

AUTUMN 2019 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concern Mid North

Serving the needs of older people



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OFFICE HOURS
 9.00am - 1.00pm Monday to Friday

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From the Managers Desk

Welcome to 2019, what a hot summer. We have welcomed Kayla Higgison to our team as a permanent member of staff. Kayla is our Community Relationship Coordinator and manages the AVS and Health Promotion activities. We also welcome back our wonderful volunteer office worker Shirley Rawiri. Shirley is the first contact for Transport Initiative and bookings for Kingston House.

Our Young at Heart (YAH) started last week and what a joy to see so many braving the hot weather to participate and enjoy the hour of activity. This year we start the programme in Kaikohe, we believe we have sourced a wonderful facilitator and along with Kayla we know that it will be an exciting venture. The other Health Promotion activity that we will be presenting is Live Longer be Stronger for Men, so all of our male members please help us make this a success by registering when the event is advertised. Our Meet and Greet monthly sessions will provide members with a variety of wonderful speakers and social activities. Positive Steps will also be offered in the later part of the year, this is a wonderful workshop for those people needing encouragement to be a little more active and setting a few goals that give confidence and enjoyment. Kayla has been contacting visitors and clients who participate in the Accredited Visiting Service, thank you visitors for giving you time and energy to making another person have a better day. This service

reduces isolation and loneliness which in turns make for an improved quality of life for the client and the visitor. If you think you would like to be involved either as someone who visits or someone that would like to be visited please contact us at 09 4074474 and speak to Kayla.

We hope to see you all at our activities and workshops.

Iuen Duxfield



SALAD WITH STRAWBERRY DRESSING

Salad

Small bunch asparagus	few green beans
Small courgette	1 avocado
Few cherry tomatoes	few salad greens

Dressing

½ cup strawberries	1 Tb lemon juice
1 tsp honey	

METHOD

Lightly blanch asparagus and green beans in boiling water until crisp & tender. Drain, cool in cold water. Finely slice courgette, peel and core avocado, slice. Place salad greens in bowl and arrange other vegetables on top. Puree strawberries, add lemon juice and honey. Drizzle over salad just before serving. To make a meal serve with sliced cold meats (smoked chicken is very nice).

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

Loneliness and Social Isolation

Loneliness is indiscriminate. There is an abundance of research on this subject in New Zealand currently and young people are just as likely to feel lonely as older generations. It is known that levels of loneliness in this country are escalating and as anyone who has ever experienced it will agree, the feeling can seem insurmountable once it settles in our tummies and our lives.

The importance of being aware of and talking about loneliness and lack of social relationships has been proven to be as bad for health as smoking.

There can be many reasons for being lonely, such as health, mobility impairment, sensory loss, changes to driving ability and bereavement. There are all sorts of things happening as we age which can make getting out of the house increasingly difficult and so social isolation can cause loneliness.

When people are no longer able to drive, that's where Driving Miss Daisy comes in! Driving Miss Daisy is the connection from home to the community. They make it their priority to ensure each and every journey is filled with laughter, kindness and positivity.

Driving Miss Daisy clients can have the same driver every time which is great for building relationships. The drivers also love to catch up with the clients and will do everything possible to make the journey enjoyable. That can be as simple as a trip to the supermarket or regular hairdresser appointments. Sometimes, it can be more adventurous and include trips further afield; outings to the beach for a breath of fresh air or coffee with friends; anywhere the heart desires.

Driving Miss Daisy is committed to helping clients get out and about, so every client can live life to the full and enjoy every moment.

Editorial supplied by Driving Miss Daisy

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Kerikeri-Far North
Phone: (09) 407 9889
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From the President

Age Concern Mid North Committee, our Manager Juen and Shirley and Kayla would like to wish all our members a very Happy and Healthy 2019.

I do hope you all had an enjoyable Christmas either with family or friends as I did with my youngest daughter and family who came up from Hamilton. I had neurosurgery two weeks ago and I am progressing slowly but surely. I now know how many of you must feel. Often so helpless when unable to drive and do one's own shopping and having to rely on family, dear friends and wonderful neighbours which I have been so lucky to have.

Our three very efficient office ladies have been back to work for some time now and are extremely busy.

We have had our first Committee Meeting for 2019 and had some interesting discussions regarding plans for the coming year. We will try to vary our monthly "Meet and Greet" but would like our members to please give us suggestions on what they would like or prefer us to do so please get your thinking caps on and contact one of the Committee or the office staff.

The Age Concern National Conference and Annual General Meeting is in Wellington at the beginning of April and Juen and I are receiving regular emails and correspondence from Head Office which keeps us up to date with what is happening nationally.

We are all looking forward to our first "Meet and Greet" at the end of February and catching up on what you have all been doing during the Christmas holidays.

