

**SPRING 2020 QUARTERLY NEWSLETTER**

Phone (09) 279 4331 | [www.ageconcernauckland.org.nz](http://www.ageconcernauckland.org.nz)



# Age Concern Auckland Counties Manukau Edition

*Serving the needs of older people*



For advertising phone Dave 027 652 5220 or email [dave@kiwipublications.nz](mailto:dave@kiwipublications.nz)

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**Address:** Cambria Park Homestead,  
250 Puhinui Road, Papatoetoe 2025

**Postal Address:** PO Box 19542,  
Avondale, Auckland 1746

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

### VISITS BY APPOINTMENT ONLY

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To speak to our team please call us on 09 279 4331  
and ask to be put through to that person.

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those of Age Concern Auckland. The inclusion or exclusion  
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## Age Concern Counties Manukau Service

Age Concern Counties Manukau Services  
Visits to the office by appointment only, please  
phone 279 4331 or email reception@accm.org.nz

**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.

**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.

## Only The Lonely.....

You'll no doubt have heard the words of Roy Orbison's  
famous song that goes "Only the lonely know this  
feeling ain't right."

Medical commentators are saying the effects of  
lockdown with its lack of social interaction has had  
a dramatic mental impact on the aged. So, we here  
at Driving Miss Daisy are saying its time to have  
fun together to beat loneliness and build a healthy  
mental mind.

Spring is here and the health crisis is hopefully well  
behind us fortunate Kiwis, so let's get social and  
reconnect with each other. With Driving Miss Daisy,  
you can get a group together to tour your local area,  
create an event like a trip to the movies/theatre, or  
plan a catch up with friends and family at a favourite  
café. Just contact your local Daisy and let them help  
you enjoy a Spring outing.

We would also like to remind you of the Total Mobility  
Scheme the Government created to encourage social  
interaction and independence which is delivered  
locally by your Regional Council. The Scheme is  
designed to assist clients with access to appropriate  
transport to meet their daily needs and enhance their  
community participation.

For further information contact your local Age  
Concern Organisation, they will be happy to help  
you find out if you are eligible and advise you on  
how to apply. Once you have been accepted, you  
can access up to 50% discounted travel up to the  
regional maximum subsidy with Driving Miss Daisy,  
an accredited Total Mobility Scheme provider.

We encourage you to take advantage of this  
opportunity to get out and participate in your  
community with the support and companionship that  
only Driving Miss Daisy provides.

**Remember if we are Together  
we are not Lonely.**

Melanie Harper  
Co-founder DMD

*Editorial supplied by Driving Miss Daisy*

## Get out and about with Driving Miss Daisy



**Keep your independence and freedom  
with our safe, reliable companion  
driving service.**

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 contracted supplier.**

**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®**

[www.drivingmissdaisy.co.nz](http://www.drivingmissdaisy.co.nz)



## CEO UPDATE

The year 2020 has certainly been an eventful one so far. Age Concern Auckland, along with all of New Zealand, entered lockdown back in March, with all our dedicated team working from home and delivering support remotely. We welcomed many new volunteers, who joined forces with our staff and established volunteers to ensure that we could continue to offer support, advice or simply a friendly voice on the end of the phone to many thousands of older people across Auckland. It was a tough time for everyone but from many of the older people we contacted the story was one of 'just another day'. Which reinforced, for many older New Zealanders, being isolated and lonely is part and parcel of daily life. If anything, lock-down has made all of us here at Age Concern Auckland even more determined to ensure that no older person needs to live with loneliness and isolation.

We learnt a lot during lock-down and, at the time of writing, having entered Level 3 lockdown again, we are applying these lessons once again.

Firstly, we had to re-configure our telephone and computer systems so that all our staff could work remotely. All our team can now work from any of our offices, or from home, or from any other location and still access all they need to and receive their calls and messages directly. This has allowed us to be much more flexible when it comes to where our staff work and which areas they support. We still have our three offices, in Avondale, Milford and Papatoetoe, along with our Positive Ageing Centre in Takapuna, but now our team can work from any office and freely move between them easily. Our phone system can also now divert directly through to any of our offices, helping us maximise the number of times we can personally answer a call and minimising the times people need to leave a message.

Secondly, even though it wasn't new information, we were reminded of just how important it is to maintain a range of income sources. Only about 40% of our income comes through from our Government contracts, with the remainder being received from



grants and donations from members and supporters. In the short-term the Government stepped up and helped many organisations through providing a nationwide wage-subsidy. This was crucial support, especially when a number of our grant funders were unable to offer support because they didn't have any funds to distribute. In the long-term, we also recognise that, with reduced philanthropic grant support, we are more reliant than ever on the support of our members and donors. I'd personally like to thank every member who has renewed their membership this year and the many hundreds of members who made an additional donation as well. Each donation is vital to deliver our services and very gratefully received.

We also learnt a lot about what support the older people of Auckland really need. Yes, there still is a great need for those services we are well-known for, our Elder Abuse Response Service, our Accredited Visiting Service, Health Promotion programmes and our Asian Service, but at the same time we saw an increasing need for more flexible ways of offering support. We have already begun to explore how we can continually improve what we do and ensure that all those people who need our help and support can receive it in a way that suits them. Fortunately, we have also learnt this year that many people in our community want to help us and we are working on ways our volunteers can provide help in ways that suit them too.

We have also seen how resilient New Zealand and New Zealanders are. We are getting through a very difficult time together. Here in Auckland and across New Zealand, we are very fortunate that we live in a country that can unite together, support one another and can come through such testing times even more resilient than we were before.

A full year has now passed since the three Age Concerns in Auckland came together as one and we celebrate our first anniversary in a strong position, determined to continue our mission to support all older people across Auckland who need us. The truth of the matter is that, without your help, we can't do it. Thank you again for your wonderful support.

Regards,

*Kevin Lamb* CEO Age Concern Auckland

## Chair's report

Hello everyone. I hope you have kept in good health during the winter months. It's hard to believe we are now entering spring, but the blossom and magnolia trees starting to bloom all around us are a reminder it is.

Unfortunately, as I write we have seen the Auckland region move back to COVID-19 alert Level 3. By the time you read this we will know if that has remained in place or if things have improved or even if we have escalated to Level 4. Whatever level we are at, I hope you and your families are safe and well. Take care of yourselves.

