

Active Ageing Wairarapa

Issue 131, Summer 2025



Hello Summer!!!

Lets Chat: Power of Attorney

Have you had a conversation about POA yet?

Dr. Tim Matthews runs us through why having a conversation about it is so important.

Did you come to our Ageing with Attitude EXPO??

We have a two page spread showcasing the amazing event that was!

Summer Health

What're we eating and how do we stay cool and healthy over Summer?? In this issue we answer those tricky questions, to keep you at your best and enjoying the sunshine this summer.

News and information for Wairarapa's older people, their families, whānau and caregivers

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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‘Everyone is so
friendly!’

*What’re People saying
about us??*

‘It’s nice to have activities to
attend, as I usually stay home.
My mobility has improved so
much since attending SAYGO
group classes!’

Here at Age Concern Wairarapa, we
really value your feedback and hearing
about your experiences! Thank you!

Membership Update:

Our Age Concern Wairarapa membership year is now 1st January to 31st December. This means:

-If you’ve paid your membership fees this year (2025), your membership will run to 31st December 2026

-If you haven’t yet paid, we’ll invoice you in December this year for your membership from 1st January to 31st December 2026.

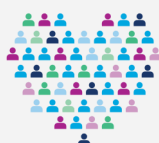
Age Concern Wairarapa: Here for you

Visit us: 14B Queen Street
Masterton
Mon-Fri, 9am-3pm

Call us: (06) 377 0066

Email us: manager@acww.nz

Write to us: 14B Queen Street
Masterton
5810



Our Board

Chair Joy Cooper
Vice Chair Dayle Lakeman
Treasurer Hewitt Harrison

Board Members

Jonathan Hooker
Tim Bannatyne
Andrew Charnock
David Farlow
Jenny Prentice

We would love to stay in touch!

Please call us on 06 3770066

If you've changed your address,
phone number, or email.

Let us know



Te Matou Matakiteenga

Our vision

To be recognised as a leading contributor to
the wellbeing of older people/kaumatua in
our Wairarapa communities.

Our Team

Manager

Kaiwhakahaere

Jacqs Wilton email: manager@acww.nz

Elder Abuse Team

Kairuruku urupare I te takakino Kaumatua

Susan Esler email: ears@acww.nz

Age Concern Visiting Service

Whakarite Torotoro

Paige Adams email: avs@acww.nz

Buddy Up!

Kairuruku Whakapiringa Tangata

Deanne Pedersen
Email: buddyup@acww.nz

Health Promotion Coordinator

Kaikōkiri Hauora, Tohutohu-ā-hāpori

Paige Adams email: health@acww.nz

Total Mobility Assessor

Te Hunga Whaikaha Kaiarotake

Brenda Lakeman, email: thwtm@acww.nz
Or call 0800 801 700 to find out more

Age Concern Wairarapa Update

Hello, Kia ora, and welcome to Summer!

In tradition with Spring being a time of growth and change things here, at Age Concern Wairarapa, have been going through a transition of change and growth too. There was so much excitement in Spring, with the 2025 EXPO held on the 8th October, (pg. 8-9 for more), we also had elections for our new board at the annual AGM, staff movement and we have even appointed a new Manager! Wow, what a transition for us all, am I right?!

Congratulations to Jacqs Wilton, who I'm sure many of you will know, on her new appointment as Manager of Age Concern Wairarapa. Jacqs has an eternal wealth of knowledge and compassion for what it is we do; we wish her the best of luck and support!

Which brings me to an introduction of myself. Some of you may know me already as I have been working in the Visiting Service Coordinator role for several months, but I have now taken on a second hat, here at Age Concern Wairarapa, as the new Health Promotion and Education Coordinator.

Our lovely Deanne, has moved across to Buddy Up!, coordinating all the fun and exciting groups within that space. So you will still see her around, and she is still helping with HP while I find my feet. Deanne brought so much love and joy to the HP role, and I have some big boots to fill! I endeavour to continue the work she began and ensure our health and education space continues to thrive.

After finishing Nursing in 2016, I moved into community health and have been

coordinating in supportive care, volunteer management and social health roles since. I'm community driven and love meeting new faces, so if you see me about please do say hi!!

In this issue we explore those hard conversations, with a new section "Let's Chat" (pg. 11). As well as tips to stay hydrated and cool over the hotter summer days and what nutrients do we really need? (pg. 20-23). A big thank you to all our regular writers and a warm welcome to our new writers for this issue, we hope you enjoy!

I'm looking forward to connecting and hearing all your wonderful stories over the months to come. We love hearing from our readers. If you would like to share a story, a photo or have any feedback, Give us a call on 377 0066 or email health@acww.nz to share your stories.

From myself and all the team here, at Age Concern Wairarapa, we wish you a safe and extra merry holiday season. See you in the New Year.

Hei konā mai, goodbye for now,

Paige Adams



Happy Holidays

Office Closure

Our Office will be closed from
midday 24th December —
Reopening January 5th 2026

See you in the New Year!!

NEWS FROM THE BOARD

It was lovely to meet with members at our AGM, held at the Ranfurly Club on 30 October. For the Board this AGM marked major change with three long serving members retiring, and three fresh faces joining us. We were very sorry to farewell Cheryl Watson, Esther Read and Lyn Riley, each of whom has given outstanding service to ACW over several years.

David Farlow, Andrew Charnock and Jenny Prentice were elected to the Board. They bring fresh skills, experience and energy to our governance and are making an impact already.

