

SUMMER 2018 QUARTERLY NEWSLETTER
www.ageconcernauckland.org.nz



Age Concern Auckland

Serving the needs of older people



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Contact Information

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Email: ageconcern@ageconak.org.nz
Address: 57 Rosebank Road, Avondale, Auckland 1026
Postal Address: PO Box 19542, Avondale, Auckland 1746

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	
Teresa Kendall	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)	
Denisa Diaconescu	281 2379
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	972 3495
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.

IF YOU NEED TO TALK TO SOMEONE, THE FOLLOWING FREE HELPLINES OPERATE 24/7:

DEPRESSION HELPLINE: 0800 111 757
LIFELINE: 0800 543 354
SAMARITANS: 0800 726 666
1737 NEED TO TALK? Call or text 1737

MENTAL HEALTH CRISIS SERVICES (for emergencies only):
Waitemata: (09) 486 8900 (operating 24/7)
Henderson: (09) 822 8601
Central: 0800 800 717(operating 24/7)

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

Brighten up your festive season

For many, Christmas is a time of family togetherness, the sharing of meals, relaxing together over a holiday break, youngsters playing whilst the adults watch on. Backyard cricket, bbq's, afternoon siestas, long days at the beach, camping, picnics packed in chilly bins and Christmas cake with a cuppa. It's a wonderful season and we're so lucky to live in this beautiful country that offers such natural beauty and wonderful outdoor activities.

In contrast, the festive season can also be a time of quiet reflection, contemplation and memories for many; remembering loved ones and reminiscing of wonderful Christmases and holidays gone by.

At Driving Miss Daisy, we love this time of year and want to help you remain as active and independent as possible so that you can enjoy the traditions of the season. We provide a number of different services to assist you – here are a few ideas:

- Christmas card shopping & posting
- Christmas gift shopping for loved ones
- Clothes shopping for special occasions
- Companion driving to end of year functions & events
- Companion driving to church & carol services
- Grocery shopping for special Christmas meals and treats
- Airport and transport transfers (including at departure and arrival ports)
- Christmas light tours
- Festive outings with a group of friends

Driving Miss Daisy is committed to helping our clients get out and about, so they can live life to the full and make the most of every moment. Remember that many of our franchise owners have fully equipped Wheelchair Accessible Vehicles, to assist with walkers or wheelchairs.

Call us today to discuss your festive season requirements. If there's something you need help with we'd be happy to talk through the options.

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
- Grocery or other shopping trips
- Scenic drives
- Airport departures and pick ups

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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

A warm hello to all our members, friends and supporters.



How quick this year has been progressing! The warm weather is on its way and it already feels like summer as I'm sitting down to write my piece for the newsletter. The year has been busy with lot of things happening in our offices. I am sure you too have found the same in your lives.

We have had another fantastic year reaching out to you. So much has happened that it is hard to know where to start! Our Age Concern Team has delivered a huge variety of workshops that were well attended and appreciated. Our Community Development team has generated interactions and many new social connections have been made and we continue to reach out with our social services wing to a diverse population. None of this happens without a huge amount of effort and hard work and the skills, passion and spirit of our staff requires a special mention. They make the difference and I am touched by the stories that I hear. It is great to see how the teams in our office worked to facilitate the relationships with many of you.

Our volunteers too, continue to help the staff with their varied experiences and talents. A big thank you to all our volunteers in helping us do what we do.

I take this opportunity to thank you all our members for your support, and I look forward to working with

you in the new Year. Please continue to refer us to your friends.

Happy Holidays.

Anuradha (Anu) Abhyankar

Chair, Age Concern Auckland

Manager's Musings

How quickly the year has passed. It seems only yesterday that I sat down to write my Christmas message last year and yet so much has happened between then and now. I would say that its nice to see summer on its way now that the weather has turned for the better but I'm sitting here watching the rain hammer against the window feeling a distinct chill in the air! Never fear, I am told by reliable sources that we're on the cusp of three months of unbroken warm weather so, by the time you read this, I hope you're basking in glorious summer sunshine.



As the year draws to a close though, it is a good time to reflect on what we have achieved over the past twelve months and to give thanks to all those who have played their part in our success. I took the helm of Age Concern Auckland almost four years ago now and over that time we've grown the organisation almost three-fold. I'm often guilty of looking at our income as a measure of success - unfortunately balancing the books is part of my job! However, putting that to one side for the moment, it is more

satisfying to look at what we've achieved in terms of how many people we've been able to help.

