

**AUTUMN 2018 QUARTERLY NEWSLETTER**  
[www.ageconcernauckland.org.nz](http://www.ageconcernauckland.org.nz)



# Age Concern Auckland

*Serving the needs of older people*



For advertising phone Monique (07) 577 9092 or email [monique@pukekoprint.co.nz](mailto:monique@pukekoprint.co.nz)  
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OFFICE HOURS  
9.00am - 4.00pm Monday to Friday

Council Members

Anuradha (Anu) Abhyankar (Chair), Dick Ayres,  
Edwina Mistry, Fiona Kirkcaldie, Jinling Lin, Kate  
Gohar, Margaret Devlin, Pat Williams, Sudhanshu  
Dandekar, Victoria Walker

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Receptionist	
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Carol Maharaj	281 2984
Financial Management Service & Total Mobility Assessor	
Anne Carroll	820 2710
Ageing Well Coordinator	
Maureen Craven	820 2712
Asian (Chinese) Coordinators	
Ray Law and Kong	820 0271

Disclaimer: Publication of an advertisement in this newsletter does not imply endorsement by Age Concern Auckland.

Our Services

- Accredited Visiting Service (AVS)** - provides companionship and support for older people living independently in the community by matching them with a regular, volunteer visitor.
- Elder Abuse and Neglect Prevention (EANP) Service** - aims to improve the quality of life of older people in abusive situations and to prevent abuse by providing information, education programmes, advocacy and support.
- Field Social Worker** - social workers are available to support and assist people aged 65+ with any social needs and health or well being issues.
- Ageing Well** - delivers a range of programmes and activities that are fun and social. Workshops provide practical knowledge on topics such as health and well being, legal matters, modern technology and safe driving.
- Total Mobility Scheme** - assesses and provides Total Mobility Cards to eligible people.
- Financial Management Service** - manages the financial resources of an older person when they are no longer able to do so, themselves.
- Asian (Chinese) Service** - support and assists the Asian community. We give talks to Chinese groups to promote positive aging, help clients when accessing social services and provide language support and cultural advice.

Logic will get you from A to B.  
Imagination will take you everywhere.



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[www.petscancometoo.co.nz](http://www.petscancometoo.co.nz)  
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Social Interaction can keep you healthy!

As you get older and retire or move to a new community, you may not have quite as many opportunities to socialise as you did when you were younger. Recent research from the American Time Use Survey, an annual census by the US Bureau of Labour Statistics, shows that time spent in the company of others plateaus by our mid-50s and we then spend an ever-increasing amount of time alone.

However, if you're not heading to work or getting out and about each day, you may be missing out on important social interaction that you need to stay sharp, healthy and live longer.

Research has shown that staying socially active and maintaining interpersonal relationships can help you maintain good physical and emotional health and cognitive function, with a reduced risk of many diseases, dementia and depression.

- Here are a few ideas to keep your connections strong:
- Stay in touch with friends and family and try to visit with them regularly
  - Volunteer in your community
  - Visit a senior drop in centre
  - Join a group focused on activities you enjoy, such as playing cards or a book club
  - Try taking a class - learn a new language, a new style of cooking or art class
  - Join a gym to stay physically fit

Staying socially active and maintaining your relationships are an important part of healthy aging. Driving Miss Daisy can help you to maintain your connections, so you can stay as vibrant, active, and social as you've always been. We have lots of other clients who get out and about so would be pleased to share our knowledge of local activities with you. We can collect you, drive you to your destination and provide whatever help you need.

Remember that many of our franchise owners have fully equipped Mobility Vehicles, so if you have a walker or wheelchair this is no problem at all. No matter what your requirements please call us today to discuss - we look forward to seeing you soon.

Editorial supplied by Driving Miss Daisy

Driving Miss Daisy - we've got Auckland covered!



Driving Miss Daisy is NZ's number 1 friendly and reliable companion service.

We can drive and accompany you to:

- Medical and other appointments
- Family/social occasions
- Companionship outings
- Take your pets to the vet
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One Tree Hill	Ph: (09) 629 5999
Eastern Bays	Ph: (09) 528 2044
Blockhouse Bay	Ph: (09) 627 0481
Henderson	Ph: (09) 836 5713
Titirangi	Ph: (09) 813 2495
Hobsonville	Ph: (09) 412 5332



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**A word from our Chairperson**

As summer gives way to autumn we can see the world around us begin to change. The days become a little shorter and a little colder and the leaves of the trees begin to adopt their autumnal hues. Here at Age Concern Auckland, we too have seen some significant changes.

