



# Age Concern Rodney

*Serving the needs of older people*

## WORLD ELDER ABUSE AWARENESS DAY JUNE 15 2018

JOIN AGE CONCERN RODNEY ON  
THE 12TH ANNUAL WORLD ELDER  
ABUSE AWARENESS DAY

Show the world you care  
about ending elder abuse  
and neglect by wearing  
something purple on  
June 15th 2018.



There will be a street appeal and information day at all the Town Centres in Rodney on Friday 15th June. If you would like to make a donation directly to Age Concern Rodney please cut off this section and send to:

Age Concern Rodney,  
PO Box 12, Red Beach 0945

Donation Amount:.....

### Contact Information

Phone: (09) 426 0916 Fax: (09) 426 0917  
 Email: age\_concern\_rodney@xtra.co.nz  
 Address: Shop JA2 Westpac Plaza, Tamariki Ave, Orewa 0931  
 Postal Address: PO Box 12, Red Beach 0945

Hospital Shuttle Phone: (09) 426 0918 or 0800 809 342

**OFFICE HOURS**  
 10.00am - 4.00pm Monday to Friday

### Age Concern Rodney Board 2017 - 2018

Gareth Davies (Acting Chair)  
 Kevin Farrell (Treasurer)  
 Marianne McCoid (Secretary)

Pam Long, Vince Harris, Yvonne Copeland, Ann McKenzie, Chris Laird, Patricia Noakes

### Staff

**CEO:** Catherine Smith  
**Office Receptionist:** Tania Henderson  
**Visiting Service Coordinator:** Pauline Stewart  
**Shuttle Coordinator:** Jill Henderson  
**Shuttle Drivers:** Mark Datlen  
 Colin Wilson  
 Tony Flude

Age Concern Rodney would like to thank all the local businesses for their continued support of our fundraising activities.

**PLEASE SUPPORT OUR ADVERTISERS**

Their support enables the production of this newsletter, so please support them.

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

### Our Services

**Hospital Shuttle:** Throughout Rodney to medical and health appointment at North Shore Hospital, Auckland/Starship Hospital, Waitakere Hospital & Greenlane Clinic.

**Elder Abuse & Neglect:** For information, support or education.

**Hireage:** Wheelchair and Walker available for short term hire.

**Advocacy:** Advocacy for our members.

**Skills Bank:** Database of gardeners/cleaners/handymen etc.

**Time Out:** 4th Tuesday of each Month. 10.30am to 1.30pm. Guest Speakers, Light Entertainment, Hot Lunch, Bingo

**Visiting Service:** A one hour weekly visit from a volunteer.

### Wanted

Good books for our Trading Table. Please either bring into our office or phone (09) 426 0916.



Learn to use a computer with us, seniors teaching seniors.

**SeniorNet**  
 Learning technology together.

31 Silverdale St, Silverdale 0932  
 Call (09) 426 1509 for information.

### Navigate this winter with ease!

During the winter months the cold weather and shorter daylight hours can make life challenging for everyone, but that's no excuse to hibernate!

Whilst it's a nice thought to be snuggled up inside, with the fire or heating on, sipping on hot drinks, the reality is that winter can often be a jolly nuisance. There are a few things that can be done to help make the winter months more enjoyable:

Be extra careful to prevent falls - Wet, frosty conditions can make it easy to slip and fall causing injuries such as hip and wrist fractures, head trauma and lacerations. Make sure your shoes have good traction with non-slip soles, replace worn cane tips to make walking easier and install handrails up steps.

Wrap up warm in appropriate clothing - With such a large variety of clothing available these days there's no need to be cold, either when you're inside or when you're out and about.

Prepare for electricity outages - Ensure you have supplies on hand in case of an electricity cut. This includes a radio with batteries, canned foods, bottled water and extra blankets. Driving Miss Daisy can help you prepare for this.

Eat well - In winter we need to nourish our bodies with warming, nutrient-rich foods to help boost our immune systems. Think delicious soups and broths, citrus fruits full of Vitamin C and hearty casseroles. You may consider the option of purchasing nutritious prepared meals and soups that are available these days.

Maintain contact with friends and family - Driving Miss Daisy can help drive you to social engagements or appointments. Our vehicles are all maintained to a very high standard, they are warm and clean, to drive you safely in almost any weather, and our amazing drivers will ensure you're delivered safely from door to door.

Driving Miss Daisy can help you stay comfortable and safe, so you will not just survive but thrive this winter! Remember that many of our franchise owners have fully equipped Mobility Vehicles, so if you have a walker or wheelchair this is no problem at all. No matter what your requirements please call us today to discuss - we look forward to seeing you soon.

*Editorial supplied by Driving Miss Daisy*

### Call Driving Miss Daisy and ride with a friend!



Driving Miss Daisy is a safe, friendly and reliable companion driving service for anyone.

We can drive you and provide assistance for:

- Medical and other appointments
- Family/social occasions
- Companionship outings
- Take pets to vets
- Grocery or other shopping trips
- Scenic drives
- Airport departures and pick ups

All drivers are NZ Police checked, hold passenger 'P' licenses from the NZ Transport Agency and are first aid qualified for your peace of mind.

We are also an ACC Registered vendor & accept Total Mobility cards.

