

SPRING 2018 QUARTERLY NEWSLETTER
www.ageconcernauckland.org.nz



Age Concern Auckland

Serving the needs of older people



Contact Information

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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, Pat Williams, Sudhanshu Dandekar, Victoria Walker

Staff

Chief Executive Officer	
Kevin Lamb	820 2718
Executive Assistant & Membership Officer	
Karen Hodgson	820 0184
Accredited Visiting Service (Central)	
Jenny Barker	820 2714
Accredited Visiting Service (West)	
Sue Campin	820 2713
Vulnerability to Resilience - Team Leader	
Kai Quan	820 2716
Elder Abuse & Neglect Prevention (Central)	
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Elder Abuse & Neglect Prevention (West)	
Joseph Jang	820 2717
Field Social Worker	
Chris Frew	820 2715
Social Services Coordinator	
Carol Maharaj	281 2984
Accounts & Total Mobility Coordinator	
Anne Carroll	820 2710
Ageing Well Coordinator	
Maureen Craven	820 2712
Asian (Chinese) Service Coordinator	
Ray Law	820 0271
Asian (Chinese) Service Social Worker	
Kong Chi Shan	820 0271
Community Development & Health Promotion Coordinator	
Amo Ieriko	820 2719
Community Development & Fundraising Coordinator	
Rebekah Preston	820 2711

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 wellbeing 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 wellbeing, legal matters, modern technology and safe driving.

Total Mobility Scheme - assesses and provides Total Mobility Cards to eligible people.

Asian (Chinese) Service - support and assist 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.

Community Development - looks to promote and develop programmes for the community.

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



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Maintaining your independence

Keeping your independence is something this is very important to most people; they value being able to go about their daily life without feeling like they're being a burden on family members or friends.

When your independence is compromised through disability or loss of your license, this can make life less enjoyable to begin with. However, there's no reason that you can't still remain in control of your life and do what you want to do at a time that suits you.

Furthermore, studies have shown the importance of social interaction for maintaining optimal health and wellbeing. That can be as simple as a trip to the supermarket or coffee with friends. Sometimes, it can be more adventurous and include trips further afield, as the heart desires.

Total Mobility Scheme

In order to encourage social interaction and independence, the government created an initiative called the Total Mobility Scheme, which is delivered locally by your regional council. The Scheme is designed to assist clients with long-term impairments to access appropriate transport to meet their daily needs and enhance their community participation.

For further information contact your local Age Concern, they are happy to help you find out if you are eligible and advise you how to apply.

Once you've been accepted, you can access discounted travel with many providers in your region and throughout New Zealand, including with Driving Miss Daisy who is an accredited Total Mobility Scheme provider. Driving Miss Daisy provides assistance to help you to maintain your independence, and always aims to put the joy back in the journey. Your independence is key to us and we love knowing that we're making a difference in our clients lives.

Driving Miss Daisy will take you wherever you want to go, at a time that suits you. Remember - you're in charge!

Editorial supplied by Driving Miss Daisy

Driving Miss Daisy – we've got Auckland covered!



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- Medical and other appointments
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Auckland Central	Ph: (09) 360 0425
Remuera	Ph: (09) 520 3405
Ellerslie	Ph: (09) 533 3278
Epsom	Ph: (09) 626 0018
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
New Lynn	Ph: (09) 634 5015
Hobsonville	Ph: (09) 412 5332



Driving Miss Daisy®

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A word from our Chairperson

When it was suggested that I could step up to become the Chair of Age Concern Auckland, at first I was quite unsure. It felt like it could be a great deal of responsibility - and indeed it is. However, what I have come to realise is that when you have such great support around you, being Chair is not only easy but hugely satisfying as well. I know that Kevin, our CEO, is paying thanks to all those involved in his piece in this edition of our Newsletter but I cannot let the chance go by without also recognising all those who make my job of Chair so enjoyable.

I must first and foremost recognise my fellow Board members, those who are on the Board now and those who have done their turn before. All give their time voluntarily but do so with such passion and commitment that I cannot help but feel inspired. Secondly, I must also make mention of our superb CEO. I remember when we took him on it was with a sense of trepidation and a step into the unknown. Our previous CEO had been with us for many, many years and many of us had not known the organisation under anyone else's leadership, so when it was time to recruit a new CEO, none of us quite knew what to expect. Kevin built on the work of his predecessor and has pushed the organisation to new heights. Whenever I sit and have my regular catch ups with him, I am always amazed by just how much we continue to achieve and by how many more people are being supported by us.



