

SUMMER 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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 5 Tamariki Ave, Orewa 0931
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Hospital Shuttle Phone: (09) 426 0918 or
 0800 809 342 (press 5)

OFFICE HOURS

10.00am - 4.00pm Monday to Friday

Age Concern Rodney Board 2019 - 2020

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Office Receptionist: Tania Henderson
Visiting Service Coordinator: Sue Robertson
Health Promotion Coordinator: Paddy Sullivan
Shuttle Coordinator: Jill Henderson
Shuttle Drivers: Colin Wilson
 Tony Flude
 Sandra Puckey
 Dave Walker

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 Age Concern Rodney.

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/handymen etc.

Time Out:

Monthly
 10.00am to 1.00pm.
 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.



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!**

'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
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Hibiscus Coast

Phone: (09) 428 4490

Mobile: 021 035 0431



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

A VERY MERRY CHRISTMAS and Happy New Year!

Well another year has slipped by us all here at Age Concern Rodney, we have wondered where the months have gone. My statistics show that the Hospital Shuttle has certainly had a productive year. I am pleased to see how well our clients have accepted our service by way of our client comment sheets.

The Rodney & West Auckland Hospital Shuttle Service will not be operating on and between the Public Holidays over Christmas and the New Year.

The Rodney & West Auckland Hospital Shuttle will be closing for the year, last day being Friday 20th December 2019, operating again on the 3rd January 2020.

Just a reminder to all, that the Shuttle Service is a pre-booking service, minimum notice is 3 working days before the appointment day, (prefer maximum notice.) It is very important that you book in advance to ensure a confirmed seat.



The Age Concern Rodney office will be closed from 20th December 2019 to 20th January 2020. If you require a booking throughout that time, please phone (09) 426 0918, 0800 809 342 (press 5) or 027 33 88 216

From all the Staff at Age Concern Rodney we would like to wish you all a safe and Merry Christmas and a Happy New Year.



NorthHarbourLaw

PARTNERS Tony Edward | Chris Hunt | Richard Worker
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OUR SERVICES

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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

Christmas Hours

Our office will be closed from Friday 20th December 2019 until Monday 20th January 2020

Memberships are due

The 2020 Age Concern Rodney membership fees are due in January 2020. Our membership year runs from January to December, this can be paid at our Office in Westpac Plaza, Orewa

We would like to take this opportunity to thank all members who added a donation to their 2019 dues. This is very much appreciated!

Single:	\$25.00
Married Couple:	\$35.00
Organisations:	\$35

BEWARE OF TAX RELATED SCAMS

Inland Revenue will never send you an email requesting you to confirm, update or disclose confidential details through an unsecure channel such as email.

You should always independently verify the source and the target before taking any action. If you receive a suspicious communication of this nature, do not respond to it or follow any links. Forward it to phishing@ird.govt.nz

For more information about protecting your identity visit Inland Revenue's website and keyword search SPAM

Alternatively you could visit either the ID Care or Netsafe websites for further guidance.

Great things are done by a series of small things brought together.

From Sue Robertson, Visiting Service Co-ordinator Age Concern Rodney



Well I have been in this role now for 8 months after having taken over from Pauline Stewart.

It is an honour and a privilege being the co-ordinator for the Age Concern Rodney Visiting Service. I vet, train and support an amazing group of volunteer visitors in both the Warkworth/Wellsford areas and Orewa/Whangaparaoa Peninsula/Dairy Flat/Helensville areas of Rodney.

It is a real joy, meeting new people in our community and then matching them up to their visitors. It is amazing to witness the successful match-up of visitors to their "Senior Friend" and then to see the benefits from helping reduce isolation and/or loneliness by having a valued visitor.

I would like to wish everyone connected with the Visiting Service our "Senior Friends" and our valuable volunteer visitors a very Merry Christmas and Happy New Year 2020.

Elder Abuse Helpline

The Elder Abuse Helpline now includes a text number and an email address, to make it even easier for people to access help.

That is in addition to the existing free hotline: **0800 EA NOT OK**

As many as one in ten older people in New Zealand will experience some kind of elder abuse, and the majority of cases go unreported.

There is no single 'type' of elder abuse. Any act that causes harm to an older person is elder abuse.

The new email and text number will improve the accessibility of support services for older people, and also give us a better understanding of elder abuse in New Zealand.

Contact via Text: 5032
or Email: support@elderabuse.nz

Find out more about elder abuse and where to go to for help on the SuperSeniors website: **www.superseniors.msd.govt.nz**

Northshore Property Management

Northshore Property Management is owner-operated and provide the hands-on management you require on a daily basis. We only employ mature, experienced managers.

