

ELDER

berries

50+ magazine with news and views for active seniors in the Horowhenua District



Steve's a Good Sort
Pg. 3

Horowhenua

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, Levin
- 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 contact Council's Media and Publications Officer Kelvin Teixeira on 06 366 0999 or kelvint@horowhenua.govt.nz

If you are a community group, rest home or business that requires bulk copies for your 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.



HAVE YOU JOINED THE ACTIVE ELDERLY CLUB YET?

Being physically active is one of the most important things you can do to maintain your health and quality of life! Being active on a regular basis can not only benefit your health but your quality of life.

To help get you motivated to be active Aquatics Horowhenua has an Active Elderly Club. Its aim is to encourage older people to get out in the community and get active. The club is open to any senior residents of Horowhenua and members receive many benefits and special events.

Other benefits for club members include free morning teas after aqua class at the Levin Aquatic Centre each Tuesday and Friday morning, opportunity to win monthly prizes, monthly newsletter with information about what is happening in

the region, and have-a-go opportunities at local clubs.

To join the club there is an annual subscription of only \$12. Once you have signed up you will receive all of the benefits above

and personal invitations to attend the club events.

Registration forms are available online at aquatics.horowhenua.govt.nz or pick up a form at the Levin Aquatic Centre.



STEVE

is a visitor extraordinaire

Levin's Steve Thomson has always had admiration and respect for his elders.

While he's just turned 65 himself, this does not stop him from volunteering for two organisations that provide services to bring health and wellbeing benefits to older people locally.

For the past three and-a-half years Steve has been a volunteer visitor with Age Concern Horowhenua's Accredited Visiting Service (AVS), and since late 2013 he has also been instrumental in producing the organisation's regional magazine.

And, as a volunteer for Canine Friends - Pet Therapy for the past three years, Steve and his little dog Gizmo visit residents at Horowhenua Masonic Village Rest Home and Hospital every fortnight.

"I visit together with a diversional therapist, but Gizmo is the real star - the residents really like him and their eyes light up whenever they see him."

Steve retired five years ago after a career which ranged from driving trucks to being a finance manager for Telecom for 22 years, but he has continued to keep himself occupied.

Social and personable by nature, Steve says he likes being around people.

He visits two Age Concern Horowhenua AVS clients each for about one hour a week - one who he has been visiting since November 2011.

"We connected with each other straight away, as we had similar interests. David is a science fiction follower and I'm into science reality, such as quantum physics and the wonders of the universe, so we always have plenty to talk about and debate - although David does get the better of me at times, as he's older and has a wider knowledge of things in general. But we do have some good discussions. I really enjoy it," Steve said.

Steve has had a rapport with older people ever since he was eight-years-old, with his stepfather and mother working at a retirement home and hospital for women.

"My stepfather was the caretaker and mum was a cook and then laundry lady. We lived on site and it was great - it was like I had 80 grandmothers. It was there that I really learned to respect and admire old people. I was 20-years-old when I left - to go flatting."



Steve is also one to enjoy having a project on the go and being the local editor for the combined magazine produced by Age Concern Horowhenua together with the Age Concern branches in Kapiti and Manawatu.

Not only does he help write and produce the content for it, he has been delivering up to 2000 copies locally, and at times singlehandedly - usually on his bike with Gizmo sitting in the basket.

"I'm just happy that I can contribute to getting information out to older people and, of course, I learn a lot myself in doing so."

Steve said there are plenty of spaces available for more older people to have an Age Concern Horowhenua Accredited Visiting Service trained visitor visit them on a regular basis.

"For some older people, having a visitor for an hour a week makes a real difference to their health and happiness. Volunteer visitors pop in each week for a catch-up over a tea or coffee - just as any friend would do," he said.

For more information contact Accredited Visiting Service coordinator Lynn Pettigrew on 06 367 2181, admin@ageconcernhoro.co.nz, or pop into Age Concern Horowhenua's office at 538 Queen Street, Levin.



