

**SUMMER 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*



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## Age Concern Auckland - Counties Manukau Contact Information

Phone: (09) 279 4331

Email: [admin@accm.org.nz](mailto:admin@accm.org.nz)

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

### Staff Contacts

**Kevin Lamb – Executive Officer**  
820 0184; [kevinl@ageconak.org.nz](mailto:kevinl@ageconak.org.nz)

**Martina Huang – Office Manager**  
820 0184; [martinah@ageconak.org.nz](mailto:martinah@ageconak.org.nz)

**To speak to our team please call us 09 279 4331  
and ask to be put through to the person you wish  
to speak with.**

**Chand Guthrie - Elder Abuse Response Service  
Co-ordinator** [chandg@accm.org.nz](mailto:chandg@accm.org.nz)

**Liat Kalman - Elder Abuse Response Service  
Social Worker** [liatk@accm.org.nz](mailto:liatk@accm.org.nz)

**Nicole Chappell – Counsellor**  
[counsellor@accm.org.nz](mailto:counsellor@accm.org.nz)

**Social Connections Team**  
[albinam@ageconak.org.nz](mailto:albinam@ageconak.org.nz)

**Melanie Jaggs - Health Promotion Co-ordinator**  
[melaniej@accm.org.nz](mailto:melaniej@accm.org.nz)

**Bethan Collings - CSB Programme Co-ordinator  
(Community Strength & Balance)**  
[bethanc@accm.org.nz](mailto:bethanc@accm.org.nz)

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## Age Concern Auckland - Counties Manukau Services

Visits to our Counties Manukau office are by  
appointment only, please phone 279 2331  
or email [reception@accm.org.nz](mailto:reception@accm.org.nz) to book

**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.

## We wish you a Merry Christmas

Ho Ho Ho what a year we've had. I think we all  
deserve something special for being so well behaved  
and there is nothing better to give, or to wish for, than  
a Driving Miss Daisy Gift Voucher.

A Driving Miss Daisy Gift Voucher can be purchased  
directly from your local Daisy and whether receiving  
or giving, it makes such a thoughtful gift.

But you don't have to wait for Santa; there is plenty  
to do with Driving Miss Daisy to fully enjoy the festive  
season:

- Christmas lights tours
- Festive coffee mornings with friends
- Christmas carol services

Then there are the Christmas chores that Driving  
Miss Daisy can take care of with you:

- Christmas Shopping and don't forget they will  
do the posting
- Shopping for that special Christmas Day outfit
- Airport Transfers
- A companion to end of year functions and events

But you really don't need a reason to call on Driving  
Miss Daisy, as just getting out and about and enjoying  
the company of your Daisy driver is good for the  
soul by simply having a good time, creating positive  
memories. So, don't sit inside lonely while the world  
buzzes along, there are very few reasons not to have  
a little fun. If needed many of our vehicles are fully  
equipped with wheelchair access, to assist with  
walkers and wheelchairs.

Remember, Driving Miss Daisy accepts the Total  
Mobility Scheme cards ("half price taxi chits"),  
providing driving discounts on trips.

To end I wish you all a very Merry Christmas after  
what has been a most challenging year for all of us.  
So please help us, help you, by considering buying a  
Driving Miss Daisy **Gift Voucher** or dropping the hint  
to family that it would be an ideal gift for yourself.  
It's as easy as calling your local Driving Miss Daisy  
Franchise owner.

Looking forward to taking care of you in 2021.

**Melanie** | Co- Founder

*editorial supplied by Driving Miss Daisy*

## Get out and about with Driving Miss Daisy



**Keep your independence and freedom  
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We can drive and accompany you to:

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- 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!**

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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**

It's hard to believe that I am writing the last of my CEO updates for the year. For so many of us here in New Zealand, 2020 has been an unprecedented year and while it has been difficult across Aotearoa and particularly here in Auckland, we must spare a thought for the many people around the world who don't have the freedom and safety that we have here and are facing another round of lockdowns.

While we are still able to enjoy the freedom of movement within New Zealand, for many of us coming into Christmas, we will be aware of the family and friends we have overseas that we don't know when we will see again. My own father living on the West Coast of Wales has now been in and out of lockdown for the last eight months. Heaven knows when I'll be able to visit him again. For me, this separation has been made that much easier because I've been able to stay connected digitally, but I recognise that this is simply not possible for many older people.

2020 has been a difficult year for many charities, as many of our traditional funders have effectively shut-up-shop or have seen their available funds dwindle. We have been very encouraged by the efforts the Government has made to support organisations such as Age Concern but, as with many, we look forward to 2021 with both hope and foreboding. Hope that a vaccine will become available and we will see the back of the uncertainty and a return to normality.

Foreboding that we may not yet be fully in the clear and that we may see our funding continue to fall. During these tough times, we are so grateful for the continued support of our members and donors. Each donation is vital to deliver our services and very gratefully received. At this time of year, we are asking that, if you can, you help us once again with our Annual Christmas Appeal. Funds raised will directly help an older person, over the holidays and with much needed support during the year.

Interestingly, as I write this, the new Minister for Seniors has just been announced, the Hon Dr Ayesha Verrall. I would like to congratulate her on being



appointed to this role and I look forward to working with her in the future. Her role is not an easy one, there are many challenges and issues facing older people across New Zealand and we wish her well in her efforts to improve things.

