

SUMMER 2020 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concern Mid North

Serving the needs of older people



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OFFICE HOURS

9.00am - 1.00pm Monday to Friday

Do you have time for others?

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

Would you like more company?

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



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Thanks

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

We wish you a Merry Christmas 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 with our safe, reliable companion driving service.

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

Kerikeri - Far North

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PRESIDENT'S REPORT

It is so lovely to be out of Lock Down as we can now have our regular "Meet and Greet" on the last Friday of the month at 10am and our usual classes.

Juen and Kayla are very busy organising new classes which you will read about in this Newsletter..

Our speaker at the September Meet and Greet was Frank Owen, Representative for Kerikeri on Eastern Community Board. Frank was asked to speak on Disabled Parking in the Far North or rather lack of it. I have found that they are few and far between and we need more in suitable places such as outside the Picture Theatre/Cafe complex, right outside the Post Office not further down the road and the majority of Restaurants/Cafes do not have disabled parking. There is no disabled parking anywhere near Triton Hearing or Specsavers but there is one across the road and further east where there are no shops whatsoever. Why put one there? Waipapa shops do not have any outside the Optometrists, the Butcher or Greengrocer which I feel is very important as one has to cross the busy road which is quite uneven. Not easy on a walking stick, walker, mobile scooter or wheelchair. Frank was a very interesting speaker and taking notes on most things we mentioned. We did not just discuss Disabled Parking but those members attending the meeting were able to discuss any problems they had with Council. It was a very interesting and stimulating morning.

At our September Committee meeting one of the many subjects we discussed was ideas for speakers for next year. Juen now has a list of suitable people to contact. If any of our members has a person they would like us to present as a speaker please contact the office.

Age Concern Mid North's Annual General Meeting is to be held on Friday the 30th of October at 10.30 am at Kingston House. Morning tea will be available from 10am.

The Christmas Luncheon which we are all looking forward to is to be held at the Kerikeri Cruising Club at Dove's Bay. Further details from Juen in this Newsletter.

Age Concern New Zealand's Annual General Meeting was held by Zoom in which Juen was able to participate as the 2020 Conference in Wellington was cancelled due to Covid-19. Juen is regularly involved in Managers meetings by Zoom.

Thank you Juen and Kayla for managing Age Concern

Mid North's office from their homes during these recent very stressful months as Kingston House was closed to the public.

Kind regards, *Jan Flowers*

Message from Manager's Desk

The end of the year is upon us. We are doing our best to catch up on activities and programmes that we could not offer during covid-19. The year 2020 will be well remembered in our history books.

Our Health Promotion activities in Kaikohe and Kerikeri are attracting many new faces, the Young at Heart in Kerikeri runs weekly on Wednesday and Thursday, it was great to see all the happy faces enjoying their exercise of dance and music. Kaikohe Strength and Balance runs weekly on Thursday and the Senior Citizens Hall. As from the 20th of October we will have a Strength and Balance class running in Kerikeri on a Tuesday at 11am, if you are interested in joining that class please come and participate or contact us on 407 4474.

In Kaikohe on the 22nd October we are running our first Safe with Age Driving Course for the current year, we have a full registration. We have planned four other workshops, Kerikeri, Kawakawa and two in Whangarei, we would like you to contact us if you wish to register for any of the workshops. The contact person to contact to express your interest is Shirley, who is the trained facilitator.

The dates to put on your calendar are:

Friday 30th October - our meet and greet day we will be having our AGM, morning tea will start the meeting, AGM will follow from 10.30.

Friday 27th November - we will celebrate with our Christmas Dinner at the Kerikeri Cruising Club.

Look forward to see you at both functions

Kia Ora Koutou Katoa, hello to you all

I hope this newsletter finds you well. 2020 has been a challenging year for all and I look forward to getting back into the swing of things and preparing for an exciting 2021. We are in the process of planning our Staying Safe: a refresher course for older drivers, I hope to see many of you attend. They will be held

in Kaikohe, Kerikeri, Kawakawa and a couple other areas yet to be confirmed. Our strength and balance classes are up and running and it is great to see everyone enjoying themselves. We would love to see more of you at our Kaikohe class, every Thursday 10.00am at the Kaikohe Senior Citizen Hall. We are in the process of starting up another strength and balance class here in Kerikeri at Kingston House, so do keep an eye out for this.

With Covid-19, isolation, and loneliness among at risk groups rose. We are always looking for volunteer visitors and people wanting more company. If you think you may be interested in our visiting service contact our office.

Our Tech for Seniors programme has seen many people come in wanting support with general use of their devices such as phone, tablet, and laptops as well as internet banking and email. If you need support with online applications or a particular device contact our office, and we can organise a time for you to come and see us. I do look forward to seeing you all in the next coming months. Until then, take care.

Nga mihi, *Kayla*



Tena Koutou Katoa, greetings to you all

My name is Linsey and I am happy to say I am a

part of the team here at Age Concern Kerikeri as a placement student completing my final year of study doing a Social work degree.

I started my placement with Age Concern on the 18th August 2020 and have really enjoyed meeting new faces and being a part of the strength and balance class which is held in Kaikohe every Thursday. The team here are awesome and helpful and do a great job supporting the elderly in the community.

