

Help us help older people live well and age well

At the heart of everything Age Concern does is a passion to see older people experience wellbeing, respect, dignity, and to be included and valued.

We support, inform and advise older people on issues such as access to health care, transport, housing, financial entitlements and social opportunities.

We also work to combat real problems in our society, like elder abuse and neglect, chronic loneliness and social isolation. We provide specialist services with trained and qualified professionals able to give expert advice and assistance.

Age Concern is a charity and relies on the support of volunteers and public donations to do much of the work we do.

To help us help older people, please consider making a donation of your time or money. To see how, visit ageconcern.org.nz

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Ageing is living Recipes for life



Ma te oranga ka eke ki te kaumātutanga



ageconcern.org.nz

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Ageing is living Recipes for life

We live in deeds, not years; in thoughts, not breaths; and our time should be counted in the throb of our hearts as we love and help, learn and strive, and make from our own talents whatever can increase the stock of the world's good.

- A.C. Grayling *The Good Book* p. vi



Dear reader,

This is not your average cookbook. It works like one of those shows where you're given the ingredients and have to make up the recipe yourself - in this case your recipe for life, for making the most of life as you grow older.

So, no matter what "age or stage" you're at, if you've ever stopped and thought about how to live well, and how to age well, this little book is for you.

You get fourteen ingredients to play around with, and to add to your life as you see fit.

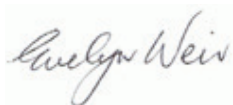
Each is an invitation to make the most of your own life skills and resources (be they spiritual, intellectual, cultural, social...) and to keep adding new ones to your repertoire.

We've all heard adages like, *rest is rust, use it or lose it, attitude is everything*. These are the simple principles that inform the content of this booklet. Keeping active - mentally, socially and physically - is so important to staying happy and well as we age. The same goes for adopting an open and optimistic attitude to life. It's never too late - or too early - to incorporate these habits into your recipe for life.

At the same time, I don't deny that there is much truth to Bette Davis' observation that "*old age ain't no place for sissies*". Growing older presents many of us with challenges that can be hard to face. If this is the situation you find yourself in, I urge you to use these ingredients to prepare a tonic that will help make life easier and happier.

Ours is a diverse population, culturally and linguistically. The authors have tried to respect and reflect that diversity in their choice of ingredients and also (literally!) in their choice of words. That's why, as you turn the pages, a variety of the languages spoken in Aotearoa New Zealand will catch your eye. I hope they will also kindle your imagination.

Now, without further ado, on with the chef's apron!



Evelyn Weir, National President - Age Concern New Zealand

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Optimism 樂觀 Tu'amelie 낙천주의 乐观 Turanga manako manamanata Mautinoa आशावाद Mariutanga

Once you add optimism to your recipe for life it flavours everything you do. It's a bit like garlic: eat enough of it and it'll come out your pores!

Being optimistic means having a hopeful and a positive outlook, especially in the face of setbacks and obstacles. Fortunately we don't have to be born this way - optimism is something we can learn.

Having an optimistic mindset doesn't stop bad things from happening, but it does make it easier to get through. It helps us bounce back, assists us to solve problems and keeps us happy. We have nothing to lose, and everything to gain, by being optimistic.

So add a dash of optimism to your recipe for life:

- Practise accentuating the positives and accepting the negatives until it becomes a habit - practice makes perfect!
- Exercise your optimism muscle every day. Before you go to sleep each night, think of something you're looking forward to doing the next day - like enjoying that first cup of tea.
- Focus on finding solutions whenever you encounter a problem or an obstacle.

वृद्धावस्था - आनन्द मनाने के दिन
Ageing - the golden days of life (Hindi)



1 Positive thoughts and activities can strengthen the areas of the brain that stimulate positive feelings. True or false? P34

- Smile - it will change the way you see the world.
- Keep a gratitude diary.
- Seek out optimistic and positive people - their attitude to life is infectious.
- Try to see the funny side of things. Laugh at yourself when things don't go your way.
- Treasure good memories and let go of bad ones.

