



## Contact Information

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Please **DO NOT** post to our physical address,  
as mail is not delivered to Cambria Park,  
please send all mail to our **PO Box 53155**  
Auckland Airport 2150.

### OFFICE HOURS

9.00am - 4.00pm Monday to Thursday

9.00am - 1.00pm Friday

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

## Message from Wendy - our CEO



The cover has a purple ribbon with lots of positive words about how we can help prevent Elder Abuse because it is World Elder Abuse Awareness Day on 15 June. There's an article with a bit more information about that later in the

magazine.

As you know it's nearly the end of the financial year and also it will be 25 years of operation by Age Concern Counties Manukau Inc having started in 1994.

As discussed in previous magazines the Age Concern Counties Manukau Inc board has decided to move towards the amalgamation of the three Age Concerns in the Auckland region, by merging with North Shore and Auckland and will be operating in the next financial year under one umbrella known as Age Concern Auckland.

We will provide more information on any changes to infrastructure, etc. as they take place, but the majority of staff you interact with in your Counties Manukau office will remain unchanged and you can still contact us on the numbers and emails you've used till now.

To our financial members you will receive an invoice with this newsletter for the next financial year and that will be transferred to membership of the amalgamated organisation once paid. You will continue to receive quarterly magazines.

The following 'rationale for change' the fundamental reasons why the three Age Concerns are continuing the journey towards amalgamation are listed below:

- to provide an effective framework/structure for operations to be focused on the needs of the clients and communities within the region;
- an organisation that is strategically integrated with relevant external stakeholders within the Region;
- to optimise the utilisation of resources (including people) in achieving the service outcomes;
- to deliver relevant services and maintain brand awareness and reputation so that the organisation will continue to be supported by the communities it seeks to serve and the stakeholders it works alongside;
- to minimise duplication and wastage of effort and/or resources within the 'Region'
- Ensuring that every \$ and hour spent achieves the optimal desired outcomes;
- to maximise income generation, including but not limited to, achieving the Key Performance Indicators (KPIs) established in agreed contracts (and hence receive full funding), improving commercial performance and substantially improving fundraising performance across the Region.

We already acknowledge and recognise that, above all else, the older people and their family/whānau, we provide services to are always at the centre of what we do. As a service organisation we want to respond to the needs, aspirations and expectations of our clients in order to remain relevant and ultimately successful.

Kevin Lamb has been appointed CEO designate of the amalgamated organisation and he will be introduced to you in the next newsletter that comes out in spring.

We hope you enjoy reading the articles written by our staff in this magazine and look forward to your continued support of Age Concern working across the whole of Auckland.

## IT'S DRIVING MISS DAISY'S 10TH BIRTHDAY!

This May marks a ten year milestone for Driving Miss Daisy. We are New Zealand's first and largest companion driving service and we have been committed to helping older people stay social, active and independent since 2009.

With ten years' worth of hard work and dedication, owner's Melanie and Jack Harper have been successful in establishing Driving Miss Daisy as a trusted and loved brand, giving people the freedom of independence within their community. Driving Miss Daisy is now established all over New Zealand with 73 franchises, from Invercargill all the way up to Kerikeri in the North.

*"We are so proud of what we have achieved and all of the people that we have helped along the way. Thank you to all our Daisies - franchise owners, drivers and partners. Thank you to all the wonderful clients we have enjoyed helping, spending time with and making friends with - here's to another decade of making a difference in people's lives!"*

Melanie Harper, co-founder Driving Miss Daisy.

As people get older and their situations change, it can be hard to get out and about, socialise or simply manage basic errands. Driving Miss Daisy provides freedom, independence and strong social connections for those who need it. Our Driving Miss Daisy, 'Daisies', provide transport as well as companionship to clients ranging from supermarket shops, to doctors' appointments, or simply accompany them for leisurely activities whether grabbing a coffee or going on a group day trip.

We hold the companion driving service contract with ACC nationally and we are accredited under the Total Mobility Scheme which provides discounts on Driving Miss Daisy transportation services.

It is important to stay socially active and if you would like to find out more about our services please call us to discuss - we look forward to hearing from you.

*Editorial supplied by Driving Miss Daisy*

## Driving Miss Daisy – more than just a driving service



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Botany	Ph: (09) 534 7712
Mangere Bridge	Ph: (09) 820 0433
Manukau	Ph: (09) 263 0912
Papakura	Ph: (09) 266 2709
Pukekohe	Ph: (09) 239 1377



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# IUHPE

23<sup>rd</sup> World Conference  
on Health Promotion

## IUHPE Conference 2019 (International Union for Health Promotion Education)

*One People, One Health, One World.  
Our world is but one global home. You and I are its  
global citizens.  
Let's work together for our health, and for our home.*

As the Health Promotion Coordinator for Age Concern Counties Manukau, I recently had the privilege of attending the 23rd IUHPE World Conference on Health Promotion. HPF (Health Promotion Forum of NZ) and IUHPE were co-chairs of this event which was held in Rotorua, commencing with a pōhiri by Te Arawa which set the tone for overseas guests and delegates, with Māori culture being woven throughout the conference. (Te Arawa is a confederation of Māori iwi and hapū (tribes and sub-tribes) based in the Rotorua and Bay of Plenty area.) This was the first time Aotearoa / New Zealand hosted the conference – a recognition of the country's leadership in health promotion, particularly indigenous wellbeing, where for the first time at a world conference, Te Reo was an official language as well as the first time that an indigenous legacy statement was released.

Every three years, the IUHPE World Conference brings together researchers, practitioners and decision makers dedicated to health promotion from across the globe. The 2019 conference had the theme of **WAIORA: Promoting Planetary Health and Sustainable Development for All**, which reflected the indigenous focus of the conference. The traditional Māori concept of waiora translates literally as 'healing and healthy waters' and refers to the interconnectedness of our physical and spiritual worlds with our environment. As a theme, waiora reflects the dependence of our own health on that of our planet and recognises the major global challenge of balancing ongoing development with environmental stewardship.

So why did 1200 people from 73 countries attend this triennial conference in a small country at the

bottom of the earth?

Why did I, as a health promotion practitioner working in the Counties Manukau community for 14 years, want to attend? I wasn't really sure having never been to anything like this before!!

BUT, once I had done some research on what was planned and read some of the reasons below, about why I should be there as a person who works at the coal-face in my local community, I was keen to hear what was happening nationally, globally and in indigenous communities around the world.

