

**WINTER 2018 QUARTERLY NEWSLETTER**  
[www.ageconcern.org.nz](http://www.ageconcern.org.nz)



# Age Concern Mid North

*Serving the needs of older people*



## 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

## From the Managers Desk:

Welcome to our second edition of 2018. Well 2018 has sure had a very busy start, what a pleasure to see all those attending our weekly activities of YAH (Young at Heart - NIA) and our Scottish Dance. Yah is so popular that Tuesday has been added as a second day, Sholay will keep you up to date with the time slot. What a great pleasure it is to see so many taking part, everyone enjoying the mind, movement and music. Scottish Dance is needing more participants. We have chosen to partner the Scottish Dance group as we know that the benefit and outcome for those that enjoy learning and doing exercise to music, and with friends builds new relationships. Please come and have a go, bring a friend. We now have our Health Promotion activities timetabled for this year. We advise members to register for each of the programmes. The Positive Steps workshop is full. Scottish dance and Yah will continue to run weekly. Remember our weekly activities have a \$5.00 fee. Our monthly activity Meet and Greet, now advertised as Supporting Seniors offers members two hours of

food, games and a speaker on a topic that will inform and inspire.

Our Mid Year luncheon will be held at the Hub in Kaikohe, we may be able to see the new buildings at Northland College this year, still to be finalised. Many of you have registered and I remind those that wish to attend the dinner please register, the cost remains at \$25pp.

Subscriptions are due for the 2018 and 2019 year, single remains at \$20 and couple \$25. If you do not get our newsletter it may indicate that your subscription has not been paid, please check with Shirley if you do not receive the newsletter. Please see our subscription form enclosed with this newsletter. Our bank details are on the subscription form for those that want to do internet banking.

A core activity is that we can help members with information about relevant older person issues, please talk to us if you have any concerns or issues. If we can't help we will suggest you see our lawyer at his monthly clinic.

We are in our office in Kingston House every day until 1pm, our office is staffed by Juen, Manager not in office on a Monday. Sholay 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 is in the office Monday. Age Concern Mid North is the agent for Kingston House bookings you can talk to any of us about Kingston House.

I look forward to seeing you all at our activities and workshops. President Jan Flowers accompanied me to Wellington for the AGM and Conference. There was much to hear and to learn from the many speakers and presenters. More about the conference later.

*Juen Duxfield*

Manager

*The views expressed in this newsletter are not necessarily those of Age Concern Mid North. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.*

## Navigate this winter with ease!

During the winter months the cold weather and shorter daylight hours can make life challenging for everyone, but that's no excuse to hibernate!

Whilst it's a nice thought to be snuggled up inside, with the fire or heating on, sipping on hot drinks, the reality is that winter can often be a jolly nuisance. There are a few things that can be done to help make the winter months more enjoyable:

Be extra careful to prevent falls - Wet, frosty conditions can make it easy to slip and fall causing injuries such as hip and wrist fractures, head trauma and lacerations. Make sure your shoes have good traction with non-slip soles, replace worn cane tips to make walking easier and install handrails up steps.

Wrap up warm in appropriate clothing - With such a large variety of clothing available these days there's no need to be cold, either when you're inside or when you're out and about.

Prepare for electricity outages - Ensure you have supplies on hand in case of an electricity cut. This includes a radio with batteries, canned foods, bottled water and extra blankets. Driving Miss Daisy can help you prepare for this.

Eat well - In winter we need to nourish our bodies with warming, nutrient-rich foods to help boost our immune systems. Think delicious soups and broths, citrus fruits full of Vitamin C and hearty casseroles. You may consider the option of purchasing nutritious prepared meals and soups that are available these days.

Maintain contact with friends and family - Driving Miss Daisy can help drive you to social engagements or appointments. Our vehicles are all maintained to a very high standard, they are warm and clean, to drive you safely in almost any weather, and our amazing drivers will ensure you're delivered safely from door to door.

Driving Miss Daisy can help you stay comfortable and safe, so you will not just survive but thrive this winter! 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.