Bookings are essential - call Brenda today and make your next outing a pleasure!

Hibiscus Coast  
 Phone: (09) 428 4490  
 Mobile: 021 035 0431



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

# Volunteers Needed! Can you help us?

We are looking for volunteers to help with our June Raffle plus for our Elder Abuse Street Appeal.

If you can PLEASE HELP  
Phone: Tania (09) 426 0916



## Companionship and Morning Activities age 65+

Vacancies for New Members and seeking Volunteers

Centres on the North Shore and Hibiscus Coast.

Come along and enjoy some fun activities and meet some new friends. Strength & balance exercise, crafts, speakers and outings are all enjoyed.

Morning tea and lunch provided all for just \$6.

Transport can be arranged for a very small donation.

We are also URGENTLY seeking Volunteers for general help and driving. If you have a few hours to spare please contact us.

Phone: (09) 489 8954 | www.cmans.org.nz

## 2018 Time Out Programme

New Members are very Welcome.

We meet at Centrestage Foyer (60 Centreway Road Orewa - behind Council) at 10.30am to 1.30pm on the 4th Tuesday of the month.

The dates for this year:

June 26, Not in July, August 28, September 25, October 23, November 27

Morning Tea and Lunch is provided. Guest Speaker or Entertainment.

For more information phone (09) 426 0916.

## Visiting Service

Age Concern Rodney has a free Visiting Service in the Warkworth/Snells Beach/Wellsford area for older people in our community who may be feeling lonely or just want some company.

Dave is one of our newest clients. At 92, Dave is still living on his own, and says how much he looks forward to having a visit from our volunteer Dianne, as it gets very lonely with only the TV for company.

Dave's visitor Dianne is also new to the role of visitor and is enjoying time spent with Dave.

We have wonderful caring volunteer visitors like Dianne available to visit. All have been Police checked and trained to be good listeners and they enjoy the company of older people.

If you know of an older person who would enjoy a visit from one of our friendly visitors, please contact Pauline (09) 426 0916.



## Winter Energy Payment - what you need to know



Late last year the Government announced a new Winter Energy Payment to help people receiving NZ Super, Veteran's Pension and government assistance with the cost of heating their home over winter. Couple's and people with dependent children will get \$31.82 a week, and single people will get \$20.46. The payment will begin on 1st July this year and will be paid with your usual NZ Super or Veteran's Pension until 30 September.

We've had a few questions since the announcement, and thought you might find the following useful:

### Do I need to apply for the Winter Energy Payment?

No. You'll get the payment automatically. It will be paid with your NZ Super or Veteran's Pension. You don't need to apply.

### Will I be paid at the couple or single rate?

Couples will be paid at the couple rate, whether you live in the same house or not. Single people will be paid at the single rate, even if you share a house with others who are eligible for the Winter Energy Payment.

### Why is the Winter Energy Payment higher for couples?

The Winter Energy Payment has been calculated to reflect the higher heating costs for households of more than one person. Water heating costs, for example, are higher for these households.

### My partner and I both get NZ Super. Will we each receive a payment?

If you are both eligible for the couple's payment, the full amount will be paid into one of your accounts.

### Is the Winter Energy Payment taxable income?

No, you don't pay tax on the Winter Energy Payment. To find out more go to [www.workandincome.govt.nz](http://www.workandincome.govt.nz)



## Annual General Meeting 2018 Thursday 21st June 10am

Morning Tea  
St John's Catholic Church  
Centreway Road Orewa  
Transport Available!

## MOVING MADE EASY

### DECLUTTERING? DOWNSIZING? MOVING?

WE CAN HELP

A North Shore family business

Call to arrange your free initial consultation:

Ph: (09) 489 5024 or 021 0854 5339

Email: [info@movingmadeeasy.co.nz](mailto:info@movingmadeeasy.co.nz)

[www.movingmadeeasy.co.nz](http://www.movingmadeeasy.co.nz)

Moving Made Easy is proud to be a local North Shore family business that operates at the highest ethical level.

Brynce, Tom and the Team will help you to declutter, reorganise and/or relocate.

- Decluttering your home?
- Need help planning where to go?
- Preparing your house for sale?
- Packing, moving and unpacking?
- Positioning of your belongings?

Whatever you need doing we can make it happen.

We have over 40 years of experience within this field, so give us a call today to arrange your free consultation.

# ELDER ABUSE HITS CLOSE TO HOME



## ELDER ABUSE AWARENESS 15 - 22 JUNE

Older people are a valuable part of our society and should be treated with dignity and respect – yet every year, thousands of older New Zealanders are being abused by in many cases by family members. It's our collective responsibility as a community to ensure that older people are always respected, never abused.

### What is elder abuse and neglect?

Elder Abuse and Neglect is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.<sup>1</sup>

### About Elder Abuse Awareness Week 15-22 June 2018

- Elder Abuse Awareness Week runs from 15-22 June 2018. The week starts on World Elder Abuse Awareness Day on 15 June 2018. The campaign message Elder Abuse Hits Close to Home.
- Visit [www.ageconcern.org.nz](http://www.ageconcern.org.nz) to find out about the key issues, what's happening in local areas and to donate.

