

SUMMER 2018 QUARTERLY NEWSLETTER
www.agewell.org.nz



Age Concern Rodney

Serving the needs of older people



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 (press 5)

OFFICE HOURS

10.00am - 4.00pm Monday to Friday

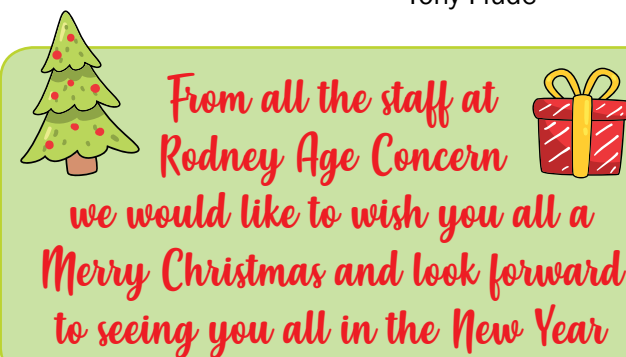
Age Concern Rodney Board 2018 - 2019

Kevin Farrell **(Chair)**
 Robyn Morgan **(Treasurer)**
 Trent Lash **(Secretary)**

Gareth Davies, Pam Long, Vincent Harris,
 Ann McKenzie, Chris Laird, Yvonne Copland,
 Patricia Noakes

Staff

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



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, Waitakere Hospital, Auckland/Starship Hospital, & Greenlane Clinic Centre.

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.

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



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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.

Hibiscus Coast – Brenda Yeager
 (09) 428 4490 021 035 0431

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

From the Chairman

This is my second letter as Chairman to all our wonderful members and volunteers.

This time of the year is a great opportunity to sit back and have a look at what has happened during the year. From a positive perspective, the AGM held in June gave Age Concern amended rules, new financial statements and a new Chairman and a new Board member. Since then, we have recently welcomed Robyn Morgan as the new Treasurer and I can't thank Robyn enough for volunteering to take on this very important role.

I am also pleased to be able to report that Age Concern Rodney is still in a sound financial position which carries on the tradition of being prudent managers of our resources.

I know that I have already mentioned this in my previous letter but I want to reiterate it again. An

organisation such as Age Concern Rodney is so dependent on the quality and generosity of so many people and, as this is the last newsletter for 2018, I sit back and look at how so many people have all contributed to Age Concern. I am very humbled by such big-heartedness from every one. This includes my fellow Board members, especially the staff and all the many, many volunteers who have helped and contribute so much during the year.

All of this leads me to say a massive and heartfelt thank you to everyone who has been involved with Age Concern Rodney this year. Have a great Christmas with your family and friends and a joyous New Year.

Then you will all be ready for another massive year in 2019.

Kevin Farrell



Christmas Hours

**Our office will be closed from
Friday 21 December 2018
until Monday 21 January 2019**

Gentle Reminder - Memberships are due

The 2019 Age Concern Rodney membership fees are due in January 2019. Our membership year runs from January to December, this can be paid at our Office in Westpac Plaza, Orewa.

We would like to take this opportunity to thank all members who added a donation to their 2018 dues. This is very much appreciated!

Due to increase costs we have increased the Membership to:

| | |
|-----------------|---------|
| Single: | \$25.00 |
| Married Couple: | \$35.00 |
| Organisations: | \$35.00 |

NorthHarbourLaw



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Merry CHRISTMAS HAPPY NEW YEAR



Hospital Shuttle

The Age Concern Rodney Hospital Shuttle will not be operating from the 20th December 2018 - 2nd January 2019. It will resume on the 3rd January 2019.

Please remember to book your appointments well in advance.



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Our current owners can tell you their properties are hardly ever vacant. We keep our tenants on long-term lease contracts, carry out reference checks on all tenants, and credit checks.

We offer market-based fees and we believe they are 'cost-neutral' to you, the owner. We know we add value, and we know we save you money in the long run, - always balancing good tenants, low vacancy, and competitive market rentals.



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- Periodic rent reviews to maximise returns for investors
- Regular thorough property inspections
- Peace of mind for owners

Please contact us to discuss in detail.

M 0274 81 27 26
E mark@parkit.org.nz
www.parkit.org.nz

NORTH SHORE PROPERTY MANAGEMENT

Editorial supplied by Parkit Property Management

'Only the Lonely'

So the song goes.

Why is it that even though those of us over the age of 65 represent about 18% of the population of New Zealand (growing in Auckland to 25% by 2035), only about 5% of all philanthropic funds are provided to support our older citizens.

We live in a society which is very focused on youth. Disadvantaged youth, bullied youth, abused youth, digitally-overstressed youth and youth mental illness.

