

AUTUMN 2020 QUARTERLY NEWSLETTER
www.agewell.org.nz



Age Concern Rodney

Serving the needs of older people



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OFFICE HOURS

10.00am - 4.00pm Monday to Friday

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

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

Age Concern is a charity and relies on the support of volunteers and public donations to do much of the work we do. To help us help older people, please consider making a donation of your time or money to 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
 10.30am 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!**

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
- Family/social occasions
- Companionship outings
- Take pets to vets
- Grocery or other shopping trips
- Scenic drives
- Airport departures and pick ups
- Wheelchair accessible vehicle available

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

Total Mobility Scheme cards accepted and ACC approved provider.

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

Hibiscus Coast

Phone: (09) 428 4490

Mobile: 021 035 0431



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

Friendship

Here’s a little food for thought from the positive ageing ‘cookbook’, Ageing is living: Recipes for life.

Friendship is like cream. It adds richness to life and takes out the sting when things get too piquant. Our friends and the networks we are part of help bring out the best in us. They also help us get through tough times.

Some connections are made when we’re young and last a lifetime. Others develop later in life. It’s important to keep building new friendships, and to stay connected with the people and communities you care about.

Keep connections on the boil:

- Friendships need constant nourishment. Make a habit of being in touch with your friends regularly. Try making a ‘contact diary’, otherwise one week just runs into the next.
- Lean on your friends when you need support – this gives them permission to do the same with you.
- Decide what communities you would like to be part of (neighbourhood, marae,

- church, night classes, hobby groups, social organisations) and get involved.
- Find a hobby that brings you into regular contact with others. It’s so much easier to get to know people through a common interest.
 - Make a point of getting to know people who are not of your generation - younger and older. This will add even more richness and depth to your recipe for life.

**Walking with a friend in the dark
is better than walking alone in the light**
- Helen Keller



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Volunteer Champions Age Concern Rodney



Snell’s Beach’s Yoxall is the National Dignity Champion of the Month for Age Concern. The Dignity Champion title is awarded each month to a volunteer who has promoted the rights and wellbeing of the elderly and has helped to combat loneliness by building relationships in the community. Brenda has been a volunteer with Age Concern since 2011 and has been visiting one of her senior friends each week for the last eight years. She is also a support person for a senior friend and assists if they get lost or lock themselves out of their home.

Brenda received a gift basket and a chilly bin of goodies from Tomorrow’s Meals.

From left Age Concern Rodney volunteer Brenda Yoxall and service coordinator Sue Robertson.

I would like to give a big thank you to all the people responsible for awarding me the title of “Dignity Champion”. It was an unexpected honour and made me feel very special as there are so many people who contribute to our local community.

The gift of the large number of frozen “Tomorrow’s Meals” was a very generous reward and has been a big treat. The meals have all been of a very high quality and have been much enjoyed.

Thank you again to all involved.

Brenda

Memberships are due

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

We would like to take this opportunity to thank all members who have already paid and added a donation to their 2020 dues. This is very much appreciated!

Single:	\$25.00
Married Couples:	\$35.00
Organisations:	\$35.00

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**

Northshore Property Management

Northshore Property Management and Glenfield Property Management are owner-operated and provide the hands-on management you require on a daily basis. We only employ mature, experienced managers. We care about the sort of tenants who rent your property, - we get it right. We have thorough accounting systems that are balanced every working day. We do not tolerate late payments. We carry out regular detailed property inspections. We use honest, reliable tradies. They are cost-effective and deliver quality work - and our guys guarantee that work. Our current owners can tell you their properties are hardly ever vacant. We keep our tenants on long-term lease contracts, carry out reference work and credit checks on all tenants. We offer market-based fees and we believe they are 'cost-neutral' to you, the owner. We know we add value, and we know we save you money in the long run,- always balancing good tenants, low vacancy, and competitive market rentals.

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Please contact us to discuss in detail.

Natasha: M 022 077 8002
E rentals007.gpm@raywhite.com

Mark: M 0274 81 27 26
E mark.kelly@raywhite.com

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NORTH SHORE
PROPERTY MANAGEMENT

Editorial supplied by Northshore Property Management

Overseas Research, Reading and Resources

The impact of voice technology on loneliness and social isolation. Abbeyfield in the UK recently published a blog, describing the positive effects of a pilot project to alleviate loneliness for residents through the use of voice technology. A group of residents at an Abbeyfield home were taught how to use Google Home devices in order to interact with a digital voice assistant. Every participant reported feeling less lonely as a result of technology.