Early last year we had changed our constitution and, for the first time, introduced term limits for our Board members. This is always a difficult thing to do as we are always inspired by the commitment of so many to support us as Board members, with each and every one of them doing so in voluntary capacity. It was particularly hard on those on our Board who had done so for many, many years, with some stretching back into the 1990s. We must give full credit to those who adopted the new rules knowing that it would mean they would be stepping down to make way for new faces and new ideas.

In this issue of our newsletter I would like to give thanks to those who have done so much over so long to support Age Concern Auckland, our work and those we seek to support. I would therefore like to share my thanks, and the thanks of all those involved with Age Concern, for the contribution made by Marie Hull-Brown, Joan Lardner-Rivlin, Heather Alford and Mike Cohen over so many years. Each in their own way has made a significant impact on the past, present and future of Age Concern and I cannot thank them enough. I should also make special mention of Mike Cohen who, whilst stepping down from the Board of Age Concern Auckland, has joined the Board of Age Concern New Zealand. It would be remiss of me to not also mention the contribution of Billie Jordan. Billie also stepped down from the Board and, although her term was shorter, her contribution was no less valued and appreciated.

With the leaving of the ‘old guard’ comes the arrival of the new and I would like to formally welcome our new Board members; Margaret Devlin, Victoria Walker, Pat Williams, Jinling Lin, Dick Ayres, Edwina Mistry and Fiona Kirkcaldie. Each brings with them complementary skills, experience and insights from diverse backgrounds in, amongst other things, social work, academia, governance, marketing, the legal



sector, the business sector, IT, finance, fundraising and community support. Working alongside us ‘old hands’, myself, Sudhanshu Dandekar and Kate Gohar, we are collectively committed to helping steer Age Concern Auckland towards and even brighter future.

Change can be invigorating and I am looking forward to the future with my ‘new’ colleagues and having just had the first of the 2018 Board meetings I can tell it will be a year of drive, commitment, innovation and a little fun. We are all here to support the organisation that you so deeply care about and I promise, we won’t let you down.

Warm regards,

*Anuradha (Anu) Abhyankar*  
Chair, Age Concern Auckland

**Manager’s Musings**

I have just read our Chair’s piece for this newsletter and I too would like to take the opportunity, on behalf of all the staff of Age Concern Auckland, to thank those Board members who have stepped down and to welcome those who have joined.



I too would like to start by talking about change and since the last newsletter we have had changes at the staff level as well. Firstly, welcome to both Carol Maharaj and Chi Shan Kong, both of whom have joined our Elder Abuse Response Team. We continue to expand our team of dedicated social workers and social support practitioners to meet the increasing number of referrals that we receive from or on behalf of some of the most vulnerable older people in our communities. It is a constant battle to simply stay ahead of the curve and to be able to keep up with demand but it is a battle that we simply refuse to lose. It is always good welcoming new members to the family and it isn’t simply their day job but the input of fresh ideas and perspectives they bring that keeps us moving forward.

We are also continuously building on our team of fantastic volunteers, with our large cohort of volunteer visitors being joined by an ever-growing number of people helping us in our office or



**Ryman Peace of Mind**

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Few things in life come with certainty. However, Ryman’s fixed weekly fees provide just that. Your weekly fees are fixed for the entire time you occupy your townhouse or apartment, guaranteed.\* Therefore, worries such as increasing council rates are no longer a concern.



**Full continuum of care – keeping care at the heart of everything we do**

We understand that your health needs change as you age. Our full continuum of care means that Ryman villages can provide independent living, serviced apartments, resthome care; and in the majority of villages, hospital and specialist dementia care. You can be reassured that, if your needs change, we can continue to look after you.



To find out more about our 9 friendly villages in Auckland phone Josie on **0800 000 290**

\*Terms and conditions apply



with facilitating workshops and activities in the community. We are always on the lookout for more so, if you have skill and time to spare, feel free to give us a call.

Sadly, as well as welcoming new members to the team we do sometimes also say goodbye and since our last newsletter we have said farewell to two of our team. Vani Bury joined us last year as our Fundraising & Communications Manager and during her, albeit all too brief time with us, has made an enormous contribution to our future success. Without wishing to tempt fate, it looks as if we will break the \$1 million income mark for the first time this year (although our year doesn't finish until June 30th so I've probably just jinxed that!). I'd love to say that this meant we had entered the land of milk and honey but the painful reality is that we spend every cent we raise just in order to keep up with the ever-increasing demands for our services. Vani came from the commercial sector and has been tempted back by an offer she can't refuse and that we can't compete with.

