

AUTUMN 2021 QUARTERLY NEWSLETTER

Phone (09) 279 4331 | www.ageconcernauckland.org.nz



Age Concern Auckland Counties Manukau Edition

Serving the needs of older people



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Avondale, Auckland 1746

Please **DO NOT** post to our physical address,
as mail is not delivered to Cambria Park,
please send all mail to our **PO Box 19542**
Avondale, Auckland 1746

VISITS BY APPOINTMENT ONLY

Staff Contacts

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

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Age Concern Auckland - Counties Manukau Services

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

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.

Asian (Chinese) Services – ensures that all
our services and activities are delivered in both
Mandarin and Cantonese and that we provide
culturally and linguistically appropriate support. We
give talks to Chinese groups and run group activities
to promote positive ageing.

Community Connector – social workers are
available to support and assist people aged 65+
with any social, health or wellbeing issues.

Community Strength & Balance Programme –
we coordinate and provide access to approved
community strength and balance classes as part of
a nationwide movement to reduce falls and fractures
in older adults.

Counsellor – provides counselling to older adults
around age related issues such as transitioning to
residential care, change in family relationships, grief,
loss and anxiety.

Elder Abuse Response Service – aims to improve
the quality of life of older people in abusive
situations and to prevent abuse by providing case
management, free and confidential advice and
by working with a range of health professionals to
provide wrap-around support services.

Health Promotion – delivers a range of free
workshops, seminars and programmes that are fun,
sociable, interactive and promote healthy living. The
Health Promotion education sessions are designed
to provide access to health related information and
services to give older people more control over their
health and wellbeing.

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CEO UPDATE

2021 will hopefully be a more settled year than 2020, despite the rocky start of a third lockdown for Auckland. The start of the roll out of the COVID 19 vaccine allows us all some optimism that by the end of this year we will see our borders open again and for many that will give us a chance to reunite with family and friends.



For Age Concern Auckland 2020 was a year of consolidation as we firmly established ourselves as a single organisation and showed our ability to step up and lead the way in providing services for older people across Auckland, both when the country was in crisis and during periods of normality. The leadership role we have taken has been noticed by both our peers and by Government agencies and we will be building on this in 2021 to increase the services that we are able to offer and the impact we have.

Tied to this we have increased our capacity by adding some key roles to our multi-disciplinary team. In our Counties Manukau office we are growing our Social Connections Services with Diane Brereton and Tinmama Oo joining the service. Both bring a wide range of skills to the organisation and will be working closely with other community organisations and agencies to reconnect isolated and lonely seniors back into their local community.

Diane Anderson and Philippa Bell have also joined Danielle Smith as part of our newly formed Community Connector team. Their role sits within our Intervention Services team and supports people to access and navigate the services they need. Danielle, Diane and Phillipa can assist with any social, health or wellbeing issues you are experiencing. Their social work roles are complementary to our Elder Abuse Response Service and Counsellor.

We have also appointed a Volunteer Coordinator, Emah Butler who will be based at the North Shore Office. Emah will be enhancing our volunteer programme to grow our base of volunteer supporters and expanding the volunteer support they can provide, so we can assist beyond our Visiting Programme. While providing our emergency response

services during lockdowns, we have seen very clearly the benefit of, and need for, local volunteers to provide practical assistance to older people living independently in their neighbourhood. This support is crucial when there is not family and friends close by. Each year our volunteers provide around 50,000 hours of their time to make a difference. This has immense impact, and we are excited to be growing and expanding this.

While we know that as an organisation we need to keep moving forward and push ourselves to provide excellent service, increasing services and staff comes with some risks in our current climate, when there is uncertainty over an economic downturn. As a charity dependent on fundraising and community support for 45% of our operating costs we are incredibly grateful for the continued support of our donors and members – every donation helps us provide our services and make a difference, so thank you each and every one of you.

Regards,
Kevin Lamb CEO Age Concern Auckland

Changes to ID requirements for NZ Post Mail Hold and Mail Redirection Service.

NZ Post have previously allowed individuals to use their SuperGold Card and/or Community Services Card to verify their ID for the purposes of applying instore for the Mail Redirection or Mail Hold service. However, NZ Post have been advised by MSD and Ministry of Health that these cards do not meet the appropriate legal identification requirements, meaning that these two cards are no longer accepted as ID. This includes a SuperGold Card that has a photo on it.

Individuals can still use a Driver's Licence, Passport, a Certificate of Identity (issued under the Passports Act), or Kiwi Access Card (formerly known as HANZ 18+ Card) to verify their ID at NZ Post. NZ Post will also accept approved ID's that have expired (e.g. your Drivers Licence) as a form of ID.



BARFOOT & THOMPSON
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VILLAGE GUIDE
villageguide.co.nz

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

Selling your home does not need to be a stressful process, Alexis Sawyers from Age Concern writes:

There are many things to consider as you face the changes to the next stage of your life. Choosing the right salesperson to support and guide you is important. You need certainty that you are making the right decision and professional advice and care is a crucial part of this.

