

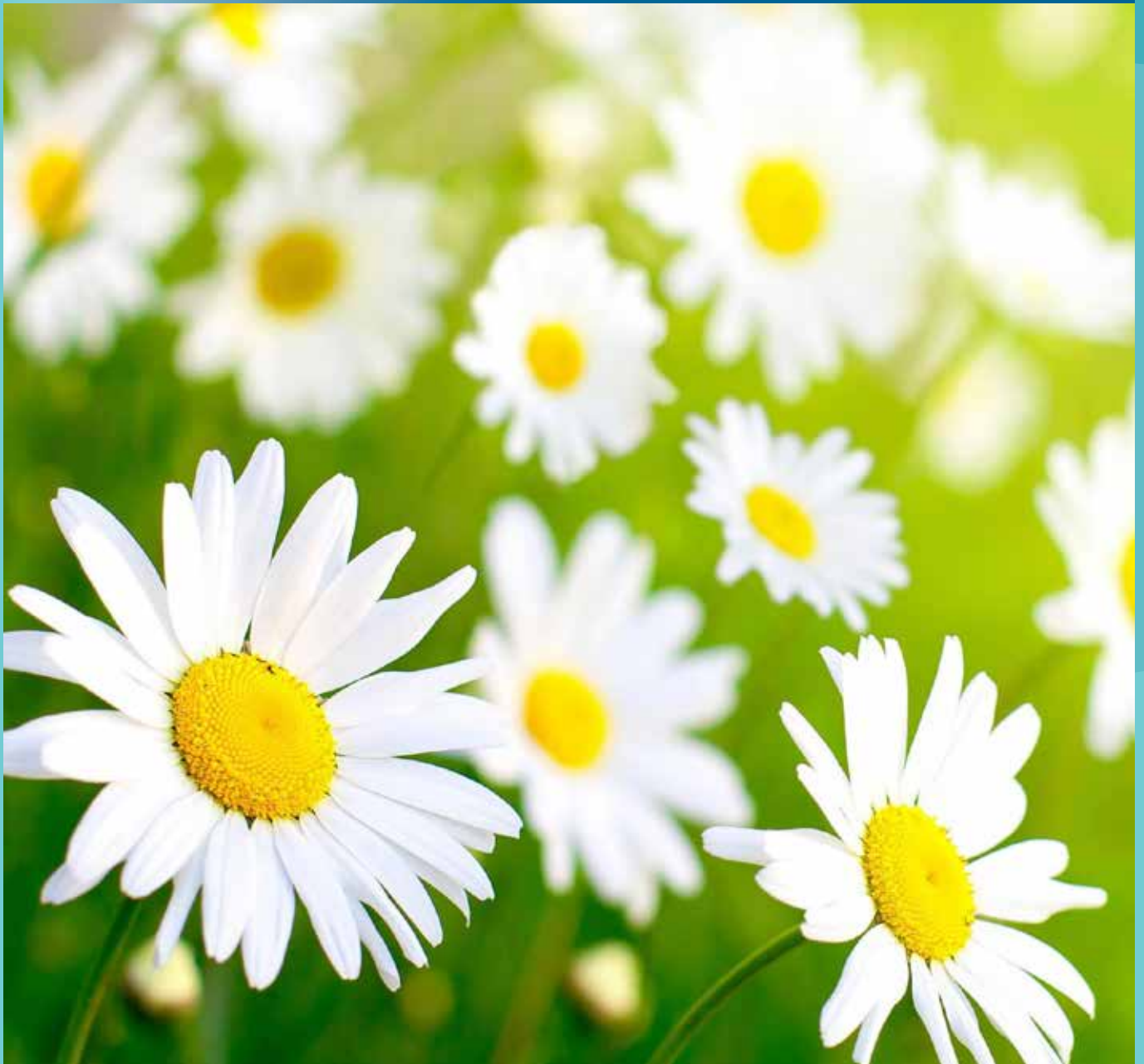
SPRING 2019 QUARTERLY NEWSLETTER

www.ageconcernauckland.org.nz



Age Concern Auckland Central & West Edition

Serving the needs of older people



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

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OFFICE HOURS
 9.00am - 4.00pm Monday to Friday