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Please contact us to discuss in detail.

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E mark.kelly@raywhite.com

www.propertymanagementnorthshore.co.nz

**NORTH SHORE
PROPERTY MANAGEMENT**

Editorial supplied by Northshore Property Management



A Christmas Message from the Chairman

Once again the end of a year is approaching. Every year we say "Where has all the time gone?" and now, it's no different this year. Where has it gone? However, this is also the time to be positive and focus upon the coming season of sunshine and holidays, of outdoor activities and being with families and friends. The winter and it's cold days have flown away; now we can look forward to the festivities of Christmas and New Year and all that goes with the holidays.

Our staff in the Orewa Office have had a very busy year and have done such amazing things in what, at times, have been quite difficult circumstances. And now they too are shortly to have a very well deserved break. I want to take this opportunity to thank all our volunteers and staff members for all that they have done and are doing; and to wish them all a truly Joyful Christmas, New Year, and Holiday season. Age Concern Rodney is such a wonderful community serving organisation and it is these very people who make it everything that it is.

And now it just remains for me to say to you, all our members, "Do have a wonderful and Joyous Christmas and a Happy and Safe New Year and Holiday"

Every good wish to you all.

Vince Harris Age Concern Rodney Chairman

Words of Wisdom

Age is a mind over matter.
If you don't mind, it doesn't matter.
You can't help getting older,
but you don't have to get OLD.
Growing OLD is inevitable, growing UP is optional.
Laughter is the medicine of life.
Never look down on anybody,
unless you are helping them up.
It's important to have a twinkle in your wrinkle.

NEED TO TALK?

1737

**free call or text
any time**

In the wake of the deeply sad events in Christchurch The Ministry of Health and 1737 have created resources which give advice for those experiencing mental distress, including how to help and support children, and help with grief.

You can read more here (</trauma/index.html>).

We're here.

Free call or text 1737 any time (tel: 1737),
24 hours a day.

You'll get to talk to (or text with)
a trained counsellor.

Our service is completely free.

- Are you feeling anxious or just need someone to talk to?
Call or text 1737
- Are you feeling down or a bit overwhelmed?
Call or text 1737
- Do you know someone who is feeling out-of-sorts or depressed?
Let them know they can call or text 1737.

Whatever it is, we're here.

**Free call or text 1737
any time (tel:1737)**

**OMG, I'm rich!
Silver in the hair,
Gold in the teeth,
Crystals in the kidney,
Sugar in the blood
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Iron in the arteries and
an inexhaustible supply
of natural gas!!**

**I never thought I would
accumulate such wealth!**

*Author unknown – Posted
by the Fight Like a Girl Club*



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www.armstrong.co.nz

Hearing Loss and Dementia linked in Study

Article provided and sponsored by Hear Again
– www.hearagain.co.nz

Seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing, a study by Johns Hopkins and National Institute on Aging researchers suggests.

The findings, the researchers say, could lead to new ways to combat dementia, a condition that affects millions of people worldwide and carries heavy societal burdens. The investigators suggest that the strain of decoding sounds over the years may overwhelm the brains of people with hearing loss, leaving them more vulnerable to dementia. They also speculate that hearing loss could lead to dementia by making individuals more socially isolated, a known risk factor for dementia and other cognitive disorders. The scientists report, their finding suggests treating even a mild hearing loss with use of hearing aids could prevent or delay dementia by reducing patients' mental effort.

The new study focused on 639 people whose hearing and cognitive abilities were tested between 1990 and 1994. While about a quarter of the volunteers had some hearing loss at the start of the study, none had dementia.

These volunteers were then closely followed with repeat examinations every one to two years, and by 2008, 58 of them had developed dementia. The researchers found that study participants with hearing loss at the beginning of the study were significantly more likely to develop dementia by the end. Compared with volunteers with normal hearing, those with mild, moderate, and severe hearing loss had twofold, threefold, and fivefold, respectively, the risk of developing dementia over time. The greater degree of hearing loss they had, the higher their likelihood of developing the memory-robbing disease.

Even after the researchers took into account other factors that are associated with risk of dementia, including diabetes, high blood pressure, age, sex and race, hearing loss and dementia were still strongly connected.

"A lot of people ignore hearing loss because it's such a slow and insidious process as we age," the researcher explains. "Even if people feel as if they are not affected, we're showing that it may well be a more serious problem."