Love 关爱 ‘Ofa
Alofa 사랑 Aroha
關愛 Aroa प्रेम

Love can be as sweet as honey and as bitter as black coffee. Either way, it's a powerful and energising force that we can't live without.

Allowing ourselves to give and receive love and affection can be the most rewarding thing we do in life - and we can do it in so many different ways. People, pets, places, books, ideas, gardens, houses... all of these can be the object of our love, and make us feel loved in return.

Na te aroa e rauka ai te turanga ora'anga
mataora e te maruarua me raveia te au mea
katoatoa ma te takinga-meitaki, ma te ngakau
marū, ma te ngakau akaaka, e te ngakau
tauturu, i te au ra tatakitai.

*Love is the key to a happy life - when people
are kind, gentle, meek and helpful to each other
every day. (Cook Islands Maori)*

*Love is a fruit in season at all times,
and within reach of every hand
- Mother Teresa*

Sharing 歸屬 उत्सव मनाना Te akangateitei'anga
Whakawhirinakitanga Aiga Celebrate Fakakaume'a
상호 의존 相互依赖 Whanaungatanga Matauhi 가족
Manaakitanga Tei riro e nona अपनेपन की भावना Fakakau mai
家庭 देखभाल करना Faaauoga Te akono tiaki meitaki anga
Hoatanga 分享 Whānau 돌보기 मित्रता 照顾
Te irinaki'anga tetai ki tetai
Fevahevahe'aki Fāfāfā Kotahitanga
공유 慶祝 Fetausia'i Fāfāfā Faamanatu
Te kopu tangata Te piri'anga oa
Fefakafalala'aki Interdependence 보살핌 Fetufaa'i
Manaakitanga 归属 Te akono tiaki'anga
Faasinomaga 庆祝 Katoanga 照顾 परिवार
友誼 Tausiga alofa 소속 Katoanga 照顾
देखभाल Family साझा करना Ngākau atawhai Caring
Matakāinga 축하 相互依赖 Belonging 우정
Te tu'atu'a oronga kapiti'anga Whakanui

2 What year did The Beatles release the hit single
"All you need is love"?

P34

Add all the aroha you possibly can to your recipe for life:

- Make a list of everything and everyone you love.
- Show affection in whatever way you can.
- Allow yourself to receive affection.
- Love generates love - don't be afraid to care.
- Cherish all the love you've given and received.
- It's painful when those we love are suffering or are hurtful.
It helps to be able to accept and forgive.

Family परिवार Fāmili
가족 Te kopu tangata
Aiga 家庭 **Whānau**

Like yeast in a bread mix, family helps us rise above ourselves. It enfolds us in a whole that is bigger than the sum of its parts, an organism that has a life of its own.

Most people will say that the really important people in their lives are those they think of as family. A family shares joy and pain and knows that we are stronger when we depend on one another.

Family is our link to the past (ancestors) our line to the future (children) and an anchor to the present. Older family members often have special roles to play.

- What role do you play in your family?
 - How does it make you feel?
- What are your family's strengths?
 - Are you making the most of these?
- What role do your ancestors play in your life?
- How does your family celebrate special occasions like birthdays and weddings?

*You don't choose your family.
They are God's gift to you, as you are to them.*

- Desmond Tutu



3 How many biological great-great grandparents does each of us have?

- How do you support one another in hard times?
- Do you have family traditions? Holidays together? Sunday dinners?
 - Can you create new ones?
- Do you have special family memories? Stories and jokes that get told again and again?
- Is it time to start writing your family history or your own life story?

Friendship 友誼 Fakakaume'a
우정 Te piri'anga oa मित्रता
Faauoga **Hoatanga** 友誼

Friendship is like cream. It adds richness to life and takes out the sting when things get too piquant.

Our friends and the networks we are part of help bring out the best in us. They also help us get through tough times.

