

WINTER 2020 QUARTERLY NEWSLETTER

Phone (09) 279 4331 | www.ageconcernauckland.org.nz



Age Concern Auckland Counties Manukau Edition

Serving the needs of older people



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

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Age Concern Auckland - Counties Manukau

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Please **DO NOT** post to our physical address,
as mail is not delivered to Cambria Park,
please send all mail to our **PO Box 19542**
Avondale, Auckland 1746

OFFICE HOURS

9.00am - 4.00pm Monday to Thursday

9.00am - 1.00pm Friday

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Age Concern Counties Manukau Service

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

Community Strength & Balance Programme – we coordinate and provide access to approved community strength and balance classes as part of a nationwide movement to reduce falls and fractures in older adults.

Counsellor – provides counselling to older adults around age related issues such as transitioning to residential care, change in family relationships, grief, loss and anxiety.

Elder Abuse Response Service – aims to improve the quality of life of older people in abusive situations and to prevent abuse by providing case management, free and confidential advice and by working with a range of agencies to provide wrap-around support services.

Elder Abuse & Neglect Prevention Education – offers training to groups and organisations in our community on elder abuse and neglect prevention to help reduce the instance of elder abuse in Counties Manukau.

Handyman Field Worker Service – aims to improve the quality of life for older adults who are no longer able to attend to small jobs in their own home. Our Handyman Field Worker can assist by completing small jobs like changing smoke alarm batteries, light bulbs, checking home safety and providing links to services, information and resources.

Health Promotion – delivers a range of free workshops, seminars and programmes that are fun, sociable, interactive and promote healthy living. The Health Promotion education sessions are designed to provide access to health related information and services to give older people more control over their health and wellbeing.

Total Mobility Scheme – assesses and provides Total Mobility Cards to eligible people so they can receive subsidised taxis to ensure they can still access services and social connections when they are no longer able to use public transport.

Active Ageing Action Programme – is designed to enable those currently in the second half of their working lives to develop a comprehensive, holistic retirement plan around their wellbeing during their retirement years. It is a life planning tool not a financial programme.

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

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 ACC registered provider.**

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

Howick/Bucklands Beach	Ph: (09) 534 6380
Pakuranga	Ph: (09) 537 1452
Botany	Ph: (09) 534 7712
Mangere Bridge	Ph: (09) 820 0433
Manukau	Ph: (09) 263 0912
Papakura	Ph: (09) 266 2709
Pukekohe	Ph: (09) 239 1377



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.

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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.

Fire and Emergency NZ offer free smoke alarm testing



Is your home fire safe? Why do you need working smoke alarms? How many do you need? Do you have a fire escape plan? Did you know a house fire can be fatal in less than five minutes?

Often with age comes a degradation of senses (such as hearing and sight) along with a reduction in mobility. These factors make older members of our communities more vulnerable should a fire occur.

For no cost to you, Fire and Emergency NZ are happy to visit your home and can help you make your home safe for you and your family.

Their crews can offer helpful fire safety information, install, test and ensure your smoke alarms are in the right places, or provide a free smoke alarm if you’re eligible.

There are also a number of specialised smoke alarm systems available for people who are deaf or are hard of hearing, remembering even if you wear hearing aids during the day you are still at significant risk at night when asleep because you aren’t wearing your hearing

aids. These specialised smoke alarms have added features such as extra loud and/or lower pitch alarm sounds, flashing strobe lights, or vibrating devices.

If you need one of these specialised smoke alarms, you may be eligible for funding from the Ministry of Health. For more information contact one of the four organisations below for advice as to the most appropriate options available for you to consider.

- Deaf Aotearoa New Zealand
- Life Unlimited
- Blind Foundation
- Housing New Zealand

If you would like to have Fire and Emergency NZ visit to test or install smoke alarms at your home you can call them on **0800 693 473** to arrange a time for them to. Alternatively, you can contact your local fire station.

FACT:

Overloaded electrical circuits, faulty electrical equipment and misuse of electrical equipment are common causes of fire.



