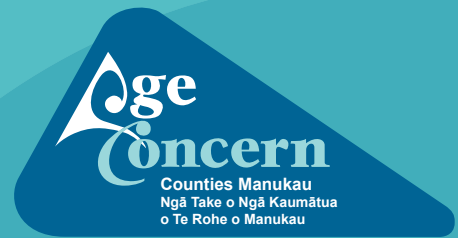


SPRING 2018 QUARTERLY NEWSLETTER

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Age Concern Counties Manukau

Serving the needs of older people



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Message from Wendy - our CEO



Welcome to our member newsletter for spring 2018! Well we must start with the wonderful news that Auckland Council's Environment and Community Committee has today (10 July 2018) resolved to join the World

Health Organisation Global Network of Age-friendly Cities and Communities. Membership of the age-friendly global network requires a commitment to a continuous improvement process for creating age-friendly environments with the expectation that an age-friendly city is more inclusive and beneficial for everyone, regardless of their age. International membership of the global network has increased from 302 cities in 2016 to 600 cities today.

Recently the reappearance of the seven Matariki stars, signalled the beginning of the Māori New Year. This was celebrated in June at various locations around Tāmaki Makaurau with kite days, arts and crafts and shared kai. I hope you had an opportunity to join in the celebrations.

We also commemorated World Elder Abuse Awareness Day on 15 June and there is a montage of photos in the newsletter of our yarn bombing event. The metaphor of every stitch needing to be connected to create the square and then each square needing to be connected to create the fabric to wrap around the trees reflected the need for



Continued on Page 4

Maintaining your Independence

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

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

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

Total Mobility Scheme

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

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

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

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

Editorial supplied by Driving Miss Daisy

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connection to provide support in our communities. We received a lovely surprise relating to the day. Holy Cross Catholic School Leaders Nerina Mafi and Reikura Boyd presented a cheque from funds raised through their mufti day on World Elder Abuse Awareness Day. It's great to see our young people caring about our older people.

Now as we approach a new spring season it's time to get ready to shed your cold weather cocoon and spring clean your health. Four tips for your good health for spring are:

- 1. **Prioritise good sleep** – meditating five minutes before slipping into bed is a great start.

- 2. **Find excuses to move** – it's nicer weather so there are more opportunities for walks with friends.
- 3. **Ensure safe sun habits** – slip slop slap!
- 4. **Get your five plus a day** – more fruit and vegetables become available so make the most of them.

A very positive note to finish on. I am feeling inspired by the tenacity of humans because as I write this article the world is absorbed with the Thai cave rescue. Twelve boys and their coach all miraculously rescued out of the cave. The collaborative rescue project with heroic divers who risked their lives held our hearts in their hands. The joint effort from around the world gave us hope that we as humans can work towards a common goal without the need to wave a flag or let egos get in the way of something important. The sadness of the diver who lost his life making his way out of the cave illustrated his willingness to put his life ahead of others. This selfless act showed us the power of humanity in such a positive light. Two quotes that come to mind:

'You are here to enrich the world.' Woodrow Wilson
'We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognising what we do have.' Frederick Keonig

Till next time,
Kind regards

Wendy Bremner

CEO Age Concern Counties Manukau Inc



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2019 Diary Fundraiser

It's that time of year again! If you would like to purchase a 2019 diary or calendar please see the enclosed information. These diaries and calendars make great Christmas gifts, we have new designs this year and \$4 from every purchase goes to Age Concern Counties Manukau.

ACCM Charity Awareness Ride

On 11 November we will be holding our very first charity motorbike ride, to raise awareness of Age Concern Counties Manukau and fundraise for our services. The ride will start in Papatoetoe and travel through our beautiful coast lines in the Counties Manukau region, ending up in Clevedon. If you have a motorbike and would like to participate in the ride please contact admin@accm.org.nz for more information.



AGE CONCERN COUNTIES MANUKAU Awareness Ride

Sunday 11th Nov | 9am - 4pm
\$20 ride only | \$25 ride & patch | \$30 ride, patch & entry into big raffle

The ride will leave Papatoetoe and head to the Muddy Waters at Mercer via Tuakau. From the Muddy we will cruise across to Miranda, KawaKawa ending the ride at the Clevedon Hotel. More details will be available closer to the day, visit www.accm.org.nz or phone 09 2794331



Hellos and goodbyes

A temporary farewell to Lucy Prior our Finance and Projects Manager who is going on maternity leave in September for six months. We wish her all the best for the safe arrival of her baby due early October. To cover Lucy's role in her absence we have appointed Helen Cussell as Finance Officer 12 hours per week and Anna Jessen as Office Manager 15 hours per week for the six month period. Anna will also be providing admin support to the Community Strength and Balance service. I will introduce them both properly to you in the next issue with photos and bios.

congratulations

Congratulations to our Board Member Sue Braithwaite-Smith who has been on our Board for 10 years this year. We value her contribution and acknowledge her commitment to Age Concern Counties Manukau Inc.

