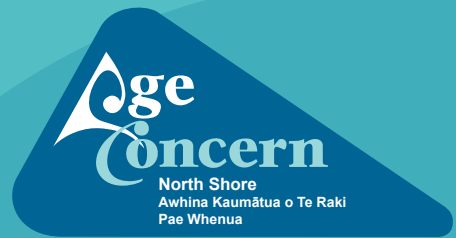


SUMMER 2018 QUARTERLY NEWSLETTER

Phone (09) 489 4975 | www.ageconcern.org.nz



Age Concern North Shore

Serving the needs of older people

AGE MATTERS



Please give generously to our Sponsor a Senior appeal so lonely older people in our community can feel special this Christmas - See inside for details

For advertising phone Monique (07) 577 9092 or email monique@pukekoprint.co.nz

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Contact Information

Phone: (09) 489 4975
Email: ageconns@acns.co.nz
Address: 177B Shakespeare Road, Milford, Auckland 0620
OFFICE HOURS
 9.00am - 4.00pm Monday to Friday

A word from the Executive Officers Desk...

“
We wish you a Merry Christmas, we wish you a Merry Christmas and a Happy New Year
 ”



I can't quite believe how fast this year has gone! Although as I write this we are still in October, with the start of Daylight Savings it is easy to feel the inevitable momentum towards Christmas; summer and the end of another year. I hope that for most of you 2018 was a good year and that you are looking forward optimistically to 2019.

Christmas is arriving and we will all be gearing up for some brand new adventures. But for now there is still much work to be done! I have been delving into the world of innovation and ensuring older people are included in government plans for their digital inclusion blueprint; advocating for you all in their social wellbeing planning, including data protection and use policy. I have a Mayoral meeting to discuss Seniors issues - footpath safety will be on the agenda with these new electric "Lime" scooters and will also represent you at the Retirement Village Stakeholder Forum.

The Board have been busy with reviewing services and policies and input into a new model of working across the Auckland region to strengthen our organisation. They will report on this further to members and stakeholders in the New Year.

Katie has presented the age-friendly community research to Devonport/Takapuna and Kaipatiki Local Boards. Thank you to all who participated in the research. We are now working with Council and community groups to deliver on the research recommendations

Ivy hosted a forum of Chinese elders to discuss strategic planning for their needs over the next three years. This has been drafted and will be translated and sent out for further consultation before being implemented.

The work of raising funds to sustain and increase our capacity is a constant with Rhonda and myself writing approximately three funding applications to various Trusts every month.

As a charity, an important part of our organisation is our volunteers who support our community based services. It is always difficult to adequately thank them for the commitment they make to Age Concern North Shore and the older people they help and befriend. This year we have invited them to a celebratory afternoon tea. This is a chance for us to thank them personally and for them to catch up with us and each other.

Continued on Page 4

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

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We are currently working hard on our annual 'Sponsor a Senior Appeal', which raises money dedicated to provide support for older people who are isolated and alone or in financial need at Christmas. We use donated money to provide supermarket vouchers and treats for selected older people who are seriously in need of some Christmas Cheer. You will find more information on pages 14 - 15.

The summer weather is an ideal time to get some exercise and top up your Vitamin D levels, however it is important to balance this with being SunSmart. If mobility makes getting out difficult, I'm sure that many of you will still be able to enjoy sitting outside for a time during the cooler parts of the day.

Do take advantage of the advertisers offering services to help you. Without their support this newsletter would not be possible.

Janferie Bryce-Chapman
Executive Officer

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Computer Training, supermarket shopping, installation/repairs of home appliances, gardening, handyman.

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Gardening



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Disclaimer: The views expressed in this newsletter are not necessarily those of Age Concern North Shore. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.



Christmas Hours

**Our office will close
Friday 21 December at 12noon
and reopen at 9.00am on
Monday 7 January 2019.**

For Elder Abuse emergencies during this period, please phone the North Shore Policing Centre on 477 5000 or the Elder Abuse Response Service Helpline 0800 32 668 65.

For help on holidays and weekends:
North Shore Hospital 486 8900
ShoreCare 486 7777
Glenfield Urgent Care 444 4244
Need to Talk Free phone - dial or txt 1737

REMEMBER - FOR AN EMERGENCY CALL 111



Staying at home in your later years is now an affordable and safe option thanks to the care and support Care on Call provides.

