

U3A MANAWATŪ NEWS

QUARTERLY NEWSLETTER OF U3A MANAWATŪ

WELCOME TO NEW MEMBERS

Jessie and John Annabell, Sue Christensen, Kevin and Dianne Reilly, Andrew Stephens



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The Quality of Life in the Third Age

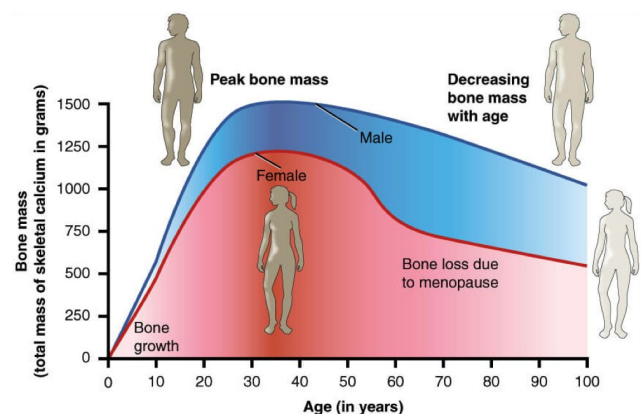
by Chris Phillips

The Spring Seminar Series took place under COVID-19 restrictions on four Wednesday afternoons in November at Crossroads Church. The theme was 'The Quality of Life in the Third Age'. For the first time, the seminars were live-streamed on YouTube. Physical attendances were down on previous series, but overall, taking into account those viewing online, attendances were up.

Professor Christine Stephens of Massey School of Psychology opened the series. Her theme was the importance of housing and neighbourhoods for the well-being of older people. The Massey Health and Ageing Research Team (HART) had carried out a longitudinal study of 55-90 year olds over a 15-year period. This showed that housing tenure, and the quality of housing and neighbourhood are related to mental and physical health, loneliness and quality of life. Neighbourhood 'liveability' includes the environment and access to healthcare.



In the second seminar, **Professor Jane Coad**, former Professor in Nutrition, Massey University, discussed the importance of nutrition in healthy ageing. Changes to body composition which occur with ageing include bone and muscle loss, loss of appetite, and sensory perception. Nutritional requirements change with age, in regard to protein and micronutrients, calcium, iron, vitamin D, antioxidants and vitamin B12. The so-called 'Mediterranean Diet', rich in olive oil, fish, fruit, nuts and vegetables has much to recommend it.



Professor Johan Potgeiter of Massey's MAF Digital Laboratory, in a talk provocatively subtitled 'The Robots are Coming', outlined the likely impact on the future workforce of Artificial Intelligence and Robotics. He envisaged a hybrid workforce with people and robots working synergistically, and argued that robots are needed to supplement the declining workforce in many western countries.

Continued on Page 2...



FROM THE CHAIR

Graham Slater

Welcome to 2022! I hope everyone had a nice Christmas and that the new year has begun well for you.

I suspect that we are in for more COVID disruption in 2022, but I would love to be wrong.

If/when Omicron hits our region hard we might find it difficult to operate as we normally do. Learning Group Coordinators will be seeking ways for members to stay engaged in the event face to face meetings become difficult again.

The highly successful Spring Seminar Series in 2021 enabled us to explore other methods of delivery, including live-streaming and asynchronous viewing on YouTube. We are immensely grateful to Crossroads Church for providing this facility. It enabled people to participate in the series without needing to attend in person. We are hoping to be able to continue with this mode of delivery this year.

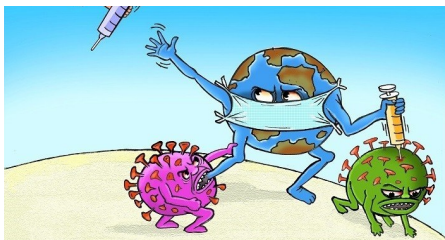
For the upcoming Autumn series we are aiming to give four perspectives on the broad theme of **Nature**, our place in nature, our impact on nature, how nature affects our wellbeing. Look out for more information in late March or early April.