Important Dates:

- **Positive Ageing Network meeting 13 September.**
- **Franklin Positive Ageing Expo 28th September** - Pukekohe Indian Community Hall
- **International Day of Older Persons (IDOP) Walk 1 October 2018 at the Auckland Botanic Gardens** - contact us to register.
- **AGM 18 October 2018** - venue tbc.
- **Charity Motorcycle Ride 11 November** - contact us to register.

THE VINTAGE STORE

I was asked recently, by a trainee social worker doing her community work volunteering at our store, "How does The Vintage Store serve the needs of the community besides raising funds for older people?"

This got me thinking, and I realised that The Vintage Store supports the community in so many different ways:

We provide a store where people can drop off their unwanted goods which we then turn into money.

We provide a store where people can come and

purchase quality items at affordable prices.

We provide a store where members of the community can come and donate their time and work for a worthwhile cause, and in turn they form friendships with other volunteers, have fun and use their many skills in a positive way.

We provide a store where students can come and volunteer, gain work experience and meet the criteria of their courses.

We provide a store where customers can browse and have a chat with the staff or fellow customers.

The Vintage Store is a win-win, feel-good place that serves so many needs in our community!

Suzi Hogan, Manager

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NZ Transport Driver Licence

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. We'll send you a driver licence renewal pack about six weeks before your licence is due to expire. Haven't received your 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 for 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 driver licence arrives in the mail – within two to three weeks.

Getting a medical certificate

To renew your licence past your 75th birthday you will need to visit your doctor to get a Medical certificate for driver licence.

Tell your doctor the certificate is for your driver licence. You will have to pay for the appointment yourself.

During your appointment your doctor will discuss your present state of health with you and test your eyesight. They will then recommend whether you are:

- medically fit to drive
- medically fit to drive with conditions (e.g. correcting lenses, time-of-day restriction, distance restriction)
- medically fit to drive subject to an on-road safety test
- to be referred to a specialist (e.g. optometrist or occupational therapist driving assessor – your doctor will advise you of the results)
- not medically fit to drive. Your doctor must advise the NZ Transport Agency and your licence will expire on your birthday.

If your doctor decides you are medically fit to drive, he or she will provide you with a Medical certificate for driver licence.

Information from: www.nzta.govt.nz/driver-licences/renewing-replacing-and-updating/renewing-for-seniors/

International Day of Older Persons

To celebrate International Day of Older Persons this year we will be holding a **FREE** walk around the Auckland Botanic Gardens on Monday 1 October. The walk is open to all ages and no registrations are required. 1 October is in the school holidays so would be a great opportunity to get out and be active with your grandchildren. We will also be having four short 15 minute exercise sessions run by our approved Community Strength and Balance providers. Bring your walking shoes, wear something purple and come along to celebrate IDOP with us! Spot prizes up for grabs on the day.

This photo is Leatua and Allana Pollock from Z energy with CEO Wendy Bremner at Z Roscommon after a day of sharing resources at their store. We are very excited to share the news that on the International Day of the Older person, Z energy Roscommon Road and Z energy Browns Road and a number of other Zs in South Auckland will donate \$1

per coffee to Age Concern Counties Manukau. Please support them and us on the 1st of October 2018.



International Day of the Older Person

Walking Festival 2018

Monday 1st October | 10:30am

Auckland Botanic Gardens

Bring your walking shoes, wear something purple and participate in a fun, active and FREE event for all ages!

Spot prizes up for grabs

To celebrate International Day of the Older Person (IDOP) this year, we have organised a walk at the Auckland Botanic Gardens, as well as some quick exercise sessions/demos by our Community Strength & Balance approved providers.

For more information or to register please contact reception@accm.org.nz or phone 09 2794331



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WEAAD

Here are some of the pictures from our World Elder Abuse Awareness Day (15 June) this year. Maxine, Sasha and Lynn presented an informative talk about elder abuse to the Positive Ageing Network meeting on 14 June. We also unveiled our beautiful yarn bombing on the trees at ACCM Cambria Park Homestead on World Elder Abuse Awareness Day. Pictured are some of the talented crochet and knitters that helped design and create pieces for the art installation, as well as some attendees from our unveiling event. The trees look amazing and are attracting a lot of attention as well. If you have some spare time feel free to pop down to our office and admire the colourful creations. Thank you to everyone who contributed to the knitting and crocheting!

