

SPRING 2018 QUARTERLY NEWSLETTER
www.agewell.org.nz



Age Concern Rodney

Serving the needs of older people



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

OFFICE HOURS
 10.00am - 4.00pm Monday to Friday

Age Concern Rodney Board 2018 - 2019

Kevin Farrell (Chair)
 Kevin Farrell (Treasurer)
 Marianne McCoid (Secretary)

Pam Long, Vince Harris, Yvonne Copeland, Ann McKenzie, Chris Laird, Patricia Noakes, Trent Lash, Gareth Davies

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 out-patient appointments 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.

Nothing is particularly hard if you divide it into small jobs

Clinic 38
ACUPUNCTURE
 Acupuncture can help to relieve pain and improve wellbeing
 ACC registered for injuries

Shop H, Cammish Lane, Tamariki Plaza, Orewa
 Mon to Fri 8am - 5pm (late night Wed)
PHONE 424 8537

Maintaining your independence

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

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

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

Total Mobility Scheme

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

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

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

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

Editorial supplied by Driving Miss Daisy

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
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- 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

International Elder Abuse Prevention and Awareness Day Campaign - Thank you!

All at Age Concern Rodney would like to thank all the Volunteers that assisted with our International Elder Abuse Prevention and Awareness Day Campaign.

The fund-raising and Public Awareness efforts was exceptional and the public response extraordinary.

Thank you also to everyone who contributed to this campaign. 100% of all funds raised will go directly into Elder Abuse and Neglect Prevention throughout Rodney.

A special thank you goes to the following businesses for allowing Raffle tickets to be sold on their premises;



Kings Plant Barn Silverdale

Time Out Programme for 2018

New Members are very Welcome
We meet at Centrestage Foyer - 10.30am to 1.30pm on the 4th Tuesday of the month.

The remaining dates for this year:
August 28, September 25, October 23 and November 27

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

For more information phone
(09) 426 0916.

Does your Senior HOP Card need Renewing!

Please be aware your AT HOP Card will need reactivating every 3 years from the date it was issued. Your AT HOP Card can be reactivated at any AT Bus Service Centre eg; Albany, Constellation Ave or Britomart.

Any queries please phone Auckland Transport on (09) 366 4467.



The Age Concern Rodney WDH Community Shuttle celebrated its 11th Year of operation on the 6th August 2018.

From all the staff at Age Concern Rodney we would like to thank all of our clients that have travelled with us over the last 11 years. This has been a fantastic service allowing many of our clients to be independent.

Reminder: As the months are flying by and Christmas will be upon us, please remember to **pre-book your appointments** well ahead of time to ensure you have a confirmed seat.



Three-bedroom apartment available now!



This fabulous three-bedroom apartment features open-plan living with a modern kitchen, perfect for dining and entertaining. You'll also have your own patio where you can sit and enjoy the lovely gardens.

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For more information please phone Jo or Liz on 09 421 1815
30 Ambassador Glade, Orewa



*Terms and conditions apply

From the Chairman

I am Kevin Farrell and I was elected to the position of the Chairman of Age Concern Rodney at the AGM held in June.



A brief bio of myself for those interested. I am a retired accountant and my wife and I have now been living in Orewa for four years having moved north from Devonport to avoid the traffic in the Devonport peninsula. We have four grown up children who love to come and visit us regularly with the grandchildren to enjoy the beach. I am involved in a number of other not-for-profit organisations as I love to be able to help organisations from my business and professional experience. I am also the Treasurer of Age Concern Rodney though at some point in time Age Concern Rodney will need to find a suitable person to take over the Treasurer's role.

There are a number of aspects of Age Concern Rodney that have struck me since being involved with the organisation is the support that Age Concern Rodney receives from its members and/or volunteers. Age Concern Rodney has such a fantastic number of members that this provides not only a financial base for Age Concern Rodney but is also a great avenue for promoting the many activities of Age Concern Rodney. The other aspect that has impressed me is the number of volunteers who regularly and cheerfully help Age Concern Rodney in so many different and helpful ways. Without such magnificent support from the volunteers, Age Concern Rodney would struggle to provide the services to the older people of Rodney that it does so successfully now.

I am excited by some of the recent initiatives that Age Concern Rodney is involved in and, in particular, the facility of the transition house is a great example. The recent Elder Abuse month proved very successful not only in raising the profile of elder abuse but also of Age Concern Rodney. Catherine and her team have recently held a very successful Senior Games day that proved once again age is never a barrier to enjoying yourself.