Although, my main contact is with my fellow Board members and with our CEO, I am always aware that we couldn't achieve a thing without the incredible staff and volunteers that we have. I can't remember a time in my career when I have experienced so much drive, so much passion, to just get the job done. I used to be impressed at how Age Concern kept on delivering but over the past few years, the team have simply stepped up a gear. Every Board meeting I receive a report many pages long and all I can think is 'surely we don't have enough people to do all this' and yet, every report there are further developments, further successes. It is impossible not to be impressed.

It is so satisfying to see that, not only are we stretching ourselves but that the world around us is beginning to recognise the significance and opportunities that come along with an ageing demographic. I am encouraged that there is more talk about such key issues as elder abuse, housing for seniors or supporting older people in the work place. It was very welcome news to hear that Auckland Council had adopted the status of 'Age Friendly City' - something we'd been lobbying them to do for some time. All these things demonstrate that the world around us is waking up to the reality that older people will soon make up almost a quarter of our population and that, far from being a concern, this represents a great opportunity. There have been some great strides forward made and Age Concern Auckland has certainly done its bit to move the agenda forward but we all recognise that there is still an awfully long way to go. We will continue to work hard on behalf of all older people and encourage all those we know to do likewise.

When it was suggested that I could step up to become the Chair of Age Concern Auckland, at first I was quite unsure. What was I thinking! It's the best job in the world.

Warm regards,
Anuradha (Anu) Abhyankar

Chair, Age Concern Auckland

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nothing grows but weeds.

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

*Terms and conditions apply

Manager’s Musings

So much has happened since we last talked!

Here at Age Concern Auckland we operate on a year that runs from the 1st of July through to the 30th June. That means that during the months of July and August I’m kept very busy reporting on how we’ve done over the past twelve months. It’s the perfect moment to reflect on the last year and on how far we have come.

The good news is that it has been another very good year for us. Not only have we increased our income once again, reaching an income figure of over \$1 million for the first time in our history but we have also reached out to more people who have needed our help than ever before - and that is what really matters.

If I think back on the year’s highlights, there are almost too many to mention. On the 1st of June 2017 we started delivering against our new Elder Abuse Response contract. We’d managed to persuade the Ministry for Social Development to increase our funding for this area by over 150% and, unsurprisingly they only agreed to do so in exchange for us delivering support to many more people. We did just that but it is a sad state of affairs that they could have increased our funding by 500% and our targets likewise and we would still only be scratching the surface insofar as the numbers of older people who experience abuse and neglect and need support.



We have a fantastic team of social workers here at Age Concern who work tirelessly in supporting those who most need our help and it is so satisfying to see just how much of a difference we make to people’s lives. We just wish we could do more.

Our Asian service has also gone from strength to strength over the past year. We only launched the service providing all our services in both Mandarin and Cantonese some eighteen months ago and already we have firmly established ourselves as the support agency for vulnerable older Chinese-speaking people in Auckland. Over that time, a number representing almost 10% of all older Chinese in Auckland have benefited from our service - either through direct support or thorough participation in one of our workshops. It is perhaps fitting that when the Office for Seniors in Wellington wanted assistance in co-ordinating feedback into the Government’s Positive Ageing Strategy, that they came to us to help. We are now looking at how we can expand this service into both Japanese and Korean as well.

Our Visiting Service continues to support hundreds of lonely and isolated older people, with our volunteer visitors giving over 13,000 hours of their time in the past year alone. The Government places a value on volunteer time at \$20.55 per hour, so that’s well over quarters of a million dollars in value. It is simply something that we could not afford to do, without the support and dedication of our amazing volunteers.

However, rather than rest on our laurels, and through the generous support of Auckland Council, we have also instigated our Community Mobilisation programme. There is more detail on this elsewhere in this Newsletter but in short, we are looking at how we can help ensure all those older people who want to be able to connect and participate in community life, have the opportunity to do so. We recruited two team members to drive the project and I’ve just authorised the purchase of another four desks to accommodate our team of volunteers working in this area.

It is very pleasing to look back and reflect on some of these highpoints but it always comes with a slight note of frustration. We know just how much more there is to do. The only thing that holds us back is the availability of funding.

Our members, volunteers and supporters have, as ever, been simply immense in their commitment to Age Concern and the work that we do. It doesn’t matter if that support was a few hours of time or a few dollars, it is all hugely helpful and I simply can’t thank you enough.

