

MINUTES FROM THE OLDER PERSONS' NETWORK MEETING HELD IN THE COUNCIL CHAMBERS, HOROWHENUA DISTRICT COUNCIL, 126-148 OXFORD STREET, LEVIN, ON 19 MAY 2016 AT 10:00 AM

IN ATTENDANCE

Anne Lowry	Alzheimer's Manawatu
Shirley Welch	
Margaret Williams	GreyPower
Sue Carson	MSD Work and Income
Carroll Cumming	Horowhenua Pink Ladies + Arthritis Support
Cr Garry Good	Horowhenua District Council
Garreth Stevens	Horowhenua District Council
Ema Jacob	Te Takere
Sarah Biddiscombe	St John
Connie Upston	Levin 60s Up
Maureen Gilbey	Levin 60s Up
Wally Dyson	Horowhenua Breathe Easy
Robert Campbell	Horowhenua Breathe Easy
Esme Labotsky	BUPA Care Services
Aileen Johnson	GreyPower
Bob Wright	Diabetes Horowhenua
Ann Wright	Diabetes Horowhenua
Marion Fulljames	St John Medical Alarms
John Mullany	Diabetes NZ Horowhenua
Neil Walton	Adult Day Care
Colin Lawrie	Horowhenua District Health Transportation Trust

WELCOME

Chair Good welcomed the network and opened the meeting at 10:02am

APOLOGIES

Mayor Brendan Duffy	Horowhenua District Council
Pamela Gibbs	St John Caring Caller
Lynn Mckenzie	Horowhenua Breathe Easy
Peter Shaughnessy	St Vincent de Paul
Rose Cotter	Horowhenua Supergrans
Cr Tony Rush	Horowhenua Hearing Association
Peter Dyer	Citizens Advice Bureau
Lew Rohloff	GreyPower
Daphne Barrett	Horowhenua Breathe Easy
Yvonne Mabey	Arthritis Support Group
Davina Rawiri	Reevedon Home

Apologies were NOTED by Chair Good

MINUTES – 21 APRIL 2016

The minutes of the April meeting were NOTED.

MATTERS ARISING

Cr Garry Good – on the topic of the Cambridge Street / Liverpool Street intersection roading enquiry: The original dig up was for services. Following that there was a reseal in other parts of Cambridge street which did not go the whole length as they knew they wanted to redesign the intersection on that corner (Cambridge Street and Liverpool Street). So this is reseal is presently underway and once complete there will be a revised layout that will make the intersection much safer, particularly for pedestrians and scooter users.

Colin Lawrie – I'm concerned with the current state they have left it in and the amount of time that the lip/dip has been there while the works are underway. I saw someone fall off of a push bike. Could they explore running Mako Mako road into Liverpool street straight across the lines rather than the complicated intersection that exists?

Gary – I'm not sure this was on the agenda this time around. This would be something needing NZTA and Kiwi Rail involvement for as it would change the way that the intersection works with the highway and where it crosses the tracks. Perhaps something to think about with any proposed changes to the highway in years to come.

Margaret Williams – On a separate matter arising, I went to the 2 part course about Alzheimer's and I came away with a lot learned – well worth it.

UPDATE FROM ORGANISATIONS AROUND THE TABLE

Marion Fulljames – St John Medical Alarms – with ACC we are doing free home safety checks as part of our annual visit to clients. We have had a great response. A good prompt to assess safety in general and to talk to families. Some have mentioned that they have already had checks with their care visits – this is great to hear.

Margaret Williams – Greypower – Tomorrow we have Winston Peters at the Memorial Hall at 1:30pm and is likely to stay around to speak to those that want to after the meeting. Our AGM follows in a few weeks. We are short on members in the committee and we are seeking nominations to fill positions.

Neil Walton – Adult Day Care – We have our annual meeting soon also. We are getting to grips with health and safety legislation and how it affects us. Most of our members are volunteers of course and we are ensuring our policies/practices are up to date.