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Please call us or visit our website for more information.



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Thank you

We would like to acknowledge the grant given to us by United Way, to support the running of Club Gordon.

Club Gordon meets weekly during term time to give isolated older people a chance to have an outing and to make social connections. If you would like to know more about joining Club Gordon or in becoming a volunteer, give us a call on 489 4975 and have a chat.

We would also like to acknowledge the bequest from member Maureen Lindsay.

All donations help us to continue to provide free services to older people on the North Shore.



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Retirement living options can free up equity as well as providing affordable and comfortable living in a fully maintained home

Grant Haworth acquired in-depth knowledge of this working for a number of years as a Sales Consultant in the retirement sector.

His specialist experience and insight into the sometimes daunting process of downsizing and re-locating to a new style of living are proving invaluable to his Barfoot & Thompson clients.

Grant fully appreciates the magnitude of the decisions and the importance of making fully informed choices.

He knows the processes, can put you at ease and be your hands-on guide and confidant. You can trust Grant to support you in making the move into a new, active and enjoyable lifestyle as easy and stress-free as possible.

In her recent testimonial, Helen Sturm said: *"I am delighted to recommend Grant and Ann as a great real estate team. They recently sold my house in Takapuna after less than three weeks' marketing and I can only say they both made the process as easy as it could be, right from the beginning. They gave me advice on how to present my house and a realistic idea of the likely price range for my home. Because I felt they were being honest with me, I was prepared to trust them. I really appreciated the way Grant and Ann kept me fully informed about how the sales campaign was progressing, providing detailed reports and keeping in close touch with frequent emails and texts. I appreciate Grant and Ann's honesty, expertise, friendliness and helpfulness and recommend them wholeheartedly."*

Editorial supplied by Barfoot & Thompson



NOW'S THE TIME TO PLAN YOUR LIFESTYLE CHANGE

Know your options. Make informed decisions.

When you speak to Grant Haworth you can be confident he understands your situation and the choices you face.

A real estate professional since 2004, he also has specialised experience and in-depth knowledge gained from working within the retirement sector.

Grant will work with you every step of the way: he is there to help you explore and choose the best options for you and your family.

Phone Grant Haworth today for a free and confidential consultation.



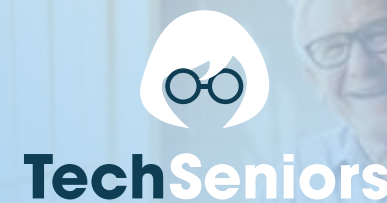
Grant Haworth
M: 021 194 4095
E: g.haworth@barfoot.co.nz
www.barfoot.co.nz

Twiddle Muffs

Some of our staff have been busy making Twiddle Muffs. Twiddle Muffs are knitted muffs with interesting bits and bobs attached. Many patients with Arthritis and Dementia find them comforting and therapeutic as they help encourage movement and brain stimulation.

Pictured are Ivy, Alison and Delia as part of a working bee, decorating the Twiddle Muffs.

For more information contact Alison at Age Concern, phone 929 2306 or The Collective, Highbury Shopping Centre, Birkenhead, phone 418 2227.



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Chinese Interest Community Groups

Our Singing Group has been busy co-performing with the Rainbow Chorus. They first performed during the "Voice of Love" Charity Show in late August at Kristin School, Albany. Proceeds from the ticket sales were donated to Age Concern North Shore.

They also entertained at a Baycrest Retirement Village and have been invited to do another performance for them, around Christmas.

The **Gardening Group** continues to be popular. "Bean Time" delivered by Mr GH Zhong was an opportunity to share planting tips and seedlings. This was followed the next month with Mr Homer Xu encouraging the sharing of Spring Garden experiences.

Chinese Seniors Strategy Forum

In 2012 Age Concern North Shore held the first planning day with leaders of social groups for Chinese seniors on the North Shore to prioritise service needs for Chinese older people. The plan was revised in 2014 and again in October this year to establish the key goals for the next three years. Thank you to all the groups involved.



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COMMUNITY NEWS

Feeling lonely and looking for something to do? What about trying Pétanque. No experience is necessary and it's suitable for all ages and levels of fitness. There are two Pétanque Clubs on the North Shore - Northcote Pétanque Club, which meets at the Northcote Bowling Club, corner of Council Terrace and Little Shoal Bay and the Kennedy Park Pétanque Club, which meets at the Kennedy Park Observation Post, Castor Bay.

