

SUMMER 2020 QUARTERLY NEWSLETTER

www.ageconcernauckland.org.nz



Age Concern Auckland Central & West Edition

Serving the needs of older people



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OFFICE HOURS
9.00am - 4.00pm Monday to Friday

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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.

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

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



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

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®

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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 ...



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



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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
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021 94 1973
d.leroux@barfoot.co.nz



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Tania Brown
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021 125 0931
t.brown@barfoot.co.nz



Simone Young
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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.

For elder abuse emergencies during this period please phone the Auckland Central Police Hub on 09 302 6400 or the Elder Abuse Response Service helpline on 0800 32 668 65.

Important Numbers:

Auckland Hospital 09 367 0000
Need to Talk Freephone or text 1737

**Remember in an emergency call 111
For a non-emergency phone 105**



STAFF UPDATES



Hi! My name is Mandy Ho and I am excited to join Age Concern Auckland as an Asian (Chinese) Service Coordinator. I come from Hong Kong and speak both Cantonese and Mandarin.

I came to New Zealand in August of last year with a working holiday visa and worked in a variety of jobs to get work experience. Previously I have worked with older people as a social worker for more than 6 years.

It is my pleasure to join Age Concern. With my professional qualification and work experience in senior services, I hope I can make a positive contribution to this lovely community.



Hi, I'm Alana Marck, and I am so excited to be joining Age Concern Auckland as a Health Promotion Coordinator. I have a Bachelor of Health Science Degree from the University of Auckland and have had various roles in the health sector. I am passionate about supporting and empowering people and look forward to doing so in this role.

Outside of work, I enjoy playing sports, reading and spending time with friends and family. I am excited to meet and work with the wonderful community we support here at Age Concern Auckland.



Hi, I'm Margorie and I am the new Office Coordinator based in Avondale, so if you phone through to our office you will be speaking with me. I come from a background in Travel and Tourism having graduated with a certificate in Tourism before working in wholesale travel for the last 6 years.

Outside of work I love to bake in my free time and have an interest in Photography. I have also lived locally in Avondale all my life and look forward to meeting the people that make up our wider community.



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.

Ayaan pictured right and left with Shayal.



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** Purewa \$4900** Waikumete \$4900***

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

- Medical appointments
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- Sightseeing and outings
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- One off or regular
- Long trips and local

Call now! For more information

0800 956 956

Total Mobility Provider

ACC REGISTERED VENDOR



www.freedomdrivers.co.nz

Editorial supplied by Freedom Drivers

Health Promotion Update

Would you like us to come to 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/activity 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 easy strategies to reduce the risk of falling.

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, fluids, strong bones Vitamin D and smart snacking.

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.

Supports for Super Seniors

This Presentation provides an overview of 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.

Spring into Safety

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

If you would like us to present to your group/organisation please contact us on ageconcern@ageconcernak.org.nz or call us on 820 0184 to discuss.

A koha towards expenses is appreciated.

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 (please use 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 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.

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)

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. 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 for more information

You need to let your healthcare professional know if you believe you've had an adverse reaction to a medicine so they can report it.



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.



photos by: Ekarasa Doblanovic

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.



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 of 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

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.

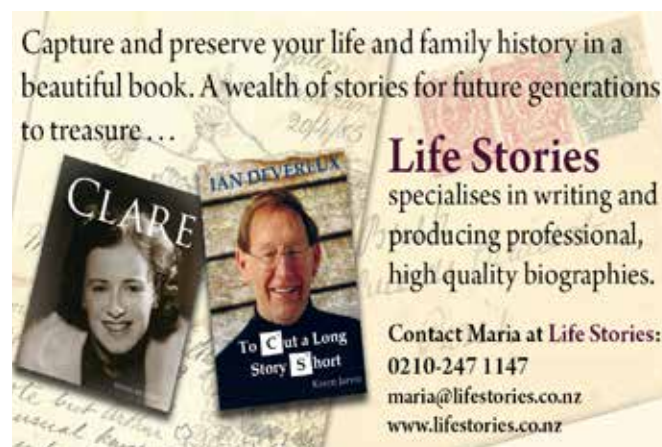
- **Spend more time with people who are good listeners and less with ‘vampires’ who deplete your energy by only talking about themselves.** It’s nice to be thought of and cared about at the moment!
- **Connect with others online.** There are many benefits to hanging out (even if it’s virtually) with 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.
- **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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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.