**Improving Health and Wellbeing of All People:** how can health promotion continue to strive towards achieving the vision of a world where all people achieve optimum health and wellbeing? The overall theme of the conference denoted one of the major challenges in health promotion: how to strike a sustainable balance between ongoing development and the wellbeing of our planet. In light of the increasing concerns about climate change and the UN call for action on the Sustainable Development Goals, it is imperative we continue to share and encourage open discussion on how we face key challenges.

**Addressing Global Health Challenges from a Unique Viewpoint:** New Zealand and the Pacific region had a great deal of learning to share from our experience in addressing the global determinants of health in Aotearoa. Located in the largest ocean on earth and a key part of the Pacific region, New Zealand has addressed pronounced and complex challenges to planetary health and sustainable development. The health promotion approaches and practises by Māori, are effective and unique, and offered a significant contribution, both to the ongoing search for solutions to global health determinants and inequities, and to the development of the health promotion discipline itself. The New Zealand and Pacific health promotion sector and workforce was eager to share and learn. Our region contributed examples of national and regional solutions with potential to benefit communities around the world.

**Walking the talk:** Rotorua was selected to host the 2019 conference because of its unique cultural heritage. It offered a showcase of socio-economic development initiatives that enhance sustainability, the holistic health and wellbeing of the whole community and their built and natural environment.

**So, what did I gain from attending this conference?**

Quite a bit of exercise as we walked the talk! Whilst the main hub was based at the Rotorua Energy Events Centre, some of the sessions were held at the Novotel Rotorua, the Millennium Rotorua and Sudima, which involved walking between the venues, depending on what session I was attending. The bonus while we walked, was that we were blessed with fine weather and views of the lake as we moved between venues. The delegates were challenged to record their steps throughout the conference using an app on our smartphones – it added up to millions but sadly, my steps didn't count as my phone wasn't up to date enough to download the app!



The conference opened on Sunday night with a pōhiri (formal Māori welcome), with the Hon Jenny Salesa (Associate Minister for Health) giving the opening address. The first plenary session addressed the conference theme of 'Waiora: Promoting Planetary Health and Sustainable Development for All', with Prof Mason Durie (Aotearoa) speaking on Te Pae Māhutonga (also known as The Southern Cross), Navigating Pathways to Wellbeing, together with the Matariki (Pleiades) constellations to emphasise this. Both star systems feature prominently across the Pacific as both navigational tools and as frameworks for the health of people and the environment. Prof Fran Baume (Australia) then spoke on 'Governing for health and equity, how health promoters can and have pushed the agenda'. Inspiring speakers and that was just the first few hours!

Each morning we attended a plenary session, when all the delegates gathered to listen to three world-renowned speakers from the global health promotion community. Each one passionate about their area of

*(continued on page 6)*

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mdpmedicalalarms@gmail.com**



*(continued from page 5)*

expertise and knowledge and very inspiring to listen to.

For the rest of each day, we were spoilt for choice as to what topics and sessions to attend for the morning, with three more sessions after lunch, related to the plenary topic of the day. We were well occupied from 8.30am to 6.30pm, so the opportunity to stretch our legs, get some fresh air and sunshine as we moved between sessions was very welcome. Each time slot offered between 20-30 options, covering all ages, health issues and topics, local/national/global perspectives, research, policy, programmes – page after page, the lists went on. You name it, there was something for everyone! The problem was – how to choose? What should I pick? It was very overwhelming on the initial look at the programme as I had never been to anything like this before. Sometimes the topic title enticed me in for a closer look at what was on offer, only to disappoint. As the saying goes, you have to kiss a lot of frogs before you find your prince. Trying to choose what to go to, was a bit like that at times!! However, as my focus was on any topic to do with older people and the health of indigenous peoples, after finding a lot of frogs along the path of discovery, I found a prince at every session – I felt very fortunate that every session I attended each day, didn't disappoint.

**Monday plenary:** Ensure health equity throughout the life course, within and among countries, making each member of the global society an empowered lifelong learner.  
Speakers: Sir Michael Marmot (UK), Dr Stanley Volant (Canada), Dr Anne Bunde-Birouste (Australia)

*My picks of the day:*

- Health promotion at the end of life (way more interesting and not as gloomy as it sounds!)
- Housing as a determinant of health
- Co-designing health services with Māori communities

**Tuesday plenary:** Make all urban and other habitats inclusive, safe, resilient and sustainable and conducive to health and wellbeing.

Speakers: Dr Trevor Hancock (Canada), Dr Priya Balasubramaniam (India), Dr Colin Tukitonga (Niue)

*My picks of the day:*

- Designing environment for healthy ageing
- Local solutions to global challenges
- Kaitiaki ahurea: effective health promotion in

Māori communities

- How to build community partnerships in research practice for co-designing intervention. Learning from the OL@-OR@study



**Wednesday plenary:** Build effective, accountable and inclusive governance at all levels that promotes peace, justice and respect of human rights.  
Speakers: Mr Tāmami Kruger (Tūhoe-Te Urewera Aotearoa), Dame Anne Salmond (Aotearoa)

*My picks of the day:*

- Environments for health equity in older age. Taking a life course perspective
- Healthy land, water and people. Indigeneity, relationships and planetary health
- Innovations in indigenous people's health promotion

**Thursday:** Closing plenary – Design and implement effective and fair climate change adaptation strategies.

Speakers: Professor Anthony Capon (Australia), Mr Patrick Mwesigye Sewa (Uganda)

*My pick of the day:*

- Wairuatanga – integrating the fourth article of Te Tiriti o Waitangi into health promotion and health education

In the busyness of delivering Positive Ageing Health Promotion programmes, it can be difficult to keep up with research in the health of older people, so it was good to hear progress and results of current research in Aotearoa and internationally. Whilst it was disheartening to hear of the challenges that are faced by indigenous peoples around the globe and on our doorstep here in Aotearoa (sadly, many of the stories sounded all too familiar), it was inspiring to hear of some innovative solutions in response to those challenges, particularly those that are happening in our Māori and Pacifica communities.

I came away from the conference with brain overload and challenged about the problems that individuals, communities and nations face but also inspired and

energised by the collective knowledge, wisdom and experience that the plenary speakers and session facilitators shared. Whilst we know there is a lot wrong in our world (and it is all too easy to focus on the negative stuff), it was encouraging to be able to spend time with like-minded people, who are passionate about what they do and be reminded that there is also a lot that is right and that there are successes to celebrate.

