

Should I get an e-bike? I'm not so young anymore

Many riders would say yes - if you can ride a bike, get one.

Older people who ride e-bikes vary widely in their ages and abilities. This is why you need to approach the issue with a healthy dose of realism, a desire to discover something new and a commitment to get good specialist advice if purchasing. E-bikes are technical pieces of equipment with some being relatively basic 'around town' models and others highly 'spec'd' mountain bikes.

The popularity of e-bikes amongst the older population has taken off over recent years. We've asked ourselves why, and think it's due to a number of things:

- They are like hiding the kids' vegetables in the hamburger meat, they hide the exercise in the fun.
- They allow e-bikers to keep pace with more able cyclists; so, they 'even the playing field' and open the door to more family friendly rides. They make intergenerational activities more interesting for everyone.
- For those who go off road they allow them to stay in touch with nature and a more rugged environment.
- They allow riders to relatively easily and quickly go where they want to go, whether that's down to the local shops or further afield.
- They feel better for the rider and the environment – especially if using the car is the alternative.
- They are like having a small child or dog – they introduce the rider to others and help create new interests and friendships.

Our advice is:

- Always get specialist advice.
- Consider trying before you buy: If you are unsure whether an e-bike is for you, consider taking one for a test ride from a bike retailer or for a longer trial, hire one from an e-bike rental store.
- Maintenance: An e-bike is a considerable investment. When getting advice, ask about the maintenance that is required to keep the bike in good working order and ensure it serves you well for many years. Some retailers offer periodic check-ups as part of purchase package.
- Know your limits.

– Article provided by Eldernet Group.

- They are fun.



Happy birthday, Woburn Masonic Care!

Woburn Masonic Care celebrated its 'first birthday' in mid-May and residents received chocolates on their tables for lunch and staff enjoyed some morning tea treats.



The care home, in Woburn in Lower Hutt, sits on the site of the very first Masonic facility built over 60 years ago. Originally the land was donated by Mrs Carter in the early 1960s.

The new facility underwent a total rebuild over two years, although the project did keep some original parts of the building, like the activities room and chapel area.

The new build Woburn Masonic now caters for up to 63 residents.

The site has been likened to a 5-star hotel with luxury individual suites with an ensuite and a separate lounge and bedroom.

Residents are looked after by around 50 nursing staff, care givers, and housekeeping, laundry, maintenance, activities and catering staff.

And it's not only the building that's new - all staff at Woburn, including Manager, Heidi O'Reilly, were recruited when the new facility opened a year ago.

In fact, some of the registered nurses (RNs) were entirely new to New Zealand just prior to opening, but are now part of a well-oiled machine that gets great feedback and big raps from the residents and their families.

Well done, team, and happy first birthday!



Warick Dunn
Chief Executive
The Masonic Villages Trust

How to improve the quality of care for older people

It might be a bit of a hefty read, but a recently released report from the Aged Care Commissioner highlights the urgent need for action to meet the ongoing health and disability needs of older New Zealanders.

The report is entitled “Amplifying the voices of older people across Aotearoa New Zealand, March 2024”.

It provides a snapshot into the issues and challenges faced by older people using health and disability services across New Zealand.

The report is informed by the voices of older people, their families and communities, as well as insights from service providers and agencies that work with older people.

The report focuses on the need for an integrated continuum of care that concentrates on prevention and support to help older people navigate health and disability services.

When releasing the report, Commissioner Carolyn Cooper, said: “Following conversations with older people and their whānau, I have significant concerns about access to, and coordination of, health and disability services.”

She says older people are enormously valuable in our communities. “With quality, accessible health and disability care they can maintain their independence and dignity and contribute to their communities for longer.”

The Commissioner’s report contains 20 recommendations to improve the quality of older people’s care.



Aged Care Commissioner’s Report

Nymbbl: an app to keep you on your feet

Nymbbl is a free balance exercise app, launched by ACC.

The app enables you to regularly do balance exercises, wherever you are, whenever you want, improving your balance, and enabling you to keep doing the things you love.

It takes you through simple body movements that are easy to fit into a daily routine. The programme is fun, safe, and quick – taking only 10 minutes a day to improve our balance.

It is completely free and simple to use, and enrolling is easy. Step-by-step instructions show how to download and use the app from a smart device.

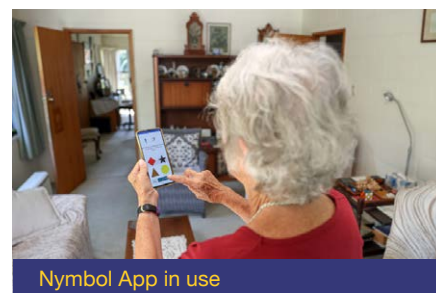
More than 33,000 older adults have now downloaded the app since April last year and are enjoying the benefits of being steadier on their feet.

Download the app to your device from the App store or Google Play Store, take part in the app-lead balance activity regularly (10 minutes a day) at no cost and keep doing the things you love.

Nymbbl is one of several exercise programmes to help improve your balance.

Learn more here:
www.livestronger.org.nz/home/exercise-at-home/resources-to-safely-exercise-at-home/

Credit: Office for Seniors



Tips and tricks to stay safe online

‘Silver surfers’ are the fastest-growing group of online users and whether you’re newly exploring the online world, or are more experienced, it can be tricky to navigate all the information and emerging technology safely.



VIDEO: Spot scam red flags and take action - <https://netsafe.org.nz/olderpeople>

Netsafe is here to help. Find out how you can stay safe online with the resources and tips below.

Supported by Chorus, Netsafe has created a range of handy resources designed with older adults in mind. You might know it all already, which is great!

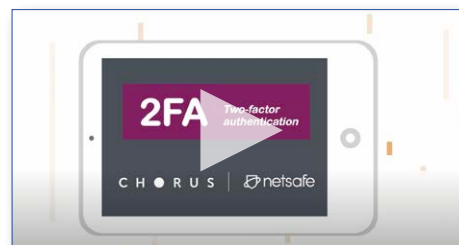


VIDEO: Five tips for safer social media - <https://netsafe.org.nz/olderpeople>

But, it’s always worth brushing up on digital safety and security, to give you peace of mind when online.

You might want to start by watching these how-to videos:

– Published courtesy of Netsafe



VIDEO: How two factor authentication (2FA) works - <https://netsafe.org.nz/olderpeople>

Remembering our ANZACS

Resident Profile

ANZAC day is always a signature day for residents across all our villages and care facilities, and this year was no exception, with commemorations and remembrance services taking place at all our sites.

In the Horowhenua, District Mayor, Bernie Wanden, attended the services at Horowhenua Masonic Care in Levin, a resident played the Last Post on his trumpet at Woburn, and numerous poppy making events were held.

In Palmerston North, Masonic Court resident, 102-year old Molly Tootell (pictured right), espoused the views of all of us with this simple message:

“Lest we forget”.



Molly Tootell, Palmerston North Masonic Court