After stepping up as Interim Chair during the year, I was honoured to be confirmed in the role for 2025-26. Hewitt Harrison continues as our hard-working Treasurer, and Dayle Lakeman as Vice Chair. There were no nominations for the Board secretary position, which remains vacant. If you are interested in this role, please get in touch!

Warm wishes to all for a very happy Christmas and holiday season.

Joy Cooper



Our Newest Life Members of Age Concern Wairarapa

Cheryl Watson

Cheryl Watson's dedication to Age Concern spans decades and two continents. Her journey began at just 18, when she started her first full-time position with Age Concern UK. After moving to New Zealand in 1988, Cheryl pursued a career in information technology until 2007, when she decided to take a break from the sector. Seeking a renewed sense of purpose and community connection, she approached the Masterton Age Concern (formerly WOOPS) office to enquire about volunteering opportunities.

Cheryl's involvement started as an Office Volunteer, and in 2008 she took on the vital role of Elder Abuse and Neglect Coordinator. In 2010, alongside her responsibilities with Age Concern Wairarapa (ACW), Cheryl began volunteering as an Ambulance Officer for the Wairarapa District Health Board. When Wairarapa's ambulance services transitioned to Wellington Free Ambulance two years later, Cheryl embraced a new challenge, becoming a full-time Paramedic and continuing her commitment to serving the community's wellbeing.

Despite her growing responsibilities in ambulance services, Cheryl maintained a strong relationship with Age Concern. In 2015, she was invited to join the Board of Age Concern Wairarapa. Her leadership skills were soon recognised, and she became Vice Chair in 2017. In 2019, Cheryl was elected Chair, a position she held with distinction for seven years. During her tenure, she steered the organisation through significant periods of growth and transformation, ensuring that Age Concern Wairarapa remained a respected, stable, and community-focused organisation.

In 2025, increasing demands from her role as Wairarapa Community Liaison for Wellington Free Ambulance led Cheryl to make the difficult decision to step down from the Board. However, her passion for community wellbeing and her advocacy for older people remain steadfast and unwavering.

Esther Read

Esther Read is the longest serving of all ACW Board members in 2025. She brought a wealth of experience in community service, having contributed to the wellbeing of people in Rangitikei, Wellington, and Wairarapa. In Rangitikei, Esther served in several voluntary capacities, including chairing the Marton Red Cross and captaining the Rangitikei squash club, alongside raising four children on a farm. Her professional background as a registered nurse further underscores her commitment to serving others.

After relocating to Wairarapa in 2000, Esther became a manager for Plunket services, initially overseeing operations in Wairarapa before expanding her responsibilities to include the combined Wellington/Wairarapa region. Alongside her professional achievements and ongoing voluntary commitments, Esther also provided vital support to her husband throughout his nine-year tenure as Mayor of South Wairarapa.

In 2012, Esther's commitment to the community was further recognised when she was nominated the Age Concern Wairarapa (ACW) Board to represent South Wairarapa. Esther brought a wealth of experience to the Board, serving capably as Board secretary for eight years.

During her tenure on the Board, Esther was a strong supporter of aged care services in Martinborough, actively engaging in fundraising and other initiatives to enhance these services. In addition, she established and continues to run a weekly Mah Jong group for older people, providing a valuable social outlet and contributing significantly to the wellbeing of many in South Wairarapa. Esther also plays an important role in managing local meals on wheels deliveries, further demonstrating her commitment to supporting older members of the community.

Though Esther is stepping down from the ACW Board, she is not retiring from her passion for service. Instead, she is choosing to focus more on her local community activities, which now require more of her time. Like Cheryl Watson, Esther remains deeply committed to the wellbeing and service of her community.

Meet the Team—Age Concern Wairarapa



From Left - Brenda Lakeman (Total Mobility Assessor), Alison Hobbs (Expo Organiser), Lyn Riley (Member of the Board), Jacqs Wilton (Manager), Susan Esler (Elder Abuse), Paige Adams (Health Promotion & Visiting Service Coordinator), Deanne Pedersen (Buddy Up! Coordinator), Emma Pike (Office Volunteer), Esther Bijenhof-Marshall (Office Volunteer).

Missing—Pru Hunter (Accounts)

Mark Your Calander

- 3rd December—International Day of Disabled Persons
- 5th December—World Volunteer day
- 10th December—World Human Rights Day
- 25th December—Christmas Day
- 26th December— Boxing Day
- 1st January—New Years Day
- 2nd January —Day after New Years
- 6th February—Waitangi Day
- 14th February—Valentines Day



Aging With Attitude EXPO 2025

Ageing With Attitude Expo – Thank you!

On Wednesday 8th October, Masterton War Memorial Stadium was buzzing with exhibitions, demonstrations, entertainment and a little bit of shopping. Were you there too?

We couldn't have done it without the volunteers who gave up their time behind the scenes, on the stage and behind the café counter. So a big thankyou to Sally for quietly folding 500 booklets; Lyn, Fay, Jen and Marg in ACE Café; Neville and the SAYGO team; Rachel and the Line Dancing group and to the Waiohine Belly Dancers and our wonderful team of volunteers that helped set up on the day. We really couldn't have done it without you!