Michael Hall has been with Age Concern for a little longer, having been our minibus driver for the past 18 years! I'm sure Michael won't mind me sharing that he turned 70 at the end of last year and, realising that he was now older than some of those he supported, has taken the not unreasonable step of retiring. He will now spend his time between Auckland and at his home-away-from-home in Thailand. Over the 18 years he has been with us Michael has delivered almost 4000 minibus trips benefitting over 40,000 older people. Although his job title was 'Minibus Driver' he was so much more. He took it upon himself to be friend, confidant and entertainments manager, with each journey being more of an experience than a simple trip out. If anyone deserves a rest it is Michael and we wish him all the best for his future.

Just one last thing, I have spent a lot of my time over the past week or so talking to many of our members, government and the media about the rise in the digital divide. This was highlighted with the launch of this year's census as an on-line version. Although an increasing number of older people are using the internet, the majority still do not and we have, politely yet forcefully highlighted this fact to the organisers of the census. If you weren't able to access the online census form, at least in theory, you won't miss out as

every household who shows up as a 'non-response' will receive a knock on the door to drop off a paper copy. The census can seem a bit of faff but it is really important as it gives the government a snap shot of just who's out there so it is really vital that everyone fills it in. We know that the proportion of those over 65 in New Zealand is growing rapidly and we need the census to confirm this.

If you do get a knock on the door from a census person, make sure you check their identity - they'll all have some - and remember they don't need to come in and they don't need anything other than a confirmation of who you are and should simply pass you a copy of the census form and be on their way. ....and if you do have a computer, tablet or smart phone but aren't too sure how to use it, we run a series of technology workshops where we can help you.

Regards

*Kevin Lamb*

CEO Age Concern Auckland



## Many hands make light work!

**If you have some spare time on a regular basis and would like to join Age Concern Auckland's Volunteer Connections team, please make contact to volunteer in one of the following capacities.**

- **Transport for Elderly Clients**
- **Facilitating Workshops**
- **Data Entry**
- **Outdoor Maintenance**
- **Office work**
- **Receptionists on roster system**
- **Volunteer Visitor - Weekly**

**Please contact: Sue Campin, Volunteer Connections, Age Concern Auckland (09) 820-2713 or [suec@ageconak.org.nz](mailto:suec@ageconak.org.nz)**

## Saying goodbye after 18 years of dedicated service, Michael's farewell:



*Above: The Age Concern Auckland team with Michael and the minibus.*

*Below: Michael and Chris, our field social worker at Michael's farewell lunch.*



At Coastal Motor Lodge we have lovely chalets set in park like surroundings a few steps from the ocean. We also have two accessible units.

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**Waterfront accommodation on the Coromandel Peninsula**



## How you can help

**Our services are only partially funded by the government. We need your help to raise the rest. Act now! Donation and membership forms are available at the back of this newsletter, or give Karen a call on (09) 820 0184. Alternatively, you can donate on our website: [www.ageconcernauckland.org.nz](http://www.ageconcernauckland.org.nz)**

With the support of our members, donors and supporters, over the last 12 months, we have been able to identify areas for further service development and expansion. As a result we have been able to recruit more social workers to support the most vulnerable older people in our communities. We have also launched an Asian Service that has enabled us to support the older Chinese population in our communities.



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## The Dispose of Unwanted Medicines Properly (D.U.M.P.) Project

Source: Auckland Council

Return your unwanted medicines to the Pharmacy for FREE.

### D.U.M.P. provides the best alternative

By returning expired and unwanted medicines to your local pharmacy, you can make your home a safer place, help safeguard your community and protect the environment.

### This is all we need to do...it really is easy

**Step 1:** Sort through your medicines cabinet

**Step 2:** Take expired and unwanted medicines to your local pharmacy

**Step 3:** Give them to your pharmacist for proper disposal, and...

**Step 4:** Tell your friends and relatives about the D.U.M.P Project.

**Think before you throw** - Unwanted medicines that are dumped into the toilet, tipped down the sink or put out with the rubbish can seriously harm the environment. We need to change our behaviours to solve this problem and give the environment a chance.



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## Our new Furry Friend....

In December 2017, we welcomed Vance, our resident guide dog trainee. Vance is being trained by Maureen Craven, our Health Promotion Coordinator. Vance has settled in to office life well.

**For more information on guide dogs, and to follow their training, you can visit: [www.blindfoundation.org.nz/guide-dogs/our-puppies/](http://www.blindfoundation.org.nz/guide-dogs/our-puppies/) or call the Blind Foundation on 0800 24 33 33.**



## TZORA MOBILITY

"A mobility scooter" - also referred to as battery-operated electric scooter - is very useful to persons who lack the stamina to cover distances on their own, or who want to keep up with the able-bodied. The type of use, and how often, will determine which model will be most appropriate.

3-wheeled mobility scooters are ideal for use indoors (rest homes, shopping centres, supermarkets) as they have a smaller turning circle, and technological advances have significantly improved their stability. 4-wheeled mobility scooters obviously offer the most stability, however, they are not as manoeuvrable as the 3-wheeler scooters.