I must also take a moment to reflect on one particularly generous moment of support. Last month, out of the blue, we were contacted by a solicitor’s office who informed us of a \$62,700 bequest that had been left to us. The bequest was from a lady who had been a client of Age Concern who had sadly passed away. However, with her generosity to Age Concern, we can keep a social worker in the field for the whole of the year to come. We may have been able to help her but she has enabled us to help hundreds. There are no words of thanks that can fully express our gratitude.

Regards,
Kevin Lamb
CEO Age Concern Auckland

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.

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Community Mobilisation Update

If you recall from the last newsletter, our new pilot Project, Community Mobilisation is about connecting isolated and lonely older adults with community groups and activities that they would like to get involved in, and supporting them to remain engaged to the extent that they choose. These are older adults who are unable to get out into their community on a regular basis, are not interacting or engaging with other people during their week. Prolonged and severe isolation and loneliness has a serious negative affect on the physical and emotional health of an individual. Therefore this project is about addressing the challenges that these isolated older adults face when trying to get involved in their communities.

We have been working hard to identify a number of different groups and activities that are available for older adults and are excited to move into Phase Two of the project. This is about identifying those older adults who are isolated and lonely and are struggling to connect or engage in their community. This may be because of financial or transport challenges, or it may be because of an inability to find out what is available by themselves or possibly because of fear and nervousness about how to go about finding, accessing and attending different groups.

We are now ready to start working alongside individuals to support them to engage in community life and to find ways of overcoming the various barriers that are preventing an isolated and lonely older adult from engaging in their community, whether these barriers are those mentioned above or others. As this is still a Pilot Project, it is quite small and we are focusing on working with older adults in specific areas of Auckland as listed below. If you think that you might benefit from some help with becoming more engaged in community, work through this checklist to see if you are in our catchment areas:

- Do you struggle with feeling lonely and bored on a regular basis, not seeing or interacting with other people?
- Do you feel that if you could connect into a community group or two that your physical and emotional wellbeing would improve?

- Are you uncertain about how to even find out what groups or activities are available in your community?

Community Mobilisation Referral

If you live in one of these areas of Auckland, and answer yes to two or more of the above questions, give us a call (09) 820 0184 or mail this completed form to the below address.

Please select which area of Auckland you live in:

- ☐ Henderson, Massey, Ranui (West)
- ☐ Glen Innes, Panmure (East)
- ☐ Blockhouse Bay, New Lynn, Avondale (Central)
- ☐ Manurewa, Clendon (South)

Please complete your details below:

Name: _____

Phone: _____

What kind of groups would you be interested in joining: _____

Mail to: Community Mobilisation Coordinators
Age Concern Auckland
PO Box 19542, Avondale 1746
57 Rosebank Road, Avondale 1026
Phone us: (09) 820 0148
Email Us: ageconcern@ageconak.org.nz

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**Nothing great was ever
achieved without enthusiasm.**

Bowel Screening Waitemata



National Bowel Screening Programme - Waitemata DHB

Waitemata DHB residents aged 60 to 74+ years can take part in the free National Bowel Screening Programme, to help find cancer early when it can often be successfully treated.

Every two years you will be sent an invitation letter, a consent form and a free bowel screening test kit. The test is done at home, and is clean and simple to do.

More information on the National Bowel Screening Programme is available at www.bowelscreening.health.govt.nz or by phoning 0800 924 432.

Daylight Saving Starts
Sunday, 30 September 2018,
2.00am clocks are turned forward
1 hour to Sunday,
30 September 2018, 3.00am
local daylight time instead.

Knitting Wool

We are on the hunt for any skeins of wool that you may have lying around that are no longer needed.
DROP OFF ONLY PLEASE
as we are unable to pick up.

Could you use a helping hand?
Feeling overwhelmed?

Sympathetic, personal one-to-one service with any of the following:

- De-Cluttering
- Downsizing
- Preparation for open home
- Co-ordinating packing & moving

Contact Liz Bradley ~ The Tidy Lady
027 630 6650
liz@thetidylady.co.nz
www.thetidylady.co.nz

International Day of Older Persons - 1 October 2018

The theme of the 2018 commemoration is "Celebrating Older Human Rights Champions".

On this 70th anniversary of the Universal Declaration of Human Rights (UDHR), the United Nations International Day for Older Persons (UNIDOP) celebrates the importance of this Declaration, and reaffirms the commitment to promoting the full and equal enjoyment of all human rights and fundamental freedoms by older persons.

Growing older does not diminish a person's inherent dignity and fundamental rights.

