



## The Ageing Experience

### Choosing relationships

**Mother Teresa, recognized as a saint by the Catholic Church for her work with the poor, said: "The most terrible poverty is loneliness and the feeling of being unloved." A woman who had worked to reduce the effects of some of the most extreme material poverty in the world, still recognised that isolation and loneliness, the lack of humans around us knowing who we are and making meaning for one another, makes for an even greater emptiness.**

Being a friend takes a lot of intentional effort, especially if that friendship occurs from a distance. Do we choose to give it the priority such effort requires? It might be a

friendship within the family - that between older adults and their grandchildren, for example. How blessed is a family when a grandparent chooses to make the effort to travel to have time with children and grandchildren. There may be an 'excuse' such as a special event, which gives reason for the effort required. But do we sometimes choose to make the effort without a special reason?

As we age, we realise more sharply what is lost when we haven't kept up with friends from earlier days, or when special friends have died. This may help encourage us to make more effort with the people around us. We don't recover the particular aspects of earlier friends, but we discover there are still more attractive sides of new friends to discover and grow.

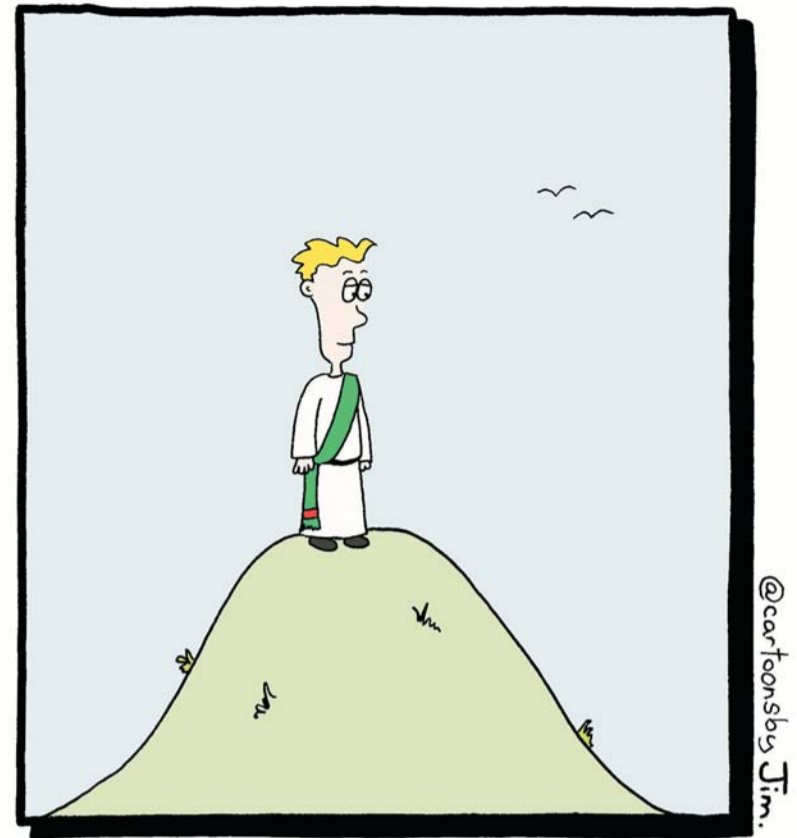
There are health reasons to make the effort against

loneliness and isolation, but it is also that general life satisfaction is greater amongst people who are not lonely. It's something we might be aware of for ourselves but it is also a gift to give others - the effort we make to put work into building friendship.

Friendship at some level can happen relatively simply through work contacts; with retirement, that source of possible friendship can go. Rather than thinking that retirement means no more work, perhaps we can pay attention to a different kind of work - that of working on friendship.

Loneliness is how we feel about the level of social contact we have or not. So, it will be different for different people - some are more OK about being at home reading a novel, while others crave conversation and interaction. So, in part, it might be about the choice we make about ourselves - are we choosing to give relationships a lower priority? But maybe that's too harsh. We all need a helping

Rev Jan Fogg



All his life, Dave wanted to be a deacon on a hill.

hand and a smile - the person on the street sitting hoping for donations may need that smile more than a coin or two.