Exploring Ageing free MONTHLY INFORMATION SESSIONS

With ageing comes age-related concerns. That's why Enliven's Levin Home for War Veterans is offering monthly information sessions about age related topics for the Horowhenua community.

Exploring Ageing is a free monthly information session covering topics relevant to elders and their families.

Provided by Levin Home for War Veterans, the new aged care initiative will be held one Wednesday per month at the home, located on the corner of Prouse and Matai Streets in Levin.

Levin Home manager Joanna Thomson says the information

sessions were originally designed for staff, but they thought it would benefit elders, families and the wider community, too.

"We realised we need to share our knowledge to help families understand the care that is provided to older people."

The sessions are suitable for anyone who would like more information on ageing issues. Each session will be taken by an expert guest speaker with a new topic each month.

"So far the sessions have covered topics concerning our elders, such as hearing aids and incontinence products, and our next sessions will cover Parkinsons, Alzheimers, pain

management and protecting older people's skin," Joanna explains.

"Come along and boost your knowledge about ageing related topics. You might learn a thing or two that can benefit you or your loved one."

Levin Home for War Veterans provides rest home, hospital, dementia care, respite and convalescent care.

The next Levin Home Exploring Ageing session will be held on Wednesday 1 July at 3pm. All are welcome to attend.

For more information about Levin Home for War Veterans or the home's Exploring Ageing sessions, call 06 366 0052, email lwvh@psc.org.nz or visit www.enlivencentral.org.nz.

The Exploring Ageing with Enliven schedule:

- Wednesday 1 July, 3:00pm: Living with Alzheimers
- Wednesday 5 August, 3:00pm: Pain Management
- Wednesday 2 September, 3:00pm: Protecting Older People's Skin

CALENDAR to promote men's health

Do you have one of Age Concern Horowhenua's new calendars ready to hang on your wall by 1 July?

The locally-produced calendar runs from July 2015 to June 2016 and is now available at Age Concern Horowhenua at 538 Queen Street, Levin. It has a limited print run of 300 copies, available at \$5 each.

The calendar also aims to raise awareness about men's

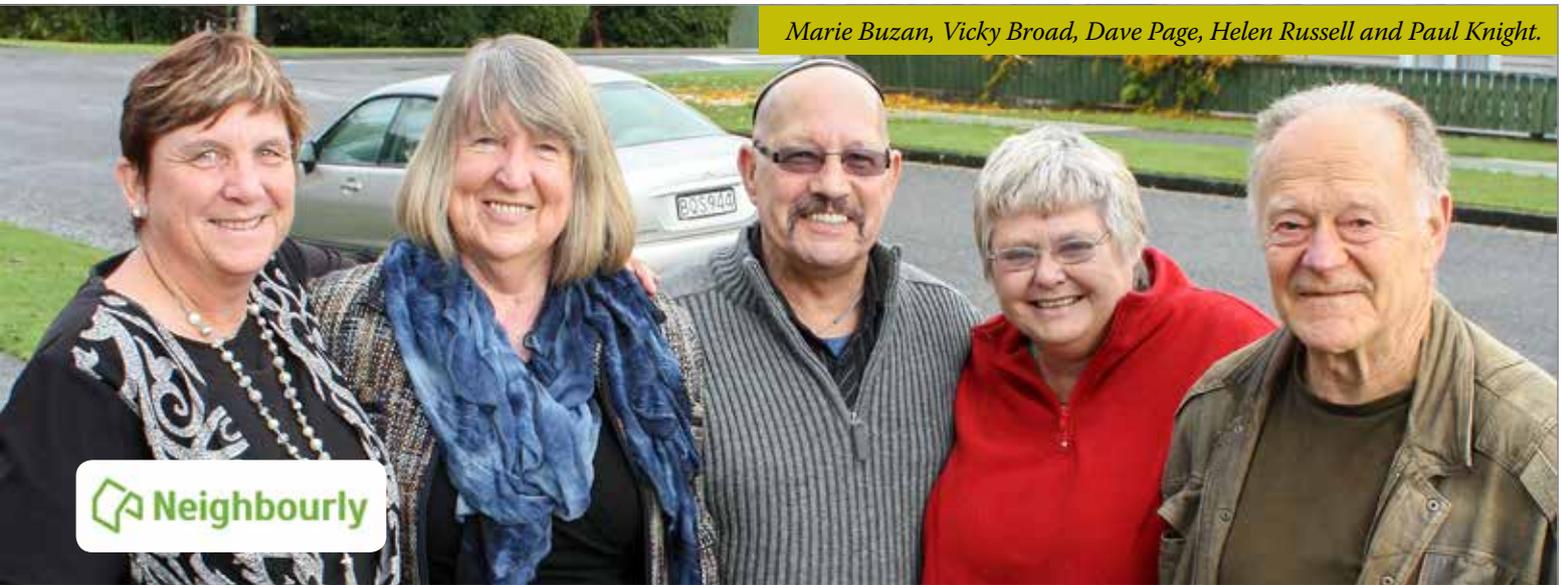
health - physical, mental and holistic - with photographs showcasing scenic locations in the Horowhenua District, such as the Manawatu River Estuary at Foxton Beach and Remembrance Park in the Levin Public Gardens. It also features local male 'models', including District Mayor Brendan Duffy who graces the cover.