There are a couple of areas that I'd like to pay special attention to and share some of our success with you.

Firstly, our Asian service. Just over a year ago we launched our Asian service, focused on supporting Chinese-speaking older people. When we launched, we could count the number of older Chinese-speakers we helped on the fingers of one-hand. Now the number well over one thousand, or to look at it another way, over 7% of all of Auckland's Chinese-speaking older people have engaged with us in one form or another. Earlier this year, the national Government even asked us to lead the process of gathering feedback from all Asian communities for submission into the revision of the national Positive Ageing Strategy. To go from a standing start to where we are now is no small achievement and I must pay thanks to my incredible Team here for an outstanding success. Far from resting on their laurels, the Team are now exploring how we can replicate the work we've done for Chinese-speaking older people, to support the Korean and Japanese community as well.

Secondly, this year also saw the launch of our Community Mobilisation programme. We have spent the past few months developing our programme to ensure that all older-people who want to connect with their community are able to do so. Running as a pilot project in a select handful of suburbs, we have been identifying, testing and trialling different ways of tackling the issues. With almost 25% of all those over sixty-five, experiencing severe loneliness and isolation (rising to 50% for those over 80) we see

this as a key activity. We want to ensure that no one feels they cannot continue to engage in community life, or that the can reconnect with community life, no matter what that obstacles getting older throws at them. In the New Year we'll be looking at ramping up the programme and moving from pilot phase to full-implementation and hope that many of you will be able to get involved.

I am massively proud of my Team here – and I count not just the staff but all the hundreds of volunteers who work so tirelessly for us too. Every year I set ever more ambitious targets and goals and every year the Team rise to the challenge. I cannot thank them enough.

I also have to pay thanks to all those who support us. It doesn't matter how large or small the support, it all makes an enormous difference. We would be able to achieve nothing without the generosity of our members and supporters. It is you who make the real difference. It is you who enable us to help so many older people. You have my eternal gratitude.

Have a great summer, enjoy the holidays and we'll talk again soon.

Regards,

Kevin Lamb

CEO Age Concern Auckland



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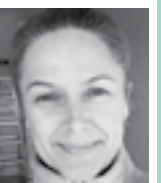

Could you use a helping hand?

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



Farewell

Earlier this month, we said farewell to our Receptionist/Membership Officer, Karen Hodgson who supported us in making sure that the Age Concern Auckland office and Membership scheme ran smoothly and efficiently over the last four years. Karen has moved on to new opportunities in Taranaki and her bright smile and cheery laugh will be sorely missed. Many of you who phoned or dropped into our offices would have spoken to Karen and I'm sure you'll all join us in wishing her all the best for her future.

Although Karen's departure leaves some big shoes to fill, we are very fortunate that Karen herself had the opportunity to work with our new reception team and we welcome on board Teresa and Andrea, who are both sharing the task of taking on the smooth running of the office. You will be greeted by Teresa on Mondays, Tuesdays and Thursdays, while Andrea will be here on Wednesdays. Our offices will still be open on Fridays, with reception covered by one of our other staff members.



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MeloYelo electric bikes is a kiwi owned company with a huge difference. We sell through a network of retired engineers and cycling enthusiasts working from their garages at home. The team collaborates to define the specifications for each and every bike. Those bikes are then built to our requirements under the watchful eye of Holger, our German engineer living in China. But that's not all. MeloYelo supports the EVelocity electric vehicle programme in New Zealand high schools, in which teams of students design, build and compete in electric vehicles. So, when you buy from MeloYelo, you GO WELL AND DO GOOD. And you won't find a more reliable ebike for under \$3000. Our team of engineers can assure you of that.

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Editorial supplied by MeloYelo Electric Bikes

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WWW.MELOYELO.NZ

Improving the quality of life for those with low vision

We know how important reading is to our independence and living our best life. When the best glasses can't help you read there is help to make the most of your remaining sight.

A partnership between the Blind Foundation and Matthews Optometry Group is providing low vision clinics; aimed at improving the quality of life of people with low vision and building the case for national low vision services. The free low vision assessment will provide tailored advice to help make everyday activities easier; such as reading documents, emails, the newspaper or recipes, and telling the time.