There have also been changes to two of our offices recently. The North Shore office was closed for two weeks, with staff working from home, while the first stage of a refurbishment project updating the office was started. We hope that the next stage will be undertaken early next year. We also brightened up our office in Avondale, with an intergenerational mural on the outside, you can read more about this in the newsletter.

Finally, I would like to take this opportunity as the year comes to an end to thank our dedicated and hard-working staff and volunteers for continuing to provide such a high level of service. It has been a challenging year for everyone, but over this year, through the collective efforts of all involved, we have continued to deliver services and support to all those who need it and have further enhanced Age Concern Auckland's well-deserved reputation for quality service.

I hope that you all have a wonderful holiday period and can enjoy the longer, warmer days of summer. And let's hope that 2021 is a little less unpredictable.

Regards,  
*Kevin Lamb* CEO Age Concern Auckland



When supporting the advertisers within this magazine **PLEASE LET THEM KNOW.**

Their continuation enables our newsletter to be provided free of charge - they need to know where you found them and that the advertising is working for them too.

*Thanks*



**Considering a lifestyle change but don't know where to start, or who to talk to?**

We understand that sometimes it's difficult to know where to start when considering downsizing or moving into a retirement village. Village Guide has teamed up with specialist agents from Barfoot & Thompson - experts at transitioning clients into retirement villages.

**The team of agents that Village Guide prefers to work with ...**



- ✓ Have a proven sales track record
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- ✓ Are honest with strong moral principles

They offer full service facilitation to make the move as stress-free as possible



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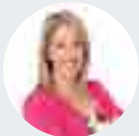


Handymen

**To learn more, contact the retirement transition expert in your area**



**Grant Haworth**  
North Shore  
021 194 40 95  
g.haworth@barfoot.co.nz



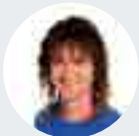
**Debbie le Roux**  
Rodney District  
021 94 1973  
d.leroux@barfoot.co.nz



**Sue Allan**  
West Auckland  
021 388 021  
s.allan@barfoot.co.nz



**Dee Brennan**  
Auckland Central  
021 581 007  
d.brennan@barfoot.co.nz



**Tania Brown**  
Central & Eastern Bays  
021 125 0931  
t.brown@barfoot.co.nz



**Simone Young**  
East & South Auckland  
021 730 377  
s.young@barfoot.co.nz



## Chair's report

Happy holidays and summer days to you all.

As I write, not only am I waiting to see which septuagenarian will win the White House but I'm also looking at the pouring rain. It's looking like a warm summer according to all of the predictions I've read. Warm dry weather is good news for our well-being and our health. Not so good for our water dam levels but a wonderful time to enjoy our region and support our local businesses, who like us all have done it tough this year.

An end of a year is a time for reflection. There will be plenty said about COVID-19, which despite its name will still be with us in 2021. One positive for me from 2020 is the noticeable rise of a positive community spirit. I am seeing acts of kindness more often than ever before. I have seen the wonderful work of Age Concern, and how we responded to the pandemic. And I've also seen a broader community movement to be kinder to one another.

The other positive I've noted, among some terrible lows, is we've almost eliminated influenza this year. This I imagine is a side effect of us staying home when ill, staying put if we're vulnerable and basic tasks like washing our hands more frequently and wearing face masks when out and about.

I spoke to my Mother often during the two lockdowns and asked her how she found it. Having lived in London during the second world war I was quite confident she would be taking COVID in her stride. And I was right. She went from coffee at the local café to creating a café type set up at home. We did online quizzes three times each week via Zoom and she really got into supermarket home delivery.

I'm lucky she could easily do these things. However, there were others who needed more support than my parents. And this is where Age Concern (and others) stepped in. I can't tell you how delighted I was with how we mobilised our support. How our staff responded and how quickly we were seen by Government and those we serve to be providing such a vital service in times of stress.

If you relied on us this year, I hope you got what you



needed? If you supported us I hope you know how important you are to our ongoing work? If you are one of Age Concern Auckland's staff or volunteers, thank you, thank you, thank you. You are a dedicated and superbly professional team.

This year has shown us the strength and tenacity of New Zealand's people. As a nation we have come together and pushed back on COVID. There's been much talk of protecting our older people against the pandemic too, reflecting the respect and value we place on them. Our older generations are treasured and help guide us, and we constantly benefit from their experience, resilience and counsel.

To all our supporters, volunteers, staff, Board Members and partners I wish you a safe and restful holiday season and a happy New Year.

*Victoria Walker* Chair, Age Concern Auckland.

### Age Concern's Opening Hours Over Christmas

We would like to take this opportunity to wish all our readers and supporters a very merry festive season and hope that you have a pleasant Christmas and New Year.

Our office will close at 12noon Wednesday 23rd December and reopen 9.00am, Tuesday 5th January 2021.