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Trusts, Gifting, and the Residential Care Subsidy

I am sure that there will be a number of those who read this newsletter who have set up family trusts.

There may be others who have gifted money or other property such as houses to family members.

This may create difficulties for the donors if they enter rest home or private hospital care and apply for the residential care subsidy for their basic accommodation costs.

The subsidy is what the government pays for those who need full-time care and do not have the financial means to cover this. However it is means tested; that is, it is only available as a grant to those whose assets and/or income is below a threshold.

So for those with family trusts or who have gifted to family they may find that while they no longer have the means to meet these payments the fact that they have taken steps to deprive themselves of these means disqualifies them from the subsidy. In turn that can make it (at the very least) awkward for their families who have been or will be the beneficiaries of their generosity. Often they are not in a position to assist the parent with payments towards their care.

I have a case where 20 years ago a couple gifted relatively modest amounts to their two children through trusts. The procedure that then prevailed

for gifting (as there was a tax called gift duty that had to be navigated around so as to avoid liability) had been accomplished, and a number of years had passed. The husband died not long after the trusts were established. The wife has lived at home until a year or so ago. Due to a decline in her health and as a result of a hospital assessment she was admitted to a rest home. Having no money and only NZ Superannuation with which to pay for her care her daughter as her attorney applied to Work and Income NZ (WINZ) for the subsidy. In such cases NZ Super is automatically taken towards the cost of care. On learning of the trusts and getting the details WINZ refused the subsidy on the grounds that the mother and her late husband had deprived themselves of assets that they should have retained for this eventuality. Had the parents or the mother spent the money on themselves during the intervening years perhaps on cars or travel then it would not be an issue. The result at this stage is that the rest home has only received the NZ Super component towards its costs.

There has been a High Court case where the son of a woman in a similar situation to my client was successful in having the court hold that WINZ had not applied its rules correctly. The woman on legal and other advice had followed the procedures correctly. The rules and procedures had been standard for many years. Now WINZ was effectively retrospectively overturning them in refusing the subsidy. The High Court held that WINZ was wrong and the subsidy should have been granted.

However the Ministry of Social Development on behalf of WINZ have taken the case to the Court of Appeal which has only just heard it. Their decision should be forthcoming in the next few months and I will advise its outcome in a future newsletter.

No doubt readers who have set up family trusts especially for their homes or monetary assets, or gifted money or property to family will be concerned what will happen if they go into care and seek to rely on the subsidy. They may find that they do not qualify. My advice is that they should get their lawyers' advice to find out if WINZ correctly applies the test to them.

Alistaire Hall

AVS Survey Summary

How did our visitor service fair in the recent National Office Visitor Survey 2018?

In recent months some of you were asked to participate in a survey which focused on our Accredited Visitor Service. Questionnaires were sent to both clients and visitors. Here is an overview of the research.

Within Counties Manukau, reports from our 2018 Accredited Visiting Service show significant improvements in reducing loneliness. Over 90% of our clients reported feeling less lonely through the efforts and contributions of our volunteers. Most clients (at least 90%) were satisfied with the service and 80% felt it had made a positive difference in their lives. As we strive to maintain the excellent quality of our service, we also plan to address some of the suggestions and improvements provided by our clients. Part of this process is looking at better ways we can match our volunteers with the right people and to improve the regularity of visits.

What happens when you have a volunteer visitor?

The primary goal of the visiting service has been reflected through the many responses of individuals in our client survey. Our clients feel that volunteers provided a sense of companionship and reduced the feeling of loneliness; gave opportunities to talk to someone, and engage with the community.

Here are some of our client's positive quotes:

"I look forward to seeing her every week."

"It's made me feel more wanted and has given me more to look forward to each day. Thank you."

"I feel less lonely and more engaged with people and part of the community."

"Your service not only makes me live more confidently, it helps my family feel better as well."

"I think Age Concern does a wonderful job and I think it should be more widely known. Loneliness is a terrible thing and having a visitor perks you up."

What does it mean to a volunteer visitor to undertake these visits?

Visitors felt that the work they do is meaningful and makes a positive difference to the people they visit

(over 95%).

Visitors often find that friendships develop over time, and it's a great opportunity to chat. At times, this even extends to more personal friendships where visitors go out for coffee, family parties and share meals. The clients are visibly grateful for the visits and look forward to the next meeting.