Nothing wrong with that. As parents and grandparents we all agree that we must give our young people the best start in life for they are the future, and no right-minded person would deny that we must support and nurture them to the very best of our ability.

However, there is a reasonable argument for allocations across society based on proportionate need: irrespective of age.

Loneliness, depression, coping with change and even disconnection from society is not confined to young people. Nor is physical and emotional abuse: much of which is integral to what we know as elder abuse.

A 2012 study carried out by the Auckland Council determined that 11% of all people over the age of 65 were severely lonely and isolated in our community, leading to increased incidence of dementia and other health issues...the study considered this isolation of our seniors was as significant as the negative effects of smoking.

Every week Age Concern Rodney arranges for 45 home visits of one hour duration, to the elderly people in the Rodney community. We do this through our committed and caring group of 135 volunteers - unsung *health workers*. How great is that!

Social service, hands-on organisations such as Age Concern struggle each year for grants and donations in a competitive and decreasing pool of funds that are heavily-weighted to youth.

Our elderly community have so much to give back to families and to society in general.

Can we, should we ask for more?

By Huxley

Time Out Programme for 2019

The 2019 TIME OUT Programme will start again Feb 2019.

Centrestage Theatre Foyer: 10.30am - 1pm,
4th Tuesday of each month.

Lunch is provided.

Transport is available if required.

TIME OUT 2019 Calendar:

Feb 26, Mar 26, May 28, Jun 25,
Jul 23, Aug 27, Sep 24, Oct 22, Nov 26
There is NO Time Out in April.

Please remember all are welcome.

For more information and bookings
Phone 426 0916

Letting Fees

Late last week, the Residential Tenancies (Prohibiting Letting Fees) Amendment Bill was passed. We will be in touch with our landlords shortly to share more on this.

For tenants, this means:

- Letting fees that are currently being paid by tenants will be abolished with effect from 12 December 2018.
- Tenants can however be asked to pay rent in advance, and a bond.

Mobility Parking Information

If a Mobility Cardholder parks in a standard car park, the time is doubled. For example - if someone parks in a 60-minute parking space, the time will become 120 minutes. The Mobility Card needs to be in a visible position for the parking wardens.



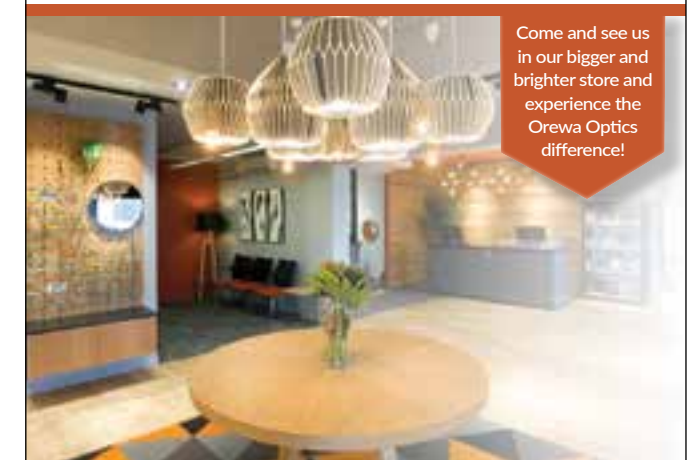
LOW VISION

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

Going overseas when retired?

If you receive New Zealand Superannuation or the Veteran's Pension, and go overseas, you may still be able to get your payments. What you'll get depends on where you go and how long you've lived in New Zealand.

If you're planning to be away for up to 26 weeks

You can receive your New Zealand Superannuation or Veteran's Pension for the first 26 weeks you're overseas provided that you return to New Zealand with 30 weeks and New Zealand is where you usually live.

If you receive extra financial help such as the Accommodation Supplement or Disability Allowance, you may be able to continue to receive this for four weeks after you leave.

More than 26 weeks

If you are planning to travel for more than 26 weeks

through one or more countries and have no intention of residing in any of the countries you're visiting, you may be able to receive all of your New Zealand Superannuation or Veteran's Pension payments while you're away.

You'll need to:

- Qualify for New Zealand Superannuation or Veteran's Pension in your own right before you leave and not be "included in your partner's payments"
- Be residing and present in New Zealand when you apply
- Intend to travel overseas for more than 26 weeks
- Make an application for payment overseas before you leave New Zealand, stating the country or countries in which you intend to travel

You need to contact Work and Income at least six weeks before you leave New Zealand to apply to get your payment overseas.

Rate of payment when travelling for more than 26 weeks

The amount you get paid while overseas will be calculated using then number of months you have resided in New Zealand between the ages of 20 to 65.

Payments can be made into an overseas bank account every four weeks or into a New Zealand bank account every fortnight.

