these hours it will be by appointment only. So if you have a taxi card and living in Picton, this is great news !!



Give Blenheim Cabs a call on 03 777 1072.

Driving Course

Stay Safe, Stay Independent: Refresher Courses for Older Drivers



Our roads are more than just a way to get from point A to point B – they're the lifelines that connect us to the world! For many, driving means independence, staying connected to family and friends, and having easy access to all the services that make life easier and more enjoyable. That's why Age Concern, with the generous support of Waka Kotahi (NZTA), is thrilled to offer FREE Staying Safe: Refresher Courses for Older Drivers across New Zealand!

These courses are designed to help you continue enjoying your driving freedom with confidence.

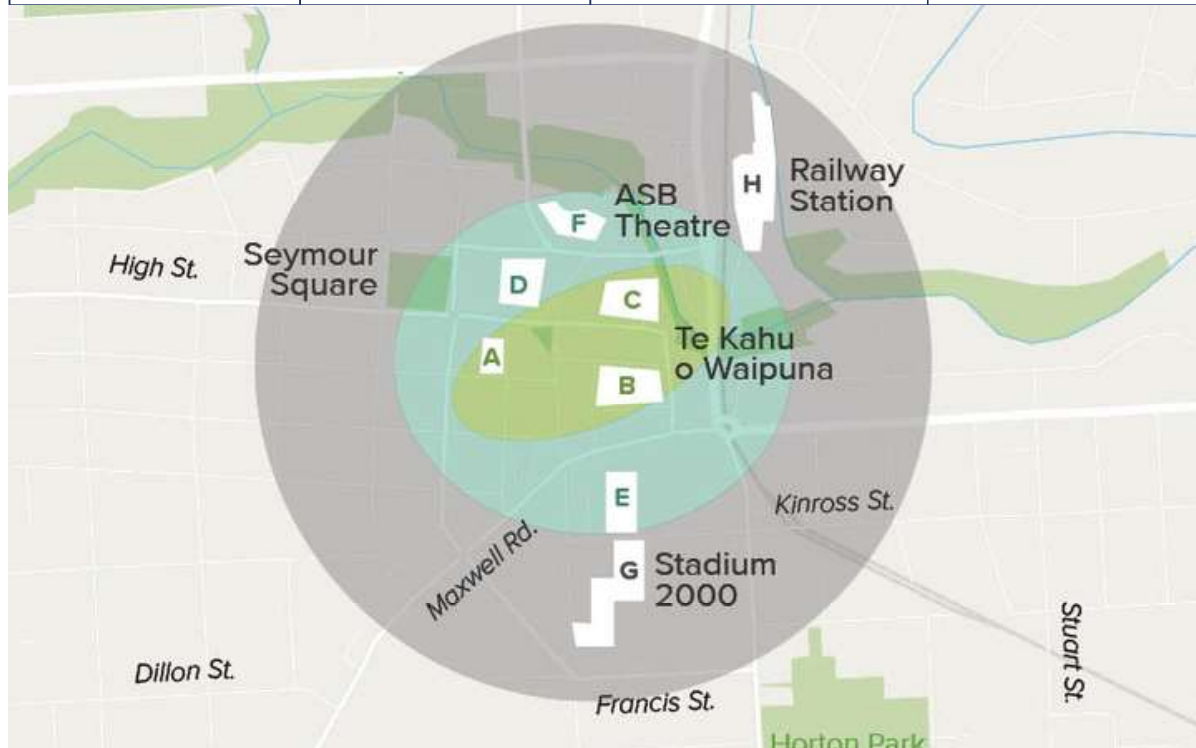
Think of the Staying Safe course as a fun and relaxed opportunity to refresh your knowledge on traffic rules and safe driving practices. It's all about making sure you're comfortable and secure on the road while enjoying the company of other seasoned drivers. Plus, we'll share valuable insights on other transport options that can keep you mobile, whether you're still behind the wheel or transitioning away from driving.

Don't miss out on this chance to keep your driving skills sharp and your independence intact!

Ready to sign up? Call us now at 03 579 3457 to register for your FREE course and keep driving with confidence!