People attending the clinics need to have had a recent eye examination, and stay in the care of their usual eye health professional for ongoing eye care.

To book your assessment talk to your eye health professional or contact the low vision clinic:

Epsom Eyecare

252 Manukau Road, Epsom, Auckland
 (09) 524 5864

Harrison and Graham Optometrists

1 Jervois Road, Auckland
 (09) 376 2565

Victoria Street Optometrists

17 Victoria Street East, Auckland
 (09) 379 9157

Editorial supplied by Blind Foundation and Matthews Optometry Group

When the best glasses can't help you read, we can help.

Reading is so important to our independence and living our best life, so it's essential to make sure we can keep on doing it.

Book in for a free assessment at our low vision clinic by seeing your local eye health professional or contacting us directly on:

Epsom Eyecare 252 Manukau Road, Epsom, Auckland 09 524 5864

Harrison and Graham Optometrists 1 Jervois Road, Auckland 09 376 2565

Victoria Street Optometrists 17 Victoria Street East, Auckland 09 379 9157

Book your
FREE
 assessment
TODAY

A partnership between the **Blind Foundation** and **Matthews Optometry Group**.

Win yourself a Bright and Colourful Art Piece

We have a fantastic opportunity for one of our Members to win for themselves a bespoke piece of contemporary art.



Alice Rosier is a self-taught artist who loves to use beautiful bright colours in her artwork. Alice regularly works with young children but would now like to commission a piece of work for an older adult. Her aim is to provide a piece of art that brightens a room and provides as much joy and delight to those who view the piece as it does for her while she creates it. This is a rare opportunity to have a piece of art made just for you!

Below are some examples of the artwork that Alice has created in the past, you can view more of her pieces on her website, **LittleAurora.co.nz**

If you would like to have a piece of art made especially for you, then send us an email or letter with your contact details and a few lines explaining why you think you would appreciate a commissioned painting and what is unique about who you are.

The winning entry will be contacted in January to

organise a meeting between the artist, Alice Rosier, and yourself to discuss the details of the painting. Once the artwork is complete, it will be presented to you and a photo will be shared in our upcoming newsletter and on our website.

All entries need to be submitted to us by 20th of December, with Alice and one of our staff picking the winner in the New Year once our office reopens. Entries can be sent to media@ageconak.org.nz or to PO Box 19542, Avondale 1746.

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.

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 - Manukau Memorial Gardens*
 - Purewa*
 - Albany

* \$200.00 Surcharge
* Just Funerals do not have after hours or weekend fees, there are weekend fees for cremations

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

"We specialise in driving seniors to a wide range of appointments and outings - the usual medical and business appointments as well as shopping or just a nice afternoon out with a friend or two. We will even take you and your pet to the vet," says a local Freedom Driver.

"Travelling with Freedom is like travelling with trusted friends or family as you build a relationship with a driver you get to know and trust."

Service is personalised and Freedom prices are comparable to (and often less) than a standard taxi but with lots of extras.

Freedom Drivers are police checked, take Total Mobility cards (TM) and are ACC Registered Vendors.

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www.freedomdrivers.co.nz

Editorial supplied by Freedom Drivers

Margaret Hawkins - The Sky Diving Wonder

I can't believe I am 90 years old, I don't feel it.

I had a wonderful birthday and the jump was fantastic. I am going to do it again when I am 95. They gave me a lovely bouquet of flowers just before we left as a birthday present. I was very surprised.

They picked us up and brought us home. GoSkyDive is down near Mercer. All the staff are really great. The man who took me up served 32 years in the Airforce and has been all over the world.

I tried to follow his instructions, my poor old memory box missed some of them. It was quite weird turning a somersault 13000 ft. up just as we left the plane. You are in free fall till you get away from the plane and then pull the chute cord. We came down faster than we went up.

I thoroughly recommend it, there is nothing to be frightened of. It was a birthday I shall never forget.