As over 50% of people over the age of 60 have some hearing loss, it is recommended to have a hearing test as part of your annual health check-up. When a hearing loss is detected, treatment of this is best dealt with sooner rather than later.

Long Distance Families: Ways to Stay in Touch

Often as parents age, in today's world, we find the children and primary contacts live far away. Here are some tips for families to share to help those far away to stay connected with parent's care-giving and help alleviate the guilt of not living closer.

Have a Plan

Outline the major responsibilities involved in your parents care and develop a system to keep everything organized – including items like regular doctor's appointments, bills and account information and activities, along with dates, intervals and the names of those responsible.

Also have an emergency action plan. What if your parent is hospitalized? Who will be the first to respond? Be sure emergency contact information is current, that everyone knows their role, and that your parent's health care proxy and living will documents are accessible. While it's a sensitive and difficult topic, be sure you know your parent's end of life wishes.

Meet the Caregivers

If possible, meet in-home or care home care-givers face to face, at least once. For those in a nursing home or retirement village meet the key staff members who will be interacting with your parent. For those with in-home care nurses, and doctors may be among those most involved in your parents care so try to put a face to the name.

Keep in Touch

Maintaining those relationships with your loved one's care-giving community is smart, helpful, and easier than ever. Ask them how they would like to keep in touch: email, Face-book, text, daily phone call? Get and use their contact details. Consider equipping Mum or Dad with an inexpensive laptop or a pricier but more portable iPad. Skype is a wonderful way for them to also stay in touch with growing grandkids and for you to keep an inadvertent eye on them too.

Be Visible

Make sure there are plenty of family pictures, cards and kid's art around their room and make sure they are

surrounded by familiar items of their choosing.

Share the Caring

If you have siblings or other close family members, be sure to share the responsibilities so you can all stay in touch and be connected with anything that happens.

While distance may separate you both physically there is no reason why you can't stay close with just these few simple strategies.

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

A young woman was pulled over for speeding. A NSW Police Officer walked to her car window flipping open his ticket book. She said "I bet you are going to try and sell me a ticket to the Policeman's Ball." He said "NSW Police don't have balls." There was a moment's silence. Then he closed his book, tipped his hat, got back in his patrol car and left

Freedom Drivers Hibiscus Coast introduces Bill Richardson

Bill Richardson is the new owner of Freedom Drivers Hibiscus Coast. Bill brings his experience in nursing and volunteering with the Cancer Society to the job as well as his energy and enthusiasm for assisting our clients with their travels and transport.

"I am looking forward to bringing a friendly service to your door with extra help at either end of the journey depending on your needs. For medical appointments I'll make sure you get to the right place and will wait if necessary or pick you up after the appointment. I really value my customers and look forward to getting to know you. Please don't hesitate to give me a call to find out more about the service".

Service is personalised and Freedom prices are comparable to (and often less) than a standard taxi. We take Total Mobility cards (TM) and are ACC Registered Vendors.

Call Bill now on 09 216 5916 or 021 041 9486 for more information.

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- One off or regular
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Call Bill now!

For more information

09 216 5916 or
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Total
Mobility
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VENDOR



www.freedomdrivers.co.nz

Rates Rebate Scheme

The Department of Internal Affairs runs a rebate scheme for people on a low income which means that you could pay lower rates. This is administered locally through the Auckland Council.

If you received a rates rebate last year you should automatically have received an application form with your first rates instalment notice. If you would like to apply you can get an application form from Auckland Council (www.aucklandcouncil.govt.nz) or one can be downloaded from the internet on www.ratesrebate.govt.nz. The Rates Rebate website includes examples and an online rates rebate calculator.

To apply you will need to provide accurate information about your income (and that of any spouse/partner or joint home owner who lives with you) for the tax year ending 31 March.

Your rebate will be calculated based on your income and the number of dependents living with you.

Rates remission for retirement village residents

Auckland Council also offers a rates remission scheme for residents of retirement villages and Papakainga housing who have a license to occupy agreement.

For more information contact Auckland Council, phone (09) 301 0101 or 426 5169. www.aucklandcouncil.govt.nz

What Could Grandchildren Learn From Their Grandparents?

As Grandparents you are a wealth of knowledge so what sort of things can you talk about or do with the younger generation for them to learn from your knowledge?

Humour

Teasing is a part of growing up, and unfortunately in today's world often can become bullying, but as a Grandparent you can help teach your children different ways to handle what they sometimes can't understand. Spending time teaching your grandchildren jokes and pranks is not only a great way to bond with them but you can also give them ideas and help them to understand how to react if teased by their own peer group.

