

WINTER 2020 QUARTERLY NEWSLETTER
www.ageconcernauckland.org.nz



Age Concern Auckland Central & West Edition

Serving the needs of older people



**Thank you to our wonderful volunteers
for providing practical assistance
during the COVID-19 lockdown.**

Cover photo: Yvonne getting her groceries

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OFFICE HOURS
9.00am - 4.00pm Monday to Friday

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

Our Services

Accredited Visiting Service (AVS) - provides companionship and support for older people living independently in the community by matching them with a regular, volunteer visitor.

Elder Abuse and Neglect Prevention (EANP) Service - aims to improve the quality of life of older people in abusive situations and to prevent abuse by providing information, education programmes, advocacy and support.

Field Social Worker - social workers are available to support and assist people aged 65+ with any social needs and health or wellbeing issues.

Ageing Well - delivers a range of programmes and activities that are fun and social. Workshops provide practical knowledge on topics such as health and wellbeing, legal matters, modern technology and safe driving.

Total Mobility Scheme - assesses and provides Total Mobility Cards to eligible people.

Asian (Chinese) Service - support and assist the Asian community. We give talks to Chinese groups to promote positive ageing, help clients when accessing social services and provide language support and cultural advice.

Community Development - looks to promote and develop programmes for the community.

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Let's have a coffee, I would love to meet you.

Denise - 09 828 2885
Email: info@cosmopolitanvillage.co.nz



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, lets support each other.

Melanie
Co-founder DMD

Editorial supplied by Driving Miss Daisy

We're your bubble on wheels



Free at Last! Get out and about, safely and hygienically, with Driving Miss Daisy.

- We can drive and accompany you to:
- Medical and personal appointments
 - Grocery shopping
 - Deliveries - e.g. take home meals
 - Airport drop-offs and pick-ups
 - Companion outings
 - Or even transporting your pet!

Total Mobility Scheme cards accepted and an ACC contracted supplier.

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

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Remuera	Ph: (09) 520 3405
Ellerslie	Ph: (09) 533 3278
Epsom	Ph: (09) 626 0018
One Tree Hill	Ph: (09) 629 5999
Eastern Bays	Ph: (09) 528 2044
Blockhouse Bay	Ph: (09) 627 0481
Henderson	Ph: (09) 836 5713
Titirangi	Ph: (09) 813 2495
New Lynn	Ph: (09) 634 5015
Hobsonville	Ph: (09) 412 5332



Driving Miss Daisy®

CEO UPDATE

I hope that this edition of our Age Concern Auckland newsletter finds you well. It has certainly been a very interesting time for everyone across our community and indeed throughout the world. We have seen first-hand the resilience and stoicism of New Zealanders and our country has been held up as an exemplar of how a country can come together as one in the face of an unprecedented challenge. As I write this, I am back in my office having spent the previous seven weeks working from home. I am one of a few of us who have come back to be office-based with most of the Age Concern team remaining working from home during Level-2 of the COVID-19 lockdown. By the time you get to read this, we should all be back at our desks and back to the ‘new normal’.

I am very proud of the team here at Age Concern who, with 48-hours-notice, packed everything up and moved their work into their homes. Every one of them did so without fuss or bother and we continued to provide support to older people every day, throughout the lock-down period. We reached out to thousands of older people across Auckland to check on their welfare and responded to hundreds of calls for help. The majority of those we connected with were thankfully doing well and were supported. They had their family, friends and neighbours there to support them. Sadly, however, a significant minority were really struggling and facing challenges every day, whether it was accessing food and prescriptions, paying bills or simply staying updated with what was going on. For many older people, the comment was ‘this isn’t much different for us’ and we must reflect on the reality that for many older people social isolation and loneliness is a day-to-day occurrence, regardless of COVID-19. We also sadly saw an increase in calls for support from those older people exposed to abuse as families were locked down together and emotions boiled over. Three-quarters of all cases of elder abuse are at the hands of family members and the COVID-19 lockdown exacerbated this further.

Alongside the real challenges faced by many, we also saw unparalleled community support and hundreds



of people responded to the call and offered to help those who needed it. We were very grateful too that the New Zealand police were able to speed up their police-vetting meaning that every Age Concern volunteer was police-checked before they were actively in the community helping older people. I’m pleased to say that many of those new volunteers who reached out during the lockdown have elected to stay helping. We did our best to get the message out there that many of our older neighbours could benefit from a little additional help and kindness not just during the lockdown but after as well.

We now face an uncertain future. The impact of COVID-19 on the global economy will impact us here in New Zealand. We may have coped better than most around the world, but we are not immune to what happens beyond our borders. We will almost certainly face an economic downturn and everyone needs to prepare for that eventuality. We at Age Concern Auckland are no different and we are busy preparing our budgets for the new financial year against this backdrop of uncertainty. At times like this, your support as members, volunteers, donors and supporters is more important than ever. Together we will prevail and we will continue to ensure that we are there for all that need us.

Take care, stay safe and stay connected.

Regards,
Kevin Lamb CEO Age Concern Auckland



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*

Chair’s report

Hello Everyone

First, I hope you are all feeling well and have not found life under COVID-19 lockdown too unbearable? I trust you have not been negatively affected by the pandemic that reached our shores. If you have, our warmest thoughts are with you and if you need Age Concern’s help, we are here for you, please get in touch.

Your welfare has been paramount in the work of Age Concern Auckland during the state of emergency in New Zealand. I’ve been delighted to see from various emails, as well as from national news coverage, that Age Concern has been reaching out and supporting many members of our community. To our staff and volunteers, thank you for making Age Concern work in very different times. To our clients, thank you for bearing with us as we found new ways of working, which may continue for some time yet. We’ve proved we can be agile, which is great to see even under difficult circumstances.

However, COVID-19 has significantly impacted many New Zealanders in ways beyond our control. We will all know someone whose job has been lost or hours reduced, or is facing new financial hardship and we will certainly have seen the devastation felt at Burwood Hospital and Rosewood Rest Home, both in Christchurch.