Age Concern is a charitable organisation dedicated solely to older New Zealanders. It promotes dignity and respect



for all older people as well as providing expert information and support services in response to older people's needs.

For more information, contact Age Concern Horowhenua on 06 367 2181 or admin@ageconcernhoro.co.nz



Connect with your NEIGHBOURS

When neighbours connect, good things happen - a stronger, safer and friendlier community for a start.

An increasing number of Horowhenua residents who live near each other are connecting online via the free and private Neighbourly website.

In turn, these residents are developing acquaintances and even friendships in person, helping foster and build more connected local neighbourhood communities.

Levin's Neighbourly group now has nearly 300 members, with about 10 new people joining every week. The group is managed by Levin residents Helen Russell, Dave Page and Marie Buzan.

Marie says it is quite different to Facebook.

"Neighbourly is an online social network, but it actually encourages personal connections. I think that's why it has been so successful - it reinforces the old values of being neighbourly," she said.

Marie says members can use Neighbourly for a variety of purposes, such as to introduce yourself to neighbours, organise an event or activity, raise awareness of local crime offending, find a babysitter, share a photo of a missing pet, request to borrow a ladder or other tool, seek recommendations of a local tradesperson or other business, sell something from your home, and engage with local community organisations.

Helen Russell said Neighbourly proved useful while she was recovering from a fractured arm and leg injury.

"I live alone and although I had friends who were wonderful in helping out, I went onto Neighbourly and asked if there would be anyone available to help out with things if I needed, and Marie offered. That's how we met. Now, occasionally, we even go walking together."

Dave Page says he also has met some wonderful people through Neighbourly.

"At first I was a bit sceptical about joining, thinking it was just another Facebook, but it really is quite different. You'll have Facebook friends from all over the world, but Neighbourly is solely about people in your neighbourhood," he said.

Neighbourly groups are managed by "leads" who are members of the community and only local residents can join and access the groups.

Every member must use their real name and have their address verified - both electronic and posted letter verifications - to be able to use the site. Members also control how large or small their Neighbourly presence or interaction becomes.

We have members who are quite happy to interact online and not meet people in person at all, and that is fine," Marie said.

A longtime Neighbourhood Support coordinator, Paul Knight said Neighbourly fosters the attitude of behaving well to other people.

"I think it's a very positive thing for our society."

Another member Vicky Broad said Neighbourly has helped her get to know a few people in her neighbourhood after she moved to Levin from Waikanae last year.

"It reminds you of how many good people there are in our community who are willing to help out one another. I like that."

