

SUMMER 2020 QUARTERLY NEWSLETTER
www.agewell.org.nz



Age Concern Rodney

Serving the needs of older people



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

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Contact Information

Phone: (09) 426 0916 **Fax:** (09) 426 0917
Email: info@ageconcernrodney.org.nz
Address: Shop JA2 Westpac Plaza,
 5 Tamariki Ave, Orewa 0931
Postal Address: PO Box 12, Red Beach 0945

Hospital Shuttle Phone: (09) 426 0918 or
 0800 809 342 (press 5)

OFFICE HOURS

10.00am - 4.00pm Monday to Friday

Age Concern Rodney Board 2019 - 2020

Chairman: Vincent Harris
Secretary: Shirley McGinley
Treasurer/Financial Adviser: Caroline Gilmore
Board: Ann McKenzie, Pam Long, Ian Tucker
 Yvonne Copland, Gareth Davies, Audrey Cooper

Staff

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Office Receptionist: Tania Henderson
Health Promotion Coordinator: Paddy Sullivan
Visiting Service Coordinator: Paddy Sullivan
Shuttle Coordinator: Jill Henderson
Shuttle Drivers: Mark Datlen
 Dave Walker
 Ken Howell

Age Concern Rodney would like to thank all the local businesses for their continued support of our fundraising activities.

At the heart of everything Age Concern does is a passion to see older people experience wellbeing, respect, dignity, and to be included and valued.

Age Concern is a charity and relies on the support of volunteers and public donations to do much of the work we do. To help us help older people, please consider making a donation of your time or money to Age Concern Rodney.

Our Services

Hospital Shuttle: Throughout Rodney and West Auckland to out-patient appointments at North Shore, Waitakere Hospital, Auckland/Starship Hospital, & Greenlane Clinic Centre.

Elder Abuse & Neglect:

For information, support or education.
 Transitional House.

Hireage:

Wheelchairs and Walkers available for short term hire.

Advocacy:

Advocacy for our members.

Skills Bank:

Database of gardeners/cleaners/handymen etc.

Visiting Service:

A one hour weekly visit from a volunteer.

Workshops:

Senior Driver Courses
 Various Workshops

TM Cards:

Total Mobility Taxi Card
 Assessment for discount
 Taxi Fares.

Please note - Unfortunately, our Time Out Programme has been cancelled for the remainder of 2020.

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

THINKING OF YOU!



**To those people in the community who are ill, or suffered a loss.
 We send our warmest thoughts and Blessing to you all!**

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!

Wheelchair accessible vehicle available. Total Mobility Scheme cards accepted and ACC contracted supplier.

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

Hibiscus Coast

Phone: (09) 428 4490
Mobile: 021 035 0431



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

Chairman’s Report

Greetings to all our members and Volunteers.

It seems such a long time ago since I last wrote to you all in a newsletter, but it is just one more thing in this year like no other. The previous newsletter which should have been in July was not produced because there was very little to write about apart from the depressing pandemic.

What I will say though is just how well all our wonderful volunteers and staff sprang into action when lockdown commenced and kept in touch with and assisted so many of you when it was needed. A special thanks to Jill (Hospital Shuttle Coordinator) and Drivers. Through it all they kept the Hospital Shuttles working even when we were only permitted to carry one passenger at a time. In June yet another burst pipe flooded the office causing more difficulties, but the staff worked from home and kept things moving. Thankfully all the plumbing has now been replaced so floods should be a thing of the past. To everyone on behalf of the Age Concern Board, I say a very big thank you. You are – “What Age Concern is all about”.

We are very fortunate to be in this wonderful country and can now look forward to preparing for the Christmas and Holiday season. There is much to see and do in our own back yard, beaches to enjoy.

I wish you all a very Merry Christmas and a prosperous New Year.

Vincent Harris | Chairman – Age Concern Rodney



NorthHarbourLaw

PARTNERS

Tony Edward	Richard Worker	Nicolene Du Toit
Chris Hunt	Jeanine Mitchell	Michael Hawkins
William Hunt	Jessica O’Dea	Katie Self

OUR SERVICES

- Property Conveyancing
- Retirement Home Contracts
- Relationship Property
- Family Law
- Elder Law

- Enduring Powers of Attorney
- Estate Planning & Wills
- Asset Protection & Family Trusts
- Commercial Law
- Financing Transactions

Your trusted local experts

Phone 09 427 0550 | www.northharbourlaw.co.nz | nhl@nhlaw.co.nz
1st Floor, North Harbour Law House, 3 Alice Ave, Orewa

WANTED!!

Part time driver Hospital Shuttle Driver

FOR Age Concern Rodney
Hospital Shuttle Service

Must have

Passenger Endorsement &
Current 1st Aid Certificate
Hold a clean driving record,
have good communication skills,
be well presented.

Monday – Friday Service
Ph: 09 426 0918 / 027 338 8216

Justice of the Peace



Catherine Smith is available to sign and witness documents at our office
Monday to Thursday, 10am - 3pm.
Phone (09) 426 0916 to make an appointment.



**BARFOOT
THOMPSON &**
Licensed REAA 2008
**VILLAGE
GUIDE**

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
- ✓ Have a relationship with local villages
- ✓ Are pleasant to deal with
- ✓ Are honest with strong moral principles

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



Packers



Cleaners



Movers



Gardeners



Home stagers




Painters




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



**Age Concern Rodney Office
will be closed during the
Christmas Break
- 2020/2021**

Age Concern Rodney Office:
The Age Concern Rodney office will be closed from
Friday the 18th December 2020, opening again on the Monday 18th January 2021.