Some connections are made when we're young and last a lifetime. Others develop later in life. It's important to keep building new friendships, and to stay connected with the people and communities you care about.

Keep connections on the boil:

- Friendships need constant nourishment. Make a habit of being in touch with your friends regularly. Try making a 'contact diary', otherwise one week just runs into the next.
- Lean on your friends when you need support - this gives them permission to do the same with you.

Walking with a friend in the dark is better than walking alone in the light.

- Helen Keller



4 How many different ways are there of interpreting the saying: *A friend in need is a friend indeed*?

- Decide what communities you would like to be part of (neighbourhood, marae, church, night classes, hobby groups, social organisations) and get involved.
- Find a hobby that brings you into regular contact with others. It's so much easier to get to know people through a common interest.
- Make a point of getting to know people who are not of your generation - younger and older. This will add even more richness and depth to your recipe for life.

Enjoyment 기쁨 Fiefia
आनन्द Te mataora'anga
Olioli Āhuareka 享受

It's no wonder people say "laughter is the best medicine". Fun, laughter and a sense of enjoyment are guaranteed to add a health-giving zest to your life.

Get into the habit of adding a big daily dose to your diet:

- Write yourself a daily 'prescription' eg: two belly laughs, one activity I enjoy, contact with one person who makes me laugh. At the end of the day, think back on how you filled your script - that gives you a double dose!
- See the funny side and laugh - out loud.
- Develop your sense of humour - think of it as a muscle that needs constant toning.
- Get into the habit of taking pleasure in small things and counting your blessings.
- Smile. It will make you feel good, and others too.
- Sing. Even if you can't hold a tune it will make you feel good.
- Don't wait for a special occasion to get out your best china.
- Take a playful approach to routine tasks - this makes them much more fun.

老當益壯，福壽安康。老當益壯，福壽安康。

Old in years but young in spirit:
enjoy happiness, longevity, peace and health.
(Chinese)



5 Laughter can reduce physical pain. True or false?

- Physical activity can make you feel good, especially if it increases your breathing and heart rate. Dancing, swimming, cycling or walking briskly will all do the trick - try to do half an hour of this kind of exercise most days. For more ideas turn to p.36.
- Working with your hands can give a real sense of pleasure as well as being calming. What about taking up crocheting, carving, weaving, calligraphy...?
- Be adventurous. Get outside your comfort zone from time to time.
- Don't put anything off. Life is not a dress rehearsal!

Adaptability 适应 Feangainga Ngoie ua i te akatuke अनुकूल क्षमता Fetuutuuna'i 적응 Takatūtanga 適應

Adaptability is like salt. It makes the experiences life dishes up so much more palatable.

Life is constant change, much of which is beyond our control. The older we get, the more change we experience - in our work life, family life, living arrangements, income, social networks, our body and our health. Not to mention the social and environment changes that go on around us.

If you can be flexible, accepting and positive in the face of change, life will be so much easier. You'll also be happier and healthier.

- Accept that change is part of life, but take control where you can.
- How you react to change is your choice - decide what your attitude will be: "Every cloud has a silver lining"; "that could have been much worse"; "one door closes, another opens".
- If ill health strikes, become an 'expert patient'. Find out all you can about your condition and how you can improve and maintain your health.

나이는 숫자에 불과하다

Age is only a number
(Korean)

Optimism 感恩 학습 Whaiwāhitanga 择优 अनुभव
机会 Au tuānga naau kia iki 樂觀 Experience
희망 乐观 आशावाद हम् Te au mea tei tupu ana kiaia
Avanoa आशा Malosi Whiriwhiringa
Ivi Tu'amelie 经验 Ngaahi Faingamālie
Tūmanako Te manakonako'anga
अवसर Mōhio Loto faafetai Hope 機會
Hounga 学习 Gratitude शक्ति Te turanga matutu ketaketa
Te tamou'anga apii 力量 Mariutanga 선택 Tautala sa'o
Turanga manako manamanata
擇優 Tetai au tuata no te raveanga Strength Faamoemoe 기회
Openness Filifili 경험 आभार Lotoma'a Choices
Te turanga ngakau ariki'anga mataora 希望 감사 सीखना 开朗
विकल्प Filifiliga 'Amanaki
Kaha 學習 Whakawhetai Tomai Ako
Mautinoa Turanga va ua ki te katoatoa
Taukei Learning 낙천주의 खुलापन 开朗
A'oa'o mai 經驗 Opportunities