I am looking forward to my term as Chairman of Age Concern Rodney but would make two specific requests for a volunteers. The first one is for anyone who has a bookkeeping or accounting background and would love to spend a few hours each month running the financials of Age Concern Rodney. The other request is for a volunteer to undertake secretarial duties for the Board once a month.

If anyone would love to volunteer for either of these positions then please contact either myself or Catherine. My phone number is 027 702 4941 and Catherine can be contacted on the office phone number (09) 426 0916.

Cheers,

Kevin Farrell
Chairman
Age Concern Rodney Inc.



Association for Social Workers in Aotearoa New Zealand

At ANZASW we believe that elder persons should be honoured, celebrated and, where necessary, protected. On days such as this, we should all be mindful of the struggles that many of our elders face. The issue of elder abuse and neglect is deeply connected to social justice: no fair society should tolerate the deprivation or mistreatment of those who have contributed to it the longest. For this reason, ANZASW believes that more resources should be put into combating elder abuse and neglect.

Across the country, social workers are at the forefront of the struggle to prevent or respond to elder abuse. They often have to deal with complex and challenging situations in which the victim may not be able to consent to interventions because of reduced mental capacity, and/or where their abusers are people who are close to them.

Social workers provide indispensable help to elders who are being abused, helping to empower them to make decisions that will increase their security, dignity and independence, removed from coercion or external pressure. They facilitate solutions in a holistic and compassionate manner, or provide support to prevent abuse before it starts.

ANZASW is committed to challenging discrimination and marginalisation of elder persons and celebrates the invaluable work that social workers do to provide dignity and protection to victims of abuse, both in Aotearoa New Zealand and around the world.

ANZASW has produced a video exploring elder abuse awareness in Aotearoa New Zealand (8 minutes).

Everything is
figureoutable.

JUST SOME THOUGHTS

It is not the strongest or the most intelligent of the species that survives. It is the one that is most adaptable to change!

Loneliness is more toxic than smoking!

5% of the workforce is over 65 years. By 2031 12% of the workforce will be over 65 years.

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Struggling to care?

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Elder Abuse: A public health issue that affects all of us

U.S. Surgeon General VADM Jerome M. Adams and Lance Robertson, ACL Administrator and Assistant Secretary for Aging

Elder abuse is a critical social, health, and economic problem. Approximately 10 percent of adults age 60 and older have experienced physical abuse, psychological or verbal abuse, sexual abuse, neglect, or financial exploitation. Older Americans lose an estimated \$2.9 billion a year as a result of financial exploitation. In the most heart breaking cases, it means the complete loss of savings earned through decades of hard work.

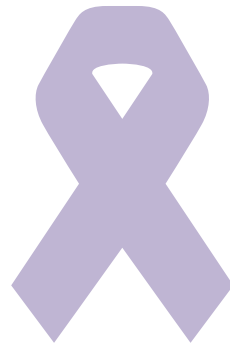
Elder abuse also is a critical public health issue. Survivors report higher rates of depression. They often withdraw from social interactions, and many blame themselves, which results in shame and silence and magnifies these effects. They also have higher rates of hospitalization and institutionalization, at an estimated annual cost to our nation's healthcare system of \$5.3 billion. They are three times more likely to die prematurely.

Elder abuse intersects other public health concerns as well. For example, social isolation is associated with many negative health outcomes and also increases the risk of abuse. A decline in cognitive health increases risk as well, adding an additional facet to the challenges associated with the growing numbers of people with Alzheimer's disease.

Elder abuse also overlaps with the opioid crisis. The conditions that prescription opioids are used to treat are more prevalent in older adults, making their medicine cabinets a target for theft. Addiction can drive family members to target the life savings of vulnerable elders to pay for drugs - and to become violent if denied.

The good news is that there are things all of us can do to fight elder abuse. If you are an older adult, staying engaged in your community helps make it harder for predators to target you - and it also puts

you in position to help spot abuse of others. Financial vigilance can help. If you hear about an offer or prize that sounds too good to be true, it probably is. If you are making a big purchase or investment, do not let anyone rush you into a decision, and don't sign any documents that you do not completely understand without checking with a lawyer or trusted family member. Finally, consider these tips to protect your medications. Remember, if it happens to you, it is not your fault, and help is available.