Games

Ever played bridge, canasta, pinochle or pitch? These card games – staples to your generations – have fallen out of style with the younger generation over the past 30-40 years with the advent of video, mobile, internet, and smartphones. When your grandchildren visit make sure you put aside time to teach them what you did for fun when you were their age and you might find you can convince them, at least temporarily, to get away from their devices and find a new favourite card game.

Don't Sweat the Small Stuff

As grandparents you have lived long enough to realize not to get upset over the little things; life is too short. However, you may even remember how, as young children, they think everything is hyper-important. They can learn to adjust their priorities after discussing problems with you, giving them your broader world view.

History

Kids may hate having to learn about history in schoolbooks and from old paintings and pictures, but they may find it more interesting to learn from someone who actually lived it – particularly if you are a good story teller. Children can find out what it was like to grow up during the Great Depression or World War II they can learn about places, people and cultures and all from you. Personal stories are much easier to remember than lists of names and dates from books.

Snail Mail

Don't let the art of letter writing fade away. Nowadays post offices are closing and with the advent of ipads

and tablets in schoolwork children are almost starting to lose the art of writing. So why not set up some pen-pal time with your grandchildren and you and each send postcards, letters or souvenirs from your latest trips. This is also great practice for kids who are learning to write. No doubt, you'll both have a great time waiting for the next letter to come in the mail, and you'll naturally grow closer in the process.

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.

Christmas is almost here again!

**AGE CONCERN RODNEY & MARK MITCHELL
CHRISTMAS CONCERT
ALL LOCAL ARTISTS!**

\$5 per Ticket

2pm Monday 2nd December 2019 - Centreway Theatre, Orewa

**Get your tickets from the Age Concern Rodney Office in Orewa
*Limited Number of Seats so, get your tickets early!***

Dils

for beautiful funerals

www.dils.co.nz

Annual Hot Rod Run – Wrinklies Day Out



Once again the Hibiscus Rodders Club took a group of Age Concern Rodney members for an afternoon outing in their beautiful restored and maintained cars.

The day of the Hot Rod run loomed beautiful and clear which seemed appropriate to compliment the magnificent cars that were on show.

Once the Age Concern Rodney members chose their car for the afternoon they were treated to a very pleasant afternoon touring from Orewa out into

the country then ending up at North Harbour sports country club for afternoon tea. Our members were spoiled with a lovely and leisurely afternoon before returning to Orewa. So far the feedback from the day has been fantastic.

I would like to thank the Hibiscus Rodders Club members for this awesome gesture. I know our members look forward to this day every year and that they appreciate what the Rodders Club members do for them.

Age Concern Rodney TIME OUT Centrestage Foyer Orewa | 10am – 1pm 2020 Calendar

Tuesday 25th February	Tuesday 21st July
Tuesday 24th March	Tuesday 25th August
Tuesday 28th April	Tuesday 29th September
Tuesday 26th May	Tuesday 20th October
Tuesday 30th June	Tuesday 17th November

Come along with a friend and enjoy the day with us.
For more information phone 09 426 0916



Rent Arrears Assistance

If you're going lose your housing because you can't pay your overdue rent, you may be able to get Rent Arrears Assistance.

- You don't need to be on a benefit to qualify for this help.
- It depends on your income and assets.
- It's a one-off payment.
- You'll need to pay the money back.

Who can get Rent Arrears Assistance?

You may be able to get Rent Arrears Assistance if you:

- have overdue rent you need to pay
- may be evicted because you haven't paid your rent
- can't get other help from MSD to pay your rent arrears
- will be able to stay in the house after you pay the overdue rent. For example:
 - your tenancy isn't about to expire
 - you can afford to keep paying the rent.
- have signed the tenancy agreement (or you're a tenant by way of a Family Violence Act order).

You also need to be:

- 16 or older
- living in New Zealand and intending to stay here

- either:
 - a NZ citizen, or
 - a permanent resident living in NZ for more than two years, or
 - getting a main benefit, like Jobseeker Support.

It also depends on your income and assets.

What you can get

How much you get depends how much rent you owe. The most you can get is \$2,000 and you'll need to pay it back.

You can only get this payment once in 12 months, unless there's an exceptional situation outside your control – for example, you have to go into hospital urgently.

If your application for rent arrears assistance is approved, we usually pay the rent arrears directly to your landlord.

How to apply

- Call us on 0800 559 009
- If you get NZ Super or Veteran's Pension, call 0800 552 002
- If you get a Student Allowance or Student Loan, call StudyLink on 0800 88 99 00.