Most mobility scooters require reinforced vans to move them around; otherwise the user is limited to the distance of the scooter and no more. This makes scooters expensive when requiring a taxi, not possible on bus, train or plane, and not easy to "take grandparents somewhere for the day".

The Tzora Elite, Classic and Lite are foldable and portable 3 and 4-wheeled mobility scooters - simple yet ingenious, ergonomically designed and fold in seconds without effort, bending or tools required. Their total weight including battery is up to 31kgs and they fit easily in the back of a small car, a taxi, a train or bus, or checked onto a plane. They are IATA-approved to travel with you everywhere you want to go.

The Titan 3 and Titan 4 are respectively heavier 3 & 4-wheel models, are larger and more powerful, providing performance and comfort and they cover a greater distance. Yet both are detachable and foldable as well, and can also be transported in a car, bus, train or plane.

A Tzora mobility scooter will bring back your independence, and remove your mobility problems for long or short journeys.

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Mobilising our communities:  
Intergenerational  
Exchanges

‘Adopt a Village’



From left front: Sue Campin (Age Concern), John Haycock (Village Resident), Back right: Donna Nee (Deputy Principal), Students from Pomaria Primary School

Last year, we had an enquiry from a resident of a Housing NZ village in Henderson, asking for assistance from a volunteer to take the new big wheelie bins to the kerbside on rubbish day. It transpired that it was not an isolated challenge, and that most residents at the village were facing the same issue.

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www.lifestories.co.nz

Through discussion amongst staff at Age Concern Auckland, the idea to engage the local primary school was born, through a small roster of senior students to support a trial and see how it works. Pomaria Primary School jumped at the initiative to foster intergenerational relationships while assisting local older residents and several students put themselves forward for the task.

An onsite meeting is due to take place with other residents of the village, after which a full trial will commence. If successful, we will welcome the opportunity to set this initiative up in other schools that are in close proximity to Auckland Council pensioner housing, or Housing NZ villages. We also encourage residents across Auckland to check on their neighbours, and assist with these tasks where help is required. Together, our communities can achieve great things; we just have to take the first step towards neighbourliness.

**Handyman Service**

**Andrew is our fabulous new volunteer handyman.**

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**Ring Sue at Age Concern for more information on 820 2713.**

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## Be Scam Aware: Tips for you and your loved ones

An ordinary afternoon at home, the phone rings. The resident of the address, an older gentleman in the early stages of dementia, answers. His daughter is in the room next door. She hears her father answer the phone and assumes it is a friend or relative. The conversation continues for far longer than is normal. The daughter gets suspicious and goes next door to investigate. As she enters, she hears her father tell the mystery caller he will be back shortly with his driver's licence details. The daughter is instantly alarmed and questions the father as to the identity of the caller. The father explains that it is the IRD contacting him regarding a government grant that is due to be paid to him. Alarmed, the daughter immediately takes the phone and speaks to the caller asking for his name and what organisation he was with. The caller claims to be from the IRD, providing government funding grants. The daughter challenges the caller, telling him there was no such department

in the IRD and warning him not to call again. The caller hangs up. The call came from a NZ phone number (07) 451 4791. The daughter tries calling it back, however, it is engaged.

The daughter contacted Age Concern Auckland to share this story to raise awareness of these types of scams. We contacted Bronwyn Groot (Fraud Education Manager) at the Commission for Financial Capability for advice on what to do if you receive a suspicious phone call or other form of contact, and bring you the following tips:

- Report the telephone number and scam to NetSafe: [www.netsafe.org.nz/report/](http://www.netsafe.org.nz/report/) or call 0508 NETSAFE (638723) 8am till 8pm Monday to Friday, and 9am till 5pm Saturday and Sunday.
- If it is an online scam, report it to CERT [www.cert.govt.nz/](http://www.cert.govt.nz/) or call 0800 CERT NZ (0800 2378 69)
- If you or others are in danger and/or a crime has been committed, call 111 or your nearest police station.
- To figure out if you are being scammed, go through the NZ government Consumer Protection Checklist (available at: [www.consumerprotection.govt.nz/get-guidance/scamwatch/identify-a-scam/is-this-a-scam/](http://www.consumerprotection.govt.nz/get-guidance/scamwatch/identify-a-scam/is-this-a-scam/) and reprinted here):

### Figure out if you are being scammed

Use these questions to help figure out if you have been targeted by a scammer.

### Has someone contacted you unexpectedly?

Most scams start with an approach through contact you weren't expecting. If someone contacts you out of the blue - whether over the phone, through the post, by email, on a website, in person or on social media - always consider the possibility that it may be a scam.