*Editorial supplied by Driving Miss Daisy*

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## From the President:

Juen and I have been down to the "Age Concerns EVERYONE Conference 2018" and AGM in Wellington. It was held on the 16th, 17th and 18th of April and was three very full days, starting at 8.30am and finishing at 10pm.

The opening address was by Hon Tracey Martin, Minister for Seniors. She was a very positive lady.

There was some very interesting speakers such as Healthy Aging Strategy given by Jim Nicolson, Manager Ministry of Health. The Manager, Rehabilitation ACC, State of the Aged Residential Care Industry by Simon Wallace CEO of the New Zealand Aged Care Association.

We had a choice at some sessions of going to one of three different speakers so it was rather hard to decide which session to go to.

There was also panel discussions where the audience could participate at the end and ask questions. Subjects such as Workforce of the Future: Maximising the potential of older workers.

There were so many excellent speakers that there were just too many for me to write about.

In the two evenings after dinner we also had speakers, one from the Order of St John.

After the AGM there were separate Manager and Chairs meetings but this was not on the original agenda and Juen and I were unfortunately unable to attend as we had already booked our airfares home.

Juen and I met Managers and Chairs from all over New Zealand, we had some very interesting discussions and it was interesting to hear how other Age Concerns are run, and what they do in different communities in cities and rural towns.

I do hope you have booked for our Mid Year Christmas Dinner to be held at the Hub at the (High School) in Kaikohe. This was an excellent meal the last time we went.

Kind regards

*Jan Flowers*

## Young at Heart (NIA) Additional Weekly Session:

Our Group Fitness Class YOUNG AT HEART will now be offered on two days each week. The current Thursday at 11am continues, we have added another class on Wednesday's at 1.30pm. The cost will be the same \$5.00 if you are a Age Concern member, \$10.00 for others. The success of this activity has really highlighted the enjoyment you all get from exercising to music, moving it with friends. For those who wish, you now have two days to enjoy and exercise, we invite new members to join us at Kingston House on the Wednesday and Thursday.

Remember this is an ACC Accredited Strength and Balance activity, the benefits to those that take part are improvement in balance, stronger muscle tone and above all knowing that you are exercising and having fun.

## Shingles Vaccine Zostavax Now Available

From 1 April 2018, the shingles vaccine Zostavax is available for all kiwi residents over the age of 65 at no cost.

You can only get shingles if you've had chickenpox in the past (usually as a child). While anyone, who has recovered from chickenpox may develop shingles, the risk of shingles increases as you get older.

Contact your Medical Professional for further information.

Source: Ministry of Health

## Help to stay warm over winter



The Government has announced a new Winter Energy Payment.

"The Winter Energy Payment is an investment in Seniors and others, to help them stay healthy over the winter months." Says Minister of Seniors Tracey Martin.

"What's great is that you don't need to apply for the payment. Everyone getting NZ Super or the Veteran's Pension will receive it automatically".

The Winter Energy payment will be paid with your NZ Super or Veteran's Pension.

The rate for single people (with no dependants) will be \$20.46 a week, and couples or people with dependants will get \$31.82 a week.

Payments will be made from 1 July to 30 September in 2018, and 1 May to 1 October in 2019.

People who get a Residential Care Subsidy or a Residential Support Subsidy are not eligible for the Winter Energy Payment.

Not everyone will want to receive this payment therefore you can choose to opt out. If your circumstances change you can then choose to opt back in.

The Winter Energy Payment doesn't affect your eligibility for other support such as the Disability Allowance, Accommodation Supplement, Temporary Additional Support or Childcare Assistance.

If you travel overseas for four weeks or more your Winter Energy Payment will stop. Once you return to New Zealand you can restart payments by contacting Work and Income.

**For more information visit the website:**  
**[www.workandincome.govt.nz](http://www.workandincome.govt.nz)** and search for **Families Package.**

## PLEASE SUPPORT OUR ADVERTISERS

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## PAINFUL ARTHRITIS?