We'll talk about your situation and book an appointment for you to apply.

Find out more

www.workandincome.govt.nz/rentarrears

SHA320W – NOV 2019

A spoonful of sugar makes the medicine go down

“A spoonful of sugar makes the medicine go down, in a most delightful way!” sang Mary Poppins in 1964. We seem to be taking this to the extreme now however, with sugar added to so many of our foods and beverages. On average, New Zealanders consume 10 – 14 teaspoons of sugar a day – double the recommended amount.

The sugar debate hits our headlines constantly. Should we try to cut it out completely or is it enough to just cut back?

Know your sugars

The World Health Organisation (WHO) recommends no more than 6 teaspoons of free sugar each day. Free sugars are sugars added to foods by manufacturers, cooks and consumers, plus sugars that are naturally present in honey, syrup and fruit juice.

The other sugar category is “intrinsic sugar”. These are found naturally in whole fruit and vegetables, within their cells. They take longer to digest and enter the blood stream than free sugars, so are less likely to cause spikes in blood sugar. For this reason, we should not try to avoid them. Whole fruit and vegetables also contain valuable vitamins, minerals and antioxidants; they are high in dietary fibre so fill us up and they don’t promote tooth decay like free sugars do. So, enjoy your fruit, and remember to fill half your plate with non-starchy vegetables. Enjoy some starchy vegetables too, but no more than ¼ of your plate.

Lactose, found in milk and milk products is also classed as an intrinsic sugar, so milk does not need to be taken off the shopping list. Be aware of flavoured milks and yoghurts however, as they have added sugar. And look for unsweetened versions of almond and other plant milk as many varieties have sugar added.

Should I cut free sugar completely?

The best advice is to limit it, not try to eliminate it. While too much can harm our health, small amounts can be useful in making food taste better; if a sprinkle of brown sugar on your morning porridge or a teaspoon of raspberry jam on your toast helps you eat and enjoy those foods, then providing you are

keeping to the guideline of less than 6 teaspoons free sugar per day this should be a help, not a hindrance to your health. And remember, most of our free sugars come from packaged foods and drinks, A standard 600ml fizzy drink has a whopping 16 teaspoons of sugar added to it!

6 ways to cut down on free sugars and enjoy the natural sweetness of whole foods (intrinsic sugars)

1. Make water your drink of choice. Take fizzy off your shopping list; keep a jug of cold water in the fridge; jazz up water with sliced fruit, berries or mint; pack a water bottle for activities outside the home.
If you have sugar in your tea and coffee, try gradually weaning yourself off it. Four cups a day with 2 teaspoons of sugar is equivalent to 8 teaspoons of sugar, which is above the “no more than 6 teaspoons” recommendation, without even including other foods.
2. Eat your fruit don’t drink it! One glass of fruit juice has the sugar of around four oranges. The sugar in juice is free, which means it raises the blood sugar quickly. It is very easy to drink a glass of juice (and more) but not easy to eat four oranges in one sitting! Enjoy whole fruit, rather than juice.
3. Go for a plain breakfast cereal such as Weet-bix or porridge and add fruit for sweetness. Many breakfast cereals are high in added sugar. Choose one with less than 10 grams sugar per 100 grams or if it has dried fruit, less than 25 grams sugar per 100 grams
4. Swap flavoured and fruit yoghurts for plain, unsweetened yogurt. Add fresh or frozen fruit for sweetness.
5. When baking use some of life’s natural sweeteners such as dried or pureed fruit. Our Chocolate and Ginger Bliss Balls include dates for sweetness.
6. Having something sweet? Keep the portion small, sit down and savour the taste.

Wendy Scanlon

Senior Chef Coordinator, Pegasus Health



Chocolate and Ginger Bliss Balls

Bliss balls are usually based around dried fruit (for sweetness) and nuts (for body and texture). You could leave the ginger out of this recipe if you don’t like it. You could replace it with cranberries or apricots – anything is possible!

Ingredients

14 dates, soaked in boiling water for 1 hour then drained, reserve 2 tablespoons soaking liquid
2 tablespoons peanut butter
½ cup raw almonds
8 pieces of crystalline ginger, roughly chopped
2 tablespoons dark cocoa
2 tablespoons soaking water from dates
Coconut, for rolling

Method

1. Put all ingredients except coconut in a high speed blender or stick blender using bowl attachment.
2. Blend to a rough paste.
3. Refrigerate for 5 minutes until paste is stiff enough to roll into balls. Using wet hands roll into balls and roll in coconut.
4. Refrigerate in an airtight container for up to 2 weeks.