The issue of vaccine passports will be important this year. The U3A policy statement included in this newsletter (Page 4) needs to be adhered to in order to ensure the wellbeing and safety of all our members.

With the disruptions we face in times such as these it is essential not to lose sight of the reasons people join organisation such as this. Some of these are to:

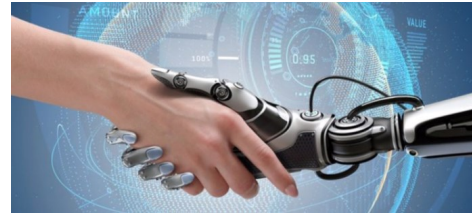
- ⇒ Endeavour to continue your passion for learning
- ⇒ Keep your mind active
- ⇒ Enjoy the fellowship of like-minded people
- ⇒ Make new friends and have fun.

It is my hope any disruption caused by COVID is minimal and short in duration. Stay safe!



Continued from Page 1...

Robots would have particular relevance in the aged healthcare system in areas such as patient monitoring, social assistance and disability limitation.



In the final seminar, **Dr Kirsten Holst**, a geriatrician working at MidCentral DHB, addressed the question 'How can we age better?'. The period of decline in old age can vary considerably, from sudden to very slow. Loss of muscle strength is an important driver, and is exacerbated by neurological changes, a sedentary lifestyle, inadequate nutrition, hormonal changes and inflammation. A 'frailty score' helps practitioners in making treatment decisions. Advanced care planning is important and makes it easier for those left behind.



All images in this article have been taken from the speakers' presentations

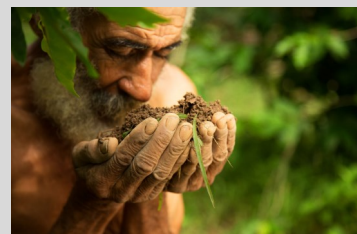
You can view/re-view these seminars online anytime via the YouTube link on our website:

<https://www.u3amanawatu.org.nz/seminars/>

AUTUMN 2022 SEMINAR SERIES

Planning is progressing for the next seminar series, provisionally scheduled for four weeks in May. We aim to cover four topics under the general umbrella of 'Nature and Humankind', and yes, we know that we are part of nature (as broadly defined)! More information will be circulated closer to the time.

Stuart Birks



AROUND THE GROUPS...

NEW PROGRAMME FOR 2022

A printed copy of the 2022 Learning Programme was posted to all members in mid-January along with a 2022 Subscription form and Vaccination Certificate Policy statement. The latest version of the Learning Programme will always be available on the website. New groups so far this year are **TED Talks** and **Ten Pin Bowling**. Spaces are available for new members to join either of these two groups. Six groups have been discontinued.

We are always open to suggestions for new groups. If you have any ideas please get in touch with Graham Slater at gandg@inspire.net.nz or ring 353 0586. Support and assistance can be provided to set them up.

TED (Technology, Entertainment and Design) Talks

Graham Slater: Coordinator

This is a new group designed primarily to keep engaged those members who are no longer physically active or mobile.

TED is non-partisan and non-profit and is devoted to spreading ideas, usually in the form of short, powerful talks. TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics - from science to business to global issues.

Many of you will have come across these before – there are thousands online. They are talks by a wide variety of people given in front of an audience, generally about 15 - 20 minutes long.

The idea is for someone in the group to select a TED talk, then email the rest of the group with the URL of the talk. Each member of the group will take a turn to choose the talk so the group gets exposed to a wide variety of topics. I suggest all members of the group then enter a round-robin (reply to all) email discussion and analysis of the talk. This would go to everyone in the group so all can share ideas. The discussion can wander off in any direction! Some details as to exactly how this will run are still to be worked out. (Suggestions welcome).