I thought for my message this time, I'd reflect on the changes and progress at Age Concern Auckland during the past 14 months following the amalgamation of our three Auckland Age Concerns in July 2019. Amalgamation is a huge undertaking and for Age Concern this has certainly been the case. However, working through each challenge as it has arisen we have never lost sight of the purpose of amalgamating, which is to improve the services and support we provide to older people across Auckland.

As we finished our financial year, the impact of our work since amalgamation is clear, especially given it has been delivered against the backdrop of a global pandemic.

From 01 July 2019 – 30 June 2020 Age Concern Auckland has:

- Coordinated regular volunteer visits to 609 clients of our Visiting Service.
- Processed 1503 referrals related to elder abuse and neglect.
- Supported 539 people with case management to address elder abuse and neglect.
- Provided 491 Counselling sessions around age-related issues.
- Assisted 312 older people with general social work support.
- Delivered Positive Ageing Workshops and Activities to 880 attendees.
- Coordinated the Community Strength & Balance Programme across Counties Manukau, helping to reduce the risk of falls and improve mobility.
- Provided support, information and services to 892 older Chinese-speaking people through our dedicated Asian Services.
- Supported more than 2000 total mobility members



- Provided information, advice and resources to more than 39,000 older people and their whanau.
- Provided additional support and assistance to 500 people during the COVID-19 lockdown.

In the first COVID-19 lockdown we had to find new ways to deliver our services when providing face-to-face support wasn't possible and we needed to upgrade our phone and IT systems to ensure that all of our staff could work from home. This is no mean feat when you are a charitable organisation with limited resources. This has been done during a time of uncertainty and change, when many of our funders weren't in a position to support us as they had previously. However, I'm very pleased to report that Age Concern Auckland has managed to come within a few thousand dollars of our operating budget for the last year, the support we received through the COVID-19 wage subsidy was crucial in achieving this outcome. And to sustain us we still have a significant fundraising programme in place for 2020/21.

I'm very proud of what Age Concern Auckland has achieved in the past 14 months. I'd like to thank all our staff, volunteers, members and supporters for the part they have played in this, we are incredibly appreciative.

Take care and please remember to get in touch if you need our support, we are here to help, however we can.

*Victoria Walker* Chair, 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*



MoneyTalks is a free financial helpline that offers over-the-phone

budgeting support. Their services are confidential and non-judgmental. Whether you are looking for some guidance for your retirement planning or if you are struggling to pay your bills, it's never too late to get started. MoneyTalks are there to help and are just a phone call away.

Researching and finding out the different benefits that you are entitled to can be a time-consuming and stressful process. MoneyTalks can help you to work out what benefits and support you might be entitled to and how to access these.

They can also put you in touch with a local service provider for further face-to-face help from a Financial Mentor, who can work through your finances with you to develop a budget.

You can contact MoneyTalks the following ways:  
Phone: 0800 345 123; Text: 4029;  
Email: [help@moneytalks.co.nz](mailto:help@moneytalks.co.nz)

For more information on MoneyTalks you can go to their website [www.moneytalks.co.nz](http://www.moneytalks.co.nz)  
MoneyTalks is provided by FinCap and funded by the Ministry of Social Development.



## ENDURING POWER OF ATTORNEY (EPA)

There may come a time through an accident, serious illness or incapacity, when you become unable to make or communicate decisions yourself. Many people assume that in this situation, their partner or a close relative will legally be able to make decisions for them. In fact, the law doesn't work like that. The law allows you to plan ahead by making an enduring power of attorney (EPA). If you do not have an EPA, an application would need to be made to the Family Court to appoint a Welfare Guardian, who can then act on your behalf, to make these decisions.

An EPA is separate from your Will. On your death the EPA has no further authority and your Will takes effect instead.

### **There are two types of EPA**

**Personal Care and Welfare** – this EPA only comes into effect when you are deemed to have become incapable of making or communicating your own decisions. You appoint a person (called your 'attorney') to make decisions about issues like where you'll live, who'll look after you and what medical treatment you might need. An EPA for Personal Care and Welfare can only be given to one individual. The EPA can authorise the attorney to act in relation to your personal care and welfare generally, or only in relation to stated aspects.

**Property** – you can give authority for this EPA to come into effect straight away or only if and when you lose 'mental capacity'. You may appoint one or more people or a Trustee Company as your property attorney. You can give them a general power to deal with all these issues, or you can limit them to dealing with, for example, a particular bank account.

### **Your Attorney**

Your attorney must act in your best interests at all times and must not abuse the trust you've placed in them. They have to act with absolute openness and fairness towards you, exercise reasonable care and avoid any conflict of interest with you. Your attorney must always promote and protect your welfare and best interests. They can't use money for their own benefit (unless your EPA allows this), invest it unwisely, or act in a way that you haven't authorised in the EPA. Your attorney must also involve you in decision-making as much as possible: they must

consult with you when making decisions and must try to get you to develop and exercise whatever capacity you have to make decisions for yourself. Your attorney's specific responsibilities will depend on the type of EPA and the instructions you've included in it.

Therefore, it is crucial that you trust the person(s) you appoint and are confident that they will act in your best interests. At some stage you may be absolutely reliant on that person(s). If your attorney for Personal Care and Welfare or Property stands to benefit from your estate, they may have to make decisions that have financial implications for them personally. It is important to be aware of this when you choose your attorney.

You can require your attorney to consult with family members and your GP about matters concerning your personal care and welfare.

The skills needed to look after personal care and wellbeing are often quite different from those needed to look after someone's financial affairs. Consider appointing one person as attorney for your Personal Care and Welfare and a different person or persons for your Property.

The person you appoint as your attorney for Personal Care and Welfare will have to work closely with your Property attorney. You will need to feel confident that those you appoint can work together. However, either of them can go to the Family Court for directions if they cannot resolve a disagreement about your needs.

You can change, vary or revoke (cancel) your EPA at any time while you are mentally capable.

### **When Does my EPA Come Into Effect?**

Your EPA will come into effect when it is decided you have lost 'mental capacity' (apart from if you have chosen for your Property EPA to take effect when you signed it). You should be aware that under this law every person is presumed to be mentally competent until the contrary is shown.