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or PHONE GRAEME on

**0800 433 133**

[graeme@mobilityscootersmanukau.co.nz](mailto:graeme@mobilityscootersmanukau.co.nz)

## Age Concern Auckland Annual Christmas Appeal



Spread the joy of Christmas and help a lonely older person feel special this Christmas

I/we would like to support the Age Concern Auckland's Christmas appeal:

- ☐ I would like to make a donation of \$\_\_\_\_\_ Donations \$5.00 and over are tax deductible. Charities Registration Number CC25023
- ☐ I have enclosed a cheque (Made payable to Age Concern Auckland)
- ☐ I have organised payment by Debit/Credit Card or Online by ringing the office on 820 0184
- ☐ I have made a payment at [www.ageconcernauckland.org.nz/donate](http://www.ageconcernauckland.org.nz/donate) (please used code Appeal in comments)

Please send to: Age Concern Auckland, PO Box 19542, Avondale, Auckland 1746

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

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

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

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

Thank you for your generosity to ensure that older people living in our community have a wonderful Christmas

## SUPPORT OUR ANNUAL CHRISTMAS APPEAL

**Spread the joy of Christmas and help a lonely older person feel special.**

*"To all the staff of Age Concern, thank you so much for the caring way you have always looked after my Mum who is now 94 years old. You have been outstanding in every way and thank you for the beautiful Xmas gift you sent Mum", Tony*

Thank you in advance for helping us with our crucial work. Donations can be made by filling out the donation form, online at

[www.ageconcernauckland.org.nz/donate](http://www.ageconcernauckland.org.nz/donate)

or by phoning the office on 820 0184 to make a donation by credit card or bank deposit. Funds will be used to not only spread joy at Christmas but also throughout the year to support older people who find themselves in need.

This is a wonderful chance to spread the Christmas spirit of goodwill and make a difference to an isolated and lonely older person.



Shayal and Ayaan

Welcome back to Shayal who has returned to the Ageing Well Team after her parental leave. While based at our Avondale office, Shayal will be doing some work across the Counties Manukau area.



**Do Not Tear Along The Dotted Line**

My total disregard for fine print  
Has been known to cause small ructions,  
When I rush full-tilt to open things  
Without first reading the instructions,  
But I do wish folk would understand  
And try to fully comprehend,  
When I see “Tear along the dotted line”  
I Like to cut the other end!  
When I am picking up prescriptions,  
If I am feeling rather sick,  
I take twice the dose in half the time  
Convinced I’ll get better double-quick,  
When special offers come by mail,  
It really niggles me somehow,  
To have an envelope instructing me  
“Please open this right away NOW”,  
If tags attached to garden shrubs  
Read “Please plant me in full sun”,  
They often end up on the shady side  
When my gardening stint is done,  
I prefer my mind on higher planes,  
There’s much more in life that’s urgent  
Than reading stipulated measures  
On cardboard packets of detergent,  
And if I want to squeeze and wring,  
I don’t feel I should comply  
With little labels stitched on collars,  
Which say “This article’s drip-dry”,  
My mind is most contrary  
If I spot the words “Dry clean”  
I get an almost fiendish pleasure  
Seeing it thrashing round my machine,  
And those dinky freezer meat packs  
All carefully labelled “Barbeque”  
Often wind up in casseroles,  
Or a Shepherd’s pie and stew,  
I’m fed up with all instructions,  
And just want to damn the consequence,  
I’m quite content to bungle through  
Enjoying the feeling of suspense,  
So please don’t give me guidelines,  
I know it could land me in hot water,  
But I’m phasing out a life-long bane  
Of “Should’s and Must’s and Oughta’s.

*Margaret England*

**New Services from  
Funeral Home**

Just Funerals have recently finished renovations at their Penrose Funeral Home to enable families to hold small, intimate services in their chapel with year-round comfort of Air Conditioning for the warmer months and heating in the winter.

They have upgraded the IT systems to allow music and videos to be played at the service and configured the arrangement room with a system that will soon be able to have ‘overflow’ seating and allow people to view the service through a camera.

A new reception area has been created with full wheel chair and ramp access and the carpark has been re-configured to allow for up to 7 car parks for family and friends and a hearse. There is extra parking around the back.

For small groups this is an ideal location as they are central to both the Southern and South Western motorways.



**Please feel welcome to call in for  
a chat or call ahead to make an  
appointment.**

*editorial supplied by Just Funerals*



**PHONE  
0800 804 663**

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

**Private 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 \$3550\*\***

**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 \$4650\*\*** *Manukau Memorial Gardens \$4900\*\**  
*Mangere Lawn Cemetery \$4650\*\**

**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**





## Connection through Art – My Art Bag



The project My Art Bag took place at the Papakura Selwyn Centre during the first COVID-19 lockdown earlier this year. It was a collaboration between Connect the Dots and The Selwyn Foundation. Connect the Dots is a charity aiming to improve the lives of older people through creativity. Selwyn Centres offer weekly get-togethers for over 65s providing fun, advice and support.

My Art Bag is a creative challenge that involved Selwyn Centre guests, who participated in a weekly art challenge in the safety of their own home. Andrea Gaskin, the Director of Connect the Dots, put together different creative challenges and created bags of materials and instructions which were delivered by Nikki Weir, the Coordinator of Papakura Selwyn Centre and her wonderful team of volunteers. All this was done safely with gloves, masks and social distancing.

Guests then worked on the art in their own time and at their own pace. The artwork was collected weekly, when the new activity was dropped off. Once we reached Level 1 and the Selwyn Centres were able to meet again, the artwork was collated into a larger art piece by the Connect the Dots facilitator, volunteers and guests. Over the course of the morning, there was storytelling, laughter and enjoyment at sharing the artwork completed at home and amazement at how each person's leaves, flowers and birds were unique and full of personality.