As I write we have just heard we are going to move to Level 2 of the COVID-19 alert levels within the next week or so. This will open the economy back up, but it will be a new normal, not like pre-COVID-19. We have been given more information about what services will be open and in what way. The key messages are: keep your distance, if you’re sick stay home, wash your hands regularly and thoroughly and track who you’ve seen.

We now know cafes, shops, cinemas and malls can open but must have good hygiene and distancing practices. Hairdressers will also open and they will need to use personal protective equipment (PPE) to keep them and us safe. Guidance for rest homes and hospitals has also been updated.

Some will be rejoicing and others will be anxious about interacting with the public again. We must make sure we don’t increase the risk to those more vulnerable than ourselves. If you are a vulnerable person you



must feel free to ask people to keep their distance and protect you. My favourite phrase I heard during the regular updates from government was, “don’t imagine you’re trying not to get COVID-19, imagine you’ve already got it and trying not to give it.” Wise words.

Amid COVID-19 we have seen the start of water restrictions. From 16 May there is effectively a hose pipe ban in Auckland. Where I grew up hose pipe bans in summer were frequent. In Auckland though they have been rare for the last 20 years. This ban is in force in winter to help us get ready for next summer, as rainfall is predicted to be low and our water supply will remain below usual levels. To avoid confusion though, we are still allowed to use water to wash our hands regularly and thoroughly.

This hasn’t been a usual chair’s welcome. But these are unusual times. I’m proud of the work the team at Age Concern has done during COVID-19 and I am very grateful to them too. Thank you to those who have reached out to thank us and remember as winter hits, we are here to support you and link you to the support you may need. Stay safe and take care

Victoria Walker Chair, Age Concern Auckland.

IF YOU NEED TO TALK TO SOMEONE, THE FOLLOWING FREE HELPLINES OPERATE 24/7:

- DEPRESSION HELPLINE: 0800 111 757
- LIFELINE: 0800 543 354
- SAMARITANS: 0800 726 666
- 1737 NEED TO TALK? Call or text 1737

MENTAL HEALTH CRISIS SERVICES (for emergencies only):

- Waitemata: (09) 486 8900 (operating 24/7)
- Henderson: (09) 822 8601
- Central: 0800 800 717 (operating 24/7)

Introducing Age Concern Auckland Board Member – Jennifer Moor

1. How long have you been involved with Age Concern Auckland and in what capacity?

Kia ora tatou. My first contacts with Age Concern were when I was leading a team of Social Workers and later, Needs Assessors across the Waitemata DHB area in the 1990s. Age Concern was one of the reliable places to find support for older people, often from volunteers, but also in the more specialised area of Elder Abuse. Working with Age Concern North Shore then was a very positive partnership. So when I retired from the Disability Directorate in the Ministry of Health in 2016 Anne Frankland, a colleague from DHB days and also Life Member of Age Concern, “twisted my arm” to join the North Shore Board and said no I couldn’t wait until the next year as the 2016 AGM was coming up.

It did feel like a continuation of many years of work with older people, just in a different role. It has been a privilege to continue from the North Shore Board to the Board of the now amalgamated Age Concern Auckland Region.

2. What attracted you to become involved with Age Concern Auckland?

In lots of areas of human services there are lead organisations who provide a voice for the people they serve and know well. Age Concern is that voice for older people, as well as supporting them through the Visiting Service, Ageing Well programme, Elder Abuse prevention and developing work in Social Connections. I wanted to use my previous work with older people to be part of this work to support older people in living good lives, enjoying new experiences, being valued and able to contribute.

3. What skills, experience and value do you bring to Age Concern Auckland’s work?

My work in Social Work, leading teams working with older people, service development, managing research about elders, leadership in new projects and programme management in the disability sector has all provided learning and skills very relevant to the present Board role.

As well as working in the NGO section, DHBs, and the Ministry of Health, I have volunteered on a number of



Boards, including in some other organisations working with older people.

The principles of valuing older people, including them and supporting them in determining what their own lives look like are close to my heart. I want to be part of the work towards ensuring no older person feels isolated.

And, of course there is the more personal and powerful learning from supporting several family members as they have aged and needed support, both at home and in care. Not least, I am now also in the group called “older”.

4. What is the most important thing you want Age Concern Auckland to achieve in the next 12-18 months?

Given COVID-19 and the relatively recent amalgamation of the three Auckland Age Concerns, I hope that the amalgamated Age Concern Auckland can continue to thrive through being well supported, not only by funders but by us as volunteers and members.

I look forward to the good work of the present continuing, be it the visiting service, Elder Abuse prevention, Health Promotion, work with Asian older people, or older people, families and neighbours ringing for information and assistance.

My vision is also that partnerships in research and innovative ways to be of support will continue and grow and that we explore further how communities can assist older people to make connections which give them a great life.

5. How do you think as a community we can become more Age Friendly and how can Age Concern Auckland support/promote this?

There are lots of ways to do this, starting with valuing older people, maybe learning from different cultures how to do this better, as well as watching how we refer to older people in our own conversation as well as the media.

Age Concern has been key in supporting Auckland Council to become an Age-friendly City. There is plenty of scope to continue to work in partnership on the nine domains that were identified through community feedback.

Making places physically accessible, including older people when Civic and community decisions are being made, especially when about them/us, places for people to gather together, learning new ways of connecting through technology, learning from our stories, are all steps Age Concern can support.

Staff News



Hi! My name is Jennie (Jen) Bradford and I am excited to join Age Concern Auckland as a Social Connections Co-ordinator for the Central and West Auckland areas.

I have a background in education, supporting young

adults who have high physical and intellectual impairments. I am very passionate in giving those in our community that need it most, support, guidance and friendship. Prior to having my two sons, I completed a Bachelor of Arts - Social Sciences and have worked in tutoring, community and academic assistance.

I enjoy reading, travelling, spending time with my family and being in the outdoors. I am excited about working in the Age Concern Auckland team and meeting the wonderful people that we support.



Hi, my name is Lynette Hay and for most of my working life I have worked in the fitness industry. I have a Diploma in Fitness from AUT.

