

ELDER

berries

News, views and info for older people in Horowhenua District



Inside this issue:

**Improving
access and
inclusion**
page 3

**Recognising
outstanding
citizens**
page 4

**Upcoming
events**
page 12

Welcome to *Elderberries*, Horowhenua District Council's magazine tailored for older people.

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
- Horowhenua Culture and Community Centre - Te Takeretanga o Kura-hau-pō
- 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
- Te Awahou Nieuwe Stroom
- deMolen Foxton
- Foxton New World
- Foxton Beach Community Centre
- Foxton Beach Four Square
- Shannon Library
- Horsemans Cafe, Shannon
- Tokomaru Store

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.

→ ***Elderberries* is also available to view and download online at [www.horowhenua.govt.nz/News/*Elderberries*](http://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.**

What do you want to see in *Elderberries*?

Hello readers! We want *Elderberries* to provide an enjoyable, interesting and educational read. To ensure we keep doing this, we thought it was about time we asked what you thought. So, we'd really appreciate if you'd take a few minutes to complete this small questionnaire and return to:

👤 ***Elderberries*, Horowhenua District Council (deliver to 126 Oxford Street, Levin, or post to Private Bag 4002, Levin 5540).**

✉ **Or, feel free to email us the info or your feedback to: comms@horowhenua.govt.nz**

Thank you!

What do you enjoy most (tick any that apply):

- Club and organisation profiles
- Good Sort
- Health information
- Gardening information
- Creative writing
- Event listings

What would you like to see included?

- More event coverage
- More reader contributions
- Profiles of issues that affect older people
- Advertising
- Fun facts or hints/tips
- Recipe/s of the season
- Crossword
- Colouring-in activity
- Other puzzles, such as Sudoku
- Other? Please indicate:

Feel free to send us any other feedback, ideas or suggestions.

Improving access and inclusion

Horowhenua District Council has committed to improve access and inclusion for all people in the District, regardless of age or ability.

The Council adopted the Horowhenua Access and Inclusion Plan at an Extraordinary Council Meeting on Monday 27 November.

“Both the median age of Horowhenua’s population and the proportion of people aged 65 years or older are increasing,” said Community Development Advisor Helen Hayes.

“In addition, 27 per cent of the Manawatu-Whanganui region’s population identify as having a disability or impairment, which is higher than the national average. We need deliberate and considered planning to ensure equal opportunities and outcomes for everyone; this action plan provides that.”

The plan, developed by the Horowhenua Access and Inclusion Forum and endorsed by the Council’s Community Wellbeing Committee, serves as a guide and work plan for championing access and inclusion across the District.

It sets four outcome areas and six priority projects as a focus for the Forum’s activities. These were identified through a review comprising workshops, focus groups, interviews and surveys. Over 100 individuals and representatives of more than 30 agencies and groups were consulted, including the Older Persons Network, government agencies, disability sector staff and community groups.

“The consultation told us that access is a big issue for people in Horowhenua with disabilities. People with disabilities face challenges with physical access, access to information and support navigating services, access to services and entitlements, access to events and leisure activities, access to GPs and other health services, and finding affordable and accessible housing,” Ms Hayes said.

The four outcomes areas for the plan are: access, attitudes, health, and choice and control.



Margaret Williams (left) and Cr Jo Mason on the Levin-Waikanae trial bus service.

Priority projects include:

- establishing the relocated Jack Allen Hub as a champion site for access and inclusion
- a public awareness inclusion campaign, Live Well Horowhenua
- a welcoming community campaign, Haeremai Horowhenua
- accessibility advocacy and action, including providing navigation advocates to assist in accessing services and constructing the first fully-accessible public toilets
- emergency preparedness collaborative campaign and kits
- support for inclusion and choice in education, employment and activities, including:
 - collaborating with Youth Network on employment opportunities
 - collaborating with Education Horowhenua to research learner support in schools and after-school options
 - seeking funds for inclusive activities

The action plan will be reviewed in 2020.

 **Copies of the Horowhenua Access and Inclusion Plan are available on the Strategies and Action Plans page of the Council’s website, www.horowhenua.govt.nz, and from Council’s customer service centres.**

Civic Awards recognise outstanding citizens

Outstanding voluntary service to the community saw nine people and one organisation officially acknowledged at the Horowhenua Civic Honours Awards, held at the newly-opened Te Awahou Nieuwe Stroom in November.