### How you can help to prevent Elder Abuse

- Love and cherish your older relatives/whānau
- Speak respectfully to older people/kaumātua
- Include older people/kaumātua in your social activities
- Phone or visit your older relatives/whānau
- Support older people/kaumātua to spend their money how they wish
- Encourage and support older people/kaumātua to make their own decisions
- Honour older people's/kaumātua's wisdom
- Enable older people/kaumātua to set their own pace
- Respect older people's/kaumātua's stories
- Seek advice from an Elder Abuse and Neglect Prevention Service when you think an older person/kaumātua is being abused or neglected

### About Elder Abuse

- Each year, Age Concern's Elder Abuse and Neglect Prevention services receive more than 2,100 referrals for older people who may be facing elder abuse or neglect. That's eight referrals every working day.
- We all need to take a more active role in supporting the well-being of older people - and to treat them with respect.
- Commonly, there are several types of elder abuse that may occur, such as; financial, psychological, physical, and neglect.
- Startling research from the referrals Age Concern receives shows that more than three quarters of elder abuse occurs at the hands of people's own family members.
- There is a fear with older people that if they speak-out they will lose the only social support network they have, especially if the abuser is a relative - yet our services can work with the older people to retain that relationship if that's what they want.

<sup>1</sup> Definition adopted from WHO Toronto Declaration on the Global Prevention of Elder Abuse, 2002

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

**ELDER ABUSE  
IT'S NOT OK** **SPEAK OUT**

**0800 EA NOT OK  
0800 32 668 65**  
FOR OUR FREE AND CONFIDENTIAL HELPLINE

## Scams and phishing - what to look out for

One of the best ways to stay safe online is, knowing what to look out for. Here are some common threats and internet scams you can avoid.

Do you think you've been targeted by an online phone scam? Please contact us on 0800 327 863. ASB takes security seriously and we'll do everything we can to help you.

### Phishing

Phishing is the process of trying to get information from people by pretending to be a trustworthy organization. In most cases the scammer will send fake company emails asking for things like usernames, passwords or credit card details. These emails can be very convincing. Sometimes they make offers for money, refunds or 'essential' updates to try and make you act. Typically, a phishing email will ask you to click on a link that takes you to a fake website. Once there, you are prompted to 'log in' to internet banking or provide personal details. They use this site to capture your information so they can use it fraudulently. A phishing email can also contain malicious attachments that, if opened or downloaded, could compromise your system and information without your knowledge.

### Think you've received a phishing email?

- Don't click on any links within the email or reply to it.



- Forward the email to our dedicated email scam team at [phishing@asb.co.nz](mailto:phishing@asb.co.nz)
- Delete the email from your inbox, your sent box and your deleted items folder.

### Think you've been taken to a phishing site?

- Close your browser immediately
- Change your banking password immediately by calling 0800 327 863, or through FastNet internet banking or the mobile app
- Empty your browser cache and clear your browser history
- Contact an IT professional to verify that your computer is malware-free
- Call us on 0800 327 863 if you have any concerns

### Think you've entered your details into a phishing site?

- Change your banking password immediately by calling us on 0800 327 863, or through FastNet internet banking or the mobile app

### SPAM offers

These 'junk mail' offers generally involve free or

## Exquisitely Soft and Comfortable Recliner Chairs



### COCOON LIFT RECLINER CHAIR

- Ultra-soft Electric Lift Chair with multi-positions and allows easy transfer with the moveable armrests
- Rises up effortlessly for easy transfer
- Fabric washable and removable, four colour options
- Relieves pressure points
- Available in Soft Velvet or PU coating

### NOSTRESS RECLINER CHAIR

- Very soft and comfortable Recliner Chair, multi-position and allows easy transfer with the moveable armrests
- Manual or Electric Option
- Relieves pressure points
- Available in PVC/PU coating - Dark Grey or White



archer  
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Contact us now for  
more information on  
**0800 663 272**  
or email:  
[enquiries@archercare.co.nz](mailto:enquiries@archercare.co.nz)

extremely cheap deals that are sent via email. The goal is usually to get money or personal details from you. Some attempt to get you to download keylogger software that can track everything you type and send it on to the scammer.

**Remember:**

- If you don't know who sent an email, it's probably best to delete it
- In New Zealand it's against the law to send unsolicited emails so you can also report these emails as scam
- Keep an eye on online transactions, and ensure you shop only on reputable sites
- If something seems a bit strange, investigate further or contact an IT professional

**Money Mules and Travelling Overseas**

Occasionally you may be offered the chance to send and receive money on behalf of someone else. This may well be a money laundering scheme and if you take part you could be breaking the law. People who get caught up in this type of thing are

known as 'money mules'. Mules can be recruited in many ways including spam emails, recruitment websites and even newspaper ads. Once recruited, mules receive funds into their account, which they then withdraw and send overseas, usually minus a commission payment. The mule is the easiest part of the chain to track down and supplying any information to fraudsters can put them at risk of identity fraud.

