

**SPRING 2019 QUARTERLY NEWSLETTER**  
[www.ageconcern.org.nz](http://www.ageconcern.org.nz)



# Age Concern Mid North

*Serving the needs of older people*



For advertising phone Dave 027 652 5220 or email [dave@kiwipublications.nz](mailto:dave@kiwipublications.nz)

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## Contact Information

**Phone:** (09) 407 4474 **Fax:** (09) 407 4458

**Email:** info@acmn.org.nz

**Address:** Kingston House, 123 Hone Heke Road, Kerikeri 0230

**Postal Address:** PO Box 214, Kerikeri 0245

### OFFICE HOURS

9.00am - 1.00pm Monday to Friday

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

## From the Managers Desk

The cover picture taken in Roland's Wood heralds in the beginnings of spring and our spring edition newsletter. Still it feels like winter is well settled in for some time to come, stay warm.

We have many activities and events going on through our health promotion program. We are so fortunate to be partnering with fantastic facilitators' who make it possible for us to offer sustainable weekly strength and balance classes in Kerikeri and Kaikohe. Two Young at Heart classes in Kerikeri have participants that have been coming to sessions since July 2017.

The Seat to Heal classes will be starting in this new financial year. The men's' activity facilitated by Antoinette runs weekly, we are so excited by this activity, we see some very positive and cheerful participants, this activity will continue weekly, and we welcome newcomers. Our three M's program in Kaikohe (held at the Baptist Church), our facilitator is Antoinette, the class is small and we welcome newcomers.

All of the Strength and Balance sessions give a discount for Age Concern Members, participants pay a \$5 session fee (except for Kaikohe 3 M's) this means the facilitator gets some reward for their time and commitment. Also scheduled in our health promotion is our Meet and Greet monthly meetings, and the Digital/technology due to start, please refer to the calendar of events in this edition of the newsletter.

The Accredited Visiting Service is currently

experiencing a lot of interest in people wanting to visit, if you know of an older person who might benefit from having a weekly friendship visit please contact Kayla on 407 4474.

We had a fantastic Mid - Year Luncheon at the Homestead in Kerikeri, enjoy the photographs that we have presented in this newsletter. We are planning our Christmas Dinner celebration and will confirm more in the next Newsletter, but keep the date shown on our calendar free to join us at this event.

President Jan was not able to join us at the luncheon, Jan is still not up to her spirited self and we hope that she will join us at our activities soon.

Our AGM will be held on the last Friday in September, this gives members an opportunity to share the review of the year with the committee.

Thank you to those that have paid their subscription and given a donation, newsletters are only sent out to those that have paid their subscription, please contact us on 407 4474 if you are not sure whether you are up to date.

*Iwen Duxfield*

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

## 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 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

**Phone: (09) 407 9889**

**Mobile: 021 503 226**



**Driving Miss Daisy®**

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



# Kitchen CORNER

## Pumpkin and Carrot Soup

Lovely soup – you can freeze the leftovers, then all you need to do is pour it into a pan to reheat for next time.

### Ingredients 4-6 Serves

- 1 Pumpkin, peeled and seeded
- 2T Coriander seeds
- 1t Ground cinnamon
- 2 Dried red chillies (optional)
- 2t Olive oil
- Salt and pepper to season
- 1 bunch fresh sage leaves, or 1t dried sage (optional)
- 1 Onion, peeled and finely chopped
- 1 Carrot, sliced
- 1 stick Celery, chopped
- 1.4 litres Vegetable stock (use liquid stock or follow instructions on packet of vegetable stock powder)
- 4T Sour Cream

### Method

1. Preheat the oven to 200°C.
2. Cut pumpkin into even-sized chunks and transfer to a roasting tray.
3. Chop and mix the coriander seeds, cinnamon, and dried chillies until nice and fine, then sprinkle over the pumpkin.
4. Drizzle with a little olive oil, season with salt and pepper, then roast in the preheated oven for about 40 minutes until nice and soft.
5. Before the pumpkin is ready, gently cook the onions, carrots, and celery with a little olive oil in a large pan for 10 to 15 minutes.
6. Add the roasted pumpkin to the pan and pour in the vegetable stock.
7. Bring everything to the boil then turn off the heat.
8. Purée the soup using a stick blender or bench top blender.
9. Fry the sage leaves in a little olive oil for 2 minutes until crispy.
10. Serve soup with a swirl of sour cream and a sprinkling of crispy sage leaves in each bowl.