Almost 40 years following the adoption of UDHR, issues of human rights for older persons were taken up in 1991 in the formulation of the United Nations Principles for Older Persons, which provided guidance in the areas of independence, participation, care, self-fulfillment and dignity.

A decade later, the Madrid International Plan of Action on Ageing (MIPAA), adopted in 2002, represented the first time Governments agreed to link questions of ageing to other frameworks for social and economic development and human rights. The interdependence between older persons' social integration and the full enjoyment of their human rights cannot be ignored, as the degree to which older persons are socially integrated will directly affect their dignity and quality of life.

The 2018 theme of UNIDOP is "Celebrating Older Human Rights Champions". What better way to celebrate this day than by celebrating the older people around the world who dedicate their lives to championing human rights?

Older human rights champions today were born around the time of the adoption of the UDHR in 1948. They are as diverse as the society in which they live: from older people advocating for human rights at the grass root and community level to high profile figures on the international stage. Each and every one demands equal respect and acknowledgement for their dedication and commitment to contributing to a world free from fear and free from want.

The 2018 theme aims to:

- **Promote** the rights enshrined in the Declaration and what it means in the daily lives of older persons;
- **Raise the visibility** of older people as participating members of society committed to improving the enjoyment of human rights in many areas of life and not just those that affect them immediately;
- **Reflect** on progress and challenges in ensuring full and equal enjoyment of human rights and fundamental freedoms by older persons; and
- **Engage** broad audiences across the world and mobilize people for human rights at all stages of life.



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Rental Checklist

What to look for to get a warm, dry, healthy home

☐ DOES IT GET SUN?

Check all rooms get natural light and that the house isn't shaded by banks, trees or buildings. If you're looking in summer, remember the sun is lower in winter (which means some rooms could get less sunlight and some more).

☐ IS IT DRY, NOT DAMP?

Look for mould on windowsills and the backs of curtains. Do a sniff test of the closets and, if the home is furnished, under beds.

☐ DOES IT HAVE ANY INSULATION?

Ask for a copy of the insulation statement. It tells you what insulation the home has and must be in every new tenancy agreement.

☐ DOES IT HAVE ANY HEATING IN LIVING AREAS?

If it's got a heat pump or wood burner, you're probably on to a good thing.

☐ DOES IT HAVE CURTAINS?

Curtains help keep heat in and cold air out. If it has curtains, great. If not, check there are tracks so you can hang curtains yourself.

☐ DO BATHROOMS AND KITCHENS HAVE EXTRACTOR FANS?

A lot of moisture builds up in bathrooms and kitchens, so look for extractor fans. If the rental doesn't have any, check windows in these areas open.

☐ DO THE WINDOWS OPEN IN ALL ROOMS?

Check windows are in good condition and that they open. If they don't, you'll struggle to air out the home. Rotting or soft-to-touch window frames could also mean moisture issues.

☐ ARE THE DOORS IN DECENT CONDITION?

If they're soft to touch or rotting, the house probably has moisture issues.

☐ DO DRAIN PIPES AND GUTTERING LOOK OK?

Missing or broken drain pipes and guttering mean they'll be problems when it rains. Also check to see if you can spot any water pooling under or around the home

☐ ARE OBVIOUS REPAIRS NEEDED?

If you see things needing repair, raise it with the person taking you through the property. Find out if there's a time frame for repair, and if not, note the problems on the tenancy agreement. Landlords must maintain rentals in a reasonable state.

☐ DOES IT HAVE SMOKE ALARMS?

It's now a law. They should be on all levels of the home and within three metres of bedrooms.

☐ NOTES

Source: www.consumer.org.nz/articles/renters-guide-how-to-spot-an-unhealthy-rental



Volunteers Needed

Volunteers needed for a health knowledge research project and a chance to go into a draw to win a \$100 Westfield Voucher!

Volunteers will be asked to complete an anonymous questionnaire about their knowledge around a health condition. The questions will be around recognition and attitudes towards a health condition, and awareness of self-help interventions and professional help. The researchers will be comparing responses from people of different ethnicities. The questionnaire will take 20-30 minutes to complete. If you are interested, please contact Karen Hodgson to make arrangements to complete the questionnaire. Email: ageconcern@ageconak.co.nz or phone (09) 820 0184.

If you have any further questions about the research project, feel free to contact me - Dr Helen Lowe.

Waitakere Hospital
Phone: (09) 839 0000
Email: helen.lowe@waitematadhb.govt.nz

This study has been approved by the University of Auckland Human Participants Ethics Committee on 02-08-2018 for three years, Reference Number 021551.