**Remember:**

- Be wary about receiving money from people you don't know online
- If it looks too good to be true, it probably is

**Card Skimming**

This is a hi-tech way of copying information from the magnetic strip on your bank cards. Once copied, this information can be downloaded onto another card and used to make purchases on your account

**Identity Theft**

If someone dishonest gets hold of your old bank or credit card statements they can use that information

to steal money. So always keep important documents safe and destroy them (ideally by shredding them) before you throw them out

**Remember:**

- Never leave important documents or statements lying around - especially if you live in a flat or other shared accommodation

**Phone Scams**

This is where someone calls you and says that they are from a reputable company or business and may ask you to log into your computer as 'their system has reported it as having a virus' or even ask directly for your card PIN.

**They may sound very convincing, so remember:**

- You can insist for their name and number and call them back
- Or simply hang up on them

ASB will never call you directly and ask you to confirm your banking password, or the PIN number to your accounts or credit card.

**Free Telephone Service Available!**



**Do you know somebody who would benefit from the St John Caring Caller service?**

This telephone friendship service gives people an opportunity to make a new friend and share their day with somebody new.

They will be discreetly matched with a St John volunteer who will call them regularly at agreed upon times which are convenient for them. The friendship develops from there - the Caring Caller is there to listen and have a friendly discussion.

The Hibiscus Coast area currently has Caring Caller's ready and waiting to call somebody.

All St John Caring Callers are carefully vetted and undergo training and consist of a wide range of people from all walks of life.

**Call today to find out more on 0800 785 646 and ask about the Caring Caller service, or look on [www.stjohn.org.nz](http://www.stjohn.org.nz) for more information.**

**MUSIC TO YOUR EARS**

**DO YOU NEED HELP WITH YOUR HEARING?**  
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[WWW.HEARAGAIN.CO.NZ](http://WWW.HEARAGAIN.CO.NZ)

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[www.chrissycleanncare.co.nz](http://www.chrissycleanncare.co.nz)

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## LOW VISION

Helen Heyns, our low vision specialist, has completed a certificate of advanced study at the University of Melbourne in Low Vision and has accreditation in Low Vision with the New Zealand Association of Optometrists.

A low vision consultation with Helen will assess current visual function and she will recommend solutions to help with daily tasks and hobbies. These may include special spectacles or low vision aids like magnifiers or telescopes. Helen will teach you to make the most of the vision you have.

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Editorial supplied by Orewa Optics

## Quick Tips on How to Decrease Water Use and Cover Water Costs

### Ways to decrease water use:

- ✓ Use a 3 minute shower timer (available through WUCAT).
- ✓ Attach a low flow shower head (available through Eco Matters).
- ✓ Check for a leak (see how).
- ✓ Only do full loads of washing.
- ✓ Water the garden in the evening.
- ✓ Ask for a free water audit through Eco Matters.
- ✓ If both water and power bills seem high, check your water cylinder for a leak.

### Ways to cover water bills:

- ✓ If you are on a benefit or in a low income household, check you are getting all your entitlements. Especially if your circumstances have changed.
- ✓ Set up a weekly automatic payment with your bank or a WINZ redirection.
- ✓ Charge tenants enough board to cover all their expenses.
- ✓ Ask guests to financially contribute if they are staying for longer than a week.
- ✓ Get regular help from a budget advisor to manage your income wisely.

### How to check for a leak:

1. Make sure you are not using any water. It is best to check for a leak overnight when no water is being used.
2. Take a note of the reading on your meter.
3. Wait for at least 2 hours (or overnight if possible).
4. Check the meter again. If the second reading is different from the first, you may have a leak.

### CONTACT INFORMATION:

**Watercare: Ph: (09) 442 2222**

**Watercare Utility Consumer**

**Assistance Trust:**

**Ph: (09) 625 8176**

**Ecomatters Trust:**

**Ph: (09) 826 4276**



## Age Concern Rodney WDHB Community to Hospital Shuttle

### New fares keep service operational

Newly-adjusted fare prices for the Rodney Shuttle Service will take effect on 9 April. The service is run by Rodney Age Concern, transporting passengers to and from morning and afternoon outpatient appointments at North Shore (NSH), Waitakere (WTK) or Auckland City Hospitals(ACH) - and Greenlane Clinical Centre(GCC).

It caters for people living as far away as Helensville, Wellsford, Snell's Beach, Warkworth, Orewa and Whangaparaoa - collecting some patients from their homes and others from convenient pick-up points along the route.

Rising transport costs are behind the adjustment - the first since 2013.

### From 9 April, the new fares will be:

Route	Return fare (includes GST)
All trips to ACH, WTK, & GCC	\$30
All trips to NSH	\$15
NSH to ACH, GCC	\$12

Passengers are asked to ensure they have cash because Eftpos is not available.

Early/advanced bookings for the shuttle are required three days ahead of hospital appointments and can be made by phoning 0800 809342 or (09) 426 0918.

Clinic 38

ACUPUNCTURE

Acupuncture can help to relieve pain and improve wellbeing  
ACC registered for injuries

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Shop H, Cammish Lane, Tamariki Plaza, Orewa  
Mon to Fri 8am - 5pm (late night Wed)

PHONE 424 8537

## Free shingles vaccine for Kiwi pensioners



From April 1, 2018, the shingles vaccine Zostavax will be freely available for 65-year-olds. A catch-up programme for people aged 66 - 80 will run until March 2020.