### Have they promised you something?

Scammers offer exciting advantages to get you interested. They promise things like easy money, great bargains, inside knowledge or a caring relationship.

### Have they asked you to do something?

Scams eventually lead to a request for money or personal information. Scammers ask you to do things like enter details on a website, answer questions in a survey, or pay upfront for what they have promised.

### Examples of types of scams:

- > A **remote access** or **technical support scam**



is when someone offers to fix a problem with your computer by connecting to it. This might be via an unexpected phone call or fake online advertisement. They will often claim your computer has a virus or internet issue, and ask you to provide login details or direct you to a website. Then they search your computer for personal information, which could be used to steal money or commit identity fraud. A scammer with access to your computer can also monitor your online activity to discover internet banking passwords or government service logins.

If you have given remote access to your computer:

- shut down your computer
- phone your bank
- do not use your computer until it has been cleaned by a technician
- report the scam to Netsafe, who can advise you on what to do next.

To avoid remote access scams:

- do not engage with anyone who offers to fix your computer or install software
- contact a reputable listed technician if you need help with your computer
- use different passwords for different online accounts and consider two factor authentication.

> **Phishing** is when you are sent an email or text by someone claiming to be from a bank, other financial institution or government agency. They urge you to click on links and enter personal and financial details into fake websites that look like the real thing. Your details can be used by scammers to spend or steal your money.

Banks will never contact you by email to confirm personal or financial information.

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Miranda Smith Homecare can also provide a wide range of products, including continence supplies, mobility equipment and bathroom and kitchen aids.

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*Editorial supplied by Miranda Smith Homecare*

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If you have given information in a phishing scam:

- alert your bank
- use the bank or agency's official website to change any passwords entered on the fake site - find the official site using a Google search or by checking your bank card or statement
- report the scam to Netsafe, who can advise you on what to do next.

To avoid phishing scams:

- don't click on links in emails claiming to be from a bank, other financial institution or government agency
- if you need to contact your bank or a government agency, use the official phone number or website.

> An **upfront payment scam** is similar to **advance fee fraud**, where you are asked to pay for something in advance. This can include goods or services at bargain prices. Sometimes a scammer will say this deal is available for a very limited time to make you act fast.

If you have given money to an upfront payment scam:

- stop all contact with the scammer
- report the scam to Netsafe, who can advise you on what to do next.

To avoid upfront payment scams:

- be cautious whenever goods, services or experiences are advertised at a price that seems much less than their value
- check for seller feedback if shopping online.



> **Finance and investment frauds** come in many forms. A scammer will approach you unexpectedly with an investment product or opportunity that promises great returns. Often their website, references and materials look like the real thing. Investment scammers produce fake financial reports, forged share certificates and glossy initial public offerings to convince people to give significant amounts of money.

It's illegal to sell financial products through a cold call in New Zealand. If you're contacted in this way, it's likely to be a scam.

If you have given money to an investment or finance scam:

- stop all contact with the scammer
- do not make any more payments
- report the scam to Netsafe, who can advise you on what to do next.

To avoid finance and investment scams:

- invest in businesses regulated in New Zealand

- get financial advice before making any investments, and don't be pressured into a quick decision
- follow advice from the Financial Markets Authority on ways to protect yourself.

> An **invoice scam** asks you to pay an invoice, which a scammer might claim is overdue. This can be easy to spot if the invoice is unrelated to your life, but scammers can go to great lengths to find out which services you use. Then they create an imitation invoice that looks like a real one, but with different payment details.

If you have paid a fraudulent invoice:

- contact the police
- report the scam to Netsafe, who can advise you on what to do next.

To avoid invoice scams:

- communicate with service providers and tradespeople in person where possible
- be wary of any changes to agreed payment processes
- phone the service provider on a number you have used before the invoice arrived to check any changes to their bank account or preferred payment method.

> **Survey Scams:** Scams are often connected. If someone asks you to participate in an unexpected survey, they could be trying to gather information they can use to build your trust during a future scam.

> **Phishing scams**, attempts at **identity theft**, and **fake websites** are all scams that could ask for credit card or banking details. There is potential risk whenever you enter your credit card number online. Scammers have been known to create online shopping websites that look legitimate. After you pay by credit card, your order is never delivered and you can't get your money back.

Fake website scams can take time to reveal themselves because an agreed delivery time passes before you get suspicious. Scammers also imitate charities that carry out donation campaigns on the streets to trick people into giving money or credit card details.

If you have given financial details in a scam:

- cancel your credit card
- change your online banking password.

To avoid giving financial details to a scam:

- only enter your credit card details on a website if you are certain it's legitimate.