Bold Bubbles

The strange journey and superpowers of soap

According to Roman legend, thousands of years ago women washing in the river Tiber used bubbly globs flowing down a mountain to clean their clothing. Whether they knew it or not, the bubbles were inadvertently created by the temple priests on Mount Sapo. Ashes from fires combined with animal fat and river water created a bubbly substance that lifted dirt from skin and clothing - **Soap**.

Humans have been using soap for at least 5,000 years, but it isn’t an obvious sort of formula. Soap requires three ingredients: An alkaline (like lye), water, and fat. The fat part is easy and lots of things work well, from olive oil to tallow, which is beef fat.

But lye is a different story. Lye has to be made with white ash from a hardwood fire. Lye makers literally had to go out to a place where hardwoods burned down to ash. They scooped up the white ashes and put them in a barrel. Then, they waited for rain, best for making lye. Buckets full of rainwater were poured into the ash barrel to soak the ash. The lye water formed at the bottom of the barrel. They then caught and stored the caustic lye

water that leached out from the bottom. Strangely, somewhere along the line someone decided to make lye and combine it with fat and more water. Today we might think of soap as gentle, but it is actually fierce to dirt, bacteria, and viruses.

Soap molecules are pin-shaped crowbars. Their tails love fat but hate water. Their heads love water. So when soap molecules find a piece of dirt or virus, the tails pierce the fatty membrane, while the heads pull away toward the water, thus prying open the dirt or virus and destroying it. Fancy science for some glop that once rolled down a hill.

Today soap smells nice and has lots of different forms from hand soap to detergent. Yet, the recipe really hasn’t changed much from the recipe used by Romans or ancient Egyptians. It’s still ancient science.

FERCE SOAP MOLECULES use their tails to pierce the virus membrane and pry it apart!



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.



DID YOU KNOW?

TheMindsJournal

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

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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Transfers within Auckland | Temporary Preparation | Eco Coffin Option (*upgrades available*) | Transfer to your Funeral Venue (*via hearse*) | A hand tied bouquet of current seasonal flowers | Cremation (*Just Funerals Preferred Crematorium*) | 1 Death Certificate

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*Mangere Lawn Cemetery \$4450***

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Transfers within Auckland | Preparation or Embalming | Standard Size Wood Grain MDF Flat Lid Casket | Dressing at Funeral Home | Transfer Home 1 Death Certificate | Temporary Grave Marker

now \$2900 + Burial Plot**

Non-Service, Simple Cremation

Transfer within Auckland | Simple Casket | Cremation | 1 Death Certificate

now \$2125**

** There can be extra costs depending on unique circumstances.

Please call for an appointment to visit with us at 14 Bassant Avenue, Penrose, Auckland



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 279 4331.



Make a donation today and help support our work.

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:

- ☐ I would like to make a donation of \$_____.
- ☐ Please enclose a cheque made to Age Concern Auckland Inc.
- ☐ Donations of \$5 or more are 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.



Ready to Heat & Eat Meals

"I find the meals 1st Class. These meals are my main meals of the day as I am house bound, and find they are nearest to what my wife would have cooked. Once again 1st class service".

Many Thanks George Warman (Ranui West Auckland)

PLEASE TRY US OUT AND SEE WHAT YOU THINK. We do receive a rewarding amount of appreciation from our valued customers and we look forward to some from you as well.



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Why have a funeral?

These days, this is a question that gets asked a lot. A good funeral not only gives us the opportunity to express our love, our grief, our support and to share our memories but also helps us begin to come to terms with our loss.

While a funeral can be a very a sad occasion, it can also be a true celebration of a life well lived. At Fountains, we do not take a “one size fits all” approach to funerals but help the families we care for to say goodbye to their loved one in whatever way is meaningful to them.

We are all unique individuals and each of our lives is like a tapestry into which the lives of the people we have touched are woven, so it makes sense to say goodbye in a way that is as special and unique as we are.

editorial supplied by Fountains Funerals & Monuments

If you can dream it, you can do it.