For many years Grant Haworth from Barfoot & Thompson has worked in partnership with Age Concern, to help support seniors wishing to sell their home. Grant is now part of a specialised team of salespeople who are experts in supporting seniors in transitioning to a more suitable home or a retirement village. Grant's team provide full-service facilitation from evaluating a move, to moving out, to moving in. They offer support to organise on your behalf: packers; cleaners; movers; gardeners; home staging, painters handymen and other specialist tradespeople as required by you.

This specialised Barfoot & Thompson team of salespeople also work in partnership with the Village Guide, which is an independent, impartial guide to retirement villages and rest homes in New Zealand. Village Guide can provide you with information, advice, and support to help you identify the right choice of retirement home or rest home best suited to you.

If you are thinking of selling or making a move, contact your local salesperson from this team for a confidential, no-obligation discussion about how they can help you.

Alexis Sawyers
Fundraising & Communications Manager



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

      

Packers Cleaners Movers Gardeners Home stagers Painters Handymen

Contact the retirement transition expert in your area

- 

Grant Haworth
NORTH SHORE
021 194 4095
g.haworth@barfoot.co.nz
- 

Debbie le Roux
RODNEY DISTRICT
021 94 19 73
d.leroux@barfoot.co.nz
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s.allan@barfoot.co.nz
- 

Simone Young
EAST & SOUTH AUCKLAND
021 730 377
s.young@barfoot.co.nz

We understand that sometimes it's difficult to know where to start when considering downsizing or moving into a retirement village.

- Our team of salespeople:**
- ✓ Have a proven sales track record
 - ✓ Have a relationship with local villages
 - ✓ Are pleasant to deal with
 - ✓ Are honest with strong moral principles

Chair’s report

Kia ora, te whānau

What an amazing summer we’ve had. I’m not really talking about the weather, although we have had some magnificent days. I’m talking about our alert level changes when there are COVID-19 community cases being reported. I feel lucky we are doing so well in New Zealand, a result of the team of 5 million. However, the Auckland region has often been at the forefront of New Zealand’s COVID-19 headlines.

As the major gateway city to New Zealand and with a large number of quarantine facilities within our borders, it isn’t surprising. However, the changes in levels can bring about confusion and uncertainty. I know I had to double check a few times what being in Level 3 meant. Just to make sure. It is a good reminder at these times to be vigilant about your own health and wellbeing and of course reaching out if you need Age Concern’s support. We are here for you, it is why we exist, so don’t hesitate to get in touch.

Another reason to reach out to us is to get our help with the changes happening around us, like the phasing out of cheques. This issue has received widespread coverage, as banks seek to move more to online and digital transacting. With only one per cent of New Zealanders using cheques these days it is easy to understand why. However, if you are one of the one per cent using cheques to manage your money, it may seem a bit daunting. All the major banks are offering help, so if you are worried about what to do then contact your bank and ask for their help. We’ve also included an article in this newsletter about the issue, to help you navigate what it might mean for you and how you can still be in control of your finances.

I’ve talked before about the strategic direction we are taking as an organisation. Age Concern Auckland is committed to promoting wellbeing, rights, respect and dignity for older people. Our vision is that older people live a valued life in an inclusive society. To this end we are planning to strengthen our Social Work team as well as our Asian Services team this year. These are core services we provide and over



the past 12 months we have had increased requests for support in these areas. We have been fortunate to receive some funding to help deliver on these two important aspects in 2021 and we are forever grateful for our supporters and our staff who help deliver in these amazing areas of work.

This March we are delighted to welcome Professor Ngaire Kerse to our Board. Ngaire is a Professor and Joyce Cook Chair in Ageing Well at the University of Auckland with a focus on ageing well. We are very fortunate Ngaire has agreed to join us as she is a leading advocate and scholar in the issues at the heart of Age Concern. It is particularly exciting as she will be working with us around Social Connections and Positive Ageing. These services focus on our everyday needs for contact and connection as well as the experience of ageing and how other members of the community relate to our older people. Stay safe.

Victoria Walker Chair, 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

Life Without Cheques

Cheques have now been phased out, or are in the process of being phased out, by most banks and Government organisations, which means most of you will have found an alternative way to pay. However, if you haven’t we wanted to provide some information to you about your options.

Internet Banking

If you want to pay someone and you have a computer then you can use internet banking, and many seniors have embraced this new technology successfully. To set-up internet banking you can go online and register or you can contact your bank (by phone or in person) and they can assist you.

Once internet banking is set-up, to make a payment you will need to ask for the person or organisation you wish to pay’s bank account number. You can then make a payment to them.

If you make regular payments (e.g. monthly or fortnightly) to the same person or organisation for the same amount you can set up an automatic payment, which means a set amount goes out at a certain time. If you are unsure how to set up an automatic payment you can ring your bank and get them to help you.