Toi te wairua,  
Toi te tangata,  
Toi tū te whenua

*Uplift the spiritual element,  
Uplift humanity,  
Uplift and preserve the natural world*

## Melanie Jaggs

Health Promotion Coordinator

*(Information in this article about the conference has been sourced from the IUHPE and HPF websites.)*



A shipping container was located outside the Energy Events Centre and during the conference, young artists from the Solomons and New Caledonia painted a mural under the Pacific Community's WAKE UP! Project aimed at encouraging young Pacific Islanders to get involved in efforts to control non-communicable diseases, which was gifted to the people of Rotorua. HPF's Dr Viliami Puloka presented the mural which was accepted by the Mayor of Rotorua, Steve Chadwick who spoke at the closing ceremony and has agreed to further explore the idea of Rotorua becoming a healthy city and what was involved in the process of becoming a healthy city.

Mr Tāmami Kruger and  
Dame Anne Salmond



### Peace of Mind

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## Maintaining good relationships at any age.

It's interesting trying to find a topic to write about for each magazine we publish. The inspiration for this topic was found with looking around at what was happening with my family.

I'm the mother of two teenage boys, quite different from each other and their grandfather also lives with us along with their father. For our older boy (16 years of age) life has become more challenging as he chooses to spend more time with friends who influence each other sometimes in good and other times not so great ways. The boys never seem to be separated from their peers much but I do know, in amongst all of those people, they can feel lonely as well. Anyone can be lonely in any situation, and we are not always in a position to pick and choose who we need to have relationships with. On reflection, life is always about balance and how we choose to react to things – it's also important to remember it's about quality over quantity.

A recent article I read about people, relationships/ friendships and time argues that by 30 years of age the number of our friendships peak; from near retirement age time spent with work colleagues, children and extended family peaks and, interestingly enough, from the age of forty we increasingly spend more time alone. Many of the clients I see are not that mobile and this severely limits the choices of who they are able to spend time with.

My father-in-law no longer drives and he is dependent on us for his social needs. His grandchildren form a part of that. We had a situation of items being borrowed without their grandfather's consent. Although as parents we followed through with consequences immediately, as the situation required, however a point to note was the wisdom displayed by their grandfather and how he dealt with the apology.

After the teenager apologised, the grandfather graciously said thank you and accepted it, then asked "Are we still friends?". The teen looked at him quizzically not understanding the question. The grandfather said louder and extended his hand and asked "Are we still friends?" and they shook hands.

Their grandfather wanted to point out that we all have to live together regardless so how we choose to deal with each other is important.

It's the quality of the relationships we have that is important. And sometimes the effort it takes to maintain ongoing harmony. The difference between a small, supportive quality relationship base and/or a bad relationship or a non-existent one is crucial. At any age we need to focus on maintaining good relationships.

Accredited Visitor Service (AVS) Co-ordinator

## Life in the kitchen made easier

Five must have kitchen tools for tricky tasks from Independent Living.

There are several utensils that are essential in every kitchen; sharp knives, bakeware, cookware, measures and a decent chopping board. But, there's also some must have items that once you've used them, you won't be able to live without. They are all about making your life easier, so you can up your game in the kitchen!

### 1. JarKey opener \$9

Ever struggled to open a vacuum sealed jar? Using the nifty JarKey simply position it against the rim of the lid and gently lift to release the vacuum till the middle of the lid pops up. Voilà, the seal is released, and the lid opens effortlessly.

### 2. Rubber jar and bottle opener \$7

If you find it difficult gripping those little lids on your favourite bottle of fizz or opening a bottle of milk – then this is the tool for you. This gadget is shaped in a figure of 8 providing three sizes of opener suitable for small bottles to large jars. The flexible, non-slip rubber jar opener fits over and grips the lid, providing extra leverage to assist in opening.

### 3. Good grips swivel peeler \$13

There are not many things more frustrating than a peeler that doesn't peel. The good grips peeler peels, and really well too! It has a large wide comfortable grip that's easy for everyone to use, and it's non-slip even when wet. Great for those with arthritis or a weakened grip. Made of stainless steel and Santoprene, dishwasher safe and has a potato eyer for removing blemishes. What more could you want?

### 4. CanKey tab grabber \$8

No more broken nails and sore fingers from opening ring pull cans. The CanKey is a simple tool that opens all cans with a ring-pull opening device. Place the tip of the CanKey under the ring and pull the handle down. The lid is removed safely and without trouble. Its long handle gives good leverage for easy opening, plus it's dishwasher safe.

### 5. Good grips can opener \$34

This is the last can opener you'll ever buy, it's that good. It's from the same range as the peeler above with similar large easy to grip and non-slip handles. The best part though, is its large oversized turning handle which makes opening cans a breeze. Made of stainless steel and Santoprene, dishwasher safe and has a built-in bottle cap opener.

All products are available online or in store at Independent Living, [www.ilsnz.org](http://www.ilsnz.org) Visit us today for a wide range of assistive technology products and expert advice on all things for daily living. Let us help you to live your life, your way.

## Grants for wood burners and heat pumps

Government Warmer Kiwi Homes grants



covering at least two-thirds of the cost of heat pumps and wood burners start in July. These grants are for lower-income home owners (not rentals) and will be capped at \$2,500.

EECA, which runs Warmer Kiwi Homes already offers grants covering at least two-thirds of the cost of ceiling and underfloor insulation and you will need to have insulation installed to EECA standard before you can get a grant for a heater. Warmer Kiwi Homes manager Eddie Thompson says insulation is always the top priority for a warm, dry home.

"Some older people may put on another jersey when it gets cold but the air you breathe in may be cold and damp, leading to increased risk of respiratory illness."

Mr Thompson advises home owners with inadequate insulation to apply for an insulation grant now so they can apply for a heating grant in July. He says you can visit the [www.energywise.govt.nz](http://www.energywise.govt.nz) or free call 0800 749 782 to find out if you are eligible for insulation and to contact one of EECA's contracted insulation service providers.

If you already have insulation and want heating, call 0800 749 782 or visit [www.energywise.govt.nz](http://www.energywise.govt.nz) in July.



# HOME CATER.

## Ready to Heat & Eat Meals

*"I find the meals 1st Class. These meals are my main meals of the day as I am house bound, and find they are nearest to what my wife would have cooked. Once again 1st class service".*

*Many Thanks George Warman  
(Ranui West Auckland)*

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### New Community Strength and Balance Classes Indian Association Manukau NZ – YOGA

Yoga aims to improve your quality of life through enhancing flexibility, improving breathing habits, minimising stress, improving muscle tone/strength, improving sleep patterns and promotion of inner wellbeing and relaxation. Participants are seated on or supported by a chair. Routines are designed for persons with mobility limitations, but are suitable for the able-bodied.