Colin Lawrie – Horowhenua District Health Transportation Trust – March we had 900 passengers to Palmerston and back, 870 in April. We started four new drivers with training recently. We've had to do this because a couple of our drivers are overseas and others have been hospitalised.

Ann Wright – Diabetes Horowhenua – Last Saturday we had our Lower North Island regional meeting in Wanganui. The speaker for our next local meeting is Simon Little the optometrist in Levin.

Sue Carson – Work and Income – I've popped some information on every table about registering for myMSD online which is a great service for those that are having trouble with wait times in our call centre and want convenience of access. We have a digital assistant in the office who can help set up your account.

Ann Lowry – Alzheimer's Manawatu – Thank you Margaret for the endorsement on our education sessions, we do have these twice a year – the next one is Wednesday 9 November at Te Takere. Do tell everyone about these sessions as it is disappointing when we get low numbers. We have had as few as 2 people attend a session and as many as 40! The other thing to put into the calendar is the Memory Walk event on Friday 16 September at the Adventure Park, rain or shine!

Last year we had over 200 come. The more children the better as it makes for a lovely family day. I've been participating in a joint exercise with Wellington Alzheimer's. A new way of delivering our information and I'll keep you posted.

Esme Labotsky – Community Liaison Coordinator for BUPA Care Services – We have two homes here in Levin, Te Whanau and Gardenvue but I support all the way from Wellington to Gisborne.

Ema Jacob – Te Takere – We had a wonderful presentation by Sarah from St John at Te Takere on defibrillators yesterday and it has been a great refresher for staff. We've had a defibrillator for a long time. Sue, regarding the MSD digital services if you wanted to set up a booth in Te Takere we can help make this happen. Lego is gone from Te Takere now but we have a fantastic display from local artist Sue Lund. Straight after Queens Birthday weekend (7-11 June) we will have Sue Tucker Tania Paurini coming down to create a community whariki (mat), the idea being that members of the community can come along and help make the whariki which will become a storytime mat for children. There is a sustainable living expo tomorrow and Saturday and a highlight of that is Kath Irvine giving a talk (unfortunately at the same time as Winston Peters!!!). Next week our Sunday concert will be different, instead of an event at 2pm we have a ticketed event - jazz singer and I have some pamphlets here. Starts at 7pm. \$20 or \$10 for students. We have some Continuing Education classes with Victoria University coming up: One is called 'Peeling away the layers, exploring environmental history' presented by Catherine Knight. We need to have numbers registered by Monday or they won't proceed with it. The second one is 'The painters of modern life – impressionism and modern Paris'.

Garry – Last year we initiated the google group communication portal for this group, it goes to everyone registered in this gathering. I wondered if many of those things you were promoting should be sent through.

Garreth – the google group is olderpersonsnetwork@googlegroups.com. Some members are signed up, others are not, but I don't think it has been used much recently. I will send something through to this tool in the coming days as a test

Garry – and we will send out more information about the group again. A good opportunity for members of the network to send out information.

Wally Dyson – Horowhenua Breathe Easy Support Group – I have brought Robert Campbell along, one of our committee members. We had a trip to Palmerston North last month and we happened to have a visit to the Enable New Zealand Easie Living Centre – notably meaning we had to put our apologies in for the Older Persons Network meeting where they presented! Amazing facility and there are huge numbers of ideas for alteration to homes, design and everything else – well worth dropping in.

Carroll Cumming – Arthritis Support and Pink Ladies – Both are going along very smoothly.

Maureen Gilbey – 60s Up – going well, Monday we are having a birthday party as we have been going for 17 years.

Shirley Welch – I've decided to put the phone book agenda aside to contribute to this forum as an interested citizen.

Garry – Yes although hold that thought – the latest copy of the phone book has just come out!

PRESENTATION – DEFIBRILLATOR DEMONSTRATION

Garreth – Council has a list of defibrillators in the district available on its website and we have defibrillators at both Te Takere and within this building. We've also helped 100 people get their

workplace level 1 first aid certificate that includes comprehensive defibrillator training as part of the Community Capacity Building Programme since 2014. Right now we are working with Sarah from St John to keep this level of support up by setting up some defibrillator demonstrations – one was with Te Takere as Ema mentioned and we have another one today with the aim that everyone will leave the room comfortable to use a defibrillator in the unfortunate event that one is needed: Welcome Sarah!

