

SPRING 2019 QUARTERLY NEWSLETTER
www.agewell.org.nz



Age Concern Rodney

Serving the needs of older people



For advertising phone Dave 027 652 5220 or email dave@kiwipublications.nz

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 0800 809 342 (press 5)

OFFICE HOURS
 10.00am - 4.00pm Monday to Friday

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Age Concern Rodney would like to thank all the local businesses for their continued support of our fundraising activities.

At the heart of everything Age Concern does is a passion to see older people experience wellbeing, respect, dignity, and to be included and valued.

Age Concern is a charity and relies on the support of volunteers and public donations to do much of the work we do. To help us help older people, please consider making a donation of your time or money.

To see how, visit www.ageconcern.org.nz

Our Services

Hospital Shuttle: Throughout Rodney and West Auckland to out-patient appointments at North Shore, Waitakere Hospital, Auckland/Starship Hospital, & Greenlane Clinic Centre.

Elder Abuse & Neglect: For information, support or education. Transitional House.

Hireage: Wheelchairs and Walkers available for short term hire.

Advocacy: Advocacy for our members.

Skills Bank: Database of gardeners/cleaners/handyman etc.

Time Out: 4th Tuesday of each Month. 10.00am to 12.30pm. Guest Speakers, Entertainment, Bingo

Visiting Service: A one hour weekly visit from a volunteer.

TM Cards: Total Mobility Taxi Card Assessment for discount Taxi Fares.

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



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

Call Driving Miss Daisy and ride with a friend!



Driving Miss Daisy is a safe, friendly and reliable companion driving service for anyone.

We can drive you and provide assistance for:

- Medical and other appointments
- Family/social occasions
- Companionship outings
- Take pets to vets
- Grocery or other shopping trips
- Scenic drives
- Airport departures and pick ups

All drivers are NZ Police checked, hold passenger 'P' licenses from the NZ Transport Agency and are first aid qualified for your peace of mind.

We are also an ACC Registered vendor & accept Total Mobility cards.

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

Hibiscus Coast

Phone: (09) 428 4490

Mobile: 021 035 0431



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

AGE CONCERN RODNEY & WEST AUCKLAND COMMUNITY to HOSPITAL SHUTTLE SERVICE



National Travel Assistance Scheme

NTA helps with travel costs for people who need travel often or for long distances to get to specialist health or disability services.

To receive this service, you need to be referred by your specialist (not family doctor) to see another specialist or to receive specialist services. Both the specialists must be part of a service funded by the government.

For example, this could be a renal dialysis centre, a specialist cancer service or a child development service. The rules are different for children and adults, and for those holding a Community Services card. Sometimes, a support person can receive assistance too.

Who can use this service?

Any Rodney or Hibiscus Coast resident attending Outpatient appointments at North Shore, Waitakere or Auckland City Hospital, Greenlane Clinical Centre or Hibiscus Coast community Health Centre.

Any West Auckland resident attending outpatient appointments at North Shore or Auckland City Hospital or Greenlane Clinical Centre.

North Shore residents with appointments at Auckland City or Waitakere Hospital or Greenlane Clinical Centre. Pick up and drop off is from North Shore Hospital only.

How far in advance do I need to book?

The shuttle services are on demand with no set timetable. Bookings are essential and must be made at least 3 working days in advance. For more information you can reach us (0800) 809 342 or (09) 426 0918 between 9.30- 4pm Monday to Friday.



NorthHarbourLaw

PARTNERS Tony Edward | Chris Hunt | Richard Worker
Jeanine Mitchell | Nicolene du Toit

OUR SERVICES

- Property Conveyancing
- Retirement Home Contracts
- Relationship Property
- Family Law
- Elder Law
- Enduring Powers of Attorney
- Estate Planning & Wills
- Asset Protection & Family Trusts
- Commercial Law
- Financing Transactions

Your trusted local experts

Phone 09 427 0550 | www.northharbourlaw.co.nz | nhl@nhlaw.co.nz
1st Floor, North Harbour Law House, 3 Alice Ave, Orewa



EVELYN PAGE RETIREMENT VILLAGE
Independent apartment available now

We have a lovely two-bedroom apartment available now, priced at \$829,000.

This top floor apartment receives afternoon sun and has a lovely patio that looks out to beautiful gardens.

Located in the heart of Orewa, Evelyn Page Retirement Village is within easy walking distance to the beach and town centre. The village overlooks Victor Eaves Park with panoramic views of Whangaparoa Bay.



Fixed weekly fee for life – guaranteed*



Care options that suit your needs



Deferred management fee capped at 20%



For more information please call Sylvie or Jo on 09 421 1815
30 Ambassador Glade, Orewa



*Some conditions apply

Parkit Property Management

Parkit is owner-operated we provide the hands-on management you require on a daily basis. We only employ mature, experienced managers.

We care about the sort of tenants who rent your property, - we get it right.

We have thorough accounting systems that are balanced every working day. We do not tolerate late payments.

We carry out regular detailed property inspections.

We use honest, reliable tradies. They are cost-effective and deliver quality work - and our guys guarantee it.

Our current owners can tell you their properties are hardly ever vacant. We keep our tenants on long-term lease contracts, carry out reference checks on all tenants, and credit checks.

We offer market-based fees and we believe they are 'cost-neutral' to you, the owner. We know we add value, and we know we save you money in the long run, - always balancing good tenants, low vacancy, and competitive market rentals.



WE OFFER

- Experienced mature property managers
- Free rental appraisal
- Finding and retaining quality longterm tenants for owners, we carry out thorough reference checks on all tenants
- Benefits from accessing high quality maintenance at competitive costs from trusted tradesmen
- Periodic rent reviews to maximise returns for investors
- Regular thorough property inspections
- Peace of mind for owners

Please contact us to discuss in detail.