Fly identification methods

A woman walked into the kitchen to find her husband stalking around with a fly swatter. “What are you doing?” She asked. “Hunting flies.” “Oh. Killing any?” she asked. “Yep, three males, two females,” he replied. Intrigued, she asked, “How can you tell them apart?” He responded, “Three were on a beer can, two were on the phone.”

*From all the staff
at Rodney Age Concern
we would like to wish you
all a Merry Christmas
and look forward to
seeing you all in the New Year*



Terms & Conditions Apply

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Receive 50% off on a 2nd pair of lenses of equal or lesser value to the first pair ordered (excluding fitting or freight) when two or more pairs of lenses are purchased from CR Surfacing Laboratories for the same patient. To claim the offer, the 2nd pair must be ordered with the 1st pair and be submitted on the promotional A4 form or electronic order form. Promotion runs from 1/10/19 to 31/01/20.

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.

Over the next couple of issues we'll look at divorces and separations, late life love and moving a child or other dependent adult in.

The starting point is the occupation right agreement (ORA), which is usually a personal contractual right to occupy a unit and is non-transferrable. Residents will usually hold their interests jointly rather than as tenants in common. Each village is different, and will approach the issue according to the resident's circumstances, but all disclosure statements are required to disclose the effect of marriage on an ORA.

An ORA usually restricts the length of time that guests may stay with a resident without first obtaining the operator's prior consent. This could be no more than two weeks at any one time and a total of six weeks in total each year.

Divorce, or when a resident couple separates. 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 residents to be concerned about legal costs and will try to avoid formally documenting the division of their relationship property. Occasionally they might try to get the operator to decide. Operators, of course, do not wish to be put into a position of trying to decide who gets what 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

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% 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 the warmer climates,

QUEEN ELIZABETH 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 tyre, 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 that posts 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 are 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

*Always do your best.
What you plant now,
you will harvest later.*

GPSOS Independence Alarms Launched

GPSOS recently launched its revolutionary personal safety products and services in front of many local community organisations including Age Concern.

GPSOS's pendant allows you more freedom to go where you want, when you want. Whether you are going to the supermarket or to meet with friends, you will be safer. The pendant has a panic button, two way talk so if you did have a problem you can talk to a GPSOS care assistant to get the help you need. There is excellent fall detection as well and we know where you are within 10 meters when you are in cell phone coverage. As a special introductory offer, instead of \$400, GPSOS is giving the pendant to Age Concern members for FREE. You only pay for the monitoring at a dollar a day, \$7 plus GST a week. If you want to know more, call 0800 115 906 or email us at hello@gpsos.co.nz

SuperGold Card launch

The new SuperGold Card app and updated website were launched last week in Auckland. The changes will make it even easier for SuperGold Card holders to find discounts and special offers. This will help seniors, especially those on fixed incomes, to make their dollar go further.

The creation of an app and upgrade of the website has resulted in 500 new businesses signing up, including major companies such as Qantas, Spark and The Warehouse.

There are now over 10,000 outlets around New Zealand where cardholders can access savings. We hope that many more businesses will sign up to so people all across the country can find deals near them.

For more information go to the SuperGold website: www.supergold.govt.nz

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



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Calling time on cheques

Earlier this month, you may have seen our announcement that Inland Revenue will be moving away from cheques as we become increasingly digital in the way we work. From 1 March 2020, we will no longer be accepting cheques, including post-dated cheques (dated after 1 March 2020) from customers who are able to use alternative payment options.

With cheque usage declining every year, this also reflects our customers’ preferences. Last year cheques only accounted for 5% of payments; most of our customers are now choosing to pay their taxes electronically.

For those customers who do still use cheques, we are encouraging them to get a head start on finding other convenient and secure payment options that work for them. We appreciate that for some people this will be a significant change that will take some adjustment, although there are now lots of faster, cheaper and safer ways to pay electronically or in person.

Ways to pay
We recommend you contact your bank about online banking options such as:

- direct credit payments
- automatic payments.

Many banks offer a dedicated tax payment option.

You can pay online through Inland Revenue:

- Use your credit or debit card to make online payments through our website.
- You can pay by direct debit and make debit card and credit card payments securely through myIR online services. Visit our website and login or register for myIR.
- If you’re overseas you can pay us using a fees-free money transfer service. Search for “make a payment” on our website for more information.

In person:

- You can drop into a Westpac bank and pay your taxes over the counter by cash or eftpos. You can only do this at Westpac branches.
- You can also use one of Westpac’s Smart ATMs.