**Pain does not have to rule your life.  
Come along and learn about  
how arthritis pain works  
and how to manage it.**

**Jane Messer RN, Arthritis Educator.  
Wednesday 20th June 10am - 12midday  
Held at Kingston House.**



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## Coordinator update

Wow what a busy start to the year we have had with Health promotion events being finalised for this year and some exciting stuff happening. In the last newsletter we enclosed a schedule showing all events until June and you will see enclosed in this newsletter another schedule of events making sure you don't miss out and know what is coming up.

## AVS (Accredited Visiting Service)

The Accredited Visiting Service is one of the contracts Sholay manages. Age Concern has had an influx of interest and to meet this need we are looking for more volunteers who have a bit of time in their week to visit someone in their home for an hour. This service aims to meet the needs by matching a volunteer with someone who is isolated and lonely to visit weekly. If you would like to be part of this great service or know of someone who may like to have a visitor please contact Sholay at Age Concern Mid North to discuss further on 407 4474. As a requirement all volunteers are police vetted and must partake in a training before a match is made.

We would like to wish one of our volunteer visitors and members of Age Concern a Happy birthday as Francis Van dan berg celebrated his 90th birthday this month so from everyone here at Age Concern Happy Birthday Francis.



## Health promotion

Health promotion is another contract Age Concern manages where we put together programmes which have not only a social aspect but an educational component. One of our big weekly events is our Young at Heart class (YAH) held every Thursday at Kingston House from 11am. This is a recognised ACC accredited strength and balance class facilitated by Diana Burgees who teaches Nia (Non impact aerobics). Members can come along for \$5.00 and non members \$10.00 per week.

Every Monday the Scottish Country Dancers are at Kingston house from 10am - 12pm, We are looking for more people to come along and give it a go, have fun, learn something and enjoy a cup of tea or coffee. Cost is \$5.00 per week and is open for anyone to come along.

Positive Steps Falls Prevention programme starting in June is now full so I thank all those who have shown an interest in staying safe at home and in the community by decreasing the likeliness of a fall. If



there is more interest for Positive Steps I will consider running a second programme.

Supporting Seniors previously known as meet and greet runs on the last Friday of every month at Kingston House from 10am - 12pm. Last month we had Kaz Howlett from Northable come and presented about the services they provide. A lot was learned from her presentation and interest for her to come again. We finished the morning off with Bingo and prizes as well as a yummy morning tea as always supplied by our lovely committee.

This month we have Maria presenting from Alzhiemers Northland and next month Lisa Hansen from Health and disability. We end every session with a game or quiz, morning tea and of course a few prizes.



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## Influenza season on its way - get protected

One in four New Zealanders are affected by influenza every year. It takes up to 2 weeks for the flu vaccine to provide protection. The vaccine is free for over 65's. Contact your health professional now for further information.



### Did you know...

- A bear has 42 teeth
- Unless food is mixed with saliva you can't taste it
- August has the highest percentage of births
- An ostrich's eye is bigger than its brain
- 8% of people have an extra rib
- 85% of plant life is found in the ocean
- Dolphins sleep with one eye open

## Could you be saving money on your power bill?

As the weather gets colder it's a good time to check if you're getting the best deal on your power.

This has been made easy with a quick two-minute check you can do.

A visit to [www.whatsmynumber.org.nz](http://www.whatsmynumber.org.nz) will tell you if you could save money on your power bill by switching electricity providers.

It's a free, independent website that compares the electricity choices available in your area and lets you know what your potential savings are, should you choose to switch.

If you don't have access to the internet, your local Citizens Advice Bureau can help you run the check or you could ask your family to help. And if you decide to change, the new electricity company will do all the work for you.

Even if you're happy with your current company it's worth giving them a call to see if they can offer you a better deal.

### Top tip to lower your bill

Well-installed insulation is always the top priority for a warmer, healthier home. Get your insulation checked to make sure it is up to scratch – it may have been moved or need topping up.

Visit [www.energywise.govt.nz](http://www.energywise.govt.nz) for more information.

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