

SPRING 2019 QUARTERLY NEWSLETTER

Phone (09) 279 4331 | www.accm.org.nz



Age Concern Auckland Counties Manukau Edition

Serving the needs of older people



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**Age Concern Auckland
- South Auckland Services
Contact Information**

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Email: admin@accm.org.nz

Address: Cambria Park Homestead,
250 Puhinui Road, Papatoetoe 2025

Postal Address: PO Box 53 155,
Auckland Airport, Auckland 2150

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

STAFF

Chief Executive Officer	Kevin Lamb 820 2718
Accredited Visiting Service Coordinators	Lisa Wall Lynn Cicero
Administrator	Sandy Andrews
Community Strength & Balance Coordinator	Lisa Jury
Counsellor	Nicole Chappell
Elder Abuse & Neglect Prevention Educator	Lynn Cicero
Elder Abuse Response Social Worker	Maxine Oakley
Handyman Fieldworker	Brett Johnstone
Health Promotion Educator	Melanie Jaggs
The Vintage Store Manager	Suzi Hogan
The Vintage Store Coordinator	Brendon Murton

Our Services

Accredited Visiting Service (AVS)

– provides companionship and support for older people living independently in the community by matching them with a regular, volunteer visitor.

Community Strength & Balance Programme

– we coordinate and provide access to approved community strength and balance classes as part of a nationwide movement to reduce falls and fractures in older adults.

Counsellor

– provides counselling to older adults around age

related issues such as transitioning to residential care, change in family relationships, grief, loss and anxiety.

Elder Abuse Response Service

– aims to improve the quality of life of older people in abusive situations and to prevent abuse by providing case management, free and confidential advice and by working with a range of health professionals to provide wrap-around support services.

Elder Abuse & Neglect Prevention Education

– offers training to groups and organisations in our community on elder abuse and neglect prevention to help reduce the instance of elder abuse in South Auckland.

Handyman Fieldworker Service

– aims to improve the quality of life for older adults who are no longer able to attend to small jobs in their own home. Our Handyman Fielder can assist by completing small jobs like changing smoke alarm batteries, light bulbs, checking home safety and providing links to services, information and resources.

Health Promotion

– delivers a range of programmes and activities that are fun, sociable, interactive and promote healthy living. Providing health promotion and education is aimed at improving access to health related information and services to give older people more control over their health and wellbeing.

Total Mobility Scheme

– assesses and provides Total Mobility Cards to eligible people so they can receive subsidised taxis to ensure they can still access services and social connections when they are no longer able to use public transport or drive.

Active Ageing Action Programme

– is designed to enable those currently in the second half of their working lives to develop a comprehensive, holistic retirement plan around their wellbeing during their retirement years. It is a life planning tool not a financial programme.

The views expressed in this newsletter are not necessarily those of Age Concern Auckland. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use. Publication of an advertisement in this newsletter does not imply endorsement by Age Concern Auckland.

Driving Miss Daisy

We are not just for seniors!

Over the years Driving Miss Daisy has built up a reputation for providing a high quality service to senior citizens who no longer drive. They are a regular at retirement villages and rest homes across the country and senior citizen clients form the largest proportion of their client base. But did you know that they also provide our services to younger people who don't drive?

Some clients have a disability or medical condition which means they can't drive, however this doesn't stop them from being very active in other areas of their life; they work in a professional capacity, run businesses, attend school or tertiary education and enjoy socialising with friends. Driving Miss Daisy drives these clients to their place of work or business meetings, assists them to their lectures and social occasions, ensuring they are where they need to be in plenty of time.

They treat every client as an individual, no matter what their personal circumstance. Every client has different needs, and they make sure they discuss this with their clients so that they fully understand them and provide them with the absolute best support and service.

For Driving Miss Daisy, it's imperative that all their clients are treated with dignity and respect. They are committed to helping their clients get out and about, so they can live life to the full and enjoy every moment.

If you have an activity you would like them to help with please call them today to discuss – they look forward to seeing you soon!

Editorial supplied by Driving Miss Daisy

Driving Miss Daisy – more than just a driving service



Driving Miss Daisy is your safe, friendly and reliable companion driving service.

Perfect for:

- Transporting you to your appointments
- Grocery shopping
- Airport pick-ups
- Companion outings
- Taking children to outings
- Or even transporting your pet!

Total Mobility cards accepted and an ACC approved provider.

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

Howick/Bucklands Beach	Ph: (09) 534 6380
Pakuranga	Ph: (09) 537 1452
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



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

CEO UPDATE

It is a great privilege to formally welcome all of our members to the new Age Concern Auckland Region. After a long gestation period we have finally, as of 1 July this year, brought together the three Age Concerns of Auckland, North Shore and Counties Manukau. Our new organisation is just as focused on supporting the needs of older people as those that came before. Our incredibly dedicated, committed and professional staff and volunteers will continue to provide the care, advice and support that they always have out of their locally based office. On a personal basis, I am hugely honoured to be given the responsibility to lead the new organisation into the future and am looking forward to the challenges that lay ahead.



In many ways the amalgamation of the three Age Concerns into one is simply an exercise in coming full circle. In 1949, the Auckland Older People's Welfare Council came into being – an organisation that, over time, morphed into Age Concern. As time passed, Age Concern North Shore and Age Concern Counties Manukau evolved into their own organisations. The amalgamation brings the three organisations back together as one.

The process of amalgamation will take time and, although we formally came together on 1 July, there is still a lot of work to be done over the coming months to bring all our services and processes together. Because while all three Age Concerns had very similar visions, goals and guiding principles, and delivered very similar services, over the years we each developed subtly different ways of operating. Part of the process now is to bring those differences into alignment and to ensure that we offer the highest levels of services and support to older people, across Auckland, no matter where they live. The day-to-day services and support, that each Age Concern has traditionally delivered, will continue. Any changes that occur in the future will only be introduced to improve our ability to provide effective support, to expand on the range of services we can provide and to ensure our long-term sustainability. Largely the changes will be behind the scenes, and of vital importance is how effectively we continue to deliver our services to those that need them. Over the coming months we will keep you updated

on how the amalgamation is progressing and we look forward to continuing to support older people, across Auckland. We couldn't do any of this without the wonderful support of all those who give up their time to help us, those who provide our funding and, finally, our dedicated members. Without you, we could not provide the crucial support needed by older people and their whanau in our communities. My thanks to you all.