In 2013 I completed a Communications Degree at Unitec. Since then I

have worked with older adults to help improve fitness to help prevent falls, first at the YMCA and then Sport Waitakere. In October 2019 I moved to Age Concern Auckland to work in the Social Connections team.

I really enjoy connecting people to their communities whether it is through fitness activities or other social activities.

I enjoy spending time with my son, who is nearly 11. I also enjoy the outdoors and love the beach.

Late last year our Intervention Services Manager – Kai Quan had her first baby. A beautiful little girl called Alicia. Kai has now returned following her parental leave and we wanted to share some gorgeous photos of Kai and Alicia.



Left: Kai and Alicia enjoying some sunshine at their local park during lockdown.



Right: Alicia loves her weekly swimming classes, which she has been doing since she was just a few months old.



Smoked Fish Chowder

A complete meal in itself. This is a great way to enjoy fish during winter. For special occasions use hot smoked salmon (100g) and a small can of smoked fish fillets (310g).



Ingredients (Serves four)

- 1 tbsp oil
- 1 onion, finely chopped
- 2 stalks celery, washed and finely diced
- 1 tsp garlic, crushed
- 3 tbsp flour
- 3 cups trim milk
- 2 medium potatoes, peeled and diced into 1cm cubes
- 1 x 450g can smoked fish fillets, canned - drain and keep liquid
- Pepper to taste
- ¼ cup parsley, finely chopped
- ½ cup Edam cheese, grated

Method

1. Heat oil in a large saucepan.
2. Add onion, celery, garlic and saute until soft.
3. Sprinkle flour over vegetables, stir and cook for a further 1-2 minutes.
4. Add drained liquid from canned fish and stir to make a smooth paste. Slowly add milk, stirring constantly. Bring to a simmer.
5. Add potatoes, cover and simmer for 20 minutes or until potatoes are cooked.
6. Flake fish and add to soup. Bring to a simmer.
7. Add parsley and pepper to taste.

Serving Suggestion

Serve soup with a sprinkle of Edam cheese.
Recipe from: <https://www.seniorchef.co.nz/>



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Covid-19, Corona Virus -

Whatever people call it, this new virus is here and we need to live with it. We don't have a natural immunity to it. We need to be careful.

We have had many people with compromised immunity or underlying conditions contact us to pre-plan their funeral as they feel that this virus will end their life prematurely. Many people will have grown up with stories of family members who died during the Spanish Flu pandemic after WW1. As Funeral Directors we have been familiar with the New Zealand Influenza Pandemic Plan for a number of years, 38,000 deaths in an eight-week period is the NZIPAP modelling, the action taken has saved tens of thousands of lives. As of the time of writing it looks like we have 'dodged a bullet', we will come out of this.

Our advice to our community – Wash Hands, Keep Your Distance, Minimise Social Gatherings. We do not need to be scared or fearful of this virus. We need to manage it until a proven vaccine can be created.

We have not been able to offer traditional funeral services at level 3 & 4, but keeping everyone safe is a priority as we understand directly what a pandemic can do. At level 2 we are able to have safe services again.

If you are needing to plan a funeral, need funeral advice or are wanting to receive one of our free funeral planning packs, please do contact us on **0800 804 663**.

editorial supplied by Just Funerals



PHONE

0800 804 663

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Editorial supplied by Freedom Drivers



10 TIPS to promote respect and prevent abuse

1. Love and cherish your older relatives/whānau.
2. Speak respectfully to older people/kaumātua.
3. Include older people/kaumātua in your social activities.
4. Phone or visit your older relatives/whānau.
5. Support older people/kaumātua to spend their money how they wish.
6. Encourage and support older people/kaumātua to make their own decisions.
7. Honour older people's/kaumātua's wisdom.
8. Enable older people/kaumātua to set their own pace.
9. Respect older people's/kaumātua's stories.
10. Seek advice from our Elder Abuse Response Service when you think an older person/kaumātua is being abused or neglected. Phone: 820 0184.

Always respected, never abused.

Elder Abuse Response Service

Our Elder Abuse Response Service (EARS) works to improve the quality of life of older people in abusive situations and to prevent abuse by providing information, education programmes, advocacy and support.

If you are concerned about elder abuse, whether you are an older person yourself, a family member, friend, neighbor or professional, you can contact our EARS team for free and confidential advice.

What is Elder Abuse and Neglect?

Elder Abuse is behaviour or lack of appropriate action, occurring within a relationship of trust, which causes harm or distress to an older person. The older person and the abuser are generally people who know each other. Our statistics show that the majority of abusers are members of the older person's family (partners, sons, daughters, in laws, siblings, grandchildren). Other abusers include people employed in positions of trust - residential facility staff or paid carers.

- What are the warning signs?**
- The following signs MAY indicate an older person is being abused:
- unexplained behaviour, sleeping or eating habits
 - withdrawal and/or edginess
 - fear of a particular person
 - confusion
 - unexplained injuries
 - drowsiness (due to over-medication)
 - recoiling from touch
 - unusual withdrawals from bank accounts
 - unpaid bills, lack of money for necessities.

There are many different types of Elder Abuse these include:

Physical Abuse
Infliction of pain, injury or use of force. For example: hitting, pushing, rough handling, over-medication, inappropriate use of restraints or confinement.

Psychological Abuse
Behaviour causing mental anguish, stress or fear. For example: ridicule or threats, harassment or humiliation, preventing choice or decision-making, withholding affection.

Financial Abuse
Illegal or improper use of money, property or other assets. For example: unauthorised taking of money or possessions, misuse of power of attorney, failure to repay loans, use of home and/or utilities without contributing to costs, scams that rely on establishing a relationship with the older person with the intention of exploiting their savings and/or assets, e.g. romance scams.

Neglect
Not providing for physical, emotional or social needs. For example: inadequate food, clothing, shelter, lack of social contact, support, health needs not attended to.

Sexual Abuse
Non-consensual sexual acts or exploitive behaviours. For example: inappropriate touching, sexual acts with someone unable to give consent.

