

Subject **Latest News from Age Concern Nelson Tasman**
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NewsAgent



Kia Ora Koutou

A very warm greetings to all our readers, as we cosy up and keep warm with the colder weather.

It's been a great first half of the year for us, and we've had a few staff changes along the way. We're delighted to welcome Joleen, Jackie and Cheryl to the team, bringing us to a total of 9.

Please read on to find out lots of great opportunities to keep connected and up to date.

Nga mihi

Caroline Budge, Manager

Beyond the Face Exhibition



There was laughter and tears of joy at the opening of our 'Beyond the Face' Exhibition at the Elma Turner Library last week. This Exhibition challenges viewers to look beyond a person's current appearance and see them as a whole person with fascinating lives, colourful experiences and wonderful achievements.

We have written profiles of 12 of our members and had their photo professionally taken by photographer Tim Cuff. This has been a mind-blowing experience for us as an agency as we uncovered some of the rich tapestry that makes up our members. So many have amazing achievements and have given so much to the community. It really is an honour and a privilege to acknowledge and celebrate some of this.

You are warmly invited to view the Exhibition. It runs until 25 June at the Elma Turner Library in Nelson and is open during Library hours, so please pop on down and have a look.

[Click here](#) for a link to the Stuff article about the Exhibition.

We have an exciting programme of Monday Information Sessions planned for June and July this year. See below for all the details. If you are interested in attending please contact Marnie on 5447624 ext 5 or community@ageconcernnt.org.nz.

Monday Info Sessions

Date	Information Session	Time
14 June	The Brook Sanctuary – a community-based initiative working to restore a predator-free wildlife sanctuary close to Nelson	10am-11.30am
21 June	ASB presentation on: <ul style="list-style-type: none"> • The Stoke Banking Hub • Scam/Fraud hints & tips • Removal of cheques 	10am-11.30am
5 July	Bike Safety for older adults: Suitable for standard bike and E-bikes. (Please bring a bike helmet if you have one)	10am-11.30am
12 July	Rosalie Grant Community Finance Worker helps with personal finances including power cost, dental issues, and home repairs.	10am-11.30am
26 July	Nelson Quilters Guild – A insight into their group, and an opportunity to view their creations	10am-11.30am

For any further information or to register please phone Marnie on 5447624 ext 5 or email community@ageconcernnt.org.nz.

All Sessions held in Age Concern Hall and cost \$3.



62 Oxford Street, Richmond, Nelson
www.ageconcernnt.org.nz



We're looking for a fabulous new office administrator and receptionist to join our busy team. If you are outgoing, friendly, enjoy talking to older people, have good administrative and IT skills, then please get in touch with Manager Caroline Budge at manager@ageconcernnt.org.nz, or call on 03 544 7624 or 021 169 6779.

The position is for 15 hours a week and a full job description is available by getting in touch.

Nelson Connects Volunteer Expo



VOLUNTEER EXPO

SATURDAY 26TH JUNE

10AM TILL 2PM

ANNESBROOK CHURCH

 Nelson City Council
te kaurihera o whakatū

 VOLUNTEER
NELSON
connecting people with their community

 Age
Concern

If you're keen to know more about volunteering opportunities, the upcoming Nelson Connects Volunteer Expo is a fantastic opportunity to meet face to face with 30 local organisations and community groups from across the region who are currently looking for volunteers.

Volunteering truly helps people participate in their communities, build new skills and boost confidence and wellbeing. So why not come along and take the first step to making a difference.

The Expo is a joint venture between Age Concern Nelson Tasman and Volunteer Nelson and is at **Annesbrook Church, 40 Saxton Rd**, opposite Pic's **Peanut Butter Factory**. There will also be plenty of free parking.

Welcome to three staff members



Jackie MacIntyre has recently started as our new Community Support Coordinator. Jackie has a background in nursing, research, community health and has a wealth of knowledge about Covid-19 response. Jackie works Monday, Tuesday and Thursday and is enjoying working with older adults. Jackie's role involves working at a community level to ensure older people maintain their independence.

Due to the demand for our Accredited Visiting and Carer Relief Services we have appointed Joleen McEvoy to work alongside Susan and help keep up with demand! Joleen is a qualified social worker and has most recently worked with a community agency in Wellington, specialising in older adults response. She is looking forward to relocating to Nelson to join family.

And finally...we welcome Cheryl Hague to the team to replace Sandra in the role working alongside Mal Drummond, dealing with elder abuse and self neglect. Cheryl is a very experienced social worker who originates from Liverpool in England, and has been most recently working in a crisis team at the Nelson hospital.

A Massive Thank You to Stillwater

Lifecare



We're delighted to have signed Stillwater Lifecare and Village in Richmond as a corporate member of Age Concern Nelson Tasman. Their contribution not only helps them access our events and activities for their residents, but supports us in our increasing and much valued work.

Caroline (back row, second left) and Marnie (front row, right) went along to say thanks to staff and some residents recently.

If you know a business or organisation who'd like to get involved with our work, we have bronze, silver and gold corporate membership options.

To find out more, contact Manager Caroline on 03 544 7624 or 021 169 6779. Email: manager@ageconcernnt.org.nz.