Regards,

Kevin Lamb CEO Age Concern Auckland Region

Thanks to our wonderful supporters

Age Concern Auckland works with thousands of older people, their families/whanau, and organisations across the Auckland region, from Counties Manukau up to Orewa – from those simply seeking advice and guidance to dedicated support for the most vulnerable elderly in our communities.

It costs us \$2.4 million dollars every year to deliver these crucial services to our community. We only receive about forty percent of the necessary funding from the Government. This means that we rely on the generosity of our local community to raise the remaining 60 per cent.

We're dedicated to helping everyone make the most of getting older and ensuring that every older person in our community gets the help and support they need. Most importantly, we simply couldn't do that without help from our supporters.

On behalf of the Board and Staff of Age Concern Auckland, we would like to thank all those who have supported us over the last year:

Auckland Council, Auckland District Health Board, BUPA, Combined Rotary Clubs of the North Shore, COGS, Counties Manukau District Health Board, Dragon Community Trust, East Health Trust, Foundation North, Four Winds Foundation, Heartland Bank, JM Thompson Charitable Trust, Lion Foundation, Milestone Foundation, Ministry of Health, Ministry of Social Development, Nolan Trust, North Shore Presbyterian Trust, NZ Lottery Grants, Pub Charity, Sir John Logan Campbell Residuary Estate, Ted & Mollie Carr and Ernest Hyam Davis Charitable Trust, The Southern Trust, The Trusts Community Foundation, Trillian Trust, Transdev Auckland, Wiri Licensing Trust, Working Together More Fund, Z Good in the Hood. All our individual supporters who gave us donations. All our wonderful volunteers, who collectively give more than 400 hours every single week.

The Ryman Difference

Putting residents first! Our winning formula for over 30 years.



Fair terms

The weekly fee is fixed for the entire time you occupy your townhouse or apartment, guaranteed.*

There are no hidden costs such as waitlist fees, surprise move-in costs or administration fees. And you will benefit from one of the lowest deferred management fees in the retirement sector, capped at 20 percent.



Resident-focused innovation

Ryman Delicious menus offer choice and freshness, our myRyman electronic care programme enables individualised care at the touch of a button, and emergency power generators in every Ryman village centre keep residents safe and warm even if the lights go out.



Care options that suit your needs

We're dedicated to caring for you now and into your future. We provide independent living, and assisted living in a serviced apartment. Plus, resthome and hospital care, and in most villages, specialist dementia care.

For more information about the Ryman difference phone Rose on 09 535 0225 or visit rymanhealthcare.co.nz



*Some conditions apply

Where community shapes the heart of your retirement

The newly amalgamated - Age Concern Auckland

After many months of planning, we are pleased to announce that on the July 1 the three Age Concerns – Auckland, Counties Manukau and North Shore, successfully merged to become the new Age Concern Auckland. What does this mean for you, our clients and volunteers, it has and will remain, very much business as usual. We have three locally based teams working together to provide support across the Auckland region.

The three Age Concerns have always worked very closely together and amalgamating into a single organisation will allow us to more effectively deliver services and support to all those in need of our help across Auckland. Being able to combine resources will prevent costly duplication and help ensure that the money we receive is used to improve service delivery.

At the heart of Age Concern are our clients and the way we work within our local communities; this will not change. Age Concern Auckland will continue to provide:

- **Intervention Services** that support people suffering from abuse, neglect and trauma. In South Auckland this includes the following services:
 - o Elder Abuse Response Service
 - o Elder Abuse and Neglect Prevention Education
 - o Counsellor
- **Ageing Well Services** that assist people to stay independent, healthy and active. In South Auckland we provide the following services:
 - o Health Promotion and Education Services
 - o Community Strength & Balance Programme
 - o Handyman Service
- **Social Connection Services** that mitigate loneliness, promote community involvement & enable mobility. The following services will continue to be provided in South Auckland:
 - o Accredited Visiting Service
 - o Total Mobility Assessment
- Across Auckland we will continue to provide a dedicated Asian Service to meet the needs of the growing Asian community.

Currently, all phone numbers and emails remain the same, so you can continue to access our services and contact staff in the same way that you have always done so. Appointments have been made to the Management Team that will support the CEO Kevin Lamb and manage services.

Key Roles

CEO - Kevin Lamb

Contact: phone: 820 2718;
email: KevinL@ageconak.org.nz

Intervention Services Manager - Kai Quan

Contact: phone 820 2716;
email: KaieQ@ageconak.org.nz

Ageing Well Services Manager - Katie Rom

Contact: phone 929 2312;
email: educator@acns.co.nz

Social Connection Services Manager - Rebekah Preston

Contact: phone 820 2711;
email: RebekahP@ageconak.org.nz

Asian Services Manager – Ray Law

Contact: phone: 820 0271;
email: RayL@ageconak.org.nz

Finance Manager – Rhonda Oliver

Contact: phone 489 4975 (leave a message);
email: rhondao@acns.co.nz

Fundraising and Communications Manager – Alexis Sawyers

Contact: phone: 972 0092;
email: AlexisS@ageconak.org.nz



Staying at home in your later years is now an affordable and safe option thanks to the care and support Care on Call provides.

From a couple of hours of help around the home per week to full time care Care on Call has experienced, trained and thoroughly screened carers available to cater to your unique needs.