Sarah – Defibrillators are located across this community, but a challenge I see a lot of is that it is not uncommon for organisations that have nice brand new defibrillators have staff and volunteers that aren't familiar with them, and therefore would be unlikely to be happy using one.

I've distributed a sheet for everyone – St John have done a lot of work on cardiac arrest outcomes. About 5 people a day in New Zealand have a cardiac arrest (out of hospital). 64% of patients have had CPR performed by a bystander. The median arrival time for an ambulance is between 8-11 minutes across communities. Unfortunately only 4% of cardiac arrest patients are defibrillated using public access defibrillators. 31% of patients survived the event but using an AED can increase the chance of surviving a cardiac arrest by 40%.

Defibrillators have a few different designs, but they are all fairly similar in use. A defibrillator will take you through the steps you need to follow one by one.

The patient needs a bare chest for the device to work, so if they are wearing a bra this needs to come off, or if their chest is particularly hairy, this may need to be quickly shaved back. When the patient's chest is bare, remove the pads and place as shown in the picture (one on right side of chest, one on left side of stomach / above the hip). The device then assesses the patient, and will advise administering a shock if required. At this time no one should be touching the patient and the device will shock and continue assessing and shocking the patient as required.

Neil – How will you know when you need a defibrillator?

Sarah – If someone has a cardiac arrest the patient will be unconscious and not breathing. By the time a defibrillator is on the scene someone should have already started CPR and called an ambulance. You will know that someone needs a defibrillator if you are performing CPR and they are not responding!

Safety: Make sure you assess the situation for safety before using a defibrillator. There are factors to think about such as water – and if a patient is covered in water (i.e. pulled from a pool for example) then they will need to be dried off as best as possible as the shock will otherwise find the path of least resistance and won't do the job intended. Similarly at a petrol station you need to be aware that the shock is dangerous on the forecourt.

A list of AED locations across the country can be found at www.aedlocations.co.nz and on the mobile phone application.

GENERAL BUSINESS

Garreth:

- At the GreyPower meeting tomorrow we are going to have the Hearing Assistance System from Te Takere set up at the Memorial Hall for use. I will be in attendance for that purpose.
- Some of you have in front of you a hard copy of the final draft of the Horowhenua District Positive Ageing Action Plan that is headed for the Council meeting on Wednesday 2 June for adoption. It has been endorsed by the Community Wellbeing Executive – but any final comments are welcome now if there are some!
- A quick plug for perhaps the best social event we have in this district: every Wednesday night at Te Takere is quiz night. It is very well attended now, almost 20 teams compete each week reliably. For organisations (and for your clients!) I encourage you to come down

and join in the fun. It's a great community event embraced by all including some regular teams from the high schools.

- Lastly: As you may know, The Day out in Town Bus has been adopted by Horizons Regional Council for the next 2 years. I am meeting with Horizons later today to talk about the transition of the service – so my question to the network is whether there is any improvements/complaints/observations/suggestions that you have on your radar that I should forward at this time regarding the bus?
 - Bus itself needs a clean
 - Assessing route and timeframes (length of travel) and whether the route is the best design possible
 - Promotion to ensure that people are aware of the service and use it

Garry summary – Health and safety demands. Volunteers are doing it as a volunteer. Alzheimer's memory walk 16 September – don't forget!

Aileen – Health committee with Greypower – laughter is good medicine so go to the little theatre production of the Vicar of Dibley – highly recommended. They have had to put on extra shows this week because it has been so popular.

Neil – Just want to congratulate everyone involved in the Levin Adventure Park mural project.

There being no further business, Chair Good summarised key areas of interest arising from the meeting and then closed the meeting at 11:00am. All were invited to stay for a cup of tea.

NEXT MEETING DATE – Thursday 16 June 2016 at 10.00am