"I have built a great rapport with my client. We both look forward to our weekly catch ups."

"I found that my client has become more friendly and open about herself and that she is more like a friend."



Can you help us?

We need volunteers throughout the region to help with our Visitor Service.

If you enjoy engaging with older people and can spare an 1hr a week phone us on (09) 279 4331.

Hon Jenny SALESA MP for Manukau East

Electorate Office
7 Fulton Cres, Otago
09 274 9231 or 09 278 9972
jenny.saleasa@parliament.govt.nz

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Research project summary and call for focus group participants

“What contributes to older people living, playing and working well in the community of Counties Manukau?”

We have featured articles previously about our research project and the next step is to conduct focus groups to explore the themes generated by the surveys to greater detail and compare potential differences that may exist between cultures.

Use of focus groups

A distinct feature of focus group analysis is being able to identify the impact of the group dynamic and interactions between participants.

In this case, separate groups of different ethnicities will be held to better understand the differences between diverse populations of older people. We will

therefore hold focus groups for several European, Māori, Pacific and Asian ethnicities.

If you would like to participate in a focus group please contact reception@accm.org.nz or call on 279 4331 ext 800 to register your interest. The focus groups will discuss the following themes:

1. What in particular do you treasure about your relationships with family/ whānau?

The main themes identified in the survey involved the importance of relationships and loneliness acting as a barrier to positive ageing. It was noted that relationships with families were significantly more important compared to other support groups such as friends, caregivers or volunteers. It is necessary to identify the aspects of family and whānau that are important to older people (such as the significance of biological family, accessibility, or relationships) as the survey did not capture this information and better understand why this is so. With this information potential changes could be made to make interaction and engagement with older people more meaningful, and if any steps could be made towards achieving the same quality of relationships.

2. What would be most helpful for you to continue to live in your community?

Community mobilisation and improving autonomy was shown to be a driver of wellbeing and positive ageing. Older people were not always fully utilising the services available to them and this was because they were either unaware of the services offered, found that they were not very relevant to them or that certain barriers (such as stigma, finances or personal beliefs) existed in using these services. This question is aimed at exploring the preferences of older people first hand and, when comparing different ethnic populations, how different individuals may be empowered to help themselves. Following on from question one, this also provides further insight into the expectations of relationships and how older people interact with service providers/volunteers.

3. Can you tell us how you decide what you will do each day?

One aspect of positive ageing is determined by one's rights to autonomy and freedom. As older individuals often have limitations and restrictions to the activities they can partake in, we wanted to identify the extent to which individuals have the autonomy to do what

they desire. This question is framed positively to identify the activities older people felt they had choice in doing. There is, however, recognition that continuum of autonomy exists to which people of different beliefs and cultures desire. Some people value independence more than others, however the distinction between independence and autonomy can be further explored through people's responses to this question. Thus, this question gives an indicator as to how older people remain autonomous in their ageing experience, the level of control individuals felt they had over their daily lives, and the extent this control impacts on their daily lives.

4. What in particular enables you to participate in your community and why?

Several barriers exist for older people to participate and engage in activities, the community and with others. These included factors such as transport, autonomy, finances and relationships. Positive drivers of what could help older people to engage with others from a strengths-based perspective needed to be identified. This involves using examples of participation in the community by highlighting leadership of older people already thriving in their environment. Many responses in the survey indicated that older people felt they had something to offer but were not always sure of how to do so. To better understand participation, it is necessary to not only address the barriers that exist but also reinforce the drivers that allow older people to remain active and involved within a community. This question focuses on the latter aspect of this idea as there are potential areas of change and intervention that could come as a result of taking this approach.

5. Of good health, financial security and good relationships, which has been the most valuable to you and why?

These three factors were identified as the three most important enablers of positive ageing for participants in our survey. We wanted to understand in greater detail the differences that exist in achieving these three factors and potential differences in priorities existing for different groups of people. By comparing and contrasting these three factors within the question, it is hoped that the value of why they might be important to individuals can be teased out to a greater extent.

Handy News



One of the principle focuses of Age Concerns all around the world is the enrichment of social interaction within the range of our interests. In this article I want to promote an organisation which is very 'handy man' orientated and also helps to address the concerns mentioned above, called the Men's Shed.

The Men's Shed and its close associate Boomer Business (for men and women), are registered charities (registered as MENZSHED NZ). Boomer Business is part of the Manukau Beautification Trust with scope for a greater variety of skills and interests for interested baby boomers.