Living in a country with which New Zealand has a Social Security Agreement

New Zealand has a Social Security Agreement with a number of countries. Each agreement enables New Zealanders to get certain benefits of pensions when moving to these countries and allows for similar payments to people who move to New Zealand from these countries.

The countries are: Australia, Republic of Ireland, Canada, Jersey and Guernsey, Denmark, the Netherlands, Greece and the United Kingdom.

In April 2018 we announced our plans to improve access to NZ Super of Veteran's Pension for those looking to retire to the Cook Islands, Niue and Tokelau.

You can usually apply for payment in New Zealand or from the overseas country, but you must intend to be away from New Zealand for more than 26 weeks.

Senior Drivers Course

This is a FREE Refresher Course for Senior Drivers. NO Exam or Driving Test.

Courses to begin in February 2019.

Dates and Venue to be advised.

Free Clinics

Available at Citizens Advice Bureau - Hibiscus Coast, Orewa Square, Orewa

LEGAL

Please call in and make an appointment.

BUDGETING

Please call in and make an appointment.

JUSTICE OF THE PEACE

Daily Clinics - phone to check times.

No Appointment needed.

(subject to change in the event of illness/holidays)

Free TOURISM information available.

Proudly supported by:

Auckland Council, Hibiscus & Bays Local Board, Community Organisation Grants Scheme (COGS), Constellation Communities Trust Ltd, Destination Orewa Beach, TailorMade Computers

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.

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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!**

A thank you letter has been sent to the Hibiscus Hot Rod Club for this awesome gesture. I know our members look forward to this day every year and that they appreciate what the Hot Rod Club members do for them.

**Any enquiries to (09) 425 0969 or
027 620 6006**

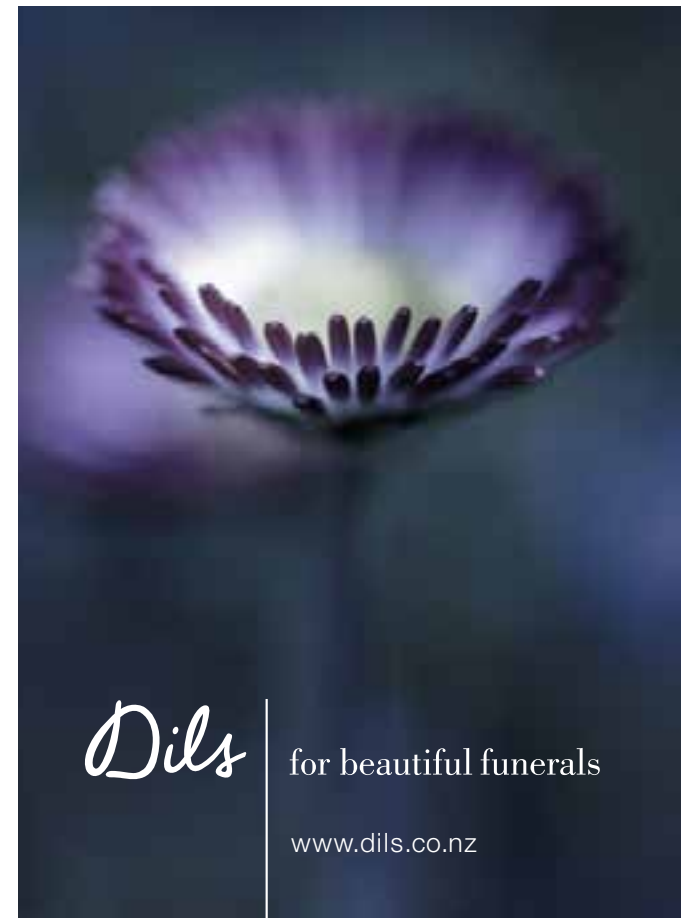


For years, New Zealand banks routinely shelled out, to protect consumer confidence in online banking.

The only other consumer protection is a general requirement - enforced by the Banking Ombudsman - for banks to be “fair and reasonable”. Different banks appear to have different views on what being “fair and reasonable” might mean.



www.chrissycleanncare.co.nz



What could Grandchildren learn from their Grandparents?

As Grandparents you are a wealth of knowledge so what sort of things can you talk about or do with the younger generation for them to learn from your knowledge?

Humour

Teasing is a part of growing up, and unfortunately in today's world often can become bullying, but as a Grandparent you can help teach your children different ways to handle what they sometimes can't understand. Spending time teaching your grandchildren jokes and pranks is not only a great way to bond with them but you can also give them ideas and help them to understand how to react if teased by their own peer group.

Games

Ever played bridge, canasta, pinochle or pitch? These card games - staples to your generations - have fallen out of style with the younger generation over the past 30-40 years with the advent of video, mobile, internet, and smartphones. When your grandchildren visit make sure you put aside time to teach them what you did for fun when you were their age and you might find you can convince them, at least temporarily, to get away from their devices and find a new favourite card game.