Congratulations to the winners of the Age Concern raffles that were drawn on the day. All the many prizes were generously donated by the businesses and organisations present at the Expo – so winners, please thank them personally if you can. We can all support these businesses:

Aphasia NZ

Enliven PSC Kandahar Home

Fraser Books Publishing

Gawith Burrridge Law

Masterton Men's Shed

Stroke Aotearoa NZ

Wairarapa Heat Pump Cleaning

Wairarapa Village

Wairarapa Rape and Sexual Abuse Collective

Driving Miss Daisy

Fire & Emergency NZ

Home Sweet Home Care

Hato Hone St John Wairarapa

New Zealand Health Care Group

Wairarapa Cancer Society

Richmond Funeral Home Ltd

Walk this Way Podiatry



Over 500 members of the public attended the Expo. We hope you all enjoyed your day. If there was something missing that you would like us to try for next year, please let the Age Concern team know – look for the teams emails and phone numbers page 4 in this magazine.

Alison



From Left; Lyn Riley, Jenny O'Donnell, Margaret Burt, Fay MacDonald



Did You attend our EXPO this year?

Check out some of these fun snap shots
from the day



Aging With Attitude EXPO 2025

Do You Remember ...When Castlepoint got a church

By Mark Pacey of the Wairarapa Archive

Wairarapa residents have enjoyed being able to go to church for services on Sundays and other religious events in all of the main centres going all the way back to the arrival of pakeha.

But what if you were on holiday at the beach over the weekend? For people staying over at Castlepoint they had a bit of a dilemma. Either travel to the likes of Tinui for a service or skip it. There had to be a better solution.

The Vestry of the Tinui Parish took up the challenge and in 1962 made an application for the erection of a church at Castlepoint. This would be called St Peters by the Sea. A perfect name as St Peter was a fisherman and had said "and on this Rock I will build my church". Castlepoint does have a few rocky features.

A section of land was made available in 1963, and preparations were made to build St Peters. But the site proved to be less than ideal, and it was left to revert to nature, and a better site was sought.

Since the initial idea was raised about building a church at Castlepoint, so too was fundraising for the new addition to the community. One generous donor, Jimmy Langdon from Tinui donated \$2000 in 1963.

A new site was secured, and with funding well in hand, the task of building the new church began. A team of two carpenters and 12 volunteers set to work in October 1971, and soon the concrete foundation were completed.

Over the next two months the church rose up from the sands and by the end of the year, the faithful had a new place of worship. The first service was held on December 26, a Sunday.

A wind was blowing, the sea crashed against the shore and sand whipped about as worshippers dressed in their beach casuals made their way inside. There was still some painting and decorating left to do, but there was now a place to worship in Castlepoint.

St Peters is a welcoming place and prides itself on being interdenominational. Whether you are Methodist, Catholic or Anglican, you are welcome there.



LETS CHAT:

A message from Dr. Tim Matthews—
Wairarapa DHB

A Holiday Conversation Worth Having: Setting Up an EPOA

Planning ahead with care and compassion:

The summer holidays are a time when

families gather — sharing meals, laughter, and long-overdue conversations. They can also bring moments of reflection, especially when we notice changes in an older loved one's memory, confidence, or ability to manage daily life. These realisations can be confronting, and conversations about the future need to be approached with care, sensitivity, and respect.

One of the most practical and caring steps families can take is to arrange an Enduring Power of Attorney (EPOA).

An EPOA is a legal document that allows someone you trust to make decisions on your behalf if you become unable to do so yourself. In New Zealand, there are two types: one for personal care and welfare, and another for property and finances. Together, they ensure that decisions about your wellbeing and financial affairs are guided by your own wishes and values.

These discussions often open the door to other important planning — such as thinking about future housing needs. Whether that means modifying a current home for safety, downsizing, or considering supported living options, early and thoughtful conversations help ensure that choices are made calmly and with everyone's input.

It's often helpful if the family member closest to the older person takes the lead in exploring the practical steps — contacting a lawyer or legal advisor to help arrange the EPOA, and perhaps prompting discussions about a will or future living arrangements at the same time.

While these topics can feel difficult, they are really about protecting independence and dignity. Putting the right plans in place provides reassurance — for the person themselves, and for those who love and care for them.

So as families reconnect this holiday season, take a quiet moment to begin the conversation — gently, honestly, and with kindness. A little planning now can make life simpler, safer, and more secure in the years ahead. For more information, visit www.govt.nz and search “Enduring Power of Attorney.”

Start the conversation with your loved ones this holiday season

Regards,

Tim



Bart Sparkes Writes....



Pandy

Dear Edna,

Pandy made a dramatic entrance into our lives, as if she'd chosen us deliberately. She got her back leg caught between two sheets of corrugated iron on the fence—an act I still believe was staged, just to win your heart. By the time I'd lifted her free, you were already waiting with a blanket, arms open, ready to wrap her in your affection, sympathy, and love.

The sun was shining that day—bright and generous. It poured through the lounge windows, landing fairly and squarely on your beloved panda bears, who sat in their usual formation, dignified and plush. They looked positively aghast when you made room for this unexpected guest.

At a glance, she was camouflaged—her fur blending with the black-and-white crowd. And so, the name Pandy stuck. She nestled in among them like she'd always belonged. On every occasion she could, she returned to that spot, curling into their softness with quiet satisfaction.

The other stuffed toys, scattered around the room, watched the opera unfold with silent curiosity. They'd seen you visit them often—not just to cradle them, but to hold them close, to dream them into your heart with a kind of quiet reverence. You gave each one a place in your affection, a softness they returned in kind. It was never just play—it was communion, a gentle exchange of comfort and imagination.