### **You've become "mentally incapable" if:**

- In relation to Personal Care and Welfare, you can no longer make or understand decisions, or foresee their consequences; or you can no longer communicate them to other people.
- In relation to Property, you are no longer completely competent to manage your own money or property.

It is not your attorney who decides when you are no longer mentally capable. The question of whether you're still mentally capable must be decided by a health practitioner who is qualified to carry out this assessment. Without a certificate from a health practitioner, your attorney can't make any significant decisions for you under an EPA for personal care and welfare.

### **Setting up an EPA**

To set up an EPA you will need legal advice; this could be from a lawyer, a legal executive or an authorised officer of a Trustee Company.

Before setting up your EPA you can get copies of the forms from the Ministry of Justice website ([www.justice.govt.nz](http://www.justice.govt.nz) and search for EPA). This will allow you to read and discuss them with your family/whanau and the people whom you propose to name as your attorneys. You may also be able to reduce the cost of setting up your EPA's by filling in as much of the information you can before your appointment.

### **Questions to consider**

1. Am I certain that the person I am appointing as attorney will always act in my best interests?
2. Will I appoint one attorney for Property, or two, or more? Or will I appoint a Trustee Company?
3. Do I want to give my attorney authority to take care of everything to do with my personal care and welfare, or only some things?
4. Do I want to give my attorney authority to take care of everything to do with my property, or only some things?
5. Do I want my property attorney to take over things now, or later when I am no longer able to manage my affairs?
6. Who do I want to decide if I am no longer mentally capable? I can specify a particular type of health practitioner, provided they are qualified to make this assessment.
7. Do I want my attorney to be monitored and supported in their role by consulting with others?
8. If I have an EPA already, have I checked to see that it still meets my needs, especially if my circumstances have changed (such as the loss of my spouse or having a new partner)?
9. Have I read the guidance notes in the EPA forms?

## Auckland Libraries Housebound Service

This is a library delivery service which has a specific purpose to deliver library items to customers who are unable to visit a community library or other mobile library services.

This service is delivered with the help of library volunteers who pick up library items from local community libraries and deliver to the homes of housebound customers.

If you are currently in this position or know of someone you think would benefit from this service, then please contact:

Library Connect: 377 0209;  
Manager of Mobile and Access:  
Jo Brewster 021 2484 4980  
or Housebound Coordinator: Gill Clive 021 981 611.



## Changes to NZ Super and Veteran’s Pension

From 9 November 2020, the Government is making changes to NZ Super and Veteran’s Pension. The changes aim to modernise superannuation in New Zealand.

### Changes to non-qualifying partners

Currently, some people getting NZ Super or Veteran’s Pension can include their partner who doesn’t qualify because of their circumstances. This is called including a non-qualifying partner in your payment.

From 9 November 2020, people applying for, or already getting, NZ Super or Veteran’s Pension won’t be able to include a non-qualifying partner in their payment. Instead, their partner will be able to apply for other kinds of assistance.

### If your partner is included in your payments before 9 November

If your partner is included in your NZ Super or Veteran’s Pension payment before 9 November, this change won’t affect you. You’ll continue getting your payments unless your circumstances change. For example, your income goes above the cut-off point or you decide to remove your partner from your payment.

If you decide to remove your partner, you won’t be able to include them in your payment again from 9 November 2020.

If this happens, MSD will talk with both of you about your options and how they may be able to help.

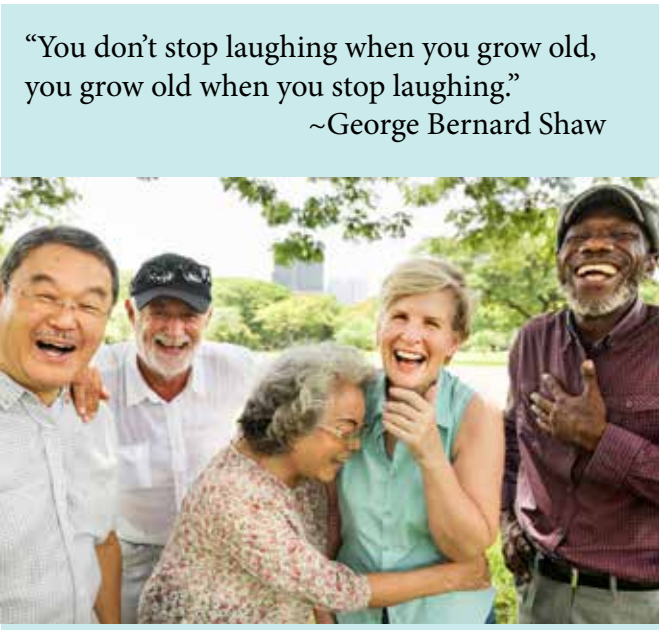
### Changes to some overseas pension deductions

Currently, if your partner gets an overseas pension, this can affect your NZ Super or Veteran’s Pension payment. This depends on the amount of their overseas pension.

From 9 November 2020, MSD will no longer make deductions from your NZ Super or Veteran’s Pension because of your partner’s overseas pension. This recognises you as an individual with your own entitlement to superannuation.

### More information

MSD will write to people affected by these changes over the next couple of months. There’s also more information on the Work and Income website [www.workandincome.govt.nz](http://www.workandincome.govt.nz)



## The Importance Of A Funeral

Funerals don’t just keep me employed, nor have they evolved as only a commercial enterprise. Funerals have taken place in one way or another since ‘Adam was a baby’ or ‘we climbed down from the trees’, whatever your belief. Everyone mourns their dead.

It is important that we take time to reflect on the passing of a loved one, a friend, a colleague or a member of our community. It does not have to be grand or elaborate. During the recent lockdown many people have had only the closest family near, or in one case no family (all overseas) but close knit friends. Technology has advanced where people on the other side of the world can not only view, but speak live and have their input at a funeral.

It is important to say goodbye, to let others reflect on their loss and acknowledge that even if we are from a small family, your family will miss you. The funeral industry has grown to where many think its unsustainable for ordinary people to be able to afford ‘a good send off’, some of the best funerals that we have held have been where we can make that important day a special one with meaning and love without spending a great deal. We always remind people - the reason grief hurts so much, its’s the cost of love.

