

## FRIENDS OF THE FOUNDATION



**Carolyn Ward**

The Friends of The Foundation was launched at Government House in November 2005.

Joan-Mary Longcroft QSM was the Inaugural Chair.

She stepped down at the end of 2009 to be succeeded by Carolyn Ward.

The 2013 Committee remains unchanged from 2012:

Carolyn Ward (Chair), Leonie Lawson, Joan-Mary Longcroft, Marie Quinn and Linda Snell (Minute Secretary for 2013).

We are very excited about the new relationship with The Selwyn Foundation that has been reported on elsewhere in this newsletter. This will help to secure ongoing funding for HOPE's scholarship programme and research in gerontology.

A starting point for a discussion about research funding in this broad field can be found in the meaning of "Gerontology" which, at its simplest, is the scientific study of old age, the process of ageing and the particular challenges or problems associated with ageing and older people.

It is distinguished from "Geriatrics", which is the branch of medicine that studies the diseases of older adults.

## 2012 END OF YEAR FUNCTION AT OPERA FACTORY

We booked a limited number of tickets for the Opera Factory's Christmas Gala "Die Fledermaus" on Friday, 14th December.

This was a most enjoyable evening with Xmas fare served during the interval and was a good start to the Xmas season.

## BECOME A FRIEND

Donations to the Friends are tax deductible. Friends pay \$25.00 annual gift for an individual or a concession rate of \$40.00 per couple. If you are already a Friend and have not yet renewed, please send us a cheque. If you are not a Friend already, why not join?

Contact Carolyn on (09) 520 0971 for further information.

The Friends offer evidence that The HOPE Foundation has community roots and it's of great advantage to the Foundation that the Friends are active supporters. We look forward to your continuing support in 2013.

## SUMMER STUDENT PRESENTATIONS

The presentations by the Summer Students have been deferred until later in the year.

[www.hopefoundation.org.nz](http://www.hopefoundation.org.nz)

## FRIENDS FUND-RAISERS

Late last year Joan-Mary and I attended Howick Little Theatre's 2013 "Preeves Night" and the Friends Committee have chosen a play that we hope you'll enjoy.

They had advised that their 2013 matinees would start at 2pm, rather than 6pm as in previous years. I'm happy to say that they have agreed to a 6 pm time for our group!

The play we have chosen is "The Cat's Meow", a Jazz Era drama. Set in 1924, The Cat's Meow offers a fascinating cross-section of famous characters, such as Charlie Chaplin and movie star Marion Davies, who spend a weekend on William Randolph Hearst's yacht.

This darkly comic play, laced with clandestine romance and rising tensions, is based on a true story.

A flyer will be mailed shortly but please put in your diaries – 6 pm Sunday, 21st July!



# The HOPE Foundation for Research on Ageing healthy older people

NEWSLETTER MAY 2013



## EDITORIAL

Professor David Richmond,  
Inaugural Professor of Geriatric Medicine,  
The University of Auckland.  
Founder and Chair of The Foundation

Since it started to fund summer research students doing age-related research in 1999, the Foundation has funded 23 such students. Since it began funding scholarships for masters and doctoral student in 2004, 31 scholarships have been awarded to 18 doctoral students (some students have been supported for more than one year), and eight to masters students. In addition we have arranged at least one public seminar most years, paid for some contract research on issues the Foundation felt needed urgent review, and funded a visiting professor.

For the whole of its existence, the Foundation has depended for funding on the generosity of several hundred Friends of the Foundation donating regularly, events organised by the Friends Committee (current Chair, Mrs Carolyn Ward) and support from a range of philanthropic organisations. The latter include the Freemasons Roskill Foundation, the Picot Family Charitable Trust, the Ted and Mollie Carr Foundation, the Sunset Foundation, the Goodfellow Trust, The JR Lewis Trust, the Ruby Nolan Trust, the James Wallace Arts Trust, the Anonymous Trust and the Selwyn Foundation.

We can now announce that the Selwyn Foundation has agreed to become a 'cornerstone' partner as from this year, assisting with over 80% of our budget. The Selwyn Foundation is one of the leading providers of aged care in New Zealand, an organisation with a reputation for probity and good management with whom we feel privileged to be associated. For the first time in its history, the HOPE Foundation can reasonably expect a secure future. We will still need to raise some funds because we want to ensure that HOPE retains an independent identity. I believe that you, as a faithful supporter will be as encouraged by this development as we are.

We owe special thanks to the Selwyn Board and its CEO Garry Smith for their positive response to our approach, and to our own Board member and acting Executive Officer, Rod Perkins for his key role in the negotiations.

David E. Richmond

Chair: Professor David Richmond,  
PO Box 87343, Meadowbank  
Auckland 1742  
Charities Commission No. CC24328

Executive Officer:  
Rex Paddy  
Ph 021 909161  
rpaddy@ihug.co.nz

## FROM THE BOARD MEETING

The HOPE Board met on April 2nd, a little later than usual because the trustees were waiting on the outcome of negotiations with the Board of the Selwyn Foundation. These having proved successful, the Board was able to begin grappling with the ways in which this strengthening of its financial position would affect its function.

