

SUMMER 2019 QUARTERLY NEWSLETTER

www.ageconcern.org.nz



Age Concern Mid North

Serving the needs of older people



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OFFICE HOURS

9.00am - 1.00pm Monday to Friday

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

From the Managers Desk

This will be our last newsletter for this year! That means we will all be thinking about Christmas and the holiday season. We have an exciting workshop coming up in our weekly Monday Digital learning slot. At 10am on Monday 4th November for those interested in creating a Christmas Newsletter to send to friends and family. You will need a laptop and to think about what you would like to put in the newsletter, and Brenda our tutor will guide you through the how to do it. This workshop is limited to six, it will run for four weeks, it will be great fun with a wonderful personal newsletter to share. Please phone (09) 407 4474 and get your name registered, workshop will be at Kingston House.

On the 21st October we will be running our first Confident Driving Workshop, workshops are limited to 15 participants, interest is high. We will also run them in Kawakawa and Kaikohe there will

be opportunity in 2020 to attend either of those workshops. Our facilitator is Shirley Rawiri. The funding for this workshop is from NZTA via Age Concern New Zealand and is free to participants. So if you are currently an active driver and want to be up to date with the road rules, come along and learn new road information and, share your concerns and experiences with others and enjoy a light lunch. This workshops will be held at Kingston House.

We have our Christmas Luncheon planned for 29th November at the Homestead Tavern numbers will be limited to 75, registrations for the luncheon (09) 407 4474.

We have made some changes to our Taxi Subsidy, and for those that use the taxi regularly please read the item in the newsletter. If you need to discuss any of the conditions we have now placed on the number of fares per month please contact us on (09) 407 4474.

Staff training opportunities that we have been fortunate to be involved and participate in the last few months. Positive Steps – Kayla in Wellington, Confident Driving – Shirley in Christchurch, and coping/managing without a car Shirley will be going to Palmerston North.

Hope we see you at our Christmas Dinner!
A very merry Christmas and Happy New Year to you all.

Juen Duxfield

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The future is yet
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'TIS THE SEASON

This is the season of family and love and most of all giving. We give gifts to our loved ones, friends and others to show appreciation for all they have done for us through out the year. It's also a special time for us all at Driving Miss Daisy as we get into the spirit with our special festive Daisy Experiences.

There is fun and adventures to be had with your local Daisy. Call your Daisy to go and see the Christmas lights in your town, enjoy singing along at the Christmas Carols, or attend a special festive church service.

A Driving Miss Daisy Experience can be for one, or get a group together and share the costs and have your own festive get together at your favourite café or simply a drive to stroll in the sunshine and enjoy an ice cream.

Aging experts agree that it's good for you to keep active and importantly keep your social networks active. This particularly helps with depression and whilst it is a festive time of year it can be lonely for some, so do reach out and help each other. Talk to your Daisy they will know the local activities that may be of interest to you and your friends.

Driving Miss Daisy can solve the Christmas dilemma of a gift to buy or receive. What better idea than a Driving Miss Daisy Experience gift voucher that can be bought directly from your local Daisy. This has traditionally been a wonderful gift that family can give you, so don't forget to drop them a hint. A Driving Miss Daisy gift voucher creates memories, which is something very special, and you can use anytime you wish throughout the year.

Remember, Driving Miss Daisy accepts the TMS cards ("half price taxi chits"), providing driving discounts on trips.

Have a Wonderful Festive Season.

Melanie
Co-Founder

Editorial supplied by Driving Miss Daisy

Have a Driving Miss Daisy experience with us



Keep your independence and freedom with our safe, reliable companion driving service.

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

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Driving Miss Daisy®

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Relationship changes in a village

Retirement villages are microcosms of the wider society. Residents' relationships and obligations can change in a village, just as they do elsewhere. But retirement village residents' obligations are governed by contracts that usually don't have the level of flexibility to easily allow for changes when personal circumstances change.

Leaving aside a move to care or leaving the village entirely, there are three ways residents' circumstances can change. These are:

- Divorces and separations
- Late life love
- Moving a child or other dependent adult in

Over the next few issues we'll be having a look at these in more detail.

