

WINTER 2020 QUARTERLY NEWSLETTER

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Age Concern Mid North

Serving the needs of older people



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OFFICE HOURS

9.00am - 1.00pm Monday to Friday

From the Managers Desk

GREETINGS, I hope like me you have survived the lockdown and level three. Kayla and I called many of you over the last few weeks, we had some great chats and enjoyed hearing about how well you all were coping with your shopping, your medical needs and your social connections. Take the care moving into level two, stay home to stay safe.

We are looking at what Age Concern Mid North might look like at level two. We will have one person in the office to take phone calls, we will not be engaging in any close contact activities.

Our exercise activities Young at Heart, Seat to Heal and our Men's Group will continue when we are permitted. The sessions may be in smaller clusters, there is some work to be done, we are determined to get up and going when it is safe to do so. Hope you all watched and participated in the senior exercise programme on TV 1 on Saturday, for those that did I hope like me thought it was really relative.

Presentation of Safe with Age and Managing without a car and our monthly Senior Active meeting are meetings that we can control how many can register. These will continue when it is considered safe to do so.

If any of you have been on a waiting list for elective surgery and have difficulty with transport please don't hesitate to phone we will do our best to help you. Kayla and I have been working throughout the lockdown and we are looking forward to getting back into the office. In the meantime you can phone the 0800 number or 027 4485 780.

Our President has given us some recipes many of you would have tried these treats if you come to Senior Active.

We are so looking forward to getting back to work and catching up with all of you.

Iwen Duxfield

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.

Lean on Me

The words of this popular song come to mind when thinking about you all and our Driving Miss Daisy community at the moment.

Lean on me when you're not strong
I'll be your friend
I'll help you carry on
For it won't be long

As an essential service we have been at the frontline with the most vulnerable people during these extraordinary times. To be acknowledged and trusted by the Government has enabled us to continue supporting our elderly clients utilising our gold standard health and safety procedures.

Your Daisy can help you live independently by doing those essential errands for you while you remain safe in your bubble. We are able to do your grocery shopping, collecting and delivering prescriptions and get you to your medical appointments and safely back into your bubble. We can make this time more bearable by picking up a magazine, or a fresh bunch of flowers. We have received heart-warming thanks and appreciation for helping you in this time of need.

Whilst the future is unknown, we do know that the current situation will not be forever. If the lockdown has been getting you down, we can get you out and about in our Driving Miss Daisy car bubble. Nature is putting on a beautiful autumnal display at the moment, enjoy it at its best with a trip to your local park or the beach with us, we could even pick up a coffee on the way.

Going forward the core Driving Miss Daisy commitment is to empower you, giving you the freedom to live independently by offering a companion driving service that is trusted and affordable. Safe as well, we follow Ministry of Health hygienic and social distancing guidelines.

Don't forget a Daisy Experience gift voucher is an ideal treat for you or for a friend.

We have always been there for you and we will continue to be by your side in the community especially during this period, post COVID-19. Stay safe, be kind, let's support each other.

Melanie
Co-founder DMD

We're your bubble on wheels



Free at Last! Get out and about, safely and hygienically, with Driving Miss Daisy Kerikeri-Far North

We can drive and accompany you to:

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Kerikeri - Far North

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Kitchen CORNER



BANANA MUFFINS

Makes 12

Heat oven to 180 degrees and grease 12 hole muffin tin

1 ½ cups flour
1 teaspoon Baking soda
1 teaspoon Baking powder
½ cup sugar | 1 egg beaten
125 gram melted butter
1 teaspoon Vanilla essence
1 cup mashed bananas (about 2 bananas)



METHOD:

Put dry ingredients into a bowl
Melt butter, beat egg and mash bananas and add to dry ingredients
If too dry can add a little milk.
Put into 12 hole muffin tin and bake 20 minutes.

