

AUTUMN 2019 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 (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, Queenie Tana

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

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.

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

Loneliness and Social Isolation

Loneliness is indiscriminate. There is an abundance of research on this subject in New Zealand currently and young people are just as likely to feel lonely as older generations. It is known that levels of loneliness in this country are escalating and as anyone who has ever experienced it will agree, the feeling can seem insurmountable once it settles in our tummies and our lives.

The importance of being aware of and talking about loneliness and lack of social relationships has been proven to be as bad for health as smoking.

There can be many reasons for being lonely, such as health, mobility impairment, sensory loss, changes to driving ability and bereavement. There are all sorts of things happening as we age which can make getting out of the house increasingly difficult and so social isolation can cause loneliness.

When people are no longer able to drive, that's where Driving Miss Daisy comes in! Driving Miss Daisy is the connection from home to the community. They make it their priority to ensure each and every journey is filled with laughter, kindness and positivity.

Driving Miss Daisy clients can have the same driver every time which is great for building relationships. The drivers also love to catch up with the clients and will do everything possible to make the journey enjoyable. That can be as simple as a trip to the supermarket or regular hairdresser appointments. Sometimes, it can be more adventurous and include trips further afield; outings to the beach for a breath of fresh air or coffee with friends; anywhere the heart desires.

Driving Miss Daisy is committed to helping clients get out and about, so every client can live life to the full and enjoy every moment.

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:

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- 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

COURTESY: AC Hibiscus Coast

More jobs for older workers than ever before.

“Too old, too senior, too experienced, too expensive - heard them all. Ours is a society which does not value age and experience. Over 50! It’s the scrap heap for you. I can’t remember when I saw that quote, but I bet you’ve heard those sentiments many times. The media is always bringing us stories about people who, having lost their job in the late middle age, find it hard - even impossible - to get another one. It’s understandable that people experiencing such treatment get pretty bitter about it. And it’s not surprising the media, and the politicians take their complaints so seriously. The federal government has appointed successive age discrimination commissioners, and instigated various schemes offering subsidies to employers willing to hire older workers. All of which is just as likely to increase prejudice as reduce it. The more public figures bang on about the prevalence of age discrimination, the more they risk sending a message, why aren’t they? And if older workers weren’t sub-standard, why would the government find it necessary to subsidise their cost? It would be silly to deny that some employers are prejudiced against older workers - just as some are prejudiced against young workers (and injustice the media is far less eager to tell us about). But it’s just

as silly to leap from the truth that some proportion of older workers has trouble finding re-employment to the outlandish claim that every worker over 50 is headed for the scrap heap. I don’t know the true extent of discrimination against older workers, but I’m pretty sure we’ve been given an exaggerated impression of it, with many older workers caused to worry unnecessarily. If there was any truth to the notion that everyone over 50 is headed for the scrap heap, we should be seeing a sharp decline in the rate at which people over 50 are participating in the labour force. But we’re not. Indeed, the reverse is happening. The statistical truth is that the participation rates of older age groups are higher than ever - a point Reserve Bank Governor Dr Philip Lowe made in a little-noticed speech last year. Bunnings has a reputation for offering jobs to older people. Credit BEN RUSHTON. The aging of the population and, more particularly, the retirement of the baby-boomer bulge - means the proportion of older people working should have declined. Remarkably, it’s increased. There was a time when early retirement was all the rage. As soon as you could retire, you did. A lot of workers were retired involuntarily. But those days are long gone. The age at which men and women are retiring keeps rising. In the 1980s and 90s, less than one worker in 10 was over 55. Today it’s almost one in five.

NorthHarbourLaw

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OUR SERVICES

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1st Floor, North Harbour Law House, 3 Alice Ave, Orewa



Where community shapes the heart of your retirement

At Ryman villages, we want our resident experience to be just right



“You’ll hear a lot of laughter around the village”.

Katherine, Charles Upham resident

Remember when neighbours had time to stop for a chat, cared for each other, and waved a friendly hello in passing? That’s the community Katherine found at Charles Upham Retirement Village in Canterbury.

Explore our village community today,
phone Jo or Sylvie on 09 421 1815
www.rymanhealthcare.co.nz



Parkit Property Management

Parkit is owner-operated we provide the hands-on management you require on a daily basis. We only employ mature, experienced managers.

We care about the sort of tenants who rent your property, - we get it right.

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We carry out regular detailed property inspections.

We use honest, reliable tradies. They are cost-effective and deliver quality work - and our guys guarantee it.

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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- 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

KiwiSaver Changes

The following was taken from an article on KiwiSaver contribution 'holidays' written for stuff online, by Rob Stock, 2 July 2018

The government is going to tweak KiwiSaver to bring down the number of people on contribution 'holidays', while also making the super savings scheme more age-friendly.

The Taxation (Annual rates for 2018-19 Modernising Tax Administration, and Remedial Matters) Bill, introduced into Parliament on Monday, would limit the maximum contributions 'holiday' savers could take before having to apply for a new one, from five years to one.