Staff

Chief Executive Officer	
Kevin Lamb	820 2718
Executive Assistant & Office Manager	
Martina Stroblova	820 0184
Accredited Visiting Service (Central)	
Jenny Barker	820 2714
Accredited Visiting Service (West)	
Sue Campin	820 2713
Manager - Intervention Services	
Kai Quan	820 2716
Elder Abuse & Neglect Prevention (Central)	
Denisa Diaconescu	281 2379
Field Social Worker	
Chris Frew	820 2715
Social Services Coordinator	
Carol Maharaj	281 2984
Intervention Services Administrator	
Julie Mansson	820 2710
Manager - Ageing Well Services	
Katie Rom	929 2312
Ageing Well Coordinator	
Teresa Kendall	820 2712
Ageing Well Coordinator	
Amo Leriko	820 2719
Manager - Asian Services	
Ray Law	820 0271
Asian (Chinese) Service Social Worker	
Kong Chi Shan	972 3495
Manager - Social Connections	
Rebekah Preston	820 2711
Fundraising & Communications Manager	
Alexis Sawyers	820 0184

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.

Elder Abuse and Neglect Prevention (EANP) Service - aims to improve the quality of life of older people in abusive situations and to prevent abuse by providing information, education programmes, advocacy and support.

Field Social Worker - social workers are available to support and assist people aged 65+ with any social needs and health or wellbeing issues.

Ageing Well - delivers a range of programmes and activities that are fun and social. Workshops provide practical knowledge on topics such as health and wellbeing, legal matters, modern technology and safe driving.

Total Mobility Scheme - assesses and provides Total Mobility Cards to eligible people.

Asian (Chinese) Service - support and assist the Asian community. We give talks to Chinese groups to promote positive ageing, help clients when accessing social services and provide language support and cultural advice.

Community Development - looks to promote and develop programmes for the community.

IF YOU NEED TO TALK TO SOMEONE, THE FOLLOWING FREE HELPLINES OPERATE 24/7:

DEPRESSION HELPLINE: 0800 111 757
LIFELINE: 0800 543 354
SAMARITANS: 0800 726 666
1737 NEED TO TALK? Call or text 1737

MENTAL HEALTH CRISIS SERVICES (for emergencies only):
 Waitemata: (09) 486 8900 (operating 24/7)
 Henderson: (09) 822 8601
 Central: 0800 800 717(operating 24/7)

Disclaimer: 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 – we've got Auckland covered!



Driving Miss Daisy is NZ's number 1 friendly and reliable companion service.

We can drive and accompany you to:

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- Companionship outings
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- Grocery or other shopping trips
- Scenic drives
- Airport departures and pick ups

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Remuera	Ph: (09) 520 3405
Ellerslie	Ph: (09) 533 3278
Epsom	Ph: (09) 626 0018
One Tree Hill	Ph: (09) 629 5999
Eastern Bays	Ph: (09) 528 2044
Blockhouse Bay	Ph: (09) 627 0481
Henderson	Ph: (09) 836 5713
Titirangi	Ph: (09) 813 2495
New Lynn	Ph: (09) 634 5015
Hobsonville	Ph: (09) 412 5332



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.



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

Message from our Outgoing Acting Chair



As the Chair of the outgoing Auckland Central and West Board I would like to take this opportunity to thank and recognise the Board members for their service, work and commitment to Age Concern. Board service is one of the toughest volunteer roles of all and

everyone performed it with dedication, tenacity and incredible passion and professionalism. The outgoing board members are Dick Ayres, Fiona Kirkcaldie, Jingling Lin, Patricia Williams, Kate Gouling, Sudanshu Dandekar and Anuradha Abhyankar.

I would like to especially recognise Anuradha who tirelessly gave her time, wise counsel and patient advice as Chair. Anuradha also provided tireless support to the CEO, support which enabled his leadership of the organisation. I would also like to thank Sudhanshu for his contribution as Treasurer, this is an extremely important role on all not-for-profit Boards and your expertise in this area was invaluable.

There will be the opportunity to personally thank the board members at the Age Concern Auckland AGM at the end of the year. I look forward to continuing to serve you as a member of the new Age Concern Auckland Region Board.

Edwina Mistry
Acting Chair, Age Concern Auckland

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



Where community shapes the heart of your retirement

Not one for letting the grass grow under her feet, Judith has always enjoyed being active. That certainly hasn't changed since moving into her independent apartment at Bert Sutcliffe Retirement Village, in Birkenhead.