Civic Honours awards were presented to:



Allan Little – a true soldier for the community. Allan was awarded a Queen's Service Medal for service to the community, became the first blind

person to qualify as a community nurse in New Zealand, and has served as vice-president of the Levin and Districts Senior Citizens Association for many years. He also serves on a number of forums and provides valuable advice to council staff on how best to meet the needs of the population.

Gerald De Castro – a dedicated sporting enthusiast who has served his community for many years. He currently serves as vice-president of the Horowhenua-Kāpiti Cricket Association. Formerly, he served many years as president of the Association and was awarded the honorary role of vice-president in thanks for his tireless work. Gerald has also volunteered extensively for the Horowhenua-Kāpiti Rugby Football Union, where he was nominated for the Grassroots Rugby Heroes competition.



Christina Paton – has been a fierce and devoted public servant for around 20 years. Christina has been a strong advocate for keeping our waterways clean, removing waste and effluent from the rivers and restoring the Manawatu River. Christina has also served her community as secretary for the Foxton Beach Coast Care Society.



Tony Strawbridge – a proud member of the Waitārere Beach community. Serving for a number of years in the Progressive & Ratepayers Association, he has volunteered his time as member, treasurer, vice-president and president.

A Mayoral Award was presented to:

The Horowhenua Special Olympics Committee –

2017 marks the 30th anniversary of the establishment of Special Olympics in our District. Special Olympics offers sports training, competition, companionship and camaraderie for children and adults with disabilities.





District Mayor Michael Feyen with Certificate of Recognition recipients. From left: Mel Chandler, Lew Rohloff, Margaret Williams, Mayor Michael Feyen, Sidney Anderson, Jude Pearce on behalf of the late Rose Thompson.

Certificates of Recognition were awarded to:

Mel Chandler – Mel is a veteran of the sporting world. He was a NZ Services Athletic representative and was also involved in time-trial cycling, cycle races, cross-country running, and bantam-weight boxing. He is a qualified coach for many sports and has shared his sporting knowledge and expertise, volunteering many hours of his time for the development of young sportsmen and women.

Lew Rohloff – Lew is a passionate advocate for older people. He has held every position in Horowhenua Grey Power and was awarded a Life Membership. He also accepted the responsibility of chair for the Superannuation National Advisory Group of Grey Power National Federation, which requires him to champion social issues in the halls of Parliament.

Margaret Williams – Margaret has been involved in the Older Persons Network, advocating for the elderly, the Community Wellbeing Committee, and many other action-based groups. For MidCentral District Health Board, Margaret has been involved in Locality Planning for the Horowhenua, the Excellence in Homecare Project and the Strategic Imperatives Development Scheme; all of which have

raised living conditions for thousands. She has also been a committed member of Horowhenua Grey Power for many years.

Sidney Anderson – Sidney is a trained vocalist who has been a member of the Levin Music Society for many years, including serving as president. She frequently performs at rest homes to encourage the residents to be involved in and enjoy music; she also supports young musicians to develop their abilities.

The late Rose Thompson – Rose organised and supported initiatives beneficial to many people through her involvement in the Shannon Lions Club and Plunket Society. Rose was also involved in the Shannon Progressive Association and Shannon Tourist and Development Taskforce, where she provided endless hours of voluntary work and assisted with restoring the Shannon Railway Station. Sadly, since being nominated for this award Rose passed away. Her award was collected by her daughter, Jude Pearce.

They're all truly Good Sorts!

@ To nominate someone for the Good Sort feature, please email comms@horowhenua.govt.nz

Jack Allen Community Hub to be established in RSA and Community Club

Horowhenua District Council is supporting the establishment of the Jack Allen Community Services Hub in Levin's RSA and Community Club.

The new Hub will be in the rear of the RSA. It will have a reception, an accessibility ramp, a disabled toilet, meeting rooms, bookable spaces for community groups and off-street parking.

The Hub will house community services currently provided in Jack Allen House in Durham Street. The relocation allows space for a large new medical facility in Durham Street.

"The relocation is a great opportunity to fulfil the vision for Jack Allen and means we are able to create a more fit-for-purpose Community Hub," said Eleanor Gully, chairperson of Contact Incorporated, which owns part of and manages Jack Allen House.

The new Hub is expected to open in May 2018.



An artist's impression of the hot desks and Citizen's Advice Bureau area in the new Community Hub.

What is the Older Persons Network?