Right-sizing and moving on

Rattling around in a large, and mostly empty house, is depressing and challenging. So what can be done about it? "Downsizing" for many is a term that diminishes age, so let's try "right-sizing". Not amazingly original, but it suggests that changes in one's life are a catalyst for thinking about what's really needed for the future – and for many older people, a five bedroom late Edwardian villa in the suburbs isn't it.

***So, right-sizing it is.
And a retirement village
is an increasingly popular
right-sizing option.***



The first and perhaps the greatest challenge in moving to a new place is working out what to do with the accumulated memories and stuff of decades of life. Someone said that "part of the trouble in "getting rid" of stuff is accepting that certain parts of my life are over. For example, I was never a frequent entertainer, but I do have nice tableware that is used for "company." Letting it go would signal that that part of my life is over. The same could be applied to sports equipment. What I mean is it is more than getting rid of extraneous stuff. It is like saying that part of my life has gone forever -I am moving into decrepitude where I won't need my silverware or my tennis racquets!"

It needn't be like that, but we know it's not easy. The internet has plenty of sites giving advice on how to decide what to keep and what to give away, how to manage things that provide lovely memories with what's really a non-essential. Perhaps you could create four piles in four corners of a room – stuff that's essential for your future happiness, stuff that has value which your family and friends might appreciate, stuff that no-one immediately wants but could be worth something to strangers, and – let's face it – junk. Then just make sure the family takes delivery sooner rather than later, you send the unwanted but worthwhile stuff to a charity shop or sell it on-line, and lastly, get that skip ordered in today!

People decide to right-size for all sorts of reasons. They don't want to "be a burden on the family" and decide to sort their belongings long before the children have to do it for them. Or perhaps there are good health reasons – the stairs are too much for the knees, the garden's getting beyond it, or vacuuming all five bedrooms is an exhausting pastime and you have much better things to do.

Releasing equity in the family home has been a major incentive to move. Thanks to the buoyant property market, we've known people to sell their family home, move to a retirement village and bank hundreds of thousands of dollars into the retirement savings. It's a bit like winning Lotto, and the addition to the savings means a quantum improvement in their retirement lifestyle.

Moving to a smaller home also means significant savings in costs too – power, rates, insurance, furniture, maintenance and upkeep all fall away. Retirement village homes are purpose-built for older people, with no steps, insulation and energy-efficient appliances, the economies of scale with rates and insurance, and someone else looks after the maintenance and lawns.

But don't take our word for it. See what our residents say about the many benefits of right-sizing to a retirement village on our Retirement Life Facebook page here - https://fb.watch/1D_-iOFnML/

editorial supplied by Retirement Villages Association

LifeCurve™ is coming!

Age well, live better, reduce decline.

Quickly discover how you are ageing by using the LifeCurve™ App

What is LifeCurve™?

An easy to use App for your phone.

What does it do?

Compares your function levels against others your age. Then shows ways to improve those levels, helping you to age well.

How does it do it?

Uses 15 daily activities, which indicate how well someone is ageing, to show where you are on the LifeCurve™. Knowing this empowers you to make choices to improve your health and wellbeing.

Why use it?

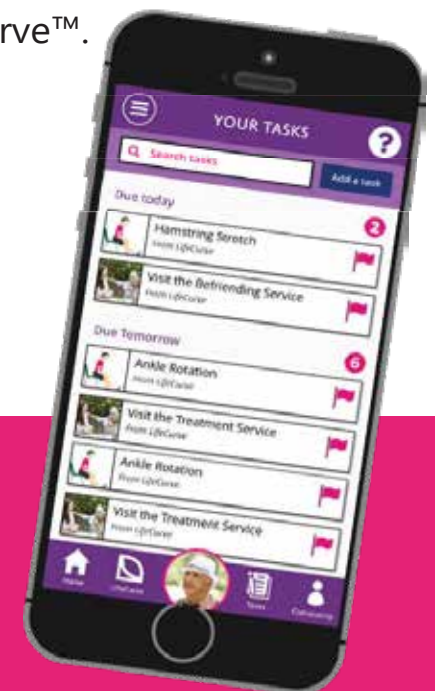
Early intervention and prevention are proven to be the best ways to maintain health and function as we age. Stay active and age well with LifeCurve™.

When will it be available?

LifeCurve™ should be publicly available by December, 2020.

How do I find out more?