You can also set up a direct debit from your account to pay your bills (e.g. power, phone, insurance etc) just talk to your provider and they will set it up for you. With direct debits, you give organisations the authority to take regular payments from your account automatically, so you don’t have to worry about remembering to make a payment or if the payment amount varies.

To receive a payment online, you will need to provide your bank account number to the person or organisation paying you. **Remember: never give out any passwords:** all they require is your bank account number.

Phone Banking

If you don’t have access to a computer then phone banking is a great option. It’s easiest to set this up in your branch but if you’re unable to get there then you can set it up by calling your bank. Here are some of the banks’ phone numbers:

ANZ	0800 269 296
ASB	0800 272 119

BNZ	0800 275 269
HSBC	0800 028 088
Kiwibank	0800 113 355
Rabobank	0800 500 933
TSB	0800 872 226
Westpac	0800 172 172

Some banks also have a dedicated over 65’s phone line, you can ask your bank if they provide this service and what the number is.

Authority to Operate

Another option is to enlist the help of a trusted family member. If you wish to have someone else operate your accounts on your behalf, you can do this by either giving them an Authority to Operate (this will need to be done at the bank so they can verify their ID and that you are doing so freely), or by appointing them as a Power of Attorney. Remember that you should never give out your passwords to anyone, including the bank.

Paying at the Post Office

Many organisations (such as power and phone companies) allow you to pay your bill through a Post Office. Check with your provider if they accept this method of payment.

If you are worried about how to pay bills when you can’t use a cheque, the first thing to do is to contact your bank or the organisation you wish to pay but which no longer accepts cheques and let them know you’re going to need help. They can then assist you.



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The Benefits of Pets

Want to start 2021 with a cuddly companion? If you're considering pet ownership, there are lots of great reasons to bring a 'fur baby' into your life. "Extensive research shows that interacting with animals has multiple physical and mental health benefits for seniors," according to a spokesperson for the SPCA.

These benefits include the unconditional companionship and comfort pets offer, especially to those who are lonely or isolated. A recent study found that people aged 65 and over were 29 per cent more likely to be lonely if they were living alone. By 2034 it's estimated that people in this age bracket living alone will make up 55 per cent of all people living alone.

"Older people tend to make responsible animal guardians and typically have a lot more time to give to an animal, which is mutually beneficial for both animal and the owner," the SPCA adds.

Don't want to commit? Volunteer! There are several opportunities to work with organisations across the country, including at the SPCA whose 5,000-strong volunteer workforce covers roles such as fostering animals before they are ready for adoption.

Alternatively, you can research your options at Seek Volunteer and Volunteering New Zealand.

If you are fortunate enough to be able to commit to owning a pet, be sure to pick your pet with care, the SPCA advises. For example, dogs generally need a lot of exercise and are ideal if you regularly go out on long walks. However, smaller breeds need less exercise, so are usually easier to look after.

If you are already a pet owner, creating an Enduring Power of Attorney (EPA) can give you peace of mind by choosing someone you trust to make important decisions about your furry friend, in the event you're not able to.

Even without an EPA, you can start working with a friend or family member who is happy to care for your pet if you can't.



Source: www.superseniors.msd.govt.nz

Meet The Family

Oliver Davey

Just Funerals is one of the few family owned and operated funeral homes in Auckland. In recent years many of the New Zealand owned and operated firms have been purchased by large overseas companies and some can be found advertising 'Family Operated'. At the core of Just Funerals, Steven, Vicky and eldest Son Oliver run and manage day to day operations.

Oliver was the youngest person ever to enrol and successfully complete the New Zealand Diploma in Funeral Directing at age 18.

Oliver has been with Just Funerals since its inception 8 years ago, from helping prepare coffins, to growing with the business and now arranging and directing funerals himself.

When arranging a funeral for a family 'nothing but the best care and service' is what Oliver will deliver to families when their loved one is in our care.



editorial supplied by Just Funerals



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Your Post-Summer Wellness Plan

It's time to say goodbye to the summer sun, and the changing of the seasons is the perfect time to reflect on how to look after your mental wellbeing.

Seasonal affective disorder (SAD) is a form of depression that's related to the change of season from summer to winter.

The Mental Health Foundation of New Zealand suggests getting outdoors and making the most of the weather while it's still warm and dry, and staying connected to loved ones.

"It is said that friends and family are good medicine", the Mental Health Foundation says.

"You may also find that hobbies or voluntary work contribute to a sense of worth and belonging in a community."

"These are just a few things that can protect you from depression and SAD, or help you make a successful recovery from it."

You can do this and more to boost your mental health by incorporating the "Five Ways to Wellbeing" into your daily life. These are:

- **Connect** – Host a BBQ with friends, family or Whānau or have a friend over for coffee
- **Give** – Give your time to others! This could be helping a neighbour, volunteering with animals, or using your experience to mentor someone else
- **Take notice** – Take a moment to reflect on the present – for example, how proud you are of your thriving garden or what you're grateful for today
- **Keep learning** – Watching documentaries, listening to educational podcasts, and even doing a crossword puzzle help keep your mind sharp. Love books? You can learn and be sociable at the same time by joining a book club or starting your own
- **Be active** – Go for walks with loved ones

Be sure to look out for the signs that you or someone you know might have SAD, including changes in sleep, moods, energy, and appetite.