We all should be aware of some common signals of abuse. These include bedsores, unexplained bruises, sudden changes in behaviour, large bank withdrawals, and appearing frightened around particular people. You can report any of these "flags" to your local adult protective services agency- even if you're not certain that abuse is happening.

Above all else, if you have older loved ones, stay in touch.

As with any public health challenge, no one can single-handedly stop elder abuse. It will take all of us working together to build a community in which people of all ages are safe and supported. As we observe World Elder Abuse Awareness Day today, I hope you will join us in taking a stand to end the human tragedy of elder abuse.

At the heart of everything Age Concern does is a passion to see older people experience wellbeing, respect, dignity, and to be included and valued.

Age Concern is a charity and relies on the support of volunteers and public donations to do much of the work we do. To help us help older people, please consider making a donation of your time or money by contacting Age Concern Rodney office on (09) 426 0916.

Mahurangi Vision Centre

Mahurangi Vision Centre in Warkworth is a professional and friendly practice who understands how stressful it can be when it comes to discussing vision problems, so we aim to make the experience as smooth as possible from the moment you walk in. With a wide variety of frame, lens and contact lens options, we are able to work within all budgets and requirements, and Sarah is qualified to prescribe appropriate medications where necessary.

Owner Optometrist Sarah Denny is a 3rd Generation registered optometrist who has followed her Grandfather and Father into the profession. There has been a member of the Denny family in private practice in New Zealand for 68 years.

We have very sophisticated equipment to detect and monitor eye diseases and Sarah is qualified in glaucoma management. Donna is a full time qualified optical dispenser and along with Kathryn, provides a friendly face on reception when you arrive.

Phone: 09 425 7002
 Email: admin@mahurangivision.co.nz
 Visit: 23 Neville Street, Warkworth

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

Freedom Drivers Hibiscus Coast, run by Nadine Broomhead, brings 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. 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,” says Nadine.

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.

Call Nadine now on 09 216 5916 or 021 0872 2760 for more information.

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 and search for ‘primary health care subsidies’.

If you're not making mistakes, then you're not making decisions

Have Your Say On New Ageing Strategy

Minister for Seniors Tracey Martin announced recently that we will develop a new strategy to address the needs of our ageing population.

Over the past two decades we've all witnessed enormous social change. Our ethnic and cultural diversity, family dynamics, use of technology, how and where we live and work - it's all evolving. While the new strategy will reflect many known changes and challenges, we want to know what today's seniors think. We also want to hear from tomorrow's seniors - people who are aged in their 40s and 50s now. After all, it's projected that by 2036 nearly one in four Kiwis will be aged 65 or over.

Our growing and ageing population presents a range of challenges and opportunities. We need to prepare for these now, and harness the positive social and economic contribution seniors make, through their skills, knowledge and experience.

From next week people throughout the country will have an opportunity to have a say on what they want to see in the strategy. We will be inviting organisations to hold events in their communities and have kits available to support this. We will also arrange a small number of regional stakeholder workshops and hui across the country.

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.

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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For more information

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Whatever you need doing we can make it happen.

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Staying Safe On The Road

Once you turn 75, there are a few changes to the process for renewing your driver licence. So if you're nearing this age, you might want to start thinking about attending a Staying Safe workshop. They are delivered as part of collaboration between the NZ Transport Agency, Age Concern NZ and other providers.

Most drivers are very safe, responsible and have been driving for many years without any problems. But driving a car is a complicated task and you need to be in good health and able to concentrate for long periods of time. As you get older, you might notice some changes that could affect your driving. For example, you might notice changes in:

- Your eyesight
- Your memory
- How quickly you can make decisions
- How quickly you react when you're driving

The Staying Safe workshops can help you understand how to recognise these changes and the steps you can put in place to continue driving safely. If there comes a time when it is no longer safe to drive, you can get advice on how to reduce your driving yet still maintain mobility and independence.

For more information, go to the NZ Transport Agency website.



Good Information To Remember From Watercare Services Limited

- In terms of Watercare's conditions of services, a customer should always call us first on (09) 442 2222 so that we can investigate and determine whether the spill is caused by a problem in our network. In such cases, our contractor will contain the spill as quickly as possible, do a clean-up and disinfect the area. Where a spill is caused by a problem beyond Watercare's network, such as a blockage within a private drain, our contractor will advise a customer to contact a local plumber or drain layer to repair the problem.
- We are available 24 hours and provide this service free of charge. Watercare's policy in general is not to reimburse costs that have been incurred where we have not been called in the first instance. Your application will be submitted to management for approval. If the request is approved, it will then be transferred to the payment team who will process for the reimbursement.