To learn more about Neighbourly and search for a local group, visit www.neighbourly.co.nz



Simon Broad

AUTUMN GARDENING WITH SIMON

Getting family involved in the garden, and the flu injection.

As this excellent publication is aimed at the over 50s, I thought I would touch on a subject which is very dear to my heart - getting children and grandchildren involved in the art of gardening. And, yes, it is an art. Maybe not the same as painting portraits or making pottery, but an art just the same.

I know that I have touched on this subject in the past, but that just mentioned getting children involved in gardening. This is the first time though that I have written a whole article on the subject.

Driving around Foxton on my mobility scooter, I can't help but notice the lack of children or grandchildren out in their gardens.

Call me old-fashioned or old school, but some young ones today have no concept of where their vegetables come from. They seem to think they grow in the freezers at New World, Pak 'n Save, or Countdown. I have seen some of the above-mentioned walk through the vegetable department at New World Foxton and comment to their mate, "Is that what a beetroot looks like?". A very sad indictment on our future leaders! Get them involved by giving them their own piece of ground to grow whatever they like, as long as it is legal! Let them prepare the soil, compost and fertilise; then plant the seeds or seedlings. But make sure you offer advice along the way. Don't do the work for them. Remember, a family that gardens together,

stays together. It is a hobby which will help them in years to come.

How about starting your very own 'Family Garden', where one of the family will allow their gardens to be used. The concept is simple. They will each be allocated a patch of ground, or a garden bed or two to grow whatever they choose. And those veges are theirs to take home and enjoy. The benefits are endless. It will get the children involved in gardening, you will see more of your family, and most importantly, you and the family will enjoy fresh vegetables all year round.

By including the children or grandchildren, they will be learning off you and your own children. So it is a win-win situation.

Flu Injection: By now hopefully the majority of you would have

had your flu injection. A lot would of taken advantage of the funded incentive for the free injection. I did, and so did my flatmate Lance, and some family members . This brings me to something I feel strongly about!

I personally feel that caregivers should be classed as high risk, and have their flu injections funded by the agency they work for. They are as vulnerable as us, due to the fact that they have close contact for a couple of days a week or, in my case, more. The last thing each of us want is for our carer to be off work due to the flu, and have another reliever come in.

We all know that the majority of caregivers are dedicated and put in 100 percent effort to their clients (us), like mine.

So, if any agency gets a copy of Elderberries or you are a caregiver, give them a copy of this. It may, or may not give them food for thought.

If you have any gardening queries, or just want to comment. Feel free.

See you all in the Spring, for another edition of "Gardening Foxton Style".



Simon Broad

62 Avenue Road, Foxton 4814.

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Email: sf.broad@xtra.co.nz



A poem by Levin writer Margaret Jeune **BAD DRIVING**

If I were to swerve over the middle line
Or overtake another car on a double yellow line
Or heaven forbid drive on the wrong side of the road
I could always blame my bad driving
On my unfamiliarity with the road code
Or my inexperience with driving conditions
Due to me being a tourist in New Zealand
If my keys were to be taken off me however
By an irate local making a citizen's arrest
After a particularly poor display of driving
My true identity would be revealed
And it would be discovered
That I'm not a tourist after all
Just a bad driver.

A short story by Levin writer Janine Kelly

THE COTTAGE

The cottage itself will wait for me, but the longing to be there is not so patient. I must return.

Once there, I'm enveloped in a tangible stillness. The occasional cockerel cry peppers the air and the sea hush-hushes at night. The drone of an aeroplane reminds me that civilisation is comfortably near. These sounds are part of this place too, and when absent, serve to heighten the clarity of total silence. Being here polishes the senses, brightens the response that everydayness dulls a little. I lean back against the cottage looking westward towards the gentle hump of Kapiti Island. Later, the afternoon sun will warm the creamy walls and curtains inside to a golden glow. A walk along the seaward boundary of the farm brings me to the pond, the focal point of the wetlands. Having gazed into its deep-green depths in times of flood, it seems almost a desecration to cross its exposed floor when in drought. It is an eerie feeling of being somewhere I'm not supposed to be.