Handyman Service

Andrew and Phil are our fabulous handymen.

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



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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

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.

Let's Celebrate Spring

Winter is done and we are more than ready to welcome another season of delicious spring produce.

ASPARAGUS

It's not only delicious and easy to prepare, asparagus is full of health benefits.

Coming in white, green and purple varieties - asparagus is packed with fibre, folate, vitamins A, C, E and K.

Spears are great in place of soldiers with poached or boiled eggs, raw in salads sliced thinly, or grilled on the barbie.

Tender, grassy, and sweet, asparagus is a true marker of the triumphant arrival of spring. The stalks are at their best when freshly picked, in-season, and as local as possible since transportation and time are hard on the vegetable. You can braise or broil it, throw it on the grill, turn it into soups or shave it into a light and refreshing salad.

SIMPLE PAN FRIED ASPARAGUS

Ingredients:

- 1/4 cup butter
- 2 tablespoons olive oil
- 1 teaspoon coarse salt
- 1/4 teaspoon ground black pepper
- 3 garlic cloves, minced
- Bunch of fresh asparagus spear, trimmed



Directions:

1. Melt butter in a skillet over medium-high heat.
2. Stir in the olive oil, salt, and pepper.
3. Cook garlic in butter for a minute, but do not brown.
4. Add asparagus, and cook for 10 minutes, turning asparagus to ensure even cooking.

Recipe courtesy of www.geniuskitchen.com/recipe/pan-fried-asparagus-248550

COURGETTES

Courgettes, or zucchini, are going to start to plummet in price.

There are plenty of delicious varieties grown in New Zealand, including the round scallopini and large marrows, which are all full of manganese and vitamin C.

Whether it's put through the spiraliser raw and tossed into a salad or grilled on the barbecue, they're something to look forward to.

ARTICHOKES

Great for your liver and cholesterol, globe artichokes are a delicious endeavour.

Use them like chips, with a dip of your choosing, the flesh is delicious when scraping the petals.

The heart is also good for eating, once the petals are discarded and the choke is removed - it can be added to mayonnaise or roasted.

PEAS

They come in all different forms, but every kind of pea fresh from the garden, beats a bag frozen for us. Despite their sweetness they are less than 2 per cent sugar, high in protein and low-fat.

HASS AVOCADOS

With the avocado crisis over, the slowly falling prices mean they're just about in season.

Full of healthy fats and more potassium than bananas, avos even help you absorb all the good stuff from other vegetables.

They're versatile too, no need to just slather it on toast. They work well in baking and even as an ice cream flavour.



Friendly, local Total Mobility (TM) provider for personalised transport

Freedom Drivers has a number of service providers in greater Auckland who bring a warm and friendly driving service right to your door.

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Staying Safe Workshop for Senior Road Users

From April to June we had a large number of inquiries regarding the Staying Safe refresher workshops which resulted in over 180 older adults from West, Central and East Auckland area attending.

The FREE classroom based refresher workshops are to familiarize senior road users with traffic rules and safe driving practices using only materials from NZTA with a video presented by Kevin Milne, for those who do remember him from Fair Go in the 90's.

Age Concern Auckland collaborated with a number of local groups and organizations who provide support or services for older adults, to present and promote safe driving.

We were very fortunate to be able to present Staying Safe Workshops through the Glen Innes and Panmure Libraries. These locations help Age Concern Auckland to target the general public who visit the libraries regularly as well as targeting older adult activity groups that meet weekly at these libraries.

Age Concern Auckland also presented the refresher workshop to Meadowbank Village, St Andrews in Glendowie, Edmund Hillary in Remuera and Summerset Retirement Village in Ellerslie. These workshops were hugely popular with an average of 30 residents and locals attending.

A highlight with these presentations was working alongside the Pacific Art Centre in Henderson (located at the Corbans Arts Estate) to present the Staying Safe Workshop to two of their regular groups of Pacific older adults. These were the Te Uluniu Tuvalu Community and Fafine Niutao Group.