For more information or to ask a question email kathy.everitt@bopdhb.govt.nz



"The LifeCurve™ App offers practical ways to maintain health and function through your later years. It's an easy way to engage with health promoting activities and interests and help you live life to the fullest."

Professor Ngaire Kerse, University of Auckland, Head of School of Population Health.

Staying Safe at Home

Being burgled is no fun. There are the shocks of having your home invaded and items stolen or damaged, plus the stresses of insurance, cleaning, getting replacement items and worrying about whether the offenders will come back for another go. Most New Zealanders will never experience a burglary, but you can reduce the odds by making things harder for would-be-thieves.

Think ahead

- Don't open the door to strangers
- Install a peephole in your door
- If you don't know someone, keep the door closed
- Have a phone by your bed
- Arrange with a neighbour to phone or visit you if your curtains aren't open after a certain time in the morning
- Have a personal or medical alarm that you can press in an emergency
- Never tell someone that you are alone in the house
- Ask for a security checklist from Neighbourhood Support <https://neighbourhoodsupport.co.nz>
- Don't be tricked? If someone you don't know asks to make a phone call from your home, get the phone number and offer to make the call yourself. Then they don't need to enter your home and you don't need to open the door
- Never do business with strangers who come to the door, phone you or contact you via email
- Never talk to strangers about your financial affairs
- Never give out your name and address or chat if you receive a wrong number phone call
- Use tried and trusted tradespeople. Get several quotes
- If you are cheated, tell Police. Help police catch the criminal and stop other people from being cheated
- If you suspect someone is being cheated or abused, contact Citizens Advice Bureau, Age Concern Auckland, your Community Constable or Local Police
- Go to a safe place and wait for Police

Stay safe indoors

- Install a wide-angle door viewer so you can see who is at your door
- Keep your doors and windows secure and close

- your curtains at night
- Invest in good quality, secure locks
- If you live alone, don't advertise the fact. Keep your answerphone message generic – say 'no one is available to take your call' rather than 'I can't take your call'
- If you think something is not right, but are not sure, call 111 and let Police decide

Life Tube

Get a Life Tube from Age Concern Auckland. In an emergency the red Life Tube sticker on your fridge will alert Police, Ambulance or Fire Services that vital information about you is available inside the fridge.

Know your neighbours

- The most important action you can take to make your place safer is to know your neighbours. Exchange contact details, discuss your crime and safety concerns and decide what you would do in an emergency. If you or your neighbours are away, follow our property protection suggestions:
- Let neighbours know when you are going to be away. Swap holiday addresses and phone numbers
 - Let each other know if visitors or tradespeople will be in your house while you are away
 - Be a good neighbour. If your neighbours are away, you can help them by making their house look 'lived in'
 - Turn on lights at night
 - Close curtains at night and open them during the day
 - Mow lawns
 - Clear mail, especially junk mail and newspapers
 - Use their clothesline or driveway
 - Keep an eye on their house and walk around it once a day to check it is secure
 - Question strangers, but don't say the neighbours are away. Write down their description, visit the Neighbourhood Support website for a fact sheet
 - Write down the registration numbers of unfamiliar vehicles moving slowly or stopping in the street
 - Report anything suspicious to your local Police station
 - If you think a crime is being committed or someone is in serious danger, call Police immediately on 111

- Start a Neighbourhood Support group
- Neighbourhood Support helps neighbours to talk to each other and works closely with Police and other organisations in your community to reduce crime, improve safety and prepare to deal with emergencies and natural disasters

If you have an intruder, prowler or burglar

- If you wake and find an intruder in your home:**
- Get out if you can
 - Dial 111 and ask for Police
 - Listen to what Police tell you
 - Don't try and catch the intruder or block their escape
 - If you have to act – yell or scream, blow a whistle

- If you suspect there is a prowler outside:**
- Dial 111 and ask for Police
 - Listen to what Police tell you
 - Turn on all outside lights if you can
 - Turn off all inside lights
 - Make a loud noise to frighten the prowler away and alert your neighbours

- If you arrive home and think there's a burglar inside your house:**
- Dial 111 and ask for the Police
 - Don't go inside

Source: Family Care Magazine Issue 39, 2018

Across

1. Movie SFX

4. Short snooze

7. Neural network

9. Cheek

10. Scream

11. Eagle's nest

12. In a smooth manner

14. Wharton degree

15. Facial feature

19. Reach across

20. Peacock's pride

22. Bridge, in Bretagne

23. ___ Spumante

24. Inquire

25. Cafe alternative

Down

1. Weep

2. The Bee ___

3. "___ have to do"

