

WINTER 2019 QUARTERLY NEWSLETTER
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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

As I write this message the weather has gone from a beautiful sunny morning nasty wind and rain and rather cold. Winter is fast approaching, now is the time to have your flu shot and prepare for the colder months.

This week 30th April we had the first of our Men's Groups 'Keeping Active' 10 week programme, a big thank you to all of you who have registered, and how fortunate they are to have Jade as their facilitator and mentor. Our Young at Heart continues to attract newcomers, congratulations to all of you who have not missed a class this year, and to Jean who has not missed a class in 18 months. Young at Heart classes are on Wednesday and Thursday, once again how fortunate we are to have Diana as our facilitator, the interest and keenness of participants reflects the hard work and joy that Diana puts into her dance activities. Coming up on the 2nd July we have the Kaikohe 3 'M' mind, movement and music, a ten week free programme of music, exercise and being joyful and happy.

Some of you will already be aware that Senior Net will have its last meeting on the 6th of May. Age Concern Mid North will be offering technical assistance from June, we ask members to register their interest and learning requirement by giving us a call on 407 4474. We need to know a little about the phone or device you want assistance with. We look forward to providing this service and very sorry to see Senior Net disband.

Subscriptions are due by 1st July for the 2019-2020 year, \$20 single person or \$25 for couple. Subscriptions enable us to mail out our newsletter, and help pay for the cost of venue for Young at Heart and Accredited Visiting Service activities, we really appreciate and thank all of our current members.

We will be having our Mid Year Dinner at the Homestead in Kerikeri on the 28th June 2019, cost will be \$25 per head.

Juen Duxfield

"When I Am Old" by Jenny Joseph

When I am an old woman I shall wear purple
With a red hat that doesn't go, and doesn't suit me,
And I shall spend my pension on brandy and summer
gloves And satin sandals, and say we've no money
for butter. I shall sit down on the pavement when I
am tired, And gobble up samples in shops and press
alarm bells, And run my stick along the public railings,
And make up for the sobriety of my youth. I shall go
out in my slippers in the rain And pick the flowers
in other people's gardens, And learn to spit. You
can wear terrible shirts and grow more fat, And eat
three pounds of sausages at a go, Or only bread and
pickle for a week, And hoard pens and pencils and
beer mats and things in boxes. But now we must
have clothes that keep us dry, And pay our rent and
not swear in the street, And set a good example for the
children. We will have friends to dinner and read the papers.
But maybe I ought to practise a little now? So people who know
me are not too shocked and surprised, When suddenly I am
old and start to wear purple!



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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 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

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From the President

I do hope everyone had an enjoyable Easter and we were so lucky to have had fine weather. Now that Autumn has arrived it is time to get out our winter woollies as we have had a few chilly nights where we needed a heater or electric blanket on.

My family came up from Hamilton for three nights and did a few jobs around the house like repairing the door on my letterbox and also clearing my gutters which were full of gum tree leaves so that is a great relief for me. On the Monday for the first time in many years a friend and her daughter from Whangarei and I went out and had a picnic at Opito Bay. It was a lovely warm day and we enjoyed watching boats coming and going, people kayaking, paddle boarding and swimming and the best part of it was it was only a short drive from home and no queues of traffic.

Our voluntary Lawyer is available for an hour once a month. If you need advice at any time please contact our office and they will make an appointment for you.

When coming in to our Committee Meetings at



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Kingston House I enjoy watching our members in the NIA class and I hope that very soon I will be able to join them as it keeps one fit, one has lovely company and you can also receive a discount as a member of Age Concern.

For members who do not have their own transport to go to appointments or shopping a discount book for a taxi is available from our office.

Juen and I were unable to go to the National Conference in April in Wellington but we have been advised that we are to have a visit from our National Office in the not too distant future which we are looking forward to. Living in this Urban/Rural area we are completely different from the Cities in what we have to deal with such as no Taxis, no Buses, no Transport at all in some areas and even no Doctors at night and weekends. The city dwellers just don't realise what we are all coping with so it will be an interesting meeting.

