

The wellbeing issue: don't miss our upcoming seminar

I hope you're keeping well during these winter months – and that, for many of our members, your vaccines are underway!

We have plenty of activities and events coming up to help keep you busy and well over winter, including our Coffee & Catch-up mornings, Thursday walks, Safe & Strong classes and helpful technology sessions.

I also hope you'll join us for our next fascinating seminar, **'Rethinking ageing – ways to wellbeing'** on Wednesday 28th July, with presentations from three experts in ageing and wellbeing, including keynote speaker, Professor Ngaire Kerse, Chair of

Ageing Well at the University of Auckland (see page 2).

Speaking of wellbeing, a warm welcome to Robyn who has joined us as an instructor on the Safe & Strong fitness programme (see page 4). She's looking forward to meeting you soon!



Bonnie Robinson
CEO, Virtual Village East



The keys to positive ageing

Professor Ngaire Kerse is the inaugural Joyce Cook Chair of Ageing Well at the University of Auckland. She is the keynote speaker in our upcoming seminar **'Rethinking ageing – ways to wellbeing'** on 28th July. We asked Ngaire to share some of the latest research on ageing well.

Professor Kerse recently co-led a world-first study into advanced ageing, which followed almost 1000 people in the Bay of Plenty aged 80-plus. "One of the key findings was that having a purpose in life and having a role in your

family or whānau is very important to wellbeing as you age," she says. "Those who have those roles – and are able to maintain them – fare much better overall."

She says that there is increasing evidence highlighting that physical activity and social wellbeing are important to both longevity and positive ageing. "Loneliness has become recognised as a significant factor for less successful ageing." The latest research is also showing the benefits of keeping your brain healthy as you age. "Learning new and interesting

"Loneliness has become recognised as a significant factor for less successful ageing."

Professor Ngaire Kerse





Professor Ngaire Kerse

facts and undertaking activities that are both physically and cognitively challenging is good for you," says Kerse.

However, she says there is more work to be done to ensure our ageing population have the necessities of life. "As a society, we need to focus on ensuring our older people

have the essentials of healthy living, then they can do the things that help them age positively. Being active and sociable costs money, so if they don't have money, older people are far more likely to be lonely and isolated."

"Virtual Village East is a fantastic initiative because it brings people together and the activities are affordable," she says. "It creates a network that people can belong to, with like-minded people they can call on if they need help, or simply because they want someone to talk to!"

To learn more about the latest research in ageing well and how to incorporate these ideas into your everyday life, please join us on Wednesday 28 July for this fascinating free seminar. RSVP to Lee at 09 538 0827 or co-ordinator@virtual-village-east.org.nz

The road ahead: your future transport options

Driving is something many of us take for granted, but there may come a time when you can't drive – or you might not want to drive at night or in busy areas. Think about your options ahead of time, so you can stay independent and get out and about.

1. **Be realistic** – Ask yourself how much longer you'll want to drive – or be able to drive safely? It's important to be safe and in control of your choices, so be realistic about your age and ability.
2. **Start adopting other options early** – The best time to learn how to take the bus is when you can still drive. Get a bus card, check out the timetables, make a trip into the city and perhaps get the ferry back ... it's free with your Gold Card!

3. **Compare costs** – Some seniors have found that selling their car funded many, many years of travel (using public transport and a driving service like Driving Miss Daisy). Do your research and work out if this is an option for you.
4. **Take senior driving lessons** – If you're an AA Member aged 74 years and over, the AA offers a free coaching session, designed to help keep you confident and safe behind the wheel.

In summary: start thinking about transport options well ahead of time, before old age drives you to it.

"When you have to make a choice and don't make it, that is in itself a choice."

– William James

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 facebook.com/virtualvillageeast

Rethinking ageing – ways to wellbeing.

A FREE information morning for seniors.

We're delighted to invite you to our next information morning for seniors – 'Rethinking ageing – ways to wellbeing', with presentations by three experts in aged care and wellbeing:

- Keynote speaker, **Professor Ngaire Kerse**, Chair of Ageing Well at the University of Auckland, will share the latest thinking on ways to improve our wellbeing and quality of life as we age.
- **Dr Jonathan McPherson**, a GP specialising in aged care, cardiology and nutrition, will discuss five ways to stay well over winter.
- Mindfulness expert **Parvin Kapila** of East Health Trust will demonstrate how mindfulness can improve your physical and mental wellbeing – at any age.

We welcome all members of our community to join us for this fascinating free seminar.



When: 10.30am to 12.30pm, Wednesday 28 July, 2021

Where: Te Tuhi, 13 Reeves Road, Pakuranga, Auckland 2010

Parking: Ample free parking behind Te Tuhi (accessed via William Roberts Road)

RSVP: by Thursday 22 July to Lee Warmington on 09 538 0827 or email co-ordinator@virtual-village-east.org.nz



Professor Ngaire Kerse



Dr Jonathan McPherson



Parvin Kapila



Welcome to Robyn Turner – keeping us safe and strong

Robyn Turner is a self-confessed “exercise fanatic”. Now a semi-retired grandmother to six grandchildren, she loves spending time with them and keeping moving!



“Now that I’m working less, I have more time to keep fit. I’ve purchased an e-bike which is great for going up hills!”

A certified personal trainer and massage therapist, Robyn has joined our team as an instructor on the Safe & Strong exercise programme. “I love taking

the programme,” she says. “We have a laugh and really enjoy each other’s company.”

She has already seen improvement in the wellbeing of the attendees. “I would encourage everyone to do some form of exercise every day.”

To sign up for the next 8-week Safe & Strong exercise programme with Robyn (starting 4th August) contact Lee Warmington at 09 538 0827 or co-ordinator@virtual-village-east.org.nz

Events coming up...

▶ How to use the Auckland Library On-line

Thursday 15 July

- 10.30am to 12.30pm
- HBH Senior Living, 139 Union Road, Howick

▶ Monthly Coffee & Catch-up

Tuesday 27 July and Tuesday 31 August

- 10.30am to 12.30pm
- Te Tuhi, 13 Reeves Road, Pakuranga

▶ Rethinking Ageing –Ways to Wellbeing

Wednesday 28 July

- 10.30am to 12.30pm
- Te Tuhi, 13 Reeves Road, Pakuranga

▶ Drop in Technology Help with St Kents Students

Thursday 29 July, 12 and 26 August

- 4.00pm to 4.30pm
- HBH Senior Living, 139 Union Road, Howick

▶ An Introduction to Mindfulness

Every Monday from 2 August to 23 August (4 week programme)

- 10.00am to 12.00pm
- HBH Senior Living, 139 Union Road, Howick

▶ Safe & Strong Exercise Programme for Past Participants

Every Tuesday

- 1.30pm to 2.15pm
- Gym, HBH Senior Living, 139 Union Road, Howick

▶ Safe & Strong Exercise Programme for Beginners

Every Wednesday from 4 August to 22 September (8 week programme)

- 1.30pm to 2.15pm
- Gym, HBH Senior Living, 139 Union Road, Howick
- Max 10 people



To reserve your place please call Lee on 09 538 0827 or email co-ordinator@virtual-village-east.org.nz