> A **recovery scam** is when a victim of a scam is targeted again - this time by someone claiming they can recover lost funds for a fee. If you have sent money overseas, it's not uncommon for a fake enforcement agency to offer to get it back if you pay them a percentage. These offers are not genuine.

If you have given money to a recovery scam:

- stop all contact with the scammer

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\*IMS GP Omnibus survey, 2017

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- contact the police.
- To avoid recovery scams:
- ignore anyone who claims they have special knowledge of how to recover funds lost in a scam.
- > **Affinity scams** or **romance scams** rely on your good nature to build a relationship before asking for money or involving you in crime without your knowledge. This scam usually arrives by email, in social media or through online dating. Scammers may use fake photos and claim to be from New Zealand or working overseas. Successful scammers are good at convincing you. They ask questions about what you want in your life. They will be thoughtful, caring and looking for a soul mate. Once the relationship is established, they ask for money or ask you to handle accounts for them.
- > **Non-complicit mule** scams ask you to receive and move money or contraband, e.g. stolen goods. If you're asked to set up a bank account for someone you met online, there's a high chance they plan to use you as a money mule. In this scam, you're asked

to receive money from someone who says the funds are coming from a business venture. This is not true. Money mule scams use trusting people to receive the proceeds of other scams, then transfer the money on to the scammer.

If you have given or received money in this kind of scam:

- contact your bank or the institution you sent or received money through
- contact the police
- report the scam to Netsafe.

To avoid affinity scams:

- confirm the identity of the person building a relationship with you - asking for a photo is not enough because these can be fake.

> There are many different types of **advance payment** and **advance fee scams**. Sometimes a scammer will fake an interest in an advert to trick money out of the person who listed it. Common targets for this scam are people who advertise for flatmates or sell something online. The scammer

will give a reason why they can't meet the ad's exact terms, and will promise to pay more if you can cover a cost for them in the short term. After you pay, the scammer either asks for more or won't respond to contact.

Scammers responding to advertisements can also attempt to use you as a money mule. They deliberately overpay you for something, then ask you to refund them the overpaid amount. The initial payment was actually made by the victim of another scam, and the money you send back to the scammer are proceeds of this crime.

If you have given money to this kind of scam:

- stop all contact with the scammer
- contact your bank or the institution you sent money through
- report the scam to Netsafe, who can advise you on what to do next.

To avoid advance payment scams:

- always get references or check buyer feedback when you consider people who reply to ad listings.

> **Money mule scams** ask you to receive and move money or contraband, e.g. stolen goods. Money in these scams is often the proceeds of crime. One common scam is to list job vacancies where potential employees are promised they can work from home and make easy money.

If you have accepted a job like this:

- stop all contact with the scammer
- contact the police.

To avoid unknowingly becoming involved in crime as a money mule:

- don't accept work that involves receiving and transferring money
- carefully research any employers offering this kind of work.

## Pick something up from the Age Concern shop and support our work!

We have Tea Towels, Nostalgic Nosh Recipe Books and Magnetic Notepads available for sale. Get in quick to secure yours. Contact us today to purchase, 09 820 0184.

Tea Towels - \$10 each (incl p&p)  
Recipe Books - \$10 each (incl p&p)  
Magnetic Notepads - \$5.00 (incl p&p)



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*Many Thanks George Warman (Ranui West Auckland)*

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Our offices are centrally located in Henderson, having convenient access, a mobility ramp and a large carpark. Alternatively, we offer home/hospital visits at no extra charge and operate mobile services across Auckland.

We practice law holistically and value our many relationships with local community organisations, these include Age Concern, Hospice, Grey Power, Retirement Villages and local Geriatricians/Older Adult Services.

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## You're only as old as you feel



Every year one in three people aged 65 and over injure themselves in a fall. This rises to one in two once you reach 80. The good news is falls aren't a natural part of the ageing process so can be prevented if you know the risks.

### Are you at risk of a fall?

- Have you had a trip, slip or fall (or near fall) in the last year?
- Are you missing out on activities you enjoy because you are afraid of losing balance or falling?
- Have you started finding it harder to get out of a chair without using your hands?

If you've answered yes to any of the above questions, you could be at risk of a fall.

If you're unsure, talk to your doctor or health professional.

Research has shown that when people exercise to strengthen their legs and midsection, their balance improves and the risk of falling decreases by almost a third!!

ACC, in conjunction with the Ministry of Health, Health Quality and Safety Commission and local health partners, have committed to work to reduce injuries from falls for people 65 years and over. A key part of this work is the Community Group Strength and Balance initiative.

By attending Community Strength and Balance approved classes, you'll improve your balance and strengthen your legs and muscles in your midsection and reduce the risk of falling. It's that simple! It's also a great opportunity to try a new activity and meet other people in your community.