Developing a Strategy for an Ageing Population

Our population is getting older. We need a plan to address this, not just for today's seniors but for the seniors of tomorrow. The Positive Ageing Strategy was released in 2001. Since then our population has grown by over a million, and the number of people aged 65+ has increased by almost two thirds.

Today, around 750,000 New Zealanders have had their 65th birthday. By 2038 this is likely to be over 1.3 million people. The next generation of older people will live longer, be healthier, more skilled and more educated. They are much more likely to remain in the workforce - and to want to.

Our country will be much more diverse, with an increasing proportion of older people who are Maori, Pacific or Asian. In our regions, communities will need to anticipate not only a growing older population, but fewer younger people.

That's why we need a new strategy.



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Five Ways to Fight Elder Abuse, Neglect, and Financial Exploitation

We recognize the importance of elders to our communities and stand up for their rights. Here are five ways you can join this fight.

1. Break Down Isolation

We cannot talk about elder abuse without talking about social isolation. Elders without strong social networks face a greater risk of abuse, neglect, or exploitation. It is up to all of us to ensure that our communities are supporting and engaging older adults. One simple way to do this is by staying in touch with the older adults in your community. So go ahead and knock on your neighbour's door just to say "hi" or start an intergenerational book club or movie night. You can also support community efforts to empower elders and fight isolation; act by volunteering to deliver meals or serve as a long-term care ombudsman.

2. Learn to Spot "Red Flags"

There are a number of "red flags" that could suggest the presence of elder abuse. Examples include:

- Isolation (especially by a caregiver);
- Unpaid bills or utilities that have been turned off;
- Unusual or quick changes in a will or other financial documents;
- Missing medications; and
- Bruises or welts (especially on the face).

Even if you are not certain abuse is taking place, you can report any suspicions of abuse so a professional can investigate.

3. Connect With Resources in Your Community

There are a variety of local resources in your community that help address elder abuse and social isolation. Adult Protective Services agencies investigate, and can respond to, suspected abuse. Long-Term Care Ombudsman programs advocate for residents of care facilities. Area Agency on Aging and Aging and Disability Resource Centers can offer meals, health and wellness programs, and caregiver support programs, and Older Americans Act Legal Services Providers can offer legal help. The Eldercare Locator (800-677-1116) can connect you to all of these programs.

4. Watch Out for Scams and Fraud

Whether it is a foreign prince or a mystery caller with an exclusive "investment opportunity," scammers steal billions of dollars from seniors every year. Here are a few tips to help you protect yourself:

- Sign up for the Do Not Call Registry online or call 888-382-1222 to reduce telemarketing calls.
- If you suspect Social Security fraud, report it online or call 800-269-0271.
- Never give your credit card, banking, Social Security, Medicare, or other personal information over the phone unless you initiated the call.
- Check with a lawyer or trusted family member before signing any document you do not completely understand.

5. Talk About It

Many older adults who face abuse, neglect, or exploitation feel guilty or ashamed about their experience. One study found that for every reported case of elder abuse, 23 cases go unreported. We must become more comfortable talking about abuse in a way that makes clear that everyone, no matter

what their age, is worthy of dignity and respect.

Victims should never feel embarrassed or feel that they are responsible for the abuse they experienced. The abuse, neglect, and exploitation of older adults goes against everything we stand for as a country. Tomorrow, as we recognize World Elder Abuse Awareness Day, and throughout the year, let's take a stand for justice. You can find more resources at the National Centre on Elder Abuse, an Administration for Community Living resource centre.

Why?

A lot of abuse goes unidentified because it happens behind closed doors.

Abusers often control who their victims can and can't see, where and when they can go out, and even what they watch or read.

So we ask the question, how do we reach people in a way that lets us bypass their abusers?

And how do we make people think about whether their circumstances are abusive?

The Minister for Seniors revealed the clues in a presentation in parliament for World Elder Abuse Awareness Day. This was a first for New Zealand. It's never been done before, and that also helped us raise media awareness as we generated a lot of media attention. And our message was simple: Elder Abuse is not OK; speak out against it. Whether you're being abused or suspect abuse is happening to someone you know, speak out.

Call our free helpline 0800 32 668 65.