Pandy must have sensed that. From the moment she nestled among the panda bears, she seemed to understand she'd entered a sacred space. Her purring wasn't just contentment—it was a declaration. She felt wanted. She felt loved. And in her own way, she joined the dream. Alive, warm, and perfectly placed, she became part of the quiet magic you created in that sunlit room.

Love,

Bart Sparkes

P.S. The sun was always an essential part of you, Edna. You looked most alive when it touched your skin—like it lit you from within, I see its glow in your photograph. Even now, as I type this, my fingertips are tingling with the sparks of those sunlit afternoons, still warmed by your presence.

- Bart



bartsparkes@gmail.com

Here's some snippets of the things our members and groups have been busy at lately!
Maybe we'll snap you 'Out and About' sometime soon?!

Out and About



Art Club—Check out our amazing artists and their amazing work!!



Martinborough Coffee Morning, Celebrating International Day of the Older Person Oct 2025



Rocking out with U3A Ukelele Group!



Above-Cribbage Group
Below-SAGO CRTN



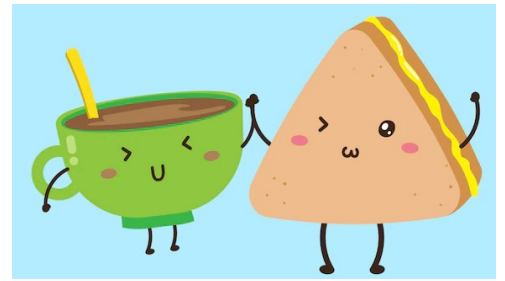
Bevans Bonsai—shown at the Novembers Coffee Mornings around Wairarapa . Did you see them? They were amazing!!



Wow! What a social lot you are!
See you soon!

Coffee Mornings

New guest speaker each month,
All welcome!



MARTINBOROUGH

First Wednesday of the month
Heartland Services , 39 Jellicoe St
10:00am, \$3 Koha

**No Coffee morning in
December/January**

**Back again February 4th
2026**

MASTERTON

Second Monday of the month
Wairarapa Community Centre, 41
Perry St

10:00am, \$3 Koha

**No Coffee morning in
December/January**

Back again February 9th 2026

FEATHERSTON

Second Wednesday of the month
Featherston Community Centre
14 Wakefield St
10:30am, \$4 Koha

**No Coffee morning in
December/January**

Back again February 11th 2026

CARTERTON

Third Wednesday of the month
Baptist Church, 112 Broadway
10:00am, \$3 Koha

**No Coffee morning in
December/January**

**Back again February 18th
2026**

Exercise Classes



Classes stop week of 15th December 2025—commencing week of 12th January 2026. All welcome!

STEADY AS YOU GO : FEATHERSTON

Monday 9:30am &
Thursday 9.30am
Assembly of God (AoG)
Birdwood Street, \$2 per class

STEADY AS YOU GO : MASTERTON

Monday 1:30pm &
Thursday 9:30am
Senior Citizens' Hall
Cole Street, \$2 per class

STEADY AS YOU GO :

MARTINBOROUGH

Friday 10am
Wharekaka, Oxford Street
\$2 per class

STEADY AS YOU GO : CARTERTON

Monday 1.30pm &
Wednesday 1:30pm
Baptist Church
112 Broadway, \$2 per class

We are currently on the hunt for new peer leaders for Steady as you go classes, in Masterton and Carterton. If you can spare an hour a week please get in touch.

All training provided.

Call Paige - 06 3770066 to discuss further.

KEEP FIT! : MASTERTON

Monday 9:30am &
Thursday 10:30am
Senior Citizens' Hall
Cole Street, \$2 per class

LINE DANCING: Masterton

Monday 10.30, \$2 per class Senior Citizen's Hall, Cole Street

Merry Christmas from Deanne - Buddy Up! Coordinator

If you are experiencing loneliness, please get in touch with me at Buddy Up! Age Concern Wairarapa. Call 06 377 0066, email buddyup@acww.nz or drop in to the office on Queen St. Buddy Up! encourages people with a shared interest to get together and enjoy each other's company. I can help you to join a group that already exists, or together we can start a group.

I'd love to hear from you, Deanne

P.S: If your Buddy Up! group is going to have a break over Summer, remember to plan a catch up with one or two of the others during the holiday period.

BOOKS ALIVE! Tuesdays 11.00am - 12pm Age Concern Office Breaks: 16th December Restarts: 13th January	WOMEN'S DISCUSSION GROUP Every 2nd Tuesday 1.00pm - 2.00pm 21 Queen Street Breaks: 16th December Restarts: 20th January
WALK AND TALK Fridays 9.30am Meet at Dish Cafe Carries on through the Summer break!	U3A UKELELE Fridays 10.00am - 11.00am Age Concern Office Breaks: 12th December Restarts: 13th February
CRIBBAGE CARD GROUP Fridays 11.15am - 12.30pm Age Concern Office Breaks: 19th December Restarts: 9th January	BEGINNER UKELELE Fridays 1.00pm - 2.00pm Age Concern Office Breaks: 19th December Restarts: 16th January
BUDDY UP! BAND Fridays 2.00pm - 3.00pm Panama Village Hall Breaks: 19th December Restarts: 23rd January	MEN'S MEETINGS First Tuesday of the month 9.30 - 10.30am Age Concern Office 2nd December, 6th January, 3rd February