Clinic 38

ACUPUNCTURE

Acupuncture may help to relieve pain and improve wellbeing
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Mon to Fri 8am - 5pm (late night Wed)

PHONE 424 8537



Don't Sweat the Small Stuff

As grandparents you have lived long enough to realize not to get upset over the little things; life is too short. However, you may even remember how, as young children, they think everything is hyper-important. They can learn to adjust their priorities after discussing problems with you, giving them your broader world view.

History

Kids may hate having to learn about history in schoolbooks and from old paintings and pictures, but they may find it more interesting to learn from someone who actually lived it - particularly if you are a good story teller. Children can find out what it was like to grow up during the Great Depression or World War II, they can learn about places, people and cultures and all from you. Personal stories are much easier to remember than lists of names and dates from books.

Snail Mail

Don't let the art of letter writing fade away. Nowadays post offices are closing and with the advent of ipads and tablets in schoolwork children are almost starting to lose the art of writing. So why not set up some pen-pal time with your grandchildren and you and each send postcards, letters or souvenirs from your latest trips. This is also great practice for kids who are learning to write. No doubt, you'll both have a great time waiting for the next letter to come in the mail, and you'll naturally grow closer in the process.



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

STATE of GRACE

FAMILY DIRECTED FUNERALS

www.stateofgracefunerals.co.nz



Equal Employment Opportunities Commissioner

Article by Dr Jackie Blue, Equal Employment Opportunities Commissioner

Almost one in every four New Zealanders continues to work past the age of 65 and, through their experience and skills, have a lot to offer employers. Unfortunately, 40% of workers report experiencing or witnessing age-related discrimination. Older workers are battling a range of age-based stereotypes relating to adaptability, physical ability, and a lack of IT skills and blocking younger workers being promoted. Employers and fellow employees must move past these stereotypes and appreciate that older workers aren't seeking an easy transition to retirement.

In fact, the 2014 Crown Entities Ageing Workforce Survey showed they prefer challenging and rewarding roles.

When talking to your employer about how you can remain in the workforce for as long as you would like, some of the things you could ask them to consider are:

- Shorter or flexible hours
- Ergonomic requirements
- Reducing demanding requirements such as travel
- Re-training

Did you know?

All employees can ask for flexible working arrangements. That includes;

- Hours of work (over a day, a week or year)
- Days of work
- Place of work

The Human Rights Act protects workers from age discrimination.

It's not okay for a potential employer to ask questions about age, general health and disabilities unless it is essential to the job. You can complain to the Human Rights Commission if you feel you have experienced age-related discrimination at www.hrc.co.nz

Emergency Survival Items

Emergency Kit - Civil Defense suggests that should have an Emergency Kit that would sustain you for 3 days or more, as well as a Go Bag in case you have to leave your home in an emergency.

Your Emergency Kit should Include:

- Food and water for 3 days or more
- Non perishable food (canned or dried food) that doesn't need cooking. Include food for any pets and be aware of any dietary needs
- 9 litres of water per person/per day - at least 3 litres of which is safe for drinking
- Manual can opener, mess kits or disposable cups, plates and utensils
- You can use old fizzy drink and juice bottles for water, but milk bottles are a no-go as residual bacteria can infect the water
- If you are storing tap water from a mains supply treated with chlorine, you don't normally need to add anything to the water
- Check and replace food and water every twelve months
- Toilet paper and large plastic buckets to fashion an emergency toilet
- Dusk masks and work gloves

Your Go Bag should Include:

- Battery-powered radio and additional fresh batteries
- Torch and additional fresh batteries
- First Aid Kit
- Medications - prescription and non-prescription that are regularly used. Check with your physician or pharmacist on storage requirements
- Special items, such as denture needs, contact lenses and supplies, extra eye glasses and hearing aid batteries
- Hand Sanitizer
- Cash
- Raincoat and hat
- Warm clothes
- Photo ID and other important documents

Obviously you can add additional items to you kit eg; spare car keys, sleeping bags/blankets but the most important thing is to ensure that it is maintained and in an easy to access location.

Source: getthru.govt.nz; www.consumer.org.nz; www.civildefence.govt.nz

Raising awareness of elder abuse

If you're one of the thousands of people who do a crossword every morning, you may have seen something unexpected recently.

Working with Fairfax and NZME we planted some key messages about elder abuse within crosswords in 20 newspapers throughout the country. Every day we included a different question describing harmful behavior towards older people, to which the five letter answer was simply 'abuse'.