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!**

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They are proudly 100 per cent locally owned and fully independent, meaning they give you the very best, unbiased advice. To give you absolute peace of mind, you receive a six-week 100 per cent money-back satisfaction guarantee on all hearing aids they supply.

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Editorial supplied by Hear Again

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Hearing Loss and Dementia linked in Study

Article provided and sponsored by Hear Again - www.hearagain.co.nz

Seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing, a study by Johns Hopkins and National Institution on Aging researchers suggests.

The findings, the researchers say, could lead to new ways to combat dementia, a condition that affects millions of people worldwide and carries heavy societal burdens. The investigators suggest that the strain of decoding sounds over the years may overwhelm the brains of people with hearing loss, leaving them more vulnerable to dementia. They also speculate that hearing loss could lead to dementia by making individuals more socially isolated, a known risk factor for dementia and other cognitive disorders.

The scientists report, their findings suggest treating even a mild hearing loss with the use of hearing aids could delay or prevent dementia by reducing patients' mental effort.

The new study focused on 639 people whose hearing and cognitive abilities were tested between 1990 and 1994. While about a quarter of the volunteers had some hearing loss at the start of the study, none had dementia.

These volunteers were then closely followed with repeat examinations every one to two years, and by 2008, 58 of them had developed dementia. The researchers found that study participants with hearing loss at the beginning of the study were significantly more likely to develop dementia by the end. Compared with volunteers with normal hearing, those with mild, moderate, and severe hearing loss had twofold, threefold, and fivefold, respectively, the risk of developing dementia over time. The greater degree of hearing loss they had, the higher their likelihood of developing the memory-robbing disease. Even after the researchers took into account other factors that are associated with risk of dementia, including diabetes, high blood pressure, age, sex, race, hearing loss and dementia were still strongly connected.

"A lot of people ignore hearing loss because it's such a slow and insidious process as we age," the researcher explains. "Even if people feel as if they are not affected, we're showing that it may well be a more serious problem."

As over 50% of people over the age of 60 have some loss of hearing, it is recommended to have a hearing test as part of your annual check-up. When a hearing loss is detected, treatment of this is best dealt with sooner rather than later.

Long Distance Families: Ways to Stay in Touch

Often as parents age, in today's world, we find the children and primary contacts live far away. Here are some tips for families to share to help those far away to stay connected with parent's caregiving and help alleviate the guilt of not living closer.

Have a plan

Outline the major responsibilities involved in your parents care and develop a system to keep everything organised - including items like regular doctor's appointments, bills and account information and activities, along with dates, intervals and the names of those responsible.

Also we have an emergency action plan. What if your parent is hospitalized? Who will be first to respond? Be sure emergency contact information is current, that everyone knows their role, and that your parent's health care proxy and living will documents are accessible. While it's a sensitive and difficult topic, be sure you know your parent's end of life wishes.

Meet the Caregivers

If possible, meet in-home or care home caregivers face to face, at least once. For those in a nursing home or retirement village meet the key staff members who will be interacting in your parent's care so try to put a face to the name.

Keep in Touch

Maintaining close relationships with your loved one's caregiving community is smart, helpful, and easier than ever. Ask them how they would like to keep in touch: e-mail, Facebook, text, daily phone call? Get

and use their contact details. Consider equipping Mum or Dad with an inexpensive laptop or a pricier but more portable iPad. Skype is a wonderful way for them to also stay in touch with growing grandkids and for you to keep an inadvertent eye on them too.

Be Visible

Make sure there are plenty of family pictures, cards and kids' art around their room and make sure they are surrounded with familiar items of their choosing.

Share the Caring

If you have siblings or other close family members, be sure to share the responsibilities so you can all stay in touch and be connected with anything that happens.

While distance may separate you both physically there is no reason you can't stay close with just these few simple strategies.



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Armstrong Rodney

Armstrong Rodney is a locally owned and operated security centre operating in the greater Rodney area, located at the Orewa Hilltop shops for the last 23 years.

Owned by Jeremy and Angela Coker of Manly, they are proud to employ local people, who are all hardworking, trustworthy dedicated professionals with security and safety accreditations you can trust.

They offer a complete security service when it comes to Alarms, CCTV, Access Control and Facility Security Locks, Including Padlocks for barns & sheds. Armstrong Rodney have the latest Computer key machines specialising in key cutting, automotive lock repairs and replacements, garage/car remotes and battery replacements, safes and auto transponder (vehicle immobiliser) keys. They also replace Batteries in garage and vehicle remotes.