The Older Persons Network was established by Horowhenua District Council as a place for conversation and information-sharing about issues that affect older people in the District. The network comprises representatives from more than 30 organisations, including Horowhenua Grey Power, Age Concern, MidCentral District Health Board, Horowhenua District Council and many groups with an interest in older people's issues.

In February last year the Older Persons Network established the Age Friendly Working Party to champion the principles of

age-friendly communities. The Working Party's first initiative was to distribute life tubes to older people in Horowhenua. Life tubes are small tubes which contain vital health and personal information for emergency and medical personnel to access if a person is unable to communicate.



Members of the Age Friendly Working Party with Councillors Victoria Kaye-Simmons and Jo Mason.

Priority projects planned for 2018 include education on Enduring Power of Attorney, co-locating services for elderly and disabled people in the Jack Allen Community Hub, the Live Well Horowhenua public awareness

campaign, and Haeremai Horowhenua to welcome and support newcomers to the District, particularly retirees.

The Older Persons Network meets in Council Chambers on the first Thursday of every month.

Poetry and Prose Horowhenua

Poetry and Prose Horowhenua is a local group which encourages people to write and share poetry and prose. Members meet weekly, as well as sharing their work on Facebook, and support each other with feedback and advice to improve their writing. Keen writers in the area who would like to learn how to write well and explore different creative paths are welcome to join.

Members Stan Richards and Batch Hales share some of their work with Elderberries readers in this issue.

 **Connect with the group on Facebook or email Elderberries at comms@horowhenua.govt.nz and we can put you in touch.**

Angel Song

By Stan Richards



Tell me how the silence speaks only to you in choruses of one.

While my ears burn to the ringing and throngs of sounds anon.

Does the vibrato of your inner ear ever hear, the soft fall of a dead sparrow?

Can it distinguish the difference between a baby's cry of need or the war cry of a warrior

thundering through a battlefield in stirrups and spurs?

Gunfire! Explosions! Rushing! Screams!

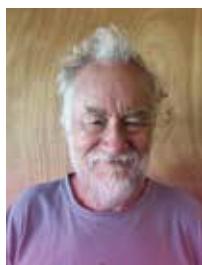
The nightingale lamps flicker and only the dead see the sine waves humming on their ashen flights to quieter places.

I listened once for the sound of a dead sparrow falling and the war cry of a warrior.

And the silence spoke to me in choruses of one.

Wrinkles

By Sebastian Hales



You stretch your skin, my dear, my dear, you stretch your skin to make it young, But when you make it young, my dear, your wrinkles are all gone, all gone.

Your wrinkles that have gone, my dear, they are the grooves I love the best. I love the grooves the best, my dear, that mould soft patterns on your chest.

The patterns on your chest, my dear, spread like a spreading ponga frond

or heron's ripples, oh my dear, a heron's ripples on a pond.

The ripples on the pond, my dear, contain the quiet mystery around the unplumbed depths, my dear, of your enduring majesty.

So those enduring lines, my dear, that age to ageless time has spun, they have such beauty, oh my dear, they serve as solace for the young.

Horowhenua Health Centre leads the way in spiritual care

MidCentral District Health Board is determined to become the leader in spiritual care in the New Zealand health sector over the next two to three years, in line with an international movement to increase its awareness particularly in the care of the elderly.