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


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



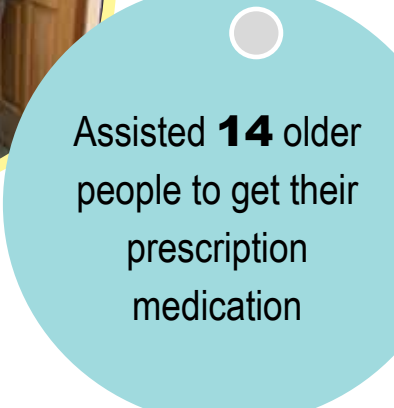
Spoke to **100's** of older people, answering questions, reassuring them and directing them to appropriate community support



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



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



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

Become a Member
Supporter

For just \$20 per year you can become a member of Age Concern Auckland 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 our 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 a cheque for \$20 made out to Age Concern Auckland.

Name: _____

Address: _____

Postcode: _____

Phone: _____

Email: _____

Thank you for your support.



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
09 279 4331



Like us on
Facebook

Age Concern Counties Manukau

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 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 eye watering 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





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THE (not so) SECRET DIARY OF A HEALTH PROMOTER IN LOCKDOWN

That sounds like a contradiction – right?

Health Promotion in lockdown? Is that even possible?

Hi there, I'm Poppy, the Health Promoters dog and I am here to tell you that it is possible and give you an insight into health promotion from a dog's point of view. My female human is busy zooming around at the moment, which I don't really understand as she is sitting at her desk, not really moving at all but just staring at a screen filled with a whole lot of other people staring back at her like rows of talking heads. Only one of them is talking at the moment who I guess must be the chief of the talking heads tribe, but I would call him the top dog in my world. Anyway, I had better get on with it as I don't know how long the talking heads won't be talking but just listening.

I don't know if you have noticed, but things got really strange for my humans about nine weeks ago. There has been a lot of talk about bubbles and apparently I am in a bubble with my two humans, (they had to include their fur baby it seems) but as hard as I try and find the bubble floating around the garden or inside the house, I have yet to find it. I am quite pleased about that as bubbles usually mean a bath and although I like a dip in the sea or the stream, I am not so keen on their version which involves a bucket of water and something called shampoo – I usually get my own back though as I try to get as close as possible to my human when I shake myself off and give her a shower! I have noticed my humans have been washing their hands a lot lately but thankfully they steer clear of washing my paws – a quick dip in the stream is good enough for me and I lick them dry when I get home – sorted!

I started hearing a lot of talk about bugs and how nasty they were.

My female human used to be out quite a few days a week so I always made sure I had a nap before she got home, so I had enough energy to give her an enthusiastic welcome when she comes into the house as she seems to quite like that. Anyway, apparently, her work is to gather groups of the grey haired humans together and give them important information about how to stay safe on the road,

or how to not fall over when walking around their house or out in the community, so they don't hurt themselves or how to eat good food so they stay well and lots of other stuff that is of interest to humans but doesn't interest me. (Apart from the food one – I could be interested in that as I like food). All that had to stop when these bugs showed up. So, all of a sudden, she brought a whole lot of stuff home from her work and set up a desk in our spare bedroom and now works from home.



They seem to be pretty keen on staying physically active these humans of mine, which has severely disrupted my nap time routines that I have spent years perfecting! I thought I had carefully trained my male human that early afternoon is my preferred time to take him for a walk, but all that has gone haywire in the last few weeks. Just because they both wanted me to take them for a walk, I now have to take her out in the morning and then go out again in the afternoon to take him for a walk. All because they both want to have a bit of alone time to enjoy the beach or the walkway and get some fresh air and sunshine, with a bit of Vitamin D thrown in for good measure at the same time. (I tried to multitask by getting my daily dose of Vitamin D while snoozing in the lounge with the sun pouring in the window, but apparently the only way to absorb Vitamin D is to absorb it directly from sunlight on your skin and as I have fur covering my skin, I have gone back to just snoozing). Strangely enough, although I wasn't that keen on two walks a day at first, it turns out it has been really good for me.