6 What are the first lines of the Serenity Prayer?

P34

- Draw on your life experience. Use what you've learned from past experiences to help you cope with the present.
- Don't get too set in your ways. Introduce change deliberately, to keep yourself on your toes.
- If you feel overwhelmed by change or loss, draw on your family and friends. Don't hesitate to seek professional help as well.
- When you're feeling under pressure, tackle tasks that are Small, Achievable and Manageable - SAM for short.

Dignity Ngeia मर्यादा 尊严 존엄 Te turanga tau meitaki tikai Mamalu 尊嚴 Tū rangatira

A sense of dignity, self-worth or self-respect should be one of the staple ingredients in every recipe for life. Like rice, taro, kumara or potato it's a solid foundation to which we can add all sorts of flavours.

Having a sense of your own worth means valuing your life experience, recognising your attributes and being aware of what you have to offer others.

It also means looking after yourself, doing things that make you feel valued, and accepting yourself as you are.

- Make a list of your attributes and of the things life has taught you.
- Spend time with people who make you feel significant, valued, wise and respected.
- Develop healthy eating and exercise habits and have regular health checks - because you're worth it!

He rākau tawhito, e mau ana te taitea i waho
rā, e tū te kōhiwi.

*Though the body may be infirm,
the spirit remains indomitable. (Māori)*



7 The slogan "Because you're worth it" is used to market which kind of product?

P34

- If you are being treated badly by people you should be able to trust, tell somebody about it, and contact the nearest Age Concern. Read more on p.38.
- You don't have to buy into stereotypes about ageing - do it your way!
- Be true to yourself. Be kind to yourself. Be forgiving of yourself.

Mindfulness 유념 Te matakite'anga 關心 Feongoongoi सक्रिय रूप से चौकस Silafia lelei 关心 Whaiwhakaaro

Think clear spring water: refreshing, purifying, still...

Mindfulness gives us a heightened 'sense of being'. It helps us untangle life's complexities so that we can be fully in tune with being alive. Practising mindfulness makes us more aware of what we have, and increases our sense of satisfaction with our lot. It is one of the pathways to spiritual health.

Add mindfulness to your recipe for life:

- Be where you are in time and place - don't yearn for the past or the future, or wish you were somewhere else.
- Listen, pay attention, be present. Take the time to be still, focus on your surroundings and on your breath, feel your feet on the ground, your bottom in the seat.
- Focus more on how to be and less on what to do.
- Develop the habit of valuing the small things in life.

*Do not resent growing old.
Many are denied the privilege.*



8 What does the word Buddha mean?

- Do things that give your life meaning.
- If you have a faith, make use of the methods it offers (prayer, recitation, incantation, dance) to help you feel at peace with the world.
- Learn to meditate - it's an antidote to stress and anxiety.

Curiosity Fie'ilo जिज्ञासा Te manako anoano kia kite aia 호기심 Pākiki 好奇 Fia iloa

Curiosity adds fire and spice to life. Like a good curry, it really gets the digestive juices flowing.

A good helping of curiosity keeps our brain cells ticking over and helps make life stimulating and meaningful. It also has the effect of making us more interesting to other people.

No matter how long we live, the world will continue to present us with an endless store of things to be curious about and new things to learn. We are limited only by our own appetite for knowledge.

So add a little more spice to your recipe for life:

- Be astonished, puzzled, interested.
- Be receptive and open to new things and to other points of view.
- Ask questions.
- Develop your interests.