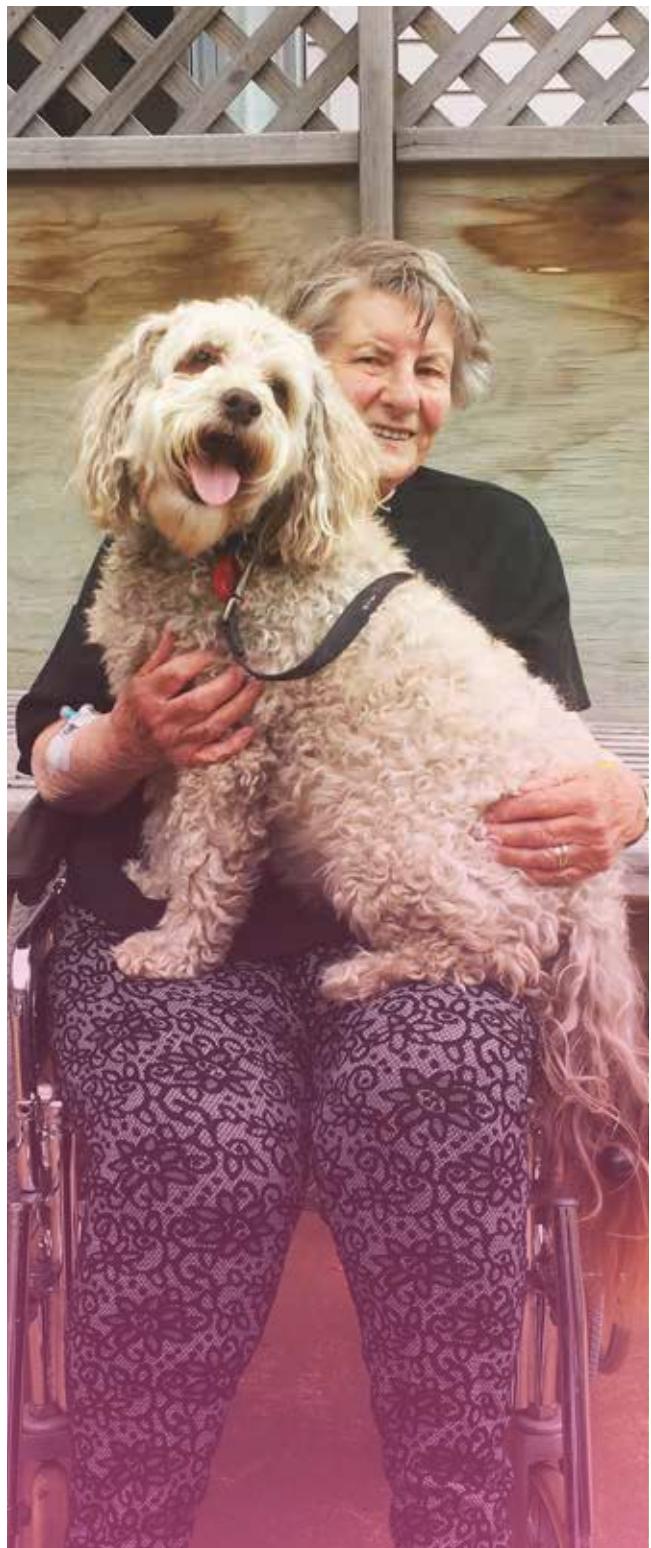
STAR 4 at Horowhenua Health Centre has been chosen to pilot the work. The project team has held workshops with consumers and staff, and is working with a small group of staff to progress ideas that have emerged.

Patients are admitted into STAR 4 for a number of reasons – rehabilitation after surgery, strokes, acute medical conditions, challenging discharge planning and end-of-life care.

STAR 4 Charge Nurse Diane Hague said: “What is most important is trying to develop the most appropriate means of communicating those things that matter most to our patients and their families. STAR 4 has prided itself on its holistic approach to care planning for all of its patients, and this project is a means of strengthening what is already practised.”

“The ward’s philosophy is to find what matters to the patient, what gives them enjoyment and meaning in life, to show an interest in this person’s life journey and employment they had and to identify those who are important in their lives. For some, this may be their beloved dog or cat, which can visit the ward, if appropriate. Also having ready access to a garden, a café, the ability for family to take them out for short periods and the visits from their local church are all considerations for a patient’s wellbeing.”

The project team will continue to explore what really matters to patients.



Mrs Shirley Haliburton with Charlie, her poodle cross, in the garden of STAR 4.

Gardening with Simon

I would like to start this edition off by wishing all the many readers of the Horowhenua District Council's excellent publication, Elderberries, and in particular Gardening with Simon, a happy New Year.

Garlic update:

That dreaded rust hit my garlic with a vengeance this year, so much so that from my April and May plantings (80 cloves) only eight jars of my popular minced garlic were able to be made. Of the 80 cloves only 8-10 were a complete whole clove, otherwise they were split at the bottom resembling one of those balloon toys advertised on TV where you fill from one point and the whole lot fill up. Very disappointed, but bring on 2019 as I am giving 2018 a miss planting garlic to see if that will stop the rust.

But on a brighter note my tomatoes are a monumental success, and I already have a lot ready for my soup, pickles, chutneys, and savoury tomato mixture. Can't wait until I dust off my large pot and make some of each. I love this time of year. Also my strawberries are producing so quickly that I am nearly picking on a daily basis for my jams and jellied strawberries. All of the above, along with my relishes and pickles, are for sale. Any money made out of sales goes back into buying the ingredients to make more.