Institutional Abuse
A policy or accepted practice within an organisation that disregards a person's rights or causes harm. For example: lack of respect for a person's culture or customs, inappropriate rationing of continence products, inflexible routines e.g. breakfast at 8 am in the dining room.

Several types of abuse can be present at the same time.

How Age Concern can help:

Our qualified and experienced staff have a wide knowledge of the needs of older people and their carers and will work closely with relevant organisations to address the abuse.

- Our social workers are available for advice and individualised support
- Free, confidential service
- Referral to appropriate agencies
- Information on all issues relating to abuse
- Assistance in working with individuals to improve their quality of life
- Seminars and presentations on elder abuse and neglect prevention can be arranged.

Contact our Elder Abuse & Neglect Response Service team on 820 0184.



Providing Social Connections and Practical Support Throughout the COVID-19 Lockdown

Kia ora from the Social Connections Team. As COVID-19 hit New Zealand, we worked hard to develop a service that could respond to the immediate needs of older people needing our support. This involved facilitating a group of volunteers who could provide practical assistance to older people during the lockdown. In response to our request for volunteers we were overwhelmed by calls and offers of support and assistance from members of the community from all over Auckland. These new volunteers, alongside our existing Visiting Service volunteers, worked to help those in need of our assistance during the lockdown. Throughout the COVID-19 lockdown we supported approximately 400 older adults across Auckland with practical assistance and weekly welfare phone calls.

On behalf of the Social Connections Coordinators, and the wider Age Concern Auckland team, my deepest thanks to all the wonderful volunteers who provided support and assistance throughout the COVID-19 lockdown. Thank you for offering your time and energy to assist those older members of our community who needed support, whether it was practical assistance with shopping, collecting essential medications or offering a friendly and comforting voice over the phone for a regular chat. It has all been greatly appreciated and we have been delighted to hear of the positive response and feedback from both volunteers and clients.

None of this could have been done, without the support of our partners, stakeholders and other community organisations that all came together to assist the older members of our community who needed help. Whether it was funding from the Combined Rotary Clubs of the North Shore and Auckland Council, agencies assisting with food parcels, blankets and clothing, or the Police who allowed us to fast-track the Vetting processes for our new volunteers. We could not have done it without you all. Our shopping service was very well received by clients, as well as other organisations and agencies that referred people to us for assistance and support. It was wonderful for us to be able to come together and provide this very necessary support.

The Level 4 and 3 lockdown period also brought the plight of many isolated and lonely older adults into the media, as they came to see the difficulties that our clientele face on a regular basis and not just during enforced lockdown. It has also shown that New Zealand communities readily come together to support each other when the 'chips are down'. Age Concern Auckland's clientele will continue to struggle long after this pandemic has ended and it is imperative that we do not lose the momentum of community spirit to collectively support those who are vulnerable and in need of our assistance. Our COVID-19 Response initiative has shown us that there is scope for broadening our Social Connections activities and expanding into providing practical support and assistance to those older people who need it.

In Alert Level 2, our focus has shifted to look at how we can continue to provide this service on a more permanent basis. This is likely to look different from the emergency response we initially set up, with more structure and protocol in place to orientate and train volunteers, as well as flexibility to meet the varying needs of older adults in the community.

If you, or someone you know needs this type of support and assistance or equally, if you, or someone you know, may be interested in volunteering with us then please get in touch with one of the team in the Cental West office phone 820 0184 or email ageconcern@ageconak.org.nz.

Nga Mihi Nui

Rebekah Preston | Social Connections Manager



102 year old Rob receiving a surprise box of groceries

Mr Hugh Litchfield, Ear, Nose & Throat Surgeon in the Waikato since 1978, founded hearme in 2011 for his patients. This allows us unique access to the ultimate hygiene and protective equipment from our surgical day rooms to keep you safe in these times.

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Our aim is to make **quality** hearing aids **affordable**, fitted and cared for with the **best service**.

0800 HEARME (0800 432 763)

REMUERA, ONEHUNGA, WESTGATE AND AVONDALE, AND THROUGHOUT THE WAIKATO

Retire at Home

Many retirees want to be able to stay in their homes as long as possible. With the support of Elderly Assist you may be able to stay in familiar surroundings much longer than you thought.

Elderly Assist has launched a new service to help you stay in your home and stay safe. Together we work out a plan to suit your current and future needs. We partner with organisations that bring knowledge and practical advice and services to make your entire home environment - house, garage, shed, garden - organised and safe.

Our professional team at Elderly Assist have been assisting our clients declutter, pack up and move to a new home for many years. We now bring those same levels of expertise and care to our new service - helping you stay safely in your own home.



Elderly Assist Ltd
Moving Assist Ltd

Staying in your own home is not as difficult as you may have thought with the guidance of Elderly Assist

We can:

- Talk to you about your current living situation, physical mobility and any concerns you may have.
- Give independent advice.
- Introduce you to services to enable you to maintain your independence and stay in your own home and community.

Call us to arrange a time to discuss the support you require to Retire at Home

0800 839 874 www.elderlyassist.co.nz

Relationship Changes in a Village

In a retirement village, residents’ relationships and obligations can change, 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.

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 a grandchild live in the resident’s unit either temporarily or permanently. Because they will be living in the village as guests, the operator’s consent is required.

Operators appreciate that these requests need to be managed with fairness to everyone involved. Operators also must respect the needs of the wider resident community and consider how the additional person will fit in with the existing community, and will want to know that there is a plan in place for the care of the dependent person if the resident becomes unable to care for them. Where consent has been granted, the operator is will retain the right to revoke the consent if the person becomes a nuisance to others, or the resident, in the operator’s opinion, is unable to care for that person. Having children live in a retirement village can be divisive, so many operators are unwilling to agree to children living permanently or semi-permanently there.

Increasingly, adult children who have fallen on hard times - divorce, mental health concerns or release from prison - want to move into mum or dad’s 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 trespassed children where 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 guest, the operator will usually want 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.