At the moment I work at Te Hau Ora O Ngapuhi as a Family start Kaimahi (support worker). Family start is an intensive home visiting program that delivers educational parenting practices and supports parents with the development of their baby, their environment and wellbeing.

Age concern is a big shift from my Family start role however I respect and acknowledge our elderly people (kaumatua & kuia) and consider it a privilege to hear their life stories and experiences. I grew up as a child with my grandmother who I love dearly. I had a strong bond with my grandmother and learnt so much from her which has been a positive influence in my life. I want to be able to help the elderly and support them with their health and well-being. Manaakitanga (caring for others) respect and Awhi (support) is some of my values I use in my practice.

I look forward to meeting more new faces throughout the duration of my placement and learning new things. Join me at the Kaikohe Senior Citizen's Hall for my 'Oranga Health and Wellbeing' Workshop, November 19th at 10am.

Nga mihi, *Linsey Reti*

Remember to be SunSmart

Slip, slop, slap and wrap!

Age Concern Mid North CALENDAR OF EVENTS



MONDAY

Walking Group - 9.30am

Lawyers Clinic - 12pm onwards / Kingston House, Kerikeri (First Monday of every month)

WEDNESDAY

Gardeners group

9.30am / Kingston House, Kerikeri

Young at Heart (non-impact aerobics)

11.00am / Kingston House, Kerikeri

THURSDAY

Kaikohe Strength & Balance

Time to be confirmed / Baptist Church, Kaikohe

Young at Heart (non-impact aerobics)

11.00am / Kingston House, Kerikeri

FRIDAY

Monthly Meet & Greet - 10am / Kingston House, Kerikeri (Last Friday of every month)

STAYING SAFE DRIVING

This is a classroom based free programme for those of you aged 65 and over, who would like to improve your safety awareness, driving and road rules. This course is run in conjunction with Road Transport New Zealand and uses a staying safe booklet guide with videos.

If you would like to attend a course please phone Age Concern Mid North 407 4474 to book for our next course.



Know your Bones™ It could save your life

Our skeleton isn't something we tend to think about and most of us take it for granted. However, if you want to live an active, independent life well into old age, a healthy skeleton matters.

Most people hear the word 'fracture (broken bone)' and think 'nuisance'. Some initial pain, an awkward few weeks in plaster, and having to shower with a plastic bag.

Not many people consider that it could be an indicator of something more serious. However, fragility fractures caused by poor bone health can be life-threatening a major cause of pain and long-term disability.

As we age bones (particularly after menopause for women) the protective effect of our hormones reduces. The bone being removed is not fully replaced with new bone, and our skeleton can become weak, fragile and in danger of breaking easily.

Among the population aged over 50 years, one in three women and one in five men will suffer a fragility fracture. After having a fragility fracture, the chance of having another fracture doubles.

Anyone who has broken a bone after 50 years of age as a result of a fall or modest impact should talk to their doctor or practice nurse to see if poor bone health might have caused that fracture.

Good bone health begins with knowing your bones. Visit www.bones.org.nz, take the Know your Bones™ test. If you have risk factors, we encourage you to print this report and discuss it with your doctor or practice nurse.

**It is never too early (or too late!)
to think about better bone health.**



Retired and still rocking?

In the 1950s, guidance counselors recommended that students throw away their rock albums, which Frank Sinatra condemned as ugly and vicious. But did they do it?

Some research suggests that seniors are still rocking to the bands of their youth.

Seniors have lived through explosive musical changes. Influenced by the crooners of the 1940s and 1950s, to the early bluesy rock of Elvis Presley and into the rock band era of the 1960s and 1970s.

One of the main reasons these huge musical movements exist is technology. Radio brought music to the masses. Vinyl records allowed us to choose. Cassette tapes and CDs were portable. And, finally, internet-based music allows consumers to transport, choose, and mix it up.

Some studies say musical tastes change with age. A 2013 University of Cambridge study of data from 250,000 people over 10 years shows that musical tastes shift in line with life challenges.

Adolescents like intense, aggressive, loud, distorted and rebellious music as they struggle to find an identity and overcome frustrations.

Young adults prefer romantic, positive and danceable music as they search for love. In this stage, music is part of the search for intimacy, according to Science Daily.

By middle age and later, people search for relaxing, emotive, and more sophisticated (or complex) music.

On the other hand, smaller studies by online music companies found that people reached their peak music experiences around age 24 and stopped experimenting with music around age 30.

That means seniors may still be rocking out to the bands and voices of their youth.

According to a 2001 study by National Institutes of Health, listening to your favorite songs can give your brain a big dose of pleasure.



CHRISTMAS DINNER

This year we are having our
**Christmas Dinner at the
Kerikeri Cruising Club, Doves Bay.**

Date: 27th November 2020

Time: 11.30am – 1.30pm

Cost: \$25

**Transport: For those of you who may need
transport a bus will leave Kingston House at
11.15am. Cost for the bus is \$10.
Bus space is for 45 people.**



**Please contact us if you
want to join us for the
Christmas dinner**

**maximum is
70 people.**

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