

WINTER 2020 QUARTERLY NEWSLETTER
www.agewell.org.nz



Age Concern Rodney

Serving the needs of older people



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 5 Tamariki Ave, Orewa 0931
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Hospital Shuttle Phone: (09) 426 0918 or
 0800 809 342 (press 5)

OFFICE HOURS

10.00am - 4.00pm Monday to Friday

Age Concern Rodney Board 2019 - 2020

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Visiting Service Coordinators: Sue Robertson
 Paddy Sullivan
Shuttle Coordinator: Jill Henderson
Shuttle Drivers: Mark Datlen
 Dave Walker
 Ken Howell

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

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

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

Our Services

Hospital Shuttle: Throughout Rodney and West Auckland to out-patient appointments at North Shore, Waitakere Hospital, Auckland/Starship Hospital, & Greenlane Clinic Centre.

Elder Abuse & Neglect:

For information, support or education.
 Transitional House.

Hireage:

Wheelchairs and Walkers available for short term hire.

Advocacy:

Advocacy for our members.

Skills Bank:

Database of gardeners/cleaners/handymen etc.

Visiting Service:

A one hour weekly visit from a volunteer.

Workshops:

Senior Driver Courses
 Various Workshops

TM Cards:

Total Mobility Taxi Card
 Assessment for discount
 Taxi Fares.

Please note - Unfortunately, our Time Out Programme has been cancelled for the remainder of 2020.

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

THINKING OF YOU!



**To those people in the community who are ill, or suffered a loss.
 We send our warmest thoughts and Blessing to you all!**

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 Hibiscus Coast

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!

Wheelchair accessible vehicle available. Total Mobility Scheme cards accepted and ACC contracted supplier.

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

Hibiscus Coast

Phone: (09) 428 4490
Mobile: 021 035 0431



Driving Miss Daisy®

A message from the Chairman

Greetings to you all.

What an eventful year it has been. It certainly has been a very interesting time for everyone across our Community.

To those Older People who endured 7 weeks in a Bubble of just one I feel real and genuine sympathy for the loneliness this may have caused.

I am very proud of our team here at Age Concern Rodney who within 24 hours' notice packed everything up and moved their work into their homes. Working from home insured that older people in the community continued to get the services and support they required. The first week of the lockdown we introduced 14 telephone trees. This enabled volunteers to phone clients to see if they needed help. There were 12 volunteers who provided additional assistance including groceries shopping and collecting pre-arranged prescriptions from chemists.

Our visiting service clients received regular phone calls from their volunteers to maintain social contact.

To all the wonderful volunteers during Covid-19 lockdown, the board and staff send their grateful thanks.

During Lockdown level 4 the Hospital Shuttle was not operating under the WDHB Covid-19 requirements. Current clients for West Auckland and Rodney were notified as each level changed.

At Level 3 the shuttle began operating with 1 client per van , Level 2, 3 clients per van, at Level 1 the shuttle is

now operating as per normal.

Then on Queens Birthday weekend we had another flood in the office (4 in 2 years) there was a burst pipe in the office next door. Staff have been unable to return to the office to work and continue to work from home. Unfortunately, it does mean that our office will remain closed for some further weeks whilst repairs and maintenance are taking place. Work to commence Monday 22nd June 2020.

We apologise for the inconvenience it has caused to our members.

Our AGM had to be postponed and now it will be on Thursday 27th August 2020, 10am at the Catholic Church in Orewa.

Stay safe and take care
Vince Harris | Chairman

Justice of the Peace



Catherine Smith is available to sign and witness documents at our office
Monday to Thursday, 10am - 3pm.
Phone (09) 426 0916 to make an appointment.



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SCAMS, CONTINUE TO BE ON FULL ALERT

We've talked about scams on many occasions and the need for everyone to be very vigilant about anything that could be a scam. Sadly, scams keep coming.