Shingles is a painful and debilitating infection that affects one in three New Zealanders. It's caused by the same virus as chickenpox (varicella-zoster), meaning anyone who has had chickenpox risks developing shingles, but older people are at most risk.

PHARMAC operations director Sara Fitt says the free vaccine will make a big difference to people in their 60s and older.

"Shingles can occur in people at any age, but older people are the most affected, and complications can be more serious and require admission to hospital," says Ms Fitt.

"While most cases of shingles can be managed at home, these attacks can sometimes lead to other serious health complications. Some people may continue to experience pain for months or years after an initial shingles attack."

Ms Fitt says the vaccine will provide "many flow-on benefits to family and whanau."

Zostavax will be available from general practices from April. Those eligible can also receive their free influenza vaccines at the same time, if they wish.

### Get the most out of your retirement with a HEARTLAND REVERSE MORTGAGE

If you are aged 60 years or over and own your own home, you can have more flexibility with your finances and the independence to spend your retirement how you choose.

A Heartland Reverse Mortgage allows you to borrow against the equity in your home, without having to make repayments until you leave or sell your property.\*

Many people use it to fund home repairs or improvements, travel to visit family members, pay for medical procedures, or a host of other uses to make life easier and more comfortable.

Seniors Finance is a division of Heartland Bank Limited. \*Heartland Bank Limited's lending criteria, fees and charges apply.

Contact **Luke Meintjes**  
on **09 487 2302** or **027 801 2097** **HEARTLAND**  
[luke.meintjes@heartland.co.nz](mailto:luke.meintjes@heartland.co.nz) — Seniors Finance —

## Get up, get dressed, get moving! Waitamata District Health Board

Older adults living at home take at least 900 steps per day. However, research shows that while in hospital most patients only walk around 250 steps per day.

Being less active may mean you have to stay in hospital longer and possibly need time in a rehabilitation ward. Remaining active is as important for your recovery as your medical treatment. By keeping active you will be ready to leave hospital sooner, and return to your usual activities at home.

### What is involved?

An early assessment of how you walk. This may include a nursing or physiotherapist assessment. Staff can help you develop an activity plan including things you would normally do at home and support and encourage you to:

- Get up - less time on the bed. You will be supported to eat meals whilst sitting in a chair, either in your room or in the dining room.
- Get dressed - you will be encouraged to change into comfortable daily clothes
- Get moving - you will be encouraged to walk to the bathroom and regularly around the ward. Ring the bell if you need help.

Each ward has a water cooler and facilities to make a hot drink. You will be encouraged to make your own drinks which will also help to keep up your fluid intake. Assistance will be provided if required.

### How can my whanau help?

Please ask family/whanau to bring you named:

- Loose fitting, comfortable clothes
- Closed in footwear with a non-slip rubber sole
- Any walking aids you use at home such as a walking stick and frame.

During visiting hours we encourage you and your family to make the most of the patient lounge, public areas and gardens, spending part of the visit away from the bedside. Please check with staff before leaving the ward.

Participating in the get up, get dressed, get moving programme is something families/whanau and friends can do to help during your hospital stay.

For older people, walking less in hospital leads to a reduced ability to do everyday tasks.

Even a few days bed-rest can cause a rapid decline in muscle strength and stamina; know as 'deconditioning' this may lead to an increased length of stay in hospital, and sometimes medical complications.

The get up, get dressed, get moving programme is designed to help us assess and support you to remain as active as possible during your hospital stay.

### For more information or feedback contact Waitemata DHB

Email: [feedback@waitematadhb.govt.nz](mailto:feedback@waitematadhb.govt.nz)

Patient enquiries/all departments: (09) 486 8900

Freephone: 0800 809 342 (Waitemata DHB residential areas only)

## When I'm an Old Lady

When I'm an old lady I'll live with each kid, and bring so much happiness just as they did.  
I want to pay back all the joy they've provided. Returning each deed! Oh, they'll be so excited!  
*(When I'm an old lady and live with my kids...)*  
I'll write on the walls with reds, whites and blues, and bounce on the furniture...wearing my shoes.  
I'll drink from the carton and then leave it out. I'll stuff all the toilets and oh, how they'll shout!  
When they're on the phone and just out of reach, I'll get into things like sugar and bleach.  
They'll snap their fingers and then shake their head, and when that's all done I'll hide under the bed!  
*(When I'm an old lady and live with my kids...)*  
When they cook dinner and call me to eat, I'll not eat my green beans or salad or meat.  
I'll gag on my okra, spill milk on the table, and when they get angry...I'll run...If I'm able!  
I'll sit close to the T.V. through the channels I'll click, I'll cross both eyes just to see if they stick.  
I'll take off my socks and throw one away, and play in the mud 'til the end of the day!  
*(When I'm an old lady and live with kids...)*  
And later in bed, I'll lay back and sigh, I'll thank God in prayer and then close my eyes.  
My kids will look down with a smile slowly creeping,  
And say with a groan, "she's so sweet when she's sleeping"!



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Phone: (09) 425 0000  
Email: [info@warkworthtaxiandbus.co.nz](mailto:info@warkworthtaxiandbus.co.nz)

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## Rates Rebate Scheme

### Applications for 2017/2018

The Rates Rebate Scheme provides a rebate of up to \$620 for low income earners who were paying rates for the home in which they were living on 1 July 2017.