Like so many aspects of our faith life, thinking about the other as well as oneself is necessary in

building life satisfaction through friendship. Let us also practise finding the beautiful centre of our solitude through meditation and let us remember in our times of quiet to be thankful for friends.

## CARING FOR OUR PEOPLE

### When the nephew came for a visit

Trudy Downes  
Health & Safety Coordinator MCNZ

**We were extremely privileged to have a visit from our Auckland-based nephew recently. He had previously stayed with us for a little over a year, finishing high school, so he had friends and other family to visit while he was here.**

Two days into his visit he advised us that a workmate's wife had just been diagnosed with measles.

We did the timeline ...

Illness starts 7-18 days after exposure (fever, cough, runny nose, sore/pink eyes).

You are infectious five days before to five days after rash onset. You experience illness a couple of days before the rash appears.

Somewhere between day three and day seven you get the blotchy rash which tends to start on the face and behind the ears, before moving over your head and down your body. The rash lasts for up to a week and, generally, when the rash gets to your feet, your fever stops.

Info sourced from *Ministry of Health NZ*.

The wife may have been given confirmation on the second day of the rash, therefore, she had been infectious for six days before that diagnosis.

In the worst-case scenario, the workmate may have got measles immediately from his wife, and unknowingly been on site infecting his workmates for a day.

Thankfully our nephew came to Christchurch two days before his workmate may have become infectious and nephew confirmed with his mum that he has had all his vaccinations.

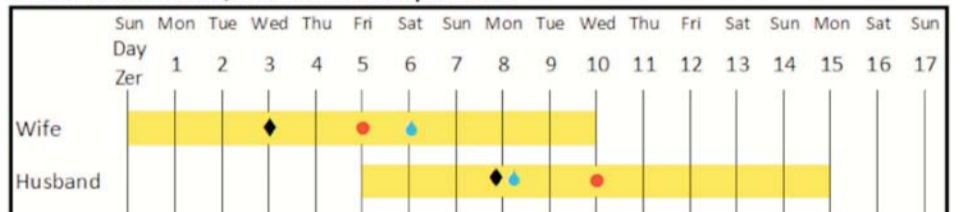
Vaccinations can protect us against measles. Measles can cause some terrible complications, including ear infections leading to possible permanent hearing loss, pneumonia, seizures and brain swelling (rare, but can cause permanent brain damage or death).

It is possible to infect others before you know you have measles. It usually takes 10 to 14 days for someone who has caught measles to start showing symptoms. If you have been in contact with someone with measles, and don't know if you're immune, seek medical advice immediately and remain in quarantine at home.

Auckland Region Public Health Services have fact sheets in many languages available from

#### WORST Case Scenario of Measles Infection

Wife confirms illness, husband is already infected



Infectious period  
 onset of fever  
 onset of rash  
 optimistic confirmation date

[www.healthnavigator.org.nz/health-a-z/m/measles/](http://www.healthnavigator.org.nz/health-a-z/m/measles/)

If an unvaccinated adult or child is exposed to the measles virus, giving the measles vaccine within 72 hours of exposure to the virus (post-exposure vaccination) can protect them against the disease. Even if measles develops, the severity and duration of symptoms will be less than if the person had not received the post-exposure vaccination.

Vaccination of family members or carers is important to protect people with weakened immune systems.

If you suspect you have measles, it is important to see your doctor. Phone ahead first as this helps to ensure people with measles do not end up sitting in a waiting room, potentially spreading the illness to others.

Free health advice from a registered nurse is available 24 hours a day from Healthline on 0800 611 116 if you have



Aunty Trudy with her nephew from Auckland.

any questions.

***Ki te patua te tangata me te tokotoko tao, ko te tangata kotahi e mate ana, engari ki te patua e te tokotoko rangi (arā ngā mate kānene o tāwāhi) nui te ātetenga.***

Only one person suffers from the blow of a wooden spear, but the spear from heaven has widespread effect. (In reference to diseases which spread with devastating results.)

Mā te Atua e manaaki e tiaki i ngā wā katoa.

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