



# Age Concern

## Palmerston North & Districts SENIORITY

### Palmerston North driver Shirley Ross praises Age Concern's Staying Safe refresher course

*What do you do when the traffic lights are blinking orange?*

- A) Apply the handbrake and peel an orange?
- B) Hit the accelerator?
- C) Apply the give-way rules?

The answer is obviously C, but if you think it is time to refresh your knowledge of the road code and safe driving practices Staying Safe could be the answer.

The free classroom-based refresher course for older drivers is run by Age Concern in partnership with Waka Kotahi.

Shirley Ross did the 3½-hour course in September. She can put the reason into two words - "independence" and "safety". Ross says she has always been very independent. Her husband died more than 20 years ago and with her daughter, Joanne Greig, living overseas for many years she quickly realised she had to take care of herself.

**BY JUDITH LACY**

23 Nov, 2022, Reproduced with permission from  
Manawatu Guardian



Now in her 80s, she wants to continue to have the independence of driving but to do it safely - not just for herself but for everyone.

"It's a privilege to drive a car."

Drivers need to feel confident when they get behind the wheel, be able to drive well, and not be a danger to anyone.

"Everyone thinks they are good drivers but it's not true really as you sort of forget [things]."

*Continued on page 6*

## Contact Information

Age Concern

Palmerston North & Districts

Phone: (06) 355 2832

Email: [info@ageconcernpn.org.nz](mailto:info@ageconcernpn.org.nz)

Address: 4/251 Broadway Ave. (entrance on Vivian St), Palmerston North 4414

### Office Hours:

8.30am – 4pm Monday to Friday

## Staff

**Manager:** Marian Dean

**Community Support & Elder Abuse Response Service social workers:**

Amey Jenkins, Klara Salisbury and Nanze Ngirazi

**Social Connection Coordinator:**

Fern Brooking

**Administrator and Accounts:**

Morgan Robinson

## Board Members

Christina Brenton (Chair)

Jeff Rayner (Finance)

Joan Chettleburgh, Paul Rieger, Ron Rowe, Margaret Ryniker, Monica Huisman.

## Disclaimer

The views expressed in this newsletter are not necessarily those of Age Concern Palmerston North & Districts. The inclusion or exclusion of any product does not mean that the publishers or Age Concern advocates or rejects its use.

## FREE PowerOne Size 13 (orange) Hearing Aid Batteries

We still have Size 13 (orange) hearing aid batteries to give away. They are in date until August 2026. If you can make use of them, please phone the office on 06 355 2832



## Community Services Card Do you have one?

*The Community Services Card can help you with the costs of health care. This means you could pay less on some health services including GP visits and prescriptions. Always carry your card with you to make it easy to get the benefits.*

You are eligible if you are a New Zealand Citizen, permanent resident, have or have applied for refugee or protection status AND normally live in New Zealand and intend to stay here.

Getting one is also dependent on how much income you and your partner get. By income, we mean any money, goods, and services you or your partner get from any source, such as:

- NZ Superannuation
- private pensions (if you get NZ Super and a private pension, only half of your private pension is counted as income)
- overseas pensions
- interest or dividends from investments
- ACC payments
- income from rents
- wages or salary

*For more information contact MSD Work and Income, Community Services Card department:*

*Phone: 0800 999 999*

*Email: [csc\\_enquiries@msd.govt.nz](mailto:csc_enquiries@msd.govt.nz)*

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# Message from the manager

*Welcome to this edition of the Age Concern Palmerston North and Districts magazine.*

It is autumn and many of you will be wondering what happened to summer. I heard someone say that it feels like we have been having autumn weather since November, but at least now it's April and we have the autumnal signs to go with it, as acorns and conkers start falling from the trees and leaves begin changing colour.

We have been fortunate here in Palmerston North that we were not affected by flooding. Whilst Palmerston North was unaffected by the cyclones and flooding, we know that the Pohangina Valley received heavy rainfall in the wake of Cyclone Gabrielle, and bridges and roads were damaged and in some cases washed out. This is still making it difficult for many residents there, so I hope that these can be repaired quickly so that residents there can get back to some kind of normality, as we wish for all people affected by cyclones and flooding in Auckland, Northland, Hawkes Bay and Tairāwhiti.

Some Age Concerns were affected by flooding and in one case their offices were destroyed as were other service providers including Age Concern Wairoa. We hope that they can get back to full operations quickly.