To find out more or to give it a go, phone Diana 021 239 6335.

New MoneyTalks Helpline launched

A new free financial helpline MoneyTalks for people struggling with their finances is now available. Trained financial mentors can provide immediate support to people and/or refer them to services or products in their own community, with the aim of helping them get control of their money, set goals and achieve long-term sustainable change.

MoneyTalks is available 8.00am - 8.00pm Monday - Friday and 10.00am - 2.00pm on Saturday by

- Freephone: 0800 345 123
- Text: 4029
- Email: help@moneytalks.co.nz
- Online chat/website: www.moneytalks.co.nz
- Facebook: www.facebook.com/MoneyTalksNZ/

Tamaki Sports Academy

Offers mentoring, coaching, and work experience to South Auckland youth who have dropped out of the mainstream school system but show some sporting

talent. A major fundraiser for the academy, and an excellent source of work experience for members, is the free metal collection service offered. They pick up any old metal - computers, whiteware, roofing iron, metal piping, venetian blinds, batteries, car panels, cars, metal shelving, filing cabinets, machinery, lawnmowers, engines, and so on.

Phone 021 263 9800 for more information.

Do you want to learn about Computers, iPads, Cellphones?

SeniorNet North Shore offer sessions for beginners or more advanced. They are a group of friendly, like-minded people. The annual fee is affordable with sessions also very low cost, which provide learning in a non-threatening environment. You can get one-to-one tuition if required.

For further information contact: Patricia Lough on loughie@outlook.co.nz or phone 413 6322 or full information is available on the website: www.seniornetns.com

Are you male and 65-74 years of age?

The School of Sport, Exercise and Nutrition at Massey University is undertaking a study investigating dietary patterns and associations with cognitive function and other health outcomes associated with ageing. All participants receive: \$50.00 voucher on completion of study; free breakfast; free body composition, blood lipid, blood glucose and blood pressure assessments.

For more information:

Email: reachstudy@massey.ac.nz or phone 414 0800 ext 43859.



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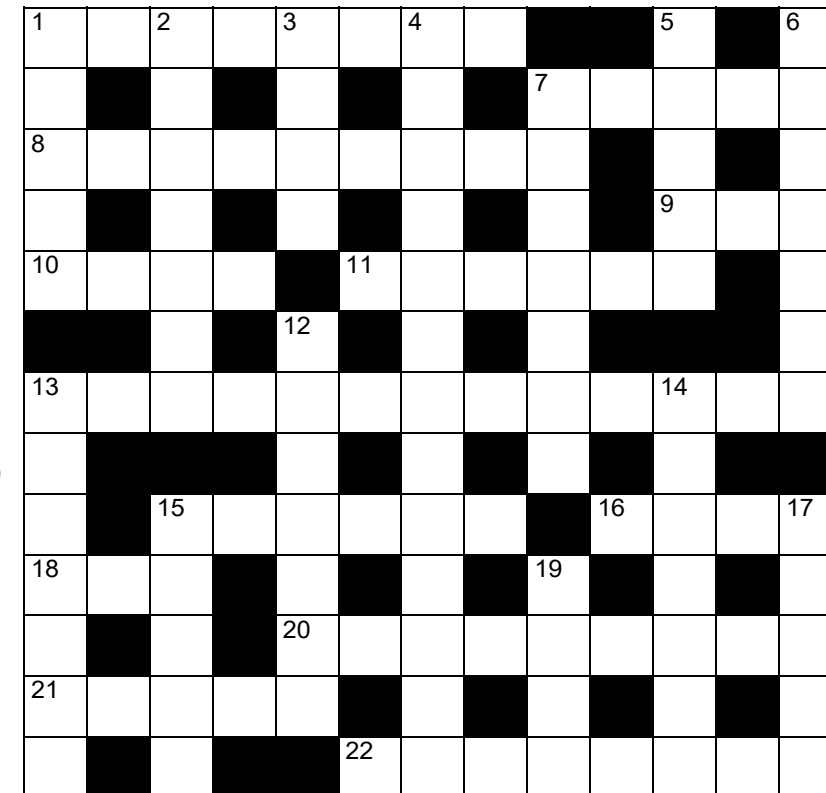
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ACROSS

