

berries 50+ magazine with news and views for active seniors in the Horowhenua District Age on the Go a big success Pg. 5 you want a great place to retire

Welcome to Elderberries, Horowhenua District Council's magazine tailored for people aged 50 and over.

Elderberries is published on a seasonal timetable; with a new issue each Winter, Spring, Summer and Autumn. Copies are free and available to collect from stands located throughout the District. These can be found at:

- Levin Mall
- Te Takere Horowhenua Culture and Community Centre
- · Levin New World
- Horowhenua District Council main office in Levin
- Focal Point and Whispers cafes in Levin
- · Work and Income's Senior Services in Levin and Foxton
- Waitarere Beach Four Square
- Foxton Library
- deMolen Foxton
- Foxton New World
- Foxton Beach Community Centre
- Foxton Beach Four Square

- Shannon Library
- Horsemans Cafe, Shannon
- Tokomaru Store

Elderberries is also available to view and download online at www.horowhenua.govt.nz/News/ Elderberries

If you would like a PDF copy emailed to you, please email comms@horowhenua.govt.nz or phone 06 366 0999.

If you are a community group, rest home or business that requires bulk copies for vour members, residents, or customers, let us know and we can provide these for you to collect from Horowhenua District Council's main office in Levin.

And, if you know of someone. a group, event or activity that would make for a good story in Elderberries, please let us know.



NEW COMMUNITY SERVICES MANAGER ROLE FOR COUNCIL

Horowhenua District Council welcomed Denise Kidd to the new position of Community Services Manager in October.

Denise is responsible for Community Development, Recreation and Aquatics, the contract management of Community Services, Library Services, Civil Defence Emergency Management, Rural Fire Services, and general Community Engagement.

Denise moved to Horowhenua from Christchurch, where for the previous three and-a-half years she had worked for the Canterbury Earthquake Recovery Authority (CERA); initially in the role of General Manager - Community

Resilience, and then as General Manager - Psychosocial Recovery.

Prior to her time with CERA, Denise had an extensive career history in both local and central government. This included her being the Ministry of Social Development's South Island Manager of Family and Community Services, responsible for community-based planning and funding related to community organisations that deliver social and community development services.

In 2004 Denise completed a Masters Degree in Business Administration at the University of Canterbury. Now living in Levin, Denise is married to Tony and they have three children and a granddaughter.





Helping people flourish

Anyone who knows SuperGrans Horowhenua manager Rose Cotter will know she is an innate helper.

And, the SuperGrans motto "helping people flourish" is especially what Rose finds fulfilling.

The community organisation draws on the skills, knowledge and experience of older people who volunteer to teach lifeskills to clients in need of help with tasks such as cooking, baking, budgeting, and parenting techniques.

Rose's eyes and expression light up when talking about Supergrans Horowhenua's many success stories, often helping clients achieve "lightbulb moments", facilitating habitchanging for the better and providing life-changing benefits.

"When you walk down the street it's great when a former client recognises you and says hello, also updating you on how things have improved for them and what they're up to. It's hugely rewarding," she said.

SuperGrans Horowhenua currently has about 65 clients, although that number fluctuates. And, it has eight volunteers.

"Our volunteers are critical to our success. Without them we couldn't help the number of people we do. We're always looking for volunteers, as the more we have the better we can match with clients' needs."

Rose says that traditionally SuperGrans volunteers have worked with clients in the clients' own homes, however there has been a move to having volunteers working with clients in a group situation.

"This offers an added dynamic. Clients are not just learning from the volunteer, but from each other too. Also, it helps with their community connectedness and reassures them that they're not the only one struggling with a particular issue," she said.

"Everyone's circumstances are different and we don't judge anyone by their circumstances or environments. SuperGrans is very client-centred, family and childcentred - helping parents run their households more effectively and efficiently which all means better outcomes for the children."

Rose says SuperGrans Horowhenua has grown significantly since she joined the organisation 15 years ago.