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 operator must ensure the village is managed 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 they 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.

editorial supplied by Retirement Villages Association

Looking Back:

Lovelock smashes world mile record – 15 July 1933

Lovelock newspaper cutting, 1933
(Alexander Turnbull Library, MSX-2247-058)



Jack Lovelock’s run at Princeton University beat the record for the mile, held by Jules Ladoumègue, by 1.6 seconds. The race was dubbed the ‘greatest mile of all time’ by Time magazine.

The race was part of the sixth annual Oxford-Cambridge vs Princeton-Cornell track meet. There was much media interest in the showdown between Lovelock (Oxford) and Bill Bonthron (Princeton), with speculation that the world record might be broken.

On the day of the event there were about 5000 spectators at Palmer Stadium, Princeton. The mile was a tactical race. Bonthron took the lead before giving way to John Hazen (Cornell). With half a mile to go, Bonthron moved back to the front. At the top corner Horan overtook Bonthron to make sure the ¾-mile mark was reached in the target time. Horan soon dropped back, leaving the race to Bonthron and Lovelock.

With 300 m to go, Bonthron pulled away. Lovelock was prepared and shortened and quickened his stride, closing the gap before the final bend. As they came into the home straight he drew level and then hit the front. Bonthron was unable to muster his usual ‘blistering kick’ and Lovelock breasted the tape seven strides ahead.

Lovelock’s time of 4 minutes 7.6 seconds broke the world record by 1.6 seconds. It was the first time a New Zealander had set a recognised world record. In 1933 Lovelock ran 33 major races, winning most of them.

Source: <https://nzhistory.govt.nz/>

WATER EVERYWHERE - BUT NOT A DROP TO DRINK?

As Aucklanders, we have enjoyed a long hot summer and a wonderful dry autumn - weather wise. But that has implications.

As you will be aware, Auckland Council has put restrictions in place to conserve our dwindling supplies in the storage dams. We all have heard the directions to take four-minute showers, don’t use your dishwasher or washing machine until its full, no washing cars, water blasting or watering your garden but below are a few additional suggestions that we have received, that you might find helpful.

A lot of them are about capturing water that could otherwise be wasted and using it to keep our fruit trees and vegetable gardens going, so in no particular order, here are some drops of water wisdom, collected from a range of water savvy seniors and mixed together in a bucket (or rain barrel) for your consideration.

- I have installed water tanks on our shed to collect the rainwater from the roof. This is also used to water the garden. Water tanks do not have to be expensive so shop around to get the right size at the right price! (This can be done off the house roof as well).
- Keep a large container on your bench and when wanting hot water, run the water into the container until it runs hot. This allows you to catch the cold water and use it for other things, empty milk bottles are good containers for this.
- Keep a bucket in the shower and run the water into the bucket until it becomes hot then adjust temperature. Use for other things in the kitchen, bathroom or into laundry for soaking, onto the garden, washing the car etc.
- Don’t rinse vegetables under a running tap – run

Needs Assessment and Service Co-ordination (NASC)

There is a range of health workers and services available for older people to support them to stay at home. A needs assessment may be the key to accessing these services. Needs Assessment Service aims to help you maximise your independence and self-reliance and to enable you to remain in their own home for as long as possible. The NASC is the key agency that can:

- Authorise Government funded services for older people living at home including home-help and personal care assistance. You will need to hold a Community Services Card to receive help with routine housework
- Authorise Government funded short-term respite care for care-givers, day care or longer-term care

water into a bowl and then use on the garden.

- Check that washers in taps are renewed and working and not dripping.
- Water restrictions can be a concern in a time we are advised to wash our hands a lot and to do the hand washing as hot as possible and for longer. A useful tip is to not open the tap fully when hand washing, just a dribble. As you wet your hands, next, away from the tap add soap, start rubbing hands together in the meantime the tap is running for 30 sec. At last rinse.
- Turn the tap off when brushing your teeth.
- Keep an eye on your water bill – we got an eyewatering one recently after a couple of estimated bills and discovered we had a leak. Fortunately, it was before the lock down, so we were able to get it fixed. Check out the Water Care website, there are details on there on how to apply for a water leak allowance.

Phone: (09) 442 2222 Email: info@water.co.nz
Website: www.watercare.co.nz

Melanie Jaggs – Health Promotor

Community Strength and Balance



Strength and Balance classes moving online

A number of local and nationwide providers created online exercise programmes for our over 65s to access while in lockdown. Recently TVNZ partnered with ACC's Live Stronger for Longer Campaign to create the "Healthy for Life" programme screening on TV1 at 9.00am every Saturday morning. It is hosted by former-Silver Fern Bernice Mene and is designed to help older people work on their strength and balance through the Super 7 exercise programme.

It also provides tips on staying safe in the home, keeping your brain active, keeping up social links with friendships, and healthy eating. For those that missed it, it is available on TVNZ On Demand. A video of exercises 1-6 is available on <https://youtu.be/n8s-8KtfGFM>

DID YOU KNOW?

TheMindsJournal

Listening to 5 to 10 songs a day can improve memory, strengthen immune system and reduce depression risk by 80%.

When exercising at home always remember:

- Before starting any form of exercise, always check with your GP first
- Wear suitable footwear such as sneakers or a firm fitting flat-soled shoe
- Have a phone in close reach
- Use something stable, such as a kitchen bench or sturdy chair for support
- Make sure you have plenty of space around you to complete your exercises
- Drink plenty of water to stay hydrated, either during or after exercise. Have a closed drink bottle nearby, avoid having cups or glasses that can spill easily near you
- Try and breathe normally whilst doing the exercises
- Feeling slight muscle soreness the next day is normal and just shows you've worked the muscles hard
- If any of the exercises cause pain in your joints or muscles, stop immediately. Check you're doing the exercise correctly and try again. If pain persists, leave that exercise out until you've sought advice
- If you experience chest pain, severe shortness of breath or severe dizziness, stop immediately and contact your healthcare provider

Try doing the Super 7 three times a week.