The bill would also pave the way to letting people over 65 join KiwiSaver for the first time.

Retirement Commissioner, Diane Maxwell hailed the proposed changes as a victory having fought for the reforms since 2016. "Stopping contributions for five years has a significant impact and disrupts long-term savings", said Maxwell.

"Not only do members' accounts not grow by their contributions, but they also miss out on their employers' contributions and the government contribution of up to \$521 a year.

"For many people five years is likely to be longer than necessary and a one-year renewal provides a prompt to reconsider their position and assess whether they can restart saving"

Maxwell also secured a name change from 'contribution holiday' to 'savings suspension'. Currently there are around 135,000 people in KiwiSaver who are on a contributions holiday, which was designed to let people put their contributions on hold should they need the money for something more pressing than retirement savings.

But contribution holidays were automatically set for five years, so unless people decided to start saving again, they could easily fall out of the habit of saving, or simply forget to voluntarily end their holidays.

Once the Taxation Bill becomes law, KiwiSavers will have to renew their contributions holidays once every 12 months, if they wish them to continue.

Letting people aged over 65 join KiwiSaver, and

removing the five year lock-in period for people who join KiwiSaver between the ages of 60 and 65, was recognition that older people increasingly used KiwiSaver as a low-cost means by keeping their money invested after the age of 65.

"There is no apparent reason for those over 65 not being able to join KiwiSaver," Maxwell said.

KiwiSaver is a provider of low-cost managed funds through retirement, she said.

There's one other tweak to KiwiSaver in the bill. Currently, there are three contribution rates people can nominate with their employers: three per cent, four per cent and eight per cent.

"When I Am Old" by Jenny Joseph

When I am an old woman I shall wear purple
With a red hat that doesn't go, and doesn't suit me,
And I shall spend my pension on brandy
and summer gloves And satin sandals,
and say we've no money for butter.

I shall sit down on the pavement when I am tired,
And gobble up samples in shops and press alarm
bells, And run my stick along the public railings,
And make up for the sobriety of my youth.

I shall go out in my slippers in the rain
And pick the flowers in other people's gardens,
And learn to spit. You can wear terrible shirts and
grow more fat, And eat three pounds of sausages
at a go, Or only bread and pickle for a week,

And hoard pens and pencils and beer mats
and things in boxes. But now we must have clothes
that keep us dry, And pay our rent and not swear in
the street, And set a good example for the children.
We will have friends to dinner and read the papers.

But maybe I ought to
practise a little now?
So people who know
me

are not too shocked
and surprised,
When suddenly I am
old
and start to wear
purple!



Two new contribution rates will now be introduced: six per cent and 10 per cent.

"We've had many New Zealanders tell us that the gap between four per cent and eight per cent is too large for those able to contribute more, so they feel stuck on the lower rates. Others want the ability to save even more for their retirement", said Maxwell.

Some people had called for there to be a lower contribution rates of one per cent and two per cent so lower income people could begin saving.

Maxwell, who heads the Commission for Financial Capability, recommended all the changes in the 2016 Review of Retirement Income Policy, but the previous government did not decide to put them into law.

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



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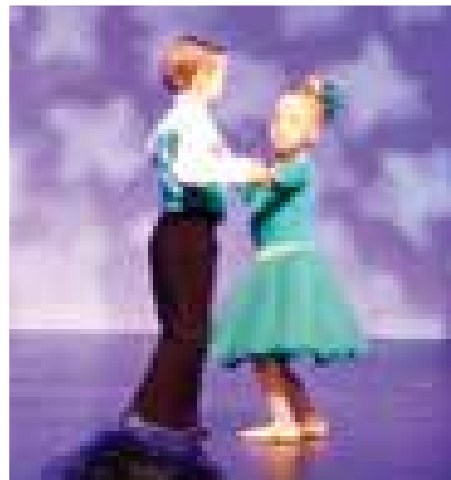
CALL US 0800 506 111
www.armstrong.co.nz



2018 Christmas Concert

This concert was another wonderful afternoon for the 200 plus people in the audience who were treated to a variety of dance, music and popular older songs that were good to sing along to.

The artists were all local with most being amateur. They ranged in age from 7 years upwards, all of whom were extremely talented.



I would like to thank the following people for their part in making this the wonderful afternoon it was;

- All the volunteers for their time and help on the day.
- The performers and musicians for their participation and making this the wonderful afternoon it was.
- To Mark Mitchell and his team.
- To the Auckland Council - Hibiscus and Bays - Local Board for their support



Express airport transfers to Akoranga, Smales Farm and Albany (Westfield).

The new service is a major addition to airport transfer services in Auckland, with frequent pick-ups from Akoranga, Smales Farm and Albany (Westfield). SkyBus North Harbour Express offers fixed price fares, free WiFi, unlimited luggage, senior discounts and kids travelling free on family tickets – it's the smarter, and faster, way to get to and from Auckland Airport.