M 0274 81 27 26
E mark@parkit.org.nz
www.parkit.org.nz

**SPECIALIST PROPERTY MANAGEMENT
throughout North Shore and Rodney**

Editorial supplied by Parkit Property Management

CAN YOU IDENTIFY ABUSE TO THE ELDERLY?

Try our quiz and challenge your ability to recognise the signs and symptoms of elder abuse.

1. Do you know any people 65 years of age or over?
2. Do you think that yelling at an older person could be considered abuse?
3. Have you ever noticed any visible markings of an unusual nature on an older person?
4. Have you ever noticed an unexplained change in an older person's personality?
5. Are you acquainted with an older person with whom your visitation privileges have been restricted or forbidden?
6. Do you know an older person who may appear to be anxious or frightened?
7. Do you know an older person who does not appear to be properly nourished, lacking in medical attention, or suffering from poor hygiene?
8. Have you noticed that an older person's personal belongings are missing?
9. Are you aware of any sudden changes in an older person's will, or unusual withdrawals from the person's bank account?

If you have answered 'yes' to some of the above and you have reason to suspect that an older person is being abused or neglected, you can contact, anonymously:

Phone; 09 426 0916 or 027 296 0264

ELDER ABUSE

You're never too old to hurt. A confidential service providing information, support and education.

FREE HOME FIRE SAFE SAFETY CHECKS

This is a free service provided by our local Rodney Fire Station Staff.

They will check the replacement and condition of any existing smoke alarms, change batteries and offer any other Home Fire Safety advice relevant to your home. They can fit a 10yr smoke alarm if you do not already have one.

Please contact your local Fire Station or Age Concern Rodney Office.

Heat pumps funded by Government to keep Kiwis warmer and healthier

Grants for energy efficient heaters are now available as part of the Government's Warmer Kiwi Homes programme which aims to make homes warmer and more energy efficient.

Energy and Resources Minister Megan Woods says the grants will cover two-thirds of the cost of efficient wood burners and heat pumps, up to a maximum grant of \$2,500. Home insulation has also been funded through the programme since July last year.

"We want to help people stay healthy and warm, and keep their power bills in check over winter so we're making it easier for people by funding the installation of heat pumps and insulation," Megan Woods says.

"Insulated and heated homes are healthier, and we know there are huge benefits for households with fewer respiratory illnesses and hospital visits. "This is one part of the package of the Government's winter support. We're also helping people keep their heaters on through the Winter Energy Payment, and we're investigating consumer electricity prices which we'll report on soon," says Megan Woods.

To be eligible for insulation and heater grants, homeowners must have a Community Services Card or live in a lower-income area. In most cases homes will need to have ceiling and underfloor insulation installed before qualifying for a grant for a heater. Eligible homeowners should take action if they don't have insulation or a wood burner because there is likely to be high demand for grants for heaters.

Hon Megan Woods

Minister of Energy & Resources

Warmer Kiwi Homes grants tool **APPLY NOW** phone on 0800 749 782

Use this tool to find out if you are eligible for a grant for a heater and/or home insulation, and to connect with a service provider for a no-obligation quote.

Warmer Kiwi Homes grants cover two-thirds of the cost of: ceiling and underfloor insulation - in some areas, generous funding from community organisations means the cost to the homeowner is even lower for insulation AND a heat pump or an efficient wood burner or pellet burner. Grants for heaters are capped at \$2,500.

Increase to rates rebate scheme

From 1 July 2019, the maximum rates rebate will increase from \$630 to \$640. The income abatement threshold will also increase from \$25,180 to \$25,660.

The Rates Rebate Scheme is a partial refund for people who pay rates to their council. It exists to provide financial relief for low-income New Zealanders owning their own home.

Further information about the Rates Rebate Scheme and its eligibility criteria can be found here.



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• 182 Hibiscus Coast Highway, Orewa • 18-22 Mill Lane, Warkworth
www.armstrong.co.nz

Senior Drivers Seminars

This is a Refresher Course for
Senior Drivers

NO Exams or Driving Tests



**Enquiries and Bookings
for the next Seminar
Age Concern Rodney
Phone 09 426 0916**

105 and Non-Emergency Contact Launch

**Always call 111 in an emergency
such as:**

- When a crime is happening now – and the offenders are still there or just left
- Someone's in danger or badly injured
- There's a serious risk to human life or property
- You see a major public hazard, like trees blocking a road

If you need to talk about something else then you can call 105.

The number is available from both mobile and landline phone. It's a free nationwide service available day and night for New Zealanders and overseas visitors.

FIVE QUESTIONS TO ASK ABOUT YOUR MEDICATIONS WHEN YOU SEE YOUR DOCTOR, NURSE OR PHARMACIST

- 1. CHANGES?**
Have medications been added, stopped or changed and why?
- 2. CONTINUE?**
What medications do I need to keep taking and why?
- 3. PROPER USE?**
How do I take my medications and for how long?
- 4. MONITOR?**
How will I know if any medication is working and what side effects do I watch for?
- 5. FOLLOW-UP?**
Do I need any test and when do I book my next visit?

Keep your medication record up to date

- remember to include:

- Drug allergies
- Vitamins and minerals
- Herbal/natural products
- All medications including non-prescription products

Ask your Doctor, Nurse or Pharmacist to review all your medications to see if any can be stopped or reduced. Visit www.hqsc.govt.nz for more information.



THINKING OF YOU!

To those people in the community who are ill, or suffered a loss. We send our warmest thoughts and Blessing to you all!

Friendly, local Total Mobility (TM) provider for personalised transport

Freedom Drivers Hibiscus Coast, run by Nadine Broomhead, brings a warm and friendly driving service right to your door.

"We specialise in driving seniors to a wide range of appointments and outings - the usual medical and business appointments as well as shopping or just a nice afternoon out with a friend or two. We will even take you and your pet to the vet. Travelling with Freedom is like travelling with trusted friends or family as you build a relationship with a driver you get to know and trust," says Nadine.