Venue: 57 Hillside Road, Papatoetoe  
Time: 8:00am – 9:00am  
Day of week: Sundays  
Cost: \$5 per class

**What to bring:** Comfortable clothing (bring a cardigan or jacket to keep warm after the exercises). A bottle of water  
Levels: Level One – limited mobility  
Level Two – reasonable mobility catered for

### New Waters Tai Chi beginning in East Auckland

An enjoyable Tai Chi for Arthritis exercise programme, with a sequence of easy-flowing exercises that are low impact and gentle on joints. These exercises are designed to improve balance and core strength.

Venue: Somerville Intermediate School,  
39 Somerville Road, Howick,  
Auckland

Day(s) of the week: Tuesdays and Thursday  
Time: 6:00pm-7:00pm  
Cost: \$5 per class for those referred

**Level One:** This class is suitable for those people who can stand for a minimum of 30 minutes

**Level Two:** Reasonable mobility class.

Beginning: 26 February 2019

### Zest for Life

A fun, social, low-impact class focused on improving balance, strength and fitness and reinvigorating your Zest for Life!

Venue: Better Health PT Studio  
271 Union Road, Mauku  
Days of week: Monday 10:30am – 11:30am and  
Wednesday – 10:00am-11:00am

Cost: \$7 per class  
Level: Level Two reasonable mobility, does not use a walking aid and/or currently engaging in some physical activity and Level Three full mobility, good level of fitness and wanting to maintain this, and confident in participating catered for.  
What to bring: comfortable clothing and sturdy shoes as well as water bottle.

### Franklin Baptist Church - Seated exercise class!

A fun seated exercise class. Participants are seated on or supported by a chair. Routines are designed for persons with mobility limitations, however is also suitable for the able-bodied.

Venue: 1 28-144 Victoria Street West,  
Pukekohe  
Day of the week: Wednesday

– first Wednesday of the month 10:00am – 11:00am

exercise and a shared morning tea followed by 11:00am chapel service.

- Second, third and fourth Wednesday of the month 9:30am – 10:30am exercise and a shared morning tea followed by guest speaker or bible study.

Ask about the outings available on the fifth Wednesday of a month: Botanic Gardens, etc.  
Cost: \$2. Accessibility: ground level access and plenty of parking available.

### Steady as You Go (SAYGO)

- Falls Prevention Programme for men and women 65+.

The gentle exercises used in the programme are based on those proven to reduce falls by Professor John Campbell and Dr Clare Robertson from the University of Otago.

The exercises are designed to improve balance, leg strength, general fitness and wellbeing. Participants warm up in a chair, followed by standing exercises, walking exercises and warm downs in a chair. A range of light ankle weights is used for the leg strengthening exercises and all participants are encouraged to work at their own pace and stop if they feel dizzy or lightheaded.

Venue: Trinity Methodist Church,  
474 Pakuranga Road

Day of week: Wednesday  
Time: 9:30am – 10:30am

What to bring: Drinking water bottle  
Cost: \$2

Dates: The classes run year-round unless class falls on public holidays  
Accessibility: Parking available and ground level access

Level: combination of Level One limited mobility and Level Two reasonable mobility catered for

Venue: All Saints' Community Centre,  
30 Cook Street, Howick

Day of week: Wednesday and Thursday  
Time: 1:00pm – 2:00pm

What to bring: Drinking water bottle  
Cost: \$2

Dates: The classes run year-round unless class falls on public holidays  
Accessibility: Parking available and ground level access

Level: combination of Level One limited mobility and Level Two reasonable mobility catered for

### Survey

Auckland Council recently made a commitment to apply to join the World Health Organisation's global network of Age Friendly Cities and Communities. Around the world, cities and countries have made commitments to make their communities better places for older adults. This involves recognising that by making community spaces and environments more suitable, inclusive and accessible for older people to navigate, we are not only making life better for older adults, but for everyone, no matter their age, ability, socioeconomic background or lifestyle.

The Age Friendly initiative recognises that there are many different elements to a city and community that enable its members to live authentic, valued and inclusive lives. There are nine core domains that the global network recognises as important areas of a city that enable older adults and community members to engage in meaningful ways including housing; transport; social connections; civic participation and employment; environmental and green spaces; among others.

Auckland Council has committed to this process and is now working to achieve this by engaging with communities across Auckland to find out what an Age Friendly Auckland should look like. Auckland Council has partnered with several community organisations to facilitate this engagement process. There will be many workshops hosted across Auckland that provide opportunities for older adults to come together and share their ideas about what it would take for Auckland to become Age Friendly. Keep an eye out on the Auckland Council website and Facebook pages for information on the various workshops you can get involved in.

Age Concern Auckland has partnered with the council to facilitate several workshops on behalf of the council; there will be information on these, and other workshops, shared on both our website and Facebook pages as they are finalised. Enclosed in your newsletter you will find a short survey on the Age Friendly Cities initiative. This is also a part of the engagement process that Age Concern Auckland and Auckland Council are working on. This will be a very short and simple survey, designed to gather information that will assist the council in making informed decisions about what can be done to make Auckland a more inclusive and accessible city. We would be grateful if you could complete the survey and post it back to the below address. This is a freepost address, so there is no need for a postage stamp.

Please keep an eye out on our website and Facebook page for further information and an online version of this survey. **Please complete and return the survey by the end of 7 June 2019.**

FREEPOST 250774, Age Concern Auckland, C/O R Preston  
PO Box 19542, Avondale, Auckland 1746

**Bookings for all classes listed above are essential.**

**Please use the enrolment form <https://www.ageconcernauckland.org.nz/strengthandbalance> or phone Community Central on 0800 262 368**

**or for more information please phone our Age Concern Counties Manukau office on 09 279 4331**

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## Handy News

For those for whom climbing a ladder is not a safe or practical option it is always better to seek some assistance. As a result the majority of requests for handyman assistance are to change light bulbs. Because of the huge variety of lighting options even something seemingly simple can be a challenge. Some lamps require jeweller's screwdrivers because the cover screws are so small.

These days there are a seemingly unlimited variety of bulbs with varying sizes, styles, brightness, colours, fittings, and bulb mechanics. And in older houses, especially where the light socket has had contact with water (usually condensation in a kitchen or bathroom) the bulb may be rusted into the fitting. This requires particular care and patience just to remove the bulb.