Community Strength and Balance approved classes have been assessed against an evidence-based criteria to ensure they are safe and effective for people 65 years and over.



Photo courtesy of Amanda Billing

Joining in with your peers at a local Community Strength and Balance approved class you will find the best activity that suits your needs, whether it be Seniors Dance, Chair Yoga, Zumba Gold, Tai Chi, Gym based programmes or a complete mixture of these.

A large number of approved Community Strength and Balance are run in convenient and accessible neighbourhood locations like community centres or church halls. Costs vary dependent on the type of class.

Anyone can go along to a class but if you're unsure whether a Community Strength and Balance class is suitable for you, speak to your doctor or health professional.

To find an approved Community Strength and Balance class in your area:

- Visit the Harbour Sport website ([www.harboursport.co.nz](http://www.harboursport.co.nz))
- Or check out the National Live Stronger for Longer

- website ([www.livestronger.org.nz](http://www.livestronger.org.nz))
- Or feel free to contact Harbour Sport on (09) 415 4610 and we can let you know what is available in your community.

You and your body have been through a lot together. Look after yourself and live stronger for longer!

## 'Imagine The Land': Auckland Arts Festival Whanui Project

Age Concern Auckland and Lynfield College facilitated the participation of students and older local residents from Donovan village in the Auckland Arts Festival Whanui Project. "Imagine the land" consisted of a series of workshops led by artist Ekarasa Doblanovic. The idea was to create hundreds of clay bowls from local soil, and share stories and memories of the local area inter-generationally while creating these pots. The 2018 Whanui theme is creative intergenerational conversations: where older and younger people interact, create, share and learn from each other (source: Auckland Arts Festival). The bowls have been used to create a large floor based art installation by Ekarasa. The Photo Exhibition of Image in the Land can be viewed at:



**Blockhouse Bay Library: 13th to 27th March**  
**New Lynn Library: 27th March to 10th April**  
**Avondale Library: 10th April to 24th April**



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This month in history

Auckland Warriors debut, 10 March 1995

Source: [www.nzhistory.govt.nz](http://www.nzhistory.govt.nz)

The Auckland Warriors played their first match in the New South Wales Rugby League’s expanded Winfield Cup competition.

Thirty thousand fans at Mt Smart stadium - and hundreds of thousands watching television - saw New Zealand’s first fully professional rugby league team run out alongside the Brisbane Broncos. A mock battle and an excited ground announcer heralded them. The Warriors led 22-10 before the Broncos rallied to win 25-22.

Coached by John Monie and captained by Dean Bell, the Warriors had their first win in their third match, only to be stripped of two points for inadvertently fielding too many replacement players. As a result, they missed the end-of-season playoffs.

After a year in the breakaway Super League Telstra Cup competition in 1997, the rebranded New Zealand Warriors made the National Rugby League playoffs for the first time in 2001.



The Warriors’ best year so far has been 2002, when they were minor premiers (topped the regular season table) and reached the grand final. They have made the playoffs five more times, reaching the grand final again in 2011.



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Over 65 and struggling  
to pay Auckland rent?

You may qualify for a subsidised rental home through Haumaru Housing, the new joint venture between Auckland Council and The Selwyn Foundation. To learn more, please visit [www.haumaruhousing.co.nz](http://www.haumaruhousing.co.nz) or call **0800 430 101**.

**HAUMARU**HOUSING  
*Communities for older people*

Haumaru Housing LP is a Limited Partnership registered under the Limited Partnerships Act 2008.



Dates for your Diary

- Easter Monday: April 2nd
- Anzac Day: Wednesday April 25th
- Queen's Birthday: Monday June 4th

Become a Member Supporter

For just \$20 per year, you can become a member of Age Concern Auckland and be part of an organisation working to empower older people in our communities.

- As a member, you will receive:
- A copy of the quarterly issue of Age Concern Auckland's newsletter
  - Invitations to gatherings, seminars, fun days and festivals
  - Access to information and resources available at Age Concern Auckland

Please note that if you applied for your Total Mobility Card through Age Concern Auckland, you are already a member.

If you would like to become a member, please complete the following and return to us at: PO Box 19542, Avondale, Auckland 1746 or call us on (09) 820 0184

- ☐ Sign me up to become a member of Age Concern! Please find enclosed by cheque for \$20 made out to Age Concern Auckland

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

We will send a Welcome Pack and a receipt of your payment once we have processed your membership application form. Thank you for joining us.

Information on the funded Shingles Vaccine

Source: Pharmac NZ

PHARMAC is pleased to announce the approval of an agreement with Merck Sharpe & Dohme Limited to fund the zoster vaccine (Zostavax) for the prevention of shingles (herpes zoster) from 1 April 2018.

