

SUMMER 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

Thank you to all members who generously gave donations and paid their subscriptions. We have a great response, our database is up to date and we have all information that we need to assist us if and when we need to send a newsletter or contact our members. We are trialling sending email to those members that have given us their email address. So for many of you there will be an emailed newsletter as well as a printed copy. We would like to know for future newsletters those members who are happy or not happy to receive their newsletter by email. For your interest we have a paid up membership of three hundred.

Our "be stronger live longer" young at heart classes are enjoyed by so many, we now have four classes

running weekly. Just to remind members that each session costs \$5.00 only if you are a paid up member of Age Concern Mid North. This small fee goes to the very energetic and joyous facilitator. Diane is a highly skilled NIA instructor. We are very fortunate to have Diane as our partner in this ACC accredited activity. This activity is under our Health Promotion portfolio of annual events. Another activity that is also Health Promotion is the Positive Steps workshop. Participants setting their health goals and identifying what they need to do to achieve their desired outcomes. Congratulations to you all for taking charge of your health and wellbeing; for actively engaging in the Young at Heart and Positive Steps workshops. You will have made new friends, had a good laugh and improved your quality of life enjoyment.

Meet and Greet, Accredited Visiting Service and Health Promotion workshops and activities all offer opportunity for fellowship and sharing.

Christmas Dinner 2018 will be celebrated at Kingston House on Friday 30th of November, so please put this on your calendar, and register now.

We have been fortunate to have a trainee social worker doing an internship with us. Kayla has been a pleasure and a wonderful extra resource for us in the office, also assisting Sholay with the Accredited Visiting Service. Thank you Kayla for taking up all the challenges of being in Age Concern Mid North office; engaging with clients and members; I do hope that you gained the knowledge and experience of working with older people as we have benefited from having a new young mind with new ideas and skills. We wish you the very best in your studies and career.

Age Concern Mid North is a Finalist in the Social Innovation Award for our Young at Heart (YAH).

The Board meets on the last Thursday in each month; Board members are elected and are responsible for policy and procedure and decisions on finance; they commit their time without reward. Our President Jan Flowers has been very unwell, now recovering I am pleased to say. We expect to see Jan at the AGM.

Juan Duxfield

Brighten up your festive season

For many, Christmas is a time of family togetherness, the sharing of meals, relaxing together over a holiday break, youngsters playing whilst the adults watch on. Backyard cricket, bbq's, afternoon siestas, long days at the beach, camping, picnics packed in chilly bins and Christmas cake with a cuppa. It's a wonderful season and we're so lucky to live in this beautiful country that offers such natural beauty and wonderful outdoor activities.

In contrast, the festive season can also be a time of quiet reflection, contemplation and memories for many; remembering loved ones and reminiscing of wonderful Christmases and holidays gone by.

At Driving Miss Daisy, we love this time of year and want to help you remain as active and independent as possible so that you can enjoy the traditions of the season. We provide a number of different services to assist you – here are a few ideas:

- Christmas card shopping & posting
- Christmas gift shopping for loved ones
- Clothes shopping for special occasions
- Companion driving to end of year functions & events
- Companion driving to church & carol services
- Grocery shopping for special Christmas meals and treats
- Airport and transport transfers (including at departure and arrival ports)
- Christmas light tours
- Festive outings with a group of friends

Driving Miss Daisy is committed to helping our clients get out and about, so they can live life to the full and make the most of every moment. Remember that many of our franchise owners have fully equipped Wheelchair Accessible Vehicles, to assist with walkers or wheelchairs.

Call us today to discuss your festive season requirements. If there's something you need help with we'd be happy to talk through the options.

Kerikeri/Far North – Sharon Korach & Zara Wright
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From the President

Our Annual General Meeting is to be held at the end of October this year as we have been waiting on the Auditors report.

We have had a very successful year thanks to Juen our Manager who works many many more hours than she is paid for. Much of Juen's time is spent on trying to get fundraising for several of the programmes that are held and to pay staff as we have continually had money cut back from our old sources. Sholay does Health Promotion and helps run the office and last but not least Shirley who is not only a Executive Committee member but a volunteer in the office three days a week. Once again we have been very lucky with the placement of a Social Work student for three months who has been a great help with some of the programmes and office work.

The Accredited Visitors Service (AVS) is also very successful due to our volunteer visitors who visit members weekly that are unable to get out and about on their own. We are very grateful for their help.

Our Executive Committee members also do a lot behind the scenes. Lou kindly brings members from Kaikohe to Age Concern functions, Mike is a volunteer driver (and also has a wife that does not keep good health) and still takes members to appointments to Whangarei Hospital and other places Jan White helps Juen in many ways and of course Shirley who volunteers in the office. A big thank you to you all.

Head Office in Wellington are sending Juen and I a considerable amount of correspondence and a lot is happening there regarding major changes which we should hear about in the not too distant future.

Juen and I have been to Wellington to Age Concern New Zealand's AGM and meetings as well as to Auckland for a meeting having to get the 6am flight, so up a lot earlier than usual. It is worth it to see how other Age Concerns are working which was very helpful as well as getting to know the many other districts Chairs and Managers.