Here's another one to ignore

A sophisticated email scam, which pretends to be from the NZ Transport Agency, is taking unsuspecting people to a webpage to renew their vehicle licence (rego) and asks for many personal details such as NZ driver licence details and banking information. Depending on how much personal information the scamming website receives, the fraudsters may have

enough information to carry out a virtual identity theft.

How to spot this scam email

If you've recently received an email asking you to renew your rego, please check the email details carefully. Genuine Transport Agency emails always use an nzta.govt.nz suffix. If the email was genuinely sent from the Transport Agency, it will include your specific vehicle details including: your vehicle's plate number, vehicle make, the expiry date of your current vehicle licence.

If the email you received does not include your specific vehicle details, do not complete the online renewal transaction webpage that the email takes you to.

Age Concern Rodney

Annual General Meeting 2020

Thursday 27th August 10am

Morning Tea

St John's Catholic Church, Centreway Road Orewa

All Welcome

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 4 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.



Specialised Smoke Alarms for People with Hearing Impairment

With winter upon us and heaters and fires blazing, it's an appropriate time to share some information about specialised smoke alarms for people with a hearing impairment.

All conventional smoke alarms in NZ emit a high pitched sound which can be difficult for people with age or noise related hearing loss to hear, especially when their hearing aids are removed at night for sleeping.



Specialised smoke alarms look like conventional alarms however they transmit, via radio waves, to a receiver by the person's bed. The receiver can vary in function however it always consists of a bright strobe light with

an attached shaker which is placed under the pillow giving people early notification of smoke/fire in their home.

If you, or someone you know has a hearing loss it could be worthwhile checking if they can hear their conventional smoke alarm especially during the night.

If not please contact Life Unlimited Hearing Therapy for a free assessment.

Our hearing therapists are qualified assessors for this specialised equipment.

There is some funding available where specific criteria are met. Fire and Emergency New Zealand (FENZ) are also involved in the assessment and installation of these smoke alarms.

Ph 0800 008 011
or email hearing@lifeunlimited.net.nz
for further information.



Get Ready for Winter with Insulation Grants

Many New Zealand homes aren't warm enough in winter, increasing the risk of respiratory illness. Putting on another jersey doesn't help because you are still breathing in cold air. A warm, dry insulated home is healthier and easier to heat.



If you own and live in your own home, you may be eligible for a Government grant offering two-thirds of the cost of ceiling and underfloor insulation. In some regions contributions by community organisations mean there is minimal or no cost to the homeowner. These Warmer Kiwi Homes grants are run through the Energy Efficiency and Conservation Authority (EECA).

You may qualify if:

- your home was built before the year 2008
- you are the homeowner (owner-occupier) and have a Community Services Card or SuperGold combo card, or
- you own and live in a home in an area identified as low-income.

You may also be eligible if you hold a licence to occupy in a retirement village. To find out if you are eligible free phone 0800 749 782 to talk to EECA Energywise . <https://www.eeca.govt.nz>

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

Winter Energy Payment rates for 2020

These have been adjusted in response to COVID-19.

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

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

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SNAP **crimestoppers**

SING UP RODNEY

Orewa and Warkworth



A friendly community music therapy group, with a focus on singing, for older adults and people with communication difficulties (affecting voice, speech, language and/or memory) resulting from an acquired neurological condition (e.g. stroke, Parkinson's disease, brain injury or dementia).

Partners and carers are welcome to attend, and this is essential for people who need individual support.

The group is led by music therapist Alison Talmage.

Volunteer applications are welcome.

Thursdays, 10.30am - 12.30pm.

Contact us to confirm dates and venues.

\$10 per person/couple per session.

Morning tea provided.

Facebook.com/SingUpRodneyNZ

Phone: 027 464 2465

Email: SingUpRodney@gmail.com

*A project of the Kahikatea
Music Therapy & Community Arts Trust*



Kahikatea is a registered charitable trust (CC56392). We provide music therapy and community arts opportunities for people with diverse needs.

