

**SPRING 2018 QUARTERLY NEWSLETTER**  
www.ageconcern.org.nz



# Age Concern Mid North

*Serving the needs of older people*



For advertising phone Monique (07) 577 9092 or email [monique@pukekoprint.co.nz](mailto:monique@pukekoprint.co.nz)

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**OFFICE HOURS**  
 9.00am - 1.00pm Monday to Friday

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### Bus Trips with Margaret

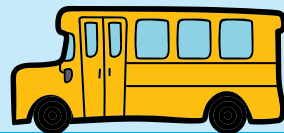
\$25.00 per person for Age Concern members or \$30.00 non-members.

**Bookings are essential (09) 407 7638**

**August** - Hokianga KohuKohu and surrounds

**October** - Russell and surrounds

**December** - Xmas Shopping Whangarei



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### From the Managers Desk

The excitement we feel at Age Concern Mid North with the great success we are having with the Young at Heart/NIA, the ACC accredited Live Stronger for Longer, weekly exercise programme, is just so wonderful. For this last six months we have seen such growth in the attendance. We have been told and heard some great reports and stories from those that are getting so much out of actively being involved. Thank you everyone for being part of the weekly and ongoing programme, and to Diana our wonderful facilitator and motivator. We are currently finalising to run sessions in Kaikohe and will advertise when and where with the dates.

Many have asked us about Safe with Age Driving workshops, we have our first one on the 1 August, you will need to register and there will be a cost, more on this in the newsletter. Driving skills and understanding of the road code have been upper most in my mind recently. Some of you will know that I had a car accident, I was the only person and vehicle involved, the realisation from this experience has strengthened my resolve to get some workshops organised.

Health Drive (Pauline) and Driving Miss Daisy are two new providers for those that have registered for the subsidised transport voucher service. You must register with Age Concern Mid North in order to use the service.

We enjoyed our mid-year dinner, and have heard that some of you felt the cold, it was a cold day, we were sorry that it spoiled the day for you. Generally I felt we had a good turnout and a nice meal and thank you to those members who support these outings.

Thanks to those that have paid their subscription, newsletters will only be sent to those that have paid, any questions please contact us.

*Sven 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.*

### Maintaining your Independence

Keeping your independence is something 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.

Not everyone is eligible, so to find out how to apply or for further information contact your local Age Concern who would be happy to help you.

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*

## Driving Miss Daisy your companion and your driver!



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Bookings are essential – call Sharon & Zara today and make your next outing a pleasure!

Kerikeri-Far North  
 Phone: (09) 407 9889  
 Mobile: 021 503 226



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

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## Positive Steps to Staying Safe

Positive Steps to Staying Safe on your feet is a four week falls prevention programme run by Age Concern. It is a programme designed to prevent falls in active, older people living independently. The purpose is to learn ways to prevent having a slip, trip or fall and therefore maintain independence. Information given in programme comes from research conducted in New Zealand, Australia, and overseas. By completing the four weeks we hope you will have less fear of falling and will feel more confident going about your daily lives. If you are interested in this programme please contact Sholay Sunnex at Age Concern who is the programme facilitator (09) 407 4474.



Winter Positive Steps Falls Prevention participants 2018

## Kayla - Social Work Placement Student

Kia ora my name is Kayla. I am an aspiring Maori social worker and I am currently completing my 60 day placement here at Age Concern Mid North. I am a mother of two boys and am very passionate about social justice and helping those less fortunate achieve self-determination. I am a strong believer of supporting our older persons and look forward to meeting many of you over the coming months. I enjoy the outdoors and recently completed the Beast in Paihia, which is a 7km run/walk in mud and rough terrain. If at any time you see me around the office please feel free to introduce yourself and have a little chat.



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LAWYERS: Dennis McBrearty, Simon Dominick, Richard Ayton, Jo Baguley, Graham Day, Laurel Simm, Fiona Murray and Alex Martin



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## Full continuum of care – keeping care at the heart of everything we do

We understand that your health needs change as you age. Our full continuum of care means that Ryman villages can provide independent living, serviced apartments, resthome care; and in the majority of villages, hospital and specialist dementia care. You can be reassured that, if your needs change, we can continue to look after you.



## Deferred management fee is capped at 20%

This makes it one of the lowest in the retirement sector. And it's even capped if you transfer to another townhouse or apartment within a Ryman village. There are no hidden costs.



## Fixed weekly fee – providing certainty about your living costs

Few things in life come with certainty. However, Ryman's fixed weekly fee provides just that. Your weekly fee is fixed for the entire time you occupy your townhouse or apartment, guaranteed\*. Therefore, worries such as increasing council rates are no longer a concern.