"In 2000 I started off doing 20 hours-per-week, which suited me as our youngest child had started school. For the past six years we've had two of us working 40 hours-per-week, and recently we've employed a third staffmember. This gives us 15 hours more capacity per week. It's been a wonderful and exciting progression," she said.

"For me, it's so much more than a job."

Through SuperGrans Horowhenua, Rose is also involved with groups such as Horowhenua District Council's Older Persons Network and Youth Network, the Levin Community Network, Strengthening Families and the Children's Team.

In addition, Rose is a Justice of the Peace, the president of the Hokio Progressive Association, and previously served on Levin School's board of trustees while her three children were school-age.

Rose now has five grandchildren, with another expected in January, and proudly says she was "privileged to be a the birth of each one".

If you know of someone who could benefit from SuperGrans, either as a client or a volunteer, phone 06 367 0680 or email rosec@supergrans.net.nz



Super Seniors WEBSITE LAUNCHED

There is a new online resource for older people offering information, news, features and events; all aimed to be useful, relevant and enjoyable.

The SuperSeniors website has categories including getting out and about, health and wellbeing, finances and planning, age-friendly communities, as well as information about NZ Super and the SuperGold card.

There is also a section listing local, regional and national events.

The SuperSeniors website was launched in September by Prime Minister John Key and Minister for Senior Citizens Maggie Barry.

Visit www.superseniors.msd.govt.nz or the associated Facebook page www.facebook.com/officeforseniorcitizens

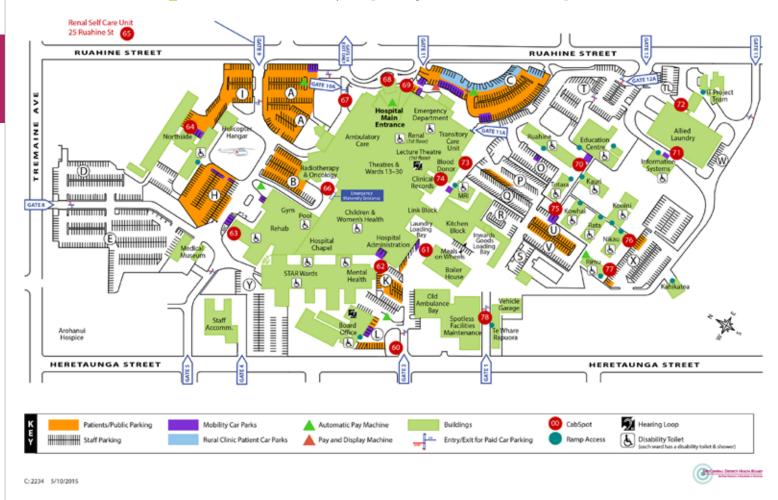
NEW DISABILITY-ACCESS MAP for Palmerston North Hospital

MidCentral District Health Board has just produced a disability access map of Palmerston North Hospital campus.

The map includes various disability-access measures, such as mobility car parking, toilets,

ramps, hearing loops and the taxi Cabspot numbering system.

The map has been produced to make it easier for people with disabilities to access their health appointments and make visiting the hospital easier.











AGE ON THE GO a big success

The 2015 Age on the Go Expo helped mark the International Day of the Older Person on 1 October.

Organised by Horowhenua District Council, with funding support from MidCentral Health, it was the biggest Age on the Go Expo held so far. There were 60 stalls, providing information, education and entertainment for the hundreds of visitors that attended during the four-hour event at the Horowhenua Event Centre in Levin.

The annual expo promotes positive ageing by showcasing activities and services that focus on good health, fun and support for older people in Horowhenua.

To provide feedback on the event or to register interest as a stallholder for the 2016 expo, please contact Council's Event Support Officer Emma Childs on 06 366 0999 or emmac@horowhenua.govt.nz







GARDENING WITH SIMON

Simon Broad

What a Spring so far. More like Winter at times. But don't let that fool you into thinking you can hold off until it finally warms up. There is still more preparation work to be done.