Our current focus is the Sing UP Rodney groups in Orewa and Warkworth. We welcome inquiries about potential projects and partnerships.

Info: Facebook.com/KahikateaMusic

E: kahikatea.info@gmail.com

Donations and grants enable us to keep costs low for participants. You can help us by donating online:

<https://givealittle.co.nz/org/kahikatea-music-therapy-and-community-arts-trust>

Kahikatea trees grow together, with roots intertwining to ensure mutual support - a positive metaphor for our communities.

**E tu kahikatea. Stand tall like the kahikatea.
IHirini Melbourne, 1949-2003, musician)**



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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!



Celebrating Friendship offer from Freedom Drivers Hibiscus Coast

Bill Richardson is the owner of Freedom Drivers Hibiscus Coast. Bill brings his experience in nursing and volunteering with the Cancer Society as well as his energy and enthusiasm for assisting our clients with their travels and transport.

"I bring a friendly service and a safe pair of hands, with extra help depending on your needs. Feel confident and independent without any worries. Please don't hesitate to give me a call".

***Celebrating Friendship ~ Did you know it is International Friendship Day on 30th July? Friendships are so important, especially now. For the month of July I would like to honour friendships by offering you and a friend(s) an outing to the Puhoi Cheese Factory and Cafe. Enjoy the drive and stay a while for refreshments or a delicious Puhoi ice cream! \$25 each *t's & c's apply, subject to availability.**

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DID YOU KNOW?

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

ELDER ABUSE HITS CLOSE TO HOME

ELDER ABUSE AWARENESS 15 - 22 JUNE



More than three quarters
of alleged abusers are
family members



More than half of the alleged
abusers are adult children
or grandchildren



Alleged abusers are as
likely to be female as male

How you can help to prevent elder abuse:

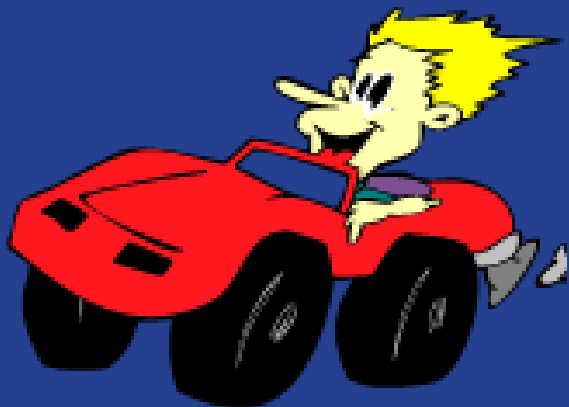
- Love and cherish your older relatives/whanau.
- Phone, zoom or facetime older people/kaumatua.
- Visit older people/kaumatua in your neighbourhood.
- Involve older people/kaumatua in your social activities.
- Encourage older people/kaumatua to make their own decisions.
- Support older people/kaumatua to use their money for their needs.
- Honour older people's/kaumatua's wisdom.
- Enable older people/kaumatua to set their own pace.
- Speak respectfully and listen to older people's/kaumatua's stories.
- Seek advice from any Elder Abuse Service or Age Concern if you think an older person/kaumatua is being abused or neglected.

Call 0800 326 68 65 or Age Concern 0800 65 2 105

Senior Drivers Workshops

This is a Refresher Course for
Senior Drivers

NO Exams or Driving Tests



Enquiries and Bookings
for the next Workshop
Age Concern Rodney
Phone 09 426 0916

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
- Authorise entry into long-term residential care such as rest homes, dementia units or private hospital. This authority is granted only when you are assessed as having high or very high needs and it is no longer safe for you to remain at home. If you need financial help to pay for long term residential care you may qualify for a Residential Care Subsidy, but you must have completed a Needs Assessment first.

You can apply for a needs assessment, either in person or by referral from any other person, eg your GP. If you are currently living in the community, and your health circumstances have changed you are able to apply for a re-assessment of your needs.