However, to replace a bulb you must first have an appropriate replacement. If you have the old bulb it is an easy task. Either note down the bulb's power requirements (either in watts or lumens, look at the fitting (is it a screw or a bayonet type) and the size of the fitting and bulb. If you are unsure take it to a lighting shop or a home improvement outlet and show them. It is always a good idea to buy extra bulbs as well to save further trips.

New Zealand houses have five general types of bulb:

- fluorescent tubes
- incandescent
- halogen
- CFL
- LED

Some are interchangeable and some, notably fluorescent tubes and halogen bulbs, are not. Fluorescent tubes are easy to recognise, they have a long glass cylindrical body and come in different lengths so make sure you know how long the tube is.

Incandescent bulbs are still the most common type. They have bell shaped glass with two wires visible inside attached to each other by a very fine curled wire.

Halogens are usually very small and used in cabinet lighting, in cans in ceilings, and in lamps. They are very bright and require considerable care in their replacement. You must never touch a halogen bulb with bare skin. If the bulb being replaced has just gone out it will remain extremely hot for a long time and can give serious burns. Touching the new bulb can leave oil from your skin on the glass which will burn the bulb when it is turned on causing it to

explode.

CFLs (commonly called eco bulbs) are spiral shaped and are interchangeable with incandescents and LEDs as long as the fitting is the same. They have up to 10x the life of an incandescent bulb.

LEDs are the latest type of bulb. They are even more long lasting than CFLs, they release no heat at all, have no mercury inside but are comparatively expensive.

This may seem obvious to note, but always turn off the light at the switch before removing and replacing a bulb. You do not need to turn off the power to the whole house. And again, if you are unsure about any of the steps involved or of what to get obtain assistance i.e. the Handyman Service.

The last thing to note is that just because the light does not come on when you operate the switch does not necessarily mean that it is a bulb failure. If it is a wiring or switch fault NZ laws require the repairs to be carried out by a registered electrician.

Happy reading... Ciao, **Brett**



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## Law to make tax more straightforward for New Zealanders

In March 2019, Parliament passed legislation to make the income tax process for most individuals more straightforward. These changes will apply from 1 April 2019 and to the end-of-year processes for the current tax year (1 April 2018-31 March 2019).

Inland Revenue can confidently share with their customers that end-of-year processes are now much simpler.

### Most salary and wage earners won't need to do anything to finalise their tax position.

Personal tax summaries (PTS) are no longer required and many people will get a refund automatically, some for the very first time.

If Inland Revenue notice anyone paying too much or too little tax, they'll suggest a different tax rate or recommend a tailored tax code.

If you need to provide us with more information, you can easily amend your income tax assessment in myIR.

## Pre-population of returns will simplify the process for IR3 customers.

If you earn other income (eg business or rental), Inland Revenue will pre-populate income tax returns with employment or investment income information where tax has already been deducted.

Most tax refunds will be paid automatically from late May until July. To find out more about the changes, and what these mean for you, visit Inland Revenue at: <https://www.classic.ird.govt.nz/campaigns/2019/changing-for-you/changing-for-you.html>

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## Manurewa Life Long Learning Fund

The Manurewa Life Long Learning Fund is an initiative by the Manurewa Local Board which funds learning activities for older adults. The Manurewa Local Board works alongside Age Concern Counties Manukau to deliver this fund to the community. It was first launched in 2017 and has been rapidly growing in popularity as more and more apply each year. The aims of the fund are to support a culture of all-life learning, to support Manurewa residents to continue learning for the benefit of their communities, and to encourage sharing of knowledge within the community.

Learning is something we continue to do as we grow and develop as people throughout our years. As we grow and change as individuals, so do our interests, and the Manurewa Life Long Learning Fund enables individuals to continue to pursue their interests as they grow, change, and develop. Last year's successful applicants reflected a diverse array of interests, which included woodturning, gardening, presentations, public speaking, adult education training, and counselling training.

The Manurewa Local Board, along with Age Concern Counties Manukau recently hosted a morning tea to meet with some of the previous successful applicants from the 2018 round of funding. They shared amazing stories of the learning they have been able to participate in and how they have shared their skills and knowledge with the community. Hearing their stories was an enriching experience for us. We hope you will also find it enriching reading the blurbs from some of the successful applicants below:

### Garry Jones

"I started woodturning back in 2017 as I was looking for a hobby. I joined the South Auckland Woodturners Guild (SAWG) and started turning bowls and foot rollers for a friend of my wife.



At the club I was told about a National Certificate in Woodturning course and thought that I would give it a go as it would be a great way to better myself and learn more about woodturning, so I signed up for it. The Nat Cert has four stages to it, and as you work through the stages (which takes three years) the work gets more difficult and a lot more technical. I applied for the grant as it would be a great help to me for tools and course fees.

At the club we do lots of things to help others within the community, such as making wig stands for the members of the Look Good, Feel Good Trust and also each Christmas we make toys and small bowls to give to those people who have to stay in hospital over Christmas. This year we wrapped up 230 presents for the Auckland Hospital and Starship and delivered 110 wig stands.

I think this is a fantastic idea and I really appreciate having been awarded it as it has allowed me to further my woodturning experience. I would like to thank everyone involved in the process of awarding these grants at the Manurewa Local Board and Age Concern Counties Manukau. This is a fantastic opportunity for anyone who is looking to get involved in future learning and I would recommend that anyone who has a hobby or course of learning that they want to do, get in touch with Age Concern and apply for this grant."



Life Long Learning Fund recipients

### Phil Sai-Louie

"I have always been interested in NZ History and learning in general. I joined a Historical Society in 2001 and did my first talk. I was working full-time until 2012, so was not able to do many talks. Since retiring in 2012, I have been able to do many more talks. I particularly enjoy doing talks on the history behind first names, place names, and flags.



In 2018 I did 45 and have now done over 200 in total. I try to be entertaining but also increase the knowledge and cultural and historical understanding of the audience. I have presented more than 15 topics and they are broadly educational and historical. I hope that the audience learns quite a bit about NZ's history as well as some overseas history. The topics I have covered so far include: British surnames, British first names, Auckland's place names, NZ place names, world place names, flags of the world, national anthems, Chinese in NZ, how WWII could have ended badly, Elizabeth Yates (the first female mayor in the British Empire), the great grown sewage controversy, Mayor Robbie, origins of names of flowers and other plants, NZ false history, important New Zealanders and the building of the NZ railway line.