EXERCISE →	Feldenkrais - Monday 11 - Noon and Sunday 9 - 10AM Chair Class - Thursday 11 - Noon
DANCE →	Belly Dance for beginners Thursdays 6.30-7.30 PM \$2 per person.
SOCIAL	Wisdom and Wellbeing Wednesday 10.30 - Noon \$4 Per person
GAMES →	Cards and Mah Jong Monday 1-4PM \$3 Koha Scrabble Club Monday 6.30-9.30PM \$3 Koha
CRAFT	Featherston Knitters Fridays 10 - Noon \$2.50 per person
FREE HELP →	Age Concern the 4 th Wednesday 11 - 1PM Community Law Every 2 nd Tuesday 11 -3PM BFC Building Financial capabilities Every Thursday 9 - 3PM IRD Every 3 rd Thursday 9.30-12.30 *Bookings Essential
MENTAL HEALTH & ADDICTION SERVICES →	Alcoholics Anonymous Every Thursday 7.30 - 8.30PM Narcotic Anonymous Every Sunday 7- 9PM

Age Concern Wairarapa and Wairarapa Community Centre Partnership



Presents

Men's Cooking Classes starting in 2026!

4-1-1 + 4 Food Items / 1 Person / 1 Pan

Dates TBC

All classes are free, however booking is essential
Call Bev on 027 280 9226 or Age Concern on
3770066 to register

MASTERTON SENIOR CITIZENS AND BENEFICIARIES' ASSOCIATION

12 Cole St Masterton

Meets every Tuesday 1:00-3:00pm

Bowls, cards (including 500), games (including
Scrabble), and jigsaws

For only \$3, enjoy a cuppa and biscuits, and get
a ticket in the weekly raffle

Financial membership is \$20 per year. Our club
does not have an age limit, anybody who
would like to join is welcome, don't sit at home
lonely, come and join us!



Masterton Hub has moved

We give free digital device support for seniors 65+

You can find Digital Seniors at the Age Concern Building

14b Queen Street
while the library is under renovation.

Our hub times:

Mondays
1:00pm - 3:00pm

Wednesdays
10:00am - 12:00pm

Learn to use technology
and experience its benefits:

WE CAN

talk with loved ones

shop

share photos

manage medical needs

use online services

keep up to date

Digital Seniors is a community Trust.
We help seniors with friendly technology support.

Closed on Public Holidays and from
19th December through January 2026

0800 373 646
www.digitalseniors.co.nz

free range eggs

straight to your door!



FREE DELIVERY!

(every Wednesday within the Masterton and Carterton urban areas)

- ☺ Tray of 20 eggs, Mixed Grade = \$15
- ☺ Tray of 20 eggs, Jumbo Size = \$18
- ☺ Tray of 20 eggs, Size 7s = \$16.50
- ☺ One dozen = \$10

Want to share a tray? You and a friend or neighbour can go halves and still enjoy farm-fresh eggs delivered to your door!



How to order!

Email your order to lyn@eg.co.nz or call me (Lyn) 022 444 4762

Please order before 8pm Monday for Wednesday delivery

Plus, we also sell top-quality 14kg bags of chicken manure for just \$15, or two bags for \$25 – perfect for your garden!

Don't wait! Our happy hens lay the biggest and best-tasting eggs, so get cracking and order today!

eg.

Free Range Eggs

the chicken
comes first.

eg.co.nz

Advertise with Active Ageing Wairarapa...

...for an effective, affordable, and easy way to get your message out to hundreds of people across our Wairarapa communities.

Every quarter, Active Ageing Wairarapa reaches letterboxes, waiting rooms and community spaces all across our beautiful region. What's more, our community listings and activity calendars make sure our magazine isn't only read once, but is picked up again and again.

Our pages are a brilliant way for you to market your product or service to Wairarapa's older people, their families and whanau and caregivers. Starting rates are as low as \$42 for a regular spot. Call us on (06) 377 0066 for more information.

The Government forgot us!

Isn't that ironic, don't ya think?

It's Tam here from Alzheimers Wairarapa. Just a quick update from our organisation.

You might have seen us on the front page of the Times Age last month, talking about our lack of funding from the government. It's been 20 plus years of applying for government funding and being declined. They've been consistent, I'll give them that. Not funding Alzheimer's Wairarapa in any way, might be the one thing all parties agree on!

The Alzheimers Wairarapa Committee and staff have had enough, to put it mildly! We are the only Alzheimers Society in the country to not receive government funding, and we cannot understand why. Moreover, we have absolutely nothing to lose by highlighting the issue and putting it in the public spotlight.

It's particularly disheartening, not only for us, but for all over 65's in our region. Dementia is by and large a disease that commonly affects people in their later years (Yes, you can get it earlier too). Bear in mind that the Wairarapa is such a rapidly aging population. 23.6% of the Wairarapa population is over 65 right now, compared with 16.6% for the overall country.

That said, you'll be pleased to know, with some particularly hard graft from our committee, volunteers, the "A" team, and staff, we are currently able to keep providing the same friendly services for the year ahead, with proceeds from grant funding, fundraising efforts, sponsors, bequests, and our beloved weekly garage sale.

Please contact us if you are concerned about your memory or thinking (or that of someone else), or if you would like to know more about our day activity services, carer support groups, education, or if you require a speaker at a gathering (we like to talk the talk as much as we walk the walk).

