

AUTUMN 2018 QUARTERLY NEWSLETTER
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Age Concern Mid North

Serving the needs of older people



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Contact Information

Phone: (09) 407 4474 Fax: (09) 407 4458

Email: info@acmn.org.nz

Address: Kingston House, 123 Hone Heke Road, Kerikeri 0230

Postal Address: PO Box 214, Kerikeri 0245

OFFICE HOURS

9.00am - 1.00pm Monday to Friday

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From the Managers Desk:

Welcome to our first edition of 2018. This edition highlights all the activities of 2017, we had a busy year with our Accredited Visiting Service. Our new coordinator Sholay quickly fitted into our community of Age Concern Mid North members and friends. New and most likely long lasting friendships will be the outcome of the new visitors and clients; visitors have made 1256 visits in the last six months. A big thank you to our volunteer visitors, there are many more older people enjoying their new social connection. It is great to see so many AVS clients and visitors at our Meet and Greet days and our educational presenter's days.

Our Health Promotion highlight for 2017 was certainly the Young at Heart - the YAH people, who attended

the weekly NIA dance and exercise class. Such a happy friendly group who participate (the average age is 81 isn't that fantastic). All will be happy to know that it is to continue on as a permanent event. The activity is an ACC accredited exercise programme. People are welcome to join at any time and if you are an Age Concern Member the fee is \$5.00.

A new health and exercise activity is currently in the negotiation stage. This too will be held at Kingston house and will cost Age Concern Members \$5.00 a session. Scottish dance is fun, the music is great, the fellowship and social mingle will be the highlight of the week. The Scottish dancers entertained us on our IDOP day, as a result of members speaking to us wanting to learn and be active in Scottish Dance, we have been working on how this might happen. We have the people who are trained to teach and keen to offer this skill. Like all activities the interest has to come from members and that is shown in participating and being committed to the activity, making a change in your life i.e. more social interaction, more exercise in an enjoyment form and a day when you dance. We will keep you all informed

Our Health Promotions programme for 2018 is in the final stages of seeking funding for the proposals, we have some repeat workshops and some new initiatives.

We are in our office in Kingston House every day until 1pm. The office is staffed by Juen (Manager) who is not in office on a Monday. Sholay our Community Relationship Co-ordinator (i.e. AVS and Health Promotion). Sholay is in the office from 8am each day. Shirley our volunteer office receptionist, Taxi subsidy co-ordinator, and Hospitality genie. Age Concern Mid North is the agent for Kingston House bookings, you can talk to any of us about Kingston House. A core activity is that we can help members with information about relevant older person issues.

I look forward to working with you all again this year. Our new President Jan Flowers will accompany me to Wellington for the AGM and Conference in April, we have an active and willing committee. Please join us this year in the activities that we offer, best wishes for 2018

Juen Duxfield
Manager

Social Interaction can keep you healthy!

As you get older and retire or move to a new community, you may not have quite as many opportunities to socialise as you did when you were younger. Recent research from the American Time Use Survey, an annual census by the US Bureau of Labour Statistics, shows that time spent in the company of others plateaus by our mid-50s and we then spend an ever-increasing amount of time alone.

However, if you're not heading to work or getting out and about each day, you may be missing out on important social interaction that you need to stay sharp, healthy and live longer.

Research has shown that staying socially active and maintaining interpersonal relationships can help you maintain good physical and emotional health and cognitive function, with a reduced risk of many diseases, dementia and depression.

Here are a few ideas to keep your connections strong:

- Stay in touch with friends and family and try to visit with them regularly
- Volunteer in your community
- Visit a senior drop in centre
- Join a group focused on activities you enjoy, such as playing cards or a book club
- Try taking a class - learn a new language, a new style of cooking or art class
- Join a gym to stay physically fit

Staying socially active and maintaining your relationships are an important part of healthy aging. Driving Miss Daisy can help you to maintain your connections, so you can stay as vibrant, active, and social as you've always been. We have lots of other clients who get out and about so would be pleased to share our knowledge of local activities with you. We can collect you, drive you to your destination and provide whatever help you need.

Remember that many of our franchise owners have fully equipped Mobility Vehicles, so if you have a walker or wheelchair this is no problem at all. No matter what your requirements please call us today to discuss - we look forward to seeing you soon.

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From the President:

A Happy New Year to our friends in Age Concern Mid North. The Committee, staff and I wish everyone an enjoyable 2018.

Christmas dinner at Kingston house was most successful. The hall was beautifully decorated by Sholay and her daughter, on the Sunday afternoon, which we are very grateful for. The meal presented by Neat Eats was delicious, consisting of ham, chicken, potatoes, vegetables and salads plus delicious desserts.

I do hope everyone enjoyed their Christmas break as much as I did. I went down to stay with two of my daughters' one for Christmas in Rotorua with my two Grandsons who are now flying the nest. My oldest grandson is in his 3rd year at University and off to Amsterdam as an exchange student for six months, and is doing a bus tour from Rome to Prague before he starts, he is so excited as he has worked very hard to do all this. My youngest grandson is off to University in Christchurch so was a special time for me. I then I went onto our youngest daughter and young family in Hamilton after Christmas.