A letter received from a guest who participated in My Art Bag: -

*A great project to really challenge us. The patterns and colours are so lovely, and the spring flowers and blossoms truly lift our spirits. Tried to blend the watercolour, coloured pencils and pastels to keep the colours bright.*

*Thanks so much for the hard dedicated work you*



*have created to keep us connecting, the support and encouragement has been tops". Look forward to our coming together soon.*

Another guest has since bought a sketch pad and pencils as she enjoyed the drawing so much, even though she hasn't drawn in her previous 91 years.

My Art Bag is a wonderful example of creativity in difficult circumstances, how creative work can enrich our lives and promote resilience. This project gave guests an opportunity for connection and creativity during the COVID pandemic when many older people were at further risk of isolation and loneliness. Connect the Dots and The Selwyn Centres look forward to continuing their collaboration. If you are interested in finding a Selwyn Centre near



you contact: Mallika Krishnamurthy - Selwyn Centres Community Liaison on 0800 473 599 or visit <https://www.selwynfoundation.org.nz/community/social-engagement/selwyn-centres/>

If you are interested finding out more about Connect the Dots activities and workshops contact: Andrea Gaskin on [info@connectthedots.org.nz](mailto:info@connectthedots.org.nz) or visit <http://www.connectthedots.org.nz/>



The Selwyn Foundation

## Intergenerational Art Project Connects Young & Old

The new artwork on the side of the Age Concern Auckland office on Rosebank Road, is the final stage of an 18-month intergenerational community art project coordinated by West Auckland artist Ekarasa Doblanovic in partnership with Age Concern Auckland. The artwork is comprised of individual clay tiles that were handmade and painted by Avondale Intermediate students and residents from Cosmopolitan and Rosedale Retirement Villages during 10 workshops in mid-2019. The paint used on the tiles is mixed from local clays and soils from the Whau area, connecting the participants to their local area. The project was designed as a meaningful way to bring together young and old members of the community using the medium of art.

Our special thanks to Whau Arts, Whau Local Board and Whau Arts Festival for their funding; to Ekarasa for her creativity, passion and talent and the students, residents and members of the community who made tiles for the mural.

The art project is just one of the ways that Age Concern provides community connectedness for isolated and lonely older people through our Social Connections

Service. Contact your local office if you want to know more about activities in your area.



Ekarasa Doblanovic

## A Very Merry Invitation for Seniors

Virtual Village East

To celebrate Christmas and being able to get out and about again, local seniors are invited to come along to a special **Christmas Coffee & Catch-up morning tea** on **Tuesday 15th December**.

The morning tea is hosted by Virtual Village East, a social network of mutual support and friendship for older people in the East Auckland community. Come along to celebrate the season, to hear what Virtual Village East is about, meet new people and catch up with familiar faces. All seniors welcome!

**When:** Tuesday 15 December, from 10.30am to 12noon

**Where:** HBH Senior Living, 139 Union Road, Howick

**RSVP:** by Thursday 10 December for catering purposes to Lee Warmington, phone 09 538 0827 or email [co-ordinator@virtual-village-east.org.nz](mailto:co-ordinator@virtual-village-east.org.nz)

**A network of friendship & support for seniors**

[facebook.com/virtualvillageeast](https://www.facebook.com/virtualvillageeast)

[www.virtual-village-east.org.nz](http://www.virtual-village-east.org.nz)



## LILLE Healthcare

BOOST YOUR CONFIDENCE  
THIS FESTIVE SEASON

The festive season is nearly upon us and with that brings much cheer, but unfortunately for some it can also bring up some uncomfortable feelings. When we think of parties and get together, some people tend to shy away from the festivities due to fears around bladder weakness or incontinence. Despite these fears, it is important for us to remember that these symptoms are more common than we think – 1 in 5 people experience some form of continence struggles in their lifetime. With these statistics, we need to ask ourselves why we are feeling shy, embarrassed or uncomfortable, and strive to be more confident in who we are. To help with these struggles, here are a few tips to help manage these discomforts during this festive season and live a life in full view!

**1. Keep Hydrated** | Some people believe that by reducing fluid intake, they won't have to go to the toilet as often. Well this is what really happens: your urine becomes concentrated (a dark yellow colour) and this irritates the inside of the bladder. Your bladder then wants to squeeze itself to remove the urine making you have to go to the toilet more often. Even worse, some drinks also have this effect on your bladder – drinks that have caffeine in them such as coffee, tea, soft drinks, energy drinks and alcohol should be reduced to help us maintain a healthy bladder.

So how much fluid should you drink each day? It's a simple question with no easy answers. Studies have produced varying recommendations over the years, but in truth your water needs depend on many factors; including your health, how active you are and where you live. Consequently, try to drink when you are thirsty but keep in mind that you should be having around 6-8 glasses of 250 ml of fluids per day. Just remember that water will always be your best choice of fluid!