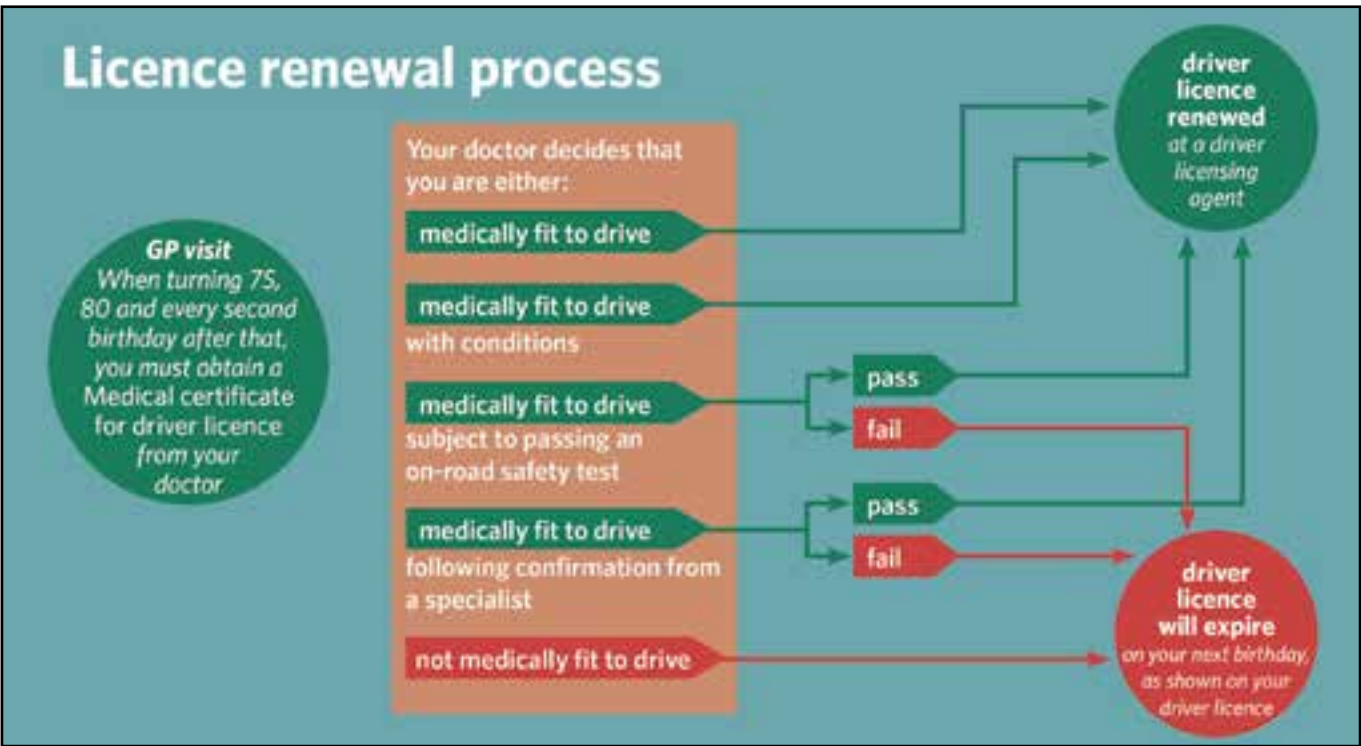


FAQ's Renewal of Driver Licenses

- **65 years** is a renewal only of your driver's license, please refer to chart for detailed costs of renewal from 64 - 74 years. This license will be valid up to 10 years only. You will need to apply in person at your local agent for renewal of your license. The Automobile Association (AA) or Vehicle Testing New Zealand (VTNZ)
- **75 years**, you are required to renew (\$18.70) your driver license plus a visit to your GP to get a Medical certificate for driver license. Your GP may send you to a specialist for an eye and/or hearing examination if you required this, from here your doctor will determine if you are fit to drive for the next 5 years. Your GP may also require you to complete an On-road Safety Test at \$41.80 for your medical certificate.
Note: if you are required to complete a **COGNITIVE ASSESSMENT TEST** (driving test with an NZTA approved Occupational Therapist Medical driving assessors) then this will cost you a fair bit. Costs vary between companies so best to shop around for quotes. Fee is not refundable even if you fail the test.
- **80 years**, is again time to renew your diver license and visiting your GP for your physical examination and maybe specialists for eye and hearing test. A physical driving test may also be required upon GP's recommendation and from here your doctor will make a decision whether you able or no-longer able to drive safely. If you are successful your license is only valid for another two years.
- **82 years**, the above process of renewal and examination by your GP or driving test through an NZTA approved Occupational Therapist Medical driving assessor's repeats, every two years unless your doctor has deemed you are no longer able to drive safe.

Source: www.nzta.govt.nz/driver-licences/renewing-replacing-and-updating/renewing-for-seniors/

Everything is figureoutable.



Congratulations

On Sunday 12th August Age Concern Auckland joined with Ryman Healthcare to celebrate the opening of their new facility in Campbell Rd. The function was sponsored by Ryman. Great food and entertainment were enjoyed by everyone.