Please call us or visit our website for more information.



auckland@careoncall.co.nz

0800 99 00 11
www.careoncall.co.nz

Take time to plan

for the Future
and think *of the Past*

Do your children, grandchildren and friends know the defining moments of your life? Do they know the day you laughed so hard you cried? Do they know your proudest achievement or your favourite teacher? Do they know that when you grew up you wanted to be an astronaut?

The sharing of your life story isn't something that has to be done in your absence, don't leave it up to someone else to tell your story – do it now, when you can enjoy being a part of the conversation. FDANZ promotes take the time to talk to encourage people to spend time sharing their life stories and talking about final farewells.

We plan for so many events in our life, but sadly New Zealanders don't appear so keen to plan for their funeral. As Funeral Directors, every day we see the struggle families have when trying to make the decisions which will best honour their loved one's life. Why not take one piece of stress away from your family by letting them know your story and wishes ahead of time.

FOUNTAINS
funerals & monuments

Part of your community, people you can trust

Papakura
Ph: 09 298 2957 www.fountainsfunerals.co.nz

Share your stories with your loved ones to keep your memories alive - take the time to talk and plan ahead. A meaningful funeral supports healthy grieving.

Thinking about your own funeral is difficult for some people but, as funeral directors will tell you, it is not unusual for the grieving family to be unaware of the deceased's funeral wishes. Expressing them will help the family do what you would like. Or there may be things you definitely don't want at your funeral and these can be made known. By planning ahead you will join an increasing number of people who will thoughtfully relieve their family of some of the stress of a family death.

Contact one of your local Funeral Directors Association Of New Zealand (FDANZ) member firms, Resthaven Funerals and Fountains Funerals for advice on preplanning preparation.

RESTHAVEN
Funerals

Honouring and Celebrating Life

Howick
Ph. 533 7493

Manurewa
Ph. 267 2530

www.resthavenfunerals.co.nz

SCAM ALERT!

Beware! Be wise!



What is a scam?

Who can be scammed?

How many ways can I be scammed?

How do I spot the warning signs?

What can I do to protect myself and reduce my risk of being parted from my hard-earned money?

Have you read stories in the paper or heard stories on the news about people who have fallen victim to a scam and thought **“It could never happen to me!”** Well, think again as **ANYONE** can fall victim to a scam.

What is a scam?

A scam involves a party trying to lure, threaten or scare you into giving up funds or sensitive information. A scam is designed to trick you into giving away your money or your personal details. They rely on deception, appear very genuine and are difficult to detect.

How big is the problem?

Thousands of New Zealanders lose millions of dollars to fraudsters every year and the impact of fraud on victims, families and businesses can be devastating.

In 2017, over \$10 million dollars in losses were reported by Kiwis to Netsafe.

In the first half of 2018, \$18 million dollars in losses were reported. These were only the scam losses that were reported to Netsafe and they know that actual losses are much higher.

These amounts aren't even the tip of the iceberg. Netsafe estimates the real figure at \$400 – 500 million!

Who can be scammed?

People of any age can be scammed. The worst thing we can do is be complacent and think scams only happen to older people or stupid people. In reality, scammers have affected many people, including lawyers, police, professors, teachers and even CEO's.

Why do scams work?

Scams succeed because they look and sound like the real thing. Scammers are manipulative – they push your buttons to produce the response they want.

After reading this, you may be thinking “How do I protect myself?”

We have developed a new presentation on this issue so please ring our Papatoetoe office on 279 4331 ext 800 and register your interest in attending. You will be contacted once dates and venues have been confirmed.

Information for this article was sourced from: Netsafe, Commission for Financial Capability, CERT NZ, BNZ, ASB, SPARK

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or PHONE GRAEME on

0800 433 133

graeme@mobilityscootersmanukau.co.nz

All donations to Age Concern Auckland make a difference to the crucial services we provide and are very gratefully received. If you would like to support Age Concern, please complete the following and return to us:

- I would like to make a donation of \$_____.
- Please enclose a cheque made to Age Concern Auckland Inc.
- Donations of \$5 or more are eligible for a 33% tax credit from the Government.
- I would like more information about how I can leave a bequest to Age Concern.
- I would like more information about how I can volunteer.

Name: _____

Address: _____

Postcode: _____

Phone: _____

E-mail: _____

Thank you for your ongoing support to ensure that we can continue supporting older people living in our communities.

HEMECATER.

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)*

PLEASE TRY US OUT AND SEE WHAT YOU THINK.

We do receive a rewarding amount of appreciation from our valued customers and we look forward to some from you as well.



Full Roast Meals only \$7.95

ORDER INQUIRIES:

Phone 0800 30 32 32

www.homecater.co.nz

5 Marjorie Jayne Crescent,
Otahuhu, Auckland

Community Strength and Balance Classes

Age Is Just a Number

Age is just a number don't let it define you. Get your body strong and working well for you. Delay and reverse ageing through effective exercise, strengthening muscles that will help you continue your daily activities well and safe and preventing falls and injury. Get more from your body in a group fitness style class.

Contact/Leader: Chloe Trevor, EPR Clinic,
Cost: \$5 with a Community Strength & Balance Referral

Class Level: Level 1, limited mobility
Accessibility: Ground floor facilities, parking on site.

When/Where:

- CREO Gym, 5 Cape Hill Road, Pukekohe
Tuesdays 10:00am - 11:00am
- Manurewa Leisure Centre, 33 Frances Street
Thursdays 11:30am
- Zero - 100, Botany Junction:
308 Ti Irirangi Drive, Flatbush, Auckland 2013
Wednesdays, 11:30-12:15

What to bring: Comfortable clothing and water bottle

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

'Never Too Old'

Suitable for all abilities 60+ years. Qualified trainers help you in the gym with exercises to suit your needs. Improve your fitness, mobility, balance and strength while enjoying good company.

Where: Howick Recreation Centre,
Pakuranga Road
When: Mondays, Wednesdays and Fridays
Time: 12:45pm – 1:45pm
Cost: \$4.50 or \$40 for 10 sessions

Your first Never too Old exercise class must be pre-booked with fitness staff. Ph: 09 537 6029

Men's Move-it

Join our men's only circuit-based class to improve your muscle strength, mobility and mojo. For men aged 65+ who want to regain strength, balance and confidence.