I would like to thank our Office Manager Juen, Social Worker Kayla and Shirley not only a Committee Member but our Volunteer Office Worker for doing a wonderful job and working voluntarily many hours more than they are supposed to. I know it is quite hectic at times as when at Committee Meetings the phone is constantly ringing or people coming to the office for advice. These ladies are not only running Age Concern but also taking bookings and doing the organising for the renting of rooms for Kingston House and this all helps towards the renting of our office. Juen and Kayla often have meetings and work outside the office as well so we are very grateful to the three of you for the hours you put in for Age Concern.

Kind Regards *Jan Flowers*

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Men's Strength & Balance Programme

Facilitated by Jade and Rob

from Strength Works 24 Hour Fitness Centre



Jade is a qualified personal trainer, powerlifter and gym owner. We are very privileged to have both Jade and Rob delivering this great programme.

For more information contact our office.

An urban myth

"Villages are just for rich people"

It's true that some retirement villages are seriously expensive. You won't get much change from a million dollars in some places, but the price also reflects the amenity value, location, views – all the sort things you'd expect from a real estate transaction.

Retirement village operators are acutely aware that their residents, generally speaking, come from a 10 or 15 km radius of their village, so they can keep the social connections, clubs and activities they've enjoyed for decades. Operators also know that their Occupation Right Agreements (ORAs, or the contracts between the residents and the operator) should reflect the average freehold home price in the area where the village is based. That means that an ORA in the premium parts of Auckland or Christchurch will come at a higher price than in other places. It also means that residents have a huge range of prices and options to choose from, if they're prepared to look a little further.

Releasing pent-up equity from the family home is another driver of demand in recent years. It's a bit like winning Lotto if you can sell your family home

and move to a village at a significantly lesser cost. The additional money can dramatically improve your retirement, and remember, you can't eat equity unless you realise it.

Trade Me Property has a section devoted just to registered retirement village units. A quick look though recently showed that there are at least 30 units and serviced apartments priced at \$300,000 or less, in a huge range of places across New Zealand. Taupo, Christchurch, Rotorua, Pukekohe, Manukau, Napier, Tauranga, Red Beach, the Hutt Valley, Nelson and Whanganui are just some of the options. The average price of the 30 units is \$199,000 – which, coincidentally, is the same price my former next-door neighbour paid when she moved to a central Lower Hutt village.

The RVA's website (www.retirementvillages.org.nz) has a list of member villages and their contact details, so you can check the minimum entry age, who's got rental units, and ask questions.



Age Concern Mid North CALENDAR OF EVENTS



MONDAY'S

Strollers Group meet 9.00am at Kingston House

Graham Day/Lawyer 12pm, first Monday of the month by appointment

WEDNESDAY'S

Gardener's Group 9.30am at Kingston House

Nia (Non-impact aerobics) Young at Heart classes 11.15am, \$5 for Age Concern members