Buy online this summer and save!
<https://www.skybus.co.nz/north-harbour-express/fares>

We've dropped our online fares even lower – just \$21 one way online with FREE WiFi. Buy a return fare online and save even more

NOTE: Gold Card Holders receive a further discount
 * Senior fares are available in person only and can be purchased from the driver (credit card payment only).
 Phone 0800 759 287



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!

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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- Long trips and local

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For more information

**09 216 5916 or
0800 956 956**

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www.freedomdrivers.co.nz

Protect yourself from fraud

Find out how to spot key signs of fraud and avoid scams.

When you send money, you should be absolutely certain you know who your receiver is and what the transfer will be used for.

Remember - fraudsters and scammers target people using any means they can, often pretending to be from the government, banks or trust organisations! They can contact you on the internet, through social media, by mail and over the phone.

This article outlines the most frequent fraud scenario's that you should be aware of:

Hi, I'm a representative from a phone/internet service provider.

A person who claims to be a representative from your phone/internet service provider will tell you that they need your help to catch scammers trying to access your bank account online.

Be fraud-smart: Don't do anything without contacting your phone/internet provider on a number you obtained from the phone directory or an internet search to confirm the details of the call. Never give personal information over the phone or send money without being certain.

Hi, I'm a government tax representative

A person who claims to be a government tax representative will ask you to send cash to an individual or to a bank account to avoid being arrested. Be fraud-smart: The authorities would never request immediate payment. Contact the relevant government department on a number you obtain from the phone directory or an internet search and let them know about the call

I'm interested in buying the item you're selling online

You will be contacted by a buyer who claims they have overpaid for their online purchase. They may even provide a fake email from the payment method company.

Be fraud-smart: Never send money back without first verifying with the payment method company if the buyer's claim is real

You've won! Send money now to claim your prize

You will be contacted about a prize you have won. However, you will be asked to send money to cover taxes or fees to claim your prize

Be fraud-smart: Legitimate sweepstake companies do not ask winners to pay money in advance to receive prizes.

Your computer is not secure. Purchase anti-virus now!

You will get a call from a person who claims your computer is not secure and that you need to act now to fix the issue.

Be fraud-smart; Never give your personal information or credit card details over the phone. Never download software that you are not sure of.

You're at risk of being deported.

A caller who claims to be an immigration department representative will ask you to send money immediately to avoid deportation

Be fraud-smart: Government officials will never call and demand immediate payment over the phone or request the use of money transfer service.

If you care for me, you will help me.

Someone you know on-line, but have never met in person, will unexpectedly ask you to send them money for something urgent.

Be fraud-smart, Never send money to someone you have met on-line but have not met in person.

Do not proceed with any money transfer if you have been asked to send money.

- To an individual you have not met in person
- For an unconfirmed emergency situation
- For a purchase made on-line
- For an anti-virus protection.
- For rental property deposit or payment
- To claim lottery or prize winnings
- To pay taxes
- For a credit card or loan fee
- To resolve an immigration matter

Follow these fraud prevention tips:

- Never provide personal information, like credit card numbers, bank account details or other sensitive information, to unknown individuals or

companies.

- Learn how to use privacy and security setting to avoid sharing too much personal information on social networking sites
- If it sounds too good to be true, it probably is. Wayne Howarth, Western Union regional fraud risk manager for Asia Pacific advises, "Awareness is the best defence against scams. To help protect yourself from falling victim to a scam, please ensure that you never send money to an individual you have never met in person or a company you have not independently verified with a government organisation"

Detective Sergeant Bridget Doell from the Financial Crime Group of the New Zealand Police states

"If at any stage you are being asked to send money stop, think and verify first - remember if it sounds too good to be true, it probably is"

To learn more about common scams and how to help protect yourself from fraud, visit Wu.com/fraudawareness

Along with New Zealand Department of Consumer Affairs at www.scamwatch.govt.nz

For more tips against scams watch protecting consumers from fraud: the grandparent scam at www.youtube.com/watch?v=LUiOAEDwww

For useful scam prevention advice at www.youtube.com/watch?v=kDtSEvQZWK



Age Concern Rodney Part Time Visiting Service Coordinator required.

**Warkworth / Snells Beach
Wellford area.**

Phone Catherine 027 296 0264

Clinic 38 ACUPUNCTURE

Acupuncture may help to relieve pain and improve wellbeing
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Rodney Hospital Shuttle Service

Happy New Year! Let's hope 2019 brings happiness and wellness. I hope you all have had an enjoyable Christmas with family and friends.

FANTASTIC NEWS! The Age Concern Rodney Shuttles are now able to use the bus lane on the motorway. This makes such a huge difference to our travel time heading south.

We would like to refresh our clients by giving out our Hospital Shuttle information. For those of you that have not used our service, this information will be helpful.

What is this service?

- This is an ON DEMAND SERVICE for Outpatient Appointments Only!

Who can use this service?

- Rodney - Hibiscus Coast residents attending Outpatient appointments at North Shore, Auckland

and Waitakere Hospitals, and Greenlane Clinical Centre.