Service is personalised and Freedom prices are comparable to (and often less) than a standard taxi but with lots of extras.

Freedom Drivers are police checked, take Total Mobility cards (TM) and are ACC Registered Vendors.

Call Nadine now on 09 216 5916 or 021 0872 2760 for more information.

TRANSPORT YOU CAN TRUST



Reliable and friendly service

- Medical appointments
- Social and business trips
- Shopping
- Sightseeing and outings
- Airport transfers
- Pets to the vet
- One off or regular
- Long trips and local

Call Nadine now!

For more information

**09 216 5916 or
0800 956 956**

Total
Mobility
Provider

ACC
REGISTERED
VENDOR



www.freedomdrivers.co.nz



WE ALL NEED SUPPORT SOMETIMES

If you have need for food or company

Join us for a FREE Community Meal

WHERE? Church Hall, St John the Evangelist Catholic Church
180, Centreway Road, OREWA

WHEN? Last Monday of each month at 12.30pm

There IS such a thing as a free lunch!

ABOUT US

Serving Spoons is a volunteer initiative of the Hibiscus Coast Catholic Parish.



Our mission is to help reduce the number of hungry or lonely people in our community.

We welcome people of all faiths and none, to join us for our free community lunches.

We are proud to work with Community Meal Provider LOVE SOUP on this project.



Isolation in older age is exacerbated by privacy fears

A new study into the impact of the digital divide on older people has shown social isolation is being exacerbated by fears over privacy hacks.

The Technology in Later Life research, conducted in the UK and Canada, looks at the use, perception and impact of technology for people aged 65+ for the first time. Author Dr Hannah R Marston, Open University research fellow, said: "Technology is key to enhancing social inclusion and reducing isolation in later life, but sadly, in some cases, it's having the opposite effect. "Our study showed people, particularly in rural areas, are shying away from social interaction with family and friends through social media, for example, because they are worried about their privacy. "These fears come from a lack of age appropriate, jargon-free education."

The study was carried out with 37 people from Milton Keynes, Cwmtwrch and Ystalyfera, in Wales, McBride, in British Columbia and Regina, in Saskatchewan, with support from Swansea, Regina and Northern British Columbia universities. Participants own an average of two digital devices per person, most popular being a mobile phone or tablet, with emailing being the most regular activity. Pedometers were also popular amongst urban UK residents. Despite this they identified detractors from using technology, due to a lack of understanding of how they work and some felt pressured into using it when they didn't feel comfortable. One woman in Milton Keynes wrote: "I think the scary part now [is that] everything is moving very fast in the IT world... I find that quite exciting in some ways, but staggering and frightening in other ways." A man in Milton Keynes said: "Facebook I went on to for a short period, but, like a complete wally, I didn't realise that unless you set up the privacy settings properly, everything you say is broadcast to the world. I fell out with my daughter quite badly over something..." Other barriers to using technology were apprehension, lack of interest and difficulty learning.

The report has made four recommendations:

- Researchers, stakeholders, governments, and industry should focus on the strengths and opportunities that information communication technologies (ICT) can bring to older adults, communities and society.
- Age appropriate training and education opportunities should include peer-to-peer learning.

- Create online support including both practical and emotional support by peers to include different terminologies, needs, and requirements.
- Employees across society who are working in computer shops and primary care surgeries should consider how technical jargon may impact the older adult's abilities to engage with technology.

Justice of the Peace



Catherine Smith is available to sign and witness documents at our office
Monday to Thursday, 10am - 3pm.
Phone (09) 426 0916 to make an appointment.

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www.dils.co.nz

AWARENESS MONTH URGES NEW ZEALANDERS TO OPEN THEIR EYES TO UNNECESSARY VISION LOSS

Over 50,000 New Zealanders, that's more than the population of Nelson, could be heading for unnecessary loss of eye sight. The group of Kiwis, all over 40, have glaucoma, and don't know it, but the good news is there is revolutionary new technology out there to help them - if they have their eyes checked early enough.

Sadly, most people don't visit their optometrist to be checked unless they think they need glasses and consequently, many will be legally blind before they notice any symptoms. These are trends that Glaucoma New Zealand would dearly love to turn around, during Glaucoma Awareness Month, which ran throughout July. "It is estimated only half of the approximately 115,000 New Zealanders with glaucoma are aware they have it. That means that over 57,000 people, if left untreated, could lose their eye sight," says Glaucoma New Zealand Chairperson Professor Helen Danesh-Meyer. "If we could reach some of these people over the month, it would be life changing for them." Glaucoma is an eye disease in which the optic nerve at the back of the eye is slowly destroyed. The normal fluid pressure inside the eye rises, leading to vision loss - or even blindness. It is the number one preventable cause of blindness in New Zealand. The technology that can help patients is called a MIGS, (Minimally Invasive Glaucoma Surgery), stent. It is the smallest known medical device in the world approved for implantation into the human body. The stent releases the built-up fluid in the eye taking off the stress on the optic nerve.

"We're excited that for some glaucoma patients, these revolutionary MIGS stents can provide new treatment opportunities that were not previously possible. This can minimise the need for eye drops while still preserving vision," says Professor Danesh-Meyer. "Our biggest issue is getting the message across that glaucoma is preventable and can in many cases be treated. "To provide the best opportunity for early detection of glaucoma we urge everyone to prioritise annual eye examinations after the age of 45. Regular eye tests are not just about upgrading your glasses. Think of it as an eye health Warrant of Fitness that could literally save your sight." To find out

more go to www.glaucoma.org.nz

About Glaucoma: New Zealand Glaucoma New Zealand is a registered charitable trust formed in 2002, with a legally binding constitution to use all its resources to eliminate blindness from glaucoma in New Zealand. Glaucoma NZ facilitates voluntary work by professionals and the public so that Glaucoma NZ funds are used for essential expenses. It is a non-profit organisation which will achieve its mission through its activities which are:

- Enhance public awareness about glaucoma
- Support and inform people with glaucoma
- Educate eye health workers to assure high quality services
- Promote research into glaucoma in New Zealand

PLEASE SUPPORT OUR ADVERTISERS

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

Different signs spotted while on holiday

In an office:

After tea break staff should empty the teapot and stand upside down on the draining board

Outside a secondhand shop:

We exchange anything - bicycles, washing machines, etc. Why not bring your wife along and get a wonderful bargain?

