

AUTUMN 2020 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

Happy New Year.

What exhausting hot weather we are experiencing. We would all like some rain to fill our water tanks, alas that seems unlikely in the weather forecast. Make sure you keep hydrated to stay healthy and well.

Unfortunately the New Year started off rather badly for Age Concern Mid North, we were broken into and equipment stolen. The result of the invasion meant staff had to work hard and long to get information into new laptops. It is really sad when offices of a community organisation is targeted, the items taken would have very little value to the perpetrators, but so hard for us to replace.

On a happier note; Young at Heart (our NIA classes) and our men's classes are up and running, members could not wait to get back into the weekly routine. Kaikohe will be up and going this week, a great group

of people who have such fun socialising and exercising with Kayla.

Another exciting event was the presentation to Shirley, our volunteer staff member, see photo in newsletter.

Thanks to all who came along to our Christmas Dinner, it was great company, great fun and great food (see picture in newsletter)

Over the last couple of months we have had Claire Gordon making a video of what we do here at Age Concern Mid North, we tried to capture all the events that people attend and take part in. The cover (taken from the video) of this edition of our newsletter shows long time member and gardener tending to Age Concern Mid North's garden. The lavender and Mike look just lovely. The Video was initiated to celebrate IDOP Day (International Day of the Older Person) and will be a promotional tool for us to show when talking to people and groups who do not know about Age Concern Mid North. The premier of this video will be at our Meet and Greet on Friday the 28th February 2020 at 10am to 12pm, so please come along, you may be featured.

If you are due to have your driver license renewed please consider coming to our Staying Safe (Driving workshop) on the 25th in Moerewa, the workshop is free and we will finish with lunch. It is an opportunity to learn the road code (it has changed over the years) and talk with other participants about the high points and low points of driving in the Mid North.

We have 326 paid up members, thank you for your continued support.

Best wishes

Iuen Duxfield


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YOU'VE GOT A FRIEND

Companionship is at the heart of the Driving Miss Daisy service. It's the relationship that develops between our Daisy drivers and their clients that makes our business so rewarding.

Now celebrating 10 years of business our clients are evolving with how they use our service, which is a direct result of the companionship that is unique to the Driving Miss Daisy Service.

The business originated to empower the elderly, to give you the freedom to live independently by offering a companion driving service that would be reliable, trusted and affordable. We saw how the elderly could still "be in charge" as they went about their daily errands of shopping and being on time for appointments knowing one of our Daisies would always be by their side.

Today people ask what has changed in 10 years. Well, we are now successfully operating across the country with over 250 fabulous Daisy cars on the road.

We are very grateful to the many who have supported us like ACC, NZTA and numerous Regional Councils who accredited us under their Total Mobility Scheme, which provides half price fares up to certain limits on numerous trips for many of you on our service.

However the biggest change we are seeing are the Daisy Experiences. Every aging expert especially those involved with dementia are in agreement that maintaining our social networks helps maintain not only our physical health but helps reduce the risk of depression.

Daisy Experiences offer endless possibilities. From trips to revisit places we once knew so well, to a drive in the country, to getting friends together for a café outing, an event or simply just getting out and about, it's all good for you.

Talk to your local Daisy or call us to find out how we can help you stay social, active and independent.

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.

We can drive and accompany you to:

- Medical and other appointments
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Kerikeri-Far North
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Age Concern Dignity Champion

Last month our lovely volunteer Shirley Rawiri was awarded the Age Concern Dignity Champion of the month. Shirley was recognised for being such a superstar volunteer of Age Concern Mid North. She embodies our Dignity Champion pledge because she is kind, patient, and passionate about promoting dignity and respect for older people. With over a decade of involvement Shirley has filled many roles and helps bring happiness to the older people of our community.

We would like to thank Shirley again, for helping make New Zealand a place where we can all live and age well.



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New Zealand Post



Cheques no longer fit the bill

After 28 February 2020, NZ Post will no longer be accepting cheques.

Times are changing and fewer and fewer people are using cheques. In part, that's because of alternative, easier and safer ways to pay. But it's also because many organisations, including some banks, are no longer accepting cheques or are working towards going cheque-free.