To contact NASC ring Auckland DHB – 631 1234 or Waitemata DHB 442 7171



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Please contact us to discuss in detail.

John: M 021 778 028
E rentals.gpm@raywhite.com

Mark: M 0274 81 27 26
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STROKE

Stroke is the second major cause of death and one of the leading causes of long-term disability worldwide. For Maori and Pacific peoples the risk of having a stroke is about 1.5 – 2 times greater compared with those of European descent.

The Framingham study recently showed that the lifetime risk of having a stroke after 55 years of age is 1 in 5 for women and 1 in 6 for men. It has been calculated that during the course of their lives, about four out of five families will have someone affected by a stroke.

A stroke is a brain attack. It can be fatal. It occurs when a blockage such as a clot blocks the blood flow to the brain or when a burst blood vessel bleeds into the brain. During a stroke, the cells in the affected part of the brain start to die and that part of the brain cannot work properly. This can affect a person's ability to walk, talk, eat, see, read, socialise or do things they were able to do before the stroke.

Many people with stroke may also have fatigue or problems with remembering, understanding or thinking properly.

The effects of a stroke

Different parts of the brain control a person's movements, senses, emotions and intellectual functions. The effects of stroke depend on which part of the brain is damaged and how severe the damage is. Disabilities from stroke range from slight to severe. Some people make a speedy recovery and return to their normal lives. Others have disabilities that may improve with time and can be managed. For many, disabilities may last a lifetime. A small number of people will need full time medical care.

To reduce your risk of stroke

- Check your blood pressure regularly, and follow any treatment advised by your doctor
- Don't smoke
- Reduce your salt intake
- Eat healthy foods (limit fatty, sugary and salty foods)
- Maintain a healthy weight
- Limit your alcohol intake
- Check your cholesterol level and follow any treatment advised by your doctor
- Get checked for atrial fibrillation (irregular heartbeat) and follow any treatment advised by your doctor

- If you have diabetes, manage your condition well

If it's a stroke – act FAST!

**If you think it's a stroke
call 111 immediately.**

The sooner a person with a stroke gets to hospital and begins treatment, the better the chance of reducing brain damage and possibly saving their life.

SEE A STROKE



STROKE
FOUNDATION
OF NEW ZEALAND

Any one of these signs – not necessarily all three, could be a sign of stroke. New tools for stroke prevention and recovery are now available.

A series of self-management video clips and DVDs on stroke care and rehabilitation, presented by stroke survivors and their caregivers, are available at www.stroke.net.nz. Accompanied by easy to understand explanations from health professionals, they show how to manage everyday needs and provide practical demonstrations of exercises and other techniques. (Source: www.stroke.net.nz)

Life in Lockdown

Who would have thought that 2020 would bring such a turbulent and unprecedented time not only for New Zealand but for the world? Craigweil House and its residents have however managed to stay safe and stay happy in their bubble. In fact, there has been some very neat and interesting things happening in the home that have been helped to be made possible by our amazing and dedicated Diversional Therapy Team. Residents enjoyed new exercise classes, first time face time sessions and a growing competitive spirit amongst some of our prize hungry activity attendees.

As the lockdown started, Craigweil House generously received a couple of donations, from some local growers including a wonderful donation of Avocados and some very pretty Carnations. These growers were restricted from trading and chose to offer these gifts to Craigweil



House instead of letting them go to waste. A very bright way to begin the bubble indeed! Thank you, Linda Anderson and Steve Krzystynika.

Being in lockdown meant that it was important to keep active and fit. Isolation can leave some feeling vulnerable and lonely. The residents enjoyed the various exercise classes that were on offer. One exercise class in particular, was a "Push Up" challenge. The residents enjoyed participating together with staff or perhaps just a chance for a lay down. A standing wall press was also ok.



Over the course of the last 5 weeks, two friendly and resident turkeys decided to move in, frequently being seen on the front lawn clearly, they did not get the social distancing memo! - "hey two meters apart guys!" (or, were they girls?). They are yet to receive names.