You can contact Age Concern Auckland if you are feeling lonely and would like more company. Phone 820 0184 email: ageconcern@ageconcern.org.nz For more information on taking care of your wellbeing go to the Mental Health Foundation Website at www.mentalhealth.org.nz. Need to talk? Free call 1737 any time for support from a trained counsellor.

Source: www.superseniors.msd.govt.nz

Stay healthy this winter

Last year, despite the risks of a COVID-19 outbreak, there was a low incidence of seasonal flu in New Zealand. This was in part due to a high uptake of the annual Flu vaccine. The 2021 Flu Vaccine should be available from mid-April. It takes around two weeks to develop immunity once vaccinated. Ideally, immunisation should be carried out before the main influenza activity in May to September.

Seasonal influenza vaccinations are recognised as being the single most effective way of reducing the impact of influenza – especially for those most at risk of complications.

Following basic hygiene practices will help you stay healthy:

- Wash your hands regularly for at least 20 seconds and dry them for 20 seconds – or use an alcohol-based hand rub
- Cover your mouth and nose with a tissue when you cough or sneeze – then put the tissue in a lined bin
- Cough or sneeze into your elbow if a tissue is not readily available
- Avoid touching your eyes, nose and mouth
- Don't share drinks
- Avoid crowded places
- Stay home if you are sick
- Use a facemask when you are out and about

Flu can be anywhere. The best chance to protect yourself is to get immunised. Immunisation is **FREE** to those over 65. Ask your Doctor, nurse or Pharmacist for your free vaccination. Equally importantly, if you do become unwell, stay at home until you are better.

The roll out for a FREE COVID-19 vaccine is expected to start in the second half of 2021. The vaccines that have been approved for use in New Zealand have been tested and assessed by New Zealand Medicines and Medical Devices Safety Authority (Medsafe). It is Medsafe's responsibility to approve all vaccines for use in New Zealand, so while the process for COVID vaccines have been streamlined and they have pushed them ahead of other vaccine applications, **they have all met the same standards for safety that all vaccines used in New Zealand are expected to meet.**

Your Doctor or Health Care Professional will contact you when you are able to be vaccinated for COVID-19. Please be aware there are some scams currently running asking you for a payment to secure your COVID-19 vaccine. **Remember the COVID-19 vaccine is free. At no point will you be asked to pay for the vaccine.**

Asian Services Update

Our Asian Services have been busy over the last few months. As part of our partnership with A Better Chance Charitable Trust we celebrated Christmas with rest home residents during one of our weekly activity sessions. Thank you to all those who donated items for Christmas gifts, the gifts brought a lot of joy.



Volunteers are crucial for the work of our Positive Ageing Centre, where we run Conversational English Classes and special interest groups. Pictured are some of our amazing volunteers. Their Christmas get together was a chance to share volunteering experiences and to thank them for their incredible support.



Asian Visiting Service volunteer Mandy celebrated Chinese New Year with her client Mr Lau, by writing 'Fan Chun' (a traditional decoration). Mandy says that she finds her volunteer work very meaningful for the joy it brings Mr Lau (pictured right).

Recently we ran two Technology for Seniors Workshops that helped increase the digital skills and confidence of participants.



We participated in a local Chinese New Year Carnival, including a session on the traditional art of Chinese paper cutting. It was also an opportunity for us to share and promote the services our team provides.



Introducing our newest team members



Diane Brereton has joined us as a Social Connections Coordinator and will be leading the Howick Research Project for us. Diane has come back to NZ from France where she retrained to become a Diversional Therapist. Diane is passionate about people, and “being there” for others.

Outside of work Diane loves to travel and explore, and always has her camera with her. She loves spending time at the beach in true Kiwi style, surrounded by friends and family.

Diane is looking forward to being part of the Counties Manukau office and meeting the fantastic people that make up this community.



Philippa Bell has joined us as a Community Connector working across Counties Manukau. She is a recent Social Work graduate from South Auckland and looks forward to working within her community and with the Age Concern whānau.

Outside of work, Philippa loves reading books, travelling to interesting places, art, theatre and film, and experimenting with different recipes. She believes in putting people before profit and is an advocate for the working class and the elderly.

Before beginning her Degree, Philippa was living in London, Turkey and then Melbourne, working in administration within private practice psychologists and community organisations.



Tinmama Oo, or Ti for short, has also joined us as a Social Connections Coordinator working across Counties Manukau. Originally from Myanmar, Ti has made NZ her home for the last 20 years.

Ti enjoys working with community groups and organisations, while advocating for the wellbeing of individual members of our society.

Ti worked for Work and Income for 8 years and has been involved in settlement projects over the last 15 years for former refugees. Ti has also been involved in international advocacy work with the UNHCR (The United Nations Refugee Agency) and the Asia Pacific.