*editorial supplied by Just Funerals*



# PHONE 0800 804 663

## Just Funerals

### Auckland’s Affordable Funeral Home Proudly Family Owned and Operated

#### Committal Service with Cremation

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

now \$3300\*\*

#### Chapel Service with Cremation

Transfers within Auckland | Preparation or Embalming | Eco Coffin Option (*upgrades available*) | Transport to Funeral Service via Hearse | 1 Hour gathering at Just Funerals preferred Chapel (*including hearse transfer*) Other Chapels or Venues available\*\* | Celebrant or Minister Donation | 30 Colour Service Sheets | Music of your Choice | Cremation (*Just Funerals Preferred Crematorium*) | Registering the death with the Department of Internal Affairs | 1 Death Certificate | Returning the Ashes in person

now \$4450\*\* *Manukau Memorial Gardens \$4700\*\*  
Mangere Lawn Cemetery \$4450\*\**

#### Family Burial Service

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.

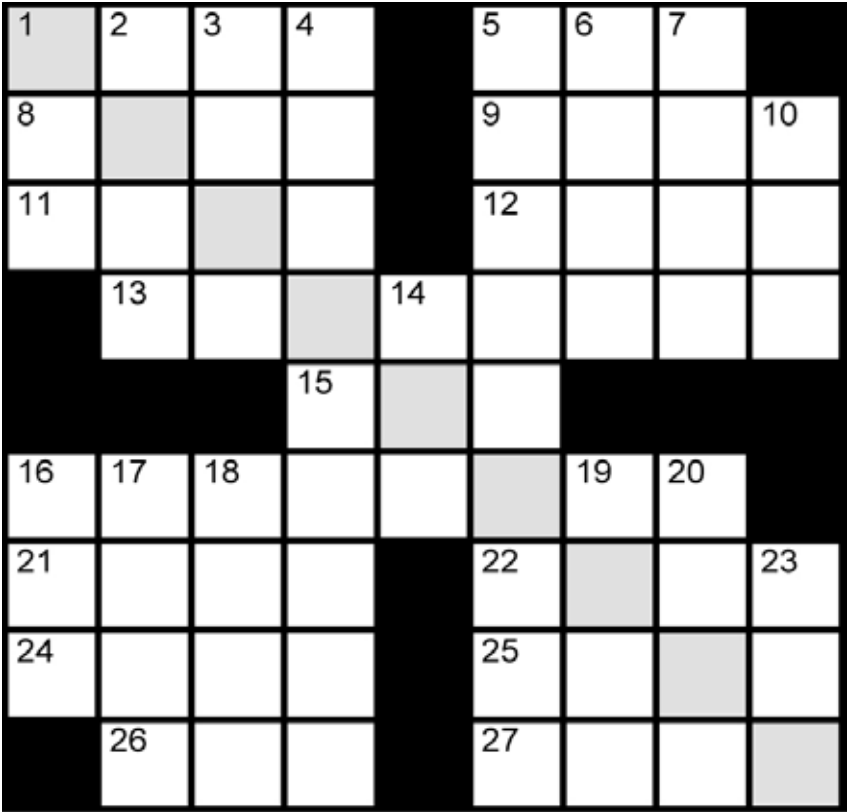
## Please call for an appointment to visit with us at 14 Bassant Avenue, Penrose, Auckland





Goes with a brew

- Across
1. Old-style “dudes”
5. Pep
8. Three-ply snack
9. Computer menu option
11. Not hearing
12. Nerve network
13. Mechanize
15. Wee hour
16. Rolled up in a spiral
21. In \_\_\_\_ of
22. Cafeteria carrier
24. Oil cartel
25. Nozzle site
26. Volcano output
27. “Let it stand”
- Down
1. Physique, slangily
2. Fertilizer chemical
3. Sweetheart
4. Borrower’s easy target
5. Used in martinis and manhattans
6. Think tank nugget
7. Catcher’s need
10. Golf ball prop
14. Hooter
16. 1969 Peace Prize grp.
17. Asian palm
18. Flying formations
19. Easy gait
20. Facilitate
23. “Is it soup \_\_\_\_?”



Greek Food



- BAKLAVA
- BARBOUNI
- DOLMADES
- FALAFEL
- FASSOLATHA
- GIGANDES
- GYRO
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- HUMMUS
- KALAMATA
- LAVRAKI
- LOUKOUMADES
- MARIDA
- METAXA
- OCTAPODI
- OUZO
- PAIDAKIA
- PITA BREAD
- RETSINA
- SAGANAKI
- SKORDALIA
- SPANAKOPITA
- TZATZIKI
- YEMISTA
- YOUVETSI

Let's End Loneliness

The ‘Let’s End Loneliness’ website has been launched as a resource for anyone experiencing or concerned about loneliness. The website has been created by the NZ Coalition to End Loneliness whose members work to tackle loneliness and create communities in which New Zealanders have the relationships and support they need to thrive. Age Concern is a member of this coalition.

To see the website, visit [www.letsendloneliness.co.nz](http://www.letsendloneliness.co.nz)

MEGANZ School of Visual Arts

Have you always wanted to learn how to draw, paint or sculpt perhaps portraits, figures, still-life, landscapes, interiors, abstracts, vessels, characters, etc

Now is your chance. We follow you in whatever you want to create. You can go at your own pace and begin from your present ability. You can start any time throughout the terms.

Morning classes run for 2 hours from 10.00am to 12.00 Tuesday or Thursday. We are based in Cockle Bay, Howick. Auckland. Check out our website – [www.vizart.co.nz](http://www.vizart.co.nz) for details. Or phone or text Megan on 021 1085419

Closing The Vintage Store

At the end of August, the doors to our op shop, The Vintage Store closed for the final time. The Vintage Store was opened to raise funds to support our work in the Counties Manukau area. Unfortunately the store wasn’t raising the funds it needed to, so the decision was made not to renew our lease. Our thanks to all the wonderful volunteers and donors who have supported The Vintage Store over the years, your support has been greatly appreciated.

HomeCATER.

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.