Facetime and Skype have been the new norm in outside communication. Some residents loved the idea of using the tablets to call their family and friends, this was particularly important during Mother's Day when simultaneously the team held a YMCA dancing competition

as flowers from families and hugs were of course not possible.

Other activities have included a day following the ice cream cart and tasting the different flavours, also on offer was a chance to take part in the nationwide Teddy Bear bubble effort. The team wanted to let the community know that there was good spirit from within the 'bubble'. During the Teddy Bear colouring in competition - The Teddy Bears were cut out and stuck on the inside of the front sunroom windows to be seen by people walking and driving by. Well done resident Michael Milburn for getting 1st Prize!



If you are needing care for your loved one, our fabulous team at Craigweil House are here for the community and can deliver quality, excellent heart-warming care inside and outside a bubble 24/7!

We currently have vacancies for all levels of care including Rest Home, Hospital and Memory Care. Please contact our facility and make an appointment to view our care suites - at this time we continue to provide quality care whilst working alongside the guidelines from The Ministry of Health.

Call us today!

Facility Manager | David Halewood.

THANK YOU

TO OUR AMAZING VOLUNTEERS

For all your wonderful help over our lockdown period. Very much appreciated by all.

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Relationship Changes in a Village

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

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



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

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

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

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

Increasingly, adult children who have fallen on hard times, maybe through divorce, mental health issues or having just been released from prison want to move into mum or dad's unit at a village. These situations can be particularly fraught and there have been instances where a child has pressured a resident to allow him or her to move into the unit. Some operators may require a police check and certain types of conviction could impact on the guest's right to stay at the village. Operators have talked about the need to trespass children where it is evident that elder abuse is occurring or other residents are being put at risk.

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

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

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

editorial supplied by Retirement Villages Association

There is often so much to think about when someone dies, that at times it can feel overwhelming. Our role is to help you navigate the decisions that need to be made and advise you of all the options available to you as you plan the funeral.

We believe every funeral should be just as unique as the person it is for. You may wish to have a service at home, at your local church, a park, or another venue of your choice. Windsor Funerals will handle all the little details to give your farewell that special touch.

Family dynamics, estates, lawyers, and people offering well-meaning opinions are just some of the things that can bring stress to your family, particularly at a time of grief.

We know that talking about funerals is not everyone's idea of a fun conversation, but sharing your wishes and recording them will save a lot of stress and possible disagreements in the future. Your family can then just focus on supporting each other, sharing stories and memories as they say goodbye.

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editorial supplied by Windsor Funerals

Rodney & West Auckland Hospital Shuttle Service

FANTASTIC NEWS! The Age Concern Rodney Shuttles are now able to use the bus lane on the motorway. This makes such a huge difference to our travel time heading south. We would like to refresh our clients by giving out our Hospital Shuttle information. For those of you that have not used our service, this information will be helpful.

What is this service?

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

Who can use this service?

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

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

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

Rodney Shuttle Fares: (No one way fares)

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

Waitakere Shuttle Fares:

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

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

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

Sour Cream Lemon Syrup Cakes



- | | | | |
|-------|--|-------|---------------|
| 125 g | Butter | 150 g | Caster sugar |
| 200 g | Plain flour | 1 tsp | Baking powder |
| 3 | Eggs | | |
| 125 g | Sour cream, or natural yoghurt | | |
| 1 | Lemon, large, finely zested, plus 1 Tbsp juice | | |

Lemon syrup

- 100 ml Lemon juice
- ½ cup Caster sugar
- 100 ml Water

Directions

1. Heat the oven to 160C. Grease and flour 8 ramekins or one 20cm cake tin (lined with baking paper).
2. Using your hands, rub together the butter, sugar, flour and baking powder until pale crumbs form. Make a well in the middle and mix in one egg at a time until incorporated.
3. Stir through the sour cream or yoghurt. Then the lemon and lemon zest.
4. Pour into the ramekins or cake tin and bake for 30-40 minutes until a skewer comes out clean.
5. For the lemon syrup, put the lemon juice, sugar and water in a small pot and simmer until thickened (coats the back of a spoon). As soon as the cakes come out of the oven, spoon over the syrup. Serve with freshly whipped cream.