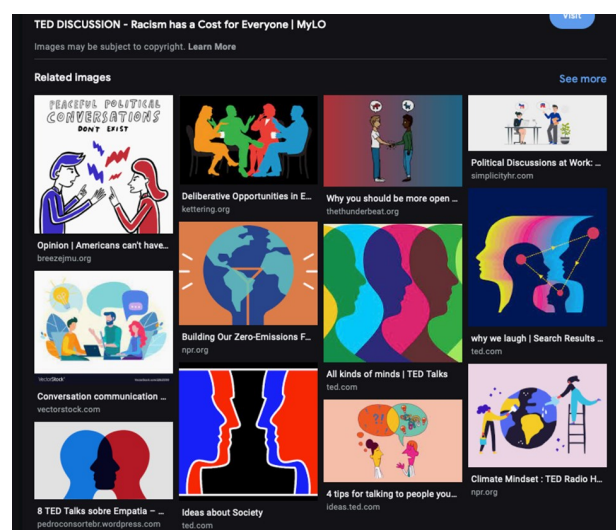
The following month another person selects the talk and circulates the URL. It means members can watch it when and where they want to, then interact with the rest of the group via email. The group would not need a coordinator as such, but might need a manager to ensure that the next month's clip is assigned to someone.

If you have not experienced a TED talk before, click on the following URL and watch an example. It will come up on You Tube.

https://www.ted.com/talks/ilissa_ocko_the_fastest_way_to_slow_climate_change_now?utm_campaign=tedsdspread&utm_medium=referral&utm_source=tedcomshare

Email me if you would like to be part of such a group. It may be that Zoom meetings for discussions could be one outcome.

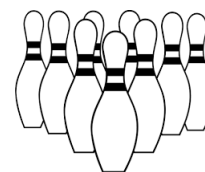
Feel free to contact me if you have any questions or suggestions: gandg@inspire.net.nz or phone 353 0586.



10-PIN BOWLING

Janet Black: Coordinator

A group which gets together for social 10-pin bowling. Held at Bowlerama on Cuba Street at 10 am on the third Wednesday of the month. Price is \$8 per game and includes the balls and shoes.



To join, phone Janet on 027 2763955 or email janblack2013@icloud.com

U3A Manawātū - the first 20 years. By Carol Phillips

Available from the Heritage Desk, Level 2, City Library.

\$10 (cash only)

2022 subscription payments are due now.

You will have received a subscription form in the mid-January posting. Alternatively, you can renew your subscription online:

<https://www.u3amanawatu.org.nz/subscribe/>



Vaccination Certificate Policy from January 2022 until further notice

U3A Manawatu prides itself on being an organisation that puts the health and safety of our community first by encouraging our members to be vaccinated against COVID-19, so that we can reduce the risk of exposure and transmission of COVID-19. It is important that we provide our members (and visitors) with a safe community, in which they can participate in activities and enjoy our company. A safe community is a COVID-19-free community, and currently the best protection against spreading COVID-19 is vaccination.

As a condition of entry to events, **anyone** aged 12 and over who enters any space, while it being used for U3A activities or events must:

Provide, written or electronic evidence of their COVID-19 vaccination certificate (must be current) to the U3A representative, on request.

Variations to this condition of entry:

- ◆ Evidence of a COVID-19 vaccination received other than in New Zealand will be accepted if the evidence is standard in the relevant country, and it has been accepted by the Ministry of Health.
- ◆ A vaccination exemption which has been granted by the Ministry of Health. We understand there are some who have a valid reason for vaccine exemption but as there is still a risk and in the interests of group safety, we would ask that you follow U3A activities online if possible. Thank you for your understanding and cooperation in this matter.

Around the groups (continued)

Book Group 2

Merle Smillie: Coordinator



The last Book Group 2 meeting for 2021:

L to R: Jutta, Fliss, Lyn, Dianne, Merle

Absent: Jacque, Jan and Liz

The group decided to have a more social meeting. We talked about childhood memories of Christmases gone by: the different Christmas food we ate and the customs that were traditional in the countries in which we were brought up. Although there were just five of us it was a great opportunity to share some of our other interests, and of course the books we will be reading in 2022 - the 4th year our group has run.

If you elected to receive this newsletter by mail, it will be in black and white. A colour copy can be downloaded from our website at www.u3amanawatu.org.nz

We would LOVE you to contribute to our newsletter!

Please contact the Editor (Rosemary at 326 9598 or rkrstinich@gmail.com)

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