- North Shore Residents that have Outpatient appointments at Auckland and Waitakere Hospitals and Greenlane Clinical Centre. North Shore Hospital is the pick-up and drop off point.
- NOTE: (The Shuttle does not pick-up from homes on the North Shore)
- West Auckland residents attending Outpatient appointments at North Shore and Auckland Hospitals, and Greenlane Clinical Centre.
- Pre Booking Service: It is recommended that booking a seat on the shuttle should be made when you receive your Outpatient appointment letter. It is COMPULSARY to pre book a seat a MINIMUM of 3 working days before the appointment.

The Shuttle service will arrange pick-up times with passengers so that they can get to appointments during the times in the table below

Age Rodney Community to Hospital Shuttle Operating Times	Age Concern Rodney Shuttle Returning Times Approximately
To North Shore Hospital for appointments between 9.30am – 2.30pm	Morning appointments the Shuttle returns 1pm Afternoon appointments the Shuttle returns 3.30pm
To Waitakere Hospital for appointments between 10.30am – 1pm	Morning appointments the Shuttle returns 12pm Afternoon appointments the Shuttle returns 2.30pm
To Auckland Hospital for appointments between 10am – 1pm	Morning appointments the Shuttle returns 12.45pm Afternoon appointments the Shuttle returns 3.15pm
To Greenlane Clinical Centre appointments between 10am – 1pm	Morning appointments the Shuttle returns 12.30pm Afternoon appointments the Shuttle returns 3pm

Rodney Shuttle Fares: (No one way fares)

- Rodney – North Shore Hospital \$15 Return
- Rodney – Auckland and Waitakere Hospitals, and Greenlane Clinical Centre \$30 Return
- North Shore Hospital pick up to Auckland Hospital and Greenlane Clinical Centre \$12 Return

Shuttle office hours:
Mon- Friday 9.30am – 4pm -
Phone 09 426 0918 or 0800 809342 (press 5)

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.



Time Out Programme for 2019

New Members are very Welcome

We meet at Centrestage Foyer
10.30am to 1.30pm
on the 4th Tuesday of the month.

The Time Out dates for this year;

February 26	March 26
April - NO TIME OUT	May 28
June 25	July 23
August 27	September 24
October 22	November 26

Morning tea and Lunch provided.
Guest Speaker or Entertainment
For more information ph; 09 426 0916

Worms in

A minister decided that a visual demonstration would add emphasis to his Sunday sermon.

Four worms were placed into four separate jars. The first worm was put into a container of alcohol. The second worm was put into a container of cigarette smoke. The third worm was put into a container of chocolate syrup.. The fourth worm was put into a container of good clean soil.

At the conclusion of the sermon, the Minister reported the following results:

The first worm in alcohol . . . Dead.
The second worm in cigarette smoke . . . Dead.
Third worm in chocolate syrup . . . Dead.
Fourth worm in good clean soil . . . Alive

So, the Minister asked the congregation, "What did you learn from this demonstration?" Maxine was sitting in the back quickly raised her hand and said . . . "As long as you drink, smoke and eat chocolate, you won't have worms!"

That pretty much ended the service!



Poll:

Kiwis don't know what their parents aged care wishes are

Author: Newstalk ZB, Publish Date: Tuesday, 5 February 2019, 8:16p.m.

Eight of 10 Kiwis don't know what their parents want.

A new Colmar Brunton poll shows eight in ten kiwis with ageing parents have no clear idea of their parents' wishes when it comes to aged care arrangements.

Questions around what would happen if the parents became ill or were injured, who would look after them, or whether they would want to go into a home, are amongst those that cause issues.

Miranda Smith, who runs her own homecare company, told Larry Williams that it is a very hard conversation to have with parents when they are well.

She says we tend to put it off rather than have the awkward conversation.

Smith says that people need to plant the seeds and spark the conversation, but let it develop over time rather than pushing parents into making decisions.

"There can be some really cost-effective respite care that could be all you need, but when you start talking about long-term care, that's when you need to think about it."

Smith says that the 'sandwich generation', those with children still at home while looking after their parents as well, are the ones dealing with this more and more. "Quite often, the parents could even be part of their childcare solution, so it can really tip this generation because they weren't expecting it."

Research shows it's evenly split between those who want to stay at home or move into rest home care. Smith says most of the people who she sees have parents who have thought about it, but the children need to start the conversations.

Grey Matter 'Mistaken Identity'

Over the past 30 years as we have evolved a digital, youth-focussed culture and grandparents have moved out of the extended family environment into retirement villages, rest homes and/or been left to fend for themselves in their own, equally-aging, homes, it is interesting to reflect on how seniors are perceived and treated in society.

Equally of interest, is what will a senior citizen look like in ten years' time?

Our youth-oriented society has crafted the picture of a person over the age of 70 as being either 'cute' i.e. Grandma-like, or old and decrepit relics, isolated and not relevant.

It is a perception of extremes, but each is founded on a sense of having nothing of value to contribute.

In all instances this is entirely wrong and a case of 'mistaken identity'.