The framework for looking at these issues

It's important to stress that every village is unique and there are many different approaches taken by operators. Generally speaking, village managers will look at the context of the request as well as the resident's circumstances before making a decision. The starting point is recognising that an occupation right agreement (ORA) is usually a personal contractual right to occupy a unit and is non-transferrable. Further, residents will usually hold their interests jointly rather than as tenants in common.

An ORA will typically contain provisions relating to the length of time that guests may stay with a resident without first obtaining the operator's consent. Guests are often limited to stays of no more than two weeks at any one time and a total of six weeks in total each year. These limits ensure that guests don't interfere with the rights of other residents and to avoid the abuse of village facilities.

All disclosure statements for registered retirement villages are required to disclose the effect of marriage on an occupation right agreement.

Divorce, or when a resident couple separates

Operators will not agree to any change to the occupancy arrangements of a separating couple until



they are satisfied that both parties have first received proper legal advice on how to proceed.

The ORA will usually be relationship property. As with any separation, one partner may offer to give up their right to occupy the unit and their interest in the termination proceeds in exchange for some other benefit. Many, but not all operators, will be willing to acknowledge this arrangement and may formally document the change, subject to both residents obtaining independent legal advice.

It is not uncommon for operators to find that residents are concerned about legal costs and will try to avoid formally documenting the division of their relationship property. Some residents will try to hand over the responsibility of documenting their relationship property division to the operator. Operators, of course, do not wish to be put into this position and will actively avoid getting involved.

Unfortunately, as with any relationship break up, there may be insufficient assets or income available to allow one partner to stay in the village and to pay the other resident out, or there could be angst among other residents if one party stays and the other leaves. While village managers will be sympathetic to the change, it's not their job to get involved in relationship property disputes.

Next time we'll have a look at what happens when a resident falls in love.

editorial supplied by Retirement Villages Association

Would you like more company?

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



Above: Jean and Henry are a part of our visiting service and have developed a great friendship.



When supporting the advertisers within this magazine **PLEASE LET THEM KNOW.**

Their continuation enables our newsletter to be provided free of charge - they need to know where you found them and that the advertising is working for them too.

Thanks

Community Providers Network Bi-Monthly Meeting:

Providers representatives meet every second month to discuss and promote new programmes and highlight successes, concerns, and issues that they are having in the Mid North Area.

Age concern Mid North host the meeting, Leah from Tiaho is the main contact person for information.

There are many organisations working in the community to make our community a better place for everyone.

Contact Kayla at Age concern Mid North to get on our mailing list for meeting dates.



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Age Concern Mid North

CALENDAR OF EVENTS



MONDAY
Tech for seniors
 10am-12pm / Kingston House, Kerikeri
Staying Safe Workshop
 (21 October)
 10am-1pm / Kingston House, Kerikeri
Lawyers Clinic
 12pm onwards / Kingston House, Kerikeri
 (First Monday of every month)

TUESDAY
Men's Strength & Balance
 11.30am / Kingston House, Kerikeri

WEDNESDAY
Gardeners group
 9.30am / Kingston House, Kerikeri
Young at Heart (non-impact aerobics)
 11.15am / Kingston House, Kerikeri

THURSDAY
Kaikohe Strength & Balance
 10.30am / Baptist Church, Kaikohe
Seat to Heal
 10.30am / Kingston House, Kerikeri
 Young at Heart
 11.15am / Kingston House, Kerikeri

FRIDAY
Supporting seniors
 10am-12pm / Kingston House, Kerikeri
 (Last Friday of every month)

AGM
 (25 October)
 10am-12pm
 Kingston House, Kerikeri

Christmas Luncheon
 (29 November)
 11.30am
 Homestead Sports Bar & Bistro, Kerikeri

Do you have time for others?

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

Would you like more company?

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Thank goodness my book finally arrived,
 I almost started cleaning the house.



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From the President

Age Concern Mid North have had a busy winter this year as we now have well over 400 members. Juen, Kayla and Shirley have been extremely busy not just in the office but going to meetings in other centres, and organising events and classes which have been most successful.