SULTANA LOAF (or Mixed Fruit Loaf)

¾ Cup Sugar | 1 ¾ Cup Flour
1 cup Fruit (sultanas or mixed fruit)
1 tablespoon of Butter
1 teaspoon Baking Soda
1 tablespoon Golden Syrup
1/1/2 teaspoon Baking Powder
1 Cup boiling water



METHOD:

Put all ingredients in a basin except Flour and Baking Powder and add 1 cup of boiling water, stir well.
When cold add Flour and Baking Powder.
Pour into lined and greased tin
Bake in Moderate oven 170 – 180 degrees for about 45 to 60 minutes
I double the recipe and keep one in the freezer.
Keeps well

Kia ora, I hope this finds you all safe and well in your bubbles. I miss you all so much! Life has changed dramatically, and we have had to give up a lot of what we love. Stay home and save lives. Although I am not physically in the office I try and do as much as I can from home. I have spoken to many of you over the phone, and I am so proud of you all. We are currently at Alert Level 3 which may have changed by the time to read this. Limiting our interactions with others is our best defence against COVID-19. Under Alert Level 3 we must continue to stay in our household bubbles whenever we are not at work, school, buying the groceries or exercising.

Unite against COVID-19

What does Alert Level 2 look like?

- Physical distancing of 1 metre outside the home (including on public transport).
- Gatherings of up to 100 people indoors and 500 outdoors allowed while maintaining physical distancing and contact tracing requirements.
- Sport and recreation activities are allowed if conditions on gatherings are met, physical distancing is followed and travel is local.
- Public venues can open but must comply with conditions on gatherings, and undertake public health measures.
- Health services operate as normally as possible.
- Most businesses open, and business premises can be open for staff and customers with appropriate measures in place. Alternative ways of working are encouraged, such as remote working, shift-based working, physical distancing, staggering meal breaks, flexible leave
- Schools and Early Childhood Education centres open, with distance learning available for those unable to attend school, such as people self-isolating.
- People advised to avoid non-essential inter-regional travel.
- People at high risk of severe illness (older people and those with existing medical conditions) are encouraged to stay at home where possible, and take additional precautions when leaving home. They may choose to work.

I will return to the office in Level 2 and cannot wait. In the meantime, if you are in need of support, advice or general assistance email us on info@acmn.org.nz

Stay safe, *Kayla.*

COVID-19



Don't be scared, be prepared.

That's the Ministry of Health's advice for older people anxious about the current COVID-19 pandemic. People aged over 70, and in particular those with underlying health conditions such as respiratory issues are more vulnerable to infections, including COVID-19.

Older people need to take more precautions to protect themselves against all infections, not just COVID-19, including avoiding close contact with people who have a cold or flu-like illness.

The annual flu vaccination is free for people aged over 65 and those with certain long term conditions. While influenza vaccination does not prevent COVID-19, influenza is a serious illness that causes hundreds of deaths each winter in New Zealand, and thousands of hospital admissions and doctor's visits. Improving the population's protection against influenza will improve our ability to manage any increased demand on health services as a result of COVID-19.

It's also important that people seek help quickly if they're worried about their health. Sadly many older people are delaying going to their GP for a routine check-up or if they are feeling unwell because of concerns around COVID-19.

People needing health care should contact their GP as usual or call Healthline for advice on 0800 611 116. If it's an emergency, call an ambulance.

Here are some tips on staying well during this time.

- Wash your hands regularly for at least 20 seconds using soap and water and dry them well. This is especially important after; using the bathroom, coughing, sneezing or blowing your nose, getting home, eating or preparing food.
- Avoid touching your nose, mouth or eyes unless you have washed your hands.
- Stay away from sneezes. Two metres is a safe distance to stay from anybody sneezing. This is about the length of your couch or bed.