At Age Concern Palmerston North and Districts staff take pride in the quality of services which we deliver. We assess the quality of our services regularly, by asking clients and participants to take part in evaluations. In February we surveyed clients in two of our Steady as You Go groups, one of our Rhythm and Move groups and approximately 18% of clients in our Visiting Service. 100% of people who took part these evaluations said

they were satisfied or very satisfied with the programme or Service. We received some good feedback which I would like to share with you:

## Steady as You Go:

- I enjoy the camaraderie of the group. Benefits are multi-faceted. Physical; emotional; social. Thank you.
- People are friendly. Getting older it's important to keep up moving (and) walking and (I) now have more awareness of importance of neck and eye exercises.
- Enjoy classes very much. I have attended this group since it began (in 2019), enjoy

*Continued on page 4*

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## Message from the manager

*Continued from page 3*

exercises and it is a friendly group. Have been able to prevent myself from falling on several occasions.

### Rhythm and Move:

- It is great to find a form of exercise that is so good for me and such fun!
- Awesome class. Feel really welcome. Enjoy the exercises. So peaceful. Missed this class during break.
- Big improvement in my muscle strength, coordination etc. Fantastic class. The instructor is amazing. Keep it going. Can't do without it.

### Visiting Service:

- (A visit from my volunteer provides a) Break in day. Nice to have a real person to talk to. It makes me feel included.
- Visiting service is making a big difference. In a situation where I do not see people. There have been times when I would like some company, but no one visits so it is

great (to have an Age Concern visitor).

- I have been very satisfied from day I got a visitor. I feel valued as a result of having a visitor. It opens one's mind when you are not able to get out and about. You feel more socially involved as your visitor involves you in her world with talk about her own life experiences.

These comments show the value of the exercise classes and our Visiting Service. If you would like to join an exercise group or have someone visit you then phone the office.

We are always looking for volunteers in our Visiting Service and now in our Companion Walking Service. If you have one hour a week to spare and would like to spend time with an older person phone Fern on 06 355 2832 for more information.

Today I heard of people being diagnosed with COVID again. If you feel concerned when going shopping etc., wear a mask. If you need any support or information please phone our office.

*Best wishes*  
*Marian Dean*  
*Manager*

# YOU'LL COME OUT SMILING



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E: [bdladmin@inspire.net.nz](mailto:bdladmin@inspire.net.nz)

151 Heretaunga Street, Palmerston North

# A message from Prime Minister Chris Hipkins



*When I took on the job of Prime Minister, I made a commitment to focus on the bread and butter issues that matter most to New Zealanders. That's why, in my first few weeks in the role, we put in place extra cost of living support and raised wages.*

The steps we've taken to help smaller budgets stretch further, like extending the fuel tax cut, are already making a difference for many. However, at a time when global factors like inflation are pushing up prices here at home, we need to do more to support New Zealanders.

As part of this work, I recently announced that recipients of Superannuation will receive an inflation increase of 7.22% from 1 April. This will see a couple who are both aged over 65 receive \$102.84 more in total a fortnight and a single person living alone receive an extra \$66.86 each payment. This builds on the increases that we've made to Superannuation since taking office in 2017.

While this boost to Superannuation alone won't solve everything, it will ease some pressure - and right now, I know every bit helps.

On top of this, our Winter Energy Payment will help older New Zealanders heat their homes over winter. This annual support restarts from 1 May, helping with power bills through the colder months so people can stay warm and healthy, with less financial stress. A single person will receive more than \$80 a month and couples will receive more than \$125 per month.

**Advertorial**



Measures like these sit alongside a range of programmes that support older New Zealanders. For example, we've made doctors' visits cheaper for hundreds of thousands of people, and we've taken steps to improve the health system and cancer care, including through record investments in Pharmac's medicines budget.

Right now, we also need to make sure people feel safe and supported as we continue to respond to some of the most significant weather events in our history.

My back to basics approach means a greater focus on the issues that matter most to New Zealanders, here and now. As I've signalled, the cost of living and cyclone recovery will continue to be our top priorities, and you will see this reflected in our upcoming Budget.

*Authorised by Rt Hon Chris Hipkins MP,  
Parliament Buildings, Wellington*

## Palmerston North driver Shirley Ross praises Age Concern's Staying Safe refresher course

*Continued from page 1*

Ross thought it was time to check her skills and did the course with Greig.

"Everyone was so kind from the moment we walked in the door. Everyone was so smiley and chatty."

There was also a great morning tea. The course focused on simple things everyone can do to make driving safer, such as planning the route, so you are making left rather than right turns and going when the traffic is not so bad.