4. Christmas carol

5. Not straight

6. Thickness

8. Periodic table

listing

9. Capital of Indonesia

13. "Chicago" lyricist

15. Heroic poem

16. Tug sharply

17. Brewer's equipment

18. Accompanying

19. Hot springs

21. Fanciful story

Holiday Goal

1	2	3		4	5	6
7			8		9	
10				11		
	12		13			
			14			
	15	16			17	18
19				20		21
22				23		
24					25	

listing

E	H	I		S	K	A
I	I	S	V	I	N	O
L	I	V	A	N	A	S
	W	O	R	E		
	M	O	B	E		
A	L	K	E	S	L	E
A	R	E		L	E	A
L	W	O		E	R	E
P	A	N		C	I	G

The headline is a clue to the answer in the diagonal.

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 our bones age (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.



Age Concern Rodney and West Auckland Community to Hospital Shuttle Service



What is this service?

- **This is an ON-DEMAND SERVICE for Outpatient Appointments Only**

Who can use this service?

- West Auckland residents attending Outpatient appointments at North Shore and Auckland Hospitals, and Greenlane Clinical Centre.
- North Shore Residents that have Outpatient appointments at Auckland and Waitakere Hospitals and Greenlane Clinical Centre.
- Rodney - Hibiscus Coast residents attending Outpatient appointments at North Shore, Auckland and Waitakere Hospitals, and Greenlane Clinical Centre.
- **NOTE: The Shuttle does not pick-up from homes on the North Shore. North Shore Hospital is the pick-up and drop off point.**

Pre-Booking Service:

- It is recommended that booking a seat on the shuttle should be made when you receive your Outpatient appointment letter. You must pre-book a seat a minimum of 3 working days before the appointment.
- The Shuttle service will arrange pick-up times with passengers so that they can get to appointments during the times in the table below.

West Auckland Shuttle Fares:

- West Auckland – North Shore and Auckland Hospitals, and Greenlane Clinical Centre \$12 Return or \$6 one way
- North Shore Hospital pick up to Waitakere Hospital \$12 Return or \$6 one way

Rodney Shuttle Fares: (No one way fares)

- Rodney – North Shore Hospital \$15 Return
- Rodney – Auckland and Waitakere Hospitals, and Greenlane Clinical Centre \$30 Return
- North Shore Hospital pick up to Auckland Hospital and Greenlane Clinical Centre \$12 Return

Shuttle office hours Mon- Friday 9.30am – 4pm
Phone 09 426 0918 or 0800 809342 (press 5)

Xmas Shuttle Hours

The Rodney and Waitakere hospital Shuttle last day of operating for the year is Wednesday 23rd December 2020. The shuttle will resume operating on the 5th January 2021. Bookings will also recommence from the 5th January 2021.

Have you ever considered leaving a bequest to Age Concern Auckland?



Age Concern Auckland is charity and relies on the generosity of our community to raise over 60% of the funding required to deliver our essential services and support.

Any bequest left to us, no matter how small or large, has a lasting impact and helps ensure that we can continue supporting all those older people needing our help.

A bequest to Age Concern Auckland allows you to leave a lasting legacy long after you're gone. It is the ultimate act of kindness and caring you can show towards your community.

Leaving a bequest is easy. After taking care of your loved ones, the simplest way to leave a gift in your will to Age Concern Auckland is to speak with your solicitor. He or she can ensure that your estate is distributed in a way that honours your wishes.

To leave a bequest to Age Concern Auckland, we recommend this wording: "I give Age Concern Auckland Incorporated the sum of \$XXX (or the residue of my estate, or a percentage of my estate) for its general purposes. I declare that the official receipt of Age Concern Auckland will be sufficient receipt and discharge for my trustees."

If you would like to leave us a bequest in your will, these are the official details you will need:

Legal Charity Name: Age Concern Auckland Incorporated

Charity Registration Number: CC25023

If you would like to talk to us further about leaving a bequest to Age Concern Auckland and the difference it will make please contact Alexis Sawyers on 09 972 0092.

Please also let us know if you are making a bequest so we can personally thank you. Our special thanks to all those who have remembered us in their will.

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

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/>



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 percent.

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.