If you can access the internet, go to the Westpac website to find a Westpac branch or Smart ATM.

Find out more

To help find a payment option that works for you;

- Talk to your bank about their online banking facilities.

- You can also find out more about your payment options on the Inland Revenue website.
- If you have a tax agent, you may also like to talk to them about your payment options.

If you need help getting started with online banking:
Check out any free digital courses offered by your bank or local community groups.

KIWIBANK IS GOING CHEQUE FREE AND WHAT THAT MEANS FOR YOU

As from February 28 next year, Kiwibank is going cheque free. What that means is:

- If you have a Kiwibank cheque book, the cheques will no longer be able to be used/ cashed or banked
- If you want a Bank Cheque (issued from the branch for a large purchase like a car), we will no longer issue these
- If someone gives you a cheque, we will no longer be able to bank these in to your account

KIWIBANK, AT THIS STAGE, IS THE ONLY BANK WHO WILL BE CHEQUE FREE

WHY?

The world is becoming more digital savvy and less people are using cheques. Cheque books cost you, the customer, \$15 to order and take 2 weeks to get to you (a week to print and a week to post). If you give the lawnmower man or cleaner a cheque to pay for their services, they then have to bring it in to the branch, pay \$1 to bank it and then wait 4 days for it to clear in their account. That’s a lot of money in wasted fees.

The alternative is to make a payment via internet or mobile banking or have one of our friendly staff assist you in branch to make that payment electronically. Your lawnmower man (or cleaner) will then receive payment usually within a few hours and not be charged any fees.

We understand that this is a big change for some of you. If you would like to know more, Kiwibank Orewa in conjunction with Aged Concern will be hosting an Information Session on

For more information Phone Age Concern Rodney Office on 09 4260916



PO Box 5875, Wellington 6140, New Zealand
Freephone 0800 22 33 40 | Freefax 0800 22 33 47

Do you have a complaint

We can help
Utilities Disputes resolves disputes/complaints about electricity, gas, water, and access to shared property for broadband installations. We are independent, fair, and free.

Get in touch!
Our service is free, independent and fair

We have been resolving complaints since 2001. We listen, ask the right questions and we don’t take sides.

Common complaint issues include bills, customer service, meters, disconnection, and supply. If you have an issue or complaint, contact your company straight away. If it's not sorted, contact Utilities Disputes. We're here to help.

Knock knock...ring ring...
Sometimes a knock at the door, or a ring on the landline, can offer you a new contract, which can sound pretty good. Check the contract, including the fine print, before you sign! Is it a fixed-term contract? While fixed term contracts typically offer cheaper prices or better perks than flexible ones, sometimes the rate will be higher in the second half of the period.

Fixed term contracts often involve a fee if you want to switch again before the term is over. If your new deal includes a bonus, like a free TV, you may have to return it, or purchase it outright before breaking the contract.

Questions to ask before you switch

Ask your current provider:

1. When does my contract end?
2. Is there a fee for breaking my contract?
3. What is the fee?
4. Can you offer me a better plan?

Ask the new provider:

1. Is it a fixed term contract and what is the term?
2. Is there a fee for breaking the contract?
3. What’s the best pricing plan for me and my lifestyle?
4. What are the payment options?

If you have signed and then have second thoughts, you have five days to change your mind and cancel, no questions asked.

Only rich people will be able to bring parents to New Zealand, how is that fair? I Stuff

OPINION: Many permanent residents and citizens were eagerly waiting for the decision to re-open the parent visa category. However, the news of this category being re-opened came as more of a shock for many than good news.

Many might argue that New Zealand does not need to take responsibility for the parents of migrants and may feel that they are a burden on the health system due to their age.

However, what they don’t look at are the benefits.

Faulty Phones
Age Concern Rodney would like to apologise for any inconvenience caused over the last 6 months due to our faulty phone system.

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

ONE FREE DAY CARE
CALL US NOW TO BOOK

BH

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Dementia Care
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Ph: (09) 422 6006
Email: admin@bethanyhill.co.nz
www.bethanyhill.co.nz

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 phones.

It’s a free nationwide service available day and night for New Zealanders and overseas visitors.