Instructor: Brett
Cost: \$3 per class or \$25 per term
Accessibility: Ground level entrance and ramp, parking available
Class Level: Level 2 - beginner, reasonable mobility and Level 3 good level of fitness and wanting to maintain this catered for
When/Where: Manurewa Leisure Centre, Frances Street, Manurewa - Fridays 9:30am

Parkinson's -Gentle Exercise Group – Pukekohe

Gentle exercises followed by a cuppa and discussion for those with Parkinson's, their support person or family members

Where: Franklin Baptist Church,
Victoria Street West, Pukekohe
When: Tuesdays, 10am – 11:30am
Cost: Gold coin donation

Parkinson's Tai Chi – Howick

Gentle Exercises to improve balance and mobility
Where: St Andrew's Presbyterian Church,
11 Vincent Street, Howick
When: Tuesdays 11am
Cost: Gold coin donation
Class Level: Level 1 – limited mobility and Level 2 – reasonable mobility

New Waters Tai Chi - East Auckland (evening class).

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: Sommerville Intermediate School, 39 Sommerville Road, Howick, Auckland
When: Tuesdays
Time: 6:15pm-7:15pm
Cost: \$5 per class for those referred
Level: This class is suitable for those people who can stand for a minimum of 30 minutes - Level 2 reasonable mobility class.

65+ Strength & Balance

A fun seated and circuit-based class to improve your muscle strength, balance, mobility and confidence.

Instructor: Brett
Cost: \$3 per class or \$25 per term
Accessibility: Ground level entrance and ramp, parking available
Class Level: Level 1 limited mobility and Level 2 - beginner, reasonable mobility catered for
When/Where: Lloyd Elsmore Pool & Recreation Centre, Sir Lloyd Drive, Pakuranga Heights
When: Fridays
Time: 11:30am – 12:30

Green Prescription fitness class

Join us for a fun low impact exercise class, with resistance band and bodyweight exercises.

Where: Moana nui a kiwa Mangere Pool & Leisure Centre, 66R Mascot Ave, Mangere
When: Tuesdays
Time: 11:30am-12:15pm
Cost: Free
Level: 1 and Level 2 catered for
Accessibility: Plenty of parking, ground level access
This class is able to accept Community Strength & Balance referrals however you will need to complete their GRx form on arrival

We have a variety of classes to suit all levels across Counties Manukau

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 Auckland Counties Manukau office on 09 279 4331

LIVE STRONGER FOR LONGER

PREVENT FALLS & FRACTURES

What Participants Say about our classes:

Steady As You Go (SAGO) classes Howick

Florence age 94 years. When Florence started, she was concerned about not being able to do the class. She had some breathing difficulty and needed to rest during class. She tells me that she couldn't get out of the chair without using her hands but now she can and repeatedly during the class. Florence says, 'I can't believe how much more strength it has given me, especially in my legs' and the eye exercises have really helped.' She now does the whole class and is a very popular and enthusiastic member. Florence happily tells me she just got her licence again for 2 years and practices her exercises at home.

65+ STRENGTH & BALANCE – Lloyd Elsmore Pool & Fitness Centre

Christine has been attending the Strength & Balance classes for a month. In that short time her balance has improved. Initially she was unable to balance on one leg without holding onto something, now she is beginning to balance without holding onto a stable object. "I know my strength is also improving each week and I so look forward to attending my classes. My trainer fully recognises the exercises I need to work on to achieve better results. I love this class so much I have two friends who wish to join." Christine (Pakuranga class)

"Brett's classes are full of variety and all exercises are conducted safely and information as to which muscles are being worked on explained. I plan my week around my Friday work out with Brett and the results are starting to show." Trevor

Community Strength and Balance Update

We are part of a nation-wide movement to reduce falls and fractures and support older people to live stronger for longer. Older people pride themselves on being self-sufficient and maintaining their independence. We've joined forces with our DHB, exercise providers, carers and health professionals throughout our region to support older people to live the lives they want to live, for as long as they can.

Two instructors (Pat James and Jeff Shepherd)

supported by head instructor Jocelyn Watkin from Kia Ora Tai Chi attended Community Strength & Balance training in June. Now they have attended a workshop Tai Chi for Memory and Tai Chi for Heart Conditions Instructor Training on 12 – 14 July with Tai Chi for Health Institute Master Trainers Tamara Bennet (NZ) and Roni Huges (Melbourne). It is great to hear about our instructors continually upskilling their knowledge and expertise to support our local community to keep active.

If you interested in Tai Chi Instructor training, you will find information on the following website.
www.smilingdragon.co.nz



Community Strength & Balance Training

Did you know?

Some Cats Are Actually Allergic to Humans

Though it's uncommon—since humans bathe more than your typical animal, and don't shed as much hair or skin—some animals can still be allergic to humans. It's most often because of the perfume or cologne we wear or the soap we use.



The Majority of Your Brain Is Fat

You can literally call someone a fathead—about 60 percent of the human brain is made of fat.

Oranges Aren't Naturally Occurring Fruits

Oranges may be a classic fruit, but they are not a naturally occurring one. The sweet fruits we love are actually a hybrid of tangerines and pomelos, also known as "Chinese grapefruit," which is a pale green or yellow colour. Originally cultivated in southeast Asia, they were originally green before the skin turned orange in warmer climates.

Queen Elizabeth II Is a Trained Mechanic

When the Queen was 16, she joined the British employment agency the Labour Exchange, where she learned the basics of truck repair. Things like: how to change a tire, fix engines, and drive ambulances. Now, she has others who can do these things for her, but it's nice to know if one of her cars broke down, the Queen might be able to get it back up and running.