Try going for a daily walk. This could be up and down your hallway, deck or around your garden.

Staying active is important for your health because as we get older balance and muscle strength declines, often without us noticing.



Strength and Balance Exercises

These seven simple exercises will help you to keep your strength and balance and reduce your risk of falls.
Koinei rā mahi hei whakakaha tō tinana ana ka whakaheke tō tūpono ki te hinga.



Tahi

1

Sit to stand: Move from sitting to standing from a dining chair. Then move from standing to sitting – do this as slowly as you can.

Repeat: 10 times.

Increase the challenge: use your arms less. Repeat 20 times.

Rua

2

Heel raises: Stand with feet hip distance apart. Use support if needed. Rise onto your toes. Hold for a count of 3.

Repeat: 10 times

Increase the challenge: use your arms less. Repeat 20 times.

Toru

3

Toe raises: Stand with feet hip distance apart. Use support if needed. Lift your toes so the weight is over your heels. Hold for a count of 3.

Repeat: 10 times

Increase the challenge: use your arms less. Repeat 20 times.

Whā

4

Heel toe stand: Place one foot in front of the other, the heel of one foot touching the toe of the other. Hold for a count of 10.

Repeat: 3 times each side

Increase the challenge: use your arms less. Hold for count of 20.

Rima

5

Heel toe walk: Walk 10 steps forward one foot in front of the other, the heel of one foot touching the toe of the other.

Repeat: 3 times each side

Increase the challenge: use your arms less. Try walking backwards.

Ono

6

One leg stand: Holding onto a support try to balance on 1 leg. Hold for a count of 10.

Repeat: 3 times each side

Increase the challenge: use your arms less. Hold for count of 20.

Whitu

7

Seated Marching: March on the spot as quickly as you can. Keep going for 1 minute

Repeat: Twice - 1 minute rest between.

Increase the challenge: use arms more

According to my height to weight ratio, I should be 9 feet 4 inches.

So my weight is okay, it's my height that's the problem.

AGE CONCERN AUCKLAND

West Auckland Calendar of Activities 2020

Calendar of Activities

The 2020 Calendar of Activities is now available.

If you would like a copy please contact the office or download from www.ageconcernauckland.org.nz

Asian Services Update

The weekly ‘Conversational English’ classes we run at our Positive Ageing Centre had to be put on hold because of COVID-19. The weekly classes are attended by between 70-80 Mandarin and Cantonese speaking older people, who are taught everyday English by volunteers, with the goal of supporting these older people to participate more in the community. Not wanting attendees to miss out on the opportunity the classes provide to socialise and engage, our Asian (Chinese) Services team phoned

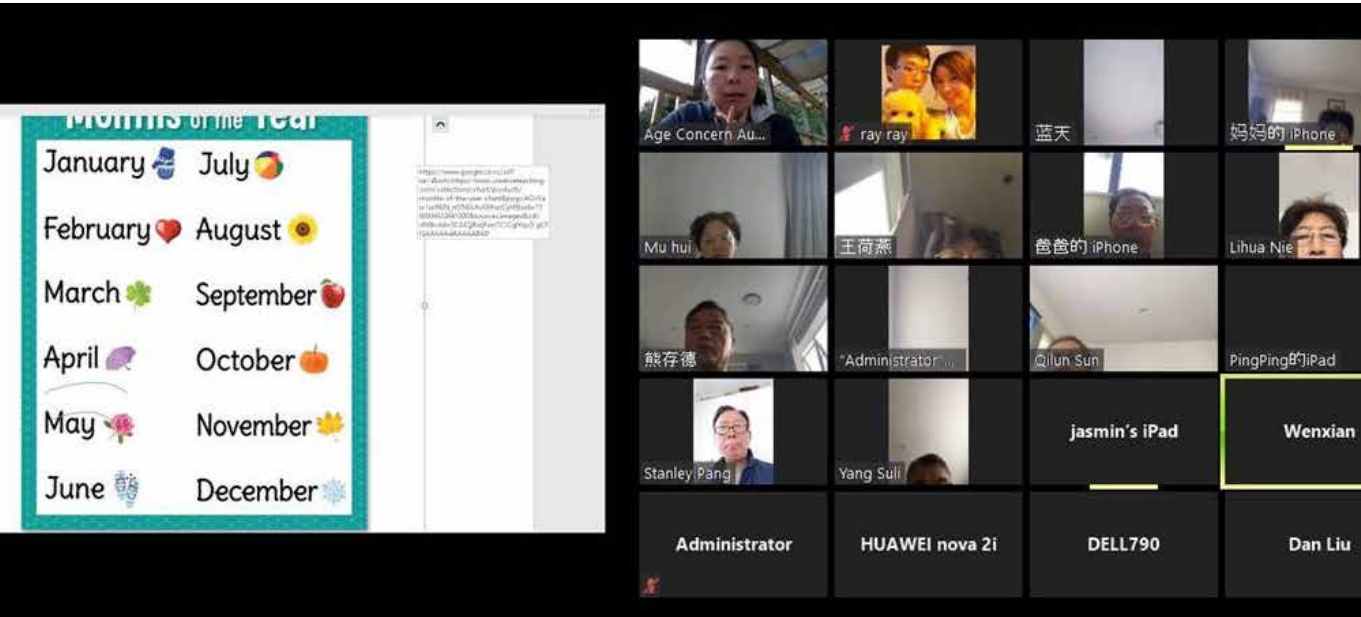


Above: Health and Safety Buns



Above: BaduanJing Qigong Class

all the participants to see if they would be interested in attending an online version of the class each week via Zoom. Jenny, our Positive Ageing Centre Coordinator, then talked interested people through the process of downloading Zoom onto their mobile phones or devices. Attendance in the online ‘Conversational English’ class has been steadily increasing, doubling in just the first two weeks. We are looking at continuing these online classes permanently. The monthly Group from the Positive Ageing Centre was also held online during the lockdown. They had a workshop called ‘Health and Safety Buns’, which had short videos. The ingredients of the ‘buns’ include exercises, mental health and life arrangements. A weekly class on BaduanJing Qigong has also been a popular offering.