All my gardens were prepared, fertilised and ready to be planted out. But as Mike told me the other day, 'Have patience my boy', or words to that effect regarding planting a certain plant or seeds. But, I put in my first 2 rows of early-seed Potatoes. I always put in the Jersey Benne variety. Not the most prolific cropper, but a delicious Potato.

I will now list, with a tip or 3, what to put in:

Basil: One of my most favourite of all the Herbs I grow. I make Pesto (Recipe available) out of Basil. Basil requires a lot of ground preparation, plenty of Compost, Horse Manure and Fertiliser.

Beans: Plant by seed, being careful that you keep the slugs at bay with Slug pellets, as they can devour a crop of seedlings overnight Whether you grow Climbing, Dwarf, or Butter Beans is purely a personal choice. I like the dwarf variety myself. I grew Climbing Beans last year but because of the difficulty getting in and out of the bed, I decided this year to put in the dwarf variety.

Beetroot: An easy to grow Vegetable. Best to grow from seed which has been soaked the night before to help break up the cluster of seeds. Delicious bottled, then used in your salads. Or roast as another vegetable.

Capsicum: Best started in your green house from seed and planted out in late September/

early October. When formed the fruit will go from Green to Red in a matter of days. Capsicum freezes well. I dice it up and free flow it in a bag and freeze. Great for salads, casseroles and stews later on. Gives these a real flavour boost. But make sure you feed the plants well.

Chillies: Chillies like a well worked patch of ground with plenty of Manure, Compost and Fertiliser. Don't grow too many plants as they are very prolific producers. They can be frozen whole for latter use.

Cucumber: A very versatile vegetable to have in your salad garden. 3-4 plants should be enough for a family of four. I make my own Cucumber Pickle, so I generally put in 4 plants. Feed it with plenty of liquid fertiliser when the fruit first appears. You may need to stake them.

Potatoes: Who can resist the flavour of a freshly dug Potato, I certainly can't. It is the second most favourite vegetable of mine to grow, next to Garlic. The reason being is that every year is a mystery of exactly what sort of harvest I will get. Pre-work your garden with plenty of Horse Manure, Blood & Bone and Compost for the best results. But don't add Lime, as they don't like it.

Tomatoes: The gardening purists say that Labour weekend is when you put in your Tomatoes, but I am a personal fan of letting Mother Nature decide for me. I have my Tomato patch well worked and ready to plant out when the time is right. It maybe well before Labour weekend. Mike gave me some Jens Giants to try, and last year someone gave me a couple of whole Italian Tomatoes to try. I tried one and

saved the seed such was the taste. I propagated some and although I didn't get a good strike rate I still have enough for myself and will sell the rest.

Spinach & Silverbeet: Many people will associate these 2 vegetable as a Winter vegetable, but we can't live on salads alone every night of the week. Give the ground, or bed a good feed of Compost, Horse Manure & Fertiliser for the best results. The small leaves of the Spinach can be used in salads.

Spring Onions: Another must have for your salad garden, or ideally they go extra well in casseroles. I like to harvest mine in 2 stages. One, when they are thin for salads, and left a bit longer for casseroles. Try cutting some up small and fold into your mashed Potatoes. It adds flavor and looks professional. It likes well work ground, and a good feed of liquid fertiliser around the base.

That's about it for what to grow at this time of year. Although I could of mentioned 20 or so more plants to put in, I have just kept it simple.

Update on my gardens: The Garlic (161 plants) is growing well, probably better than last year. I keep trying to improve the quality of my Garlic every year. And this year is promising. I put in my first 2 rows of early Potatoes (Jersey Benne) in at the end of August. They are all through and looking good. But I am forever keeping my eye skyward at the end of the day, with the frost cloth handy, in case we get a rogue frost. Everything is planted out in my salad garden, the Corn, Beetroot seeds are in, and the Cabbages are ready to be harvested. All, in all, not a bad effort overall.