Planting:

Not a lot happens planting-wise in my gardens due to the dry conditions of summer, but there is still a lot of harvesting to be done. The majority of pickings go into my produce for the freezer, or if I have an abundance, for sale.

Unfortunately, watering is always a problem due to the inevitable water restrictions. While I am not allowed as a gardener to water my gardens until an odd day, and only by sprinkler between the hours of 7pm and 9pm, it always amuses me to see people while out on my mobility scooter washing their cars or waterblasting their house. I think that there

should be some form of a "Water Police" to catch these people who flaunt the water restrictions.

Summer is not the ideal season to plant anything apart from hardy herb plants such as basil, chillies, and coriander etc. But in saying that, you could think about putting in a planting of beetroot, cucumber, pumpkin, and zucchini.

Think ahead:

I know it is a horrible thought, but autumn is just around the corner. So now you should be thinking about what to put in at this important growing season.

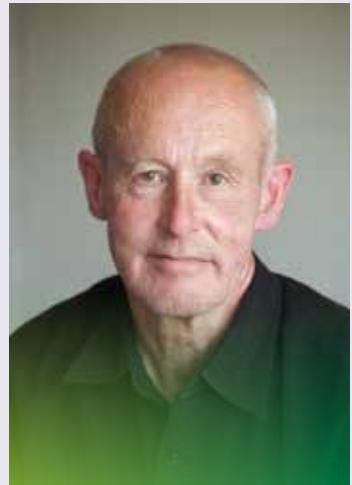
Start off by ground preparation. As one bit of ground or a bed is emptied, give it a good digging or forking over and incorporate in some compost, blood & bone, and garden lime to add the necessary goodness required ready for planting out in late summer/early autumn. You could also add in a good lot of sheep pellets as they are full of organic matter.

Plants to purchase could be cabbage, cauliflower, broccoli, leeks, carrots, and silverbeet.

Well, that is this edition of Gardening with Simon and we will catch up in autumn 2018. For any advice or tips, or if you just want to say hello, I can be contacted at any of the following:

Simon Broad

-  **62 Avenue Road, Foxton 4814**
-  **06 363 8855**
-  **sf.broad@xtra.co.nz**





Eligible for a rates rebate?

Council
encourages
you to
apply
now

**Rebates of up to \$620
may be available to
eligible residents**

Who is eligible?

Residential ratepayers/couples/joint homeowners with incomes (from all sources) up to \$24,470 in the tax year ending 31 March 2017 may qualify for a maximum rebate of \$620. Those earning over \$24,470 may still qualify for a lower rebate.

Call (06) 366 0999 to discuss your eligibility, or drop into Council offices at 126 Oxford Street, Levin, or Te Awahou Nieuwe Stroom, 22 Harbour Street, Foxton, to apply. Please bring proof of income for the tax year ending 31 March 2017.

Levin – Waikanae TRIAL BUS SERVICE

INTRODUCING CHILD FARE

Fare Information	One way cash fare
Adult (Levin/Manakau - Waikanae)	\$6.00
Child (Levin/Manakau - Waikanae)	\$3.50
Adult (Otaki - Waikanae)	\$5.50
Child (Otaki - Waikanae)	\$3.00
Under five	FREE
SuperGold Card holder	FREE

Runs Tuesdays & Thursdays
Two year trial started 7 March 2017

- Children under five years of age travel free of charge.
- SuperGold Card holders travel free 9am to 3pm. Travel outside these periods is to be charged at the relevant fare i.e. adult.
- No services to run on Public Holidays.
- Child fare is for school aged children

DEPARTS LEVIN

Tuesday/Thursday Morning	Time	Location
Depart Levin	9.30am	Te Takere, Bath Street, Levin
Depart Manakau	9.48am	Honi Taipua Street (opposite Manakau Bowling & Sports Club)
Depart Otaki	10.01am	Intercity Bus Shelter, Main Highway Otaki
Arrive Waikanae	10.15am	Train Station, Waikanae

DEPARTS WAIKANAE

Tuesday/Thursday Afternoon	Time	Location
Depart Waikanae	2.55pm	Train Station, Waikanae
Depart Otaki	3.21pm	Intercity Bus Shelter, Main Highway Otaki
Depart Manakau	3.34pm	Honi Taipua Street (opposite Manakau Bowling & Sports Club)
Arrive Levin	3.48pm	Te Takere, Bath Street, Levin