Hot Water Freezes Faster Than Cold Water

A number of explanations have been suggested for "the Mpemba effect," including one that posits that warm containers conduct heat more efficiently, and another that warm water evaporates faster.

Dolphins Have Names for Each Other

We always knew that dolphins were clever but they actually have names for one another, using a unique whistle to distinguish between different members within their pod.

The blob of toothpaste that sits on your toothbrush has a name. It's called a "nurdle."

<https://bestlifeonline.com/random-obscure-facts/>



APARANGI

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Because life is for living




Aparangi Village offers a vibrant but peaceful independent lifestyle on a picturesque 14.5 hectare location in the rural surroundings of Te Kauwhata. Aparangi provides residents with an outstanding opportunity for a healthy, active lifestyle and provides a wide range of accommodation and residential care options in a rural environment, with something to suit everyone.

THE VILLAGE WHERE YOU CAN LIVE YOUR RETIREMENT DREAM

Contact us on (07) 826 3544

Email: info@aparangi.co.nz | www.aparangi.co.nz

Community Owned Charitable Trust "A gathering of distinguished people"

Become a Member Supporter

For just \$20 per year, or \$30 per couple, you can become a member of Age Concern Auckland Region and be part of an organisation working to empower older people in the Auckland community

As a member, you will receive:

- A copy of the quarterly issue of Age Concern Auckland Counties Manukau Edition newsletter
- Invitations to gatherings, seminars, fun days and festivals
- Access to information and resources available at Age Concern Auckland

Please note that if you applied for your Total Mobility Card through Age Concern, you are already a member.

If you would like to become a member, please complete the following and return to us at:

PO Box 19542, Avondale, Auckland 1746 or call us on (09) 820 0184

- Sign me up to become a member of Age Concern! Please find enclosed by cheque for \$20 or \$30 per couple made out to Age Concern Auckland

Name: _____

Address: _____

Postcode: _____

Phone: _____

Email: _____

Thank you for your support.

A cognitively-focused hearing aid may prevent cognitive decline

Untreated hearing loss speeds up age-related decline in our ability to process and understand information. Research has shown hearing aids can slow or halt this decline. The 'CogniAid' study is investigating a new cognitively-focused hearing aid fitting strategy. The processing of CogniAid-tuned hearing aids will be simplified to reduce listening effort. We believe this novel approach will lead to better hearing outcomes and improved performance on tests of memory and attention. As the research uses existing hearing aids on the market, our findings could be quickly implemented into audiology clinics. This will directly lead to improved hearing services and cognitive health in the aging New Zealand population. We are actively seeking participants who feel they are experiencing difficulties with their memory or attention. Trial clinics are located at the University of Auckland and University of Canterbury.

For contact details and more information, please see the research advert below.

Lend us your ears... For hearing research.

Can hearing aids benefit users thinking and comprehension?

If you or someone you know is:

- 65 years of age or over
- Having difficulty remembering things or feeling confused in overwhelming situations
- Suspect you may have some hearing loss but have never worn a hearing aid
- Would purchase hearing aid(s) to own if selected for this research

We want to hear from you.

Initial study screening involves a diagnostic hearing test and cognitive screening appointment. Participants will all receive a \$20 gift voucher for screening, regardless of selection for the trial.

For study information please contact:

Christine Fok

Email: c.fok@auckland.ac.nz | **Phone:** 09 923 1354



CLINICS
HEARING AND TINNITUS

Approved by the University of Auckland Human Participants Ethics Committee on 03/11/2017 for 3 years. Reference Number: 020188.

Editorial supplied by University of Auckland

AVS Team Update

With Lynn being away recently in South Africa for two weeks, coupled with the end of financial year reporting, the due date for this article crept up on me. It's funny how life still looks after you to give you inspiration. Once again, I am reflecting on my family situation of looking after my Father-in-law (Opa). He has to take full credit for this one.

When a tree falls in the woods and no-one is around, does it make a sound?

Just this very morning, I was scuttling around getting organised for work when I heard a quiet thud and groan. With teenagers, a young puppy and an older gentleman living in the house you often hear these noises. I ventured into the kitchen and saw Opa lying on his side on the kitchen floor. He'd had a fall. Weighing in at 100 kg and myself of smaller stature (5 foot 2) I wasn't about to risk picking him up. I followed the rules in the Age Concern volunteer visitor training manual, which I regularly use to train our volunteers.

I stayed calm and asked if he could move anything or manage to get onto all fours? He could. I advised him to stay there for a while until his dizziness eased. We have a solid chair and fixed kitchen bench. I moved the chair over for him to put his hand on, so he could use it to push himself up and then reach the bench to stand up.

Once again, I reminded him to take his time, to check himself over and make sure he wasn't too dizzy. I stayed near him while he moved to his seat, got him some water and a cup of tea. We always seem to be suggesting a cup of tea at AVS! Most importantly I made sure he was okay.

It is a timely reminder though, that if you follow the basic rules, it works. Don't panic when someone has a fall. Check if they can move by themselves. Never pick them up because you could drop them. If they can't move make them safe and call an ambulance and then the next of kin.

Opa seems a bit shaky but otherwise well. I left him to go to work but said if he behaves and doesn't have another fall I'll get him the newspaper. He smiled, as long as his sense of humour was there I knew it wasn't too serious.

I took the opportunity to explain to my youngest son (home for the holidays) what to do if it happened again and to check on him throughout the day.

So my answer is that, when a tree falls in the woods it only makes a sound if someone is there to hear it.

Lisa, AVS Coordinator

Can you help us?

We need volunteers throughout the region to help with our Visitor Service.

If you enjoy engaging with older people and can spare an hour a week phone us on (09) 279 4331

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Health Promotion

A reflection on what has been, and a look at what is to come

As I write for the next quarterly newsletter, the world is looking back and marvelling and remembering the historic flight to the moon, and that first moon walk, 50 years ago this month. I was a student at Pakuranga College and remember the whole school sitting on the ground outside the hall listening to it on the radio via the loudspeakers so everyone could be involved.