Blenheim Parking Zones

Zone	Key	Pay By Plate car parks	Tariff/Time Limit
1		Kerbside/On-street	\$2.00/hr P120
2	A	Queen Street car park (Liz Davidson)	\$2.00/hr 4 hours maximum
	B	Wynen Street car park	
	C	High Street car park (including Twelfth Lane)	
3A	D	Alfred Street car park building	\$1.50/hr or \$6.00/day All day parking
	E	Kinross Street car park	
	F	ASB Theatre car park (including Russell Terrace)	
3B	G	Stadium 2000 car park (west)	\$1.00/hr or \$4.00/day All day parking
	H	Railway Station car park	





Get Cooking and Socializing at "Man With A Pan" – FREE!

A Fun, No-Pressure Cooking Class & Social Club for Men 65+

Ready to spice things up? Whether you've always wanted to try your hand at cooking, get out of the house, or simply enjoy a good chat with like-minded men, "Man With A Pan" is the place to be!

What's Cooking?

Join Bobby, Carol, and Kim for a FREE and fun-filled cooking class where you'll learn new skills, share some laughs, and enjoy great company. This is your chance to meet other local men, try delicious new recipes, and make memories along the way!

When & Where?

Thursday's from 6th March | 11am - 1pm

Connect Church Hall – A relaxed, welcoming spot perfect for some hands-on cooking and social time.

Who's Invited?

All men 65 and older are welcome! Whether you're a cooking pro or a beginner, this group is all about having fun together.

What's Next?

Cooking classes will take place 1-2 times per month, so there's plenty of time to get involved and keep learning. Bobby, Carol, and Kim can't wait to meet you and share the joy of cooking!

How to Join

Spaces are limited, so give Age Concern Marlborough a call at 03 579 3457 to reserve your spot. Don't miss out – it's time to cook, chat, and connect!

Things to do in Blenheim over Winter

Attend Social Events at the Senior Citizens Hall

The Senior Citizens Hall on High Street hosts regular events such as beginner line dancing classes, providing opportunities for social interaction and physical activity.

Explore the Omaka Aviation Heritage Centre

For those interested in history, the Omaka Aviation Heritage Centre showcases an impressive collection of World War I and II aircraft, with immersive displays crafted by Weta Workshop. It's an educational and engaging experience, perfect for indoor exploration during colder months.

Visit the Marlborough Museum and Brayshaw Park

The Marlborough Museum offers a variety of exhibits, including local history and cultural displays. Adjacent to the museum, Brayshaw Park features vintage farm machinery and historical buildings, providing an enriching experience without exposure to winter weather.

Enjoy a Scenic Drive to the Wither Hills Farm Park

While the Wither Hills Farm Park is known for its outdoor activities, a scenic drive to the park during winter can still be enjoyable. The park offers panoramic views of the region, and the drive provides a comfortable way to appreciate the landscape without engaging in strenuous outdoor activity.

Experience Local Art at the Millennium Art Gallery

Blenheim is well-endowed with art galleries. The Millennium Art Gallery exhibits a range of local, national, and international works, providing a cultural experience indoors during the winter months.

Explore the Marlborough District Library

- The library is an excellent indoor space to read, attend a book club, or take part in one of their events. During winter, they often offer talks, workshops, and social activities for older adults.
- Location: Marlborough District Library
15 High Street, Blenheim Central, Blenheim 7201



Things to do in Blenheim over Winter

Indoor Craft or Art Classes

- Marlborough Community Art Centre offers various art and craft classes, from painting to pottery, which can be a relaxing and creative way to spend time indoors.
- Location: Marlborough Community Art Centre



Attend a Concert or Live Music Event

- Blenheim's various venues, including the ASB Theatre, often host live music events, from classical performances to jazz nights. It's a great way to enjoy the arts without having to venture outside in the cold.
- Location: ASB Theatre, Blenheim



Visit the Blenheim i-SITE Visitor Centre

- Take a relaxing visit to the Blenheim i-SITE, where you can gather information about upcoming events, local attractions, and indoor activities. The staff is friendly and can help you plan an itinerary for any interests you have in the area.
- Location: Blenheim i-SITE



Join a Knitting or Quilting Group

- Many local community centers or hobby shops host knitting or quilting groups that meet regularly. These groups offer a great opportunity for social interaction while staying warm inside. Plus, you get to make handmade items to give as gifts or enjoy yourself.
- Location: Check local listings or CAB for quilting or knitting groups.