The pond is not only a refuge for ducks and swans - nestled among tussock grasses on its bank, I watch clouds drift, while swallows skitter over the water. Gradually a sense of just being takes hold and I allow it to seep in until there is just me in this space, and nothing else.

Then I pass through a miniature pine forest. Young karaka and kawakawa thrive under the guardianship of the more worldly pines. I can walk through this grove on a winter's day with rain dripping off the branches, and feel sheltered also. The free-range hens hear me coming as I pass the orchard and a rabbit darts away. I am back at the cottage. My fantail escort flies off. Removing my boots, I see the poached egg-white droppings on the concrete outside the ranchsliders. The farm ducks have visited in my absence.



Janine Kelly

TAKE ACTION TO STAY MOBILE AND INDEPENDENT

Don't let your feet trip you up

Foot problems, ill-fitting shoes, shoes with minimal contact with the ground or poor grip may upset your balance and change the way you walk, putting you at risk of falling. If you have any foot pain or foot problems, see your doctor or podiatrist. A fall can be life changing for a person, affecting their independence and wellbeing.

Are you at risk of falls?

1. Have you had a fall in the past 12 months?
2. Are you on four or more medications?
3. Do you have a fear of falling?

If you answered **YES** to any of these questions, you are at risk of a fall. Please talk to your health professional.

The good news is that most falls can be prevented by:

- being active, improving your balance and walking tall
- having your eyesight checked regularly
- getting your medicines reviewed regularly
- managing your health and nutrition
- keeping your home clutter-free and well lit
- good foot care and safe footwear.

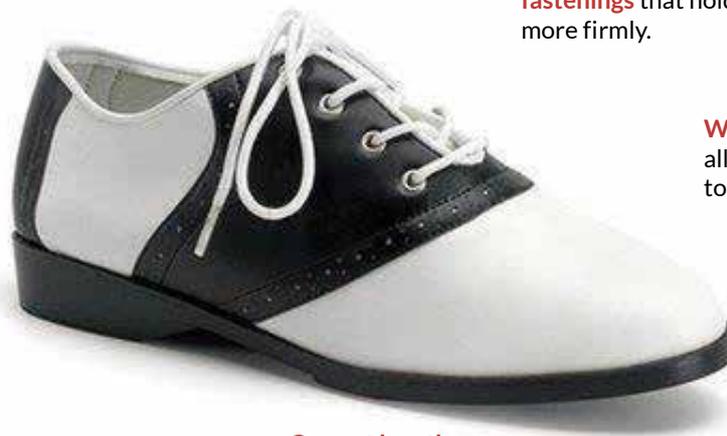
Shoe shopping tips

- If you have lost or gained weight – you may need new shoes to fit properly.
- Don't shop for shoes when your feet hurt.
- Feet tend to swell during the day, so try shoes on mid-afternoon, take your usual socks or stockings and orthotics with you.
- Have shoes properly fitted.
- Shoes should fit properly when you buy them. They should not need to be stretched or broken in. Don't be pressured by sales staff – if the shoes are not right don't buy them.
- Try both shoes on, buy for fit not size. Walk around on different surfaces in the shop to ensure that the shoes fit properly and the heels don't slip.
- A long-handled shoe horn may help.

Safe shoes should have:

A firm heel cup which provides support when walking.

Low wide heels with rounded edges which provides more contact with the ground and prevents slipping.



Correct length allowing normal foot function.

Laces, buckles or velcro fastenings that hold the foot more firmly.

Wide and deep toe box allowing plenty of room for toe movement and comfort.

Thin soles with tread enabling your feet to "read" the underlying surface and prevent slipping.

HAVE THAT CONVERSATION THAT COUNTS

Talking about death and dying is hard.