The recent article in The Conversation gives insights into how loneliness has been perceived and portrayed throughout history, as, for example, in this 1955 painting by Edward Hopper (above). The author urges us to stop medicalising loneliness and claims that addressing loneliness will require changes at societal level, as there are limits to what can be achieved by focusing on the individual.

The article discusses how loneliness and connection are experienced physically, as well as emotionally and that providing spaces for people to eat socially and to experience music, dance and massage therapies has been found to reduce loneliness.

A police recruit was asked during the exam, 'What would you do if you had to arrest your own mother?'

He answered, 'Call for backup.'

thank YOU SO much

Age Concern Rodney would like to thank all the local businesses and all our wonderful volunteers for all their help and support.

BLIND LOW VISION NZ RED PUPPY APPEAL

In this photo is Catherine Smith our CEO's Grandson Renzo, who was born blind. He will be 5 years old in April and off to school.

Please support this worthy campaign as it is so close to Catherine and her family's heart. When Renzo turns a certain age, he will be eligible for a Guide Dog, if he chooses.



thank YOU SO much

We would like to thank the following businesses for their support and for allowing us to sell Raffle tickets on their premises:-

Countdown, Orewa
Countdown, Warkworth
New World, Orewa
New World, Warkworth
Orewa Library

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Warkworth – 09 425 0399 • warkworth@armstrong.co.nz
• 182 Hibiscus Coast Highway, Orewa
• 18-22 Mill Lane, Warkworth

Mr Thurston turns 100 years old

Mr Thurston is one of our “Senior Friends” that we visit at Snells Beach. He was being visited by Sarah and now is visited by Kaye

WHAT YOU CAN PUT INTO YOUR RECYCLING**Items you can put in your recycling:**

- Glass bottles and glass jars
- Tin, steel and aluminium cans, including empty aerosols
- Plastic bottles from your kitchen, bathroom and laundry (plastic grades 1-7)
- Clear plastic food containers
- Pizza boxes (remove any leftover food)
- Newspapers, magazines, advertising mail and envelopes
- Paper and cardboard packaging
- Egg cartons
- Milk and juice cartons, including Tetra Pak cartons (except on Great Barrier Island)

Before you recycle:

- Rinse all containers
- Leave lids on all bottles and containers
- Containers should be no larger than 4 litres

Items you cannot put in your recycling:

- Plastic bags - they get caught in the sorting machines
- Food waste
- Garden waste
- Medical waste
- Building waste
- Chemicals and hazardous waste
- Nappies and sanitary products
- Polystyrene takeaway containers and polystyrene meat trays
- Clothing, shoes and textiles
- Cookware, Pyrex and drinking glasses
- Window glass, mirror glass and light bulbs
- Fluorescent tubes and lamps, including Compact Fluorescent Lamps - they contain toxic mercury
- Electronic and electrical items
- Batteries - lithium batteries can explode and have been known to cause fires in recycling trucks

Old age is an excellent time for outrage.
My goal is to say or do at least one outrageous thing every week

.... Maggie Kuhn

Payments to IRD

From 1 March 2020 you will no longer be able to pay the IRD with a cheque.

If you need to make a payment to the IRD after this date you can:

- Pay in person at Westpac Bank:
By dropping into a Westpac bank and paying over the counter with cash or eftpos, or by using a Westpac Smart ATM. If you can access the internet, go to www.westpac.co.nz to find a Westpac Branch or Smart ATM.
- Use online banking options such as direct credit payments or automatic payments. Many banks offer a dedicated tax payment option.
- Pay online through Inland Revenue:
By making credit or debit card payments at www.ird.govt.nz/pay

By making direct debit, debit card or credit card payments at myIR online services. Login or register for myIR at www.ird.govt.nz

Making an overseas payment by using a fees-free money transfer service. Search for “make a payment” at www.ird.govt.nz

To help you find a payment option that works for you talk to your bank about the options they have, visit www.ird.govt.nz/pay or talk to your tax agent.

**Special Anzac offer from Freedom Drivers Hibiscus Coast**

Some of you may have already met Bill Richardson, the new owner of Freedom Drivers Hibiscus Coast. Bill brings his experience in nursing and volunteering with the Cancer Society as well as his energy and enthusiasm for assisting our clients with their travels and transport.