Apparently in these strange times, someone in this bubble (that I can't seem to find), has to be the designated shopper to get food and essential supplies. For us, it's my female human as she has only just got her Gold card, whilst he has had his for a while now. She was very excited to get this shiny new card (it is gold after all) so she could ride buses and trains for free but the golden glow soon faded, as it arrived just when the bugs did, so for now it has just been stuck in her bag, which has made her a bit sad.

As for the shopping, she liked the shop where she could text she was ready to shop and then go straight in rather than waiting patiently in a queue. (Sounds a bit lazy to me, but what do I know, I am only a dog!)

Apparently though, not all of the grey haired humans had someone in their bubble to shop for them, so like lots of the other people my human works with, between them, they made thousands of phone calls to members of the Age Concern tribe to see if they needed help with shopping or would like someone to ring them for a friendly chat. Lots of other humans offered to help them do the actual shopping or make phone calls, which was a really nice thing for them to do. She also spent time sending emails out with useful information on how to buy food without leaving your house - that sounds way too technical for my human, though she is pretty good at typing which apparently was the most useful thing she learnt way back last century when she was still at school. Some of those emails also had information about things called Community Strength and Balance exercises you could do at home, as she thought they might help the locked up elders stay safe, strong and balanced until they could start getting together in groups to do them like they used to do before the bugs arrived. Oh! maybe that is what they are trying to do when they are counting 3, 4 and 10 – silly me!

Well, it's been really nice chatting to you and give you my take on being locked up with my two humans for the last 9 weeks, but it sounds like she is on her way back now and it's all been very tiring so if you don't mind, I will head off and find a nice sunny spot to take a well-deserved nap in.



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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.

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HEALTH PROMOTION AFTER LOCK DOWN

The following Health Promotion activities are available free of charge to persons aged 65 years and over and living independently in the Counties Manukau community.

All the programmes that were booked to be delivered from March through to June 2020, will still be delivered later this year or even carried over into 2021, with the potential for additional topics to be added in at a later date, as funding becomes available .

Here is a reminder of what we had planned in different suburbs – if you want to register your interest in attending any of these, as usual, please call reception on 279 4331 xtn 800 or send an email to reception@accm.org.nz. We will add your name to our expressions of interest list and as soon as dates and venues are confirmed, we will get in touch with you. Please state the topic and suburb you are interested in.

STAYING SAFE FOR MATURE ROAD USERS (9.30am – 2.30pm)

A 5-hour classroom-based refresher workshop for Senior drivers (with morning tea and 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. Workbook and information to take away provided.
Venues: Kawakawa Bay; Howick; Pukekohe; other venues still to be confirmed

SCAM ALERT! (Beware! Be wise!)

What is a scam? Who can be scammed? (**Everyone** is at risk!) Let me count the ways you can be scammed! (Sadly, there are **plenty** of them) This presentation will cover what to watch out for with tips and strategies on how to protect yourself and reduce your risk of being parted from your hard-earned money. A handout of the information covered in the session, will be provided to take away.
Venues: Papakura; Pukekohe; Tuakau; Howick

STEADY STEPS

A short presentation that will provide useful information and simple tips to help try and prevent a

fall occurring – thereby helping you to maintain your independence. A handout of the information covered in the session, will be provided to take away.

Venue: Flat Bush; Papatoetoe; Manurewa

MY HOME, MY CHOICE

This workshop gives older people the opportunity to use a research-based decision support tool to help them think about their homes and what will work for them into the future. Stay where I am or move? The pros and cons of both, the options and things to consider. (The tool has been developed for owner occupiers). Registration strictly limited due to the number of toolkits available.

Venue: Pakuranga
other venues still to be confirmed

ADVANCE CARE PLANNING

Peoples needs change as they age and there may come a time when a person is no longer able to make decisions or advocate for themselves. Many of us find thinking about the end of life difficult. This can mean we don't talk about it and don't put any plans in place for the future. What is an ACP, why should we have one, what is the process to complete one? Information to take away including an Advance Care Plan book.