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- Magnetic Notepads - \$5.00 (incl p&p)



This month in history

Women win the right to vote - 19 September 1893

Source: www.nzhistory.govt.nz



Women's suffrage memorial, Christchurch (Jock Phillips, Te Ara Encyclopedia of New Zealand)

When the governor, Lord Glasgow, signed a new Electoral Act into law, New Zealand became the first self-governing country in the world to grant all women the right to vote in parliamentary elections. As women in most other democracies - including Britain and the United States - did not win the right to vote until after the First World War, New Zealand's world leadership in women's suffrage became a central part of our image as a trailblazing 'social laboratory'.

The passage of the Act was the culmination of years of agitation by the Women's Christian Temperance Union (WCTU) and other organisations. As part of this campaign, a series of massive petitions were presented to Parliament; those gathered in 1893 were together signed by almost a quarter of the adult female population of New Zealand.

As in 1891 and 1892, the House of Representatives passed an electoral bill that would grant the vote to all adult women. Once again, all eyes were on the upper house, the Legislative Council, where those two measures had foundered. Liquor interests, worried that female voters would favour their prohibitionist opponents, petitioned the Council to reject the bill. Suffragists responded with mass rallies and a flurry of telegrams to members.

New Premier Richard Seddon and other opponents of women's suffrage duly tried to sabotage the bill, but this time their interference backfired. Two opposition legislative councillors who had previously opposed women's suffrage changed their votes to embarrass Seddon. On 8 September, the bill was passed by 20 votes to 18.

More than 90,000 New Zealand women went to the polls on 28 November 1893. Despite warnings from suffrage opponents that 'lady voters' might be harassed at polling booths, the atmosphere on election day was relaxed, even festive.

Even so, women had a long way to go to achieve political equality. They would not gain the right to stand for Parliament until 1919 and the first female MP was not elected until 1933. Today women remain under-represented in Parliament, making up 38 per cent of the MPs elected in 2017.

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

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Address: _____

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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.

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Sudoku

Each row, column and 3 x 3 square should contain the digits 1 - 9

8			9	3				2
		9					4	
7		2	1			9	6	
2							9	
	6						7	
	7				6			5
	2	7			8	4		6
	3					5		
5				6	2			8

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For more information, please feel free to contact the office of Kieran Nally on (09) 834 9995

HEY... I’m still a real person! (One Person’s Story)

I am seventy-four years old and going blind. I live in a care facility at a retirement village and I use a walker for my balance. The walker is meant to help me - and of course, it does - but it also means the end of my normal life.

I can’t make one SINGLE independent decision for myself anymore! I can’t just hop in the car and go to the supermarket, or the Bank, or Farmers ‘Red Dot’ sale on a Thursday, or any Farmer’s Market, not to mention the movies or the Pop-Up Globe - or 1984 or Mrs Brown’s Boys - at the theatre.

Someone will always have to ‘take’ me.

So - people look at me and make assumptions - that I am now seriously ‘old’ and have probably lost my brain, not just my balance!

Once I thought I was quite bright but now, if I join in general discussion about ‘important’ things like politics or Bitcoin or Charter Schools, I see people, who have known me for years, wink at the group - when they think I’m not looking. The message of course, is obvious: ‘Poor old dear - hasn’t a clue what she’s talking about. Just humour her!’ The ‘dementia diagnosis’ has already been made. It’s called humiliation.

Trust me - those people will **never** have Power of Attorney!

Old friends don’t call anymore and don’t visit; it isn’t because they lost my phone number. Perhaps, I am their mirror and they’re afraid to look and see what might inevitably happen to them? With perfect logic, practical people say “Well - have YOU called THEM?” No. It’s called Pride.

And the ones who do visit can’t take me out anymore. The walker is too ‘heavy’ to be lifted or folded because it might damage their backs or their legs or their wrists. Maybe.

At a market, friends ordered a wheelchair because of the crowds. I chose pieces of quite expensive trade-aid pottery for the grandchildren, was wheeled up to the cashier and handed them over with the money. The woman barely glanced at me, wrapped the items and gave the package and the change back to the person pushing the chair. I had become: ‘the little

girl who handed over the \$10.00 bill and the nice lady gave the change back to Mummy!’. It’s called humiliation.