I talk mainly to Probus, Friendship, and Rebus groups, as well as historical societies and the U3A, amongst others. Almost all of the audiences I talk to are over 65.

All talks are better with a few slides (photos, maps, diagrams, etc.) and some simply cannot be done without visuals. Many of the groups I speak at do not have a laptop or projector, so I am very grateful to the Manurewa Local Board and Age Concern Counties Manukau for enabling me to purchase a projector. Since obtaining the projector I have used it at 16 talks. I am sure that the audience have received much more benefit and enjoyment because of the visuals accompanying the talks. Thanks again for the support given, which will enable me to enhance my talks in the future."

### Lilia Segala

"Italofo lava,

My name is Lilia Semau-Sagala. I am now retired, which has given me time to do part-time studies to further my counselling abilities. I do voluntary pastoral care counselling in our LifeChurch community both in Manurewa and Avondale, where I lead and facilitate a weekly senior group.



My role in facilitating the senior group requires me to provide pastoral counselling to participants so I take this opportunity to thank Age Concern for the grant I received last year. I appreciate your support for my continued interest to study. The grant has and will assist me with the ongoing costs related to my counselling course at Laidlaw, Manukau.

I am encouraged to formalise my learnt skills in pastoral counselling which allows me to give back to the community. My goal is to complete a diploma in pastoral counselling by 2020 and, should the opportunity arise, to continue to degree level.

Faafetai tele ma ia manuia!"

**The great thing about getting older is that you don't lose all the other ages you have been.**  
~ Madeline L'Engle

## Hon Jenny SALESA MP for Manukau East



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jenny.saleasa@parliament.govt.nz

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## World Elder Abuse Awareness Day

**(WEEAD) 2019** is held on 15 June and is an annual international UN observance day on the same date each year. The day came about as a result of UN resolution 66/127.

With a growing global population of elderly people, and as longevity increases, abuse of the elderly is an increasing and serious problem that affects health and human rights and can cause death. It is vital to raise awareness of it, and thus prevent it, whenever and wherever possible.

Elder abuse is global and comes in many forms including physical; emotional; sexual and financial abuse; and also neglect. Older people are human and deserve the same dignity and respect as people of all other age groups.

Older people are particularly vulnerable to abuse and to being unable to defend themselves and get help as fear and infirmity can be major barriers to seeking and getting help. And sometimes spotting and challenging abuse in the elderly isn't easy, some are isolated having outlived family and friends, and some are abused in institutions where abuse is not spotted or is covered up. In some cases the elderly are not given priority by authorities in abuse matters.

The UN aims to raise awareness of elder abuse and prevent it, and on World Elder Abuse Awareness Day, communities and the press and media run events to highlight the danger of elder abuse, what can be done to prevent it and what to do if it is spotted. Auckland Elder Abuse Response Service is a collective of Age Concern Counties Manukau, Age Concern Auckland, Age Concern North Shore, Vaka Tautua and Shanti Niwas. Together we cover the Auckland region, working collaboratively to assist older people who have been referred to our service. Please read the table right for details of the provider in your suburb, or the appropriate regional cultural and linguistic service.

The Elder Abuse Response Service (EARS) aims to improve the quality of life of older people in abusive situations and to prevent abuse by providing information, education programmes, advocacy and

support.

If you are concerned about elder abuse, whether you are an older person yourself, a family member, friend, neighbour or professional, you can contact our Elder Abuse Response Service team for free and confidential advice.

Our qualified EARS social workers have a wide knowledge of the needs of older people and their carers and they work closely with relevant organisations. They are available to talk with groups to help promote public awareness. Seminars and presentations on elder abuse and neglect prevention can also be arranged.

For Age Concern Auckland referrals (central and west), English, Mandarin, Cantonese and Korean, contact us via the details below, or submit a referral online.

Area Covered	Agency	Phone number(s)
Auckland central and west	<a href="#">Age Concern Auckland</a>	09 820 0184
Auckland-wide Pacific provider	<a href="#">Vaka Tautua</a>	0800 825 282
Auckland-wide Indian provider	<a href="#">Shanti Niwas</a>	09 622 1010
Rodney, Hibiscus and Bays, Upper Harbour, Devonport-Takapuna, Kaipatiki	<a href="#">Age Concern North Shore</a>	09 929 2309
South Auckland	<a href="#">Age Concern Counties Manukau</a>	09 279 4331 exts 800 or 812 027 392 6286

## Our Auckland Elder Abuse Response Service consortium members are conducting a number of activities for WEAAD 2019.

Shanti Niwas are hosting an agency event at their premises on 15 June.

Age Concern Auckland will have resources and information available at the Auckland Hospital, Waitakere Hospital and Greenlane Medical Centre and are running various media articles. They are also running a Facebook competition to design a t-shirt to help raise awareness about elder abuse.

Vaka Tautua will have a live panel on social media where their staff working on elder abuse will be available to answer your questions. They will also have information available on Pacific radio programmes in Samoan, Tongan, Cook Island stations.

Age Concern North Shore are going to have a presence at the Milford Mall with information resources, balloons and ribbons.

Age Concern Counties Manukau will have a drop-in information morning at Cambria Park Homestead on Wednesday 12 June between 9:30-11:30. You can talk to our social workers or educator and gather resources and information while you enjoy a cuppa and biscuit.

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Winter is upon us as we are starting to think more about indoor activities, indoor sports and fitness, retirement village activities and extended family get togethers.

Unfortunately it is exactly these kinds of gatherings that are difficult for people who are hard of hearing. The more people that are in the room, or together outside, the harder it is for people with even the slightest hearing loss, to pick up on individual conversation.

The good news is that in most cases there is a solution. It all starts with a hearing test, which A1 Hearing offers for free. This test will help you or your loved one to determine current hearing levels and make a plan for the future.

If something so small could help you or a loved one join in the conversation this winter, then it's worth making a no obligation, completely free appointment. **A1 Hearing has been helping people with hearing loss for more than 20 years**, and the team at A1 Hearing is committed to ensuring that these people **'do not miss a thing'**

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## SHINGLES

Shingles – it can be even more painful than it looks. If you've had chickenpox (and most NZ adults have), you are already carrying the virus that causes shingles. When you are young, your immune system is usually strong enough to keep the virus in check. But as you age, it becomes easier for shingles to break through your body's defences. 97% of adults are at risk. If you are over 50, your chances of being one of them is higher. Around one in three people who have had chickenpox will get shingles in their lifetime. By age 85, one in two will have had shingles. One in four who get shingles will experience complications. Almost all people (96%) that develop shingles will experience pain. Allodynia is distressing and debilitating pain caused by the slightest touch to affected skin. Post herpetic neuralgia (chronic nerve pain) is the most common complication. It can be disabling and difficult to control and can substantially reduce quality of life for months or years.