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 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

Phone **09 426 0916**
or our postal address is **PO Box 12, RED BEACH. 0945**

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

Name: _____

Strawberry Santas

Makes: 20 Time to make: 15 minutes

Ingredients:

- 20 medium-large strawberries, hulled for a flat base
- 100g Philadelphia Light cream cheese (Note: other brands of cream cheese can be too runny for this recipe; this is the one we’ve found works best.)
- 4 - 6 tsp icing sugar, to taste
- 40 mini dark-choc bits or chocolate chips

Method:

Cut the top third off each berry and reserve. Stand berry bases on a serving platter. Mix cream cheese and icing sugar until smooth and creamy. Pipe or spoon 1 tsp cream onto flat berry tops. Place reserved berry tops on top. Use the smallest piping nozzle to pipe mixture onto the tip of each strawberry “hat” (pompom) and onto “chest” (button). Use tweezers to place 2 chocolate pieces onto each cream “face” (eyes). Refrigerate until ready to serve.



BEQUESTS

By remembering us in your Will with a bequest you can leave a lasting legacy to help older people throughout Rodney to thrive in an inclusive society for all ages.

The world has never had so many grandparents and great grandparents and we are living in an era blessed with enormous potential for intergenerational discovery, take time to enjoy these precious opportunities we have that are unique to our time.

People are living longer – this is a triumph! Let’s value people of all ages, focus on the uniqueness of every individual and not allow other people to become invisible in our families, our communities, our planning documents and in our media.

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



FOR THE BIRDS

You don't need a big garden to enjoy New Zealand's birdlife. See our tips from the Department of Conservation.

HOW TO PLAN AND PLANT A GARDEN TO ATTRACT NATIVE BIRDS

To support our native birds, don't feed them bread. Instead, try sugar water. You can also hang water baths, plant native flowering trees, and leave areas of leaf litter around your garden.

SUPPLY THEM WITH FOOD

Whether you have a large site to restore, or are planning a new garden at home, invite the birds over with plants that provide a year round supply of food. A small garden can still attract birds, especially over winter and spring when tui, bellbird and kereru (native wood pigeon) will travel considerable distances in search of flower and fruits.

Try to use Eco sourced plants (plants that naturally occur in your area). These could include kowhai, flax, kaka beak, and tarata for nectar; and wine berry. Karamu, and korokia for fruit. If you have limited space for big trees, try growing plants in containers, e.g. titoki, broadleaf and cabbage trees.

Some shrubs like kaka beak can even be shaped to fit in with your garden design – but make sure you allow them to flower so the birds can benefit.

KEEP THE BIRDS SAFE

Plant favorite bird foods like flax and kowhai where you can see them from inside the house. But avoid planting too close to the house as reflections on windows can confuse birds. A number of kereru are killed every year trying to fly through panes of glass.

Birds such as fantail, grey warbler and silvereye are insect eaters so plant varieties are not as important as a healthy mix of spiders, moths, beetles, and earthworms etc. A good layer of mulch or leaf litter on the garden will encourage insects, and birds are a natural way of keeping them under control.

Ruru (morepork) and kingfisher eat insects as well



as mice. Some native birds have become wary about feeding on the ground. Think about growing ground creepers like fuchsia procumbens in a hanging basket – a wonderful sight with red berries hanging down. Climbing plants like metrosideros carmine (crimson rata) and passiflora tetrandra (NZ passion fruit) could grow along a wall or over a pergola. Stoats, rats, weasels, possums, cats and hedgehogs' prey on birds, including their eggs and nestlings. If you want to keep the birds flourishing, controlling pests is a must. Setting traps and laying poisons (toxins) in bait stations are suitable methods of control.

HABITAT REQUIREMENTS

Before planting, check if there is already a reliable food source at the site in terms of fruiting, flowering and seeding trees,

The thickness of leaf litter is also a factor for insect-feeding birds and lizards.

Wildlife has different requirements for nesting sites and hiding places. Kingfisher, morepork and long-tailed bats, for example, prefer standing dead trees whilst lizards will use fallen logs.

Your site may not be large enough for some species to nest and breed but they may still use it as a seasonal feeding ground.

Many ares of native bush and wetlands are now small and widely spaced across the landscape. Your garden may help birds move between these areas.

WHAT TO PLANT

There are many native trees, shrubs and climbers that look attractive in the garden and also provide shelter and food for wildlife.

There are numerous hybrids and cultivars of native plants developed for garden situations. These should not be planted in or near natural bush to avoid cross-pollination.

The advantage of ecosourced plants is that native wildlife has coexisted with them for thousands of years, and has adapted to using them as a food source.

Your local plant nursery should be able to advise further.

Find lots of advice about attracting native birds to your garden at the Department of Conservation website

www.doc.govt.nz



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

FREE HOME SAFETY CHECKS

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

They will check the placement 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 on 09-426-0916



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"***

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