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NewsAgent



Kia ora koutou

Thank goodness for longer lighter days again! September is always a busy month, with our AGM and the planning of International Day of Older Persons event. Both went off without a hitch yet again this year, and you can read about them in more detail below.

We're also starting to think about our annual Christmas care package campaign, so if you have anything you'd like to donate, we're glad to receive donations!

Our most exciting news is that we're underway with the Hall renovations, something that's been nearly a year in the planning. We can't wait to reopen again in December (all going well) with a fresh, vibrant centre for older people.

Caroline Budge, Manager

Hall renovation is underway!



We are really excited to announce that work on renovating the Hall has begun. The Hall is officially closed during October and November and we are planning a grand reopening in December. Thanks to the amazing generosity of so many of our members, the Rata Foundation, Pub Charity, Lotteries Community

Facilities Fund and the Nelson Tasman Network Trust, we now have all the necessary funds to complete all the renovations.

Our renovations consist of putting in two new offices, new toilets and kitchen, and refurbishing the Hall itself to make it a warm, bright, modern space with a funky retro feel. We will also be getting new furniture and fittings.

During October and November, Tea & Talk and Sing Yourself Well are being held in the Holy Trinity Anglican Church Hall at 27 Dorset Street, Richmond at their usual times of 10am to 11.30am.

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AGM Roundup

Our AGM was held on 16 September and was a fantastic celebration of the achievements of Age Concern Nelson Tasman over the past year. The AGM was well attended by over 55 of our members and was followed by a wonderful light lunch. Our annual report highlighted some of the key achievements of the year, including:

- dealing with 142 cases of elder abuse and 28 cases of self-neglect.
 - A total of 119 Accredited Visitor Service (AVS) clients and 119 AVS visitors across the Nelson Tasman region.
 - growing the Carer Relief Service by 42% over the year.
 - Helping keep 146 senior drivers safer on the roads with our Staying Safe Driving workshops and informed 55 people at our Life Without a Car workshops.
 - Running 3 CarFit events – showing 22 older drivers how to be safer and more comfortable in their cars.
 - Introducing Sing Yourself Well, weekly singing sessions which are relaxed and fun aimed at improving health and wellbeing.
 - Providing summer outdoor activities that over 300 people got involved in, including tai chi, heritage walks, Sing-a-long in the Park, etc.
 - Recognising 146 AgeConnect Champions – organisations businesses and agencies committed to supporting the older members of the community.
 - Running 21 Tea & Tech sessions upskilling 210 people about digital technology.
 - Providing 53 van trips for 318 passengers taking older people out and about or to Tea & Talk.
 - Holding an AgeConnect Hui to discuss ideas on how to keep older people connected. Over 70 people attended this hui and there were three guest speakers.
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Dates for Upcoming Staying Safe Driving Courses and CarFit



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 21 October** at the Victory Community Centre from 10am - 12 noon.
- **Monday 9 December** in Tahunanui Community Centre from 10am - 12 noon.

We also run **CarFit workshops**, an AA programme that offers senior drivers a free check to ensure they're seated in their cars as safely and comfortably as possible. Our next CarFit is on:

- **Sunday 10 November**, at 'Cops with Cakes', 10am - 1pm @ Saxton Fields. Must pre-register.

If you would like to attend any of these workshops please register with us by contacting Marrit on [\(03\) 5447624](tel:035447624) ext 4 or emailing community@ageconcernnt.org.nz

International Day of the Older Person

This week we celebrated the International Day of the Older Person, held every year on 1 October, at the Annesbrook Community Church. This was attended by over 150 older people from across the region. We were treated to a wonderful 'Waste to Waist' fashion exhibition from residents of Summerset in the Sun and heard songs from our 'Sing Yourself Well Group'. Finally, we enjoyed a delicious afternoon tea courtesy of Simplicity Funerals accompanied by the songs from the Sun City Ukes. Our photo essay below captures some of the celebrations.





Christmas Care Packages

We can hardly believe it but yes it's time to start gathering donations for our Christmas Care Packages. We are looking for donations of non-perishable foods, toiletries and treats to put into care boxes to hand out to our vulnerable older people. Last year we distributed 57 packages to our vulnerable older clients and this year it will be in the vicinity of 65. These packages are so warmly received and provide a welcome boost of food staples, treats and kindness at a time of year when being alone can be hard. We are really appreciative of Richmond Primary School for their help with this campaign. They help gather donations and make beautiful Christmas cards and tags to go with the packages. **If you would like to contribute please drop off your donations to Age Concern Nelson Tasman, 62 Oxford Street by 30 November 2019.**



Review of Resources for Senior Drivers

Did you know the New Zealand Transport Agency has lots of online resources for senior drivers? It's currently undertaking a review as they're interested in understanding the motivations of people who are looking for information related to senior drivers and their experience with using their web content and online resources. Results will be presented later in October. The survey is open until **until Tuesday 15 October**.