*Live as if you were to die tomorrow.
Learn as if you were to live forever.*

- Mahatma Gandhi



10

Who said: "The mind is not a vessel to be filled, but a fire to be kindled"?

P34

- Keep learning new skills.
- Expand your horizons.
- Mix with people who don't share your world view.
- Be adventurous - do something you've never done before.

Role models 以身作则 Tā sipinga 역할 모델

Au aronga turanga akara'anga meitaki

रोल मॉडल Tauria 以身作則 Faataitaiga lelei

Positive role models and mentors, the people we admire and strive to emulate, could be thought of as the protein component of our recipe for life. They are a source of strength, inspiration and wisdom that can help make our own reserves and resources go that much further.

You can never have too many role models. Aim to keep building up your 'stock' until you have one for every occasion! It doesn't matter where you find them - family members, kaumātua, friends, community or church leaders, fictional characters, historical figures, writers, thinkers, politicians, athletes, film stars - as long as their attitude to life inspires you.

My constant inspiration is the members of the "over 55" badminton club with whom I play on Monday and Thursday afternoons. I am 72, and most of them are older and better at it than me. I was especially inspired by Alf, who was 86 and told me how each day he would spend 40 minutes on the treadmill, 20 minutes on the bike, and do 10 minutes of weights. He would do this every day, whether he felt like it or not!

- Age Concern SeniorVoice member

Te au mea tei tupu ana kiaia 尊敬 Ngā Tipuna 노인
Akangateitei Teaching 상호 관계 尊敬 Whakaaronui 노인
互惠 力量 A'oa'o atu Mana 責任
Fanga makapuna 經驗 Ancestors 宗상 Fefaasoa'i 分享 Reciprocity Tauutuutu
教導 Fāhāhi Fefetongi'aki 分享 Kawenga 學習 Kotahitanga
E tangata pakari Te kopu tangata
Wisdom 学习 Family Augatamā 智慧 尊重 經驗 Atamai 老年人 Mōhio
Fevahevahe'aki Taukei 經驗 Atamai 老年人 Mōhio
Te rave akaoki akaou'anga 責任
Strength Tomai 尊重 Experience 가족 Fanau a fanau 責任
Aiga 尊重 Experience 가족 Fanau a fanau 責任
A'oa'o mai 孫子女 Sharing
Toulekeleka 年長者 Fatongia 智慧 Whakaako
Te tu'atua oronga kapiti'anga 責任
Learning 經驗 Te au ui tupuna 教導 Faka'apa'apa' 責任
Te pakari mou 責任 Mokopuna Fetufaa'i 責任
Tagata matua Responsibility 責任 Te turanga matutu ketaketa
Toka'i 家庭 尊敬 Whānau Faaaloalo 祖先 Grandchildren 孫子女

11 How many Bond films has Dame Judi Dench starred in as 'M' and how old was she when Skyfall was released? P34

- Allow yourself to be inspired by others - don't let envy get in the way.
- Make a list of people you admire and why.
- Be a copycat. Experiment with adopting their behaviours and attitudes.
- Keep adding to your store of role models. Look outside your own generation and your own time.
- Allow others to be inspired by you. Think of yourself as a positive role model.

Customs and culture Ulungaanga fakafonua

Te au peu e te au akakono'anga ui tupuna

文化习俗 Ngā tikanga me te ahurea 관습과 문화
रीति-रिवाज़ और संस्कृति Tu ma le aganuu 文化习俗

Customs and culture are like herbs, they deliver a distinctive flavour and colour to life, and can have healing and health-giving properties.

We all have a 'culture' - a set of beliefs, values, stories, traditions and customs that we feel most comfortable with. Most of us function quite happily in other cultures, but our own is where we feel 'at home', where we understand others and they understand us, where we can truly be ourselves.

Acknowledging the culture we come from and honouring its customs gives us strength, comfort, healing, sharing and meaning.

Don't spare the herbs in your recipe for life:

- Tune in to your culture.
Respect it, celebrate it, cultivate it and pass it on.
- Preserve your memories of 'home'.
Tell stories that pass them on.
- Take part in the ceremonies and rituals that you enjoy.