Unfortunately I have recently been enlightened with our hospital systems. The first time I was sent home with no diagnosis even after having a CAT scan and a MRI and had to go back two days later for another four days. My GP was annoyed with the hospital and said I should have refused to go home until diagnosed, so if any of you need to go into hospital do refuse to go home until you have been diagnosed, treated and are capable of looking after yourself. I am now waiting to see specialists in Auckland. But I will say Whangarei hospital staff on the whole were lovely, very efficient and extremely busy.

We now have over 300 paid up members which is most satisfying and thanks again to Juen and Shirley for doing this with a lot of time spent on phone calls and a huge job on the computer. The office staff are also booking clerks for the use of Kingston House which helps us monetary wise.

Our Christmas Luncheon with Neat Eats is not far away and I do hope you have booked in with our office as it was most enjoyable last year.

Kind Regards

Jan Flowers

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

Transport Subsidy

This is a service offered to our current members by Age Concern Mid North to those over 65 years of age who have no available transport.

A 50% subsidy is available for Kerikeri and Bay of Islands through our providers.

This is a quality of life service and gives independence for transport needs. We are requesting members who require hospital visits and do not have a family member or friend to take them to Whangarei or Kawakawa that you contact us before making arrangements with the taxi provider.

Our maximum contribution will be \$40.00 (\$20.00 each way)

Our Providers:

- Haruru Falls Taxi
- Dial a Ride
- Kerikeri Taxi
- Health Drive - Pauline Gilbert
- Driving Miss Daisy

If you are a member of Age Concern Mid North and would like to be part of this service please phone us on (09) 407 4474 or come in to see us.

Current members use this service for:

- Essential doctor's appointments
- Social interaction with Age Concern Mid North for workshops and activities
- Necessities like grocery shopping and haircuts

We would like to take this opportunity to thank our members for their letters of thanks and generous donations for the taxi service and Age Concern Mid North.

Shirley Rawiri

Volunteer for Age Concern Mid North

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

From Kayla - Social Work Placement Student



Isolation and loneliness among our older persons is more common than I had imagined. What I remember most about my visits with my Granddad was the smile on his face when we arrived and each visit was just as important as the last. During my time here at Age Concern Mid North I have had the pleasure of visiting many older persons in their homes. I understand the importance of friendship and appreciate the stories and life lessons shared with me during my visits. Our Accredited Visiting Service (AVS) is a great way of keeping our older persons connected with others. Regular visits can make a significant difference to an older person's health and happiness, and AVS volunteer's say they enjoy and benefit from their role.

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Coordinator update

It's hard to believe we are almost at the end of 2018 and already planning for next year! Where has this year gone? Our health promotion has been quite busy with completion of positive steps last month and almost a daily young at heart class for over 65s. What had started off as one class of young at heart has grown to four and there is still much interest for more.



The four week positive steps programme was run in June with the three month follow up completed in September, the group was fantastic and great to see all were improving in strength and balance as well as feeling more confident around the home or out in the community. There will be more running next year so if you are interested please get in touch with Sholay to register. This is a free four week programme where we meet weekly for two hours to help improve strength and balance as well as confidence if you have previously had a fall and much more.

In the last few months we have had more interest in accredited visiting services (AVS). Many are not aware of all the services Age Concern Mid North offer, there have been more inquiries from other organisations looking at how we can provide services that are not being met in the community. People are becoming more aware of Age Concern as well as we are seeing the isolation and loneliness is increasing. If you have a spare hour per week and would like to visit someone in their home please come in and see us as we are looking for more volunteer visitors.

Supporting senior's monthly meeting

Our last meeting was held in September and our guest speaker was Lynnette Edwards from Work and Income (WINZ). Lynnette is the new case manager for people over 65 and is the person to ask for in the Kerikeri office. We had been asked to provide a speaker to cover the inquiries we receive, if you missed out we will look at Lynnette coming back next year to talk about her role and how she can help as an over 65 case manager.



Younger Generation Support



Kirsten (on right) and friend Karen at the Springbank School Market Day. Kirsten baked all the food for her stall and chose to give Age Concern Mid North 25% of her profit of the day. Thank you for your support and contribution.

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Mid North Christmas Dinner

Age Concern Mid North Christmas Dinner will be held on Friday 30th November 2018.

We are having it at Kingston House, Neat Eats will be our caterer.

\$25 per person.

Please contact us on (09) 407 4474 to book.

Margaret's Bus Trip to Russell



Wonderful day out and great food at the Duke of Marlborough.

Next trip for Christmas shopping on 11 December 2018.

Budget Delivers Cheaper Doctor Visits

The cost of visiting the doctor will reduce for people with a Community Services Card under changes announced in the 2018 Budget.

This will give up to 540,000 people access to low-cost GP visits - making it around \$20 to \$30 cheaper.

Seniors who have either a combined SuperGold and Community Services Card or a Community Services Card should also see a reduction in the cost of visiting their GP by 1st of December 2018.

General practices can choose whether or not to provide the new low-cost visits so please check with your doctor later this year to see whether they have chosen to opt in.

Under the changes, people receiving the Accommodation Supplement or living in public housing will also get a Community Services Card, giving them access to cheaper doctors visits.

To find out more about these changes, go to www.health.govt.nz



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