Outside of work Ti's interests include spending time with her 6-year-old daughter, hiking, shopping, dancing, and being outdoors.



Emah Butler, has joined us as the new Volunteer Coordinator for Age Concern Auckland.

Emah has three beautiful children and is currently working on completing her BA in Psychology and Anthropology at Massey University. Emah comes from a Homecare

Provider setting where she worked for seven and a half years. Before this Emah worked for 10 years in an NGO working in the community.

Emah is excited to be part of Age Concern Auckland and looks forward to the journey in front of her.

Film Review: Blow Up by Michelangelo Antonioni

This was the year my world and the horizons beyond opened up in front of me. That is when the dream of going to art school became a reality. The Auckland University School of Fine Arts (Elam) was my creative home for the next four years. So much was happening in the cultural sphere – music, performance, art, theatre, fashion, politics, and film.

Within the cultural film bubble in 1966 was the English film **‘Blow Up’** by the Italian Director Michelangelo Antonioni. Actually, it was also the year of other wonderful English films like **‘The Knack: and How To Get It’** and **‘Morgan: A Suitable Case for Treatment’** which altogether were part and parcel of the unfolding English cultural landscape, that was epitomised by groups like The Beatles and The Rolling Stones. The English art schools in the 1960's were going through cultural transformations with a new generation of artists like David Hockney, Allen Jones, Patrick Caulfield, Alan Davie et al appearing out of the haze and into bright crystalline spheres of creative excellence. Magical and unbelievable!

Blow Up encapsulated so much of that cultural era in England, particularly London and Liverpool, with transformative events taking place, seemingly on a daily basis. A mystery thriller, it was set in London, and the lead role was played by David

Hemmings, whose character was based on the fashionable English photographer David Bailey. Vanessa Redgrave played a major role, and the film also featured Sarah Miles. The dialogue was by the English playwright Edward Bond, and ‘The Yardbirds’ – one of my favourite blues/rock groups of the time – featured in the film as well. You wrap all those people up together and you step into a melange of superb cultural food and exquisite taste. Into this mix was a scene showing pubic hair displayed briefly for the first time in a film. This almost certainly missed the censor's scissors – and Mary Whitehouse – at the time, who no doubt would have edited it out as inexcusable taste!

To use an expression of the time I was ‘blown away’ by the film. It struck a nerve of contemporaneity, and sent colour rays exploding into my universe. I felt like I was privileged to be in an otherworldly art school, transported to London, standing in the club with The Yardbirds, breathing in the cultural and aesthetic air. I was floating on it! The film's script led to an unresolved ending, and posed a number of unanswered questions. However, that seemed utterly consistent with the tenor of the times, its movable feast, and in one sense, among many others, its immateriality.

David Mealing

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Social Connections Service Update

Volunteer Visitors Providing Friendship and Happiness

We have almost 600 volunteers across Auckland matched to a lonely and isolated older person, who they visit each week for friendship, great conversation and essential social connection. Below are some photos recently shared with us by our volunteers of outings and activities during their visits.



Caring at Christmas - The generosity of the community who donated food, gifts, handmade cards and money helped us deliver care packages and cakes at Christmas to 280 seniors we are working with. These care packages bring a lot of joy to the people who receive them.



Exciting Upcoming Projects

AWESSOM Project – Howick

The Ageing Well National Science Challenge is researching how to sustain health and well-being as people age, enabling all New Zealanders to reach their full potential into the later years of life. As part of this challenge, we have received funding from the AWESSOM research project coordinated by Dr Ngaire Kerse from Auckland University to appoint a Social Connections Coordinator. The Social Connections Coordinator will be working to reconnect and reengage isolated older people back into activities and events in the Howick community, looking at the effect this has on their overall health and wellbeing. Diane Brereton recently started in this role. Contact Diane if you would like more information about the project on 279 4331 or dianebr@acm.org.nz.

Loneliness Group Research

We are also a partner in the Loneliness Group Research, led by Gary Cheung from Auckland University. The research involves a study aiming to address loneliness and isolation amongst older adults, through group activities. The core components involve a short-term therapy model (Interpersonal Therapy), art and meditation. Mairangi Bay Arts Centre and Connect the Dots will facilitate the art

components of the project. Initially the research was to commence in 2020 but was delayed by COVID-19, however, it is now scheduled to commence in April. Contact Rebekah Preston if you would like more information by emailing rebekahp@ageconak.org.nz or phone 820 2711.

THE SUPERGOLD APP

The SuperGold smartphone app is the easy way to find discounts and offers when you're out and about, whether you're close to home or travelling in New Zealand.

If you have a smartphone or tablet, you can download the SuperGold App from the Google Play Store (Android users) or the App store (Apple users) it's easy to do, but if you're new to downloading Apps you'll find instructions on www.supergold.govt.nz

Once you have downloaded the SuperGold App this will let you search for SuperGold savings near you, or where ever you plan to be. There's over 10,000 places throughout New Zealand to use your SuperGold card so give it a go.