Age Concern Rodney & West Auckland Hospital Shuttle:
The Rodney and Waitakere hospital Shuttle last day operating for the year
is Wednesday 23rd December 2020 and will resume operating on the 5th January 2021
Shuttle bookings will commence from the 5th January 2021
For bookings or Enquiries phone (09) 426 0918 or 0800 809 342 (press 5)

**From all the Board and staff
at Age Concern Rodney
we wish you all a
Merry Christmas
& Happy New Year**





FREE TELEPHONE FRIENDSHIP SERVICE AVAILABLE!

Do you know somebody who would benefit from the St John Caring Caller service?

This telephone friendship service gives people an opportunity to make a new friend and share their day with somebody new.

They will be discreetly matched with a St John volunteer who will call them regularly at agreed upon times which are convenient for them. The friendship develops from there - the Caring Caller is there to listen and have a friendly discussion.

The Hibiscus Coast area currently has Caring Caller's ready and waiting to call somebody.

All St John Caring Callers are carefully vetted and undergo training and consist of a wide range of people from all walks of life.

Call today to find out more on **0800 785 646** and ask about the Caring Caller service, or look on **www.stjohn.org.nz** for more information.



Need a hand? Services we offer:

- **General Home Help** - dusting, polishing, tidying, bed making, bathroom, stove tops, microwaves, vacuuming, all floors and wet areas mopped, Rubbish taken out.
- **Laundry** - colours sorted, washing done, hung on line, dried, folded and put away.
- **Meals** - shopping lists, meal planning, food preparation, cooking, company while eating, washing up and kitchen left tidy.
- **Shopping** - driven to local shops, accompanied while shopping, bags carried, unpacked and put away. Or if preferred we will shop for you, bring home and put away.
- **Sleep Over's** - support worker to sleep in the house for a 8, 10 or 12 hour period to ensure your safety.
- **Driving** - to appointments, Doctors, Hospital, Hairdresser, etc.
- **Morning Care** - help to get out of bed, showering, drying, dressing, grooming, ensure breakfast is eaten and hot drink given.
- **Evening Care** - ensure evening meal is eaten, undress, leave bed turned down, check house is locked up and secure.
- **Medication** - support workers are not authorised to give medication but they are able to remind you to take them.
- **Companionship** - need someone to pop in and check on you, read the newspaper to you, go for a walk, chat for a while, or even treat you to a day out occasionally.
- **Spring Clean** - this can be negotiated and arranged at any time.
- **Respite Care** - does your carer need a break, support worker to stay while carer is away.
- **Full Time Care** - 24/7 care can be provided. Special packages can be worked out individually.

***"We'll give you the help
that you need,
and the care
that you deserve"***

Very competitive rates

PHONE: (09) 424 2911 | MOB: 021 045 2299

EMAIL: chrissycleanncare@xtra.co.nz

www.chrissycleanncare.co.nz



Worried about shingles?

How to spot them and what to do

Shingles is a viral infection – herpes zoster – it’s in the same family as chickenpox. Many of us had chickenpox as children, but for some people, the virus can lay dormant and come back as shingles, usually when we’re over 50.

If you’ve been unwell and your immune system is low or weak, that’s when you’re most likely to suffer an attack of shingles. Don’t wait to get worse – it can be excruciating – see your doctor for early, more effective treatment.

Shingles signs and symptoms

When you know what to look for, you’ll be able to spot shingles sooner rather than later.

Burning or itching

When you feel an itching, burning sensation on a patch of your skin, or an unusual numbness, this can signal the onset of shingles blisters.

Blister rash

A few days after the itching or numbness, you will find painful blisters in the same place, often in a line.

Flu-like symptoms

Just as a flu virus can affect your stomach and ramp up a fever, so too will shingles. Nausea, chills or sweats are common.

An outbreak on your face

If you develop conjunctivitis (an eye infection) or the blisters appear on your face, see a doctor immediately.

Ways to avoid shingles

Just like the common cold or even flu, shingles rarely gains a foothold in a healthy person’s body. Here are some tips for maintaining your health, and avoiding the painful disease.

Eat yourself well

Make sure you get plenty of fresh vegetables and fruit every day. Stay away from refined or processed foods – they don’t have the same balance of nutrients as fresh, whole foods. Try to eat as wide a variety as you can – nuts, seeds, berries, leaves, stems and roots. Eat the rainbow and stay well.

Get out in the fresh air

Walk every day, if you can. Exercise gets your blood

pumping and keeps your whole body working better. Join a walking group or a gym, and get moving.

Maintain a healthy weight

When you’re obese or even just overweight, you put stress on your body in a lot of ways. Use your healthy diet and exercise regime to trim a few kilos if you need to, and give your body the best chance at wellness you can.

Sleep your eight hours

This isn’t easy for everyone, but it helps to stick to a routine. Stop watching TV at least an hour before bedtime, go to bed at the same time every night, and if you have trouble dropping off, try meditating. Herbal teas like chamomile are nerve-soothing, and could help you get a good night’s sleep.

Ward off shingles with wellness

Never mind chickenpox, shingles is a painful, distressing virus that no-one enjoys. Fevers and chills, itching and blisters can really lay you low. If you’re worried you have shingles, see your doctor for treatment and painkillers.