"It's those basic things that have been helpful to me and they are sort of built into my routine now."

Ross feels more confident driving since doing the course. "I check things now that I hadn't thought about checking before like windscreen wipers and the position of the mirror."

Age Concern Palmerston North & Districts social connection coordinator Fern Brooking says as people get older they need to

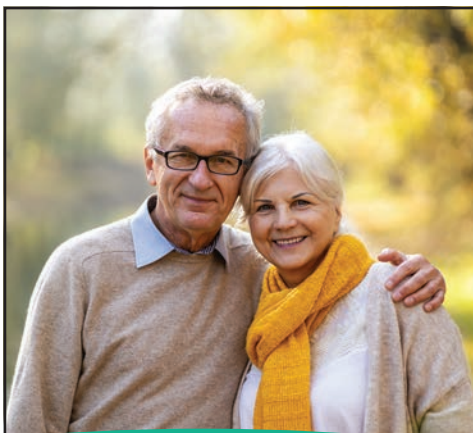
remember how physical driving is - turning your neck, holding the steering wheel.

Participants are surveyed when they start the course and then four to six weeks later. Consistent feedback is that the course sharpens awareness and drivers now look more carefully for hazards, Brooking says. The course also increases participants' knowledge about other transport options.

Ross and Greig moved to Palmerston North nearly three years ago from Wellington. They thought they would give Palmerston North a try as the countryside was similar to Waikato where they used to live. Ross says she loves hearing cows mooing and driving behind a tractor with hay bales on it.

Staying Safe workshop participant Shirley Ross, at the wheel of her car.

*Age Concern Palmerston North and Districts will be running Staying Safe workshops throughout 2023. For information about course dates phone (06) 355 2832.*



EV Bikes NZ, 508 Ferguson Street, Palmerston North

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# Carer Support Groups- Alzheimers Manawatu



*Carer support groups provide a place to have a break and spend time with others who understand your experience caring for someone living with dementia. It provides an opportunity to have a cuppa and share experiences with others who are facing similar behaviours and actions from loved ones with dementia.*

Support Groups are an option for carers, families and others on the dementia journey to

enjoy the ongoing support of people who are living similar experiences. They are an opportunity to learn from each other, to gain practical ideas for coping and to extend

knowledge about dementia.

Groups are hosted by dementia advisers who are on hand to offer support and provide information and often, a guest speaker will be invited to share their expertise on a variety of topics.

Groups are held monthly in Palmerston North, Feilding, Dannevirke and Levin with a men's support group also held in Palmerston North.

*For more information, please contact the office in Palmerston North on 06 357 9539 ext 207 or 202 or email: [manawatu@alz-man.org.nz](mailto:manawatu@alz-man.org.nz)*

## Tangi Utikere

MP for  
Palmerston North

**Get in touch with my office:**

53 Queen Street, Palmerston North  
06 356 5958



Authorised by Tangi Utikere MP, Parliament Buildings, Wellington



# Services Directory

## Community Connection and Support

- **Information, advice, resources.** If we don't have the answer, we will find out for you.

- **Community social work.** We can advocate and provide you with support and assistance. If you are concerned for yourself or someone you know, contact us.



## Education

- **Staying Safe refresher driving workshops.** Enables participants to upskill in the road code and maintain their driving confidence. (Workshop developed by Waka Kotā, NZTA and Age Concern New Zealand).
- **Life without a Car Workshops.** How to stay socially connected if you no longer drive. We can deliver a workshop to your group.

## Elder Abuse Response Service

Are you concerned about your safety or that of someone you know?

Is someone you know being subjected to financial, psychological, physical, or sexual abuse or neglect or is self-neglecting? Our trained social workers support the older person to become safe. All referrals to us are in confidence.

## Exercise Classes

- **Steady as You Go.** Group exercise classes focussed on leg strength and balance. Recognised by ACC as helping participants to build their strength and balance and be at less risk of falling. Seven classes held weekly.

- **Rhythm & Move.** Exercises with a dance focus which also improve strength and balance. Two classes weekly.



## Social Activities

- **Visiting Service.** We have trained volunteers who enjoy meeting people and talking with them. If you or someone you know is feeling socially isolated or lonely, we can find someone to visit.
- **Companion Walking Service.** We recruit volunteers as companions to walk with older people who may feel nervous about walking alone and would like someone to go with them.