Can you spare an hour a week to make a difference to the life of an older person?



Age Concern Auckland is looking for volunteer visitors for our Visiting Service

To find out more
call us on

(09) 820 0184

www.ageconcernauckland.org.nz



Upcoming Health Promotion Events

Numbers are limited so registration is essential, call me today on 927 3256 or email shayalm@accm.org.nz to book your place. These workshops will be held at our Office at Cambria Park Homestead, 250 Puhinui Road, Papatoetoe.

My Home My Choice:

This workshop gives older people the opportunity to use a research-based decision support tool to help them think about their homes and what will work for them into the future. Stay where I am or move? The pros and cons of both, the options, and things to consider. (The tool has been developed for owner occupiers).

Date to be confirmed but please book to go on a waiting list.

Down But Not Out:

Come and learn the difference between feeling down now and again or depression that needs the support of others or professional help and to identify how and where to seek help. This workshop is aimed at those seeking information for themselves or for people they care about. Join us as we explore how to flourish as we age.

Date: 25th March

Improving Sleep for Seniors:

This interactive workshop is designed for older people who suffer from not having enough sleep and/or good quality sleep. We will explore the structure of sleep and its impact on our health. You will be provided with positive strategies and suggestions for improving your hours of quality sleep. A handout of the information covered in the session, will be provided to take away.

Date: 31st March

Ageing Mindfully:

The aim of this workshop is to support older people to live in the present moment, cope better with ageing and the challenges that come with ageing, and reduce stress, anxiety, and depression. We also would like to help participants experience the benefits of mindfulness, such as better sleep and memory.

Date: 23rd April

Staying Safe Driver Refresher Course:

This classroom-based course will help you re-familiarise yourself with traffic rules and safe driving practices. It will also increase your knowledge about other transport options and help you remain independent for longer.

Date: 9th April

Seniors Eating Well Programme:

A four-week theory only nutrition programme for older adults, focusing specifically on the nutritional needs of an older person - which change as we get older.

Dates: 7th, 14th, 21st & 28th May - You must attend all four sessions of the programme.

SAVE THE DATE – Friday 1st October

The Franklin Positive Ageing Expo – more details in the next newsletters.

Tips to reduce the risk of falling when wearing a face mask

With Auckland going in and out of lockdown, you may find yourself considering wearing a facemask when out and about to help limit the spread of COVID-19.

Unfortunately, for the many of us who wear glasses, masks can cause some loss of lower peripheral vision. The lower peripheral vision is an important sensory function that guides us when we walk and helps to stop us tripping or falling.

It is therefore essential to consider how to reduce the risk of falling while wearing a face mask.

Some useful tips to consider:

- Check your mask fits snugly around your nose and cheeks to reduce any visual impairment and fogging of glasses
- Slow your walking pace to give you more time to consider what is immediately in front of you and what trip hazards lie ahead
- If you wear glasses, consider adopting practices to help reduce fogging, like swimmers do with their goggles (such as a drop of washing up liquid on glasses)

Staying Safe Workshop for Senior Road Users



**TO GO ON THE WAITING LIST FOR
AN UPCOMING WORKSHOP**

PLEASE RING US NOW

Phone: 279 3256

Email: shayalm@accm.org.nz

This **FREE** classroom based refresher workshop run by Age Concern Auckland will help you re-familiarise yourself with traffic rules and safe driving practices, as well as increase your knowledge about other transport options to help you remain independent for longer.



Staying Safe workshops are held on weekdays during the daytime at community venues.

They are **FREE** to attend and morning tea is provided.

No testing involved



We have farewelled **Melanie Jaggs**.

Melanie joined Age Concern initially as a volunteer facilitator for our falls prevention and was the ideal person given her background as an Occupational Therapist. Wanting to be the ‘ambulance at the top of the cliff’, rather than at the bottom, Melanie moved into the Health Promotion role when it became available and stayed there for the next 15 years until she retired at Christmas.

Melanie had a strong passion for helping and empowering older people to age well and enjoy positive and healthy retirements. She developed numerous new projects and was always seeking to improve her Health Promotion practice. All of us at Age Concern Auckland sincerely thank her for her many years of dedicated service and we hope she enjoys some well-deserved time off with family and friends.

Historic agreement between retirement village industry and residents’ association

The Retirement Villages Association (RVA) and the Retirement Villages Residents Association of New Zealand (RVRANZ) have committed to closer collaboration and co-operation with the signing of a Memorandum of Understanding (MoU).

“The interests of our village residents are at the heart of everything we do so it’s great news that the RVA and RVRANZ will be working together to support the provision of a quality living environment for older New Zealanders,” Graham Wilkinson, president of the RVA, said.

“More than 45,000 New Zealanders choose to live in retirement villages and independent research commissioned by agencies such as the Commission for Financial Capability have reported overwhelming general satisfaction among residents.