This year Juen and Sholay have advised me that they have put together an exciting programme. This will be something to look forward to in 2018.

Our first Meet and Greet is on Friday the 23rd of February 10am at Kingston House where we will have morning tea and then a speaker. I have found some new recipes to bake for morning tea but not

tried yet, so hope they are successful as I tried a new cheesecake dessert for a U3A BBQ last week, and was a little disappointed as it had Baileys Irish Cream in it, but was a little solid for my liking.

Looking forward to seeing you there.

Kind regards
Jan Flowers

NEW ACTIVITY STARTING MONDAY MARCH 5TH 2018

SCOTTISH COUNTRY DANCING:
Age Concern Mid North is partnering with the Bay of Scottish Dance Club for a weekly Scottish dancing session. This will be held on a Monday of each week at Kingston House from 10am to 12pm. Participants will have a break for a social cup of tea.

The facilitator is a trained Royal Scottish dancing tutor, no prior experience is required to take part and everyone over the age of 65 is welcome. There will be a small fee of \$5 per session, morning tea is provided.

This promises to be great fun, a good activity to dance and enjoy music and meet new friends. What better way to start a new week than join friends and have fun dancing to find out more phone Neville on 027 344 0562.

"It takes the stress away"

Life presents a lot of curly questions! "What's going to happen when I get older still? How can I feel safe and secure without being a burden?"

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AVS (Accredited Visiting Service)

We are looking for more interest from volunteers to be part of our visiting service as we currently do not have enough to meet the demand.

Health Promotion

This year our calendar is full with a lot to get involved with at Age Concern. Our Young at Heart group is running every Thursday from 11am at Kingston House and is facilitated by Dianna Burgess who teaches Nia. The cost to attend is \$5.00 for members and \$10.00 for non members. This is ACC accredited as a strength and balance programme and average age of participants is 82.



spaces of a maximum of 12 as once we start this is a closed group.

Whats coming up Meet and Greet

- February 23rd for our first meeting for the year we will be playing a quiz to start the year off with a bit of fun, there will be prizes
- March 23rd guest speaker is Kaz Howlet from Northable Home and Mobility Suppliers and a game
- April 27th guest speakers are Pip and Maria from Alzhiemers New Zealand and finish with a game
- May 25th guest speaker Lisa Hansen from Health and Disability Services Kaitaia, finish with a games.

Honorary Lawyer

On the first Monday of each month Graham Day volunteers an hour of his time to provide a free one off service to our Age Concern members. If you would like a meeting with Graham we have three 20 minute appointments available between 12-1pm.

Next available days are:

March 5th, April 9th, May 7th and June 11th

Please call us to make an appointment.



In June we will be starting our Positive Steps Falls Prevention programme. This will be over four weeks for two hours per week. The dates this will be running 11th June, 18th June, 25th June and 2nd July. If you would like to take part in this programme please call us as you must be registered, there are also limited

Keeper - some things are worth the time to read

I grew up in the 50's with practical parents. A mother, God Bless her, who washed aluminum foil after she cooked in it. She was the original recycle queen, before they had a name for it...A father who was happier getting old shoes fixed than buying new ones. Their marriage was good, their dreams focused. Their best friends lived barely a wave away. I can see them now, Dad in trousers, tee shirt and a hat and Mom in a house dress, lawn mower in one hand and dish towel in the other. It was the time for fixing things. A curtain rod, the kitchen radio, screen door, the oven door, the hem in a dress.

THINGS WE KEEP

It was a way of life, and sometimes it made me crazy. All that re-fixing, eating renewing, I wanted just once to be wasteful. Waste meant affluence. Throwing things away meant you knew there'd always be more. But then my mother died, and on that clear

summer's night in the warmth of the hospital room, I was struck with the pain of learning there isn't any more. Sometimes, what we care about most that sometimes isn't there anymore. Sometimes, what we care about most gets all used up and goes away... never to return. So...while we have it...it's best we love it...and care for it...and fix it when it's broken... and heal it when it's sick. This is true. For marriage... and old cars...and children with bad report cards... and dogs with bad hips... And aging parents...and grandparents. We keep them because they are worth it. Some things we keep. Like a best friend that moves away or a classmate we grew up with. There are just some things that make life important, like people we know who are special...And so, we keep them close!

I received this from someone who thinks I am a 'keeper', so I've sent it to the people that are "keepers" in your life, good friends are like stars...You don't always see them, but you know they are always there. Keep them close.

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Our wonderful Christmas Dinner

This year we celebrated our Christmas Dinner at Kingston House and catered for by Neat Eats, we had a wonderful time. We honoured two of our members who have given their time to Age Concern for many years, Judy Barrett and Lou Gill; these two have been members of our committee, they have always given their time to improve and guide Age Concern Mid North and the occasion was a perfect time to honour them.



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*IMS GP Omnibus survey, 2017

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