Organisations, such as Age Concern, are currently an 'ambulance at the bottom of the cliff' for those who may actually have been placed in isolation or are psychologically and financially disadvantaged. However, things are changing as we see businesses, particularly retirement village operators, promote rather luxurious and active lifestyle choices to the currently retiring 'baby boomer' generation.

Age is actually starting to get the attention of the advertising sector who, as in the Mercury electric car advertisement, suggest that our older citizens can be playful, active, connected with modern technology and yes 'kinda cute'.

Although this is a bit superficial, it is a good thing. in that it shows age in a positive light.

Our evolving senior citizens for the future, in general, are going to be financially better off, more educated, more physically active and participating more productively than many of those who are currently over 75 years of age.

In fact, even now 46% of those over the age of 65 wish to keep working and contributing their knowledge and skills as productive members of society.

It is also worth noting that the +50 group currently

also represent over 50% of total disposable income in New Zealand(2) . Wow, it has taken the marketing and advertising gurus a long time to wake up to this fact. Society needs to realize that senior citizens can be very active, mentally engaged, use digital technology and can give so much back through their wisdom, their experience, and yes, to family connections as the friendly, loving Grandma or Grandpa.

Huxley

(1) Ministry of Social Development and Age Concern NZ statistic,

(2) Senioragency (company marketing exclusively to the +50 demographic) website

WALK FOR DEMENTIA 2019 SUNDAY 24TH MARCH SELWYN RESERVE MISSION BAY EVENT STARTS AT 9AM

Join us for the 2019 Walk for Dementia - an opportunity to walk in memory, or support, of people living with dementia in our community.

Register via our website

www.dementiaauckland.org.nz/news-events

Arrive from 8.30am to get amongst the excitement, and stick around afterwards for even more fun. Refreshments and entertainment will be on offer to enjoy in the fresh air with your friends and family - and of course there will be plenty of opportunities to donate to Dementia Auckland, or challenge your friends or family to help you fundraise.

Your support will mean that even more people affected by dementia in your community can access our services.

Help us reach our 30K fundraising goal by registering now!

PLEASE SUPPORT OUR ADVERTISERS

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

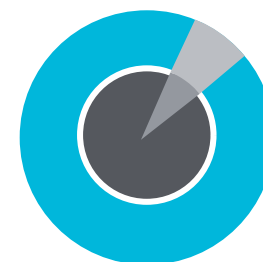
Senior Drivers Seminars

This is a Refresher Course for Senior Drivers

NO Exams or Driving Tests



Enquiries and Bookings
for the next Seminar
Age Concern Rodney
Phone 09 426 0916



Mahurangi Vision Centre

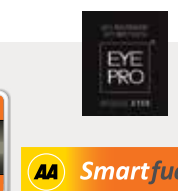
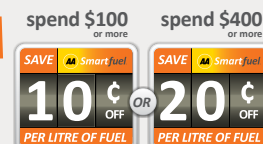
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The Virtual GP - a medical miracle

You are probably familiar with Uber - the taxi firm that you can contact through your smartphone. They send the nearest driver straight to you, usually in minutes. The firm has its problems, mostly related to employment law, but the technology behind it is undeniably impressive.

What you may not know is that the NHS (National Health Service UK) as it turns seventy, is experimenting with something similar for GPs: it is also testing diagnoses, using artificial intelligence (AI). Called a "GP at Hand" it is being tried in West London.

On the face of it, the pilot scheme has its points. Once you register with it (you leave your current surgery) it claims to allow you to consult NHS GP's whenever you need; wherever you are. It relies on you using a smartphone, but if you've mastered that, you can have a video appointment with a doctor within a couple of hours of requesting one, any time, day or night; they can issue prescriptions at once. If they believe you need a face-to-face appointment, you can have one within 24 hours.

It's a genuine part of the NHS, in that the company running it (called Babylon Healthcare Services) is contracted to the NHS, patients pay nothing. For those of us who have to wait a week or two to see a doctor, it seems too good to be true. What's more the video consultation is recorded, and you can reply it anytime. So far, so good - but not really innovative; just a more efficient use of everyone's time - something computers are good at. However, where the system is really breaking new ground is in the use of AI in the diagnosis process. It can assess your condition before you speak to a doctor; the computer will ask you questions and form a view. You don't have to subject yourself to this process but you are encouraged to, as it acts as a triage system that saves the doctor's time and may even resolve your issue.

Babylon says that the art of diagnosis is looking at the probability of what might be wrong with you and coming up with the most likely answer. Machines are potentially much better than humans at this, as they can look at billions of variations of symptoms in milliseconds. The designers of this system claim their computer can already diagnose 80% of primary-care diseases almost as accurately as good human doctors

can, and is getting better as it learns.

The system will also do all the administration, including writing the notes of the consultation. This saves masses of human time, so, in theory, doctors can spend more time with each patient actually being a human, rather than scribbling notes or researching. Anything that saves waste in the NHS gets my vote, but I cannot begin to judge the medical benefits or drawbacks. However, it is yet another example of the creeping, even galloping expansion of AI.