We will continue to fight for government action to fund our dementia support services for the people of the Wairarapa. You can help us fight the fight at no financial cost to yourself by:

- Emailing local MP's
- Emailing cabinet ministers
- Becoming a volunteer at Alzheimer's Wairarapa
- Donating unwanted treasures (clothing, kitchenware, garden tools, furniture...) to our weekly garage sale

You can call us on 06 3777522 – leave a message by all means as our office is not manned every day, or email referrals@alzheimerswairarapa.co.nz and we will get back to you as soon as we can. We are closing our office for the yuletide period on the 19th Dec 2025 and reopening on the 5th January 2026.

Have a fabulous Christmas and New Year,
From Tam and the team at Alzheimers Wairarapa



Staying Healthy Over Summer



Summer can be a delightful season, filled with sunshine and relaxation. This season is also filled with activities and offers ample opportunities for people to spend some time outdoors. However, rising temperatures can pose significant risks to safety and well-being, particularly for Older adults.

Excessive heat and humidity can lead to serious health issues for anyone, but Older adults often struggle to regulate their body temperature effectively through blood circulation and sweat

production, making them more vulnerable during extreme heat. Knowing this, elderly individuals need to be aware of the potential dangers that summer weather presents.

Continue reading to learn more about the potential dangers of the summer heat and to find essential summer safety tips.

COMMON PROBLEMS CAUSED BY THE SUMMER HEAT

Older persons should always be cautious when out in the sun and protect themselves to avoid problems that can arise from heat exposure. The following are the most common problems experienced when in the summer heat.

1. DEHYDRATION

Dehydration occurs when the body loses more water than it consumes, which can prevent the body from functioning properly. This is particularly concerning for Older adults, as their sense of thirst often diminishes with age, making them more likely to become dehydrated.

When you become dehydrated you may suffer from headaches, weakness, confusion, dizziness, and fainting. To prevent dehydration, make sure to consume plenty of fluids. Drink beverages rich in electrolytes, as the body loses essential electrolytes when dehydrated, making it crucial to replenish them.

2. HEAT EXHAUSTION

Heat exhaustion is more serious than dehydration, as it also stems from overheating.

Symptoms may include a lack of sweating or excessive sweating, paleness, weakness, cold or clammy skin, headaches, nausea, dizziness, and fainting, among others. If you experience heat exhaustion, it is crucial to hydrate and seek a cool, shaded area.

3. HEAT STROKE

Heat stroke can occur as a severe consequence of untreated heat exhaustion, marked by a dangerously elevated body temperature. In Older adults, this condition may develop gradually over several days. If not addressed swiftly, heat stroke can be fatal.

Signs of heat stroke include a high body temperature, a rapid pulse, nausea, fainting, dizziness, and headaches. For heat stroke you will want to call 111 right away. If safe and possible, have the affected individual consume water or an electrolyte-based drink and move to a cool place with shade. Remove any heavy clothing from their body, and place cool, soaked cloths on the neck, armpits, wrists, and ankles to help lower body temperature.

SUMMER SAFETY TIPS FOR OLDER ADULTS

While you must be cautious when going out in the heat, you do not have to let the hot weather ruin your summer plans. Taking the following steps will help to stay safe while enjoying summer activities.

1.MAINTAIN A COOL ENVIRONMENT

Even when indoors during the summer, the heat can still make your home uncomfortably warm. To create a cool and comfortable environment, consider turning on the air conditioning if available. If not, use fans to help mitigate the heat. Additionally, keep windows covered during the day to block direct sunlight.

2.LIMIT YOUR TIME OUTSIDE

It is beneficial to step outside for some fresh air and vitamin D from the sun. However, time spent outside should be limited, particularly during the summer months.

The longer you remain exposed to the heat, the higher the risk of experiencing heat-related health issues, such as heat exhaustion. Therefore, it is crucial to restrict strenuous activities and work outdoors, as the combination of physical exertion and heat can hinder recovery and pose serious health risks.

3.HYDRATE YOURSELF

Given the risk of dehydration on hot summer days, it's crucial for everyone to stay well-hydrated. You should prioritize drinking plenty of water to maintain hydration levels. While clear juices can also contribute to hydration, it's important to avoid alcohol and caffeine. These substances can lead to increased urination, ultimately resulting in greater water loss which makes individuals less hydrated.

4.WEAR APPROPRIATE ATTIRE AND SPF 50+ SUNSCREEN

During hot summer days, wear light, comfortable clothing to help keep cool. Always apply sunscreen, before going out into the sun, even in your older years sunscreen is still a vital protection!

Linen and cotton clothing are excellent choices due to their breathability.

Consider wearing hats and sunglasses for extra protection from the sun.

5.UNDERSTAND MEDICATION SIDE EFFECTS

There are a range of medication types that can make you more sensitive to the sun and heat, including certain antibiotics, diuretics, cholesterol medication, retinoids, antifungals, and antihistamines. It is important for you and your loved ones to be aware of the potential side effects of medications and how they can affect you when out in the sun.

6.CHECK IN WITH FRIENDS AND FAMILY

Throughout the summer, you should stay in contact with friends and family to ensure your safety.

For family members of an Older Adult—Check in on your loved ones regularly and make sure they are taking precautions to stay safe, such as staying hydrated, running their air conditioning, and limiting their time in the sun. Encourage them to reach out to family and friends as well and make sure they have a list of emergency phone numbers readily available in case there is a problem that requires immediate help.



Healthy Eating for Older Adults

Nutrition and physical activity continue to be important as we grow older. A healthy combination of good food and exercise can delay or even reverse many of the problems associated with ageing, helping older New Zealanders to continue living independently and enjoy a good quality of life.