### How do I apply?

Application forms are available from your local council or can be downloaded from the internet on

[www.dia.govt.nz/ratesrebates](http://www.dia.govt.nz/ratesrebates)

You need to apply to your local council.

### What do I need to provide?

- Accurate information about your income (and that of any spouse/partner and/or joint home owner who lives with you) for the tax year ended 31 March 2017.

- Your regional council rates bill if received separately.

### Where do I go for help?

You should contact your local council. Their details will be on your rates bill or you can go to

[www.localcouncils.govt.nz](http://www.localcouncils.govt.nz)

Applications close on 30 June 2018.

### How is my rebate worked out?

Your rebate will be calculated based on your income, rates and the number of dependents living with you.

The income eligibility for a rebate is \$24,790.

However, if your income exceeds this amount you could still be entitled to a rebate depending on the total cost of your rates and the number of dependents.

Please refer to the application form or your local council for more information.

### You cannot apply for a rebate if:

- the property is used principally for farming, commercial, industrial or business purposes; or
- the property is a rental property; or
- you have already applied for a rebate in the current rating year; or
- you do not qualify as a legal ratepayer.

For more information see

[www.dia.govt.nz/ratesrebates](http://www.dia.govt.nz/ratesrebates)



## Can you Bear It?

Loving wife, from the kitchen:  
Oh sweetheart, what would you like for dinner, my love? Chicken, Beef or Lamb?"

Grateful husband from in front of the TV: Thank you darling. I think I'll have chicken."

Loving wife from the kitchen: "You're having a peanut butter sandwich. I was talking to the dog!"

# Age Concern Rodney 2018 Senior "Commonwealth" Games

## Thursday 26 July 2018

### 10am - 3pm



## Team Registration

Please register the following team members (on reverse of this form) in the Age Concern Rodney 2018 Senior "Commonwealth Games.

Team Name \_\_\_\_\_

Team Leader \_\_\_\_\_

Phone / Email \_\_\_\_\_

## STANMORE BAY 2018

### Activities will include:

- Darts
- Shot Put
- Golf
- Frisbee
- Netball Hoop
- Shuffleboard
- Walking course
- Badminton
- Hockey
- Bean bag Toss

This year the theme follows the 2018 Commonwealth Games with our very own Age Concern Senior Commonwealth Games! In true Senior Games style you will be competing as a team representing a Commonwealth country.

Come and join us for a day of games and activities. Enjoy some physical exercise, chat over a shared lunch and meet new friends!

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## DUMP - Dispose of Unwanted Medicines Properly

Return your unwanted medicines to your pharmacy for FREE.

### Why your medicine cabinet can be a health hazard

Many medicines in our medicine cabinet we need, but what about the yellow pills in a jar that's lost its label, and the eye drops we have had for a long time. And what was that green capsule for? Old medicines lying around the home 'just in case' are dangerous:

- If taken when they have expired
- If taken but are not prescribed for you
- If in reach of children

The D.U.M.P. Project provides the safest and easiest way to dispose of unwanted and out-of-date medicines.

It makes possible the return of all household medicines to your pharmacy at any time – for free and safe collection and disposal.

### Think before you throw

Unwanted medicines that are dumped into the toilet, tipped down the sink or put out with the rubbish can seriously harm the environment.

We need to change our behaviors to solve this problem and give the environment a chance.



#### Don't flush medicines down the toilet.

Sewerage plants can't treat all chemicals in waste water, resulting in contamination of waterways.



#### Don't pour medicines down the sink.

Medicines contain highly soluble chemicals which when entered into water systems can harm aquatic life.



#### Don't throw medicines into the rubbish/recycling bin.

Medicines disposed of this way end up in exposed landfill sites.

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

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

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

- Step 1** Sort through your medicine cabinet
- Step 2** Take expired and unwanted medicines to your local pharmacy
- Step 3** Give them to your pharmacist for proper disposal, and...
- Step 4** Tell your friends and relatives about the D.U.M.P Project

#### Useful Tips:

- Only ask for the medicines you need when collecting your medicines from the pharmacy
- Tell your Doctor or Pharmacist if you are no longer taking a medicine
- Do not share your medicines with family or friends as this is unsafe and may not work in the same way
- It is not safe to use your medicines to treat other symptoms
- Remember to tell your family, friends and relatives about the D.U.M.P. Project



## Justice of the Peace



**Catherine Smith is available to sign and witness documents at our office**  
**Monday to Thursday, 10am - 3pm.**  
**Phone (09) 426 0916 to make an appointment.**

## Men die quicker but women are sicker

Dr Sally Keeling said those living alone were less likely to say they were lonely than those in a community care facility.

The old expression "men die quicker but women are sicker" still rings true in New Zealand, data shows. The number of women dying when they are over 100 years old has increased dramatically over the last 40 years and the gap between the number of women making it to that age and the number of men has widened considerably.

In 2017 more than 200 women died after reaching an age of 100, but the number of men who died after that age was less than half that at 75.

Women make up 70 per cent of the population at rest homes.

Statistics New Zealand found at the end of 2016 5800 people were over 95. By 2036 it's projected the number will rise to 14,500.