For more information visit www.horizons.govt.nz or freephone 0508 800 800



A Day Out in Town

Horowhenua Bus Service - every Friday



Timetable effective 1 July 2016

FRIDAY MORNINGS

9.15	Levin	Bath St bus stop by Te Takere
9.30	Shannon	Balance St bus stop
10.00	Foxton Beach	Community Centre, Seabury Ave
10.10	Foxton	Main St bus stop by Windmill
10.25	Waitarere Beach	Outside Four Square
10.45	Levin	Bath St bus stop by Te Takere

FRIDAY AFTERNOONS

1.45	Levin	Bath St bus stop by Te Takere
2.00	Shannon	Balance St bus stop
2.30	Foxton Beach	Community Centre, Seabury Ave
2.40	Foxton	Main St bus stop by Windmill
2.55	Waitarere Beach	Outside Four Square
3.15	Levin	Bath St bus stop by Te Takere

Service does not operate on public holidays.

SuperGold card now accepted on this service between 9am-3pm.



For information on the service please contact Te Takere on 06 368 1953

For enquiries and feedback please contact Horizons on 0508 800 800

Total Mobility Service

Total Mobility is a service providing subsidised taxi vouchers to those who cannot use public transport due to disability. Total Mobility currently operates in five towns in the Horizons Region, with approximately 4,500 customers. There are 920 active users of the scheme in Horowhenua, with over 35,000 trips taken in 2016-17.



If you think you may be eligible to join the scheme, call Age Concern Horowhenua (06 367 2181) or Contact Inc. (06 368 1195) at Jack Allen House for an assessment of eligibility.



Age Well

Aquatics Horowhenua is excited to offer a week of activities dedicated to ageing well.

There will be a range of fitness classes designed for older people, from Aqua Group fitness classes and aqua jogging to land-based fitness classes, and many more. All classes are low-impact to protect your joints, while improving mobility, strength and balance.

Enjoy socialising at one of our free Age Well morning teas.

Stay tuned to the Aquatics Horowhenua website or the Horowhenua Chronicle for dates and further information.

For further information on Aquatics Horowhenua timetables and classes, please visit: aquatics.horowhenua.govt.nz or phone 06 368 0070.



What's On

in and around Horowhenua

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

Saturday 17 February Deco Delights Express

Travel with Steam Incorporated to Napier for the 30th Art Deco Festival. Ride in heritage carriages hauled by a restored diesel locomotive from Kāpiti Coast to Napier, with stops to pick up passengers in Paraparaumu, Waikanae, Ōtaki, Levin, Palmerston North and Woodville.

Art Deco attire and early bookings are encouraged. Return fares from the Levin Railway Station are \$159 per adult and \$109 per child. For further information and to book tickets, contact Steam Incorporated on 0800 783 264 or email enquiries@steaminc.org.nz

Sunday 18 February Super Cheap Auto Spectacular Car Show

10am – 2pm at the Shannon Domain. This annual car show typically features over 500 vehicles of all makes and models. Bring your own car or unique vehicle or just come along and enjoy those on display.

Entry is \$2 per person. For more information, contact Janette on (06) 362 7872 or 027 2533 955 or email: owlcatraz@xtra.co.nz

Wednesday 21 February Wellington Big Day Out

9am – 5pm. Visit Te Papa in the morning and the Botanic Gardens in the afternoon, or spend some free time in the city.

The bus departs from outside Te Takeretanga o Kura-hau-pō, 10 Bath Street, Levin, at 9am and returns at 5pm.

***Tickets are \$55 per person.
Register your interest at the Levin iSITE.***

Wednesday 21 February Wednesday 28 February Life with Dementia

10am to 2pm. This community education session gives an overview of the types and symptoms of dementia, as well as strategies for communication, self-help and dealing with grief.

***A gold coin donation is requested at entry.
Places are limited and booking is advised.
Contact: Alzheimers Manawatu on 0800 004 001***

Saturday 24 March The Mangaweka Express

Travel with Steam Incorporated from Kāpiti Coast via Palmerston North to Taihape. The journey includes crossing many impressive viaducts in the Mangaweka area, two stops to photograph the train, and time to explore Taihape. Ride in heritage carriages hauled by a steam locomotive.

Return fares from the Levin Railway Station are \$129 per adult and \$79 per child and tickets will be issued in early March.