- 1 Transactions (8)
- 7 Small-minded (5)
- 8 Ancestry (9)
- 9 Type of carp (3)
- 10 Plays with (4)
- 11 Be cautious (6)
- 13 Unspecified (13)
- 15 Underground rooms (6)
- 16 Originate from (4)
- 18 Beam (3)
- 20 Irritations (9)
- 21 Cake topping (5)
- 22 Worried greatly (8)



DOWN

- 1 Finger (5)
- 2 Displeased (7)
- 3 Muslim religious leader (4)
- 4 Travelling extensively (5-8)
- 5 Money for gambling (5)
- 6 Cleanliness (7)
- 7 Geometric shape (7)
- 12 Remaining (7)
- 13 Inactivity (7)
- 14 Assaults (7)
- 15 Sceptic (5)
- 17 Pondered (5)
- 19 Conceited (4)

Check your answers at www.ultimatecare.co.nz/answers-two or pop by Ultimate Care Rosedale to collect your copy of the answers

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AVS Update

We had a record number of volunteers attend our September volunteer support groups. Guest speaker, Alison Bravenboer Age Concern North Shore EARS Coordinator, presented on Enduring Powers of Attorney and Elder Abuse.



Two of our clients Pearl and Maria celebrated their 95th birthdays alongside their respective volunteer visitors Barry and Eileen. Cakes were supplied by the wonderful bakers at Good Bitches Baking.

If you or anyone you know may be interested in joining a shared reading group as either a volunteer reader or a participant next year, we would love to hear from you. The venue, day and time are yet to be decided.

Based on the success of our Glenfield and Takapuna Coffee/Friendship Groups, we are considering setting up a new group in the Highbury/Birkenhead area on Pension Tuesday's. The venue and time are yet to be decided. Please let us know if you, or anyone you know, may be interested.

For those volunteers who have RSVP'd to attend the volunteers Christmas function, we look forward to seeing you on Saturday 24 November, 2.00pm at the Positive Ageing Centre.



Pearl and visitor Barry.

Christmas holidays are fast approaching, just a reminder to visitors to let your client know when you will be taking your holidays, so they will know not to expect you on your normal visiting day. I am sure your clients will be happy for you to have a well-deserved break. Of course, some of you may still want to visit your client over the Christmas/New Year period, which is wonderful as this can be a very lonely time for many older people. Please let Kathryn or Delia know if your client might be spending Christmas alone this year and would benefit from receiving a Christmas Gift Bag as part of our Sponsor a Senior Appeal.

The Visiting service will be closed from 19 December - 7 January 2019. We hope you all have a happy and safe holiday season and thank you to all our volunteers, for the wonderful gift of time you have given to the Age Concern Visiting Service over the past year.



Maria.

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Freedom Drivers cover the whole of the North Shore, including the Hibiscus Coast, bringing a warm and friendly driving service right to your door.

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Editorial supplied by Freedom Drivers

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COMMUNITY NEWS cont.

Christmas 2018

Christmas Art Sale

Browns Bay Marine Centre, 10-12 Beach Front Lane, Browns Bay. Saturday 24 November - Sunday 25 November, 9.00am

I Love Takapuna Christmas Carnival

Hurstmere Green and Hurstmere Road, Saturday 1 December, 11.00am

Browns Bay Christmas Parade and Collective Market

Saturday 1 December, 9.00am (Parade 4.30pm)

Devonport Lions Santa Parade and Christmas Festival

Windsor Reserve, King Edward Parade, Sunday 2 December, 11.00am

Glenfield Santa Parade

Sunday 2 December, 11.00am

Birkenhead Twilight Santa Parade

Saturday, 8 December, 4.00pm

Auckland Community Law Centre - Free Legal Education Series

Phone (09) 377 9449 to book.

1. Disputes Tribunal: Overview of the Disputes Tribunal; how the Tribunal works; your rights at the hearing; how to file a case
Tuesday 27 November, 12.30pm - 2.30pm
2. Sex and Consent: overview of laws in relation to sex and sexual violence; the law relating to sexual consent; legal ages in relation to sex and sexual health. Tuesday 4 December, 12.30pm - 2.30pm

Rotary Quiz Fundraiser

Age Concern Staff had an evening out recently at a Rotary Quiz Fundraiser. We didn't win, but made a respectable showing!