**2. Try to keep alcohol intake in check** | To promote a healthy bladder, it is recommended to have at least 2 alcohol free days a week – however the more the better! Both men and women should consume no more than 2 standard drinks on any day (which may be hard during the festivities) where one standard drink is equivalent to:

- One 375ml can or stubbie of mid-strength beer
- 100ml wine (13.5% alcohol)
- 30ml nip spirits
- One 250ml can of full strength pre-mix spirits (5% alcohol)

**3. Eat plenty of unprocessed, fresh foods** | I could prattle on for hours about eating well, however it all boils down to this simple rule. Processed foods (biscuits, cakes, takeaways, soft-drinks etc.) are all laden with sugar, salt and bad fats – so fresh is best! Don't think of it as a 'diet', think of it as 'eating well'. Don't forget it's also a good idea to eat more fibre, which can be found in vegetables, fruits and whole grains. This helps prevent constipation – a cause of urinary incontinence.

**4. Toilet Visits** | Teach your bladder good habits! Try not to go to the toilet 'just in case'. This can result in a lazy bladder that gets into the habit of believing it needs to be emptied regularly. Try to go to the toilet only when your bladder is full, and you really need to go. Also, whilst you are out and about, to help you be better prepared find a toilet close by for you in advance.

**5. Get moving!** | Honestly, we all know that we sit on our butts way too much, but we make lots of excuses as to why we can't exercise. Let's change our mindset and decide that it isn't exercise that we are going to do, but just moving. By 'moving' 30 minutes at least a day, you will be doing your body (and its future) a huge favour. This will help by keeping your bowels regular and assist you in losing any extra weight that may be putting strain on your bladder and its supporting muscles. There are lots of different ways to get moving but the trick is to find something that suits you. Try parking the car further away from your destination and walk the extra distance instead. That will be a great start!

**6. Use the right protection** | Make sure you are using the correct size and absorbency for your continence products. If you are not using the correct product, you may find that the performance will not provide the results you require and you may feel uncomfortable. If you are unsure if you have the right product for your needs, Lille Healthcare NZ can send you a few samples to try before you buy.

**7. Personal Hygiene** | Good personal hygiene is very important in managing incontinence. If you wear an absorbent product it is always a good idea to have a pack of wet wipes or wet wash gloves on hand for your personal hygiene and wellbeing so that you can refresh when needed.

Please remember, if you have any questions surrounding your bladder discomforts or continence troubles, you can reach out to the Continence NZ Helpline 0800 650 659.

Ref: <https://www.ontexhealthcare.com.au/articles/boost-your-confidence-this-festive-season/> December 12, 2018

*Editorial supplied by Lille Healthcare New Zealand*

Slip, Slop, Slap and Wrap  
Four Ways to be Safe  
in the Sun

You can be SunSmart and still enjoy the great outdoors. Being SunSmart is about protecting yourself from too much ultraviolet (UV) radiation from the sun.



## Slip

- Slip into the shade of an umbrella or a leafy tree. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.
- Slip on a shirt with long sleeves. Fabrics with a tighter weave and darker colours will give you better protection from the sun.

## Slop

- Slop on plenty of broad-spectrum, water resistant sunscreen of at least SPF 30. Apply 20 minutes before going outside and reapply every two hours and especially after being in water or sweating.
- The average sized adult should apply at least ½ teaspoon to each arm and to the face (including

the ears and neck) and at least a teaspoon to each leg, the front of body and back of body.

- Sunscreen should not be used as a way to stay out in the sun longer. Instead, use it as a way to reduce the risk of damage to the skin when exposure to the summer sun is unavoidable.
- Keep sunscreen in handy places where people are most likely to be reminded or need to use sunscreen e.g. by the door at home or work, or in your swim bag, sports bag or handbag.

## Slap

- Slap on a hat with a wide brim or a cap with flaps. More people get sunburnt on the face and neck than any other part of the body.

## Wrap

- Wrap on a pair of sunglasses. Choose close fitting, wrap-around glasses that cover your eye area and protect the sensitive skin around them.

## Sun Exposure

It is still important for your general health and wellbeing to continue to get some sun exposure even during the hottest months (September to April). This should be a walk (or some other form of outdoor physical activity) 5-6 days a week, planned for the early morning (before 10.00am) or late afternoon (after 4.00pm).

Be SunSmart at any time of the year when you are outside in the mountains or near reflective surfaces such as snow, ice and water.

*Source: Sunsmart.org.nz*



DEDICATED TO CONTINENCE CARE

Lille Healthcare New Zealand offers a comprehensive range of disposable products suitable to manage all types and levels of incontinence. Our technologically advanced products are 100% breathable and hypoallergenic, ensuring optimum comfort, security and discretion.

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Our easy-to-use Lille Healthcare Online Shop provides the ability to buy continence products discretely in the privacy of your own home and have your package delivered direct to your doorstep.

Order now at [www.lillehealthcare.co.nz](http://www.lillehealthcare.co.nz)



*Our Lille Healthcare range includes pads, pants, adult diapers and underpads.*



# Make Connections

Summer is coming and the warm months will give us more opportunities to be active, enjoy life, appreciate nature and revive tired spirits!