The 13th July 2005. Another day to remember – whilst it hasn't had the impact on the global stage that the moon walk did on the world, it has significance to me, as it's the day I started working for Age Concern Counties Manukau. As I celebrate 14 years of working for the organisation and our recent amalgamation, I thought I would look back and reflect on a few of the changes that have occurred since 2005.

In 2005, we were a small organisation of 6 staff, working in 2 rooms (one of which had been partitioned to create a more private space for the Elder Abuse & Neglect Prevention Team) at The Depot, Cambridge Terrace in Papatoetoe. If you wanted to make a phone call, you couldn't use the photocopier at the same time, it was too noisy! Our profile in the Counties Manukau area was low and we only provided 3 services: Elder Abuse Neglect & Prevention, Accredited Visiting Service (AVS) and Health Promotion (HP). It was a luxury when we moved to Cambria Park Homestead in April 2007, with the official opening being held in October that year by Dame Augusta Wallace (the first patron of Age Concern New Zealand) and Board Chair Jerry Green. (pictured below).

The opening of Cambria Park Homestead was the first time I met Wendy Bremner, who was the CEO for the next 12 years. Under Wendy's leadership, Age



Concern Counties Manukau raised its profile and took a strong leadership and advocacy role on the health of

Older People in the Counties Manukau area. Services expanded with a corresponding increase in staff numbers. In addition to the Elder Abuse Response Service which now includes an education service, AVS and HP services, a Handyman Fieldworker and Counsellor have been part of the team for several years. We are also the lead agency for the Community Strength & Balance programme in Counties Manukau. Two social enterprises commenced with The Vintage Store, an Op-Shop, opening in Papatoetoe in 2012 and the Triple A (Active, Ageing Action Plan) pre-retirement course launched in 2014.

The Health Promotion Service has also undergone significant changes over the past 14 years. Initially I was a volunteer for Age Concern, delivering the ACC funded 4 week falls prevention programme known as "Step Ahead". In 2005, I was employed to support Delwyn Roberts in the HP role as she was also the AVS



coordinator. When Delwyn left, I increased my hours and became the Health Promoter, a role I have held ever since. Over the years, many of the workshops and seminars we offered have been retired, others have been upgraded and new topics introduced in response to the changing needs of the older persons population we serve.

Time now, to look at what has been happening in the Health Promotion Service over the past 12 months. My thanks to the 727 Positive Agers who attended one of the 13 topics covered at the 47 Positive Ageing sessions that were held and took the time to complete an evaluation form. Thanks also, to those people I contacted a few months post session and who provided feedback on actions taken post attendance.

Topics covered with a selection of comments from the feedback we received were:

- **Supports for Super Seniors:** points noted were interest in "TM card, FDANZ, handyman, Habitat for Humanity, AA tutorial before relicensing, Live

Longer for Stronger"

- **Spring into Safety:** points noted were "keeping dates and information current, emergency information/settings on mobile, scam awareness, emergency kit current, purchase life tube"
- **Staying Safe** (mature driver refresher): "Reinforced the need to stay alert, concentrate on the road, conditions, traffic etc, planning a journey using the 6 key safety factors, revision of road rules e.g. roundabouts, keep checking my blind spots more often. Be more aware of my surroundings, will go to AA for the car check and on road assessment as nearly 75."
- **Advance Care Planning:** "Drawing attention to a matter that I would rather not think about, very informative and necessary for all members of the community"
- **EPOA & Wills:** "Finding out more about advance directive, review my Will, I am going to advise my children to deal with the above while they are not too old, set up Enduring Power of Attorney, don't leave things in the air, importance of reviewing Will/EPOA every 3-5 years"
- **Sleeplessness & Stress:** "A better daily routine; take more time to have fun; for sleep, look after me first, that there are so many stress release remedies to support us, don't be too critical of yourself"
- **Down But Not Out:** "Ask for help if necessary and keep enjoying life, help that is available, you are not the only one, apply what is in the notes. It is very on-going so 'never give up'"
- **My Home My Choices** (Finding the Best Fit): "Provides a wealth of information and sources for so many things that one "doesn't know where to start", really got me thinking about our future, liked the leaflets, found good information, I found the workshop helped clarify my thinking by mentioning options I hadn't thought of, gave me some good ideas on what to do with our home"
- **Have Your Say** (focus groups)
- **Steady Steps:** "Good, clear (humorous) presentation makes it very interesting, never too



old to learn, introduced ideas I hadn't thought about, very useful"

- **Positive Steps** (falls prevention): "I feel more confident walking, my physical health has improved since starting the programme, more aware of taking more care of my health, improvement in mobility, I am feeling much more motivated, had eyes tested - saw specialist - operations booked to get both cataracts done in June and July (after session on vision)"
- **Seniors Eating Well** (nutrition for older people): "More confident about food choices and amounts for healthy eating, shopping with a list now, well explained and useful pamphlets to keep, more conscious of what is needed for healthy diet for older people, I shall take more notice of food use by dates, reading food labels, planning meals in advance, follow portion guidelines, prepare list before shopping to include all food groups, more aware about using nutritionally better foods, ensure good fluid intake, spend more time regularly in sunlight"
- And the pilot of a new presentation **Scam Alert! (Beware! Be Wise!):** "update virus checker & malware detection, very helpful information and handouts, tighten internet security, check every email in a little more detail, be more careful and aware, a much needed presentation, do not fall victim to temptation - remember there is nothing for free - no greed of any kind!"

What does the next 12 months hold?

In addition to the above topics, we also offer **Keeping Connected** (aka Cell Phones for Seniors), the **Nutrition in a Nutshell** presentation and the **Preparing for Bereavement** seminar.

We are in the process of planning the programme through to July 2020 so if you are interested in attending any of the topics mentioned, please email reception@accm.org.nz or ring the office on 09 279 4331 ext 800 and we will add your name to our "Expression of Interest" list. You will then be contacted when dates and venues have been booked.

