

Upper Clutha Senior Citizens Incorp.

“Prime Timers”

Presidents Report 2019

“40 years on”

It is now 40 years after Dr. Pezaro has established the club, with our first president Olive West. sent out letters to the residents of Wanaka requesting for information, gaining interest and assistance to form a Senior Citizens Club. Over those 39 years, there has been both progression and regression in the Club. We still receive a generous contribution from the Graham and Olive West Trust and we are grateful to the trust and the legacy of Graham and Olive.

This year for Prime Timers has been positive and successful, with good numbers attending our meetings and 19 new members. Our outings have been most enjoyable with full buses on most trips. Each of our members are valued. Our club exists to provide fellowship, celebration of life, education, activities and outings. We would like to think that in our community nobody is isolated or lonely: that sadly is not always the case. We always aim to invite new members along to enjoy our company.

Also thank you to the continued support from the Lottery Commission, and COGS to keep us solvent and able to pay our Administrator and Activities Coordinator. We are grateful to these supporters and organisations for the continued assistance and support.

The Dementia Lecture - ‘Loneliness: The dangers’

Some members attended ‘Loneliness: The dangers’. This was a dementia lecture by Yoram Barak a Dunedin Psychiatrist who visited in June. We were surprised to learn of the effects of loneliness on our population - especially the elderly.

“Friendship is a bit like food, we need friendship to survive”.

Inclusion in a group like Prime Timers is imperative to enjoy life and keep healthy. If we don’t have social relationships we fall apart both mentally and physically. Lack of social interaction undermines learning and memory.

Elderly Abuse

We acknowledge the work of Age Concern Otago and NZ. Previously I have been president of Age Concern Kapiti and an Age Concern New Zealand board member. Nine referrals are made every day in NZ to Age Concern for elderly abuse. in 2017-18 2,260 referrals were made for elderly abuse, neglect, physical harm, psychological abuse and financial abuse. Referrals are also made to police, lawyers, banks and health professionals. Please make sure if you or know someone who experiences edlerly abuse you contact someone you trust or a trusted professional.

QLDC Plan

Many of our members attended the meeting held at the golf club to discuss our QLDC Master Plan. We were urged to make submissions. Parking and roading were key issues.

Thank you to Claire Dooney our Financial Administrator and Helen Millar our Activities Coordinator for all the work they do on our behalf. Also to our committee, Helen Gillan, Doreen Tyree, Maureen Burney, Mavis Barrow, Mary Scurr, our volunteers. Thank you to our sponsors Olive West Trust, The Lotteries Commission, COGs, and to the Presbyterian Church for assisting us in the rent of the church hall.

We are a proactive club providing friendship, fellowship and enjoyment of life and activities.

Thank you for your support.

Winton Davies

President

July 2019