Of immediate importance is the appointment of an executive officer. Dr. Rod Perkins has been filling the role in a voluntary capacity. An appointments sub-committee was appointed to follow up on possible candidates. The outcome of this process was the appointment of Mr. Rex Paddy. For more about Rex, see facing page.

Following the retirement of our long-serving Hon. Treasurer Mr. Euan Carr in August last year, Mrs Judith Ray agreed to take on that role, whilst warning us that it might not be long term because of her busy private practice.

The Board is very grateful to Judith for seeing us through a potentially difficult period and at this meeting was able to allow her to step down and welcome Judith's replacement, Mr. Paul and Mrs Toni Cooney. They are going to work in tandem, an unusual approach but one which we think will work well. Both have a

## HOPE SCHOLAR'S RESEARCH FEATURES IN THE NZ HERALD



Ankita Umapathy's groundbreaking research on the role of the lens of the eye in preventing eye disease was highlighted in a Herald article on April 29th.

With her supervisor she is investigating what the effect of removal of the lens after cataract surgery may be, and how to compensate for it.

We are proud to be associated with this work.

great deal of experience in financial matters.

Prof. Louise Nicholson has completed her 10 year term as Assistant Dean (Research) in the Faculty of Medicine. She has been the Dean's representative on our Board over those years. Louise has been a fountainhead of wisdom to the Board. We wish her well as she departs and warmly welcome Assoc. Prof. Andrew Shelling in her place.

## SUMMER RESEARCH STUDENTSHIPS AWARDED

There were four applications for two studentships in the Faculty of Medicine for the 2012 / 2013 summer holidays. Awards were made to Robert Carr BA and Mr. Stephen Zhuo Chen. A second year MBChB student.

Robert's ambition is to determine if environmental factors such as temperature and humidity are associated with hospitalisation of older frail people. Measurements of temp., humidity etc. taken previously will be merged with NIWA climate data for the local area. It will then be possible to determine if there is a significant difference between household and ambient temp. / humidity. His supervisor is Prof. Ngaire Kerse working in the department of General Practice and Primary Health.

Stephen aims to quantify and describe the epidemiology of diverticular disease (DD) of the bowel to determine what is needed to help to fill knowledge gaps or pose future research questions. Issues such as hospitalisation rates, mortality, costs, gender and age, readmission rates and the use of procedures will all be examined. DD has a significant impact in the ranks of the elderly but there is little information about its epidemiology in NZ. Steven's supervisor will be Ms. Joanne Broad, MSc. Dept. of Geriatric Medicine.

The Foundation is hoping to mount a seminar at which these students can present their results to interested parties.

## RESEARCH SCHOLARSHIPS AWARDED

There were nine applications for scholarships for the 2013 academic year: two from Auckland, four from Massey and three from Otago. Four scholarships, each of \$6000 were awarded. At The University of Auckland, PhD students Ankita Umapathy and Rashika Karunsinghe received awards. Both were HOPE scholars in 2012.



The Board's policy is that scholarships at doctoral level are renewable for up to three years, the normal length of the doctoral course, providing good progress has been made. Ankita's research on the prevention of eye disease in older people.



Rashika's research on damage to brain cells in Parkinson's disease were

## APPOINTMENT OF NEW EXECUTIVE OFFICER TO THE FOUNDATION



The Board is delighted to announce the appointment of Mr. Rex Paddy M.Phil. as Executive Officer (part time) to the Foundation. Rex recently retired from his position as Chief Executive to The Stroke Foundation, Northern Region. He has a distinguished career pathway in senior management positions both in the Health Sector and in the Finance sector and has held a number of non-executive directorships in commercial companies. His appointment will add huge strengths to the administration of the Foundation. He has particular expertise in guiding Boards of Directors to use their skills in the most strategic way possible. It is of interest that he has links to several senior executives of the Selwyn Foundation.

described in more detail in our May 2012 newsletter.



At Massey University, the scholarship was awarded to Louise Elisabeth Cooper who is working in a doctorate in Clinical Psychology programme supervised by A/ Prof Paul Merrick.

Working on the thesis that was first enunciated many years ago by the famous endocrinologist Hans Selye that altruism is protective against stress in life, she is investigating the relationship between volunteering and depression in older people.

Depression is common in older age. Many people feel that they have nothing more to contribute.

The actual title of her research is: *Doing good and feeling well: the relationship between volunteering and protection against depression older adults..*



The award at The University of Otago went to Tara Martin, an MSc candidate from the Division of Health Sciences, Wellington.

Her research, supervised by Prof. Mark Weatherall involves testing the ability of rhythmical (metronomic) sounds to reduce gait 'freezing' and falls in people with severe Parkinson's disease when they are attempting to walk.

Short term studies have shown an improvement in gait with such devices but there are no long term studies and little data on falls.

Tara's subjects will be given six month's supervised tuition in the use of the small electronic metronomes in the hope that any benefits will persist over the long haul.