If you are looking for a guest speaker for your seniors group, please also enquire via our reception and I will contact you to let you know the options that are available.

Melanie Jaggs – Health Promotion Coordinator

The importance of your membership of Age Concern

Thank you for being a member of Age Concern. None of our work is possible without the support of members like you, whose membership fee helps fund the crucial work we do.

Only 40 percent of our services are funded by the Government, so we rely on members like you to help fund the rest. Your membership of Age Concern is essential in helping us provide support and services to some of the most vulnerable older people living in our community. It also helps us to deliver services that assist older people to stay independent, healthy, active and connected to their local community.

Your annual membership fee of \$20 (individuals) or \$30 (couples) is now due for payment, you should have received a separate letter about this.

Thank you for your continuing support of Age Concern, we are incredibly grateful.

If you have any questions or didn't receive a membership renewal letter please call us on 09 279 4331.



Franklin Positive Ageing Expo

Pukekohe Indian Association Centre, 57 Ward Street, Pukekohe, Auckland

Friday 18 October 2019 9:30am - 3:00pm



LIFE BEGINS AT 65

Email: franklinpositiveageing@gmail.com Phone: 09 232 8859
Facebook: www.facebook.com/franklin.positiveageing

Friday 18 October
9.30am-3.00pm
Pukekohe Indian Hall
Ward Street, Pukekohe



Over 65 and want to come but don't have access to transport?
Dial White Rose Cars on 238 9728 to discuss free transport

This Month in New Zealand History

First flight across Cook Strait - 25 August 1920

Captain Euan Dickson completed the first air crossing of Cook Strait, flying a 110-hp Le Rhone Avro from Christchurch to Upper Hutt and carrying the first air mail between the South and North Islands.

Dickson was flying for Henry Wigram's Canterbury Aviation Company and was accompanied by the company's deputy chairman, C.H. Hewlett, and chief mechanic, J.E. Moore. The company wanted to survey the route from Christchurch to Wellington, identifying suitable landing grounds and refuelling points, to prove that mail and passenger services could be undertaken safely. By doing so it hoped to win government support for the establishment of commercial services and secure itself a regular income.

<https://nzhistory.govt.nz>



Euan Dickson (left) in front of his aircraft after the historic flight (Air Force Museum, 1983/95237)

Own your retirement with Bloom Living.

Why should you give up the financial benefits of home ownership just because you're retiring? That's the ethos behind Bloom Living's latest freehold apartment complex being built in Manurewa East.

Designed exclusively for those aged 55+, Bloom Living offers residents a freehold alternative to traditional retirement villages. Apartments can be owned outright which means capital gains sit with the owner when it comes time to sell.

Bloom's fantastic location ensures you'll be within easy walking distance of Manurewa Town Centre's fabulous amenities including transport, shops, medical facilities, library and Cossie Club.

The well-designed apartments are low maintenance, safe, secure and energy efficient. Each has two bedrooms, open plan living, the latest F&P appliances, and a car park.

Step inside and experience how beautifully livable a Bloom Apartment is.

Show Homes: Wed, Thurs, Sat 10am-12pm, 20 Alfriston Road. Due for completion in October 2019. Contact Chrissie McKee today 021 469 946.

Selling Now

Complete October 2019



Freehold retirement living starts in Manurewa East

You'll love the convenience of modern, freehold living at 20 Alfriston Road. Located a stone's throw from many fabulous amenities, Bloom Living offers safety, security and the freedom to own your home. Visit our Show Homes to see if Bloom Living is right for you.

2 bedrooms from \$555,000

2 beds 1 car 1 lift 1 cup 1 car

Freehold Retirement

Show Homes: Wed, Thurs & Sat 10am - 12pm, Bloom Manurewa East, 20 Alfriston Road.



Call Chrissie McKee, 021 469 946 for more information | bloomliving.co.nz

Bloom Living

Staying Safe Workshop for Senior Road Users



**TO GO ON THE WAITING LIST FOR
AN UPCOMING WORKSHOP**

PLEASE RING US NOW

Contact: Age Concern Auckland

Phone: 279 4331

Email: info@accm.org.nz

This **FREE** classroom based refresher workshop will help you re-familiarise yourself with traffic rules and safe driving practices, as well as increase your knowledge about other transport options to help you remain independent for longer.



Staying Safe workshops are held on weekdays during the daytime at community venues.

They are **FREE** to attend and morning tea is provided.

No testing involved

WANTED! Volunteers to run Age Concern 'Staying Safe Workshops' for Senior Road Users

We are looking for ex-Police Officer's, Driving Instructors or older people with teaching/health promotion experience who would like to be involved as volunteer facilitators in the delivery of our 'Staying Safe Workshops'.

Continuing to drive plays an important role in helping older people remain independent and you can help us to achieve this. Older people who attend these workshops report that their driving confidence is increased and they feel safer on the roads.

All Workshop materials and notes already designed by NZTA and will be made available for use, but knowledge of working a laptop/projector to play a DVD would be necessary.

Full training will be given and ongoing support provided.

Please call for a friendly, no-obligation chat if you are interested in taking up this volunteering opportunity.

Call Melanie on 279 4331 ext 814

IMPORTANT NEWS FOR TOTAL MOBILITY CARD HOLDERS:

Auckland Transport Total Mobility Cards No Longer Expire

If you hold an Auckland Transport Total Mobility Card that gives subsidised travel with selected taxi companies, we have good news, total mobility cards no longer

expire, so you don't need to renew them anymore!

This means that the Total Mobility card you currently have will not expire, so keep using it.

Even if your total mobility card has an expiry date of 30/06/2019 printed on it, just ignore this expiry date and use your card as usual. Taxi companies who accept the Total Mobility Card are aware of this change and will still accept your card.

If your Total Mobility Card has an expiry date that is earlier than 30/06/2019 then you will need to be reassessed for a new card, you can call us on 09 279 4331 to arrange this.