### PLEASE SUPPORT OUR ADVERTISERS

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

My young grandson called the other day to wish me Happy Birthday. He asked me how old I was and I told him. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"



## Live the way you want to...

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# Age Concern Mid North

## CALENDAR OF EVENTS



### Monday

Tech for Seniors – Digital Learning  
10am-12pm at Kingston House  
First Monday Lawyers Clinic - bookings essential

### Tuesday

Men's Strength & Balance  
11.30am-12.30pm at Kingston House

### Wednesday

Gardening group  
9.30-10.30am at Kingston House  
Young at Heart (Non-impact aerobics)  
11.15am-12pm

### Thursday

Kaikohe Strength & Balance - 10.30-11.30am  
Seat to Heal - 10.30-11am at Kingston House  
Young at Heart (Non-impact aerobics)  
11.15am-12pm  
Committee meeting  
12pm last Thursday of every month

### Friday

Supporting Seniors  
10am-12pm last Friday of every month  
(30th Aug, 27th Sep, 25th Oct)

## Do you have time for others?

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

## Would you like more company?

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



"Hey Mr Burgler,  
That security door you just  
kicked in was there for  
your protection not mine!"

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## Health Promotion

We are excited to introduce new Health Promotion programmes over the coming months.

We have our Nia (non-impact aerobics) Young at Heart on a Wednesday and Thursday which are still very popular. Diana Burgess is introducing a seated class, information below.

Our Men's Strength & Balance class is ongoing on a Tuesday, and we would love to see more interest from our older men in our community.

We are very excited about our new Strength & Balance class in Kaikohe, every Thursday at the Baptist Church.

We are in the process of delivering Tech for Seniors – Digital Learning, which will focus on internet banking, emailing and other online programmes.

For more information on any of our programmes contact our office on 09 407 4474.

## Accredited Visiting Service

If you are feeling lonely, or would just like more social contact, it's important to do something about it, and Age Concern can help. Our Accredited Visiting Service is a befriending service that provides regular visits to older people who would like more company. We have had an influx of volunteer visitors and I have had the pleasure of initiating many new friendships through our service. We are always looking for both visitors and people who would like to be visited. For more information contact our office on 094074474.



(Above)  
Accredited  
Visiting Service  
members  
Netty,  
Margaret  
and Jim at  
our recent  
Mid-year  
Winter  
Luncheon.



## Moving to Heal Seated Nia

### Starts July 25th



Certified Teacher  
Moving To Heal Nia  
Diana Burgess ND

## Seated Classes Thursdays 10.30am to 11am

### At Kingston House, Kerikeri

## \$5 for Age Concern Members Non members \$10

To find out more contact Diana ph 0272000442

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

## Industry initiative makes it easier for intending residents

If you've visited a retirement village you'll know that you'll be taking home a huge pile of paper – village disclosure statements, the Code of Practice and Code of Resident Rights, an occupation rights agreement (or contract) and perhaps the village's financial statements. All this material must be provided by law so you can make a decision to move to a village (or not) with full disclosure and transparency. All intending residents must also have proper legal advice and the operator cannot counter-sign the contract without an affirmation from the resident's solicitor to say they've been given that advice.

- Details of the deferred management fee (DMF) and the method of calculation
- Details of the weekly fees, how they can be increased, and when they stop when the resident leaves the village
- Details of any other fees payable by the resident
- Whether the resident shares any capital gain or is liable for capital loss, and if so, how it's calculated
- When the resident or their estate receives the capital refund
- Whether there is any home, hospital, dementia or other specialist care available
- Whether the resident has priority over non-residents when transferring to another unit or when moving to care



The Association supports this approach. It's in everyone's interests that the decisions are made with full knowledge and understanding what's involved. We also urge intending residents to discuss their decision with their families. All too often we see children misunderstand what their parents' contracts mean, and an early discussion will ease that concern.

However desirable all this information is, it can be difficult to distinguish one village's offering from another, especially if some of the key details about costs and fees are buried in the body of the documents. We felt that this should be improved so we have developed a double-sided A4 page that sets out the village's offerings:

- How the DMF is treated for any move to another unit or to care

The Summary of Key Terms is a template that allows you to compare each village's offerings side-by-side and will save you a lot of time and effort wading through pages of legal documents to find the information you need.

If you haven't got one from the villages you've visited – ask for it! It's a RVA member benefit so only RVA member villages will have it. We are relying on customer demand to encourage members to use the Summary.

*editorial supplied by Retirement Villages Association*