If you would like to do the survey please click [here](#)

Learn How to Master Your Digital Device



Learn how to master your digital device with AgeConnect via our Tea & Tech sessions. We have two community spaces at each of our monthly Tea & Tech session at The Wood, Summerset in the Sun and Oakwoods. Bookings for these spaces are essential so if you would like to attend or know someone who does please let Age Concern know.

Please contact Ruth at Age Concern on 5447624 Ext 5 or ageconnect@ageconcernnt.org.nz for more information or to make a booking.


Super Gold Card

The SuperGold card is entering the digital era, with the launch of an app and an upgraded website. The app was officially launched on the 1st October by Deputy Prime Minister Winston Peters and Minister for Seniors Tracey Martin. They wanted to make it more accessible to increasingly tech-savvy over 65s.

The changes include a revamping of the website and updating the details of businesses, creating an app for smartphones so that people can find where deals are when they're out, and working to increase the range of discounts available.

500 new businesses have sign uped, including companies such as Qantas, Countdown, Spark, and The Warehouse. To download the app, you can follow



the instructions below, or click [here](#)



Getting started with the SuperGold app

Using SuperGold app

Tap the GOLD icon on your smartphone or tablet home screen.




iPhone/iPad *Android Phone/Tablet*


Downloading the SuperGold app

You can download the SuperGold app onto a smartphone or tablet.

Tip: Visit the App Store or Google Play. You may need to login.




1. Tap on this icon on your device to open the App Store (if you have an iPhone or iPad)
2. In the search bar, type SuperGoldNZ.
3. Tap on the SuperGoldNZ logo.
4. Tap the 'get' button.



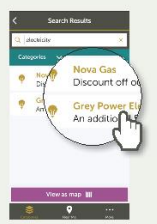
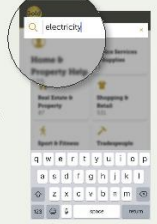
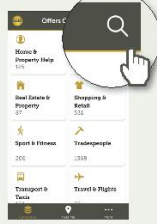
or Google Play (if you have any other brand).

Once downloaded the icon will appear on your home screen. You may need to swipe across to find the icon on another screen.



1 Search by item or business name

This a very quick way to find something specific you need.


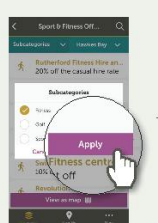
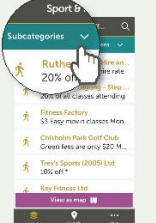


Tap search. **Type item or business name.** **Tap to see discount by list or as a map.**

The location can also be included in search.



TIP: Filter by category and/or region to reduce the number of offers you see.

Filter by subcategories




Tap the down arrow to choose any relevant subcategories. **Choose as many as you like. Tap apply.** **To go back, tap on the back arrow.**

Filter by locations




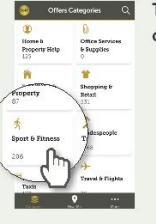
Click on the down arrow to select region and filter the offers you see. **Tap 'More' on the bottom panel to find more information about the app and to contact us.**

Like us on Facebook to keep updated on SuperGold discounts.



2 Finding savings by category

SuperGold discounts and special offers are grouped together by category.


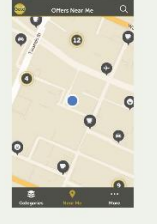
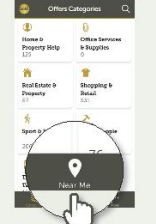


Tap on a category. **Tap on discount or tap on view as map.**

To get the discount or special offer shown, visit the business and show your SuperGold card. If the offer directs you to click on a link to their online shop, you will automatically leave the SuperGold app.

3 Finding savings using 'Near Me'

Switch between viewing offers by category or Near Me using the icons at the bottom of the screen.



Tap 'Near Me' to see discounts on a map near where you are at the moment. **Pinch screen to zoom in or out on the map. Move the map to see a different location. Tap on an icon to see the business. Tap again to see the discount.** **Tap categories on bottom panel to go back to offer categories.**

AgeConnect NelsonTasman

Events Calendar

Thanks very much to everyone who is submitting events to our newish AgeConnect website. Our calendar is looking good and most days there are many activities to choose from. We would love to hear from you if you have a regular or one-off event coming up. Please submit it directly via our website on www.ageconnect.org.nz or contact Miriam on support@ageconcernnt.org.nz.

fresh fm

- Nelson-Tasman 104.8
- Takaka 95.0
- Nelson CBD 107.2
- Blenheim 88.9



If you've never tuned into local radio station Fresh FM, maybe it's time you did! They have a show just for seniors called *Senior Central*, which has been running for four years and is broadcast fortnightly on Tuesday mornings at 11.40am, repeating on the following Thursday afternoon at 2.40pm and Saturday at 4.40pm. You can listen to the latest episodes on Fresh FM [here](#)

And finally . . . Inspiring Stories About Older People

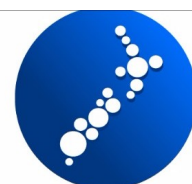
This month we have a video featuring a 91 year old woman, Mary Truell who is walking 91 miles around Devon's nature reserves to raise money for her local wildlife trust. [Click here](#) to see the video.



We are very grateful to all our funders and sponsors



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