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 and 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 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 are being abused or suspect abuse is happening to someone you know, speak out. Call our free helpline 0800 32 668 65





Mahurangi Vision Centre

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

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Dementia Care

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www.bethanyhill.co.nz

The role of your attorney

Enduring Powers of Attorney (EPAs) allow you to appoint people you love and trust to act as your attorney if you cannot act for yourself.

The role you attorneys play is crucial, so it is essential you choose people with the right skill set to complete the task you are asking them to do.

Your attorney(s) for Property must:

- Use your property to promote and protect your best interests;
- Encourage you to develop your own capability to manage your property and affairs; and
- Keep records of each financial transaction they enter into on your behalf. Failure to do so is an offence for which they can be prosecuted and fined.

Your attorney for Personal Care and Welfare must:

- Promote and protect your welfare and best interests;
- Encourage you to develop and exercise your decision making capacity and to communicate your decisions;

- Encourage you to act on your own behalf as much as possible;
- Ensure you are involved in your community as much as possible; and
- Consider the financial implications of any decision they make in respect of your property.

Your attorneys must also:

- Consult with you and with anyone else you have named in your EPAs about decisions they may need to make for you;
- If you have appointed different people as Attorneys for property and personal care and welfare, then they must consult with each other;
- Promptly provide information to any person you have named in your EPA.

If your EPA only comes into effect if you lose mental capacity, your attorney must not act unless a relevant health practitioner has certified in writing, or a court has determined, that you no longer have mental capacity.

If you, or another interested person such as a relative or a social worker, think your attorney is not acting in your best interests, you can apply to the Family Court to have your attorney's actions reviewed.

If the Family Court decide that your attorney has failed to comply with their obligations to you - it can revoke your attorney's appointment.

Being appointed an attorney is an important role. Many attorneys don't really understand what it is they are being asked to do. Anyone you are thinking of asking to be your attorney should take the time to learn about the role before they accept appointment.

Contact Catherine Smith at Age Concern on (09) 426 0916 or 027 296 0264 for more information.



Renewing for seniors



Once you turn 75 there are a few changes to the process for renewing your driver licence:

- Your new licence will be valid for only two to five years.
- The renewal fees are lower - because you're renewing your licence more often.
- You need to present a medical certificate each time you apply.
- If recommended by your doctor, you will have to sit a 30-minute On-road Safety Test.

When do you have to renew

Drivers must renew their driver licence at age 75, 80 and every two years after that.

How to renew your licence

You must renew your driver licence on or before its expiry date if you wish to continue driving - but you cannot renew it more than six months in advance.

NZTA will send you a driver licence renewal pack about six weeks before your licence is due to expire. Haven't received a pack? You can download the driver licence application form (DL1), or get this form from any driver licensing agent. To apply to renew your licence you need to visit a driver licensing agent in person.

You need to take:

- A completed driver licence application form (DL1)
- A current medical certificate issued by your doctor within the last 60 days
- Your current photo driver licence or other acceptable evidence of your identity
- A cheque, cash or EFTPOS card to pay your new licence. Some agents also accept credit cards. If you pay by cheque, there may be a delay while it clears.

Once your application is complete, you'll receive a temporary licence which is valid for 21 days. Keep this on you whenever you're driving until your new licence arrives in the mail - within two to three weeks.

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.

The past cannot be changed.
The future is yet in your power.

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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Cure Mongering: the case of Medical Cannabis

A/Prof Yoram Barak, MD, MHA.

Otago University Medical School, Department of Psychological Medicine, Dunedin, New Zealand.

Disease mongering is the peddling of sickness that widens the boundaries of illness and grows the markets for those who sell and deliver treatments. It is exemplified most explicitly by many pharmaceutical industry-funded disease-awareness campaigns. Drug companies are by no means the only players in this tragedy. Informal alliances of pharmaceutical corporations, public relations companies, doctors' groups, and patient advocates promote these ideas to the public and policymakers - often using mass media to drive a certain view of a particular health problem. We have been much less aware of "Cure Mongering." The concept was first mentioned 25 years ago in the first issue of the International Journal of Alternative and Complementary Medicine

wherein a scathing piece accusing practitioners of alternative medicine of cure-mongering was published. The parallels between disease mongering and cure mongering abound and the campaign for "medical" cannabis may be the most extravagant case of cure mongering to date.

Driven by profits it is predicted that over the next 10 years, the legal cannabis industry will see much progress. Spending on legal cannabis worldwide is expected to hit \$57 billion by 2027. Medical cannabis will take up 33% of this market and the largest group of cannabis buyers will be in North America. Not surprisingly, this is associated with the burgeoning number of publications on medical cannabis. These have increased almost 9-fold since the year 2000. The most significant number of publications was in the field of psychiatry. The specific indications with the largest number of publications were HIV and chronic pain.

