

SPRING 2020 QUARTERLY NEWSLETTER

www.ageconcernauckland.org.nz



Age Concern Auckland Central & West Edition

Serving the needs of older people



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Our Services

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

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

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

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

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

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

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

LOOKING FOR AN AFFORDABLE RETIREMENT OPTION?

“THE HIDDEN GEM OF AVONDALE”

AVAILABLE
Studio Apartment - Furnished - \$110,000
Studio Apartment - Un furnished - \$100,000
One bedroom ground floor with external deck - \$250,000
One bedroom with balconies off lounge & bedroom - \$420,000

The Cosmopolitan Retirement Village is a Boutique Village nestled behind the Avondale shopping Centre and just a short stroll to the Avondale train station, buses, medical centres, shops, eateries. With only 38 apartments, you will not get lost in the crowd, here you are more than just a number, and you are a valued resident. Contact me for an appointment and you will find out for yourself what a hidden gem this Village really is, I am sure you will be pleasantly surprised.

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

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



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!

Auckland Central	Ph: (09) 360 0425
Remuera	Ph: (09) 520 3405
Ellerslie	Ph: (09) 533 3278
Epsom	Ph: (09) 626 0018
One Tree Hill	Ph: (09) 629 5999
Eastern Bays	Ph: (09) 528 2044
Blockhouse Bay	Ph: (09) 627 0481
Henderson	Ph: (09) 836 5713
Titirangi	Ph: (09) 813 2495
New Lynn	Ph: (09) 634 5015
Hobsonville	Ph: (09) 412 5332

 **Driving Miss Daisy®**
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

RYMAN PIONEERS

Peace of mind



RELAX, YOU’RE GOOD

A big reason why people choose a Ryman village over the others, is knowing we have everything from independent and assisted living to a full range of care options, so if you ever need it, it’s there for you. It’s another example of how we’re pioneering a new way of living for a new retirement generation.



There are 11 Ryman villages throughout Auckland - in Orewa, Birkenhead, Devonport, Greenlane, Henderson, Hobsonville, Howick, Lynfield, Remuera, St Heliers and Pukekohe.

0800 000 290
rymanhealthcare.co.nz



UPCOMING HEALTH PROMOTION PROGRAMME

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

To register your interest for any of these activities, please phone 820 0184 and you will then be contacted for priority booking once dates/times known. Registration is essential and places will be provided on a first-come, first-served basis.

Down But Not Out

This 2.5 hour workshop will raise your awareness and understanding of depression and help you to recognise the differences between the ‘blues’ and ‘depression’. There will be suggestions for coping and you will also learn how and where to seek help. We will also explore how to have a flourishing life in our later years.

This workshop is aimed at those seeking information for themselves or for people they care about. Participants can be assured of a confidential, non-threatening and supportive environment.

Improving Sleep

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

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. Beside 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

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.

Seniors Eating Well

Topics covered in this four-week programme include: nutrition, strong bones, fibre and fluid, shopping and cooking for one or two, smart snacking, food safety, nutrition myths and kitchen equipment. You will come away with some delicious recipes and a manual with lots of helpful information. Even better, it includes food tasting!

(Please note, that as this course is held over four consecutive weeks, you must be able to attend all four sessions at the time of registration)

Wills and Enduring Power of Attorney Seminar

Who will manage your affairs if you are no longer able to? Have you caught up with the changes made to the Power of Attorney legislation which may affect you and your family? Come and find out about Powers of Attorney, the different types and who can be an attorney for you.



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.

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.

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

DEPRESSION HELPLINE: 0800 111 757

LIFELINE: 0800 543 354

SAMARITANS: 0800 726 666

1737 NEED TO TALK? Call or text 1737

MENTAL HEALTH CRISIS SERVICES (for emergencies only):

Waitemata: (09) 486 8900

(operating 24/7)

Henderson: (09) 822 8601

Central: 0800 800 717

(operating 24/7)

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.

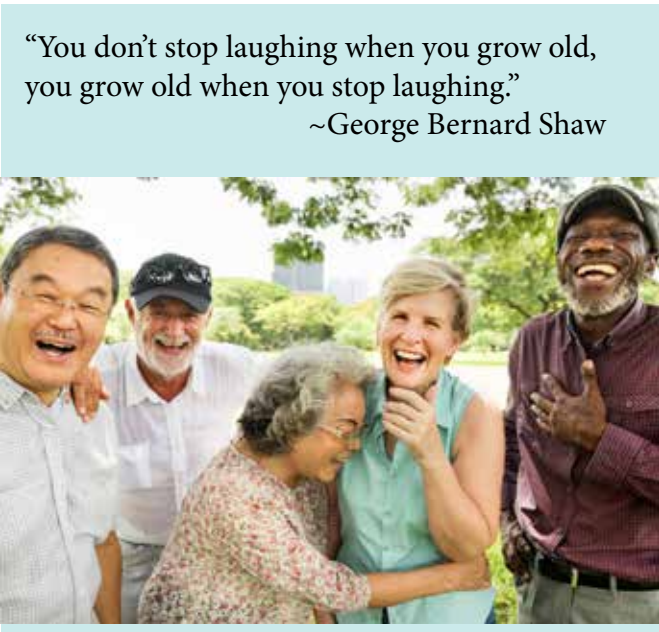
Changes to some overseas pension deductions

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



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** Purewa \$4700** Waikumete \$4700***

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 fees*

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



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. Travelling with Freedom is like travelling with friends or family. You build a relationship with a driver you get to 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.