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**
- Accompanying Minibus Trips**
- Outdoor Maintenance**
- Office work**
- Volunteer Visitor - Weekly**

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



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Unlike the cheap rocking wobble boards you come across in shopping malls and on TV shopping channels, Power Plate offers a comprehensive, non-pharmacological and evidence-based solution to improve quality of life. Certified as a Medical Device in EU, Power Plate has over 200 research studies showing that when used regularly as part of a targeted wellness programme, Power Plate training can significantly aid:

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Heart Health - Increase circulation and cardiovascular fitness, reduce arterial stiffness delivering oxygen and nutrients to the cells

Pain - Promote faster recovery of damaged muscles and tendons, and reduces aches and pains

In countries like Japan, where they have a vast ageing population, there is significant support for the unique vibration Power Plate produces, and the potential it offers in maintaining independence and improving quality of life. In New Zealand Power Plate is used in physiotherapy practices, rehabilitation centres and retirement homes. Local experts are available to answer any questions or concerns you may have.

Call Vince on 0800 842 728 for more information.

Editorial supplied by PHARMABIZ Ltd



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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.

Hearing Aids and Batteries required!

We are again looking for donations of hearing aids and unused batteries for clients who are struggling to pay for these items.

**Please post or drop them into
Age Concern Auckland, 57 Rosebank Rd,
Avondale 1026.**

Incontinence - It's nothing to be embarrassed about

If you experience bladder weakness, you're not alone - over 1.1 million New Zealanders suffer from incontinence - and while it may be more common in women and the elderly, bladder weakness can occur at any age.

Lille Healthcare New Zealand offers a comprehensive range of disposable products suitable to manage all types and levels of incontinence. Our technologically advanced products are 100% breathable and hypoallergenic, ensuring optimum comfort, security and discretion. It's important consumers can continue to rely on quality products that offer the best performance, comfort and fit. Lille Healthcare has developed solutions that respond to your needs. Our exclusive range includes pads, pants, adult diapers and underpads for men and women.

Our easy-to-use Lille Healthcare Online Shop www.lillehealthcare.co.nz provides the ability to buy continence products discretely in the privacy of your own home and have your package delivered direct to your doorstep.

Editorial supplied by Pacific Hygiene



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Order now at www.lillehealthcare.co.nz



Our Lille Healthcare range includes pads, pants, adult diapers and underpads.

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.

For more information on Tzora's portable and foldable mobility scooters phone Tzora Mobility NZ Ltd today on 0800 000 652.

Editorial supplied by Tzora Mobility

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Suzie Gates - AVS Visitor



Olga, Tilly (8 months old) and I had a lovely ladies high tea at the Cornwall Park Bistro which was a prize we won through an Age Concern Auckland event. It was great to catch up over a glass of champers and eat the yummy treats! Olga usually treats me at her house so it was lovely to get out and about and treat ourselves!

AVS Volunteers

Early November saw the Regional Meeting of the Accredited Visiting Service. Coordinators from Gisborne, Rotorua, Tauranga, Waikato, Auckland and Head Office in Wellington gathered to discuss the service performance, achievements, case studies and new innovative ideas on moving forward with our goals to help older people reduce social isolation and loneliness.

If you feel that you need or would like a new friend to pop in for a cuppa and a chat, or you feel you have the desire to help someone by being a volunteer visitor for a weekly catch up of about an hour, please contact Sue Campin at Age Concern Auckland on (09) 820 2713 or suec@ageconak.org.nz

We would love to hear from you to discuss how we can help.



Handyman Service

Andrew and Phil are our fabulous handymen.

If you have a small job that needs doing – this might be the answer.

Please ring Sue on 820 2713 to check if your job qualifies.



Senior Move Managers

Senior Move Managers specialise in assisting older adults during the transition of moving home; either downsizing, or moving into a retirement village.

The process of moving home can be very stressful and overwhelming. The team at Senior Move Managers effectively manages and undertakes this move removing all of the burden on you and your family. Everything from decluttering and organising, to packing your belongings and relocating them, right through to selling items on your behalf and professionally cleaning your home.

If you or a loved one are thinking about moving and you're unsure where to start, we can help. Give us a call for a no obligation quote on 0800 667 558.

What our previous clients have said:

We expected a move which would normally have difficulties and stress. With SMM we had no difficulties whatsoever. Great staff who handled everything with a smile. Highly recommended!

I had all stress taken from me and was in good hands. They helped to move me, and helped me to unpack at the new address.

Being based in out of town, both my sister and I appreciated having Senior Move Managers' team on the ground when we couldn't be there for Mum.

Mum's mental well being has also improved significantly since you started helping her! I was afraid this move might be the death of her but I don't feel that way at all now. Thank you!