“New Zealand’s retirement villages are also subject to a regulatory framework with safeguards and consumer protection for residents, which is often referred to as ‘world leading’ by countries where villages are prevalent.

“However, we are always looking to make improvements and this agreement with the RVRANZ will provide an opportunity to gain valuable input and insights in a range of areas.”

As part of the MoU, the associations have agreed to develop a structure and process for a Resident Advisory Group (RAG) including members from both associations, which will meet regularly. The RVA also undertook to remind members that residents have the right to form a village Residents’ Committee if they so wish.

The MoU also has a focus on effective training so that village staff continue to provide emotionally-intelligent care and support for their residents.

Peter Carr, President of the RVRANZ, welcomed the signing of the MoU.

“The overwhelming majority of residents in villages are satisfied and glad they moved to their village, but like any area where there are many personalities involved, sometimes an issue can arise. The Residents’ Association looks forward to working with the RVA in developing best practice in a range of areas as well as encouraging debate about the industry model and potential options.”

The RVRANZ will also work with the Commission for Financial Capability to finalise a short Resident Handbook for forming and conducting a resident committee, and will continue their work in monitoring the effectiveness of the current legislation.

The Retirement Villages Association of New Zealand (RVA) is a voluntary industry association that represents the interests of the owners, developers and managers of 96% of registered retirement village units across New Zealand. The RVRANZ is a voluntary organisation that represents the interests of many thousands of residents at retirement villages in New Zealand.

editorial supplied by Retirement Villages Association



Avoiding Dehydration

As the hot weather continues, here is a reminder to you to keep your fluid levels up! We all know that hydration is important and that becoming dehydrated can lead to health issues. Older people are more prone to dehydration for several reasons and the health impact can be more significant. Professor Carol Sham, health researcher at Massey University has recently published a pilot study that found that only 15% of older people studied met the recommendations for fluid intake. 16% of



participants were clinically dehydrated and a further 27% had impending dehydration – a total of 43%!

Interestingly, as we age our thirst perception becomes impaired – we simply do not feel thirsty as much, even if our bodies are not receiving enough fluids. Does this ring true for you? Our kidneys function also naturally declines as we age, so maintaining adequate fluid intake is so important. As we age, we cannot rely on responding to our thirst alone, we need to build fluid intake into our daily routines. Consider having a glass of water at set times or when you watch a certain TV programme or listen to the news on the radio. Or if you are tech savvy, perhaps you could set alarms on your device to remind you.

Bloom Living apartments - A popular choice!

Bloom’s brand-new apartments in Manurewa East are proving popular but there’s still plenty of opportunities to purchase your own freehold apartment and be part something quite unique.

Located at 20 Alfriston Road, Bloom offers over 55’ers the chance to be part of an independent, vibrant, like-minded community. Apartments can be owned outright which means capital gains sit with the owner when it comes time to sell.

Bloom’s fantastic location is second to none ensuring you’re within easy walking distance of Manurewa Town Centre’s fabulous amenities including transport,

shops, medical facilities, library and Cossie Club.

The well-designed apartments are low-maintenance, safe, secure and energy efficient. Each has two bedrooms, open plan living, the latest F&P appliances, private outdoor area and a car park.

Step inside and experience how beautifully livable a Bloom Apartment is.

**Show Homes: Weds & Thurs
10am-12pm, 20 Alfriston Road.
Contact Marisa Johnstone today
021 991 805.**

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Choose Bloom.**

✓ Own your home outright

✓ 100% entitlement to capital gains

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✓ No hidden costs

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

From **\$593,000**

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Freehold Retirement

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

Call Marisa Johnstone, 021 991 805 for more information | bloomliving.co.nz

BloomLiving

COMMUNITY STRENGTH & BALANCE UPDATE

The final quarter of 2020 was a busy one for our Community Strength and Balance work and we are pleased to announce that ACC will continue funding us for at least another 18 months. This means we can carry on doing the work setting up new classes, increasing participation numbers and making sure we meet the needs of our diverse community across Eastern, Manukau and Franklin regions. Strong muscles, good coordination and balance are vital for health and wellbeing, as well as reducing the risk of falls and fractures. So much so that the Live Stronger for Longer initiative is now including the over 50s age group, aiming to encourage more people to classes that will benefit them as they age.

I would like to thank every provider and stakeholder for their support navigating the shut downs, enthusiasm for getting each class up and running again and encouraging participation across Counties Manukau region in 2020.

Below is a snapshot of some of the great classes running through our programme:

Steady as You Go, Trinity Methodist Church, Pakuranga



After a successful three years leading the group in Pakuranga, Alan Brennan handed the reins over to Christine and Barry from January 2021. Steady As You Go is a narrated exercise class designed to help older people reduce their likelihood of having a fall. It involves simple activities, seated in a chair, standing and walking, all set to music and lasts 45 minutes to an hour. The exercises are similar to those learned from a physiotherapist and are proven to improve

balance, flexibility and strength. Regular attendance at the class will leave participants feeling physically better and more able, as well as enjoying being with a social and friendly group of likeminded people. We currently have four classes in our Eastern region, one in Manukau and I am in talks to set classes up in Manurewa and Otara.