What does this mean for you? We know this change may be a little unsettling, but remember you will still be able to come in store and pay for your NZ Post products and services - you'll just need to do it a different way.

You can still pay by: EFTPOS | CASH | CREDIT CARD.

What's Changing? After 28 February 2020 you will need to use a different way to pay when you come in store to pay at NZ Post.

What does this mean? After 28 February 2020 you will need to use a different way to pay when you come in store to pay at NZ Post.

What other payment options are available to me? There are plenty of easy ways to make payments when you come in store. We recommend EFTPOS, cash or credit card.*

Why is EFTPOS the best option? Paying by EFTPOS is more secure and convenient than paying by cheque, plus it usually costs you less in terms of bank fees. That's why most people choose EFTPOS these days.

What if I don't have EFTPOS? You can always pay by cash, but most banks can issue an EFTPOS card very easily. Some can do it the same day over the counter at any branch. You'll just need to choose a Personal Identification Number (PIN) so that all of your transactions are secure. You can give your bank a quick call to find out more.

What happens if I bring a cheque in after 28 February 2020? Unfortunately, if you present a cheque after 28 February 2020, we will not be able to accept it.

*Credit card acceptance varies across products services and stores.

Health Promotion

We have been busy creating new health promotion activities over the past 6 months. Our recent activities being, our Men's Strength and Balance class, Kaikohe Strength and Balance, Nia Seat to Heal and our Staying Safe Workshops. Our Nia Young at Heart classes are ongoing, along with our Supporting

Seniors every month. Do come along and try one of our exercise classes, and or attend our monthly get together. If you are in need of assistance with your phone, laptop, tablet or general online assistance, give us a call at the office.



Age Concern Mid North

CALENDAR OF EVENTS



MONDAY
Walking Group - 9.30am

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

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

FRIDAY
Monthly Meet & Greet - 10am / Kingston House, Kerikeri (Last Friday of every month)

UP & COMING

Staying Safe Moerewa
Tuesday 25 February 10am

Refresher Course for Mature Road Users
Te Punawai Centre, 52/54 George, Moerewa

Staying Safe Kaikohe - To be confirmed.

Taxi Subsidy **Our new taxi voucher books are in!** Regular users of this service should have received their new books in the post, if not give us a call. As many of you may know, there has been a slight change to the usage of the vouchers. Each membership, including couples are entitled to one book per month. Subsidy covers 50% of the cost per voucher (up to \$20). For more information phone (09) 4074474

Do you have time for others?

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

Would you like more company?

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



Christmas Dinner - great fun and great food

Squire

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From the President

Age Concern Mid North Committee would like to wish a "Happy and Healthy New Year" to all our members for 2020.

I do hope everyone had a happy and enjoyable Christmas with family and friends. We have been very lucky with such lovely hot weather and just a little rain for our gardens and water tanks.

Juen, Kayla and Shirley have been back at work for some weeks now busy organising the coming year's events.

Our first Committee meeting for the year was held in January and opened with a presentation to Shirley Rawiri (a Committee Member and also a wonderful volunteer not only in our office but for Mid North Age Concern generally).

Shirley was selected as Age Concern New Zealand's "Dignity Champion" for January and was presented with a Certificate, a letter and a large free package of frozen meals from "Tomorrows Meals" which looked delicious.

Some of the Committee including myself are going to a "Staying Safe" refresher "Driving Course for Mature Drivers" to be held in Moerewa on Tuesday the 25th February from 10 am - 1pm at the Te Punawai Centre, Moerewa Christian Fellowship Church, opposite the BP Service Station. This is a refresher workshop for mature road users throughout Mid North where we will re-familiarise ourselves with traffic rules and safe driving practices. The course is "Free" and lunch supplied. Everyone welcome.

Shirley is organising these "Refresher Workshops" which will also be held later in the year in Kaikohe and Kerikeri.