[www.shingles.co.nz](http://www.shingles.co.nz)

So, why an article on shingles? One of our staff recently had a first-hand experience of this painful illness and although it was on the mild end of the spectrum, she found a lot of people who had had it or knew of others, confirming the above statistics but more worrying, that a lot of people, didn't know there was a vaccination available.

**The article below can be found on the Carers New Zealand website and has been reprinted with their permission.** (Carers New Zealand is a one stop information resource for New Zealand carers featuring carer services and community information.)

[www.carers.net.nz](http://www.carers.net.nz)

[www.carers.net.nz/did-you-know-shingles-awareness](http://www.carers.net.nz/did-you-know-shingles-awareness)

### Vaccinations against shingles

**Bupa geriatrician Dr Maree Todd says half of people over the age of 80 may get shingles, a painful, unpleasant virus that can strike anyone who has ever had chickenpox.**

Shingles (herpes zoster) is a reactivation of the chickenpox virus (varicella zoster). After you recover from chickenpox the virus hides away, dormant, in the nerve tissue in the spinal cord. Then, much later in life, up to 30 per cent of people might get a reactivation of the virus.

This can occur suddenly, and usually we do not know why, but shingles is rare before the age of 60, then increasingly common the older you get (up to half of those over 80 can expect to get shingles).

The virus can strike after prolonged stress or illness, and can be associated with lowered immunity or resistance to infection, which can occur with age.

### Often only one shingles attack occurs.

#### Symptoms

Shingles starts with a tingling, burning, painful sensation, followed by a red rash. Often there are blisters, which break and form small ulcers that begin to dry and form crusts; these fall off in two to three weeks, and usually heal without scarring. The rash is typically confined to small areas of the body, appearing along nerve pathways. It strikes one side of the body, often the back or chest, but can also affect the face, eyes, tongue, and ears.

#### Diagnosis

Your doctor can diagnose shingles by looking at your skin and asking questions about your medical history. Tests are rarely needed, but may include taking a skin sample to see if the skin is infected with the virus that causes shingles. Blood tests may show an increase in white blood cells and antibodies to the chickenpox virus, but cannot confirm that the rash is due to shingles.

#### Early treatment

When shingles symptoms appear, preferably before any blistering, antiviral treatment can reduce pain and complications and shorten the course of the disease. But you need to seek treatment early for the treatment to work, during the tingling, burning phase before the rash starts. Once the rash has been present for a few days, shingles treatments aren't effective, so if you have symptoms, see your GP as soon as possible. It's also important to see your health care provider if your shingles symptoms persist or worsen.

Shingles that affect the eye may lead to permanent blindness if you do not receive emergency medical care. Early treatment with antiviral medications can reduce the risk of this happening. The drugs are usually given in pill form, in doses many times greater than those recommended for herpes simplex or genital herpes. Some people may need to receive the medicine through a vein (by IV). Strong anti-inflammatory medicines called corticosteroids, such as prednisone, may be used to reduce swelling and the risk of continued pain. These drugs do not work in all patients.

#### Is it contagious?

You do not catch shingles from someone else; it is a reactivation of your own dormant virus. You will not give anyone else shingles but you can give them chickenpox if they have never had this. It is extremely important to keep away from those who have not had chickenpox, especially pregnant women, as this illness can harm the baby. Avoid touching the rash or blisters of someone who has shingles if you are pregnant or have never had chickenpox.

#### Complications

Shingles can result in serious complications, particularly visual impairment if the virus affects the eye areas (seek urgent medical help if this happens). It can also cause intense pain called post-herpetic neuralgia, which can be debilitating and persist for long periods after the rash has gone. This is more likely to occur in people over the age of

60.

Up to 20 per cent of people over 80 who get shingles have persistent pain for three months or longer, compared to five per cent of those aged 50-59 who have had shingles. Self-care tips

- Antihistamines taken by mouth or applied to the skin may reduce itching (ask your health care provider for advice).
- Pain medicines can be very helpful, as can cool, wet compresses.
- Zostrix, a cream containing capsaicin (an extract of pepper), can reduce the pain of post-herpetic neuralgia.
- Soothing baths and lotions, such as colloidal oatmeal baths, starch baths, or calamine lotion, may help to relieve itching and discomfort.
- The skin should be kept clean, and contaminated items such as wipes and tissues should not be reused. Linens and clothing should be washed in boiling water or otherwise disinfected before reuse.
- The person may need to be isolated while blisters are oozing to prevent infecting people who have never had chickenpox, especially pregnant women.

#### Vaccination

A large study has found that vaccination reduced the risk of getting shingles by about 61 per cent. The vaccination was most effective in the 60 to 69 age group. It is not yet certain whether the vaccine actually reduces the rate or severity of post-herpetic neuralgia, but it seems to be a well-tolerated vaccine, with the main side effects being redness, soreness, and itch at the site of the vaccination in a small number of people.

What we do not know is how long this vaccine lasts and how often it needs repeating; some have suggested a booster every six years. The vaccine is approved for use in New Zealand but is not publicly funded. You can get a shingles vaccine through your GP for a cost of about \$200. If you are in the 50 to 60 age bracket, you may feel that

*(continued on page 20)*

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Freehold Retirement BL2019



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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 checking to see if you're getting the best deal for you.

### 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.

(continued from page 19)

your chances of getting the disease are low enough to take the risk without getting vaccinated. If you are 80 there is a one in five chance of getting shingles and, if you do, a one in five chance of getting severe, unpleasant, persistent pain. The risk of getting shingles goes up as you get older but the vaccine gets less effective – a 50/50 chance of preventing shingles.

It really is a personal choice, weighing up the odds of increased risk of shingles with age, how you feel about vaccinations, and the cost.

### Who shouldn't get vaccinated?

Because the vaccine contains a live but very mild version of the virus, it can be dangerous in those who have weak immune systems.