Remember, you can contact me for any tips, advice or just to say a hello, or to purchase well grown plants.

Simon Broad

62 Avenue Road, Foxton 4814. Phone: 06 363 8855

Email: sf.broad@xtra.co.nz

APPLY FOR A RATES REBATE

for the 2015/16 year

Residential ratepayers with a household income up to \$24,440 may be eligible for a rates rebate up to \$610.

Those earning above the maximum threshold may still qualify for a rebate, depending on income, level of rates and number of dependants. The rebate is based on total income for the year ending 31 March 2015 and the amount of rates for both Horowhenua District Council and Horizons Regional Council.

In the 2014/2015 financial year Horowhenua District Council processed 2078 applications and paid out \$1,128,315 to ratepayers.

Finance Manager Jeff Paulin encourages ratepayers to enquire to see if they may be eligible

to take advantage of the Rates Rebate scheme.

"If you're a superannuitant, a Work and Income client, or a family on a low income, we really encourage you to enquire about your eligibility for a rates rebate. It's such a worthwhile opportunity to take advantage of," he said.

Mr Paulin says the process is not complicated and Council staff can meet with ratepayers and help them complete their applications. To make an appointment phone 06 366 0999 or email ratesrebates@horowhenua.govt.nz

The only information applicants need to provide is proof of income (before tax) for the tax year ended 31 March 2015, including any interest received, as well as proof of a partner's



income or joint income if living together.

Application forms are available from Horowhenua District Council Service Centre in Levin. as well as Council's service centres at the Foxton and Shannon Libraries, or online at www. horowhenua.govt.nz/ratesrebates

Further information can be found on the Department of Internal Affairs website www.ratesrebates.govt.nz

SNAIL MAIL A poem by Levin

writer Margaret Jeune



What is time?

Time is circular

The time taken to write a letter to someone The time taken for the person to receive it Read it, write a reply to it and post it The time taken for the person to receive it,

Read it, reply to it

And to post it back to them

The process is ongoing Broken only by no response,

An email response

A phone call or text

Snail mail is now becoming obsolete

Communication is becoming intangible and elusive,

Will our memories remain the same?

In time to come

Hard to pin down

Hard to put a finger on

With nothing tangible to hold onto



WHO SPEAKS FOR WHEN YOU

Life can be fragile and you never know when the ability to make your own decisions is taken away from you without warning, no matter what your age. Having Enduring Powers of Attorney (EPA) for your personal care and welfare and property, will help give you peace of mind. It will require you to think about and discuss how you would like to be cared for in such an eventuality and what action you would like taken in a life threatening medical situation, such as major stroke.

- What would happen if you are involved in a serious accident. have a stroke or develop dementia?
- Have you thought about who would communicate and make health care decisions for you or pay your bills?
- Does your family or those closest to you know what you want?
- Have you given someone the legal authority to act on your behalf?

I HAVE AN EPA FOR MY FINANCES IS THAT THE SAME? • Personal care and welfare – This covers health, accommodation and reround care and wender and only comes into effect if a medical associated care decisions, and only comes into effect if a medical There are two types of EPA:

- associated care decisions, and only comes into effect if a medical professional or the Family Court decides you no longer have the capacity Property - This covers your financial matters and can be activated by You at any time while you have mental capacity, or otherwise only if
 - you lose capacity.

HOW DO

have happen.

as your attorney for personal care and welfare and property matters and what you want them to do, you need to contact a lawyer or qualified legal representative to be your witness. They will ensure you understand all of your options, what the EPA documents mean and ensure that it meets all legal requirements. It is important that the person you have chosen as attorney agrees to take on the role and understands their responsibilities. While there are costs associated with setting up EPAs, you can save money by being organised and knowing what you want to

When you've decided who you'd like

We all know people who have suffered a major event to their health, leaving their friends and families unsure what to do regarding their health care, welfare and finances. Don't do that to your loved ones. Take action now and have those important discussions with your family, whanau and lawyer. Legally appoint and document attorneys for your personal care and welfare and property and support others to do the same.