- Cover your cough – If you need to cough or sneeze, cover your nose and mouth with your bent elbow or a tissue (then throw it in the bin).
- If you feel at all unwell, make sure you stay at home until you feel better and try to stay in a separate room from people you live with.
- Find the facts – lots of people are talking about COVID-19 right now. It can be confusing when lots of people are saying different things. Make sure you get your information from official sources like the Ministry of Health and the COVID-19 website. If people tell you new information, ask where they got it from – make sure it's official! Keep up to date with facts, not rumours.
- Manage your mental wellbeing. Reach out to your family and whānau, friends and workmates. Sharing how we feel and offering support to others is important. We also recommend sticking to a routine such as having regular mealtimes, bedtimes and exercising. Tell yourself that how you are feeling is a normal reaction and will pass – it's nothing to be afraid of.
- If you feel you are not coping, it is important to talk with a health professional. Call your regular health care provider or for support with grief, anxiety, distress or mental wellbeing, you can call or text 1737 – free, anytime, 24 hours a day, 7 days a week – to talk with a trained counsellor.

editorial supplied by Ministry of Health



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Thanks

Age Concern Mid North

CALENDAR OF EVENTS



All events on hold until further notice. Please phone the office for updated information.

The Government has doubled the Winter Energy Payment for 2020 in response to COVID-19.

Winter Energy Payment rates for 2020

These have been adjusted in response to COVID-19.

Single people with no dependent children	\$40.91 a week
Couples, and people with dependent children	\$63.64 a week

Couples are paid \$63.64 whether you live together or separately. You'll get the Winter Energy Payment automatically along with your other regular payments from us (either weekly or fortnightly).

Managing your mental wellbeing

Reach out to your usual supports such as whānau, friends and workmates. If it is not possible to meet in person, then connect by phone, web chat or email. Sharing how we feel and offering support to others is important.

If you feel you're not coping

If you feel you're not coping, it's important to talk with a health professional. For support with grief, anxiety, distress or mental wellbeing, you can call or text 1737 to talk with a trained counsellor for free, 24 hours a day, 7 days a week.

Tell yourself that how you are feeling is a normal reaction and will pass and that it is nothing to be afraid of.

We're all in this together, and even if we can't be physically in touch for whatever reason, it's important to stay connected in other ways. New Zealand is known for its manaakitanga and now more than ever we need to remember the power of kindness and uniting together.

If you're not sure what assistance may be available, or you don't know who to contact for help, call the Government Helpline on 0800 779 997, 8am to 10pm, 7 days a week.

A Poem

I'm normally a social girl, I love to meet my mates
But lately with the Virus here,
we can't go out the gates.
You see we are the 'oldies' now,
we need to stay inside.
If they haven't seen us for a while,
they'll think we've up and died.
They'll never know the things we did
before we got this old, there wasn't any Facebook,
so not everything was told.
We may seem sweet old ladies who
would never be uncouth, but we grew up
in the 60s - If you only knew the truth!!
There was sex and drugs and rock'n roll!!!

The pills and miniskirts.

We smoked, we drank, we partied,
and were quite outrageous flirts.

Then we settled down, got married and
turned into someones Mum, somebodies wife,
Then Nana, who on earth did we become.
We didn't mind the change of pace
because our lives were full, but to bury us
before we're dead is like red rag to a bull!!!
So here you find me stuck inside for 4 weeks
maybe more. I finally found myself again then
had to close the door! It didn't really bother me,
I'd while away the hour I'd bake for all the family
but I've got no bloody flour! Now Netflix is just
wonderful I like a gutsy thriller I'm swooning
over Idris or some random sexy killer.

At least I've got a stash of booze for when I'm
being idle there's wine and whiskey even Gin if
I'm feeling suicidal. So lets all drink to lockdown,
to recovery and health and hope this bloody
virus doesn't decimate our wealth.
We'll all get through the crisis and be back to
join our mates, just hoping I'm not far to wide
to fit through the flaming gates!!



From the President

Age Concern Mid North Committee, Juen and Kayla do hope all of our members are keeping well and coping with the COVID 19 "Lock down".

Age Concern is a Charity as well as an essential service so Juen and Kayla have been working from home. Juen has continued doing her business activities and also been available by phone and has had quite a few members phoning her for advice and help during these difficult times. When speaking to Juen by phone late one afternoon recently she said the phone had not stopped all day.

Juen and Kayla thank you both so much for being there for our members.

Age Concern New Zealand Board has been keeping all of New Zealand offices up to date and have had many meetings via electronic means and phone with their Staff and Managers throughout New Zealand. They were unable to hold Vision for Ageing Aotearoa 2020 Conference in April so therefore unable to hold our Annual General Meeting 2020 which has been postponed until October.