Full Roast Meals only \$8.95



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Film Review by David Mealing

## Paris Texas by the brilliant German director Wim Wenders

What could possibly follow the French New Wave – actually, none other than the 1962-1982 German New Wave, that was influenced by the French New Wave. Before then, I should go back in time to pay homage to F.W. Murnau, the great exponent of German Expressionist cinema in the silent film era. The later German New Wave was a large directorial wave, and riding the crest were a new generation of directors such as Werner Herzog, Rainer Werner Fassbinder, Wim Wenders, Margarethe von Trotta, and Volker Schlöndorff, amongst others. A large number of low budget films were produced during the era, that more often than not were commercial failures. However, they caught the attention of art house audiences, and enabled those directors to create better financed productions which were backed by the big US studios.

I am more familiar with the work of Herzog, Wenders, and Fassbinder, than the other German film-makers. They have all produced films of real quality, with distinctly different subject matter. Werner Herzog's films often feature ambitious antagonists with impossible dreams, people with unique talents in obscure fields, or individuals who are in conflict with nature. Two films of his stand out for me, namely 'Aguirre, Wrath of God' (1972), and 'Fitzcarraldo' (1982). Wim Wenders is regarded as an auteur and has won many honours. The 'Goalkeepers Fear of the Penalty' (1972), and 'Paris, Texas' (1984) were both slow-moving and contemplative films, and display the overwhelming cultural influence of American films of the era. His 'Buena Vista Social Club' (1999) documentary film about Cuban music culture won an Academy award. Werner Rainer Fassbinder is possibly the most well-known of this trio of film-makers. A prominent and controversial figure in the movement, he was also a prolific film-maker, producing over 40 feature films. Two of his films that stand out for me are 'The Bitter Tears of Petra von Kant' (1972), and 'The Marriage of Maria Braun' (1979).

'Paris, Texas' (1984) won the Palme d'Or at the 1984 Cannes Film Festival. It is the German film that has most insistently and ever-retrievably embedded itself in my memory. The film is a road movie by

Wim Wenders with a distinctive slide-guitar musical score by Ry Cooder. The plot focuses on a vagabond named Travis (superbly acted by the dessicated Harry Dean Stanton), who after mysteriously wandering out of the desert in a dissociative fugue, attempts to reunite with his brother and seven year old son. After reconnecting with his son, Travis and the boy end up on a voyage through the American south-west to track down Travis' long-missing wife. The film has parallels in its visual mindscapes with the commercially successful 1969 American road movie 'Easy Rider' directed by Dennis Hopper, and also the commercially unsuccessful 'Zabriskie Point' (1970) directed by Michelangelo Antonioni. Whereas both those films are rooted in the countercultural and 'hippie' ethos of the mid and late '60's, Paris, Texas' presents the US as a fantasyland, a place of striking images, a mise-en-scene of desert and city.

The film has been praised for its cinematography and Wenders has been credited for producing a film that is a worthy European portrait of the US. Painterly images of desert scenes, notable shots of billboards, placards, graffiti, rusty iron carcasses, old railway lines, neon signs, and motels reference the pop art movement, and the wider American cultural scene e.g. the billboard images reminded me of the pop art paintings of the American artist James Rosenquist, and the neon sign images reminded me of the pop art neon works of another American artist, Bruce Nauman. 'Paris, Texas' is a story of a detached man scouring the frontier to restore domestic order to a world out of balance. Travis shares some semblance of the American dream, retreating back into the wilderness when it seems his work is done.

When a kid says  
“daddy, I want  
mommy” that’s the kid  
version of “I’d like to  
speak to your  
supervisor” 😂😂😂

# Reduce Your Risk of Stroke

## What is Stroke?

A stroke is a brain attack. It can be fatal.

A stroke happens when a blockage such as a clot blocks the blood flow to the brain, or when a burst blood vessel bleeds into the brain. A stroke can affect a person's ability to walk, talk, eat, remember or do things they used to do before the stroke.

Some people make a full recovery after stroke. Others may have ongoing disabilities.

## Reduce your risk of stroke

1. Check your blood pressure regularly and follow any treatment advised by your Doctor
2. Don't smoke
3. Reduce your salt intake
4. Eat healthy foods (limit fatty, sugary, salty foods)
5. Be physically active for at least 30 minutes on most days of the week
6. Maintain a healthy weight
7. Limit your alcohol intake
8. Check your cholesterol level and follow any treatment advised by your Doctor
9. Get checked for atrial fibrillation (irregular heartbeat) and follow any treatment advised by your Doctor
10. If you have diabetes, manage your condition well

## What are the signs of stroke?

The signs and symptoms of stroke usually come on suddenly. The type of signs experienced will depend on what area of the brain is affected.

## Common first signs of stroke include:

- Sudden drooping, weakness and/or numbness of face
- Sudden weakness of the arm (and/or leg)
- Difficulty speaking, words jumbled, or lost voice
- F.A.S.T. symptoms are present in 85% of strokes

## Other signs of stroke may include one, or a combination of:

- Weakness or numbness or paralysis of the face, arm or leg on either or both sides of the body
- Dizziness, loss of balance or an unexplained fall
- Loss of vision, sudden blurring or decreased vision in one or both eyes
- Headache, usually severe and abrupt onset or unexplained change in the pattern of headaches
- Difficulty swallowing

(Note: F.A.S.T. covers the main symptoms of stroke. It is not exhaustive. Other symptoms may present during a stroke as well as, or instead of, those listed above. Further information is available from your Doctor. If you believe someone is having a stroke for whatever reason - call 111)

For more information visit  
[www.stroke.org.nz](http://www.stroke.org.nz)

AT ANY SIGN OF  
**STROKE**  
**CALL 111**

**F** FACE DROOPING  
**A** ARM WEAKNESS  
**S** SPEECH DIFFICULTY  
**T** TAKE ACTION CALL 111

**STROKE** FOUNDATION • NZ  
Support us at: [stroke.org.nz](http://stroke.org.nz)  
#ThinkFAST #ActFast



# LIVE STRONGER FOR LONGER

## PREVENT FALLS & FRACTURES

### Community Strength and Balance

#### Post Covid re-opening

During lockdown our community strength and balance classes were closed, but some providers kept their members moving through online Zoom classes. These were so successful some providers have kept them going for those who need that extra bit of caution before heading back out to physical classes in their area. With all that time at home, a lot of people had time to reflect on health and wellbeing and with a return to Level 2 and 1 in May/June we have seen fantastic uptake to classes across the region! Regular exercise is one of the best things anyone can do to stay fit and healthy. Staying active and having core strength and balance keeps you steady on your feet. For older people, this can also reduce the risk of a fall and keep them confident and independent. Exercise can also help older people keep their bones strong, provide more energy, assist you to sleep better and help control blood pressure, sugar levels and weight. With 80 classes a week across Manukau, Eastern and Franklin regions you can definitely find a class to suit your needs! Check out our website [www.ageconcernauckland.org.nz/what-we-do/community-strength-and-balance/](http://www.ageconcernauckland.org.nz/what-we-do/community-strength-and-balance/) or call 0800 262 368 for more information.