Notice in health food shop window:

Closed due to illness

Spotted in a safari park: (I sure hope so)

Elephants please stay in your car

Seen during a conference:

For anyone who has children and doesn't know it, there is a day care on the 1st floor

Notice in a farmer's field:

The farmer allows walkers to cross the field for free, but the bull charges.

Message on a leaflet:

If you cannot read, this leaflet will tell you how to get lessons

RATES REBATES FOR RV RESIDENTS

Back in 1973, when the original Rates Rebate Act was passed, retirement villages were just starting out. It was not surprising that our residents were omitted from the list of people who could claim a rates rebate, even if they were otherwise eligible by virtue of having a low income. The rebate was available only to the "named ratepayer" on the rates demand, and this was usually the retirement village operator. Despite that, residents paid their local body rates via their weekly fee to the operator that was (*and still is*) covering the various overheads of running the village.

The RVA, supported by residents' associations, Grey Power and Age Concern, lobbied successive governments to try to get the Act amended to include village residents with a Licence to Occupy (LTO) contract, without much success. Local Government Ministers of all parties were reluctant to change the Act so non-ratepayers could claim the rebate, despite the injustice clearly done to retirement village residents.

That was until a Private Member's Bill drafted by the Hon Ruth Dyson was drawn from the biscuit tin (*yes, it really is a biscuit tin*) that extended the rebate to LTO residents who qualified by virtue of having a low income. The Bill had its first reading in September 2016 and with cross-party support, was referred to a Select Committee for consideration. The RVA and others contacted each MP to encourage them to support the Bill, made submissions to the Select Committee, redrafted some of the wording so it was acceptable to MPs across the House, and, we're delighted to say, was passed unanimously in January 2018.

We argued that around 50% of our residents only have their National Superannuation to rely on, so the rebate would be a particular benefit to them. MPs listened, and the first rebate for LTO residents was payable from 1 July 2018 - 30 June 2019. Residents wishing to claim the rebate completed the Department of Internal Affairs' (DIA) rebate application form, got a statement from their village operator about the total amount of rates paid (local Council, water and other special rates, plus any regional council charges), got it signed by a JP or similar individual, and sent it to the Council. This

could be done at any stage during the financial year, but the resident had to be living in the relevant village on 1 July.

Successful claimants get the rebate paid directly into their bank account, thus protecting their privacy.

The DIA has provided us with some information about the first year's rebate payments to retirement village residents. Around 4,200 applications were received by 44 Councils across NZ. This is around 13% of all RV units (currently 32,200 units). DIA advise that the total paid to RV residents in the first year is around \$2.5 million.

Interestingly, there are several Councils that have a high level of rebates paid to RV residents, compared with others. The four Councils that had a remission scheme for RV residents before the rebate became claimable had a slightly higher level of rebates paid - Auckland 15.5%, Thames-Coromandel 45%, New Plymouth 31% and Kapiti 10%.

Several Councils where villages often tend to be older and more "affordable" also had a higher percentage of claimants than the national average. In Ashburton, 40% of retirement village residents claimed the rebate, as did 25% in the Far North, 40% in Horowhenua, 29% in Marlborough, 30% in Napier, a massive 47% in the South Waikato District, and 40% in Upper Hutt City.

These figures are not particularly fascinating in themselves (apart for the successful claimants), but illustrate an important point we've been emphasizing - retirement villages are not always for the well-off. While some units sell for more than a million dollars, most are closer to the average freehold home's value in the area where the village is based. We want residents to sell their home, move to a village and release some equity, thereby adding to their retirement savings and enjoying a better quality of life.

If you're a retirement village resident and you only have your National Superannuation to live on, think about claiming a rebate for the current financial year. Ask your village manager about the details and/or check out the Rebates Guide that's available on the RVA's website (www.retirementvillages.org.nz).

You could find yourself better off by more than \$600!

Staying Safe at Home

Being burgled is no fun. There are the shocks of having your home invaded and items stolen or damaged, plus the stresses of insurance, cleaning, getting replacement items and worrying about whether the offenders will come back for another go. Most New Zealanders will never experience a burglary, but you can reduce the odds by making things harder for would-be-thieves.

Think ahead

- Don't open the door to strangers
- Install a peephole in your door
- If you don't know someone, keep the door closed
- Have phone by your bed
- Arrange with a neighbour to phone or visit you if your curtains aren't open after a certain time in the morning
- Have a personal or medical alarm that you can press in an emergency
- Never tell someone that you are alone in the house
- Ask for a security checklist from Neighbourhood Support <https://neighbourhoodsupport.co.nz>
- Don't be tricked? If someone you don't know asks to make a phone call from your home, get the phone number and offer to make the call yourself. Then they don't need to enter your home and you don't need to open the door
- Never do business with strangers who come to the door, phone you or contact you via email
- Never talk to strangers about your financial affairs
- Never give out your name and address or chat if you receive a wrong number phone call
- Use tried and trusted trades-people. Get several quotes
- If you are cheated, tell the Police. Help Police catch the criminal and stop other people from being cheated
- If you suspect someone is being cheated or abused, contact Age Concern Rodney, your Community Constable or Local Police
- Go to a safe place and wait for the Police

Stay safe Indoors

- Install a wide-angle door viewer so you can see who is at your door
- Keep your doors and windows secure and close your curtains at night

- Invest in good quality, secure locks
- If you live alone, don't advertise the fact. Keep your answer-phone message generic – say “no one is available to take your call” rather than “I can't take your call”
- If you think something is not right, but are not sure, call 111 and let Police decide

Life Tube

- Get a Life Tube from Age Concern Rodney. In an emergency the red Life Tube sticker on your fridge will alert Police, Ambulance or Fire Services that vital information about you is available inside the fridge.