Zoster vaccine will be listed in Section I (National Immunisation Schedule) and in Part II of Section H of the Pharmaceutical Schedule for people aged 65 years, with a 2-year catch up programme for people aged between 66 and 80 years inclusive.

From 1 April 2018 people aged 65 years would be able to get one funded zoster vaccine from their general practitioner.

There would also be a catch-up programme where, from 1 April 2018 until 31 March 2020, people aged between 66 and 80 years old would be eligible to receive a funded zoster vaccine.

Patients will be able to get their funded zoster vaccine from their general practitioner and people who meet the funding criteria can receive the zoster vaccine at the same time as their annual influenza vaccine.

Funded zoster vaccine will not be available through community pharmacies at this point, but this may be considered in the future.



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Leave a lasting legacy

At Age Concern Auckland we are committed to continuing to provide the most vulnerable older members of our communities' essential services that enable mitigation of the negative impacts of loneliness, social isolation, elder abuse and neglect.

We are a charity, and we only receive partial funding from the government. We rely on the generosity of our community to raise over 60% of the funding required to deliver our services.

Any amount, no matter how small or large, can make a lasting impact, ensuring that we can continue supporting some of the most vulnerable people aged over 65 in Central and West Auckland. A bequest will allow you to leave a lasting legacy, and continue to assist those who need it most, long after you're gone. It is the ultimate act of kindness and caring you can show towards your community.

A bequest form is included below. Please note that it is not effective until written in to your will. Please take or send the form to your legal adviser, to ensure it is incorporated into your will. Please contact us if you need further information or assistance.

Please also let us know if you are making a bequest so we can personally thank you. Leave Age Concern Auckland a gift in your will and enable the work we do; promoting well being, rights, respect and dignity for older people. Our vision is that older people live a valued life in an inclusive society.



BEQUEST FORM

Please take/send this form to your legal adviser for incorporation into your will\*.

I, \_\_\_\_\_ (your full name) give to Age Concern Auckland Incorporated, 57 Rosebank Road, Auckland, 1026, for it's general purposes, the following:

Amount in words: \_\_\_\_\_

And/ or assets, property and shares as listed below:

\*This is not effective until written in your will, which must also be signed. Please let us know if you make a bequest so we can personally thank you.

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## Notices

### JUSTICE OF THE PEACE

Most local Citizens Advice Bureau offices have a JP Service - contact 0800 367 222 to find your local office. At Age Concern we have three volunteers who have offered their JP services to people who don't have transport and who live within a reasonable distance of their homes.

- Roger lives in Whenuapai and will travel to service areas through to Henderson.
- Sat-Paul lives in Hillsborough and will travel to service areas near Mt Roskill and Blockhouse Bay.
- Heather Alford lives in Green Bay and will travel to service areas near Avondale, New Lynn, Waterview and Pt. Chevalier.

Phone Age Concern on (09) 820 2713 if you would like to make an appointment.



## Thanks to our wonderful supporters

Age Concern Auckland works with thousands of older people, their families/whanau, and organisations across Central and West Auckland – from those simply seeking advice and guidance to our most vulnerable elderly who are living in our communities.

On behalf of the Board and Staff of Age Concern Auckland, we would like to thank all those who have supported us from the period 1st November 2017 to 1st March 2018.

## DONATE AND SUPPORT THE WORK WE DO IN OUR COMMUNITIES

If you would like to support Age Concern, please complete the following and return to us at: PO Box 19542, Avondale, Auckland 1746 or call (09) 820 0184

- ☐ I would like to make a donation of \$\_\_\_\_\_. Please enclose a cheque made to Age Concern Auckland Inc. Donations of \$5 or more may be eligible for a 33% tax credit from the government.
- ☐ I would like more information about how I can leave Age Concern something in my Will.
- ☐ I would like more information about how I can volunteer.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

***Thank you for your ongoing support to ensure that we can continue supporting older people living in our communities.***

- All our individual supporters who gave us donations – every dollar counts!
- All our wonderful volunteers, who collectively give more than 200 hours every single week.
- Blockhouse Bay Community Centre
- Countdown Lincoln Road
- Estate of Charles Bagley
- Foundation North
- Lottery Grants Board
- Louisa and Patrick Emmett Murphy Foundation
- Lynfield College
- Mercury Energy
- Milestone Foundation
- Ministry of Health
- Ministry of Social Development
- Sir John Logan Campbell Residuary Estate
- SkyCity Auckland Community Trust
- Ted and Mollie Carr and Estate of Ernest Hyam Davis
- The Trusts Community Foundation
- Transdev
- Waitakere City Cake Decorators Club
- Western Quilters Circle
- Working Together More Fund