E mamae le tava'e i ona fulu.

The tava'e bird takes pride in its feathers.

(Samoan proverb expressing the significance of Samoan values to the people)



12 In Cook Islands culture, what ceremony marks the transition from boyhood to manhood?

P34

- Keep your language alive.
Speak it whenever you can - and pass it on.
- Cook the dishes you love - and pass the recipes on.
- Immerse yourself in the words, wisdom and stories that give your life meaning.
- Open yourself to cultures other than your own.

Plans 規劃 **Fokotu‘utu‘u**
Au parani योजनाएं **Kaupapa**
 계획 **Fuafuaga** 规划

Plans are like the baking dish that holds a mixture. They give life shape and structure; they help us take control of the present and the future and achieve our goals and dreams.

For people who like to know where they are going and how they are going to get there, making plans offers a sense of security and hope. Once plans are in place, this can also free up 'headspace', allowing us to think about other things.

What sorts of things could you make plans about?

- Realising your dreams and achieving your goals.
- Staying physically and mentally fit.
- Developing and using your skills and expertise.
- Financial security. For ideas, visit www.sorted.org.nz
- Where you want to live - your home and garden. For ideas, read the housing factsheets on Age Concern's website or visit your Age Concern.

*The wise do not expect always to be healthy,
or never to suffer hardship or grief.
Instead they prepare.*

- A.C. Grayling *The Good Book*



13

On your 65th birthday you decide to start walking 10km per week.
How far will you hope to have walked by the time you turn 85?

P34

- Who you want to make decisions for you if you can't do so yourself. Read Age Concern's booklet on Enduring Power of Attorney at www.ageconcern.org.nz/epa
- The kind of medical care you would like if you get seriously ill or when you are nearing the end of your life. Read more at www.advancecareplanning.org.nz

Talk to others (family, friends, professionals...) as you're thinking about your plans. This helps you clarify your ideas and it keeps them in the loop.

Equilibrium 平 靜 Potupotumālie
Turanga manako aiteite संतुलन
평형 Faapaleni 平 靜 **Whāritenga**

Equilibrium is essential to any recipe for life. It's not always easy to achieve. The key is to arrive at the right measure of each of your chosen ingredients - so that the whole mixture has a balance that makes life as easy and enjoyable as possible.

The key to keeping your balance is knowing when you've lost it.

We can be sure that the greatest hope for maintaining equilibrium in the face of any situation rests within ourselves.

- Francis J. Braceland

We come into this world head first and go out feet first; in between, it is all a matter of balance.

- Paul Boese

The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man.

- Euripides

Be moderate in order to taste the joys of life in abundance.

- Epicurus



14 What sort of situation does the Goldilocks principle describe?

How balanced is your life at the moment?

What would you like more of?

What would you like less of?

Time to turn the page and get cooking...

Time to get cooking!

Have fun whipping up your personal recipe for life.

Which ingredients will you choose and why? How will you begin to add them to your life? Here's a sample recipe we prepared earlier...

Ingredient	Why	How to make a start
Optimism	To make it easier for me to deal with grief and loss	Start a gratitude diary
Family	To remind me who I am and where I come from	Start ringing my sister once a week.
Enjoyment	To stop me from taking life too seriously	Join the community choir
Adaptability	So that I no longer feel so unsettled by change	Start taking a different route each time I drive to town
A sense of self-worth	To give me the impetus to lead a healthier life	Start limiting my alcohol intake to one glass every second day
Curiosity	To keep my horizons from shrinking	Start borrowing one work of non-fiction from the library each week

Now it's your turn. Go to page 40 to start your own list.

Combine all your ingredients and keep working the mixture until the end result is more happiness, resilience, confidence, life-satisfaction...



Old age is the icing on the cake of life that makes it rich and sweet!