- **Introduce daily rituals to help anchor yourself.** A cup of coffee or tea while reading inspirational works from a favourite book, a few stretches while taking in deep breaths, a walk along a picturesque avenue – what do you enjoy?
- **Let go of judgement.** You may feel that you somehow ‘deserve’ to be lonely because of deficits in your personality. Curb any hurtful self-talk and take care of yourself the way you would a friend.
- **Be present.** Accept the emotions you are currently feeling. Then take note of your daily actions and connect them to a greater purpose, making sure to include those that may feel minor. eg the act of washing your hands regularly can potentially save lives.
- **Embrace small talk.** A growing body of research suggests that even trivial interactions with strangers, like chatting to supermarket cashiers or stopping to ask for directions, may strengthen feelings of connectedness to others. Set small challenges, like saying hello to everyone you pass in the street on a given day or asking your neighbour if they need any help.
- **Get to know yourself.** In order to have meaningful connections with others, you have to understand what is important to you, which in turn will help you make conscious choices about how you want to live.
- **Give yourself a hug.** ‘Havening’, a self-soothing technique, can help reduce anxiety and depression by realising oxytocin, a hormone which can help calm you. Wrap your arms around yourself and squeeze until you feel a sense of calmness.
- **Channel yourself into creative activities, such as cooking, gardening, or a house project.** Creativity has elements of both planning and living in the moment. Seeing something take shape, whether it’s a loaf of bread or a Lego city, lessens feelings of helplessness and brings satisfaction and peace.
- **Actively listen.** Good listeners provide a safe environment for those who are speaking, who in turn will tend to respond by opening up more. Listen to understand.

- **Spend more time with people who are good listeners and less with ‘vampires’ who deplete your energy by only talking about themselves.** It’s nice to be thought of and cared about at the moment!
- **Connect with others online.** There are many benefits to hanging out (even if it’s virtually) with family, friends and like-minded people. You can play games, join an exercise group, chat about common interests and give or receive advice. It’s wise to seek out platforms which have a strong moderator presence and policies which align with your own moral compass. Or keep it simple – host video chats with family members. Have a theme – you could have a movie night, or Happy Hour.
- **Spend money on experiences.** When you’re down, it can be tempting to splurge on cake, a new outfit, or a luxury item to get that instant feel-good hit. However, investing in an experience will give you long-lasting satisfaction and the opportunity to meet others. Enrol in a woodworking course, join a knitters group – see our Calendar of Activities for more ideas.
- **Find an online pen pal.** If you’re learning a foreign language and want someone to practise it with or are seeking a cultural exchange, Interpals might be your thing. It’s free to join – [www.interpals.net](http://www.interpals.net).
- **Hang out with yourself.** Go on mini adventures to new places and get dressed up for the occasion

Source: *Family Care New Zealand Issue 43*



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



## Social Connections Service Update

Dominic, one of our new volunteer visitors sent us this photo and feedback, “Sam, who I visit each week, has shown an interest in anything that flies and we discussed going for a walk in Onehunga near to where the Police helicopter lands once the COVID level dropped down to Level 1. I thought I would surprise him, I was able to meet with the Police Sergeant at the Onehunga Helicopter station and arranged a visit for Sam to take a close look at the helicopters there. We spent a fantastic 40 mins being shown around the station and getting to see the helicopters up close”. Dominic, what a great idea for an outing with Sam. Thanks to the Police Sergeant for taking the time to show Dominic and Sam around, you made their day!



## Celebrating special birthdays

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.



Yvonne celebrated turning 100 years young with a very special visit from her volunteer Wendy who has been visiting for 12 years.



Marion turned 75, she loves flowers, so these special cupcakes made her day.



Lynn celebrating her 85th birthday. Lynn loves sewing, so her volunteer took her to Spotlight for a special birthday outing.



Sonia’s special cake had gorgeous flowers on it, she shared the cake with her new volunteer visitor.



Film Review by David Mealing



**Kes** by the brilliant English film-maker Ken Loach

Social Realist films have a long and proud tradition in British cinema. Films in this genre go back to the early 1950's. 'Billy Liar' (1953); 'Cosh Boy' (1953); 'Room at the Top' (1958); 'This Sporting Life' (1963); 'Saturday Night and Sunday Morning' (1960), and 'Cathy Come Home' (1966) are outstanding films which all in their different ways deal with social/political issues. I should also not forget Lindsay Anderson in this context, who was a leading light of the Free Cinema movement. His film 'If' (1968) was a satire on English public schools, which promulgated the overthrow of the British class system by staging a revolution. The docudrama 'Cathy Come Home' by Ken Loach portrayed working-class people in direct conflict with the authorities above them. It was so influential that it inspired the contemporary charity Shelter to be established. The predominance of market forces over social cohesion in Britain has been accentuated and reinforced over the last 10 to 20 years, as ideologically driven political austerity measures in Britain have broken down the social fabric and displaced increasing numbers of people.

Homage must be made to the septuagenarian film directors of British social realism who have remained faithful to its origins over nearly five decades – Ken Loach and Mike Leigh. As sublime practitioners of their craft they have in their own way confronted the schisms in British society and harshly critiqued the ruling class. Loach is more overtly political than Leigh who has a reputation as a romantic humanist. Their ongoing legacy has inspired and contributed to the emergence of a British New Wave of Social Realist film-makers in the last 10 years or so. Younger film-makers like Andrea Arnold with 'Fish Tank' (2009) and Clio Barnard with 'The Arbor' (2010) and 'The Selfish Giant' (2013), have continued this tradition with angry, raw and socially hard-edged films, that reflect the increasingly dislocated condition of British society.