“I bring a friendly service to your door with extra help at either end of the journey depending on your needs. I really value my customers and am enjoying getting to know you. Please don’t hesitate to give me a call to find out more about the service”.

***Autumn Special** ~ as a veteran myself, I would like to offer a free service on Anzac Day to one local, fellow veteran who otherwise could not attend an Anzac Service and Parade. *t’s & c’s apply, call me to find out more.

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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EAST COAST BAYS | HIBISCUS COAST

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.

Kitchen CORNER

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.

SuperGold Card

The new SuperGold app and website will help you find discounts and special offers quickly and easily. SuperGold cardholders can stretch their dollar further in more than 9,500 places right across the country. Well known companies like Qantas, Spark and The Warehouse have recently joined SuperGold. Together with longstanding local and nationwide business partners, they're providing discounts and special offers to SuperGold cardholders throughout New Zealand.

For those New Zealanders aged 65+ who are digitally minded, the new app and website make it easy for you to find discounts close to home and when you're travelling around the country. BUT if you don't have access to the website or app you are still eligible for the same discounts. Look out for signs in the shop/business you use, or if you are unsure if they offer a discount, ask. If they don't offer one now, it might encourage them to consider it for the future.

The SuperGold card isn't changing and you will still need to show it to receive your discount or special offer.

For more information visit the SuperGold website www.supergold.govt.nz from any computer or mobile device, or phone 0800 25 45 65 (Monday-Friday, 8am - 5pm)

The app can be downloaded onto a smartphone or tablet (e.g. iPad) - visit the website to check out how. Give it a go!

Don't forget that if you are visiting Australia you may be eligible for discounts via the Australian Seniors Card programme. Each Australian state/territory runs it's own independent programme. You can check via the SuperGold website or if you are not sure, ask businesses if they will accept the SuperGold card.



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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.

"People don't care what you know until they know how much you care. It is about building relationships, seeing where people are at and not pushing your values and ideas on them."

Ngakiri Antonovich
Pasifika Health Promotion workshop participant



Dils

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“It’s one of our better decisions”

Back in 2009 the RVA took the unusual step of making a video for intending residents to explain aspects of living in a village and to answer frequently-asked questions about village life. It served its purpose well, but like all things was starting to show its age. So we decided to make a new one, with a strong focus on actual residents and their stories about their decision to move to a village.

The video, which is also available on line at the RVA’s website (www.retirementvillages.org.nz) answers the questions that people who are thinking about moving to village ask.

Residents Ross and Jan, Val and Ernie, Sue and her mother Wynn, Sheila and Norman, and Donal (whose wife is in dementia care in the village) explain why they chose to move in - for example, making new friends, releasing equity in their home, or to ensure that care is available if it’s needed. The team also describe the many benefits of living in their village – the friendliness, the availability of care, security, saving money, the vast range of things to do – or not do, if you want to sit quietly a read a book – and the miracle of equity release, “which allows us to go on cruises, which is what we like doing” says Ernie at one point.

Donal talks eloquently about the care offered his wife who has dementia and who lives in the same village as he does. “We should have made this decision years ago,” Donal says. “I can’t say enough about the understanding of the caregivers here. My patience has gone; theirs is unbelievably strong”.

On leaving hospital after a short stay, Sheila was asked whether there was anyone at home who could look after her. “About 100”, she said, “and I really believe they would look after me”.

“Don’t leave it too long” is the common message from all the residents. “They take you at 70 now,” says Sue. “It’s no good leaving it until you’re 98, eh mum?” she asks her elderly mother Wynn. “We should have done this when I was in my 80s,” Wynn agreed.

We asked the residents about the challenges of downsizing to move to the village. Shelia has the

answer for that. “You have to be quite fierce with yourself, “ she said. “Pack things away in a box three months before you make the move; think ‘do I need that?’ and then it’s really quite easy to throw it away”. She then commented, “Sometimes we drive past our old home, and I don’t feel anything for it. This is home now”.

Everyone stressed the importance of doing your homework because villages are very different from each other. Villages need to be very clear about the costs of living there. Val noted the importance of no hidden fees. “It’s really important to understand what’s included and what’s not.” Jan said that “It’s important to ask questions and talk to your family. For us security was the main reason, followed by knowing the costs.”

Norman, a Scotsman, wanted to know how much it will cost. He says “costs in our own home were going up all the time, but here we know what we’re up for.” Costs are important for Ernie and Val too. Ernie notes that “what I pay in fees [in the village], if I tried to live outside the village it would cost me four times as much.”