*The virus only takes hold if
your immunities are already low,
so take steps to maintain your
wellness, good eating, exercise,
weight-loss if you need*

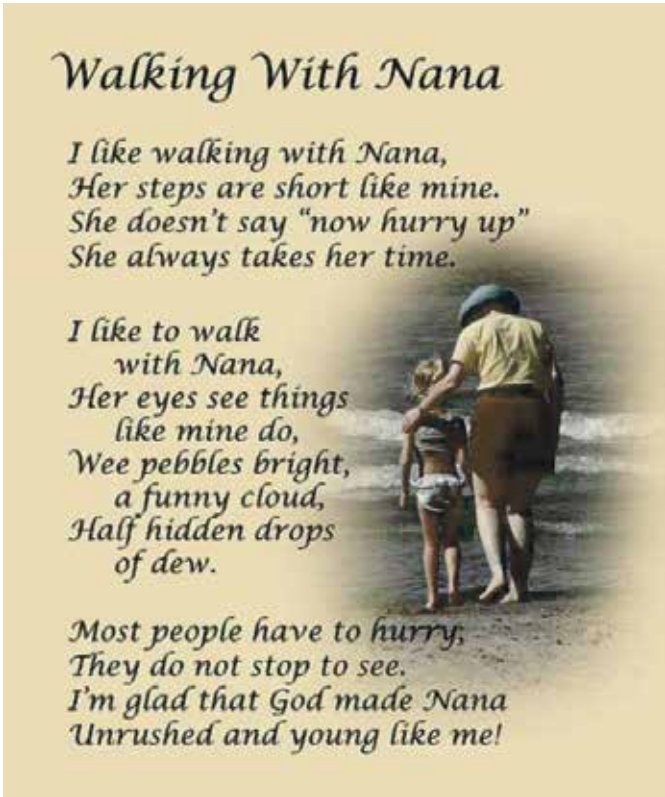
RATES REBATE SCHEME

The Minister of Local Government, the Hon Nanaia Mahuta announced an adjustment to the rates Rebate Scheme effective from 1 July 2020. The maximum rebate and income abatement threshold of the Scheme will be adjusted by increasing:

- The maximum annual rebate from \$640 to \$655; and
- The income abatement threshold from \$25,660 to \$26,150

These changes reflect the 1.9% movement of the Consumer Price Index (CPI) All Groups Index for the 2019 calendar year.

Application for the rating year 1 July 2020 to 30 June 2021



SPARK WILL NO LONGER BE ACCEPTING CHEQUES

Spark has let us know that they will no longer be accepting cheques from 30 November 2020.

While Spark understands it still has a small number of customers who prefer to pay by cheque, the use of cheques for Spark payments has declined 32% each year since 2018, and now fewer than 1% of their customers are using them. Additionally, all of New Zealand’s major banks have announced they will stop processing them soon, so they’re helping their customers transition to alternative ways paying their Spark bill.

Spark will start to communicate this change to its customers on Thursday 1 October, as well as their alternative payment options. These are not limited to online or app payments, but also include paying at one of their 66 retail stores nationwide, at the post shop or directly through their bank. Their full list of payment options is available here <https://www.spark.co.nz/business/help/billing/pay-my-bill/> Spark is encouraging any customers with concerns to reach out to their helpdesk on 123 where their customer agents been well-prepared.

Celebrating Friendship offer from Freedom Drivers Hibiscus Coast

Bill Richardson is the owner of Freedom Drivers Hibiscus Coast. Bill brings his experience in nursing and volunteering with the Cancer Society as well as his energy and enthusiasm for assisting our clients with their travels and transport.

“I bring a friendly service and a safe pair of hands, with extra help depending on your needs. Feel confident and independent without any worries. Please don’t hesitate to give me a call”.

2020 has been uncertain with Covid-19, lockdowns and alert levels. Throughout it all, Bill has been steadfast in making sure all safety requirements are met and his clients are able to get to their important appointments. Want to give Bill a try? All new clients receive a ‘first time special price’. T’s & C’s apply.

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

**Call Bill now on 09 216 5916
or 021 041 9486.**

TRANSPORT YOU CAN TRUST



Reliable and friendly service

- Medical appointments
- Social and business trips
- Shopping
- Sightseeing and outings
- Airport transfers
- Pets to the vet
- One off or regular
- Long trips and local

Call Bill now!

For more information

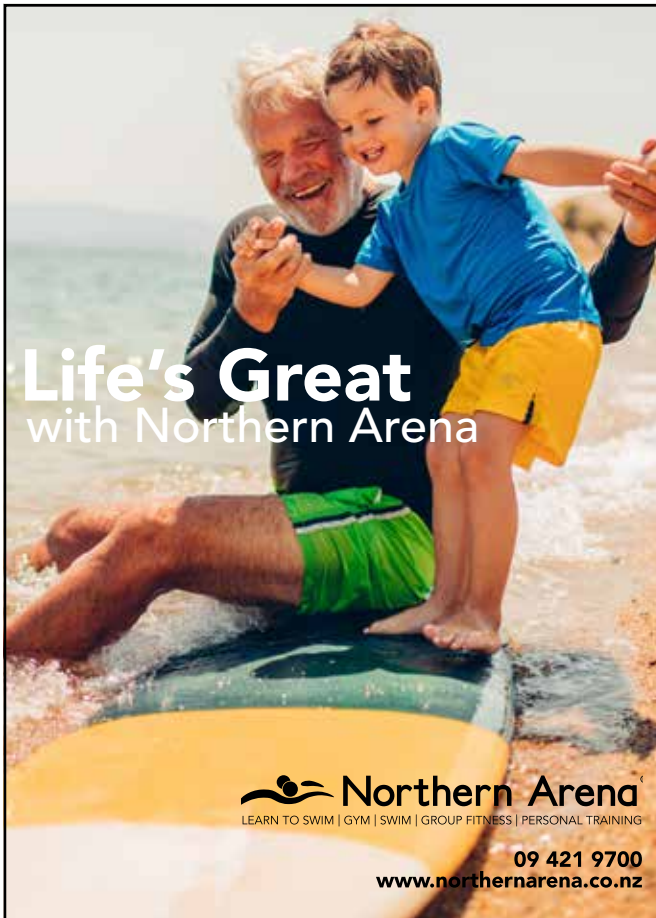
**09 216 5916 or
021 041 9486**

Total Mobility Provider

ACC REGISTERED VENDOR



www.freedomdrivers.co.nz



Life's Great
with Northern Arena

Northern Arena
LEARN TO SWIM | GYM | SWIM | GROUP FITNESS | PERSONAL TRAINING
09 421 9700
www.northernarena.co.nz

Growing older

Growing older is a part of life that can't be avoided but getting 'old' is not only a state of mind but a state of body.