- **AgeConnect Manawatu.** We have a directory of activities in Palmerston North and Feilding.
- **We also run group activities with a social focus.**
  - Tea and Talks – Come and hear a guest speaker and then chat with others over a cup of tea. (Second and fourth Tuesday of month) at Age Concern
  - Art and Craft – Participate in a range of art and crafts or bring your own project. (Second and fourth Tuesday of month) at Age Concern
  - In Knit Together – Knitting group (first and third Wednesday of month) at Age Concern

## Talks to groups

We can provide a speaker to your group



to talk on topics including Ageing Well; Age Concern Services; How to Prevent Falls; Elder Abuse etc. Contact us for more information.

### **Total Mobility Scheme TMS - 50% taxi discount:**

- We can support people to apply to get the TMS card that gives a 50% discount off the cost of taxi fares. We can complete the application form and assessment for you.
- Charge is \$20 with a year's free

membership to Age Concern Palmerston North and Districts.

### **Volunteering**

- Join our team of volunteers and make a difference in the lives of older people. We have a variety of positions in our offices and Visiting and Companion Walking services.

*For information about any of our services phone our office on 06 355 2832 or email [info@ageconcernpn.org.nz](mailto:info@ageconcernpn.org.nz)*

## **Positive Action Delivers an Accessible Parking Space to Bowen St, Feilding**

*One of the participants of our Steady as You Go group at St John offices, Bowen St. Feilding takes a taxi to the group. The participant, Jacqui Sayers, has a physical disability, and she needs to be dropped by the driver outside the building. However, the taxi driver was never able to park outside St John as there was no accessible parking space, and because it is a busy street there were often no free parking spaces near the building.*

Jacqui contacted us to ask if we could get one parking space allocated as an accessible space for drivers who have a Mobility Parking Permit, or for drivers whose passenger has a Mobility Parking Permit. Jacqui pointed out to Age Concern that the St John building has a lift to move people with disabilities, who can't climb stairs, from one floor to the next level but there was no accessible parking space outside the

entrance to their building.

We contacted Pauline Cooper, Community Engagement Coordinator, for Community Health in the Central Region, who was also

concerned about this. She took our concerns to Rex Wheeler who is the Chairperson of the Feilding St John Area Committee, and he contacted Manawatu District Council, to ask for one parallel parking space to be identified as an accessible parking space. Manawatu District Council agreed to make an accessible

car parking space, which will make life easier for all people with disabilities who go to St John. Thank you to Pauline Cooper and Rex Wheeler for actioning it and to Jacqui for bringing it to our attention.

Pauline Cooper standing alongside the new accessible car parking space outside St John, Bowen St Feilding.



## NEW: In Knit Together – our knitting group

*On the 15th of February at Age Concern Palmerston North & Districts we held our first knitting group meet. In Knit Together, is being facilitated for us by Clare and Jessica from Peggy Purl Manawatu.*

In Knit together is an opportunity to sit down for a couple of hours and chat with others whilst you knit or crochet. You can bring your own knitting or crocheting or use yarn and needles which we can give you. There is, of course, a cup of tea.



*Knitters busy at work!*

The groups are held the 1st and 3rd Wednesday of every month from 1-3 pm at the Age Concern offices. Anyone is welcome to attend.

### Elsie Downing made a Life Member of Age Concern Palmerston North and Districts

*Elsie Downing is well known in Palmerston North for her support to older people. She was chairperson of the Senior Citizens Club for many years and a member of Age Friendly Palmerston North, the group set up to get Palmerston North accredited as a World Health Organisation Age Friendly City.*



*Elsie Downing with Yoko Wakiya who helps run our Art & Craft Class*

Elsie has also provided support to Age Concern for 10 or more years, as a volunteer, visiting or phoning lonely and socially isolated people and reporting any concerns she had for their welfare. She promotes the benefits of walking and the need for everyone to be able to walk around their neighbourhood, campaigning for better pavement maintenance.

The Board of Age Concern Palmerston North and Districts was delighted to make Elsie a Life Member of Age Concern at our Annual General Meeting in November.

### Men's Morning Tea

Would you like the opportunity to chat with other men, in a group solely for men? We have been asked to start up a Men's Morning Tea on a weekly or fortnightly basis. We are looking for a man who would volunteer to coordinate it. If you are interested in volunteering or attending this phone us on **06 355 2832** or send us a message, or email **info@ageconcernpn.org.nz**

### Age Concern Art and Craft Group

Our Art and Craft group takes place at our offices. There is no cost to attend, materials are provided, tea and biscuits are provided and new members are always welcome. You are welcome to bring along your own craft activity to do in this social group. We also have facilitators who have activities and projects that they can assist participants with. Do you have a craft that you would like to share with others? We are always looking for new activities. Phone our office for more information on **06 355 2832**.