The video outlines the consumer protection regime in place through the Retirement Villages Act and Code of Residents Rights and Code of Practice. The Code of Practice governs the day-to-day management of the village and sets the minimum standards residents can expect. The RVA runs an accreditation regime that audits members’ compliance with the Act and Codes very three years. The compliance audit is a mandatory condition of RVA membership.

Finally, the video includes a check list of things to ask and people to talk to while deciding about the move. At the top of the list is family and friends – while it’s your decision, it will affect others, so best make sure they understand your reasons for making the move. In our experience, most families understand the rationale and only want the best for their parents (or grandparents), and accept that a retirement village is a very good option.

So let’s leave Ernie with the last word – after reviewing the range of things to do and what he wants from the village lifestyle, he says “It’s one of the better decisions we’ve made”.

Amen to that!

Sing Up Rodney

A Kahikatea Music Therapy & Community Arts Trust project.

Community music therapy group for people living with a neurological condition, and partners/carers.

Volunteer enquiries welcome.

Thursdays, 10.30am - 12.30pm

\$10 per person/couple, including morning tea
(Cash payment on the day or enquire about electronic payment)

Buses Journey planner: <https://bit.ly/2FzFoL8>

Warkworth, Wellsford, Snells Beach areas:
https://at.govt.nz/media/1979446/nn10_warkworth_feb-2019-web.pdf

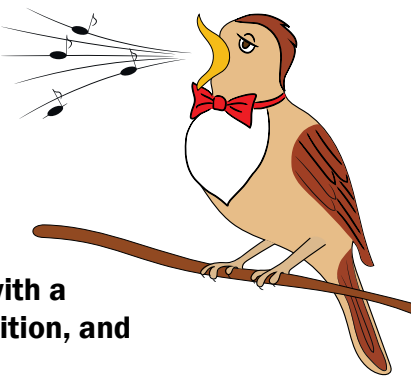
North Shore and Hibiscus Coast:
https://at.govt.nz/media/1979629/nn09_hibiscus-coast_sep-2018-web-v4.pdf

Helensville and Kaukapakapa to Hibiscus Coast: <https://bit.ly/2JEEscn>

FURTHER INFORMATION:

Alison Talmage - Ph: 027 464 2465 Email: SingUpRodney@gmail.com
www.facebook.com/SingUpRodneyNZ

Kahikatea Music Therapy & Community Arts Trust www.facebook.com/KahikateaMusic



WARKWORTH 2020

First Thursday of each month (March - December),
10.30am - 12.30pm
Methodist Church Hall, Church Hill, Warkworth 0910

January	July 2
February	August 6
March 5	September 3
April 2	October 1
May 7	November 5
June 4	December 3

OREWA TERM 1, 2020

OREWA SCOUT HALL, 467 HIBISCUS COAST
HIGHWAY, OREWA 0931

FEBRUARY 13, 20, 27
March 12, 19, 26
April 9
Easter Break April 16, 23
Further dates will be confirmed each term.

Age Concern Rodney TIME OUT

Centrestage Foyer Orewa | 10.30am – 1pm

2020 Calendar

Tuesday 25th February | Tuesday 24th March

Tuesday 28th April | Tuesday 26th May

Tuesday 30th June

Come along with a friend and enjoy the day with us.

For more information phone 09 426 0916

The Henrikwest Care Group is committed to providing excellent family orientated residential care to elderly and has done so for more than 20 years.

The family owned organisation originated with one facility in Auckland central, however this increased to incorporate the operation of 2 further multi level care facilities that deliver Rest Home, Hospital and Dementia level of care within the greater Auckland region.

The Henrikwest Care Group has two fantastic facilities located in the Waitemata region.

First is the Beachfront Home and Hospital. This is New Zealand's only private care Hospital that is situated directly on the beach. Its beautiful resort style surroundings, located in Stanmore Bay, recently obtained hospital level of care certification. It has newly renovated rooms that offer a peaceful and relaxing surrounding.

Situated further inland is Craigweil House Home

and Hospital. The facility is located nearby the rural geothermic springs of Parakai. It has a peaceful healing atmosphere and is within a short range of the scenic Kaipara Harbour and Muriwai Beach. Craigweil House Home and Hospital consists of a 68 bed facility that includes a Rest Home, Hospital and secure Memory Unit.