There are a couple of sayings that are all too true as we get older,

'if you don't use it, you lose it'

and

'the older I am, the better I was,'

but all is not lost and before long you'll be able to kick these sayings to the kerb because it is never too late to resume being active, increase your current activity levels or indeed, begin to be active.

Northern Arena has a special Senior's fitness membership specifically for those aged 65+ because we want to ensure you keep the spring in your step.

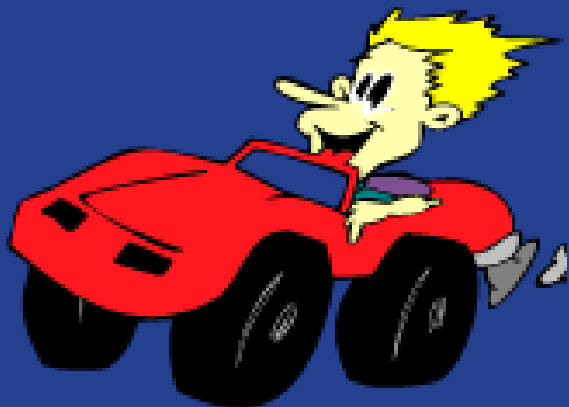
So give us a call on 09 421 9700 or pop in we'd love to show you around and have a chat.

editorial supplied by Northern Arena

Senior Drivers Workshops

This is a Refresher Course for Senior Drivers

NO Exams or Driving Tests



**Enquiries and Bookings
for the next Workshop
Age Concern Rodney
Phone 09 426 0916**

THE CASE FOR WILL POWER

There is a misconception in New Zealand that our next of kin automatically has the authority to access our assets once we have passed away.

The harsh reality is: That is not the case.

Without a will or enduring power of attorney, no one has authority to access bank accounts, sell property, cancel payments, or conduct any other financial or property transaction.

Cassandra Fellows, an associate trustee from The Public Trust, says many husbands, wives or partners maintain individual bank accounts and don't operate a joint account, relying on one another's funds to pay bills, grocery shopping and day - to - day living.

"When one person passes away without a will, funds from that person's account can no longer be accessed. In the absence of a will, a person's estate falls under the law of intestacy and probate must be obtained through the Family Court or a solicitor. It can be a long, distressing and expensive alternative."

The will provides a delegated individual/s or entity – such as The Public Trust – with authority to administer the estate. This relieves family of being placed in a very stressful legal situation and leaves them free to focus on their own families in a time of grief.

While the administrator gets the authority from the will, that authority must be proven by applying to the High Court. The court's confirmation of this authority is shown by a grant of probate to the administrator.

The Public Trust is a Crown entity which operates across the country and is responsible for drafting wills, trusts and enduring powers of attorney – some of the most important documents in terms of preparing an individual's assets and managing their finances and livelihoods.

"In the larger framework, once our client has passed away, The Public Trust often acts as the estate's executor, responsible for the reading of the will, gathering and distribution of assets to beneficiaries," says Cassandra.

"The will also sets out what and how the person wants someone to inherit. It provides the opportunity to ensure assets accrued over a lifetime, and which mean something, get passed to beneficiaries the person drafting the will would like to see inherit."

Cassandra says while anyone can draft a will – you don't need to go the "The Public Trust or a solicitor – reputable professional organisations ensure the client receives expertise in estate administration.

"People ask why we charge for our services when a packet can be bought cheaply from a bookstore or online, and people can draft it themselves," say Cassandra.

"you can literally write your will on a napkin at a restaurant if you want to. But one of the biggest pitfalls is not seeking professional advice. It's the advice you get, confidence the will will stand the test of time, will be kept safe and free from flaws that could lead to a legal challenge.

"Wills are complex documents – once they're signed and you pass away, that's it. There's no reading between the lines, interference, or 'that was just an error'."

Her advice when drafting a will is not to 'gift' everything you own. When someone dies, bills, outstanding debts and liabilities are paid first; then the gifts are given, and then the residue distributed. Everything not specifically gifted falls into a residue.

Gifts could be parcels of money to individuals or specific items of property, such as a Moorcroft pottery collection. Everything else not specifically gifted falls under residue and is distributed as percentages as directed in the will.

"That's the best way to distribute your estate – you don't want to account for every dollar you have because you may not have that when you pass away. We probate wills that are more than 20 -30 years old, and a lot can change in that time. So, creating a will that will last and stand the test of time rather than what suits your situation right now is important.

"But a will is also a living document, and if your situation /changes, it may need to be updated."

Drafting or revising a will should be considered in extreme changes in circumstances, such as getting married, having children, ending a relationship, the loss of a job, inheriting or a move overseas.

Being honest with the will drafter is another key to a watertight will, Cassandra says. "Family dynamics can be difficult, but transparency is the best thing you can do. Many people like to keep relationships secret, not tell us about children they may have or be estranged from.

"The best thing people can do is lay out their situation transparently so that we can provide the best advice and know how to administer the estate.

"Direct family members omitted from the will have a right to claim on the estate. If there are extenuating circumstances why someone does not want a person to inherit – perhaps there has been a long-term estrangement, long-term abuse or the person is financially imprudent – notes to that affect can be included and are discoverable in court."

Asked who should have a will, Cassandra is quite clear – everyone – it's that simple.

"If you have a bank account and a job, or a collection of important memorabilia, having a will is never going to be a bad thing."

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 togethers, 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

BANK SCAMS

Over the last 12 months, more than 75% of New Zealanders were the target of a scam, and a quarter of people who are scammed don't tell anyone at all. To help New Zealanders be safer online, BNZ has created a range of tools to learn how to confidently identify and avoid scams. We've got a range of great tools on our website getscamsavvy.co.nz that help you spot scams, find out which scams are happening as well as offering practical tips.