I recently had the opportunity to visit a Men's Shed and even before I had got to the door the energy and vitality, as well as the industriousness of the members within the group, was clear.

I was shown around the site by management who introduced me to various members and who told me about the projects currently underway. The degree of coordination, enthusiasm and just the sheer output would have made any construction site foreman turn green with envy. Not only were a number of community projects (such as building 600 rat traps for environmental groups and constructing steel self-irrigating frames for schools to plant native seedlings) being feverishly completed, but at the same time another group were deconstructing and reconstructing the building itself. WOW, incredible ... Needless to say I was very impressed.

Apart from Boomer Business, there are two other Men's Sheds in South Auckland, Mangere Men's Shed in Tidal Road, and the (yet to find a shed) group in Howick.

I plan to visit each Men's Shed over time and gain further inspiration. I encourage all those who have time to contact and have a look at your local Shed. Even if you don't believe that you have a skill set that might be useful you will find many opportunities to be a 'sheddie', and perhaps also make new friends.

Numbers to contact:

Mangere Men's Shed - (09) 257 1021
Boomer Business - (09) 269 4080

Ciao Brett



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Community Group Strength and Balance Classes

If you're 65+ and want to stay stronger for longer, come along to a strength and balance class.

Age Concern Counties Manukau Inc is proud to be appointed lead agency for the Counties Manukau district. Our role is to coordinate and grow access to approved community strength and balance classes. We are part of a nationwide movement to reduce falls and fractures and support older people to live stronger for longer.

If you're 65+ and want to stay stronger for longer, come along to a strength and balance class. Below are just a few of our new approved classes:

Manurewa Leisure Centre - Men's Move-it

Join our men's only circuit-based class to improve your muscle strength, mobility and mojo. For men aged 65+ who want to regain strength, balance and confidence.

Instructor: Brett Johnstone

Cost: \$3 per class or \$25 per term

Accessibility: Ground level entrance and ramp, parking available

Class level: Level 1 - beginner, limited mobility and Level 2 - beginner, reasonable mobility catered for

When/Where: Manurewa Leisure Centre, Frances Street, Manurewa - Fridays 9:30am

Supple Seniors

Supple seniors aims to improve your quality of life through enhanced flexibility, improved breathing habits, minimising stress, improved muscle tone/strength, improved sleep patterns and promotion of inner wellbeing and relaxation. Participants are seated on/or supported by a chair. Routines are designed for persons with mobility limitations, however, they are also suitable for the able bodied.

Contact/leader: Bruce Blomfield

Cost: \$5

Accessibility: Ground level entrance, parking around the back (not in front of the ambulance bay)

Class level: Level 1 - beginner, limited mobility and Level 2 - beginner, reasonable mobility catered for

When/Where: St John's Community Room, 19 Roulston Street, Pukekohe - Wednesdays 10am-

11am (25 July and every following Wednesday until October 15-18 when hall is unavailable).

To self-enrol for a class or to see a list of all classes visit our website. Bookings for all classes are essential, for more information please phone our Age Concern Counties Manukau office on (09) 279 4331 or, if you're over 65 and under 75, go to our website and complete the enquiry form: www.ageconcernauckland.org.nz/strengthandbalance

Only providers who meet nationally approved, evidence-based criteria for community group strength and balance will be eligible to use ACC's quality mark. If you're an exercise provider, and would like to find out more about running community group strength and balance classes please contact Lisa Jury on lisaj@accm.org.nz

Korean Positive Ageing Charitable Trust (KPACT)

offers culturally and linguistically appropriate services to both older people and their families. Our vision is primarily to promote and maintain the wellbeing and lifestyle fulfillment of Korean older people in their new country - Aotearoa/New Zealand. Secondly, it's an opportunity to connect, integrate and engage our older Korean community in their New Zealand environment.

We provide a range of services to meet the needs of older Koreans and their families in our community including the provision of Social Work Services, Health Promotion, Senior Academy, Community Development and volunteer opportunities.

Obviously language barriers and cultural differences are a huge challenge for Korean families and contribute to them not accessing local facilities. Therefore, KPACT liaises and works in collaboration with the local community to support individuals and families in accessing relevant services and agencies. Often we advocate on behalf of government and local boards, and in addition can facilitate between agencies if required.

Our organisation aims for 'social integration' for all of our members. Since the trust set up in 2012, KPACT has become a lighthouse for the Korean community especially in the Manukau area to guide; engage; raise awareness of government and local events; and provide learning opportunities through community projects.