(source: Matthew Webster, *Digital Life*. www.theoldie.co.uk)

5 Minute Chocolate Mug Cake - For 2 small cakes:

¼ cup sugar
1 large egg
2 Tbsp canola or other light oil
2 Tbsp cocoa powder
¼ cup self-raising flour
¼ cup milk
¼ tsp vanilla essence
pinch of salt

1. Measure the sugar into a small bowl, add the egg and oil and whisk until pale and creamy. Add the remaining ingredients and stir just enough to combine.

2. Non-stick spray two microwave-safe teacups or two 250ml ramekins or teacups. Divide the mixture evenly between the prepared containers, then place them in the microwave.

3. Cover with a square of baking paper or a paper towel, then cook on High (100% power) for 2-3 minutes or until the centre of the cakes is firm.

Remove the cakes from the microwave, then tip them out of the cups/ramekins. Cool on a rack for a few minutes or enjoy immediately.



WANTED

Skilled and semi-skilled people required for our Skills Bank.
 Builders / Handy man, plumbers,
 Electricians, Gardeners etc.
 If interested please phone
 09 426 0916.

VOLUNTEERS REQUIRED

We require people to join our team of volunteers to assist at various Age Concern Rodney projects and activities throughout the year.
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2019 Membership Dues

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Organisation	\$35

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Hydration

Why is it important for older people?

Why do we need hydration?

Water is an essential nutrient which the body loses and cannot produce in the amounts it requires. It accounts for up to 80% of body weight and fills the spaces between cells, supports biochemical reactions and forms structures of large molecules like protein. Water is essential for physiological processes such as digestion, absorption and transportation. If we do not consume water, or water containing foods or fluids regularly throughout the day, we become dehydrated. Dehydration occurs in two ways, either the body is short of fluid because of “low intake” and failure to drink sufficient fluids, or due to increased fluid loss known as “volume depletion” caused by diarrhoea, vomiting or excessive bleeding.

What really happens when we become dehydrated?

Whatever way dehydration occurs it is serious. In normal healthy adults thirst is the signal that stimulates us to seek fluids. Thirst is stimulated when osmolality increases or the extracellular volume decreases. Unfortunately older people often have impaired thirst mechanisms and the signal to seek fluids is defective, which leads to dehydration. Also when there is insufficient fluid intake or excessive fluid loss, the kidneys compensate by producing a more concentrated urine to maintain the individual's fluid balance. However, in older people the kidneys ability to concentrate urine is impaired and dehydration occurs.

What are the risks of dehydration?

Older people who don't drink enough (or have increased fluid losses) have an increased risk of:

- Pressure injuries
- Low blood pressure, Dizziness and Falls
- Cognitive impairment, confusion and delirium
- Constipation
- Urinary Tract Infections (UTIs) and acute kidney injury

What puts older people at risk of dehydration?

There are a wide range of reasons why older people are at higher risk of dehydration than younger adults, including:

- Decreased thirst sensation.
- Dysphagia - reduced ability to swallow thin fluids with aspirating and not enjoying prescribed thickened fluids
- Medication commonly required by older people such as diuretics and laxatives
- Hot weather - extreme summer temperatures will increase fluid requirements for some older people
- Fever, diarrhoea and vomiting increase fluid losses, so more than usual fluid intake is required to make up for these losses.
- Decreased renal function in older people
- Cognitive issues with forgetting to drink or losing the ability to drink independently
- Inability to access or communicate the need for drinks
- Concerns around continence – older people restrict fluid intake due to fear of having an accident.



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Where do people live the longest?

Judith Davey

This sounds like a simple question and it is easy to find plenty of answers, many of them hard to reconcile with each other. The ranking tables of the countries with the highest life expectancy at birth in 2018 vary depending on when the data was derived and what is considered a “country”. For example, among the top ten in one list are tiny states or areas – Monaco, Singapore, Macau, San Marino, Andorra, Hong Kong and Guernsey. Some figures are adjusted for “healthy life expectancy” which estimates years of life in good health.

Some sources imply that all you have to do to live a long life is to move to one of the top places for life expectancy. A pretty naïve conclusion!

Tops for life expectancy at birth (years) appear to be:

1. Japan – 83.8
2. Italy – 83.5
3. Spain – 83.4
4. Switzerland – 83.2
5. Iceland – 82.9
6. France – 82.7
7. Singapore – 82.6

Australia comes 10 on this list at 82.5 years and New Zealand at 24 with 81.5.

But these are figures for average life expectancy at birth, for the total population. The picture is much more complicated than assuming that the average person in the particular country lives to that particular age. Life expectancy at birth is not based on how old the oldest citizens are but takes into account the number of people who die young. Life expectancy at birth reflects public health factors: water and air quality, traffic safety, hospital capacity, lifestyle factors such as smoking and so on.

Life expectancy can vary over time. It dropped in the Russian federation 1971 to 1994 and then rose again. In the USA it is dropping, due to “premature” deaths from factors such as drug use, suicide and crime.