WHO CAN BE AN EPA?

Someone you trust to understand and respect your wishes and feelings. Often they are a friend or family member, or a colleague. You must have confidence the person you choose will act with your best interests at heart.

For more information: • www.msd.govt.nz and search "senior citizens your rights" or "power of attorney".

• www.advancecareplanning.org.nz • Your nearest Community Law Centre • Your local branch of Age Concern New Zealand Refer also "Let's Talk About Health – Don't Be An Ostrich" – www.bit.ly/1WbAq8j



Caring for someone WITH DEMENTIA

People who are caring for someone with memory loss may also be interested to attend two free dementia education sessions in late November.

Topics covered will include types of dementia, 'stepping into the world of dementia, behaviours/ unmet needs and strategies to

use, communication, safety, and driving issues, legal and financial issues, services available and 'living well with dementia'.

The sessions will be held at Te Takere in Levin on Wednesday 18 and 25 November from 1.00pm to 3.00pm.

There is also a monthly group where carers can meet others who are in a similar situation. share what it is like to care for someone with memory loss, learn from each other and gain practical ideas for coping, as well as increase knowledge about dementia.

In Levin the group meets at Jack Allen Community House, 21 Durham Street, on the first Friday of each month from 1.00pm to 2.30pm. There is also a group that meets at 65a Main Street, Otaki, on the first Friday of each month from 10.30 to 12 noon.

For more information, contact Alzheimers Manawatu field officer Anne Lowry on 0800 004 001.



Cognitive Stimulation Therapy (CST) has been introduced into the day-to-day programme at the Marion Kennedy Club in Levin.

Alzheimers Manawatu manager Donna Hedley says that sessions aim to actively stimulate and engage people with dementia, whilst providing an optimal learning environment and the social benefits of being in a group.

"The effects of CST appear to be comparable to those reported with anti-dementia drugs currently available. We have seen benefits already with some of our club members who appear to be more engaged within the small cluster group's sessions," Donna said.

CST treatment involves at least 14 sessions of themed activities, typically run twice weekly, and longer-term 'maintenance' CST.

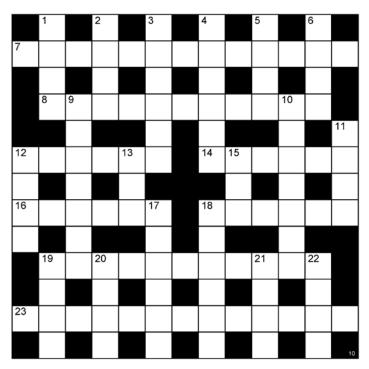
For more information, phone 0800 004 001. Carers who would like to learn more about CST are also welcome to call and talk with staff.



ARE YOU ON FACEBOOK?

We are - and we'd love you to connect with us. Keep up to date with news, activities and events via Council's page www.facebook.com/HorowhenuaDC

CROSSWORD it's berry tricky...



CRYPTIC CLUES

CLUES ACROSS

- 7. Can't be tired -- never lets up! (13)
- 8. Party men Len organises, for good (11)
- 12. Do get a change from it when old and foolish (6)
- 14. Three times church rite may be performed (6)
- 16. Put aside money for effecting rescue on horseback (4,2)
- 18. Say one won't have any such rubbish (6)
- 19. In which are displayed the pick of the blooms (6,5)
- 23. Doesn't interfere by trying to doctor those who aren't sick? (4,4,5)