Volunteers Wanted

SWEETCHARITY is a collaboratively owned and run registered charity, who support the Grief Centre and Supporting Families in Mental Illness. They are looking for volunteers to help in their Glenfield Op Shop.

For more information phone 378 9134.

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Please telephone or email Lois Black to arrange a no-obligation, free-of-charge 30 minute meeting.

Community Donates to Older People

Children at Milford Primary School are part of a wider community effort to help Age Concern North Shore fundraise for our annual **"Sponsor a Senior Appeal"**. The appeal ensures that older lonely people on the North Shore have an opportunity to feel special this Christmas with the delivery of a gift bag containing supermarket vouchers, home-made cards and special Christmas treats. The bags bring a great deal of pleasure to the recipients during what can be a difficult and lonely time of year.

Sara Baker, Associate Principal from Milford School, says "Milford School is pleased to be involved again in the Age Concern North Shore Christmas Appeal because it encourages our students to think outside of Christmas with regard to themselves and their families, and to consider the perspectives of others" she adds that "as well as collecting gifts and special food items, our children love making Christmas cards and including little messages to the elderly, and we in turn love receiving the letters from the recipients the following year. Often, the return message is that the card has made the recipient's Christmas, and they are thrilled to know that they have others thinking of them at that time."

Project Leader Delia Middleton says, "There is

a perception that all older people on the North Shore have the social and financial resources to be able to participate fully in the activities around Christmas, but this is often not the case. We include supermarket vouchers as this allows the recipient to either fill up their pantry or to buy something special, so that they feel that they are participating in the Christmas season".

The wider community effort includes: Torbay Primary School; recyclable gift bags, made and donated to us by Boomerang Bags and the North Shore Resource Centre; Community Fruit Harvesting; Dilmah Tea; Driving Miss Daisy; Ecostore; Frozen Fresh; Make Give Live Charity; Molly Woppy; Queen Anne Indulgence Ltd; Kawakawa Balms and Sending Love New Zealand.


Recipients are selected through our networks from Home Support Providers, Auckland Council and Health and Community Workers. We then provide the co-ordination and staff time to organise and deliver them, but we need your donations to finance putting them together.

"The number of older people that we can reach depends on the thoughtfulness and contributions that are made by each of you".

Donations can be made by filling out the donation form, visiting www.givealittle.co.nz/acns, or you can post or drop your contribution to our office.

Funds may be used throughout the year to support older people who find themselves in need.

This is a wonderful opportunity to spread the Christmas spirit of goodwill and think of older people at this time. If you know of an older person who is likely to be in the category of no family or other social group contacts over Christmas, please **let us know - we care.**



Help make an older lonely person in our community feel special this Christmas
Sponsor a Senior Christmas Gift Bag Appeal

I/we would like to support Age Concern North Shore's Christmas appeal with the following donation:


\$10.00 \$25.00
 \$50.00 \$100.00
 Other
 Cheque enclosed payable to:
Age Concern North Shore

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 Expiry Date ____/_____
 Name on Card _____
 Signature _____

Bank Deposit
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(please use reference SAS and your surname)
 Charities Registration Number CC10946

You can also donate at:
<https://givealittle.co.nz/org/acns>

Please send to: Age Concern North Shore,
 177B Shakespeare Road, Milford, Auckland 0620
 Receipts will be issued for every donation.
Donations \$5.00 and over are tax deductible.
Please send receipt to:
 Name _____
 Address _____



Club Gordon

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For more information contact
 Age Concern North Shore
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 Email: ageconns@acns.co.nz

Volunteers needed!

Do you have some spare time and would like to volunteer once a week (during term time) to help ensure the smooth running of Club Gordon, and make it a great outing for the members?

If you would like more information, call the office on 489 4975 and ask to speak to the Co-ordinator Lesley.



Club Gordon is an initiative of Age Concern North Shore

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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

Senior Move Managers specialise in assisting older adults and their families with the emotional and physical aspects of relocating home. We plan, advise, organise and monitor all aspects of the moving process to reduce the burden on and ease the stress of the move.