In particular, you can find:

- Small and medium business quiz – Our Scam savvy business tool helps New Zealand businesses learn to identify scams through practical scenarios, teaching them the tactics scammers use, and offering tips to help them and their business be safer online.
- More language options – In addition to the English and Te reo Maori we had in 2019, we have also translated the website into Samoan and Tongan to reach our Pacifica communities.
- Community presentations – We want to help all New Zealand be safer online, so we have downloadable community presentations on our website. These presentations are available for anyone to use and share with groups they work with like community associations, sports clubs, book clubs, young farmers, neighbourhood watch, Probus, and church groups. These presentation are also available in Te reo Maori, Samoan, Tongan, Mandarin, Korean, Hindi and Punjabi.



Terms & Conditions Apply

Mahurangi Vision Centre

It's our birthday! As a thank you for the amazing support we have had along the way, everyone that purchases a complete pair of glasses (frame and lenses) from 18 November to 23 December will go into the draw to win the value of their glasses back, up to a value of \$750.

Phone: 09 425 7002

Email: admin@mahurangivision.co.nz

Visit: 23 Neville Street, Warkworth



Bill must be paid in full at time of purchase. One entry per pair of glasses, to the combined value of \$750. Does not include pre-made spectacles. Conditions apply. Promotion runs from 18.11.20 - 23.12.20.

One snake says to his friend, "I forget – are we poisonous?"

"Why do you want to know?"

The friend replies. "Because I just bit my tongue!"



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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Order now at www.lillehealthcare.co.nz

Christmas has arrived at Craigweil House after what has been a challenging 2020 for all.

"It was only a month or so ago that we were able to celebrate our mid-winter Christmas" says one resident. The nationwide lockdowns required an extremely strict but necessary set of COVID-19 risk identification and infection control protocols to keep residents and staff safe. Nevertheless, the home has continued to keep up a lively, fun, and active home during this year. From competitions to new exercise classes residents have kept up a cheerful smile. Recently Craigweil House celebrated the Melbourne Cup seeing resident Frank Cowen (*pictured right*) take home the 1st prize. All players however, on the day also took home a small prize.

Craigweil House wishes you all a very Merry and safe Christmas!

Craigweil House offers both long and short, stays. As always you are welcome to pop in and meet the team and see our fabulous home. We are over the road from the Parakai pools.



Henrikwest Care Group: Our homes are proudly and privately New Zealand owned and operated by the Henrikwest Care Group.



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We warmly invite you to visit our unique boutique care facility



Craigweil House
Home & Hospital
FEEL AT HOME WITH FAMILY

Situated just off the Twin Coast Discovery Highway, Craigweil House is located next to the Parakai Thermal Springs. We offer a continuum of care as well as respite and day stay options.

Come in for a cuppa or ring us today to discuss a complimentary stay day.

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(09) 420 8277 | info@craigweil.co.nz
www.craigweilhouse.co.nz

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.**



WHEN I'M AN OLD LADY

When I'm an old lady, I'll live with each kid,
And bring so much happiness just as they did.
I want to pay back all the joy they've provided.
Returning each deed! Oh, they'll be so excited!
When I'm an old lady and live with my kids.

I'll write on the walls with reds, whites and blues,
And I'll bounce on the furniture wearing my shoes.
I'll drink from the carton and then leave it out.
I'll stuff all the toilets and oh, how they'll shout!
When I'm an old lady and live with my kids.

When they're on the phone and just out of reach,
I'll get into things like sugar and bleach.
Oh, they'll snap their fingers and then
shake their head,
When I'm an old lady and live with my kids.

When they cook dinner and call me to eat,
I'll not eat my green beans or salad or meat,
I'll gag on my okra, spill milk on the table,
And when they get angry, I'll run if I'm able!
When I'm an old lady and live with my kids.

I'll sit close to the TV, through channels I'll click,
I'll cross both eyes just to see if they stick.
I'll take off my socks and throw one away,
And play in the mud 'til the end of the day!
When I'm an old lady and live with my kids.

And later in bed, I'll lay back and sigh,
I'll thank God in prayer and then close my eyes.
My kids will look down with a smile slowly creeping,
And say with a groan,
"She's so sweet when she's sleeping!"

When the family finally illuminated the Christmas tree in the garden, one dog said to the other:
"Finally, we have light in the toilet."

Q: How do you keep your husband from reading your e-mail?
A: Rename the email folder 'Instruction Manuals'



We've all heard about 'BLUE SEPTEMBER' but do you know what it's all about?



One in Eight men will be diagnosed with Prostate Cancer and 600 kiwi men will die from prostate cancer this year. As with many cancers early diagnosis and early treatment is key to a positive outcome. The prostate Cancer Foundation states "Typically men don't know how dangerous this disease is, they don't talk to their doctor about it, their doctor doesn't talk to them about it, or they simply don't know they may have it as they have no symptoms and don't feel unwell".

According to Kupe.net.nz "Only men have a prostate gland, which is a group of cells the size of a walnut near the bladder...With prostate cancer, the cells in the prostate gland start growing and form lumps (also known as tumours). Prostate cancer is one of the most common cancers in men and is more likely to occur in older men...Unlike other cancers, prostate cancer often grows slowly. However, some men can still develop aggressive and potentially life-threatening prostate cancer. These men may benefit from finding the cancer early and having treatment".

Just because you have trouble urinating doesn't mean you have prostate cancer but if these symptoms seem familiar to you and you haven't spoken to your GP it is a good idea to check in

with them. As men get older sometimes they will experience an enlarged prostate which could also lead to similar symptoms but this should be checked out too.

- Dribbling, leaking or trouble stopping the flow of urine
- Blood in your urine
- Urgency to urinate
- Needing to urinate lots with little urine coming out
- Stop/start stream OR weak urine stream
- Getting up multiple time a night to void



We're removing cheques at ANZ

We're removing cheques as a method to receive or make payments from 31 May 2021. Foreign cheques will still be able to be deposited until further notice.