CLUES DOWN

- 1. Sudden decision taken to break it off (4)
- 2. Closely regard one's equal (4)
- 3. Do some harm to one's aged Ma perhaps (6)
- 4. How to order one straight there (6)
- 5. Huge tank holding sulphur (4)
- 6. It may be drama to be an instrumentalist (4)
- 9. It is of the summer when Edinburgh arts season hasn't begun... (7)
- 10. ... and one has time off to lie around, certainly (7)
- 11. Some nice reasons to cover it with wax (4)
- 12. The prescribed amount does have to be changed (4)
- 13. Antelope for which firearm was taken out (3)
- 15. Dutch implement used for the promontory (3)
- 17. One to strip an early policeman of it (6)

- 18. With upset liver, has the energy to attack one with abuse (6)
- 19. Not many -- about fifty -- were airborne (4)
- 20. Large oven for roasting with no encircling band (4)
- 21. Is this the only fish Dover can supply? (4)
- 22. A ditty for which it goes cheap (4)

QUICK CLUES

CLUES ACROSS

- 7. Tireless (13)
- 8. For good and all (11)
- 12. Second childhood, foolish old age (6)
- 14. Three times (6)
- 16. Put money aside regularly (4,2)
- 18. Turn down (6)
- 19. Ornamental containers for cut blooms (6,5)
- 23. If it's not broken, doesn't mend it (4,4,5)

CLUES DOWN

- 1. Photo (4)
- 2. Lord (4)
- 3. Cause injury to (6)
- 4. Tell one which way to go (6)
- 5. Enormous (4)
- 6. Be at sport (4)
- 9. Of the summer (7)
- 10. Non-working time (7)
- 11. Waxlike patch at base of beak (4)
- 12. Measured amount of medicine (4)

- 13. Horselike antelope (3)
- 15. Do some gardening (3)
- 17. Early name for a policeman (6)
- 18. Use abusive language (6)
- 19. Travelled by air (4)
- 20. Drying-oven (4)
- 21. Underside of foot (4)
- 22. Aria (4)

Answers shown in next edition of elderberries...

Berry tricky crossword answers

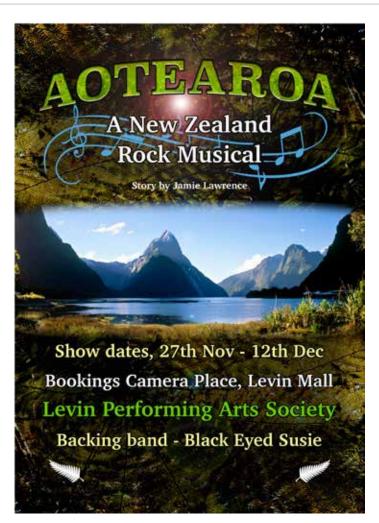
SOLUTIONS - Flderberries issue 32

ACROSS 1. Lithography 7. Satiate 9. Inch

- 11. Round 12. Method 14. Generalised
- 18. Select 20. Nepal 22. Rays 23. Spreads
- 24. Electioneer

DOWN 2. Intrude 3. Grey 4. Hunch 5. Usury 6. Chide 8. Audience 10. Designer 13. Wag

- 15. Expiate 16. Usurp 17. Glass 19. Loyal
- 21. Asti



AOTEAROA A New Zealand Rock Musical

The world premiere of Aotearoa - A New Zealand Rock Musical will take place at the Levin Performing Arts Society on Friday 27 November.

Written by Jamie Lawrence, the stage musical is part love story, part eco awareness, part spiritual enlightenment. It is a light-hearted walk into the West Coast forest and wrapped around some great New Zealand rock songs such as Whaling by Dave Dobbyn, April Sun in Cuba by Dragon, Counting the Beat by The Swingers, Bliss by The Dudes, Don't Dream It's Over by Crowded House, Maxine by Sharon O'Neill, and more. Horowhenua band Black Eyed Susie will provide the music.

The show's season runs from Friday 27 November to Saturday 12 December. Tickets for the show and coffee are \$20. Tickets for the show and Christmas banquet meal are \$45. Tickets are available at Camera Place in the Levin Mall. For more info, call Lorraine on 06 368 4555 or 027 6868 106.