In February 2018 we moved to our new premises, Stancombe Cottage, and we are now offering more community engagement programmes such as our Lifelong Learning Academy for Korean residents to provide educational opportunities and growth for our Korean community of the future.

The services we provide are unique, and cater for the needs and wellbeing of the Korean community throughout the Auckland region. However, the Services of KPACT has also been extended to include Tai Chi for the local community and Korean cooking classes for the wider community.

For more information, please contact service manager:

Yongrahn Park (09) 271 1949

Email: Yongrahn.p@koreanpositiveageing.org.nz

Come and join our nationally approved Community Strength and Balance Tai Chi class.

Mondays at 10:30am - start your week positively!

Highland Park Community House, 47 Aviemore Drive, Highland Park.

Graceful movement, concentrated breathing, uplifting visualisation and guided relaxation.

Tai Chi for health and wellbeing that is fun. We include functional movements to improve your strength and balance to support everyday living.

Chairs are available to aid standing balance exercises.

Services we provide:

- **Elderly Social Work Service:**
 - advocacy, provision of information, face to face consultation
- **Health Promotion/Positive Ageing Workshop regularly offered**
- **Community Development:**
 - active community engagement and encouraged participation
 - sense of belonging and wellbeing
 - community strength and empowerment.
- **Senior Academy and Lifelong Learning Academy for the Korean Community:**
 - promoting personal growth and fulfillment.
- **Volunteer Opportunities:**
 - empowering Korean people's potential abilities
 - creating a place to share aspirations
 - building people's resources.

Mobility Scooters Manukau

We are an independent company operating from South Auckland. Are agents for several respected international brands - AMW, Pride, CTM, Biswift and Heartway. We cover most of Auckland city south of the Bridge right out to Waiuku and sell new and used scooters, wheelchairs, power chairs, walkers, carry batteries, tyres, accessories and rain covers. We can also service and maintain most makes of mobility scooters.

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Our aim is to keep you mobile.

Free phone: 0800 433 133

Email: graeme@mobilityscootersmanukau.co.nz

View our website at

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**CONTACT GRAEME on
0800 433 133 or 021 022 59991
www.mobilityscootersmanukau.co.nz**

James Donovan Solicitors

There is now a realization that an increasing percentage of our population are living longer and retirement after 65 may require careful thought and preparation. This sector of our population will encompass all of us and has resulted in the development of a particular area of law generally described as "Elder Law." Elder law is designed to strengthen and secure the legal rights of elders. It has as its aim the planning and advising on problems associated with aging.

The Code of Health & Disability & Consumers Rights provides that aging consumers have rights and providers have duties as set out below:

- (1) Every consumer has the rights in this Code
- (2) Every provider is subject to the duties in this Code.
- (3) Every provider must take action to -
 - a. Inform consumers of their rights; and
 - b. Enable consumers to exercise their rights.

Editorial supplied by James Donovan Solicitors

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BEACHLANDS OFFICE: 42 Kouka Road
Ph: (09) 869 4565 E: leonie@jamesdonovan.co.nz

Seniors eating well

This nutritional programme for older adults looks at our changing nutritional needs as we age. It has eight modules held over four consecutive weeks covering: eating well for healthy older people; nutrition and strong bones; fibre and fluid for healthy bowels; shopping and cooking for one or two; smart snacking; food safety; nutrition myths; and making life easier in the kitchen - with relevant information provided each week. Each session has a tasting component to give attendees the opportunity to try out some of the recipes provided. Age Concern Counties Manukau held two of these programmes this year in conjunction with the Selwyn Seniors' groups at Tuakau and Beachlands. Some feedback received on diet changes made and improvements seen in health and well-being as a result of attending the programme included:

"I am much more aware to eat a variety of foods for a healthy balanced diet."

"I am feeling better/healthier/energised."

"I have learnt good tips about choosing and cooking food."

"I am paying more attention to ingredients in packaged food."

"I am looking at labels and contents of food and nutritional value of snacks."

"I have an increased awareness of eating a variety of foods and increased variety within food groups especially fruit and vegetables."

"I have increased my calcium intake."

"I have improved my food safety and hygiene."

The final session includes a presentation from the Independent Living Service (ILS) mobile van, which focuses on equipment and utensils for food preparation and consumption.

Melanie Jaggs (Health Promotion Coordinator)



Wonderful Connection



Greetings everyone

As a counsellor I am fortunate to meet many people and spend time in their company.

I feel privileged as I listen to my client's life stories, and will sometimes leave knowing just a little bit more about things, and feel richer for meeting a person.