"The opportunities here to try new things, are endless," she says. "I joined the Tai Chi group which I really love. I've also taken up bowls which I'm also really enjoying. There's a lot of camaraderie on the bowling green – it's a lot of fun!"

Judith also explores Auckland with the Bert Sutcliffe walking group. "I look forward to going somewhere different every week. Occasionally we walk locally, but mostly we go out into Auckland and see all sorts

of different places, and go on wonderful bush walks.

"The companionship is great, it's a huge benefit – there's always laughter and never a dull moment!"

However, it's the group's social interaction that is most important to Judith. She says people love being in the walking group, "We make time to talk,

look at the scenery and gardens: to 'stop and smell the roses.'" At the end of their walks, the group usually find themselves at a local café. "We talk about where we've been – it's our wind-down time and we all enjoy it."

Residents, like Judith, love the village environment and they feel connected to their neighbours and friends. Ryman villages provide the setting where community spirit thrives.

For more information about our Auckland villages phone 0800 000 290 or visit rymanhealthcare.co.nz

Message from the Chair – Age Concern Auckland Region



Thank you Edwina for your message of thanks to the outgoing Auckland Central and West Board.

It now falls to me, in the second of our Chair messages to announce there is a new Board for the newly amalgamated Age Concern Auckland Region. This new Board has seven board members, including Edwina and myself.

The new members were nominated from the three existing Age Concern Boards of North Shore, Counties Manukau and Auckland Central and West. The other board members are Sue Braithwaite-Smith (Counties Manukau), Stella Cattle (Counties Manukau), Tony Fowlie (North Shore), Mary Gray (North Shore) & Jenny Moor (North Shore).

So, who am I? I'm Victoria Walker and I was elected as the Chair of the new Age Concern Auckland Region Board in July. I've been a visitor in the Accredited Visitor Service at Age Concern Auckland for several years. It is a role I've really enjoyed and benefitted from. It has given me insight into the world of older Aucklanders and the amazing work Age Concern does. Which is the reason why I'm delighted to lead the Auckland Region Board.

Coming together as one gives us a great opportunity to harness our collective power for even stronger outcomes for Auckland's older people, while still providing local services where you expect and need them. Looking to the future we will be able to work together to prepare for our increasing older population. We will also work with local Government, national bodies and our funders to seek new and improved ways to support our most treasured Aucklanders, our older people.

An example of this is the work we have been doing in recent months to assist Auckland Council to facilitate Age Friendly Auckland workshops. It's incredibly important that the voice of the older Aucklander is heard in the discussions around what would make Auckland more Age Friendly as a city. To ensure this happens, we have run workshops on this topic with older adults connected to Age Concern.

A second example is our work with Auckland University on their research project into overcoming loneliness and isolation in older adults through group therapy and group activities. Loneliness and isolation impact significantly on older adults, with current research

indicating that around 50 per cent of older New Zealanders experience some level of loneliness. If unaddressed, these feeling of loneliness and isolation have a significant impact on quality of life for older adults and lead to the deterioration of their health, well-being and self-confidence. This is one of the key reasons Age Concern is partnering with Auckland University on their research in this area. We will be recruiting older people to be participants in this research early next year, so please let us know if you are keen to be a part of the research project.

I want to finish by welcoming you to our new organisation. An organisation committed to providing high quality services and support for older people at a local level. I look forward to our future together.

Victoria Walker

Chair, Age Concern Auckland Region

Low-income retirement village residents with a Licence to Occupy were able to claim a rates rebate in the financial year just ended, just as their counterparts who own their own home have been able to do since 1973.

The Rates Rebate Act was amended in January 2018 extending the rebate to LTO residents, thereby allowing many to be at least \$600 better off.

Around 4,200 applications were received by 44 Councils across NZ. This is around 13% of all RV units (currently 32,200 units). The DIA tell us that some \$2.5 million was paid to RV residents.