SPECIAL Gold Card Holders



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when you book direct with us on
09 - 402 7646 or www.bayofislandsholidaypark.co.nz

Elder Abuse Helpline

The Elder Abuse Helpline now includes a text number and an email address, to make it even easier for people to access help.

That is in addition to the existing free hotline:

0800 EA NOT OK

As many as one in ten older people in New Zealand will experience some kind of elder abuse, and the majority of cases go unreported.

There is no single 'type' of elder abuse. Any act that causes harm to an older person is elder abuse.

The new email and text number will improve the accessibility of support services for older people, and also give us a better understanding of elder abuse in New Zealand.

Contact via Text: 5032
or Email: support@elderabuse.nz

Find out more about elder abuse and where to go to for help on the SuperSeniors website:
www.superseniors.msd.govt.nz

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

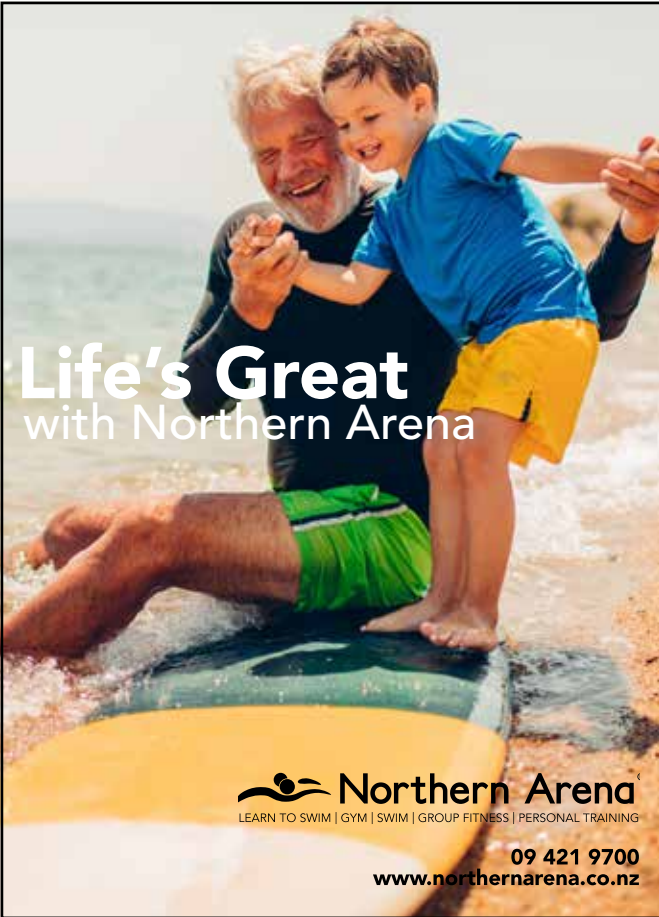
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www.bethanyhill.co.nz



Growing older

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

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

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

and

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

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

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

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

editorial supplied by Northern Arena

DONATIONS, BEQUESTS AND LEGACIES

Donations play an essential part in the funding of Age Concern Rodney and the services we provide. You can make a donation at any time. Donations of \$5 and over are Tax Deductible! Thank you to all those who have already made donations to Age Concern Rodney.

You may alternatively like to remember Age Concern Rodney in your will. Bequests and legacies are a vital source of income. If you would like to know more about how your bequest or legacy could help us in our work, please contact Catherine

Phone **09 426 0916**
or our postal address is **PO Box 12, RED BEACH. 0945**

I wish to make a donation of \$ _____ to the general work of Age Concern Rodney.

Name: _____

AUCKLAND COUNCIL: RATES REBATE: apply now!