A hacker called me and said he had all my passwords, I got a pen and paper and said 'Thank God for that, what are they'

Retired.

re-tired | \ ri-'ti(-ə)rd |
adjective.

1. I do what i want, when i want.
2. Enjoying life

See also:
Not my problem anymore



Make a Difference in Someone's Life – Volunteer as a Visitor!

Do you have 1-2 hours a week to spare? Are you looking for a meaningful way to give back to your community?

We're looking for 2 kind-hearted volunteers to visit older, lonely people in the community who would really appreciate a friendly face and a chat.

Your visit could bring so much joy to someone who's feeling isolated.

What's Involved?

All you need is a little time and a big heart! Just spend 1-2 hours a week visiting an older person, providing companionship, and brightening their day with conversation. Your visit will mean the world to someone who could use a little company.

Interested?

If this sounds like something you'd love to do, please give the office a call at 03 579 3457.

Our office is open Monday to Friday, 10am-1pm – we'd be happy to chat and get you started on this rewarding volunteer opportunity.

Be the change you want to see in your community – your visit could truly make a difference.

Recipes

Microwave Mini Lemon Sponge puddings (serves 4)



Ingredients

- 50g/2oz softened butter
- 50g/2oz caster sugar
- 1 lemon, zest and juice
- 1 large egg 50g/2oz self-raising flour 3 tbsps of lemon curd (or other jam as preferred)

Method

Grease individual ramekin dishes (Beat the softened butter, sugar and the grated zest of the lemon with one teaspoonful of lemon juice until light and fluffy, then beat the egg lightly and add slowly to the mixture. Add sifted flour slowly and beat until absorbed. Spoon the mixture into the dishes – do not fill above half way. Cover with a loose lid or cling film and microwave for 70 seconds. Once the 70 seconds is over, let the pudding stand for 10–20 seconds before testing if it's spongy. To test, carefully press with a finger to see if spongy. In a separate dish, mix a teaspoonful of lemon juice with the lemon curd or jam and heat for a few seconds in the microwave. Turn the sponges out onto plates and spoon the lemon curd or jam over the top. Serve on its own, with hot custard or a little cream.

Classic Pumpkin Soup (serves 4)



Ingredients

- 1.2 kg / 2.4 lb pumpkin (any type) OR butternut squash, unpeeled weight (Note 1)
- 1 onion , sliced (white, brown, yellow)
- 2 garlic cloves , peeled whole
- 3 cups vegetable or chicken broth/stock , low sodium
- 1 cup water
- Salt and pepper
- 1/2 – 3/4 cup cream, or milk

Method

- Cut the pumpkin into 3cm / 2.25" slices. Cut the skin off and scrape seeds out (video is helpful). Cut into 4cm / 1.5" chunks.
- Place the pumpkin, onion, garlic, broth and water in a pot – liquid won't quite cover all the pumpkin. Bring to a boil, uncovered, then reduce heat and let simmer rapidly until pumpkin is tender (check with butter knife) – about 10 minutes.
- Remove from heat and use a stick blender to blend until smooth.
- Season to taste with salt and pepper, stir through cream (never boil soup after adding cream, cream will split).
- Ladle soup into bowls, drizzle over a bit of cream, sprinkle with pepper and parsley if desired. Serve with crusty bread!

Freeze the left overs for more meals.

Sudoku

EASY

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

MEDIUM

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

Wordsearch

K X H B T C R C G L R T F J S
 U O C G S E V A E L U P T N Y
 H I M Y Y A H A P W U J I A D
 O R T M B J L B P R K K W S S
 Q C R V U V P C Y P P D M F D
 I I O M C A W S F M L A V A Q
 Z I I R C L E H U M F E C L L
 N X E O N L X P U Y D D S L S
 H V R T P R E C W Q I N D Q J
 D N X A T V K C U X C N U E T
 S B M T N B A I J Q I I M T R
 S C A R E C R O W W R C E X E
 C Z F Z D D F M Z R K F W N E
 R I T T J H Q Y E K R U T S S
 E A K E X K K L M T A X Y O R

LEAVES
 FALL
 ACORNS
 WIND
 TREES
 APPLES
 PUMPKINS
 MAPLESYRUP
 SCARECROW
 CORN
 RAKE
 SQUIRREL
 HAY
 TURKEY



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:

Subscriptions

Single \$20

Couple \$35

Donation

Total:

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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