Several Councils where villages often tend to be older and more "affordable" 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, 31% in New Plymouth, 45% in Thames-Coromandel, and 40% in Upper Hutt City. These figures illustrate an important point – retirement villages are not always for the well-off. Most units are priced around 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 reading this, 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!

editorial supplied by Retirement Villages Association

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. This includes the following services:
 - o Elder Abuse Response Service
 - o Elder Abuse and Neglect Prevention Education
 - o Field Social Worker
- **Ageing Well Services** that assist people to stay independent, healthy and active. In Central & West Auckland we provide the following services:
 - o Health Promotion and Education Services
- **Social Connections Services** that mitigate loneliness, promote community involvement & enable mobility. The following services will continue to be provided:
 - 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 phone: 820 2718;
email: KevinL@ageconak.org.nz

Intervention Services Manager - Kai Quan
phone: 820 2716;
email: KaieQ@ageconak.org.nz

Ageing Well Services Manager - Katie Rom
phone: 929 2314;
email: educator@acns.co.nz

Social Connections Services Manager - Rebekah Preston phone: 820 2711;
email: RebekahP@ageconak.org.nz

Asian Services Manager – Ray Law
phone: 820 0271;
email: RayL@ageconak.org.nz

Finance Manager – Rhonda Oliver
email: rhondao@acns.co.nz

Fundraising and Communications Manager – Alexis Sawyers phone: 972 0092;
email: AlexisS@ageconak.org.nz

Wool, wool, glorious wool.

The Peggy Purl Knitting Group at Bupa Glenburn Retirement Village recently donated a large quantity of lovely wool for us to distribute to knitters. The knitters then make hats, scarves, socks and blankets that we can give to clients. Thank you so much ladies for your gift.



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>

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Editorial supplied by Freedom Drivers

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/>

Special thanks to the Western Quilters Circle for their amazing support

The Western Quilters Circle are long-time supporters of Age Concern Auckland. They recently donated 51 gorgeous quilts, which we have been giving out to clients to keep them warm over the winter months. Two of the lucky recipients were Norma and Ivy.

Norma (left) is 97 years old, from Te Atatu South and has led a very interesting life, which includes serving in the Navy and living in Lighthouses. Norma was thrilled with the gift of the beautiful quilt.

Ivy (right) is 88 years old, from Mt Eden. Ivy loved her gorgeous quilt and was incredibly grateful to Age Concern, the volunteer who delivered it to her in the rain, and the Western Quilters Circle.

Western Quilters Circle meet at the Kelston Community Centre on the last Tuesday of the month at 7.00pm. If you or someone you know would like to

head along to join in the quilting fun and would like more information, please email westernquilters84@gmail.com.

These quilts bring so much joy to the people who receive them. Our special thanks to this amazing group of talented and incredibly kind people.



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Handyman Service

– Andrew is back
Andrew is a wonderful Handyman, who does little jobs in the Central to Eastern suburbs, for a small fee.
If you have a small job that needs doing – he might well be your Knight in Shining Armour.
Please ring Sue on 820-2713 to check if your job qualifies.



Gardener/Hedge Trimmer available in Mt Wellington and surrounding suburbs.

Linda is a very experienced gardener and has worked as the head gardener for numerous Rest Homes and Retirement Villages. Linda is now looking for smaller, residential gardening projects, including hedge trimming projects. Linda lives in Mt Wellington, so prefers to work in the Eastern and Eastern Central suburbs. Linda is offering special rates for Age Concern members and clients and is available for one off gardening projects or regular gardening. Please phone Sue Campin to book on 820-2713



ONEHUNGA SCENE

Join other like-minded seniors for a game of bowls, cards, scrabble, conversation and a cuppa. An excellent opportunity to increase strength and flexibility, socialise, and refresh your skills, while enjoying some good old competition! Bring a group of friends. Other games welcome.

**FRIDAYS 12:15-2:30PM, ENTRY \$2
3 PEARCE ST (HALL), ONEHUNGA**

Please contact Rebecca 021 1491320 with any enquiries



Choose wisely and review your medicines

MORE ISN'T ALWAYS BETTER...



WHEN IT COMES TO MEDICAL TESTS, TREATMENTS AND PROCEDURES...

Talk to your health professional about what is best for you and your whanau

The Council of Medical Colleges (CMC) is encouraging people to talk to their doctor about whether they could take fewer medicines.

The CMC coordinates the Choosing Wisely campaign, which encourages patients to ask their health professional whether they really need a test, treatment or procedure. More isn't always better when it comes to medical tests, treatments and procedures. Unnecessary interventions are stressful and can lead to more testing to investigate false positives.

In New Zealand, 35 per cent of people aged over 65 are taking five or more long-term medications. Choosing Wisely clinical lead Dr Derek Sherwood says it is important people get their medicines reviewed regularly. "This helps make sure you are receiving the best treatment. When a doctor or pharmacist reviews your medicines, they will check things like what medicines you are taking and why, how many different medicines you are taking and any side effects you may be experiencing."