Know your Neighbours

The most important action you can take to make your place safer is to know your neighbours. Exchange contact details, discuss your crime and safety concerns and decide what you would do in an emergency. If you or your neighbours are away, follow our property protection suggestions:

- Let neighbours know when you are going to be away. Swap holiday addresses and phone numbers
- Let each other know if visitors or trades-people will be in your house while you are away
- Be a good neighbour. If your neighbours are away, you can help them by making their house look 'lived in'
 - Turn on lights at night
 - Close curtains at night and open them during the day
 - Mow lawns
 - Clear mail, especially junk mail and newspapers
 - Use their clothesline or driveway
 - Keep an eye on their house and walk around it once a day to check it is secure
 - Question strangers, but don't say the neighbours are away. Write down their Description, visit the Neighbourhood Support website for a facts sheet
- Write down the registration numbers of unfamiliar vehicles moving slowly or stopping in the street
- Report anything suspicious to your local Police station
- If you think a crime is being committed or someone is in serious danger, call Police immediately on 111

- Start a neighbourhood Support group
- Neighbourhood Support helps neighbours to talk to each other and works closely with Police and other organizations in your community to reduce crime, improve safety and prepare to deal with emergencies and natural disasters.

If you have an intruder, prowler or burglar

If you wake and find an Intruder in your home:

- Get out if you can
- Dial 111 and ask for Police
- Listen to what Police tell you
- Don't try and catch the intruder or block their escape
- If you have to act – yell or scream, blow a whistle

If you suspect there is a prowler outside:

- Dial 111 and ask for Police
- Listen to what Police tell you
- Turn on all outside lights if you can
- Turn off all inside lights
- Make a loud noise to frighten the prowler away and alert your neighbours.

If you arrive home and think there's a burglar inside your house:

- Dial 111 and ask for Police
- Don't go inside

Source: *Family Care Magazine Issue 39, 2018*

Save the Date for Money Week 2019

The date is from 9 - 15 September 2019 and the theme this year is about looking to the future. New Zealanders face a daily tension between satisfying the wants and needs of today and preparing for the years to come.

Money decisions for the long term can seem irrelevant or just too hard when you're faced with life's demands and the instant gratification of living in the now. How can we help people make space today to start setting themselves up for a retirement of choice and freedom?

Save the date and check the Money Week Site closer to the date for resources.

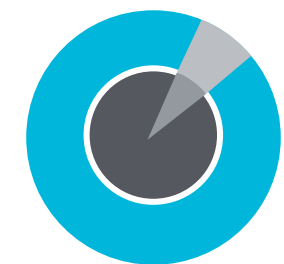
The June 2019 Elder Abuse and Neglect Prevention and Awareness Campaign.

I am pleased to report that the 2019 Age Concern Rodney Annual Elder Abuse and Neglect Campaign was very well supported by all sections of the Community.

I would like to thank the local businesses and all the volunteers who kindly gave their time for this cause.

I would also like to give a huge thank you to the general community for their fantastic support.

It may appear that this campaign is all about raising funds but this theory is wrong, it is mainly about creating awareness of Abuse and Neglect and letting people know that help is available if required and where confidential assistance can be found.



Mahurangi Vision Centre

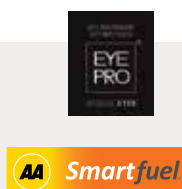
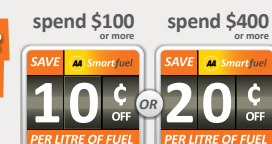
Phone: 09 425 7002

Email: admin@mahurangivision.co.nz

Visit: 23 Neville Street, Warkworth

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Age Concern Rodney WORKSHOPS / PRESENTATIONS

Preparing for Bereavement Sleeplessness and Stress Support for Super Seniors

To book your place or for further information
please phone Age Concern Rodney on 09 426 0916



ACC and age discrimination

The Commission notes that issues around ACC are complex and you may need to look further for answers to your queries. Your queries may not be covered here.

Can I get ACC if I am getting NZ Superannuation?.collapsed content.

From 1 July 2019, if you are working at 65 and entitled to NZ Superannuation (or the Veteran's Pension) you are also able to also receive earnings-related ACC compensation for up to 2 years.

Isn't having to choose between ACC and NZ Superannuation discrimination because of age?

Some argue that this is discriminatory because when you qualify for NZ Superannuation, you are entitled to superannuation as well as your income. As ACC compensation is in lieu of income, they argue that you shouldn't have to forgo it when you reach the superannuation age.

The government has said that the age limit of 65

is justified discrimination because it is designed to protect the fairness and sustainability of the ACC system. This has yet to be tested in the courts.

The Commission's complaints process is one of mediation and does not extend to determining whether or not a particular policy is unlawful. When a complaint is not able to be resolved through the mediation process, complainants have the right to take their matter to the Tribunal, either directly or by seeking representation from the Director of Human Rights Proceedings.

Some organisations which have information on ACC and/or NZ Superannuation are:

- Accident Compensation Corporation
 - Ministry of Social Development – Seniors
 - Work and Income NZ – Superannuation rates
 - Sorted 60 Plus
 - Age Concern NZ
- Note: There is a section on ACC and You.

Plan ahead today, for peace of mind tomorrow

Planning your funeral in advance can make a difficult time easier for your family

Thinking about your own funeral plans may seem odd to some, but by planning ahead, you can help ensure that your family will not experience extra distress at an already difficult time by knowing your wishes are being fulfilled.