THURSDAY'S

Nia Young at Heart classes 11.15am, \$5 for Age Concern members

Executive Committee Meeting 10am, last Thursday of the month

FRIDAY'S

Supporting Seniors (Meet and greet) 10am, last Friday of the month

Keeping Active

– **Men's Strength & Balance Programme**

TUESDAY'S 30 APRIL - 2 JUNE

10am, Kingston House

10-week programme designed to promote the overall health and wellbeing of men

AVS Shared Morning Tea

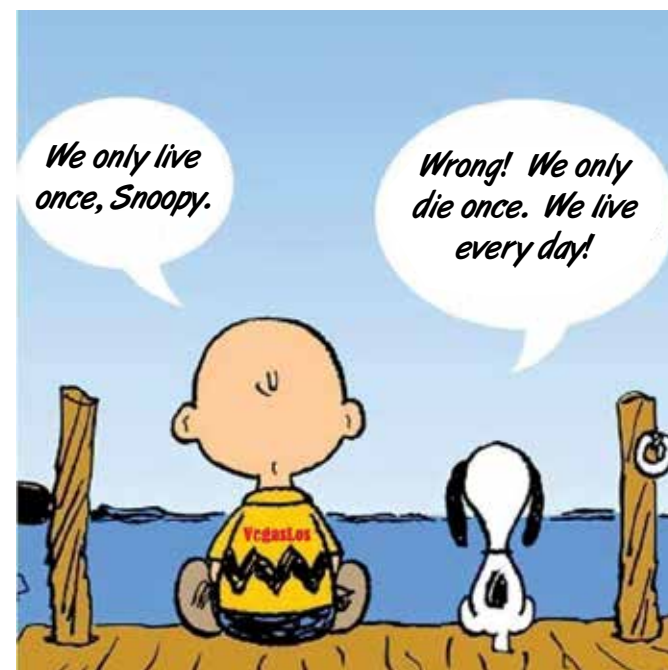
FRIDAY 7 MAY, 10am, Kingston House
All welcome, bring a plate of food to share

HEALTH & WELLBEING EXPO KAIKOHE

Disability/Seniors Health & Wellbeing Expo
TUESDAY MAY 28, 10am-2pm
Kaikohe Memorial Hall, Kaikohe

Kaikohe 3 M'S

TUESDAY'S 2 JULY 11am,
Kaikohe Memorial Hall, Kaikohe
10-week programme based on mind, movement and music with the focus of improving lower body and core strength and balance



Nia Young at Heart

Some of our lovely ladies from Young at Heart attended the Ultimate Nia Experience with the fabulous Kelle Rae Oien.



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

Accredited Visiting Service (AVS)

The majority of older people are not severely lonely, but current research indicates that about half of older New Zealanders experience some level of loneliness, and 8-9% feel lonely all or most of the time. If you are feeling lonely, or would just like more social contact, it's important to do something about it, and Age Concern Mid North can help. Our AVS 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. 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.

Health Promotion

❖ Our Health Promotion services are ongoing with our Keeping Active – Men's Strength and Balance Programme having started. This programme is facilitated by Jade Isbister, power lifter, gym owner, personal trainer, and qualified social worker. It focuses on strength and balance and the general wellbeing of the older man.

❖ We have Kaikohe Mind, Movement & Music (3 M'S) starting Tuesday 2 July. Kaikohe 3 M'S will focus on improving lower body and core strength and balance. There will be some dance involved so come along and join in on the fun.

❖ Nia – Young at Heart is as successful as ever. Our Wednesday and Thursdays classes are full of fun and are forever growing.

For more information about any of our services contact us on (09) 407 4474 or info@acmn.org.nz

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Could you be saving money on your power bill?

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

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

A visit to **www.whatsmynumber.org.nz** will tell you if you could save money on your power bill by switching electricity providers.

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

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

Even if you're happy with your current company it's worth 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 for more information.

A Choko Recipe

We have had many people ask us if we would like some choko's, they are very plentiful this season. So this recipe has come in from one of our members Jo Oxenham, who got it from an Australian Women's Weekly Cook Book.

CHOKO PICKLE:

1.5KG (3LBS) CHOKOS
750G (1.5LBS) ONIONS
½ CUP OF SALT
WATER
4 CUPS BROWN MALT VINEGAR
1KG (2LBS) BROWN SUGAR
1 CUP PLAIN FLOUR
2 TEASPOONS TURMERIC
2 TEASPOONS DRY MUSTARD
2 TEASPOONS CURRY POWDER
¼ TEASPOON GROUND GINGER



Peel choko and onion, chop or mince. Place in a bowl, cover with water, cover bowl, stand overnight.

Next day drain vegetables and rinse in cold water. Place three cups vinegar and sugar into large pan, stir over a low heat until sugar is dissolved, bring to boil, add vegetables and bring back to boiling point. Mix all dry ingredients to a paste using the remaining 1 cup of vinegar and gradually add to vegetable mixture stir constantly until mixture boils and thickens. Reduce heat, simmer for ten minutes. Pour into hot sterilized jars and seal.

Makes approximately 3 litres (6 pints).

RETIRED ON A BUDGET?

Paying less for power is a quick way to squeeze more out of your budget.

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