Since working with the older adult I have increased my knowledge about life in the depression, generational differences, general knowledge (yesterday I learned what a swagman was!), or important life lessons for me to consider and incorporate into my own personal life, or my profession.

Recently I met a client who left a lasting impression on me, our time together was enriching for the both of us. We made a wonderful connection, and because of the time spent with one another, and the willingness of my client to trust in the counselling process, our session together revealed a talent my client has had for a lifetime, but has not had the opportunity to share with others. With permission from my client, she has agreed to share some of her work.

So without further ado, I would like to introduce Jean Gamble-Skinner! A talented writer of poetry and small stories, a painter, and an important part of our community. Jean has much to share with the world, and I hope you meet Jean amongst her words in the selected work. Enjoy her poem featured in this magazine titled "little friend".

Nicole Chappell Counsellor

LITTLE FRIEND

A pigeon strutted to my feet
And, in silent communion
We were friends.
Such beautiful plumage
Of that bird on pavement grey
Was such joy
And in mutual admiration
On that vibrant,
Echoing, bus station
With its dismal situation
The pigeon gave its colour
And life to me;
For one brief moment
Before it took its flight.

Jean Skinner: 18 August 1987



Support an
organisation
that supports older
people in your
neighbourhood!



National Bowel Screening Programme launched in Counties Manukau

The National Bowel Screening Programme has today been launched for the first time in Counties Manukau, with more than 65,000 residents being invited to participate in the programme which will be rolled out over the next two years.

The free programme will save lives through identifying bowel cancer early, when it can often be successfully treated.

Those eligible for the screening programme will be invited over the next two years, to participate in the screening programme, around the time of their birthday. Eligible participants will receive a letter, a home testing kit and consent form through the mail. They will be asked to take a screening test every two years.

The Counties Manukau Health clinical lead for the

National Bowel Screening Programme, Dr Alasdair Patrick, says the launch has been anticipated in the wider health community.

“This programme will make a massive difference for our community and counter the suffering and early mortality that bowel cancer is causing for individuals and their whānau in our area,” says Dr Patrick.

“Bowel cancer is the second highest cause of cancer related death and outcomes are worse in Māori and those from lower socio-economic groups. It’s vital that this initiative reaches as many people as possible, as early detection will usually mean the cancer is able to be treated.”

The test detects minute traces of blood in a sample of faeces (poo). This can be an early warning sign for bowel cancer and an indication that further investigation is required, typically through a colonoscopy procedure.

All tests and treatment under the National Bowel Screening Programme are free for people aged 60-74 years, who are eligible to receive public healthcare, and are not currently receiving treatment, or being observed for bowel cancer.

Bowel cancer survivor

Bowel cancer survivor Rasela Filipo, 67, supports the bowel cancer screening programme and encourages everyone invited to participate, to do it.

“Do the test. If you want to live longer, see your grandkids and your loved ones longer, please do the test,” says Rasela.

At 63, Samoan-born Rasela was leading a normal life when she noticed blood in her bowel motion when she went to the toilet.

“I knew it wasn’t normal, but I didn’t go to see the



doctor. A year later, I couldn’t go to the toilet. I was in so much pain. Finally, I went to see the doctor.

“They told me I had bowel cancer.”

Fortunately for Rasela, she eventually made the decision to get the treatment that was needed, and has now made a full recovery.

To see Rasela’s story go to:
www.vimeo.com/277905545

Facts about bowel cancer

- New Zealand has one of the highest rates of bowel cancer in the world.
- Bowel cancer kills as many people as breast cancer and prostate cancer combined.
- Currently 3000 New Zealanders are diagnosed with bowel cancer every year and 1200 die from it.
- Bowel cancer is more common in those aged over 60 and affects more men than women.
 - Common symptoms may include:
 - A change to your normal pattern of going to the toilet that continues for several weeks.
 - Blood in your bowel motion (poo).

- Although these symptoms are usually caused by other conditions, it’s important to get them checked by your doctor.
- Deterioration of bowel health and bowel cancer is not a necessary part of ageing. You can reduce your risk of developing bowel cancer by having a healthy diet high in fruit, vegetables and fibre, regular exercise and by not smoking.
- People don’t need to register; they will automatically be contacted by mail to participate in the programme. However, people aged 60-74 years of age are encouraged to ensure their contact details are up to date with their family doctor.

For more information about the programme, please visit www.timetoscreen.nz, call 0800 924 432, or talk to your family doctor.

Issued by: Counties Manukau Health Communications

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Life begins at 65!

This is the 13th Annual Franklin Positive Ageing Expo and is set to be a great event!