Those who should not have the shingles vaccine include:

- Women who are or might be pregnant;
- A person who has ever had a life-threatening or severe allergic reaction to gelatin, the antibiotic neomycin, or any other component of the shingles vaccine (tell your doctor if you have any severe allergies);
- A person who has a weakened immune system because of:
- HIV/AIDS or another disease that affects the immune system;
- Treatment with drugs that affect the immune system, such as steroids; or,
- Cancer treatment such as radiation or chemotherapy, or a history of cancer affecting the bone marrow or lymphatic system such as leukaemia or lymphoma.



## RETIRED ON A BUDGET?

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**Kia Ora everyone,** As a social worker in Age Concern Counties Manukau's Elder Abuse Response team I respond to any situations where an older person / kaumātua's safety or wellbeing is at risk. The aim of an Age Concern Social Worker is to work with older people / kaumātua and their family / whānau to provide support and advice towards reducing the harm caused by elder abuse and neglect. No matter what kind of abuse (psychological, financial, neglect, sexual or physical) people are exposed to, it causes them trauma.

### Trauma

There are many theories and principles that have been developed to describe trauma and its effects. From a mental health perspective, trauma is defined as an injury or wound to the psyche, specifically it is damage to a person's emotional or psychological health and wellbeing (*Phoenix Australia – Centre for Post-traumatic Mental Health, 2013*). Trauma is not just an event that happened, it leaves an imprint on the mind, brain and body with ongoing consequence on how the person lives in the present and future. Trauma predisposes the sufferers to many other mental health disorders like depression, alcoholism and drug abuse. Without professional help the compounding effects of mental health disorders and the impact of additional stress on the body, increases the possibility of developing physical problems including heart disease, cancer, lung disease, diabetes and stroke. However, the outcome of trauma and the depth of that imprint can be shaped and influenced through positive environments and best practice care. Social workers focus on the individual's strengths, support them and refer them to additional professional help, as necessary, to prevent further abuse and mend scars from past.

### Abuse is not OK. Asking for help is OK!

If abuse is happening to you or you are worried for somebody else: an elderly friend or neighbour call Age Concern Counties Manukau on: 09 279 4331 or 0800 326 6865

Call 111 and ask for Police when:

- someone is badly injured or in danger
- there's a serious risk to life or property
- any of these things are happening now or have just happened.

**Slavica (Sasha) Misur** Social Worker

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## Better Later Life – He Oranga Kaumātua 2019 to 2034

### A SUMMARY OF THE DRAFT STRATEGY

Making the future better for New Zealanders as we age Kia Oranga Kaumātua ō Rā ki te Ao APRIL 2019

Wawata Mātāmua Vision Kia noho ora tonu ngā kaumātua – Older New Zealanders lead valued, connected and fulfilling lives.

Ngā Mātāpono – Guiding principles

Te whakaaro nui ki te tangata i ō rātou rā ki te ao – Valuing people as they age

Te noho haumaruru – Keeping people safe

Te aronui ki te āhua ake o ia tangata – Recognising diversity and that everyone is unique

Te whakarangatira i te kaumātuatanga mā ngā tikanga whānau – Taking a whole-of-life and whānau-centred approach to ageing

Te mahitahi ki te whakamahere i ōna rā ki te ao – Taking collective responsibility to plan and act for later life

### Summary of the key areas for action and possible initial priorities

#### Preparing for financial and economic security:

- All older people should have sufficient income, assets and other support to enjoy a good standard



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of living.

- Older people can work if they wish, want or need to. Those who can't work up to the age of NZ Superannuation entitlement are supported. Older workers should be treated fairly, and their skills and experience recognised.

#### Possible initial priorities:

- Encouraging employment of those aged 50+.
- The State sector to role model good practice in the employment and support of an ageing workforce.
- Identify opportunities to further enhance SuperGold Card.

#### Improving access to health and social services:

- People enter their later years as fit and healthy as possible and can access the health and social services they need.
- Services designed to support older people take both a person-centred and a whānau-centred approach.

#### Possible initial priorities:

- Implement the Healthy Ageing Strategy 2016 and the New Zealand Disability Strategy 2016.
- Improve access and coordinate assistance to vulnerable older people.

Providing housing choices and options so people can age in the community:

- People can age in a place they call home, safely and where possible independently. Possible initial priorities
- Reform the Residential Tenancies Act 1986.
- Increase supply of public housing.
- Strengthen Housing New Zealand's focus on tenants' needs.
- Reduce homelessness.
- Identify and progress opportunities to improve housing options for older people.

#### Enhancing opportunities for social connection and participation:

- Loneliness is reduced, older people are socially connected and contribute and participate in their

communities.

- Recognise older people are diverse – they age differently, with different aspirations and needs. They have the right to make choices and decisions about their lives as they age.
- The prevalence of elder abuse is reduced and older people feel and are safe.
- Older people use technology to help give them a better life and those who do not use technology can still access the services they need.
- All older people are respected and valued.

#### Possible initial priorities:

- Combat elder abuse.
- Improve digital skills and inclusion.
- Encourage positive attitudes to older people and raise awareness of age discrimination.
- Improve access and coordinate assistance to socially isolated and other vulnerable people. He taonga nui te aroha ki te tangata. Goodwill towards others is a precious treasure.

#### Providing accessible built environments so people can participate in their community:

- New Zealand communities, places and spaces and community facilities are age-friendly and accessible.

#### Possible initial priorities:

- Encourage local authorities to plan for, and take action to respond to, an ageing population.
- Continue to encourage the development of the Age-friendly Cities and Communities programme.

A copy of the draft strategy 'Better Later Life – He Oranga Kaumātua 2019 to 2034' is available on the SuperSeniors website at [www.superseniors.msd.govt.nz](http://www.superseniors.msd.govt.nz)

## Have your say!

Your feedback on the draft strategy is valued. For more details on how to participate go to the SuperSeniors website at [www.superseniors.msd.govt.nz](http://www.superseniors.msd.govt.nz)

**The closing date for submissions is 3 June 2019.**

## James Donovan Solicitors

There is now a realization that an increasing percentage of our population are living longer and retirement after 65 may require careful thought and preparation. This sector of our population will encompass all of us and has resulted in the development of a particular area of law generally described as "Elder Law." Elder law is designed to strengthen and secure the legal rights of elders. It has as its aim the planning and advising on problems associated with aging.

### The Code of Health & Disability & Consumers Rights provides that aging consumers have rights and providers have duties as set out below:

- (1) Every consumer has rights in this Code
- (2) Every provider is subject to duties in this Code.
- (3) Every provider must take action to -
  - a. Inform consumers of their rights; and
  - b. Enable consumers to exercise their rights.

*Editorial supplied by James Donovan Solicitors*

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