Kind Regards

Jan Flowers

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

Sorting out that muddle - tips on decluttering

Why declutter?

- There is less to clean, tidy and organise but more space to move.
- With more space, there is less risk of falling in the home.
- It will be easier if the time comes to downsize/ move house.

How do I declutter?

- Make a list of what you want to achieve by decluttering.
- Decluttering can be physically and emotionally demanding. Get help from a friend, family members or a professional service who

- provide support in clearing clutter.
- Focus on falls prevention. Create clear pathways free of debris, cords and rugs.
- Preserve stability 'props' such as furniture if used to aid mobility around the house.
- Set reasonable time frames or goals for areas to declutter. Start with one room and narrow it down to a corner of a room, a table, or just a section of the table. Don't try to get it all done in one session.
- Give things back to your children (you are not a storage facility), list items to sell or give away on community websites or donate to your local charitable organisation.
- Dispose of all but the important papers such as tax-related documents and warranties. For each item, decide if you: keep it or get rid of it.
- If it's functional and utilised regularly then keep it.

- In Japan they have a term tokimeku which means 'to spark joy'. If an item sparks joy, then keep it. If something is neither functional nor sparks joy then get rid of it. This is the hard part - actually letting go of stuff.
- Plan to sort your cluttering items into 'give away' 'donate' and 'rubbish' piles or boxes.

Source: Age Concern New Zealand 2016



Do you have time for others?

Regular visits can make a real difference to an older person's health and happiness, and our volunteers tell us that they really enjoy and benefit from, their role. If you would like to spend time with an older person, and have an hour or so a week to spare, we want to hear from you

Would you like more company?

If you are feeling lonely, or would just like more social contact, it's important to do something about it, and Age Concern can help. Our Accredited Visiting Service is a befriending service that provides regular visits to older people who would like more company. Our visitors are volunteers who are keen to spend time with an older person for about an hour each week to enjoy conversation and shared interests and activities



RETARDED GRANDPARENTS

(this was actually reported by a teacher)

After Christmas, a teacher asked her young pupils to write an essay on how they spent their holiday away from school. One child wrote the following:



'We always used to spend the holidays with Grandma and Grandpa. They used to live in a big brick house but Grandpa got retarded and they moved to Batemans Bay where everyone lives in nice little houses, and so they don't have to mow the grass anymore! They ride around on their bicycles and scooters and wear name tags because they don't know who they are anymore. They go to a building called a wreck center, but they must have got it fixed because it is all okay now. They do exercises there, but they don't do them very well.

There is a swimming pool too, but they all jump up and down in it with hats on. At their gate, there is a doll house with a little old man sitting in it. He watches all day so nobody can escape. Sometimes they sneak out, and go cruising in their golf carts! Nobody there cooks, they just eat out. And, they eat the same thing every night --- early birds. Some of the people can't get out past the man in the doll house. The ones who do get out, bring food back to the wrecked center for pot luck. My Grandma says that Grandpa worked all his life to earn his retardment and says I should work hard so I can be retarded someday too. When I earn my retardment, I want to be the man in the doll house. Then I will let people out, so they can visit their grandchildren.

PRICELESS!

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

Up & Coming Events

Tuesday 19 February

Bus Trip with Margaret
Pioneer Village Kaikohe and Paihia,
contact Margaret for more information
09-4077 638

Friday 22 February

Supporting Senior's (Meet & Greet)
An introduction to COGY (THE WHEELCHAIR FOR THOSE WHO STILL BELIEVE) followed by morning tea

Thursday 7 March

Accredited Visiting Service (AVS) Shared Lunch
We would like to invite visitors, clients and those who may be interested in becoming either an AVS visitor or client to a shared lunch. Please bring a small plate of food to share.
For more information phone Kayla or Juen on 09-407 4474

Tuesday 30 April

Men's Health Programme
Men's Health - Keeping Active
Programme for men, designed to promote men to remain active, engage socially with others, and provide information about nutrition and exercises.
For more information contact Kayla or Juen on 09-407 4474

5 Minute Chocolate Mug Cake - For 2 small cakes:

1/4 cup sugar

1 large egg

2 Tbsp canola or other light oil

2 Tbsp cocoa powder

1/4 cup self-raising flour

1/4 cup milk

1/4 tsp vanilla essence

pinch of salt

1. Measure the sugar into a small bowl, add the egg and oil and whisk until pale and creamy. Add the remaining ingredients and stir just enough to combine.
2. Non-stick spray two microwave-safe teacups or two 250ml ramekins or teacups. Divide the mixture evenly between the prepared containers, then place them in the microwave.
3. Cover with a square of baking paper or a paper towel, then cook on High (100% power) for 2-3 minutes or until the centre of the cakes is firm.

Remove the cakes from the microwave, then tip them out of the cups/ramekins. Cool on a rack for a few minutes or enjoy immediately.



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