Over the past year, the group has been busy as they continue to renovate and develop new and improved spaces for residents. Craigweil House and Hospital was very proud to win several awards including, a finalist award in the Health and Beauty category of the Norwest Business association awards and a finalist award in the New Zealand Aged Care Association small operator awards in Wellington last year.

Business Manager Beau Henriksen says that "our focus for 2020 will be to build on the great work all of our team did over the past year and to continue to deliver great individual orientated care for all residents. In addition we look forward to our new rooms refurbishments and living spaces coming onboard in 2020."

The Importance of Enduring Power of Attorney

At Age Concern, many of the enquiries we receive are about the legal requirements and processes involving Enduring Powers of Attorney. Often this comes about due to a conflict or misunderstanding on what the document actually is and what powers is given to a nominated 'attorney' as well as when an attorney can act on those powers. We believe that it is important that people take the time to read available material or speak to their family lawyer about having a plan in place for the future. Please note, under the act an 'attorney' is anyone you nominate to act in your best interest and could be your spouse, child or other trusted person.

What is an Enduring power of Attorney? (EPOA)

An EPOA is a legal document that allows you to plan for the future if and when you are not able to manage your own affairs.

Do you have an Enduring Power of Attorney?

Do you feel confident that others will know how to look after you and your property if you become unable to do so yourself? There may come a time through an accident, serious illness or incapacity, when you become unable to make or communicate decisions yourself.

Many people assume that if they lose the ability to make decisions for themselves, their partner or a close relative will legally be able to make decisions for them. In fact, the law does not work like that.

The law, specifically the Protection of Personal Property rights act 1988 (PPPR Act), allows for you to plan ahead by making an EPOA, where you give someone you trust the power to make decisions for you if you become unable to make them yourself. An EPOA does not replace any people you have chosen as executors or beneficiary in your will. Your EPOA is separate from your Will. On your death, the EPOA has no further authority and your will takes effect instead. So essentially your EPOA document dies with you.

Can I change my mind about giving someone power of Attorney?

Yes. You can change, vary or revoke your EPOA at any time while you are mentally capable.

When does my EPOA come into effect?

Your EPOA will come into effect when it is decided that you have lost 'Mental Capacity' (apart from if you have chosen for your property EPOA to take effect when you sign it). You should be aware that under this law, every person is presumed to be mentally competent until the contrary is shown.

It is important to note that the question of whether you're still mentally capable must be decided by a health practitioner, not a family member or friend!

How do I go about setting up an enduring Power of Attorney.

You will need legal advice – either a lawyer, a legal executive or an authorised officer of a trustee company. You're legally required to use a standard form or they will not be valid. You can include clauses specific to your wishes, such as requiring your nominated attorney to consult with other family members or provide information to other people named in the document.

Additional information can be obtained from the Age Concern New Zealand and Community Law websites as well as easy to read pamphlets from our organisations



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FEEL AT HOME WITH FAMILY

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,

editorial supplied by Retirement Villages Association

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.

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LIVING WITH DEMENTIA

1. Agree, never argue
2. Divert, never reason
3. Distract, never shame
4. Reassure, never lecture
5. Reminisce, never say "remember"
6. Repeat, never say "I told you"
7. Do what they can do, never say "you can't"
8. Ask, never demand
9. Encourage, never condescend
10. Reinforce, never force

Huey, 1996

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Growing older

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

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

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

and

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

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

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

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

editorial supplied by Northern Arena

Rodney & West Auckland Hospital Shuttle Service

Happy New Year! Let's hope 2020 brings happiness and wellness to you all. I hope you have had an enjoyable Christmas with family and friends.

For those that have not used the Hospital Shuttle before, here is some useful information that may be helpful.

What is this service?

- This is an ON DEMAND SERVICE for Outpatient Appointments Only!

Who can use this service?

- Rodney - Hibiscus Coast residents attending Outpatient appointments at North Shore, Auckland and Waitakere Hospitals, and Greenlane Clinical Centre.
- North Shore Residents that have Outpatient appointments at Auckland and Waitakere Hospitals and Greenlane Clinical Centre. North Shore Hospital is the pick-up and drop off point.
- NOTE: (The Shuttle does not pick- up from homes on the North Shore)
- West Auckland residents attending Outpatient appointments at North Shore and Auckland Hospitals, and Greenlane Clinical Centre.

- Pre Booking Service: It is recommended that booking a seat on the shuttle should be made when you receive your Outpatient appointment letter. It is COMPULSARY to pre book a seat a MINIMUM of 3 working days before the appointment.