Other things you could do:

- Get together with friends and family and have a big cook-up.
 - Share your recipes for life - each 'bring a plate'.
 - Put together a 'group' or family recipe for life.
- Think of your favourite food recipe and give each ingredient an equivalent 'positive ageing' component.
- Send us your recipe for life (address on the back of this booklet) so that we can post it on our website for others to enjoy.

Quiz answers

- 1** True. Neuroscientists now know that our brain is dynamic and adaptable and that repeated thoughts and actions can change its structure and function.

For more information read *The Brain That Changes Itself* (2007) by Norman Doidge.

- 2** 1967. "All You Need Is Love" is a song written by John Lennon and credited to Lennon–McCartney. It was first performed by the Beatles on Our World, the first live global television link. The BBC had commissioned the Beatles to write a song for the United Kingdom's contribution."
Source: Wikipedia

- 3** Sixteen.

- 4** There are four options:
1. A friend, [when you are] in need, is indeed a true friend. ('indeed')
2. A friend, [when you are] in need, is someone who is prepared to act to show it ('in deed')
3. A friend, [who is] in need, is indeed a true friend. ('indeed')
4. A friend, [who is] in need, is someone who is prepared to act to show it ('in deed')
Source: phrases.org.uk

- 5** There is evidence that this might be true. It seems that laughter may ease pain by causing the body to produce its own natural painkillers. Research has also identified other benefits of laughter: it stimulates your internal organs; activates and relieves your stress response; soothes tension; improves your immune system.
Source: mayoclinic.com

- 6** "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

- 7** Cosmetics and beauty products.

- 8** Buddha means "awakened one" or "the enlightened one."
Source: Wikipedia

- 9** The dessert is named after the Russian ballet dancer Anna Pavlova. "Keith Money, a biographer of Anna Pavlova, wrote that a hotel chef in Wellington created the dish when Pavlova visited there in 1926 on her world tour."
Source: Wikipedia

- 10** Plutarch, a Greek historian and biographer who lived between 50 and 120 AD.

- 11** Dame Judi Dench has starred in seven Bond films. She was born on 9 December 1934 and was 77 when Skyfall was released in October 2012.

- 12** "In Cook Islands tradition, the haircutting ceremony is a rite of passage for young boys. At these large gatherings the boy sits on a chair draped with tivaevae (quilts). As his hair is cut, members of the community plaster the boy with money or other gifts. The custom serves to maintain reciprocal ties within the extended family and community."
Source: Wikipedia

- 13** 10 km x 52 weeks x 20 years = 10,400 km

- 14** One which is 'just right' - not too much or too little of anything.

Other stuff to add to your pantry

If you're wanting to get more physical...

Even small amounts of physical activity can be beneficial to your health:

- walking to the shops; vacuuming; gardening; washing the car...

Try for at least 30 minutes of **aerobic** physical activity five days a week. Aerobic activity makes your breathing and heart rate increase:

- cycling; golf; brisk walking; housework; kapa haka; kaumātua line dancing; stair climbing; swimming; table tennis; walking; playing with grandchildren; waka ama; water aerobics...

In addition, aim to do three sessions of **flexibility** and **balance** activities, and two sessions of **resistance** activities each week.

Examples of activities include:

resistance (for muscle and bone strength):

carrying shopping; standing up and sitting down repeatedly; weight training

flexibility (for easy movement):

modified Tai Chi; stretching; gardening; yoga; pilates

balance (to prevent falls):

bowls; cycling; dancing

Speak to your doctor before starting or increasing physical activity.

Start off slowly and build up to the recommended daily physical activity levels.

This information is provided by the Ministry of Health.

If you're feeling lonely...

Acknowledge what you're feeling. Loneliness is like hunger or thirst: it's an indication that you need something - in this case, meaningful connection with other people; the kind of contact that makes you feel valued and included.

Get good at making small talk... Small talk serves an important purpose. It is the lubricant that oils the wheels of society, keeping us civil and civilised. It can also be the prelude to deep and lasting relationships. **...and make opportunities to practise.** Go for regular walks in your neighbourhood; greet those you meet; stop and chat if it feels right. Visit places like the museum, the library, the local cafe and be open to talking to others.