I am very lucky that I have a dog and cat who have been great company. Just to give you all a laugh I also have some ducks that visit me this time of the year. One duck appeared three years ago and was unable to put her injured leg to the ground so I fed her and her mate and they even bought their duckling to show me which was so lovely. My youngest daughter bought me a bird and a Tui feeder two years ago for Christmas so I am enjoying watching all the birds. I even have a pair of Kingfishers come every day. Due to the drought in the Far North I also have been filling and cleaning my bird bath and bowls daily with fresh water which is used constantly. So now all of you know I am very much an animal lover. My family and friends have been phoning regularly which is a great help too. Like many of you I have been busy trying out new recipes mainly for dinner and making different soups and putting many of them in the freezer. I have found that the dark blue top Anchor milk freezes well (I freeze the 1 litre blue top) which might be a help to many of you as it is a basic commodity which most of us use daily. My neighbours have given me bags of feijoas and another friend has given me a large bag of avocados which I have been very grateful for. We are so lucky

here in the Far North to be able to grow so many different types of fruit and vegetables.

For those of you that are ballet lovers and use a computer or mobile device my daughter has given me the contacts for the Royal New Zealand Ballet. "RNZB Live in your living room".

These are::

<https://rnzb.org.nz-live-in-your-living-room/>
or those who have a Facebook Account
www.facebook.com/nzballet

Links are also posted on their web page www.rnzb.org.nz/live, at least 30 minutes before the broadcast. Enjoy.

Minister for Seniors – Tracy Martin and her senior team invited all Age Concerns throughout New Zealand to share their highlights and innovations as she wants to know what is going on in our communities and what she can do to help.

Keep safe and keep well.

Kind Regards *Jan Flowers*



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Relationship Changes in a Village

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

This is the third article on this topic. We've looked at divorce and the opposite, moving a new person in. This time we'll look at how operators treat dependent adults or children who want to move to live with a village resident.



Operators encounter many different scenarios where residents ask for consent to have a dependant or vulnerable adult, a child who has fallen on hard times, or grandchild live in the resident's unit either temporarily or permanently. Whether or not an operator will allow this will depend on the particular village and circumstances. The operator's consent is required because these people will be living in the village as guests.

Operators appreciate that these requests to support family need to be managed with fairness to everyone involved. Having said that, operators also must respect the needs of the wider resident community and consider whether the dependant person's needs can be suitably managed by both the resident and the village. Further, the operator will want to know that there's a plan for the dependent person's care if the resident becomes unable to care for them.

Where consent has been granted to a long-term guest, the operator is likely to reserve the right to revoke it if the person's presence in the village becomes undesirable, they become a nuisance to others, or the resident, in the operator's opinion, becomes unable to care for that person.

Having children live in a retirement village can be divisive, so many operators will be unwilling to agree to children living permanently or semi-permanently in a village.

Increasingly, adult children who have fallen on hard times, maybe through divorce, mental health issues or having just been released from prison want to move into mum or dad's unit at a village. These situations can be particularly fraught and there have

been instances where a child has pressured a resident to allow him or her to move into the unit. Some operators may require a police check and certain types of conviction could impact on the guest's right to stay at the village. Operators have talked about the need to trespass children where it is evident that elder abuse is occurring or other residents are being put at risk.

Where a fully competent person is allowed to move into a resident's unit as a semi-permanent or permanent guest, the operator will usually want the guest to sign an acknowledgement that they will comply with all village rules, respect other residents' rights and that his or

her right to live in the unit may be revoked by the operator.

In the end, it's in everyone's interest that resident relationship changes and the need for residents to support loved ones are managed with care and empathy. While the village operator needs to ensure the village is managed so as to protect the interests of the whole resident body, individual residents' needs are also important. Our experience can be summed up in two key points:

- If a resident's financial interest in an ORA is going to be affected, then a resident must get proper legal advice from a solicitor; *and*
- Talk to their village manager promptly so they can jointly work through the options open to the resident.