Venue: Papakura

SPRING INTO SAFETY

This session looks at various ways we keep ourselves safe at home, (including online safety and scams) and out in the community. A range of topics will be covered, with plenty of time for questions and answers. A handout of the information covered in the session, will be provided to take away.

Venue: Pukekohe

SENIORS EATING WELL

Topics covered in this 4-week programme include nutrition, strong bones, fibre and fluid, shopping and cooking for one or two, smart snacking, food safety, nutrition myths, and kitchen equipment. You will come away with some delicious recipes and a manual with lots of helpful information. Includes food tasting! (Please note, that as this course is held over 4 consecutive weeks, you must be able to attend all 4 sessions at the time of registration)

Venue: Howick

THE RIGHT PLACE FOR ME

Ageing in Place? A pipe dream or a reality? Have you planned for your future accommodation and lifestyle needs in retirement? Do you even know where to start and what to consider? Come and join us for a cuppa and conversation to explore what might be 'the Right Place for You' in your retirement years.

Venue: Kawakawa Bay; Highland Park

SUPPORTS FOR SUPER SENIORS

This interactive “signpost” workshop gives an overview of the variety of agencies and organisations that are available to give advice and support, including online and telephone resources. A range of topics will be covered, with plenty of time for questions and answers. A handout of the information covered in the session, will be provided to take away.

Venue: Pukekohe

Happy Birthday

Congratulations to Lia Reynders, a member for 20 years, who reached her 100th birthday on April 15. Lockdown prevented planned celebrations to be held on her birthday. We are looking forward to joining her in celebrating her birthday later in the year along with David Fox who will be celebrating his 90th.



Brand new two-bedroom apartments available for rent NOW!

20 Alfriston Road, Manurewa East

Located in the heart of Manurewa East you'll discover easy access to shops, transport links, libraries, recreation and medical facilities. With fixed rents and long term tenures, you'll love the safety and security on offer. Don't miss your opportunity to be part of a thriving over 55's community.

Call Jacque O'Connor today on
027 604 9231 for more information
www.bloomliving.co.nz

BloomLiving

* Move in costs apply including bond and 4 weeks rent in advance. Apartments are unfurnished, include new Fisher & Paykel whiteware. Bloom Living is proud to partner with 360 Property Management for the provision of property management services at Bloom Hirstich.

Fantastic Rental Opportunities at Bloom Living

Are you over 55 and want to be part of a unique, thriving like-minded community? Then Bloom Hirstich could be just right for you!

Brand new two-bedroom apartments with a car park are available for rent now. Tenancy options include affordable, fixed-term rental agreements and long term tenures, providing you with security and peace of mind.

At Bloom Living, you'll discover a high standard of living. Apartments are well-designed, low-maintenance and energy-efficient. The Body Corporate function ensures the smooth running of the complex.

Manurewa Town's Centre's fabulous amenities including transport, shops, medical facilities, library and Cossie Club are just a short walk away.

If you are looking to join a vibrant community of like-minded residents, then renting an apartment at Bloom Hirstich, could be for you.

Don't miss your opportunity to be part of thriving over 55's community!

**Contact Jacque O'Connor today
on 027 604 9231**



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 Counties Manukau office phone 279 4331 or email info@accm.org.

Nga Mihi Nui

Rebekah Preston | Social Connections Manager

Staff Update



My name is Liat Kalman and I joined Age Concern Auckland's Counties Manukau office as a part-time Elder Abuse Response Social Worker.

I am originally from Israel and migrated to New Zealand with

my husband and our three children four and a half years ago following my husband's work.

We love living in New Zealand and exploring it's amazing nature and scenery.

I have fifteen years' experience as a social worker in Israel, seven of them working with older people. I am excited to join Age Concern and I am looking forward to bringing my knowledge and enthusiasm to the role.

For any enquires you have, please call me on 09 279 4331 ext. 808 or email me on liatk@accm.org.nz

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.