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Protect yourself from Scams

Scammers are getting increasingly sophisticated in their attempts to get your money or personal details. New Zealanders lost over \$12.5 million in the last quarter due to fraud and scams. Scams rely on deception, appear very genuine and are difficult to detect as they may seem like they are coming from a bank, Telecommunication Company, Government agency, Business or an individual.

There are a number of different ways that scammers can target you - on line, over the phone, by mail or in person.

If you get scammed **REPORT IT**. Don't be embarrassed. Scams target people of all backgrounds, ages and income levels. There's no one group of people who are more likely to become a victim of a scam, all of us may be vulnerable to a scam at some time. Reporting it may help others from falling for it as well.

Scams succeed because they look like the real thing and catch you off guard when you're not expecting it. Scammers are getting smarter and taking advantage of new technology, new products or services and major events to create believable stories that will convince you to give them your money or personal details.

How to protect yourself

- Be alert to the fact that scams exist. When dealing with uninvited contacts from people or business, whether it's online, over the phone, by mail or in person, always consider the possibility that it may be a scam. Remember, if it looks too good to be true, it probably is.
- Know who you are dealing with. If you've only ever met someone online or are unsure of the legitimacy of a business, take some time to do a bit more research. Do a Google image search on photos or search the internet for others who may have had dealings with them. Check them out to see if the business is regulated by the Financial Markets Authority NZ (FMA) or the appropriate overseas agency. If a message or email comes from a friend and it seems unusual or out of character for them, contact your friend directly to check.

Continued on Page 19

Providing care and delivering products to your home

Miranda Smith Homecare is New Zealand's longest running private homecare agency. Our focus is on providing a personalised service ensuring clients maintain their independence and feel safe within their own homes. Care arrangements are tailored specifically to our clients' needs, lifestyles and preferences.

Whether you are looking for a carer to assist a loved one with daily living activities, respite for someone living with dementia, short-term convalescence care or end of life palliative care, we can help. Support can be for as little as two hours through to 24-hour care. Carers are trained to help with medication management and Registered Nurses are available for specialised nursing care needs.

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

Call us today for more information or to arrange an obligation-free home visit. We are here to help.



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PROVIDING A CONTINUED QUALITY OF LIFE

Providing quality, tailored home-based care

- Home Help and Advanced Care Services
- Mobility Products and Continence Supplies
- 24 hour Care and On Call Support

0800 600 026
WWW.MSHOMECARE.CO.NZ

Editorial supplied by Miranda Smith Homecare

- Phishing or Smishing - do not open suspicious texts, or click on links or attachments in emails - delete them. If unsure, verify the identity of the contact through an independent source such as a phone book or online search. Don't use the contact details provided in the message sent to you. (Phishing is unsolicited emails that claim to be from a legitimate organisation asking you to verify your details. Smishing is the same thing occurring via text messaging).
- If you receive a missed call from a number you don't recognise, ignore it and don't call back. This may be a scam designed to lure you into calling back, and being charged premium calling rates as a result.
- Don't respond to phone calls about your computer asking for remote access - hang up - even if they mention a well-known company such as Spark. Scammers will often ask you to turn on your computer to fix a problem or install a free upgrade, which is actually a virus which will give them your passwords and personal details.



- Keep your personal details secure. Put a lock on your mailbox and shred your bills and other important documents before throwing them out. Keep your passwords and pin numbers in a safe place. Be very careful about how much personal information you share on social media sites. Scammers can use your information and pictures to create a fake identity or to target you with a scam.
- Keep your mobile devices and computers secure. Always use password protection, don't share access with others (including remotely), update security

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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.

Our newest branch is an adorable villa in Albany village - light and welcoming, with beautiful New Zealand art, (and usually home baking) and suitable for small family services.

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



If you love what you hear

It's a great way to relax

Kick off your jandals, sit back, relax and enjoy the tranquil sounds of nature. Feel at ease in listening situations in which you used to struggle.

Soft and comfortable this hearing aid fits on-the-spot. No waiting days or weeks for a custom made housing.

You won't pay big bickies for the latest in German hearing technology. But they're not so cheap and nasty they'll end up "lost" in your sock drawer, or in your ears only when you get "that look" from a certain someone.

Despite its tiny size, this hearing aid delivers a hearing experience you will love, because it's clinically proven to reduce listening effort#. Why not try it for free and find out what all the fuss is about?