I hired a companion driving company to help take the cat to the vet. The driver, very recognizable in her company T-Shirt with logo, carried Saffie* in and the young receptionist raced up to her and said loudly “The vet’s running late!” Poor me, crawling behind on my walker, said “it’s my name on the booking and I’ll be paying the bill. Tell ME about the vet!” It was a crowded waiting-room and... I can speak loudly. Maybe the kid learnt a small public lesson that day.

When I buy something from your shop and say “Thank you”, don’t look surprised - as if the dog just spoke.

If I’m planning to travel with you, ask me what level of care I need on the aircraft. There are many choices so don’t automatically choose the one that is only slightly above ‘passenger in a coma and needs a fork-lift.’ It’s called humiliation.

I don’t know what was said about me at check-in. I am a frequent traveller to Australia and I was perfectly able to check in, however - I wasn’t asked! I saw another wink when I requested that airline staff put me on the aircraft (“ridiculous...but just humour her”) Actually, I think it is airline policy - those aisle - chairs are difficult to manage even for cabin crew, and there was no way I would allow any ‘gifted amateur’ to practice on me, even though they had booked themselves in as my ‘special carers’ (but I wasn’t **asked!**)

Trust me - there is a whole book to be written on ‘special carers’ who wink behind your back.

A cringe-inducing story about that short flight. I sat

next to a lovely young woman who laughed and talked non-stop. Obviously, from our conversation, she knew I was ‘disabled’ and waiting for an aisle-chair but said she would wait with me. My travelling companions came up the aisle and one said, to a perfect stranger and in that lovely, soft ‘poor dear’ voice “Thank you for looking after June* - she’s so precious to us... “What a lovely thing to say. So - tell me - why did I want to cut my own throat? Could it be called humiliation?

When we were met at the return airport by the companion driving company, my driver, who knows me well, said ‘Oh! I didn’t recognize June*! My travelling companion said (in that same lovely ‘poor dear’ voice...and softly) “She’s doing O.K...” The driver meant that she didn’t recognize me because I had cut my hair, not because I had been drooling the last time we met but now...I was just “doing O.K...”

When I tell you I am going somewhere, don’t ask “who’s taking you?” Pretend I’m the same person you knew when she could stand up straight and ask (as you would have then...) “who’s going with you?” Same question - big difference.

No need to...speak...so...slowly...Where did this come from - I’ve known you for years? Did we mention humiliation?

Why would I want lemonade in my wine? Why? Just asking...

Empathize for a moment, with what I can never do any more - at only seventy-four! Eighty four might be O.K. Ninety-four would be better. Why? But - no more long-haul travel, no more Heidi Klum, no more Tinder (well, I really didn’t get started...) Will never wear Jimmy Choo (but I have been in his store...so

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there!) or drive a Lamborghini. Did I mention that I wanted to be an extra on Shortland Street? (Doesn't everybody?) Don't add to my total despair by also putting me in the 'old lady is gaga' basket - with your soft, slow voice and...your winks.

The walker was meant to help me but it did far more than that. It makes it clear to you that I am also a person 'in need' - not real anymore. That my whole life - which had been quite a successful one (after all, I can afford the village and not on hubby's insurance - no small feat!) is reduced to no value, by something as insulting as that soft, slow, 'poor old dear' voice and - a wink? Don't do it...please.

I can only get back in small ways. I am helpless now. People like me are. To balance things up a bit I spend time at the retirement home greeting people in wheelchairs - never the people who push them. Try it! See the genuine pleasure that lights up so many old and tired faces.

...and NEVER call me 'dear.'

** Only the cat is using her own name.*

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 its 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.*

Age Concern Auckland Incorporated CC 25023
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PO Box 19542 Auckland
Ph: +64 9 820 0184 | Fax: +64 9 828 1660
Email: ageconcern@ageconak.org.nz
www.ageconcernauckland.org.nz

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 left. 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 wellbeing, rights, respect and dignity for older people. Our vision is that older people live a valued life in an inclusive society.



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"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.

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Please contact Sue Campin, Volunteer Connections, Age Concern Auckland on (09) 820 2713 or email: suec@ageconak.org.nz

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

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.

- 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
- Auckland Council
- Blockhouse Bay Community Centre
- Countdown Lincoln Road
- Estate of Charles Bagley
- Foundation North
- Four Winds Foundation
- First Sovereign Trust
- Lottery Grants Board
- Louisa and Patrick Emmett Murphy Foundation
- Lynfield College
- Lion Foundation
- Mercury Energy
- Milestone Foundation
- Ministry of Health
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- Sir John Logan Campbell Residuary Estate
- SkyCity Auckland Community Trust
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