Dr Sherwood says stopping a medicine can seem daunting, especially if you've been taking it for a long time. "However, many older people stop medicines without feeling worse. In fact, you may feel better and improve your quality of life – especially if your symptoms were being caused by your medicines. Talk this over with your GP or specialist."

Find out more at the Choosing Wisely website at www.choosingwisely.org.nz
<http://www.superseniors.msd.govt.nz>

MDP Medical Alarms



MDP Medical Alarms represents ADT Security in the provision of monitored medical alarms. If you have a medical condition, or live by yourself, a NevaAlone medical alarm is your ticket to a safer, more independent lifestyle. You, your family and friends can have peace of mind knowing that you will be able to get help 24 hours a day, 7 days a week at the touch of a button.

The NevaAlone Personal Help Button can be worn as a pendant or wristband. It is water-resistant and can be worn even in the bath or shower. Its long-range capability allows it to work in any room in virtually any home, even out in the garden.

Being Ministry of Social Development accredited, funding might be possible through Work and Income in some cases.

**For more information call Marina Du Preez
021 039 8022 or email at
mdpmedicalalarms@gmail.com**

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MDP Medical Alarms



An update from your Health Promotion Team

— Teresa Kendall and Amo Ieriko



After a very busy and rewarding start to 2019, the new Health Promotion team are excited to be spreading our wings. We are offering an expanded range of topics as well as providing workshops in more areas in the coming year.

We are still confirming dates and venues so please ring or email us to register your interest. Also let us know if you have a group or a venue that would be interested in hosting one of our programmes, because we would love to come and present for you.

Workshops and activities we offer are:

Steady Steps

A one-hour presentation that provides simple tips to help try and prevent a fall from occurring. Includes a demonstration of some simple strength and balance exercises that can be done at home.

Nutrition in A Nutshell Presentation

A one-hour presentation that provides an overview of the importance of nutrition as we age and our changing nutritional needs.

Seniors Eating Well

A two-hour cooking demonstration-based workshop which runs one day a week for four consecutive weeks. This interactive workshop gives practical examples on selecting the right type of food and delicious ways of preparing healthy and nutritional options.

My Home, My Choices

A workshop designed for senior home owner-occupiers. 'My Home, My Choices' is a research-based decision support tool designed to help you think through:

- (1) how to use your current home to live in or
- (2) to move on in the future.

Superannuation

A two-hour presentation on Superannuation

Entitlements. Topics covered include Veterans Pension, Living Alone, Super Gold Card, Health Costs, Housing Costs and many more.

Enduring Power Of Attorney

A presentation on the types and importance of Enduring Power of Attorney, it is designed to give you the information you need to plan for your future wellbeing.

Hearing Awareness

This workshop is run by trained Hearing Therapists in collaboration with Life Unlimited and provides information about a range of hearing issues and ways to address these.

Advance Care Planning

A two-hour seminar on what an Advance Care Plan is, why it is important and how to write one.

Scams Alert!

A two-hour presentation designed to educate and empower older people on the type of scams they can be vulnerable to, and strategies to avoid being taken in by them.

Sleeplessness & Stress Workshop

This two and a half hour workshop is designed to assist older people to understand more about the fatigue caused by both a lack of good quality sleep and by stress. It provides positive strategies and suggestions for improving the hours of quality sleep you have each night and coping with stress.

Technology for Seniors

A two-hour opportunity for older adults to get individual instruction on their own devices (e.g., cellphones, laptops or iPads) with assistance and guidance from local senior High School students.

Because of the popularity of this topic we will be running a few of these workshops around Auckland and are very excited to announce a confirmed event at MOTAT on the 11th October – limited places so call us to register.

Monthly Presentations –

These will be held here at 57 Rosebank Rd, Avondale from 10am - 12pm

Wednesday 11th September – Steady Steps

Wednesday 16th October – Cognitive Confidence

Wednesday 13th November – Manual Therapy for Falls Prevention

To register your interest for any of these activities, please phone 820 0184 or email: teresak@ageconak.org.nz or amoi@ageconak.org.nz

Your name will be placed on a waiting list against your topic of interest and you will then be contacted for priority booking once dates and times are confirmed.

Registration is essential and places will be provided on a first come, first-served basis.