CATCH A RIDE ON THE DAY OU IN TOWN BUS

Do remember that the Day Out In Town Bus runs every Friday. For only a \$2 fare one way you can travel between Levin, Shannon, Foxton Beach, Foxton, Waitarere Beach, and back to Levin in the morning - and returning to your chosen bus stop in the afternoon.

9:30am Levin: Service begins at Bath St bus stop by Te Takere

9:45am Shannon: Ballance St bus stop

10:15am Foxton Beach: Community Centre, Seabury Ave

10:25am Foxton: Main St bus stop by De Molen Windmill

10:40am Waitarere Beach: **Outside Four Square**

11:00am Levin: Service arrives at Bath St bus stop by Te Takere

2:00pm Levin: Return service departs from Bath St bus stop by Te Takere

2:15pm Shannon: Ballance St bus stop

2:45pm Foxton Beach: Community Centre, Seabury Ave

2:55pm Foxton: Main St bus stop by De Molen Windmill

3:10pm Waitarere Beach: Outside Four Square

3:30pm Levin: Service ends at Bath St bus stop by Te Takere



WHAT'S ON IN AND AROUND HOROW HENDA

It's a berry busy world out there... Activities and events:

Sunday 15 November

Footprints in the Sand fun runs and walks

8:15am - 11:00am at Foxton Beach. This is a Foxton Lions Club fundraiser with proceeds to the Foxton Surf Life Saving Club, Manawatu Coastguard and Palmerston North Rescue Helicopter. The 20km run starts 8:30am and costs \$25. The 10km run/walk starts 9:00am and costs \$15. And, the 5km run & walk starts 9:15am and costs \$5. All runs and walks are along the beach starting and finishing at the Surf Life Saving Club. Spot prizes can be won. Entry forms are available at the Levin Aquatic Centre and Hammer Hardware in Foxton. Participants can also enter online and find more info at www.foxtonlions.co.nz. Phone enquiries should be made to 06 368 0070.



Sunday 15 November

Man Cave Tour

10:00am - 4:30pm. This Levin Rotary Club fundraiser for the

Cancer Society Horowhenua will offer more than a dozen "man caves" to visit. These include a propeller maker and restorer of Norton motorbikes, vintage and dragster cars, model remotecontrolled cars and aeroplanes, small bore rifle club, pen and ink drawings, war games, bone and greenstone carving, and a fully-restored French musical organ. Tickets cost \$25 and include a barbecue lunch. There are three ways to purchase tickets:

- 1. Post a cheque made out to the Levin Rotary Club, PO Box 93, Levin 5540. Include your name, phone number, email address and/or postal address.
- 2. Direct credit to BNZ bank account 02-0668-0029655-00. Include your name in the Particulars box, your phone number in the Code box, and "Man Cave" in the Reference box.
- 3. Pay for and collect your tickets at Paper Plus in Oxford Street, Levin, or at Gimbletts Pharmacy in Main Street, Foxton.

For more information, contact Steve on 021 239 9940 or steve.forde@inspire.net.nz

Friday 30 November

Blast from the Past Cinema film night at MAVtech 6:00pm - 9:00pm at the Audio Visual Museum of New Zealand (MAVtech), 2 Avenue Rd, Foxton. The museum doors will open at 6:00pm and then at 7:00pm a variety of short films will screen, including old news reels, sports, cartoons, comedy and general interest. Door entry is \$8.00 per person. For more info, phone 06 363 5910.

Sunday 6 December

Levin Christmas Parade

1:00pm - 2:30pm in Levin's town centre. The 2015 Levin Christmas Parade will once again travel up the main street, starting on Durham Street, turning left on Oxford Street and up to Stanley Street, left onto Salisbury Street and dispersing from the intersection joining Salisbury Street and Bath Street. For information leading up to and on the day visit Council's Facebook page www.facebook.com/HorowhenuaDC.

For further details and other events, visit www.horowhenua.govt.nz/events