Looking to the future, it is predicted that life expectancy in some Asian countries will overtake those in so-called “western” countries. Life expectancy at birth in China has overtaken that in the USA, and South Korea is likely to become the first country where life expectancy

at birth will exceed 90 years, according to a Lancet study. This is probably down to overall improvements in economic status, health care and child nutrition.

So, what can we say about longevity? In these blogs I propose to get away from comparative statistics and look instead at Places, Foods and Actions which are or have been associated with long life.

Another way of looking at this is pinpointing areas which have large numbers of very old people. Four of these appear regularly in the literature:

Top National Statistics
Population: 4,907,200
Unemployment September qtr: 3.9%
CPI December qtr: +1.9%
GDP September quarter: +0.3%
All figures as at 12:45pm 23 January 2019.

ONLY A GRANDMOTHER WOULD KNOW ...

A Cup of Tea made with cold water.

One day my Grandma was out, and my Grandpa was in charge of me.

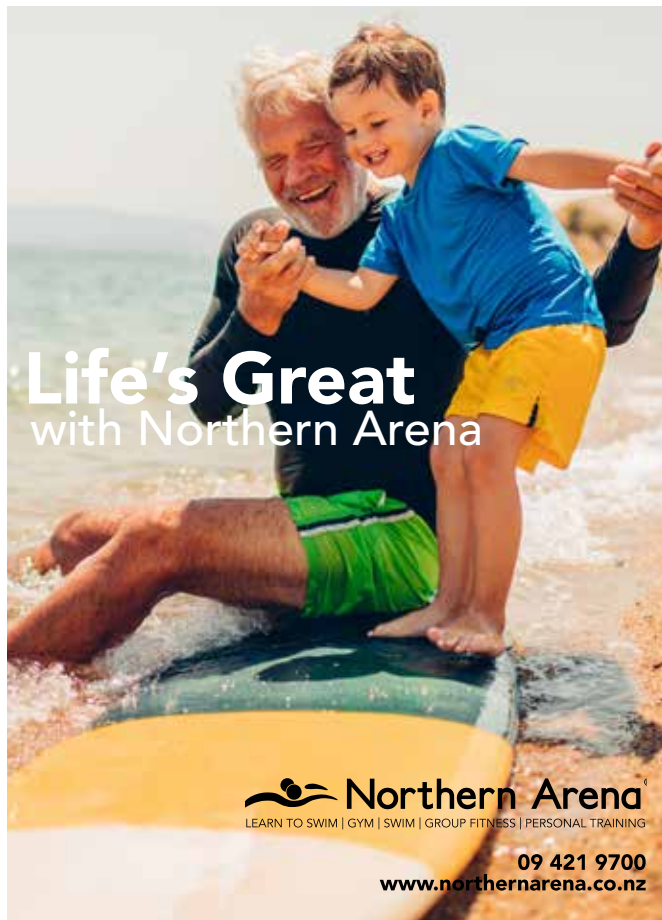
I was maybe 2 1/2 years old. Someone had given me a little 'tea set' as a gift, and it was one of my favourite toys.

Grandpa was in the living room engrossed in the evening news when I brought him a little cup of 'tea', which was just water. After several cups of tea and lots of praise for such yummy tea, my Grandma came home.

My Grandpa made her wait in the living room to watch me bring him a cup of tea, because it was 'just the cutest thing!' Grandma waited, and sure enough, here I came down the hall with a cup of tea for Grandpa, and she watched him drink it up. Then she said, (as only a grandma would know),

“Did it ever occur to you that the only place she can reach to get water is the toilet?”





Growing older

Growing older is a part of life that can't be avoided but getting 'old' is not only a state of mind but a state of body.

There are a couple of sayings that are all too true as we get older,

'if you don't use it, you lose it'

and

'the older I am, the better I was,'

but all is not lost and before long you'll be able to kick these sayings to the kerb because it is never too late to resume being active, increase your current activity levels or indeed, begin to be active.

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We are a Not for profit organisation. We rely on the generosity of our community to raise funding required to deliver our services

Any amount, no matter how small or large, can make a lasting impact, ensuring that we can continue supporting some of the most vulnerable people aged over 65 in Rodney. A bequest will allow you to leave a lasting legacy, and continue to assist those who need it most, long after you are gone. It is the ultimate act of kindness and caring you can show towards your community.

A bequest form is included right. Please note that it is not effective until written into your will. Please take or send the form to your legal advisor, to ensure it is incorporated into your will. Please contact us if you need further information or assistance.

Please also let us know if you are making a bequest so we can personally thank you. Leave Age Concern, Rodney a gift in your will and enable the work we do; promoting wellbeing, rights, respect and dignity for older people. Our vision is that older people live a valued life in an inclusive society.



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Please take/send this form to your legal adviser for incorporation into your will.

.....
.....(your full name)

Give to Age Concern, Rodney Incorporated, Shop JA2, Tamariki Avenue, Orewa, for its general purposes the following:

Amount in words:.....
.....

And/or assets, property and shares as listed below:

This is not effective until written in your will, which must also be signed. Please let us know if you make a bequest so we can personally thank you.