In your community *Glendene Community Hub*



Friendship Group

Age Concern Auckland's Health Promotion team are excited to work alongside the leaders and the staff of the Glendene Community Hub to deliver Ageing Well activities for seniors who regularly meet at the hub as well as encouraging older people living locally to make use of this friendly venue and their exciting programs.

Glendene Community Hub is located in the heart of Glendene at 82 Hepburn Road and is a place to gather, connect, celebrate and belong. The Hub is full of locals and neighbours of all ages and stages and is open Monday, Tuesday, Wednesday & Friday 9am-2.30pm and on Thursdays 9am-4pm.

For more information on any of these activities please contact the hub on 09 813 9348 / coordinator@glendenecommunity.org.nz



Anapekapeka Niuean Seniors Age Friendly City project

Activities to become involved in

Mondays and Wednesdays

– **Glendene Walking Groups 10am.** Meet people, get fit and explore the community, all fitness levels welcome. Enjoy a cuppa afterwards.

Thursdays – Friendship Group 10am – 12pm.

Crafts, games, conversation, gardening, knitting and more, all over a cup of tea

Fridays - Women's Yoga + Meditation

9:15am – 10:15am. For women of all ages and abilities, beginners and experienced.

Fortnightly – Anapekapeka Niuean Seniors 10.30am – 2.30pm

Fridays – Feel Good @ The Hub

10am \$5 Relaxing warm massage, 15mins scalp, neck and shoulders chair massage. Bring two towels

Photos provided by Glendene Community Hub



lille™ healthcare DEDICATED TO CONTINENCE CARE

Lille Healthcare New Zealand offers a comprehensive range of disposable products suitable to manage all types and levels of incontinence. Our technologically advanced products are 100% breathable and hypoallergenic, ensuring optimum comfort, security and discretion.

Our easy-to-use Lille Healthcare Online Shop provides the ability to buy continence products discretely in the privacy of your own home and have your package delivered direct to your doorstep.

ORDER ONLINE for DELIVERY DIRECT TO YOUR DOOR

Order now at www.lillehealthcare.co.nz

Our Lille Healthcare range includes pads, pants, adult diapers and underpads.



265 reasons to celebrate!

In July we celebrated 2 Age Concern Auckland clients turning 90 and one turning 85. Special thanks to the Waitakere Cake Decorators Club for donating the gorgeous cakes, they bring a lot of joy!



FINDING THE BEST FIT

AGE CONCERN AUCKLAND AND
ŌRĀKEI COMMUNITY CENTRE PRESENTS:

MY HOME MY CHOICE

FREE WORKSHOP FOR SENIOR HOME OWNER-OCCUPIERS.

USING A RESEARCH-BASED DECISION SUPPORT TOOL TO HELP YOU THINK THROUGH HOW YOU WANT TO USE YOUR CURRENT HOME TO LIVE IN OR TO MOVE ON IN THE FUTURE.

11 SEPT '19, 10AM - 12.30NOON

Ōrākei Community Centre, 156 Kapa Rd, Ōrākei

To Register
Contact: 09 820 0184 - Age Concern Auckland
email: amoi@ageconak.org.nz

No matter how old you are, the key to getting more out of life is by putting more into living it. So that's what we do at Knox where our Eden Alternative philosophy guides home life to be more enriched with meaningful activity, plants, animals and children. Visit our caring community and you'll see and feel the difference.

unique and loving it

more life

Eden ALTERNATIVE

Elizabeth Knox HOME + HOSPITAL

CARING COMMUNITY

knox.co.nz

10 Ranfurly Rd. Epsom. Auckland. 09 523 3119

Knox resident Joy has all the time she wants for painting.

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

This Month in History

13th September 1933

New Zealand's first woman MP elected



The Labour Party's Elizabeth McCombs became New Zealand's first woman Member of Parliament, winning a by-election in the Lyttelton seat caused by the death of her husband, James McCombs (one of the first Labour MPs, he had held the seat since 1913).

Although New Zealand women had famously won the right to vote in 1893 they were not allowed to stand for Parliament until 1919. A handful of women had contested elections, including the well-known Ellen Melville in Auckland, and McCombs herself in 1928 and 1931. Although James had won Lyttelton by just 32 votes in 1931, Elizabeth achieved a majority of 2600. Sadly, she died less than two years later.

The McCombs family tradition continued after Elizabeth's death: she was succeeded by her and James' son Terence, who was MP for Lyttelton until 1951, and minister of education from 1947 to 1949. His defeat in the snap 'waterfront dispute' election ended the family's 38-year hold on the seat.