Elder Abuse Awareness Week



Every year, around the world, we mark Elder Abuse Awareness Week in mid-June. It's a great opportunity to get the public talking about elder abuse, what it involves and what to do about it. The theme this year is 'Elder Abuse Hits Close to Home' as sadly most of the elder abuse is conducted by someone you know. Across New Zealand, 79% of alleged abusers were family members of which 56% were adult children or grandchildren.

At Age Concern Nelson Tasman we provide information support and advocacy around elder abuse. We also provide education to healthcare professionals, carers and agencies around how to spot elder abuse, what to do about it and how to promote dignity and respect of older people. If you are concerned about yourself or someone you know please contact Mal on 2447624 ext 2 or advisor@ageconcernnt.org.nz

In recognition of Elder Abuse Awareness Week we will be having a purple-themed morning tea at our Tea & Talks during the week of 15-22 June. Please dress up in purple and come along. We will have purple theme food as well as a few giveaways. To find out more contact Marnie on 5447624 ext 5 or ageconnect@ageconcernnt.org.nz.

Dates for upcoming Staying Safe Driving Courses, Life Without a Car and CarFit



Staying Safe Driving Course

Are you an older driver who would like to brush up on your road knowledge or do you know someone who does? Upcoming dates and locations for Staying Safe Driving are:

- **Monday 14 June** 9.30am-12.30pm, Summerset Richmond Ranges Activities Room, ! Hill Street North, Richmond
- **Monday 16 August** 9.30am-12.30pm, Tapawera Voluntary Fire Brigade Meeting Room, Main Road, Tapawera.

CarFit Course

Does your car fit you? Learn why the proper fit in your vehicle is essential for both your safety and the safety of others on the road.

This session is a great follow up to the Staying Safe Driving Course. Our next CarFit is on:

- **Friday 28 July**, Hockey/Softball Carpark, Saxton Field, 10am-3pm.
Bookings required.

Life Without a Car Courses

We provide information about keeping mobile when you are no longer driving. No longer driving doesn't have to limit your activities or prevent you from enjoying life. Come along and find out how to maintain your independence and freedom on:

- **Wednesday 30 June** at 1.30pm, at Ernest Rutherford Retirement Village in 49 Covent Drive, Stoke

If you would like to attend any of these workshops please register with us by

contacting Jackie on (03) 5447624 ext 4 or emailing
community@ageconcernnt.org.nz



Te Wiki Tūao ā-Motu national volunteer week

National Volunteer Week Te Wiki Tūao ā-Motu honours the collective energies and mana of all volunteers in Aotearoa. They grow our people, open minds, open hearts and create joy. National Volunteer Week 2021 runs from **June 20-26**. This year's theme is 'Recognise, Connect, Reimagine'.

At Age Concern Nelson Tasman we rely on volunteers to help deliver our core services. During the course of a year we have over 150 volunteers involved with Age concern. The hours they commit to our agency are for the visiting service, carer relief, board of governance, office support, helping at events, driving and hostings and much more.



COVID-19 vaccination update: Group 3 roll-out has started

People over 65 are among the country's Group 3 people currently getting the free Pfizer Covid-19 vaccine. They will be contacted over the next few months by a health official, using contact details held by their GP or healthcare

provider. If people don't have a GP or don't receive a text notification they can register contact details with Healthline on 0800 282 926.

The large size of Group 3 means that not everyone will be offered the vaccine at the same time, and the DHB is asking people to be patient – everyone in the region will be offered a free vaccine.

The Nelson Marlborough Health website has up to date information about the regional vaccine roll-out: www.nmdhb.govt.nz/vaccine

Should I get my flu vaccine first or my COVID-19 vaccine?

Get your COVID-19 vaccine first if you already have an appointment booked, otherwise get your flu vaccine first.

The Ministry of Health recommends a two-week gap between getting your flu vaccine and your COVID-19 vaccine.

Do You Know About Inner Wheel?



Inner Wheel, 'Friendship With A Purpose', enables people to make friends while helping in their community! Inner Wheel is a friendly group of women and part of one of the largest women's groups in the world. They knit for Plunket, collect for Parkinsons, sell daffodils for Daffodil Day, and run a Trees of Remembrance stall. They also raise money to distribute to local charities. For meeting dates phone the Secretary, Margaret on 0210554951 or you can email the President on benboy.martin@gmail.com.

Motueka Seniors Hub



The advertisement features a photograph of the Motueka Seniors Hub building, a single-story structure with a ramp leading to the entrance. A yellow sign in front of the building reads "Motueka Seniors Hub". Below the photo, the text "SENIORS SOCIAL CLUB" is written in purple. To the right of the photo, the text "fun 50+ CLUB" is written in yellow and purple. A starburst graphic contains the text "SEE YOU THERE!". Below this, the word "FRIENDSHIP" is written in red. Further down, the text "SOMETHING FOR EVERYONE" is written in purple. At the bottom right, a white arrow points to the text "Contact us today!".

The Motueka Seniors Hub runs a range of social activities for over 50s including quizzes, Knit & Natter, Yoga, Indoor Bowls, Rummikub and a monthly social. It is a great opportunity to get involved and get connected. [Click here](#) to find out more or email motuekaseniorspresident@gmail.com

This lady comes from a generation that knows how to enjoy the moment



Inspiring Older Persons



This is a lovely story about the use of Lego therapy in rest homes for people with Alzheimer's and dementia. It is a great way to keep their brains occupied and the way it is introduced encourages teamwork. [Click here](#) to watch the video.

We are very grateful to all our funders and sponsors



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