# Do not knock

Reproduced from NZ Herald online 16 Aug, 2022 <https://www.nzherald.co.nz/business/do-not-knock-unless-you-want-a-hefty-fine-from-today/>

Salespeople and doorknockers who ignore Do Not Knock stickers could now face hefty fines and have sales deals torn up in court.



Consumer NZ said new laws taking effect from 16 August were a triumph over “pushy salespeople hounding householders to buy products they don’t want or need”.

Changes to the Fair Trading Act were the product of an eight-year campaign against pestering salespeople.

“You don’t need a sticker to benefit from these new consumer protections,” Consumer NZ added.

According to MBIE, door-to-door sales were known as uninvited direct sales under the Fair Trading Act.

Special rules protected consumers when traders sold consumer products or services over \$100 for personal, domestic, or household use.

Rules were also in place if sales were negotiated at a home or workplace, by phone, or if a trader was not invited.

## What Consumer NZ Says:

What’s the legal status of a “Do Not Knock” sticker?

If a salesperson ignores a “Do Not Knock” sticker, they’re likely to be trespassing. You

have the right to bring an action against them under common law.

Since 16 August 2022, it is an offence to ignore a sticker or any other written or verbal direction not to enter your property. If a salesperson ignores the sticker, make a complaint to the Commerce Commission.

## Where to get Do Not Knock Signs

You can get a free Do Not Knock sticker from:

- The CAB (Citizens Advice Bureau, Hancock Community House, King St, Palmerston North)
- Resene Colourshop or any store that sells Resene paints.



Situated right next to the beautiful Prouse Bush, this meticulously designed development offers the very best in retirement living in Levin.

The spacious brick and tile villas are modern, warm and comfortable. Boasting Lifemark 4 accessibility features, villas include an open plan kitchen, living and dining room, conservatory, two bedroom, large bathroom, second toilet, and internal access garage.

**Come and see our show home today! 36 Prouse Street, Levin**



# Activities Programme

Due to April public holidays, there has been some changes to our regular schedule:

- **Art and Craft Wednesdays**  
5th and 26th April  
Age Concern office, Vivian St, 1-3pm
- **In Knit Together (knitting group)**  
Wednesday 5th & Wednesday 19th April  
Age Concern office, Vivian St, 1-3pm
- **Tea and Talks** Tuesday 11th April only.  
Age Concern office, Vivian St, 1-3pm
- **Rhythm and Move exercise classes**  
Mondays at 1.30pm and Wednesdays at 9.15am. (No 10th April Class due to public holiday). Rangiora Community Centre, Rangiora Ave. Palmerston North.
- **Steady as You Go exercise classes** held Tuesdays to Fridays in community halls around Palmerston North and Tuesdays in Feilding. We now have vacancies in the following groups:
  - **Tuesdays 11am** – Square Edge Level1 Evelyn Rawlins Rm \*\*\* No class Tuesday 25th (ANZAC Day)
  - **Wednesdays 10.30am** – Rangiora Community Centre, 102 Rangiora Ave , Palmerston North
  - **Thursdays 9.30am** - Awapuni Community Centre, 22 New bury St, Palmerston North
  - 10am** - Baptist Church 190 Church St, Palmerston North
  - 10am** - Ashhurst 131 Cambridge St, Ashhurst

**PHONE 06 355 2832 for more information.**



## Age Concern Palmerston North & Districts

(Registered charity no. CC57368)

### Application for Membership

Mr / Mrs/ Miss / Ms

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

### Annual Membership Fee for 12 months:

\$20 individual \_\_\_\_\_

\$30 per couple \_\_\_\_\_

\$100 Corporate: \_\_\_\_\_

Donation given: \_\_\_\_\_

Payment method: \_\_\_\_\_

Date paid: \_\_\_\_\_

**How to pay:** Internet Banking – You can pay membership directly into our bank account.

**Account number:** 03 1522 0158520 000 (Age Concern Palmerston North & Districts. **Please add your name as a reference and post or email this form to the address below.**

Donations of \$5.00 and over are eligible for a tax credit under terms of Section LD1 of the Income Tax Act 2007.

For more information, please phone Age Concern Palmerston North and Districts on (06) 355 2832 or email [admin@ageconcernpn.org.nz](mailto:admin@ageconcernpn.org.nz)

**Post application to Age Concern Palmerston North and Districts PO Box 5063, Palmerston North, 4441**