Call now to secure your free trial of this virtually invisible hearing aid.

Birkenhead Ph: 09 480 5676

Grey Lynn Ph: 09 361 3838

Be quick. This free trial offer ends 31 Jan 2019.



Early bird bonus

Trial and purchase any eligible hearing aid* before 1 Jan 2019 and receive a FREE StreamLine Mic or miniPocket worth up to \$299

#Study conducted at the University of Northern Colorado, 2015, examined the effectiveness of the new features of primax by collecting and analysing ongoing EEG data while subjects performed speech testing. For both primax features SpeechMaster and EchoShield, the objective brain behaviour measures revealed a significant reduction in listening effort when the feature was activated.

*T&Cs apply.

STATE of GRACE

FAMILY DIRECTED FUNERALS

www.stateofgracefunerals.co.nz



software and back up content. Protect your WiFi network with a password and avoid using public computers or WiFi hotspots to access online banking or provide personal information.

- Choose your passwords carefully. Choose passwords that would be difficult for others to guess and update them regularly. A strong password could be a phrase instead of a word (e.g. song lyrics you will remember). Don't use the same password for every account/profile, and don't share your passwords with anyone. Use 2 Factor Authentication (2FA) for online accounts where its available.
- Review your privacy and security settings on social media. If you use social networking sites, such as Facebook, be careful who you connect with and learn how to use your privacy and security settings to ensure you stay safe.
- Beware of any requests for your details or money. Never send money or give credit card details, online account details or copies of personal documents to anyone you don't know or trust. Don't agree to transfer money or goods for someone else: money laundering is a criminal offence.
- Be wary of unusual payment requests. Scammers will often ask you to use an unusual payment method, including preloaded debit cards, gift cards, iTunes cards or virtual currency such as Bitcoin.
- When buying online, use a secure and reputable payment service - look for a URL starting with "https" and a closed padlock symbol.
- Door to door salespeople use high-pressure tactics to convince you to buy a product, sign up to a service you don't want or need or to donate to an organisation you might not want to support. Don't feel pressured, take the time you need to make a decision. Ask for photo ID, get the name of the person and the company or charity they represent. Use a Do Not Knock sticker (www.consumer.org.nz/articles/do-not-knock).
- We have copies of: The Little Black Book of Scams, published by the Commission for Financial Capability (CFFC).

Protect yourself from phone scams, published by Spark and Netsafe.

Very special luxury apartments for Browns Bay

Aria Bay is a boutique retirement community set in the heart of Browns Bay on Auckland's North Shore. Close to shops, cafes and bowling club, the village is just two minutes from the beach. The community also offers a unique environment in which you feel energised, happy and where there is genuine companionship. But right now there is something else that is stealing the show. Their brand new luxury apartments are completed, and they offer a retirement lifestyle that is simply hard to drive past!

These spacious and surprisingly affordable apartment homes have all the quality mod cons you'd expect built into the contemporary architecture and are offered in a range of floor plan options. Apartment residents also enjoy access to a large private heated swimming pool, spa, gym and indoor/outdoor entertaining areas. As well as being handy to Browns Bay village and beach, each home enjoys elevated views, outdoor entertaining spaces, private undercover parking, ample storage and lift access.

Browns Bay has always been a popular choice for those looking for premium retirement living. At Aria Bay you can continue to live your idyllic North Shore lifestyle in beautiful well-appointed homes that are comfortable, sunny and affordable, knowing that assistance is always available if you require a little more help day to day down the track.

For more information about these wonderful apartment homes, call Sharon today on 0800 278 432.

Editorial supplied by Arvida Retirement & Care

Luxury Apartments Available Now!