TRANSPORT YOU CAN TRUST



Reliable and friendly service

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- One off or regular
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Call now!

For more information

0800 956 956

Total Mobility Provider

ACC REGISTERED VENDOR



www.freedomdrivers.co.nz

Editorial supplied by Freedom Drivers

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

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:



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” 😂😂😂

Over 65 and struggling to pay Auckland rent?

You may qualify for a subsidised rental home through Haumarū Housing.
To learn more, please visit www.haumaruhousing.co.nz or call **0800 430 101**.

The Selwyn
Foundation

Auckland
Council
To Kōwhiriā o Tamaki Makaurau

HAUMARUHOUSING
Communities for older people

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

For more information on MoneyTalks you can go to their website 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 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.

LILLE Healthcare

WHAT IS INCONTINENCE?

Incontinence is a term that describes any accidental or involuntary loss of urine from the bladder (urinary incontinence) or bowel motion, faeces or wind from the bowel (faecal or bowel incontinence).

Incontinence is a widespread condition that ranges in severity from just a small leak to complete loss of bladder or bowel control. It can often be a sign of other health problems. Sometimes it can be cured and other times it can be managed better with the right advice or treatment.

If you are experiencing bladder or bowel control issues, you need to first seek medical advice. There is a range of management options available, and your doctor is the best person to discuss which course of action is best.

WHO IS AT RISK?

Incontinence is not just a problem for older people, anyone at any age can develop some form of incontinence and it should not be considered normal. However, women are more prone to incontinence than men.

Most people think that incontinence is a female condition, but in fact, one in ten men experience regular bladder leakage.

Men: Incontinence isn't just a "female problem". Men are often uninformed about the issues, the chance of embarrassment keeps them from enjoying many activities, including exercising, and causes emotional distress. According to the National Association for Continence (NAFC), between 2% and 15% of men ages 15 to 64, and 5% to 15% of men over 60 who live at home have incontinence. (Reference: lillehealthcare.com.au)

Lille Healthcare NZ has a range of continence products to suit most needs including SupremForMen, an incontinence pad specifically designed for men. Our full range of products are available for purchase online at

www.lillehealthcare.co.nz for delivery direct to your door.

Information provided by Lille Healthcare New Zealand

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 colours, and the smells. Think of the people there and how you interacted. Use photos to help. Try an old movie for enjoyment and memories.

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

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)

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.

For more information visit
www.stroke.org.nz



lille healthcare

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100% BREATHABLE

SupremForMen

SMALL SHAPED INCONTINENCE PADS FOR MEN

Small shaped pads for light to moderate incontinence specifically designed for men. The non-rustle, breathable back sheet makes the pad quieter while reducing humidity and maintaining the skin's dryness.

For more information or to place an order, go to www.lillehealthcare.co.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

#ThinkFAST
#ActFast

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

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.

Joy Club

(Just Older Youth Programme for 60+)

Joy Club is an opportunity to connect, meet new people, build social circles and have fun. Hot drinks are included and feel free to bring your own morning tea.

**Joy Club meet on Tuesdays,
10.00am - 12noon
at Hub West, 27 Corban Avenue,
Henderson.**

For more information or to register contact
 MPHS office 838 4820
 or email rebeccagk@mphs.org.nz



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

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*Many Thanks George Warman
(Ranui West Auckland)*

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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 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>

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

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

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 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; www.drepression.org.nz; www.mentalhealth.org.nz; www.health.govt.nz
For more information go to www.health.govt.nz

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

Kitchen CORNER



Recipe - FISH CAKES

This recipe makes approximately 6-8 cakes. If you live on your own make the whole batch and freeze the leftovers in meal sized portions.

Ingredients

185 g tinned salmon or leftover cooked fish
2 cups cold mashed potatoes
1 small onion, finely chopped
1 tbsp fresh parsley, chopped
Salt and pepper to taste

¼ cup flour 1 egg
1 tbsp water 2 tsp oil

1 ½ cups polenta* or breadcrumbs

*Polenta, also known as cornmeal, can be purchased from most supermarkets or Bin Inn.