#### Healthy for Life on TVNZ

Over lockdown, ACC brought an exercise programme for older people to TV screens around New Zealand as part of a new collaboration with TVNZ and partners across the health sector. Hosted by former Silver Fern Bernice Mene, the Saturday morning show "Healthy For Life" helps older people work on their strength and balance, as well as providing tips on staying safe



in the home, keeping your brain active, keeping up social links with friendships and healthy eating. All episodes are currently available on TVNZ on demand; watch this space for future episodes!

### Welcoming Zumba Gold and Zumba Gold seated classes

June saw us welcome new accredited instructor Sang Vallabh to the Community Strength and Balance provision team. Her classes consist of easy-to-follow dance moves that focus on range of motion and coordination. Sang's Zumba® Gold classes keep everyone moving to a mixture of retro and Latin songs. Moves are modified to suit participants mobility level and can be carried out seated if needed. Sang is currently holding classes in Manurewa, Howick, Highland Park and Dannemora. Welcome Sang!



### Two new instructors accredited for Kia Ora Tai Chi



Grant and Lyn hold Tai Chi or Health certification and are delivering classes with the Kia Ora Tai Chi team in Manurewa and Mangere. They recently attended an instructor training day for Tai

Chi for Arthritis and are now accredited Community Strength and Balance providers.

### Allan Brewster Leisure Centre now part of the CSB family with their Never 2 Old® programme

The team at Auckland Council leisure facilities are working on exercise provision for the over 65s across our region and so it has been great to welcome

Allan Brewster Leisure Centre in Papatoetoe to our Community Strength and Balance Programme. They have a very well-established class with awesome instructors and run AUT's well known Never 2 Old® classes every Wednesday and Friday morning.



### New Steady As You Go® classes in Manukau and Kawakawa Bay

Following a successful Steady Steps Health Promotion initiative led by Age Concern Auckland before COVID-19, a group of keen local community members in beautiful Kawakawa Bay decided to set up a Steady As You Go class in their village hall every Thursday morning. The group is growing every week and each attendee brings a great energy.



Age Concern Auckland was also approached by Manukau City Baptist Church before COVID-19, wanting to add more physical exercise to their well-established walking group. They now host a thriving Steady As You Go class every week in the church Arena building on Lambie Drive. Always lovely to enjoy a cup of tea after class on a Friday morning. Such a great group.

**Bethan Collings** | Community Strength and Balance Coordinator for Age Concern Auckland  
Lead Agency for Counties Manukau region

If you're interested in finding out more about any of the Community Strength and Balance classes we coordinate across Counties Manukau you can Email [bethanc@accm.org.nz](mailto:bethanc@accm.org.nz) or call Beth on 021 960 004

### Closure of our Handyman Service

In June we made the difficult decision to not continue with the Handyman Service we provided in Counties Manukau. This was a specialised service, which was delivered solely through support from grants and donations. After a review of our expected grants and donations for the coming 12 months, the difficult decision was made that we could not continue to provide this service. As part of this, we farewelled Handyman Brett Johnstone, our thanks to Brett for his wonderful work over the past few years. We are actively recruiting volunteer Handy People who can assist with smaller jobs and our office has information on reputable local tradespeople for larger jobs.

### MOBILITY SCOOTERS MANUKAU

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# HEALTH PROMOTION UPDATE

Email [ageconcern@ageconak.org.nz](mailto:ageconcern@ageconak.org.nz) to register your interest in any of the programmes below, or phone the office on 820 0184.

Registrations are essential for catering purposes and to ensure we have enough resources for participants. **Entry is free but every donation supports our running of the programme.**

Day & Date	Suburb	Course	Time	Venue
Friday 11 September	Flat Bush (Selwyn Seniors)	Steady Steps	10.00am – 12noon	St Pauls in the Park Anglican Church, 141 Chapel Road
Tuesday 22 September	Papakura (Selwyn Seniors)	Steady Steps	10.00am – 12noon	The Homestead, 21 Youngs Road
Thursday 29 September	Pakuranga	My Home, My Choices	10.00am – 12.30pm	Anchorage Park Community House, 16 Swan Crescent
Friday 9 October	Pakuranga	Staying Safe NEW DATE	9.30am – 2.30pm	Anchorage Park Community House, 16 Swan Crescent
Tuesday 13 October	Tuakau	Scam Alert!	10.00am – 12noon	St Johns Anglican Church, 148 Buckland Road
Thursday 15 October	Manurewa	Steady Steps	1.30pm – 3.30pm	Manurewa Cosmopolitan Club, 6/10 Alfriston Road
Wednesday 28 October	Manurewa	Improving Sleep for Seniors	10.00am – 12.30pm	Erin Park Retirement Village, 62 Russell Road
Tuesday 3 November	Papatoetoe (Selwyn Seniors)	Steady Steps	10.00am – 12noon	St Georges Anglican Church, 5 Landscape Road
Tuesday 3 November	Pukekohe (Selwyn Seniors)	Scam Alert!	10.00am – 12noon	Pukekohe Anglican Church, 43 Queen Street

**Improving Sleep for Seniors**  
This free interactive workshop is designed for older people who suffer from not having enough sleep and/or good quality sleep. We will explore the structure of sleep and its impact on our health and you will be provided with positive strategies and suggestions for improving your hours of quality sleep.  
Please note: this is the pilot of a new programme.

**Scam Alert! (Beware! Be wise!)**  
A two hour presentation designed to educate and empower older people on a range of different scams - with strategies provided on how to avoid them.