The Shuttle service will arrange pick-up times with passengers so that they can get to appointments during the times in the table below

Rodney Shuttle Fares: (No one way fares)

- Rodney – North Shore Hospital \$15 Return
- Rodney – Auckland and Waitakere Hospitals, and Greenlane Clinical Centre \$30 Return
- North Shore Hospital pick up to Auckland Hospital and Greenlane Clinical Centre \$12 Return

Waitakere Shuttle Fares:

- West Auckland – North Shore and Auckland Hospitals, Greenlane Clinical Centre \$12 Return or \$6 one way.
- North Shore Hospital pick up to Waitakere Hospital \$12 or \$6 one way.

Shuttle office hours:

Mon- Friday 9.30am – 4pm -
Phone 09 426 0918 or 0800 809342 (press 5)

Age Rodney Community to Hospital Shuttle Operating Times	Age Concern Rodney Shuttle Returning Times Approximately
To North Shore Hospital for appointments between 9.30am – 2.30pm	Morning appointments the Shuttle returns 1pm Afternoon appointments the Shuttle returns 3.30pm
To Waitakere Hospital for appointments between 10.30am – 1pm	Morning appointments the Shuttle returns 12pm Afternoon appointments the Shuttle returns 2.30pm
To Auckland Hospital for appointments between 10am – 1pm	Morning appointments the Shuttle returns 12.45pm Afternoon appointments the Shuttle returns 3.15pm
To Greenlane Clinical Centre appointments between 10am – 1pm	Morning appointments the Shuttle returns 12.30pm Afternoon appointments the Shuttle returns 3pm
Waitakere Community to Hospital Shuttle Operating Times	Waitakere Shuttle Returning Times Approximately
To North Shore Hospital for appointments between 9.30am – 2.30pm	Morning appointments the Shuttle returns 12.30pm Afternoon appointments the Shuttle returns 3.00pm
To Waitakere Hospital for appointments between 10.30am – 1.30pm	Morning appointments to be advised Afternoon appointments to be advised
To Auckland Hospital for appointments between 9.30am – 1.30pm	Morning appointments the Shuttle returns 12.15pm Afternoon appointments the Shuttle returns 2.45pm
To Greenlane Clinical Centre for appointments between 9am – 1pm	Morning appointments the Shuttle returns 12pm Afternoon appointments the Shuttle returns 2.30pm

RETARDED GRANDPARENTS

(this was actually reported by a teacher)

After Christmas, a teacher asked her young pupils to write an essay on how they spent their holiday away from school. One child wrote the following:

'We always used to spend the holidays with

Grandma and Grandpa.

They used to live in a big brick house but Grandpa got retarded and they moved to Batemans Bay where everyone lives in nice little houses, and so they don't have to mow the grass anymore!

They ride around on their bicycles and scooters and wear name tags because they don't know who they are anymore.

They go to a building called a wreck center, but they must have got it fixed because it is all okay now. They do exercises there, but they don't do them very well.

There is a swimming pool too, but they all jump up and down in it with hats on.

At their gate, there is a doll house with a little old man sitting in it. He watches all day so nobody can escape. Sometimes they sneak out, and go cruising in their golf carts!

Nobody there cooks, they just eat out. And, they eat the same thing every night --- early birds.

Some of the people can't get out past the man in the doll house.

The ones who do get out, bring food back to the wrecked center for pot luck.

My Grandma says that Grandpa worked all his life to earn his retardment and says I should work hard so I can be retarded someday too.

When I earn my retardment, I want to be the man in the doll house. Then I will let people out, so they can visit their grandchildren.

PRICELESS!



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

Worried about changes in your loved one's memory or behaviour?

Struggling to care?

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105 and Non-Emergency Contact Launch

Always call 111 in an emergency such as:

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

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

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

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:



Mahurangi Vision Centre

Phone: 09 425 7002
Email: admin@mahurangivision.co.nz
Visit: 23 Neville Street, Warkworth

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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



Age Concern Rodney
Workshops / Presentations
Orewa & Warkworth
Dates & Venues to be confirmed

Preparing for Bereavement/Funeral Planning	March 2020
Support/Entitlements for Super Seniors	April 2020
Advanced Care Planning	May 2020

To book your place or expression of interest
please phone Age Concern Rodney on
09 426 0916



I think I've discovered the secret of life - you just hang around until you get used to it".....Charles Schulz



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, Housework, TV and Aerial Specialists, Gardeners
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.

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