Ken Loach is a socialist, a fabulous film-maker and undoubtedly my favourite Director. His films do not allow any compromise and are relentless in their pursuit of holding people in power to account. He is unflinching in this way and his phenomenal filmic output over 50 years is a tribute to his sustained commitment to telling the stories of the underprivileged, disadvantaged, and brutalised people in society. He speaks with a clear voice and vision. I admire the authenticity and sincerity of his social conscience. His films were a prescription for how to address issues in social realist films i.e. they

should confront social injustice, racial injustice, economic hardship and should put front and centre, the working-class as heroes.

Kes was his 2nd feature film for cinema release in 1969. I remember seeing it in my last year at art school during the International Film Festival, in the now long gone and superb Regent Theatre in Queen Street. I miss it to this day. Kes built upon 'Cathy Come Home', but not necessarily in the manner of that film. The parallel connection was the humanistic nature of the film, which foretold the canvas that Loach was going to work on and develop in the future. The film told the story of 15 year old Billy Casper, who has little hope in life. Picked on physically and verbally abused, he is described by his mother as a 'hopeless case'. One day he takes a kestrel from a nest on a farm. This stimulates his interest in falconry. It has the effect of improving Billy's outlook and horizons. The film ends in tragedy when Billy's older brother Jud kills the kestrel in revenge for Billy wasting his bet on winning a successful 10 pound horse race by spending the money on fish and chips instead. The film has a bleak landscape backdrop in the north of England and the storyline evokes conflicting and irreconcilable images of hope and despair.

The Rotten Tomatoes website's critical consensus reads 'A harrowing coming of age told simply and truly, Kes is a spare and richly humane tribute to the small pockets of beauty to be found in an oppressive world'.

There are any one of a number of Ken Loach films I could have chosen as my favourite film. More recent films like 'I, Daniel Blake' (2016) and 'Sorry We Missed You' (2019) are superb examples of his mature style. However, Kes was an insightful film in the sense that it presaged what was to follow in Loach's career in his treatment of social issues such as poverty, homelessness and labour rights. Kes was voted the seventh greatest film of the 20th Century in a poll by the British Film Institute.



# HEALTH PROMOTION UPDATE

## Would you like us to come and present to your Seniors Group or Organisation?

Our interactive Presentations are available to Seniors Groups/Organisations and we allow plenty of time during the Presentation for discussion and questions. Printed supporting notes will be provided to take home.

### Steady Steps (an introduction to falls prevention)

This Presentation introduces facts about slips, trips and falls, their likely causes and provides information on early strategies to reduce the risk of falling.

### Scam Alert! (Beware! Be wise!)

This Presentation looks at what is a scam, who can be scammed, the ways you can be scammed and how to protect yourself.

### Nutrition in a Nutshell

This Presentation provides information on the importance of nutrition as we age and our changing nutritional needs. Includes a look at food groups, their importance and recommended daily intake, the importance of protein, fibre, fluids, strong bones, Vitamin D and smart snacking.

### Spring into Safety

This Presentation provides information on various ways to keep ourselves safe at home and when out in the community. Also briefly covers online safety and scams

### Supports for Super Seniors

This Presentation provides an on the variety of agencies and organisations that are available to give advice and support to older people and includes information about online and telephone resources.

If you would like us to present please contact us on [melaniej@accm.org.nz](mailto:melaniej@accm.org.nz) or call us on 279 4331 to discuss.  
*A koha towards expenses is appreciated.*

## 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?

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

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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](http://www.retirementlife.co.nz) or via the Facebook site <https://www.facebook.com/retirementlifenz>

	8	2	3			7		
4				5	9	2		
	3					8		9
					1			5
				7				
2			5					
1		5					7	
		3	9	2				1
		9			5	4	6	

How to solve sudoku puzzles

No math is required to solve a sudoku. You only need logic and patience.

Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid.

(The difficulty on this puzzle is easy)

2	9	4	5	3	1	6	7	8
6	4	3	9	2	7	5	8	1
1	2	5	4	6	8	9	7	3
7	6	8	5	9	3	1	4	2
3	5	1	2	7	4	6	9	8
7	9	4	6	8	1	3	2	5
5	3	6	7	4	2	8	1	9
4	1	7	8	5	9	2	3	6
9	8	2	3	1	6	7	5	4

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

10am-12pm, 20 Alfriston Road.

Contact Marisa Johnstone today

021 991 805.

Financial freedom? Choose Bloom.

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✓ 100% entitlement to capital gains

✓ Low weekly body corporate fees

✓ No hidden costs

At Bloom Living, you can have it all; a brand new, healthy home, stress-free living while being connected to a vibrant over 55's community. Embrace the financial freedom that comes with homeownership in retirement. Visit our Show Homes to see if Bloom Living is right for you!

From **\$555,000**

2 1 1 1 1

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

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

**BloomLiving**

Freehold Retirement



## Asian Services Update

Our specialised Asian Services team working in partnership with A Better Chance Charitable Trust have introduced some new activities. One of these involves, inviting older Chinese people living alone to come to a dumpling making class. While they are making dumplings, we deliver a talk on positive ageing. We are also delivering weekly activities through rest homes in partnership with A Better Chance Charitable Trust. The games and activities are designed to encourage the residents to interact with each other and to stimulate their cognitive thinking.