We've put together some information to help you make the change to other more convenient and secure options.

WHAT YOU NEED TO KNOW:

30 NOVEMBER 2020: ANZ will not issue any new chequebooks

31 MAY 2021: Cheques will no longer be accepted for deposit into an ANZ bank account and you will not be able to use ANZ cheques to make payments.

WHAT YOU NEED TO DO:

30 MAY 2021: Deposit all cheques by this date as they will not be able to be processed after this date. Ensure you are clear in what other ways you can pay.

The easiest way to pay is via online banking-get in contact with your bank if you are unsure how this helps. Digital Seniors are also helpful in showing you how to use a computer so you will feel more confident to use skills like using the internet to navigate online banking.

ANZ also has a secure phone banking option. You don't need an internet connection or smart phone to use this-a landline will suffice!

WHAT YOU SHOULD NOT DO:

DO NOT carry around wads of cash! This is not safe to do. A small amount of cash is okay but no-one wants to be a target for theft. Only carry around the cash that you need!

There is often so much to think about when someone dies, that at times it can feel overwhelming. Our role is to help you navigate the decisions that need to be made and advise you of all the options available to you as you plan the funeral.

We believe every funeral should be just as unique as the person it is for. You may wish to have a service at home, at your local church, a park, or another venue of your choice. Windsor Funerals will handle all the little details to give your farewell that special touch.

Family dynamics, estates, lawyers, and people offering well-meaning opinions are just some of the things that can bring stress to your family, particularly at a time of grief.

We know that talking about funerals is not everyone's idea of a fun conversation, but sharing your wishes and recording them will save a lot of stress and possible disagreements in the future. Your family can then just focus on supporting each other, sharing stories and memories as they say goodbye.

With today's busy pace of life there's comfort in knowing you have a NZ owned, not for profit company you can trust to give honest advice.



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you deserve
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are made easy
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on (09) 477 2433
for an information pack
or a no obligation
chat with
one of our team.

Cremation packages start
at \$2200 gst inclusive



GARDENING SMARTER!

With some of this lovely weather we’ve been having I’m sure many of you have been making an effort to get out in your gardens. I know we’ve had lots of early daffodils, roses and lots of camellias in my garden! We still have some bare trees but I’m sure it won’t be long until they start to see some new growth.

Have you thought about Gardening for your age and physical abilities!

Now is the perfect time to try putting things into pots and up on tables if you struggle to bend down (OR get back up)! Try potting something new succulents are easy care and some have magnificent flowers!

If you do find you struggle with lessened physical abilities but still want to get out, let the neighbour know so they can keep an eye on you from over the

fence. If you have a St John’s alarm make sure you have it on your wrist or round your neck! Especially considering we still have days of rain so sometimes the ground is slippery especially in the mud or after Jack Frost has been to visit!

Make sure you have enough layers on-Spring mornings can still be cold. Wear appropriate footwear-flat shoes such as good gripping gumboots OR sneakers are a great pick. Don’t forget your walking stick or walking frame.

Some other handy hints: rake your lawn before mowing it-this helps aerate the grass and gets rid of things that may get spit out by the lawn mower. The garden is such a lovely therapeutic place to be on a sunny day-enjoy your time outside it’s so very good for your soul! Do it smartly, do it often and enjoy smelling the flowers!



Platinum Community Centre relocates to Countryside Retreat

Platinum Day Centre/Club is now operating out of an exciting new location in Kaukapakapa, offering the same excellent service and care for our guests with the added benefit of a Country Day Retreat feel.

Our guests are still enjoying a wide variety of activities in a relaxed, safe and homely environment, with the added advantage of Animal Therapy. The country landscape includes miniature horses, chickens, sheep, pigs and the neighbour’s friendly alpacas, whilst the reduction of urban noises, such as passing traffic, is replaced by a rural ambience, reducing stress and promoting engagement and interest in the social setting.

Group and individual activities help promote health and wellbeing whilst guests enjoy being in the fresh air in this unique country setting. We all enjoy the farm walks and collecting greenery to add to the floral displays.

Our service still includes a courtesy pick-up and drop-off from the entire Hibiscus Coast.



Why not contact us now to discuss how we can provide a high level of Day Respite for you and your family member and how we can be a ‘Helping Hand When You Need One’. Check out Platinum’s Facebook Page Monica and Megan are looking forward to hearing from you.

Call us on 021 264 3688 or 021 259 0943



Elder Abuse Helpline

The Elder Abuse Helpline now includes a text number and an email address, to make it even easier for people to access help.

That is in addition to the existing free hotline:

0800 EA NOT OK

As many as one in ten older people in New Zealand will experience some kind of elder abuse, and the majority of cases go unreported.

There is no single ‘type’ of elder abuse. Any act that causes harm to an older person is elder abuse.

The new email and text number will improve the accessibility of support services for older people, and also give us a better understanding of elder abuse in New Zealand.

Contact via Text: 5032
or Email: support@elderabuse.nz

Find out more about elder abuse and where to go to for help on the SuperSeniors website:
www.superseniors.msd.govt.nz

Worried about changes in your loved one’s memory or behaviour?
Struggling to care?

TIME FOR A BREAK?

Bethany Hill Dementia Care is **certified** by Ministry of Health to provide:

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BETHANY HILL
Dementia Care

582 Leigh Road, Warkworth
Ph: (09) 422 6006

Email: admin@bethanyhill.co.nz

www.bethanyhill.co.nz

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

Age Concern Rodney is a 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 Rodney 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 Rodney 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 Rodney, we recommend this wording: "I give Age Concern Rodney 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 Rodney 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 Rodney Incorporated

Charity Registration Number: CC10731

If you would like to talk to us further about leaving a bequest to Age Concern Rodney and the difference it will make please contact Catherine Smith on 09 426 0916.