Medical cannabis has received widespread attention as a treatment for various chronic medical conditions, including pain. Although the growing support for state legalization has led to its approval for medical use in most of the 50 USA states, enthusiasm for medical cannabis has been based largely on anecdotal information. The National Academies of Sciences, Engineering, and Medicine (NASEM) report on the health effects of cannabis published recently arrived at nearly 100 different research conclusions related to cannabis use and health. Of these very few conclusions reached the level of "conclusive or substantial evidence" on effectiveness or risk. Cannabis use was effective for the treatment of chronic pain in adults; antiemetic in the treatment of chemotherapy-induced nausea and vomiting and for improving patient-reported multiple sclerosis spasticity symptoms. Risk was substantial for motor vehicle crashes and the development of schizophrenia or other psychoses, with the highest risk among the most frequent users. Of special interest to older adults and people suffering from dementia is the question of using medical cannabis for dementia and particularly Alzheimer's disease. The NASEM report found not only that there is no benefit in using medical cannabis for people suffering from Alzheimer's disease but rather that: "...there is limited evidence that cannabinoids are ineffective

treatments for improving the symptoms associated with dementia."

The words that we clinicians use matter particularly in relation to drug policy. The medical cannabis industry is comparable to the tobacco and gambling industries. Is there much that we clinicians can do about the politics behind policies? Probably not. Abusing cannabis outside the indications highlighted by the NASEM report might cause users to feel unfairly judged if labelled as drug users, but pretending that cannabis is anything but a drug is perhaps doing them an equal disservice.

Link:

National Academies of Sciences, Engineering, and Medicine. *The Health Effects of Cannabis and Cannabinoids: The Current State of Evidence and Recommendations for Research*. Washington (DC): National Academies Press (US); 2017 Jan 12. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK423845/> doi: 10.17226/24625



May the Christmas season fill your home with joy, your heart with love and your life with laughter.

Words of Wisdom

Age is a mind over matter.
If you don't mind, it doesn't matter.
You can't help getting older,
but you don't have to get OLD.
Growing OLD is inevitable, growing UP is optional.
Laughter is the medicine of life.
Never look down on anybody,
unless you are helping them up.
It's important to have a twinkle in your wrinkle.

Harbour Hospice

Families who are supported by Hospice are often surprised by the breadth of services available to them, free of charge.

Many patients say they feared Hospice, thinking it was "a place to die". However, after experiencing the wraparound care and comfort provided by the medical, nursing and family support teams, most say they wish they had come to Hospice sooner.

Community nurses visit patients at home and keep in touch with regular phone calls. Patients can also come to Hibiscus House, Red Beach or Tui House, Warkworth to attend the Open Doors day group and sessions such as mindful meditation. These groups offer stress relief and relaxation, and an opportunity to be with others in similar circumstances.

The inpatient unit at Hibiscus House provides a more intensive care option, to manage troublesome symptoms or when carers need some time out. Some patients also choose the unit for end of life care.

As one patient says, "Hospice acknowledges the fact that I'm not well but I've still got a life to live."

Introducing Harbour Hospice

An amalgamation of Hibiscus Hospice with Warkworth Wellsford & North Shore Hospices.

This alliance has been formed to enable sharing of scarce professional skills and resources. It means:

- Less duplication of roles e.g. senior management, payroll, HR and accounting.
- Less spent on administration and more funding for patient care.
- Specialist staff developing patient and family support programmes at all three Hospice locations.
- Additional support for caregivers.

What has **not** changed:

- Funds are spent in the community that raises them.
- Hospice provides wraparound care, free of charge, to people with a life-limiting condition (not just cancer).

To find out more
please call Tui House
(09)425 9535
or Hibiscus House
(09) 421 9180



harbourhospice.org.nz

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JOKE - Doctor Geezer & Doctor Young

An old physician, Doctor Gordon Geezer, became very bored in retirement and decided to re-open a medical clinic. He put a sign up outside that said: “Dr Geezer’s clinic. Get your treatment for \$500 - if not cured, get back \$1,000.”

Doctor Digger Young, who was positive that this old geezer didn’t know beans about medicine, thought this would be a great opportunity to get \$1,000. So he went to Dr. Geezer’s clinic.

Dr. Young: “Dr. Geezer, I have lost all taste in my mouth. Can you please help me?”
Dr Geezer: “Nurse, please bring me medicine from box 22 and put 3 drops in Dr. Young’s mouth.”
Dr Young: “Aaaagh! - This is Petrol!”
Dr. Geezer: “Congratulations! You’ve got your taste back. That will be \$500.”

Dr. Young gets annoyed and goes back after a couple of days figuring to recover his money.

Dr. Young: “I have lost my memory, I cannot remember anything.”
Dr. Geezer: “Nurse, please bring medicine from box 22 and put 3 drops in the patient’s mouth.”
Dr. Young: Oh, no you don’t - that’s petrol!”
Dr. Geezer: “Congratulations! You’ve got your memory back. That will be \$500.”

