

SPRING 2020 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concern Mid North

Serving the needs of older people



For advertising phone Dave 027 652 5220 or email dave@kiwipublications.nz

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OFFICE HOURS

9.00am - 1.00pm Monday to Friday

Do you have time for others?

Regular visits can make a real difference to an older person's health and happiness, and our volunteers tell us that they really enjoy and benefit from, their role. If you would like to spend time with an older person, and have an hour or so a week to spare, we want to hear from you

Would you like more company?

If you are feeling lonely, or would just like more social contact, it's important to do something about it, and Age Concern can help. Our Accredited Visiting Service is a befriending service that provides regular visits to older people who would like more company. Our visitors are volunteers who are keen to spend time with an older person for about an hour each week to enjoy conversation and shared interests and activities



Craving hugs?

There is a genetic reason

People doing social distancing might suddenly feel a sort of skin hunger, a craving for human touch, the sort of thing that comes from a simple hug. According to research, the craving for touch involves both heredity and a psychological need for physical human interaction. Part of the need for touch may come from infancy. An infant needs touch to survive and this need for touch never goes away. Skin hunger might reveal as a need for a hug, a need for a back scratch or rub, or a kiss on the cheek. Technology has done many things, but offering touch is one thing it can't do – or at least hasn't done yet. Skin hunger is a signal that we need people and touch in our lives. The need for affection is different between men and women. About 45 percent of a woman's need for affection is driven by hereditary factors and 55 percent from environment, such as personal experiences. Men seem to be solely dependent on their environment.

So what to do? Use your memory. Think of a time in your life when you felt happy and connected to others. Try to imagine the scene, the colors, and the smells. Think of the people there and how you interacted. Use photos to help. Try an old movie for enjoyment and memories:

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
- Companion outings
- Take your pets to the vet
- Airport drop-offs and pick ups
- Wheelchair accessible vehicles available

ACC contracted supplier

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

Kerikeri - Far North
Phone: (09) 407 9889
Mobile: 021 503 226



Driving Miss Daisy®

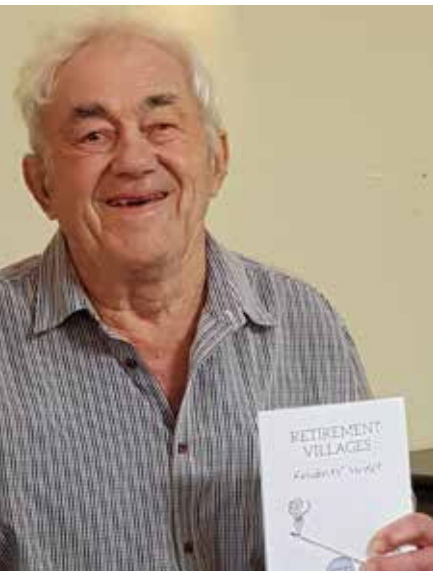
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Brian launches a book



"There's information on the internet, but people prefer paper," Brian Colegate, a resident at Coastal Villas retirement village in Paraparaumu, said about making the important decision to move to a retirement

village. "Other than open days and receiving information from sales staff, there wasn't anything else to use to make a judgement," so he wrote and published his brand-new book Retirement Villages - Residents' Verdict.

Brian launched his book at Coastal Villas Retirement Village on Monday 13 July 2020. It's a very positive story about his decision to move to a village and the many steps on the way to settling in. The focus is to help others to decide whether village life is for them, and walks through the process of selling the family home, de-cluttering, what to look for in the village, and settling in.

The book's not just Brian's own view. While



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researching it, Brian sent out 200 questionnaires to residents in other villages across New Zealand, asking them about their experiences. He got 90 replies, and in response to his question "Do you like it here?", 83 people said "yes", 4 said "I love it" and 3 said "it's OK".

Many residents from across the country wrote about their own journey to the village, and Brian has included a selection in his book. A key message is one we all repeat - "Don't leave it too late; make sure you come in young enough to settle more readily and make social networks that are less easily achieved in older age".

Brian also sent a survey to 80 non-residents in the relevant age group and got 62 replies. He asked whether they'd given any thought to living in a village, and if so, what they thought of the proposition. 41 said they had considered the idea, and while a number were discouraged by the LTO model, a sizeable minority agreed that they were interested in moving in. The village surroundings, access to health care, being somewhere that's maintenance-free, cost savings and an improvement in the quality of life were the reasons given for making the move.

There's a chapter written by local solicitor Graham Mowbray, pointing out the importance of competent legal advice, and, bringing the book really up to date, there's a chapter on living under lockdown in a village which makes fascinating reading!

At the launch Graham told us that he's advised at least 250 people about moving to a village and of that number, just three changed their minds during the cooling-off period and, having moved in, only two people decided that village life wasn't for them. He noted that, ultimately, "things" aren't important. What really matters, Graham said to nods of encouragement around the room, are "connections, a sense of belonging, family and love", all of which can be found in a village. If you have a positive attitude, Graham noted, then fitting into a village is very easy. Copies of the book are available directly from Brian at rbcolegate@gmail.com (\$20) or your local Paper Plus store. Postage and packing extra.

Don't forget you can find out more about living in a retirement village at www.retirementlife.co.nz or via the Facebook site <https://www.facebook.com/retirementlifenz>

Editorial supplied by Retirement Villages Association

Kia ora!