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.

Coalition Launches "Let's End Loneliness" Website

The 'Let's End Loneliness' website has been launched as a resource for anyone experiencing or concerned about loneliness.

Age Concern New Zealand Chief Executive Stephanie Clare says the website is designed as a source of information which also links people to support services.

"Everyone can feel loneliness at some time, but it can be addressed and solved, and together we can end loneliness for New Zealanders who feel isolated." The website has been created by the New Zealand Coalition to End Loneliness whose members work to tackle loneliness and create communities in which New Zealanders have the relationships and support they need to thrive.

Concerned about increasing feelings of isolation in our communities, seven organisations – Age Concern New Zealand, St John New Zealand, Carers New Zealand, Student Volunteer Army, Royal New Zealand Returned and Services Association, Alzheimers New Zealand and The Salvation Army – got together in 2018 to set up the coalition and provide information, grow understanding, and advocate together to prompt action on loneliness.

The COVID-19 lockdown highlighted that everyone can feel isolated and lonely and St John Director of Community Health Services Sarah Manley says it has never been more important for people to stay connected.

"St John works hard to build resilient communities and we are excited to be part of this coalition. This new website is a great resource for Kiwis from all walks of life to find ways to connect and build healthier and stronger communities."

One group particularly affected by isolation are the 70,000 New Zealanders living with dementia, and Catherine Hall of Alzheimers New Zealand believes everyone should feel safe, supported, loved and connected.

"Sadly, people living with dementia often find family, whānau and friends take a step back just when they need them most. We stand alongside our coalition partners and with all New Zealanders, to make sure no one feels alone."

Student Volunteer Army Chief Executive Officer Sam Johnson says connection is always at the heart of what they do. "We are really proud to be working alongside others to help end loneliness for younger and older people alike."

This site is a way of connecting with others to share ideas, challenges and successes, and other organisations working to end loneliness in New Zealand are encouraged to provide links to their own websites and information services.

For more information on loneliness and how to access support and services, go to letsendloneliness.co.nz

EITHER YOUR PARENTS OR GRANDPARENTS WERE LIVING DURING THIS TIME PERIOD.

THE YEAR IS 1915

This will boggle your mind! The year is 1915 "One hundred and five years ago".. What a difference a century makes!

Here are some statistics for the Year 1915:

The average life expectancy for men was 47 years. Fuel for cars was sold in chemists only. Only 14 percent of the homes had a bath. Only 8 percent of the homes had a telephone. The maximum speed limit in most cities was 10 mph. The tallest structure in the world was the Eiffel Tower. The average British wage in 1915 was £15 per year! A competent accountant could expect to earn £800 per year. A dentist £900 per year. A vet between £600 and £900 per year. And, a mechanical engineer about £2000 per year. More than 95 percent of all births took place at home, Ninety percent of all Doctors had no university education! Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as "substandard." Sugar cost two pence a pound. Eggs were 10 pence a dozen. Coffee was five pence a pound. Most women only washed their hair once a month, and, used Borax or egg yolks for shampoo. Canada passed a law that prohibited poor people from entering into their country for any reason.

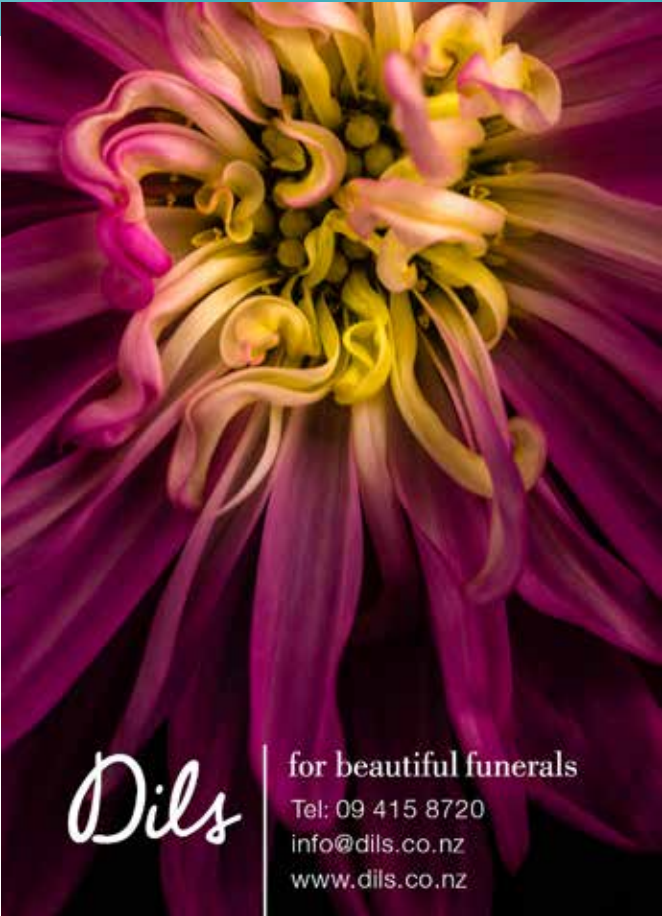
The Five leading causes of death were:

- | | |
|----------------------------|------------------|
| 1. Pneumonia and influenza | 2. Tuberculosis |
| 3. Diarrhoea | 4. Heart disease |
| 5. Stroke | |

The American flag had 45 stars. The population of Las Vegas, Nevada was only 30. Crossword puzzles, canned beer, and iced tea hadn't been invented yet. There was neither a Mother's Day nor a Father's Day. Two out of every 10 adults couldn't read or write and, only 6 percent of

All British pupils went to university. Marijuana, heroin, and morphine were all available over the counter at local corner chemists. Back then chemists said, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach, bowels, and is, in fact, a perfect guardian of health!" (Shocking?) Eighteen percent of households had at least one full-time servant or domestic help. There were about 230 reported murders in the ENTIRE U.S.A.! In 2014 this figure had risen to 14,249. In the UK the murder rate in 1915 was 1420. In 2015 it was 537. (Perhaps they were doing something right)

Can you imagine how things might be in further 100 years from now ?