We have also enjoyed having Jeremy a Trainee Social Worker who came in as a volunteer and has been a great help to us.

In the last two months we have had two very interesting speakers.

A representative from "SPARK" came and spoke to us regarding a new type of phone and gave us an excellent demonstration. It is ideal for our age group and also suitable for those wearing hearing aids which is a bonus. Members at the meeting had a chance to try it out and were most impressed as it can even vet unwanted phone calls.

Last month Kayla gave a Power Point presentation regarding "Computers and Security". After the presentation those at the meeting became very involved in discussing their problems which was most interesting and I am sure everyone found this so very worthwhile. Thank you Kayla.

In November we have Peter Oetli our National President and Stephanie Clare our Chief Executive Officer from Head Office in Wellington coming to visit us. Our Executive Committee are looking forward to this meeting as we often have completely different things to deal with compared to the Age Concerns based in the cities. We are quite isolated here in the Far North and one example is we unfortunately do not even have Public transport. Those people unable to drive have to use Taxis or ask friends to take one shopping and to appointments. Kaikohe has no transport whatsoever now, not even a Taxi, so rely heavily on friends and family. The only bus is the hospital bus and even then one has to be taken some distance to meet it.

Some members appear not to know about our AVS (Accredited Visiting Service) for those that are mainly housebound or just lonely. We have lovely people who go and home visit once a week. If you would like a visitor or to be a visitor please contact our office.

Christmas dinner this year is being held at the Homestead Hotel on Friday the 29th of November. It is a great chance to meet up with old friends, so please note it in your diary.

Last but not least I would like to thank Juen, Kayla and Shirley (not only an Executive Committee Member but a volunteer in the office) for all their hard work during the year. These lovely ladies work many many more hours voluntarily so we are very grateful for their commitment to Age Concern Mid North.

Kind Regards *Jan Flowers*

HEALTH PROMOTION

We have a variety of Strength & Balance classes in Kerikeri and now Kaikohe. Our Young at Heart group are forever growing, getting fitter, healthier and creating new connections. We are enjoying our Thursdays in Kaikohe and look forward to meeting new attendees in the warmer months.

Our Men's group is ongoing with a good number of men attending. With the warmer months upon us, our Men's Strength & Balance facilitator is getting the men outside enjoying the sun. We recently had the BNZ Bank come along to our Supporting seniors to talk to us about how to be Scam Savvy.

For more information go to:

GETSCAMSAVVY.CO.NZ | Netsafe.org.nz
 Cert.govt.nz | Consumerprotection.govt.nz



Margaret's Bus Trip to Marsden Refinery



Magaret's Next Bus Trip is scheduled for 26th of November 2019.
 For booking details (09) 4074474

Staying Safe

Confident Driving for Mature Drivers

A refresher course for mature road users throughout Mid North

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



Date: Monday 21 October 2019 Time: 10am-1pm
Location: Kingston House, 123 Hone Heke Rd, Kerikeri
For more information P: 4074474 E: info@acmn.org.nz



Changes to Taxi Subsidy

The Taxi subsidy is a much used service of Age Concern Mid North and is funded by the PHO.

This service is one that gives those who use it the independence to access health providers, social functions and other quality of life choices for positive ageing. The 'need' for transport access is high, we have no public choices! We are limiting the number of subsidised rides to one return fare per week.

New voucher books will be sent out to the current users, we ask that the old voucher books be returned to Age Concern Mid North. The maximum subsidy will be \$20.

If more information is required please phone Age Concern Mid North 407 4474.

Our Taxi Providers are: Kerikeri Taxi and Shuttle, Haruru Cabs, Dial-a-Ride Paihia, Driving Miss Daisy and Health Drive Kerikeri.

Staying Safe: Confident Driving for Mature Drivers:

The first workshop will be in Kerikeri October 21st at Kingston House, please register by contacting Shirley on (09) 4074474'

This is a free workshop, maximum participants will be fifteen, the workshop will run for three hours.

Participants to bring a plate to contribute to a shared lunch.