For more information or to book for the workshop please phone Age Concern Mid North office on 09-4074474 or email: info@acmn.org.nz

We are looking forward to our first morning tea for the year for members which is to be held on Friday the 28th February at 10 am at Kingston House.



Apricot Chicken

Ingredients:	1 Serve	2 Serves
Chicken pieces	1	2
Canned apricots	4 apricot halves and ¼ cup juice	8 apricot halves and ½ cup juice
Minced ginger	¼-½ tsp	½-1 tsp
Cornflour	1 tsp	2 tsp

Method

1. Pre heat oven to 180°C.
2. Place chicken, apricots and ginger in a small casserole dish.
3. Cover and bake for 25-30 minutes or until cooked.
4. In a small bowl mix cornflour with a little water to form a smooth paste. Add to the casserole and cook for an extra 5 minutes or until sauce thickens.

Microwave

1. Prepare chicken as above placing in a microwave safe dish. Cook covered on medium-high for 4-5 minutes for 1 serving and 8-10 minutes for 2 servings. Check to see that chicken is thoroughly cooked through and, if necessary, cook for a little longer.
2. In a small bowl mix cornflour with a little water to form a smooth paste. Add to the casserole and cook for an extra 30 seconds to 1 minute on medium-high power or until sauce thickens.

Serving Suggestion: serve with rice or baked potato and cooked vegetables.

Leftover Ingredients: Store any leftover apricots in a covered container in the refrigerator and use the following day for breakfast or with custard or ice cream for dessert.

Kind Regards *Jan Flowers*

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.

In our last article we had a look at what happens when a resident couple separates or divorces. This time we'll have a look at the opposite – when a new person in a resident's life wants to move into the village.



We noted that all residents have signed an Occupation Right Agreement (ORA) that sets out the terms and conditions of their right to live in a unit and enjoy the village's amenities. The ORA is personal to the resident and is usually non-transferrable. So moving a new person in is not as simple as it might be in a conventional freehold property.

A typical scenario is as follows. He was 94, widowed and living in a village, she was just 74. The relationship started a year after he moved to the village and a year later she moved into his unit. The existing resident needs to decide what rights he wants his new partner to have in relation to his unit. The two principal options are:

- The new partner has no financial interest in the unit and no right to remain there after the original resident dies or terminates the ORA. In this situation, operators might use an "additional resident consent" giving the new partner the right to live in the unit for as long as the original resident continues to live in the unit, but with no financial entitlement. An additional resident consent document recording the terms that the new partner may live in the village may be required.
- The new partner becomes a party to the ORA, and,

depending on the residents' intention, may or may not have a right to receive the termination proceeds. Contractually, the surviving resident will usually be entitled to the termination proceeds, and if the residents want the termination proceeds to be paid to any specific person, this will normally be documented as between the residents.

The resident's family might want the village to add her to the existing ORA. The village could refuse this, but may offer three options to accommodate the new partner's right to live in the unit or in the village:

- Amend the ORA to record that the new partner can live in the unit but has to leave within three months should the existing resident go into care or die. The new partner would not have any financial interest in the ORA;
- Consent to the new partner living in the unit for so long as the original resident wishes the new partner to live there. In addition, the operator may offer the new partner an option, on the death of the existing resident or when the existing resident terminates his ORA, to buy either the unit or another in the village at the then market price;
- The existing resident surrenders their ORA and a new ORA is issued in the name of both the original resident and the new partner at the unit's then market value with a new deferred management fee (DMF) to be paid (although offered at the same rate as when the original resident moved into the village rather than the new higher rate). In this case, the original unit price was \$600,000 and the current market value was \$950,000. So while this is an expensive option, the new partner gets to stay in the village without any restrictions should the original resident die or go into care.

These are just some of the approaches an operator may take. Where residents are of a similar age operators are more likely to agree that a new resident can be added to the ORA with no change to the DMF. This may be achieved by terminating the original ORA and issuing a new ORA in both residents' names, or by a variation of the ORA. As with the scenario regarding divorce, the operator will require both residents to have separate independent legal advice prior to signing of any documentation to give effect to a change.

Next time we'll look at dependent adults or grandchildren in a village.