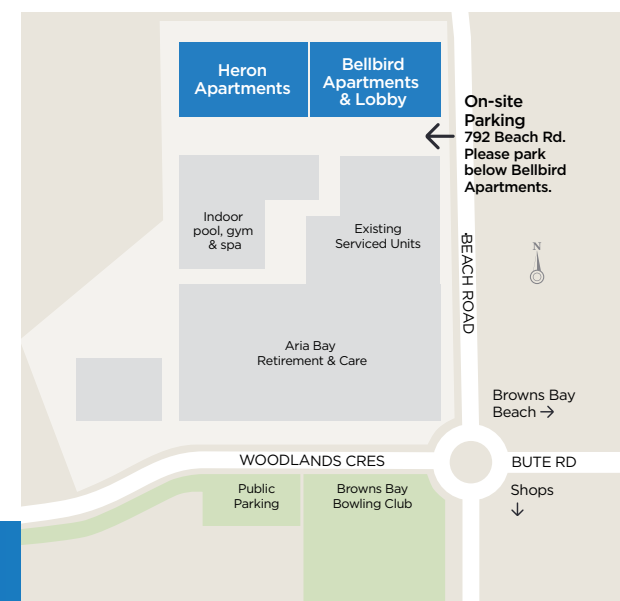
Turn your retirement dreams into reality! These stunning luxury homes are ready now for you move into and enjoy.



Embrace the Browns Bay lifestyle in a brand new luxury apartment with outdoor living areas and handy to the village and beach.

Relax and enjoy the perfect mix of privacy and social engagement to suit your lifestyle - and of course, no more maintenance worries! These spacious open plan homes offer all the mod cons for contemporary living, including undercover parking and lift access.

Ask about our special 'move-in' offer for our first five buyers this month! Call Sharon Rabone today on 0800 278 432 or 021 618 913.



3-7 Woodlands Cres, Browns Bay, Auckland
Email sales@ariavillages.co.nz

www.ariabay.co.nz

Don't wait.
The time will never be just right.

Physical Activity

Staying active is important when you're getting older (including if you have health conditions). Regular physical activity can improve your health and wellbeing, and make it easier to perform daily tasks.

Summer is a good time to start a new activity - most of us feel more motivated in the warmer weather to get up and get moving.

Physical activity is any movement of the body that uses energy. It is important to be as physically active as possible and limit sedentary behavior.

You should aim for a mixture of aerobic, resistance, flexibility and balance activities.

Joining an exercise group is a wonderful chance to meet new people and create new social connections.

Remember

- Speak to your doctor before starting or increasing physical activity
- Start off slowly and build up to the recommended daily physical activity levels

Recommendations for older adults

1. Spend more time being physically active and less time sitting down
Do lots of daily physical activities such as: Walking to the shops, vacuuming, gardening, washing the car.
Any level of physical activity is better than doing nothing!
2. Aim for at least 30 minutes of aerobic physical activity on 5 days each week. Aerobic activity makes your breathing and heart rate increase.
Some examples of aerobic activities to increase your heart rate and breathing include: Brisk walking, ballroom dancing, cycling, kapa haka, lane swimming, playing with grandchildren, kilikiti.
Do 60 minutes aerobic activity on 5 days each week for additional health benefits and to lose weight.
3. Aim for 3 sessions of flexibility and balance activities, and 2 sessions of resistance activities each week (in addition to the aerobic physical activity). Doing exercises that strengthen your leg and core muscles and improve balance will reduce your risk of falling. Evidence shows that exercise classes designed to improve strength and balance

reduce the risk of falling by up to 30%.

Some examples of resistance, flexibility and balance activities include: Resistance (for muscle and bone strength): carrying shopping, standing up and sitting down repeatedly, weight training, flexibility (for easy movement): stretching, gardening, yoga, pilates, balance (to prevent falls): bowls, modified tai chi, Otago exercise programme, standing on one leg, yoga.

Community Strength and Balance Programmes aim to identify and approve community based exercise classes that reduce the risk of falls and increase balance and strength for older adults. Classes range from gentle chair based exercise, tai chi, yoga, dance, boxing, energetic aerobic and traditional weight bearing classes.

For more information on Community Strength and Balance exercises you can visit www.livestronger.org.nz or contact us for a copy of our Calendar of Activities.

Source: www.health.govt.nz; www.livestronger.org.nz

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- Individual/Couple Associate Membership **\$20.00** (no voting rights/donation)

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Phone: Email:

Method of payment:

- Cheque (Made payable to Age Concern North Shore)


Internet banking: ASB 123026-0005671-00

(Please use your name as reference and ensure you return this form so that we can process your membership).

- I/We would like to include a donation of \$_____
- (Donations of \$5.00 or more are tax deductible) Charities Commission Number CC10946*

Full details regarding membership fees, group membership entitlement, voting rights and the making of bequests can be obtained from the office.

DO NOT USE THIS FORM TO RENEW YOUR MEMBERSHIP



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