For more information about the Ryman difference phone Fiona on 09 435 3803  
 262 Fairway Drive, Kamo



## Mid-Year HUB Christmas Lunch

On Friday 29th June Kaikohe Northland College students put on our mid-year luncheon at the HUB. We had a great turn out on the day although the day was chilly, the rain did manage to stay away. Our Young At Heart participants put on an introduction to Nia (photos attached). We thank Northland College for their hospitality and like to support the students who are participating in hospitality.



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## Community Relationships Coordinator update

Health promotion this year has been very popular. We started with one Young At Heart class on a Thursday and now have four classes per week. The Young At Heart class is facilitated by Diana Burgess who teaches Nia, a blend of 3 martial arts, 3 dance, and 3 healing arts all fused together to provide a full body workout for all ages.

Beginners classes now run on a Wednesday 9.30am and 1.30pm, Thursdays at 11am, and Fridays at 11.00am. So we can monitor class numbers please contact Age Concern on (09) 407 4474 or Diana on 027 200 0442 to register.

The cost is \$5.00 per person if you are a member or \$10.00 for non-members, anyone is welcome.

We are currently looking for more interest in our Accredited Visiting Service (AVS). If you have an hour a week to spare to help reduce isolation and loneliness please get in touch with us, or if you would like some company and someone to talk to, speak with us to see how the AVS may suit you.

### Up and Coming

This month for our Supporting Seniors meeting (previously meet and greet) our guest speaker is Anouk van Donzel an environmental educator mid north CBEC EcoSolutions who will be speaking about Reduce, Reuse and Recycle and managing ways to declutter. Anouk offers many talks that you may be interested in - composting, worm farming etc. so come along and meet her. The date is Friday 27th from 10am - 12pm, meeting in the main hall of Kingston House, 123 Hone Heke Road. Free to attend with a morning tea provided.



### November Christmas Lunch

We are taking bookings for our Age Concern Mid North Christmas Lunch to be held in the main hall of Kingston House. The date for lunch is Friday 30th November and will start at 11am - 1pm. Catering supplied by Neat Eats at a cost of \$25.00 per person and spaces are limited, so booking in early is recommended.

### Free Lawyer every month

On the first Monday of every month Graham Day from Law North provides a free service, offering three 20 minute appointments between 12noon - 1pm for Age Concern members. If you would like a one off meeting with Graham please contact us at Age Concern on (09) 407 4474 to make an appointment.

## Staying Safe - A Refresher Workshop

Age Concern Mid North and Salvation Army Whangarei are working together to provide a Staying Safe workshop or mobility scooter course for senior road users. The Staying Safe classroom based workshop is designed to help improve the road safety of people over 65 years of age.

During the workshop you'll re-familiarise yourself with traffic rules and safer driving practices as well as increase knowledge about other transport options available to help keep you mobile for as long as possible.

You must register with Age Concern as spaces are limited. We will be running one each month on the first Wednesday starting at 9.30am - 12pm, with the first one on August 1st. The morning will be covering the theory part of the workshop, lunch will be provided at 12.15pm, and for those who would like to have one on one driving will be able to book their afternoon drive with facilitator. The cost for workshop is \$50.00 per person and held at Kingston House, 123 Hone Heke Road, Kerikeri.

## KERI MOBILITY LTD

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Open Mon to Fri 9.30am - 4.30pm and Saturday 9.30am - 12.30pm

## TZORA MOBILITY

“A mobility scooter” - also referred to as battery-operated electric scooter - is very useful to persons who lack the stamina to cover distances on their own, or who want to keep up with the able-bodied. The type of use, and how often, will determine which model will be most appropriate.

3-wheeled mobility scooters are ideal for use indoors (rest homes, shopping centres, supermarkets) as they have a smaller turning circle, and technological advances have significantly improved their stability. 4-wheeled mobility scooters obviously offer the most stability, however, they are not as manoeuvrable as the 3-wheeler scooters.

Most mobility scooters require reinforced vans to move them around; otherwise the user is limited to the distance of the scooter and no more. This makes scooters expensive when requiring a taxi, not possible on bus, train or plane, and not easy to “take grandparents somewhere for the day”.

The Tzora Elite, Classic and Lite are foldable and portable 3 and 4-wheeled mobility scooters - simple yet ingenious, ergonomically designed and fold in seconds without effort, bending or tools required. Their total weight including battery is up to 31kgs and they fit easily in the back of a small car, a taxi, a train or bus, or checked onto a plane. They are IATA-approved to travel with you everywhere you want to go.

The Titan 3 and Titan 4 are respectively heavier 3 and 4-wheel models, are larger and more powerful, providing performance and comfort and they cover a greater distance. Yet both are detachable and foldable as well, and can also be transported in a car, bus, train or plane.

A Tzora mobility scooter will bring back your independence, and remove your mobility problems for long or short journeys.

**For more information on Tzora’s portable and foldable mobility scooters contact your local agent Northable or phone Tzora Mobility NZ Ltd today on 0800 000 652.**

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