### New Zealanders living longer than ever

Today those over 95 years old make up 0.8 per cent of those eligible for retirement, but by 2036 they are expected to make up 1.15 per cent of those over 65 years old.

### People who died after having reached the age of 100 in New Zealand

Senior research fellow at the University of Otago Dr Sally Keeling said: "It's most important to think collectively about how is this stretched-out population feeling supported and cared for in the last 20 or 30 years of their life not just the last five."

She said there was a need to invest in healthcare and social services that were community-based, which included transport, housing, and social connection.

"The highest mortality rate is in aged-care facilities, that's where most older people in their 90s and 100s are experiencing care at the end of life."

Auckland University researchers Martin Connolly and Joanna Broad called residential aged care the

"de facto hospice" in New Zealand in a paper they published in 2013.

Their research found the average age of someone in an Auckland residential aged care facility was 86 years old, and that 70 per cent were women.

Keeling said her recent research has looked at how lonely people living in community care felt.

"Those who live alone are less likely to say they feel lonely. Sometimes in these communal care environments there's a real sense of social isolation."

She said as the largest contingent of the population gets older there will be more healthy older people working as well as more highly dependent in need of care but it was a "changing mix" between men and women in the over 100-year-old cohort.

"Women have always had to provide for longer than men because of the longer life expectancy, it's just how long that's changing."

**Worried about changes in your loved one's memory or behaviour?**

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## Premium room charges in rest homes and hospitals

Michelle had finally found the Goldilocks rest home for her Mum; light, warm room not too far for visiting, and residents with whom she felt mother would feel comfortable. Mum did not have much money, so the plan was to apply for a subsidy to cover the costs of her care.

This fondly imagined future scenario came to an abrupt halt when Michelle discovered that the rest home where she planned for her mother to live billed 'premium room charges'. The charges would require a further payment of \$140 per week on top of the subsidy. A resident on subsidy retains a small weekly personal allowance (\$43.93) from their New Zealand Superannuation, so if there is no other money, premium room charges can be completely unaffordable.

Under the national contract held between rest homes and District Health Boards, homes/hospitals are allowed to charge extra for rooms with additional features of a permanent or fixed nature. An en-suite is often a signal for premium room charges and prices range from five to seventy dollars per day extra cost. For some prospective residents like Michelle's Mum, choice of rest home options is then limited to those who do not require payment of a premium room charge.

Families sometimes discover premium room charges belatedly, when the older family member has been in residence for a while and the first (unexpected) bill arrives. This can cause panic, but there is a solution; the contract mentioned previously allows the resident to 'review their occupancy' every 2 months after the date of admission and give written notice that they wish to cease paying premium room charges. The rest home then has 3 months in which to find the resident a standard, non-premium room, or to stop charging premium room charges.

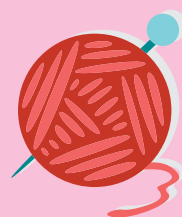
Finding your way around the complexities of support and long term care for an older family member can be confusing, and often occurs with the added stress of ill health or perhaps a public hospital admission.

If there is a need's assessor already involved with the family member, this person can be a valuable resource, if you need someone to help talk you through the systems and options available. Seniorline telephone information service provides advice to older people and their families on how to get help for stay at home, relief care and support for caregivers, assessment and funding for long-term care.

**Seniorline is a national information service contracted by all New Zealand District Health Boards and operates Monday to Friday, 8am to 4pm.**  
**Phone: 0800 725 463**  
**Website: [www.seniorline.org.nz](http://www.seniorline.org.nz)**

## Wool Required

**Please either leave at our office in Orewa or call (09) 426 0916**



Most of the problems in life are because of two reasons, we act without thinking or we keep thinking without acting.

## Influenza season on its way - get protected

One in four New Zealanders are affected by influenza every year. It takes up to 2 weeks for the flu vaccine to provide protection. The vaccine is free for over 65's. Contact your health professional now for further information.



## Could you be saving money on your power bill?

As the weather gets colder it's a good time to check if you're getting the best deal on your power.

This has been made easy with a quick two-minute check you can do.

A visit to [www.whatsmynumber.org.nz](http://www.whatsmynumber.org.nz) will tell you if you could save money on your power bill by switching electricity providers.

It's a free, independent website that compares the electricity choices available in your area and lets you know what your potential savings are, should you choose to switch.

If you don't have access to the internet, your local Citizens Advice Bureau can help you run the check or you could ask your family to help. And if you decide to change, the new electricity company will do all the work for you.

Even if you're happy with your current company it's worth giving them a call to see if they can offer you a better deal.

### Top tip to lower your bill

Well-installed insulation is always the top priority for a warmer, healthier home. Get your insulation checked to make sure it is up to scratch - it may have been moved or need topping up.

Visit [www.energywise.govt.nz](http://www.energywise.govt.nz) for more information.

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## Elderly driver safety signs arrive in New Zealand

**With hundreds of elderly car owners on the road every day, every driver should feel they can use the road as equals, and that it remains a safe and pleasant environment for everyone.**

Embarrassingly, New Zealand has a high rate of road rage incidents aimed at elderly drivers, and this cause's undue stress, a loss of driving confidence and inevitably a loss of independence for the elderly community.