All are welcome as this is the largest indoor exhibition and entertainment expo for positive ageing in New Zealand.

So come along and enjoy the all-day entertainment and light refreshments while visiting our exhibitors who are there to give advice, information, and help for your family.

No tickets required as this is a **FREE** event with plenty of free parking.

See you at our Age Concern Counties Manukau stand!

Elder Abuse Response Service

The Elder Abuse Response Service (EARS) aims to improve the quality of life of older people in abusive situations and to prevent abuse. If you are concerned about elder abuse, whether you are an older person yourself, a family member, friend, neighbour or professional, you can contact our Elder Abuse Response Service team for free and confidential advice on (09) 279 4331 ext 808 or 812 or email admin@accm.org.nz



Health Promotion Calendar of Events Spring 2018

Ring the office on 279 4331 ext 800 or email: reception@accm.org.nz to register your interest in any of the programmes below.

It's a very busy switchboard and you are likely to get the answer phone. Please leave a message with your name, contact number and the **name and date** of the course you are interested in attending.

Registrations are essential for catering purposes and to ensure we have enough resources for participants.

Our office hours are Monday – Thursday 9am to 4pm and Friday 9am to 1pm.

Free entry but donations appreciated!

Remember - give us a call, if you would like a **staff member as a guest speaker** for your group in 2018.

Limited availability - book early so your group doesn't miss out!

(We don't charge a speaker fee but a donation towards travel costs & staff time would be appreciated)

Planning for the rest of the year is currently underway with the following topics likely (but not guaranteed) to be covered. We have an "Expressions of Interest List" so please contact the office to register your interest in attending and you will be contacted when dates and venues have been confirmed.

SUPPORTS FOR SUPER SENIORS

Via a PowerPoint presentation, you will get an overview of the variety of agencies and organisations that are out there to give advice and support, including online resources and telephone services. A handout of the information covered in the session, will be provided to take away.

SPRING INTO SAFETY

This PowerPoint presentation looks at various ways to keep ourselves safe at home (including online safety and scams) and out in the community. A range of topics will be covered, with plenty of time for questions and answers. A handout of the information covered in the session, will be provided to take away.

PREPARING FOR BEREAVEMENT

What practical decisions need to be made and legal information is required when bereavement occurs? Our guest speakers from a local funeral director will bring their knowledge and expertise to answer your questions and provide information on these important topics with plenty of time for questions and answers.

ADVANCE CARE PLANNING

People's needs change as they age and there may come a time when a person is no longer able to make decisions or advocate for themselves. Many of us find thinking about the end of life difficult. This can mean we don't talk about it and don't put any plans in place for the future. What is an ACP, why should we have one, what is the process to

complete one? Come and find out what is involved from our guest speaker.

STEADY STEPS

An introduction to falls prevention via a short PowerPoint presentation and interactive session. A handout of the information covered in the session, will be provided to take away, with plenty of time for questions and answers.

NUTRITION IN A NUTSHELL

This PowerPoint presentation gives an overview of the importance of nutrition as we age and our changing nutritional needs. Includes a look at food groups, their importance and recommended daily intake, the importance of protein, fibre, fluids, strong bones, Vitamin D and smart snacking.

WILLS AND ENDURING POWER OF ATTORNEY

Who will manage your affairs if you are no longer able to? Have you caught up with the changes made to the power of attorney legislation which may affect you and your family? Come and find out about powers of attorney, the different types and who can be an attorney for you.

SLEEPLESSNESS AND STRESS

This session is designed to assist older people to understand more about fatigue caused by both a lack of good quality sleep and stress. It will offer positive strategies and suggestions for improving hours of quality sleep and coping with stress.

DOWN BUT NOT OUT

This session is aimed at those seeking information for themselves or for people they care about. Come and learn the difference between feeling down now and again and depression that needs the support of others or professional help / identify how and where to seek help / how to flourish as we age.

FRANKLIN POSITIVE AGEING EXPO

Franklin Positive Ageing

LIFE BEGINS AT 65

FRIDAY 28th September 2018 9.30am - 3.00pm
PUKEKOHE INDIAN HALL, Ward Street, Pukekohe

Contact Details:
 Email: franklinpositiveageing@gmail.com
 Phone: 09 232 8859
 Facebook: www.facebook.com/franklin.positiveageing

Franklin Local Board

Over 65 and want to come but don't have access to transport? Dial White Rose Cars on 238 9728 to discuss free transport



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- Finalist in the Facility of the Year Independent Seniors Living Category.

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