This can easily be done by keeping a record of what you'd like when it comes to your service, burial or cremation, plus any other wishes or personal touches. Grief can affect our ability to make considered decisions and it can be overwhelming to think of all the different options, so making your wishes known in advance can relieve this pressure from family members.



“Planning ahead not only makes things much easier for the family but can also offer peace of mind for you.”

says **Leanne Little**, the manager of **Forrest Funeral Services in Orewa.**

Leanne says her team of funeral directors are happy to meet with families to talk them through what they'd like, so there is no uncertainty after their loved ones have passed away. It's a particularly good idea if you'd like some personal touches as part of your funeral, or if there are certain things you definitely don't want. "Some people tell us about their hobbies and passions, like fishing, cars, music, and we take notes to ensure these personal touches are included within the funeral."

The team at Forrest Funeral Services can supply you with a free preplanning pack which enables you to record your information as required by the Registrar-General of Births, Deaths and Marriages, as well as including details of who needs to be notified of your passing and also your preferences for your funeral. "People do find it is a useful thing to do. Straight away you can see that it's like a weight has been lifted off their shoulders. Similar to writing a will, there is satisfaction in knowing that everything is taken care of."

The other thing you can talk to a funeral director about in advance is the cost. This can help to avoid a financial burden on your family, who may otherwise have to pay for the funeral themselves. The FDANZ Funeral Trust allows people to pay for part, or all of their funeral. The money is paid into the trust and released towards payment of the funeral account.

While a major life change like going into a rest home or being diagnosed with a serious illness may prompt you to begin planning your funeral, it's never too soon to start thinking about what you may want.

Forrest FUNERAL SERVICES

EAST COAST BAYS | HIBISCUS COAST

Whether you need to plan a funeral now or are just thinking about the future, we are happy to provide you with a free funeral pack which contains material about Forrest Funeral Services and important information with regards to planning a funeral. We are also happy to come out to you and discuss your needs, and can provide a free, no obligation estimate if you wish.

Alternatively, please visit forrests.co.nz/preplanning to find out more or to simply record your choices online for free.

Ph: 09 426 7950 (24/7, 365 Days a year)
39 Riverside Road, Orewa

www.forrests.co.nz

Safer Communities Together

"Police warn public after hundreds of thousands of dollars lost in recent phone scam"



Police are issuing a warning over a recent phone scam that has resulted in members of the public losing hundreds of thousands of dollars.

Detective Sergeant Kevin Blackman from the Auckland City Financial Crime Unit, says Police have received a significant number of reports of people falling victim to a phone scam, which involves callers claiming to be from Spark and/or Police before convincing victims to withdraw or to transfer tens of thousands of dollars from their bank accounts.

Last month, Police investigating the scam reports were able to intercept two separate packages in Auckland containing a total of \$25,000. The two victims, one of whom was an 84-year-old woman, were identified and had their intercepted money returned by Police.

Further enquiries revealed that both victims had posted further packages containing substantial amounts of money, which is yet to be recovered. Detective Sergeant Blackman says these examples are just two of the many victims of this phone scam across New Zealand.

Police say there is a clear pattern of how innocent

members of the public are falling victim to this scam and being tricked into posting large sums of money to various domestic and overseas addresses.

"The victims in these matters are almost always contacted initially on their landline phones.

"The caller typically claims they are from Spark, claiming there is a security or internet issue with their computer or router.

"At some point in the conversation, the victims are usually told they are the subject of identity theft/fraud through their emails and told they are being transferred to a member of the "Police Cyber Crime Unit", where they are spoken to by a person claiming to be a police officer.

"The victim is then told that Police need their assistance to set up a "trap to catch the criminals". They are convinced to withdraw large sums of money – often in the area of \$10,000 - \$15,000 – and given an address to post the money to or bank account to transfer it to.

"The victims are often called repeatedly by the person claiming to be a police officer and talked into sending further large sums of money as part of the "trap".

"We are aware of victims being asked to send money to different addresses in Auckland, as well as overseas locations including Spain, Japan and Australia.

"By the time some people realise they have been scammed, they have lost tens of thousands of dollars, which has likely made its way overseas making it very difficult to be recovered," says Detective Sergeant Blackman.

Police have received reports from some banks which indicate that there has been potentially hundreds of victims over the past few months across New Zealand.

"Not every case has been reported to Police so we are unable to confirm how much money has been sent to the scammers, but it is easily in the hundreds of thousands of dollars."

Detective Sergeant Blackman says many of the victims are vulnerable, older members of our community who are less technologically-minded and therefore more likely to believe claims they've fallen victim to computer hacking or identity fraud.

"It's imperative that you warn your family and friends. Have conversations with your parents and grandparents, inform your elderly or vulnerable neighbours and ensure that everyone is aware of this scam.

"Never give your personal details over the phone to a stranger.

If you think a call may be suspicious, hang up immediately and do not engage with the caller. "A Police officer will never ask for your bank details over the phone or ask you to transfer money. If you receive a call of this nature, hang up immediately."

The New Zealand Telecommunications Forum (TCF) warns that consumers should be suspicious of any unsolicited calls from telecommunications companies.

"Telecommunications providers will never ring you and ask for personal details like your credit card details, bank account number or request access to your computer or laptop without you knowing why. They will also never ring unexpectedly and tell you that there is a virus or security issue with your computer," said Geoff Thorn, CEO of the TCF.

"If you do have some concerns about a call, ring the company back on their publicly listed number, not the number they called you from, and alert them to the call you have just received.

They will let you know if it was a legitimate call. "We know that scammers can be persuasive, but if something seems to be unusual or completely out of the blue, then you should hang up."

Fraud Education Manager for the Commission for Financial Capability, Bronwyn Groot, says the organisation fully supports this public warning. "We have heard of increasing numbers of fake 'spark/telco' scams and the result of falling for this scam are devastating.