Film Review by David Mealing
Dr Strangelove or: How I Learned to Stop Worrying and Love the Bomb

It was 1964 and I was a 5th form student at Mt. Albert Grammar School studying for the School Certificate examination. My diet of humour up to that point had been obtained through English radio shows (my parents had just acquired a television set in 1964) like ‘The Goons’ with Spike Milligan, Peter Sellers and Harry Secombe. Also, ‘Beyond the Ken’ with Kenneth Horne, Kenneth Williams, Hugh Paddick, Betty Marsden and Bill Pertwee; and ‘The Navy Lark’ with Kenneth Williams, Leslie Phillips, Betty Chasen and Jon Pertwee. When I went to the movies with my parents and siblings to see a comedy, it was to see the seemingly never-ending series of the ‘Carry On’ films in the comic British tradition of the music hall and bawdy seaside postcards. There were others like ‘School for Scoundrels’ (1960) with Ian Carmichael, Terry-Thomas and Alastair Sim. A better class of comedy was possible with such films as ‘I’m All Right Jack’ (1959), with Peter Sellers, Margaret Rutherford, Terry-Thomas, Ian Carmichael and Richard Attenborough. Overall, however, it was tame fare of the ha-ha-ha variety, often laced with sexism and poor quality scripts. Then, like a comedic bolt out of the blue, came the 1964 Stanley Kubrick film ‘Dr Strangelove or How I Learned to Stop Worrying and Love the Bomb’. This was a wonderful, unforgettable, black comedy that satirised the Cold War fears of a nuclear conflict between the Soviet Union and the United States. Though it was an American film, the production of it took place in the U.K. The film starred Peter Sellers, George C. Scott, Sterling Hayden, Keenan Wynn and Slim Pickens. My eyes were opened to a different level of comedy performed by comedians at the height of their powers.

Peter Sellers was absolutely outstanding and most assuredly at the peak of his powers, playing three comedy parts, namely The President, Group Captain Lionel Mandrake and Dr. Strangelove. This was arguably Sellers finest hour on screen, with the possible exception of his role as Chauncey ‘Chance’ Gardiner, in the 1979 film ‘Being There’ directed by Hal Ashby. His bravura multi-personality in Dr. Strangelove, playing Mandrake and the insidiously bland mandarin President Merkin Muffley and most egregiously of all, the ex-Nazi scientist inspired by the V-2 rocket scientist Werner von Braun, was a comedy performance par excellence. As Doctor Merkwurdigliebe, who has anglicised his name to Strangelove, he plays the part of a wheelchair user and strategic visionary who has a habit of addressing the President as ‘Mein Fuhrer’ and as the nuclear immolation nears, starts discussing how an American master race might be bred down in a mineshaft while waiting for the post-strike radiation to clear.

However, one of the most amusing parts of the film to me was Sellers playing the part of the stiff-upper-lipped RAF officer Lionel Mandrake, who is curtly informed by his crazy American commanding officer Brigadier General Jack Ripper, that the nuclear confrontation has begun. That’s to say, Ripper has pre-emptively begun a war to prevent communists sapping America’s precious bodily fluids – ‘Oh hell – are the Russian’s involved, sir?’ breathes Mandrake. It’s supposed to be bizarre, yet the quiet fear in Sellers voice is very real. George C. Scott, as the bombastic commanding Air Force general Buck Turgidson, plays his role with exuberance, none more so than when imitating a low-flying B-52 ‘He can barrel in that baby so low!’ Scott says, his head shaking in admiration at how good his pilots are – so good one of them is about to bring an end to civilisation.

Keenan Wynn, playing the part of another high army officer, is vigilant against ‘pree-verts’, although he seems a little dim about what identifies ‘pree-verts’. He has chosen them as his symbol of the enemy. Slim Pickens has a big and important role, as the commanding officer of the bomber that gets through to Russia. In a final fillip of dementia he rides one of the bombs right down to the target. The film goes out with Vera Lynn singing ‘We’ll meet again, don’t know where, don’t know when’, but I know we’ll meet again some sunny day’.

The film is considered one of the best comedies ever made, and not so frequently, one of the greatest films of all time. Rotten Tomatoes website’s critical consensus reads ‘Stanley Kubrick’s brilliant Cold War satire remains as funny and razor-sharp today as it was in 1964’. In 1988 the United States Library of Congress included Dr Strangelove as one of the first twenty-five films selected for preservation in the National Film Registry for being culturally, historically and aesthetically significant.



Have you ever considered leaving a bequest to Age Concern Auckland?

Age Concern Auckland is a charity and relies on the generosity of our community to raise over 60% of the funding required to deliver our essential services and support.

Any bequest left to us, no matter how small or large, has a lasting impact and helps ensure that we can continue supporting all those older people needing our help.

A bequest to Age Concern Auckland allows you to leave a lasting legacy long after you're gone. It is the ultimate act of kindness and caring you can show towards your community.

Leaving a bequest is easy. After taking care of your loved ones, the simplest way to leave a gift in your Will to Age Concern Auckland is to speak with your solicitor. He or she can ensure that your estate is distributed in a way that honours your wishes. To leave a bequest to Age Concern Auckland, we recommend this wording: "I give Age Concern Auckland Incorporated the sum of \$XXX (or the residue of my estate, or a percentage of my estate) for its general purposes. I declare that the official receipt of Age Concern Auckland will be sufficient receipt and discharge for my trustees."

If you would like to leave us a bequest in your Will, these are the official details you will need:

Legal Charity Name: Age Concern Auckland Incorporated

Charity Registration Number: CC25023

If you would like to talk to us further about leaving a bequest to Age Concern Auckland and the difference it will make please contact Alexis Sawyers on 09 972 0092.

Please also let us know if you are making a bequest so we can personally thank you. Our special thanks to all those who have remembered us in their Will.



UPCOMING HEALTH PROMOTION PROGRAMME

The following Health Promotion activities are available free of charge to persons aged 65 years and over and living independently in Central West Auckland. Dates and venues are still to be confirmed.