**My Home, My Choices**  
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.

**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 hand out of the information covered in the session, will be provided to take away, with plenty of time for questions and answers.

**Staying Safe**  
This interactive driver education course for mature road users, involves the use of resources from Land Transport and a workbook for participants to keep.

This is a classroom-based course covering four key themes:

- 1. Keeping Safe (thinking about your safety)
- 2. Being Safe (driver skills)
- 3. Safe Journeys (managing road situations)
- 4. Keep Moving Safely (alternatives to driving)

**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?

We are still in the process of finalising dates for additional Staying Safe workshops and for Advance Care Planning, so please register your interest in attending and we will contact you when dates and venues have been confirmed

**Arthritis New Zealand**  
The **Pain Programme** is a six-week online programme to provide helpful information, advice and tools to set you on a path to better pain management. While the current programme is fully subscribed you can register your interest so you can be part of future ones. The aim is to run more as people are interested.

For more information or to register visit [www.arthritis.org.nz/pain-programme](http://www.arthritis.org.nz/pain-programme)

They have also started a new fundraising project - **Project Knit Well** - to promote awareness of keeping joints warm and hands and fingers nimble, particularly over the colder months! As part of that they are encouraging you to knit up a storm - hats, scarves, gloves, socks, leg warmers.

Once your knitted item has been finished, a photo will be put on their website and sold for a donation. The project provides the opportunity to craft for a purpose and help support and fundraise for Arthritis New Zealand!

For more information and to register for the project please call **0800 663 463** or email [info@arthritis.org.nz](mailto:info@arthritis.org.nz)

## Personal and economical transport with extra help - Total Mobility (TM) accepted

Call Freedom Drivers for medical, business and personal appointments or assistance with shopping. How about a drive with a stop for morning or afternoon tea for yourself and a couple of friends?

"We bring our friendly service to your door and we will provide extra help at either end of the journey as needed. For medical appointments we make sure you get to the right place and will wait if necessary or pick you up after the appointment. With Freedom, you get to build a relationship with a driver you know and trust."

Service is personalised and Freedom prices are comparable to (and often less) than a standard taxi. We take Total Mobility cards (TM) and are ACC Registered Vendors.

**Call 0800 956 956 now  
for more information or a quote**

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International Day  
of Older People  
Thursday 1 October 2020

IDOP's is an opportunity to celebrate the value of older people and a chance to acknowledge their contributions to our communities, in the work place, as volunteers, as caregivers and as whole people, with dreams, aspirations, wisdom and experience.

Mentoring, volunteering, looking out for the neighbourhood, caring for children, sharing wisdom and experience and of course being in paid work and leading businesses are some of the many ways older people contribute.

A growing number of older people are healthier, more educated and more skilled and are living longer. These are all things to celebrate.

Our thanks to you for being such an integral and valued part of our community.



*Honouring and  
Celebrating Life*

**Howick**  
Cnr Picton & Walter Macdonald Street  
Ph (09) 533 7493

**Manurewa**  
88 Great South Road  
Ph (09) 267 2530

[www.resthavenfunerals.co.nz](http://www.resthavenfunerals.co.nz)

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Residential Care Subsidy Changes

On 1 July 2020, some key annual changes to the Residential Care Subsidy came into effect.

If you need long-term residential care in a rest home, you may now qualify for the Residential Care Subsidy.

- The asset thresholds have increased to:**
- \$236,336 for a single person
  - \$236,336 for a couple where both partners are in long-term residential care
  - \$236,336 for a couple where one person is in long-term residential care, including the value of their house and car
  - \$129,423 for a couple where one partner is in long-term residential care, not including the combined value of their house and car (the house is only exempt when it is the main place where your partner who is not in care, or a dependent child, lives).

- The income-from-assets exemptions have increased to:**
- \$1,027 for a single person
  - \$2,054 for a couple who are both in long-term residential care
  - \$3,081 for a couple where one partner is in long-term residential care.

Your assets and income will be assessed by Work and Income. All other eligibility is assessed by the Ministry of Health. To find out if you are eligible, go to the Work and Income website at [www.workandincome.govt.nz](http://www.workandincome.govt.nz) or call them on 0800 999 727

Sponsored Data Partnership

The Sponsored Data partnership between the Ministry of Health and mobile network operators Spark, Vodafone and 2degrees means Kiwis won't incur mobile data charges when they access essential COVID-19 information, health information and resources and eligible online health services.

The number of sponsored websites will increase over time so New Zealanders can access even more key health information and services without mobile data charges.

In the first instance, anyone using the mobile networks of the country's largest telco providers can now access 11 key health websites and two GP portals free of data charges. These include:

[www.healthnavigator.org.nz](http://www.healthnavigator.org.nz); [www.drepression.org.nz](http://www.drepression.org.nz);  
[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz); [www.health.govt.nz](http://www.health.govt.nz)

**For more information go to [www.health.govt.nz](http://www.health.govt.nz)**

Working together to provide  
activities to older Chinese  
people

In partnership with A Better Chance Charitable Trust we have recommenced the Avondale Day Centre activities provided for older Chinese people. Below is a photo of our team member Ivy, delivering an activity at a rest home. The attendees are wearing hats that were donated by Make Give Live and given out at the session.

Our Asian Services team is continuing to deliver "Conversational English" and "Tai Chi" classes via Zoom. These were introduced during the lockdown and have been very popular with our clients, with



many now preferring to interact with us this way. A grant from The Ethnic Communities Fund is supporting us to develop and deliver more online sessions and to purchase six iPads that we can loan to clients so they can communicate and interact digitally.

Bloom Living apartments - A popular choice!

Bloom's brand-new apartments in Manurewa East are proving popular but there's still plenty of opportunities to purchase your own freehold apartment and be part something quite unique.

Located at 20 Alfriston Road, Bloom offers over 55'ers the chance to be part of an independent, vibrant, like-minded community. Apartments can be owned outright which means capital gains sit with the owner when it comes time to sell.

Bloom's fantastic location is second to none ensuring you're within easy walking distance of Manurewa Town Centre's fabulous amenities including transport,

shops, medical facilities, library and Cossie Club.

The well-designed apartments are low-maintenance, safe, secure and energy efficient. Each has two bedrooms, open plan living, the latest F&P appliances, private outdoor area and a car park.