Dr. Young (after having lost \$1,000) leaves angrily and comes back after several more days.
Dr. Young: “My eyesight has become very weak, I can hardly see anything!”
Dr. Geezer: “Well I don’t have any medicine for that so, “Here’s your \$1,000 back” (giving him a \$10 note).
Dr. Young: “But this is only \$10!”
Dr. Geezer: “Congratulations! You got your vision back! That will be \$500.”

**Moral of the story*: Just because you’re “Young” doesn’t mean that you can outsmart an “old Geezer”*

**Remember*: Don’t make old people mad. We don’t like being old in the first place, so it doesn’t take much to tick us off.*

Working after 65? What’s in it for me?

- **Maintains your social connections:** The workplace is a community. Work involves spending time with workmates, employees, bosses, and customers.
- **Keeps you physically and mentally active:** Mental challenges keep your brain healthy, and work keeps you fit by getting you moving.
- **Keeping busy and sense of purpose:** Being at work requires routine and focus. You can better appreciate your downtime and what you can do.
- **Enjoyment and learning:** Explore your interests and passions. Being in paid or voluntary work encourages life-long learning and opens the opportunity for new challenges.
- **Contribute to your community:** Share your wisdom by being a role model or mentor. Recognising you have something to offer helps break down negative stereotypes and ageism.
- **Financial:** Paid part-time, seasonal, and casual jobs, or even your own business will supplement your NZ Superannuation and improve your lifestyle.

Job Hunting

Working with your employer on making your current role more flexible may be easier than seeking a new job.

If you want to change roles, first update your CV into a modern format. There are agencies that can help. Look at your strengths and think about the previous jobs and transferable skills you have. Consider life skills you have gathered along the way: for example, the skills you learned as a parent, or your lifelong love of gardening.

There are websites such as Older Workers and Wise Ones that connect older workers with age-friendly employers.

And do not underestimate the self-fulfillment that can be gained by undertaking voluntary work in your own community. You have a lot to offer, get out there and spread those skills around.

Strawberry Santas

Makes: 20 Time to make: 15 minutes

Ingredients:

- 20 medium-large strawberries, hulled for a flat base
- 100g Philadelphia Light cream cheese (Note: other brands of cream cheese can be too runny for this recipe; this is the one we’ve found works best.)
- 4 - 6 tsp icing sugar, to taste
- 40 mini dark-choc bits or chocolate chips

Method:

Cut the top third off each berry and reserve. Stand berry bases on a serving platter. Mix cream cheese and icing sugar until smooth and creamy. Pipe or spoon 1 tsp cream onto flat berry tops. Place reserved berry tops on top. Use the smallest piping nozzle to pipe mixture onto the tip of each strawberry “hat” (pompom) and onto “chest” (button). Use tweezers to place 2 chocolate pieces onto each cream “face” (eyes). Refrigerate until ready to serve.



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:.....