"We urge the public to report any incidents of this scam to the Police, their financial institutions and their telecommunications provider," says Bronwyn Groot.

Police believe the scammers operate overseas but understand people in New Zealand may be assisting with sending the packages of money offshore.

Police want to hear from anyone who has information about this illegal activity.

"If you are asked to receive money from a stranger, you are likely to be engaging in money laundering and could face prosecution," says Detective Sergeant Blackman.

"There is no legitimate reason for a stranger to need to put money into your account. If you are ever asked, do not accept any money and contact Police."

Anyone who believes they are a victim of a scam is advised to contact Police immediately.

Anyone with information can contact Detective Sergeant Kevin Blackman by phoning 09 302 6400.

A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story. "What's it about?" he asked. "I don't know," she replied. "I can't read."

**Worried about changes in your loved one's memory or behaviour?
Struggling to care?**

TIME FOR A BREAK?

Bethany Hill Dementia Care is **certified** by Ministry of Health to provide:

Long Term Care | Day Care | Respite Care



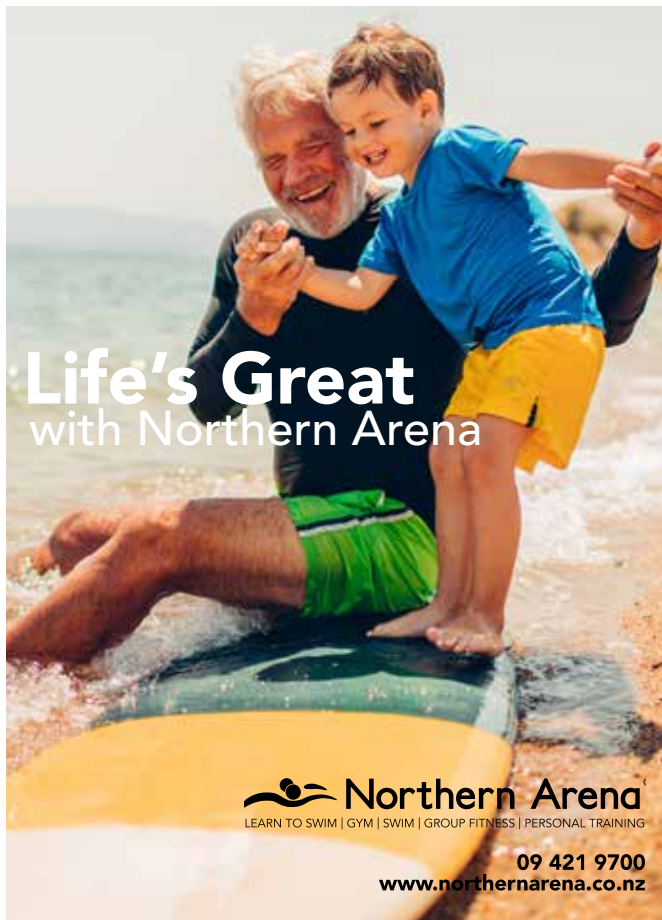
BETHANY HILL
Dementia Care

582 Leigh Road, Warkworth

Ph: (09) 422 6006

Email: admin@bethanyhill.co.nz

www.bethanyhill.co.nz



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Growing older

Growing older is a part of life that can't be avoided but getting 'old' is not only a state of mind but a state of body.

There are a couple of sayings that are all too true as we get older,

'if you don't use it, you lose it'

and

'the older I am, the better I was,'

but all is not lost and before long you'll be able to kick these sayings to the kerb because it is never too late to resume being active, increase your current activity levels or indeed, begin to be active.

Northern Arena has a special Senior's fitness membership specifically for those aged 65+ because we want to ensure you keep the spring in your step.

So give us a call on 09 421 9700 or pop in we'd love to show you around and have a chat.

editorial supplied by Northern Arena

Leave a lasting legacy

At Age Concern, Rodney we are committed to continuing to provide the most vulnerable older members of our communities' essential services that enable mitigation of the negative impacts of loneliness, social isolation, elder abuse and neglect.

We are a Not for profit organisation. We rely on the generosity of our community to raise funding required to deliver our services

Any amount, no matter how small or large, can make a lasting impact, ensuring that we can continue supporting some of the most vulnerable people aged over 65 in Rodney. A bequest will allow you to leave a lasting legacy, and continue to assist those who need it most, long after you are gone. It is the ultimate act of kindness and caring you can show towards your community.

A bequest form is included right. Please note that it is not effective until written into your will. Please take or send the form to your legal advisor, to ensure it is incorporated into your will. Please contact us if you need further information or assistance.

Please also let us know if you are making a bequest so we can personally thank you. Leave Age Concern, Rodney a gift in your will and enable the work we do; promoting wellbeing, rights, respect and dignity for older people. Our vision is that older people live a valued life in an inclusive society.



BEQUEST FORM

Please take/send this form to your legal adviser for incorporation into your will.

.....
.....(your full name)

Give to Age Concern, Rodney Incorporated, Shop JA2, Tamariki Avenue, Orewa, for its general purposes the following:

Amount in words:.....
.....

And/or assets, property and shares as listed below:

This is not effective until written in your will, which must also be signed. Please let us know if you make a bequest so we can personally thank you.

Age Concern Rodney Incorporated
CC10731

Physical address :
Shop JA2 Tamariki Avenue
Orewa, Auckland, 0931

Postal address:
PO Box 12, Red Beach, Auckland, 0945

Telephone : 09 426 0916
Fax : 09 426 0917
Email : info@ageconcernrodney.org.nz

DONATIONS, BEQUESTS AND LEGACIES

Donations play an essential part in the funding of Age Concern Rodney and the services we provide. You can make a donation at any time. Donations of \$5.00 and over are Tax Deductible!

Thank you to all those who have already made donations to Age Concern Rodney.