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SNAP www.snap.org.nz **crimestoppers**

Fire and Emergency NZ offer free smoke alarm testing



Is your home fire safe? Why do you need working smoke alarms? How many do you need? Do you have a fire escape plan? Did you know a house fire can be fatal in less than five minutes?

Often with age comes a degradation of senses (such as hearing and sight) along with a reduction in mobility. These factors make older members of our communities more vulnerable should a fire occur.

For no cost to you, Fire and Emergency NZ are happy to visit your home and can help you make your home safe for you and your family.

Their crews can offer helpful fire safety information, install, test and ensure your smoke alarms are in the right places, or provide a free smoke alarm if you're eligible.

There are also a number of specialised smoke alarm systems available for people who are deaf or are hard of hearing, remembering even if you wear hearing aids during the day you are still at significant risk at night when asleep because you aren't wearing your hearing aids. These specialised smoke alarms have added features such as extra loud and/or lower pitch alarm sounds, flashing strobe lights, or vibrating devices.

If you need one of these specialised smoke alarms, you may be eligible for funding from the Ministry of Health. For more information contact one of the four organisations below for advice as to the most appropriate options available for you to consider.

- Deaf Aotearoa New Zealand
- Life Unlimited
- Blind Foundation
- Housing New Zealand

If you would like to have Fire and Emergency NZ visit to test or install smoke alarms at your home you can call them on **0800 693 473** to arrange a time for them to. Alternatively, you can contact your local fire station.

FACT:

Overloaded electrical circuits, faulty electrical equipment and misuse of electrical equipment are common causes of fire.

CHANGES TO NZ SUPER AND VETERAN'S PENSION

From 9 November 2020, the Government is making changes to NZ Super and Veteran's Pension. The changes aim to simplify superannuation in New Zealand and is a move towards treating people more as individuals. This means people's payments would depend more on their own situation, instead of their partner's.

Closing the option to include a non-qualifying partner. Currently, some people getting NZ Super or Veteran's Pension can include their partner who doesn't qualify because from 9 November 2020, people won't be able to include a non-qualifying partner in their payment. Instead, their partner would be able to apply for other kinds of assistance. If your partner needs financial support, please encourage them to contact MSD on 0800 552 002.

No change for partners already included. If your partner is already included in your NZ Super or Veteran's Pension payment on 9 November, they'll continue to be included in your payment unless your circumstances change. For example, your income goes above the cut-off point and you decide to remove them from your payment. If this happens, MSD will talk with both of you about your options and how they may be able to help.

Overseas pension deductions. Currently, if your partner gets an overseas pension, this can affect your NZ Super or Veteran's Pension payment, depending on the amount of their overseas pension. From 9 November 2020, MSD will no longer make deductions from you NZ Super or Veteran's Pension because of your partner's overseas pension. This would help recognise you as an individual with your own entitlement to superannuation.

Other changes. There are also other changes to help simplify superannuation payments. These are changing the residency criteria for charitable workers who have spent time working overseas and expanding the living-alone rate of payment to include mobile homes located outside of caravan parks.

More information
MSD will write to people affected by these changes. There's also more information on the Work and Income website www.workandincome.govt.nz



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

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

Thanks

Mobility Parking Information

If a Mobility Cardholder parks in a standard car park, the time is doubled. For example if someone parks in a 60-minute parking space, the time will become 120 minutes. The Mobility Card needs to be in a visible position for the parking wardens.

"Wow, that's a lot of channels for such a little TV."

WANTED

Skilled and semi-skilled people required for our Skills Bank.

Builders/Handy man, Plumbers, Electricians, Housework, TV and Aerial Specialists, Gardners

If interested please phone 09 426 0916.

AGE CONCERN FREEPHONE

0800 65 2 105

URGENT VOLUNTEERS REQUIRED

We require people to join our team of volunteers for our Accredited Visiting Service. 1 hour per week Having a visitor can make a real difference to the health and happiness of an older person

If interested please phone 09 426 0916.

With Thanks to the following Trusts and Organisations for their Generous Support of the Age Concern Rodney



Laurie Parker Trust



St Lazarus Trust



Age Concern Rodney

P.O.Box 12 Red Beach 0945

Ph: 09 426 0916

2021 Membership

January–December

ANNUAL MEMBERSHIP

Name
Mr./Mrs./Ms/Miss/Dr/Rev/Organization
Address:
Phone/Mobile:
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DOB:

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Married / Couple	\$35	\$
Group / Organization	\$35	\$
Donation		\$
TOTAL ENCLOSED		\$

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“Working together to promote quality of life for older people”

THE LOVE DRESS

The mother-in-law stopped unexpectedly by the recently married couple's house. She rang the doorbell and stepped into the house. She saw her daughter-in-law standing naked by the door. "What are you doing?" she asked. "I'm waiting for my husband to come home from work.," the daughter-in-law answered. "But you're NAKED!" the mother-in-law exclaimed. "This is my Love Dress." the daughter-in-law explained. "Love Dress? But you're naked!" "My husband loves me to wear this dress!

It makes him happy and it makes me happy. I would appreciate it if you would leave because he will be home from work any minute." The mother-in-law was tired of all this romantic talk and left. On the way home, she thought about the Love Dress. When she got home, she got undressed, showered, put on her best perfume and waited by the front door. Finally, her husband got home. He walked in and saw her standing naked by the door. "What are you doing?" He exclaimed. "This is My Love Dress." She replied. "Needs ironing," he said.