To register your interest for any of these activities, please phone 820 0184.

Your name will be placed on a waiting list and you will then be contacted for priority booking once dates and times are confirmed. Registration is essential and places will be provided on a first-come, first-served basis.

Improving Sleep

This 2.5 hour interactive workshop is designed for older people who suffer from not having enough sleep and/or good quality sleep. We will explore the structure of sleep and its impact on our health and you will be provided with positive strategies and suggestions for improving your hours of quality sleep.

Staying Safe for Mature Road Users

A four hour classroom-based refresher workshop for Senior drivers (with morning tea & lunch break included). The workshop aims to fine tune your safe driving knowledge, increase your knowledge of road code changes and outline other transport options available to help Seniors remain mobile. The session is relaxed and informative and you will not be tested.

My Home, My Choices – finding the best fit

A 2.5 hrs workshop for senior home owner-occupiers, using a research-based decision support tool designed to help you think through:

- o How to adapt your current home to live in or
- o How and where to move on to in the future

Steady Steps

A one hour presentation that will provide useful information and simple tips to help try and prevent a fall occurring – thereby helping you to maintain your independence.

Nutrition In A Nutshell

A one hour presentation that will provide an overview of the importance of nutrition as we age and our changing nutritional needs.

Scam Alert! (Beware! Be wise!)

A one-two hour presentation designed to educate and empower older people on a range of different scams - with strategies provided on how to avoid them.

To register phone 09 820 0184 or email ageconcern@ageconak.org.nz



Your membership is essential to providing our services

Thank you for being a member of Age Concern Auckland. None of our work is possible without the support of members like you, whose membership fee helps fund the crucial work we do. Each year we answer 40,000 calls for help, information and advice from older people and their families. Our services also directly support 11,500 older people each year ensuring they are supported to live well. We can't do this without your help.

Only 40 percent of Age Concern Auckland's services are funded by the Government, so we rely on members like you to help fund the rest. Your membership of Age Concern Auckland is essential in helping us provide support and services to older people needing our help.

Your annual membership fee of \$20.00 is now due for payment. Look out for the letter and payment form included with this newsletter.

Thank you for your continuing support of Age Concern Auckland, we are incredibly grateful.

If you have any questions please call us on **09 820 0184**

Become a Member Supporter

For just \$20 per year, you can become a member of Age Concern Auckland Region and be part of an organisation working to empower older people in the Auckland community

- As a member, you will receive:
- A copy of the quarterly issue of Age Concern Auckland's newsletter
 - Invitations to gatherings, seminars, and events.
 - Access to information and resources available at Age Concern Auckland

Please note that if you applied for your Total Mobility Card through Age Concern, you are already a member.

If you would like to become a member, please complete the following and return to us at: **PO Box 19542, Avondale, Auckland 1746 or call us on (09) 820 0184**

☐ Sign me up to become a member of Age Concern! Please find enclosed my cheque for \$20 made out to Age Concern Auckland

Name: _____

Address: _____

Postcode: _____

Phone: _____

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Many Thanks George Warman (Ranui West Auckland)


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ADDITIONAL SUPPORT AGE CONCERN AUCKLAND PROVIDED DURING COVID-19



Coordinated **130** older people to receive the groceries they needed



Arranged weekly phone calls for **105** lonely older people



Arranged food parcels and clothing for **26** older people

Mobilised **250** volunteers to provide the assistance and support required

Spoke to **100's** of older people, answering questions, reassuring them and directing them to appropriate community support

Assisted **14** older people to get their prescription medication

Called **8,000** members and clients to check on their welfare and ensure they had the assistance and support they needed

**ALL DONATIONS TO AGE CONCERN
AUCKLAND MAKE A DIFFERENCE TO THE
CRUCIAL SERVICES WE PROVIDE AND
ARE VERY GRATEFULLY RECEIVED**

If you would like to support Age Concern,
please complete the following and return to us at:
PO Box 19542, Avondale, Auckland 1746
or call (09) 820 0184

- ☐ I would like to make a donation of
\$_____. Please enclose a cheque
made to Age Concern Auckland Inc.
*Donations of \$5 or more may be eligible for
a 33% tax credit from the government.*
- ☐ I would like more information about how I
can leave a bequest to Age Concern.
- ☐ I would like more information about how I
can volunteer.

Name: _____

Address: _____

Postcode: _____

Phone: _____

E-mail: _____

*Thank you for your generosity to ensure that
we can continue supporting older people
living in our communities.*



Thanks to our wonderful supporters

Age Concern Auckland works with thousands of older people, their families/whanau and organisations across the Auckland region, from Counties Manukau to Dairy Flat – from those simply seeking advice and guidance to our most vulnerable elderly who are living in our communities.

It costs us \$2.4 million dollars every year to deliver these crucial services to our community. We only receive about forty percent of the necessary funding to provide these services from the Government. This means that we rely on the generosity of our local community to raise the remaining 60 per cent.

We're dedicated to helping everyone make the most of getting older and we simply couldn't do that without help from our supporters.

On behalf of the Board and Staff of Age Concern Auckland, we would like to thank all those who have supported us over the last year:

- Auckland Council
- Auckland District Health Board
- Combined Rotary Clubs of the North Shore
- COGS
- Community Awareness and Preparedness Grant Fund
- Counties Manukau District Health Board
- Dragon Community Trust
- Estate of Ernest Hyam Davis
- Foundation North
- Four Winds Foundation
- JM Butland Charitable Trust
- Lion Foundation
- Lister Presbyterian Health Trust
- Maurice Paykel Charitable Trust
- Milestone Foundation
- Ministry of Health
- Ministry of Social Development
- NZ Lottery Grants Board
- Tax Management New Zealand
- Ted & Mollie Carr Endowment Fund
- The Trusts Community Foundation
- Transdev Auckland
- Working Together More Fund
- Z Good in the Hood

All our individual supporters who gave us donations
All our wonderful volunteers, who collectively give more than 630 hours every single week.

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