Most of us will not die suddenly, so we all potentially have lots of time to think, talk and plan for our future and end of life care. Yet for most families this conversation does not happen, or if it does, then only when someone is very unwell.

Many people don't spend their last weeks and months doing what they value in a place they call home. They are undergoing treatments they would not have chosen given the choice, away from their homes in a hospital or high care facility, isolated from their families by visiting hours or distance. Many don't get to say what they want to the important people in their lives, don't get to say I love you, thank you, sorry and goodbye.

Advance Care Planning helps us think about and share what is important, it helps us think about

and plan what treatments we do and don't want, it helps us clarify how we want to be cared for as we approach the end of our lives.

So, have a 'Conversation that Counts'. That is, talk to those we care about and with those who will care for us as the end approaches about what we would want for ourselves.

Start having conversations with family, friends and wider social networks. And, feel confident to start these conversations about what matters to you and what care and treatment you would want in the future.

For more information about Conversations that Count, visit www.conversationscount.org.nz

To find out more about Advance Care Planning, access e-learning modules or watch the moving and very informative film *Living for Today, Planning for Tomorrow*, visit www.advancecareplanning.org.nz

For local information or to arrange for someone to talk to a group about Advance Care Planning, please contact Liz Elliott, Clinical Advisor - Health of Older People at liz.elliott@midcentraldhb.govt.nz

SENIOR SERVICES

in our community



MINISTRY OF SOCIAL DEVELOPMENT
TE MANATŪ WHAKAHIATO ORA

Senior Services support people as they age by providing information, connections and financial support so they can live secure and meaningful lives in our communities.

Our vision for older New Zealanders is that they are healthy, independent, connected and respected.

Here in Levin we have two Senior Services case managers at the Horowhenua Community Link and one case manager in Foxton providing services to nearly 6,000 senior clients throughout the district. Our case managers are dedicated and committed to providing a quality service and are here to help you.

If you need to see us, the easiest way is by calling 0800 552 002 to make an appointment and don't forget to bring identification with you when you come in, for example, your Super Gold Card or Drivers Licence, this will help us to provide you with a more efficient service.

Often our team at the contact centre are able to help you without the need to come into the office. Things like requesting a Rates Rebate letter, can be completed by them without you having to leave

home, so call 0800 552 002 and get these sorted as the deadline for these are drawing near.

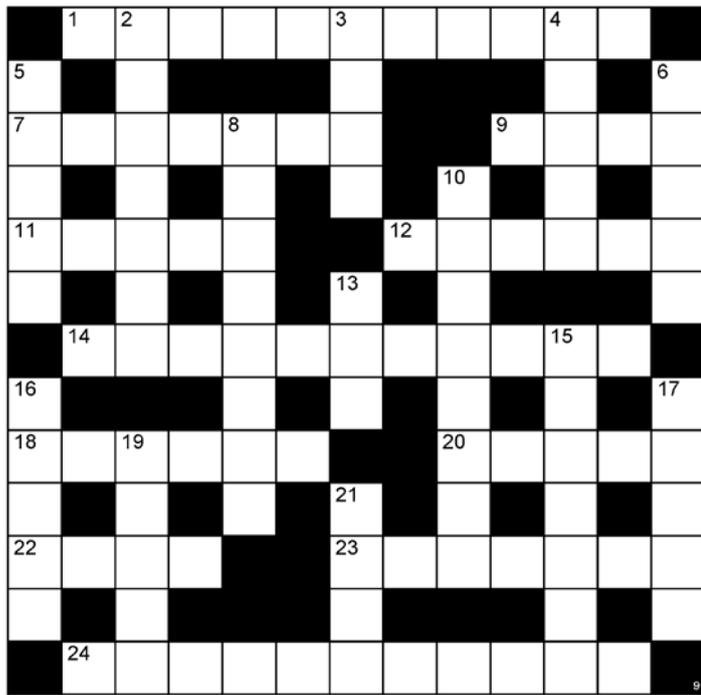
For an application form and more information about qualifying for the Rates Rebate Scheme visit www.ratesrebates.govt.nz or contact Horowhenua District Council.