Method

1. Drain tinned fish and flake.
2. Place in bowl with potato, onion, parsley, salt and pepper.
3. Mix well to combine.
4. Shape the mixture into small balls and gently roll in flour. Flatten into rounds.
5. Lightly beat egg and water together.
6. Dip each fish cake in egg mixture.
7. Pour the polenta/breadcrumbs onto a plate and roll each fish cake to coat.
8. Lightly oil and heat fry pan.
9. Add fish cakes and cook until golden on both sides.

Serving Suggestion: Garnish with lemon wedges and serve with fresh bread and green vegetables or a green salad.

Recipe from www.seniorchef.co.nz



Keeping Safe from Scams

There has been a lot in the media lately about scams - New Zealanders lost over \$12.5 million in the last quarter due to fraud and scams. Scams rely on deception, appear very genuine and are difficult to detect as they may seem like they are coming from a bank, Telecommunication Company, government agency, business or an individual.

There are a number of different ways that scammers can target you – online, over the phone, by mail or in person.

You need to protect yourself by being knowledgeable about how to avoid them. If you do get scammed, please REPORT IT. Don't be embarrassed – scammers are clever and anyone can be caught by them. But reporting it may help others from falling for it as well.

Common scams include:

- Investment scams
- Identity theft
- Romance scams
- Phishing and Smishing Scams – Phishing is unsolicited emails that claim to be from a legitimate organisation asking you to verify your details. Smishing is the same thing occurring via text messaging
- Tax scams claiming to be from the IRD
- Door-to-door scams
- Emergency Scams

Scams are becoming increasingly sophisticated and hard to detect from the real thing – you need to ensure that you take steps at all times to protect yourself. **Remember: Do not give out personal information over the phone, via text message, email or the internet without verifying the legitimacy of the agency or organisation calling you.**

Investment Scams are increasingly sophisticated, websites look professional and it may all look very above board. You need to protect yourself by finding out the legal name of the business you are dealing with and checking that it is regulated by the Financial Markets Authority NZ (FMA). If it's not a New Zealand company you will still need to check who regulates them. Check any regulators' warning lists.

Identity Theft can turn your life upside down. It is a very serious crime. You must be careful to protect yourself by:

- never providing your personal information over the phone, via text message, email or the internet
- avoiding using public computers to access or provide personal information
- creating strong and unique passwords for each of your online accounts
- password-protect your devices and home Wi-Fi network
- use 2 Factor Authentication
- update your computer operating system
- use a secure and reputable payment service when buying online – look for a URL starting with “https” and a closed padlock symbol
- avoid giving out personal information on social media – it can be used with your pictures to commit fraud
- always shield your PIN when using your bank card, if you hand it over, never lose sight of it
- shred and destroy documents with personal information – if you don't have a shredder you can always shred by hand
- protect your mobile phones by using a pin to unlock

Protect yourself from Phone Scams

Spotting a scam

- A scammer can disguise the original caller ID with a number they choose, such as a local kiwi number. This is called number spoofing – the call is actually coming from overseas, but the scammer hopes that by disguising the overseas caller ID they will appear authentic
- The scammer may claim they have identified a problem with your modem/computer and offer to help by taking control of the home computer using remote access. This may be more convincing if you have had recent technical issues
- They may know your full name, address and date of birth. This information can be found through research online or bought on the black market and you should not assume they are legitimate for knowing these details. Scammers may call from an international call centre with a large number of staff – it is often very noisy in the background
- Some scam callers may ring, then hang up before you can answer. These often come from an

overseas number. This type of scam is called a Wangiri 'one ring' scam. The aim is to get you to call back, so they can collect a premium calling fee

- You're told that you've won a prize or money for a competition you haven't entered

How to stay safe

- Be careful where and to whom you provide your personal details
- Make sure you keep your software and anti-virus programmes up to date
- Use a different password for all your online accounts
- Change your passwords often and don't reuse old passwords
- Use 2 Factor Authentication (2FA) for online accounts where it's available
- If you can't tell if a call is legitimately from a company you do business with, hang up and call the company directly on their number listed in the phone book or their official website
- If you receive a missed call from a number you don't recognise, ignore it and don't call back. This may be a scam designed to lure you into calling back, and being charged premium calling rates as a result
- Be cautious about unexpected contact – even from legitimate organisations.

I think I've been scammed

- If you've done anything on your computer (or another device) at their request, immediately disconnect your computer from the internet.
- If you've given out bank or credit card details, contact your bank straight away
- Change your online account passwords for all of your devices and if you've given access to your computer, seek assistance from a computer services company
- Report the scam to your telecommunications provider and Netsafe on 0508 638 728
- Let your friends and family know the details of the scam, so they can also be on the lookout

For more information and help with scams visit

www.spark.co.nz/help/scams-safety.html and Netsafe www.netsafe.org.nz/advice/scams/ or call them toll free on 0508 638 723

Source: Spark NZ

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 \$ _____
(Donations of \$5.00 or more receive a 33% tax credit from the Government. Charities Commission Number CC25023)
- ☐ 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

Name:

Address:

Postcode: Phone:

Email:

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



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.