Step inside and experience how beautifully livable a Bloom Apartment is.

**Show Homes: Weds & Thurs  
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Contact Marisa Johnstone today  
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**2 bedrooms from \$555,000**

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**Show Homes: Wed & Thurs 10am – 12pm,  
Bloom Manurewa East, 20 Alfriston Road.**

Call Marisa Johnstone, 021 991 805 for  
more information | [bloomliving.co.nz](http://bloomliving.co.nz)

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# Social Connections Update

A number of our Visiting Service clients have celebrated milestone birthdays in the last couple of months, these are the birthdays that end with a '0' or a '5'. Through the generosity of the volunteers at Good Bitches Baking (GBB), we have acknowledged these special birthdays with a birthday cake.

*Thank you GBB for helping us make the day one to remember for our clients.*



Val celebrating her 85th birthday.



Dave celebrating turning 75 with a whiskey chocolate cake and a glass of whiskey!



Ida turned 95, her cake showcased her love of flowers.



Mavis celebrating turning 85 with her garden delight cake.

## New Volunteer Training

In the past couple of months we have recommenced our training for new volunteers joining our Visiting Service. These are the volunteers who get matched with clients and then provide weekly visits to their assigned client. In this service across Auckland there are over 600 volunteers and without their support we would be unable to deliver the service. Our thanks to these wonderful volunteers, you are incredible! Some photos of our latest groups of volunteers:



## A new activity in Howick

The Ageing Well National Science Challenge is researching how to sustain health and well-being as people age, enabling all New Zealanders to reach their full potential into the later years of life. The Challenge aims to enhance the independence of older individuals and their whānau and encourage age-friendly physical environments. It is working to ensure older people continue to live a meaningful life through social integration and engagement, in a society that values their ongoing contributions of knowledge and experience.

As part of this challenge, we have received funding from a research project coordinated by Dr Ngaire Kerse from Auckland University to appoint a Social Connections Coordinator to provide community based support to lonely and isolated over 65's living around Howick. The Social Connections Coordinator will be working to reconnect and reengage isolated older people back into activities and events in the Howick community, looking at the effect this has on their overall health and wellbeing.

As part of the programme the Social Connections Coordinator will be:

- Supporting community groups and activities to better welcome and include older adults in community life.
- Coordinating and facilitating volunteers to support and walk alongside older adults as they regain confidence and motivation to reconnect into their community.
- Supporting and assisting older adults to maintain their social connectedness and to address the loneliness and isolation that they may be experiencing.

This research project, covering three years, enables us to trial the effectiveness of our Social Connections model at reconnecting older people back into activities and events in their local community, with the aim of expanding the programme beyond Howick to other areas of Auckland.

**If you are keen to find out more about the programme contact our Social Connections Manager, Rebekah Preston on 820 2712 or [rebekahp@ageconak.org.nz](mailto:rebekahp@ageconak.org.nz).**

*We'd like to share a poem written by Margaret who is one of our members.*

## A Flying Visit

Today some friends dropped by to see me,  
They arrived as the sun arose,  
We didn't go through the niceties  
Of "good to see you" and "hello's",  
I had not sent them an invitation,  
Prior arrangements weren't made before,  
They didn't announce their arrival  
By ringing the bell at my front door,  
I didn't need my china cups  
Or to have the house all spick and span,  
I just sat quietly and hid from view  
Of this rather timid little clan,  
I had merely scattered on a perch  
A very simply meal instead,  
Cold potato left from last night's tea  
And some dampened crusty bread,  
This onslaught of wings is a daily joy,  
Always arriving as if on cue,  
Bringing pleasure to the awakening world  
Of morning mists and early dew,  
My friends know their thanks aren't needed,  
And they never wish me "goodbye" –  
They simply fly across to the cherry tree  
And disappear towards the sky.

*Margaret England*



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 at: **PO Box 19542 Avondale, Auckland 1746** or ring the office on **820 0184** to organise a Debit/Credit Card or Online payment.

- ☐ I would like to make a donation of \$ \_\_\_\_\_  
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- ☐ I have enclosed a Cheque  
(made payable to Age Concern Auckland)
- ☐ I have organised payment by Debit/Credit Card or Online
- ☐ I would like information about how I can leave a bequest to Age Concern Auckland
- ☐ I would like information about how I can volunteer

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



facebook

Go to [www.facebook.com/ageconcernauck/](https://www.facebook.com/ageconcernauck/) to follow us on Facebook.

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
- Ethnic Communities Development Fund
- Estate of Ernest Hyam Davis
- Foundation North
- Four Winds Foundation
- Howick Local Board
- JM Butland Charitable Trust
- Jogia Charitable Trust
- Lion Foundation
- Lister Presbyterian Health Trust
- Mangere-Otahuhu Local Board
- Manurewa Local Board
- Maurice Paykel Charitable Trust
- Milestone Foundation
- Ministry of Health
- Ministry of Social Development
- NZ Lottery Grants Board
- Otara-Papatoetoe Local Board
- Papakura Local Board
- St Joan's Charitable Trust
- Tax Management New Zealand
- Ted & Mollie Carr Endowment Fund
- The Trusts Community Foundation
- Transdev Auckland
- West Support Fund & Working Together More Fund
- Working Together More Fund
- Z Good in the Hood

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



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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

You cannot save people, you can just love them.

Become a Member Supporter

For just **\$20.00** 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 newsletter
- Invitations to events
- Access to information and resources available at our office

- ☐ Sign me up to be a new member
- ☐ I am an existing member

Mr ☐ Mrs ☐ Ms ☐ Dr ☐ Other ☐

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Method of payment:

- ☐ Cheque  
(Made payable to Age Concern Auckland)
- ☐ Payment by Debit/Credit Card  
(Please ring the office on 820 0184 to arrange)
- ☐ I/We would like to include a donation of \$ \_\_\_\_\_

(Donations of \$5.00 or more are tax deductible)  
Charities Commission Number CC25023

If you would like information on making a donation or bequest to Age Concern Auckland phone 820 0184.

If you are unsure if you are a member, or if you have already renewed your membership, please phone the office on 820 0184





# 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](http://www.acaciacovevillage.co.nz) @ [bruce@acaciacove.co.nz](mailto:bruce@acaciacove.co.nz)

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