"Making your next move your best move"

Editorial supplied by Senior Move Managers

Getting exhausted at the thought of downsizing?

SENIOR MOVE MANAGERS CAN HELP

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Christmas Hours

**Our offices will be close at
4.00pm Friday 21 December 2018
and reopen on Thursday
3 January 2019 at 9.00am**

Mail Delivery

As the letter box for our building is not emptied daily we recommend any correspondence be sent to our PO Box 19542 Auckland 1746 to ensure safe delivery.

Budget Delivers Cheaper Doctor Visits

The cost of visiting the doctor will reduce for people with a Community Services Card under changes announced in the 2018 Budget.

This will give up to 540,000 people access to low-cost GP visits - making it around \$20 to \$30 cheaper.

Seniors who have either a combined SuperGold and Community Services Card or a Community Services Card should also see a reduction in the cost of visiting their GP by 1st of December 2018.

General practices can choose whether or not to provide the new low-cost visits so please check with your doctor later this year to see whether they have chosen to opt in.

Under the changes, people receiving the Accommodation Supplement or living in public housing will also get a Community Services Card, giving them access to cheaper doctors visits.

**To find out more about these changes, go to
www.health.govt.nz**

State of Grace

State of Grace was established by Francine Mitchell and Deb Cairns in 2005, after they realised the need for a more compassionate, sustainable and family led approach to funerals. We have grown over the years and now have three branches covering the Auckland area from Bombay to Wellsford (and sometimes beyond!).

We are a team of 15 women dedicated to providing caring, compassionate and a highly personalised approach to death care and funeral arrangements.

We provide a range of services, based on sustainable principles from a full traditional service to a simple cremation. Our service is described as family led, in recognition of the diversity of families, needs and values - it is important to us that you are guided to make the choice that is right for you and your family.

Please contact us if you would like to discuss funeral planning, funeral arrangements, or would like one of us to come and speak to a group (we love talking and there is no charge for our visits!).

CONTACT DETAILS:


North branch: 0800 477 133

West: 0800 764 722

East: 0800 764 327

**Or email info@stateofgrace.net.nz
www.stateofgracefunerals.co.nz**

Editorial supplied by State of Grace



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☐ Returning back to Auckland?

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International Day of the Older Person

Every year on October 1st the world joins together to celebrate International Day of Older Persons - IDOP for short. This year, Auckland embraced the philosophy of becoming an 'Age Friendly City'. This United Nations administered scheme seeks 'a commitment to a continuous improvement process for creating age-friendly environments with the expectation that an age-friendly city is more inclusive and beneficial for everyone, regardless of their age'. Auckland joined a growing family of over 300 cities world-wide to adopt such a commitment.

Age Concern Auckland challenged communities across Auckland to recognise IDOP 2018 and to ensure that an Age Friendly Auckland is one that recognises the special role played by its older citizens. The principal aim of International Day of Older Persons is to both recognise and celebrate older people. It is also a time for reflection, for those of us who have yet to reach older age to take time out to think of those older people in our lives and in our communities. It is a time to connect, to listen and to learn. Over the course of the first few weeks of October, many of our staff engaged with a variety of community groups and activities, supporting those opportunities for older adults to engage meaningfully in their local community.

Age Concern Auckland staff presented a variety of talks to different community groups about the work that we do to provide support and assistance to those most vulnerable among our older populations. We also supported a partnership with ASB Banks to deliver a series of workshops on Financial Abuse and Scam Management across the country. Finally, Amo Ieriko, one of our Community Development Coordinators supported several older adults to attend and engage with a variety of exercise and social groups and activities that were hosted to celebrate International Day of Older Persons. Alongside this, one of our Elder Abuse Team members spent the day cooking over 150 cookies with a couple of her refugee friends to be delivered out to community members on the 1st October. These cookies were distributed out to members of the public with questions and stats about the value of including older adults in community life.

All in all, Age Concern Auckland was able to present and engage with a wide number of community members and were able to raise awareness of the value and input that older adults can, and should, have within our communities. During the few weeks in October, we engaged with over 300 individuals. Below are just a few of the many photos taken from the different events.



A1 Hearing

New Zealanders love the summer months. The days get longer, the BBQ gets fired up again, and people gather for parties, picnics and celebrations.