To help you feel at your best:

- Eat a variety of foods. Have at least three meals every day. Include plenty of different vegetables and fruits.
- Maintain a healthy weight. If your weight is a little low, have a snack between meals.
- Have at least 6-8 glasses of fluids each day, such as water, tea, coffee, and low fat, calcium enriched milk, unless recommended otherwise by your doctor or nutritionist.
- Try to be active every day, walking and gentle movement or chair exercises are great for lymphatic flow and heart health.

Important nutrients for older adults

The recommended intake of a number of nutrients is greater for older people than for younger age groups. As older people often think they need less food than younger ones, it is important to focus on the nutrients noted below. It can be difficult to get all the nutrients you need if food intake is small, so having at least three meals and snacks in between.

Protein provides energy and is also essential for the repair and maintenance of body tissues. Aim to have at least 1-2 serves per day of protein-rich foods from the lean meat and alternatives food group. These include lean red meat, fish, chicken, eggs, legumes (peas, beans and lentils), nuts and seeds.

Calcium is an essential nutrient as we grow older. A good intake of calcium can help prevent osteoporosis and fractures. Milk, yoghurt, cheese and other milk products are the best sources of calcium, aim for 3 serves each day to improve your calcium intake.



Vitamin D has an important role in bone health as it helps our bodies to absorb calcium from food. However, it is very difficult to get enough Vitamin D from your diet alone. The best source of Vitamin D is sunlight. Try to get out in the sunlight for at least 30 minutes a day, before 11am and after 3pm. Foods rich in vitamin D include oily fish, eggs, lean meat and dairy products. If getting enough sun is difficult for you, discuss taking a Vitamin D supplement with your doctor

Folate is thought to help reduce the risk of illnesses such as heart disease and even some cancers. Not having enough folate may eventually lead to a type of anaemia called macrocytic anaemia, which can make you feel weak, tired, irritable and possibly give you heart palpitations. Include plenty of whole grain breads and cereals, dark coloured vegetables, fruit and legumes in your diet. When you go shopping, look for orange juices and cereals that are now fortified with folate.

Vitamin B12 is needed for normal blood and brain function. Deficiency can produce a variety of symptoms, including pale skin, low energy, tiredness, shortness of breath and palpitations. The majority of our vitamin B12 comes from animal products, such as meat, eggs and dairy foods or vitamin B12 fortified foods. Have at least 1 serving of either lean meat, chicken, fish or eggs each day and at least 2 servings of milk or dairy products each day.

If you think you might be going short of any of these nutrients, or want to avoid eating any specific foods, ask your doctor for advice.

The eating environment

The environment in which we eat affects our appetite. If you are preparing meals for someone who is not eating well, consider the following:

- Add a table cloth or flowers to a table, and make sure suitable cutlery is available for the meal being served.
- Add a garnish to make a meal as appealing as possible. Have pepper, sauces and chutneys available on the dining table.
- Eating with others helps to make a meal more enjoyable, so try to eat with those living alone from time to time and encourage them to join lunch clubs or coffee mornings.



Brain teasers and memory games

1



BRAIN TEASER

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

QUEEN	MUSIC	ART	SUPERMAN	TERM
LESS	MORE	ASPEN	AUSTIN	BOB
BOXES	BRAIN	CASPER	CHICKEN	COLORS
GOOGLE	HIPPO	LIGHTNING	MAKAYLA	MINT
MONKEY	NOODLE	RAIN	RAINBOW	SCHOOL
SNOW	SUPER	TEST	THUNDER	TREES

2

1950's Trivia quiz

1. In 1953, Jonas Salk made headlines by unveiling a vaccine that would tackle which infamous disease, sparking hope worldwide and making him the hero parents didn't know they needed?

A. Aids, B. Cancer, C. Mumps, D. Polio

2. What did Western Germany ban in 1956?

A. Beer, B. Catholicism, C. Football, D. The Communist Party.

3. Whose book, 'The Cat in the Hat' was published in 1957?

A. Beatrix Potter, B. Dr. Spock, C. Dr. Seuss, D. Maurice Sendak.

4. What toy famously made it's debut in 1959?

A. Atari Video Game, B. Barbie Doll, C. Crayola Crayons, D. Transformers.

5. Jail House Rock, featured which young star?

A. Marlon Brando, B. James Dean, C. Dean Martin, D. Elvis Presley.

COMMUNITY INFORMATION

USEFUL NUMBERS

Emergency	111
Non Emergency Police	105
Healthline	0800 611 116
Poisons	0800 764 766
First Health Acute Medical Care	(06) 7779070
Carterton Medical	(06) 379 8105
Greytown Medical	(06) 304 9012
Featherston Medical	(06) 308 9220
Kuripuni Medical	(06) 377 4093
Martinborough Medical	(06) 306 9501
Masterton Medical	(06) 370 0011
Whaiora	(06) 370 0818
Wairarapa Hospital	(06) 946 9800
St John Health Shuttle	0800 589 630
FOCUS	(06) 946 9813
Citizens Advice Bureau	(06) 377 0078
Neighbourhood Support	027 333 2137

MEALS ON WHEELS

South Wairarapa

Main and dessert \$12.50

Subsidized Meals:

Main and Dessert: \$7.60

(Covered by Te Whatu Ora Contract)

Contact:

Wharekaka Village

(06) 306 9701

MEALS ON WHEELS

Masterton

Please contact:

Your health professional or
FOCUS

Glenwood Masonic

Hospital Meals

Main and Dessert \$12.50

Call Melissa (06) 3770221

COMMUNITY CONNECTIONS

Featherston Library	(06) 308 8051
Martinborough Library	(06) 306 9758
Greytown Library	(06) 304 7133
Carterton Library	(06) 379 5423
Masterton District Library	(06) 370 6253
Digital Seniors	0800 373 646
Digital Net	web@digitalinclusionalliance.nz
Community Law Centre	(06) 377 4134
Metlink	0800 801 700
Senior Citizens Masterton	(06) 378 6595
Featherston Community Centre	(06) 308 8239
Wairarapa Community Centre	info@wcct.co.nz
Heartland Service, Martinborough	021612945

FOOD BANKS

FEATHERSTON FOOD BANK:

Open Tuesday and Thursday

1.30-2.30pm

69 Boundary Rd

Contact: feathfoodbank@gmail.com or
022 646 3702

MARTINBOROUGH FOOD BANK:

Contact May Croft 021 657 560

CARTERTON COMMUNITY FOOD BANK:

(06) 379 4092

MASTERTON COMMUNITY FOOD BANK:

(06) 370 8034

Vacancies with Age Concern Wairarapa

****Would you like to join us in Making a Difference!?!****

Here at Age Concern Wairarapa, we believe that every hour counts when it comes to supporting our older population. We're currently on the lookout for compassionate and selfless volunteers, ready to share their time and skills.

****Are you someone who can spare just ONE hour a week?****

Our current positions include:

- Exercise class peer support leaders. Full training and support provided.
 - Carterton; Wednesdays 1.30-2.30 PM
 - Martinborough; Fridays 10-11am
- Coffee Morning assistant (Masterton)
 - 2nd Monday of each month 10-12noon
 - Assisting to set up tables, chairs, prep tea & coffee
- Visiting service companions; in all Wairarapa areas we are always on the look out for amazing people that can donate an hour a week to share their time with our most isolated and lonely members of the community. A position that creates friendship with those who need it most.
- Office Administration superstar!!
 - We have a new volunteer position for a reception/administration hero, to help in our Masterton based office Mondays and Fridays 9am-12noon.
- Keen Gardeners needed for a Buddy Up! "Green Thumbs Group" - A monthly gardening club set up to help our older people with their gardens!

****Why Volunteer with Us?****

- Be part of a caring community
- Make meaningful connections- Share your compassion and skills
- Experience the joy of giving back
- Join our mission to empower our older community to live vibrant and fulfilling lives.
- Your time is precious, and your kindness can change lives!

If you're ready to step up and make a difference, we'd love to hear from you!
Please contact us today to learn more about these rewarding opportunities.

Thank you for considering joining the Age Concern Wairarapa family!

****Together, we can create a brighter tomorrow for our older people****

Contact Paige for more details or to share your interest in any of the above positions

E: health@acww.nz P: 06 377 0066

or pop into our office: 14B Queen Street, Masterton

Join us!

INDIVIDUAL MEMBERSHIP APPLICATION FORM 2026



Full Name: _____

Email Address: _____

Phone Number: _____

Physical Address: _____

Delivery Address

(if different from above): _____

- ☐ I confirm I am over 18 years old and a resident in the Wairarapa
- ☐ I consent to being a member and to abide by the Constitution of Age Concern Wairarapa Inc and understand that membership may be revoked if I contravene these rules.
- ☐ I agree to being added to Age Concern Wairarapa membership database* and to receive informational materials via email and other communication channels
- ☐ The fee of \$25.00 / \$40.00 (circle one) was paid on / / (\$25 single/\$40 couple)**
- ☐ I understand that I will be advised when my application has been approved.
- ☐ If my photograph is taken at an Age Concern Wairarapa event, I give my consent for that photo to be used for promotional purposes for Age Concern Wairarapa.

Signature: _____ Date: _____

Email the completed form to admin@acww.nz OR

Mail / Deliver the completed form to

Age Concern Wairarapa

14B Queen Street

Masterton 5810

***Confidentiality Notice:** Please be advised that our membership database is strictly private and confidential. Access is restricted to authorised personnel only, and all member information is protected in accordance with our privacy policy. We do not share, sell, or disclose member details to third parties without explicit consent.

**** If Applying as a Couple,** each individual must complete a separate application form and reside at the same address

BANK ACCOUNT DETAILS : Age Concern Wairarapa Inc 01 0682 0058102 000

He waka eke noa

We're all in this together

THANK YOU TO OUR SPONSORS AND SUPPORTERS



TJ McCarthy



**Hato Hone
St John**



Acknowledgements:

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Special thanks to our wonderful delivery team of volunteers, who do a fabulous job getting the magazine out to you in all weathers.

We are also very grateful to all of our amazing volunteers at Age Concern Wairarapa—we couldn't support older people in our community without you!



Good Bitches Baking (GBB) is a network of volunteers who bake and deliver treats to organisations that work with people having a hard time. To learn more, or to join up, visit <https://gbb.org.nz/baking-it-better/volunteer> or email Eve on wairarapa@gbb.org.nz

We appreciate the delicious treats we receive for our Carterton and Masterton Coffee Mornings. Thanks GBB!

Thanks so much to Featherston WōRN Cloth Collective for the donations of the beautiful merino blankets and beanies.

WōRN meet at the ANZAC Hall in Featherston on Fridays 10am—12pm

A big thank you to everyone who donated to our raffles for the Aging With Attitude EXPO and Congratulations to those winners.