The residents love having our new team member Mandy facilitate the activities and they look forward to her visits.



## FIVE Questions to ask about your medications when you see your Doctor, Nurse or Pharmacist

- 1. CHANGES?** Have any medications been added, stopped or changed and why?
- 2. CONTINUE?** What medications do I need to keep taking and why?
- 3. PROPER USE?** How do I take my medications and for how long?
- 4. MONITOR?** How will I know if my medication is working and what side effects do I watch for?
- 5. FOLLOW-UP?** Do I need any tests and when do I book my next visit?

## Keep your medication record up to date remember to include:

- ✓ Drug allergies
- ✓ Vitamins and minerals
- ✓ Herbal/natural products
- ✓ All medications including non-prescription products

Ask your Doctor, Nurse or Pharmacist to review all your medications to see if any can be stopped or reduced.

Visit [www.hqsc.govt.nz](http://www.hqsc.govt.nz) for more information

## LIVE STRONGER FOR LONGER

### PREVENT FALLS & FRACTURES

Community Strength and Balance classes are social, fun and keep you strong and independent to do the activities you love.

Age Concern Auckland is the lead agency for Community Strength and Balance classes across Counties Manukau. Our role is to coordinate and grow access to classes.

As part of this programme a range of classes are offered across Counties Manukau which help older people improve their balance, leg strength, flexibility, general fitness and well-being.

Three levels of classes are offered and we will work to ensure that you are placed in a class suited to your mobility and ability:

- Level 1 Limited Mobility** – use of a walking aid, restricted activity and/or does not engage in regular physical activity (e.g. gardening, walking).
- Level 2 Reasonable Mobility** – does not use a walking aid and/or currently engaging in some physical activity.
- Level 3 Full Mobility** – good level of fitness and wanting to maintain this, and confident in participating.

For more information on classes visit [www.ageconcernauckland.org.nz](http://www.ageconcernauckland.org.nz) or phone 0800 262 368

### Check on those people you love and care for.

Reach out to your older relatives, friends and close neighbours to check in with how they are and talk through their worries. Whether it is giving them a phone call or writing a letter, staying connected and connecting often is important.

*Part of our community.  
People you can trust*

MANUKAU | PAPAKURA | FRANKLIN

Corner Wood & Elliot Streets, Papakura  
Phone 09 298 2957  
[www.fountainsfunerals.co.nz](http://www.fountainsfunerals.co.nz)

## 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*

“Know that you are the perfect age. Each year is special and precious, for you shall only live it once. Be comfortable with growing older.” ~Louise Hay



Pasta Peas and Parmesan

Serves 1 | 25 minutes

This pasta dinner has peas, scrambled egg, wholemeal pasta and Parmesan cheese. This is a quick, easy and cheap dinner with only five ingredients. Tasty too.



Ingredients

- 1 cup uncooked wholemeal pasta shells
- 1/3 cup frozen peas
- 2 eggs, beaten
- 2 tablespoons Parmesan cheese, grated
- 1/4 teaspoon ground black pepper
- 1 teaspoon Parmesan cheese, grated

Directions

Preparation:10min › Cook:15min › Ready in:25min

1. Fill a saucepan with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the pasta then return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through but is still firm to the bite, about 10 minutes. Stir in the frozen peas then cook for 1 more minute; drain well in a colander set in the sink. Return the pasta and peas to the saucepan.
2. Mix in the eggs, 2 tablespoons of Parmesan cheese and black pepper; cook over low heat, stirring constantly until the eggs are cooked through, 2 to 3 minutes. Serve sprinkled with 1 teaspoon of Parmesan cheese.

Recipe from: <http://allrecipes.com.au/>



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Go to

[www.facebook.com/ageconcernauck/](http://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 fifty 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 50 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:

- Anstiss-Garland Charitable Trust
- 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
- Margaret Olive Russell Charitable Trust
- Maurice Paykel Charitable Trust
- 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
- Your West Support 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 550 hours every single week.

Needs Assessment and Service Co-ordination (NASC)

There is a range of health workers and services available for older people to support them to stay at home. A needs assessment may be the key to accessing these services.

Needs Assessment Service aims to help you maximise your independence and self-reliance and to enable you to remain in their own home for as long as possible.

The NASC is the key agency that can:

- Authorise Government funded services for older people living at home including home-help and personal care assistance. You will need to hold a Community Services Card to receive help with routine housework
- Authorise Government funded short-term respite care for care-givers, day care or longer-term care
- Authorise entry into long-term residential care such as rest homes, dementia units or private hospital. This authority is granted only when you are assessed as having high or very high needs and it is no longer safe for you to remain at home. If you need financial help to pay for long term residential care you may qualify for a Residential Care Subsidy, but you must have completed a Needs Assessment first.

You can apply for a needs assessment, either in person or by referral from any other person, eg your GP. If you are currently living in the community, and your health circumstances have changed you are able to apply for a re-assessment of your needs. To contact NASC ring 277 3440 or 0800 262 368.

TIPS TO HELP WITH ANXIETY ATTACKS  
Look around you.

Find five things you can see  
Four things you can touch  
Three things you can hear  
Two things you can smell  
and One thing you can taste

This is called grounding. It can help you feel like you have not lost all control of your surroundings. So follow the exercise, find your surroundings stay calm at all times.

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



acaciacove 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.