The second woman MP was Labour's Catherine Stewart, elected for Wellington West in 1938.

<https://nzhistory.govt.nz>

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: 820 0184

Email: ageconcern@ageconak.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 us on 820 2719 for a friendly, no-obligation chat if you are interested in taking up this volunteering opportunity.

Old age ain't no place for sissies!

~ Bette Davis ~



Quality Care In Your Home

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

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 Avondale office on 820 0184 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

LOOKING FOR AN AFFORDABLE RETIREMENT OPTION?

“THE HIDDEN GEM OF AVONDALE”

AVAILABLE

ONE BEDROOM GROUND FLOOR APARTMENT - \$280,000
2 BEDROOM GROUND FLOOR APARTMENT - POA

The Cosmopolitan Retirement Village is a Boutique Village nestled behind the Avondale shopping Centre and just a short stroll to the Avondale train station, buses, medical centres, shops, eateries. With only 38 apartments, you will not get lost in the crowd, here you are more than just a number, and you are a valued resident. Contact me for an appointment and you will find out for yourself what a hidden gem this Village really is, I am sure you will be pleasantly surprised.

Let's have a coffee; I would love to meet you.

Denise - 09 828 2885
Email: info@cosmopolitanvillage.co.nz

Many hands make light work!



MANY HANDS MAKE LIGHT WORK

If you have some spare time on a regular basis and would like to join Age Concern Auckland's Volunteer Connections team, please make contact to volunteer in one of the following capacities:

- Facilitating Workshops
- Data Entry
- Outdoor Maintenance
- Office work
- Volunteer Visitor - Weekly

Please contact Sue Campin, Volunteer Connections, Age Concern Auckland on (09) 820 2713 or email suec@ageconak.org.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

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's 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.

Some tips for communicating with a person with Dementia:

- Make sure you have the person's attention before starting to speak - use their name
- Check that hearing aids are turned on, glasses are clean to better watch your lips
- Ensure the person is comfortable before attempting an important conversation
- Be directly in front of the person with dementia so that they know where the voice is coming from
- Be at the same level so you are not looking down on them
- Minimise distractions
- Make sure you are calm, otherwise the person will detect your anxiety and become anxious themselves
- Speak clearly and give the person time to comprehend what has been said
- Mention the topic of conversation and use the main topic word often. Have only one concept in each statement or question
- Use words that help to orientate the person such as "Your old boss, Peter", "your sister, Shirley...")
- Repeat words back so that you are sure you have understood
- Use gesture to reinforce your words e.g. pointing to something or holding it up
- Visual aids can help communication greatly (photos, memos, objects, maps, written reminders)
- Touch may reassure or help the person to understand
- Take your time
- Have a laugh at both of you when you can't quite connect. Relax and try again
- Be positive saying "yes, and..." rather than "no" or "yes but..."
- Comment more, and question less



- Later it may be better to ask questions that may be answered by "yes" or "no" or give the person only two choices
- Suggesting lost words may help and some people appreciate the assistance. For others, however, it is frustrating if you finish sentences for them and get it wrong
- Repeat as necessary, using the same words (and give the person time to process the words and respond). If that doesn't work try rephrasing your message

Don't

- Rush them
- Be bossy! No one responds well to being ordered to do something
- Talk over the person as if they aren't there
- Ask complicated questions that the person can't follow
- Embarrass people by asking factual questions that they won't be able to answer

Source: *Dementia New Zealand Fact Sheets*

\$49 Ear Wax Removal by Microsuction for SuperGold card holders.



Book online! www.earhealth.co.nz



We've moved from Eastridge Shopping Centre to 305B Keka Rd, Mission Bay.



Ear Health Birkenhead, 131 Birkenhead Ave Birkenhead. Ph: 09 480 5676

Ear Health Grey Lynn, 28 Surrey Crescent Grey Lynn. Ph 09 361 3838

Ear Health Mission Bay, 305B Keka Road Mission Bay. Ph: 09 390 5367

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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

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 at: **PO Box 19542, Avondale, Auckland 1746** or call **(09) 820 0184**

- I would like to make a donation of \$_____. Please enclose a cheque made to Age Concern Auckland Inc. *Donations of \$5 or more may be 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.



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, Maurice Paykel Charitable Trust, 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.



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www.facebook.com/ageconcernauck

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