And finally, if you are thinking of applying for NZ Super, the quickest and easiest way is to apply online. For more information go to www.seniors.msd.govt.nz and click on the 'Apply for NZ Super' button, or you can call us on 0800 552 002.



Horowhenua case managers Felicity Greig and Susan Carson.

CROSSWORD it's berry tricky...



CRYPTIC CLUES

CLUES ACROSS

1. Way of printing graph one hotly prepares (11)
7. I took a chair, then I consumed enough to fill me up (7)
9. Part of the foot used to replace chin (4)
11. A circular piece of ammunition (5)
12. The Dome, endlessly wrong, showed the way it's done (6)
14. How green ideals were expressed in a sweeping way (11)
18. In a dissenting body the French have to make a choice (6)
20. Himalayan country of the Northeast friend goes to (5)
22. Fishes: breams? No, that's not right (4)
23. Press ad put out showing butters and margarines (7)
24. Polling is always poetic, so go out and canvass votes (11)

CLUES DOWN

2. Under it one might go where unwelcome (7)
3. The indeterminate colour of the mare that rules her husband (4)
4. A feeling it might be backed by Quasimodo (5)
5. Overmuch interest is taken in this business (5)
6. Tell off the child left out by leading entrant (5)
8. The house that may be at play (8)
10. He makes patterns and is resigned to it (8)

13. A humorous fellow doesn't get his full salary (3)
15. Make atonement to previous partner that is apt to change (7)
16. Supplant us as Pru might (5)
17. From which to drink what gives one reflection (5)
19. It's true, it's a toast (5)
21. A Signora's tippie includes wine from the Monferrato hills (4)

QUICK CLUES

CLUES ACROSS

- | | |
|----------------------------------|-------------------------------------|
| 1. Method of printing (11) | 18. To pick (6) |
| 7. Gratify fully (7) | 20. Country NE of India (5) |
| 9. Move extremely slowly (4) | 22. Beams (4) |
| 11. Circular (5) | 23. Moves out in all directions (7) |
| 12. Orderly procedure (6) | 24. Go on the hustings (11) |
| 14. Made sweeping statement (11) | |

CLUES DOWN

- | | |
|--|----------------------------------|
| 2. Go in where not invited (7) | 13. Shake to and fro (3) |
| 3. Colour of middle age, the elderly (4) | 15. Make reparation for (7) |
| 4. Intuition (5) | 16. Take possession unjustly (5) |
| 5. Moneylending at exorbitant interest (5) | 17. Mirror (5) |
| 6. Scold, rebuke (5) | 19. Faithful (5) |
| 8. Those attending play, concert etc (8) | 21. White wine from Piedmont (4) |
| 10. One creating new clothing (8) | |

Answers shown in next edition of elderberries...

Berry tricky crossword answers

SOLUTIONS – Elderberries issue 31

ACROSS 1. Passant 5. Rosin 8. Narrows
9. Right 10. Implement 12. Sir 13. Orion 17. Elf
19. Unceasing 21. Mason 22. Explain
24. Nudge 25. Slavery

DOWN 1. Pencil 2. Scrapes 3. Ago 4. Taste
5. Ruritania 6. Signs 7. Nature 11. Eloquence
14. Primate 15. Sermon 16. Agency 18. Fused
20. Chews 23. Pea

EATING WELL As We Age

by MidCentral District Health Board health promotion advisor Nirmala Nand

Ill-health and aging can create new barriers or problems that could make healthy eating difficult!

So how can we overcome some of the problems we face that prevent us from eating well? Below are some common problems that occur with ageing and ill-health, and some solutions and ideas to help ensure you are getting all the nutrients and energy you need.

Can't chew?

If you are having trouble chewing or maybe have a tooth ache, it may mean you have trouble eating foods like meat, fresh fruit, vegetables and nuts.