Unfortunately, these summer occasions, filled with background music, traffic and multiple voices, can be difficult for those with even the slightest hearing loss.

The good news is that in most cases there is a solution. It all starts with a hearing test, which A1 Hearing offers for *free*. This test will help you or your loved one to determine current hearing levels and make a plan for the future.

There is a large range of hearing aids available now, with some almost unnoticeable. If something so small could help you or a loved one join in the conversation this summer, then it's worth making an appointment.

A1 Hearing are experts in solving hearing problems. Give them a call on 0800 214 327 to book in your free hearing test.



make sure you catch all the conversation this summer

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Asian Service

New Zealand has become one of the world’s most culturally diverse cities. According to the 2015 World Migration Report, Auckland has the fourth largest foreign-born population in the world, with 39% of our population born overseas. Asian made up 23% of the population in Auckland in 2013.

With a growing need to support older people from different ethnic background and to assist them to have a better understanding about NZ social system and integration in to the community Age Concern Auckland launched its Asian support service in early 2017.

In the beginning Age Concern targeted support to older Chinese, as most of them have difficulties with language and don’t know how and where to seek help when in need. Throughout the last two years with the help of volunteers, we have delivered culturally and linguistically appropriate support from individual casework to group education session to ensure our services can meet their needs. We can see the effort we put in has brought change to individuals lives. Older Chinese appreciated having support from staff who spoke their language and understood their culture. We had received positive feedback from the Chinese community and the wider society. It is believed that this service is essential and has the need to continue and develop.

On behalf of the Office of Senior Citizens we hosted a regional stakeholder meeting on 27 July 2018 to record the views of older Asian citizens to help inform the government when planning the new positive ageing strategy. Feedback from the Asian groups was collected by the Office of Senior Citizens. The meeting was a successful one, with 40 people attending and 20 agencies involved.

Looking forward to 2019, the Asian service is planning to develop services to support Older people in the Japanese and Korean communities. We are planning to recruit more volunteers and work with local Asian ethnic groups in order to deliver health talks that can spread the messages of positive ageing across the region to older Asian’s living in Auckland. Please join us to make this happen and make our community to be a better place for our older people.



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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.

Good, better, best. Never let it rest.
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and your better is best.
~ St. Jerome ~

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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 wellbeing, 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.*

Age Concern Auckland Incorporated CC 25023
57 Rosebank Road, Avondale 1026
PO Box 19542 Auckland
Ph: +64 9 820 0184 | Fax: +64 9 828 1660
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Gingerbread Men

Ingredients

- 2 cups plain flour
- ½ tsp baking soda
- 1 Tbsp ground ginger
- 1 cup Soft Brown Sugar, Dark Cane Sugar or Organic Coconut Sugar
- 150g butter, cubed
- 1 egg, beaten
- 1 Tbsp Golden Syrup

Icing

- 1 egg white
- 1 ½ cups Icing Sugar
- 1 tsp lemon juice
- Lollies or currants to decorate

Method

Preheat oven to 180°C bake (160°C fan-forced).
Line two baking trays with baking paper.
Place the flour, baking soda, ginger and sugar in



a bowl or food processor. Add butter and rub in with fingertips or pulse in food processor until it resembles fine breadcrumbs. Add egg and golden syrup and stir or pulse to mix. If the dough is sticky, add a little more flour until it forms a workable dough. Wrap in plastic wrap and refrigerate for 30 minutes. Roll out on a lightly floured surface or between two sheets of baking paper until 5mm thick. Cut out shapes using biscuit cutters and place on trays. Form leftover dough into a ball and re-roll and repeat cutting out until dough is used up. Bake for 8-10 minutes until golden brown. Cool on a wire rack.

Icing

Make icing by beating egg white with a fork until frothy. Fold in the other ingredients and place icing in a resealable bag. Snip off the corner and pipe decorations onto each biscuit. Use icing to attach lollies or currants.

Recipe courtesy of Food in a Minute.

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*Many Thanks George Warman
(Ranui West Auckland)*

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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 below, or give Teresa 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.

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: _____

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Phone: _____

E-mail: _____

***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
- Ministry of Social Development
- Sir John Logan Campbell Residuary Estate
- SkyCity Auckland Community Trust
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- The Trusts Community Foundation
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- Waitakere City Cake Decorators Club
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