Helpful Hints when using your Auckland Transport Total Mobility Card

1. When you book a Total Mobility taxi remember to tell the taxi company that you are a Total Mobility (TM) Customer. Not all transport companies give TM discounts or have hoist vehicles.
2. It's very important that you look after your Total Mobility card at all times, as it is the only way of receiving discounted taxi travel. If you do not have your card on you when you travel then you are not eligible for the discount and will have to pay full fare. Make sure that the taxi driver hands you back your card after you pay the fare, so you have your card for next time.
3. Remember to keep your card away from other magnetic based objects e.g. magnets on purses, or other credit cards as this may demagnetise your card and it won't work when paying your fare.
4. If you lose or misplace your card, or it is stolen contact Auckland Transport on 09 366 6400 and they organize a replacement card for you. There is a cost of \$10 for a replacement card.



Pukekohe area service Personal and economical

- Total Mobility (TM) accepted

Our Pukekohe business covers a wide area including Pukekohe, Waiuku, Tuakau and Pokeno. Call us now for appointments or assistance with shopping. How about a drive with a stop for morning or afternoon tea for yourself and a couple of friends?

"We bring our friendly service to your door and we will provide extra help at either end of the journey as needed. For medical appointments we make sure you get to the right place and will wait if necessary or pick you up after the appointment. With Freedom you build a relationship with a driver you get to know and trust."

Service is personalised and Freedom prices are comparable to (and often less) than a standard taxi.

Call Kirsten Jones on 218-7475 or 021 1963 375 now and ask for a \$10 voucher towards your first trip if you live in the areas mentioned above.

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Seniors@work:

A new jobsite exclusively for Seniors and those over 60



“Seniors@work” has just launched and is designed exclusively for people over 60 who are looking for work opportunities. It has been set up by a fellow Senior, Ian Fraser, as a tool to connect employers with a fantastic pool of talented, skilled and experienced people who can add real value to the workplace.

Having found himself unexpectedly out of work days before his 60th birthday, Ian Fraser was shocked to discover that job hunting in your 60s is incredibly challenging. “I literally have a lifetime of knowledge and experience. I have worked in industries both here and overseas, I have started companies, learned from successes and failures and yet I couldn’t find a job”, Ian said.

After speaking with others in the 60+ community, Ian discovered that his was not an isolated experience and senior workers struggle to find employment. “It seems crazy to me that New Zealand businesses are complaining about a skills shortage, when we have a goldmine of skills, experience and talent available in our senior community”, Ian said.

Ian knows that the biggest challenge to overcome is a subconscious bias and negative connotations associated with being elderly. To counter this, he established Seniors@work, an organisation that works with employers and older job hunters to help New Zealand businesses benefit from our ageing population.

“Being “old” is viewed negatively, there are common misconceptions like the elderly can’t keep up with technology. The reality is we have a wealth of skills, experience and a work ethic that is second to none. Savvy businesses that realise this can gain access to an incredible workforce”, Ian said.

If you are interested in learning about great work

opportunities guaranteed to be suitable for those aged 60 plus then you can visit the job site www.seniorsatwork.nz and hit the “Register” button to create an account in just two simple clicks – the site has a comprehensive Work Readiness info pack and Wellbeing section, so is not just your standard jobsite.

You can also like and follow them on Facebook at www.facebook.com/SeniorsatworkNZ/. If you’d like further information also feel free to reach out directly to Ian via email at ian@seniorsatwork.nz, who can assist you in registering as a Job Seeker or even as a potential employer.

<https://seniorsatwork.nz>

Money Talks Helpline



Getting older can mean a change to your finances and it can be hard to know where to turn to for advice. Money talks is a free financial helpline that can help. They also have great resources they can provide to help with issues you may be experiencing.

You can call them on 0800 345 123, text them on 4029 or email them on help@moneytalks.co.nz. For more information visit their website:

www.moneytalks.co.nz

Leaving a lasting legacy

Have you ever considered leaving Age Concern Auckland a gift in your will? At Age Concern Auckland we are committed to providing the most vulnerable older members of our community crucial services that mitigate the negative impacts of loneliness, social isolation, elder abuse and neglect.

Age Concern Auckland is a charity and relies on the generosity of our community to raise over 60% of the funding required to deliver our essential services and support. Any bequest left to us, no matter how small or large, has a lasting impact, and helps ensure that we can continue supporting some of the most vulnerable people aged over 65 in Auckland.

A bequest to Age Concern Auckland allows you to leave a lasting legacy, and continue to assist those who need it most, long after you’re gone. It is the ultimate act of kindness and caring you can show towards your community.

Leaving a bequest is easy. After taking care of your loved ones, the simplest way to leave a gift in your will to Age Concern Auckland is to speak with your solicitor. He or she can ensure that your estate is distributed in a way that honours your wishes.

Bequests can be made in a number of ways, depending on your wishes and circumstances.

Residual – a gift from the remainder of your estate, once your loved ones have been provided for any taxes and charges settled.

Percentage – a gift of a specified percentage of your estate.

Specific – a specified amount of money, item of property or stocks and shares.

Combination – a mixture of any of the above.

To leave a bequest to Age Concern Auckland, we recommend this wording: “I give Age Concern Auckland Incorporated the sum of \$XXX (or the residue of my estate, or a percentage of my estate) for its general purposes. I declare that the official receipt of Age Concern Auckland will be sufficient receipt and discharge for my trustees.”

If you would like to leave us a bequest in your will, these are the official details you will need:

Legal Charity Name: Age Concern Auckland Incorporated
Charity Registration Number: CC25023

If you would like to talk to us further about leaving a bequest to Age Concern Auckland please contact Alexis Sawyers on 09 820 0184.

Please also let us know if you are making a bequest so we can personally thank you. Our special thanks to all those who have remembered us in their will.

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

JAMES DONOVAN SOLICITORS

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A right to occupy dwelling at Acacia Cove Village is unsecured.