The Rates Rebate Scheme is to give a subsidy to low-income home owners on the cost of your rates. The maximum rebate this year is \$640.

If you are a legal ratepayer for the property that was your home on 1st July 2019 and you are named on the Council Rating Information database, you are eligible. It's best to apply now, as they don't accept any applications after the deadline of 30th June 2020.

Most retirement village residents can apply. If you hold a licence to occupy agreement, a separate declaration form is needed from the retirement village operator, and must be included with your form for submission.

Your rebate is determined by the level of rates payable in the 2019-2020 rating year, your household income for 2018-2019, and the number of dependents living with you. You can visit the website and enter your details into the rebate calculator, at www.govt.nz/rates-rebates

BEQUESTS

By remembering us in your Will with a bequest you can leave a lasting legacy to help older people throughout Rodney to thrive in an inclusive society for all ages.

The world has never had so many grandparents and great grandparents and we are living in an era blessed with enormous potential for intergenerational discovery, take time to enjoy these precious opportunities we have that are unique to our time.

People are living longer – this is a triumph! Let's value people of all ages, focus on the uniqueness of every individual and not allow other people to become invisible in our families, our communities, our planning documents and in our media.

BEQUEST FORM

Please take/send this form to your legal adviser for incorporation into your will.

.....

.....(your full name)

Give to Age Concern, Rodney Incorporated, Shop JA2, Tamariki Avenue, Orewa, for its general purposes the following:

Amount in words:.....

.....

And/or assets, property and shares as listed below:

This is not effective until written in your will, which must also be signed. Please let us know if you make a bequest so we can personally thank you.

Age Concern Rodney Incorporated
CC10731

Physical address :
Shop JA2 Tamariki Avenue
Orewa, Auckland, 0931

Postal address:
PO Box 12, Red Beach, Auckland, 0945

Telephone : 09 426 0916
Fax : 09 426 0917
Email : info@ageconcernrodney.org.nz



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

Preparing for Bereavement/Funeral Planning
Support/Entitlements for Super Seniors

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



A Wise old man was talking to a boy and said,
There are two wolves always fighting inside me.
One is filled with anger, hate, jealousy, shame and lies,
the other wolf is filled with love, joy, truth and peace,
this battle rages inside of you and all men".
The boy thought for a moment and asked "
Which wolf will win"
The old man answered: "The one you feed"



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Mobility Parking
Information



If a Mobility Cardholder parks
in a standard car park, the
time is doubled. For example
if someone parks in a
60-minute parking space, the time will become 120
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position for the parking wardens.

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Need a hand? Services we offer:

- **General Home Help** - dusting, polishing, tidying, bed making, bathroom, stove tops, microwaves, vacuuming, all floors and wet areas mopped, Rubbish taken out.
- **Laundry** - colours sorted, washing done, hung on line, dried, folded and put away.
- **Meals** - shopping lists, meal planning, food preparation, cooking, company while eating, washing up and kitchen left tidy.
- **Shopping** - driven to local shops, accompanied while shopping, bags carried, unpacked and put away. Or if preferred we will shop for you, bring home and put away.
- **Sleep Over's** - support worker to sleep in the house for a 8, 10 or 12 hour period to ensure your safety.
- **Driving** - to appointments, Doctors, Hospital, Hairdresser, etc.
- **Morning Care** - help to get out of bed, showering, drying, dressing, grooming, ensure breakfast is eaten and hot drink given.
- **Evening Care** - ensure evening meal is eaten, undress, leave bed turned down, check house is locked up and secure.
- **Medication** - support workers are not authorised to give medication but they are able to remind you to take them.
- **Companionship** - need someone to pop in and check on you, read the newspaper to you, go for a walk, chat for a while, or even treat you to a day out occasionally.
- **Spring Clean** - this can be negotiated and arranged at any time.
- **Respite Care** - does your carer need a break, support worker to stay while carer is away.
- **Full Time Care** - 24/7 care can be provided. Special packages can be worked out individually.

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