If this is the case try these tips:

- Instead of meat try minced meat, eggs, milk, cheese, yoghurt, or foods made with milk like milk pudding and cream soups.
- Instead of fresh fruit try fruit juices, soft canned fruits – pears, peaches, pineapples and fruit salad mixes.
- Instead of chopped and cooked vegetables, try vegetables cooked and mashed, or vegetable soups and juices.

This will ensure you get all the required protein, calcium and other important vitamins and minerals your body needs despite your inability to chew.

No appetite?

Older people who live alone sometimes feel lonely at mealtimes. Loneliness can cause

loss of appetite, or you may not feel like making meals just for yourself or may be your food has no flavour or tastes bad. This could be caused by some medication you are taking. **Try these tips:**

- Eat with family and friends. Invite them for potluck, or plan to go out with them. Increase the flavour of food by adding spices and herbs.
- Ask your doctor if your medicines could be causing appetite or taste problems and ask for alternatives. Take part in group meal programmes.

Short on money?

Not having enough money to buy enough food can keep you from eating well.

- Some low-cost foods include dried beans and peas, rice, pasta, baked beans, spaghetti, or minced meat and eggs. These are relatively cheap and make several meals - for example, one dozen eggs may cost \$4.00 but can make four to six meals out of it and get good quality proteins, iron, vitamins and minerals.
- Use coupons or shop for items on specials. Buy foods on sale but check out the expiry dates. Compare prices.

Can't Cook?

You many have problems with cooking. It may be hard for you to hold cooking utensils, pots and pans. Or, you may have problem standing for a long time. Or, you are getting forgetful. Discuss your problem with your doctor who may be able to refer you to get home help. Use a microwave oven

to cook, reheat or have someone else cook and store food for you in the freezer, which you can reheat. Participate in meals on wheels programme in your area.

Can't Get Out To Shop?

You may have problems shopping for food. Perhaps you can't drive anymore or have trouble walking or standing for a long time, or need guidance and support.

- Ask the local food store to bring groceries to your home, some stores deliver free.
- Ask a friend or family member to deliver it to your home or ask your church for volunteer help.
- Ask for home help for a few hours to shop for you or take you out so you can shop for food. Don't be shy to ask for help.

For more information or for a guide on healthy eating, phone MDHB's Public Health Unit on 06 350 9110.



HOROWHENUA EVENTS E-NEWSLETTER LAUNCHED

A Horowhenua events e-newsletter has been launched to help promote events and activities throughout the District.

After signing up, you simply wait for the e-newsletter to arrive in your email inbox and then read about upcoming events such as performing arts shows, concerts, festivals, sports events,

exhibitions, community fundraisers and local recreation activities.

To receive the monthly e-newsletter visit www.horowhenua.govt.nz/whatson and click on the Events E-Newsletter link to subscribe.

The newsletter is compiled by Horowhenua District Council, with support from Te Takere's Visitor Information Centre, deMolen Foxton Information Centre, Shannon Railway Museum & Visitor Centre, Tourism Horowhenua, Foxton Tourist and Development Association, and Shannon Progressive Association.

For a list of events throughout Horowhenua District, visit www.horowhenua.govt.nz/events. Also on this website page organisers can list their event for free and include as much information as required.



IS YOUR HOME A POTENTIAL FALLS HAZARD?

Let us know and be in to win 10 Pharmacy Guild vouchers worth \$100 each!

Why not take a few minutes to go through ACC's home safety checklist (<http://bit.ly/1Pvs6U9>) to make your home as safe from falls as possible. We'd love to know how you get on!

Let us know how many hazards you found by filling in this postcard, post it back to us **by 31 July** (it's Freepost so you don't need a stamp), and you will go into the draw to win one of 10 Pharmacy Guild vouchers worth \$100 each.

There were _____ falls hazards in my home.

Name: _____

Address: _____

Best contact (email/tel no): _____



newzealand.govt.nz

www.open.hqsc.govt.nz