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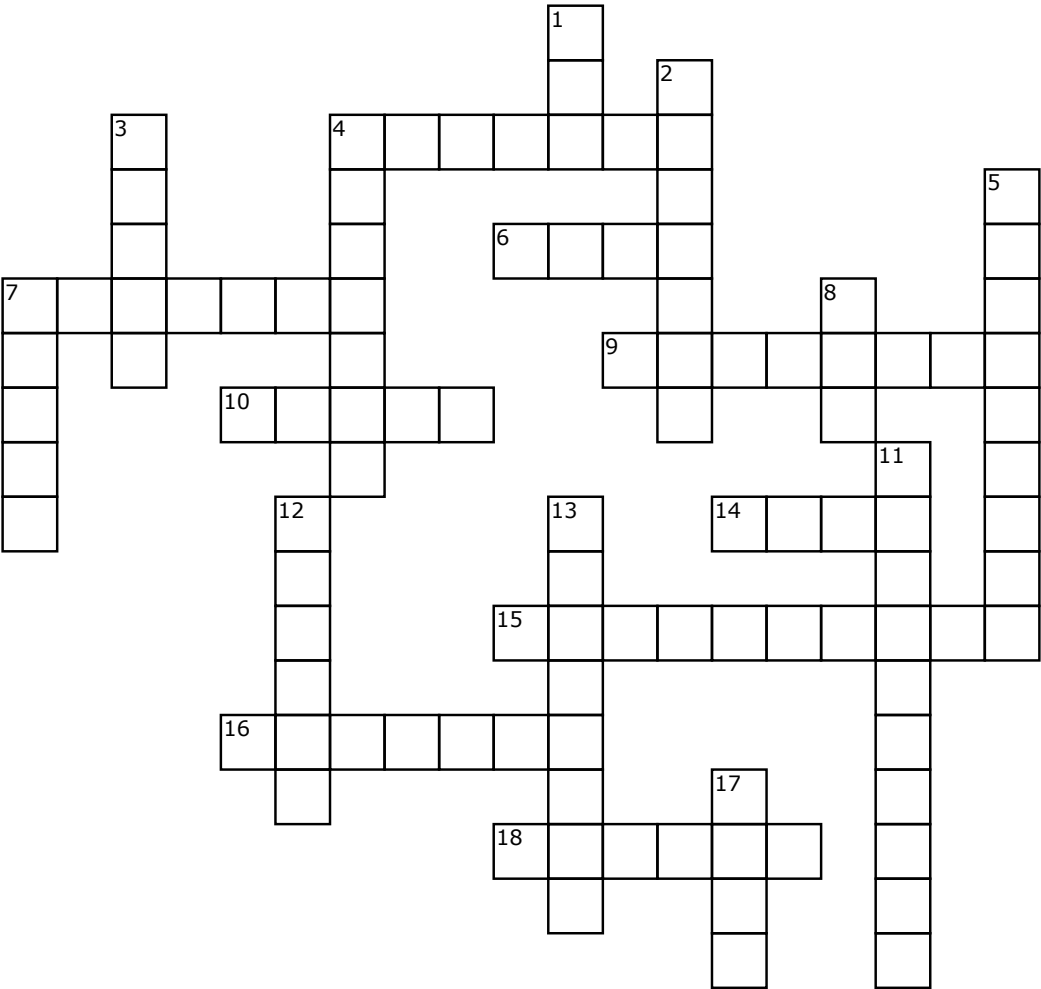
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- Across

 - 4 Square in Orewa
 - 6 Times to remember
 - 7 Began
 - 9 Large tropical flower
 - 10 Go off-script
 - 14 Shopaholic's delight
 - 15 Write in shorthand
 - 16 Can play golf but won't get paid
 - 18 Something to be learned
- Down

 - 1 Afternoon social
 - 2 Female school uniform
 - 3 1960's pop singer
 - 4 Odds and ends container
 - 5 A game that involves jumping
 - 7 Pelvic bones
 - 8 Tree of the olive family
 - 11 Resembling jelly
 - 12 Age Concern region
 - 13 Highly regarded
 - 17 Legal wrong

Going Guarantor? Things you should know...

If you're considering guaranteeing other people's finances, ask yourself: are you able to pay if things go wrong?

It is common for older people to be asked to be a credit contract guarantor for a family member, usually a child or grandchild. When you sign a form to be a guarantor you are doing much more than just witnessing a document or providing a character reference. In fact you are agreeing to repay the mortgage/loan/hire purchase of the borrower if they cannot or will not repay their debt. Similarly, older people are sometimes asked to be guarantor for telephone or electricity accounts or are asked to have a connection for another family member put under their name. If the person you are guaranteeing defaults on the payments, you will have to pay even if you can't afford to.

Questions you should ask yourself

- Why are you being asked to be a guarantor?
- Are you being coerced or emotionally blackmailed? (For example, do you feel obliged to help out family, even if you know there is a high risk they can't/won't pay?)
- Why is a guarantor required? - is there a bad credit history?
- Is the borrower realistic about the repayments - can they afford them even if things go wrong? (For example, what happens if they lose their job?)
- How mature and responsible is the borrower?
- Is the loan for a need or a want?
- Is the loan for a new business? (Many new businesses don't succeed.)
- Is the loan for an existing business? (If the business is viable, there should be enough capital in the business to secure a loan without a guarantor.)
- Can you afford to pay any default on the part of the borrower?

The reality of acting as guarantor

If you act as guarantor for a phone or power connection, you will have to pay any large toll or

service accounts that the person you are acting for can't/won't pay. If you are acting as guarantor for a bank loan, it is common that the amount guaranteed is unlimited and includes future borrowings (e.g. extra interest on an overdraft). If the borrower defaults, the bank can demand repayment from the guarantor and does not have to exhaust other remedies first. As well as having to pay the amount borrowed, you will also be responsible for debt recovery costs. Anything you list as a security can be taken and sold to pay the debt. This could even include your home if you use it as security.

A good rule of thumb is: only act as guarantor if you can write a cheque for the amount you are guaranteeing at the time you are asked to act as guarantor.

Taking action when things go wrong

If you have signed an unwise guarantee it's important to get legal advice immediately as there may be legal remedies available. Your local Community Law office can help with this. The lender must also keep guarantors informed about problems with the mortgage/loan/hire purchase repayments so it's vital to act quickly before matters come to a head.

Source: www.ageconcern.org.nz

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