Be a listener. The better you are at listening, the easier it is to make conversation.

Be curious, open and adventurous. Keep up with current affairs so that you have a store of 'talking points'. Enrol in a course to learn something new. Do something that you have always wanted to do but never got around to.

Get into the habit of making contact with friends and family. Don't wait for them to make the first move. Get into the habit of picking up the phone, sending a card, an email or a text. The more often you do it, the easier it gets.

Find a hobby that brings you into regular contact with others. Whether it be at dance classes, Toastmasters or the Menzshed, it's so much easier to break the ice with new people over a common interest.

Volunteer your time at the local school, church, rest home, library or with an organisation you wish to support.

Join a club like Probus, Rotary, RSA or your local Age Concern

Pace yourself. Don't get too far out of your comfort zone to begin with. You're unlikely to click with every person you meet, and that's OK, but the more people you meet, the more likely you are to make new friends.

If you're feeling unhappy about the way you're being treated...

If you have concerns about:

- The way you are being treated
- The way people talk to you
- How your money is spent
- How your property is being used
- The quality of your care

If someone is stopping you from:

- Going to activities and places of your choice
- Taking part in cultural or spiritual activities that are important to you
- Spending time with your family and friends

Talk to your nearest [Age Concern](#).

It's all about respect

I am respected when:

- I am valued for who I am
- People listen to what I say
- I can choose how I spend my money
- My benefit is used for my benefit
- I can choose what I want to do
- I can choose where I want to live
- My physical needs are met
- My spiritual and cultural needs are met
- My emotional needs are met
- I am involved in decisions about my wellbeing
- I am well cared for

If you're wondering about depression...

Depression can strike out of the blue or come on gradually. It can be triggered by a particular event such as stress or bereavement, or be caused by things, like an underlying physical illness, side effects of medication, too much alcohol. Often it is due to a combination of factors.

Depression is not the same as sadness or grief. People who have experienced both say the two feel quite different. They associate grief with sadness, and depression with a lack of feeling, loss of motivation and pleasure, a physical and mental slowing and difficulty thinking as clearly as usual.

Depression can be mild or severe. Sometimes a person may experience a chronic low grade depression over a long period of time. This may result in them feeling gloomy and lethargic, having difficulty sleeping, lacking self-confidence and being unable to enjoy life.

Depression is not a natural or inevitable part of growing old. It is a condition that can be treated.

Recovery from depression is the rule, not the exception.

So if you feel you need more than the ingredients in this booklet, seek help elsewhere. Talk to your GP about how you're feeling. Sometimes talking is enough to break the cycle. Your GP may recommend medication and/or professional counselling.

To learn more about depression and what you can do about it visit www.depression.org.nz

Now it's your turn...

Ingredient	Why	How to make a start

존엄

Te turanga tau meitaki tikai

Ngeia

Customs and culture

역할 모델

Plans

以身作則

Dignity

मर्यादा

Feongoongoi

規劃

Tu ma le aganuu

Tū rangatira

Tā sipinga

Ngā tikanga me te ahurea

平静

관습과 문화

Silafia lelei

평형

योगनाएं

○○

Mamalu

Te matakite'anga

Whāritenga

Faapaleni

关心

Te au peu e te au akakono'anga ui tupuna

Role models

रीति-रिवाज़ और संस्कृति

文化习俗

尊嚴

Au parani

文化習俗

Fokotu'utu'u

Whaiwhakaaro

Tauira

關心

'Ulungaanga fakafonua

Fuafuaga

우념

Mindfulness

संतुलन

规划

Kaupapa

सक्रिय रूप से चौकस

尊严

Turanga manako aiteite

Faataitaiga lelei

平靜

Equilibrium

계획

以身作則

Potupotumālie

रोल मॉडल

Au aronga turanga akara'anga meitaki