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CC10731

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Orewa, Auckland, 0931

Postal address:
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Fax : 09 426 0917
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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.

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Name:

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EVERY NEW ZEALANDER NEEDS A THIRD PLACE

New Zealand Geographic editor Rebekah White examines the public spaces that connect us.

Our towns and cities are lacking something important, and I was reminded of this during a recent visit to Hong Kong.

There, senior citizens fill the social niche that teenagers do in Auckland. They loiter in the local square with their mates, laughing raucously. When they exercise in the park, their music precedes them, emanating from tiny boom-boxes clipped to their backpacks. Each morning, I woke to their voices chatting in the street, three stories below, over their first cigarette of the day. This is a city New Zealanders like feeling superior to “we don’t want to turn into Hong Kong” we say worried about intensified housing.

But Hong Kong has something we don’t. It has elderly people hanging out in public, everywhere you look. Its residential areas are packed with spaces for people to meet, gather and linger – squares, plazas, tea-houses, corner stores, tiny parks, giant parks, street-side seats – while ours are not. And we suffer for it.

Ray Oldenburg, and American sociologist, first noticed these places in the 1970’s or rather he noticed that European cities had them, and American cities didn’t. He named them “third places” because your first place is your home, and your second is your workplace, but your third place is where you relaxing public, where you encounter familiar faces and make new acquaintances. These places are cheap or free. They are open to all people from all walks of life. New Zealand has a great third place – the outdoors. My favourite third place is a DOC hut, any of them – the one space in the country where anyone is up for a yarn. But I can’t stop in at a DOC hut on my way home from work, and neither can the other 86% of New Zealanders who live in urban centres. Reading Oldenburg’s book, *The Great Good Place*, I began to wish for an urban equivalent.

“A community life can exist when one can go daily to a given location at a given time and see many of the people one knows” writes another American sociologist, Philip Slater, author on a book on loneliness.

When a city has lovely spaces for people to stroll in, or

loiter, or meet friends – and importantly for our senior citizens, when these places are close to home – then the requirement for one’s house to be large and nice enough for entertaining is lessened. And when you have to meet your neighbours by chance, you can get to know them without the pressure of inviting them over. Oldenburg describes third places as neutral ground: no one has to play host and everyone is at ease.

If there is no neutral ground in the neighbourhoods where people live, association outside the home will be impoverished” he writes “Many, perhaps most, neighbours will never meet, to say nothing of associate, for there is no place for them to do so”

Why is all of this important? Because a third of us said we were lonely in the 2014 census, and one in five of us will seek treatment this year for depression or anxiety. And because our cities aren’t bolstering one of the most significant Aspects of mental health: a sense of community.

Yet we blame this lack of community upon ourselves – we haven’t tried hard enough to build it – when the problem is in fact the lack of venue for this to take place. It’s akin to wondering why no one plays basketball when there is no court, hoop or ball.

As we rapidly expand our cities, as we solve our housing crisis, we have the chance to correct this. We could shift away from the prioritisation of cars as a method of transport, and make our streets places for strolls and encounters. That means living a little closer together, placing useful things within walking distance, perhaps foregoing individual parcels of lawn for large, shared parks. When our third places are a drive away, elderly people are fastened in retirement villages, and teenagers stuck in suburbia.

We could treat the city as our living room, kitchen, dining room, back garden and sunny deck. We could value connection over privacy

This editorial first appeared in the July/August 2018 issue of NZ Geographic



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	May 2	June 6
	July 4	August 1
	September 5	October 3
	November 7	December 5

SILVERDALE Term 1, 2019 Rotary House, 2 Hibiscus Coast Highway (opposite Hibiscus Coast Bus Station)	February	14, 21, 28
	March	14, 21, 28
	April	11
	NOT April	18, 25
	<i>Further 2019 dates will be confirmed</i>	

Buses

Snells Beach – Warkworth- Silverdale (and return)
https://at.govt.nz/media/1978388/nn10_warkworth_sep-2018-web.pdf

North Shore – Silverdale
 (Hibiscus Coast Bus Station)
<https://at.govt.nz/pttimetables#North>

Further information
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- **Laundry** - colours sorted, washing done, hung on line, dried, folded and put away.
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- **Shopping** - driven to local shops, accompanied while shopping, bags carried, unpacked and put away. Or if preferred we will shop for you, bring home and put away.
- **Sleep Over's** - support worker to sleep in the house for a 8, 10 or 12 hour period to ensure your safety.
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- **Morning Care** - help to get out of bed, showering, drying, dressing, grooming, ensure breakfast is eaten and hot drink given.
- **Evening Care** - ensure evening meal is eaten, undress, leave bed turned down, check house is locked up and secure.
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- **Companionship** - need someone to pop in and check on you, read the newspaper to you, go for a walk, chat for a while, or even treat you to a day out occasionally.
- **Spring Clean** - this can be negotiated and arranged at any time.
- **Respite Care** - does your carer need a break, support worker to stay while carer is away.
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