You may alternatively like to remember Age Concern Rodney in your will. Bequests and legacies are a vital source of income. If you would like to know more about how your bequest or legacy could help us in our work please contact Catherine.

I wish to make a donation of \$..... to the general work of Age Concern Rodney.

Name:

Phone: (09) 426 0916 or our postal address is: PO Box 12, Red Beach 0945.



STROKE

Stroke is the second major cause of death and one of the leading causes of long-term disability worldwide.

For Maori and Pacific people the risk of having a stroke is about 1.5–2 times greater compared with those of European descent.

The Framington study recently showed that the lifetime risk of having a stroke after 55 years of age is 1 in 5 for women and 1 in 6 for men. It has been calculated that during the course of their lives, about four out of 5 families will have someone affected by a stroke.

A stroke is a brain attack. It can be fatal. It occurs when a blockage such as a clot blocks the blood flow to the brain or when a burst blood vessel bleeds into the brain. During a stroke, the cells in the affected part of the brain start to die and that part of the brain cannot work properly. This can affect a person's ability to walk, talk, eat, see, read, socialise or do things they were able to do before the stroke. Many people with stroke may also have fatigue or problems with remembering, understanding or thinking properly.

The effects of a stroke

Different parts of the brain control a person's movements, senses, emotions and intellectual functions. The effects of stroke depend on which part of the brain is damaged and how severe the damage is. Disabilities from stroke range from slight to severe. Some people make a speedy recovery and return to their normal lives. Others have disabilities that may improve with time and can be managed. For many, disabilities may last a life time. A small number of people will need full time medical care.

To reduce your risk of stroke

- Check your blood pressure regularly, and follow any treatment advised by your Doctor
- Don't smoke
- Reduce your salt intake
- Eat healthy foods (limit fatty, sugary and salty foods)
- Maintain a healthy weight
- Limit you alcohol intake
- Check your cholesterol level and follow any

- treatment advised by your Doctor
- Get checked for atrial fibrillation (irregular heartbeat) and follow any treatment advised by your Doctor
- If you have diabetes, manage your condition well.

If it's a stroke—act FAST
If you think it's a stroke call 111 immediately.

The sooner a person with a stroke gets to hospital and begins treatment, the better the chance of reducing brain damage and possibly saving their life.

Learn the F.A.S.T. Signs of stroke
– you may save a life!

FACE SMILE—is one side drooping?
ARMS RAISE BOTH ARMS—is one side weak?
SPEECH SPEAK—unable to? Words jumbled, slurred?
TIME TIME TO ACT FAST! Call 111. Time lost may mean brain lost.

Any of these signs— not necessarily all three, could be a sign of stroke. New tools for stroke prevention and recovery are now available. For more information go to www.stroke.net.nz

Tracking devices for wanderers WanderSearch

Tracking devices are issued by Police Search and Rescue (Police SAR) and by New Zealand Land Search & Rescue (LandSAR). They are for 'wanderers' who regularly go missing, such as some people with dementia.

The tracking devices are small pendants in the form of a necklace, belt attachment or watch, worn by the wandering person. Each pendant has its own individual frequency which can be tracked using direction finding equipment.

After they receive the tracking device, a person's details are entered into the Police National Intelligence application with an alert attached. When a person wearing the device goes missing, Police SAR will be notified immediately and the person tracked using the device. This has proved successful for both Police and families.

For more information contact any Police SAR coordinator through your nearest police station.



Tea Dance - Afternoon

Community based Devonshire Style
Afternoon Tea

No partner required.
Dances for everyone.
Includes lessons and Line Dancing

Monday 2nd September
Monday 16th September
Monday 30th September

Dairy Flat Hall - 1pm - 4pm

All Welcome

Call Margie
021 051 0230 - 09 426 9733

Mobility Parking Information

If a Mobility Cardholder parks in a standard car park, the time is doubled. For example if someone parks in a 60-minute parking space, the time will become 120 minutes. The Mobility Card needs to be in a visible position for the parking wardens.



WANTED

Skilled and semi-skilled people required for our Skills Bank. Builders / Handy man, plumbers, Electricians, Gardeners etc. If interested please phone 09 426 0916.

URGENT
URGENT
URGENT
VOLUNTEERS
REQUIRED

We require people to join our team of volunteers to assist at various Age Concern Rodney projects and activities throughout the year.

If interested please phone 09 426 0916.





Need a hand? Services we offer:

- **General Home Help** - dusting, polishing, tidying, bed making, bathroom, stove tops, microwaves, vacuuming, all floors and wet areas mopped, Rubbish taken out.
- **Laundry** - colours sorted, washing done, hung on line, dried, folded and put away.
- **Meals** - shopping lists, meal planning, food preparation, cooking, company while eating, washing up and kitchen left tidy.
- **Shopping** - driven to local shops, accompanied while shopping, bags carried, unpacked and put away. Or if preferred we will shop for you, bring home and put away.
- **Sleep Over's** - support worker to sleep in the house for a 8, 10 or 12 hour period to ensure your safety.
- **Driving** - to appointments, Doctors, Hospital, Hairdresser, etc.
- **Morning Care** - help to get out of bed, showering, drying, dressing, grooming, ensure breakfast is eaten and hot drink given.
- **Evening Care** - ensure evening meal is eaten, undress, leave bed turned down, check house is locked up and secure.
- **Medication** - support workers are not authorised to give medication but they are able to remind you to take them.
- **Companionship** - need someone to pop in and check on you, read the newspaper to you, go for a walk, chat for a while, or even treat you to a day out occasionally.
- **Spring Clean** - this can be negotiated and arranged at any time.
- **Respite Care** - does your carer need a break, support worker to stay while carer is away.
- **Full Time Care** - 24/7 care can be provided. Special packages can be worked out individually.

***"We'll give you the help
that you need,
and the care
that you deserve"***

Very competitive rates

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EMAIL: chrissycleanncare@xtra.co.nz

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