More often than not, motorists are unaware that it is an elderly driver they are following, or aiming their road rage harassment at.

SafeGrannies, with its new Elderly Driver Safety Signs, aims to increase awareness of the elderly drivers on New Zealand roads so the elderly community can continue to be independent, self-sufficient and stress free while driving.

In 2018 the number of over-seventies who still hold a valid NZ driver's license is at an all-time high. A statistic which is only set to increase in correlation with the population's estimated life expectancy. It seems reasonable then, that communities do more to ensure all motorists are aware they are sharing the road with elderly drivers.

Nick Carroll, founder of SafeGrannies, is the rationale behind an incentive that delivers Elderly Driver Safety Signs (or the 'E' Plate) to the wider community.

Much like a learner Driver 'L' plate or a 'Baby on Board' sign, it's designed to increase an understanding of our elderly road users.

The idea came to Nick when he was a passenger in his grandmother's car and witnessed first-hand the negative reactions she received from other drivers.

As Nick explains: "If people were more aware that they were behind an elderly driver, they would probably be more patient, more accommodating."

The motivation behind SafeGrannies is for the entire community to share the road responsibly, while increasing driving confidence among elders and ensuring no one loses the courage to get out and about.

As Nick points out: "When your car is also your freedom, that's something we should all be striving to protect, especially among our more senior citizens."

It couldn't be easier with Elderly Driver Safety Signs. The first of its kind to hit the New Zealand market, as well as the back window of our cars, it simply sticks to the inside of a vehicle rear and/or side window and notifies other drivers that there's an aged person at the wheel.

The plates are bright yellow and easy to see. Much like other on-board car signs, it's a simple yet effective message.

We are all accustomed to seeing car signs signaling, children are on-board, or newly qualified learner drivers are behind the wheel, and we react accordingly. In a similar premise, Nick believes the Elderly Driver Safety Signs will be equally beneficial.

Nick hopes that the inclusion of more Elder Driver Safety Signs in cars across New Zealand will steadily increase nationwide patience towards our senior-drivers and explains that "it would be nice to think that our grandparents, or even our own parents, are able to go about their daily activities, without feeling intimidated or harassed by other drivers."

**For more information or to purchase an Elderly Driver Safety Sign, visit [www.safegrannies.co.nz](http://www.safegrannies.co.nz) or 021 800 985.**

Source: NZ Greypower Magazine - March 2018



### Sweet Dreams

A woman was taking an afternoon nap. When she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace.

What do you think it means?"

"You'll know tonight" he said.

That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it to find a book entitled "The Meaning of Dreams."

Sometimes I pretend to be normal... but it gets boring so I go back to being me.

TAKE THE TIME TO TALK



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## DONATIONS, BEQUESTS AND LEGACIES

Donations play an essential part in the funding of Age Concern Rodney and the services we provide. You can make a donation at any time. Donations of \$5.00 and over are Tax Deductible!

**Thank you to all those who have already made donations to Age Concern Rodney.**

You may alternatively like to remember Age Concern Rodney in your will. Bequests and legacies are a vital source of income. If you would like to know more about how your bequest or legacy could help us in our work please contact Catherine.

I wish to make a donation of \$..... to the general work of Age Concern Rodney.

Name:.....

**Phone: (09) 426 0916 or our postal address is: PO Box 12, Red Beach 0945.**



## Keep fit with gardening

Gardening helps us to keep fit as it works and stretches our muscles. However, if we don't take care, it can be hard on our bodies, especially our back and knees. So try not to overdo it!!

Therapy Professionals Ltd's friendly Physio and Occupational Therapists advice is to start with short bursts of 30 minutes, two or three times a week. If you feel okay after this, increase the time a little (don't double it). Change activities and stretch (especially your back and knees) every 10-15 minutes.

Keep a bottle of water with you and sip regularly (dehydration causes headaches and tiredness). Avoid gardening at the hottest time of the day in full sun. Remember your hat and sun screen.

Gardening can be very hard on our back and knees. We recommend either, installing raised beds or getting on your hands and knees, rather than bending over. If kneeling, use a cushion, or, if you have trouble getting up and down from the ground, use a 'kneeler' with handles. Alternatively, have a solid chair with you for support when getting up and down. This will also give you a seat once you are up.

To protect your back from stretching, twisting and bending, make sure you carry all loads and do all jobs as close to your body as possible, eg: while hand weeding don't twist and reach. Ensure you use a wheelbarrow or sack barrow to move heavy loads such as compost. When raking or sweeping use the 'lunge' position (moving your weight from one leg to the other).

If you have sore or disabled hands you can obtain gardening equipment to suit.



### THINKING OF YOU!

**To those people in the community who are ill, or suffered a loss. We send our warmest thoughts and Blessing to you all!**

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

## BEQUESTS

**By remembering us in your Will with a bequest you can leave a lasting legacy to help older people throughout Rodney to thrive in an inclusive society for all ages.**

**The world has never had so many grandparents and great grandparents and we are living in an era blessed with enormous potential for intergenerational discovery, take time to enjoy these precious opportunities we have that are unique to our time.**

**People are living longer – this is a triumph! Let's value people of all ages, focus on the uniqueness of every individual and not allow other people to become invisible in our families, our communities, our planning documents and in our media.**



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