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Editorial supplied by Armstrong Rodney

Senior Games Day

The Senior Games Day - held on 26th July was another great day for participants, sponsors and Age Concern Rodney with laughter echoing throughout the Leisure Centre for most of the day.

We have had numerous participants approach us wanting to know if the Senior Games were being repeated next year as they wanted to be included. Feedback from participants and volunteers alike has been great to hear.

Congratulations go to the following Winners of the various categories;

- 1st Place;** Peninsula Club - Jamaican Bolts
- 2nd Place;** Orewa Bridge Club - Ozzie Oi Oi Oi
- 3rd Place;** Red Hatters - Canadian Red Hatters
- Best Dressed Team;** Peninsula Club - Jamaican Bolts
- Oldest Male;** Colin Wilson
- Oldest Female;** Patricia Noakes

A huge Thank You to all the Volunteers who helped out on the day, your cheerful assistance is very much appreciated.

Also, a special Thanks goes to Heartland Bank for their support and Sponsorship.

Age Concern Rodney wish to acknowledge with thanks the following Sponsors of the 2018 Senior Games:

- | | |
|---|----------------------|
| Heartlands Bank | New World, Orewa |
| Countdown, Whangaparaoa | Muldoons Orewa |
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| Office Products, Orewa | Life Pharmacy, Orewa |
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| Beach Hutt, Orewa | Coast Bites and Brew |
| Shoreward, Orewa | Deejay Shoes, Orewa |
| Ship and Anchor, Orewa | |
| Rodney Wayne Hair Salon, Whangaparaoa Plaza | |

1st Place and Best Dressed - Peninsula Club - Jamaican Bolts



2nd Place - Orewa Bridge Club - Aussie Aussie Aussie Oi Oi Oi



3rd Place - Red Hatters - Canadian Red Hatters



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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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.

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Winter Wellness

1. Wash Hands

Sounds simple but it's the number one way to stop the spread of germs. Experts recommend washing hands every few hours and in particular after using the toilet and before meals. Give them a wash after touching someone else's phone or keyboard.

2. Get Vaccinated

If you're considered at risk (for example over 65 or have a chronic illness), the Government picks up the tab.

3. Keep Exercising

It's hard to get motivated when it's cold and dark, but your body has to work overtime to get warm, so you can burn more kilojoules on that early morning walk. Find an exercise partner to keep you motivated and if it's too cold outside, go to the gym or do laps at an indoor pool.

4. Eat Well

Keep your immune system in shape by making sure you're eating a healthy diet. For your body to be able to respond to infection, it needs to have enough protein, so enjoy lean meat, fish and poultry.

5. Dose Up On Vitamins And Minerals

Iron, zinc and vitamin C are also key to a healthy immune system. But before popping supplements, boost your dietary intake of these substances. Look for dark, leafy greens and red and yellow vegetables which are high in antioxidants.

6. Stay Hydrated

If cold water is unappealing when the mercury dips, try boiled water with a slice of lemon. The moisture will also help make mucous membranes, including those in your sinuses, more resistant to bacteria.

7. Rest Up

Regular sleep is vital to staying healthy. Don't let yourself get rundown. Those who aren't well rested are more likely to get sick.

8. Quit Smoking

Smokers are far more susceptible to upper respiratory infections, which tend to strike in winter. Even if you're a social smoker, now is a good time to quit and clear your airways.

9. Clean Up Winter Mould

Mould can trigger nasal congestion, sneezing, coughing, wheezing, respiratory infections and worsen asthma and allergic conditions. So move your spring clean forward to Autumn.

10. Save Your Skin

Cold air, wind and heating will dry out your skin, so keep your face and body well moisturised.



Top 10 tips for saving water

- Turn the tap off when brushing teeth
- Replace leaky washers
- Fit water efficient taps such as lever, mixer, quarter turn or aerating
- Take short showers
- Fit water efficient shower heads
- Fit a dual flush toilet
- Put a plug in your basin when rinsing vegetables or dishes
- Fully load dishwashers and washing machines before use
- Check hot water cylinder for leaks
- Check manufacturer's instructions for water level settings

In the garden

- Water plants in the cool of the day
- Plant natives or low water using plants
- Wash the car on the lawn using a bucket
- Clean paths and paved areas with a broom, not a hose
- Use watering cans, trigger hoses and soft spray wands
- Install a tap timer on sprinkler systems

(Source: Water Utility Consumer Assistance Trust)



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