Community Strength and Balance Update



Like my colleagues I worked from home during the lockdown. My flatmate was an essential worker so I was able to turn our conservatory into an office. All meetings were held via Zoom and priority shifted to making sure all providers had

home workouts available for their clients to remain active in the house under lockdown. This involved posting copies of Level 1, 2 and 3 home workouts to participants and keeping in touch with instructors as they shifted classes to YouTube and Zoom. The Live Stronger for Longer falls and fracture prevention survey has been put on hold, but a huge thank you to all our community participants who completed the survey before COVID-19 hit. I will resume surveys once things return to normal.

Strength and Balance classes moving online

LIVE STRONGER FOR LONGER

PREVENT FALLS & FRACTURES

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>

Other exercise classes available for our community include:

1. **Active plus Papakura** is doing virtual classes - \$8.00 (level 1-2)
2. **Smiling Dragon Tai Chi Zoom classes** are now active - \$10.00 (level 1 to 3)
3. **Smiling Dragon Tai Chi** also provided two classes on YouTube for free
4. **Age Concern Steady as You Go** YouTube video of all exercises (Level 1)
5. **Sport Taranaki page link has classes in:** Sit and Be Fit (Level 1); Chair Yoga (Level 1-2); Short Tai Chi routine (Level 2); Easy seated exercises (Level 1); Tai Chi for arthritis (Level 2); A 15 minute standing workout (Level 2-3)
6. **Sport Gisborne doing exercise instruction** at 7.55pm every day with strength and balance physio verbally over RNZ

For help accessing any of the above classes, please contact me for details on 021 960 004 or bethanc@accm.org.nz

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

Age Concern Auckland are following all guidance from the Ministry of Health and ACC regarding exercise under the different alert levels. Further guidance is available from Sport New Zealand www.sportnz.org.nz for physical activity guidelines under different Alert levels.



Strength and Balance Exercises

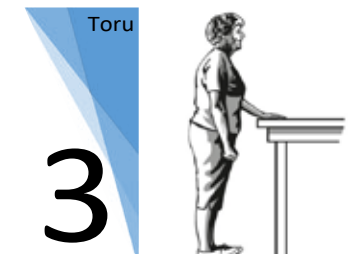
These seven simple exercises will help you to keep your strength and balance and reduce your risk of falls.
Koinei rā mahi hei whakakaha tō tinana ana ka whakaheke tō tūpono ki te hinga.



1 Tahī
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.



2 Rua
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.



3 Toru
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.



4 Whā
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.



5 Rima
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.



6 Ono
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.



7 Whitu
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

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.

New classes coming in 2020

Forever Fit, Zumba Gold, Zumba Seated and Steady as You Go classes are starting after lockdown!

Zumba Gold provides easy-to-follow moves that focuses on range of motion and coordination to retro and Latin songs that you will recognise. These classes are suitable for levels 2 to 3.

Forever Fit is a low impact gentle mobility class that works the whole body. This class is suited to the active senior (Level 3).

Steady as You Go at Manukau Baptist Church. This falls prevention exercise class improves your balance, leg strength, flexibility, general fitness and wellbeing (Level 1).

If anyone has issues with transport and getting to classes in their area, please contact me on 021 960 004 or bethanc@accm.org.nz

Bethan Collings
Community Strength and Balance Coordinator



The Acacia Cove Lifestyle



New Zealand owned and operated.

Acacia Cove is a country-style village situated on the beautiful Wattle Downs Peninsula

For those who appreciate the tranquility of an estuary setting Acacia Cove has it all, as well as its own restaurant, heated indoor pool, library, bowling green and gym.

Whether you choose to live in a villa or one of our luxurious apartments, you'll have the security of a 24 hour, full monitored emergency call system built in.

If you're aged 60 or over, value your independence but want greater security, come and have a look at the superb properties we have to offer.

- **Best Ageing Programme at the 2017 Ageing Asia Eldercare Awards**
- **Finalist in the Facility of the Year Independent Seniors Living Category.**

Wattle Farm Rd, Wattle Downs, Auckland

📞 (09) 268 8522 📠 (09) 268 8422 🌐 www.acaciacovevillage.co.nz @ bruce@acaciacove.co.nz

A right to occupy dwelling at Acacia Cove Village is unsecured.