I hope this newsletter finds you all well. Since being back in the office I have been working hard to update our health promotion activities and update our database. I have enjoyed seeing many of you who have popped into the office to say hello.

Young at Heart and Kaikohe Strength & Balance have now started back which is fantastic. However, our Men's Strength & Balance class has moved to a new

facility so if you would like more information please phone the office.

Our monthly Meet & Greet have also started back, the last Friday of every month. If you have any great ideas, or topics you would like us to arrange for one of our meetings please let me know.

Nga mihi,
Kayla



Age Concern Mid North

CALENDAR OF EVENTS



- MONDAY**
Walking Group - 9.30am
- Lawyers Clinic** - 12pm onwards / Kingston House, Kerikeri (First Monday of every month)
- WEDNESDAY**
Gardeners group
9.30am / Kingston House, Kerikeri
- Young at Heart (non-impact aerobics)**
11.00am / Kingston House, Kerikeri
- THURSDAY**
Kaikohe Strength & Balance
Time to be confirmed / Baptist Church, Kaikohe
- Young at Heart (non-impact aerobics)**
11.00am / Kingston House, Kerikeri
- FRIDAY**
Monthly Meet & Greet - 10am / Kingston House, Kerikeri (Last Friday of every month)

\$2.99 SPECIAL

If you are a senior you will understand this one; if you deal with seniors, this should help you understand them a little better, and if you are not a senior yet...God willing, someday you will be...

The 2.99 Special
We went to breakfast at a restaurant where the 'seniors' special' was two eggs, bacon, hash browns and toast for \$2.99.
'Sounds good,' my wife said. 'But I don't want the eggs..'
'Then, I'll have to charge you \$3.49 because you're ordering a la carte,' the waitress warned her.
'You mean I'd have to pay for not taking the eggs?' my wife asked incredulously. 'YES!' stated the waitress..
'I'll take the special then,' my wife said..
'How do you want your eggs?' the waitress asked.
'Raw and in the shell,' my wife replied.
She took the two eggs home and baked a cake.

DON'T MESS WITH SENIORS!!!



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.

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.

"You don't stop laughing when you grow old, you grow old when you stop laughing."
~George Bernard Shaw



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

DID YOU KNOW?

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

AVAILABLE NOW

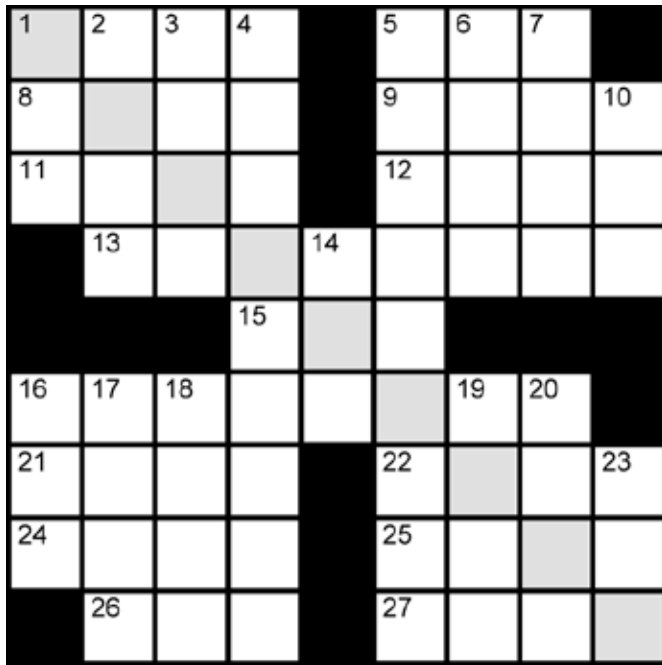


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Goes with a brew**Across**

1. Old-style "dudes"
5. Pep
8. Three-ply snack
9. Computer menu option
11. Not hearing
12. Nerve network
13. Mechanize

Down

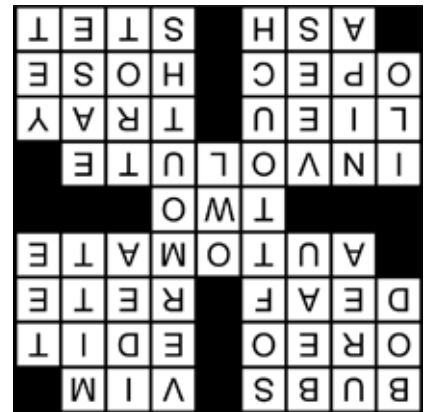
1. Physique, slangily
2. Fertilizer chemical
3. Sweetheart
4. Borrower's easy target
5. Used in martinis and manhattans
6. Think tank nugget
7. Catcher's need

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"

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

L S C Q P I T A B R E A D
 E E P A I D A K I A Q D J
 F D P J J O T M Y G A I D
 A A Z F O P A A I H K R L
 L M I H Q A M M T A S A O
 A L N U A T A A R R K M U
 F O U M N C L V S I O W K
 G D O M I O A S Y K R H O
 I Y B U S L K E O I D E U
 K G R S T M O D U Z A Z M
 A Q A O E I K N V T L R A
 N F B T R Q S A E A I Z D
 A V A L K A B G T Z A G E
 G X H A Y E M I S T A M S
 A I H J X F K G I O U Z O
 S P A N A K O P I T A U G



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