Supple Seniors class in Tuakau

Bruce Blomfield is an accredited provider based in Franklin region who runs "Supple Seniors" classes across four venues in Tuakau and Pukekohe. The class aims to improve quality of life through enhancing flexibility, improving breathing habits, muscle tone/strength, sleep patterns, the promotion of inner wellbeing and relaxation and reducing stress. Participants are seated on or supported by a chair and routines are designed for persons with mobility limitations but are suitable for the able bodied. He currently has space in his Tuesday class at 10am in the Salvation Army building, 1 Tobin St, Pukekohe.



One of his regular members, Bev, wrote:

"I am grateful to have been referred to a Community Strength and Balance Exercise Class. I have had many falls, due to lack of balance and wasting of muscles and nerves in certain pressure points in my body and experiencing lack of feeling in my feet. Since I have been attending these classes I am slowly increasing strength in my muscles. I am also learning to take more care and have increased my awareness of how to save myself from falling and how best to get myself up if I do fall. The exercises we do are smooth and comfortable, and the chair means we can feel safe. I have personally found that this form of exercise is beneficial to someone who is dealing with pressure point pain and muscle weakness, and this has increased my confidence and helped me cope better with many of my daily activities".

Age is Just a Number EPR Clinic at Creo gym

The team at EPR Clinic are now running five classes a week! Classes are between 45 minutes and 1 hour long, they have a combination of lower body, upper body, and core exercise. They also work on reaction time, brain training, and balance training through some fun interactive games.



"We really enjoy the class. You have a great sense of humour and made it so enjoyable for us to come. Everything was explained very well" - Helen & Agnes

"This is the happiest class I've been associated with. The exercises are spot on with variations each week" - Trish

Steady as You Go, Manukau City Baptist Church



I was approached during the second lockdown by Manukau City Baptist Church Group leader Judy Dawson about including an exercise class into their weekly group meetings. Fast forward six months and they have a group of 20+ dedicated regulars to a Steady as You Go class; who I recently put through their paces of the 3 stage balance test! It is a pleasure working with the group and the peer leaders Judy, Lyn and Margaret are doing a stellar job. We are looking to include some brain gym activities soon. They also have a lovely morning tea once a month, everyone is welcome.

New class SIT 4 FIT at Moana Nui a Kiwa, Mangere Leisure Centre!

Come and meet the amazing Marcia at Moana Nui a Kiwa on Fridays at 1.30pm! Marcia has a wealth of experience working with older people to achieve their strength and balance goals. This is a brand new class and is held in the private recreation room in Mangere Leisure Centre. Ask the friendly reception or fitness staff for more information. Don't forget to bring a friend or two - its lots of fun!

If you, or anyone you know, is interested in setting up a class in your retirement village, church, community centre or gym – please contact me on 021 960 004. You can also contact me or visit our website if you are keen to find out more about the classes currently running in your area.

Bethan Collings | Community Strength and Balance Coordinator
Lead Agent - Live Stronger for Longer (Counties Manukau Region)

CLASS DESIGNED FOR PEOPLE 50+

SIT 4 FIT

CHAIR BASED CLASS, WITH A MIXTURE OF SEATED AND STANDING EXERCISES

IMPROVE YOUR BALANCE AND GAIN CONFIDENCE IN YOUR MOVEMENTS .

\$5

Moana-Nui-a-Kiwa Pool and Leisure Centre
Every Friday at 1:30pm

How to find a retirement village that feels like home

Tips to help you find a village that feels ‘just right’, courtesy of Village Guide – New Zealand’s independent guide to retirement village living.

1. Check in with your intuition

Pay attention to any feelings you get when you visit a village.

- Do you feel welcome, comfortable, and hopeful?
- Are the staff and residents friendly?
- Do you feel like you’ve found ‘your people’?
- Can you imagine making genuine friendships here?

How you feel about a village is just as important as factors such as location, price, and facilities.

2. Talk to as many residents as you can

The best person to tell you about a retirement village’s culture is someone who already lives there. Talk to the village manager to see if there are any opportunities for you to meet other residents.

Here are some ideas.

- Ask if you can enjoy a meal at the village cafe or restaurant.
- See whether any facilities are open to the public, such as a swimming pool.
- Request to join a group activity, such as an exercise class or hobby group.
- Attend an Open Day or event hosted by the village.

By involving yourself in village life, you’ll find it easier to visualise what it’s like to live there.

3. Take your time

It’s important to take your time to get to know the culture before you make an investment. After all, you’ll become a part of the culture once you live there.

Don’t be afraid to visit several times. Only you can decide if a village’s culture is a good fit for you and your family. Take as long as you need and ask the village staff plenty of questions – they are there to help.

For more retirement village advice and information, visit www.villageguide.co.nz.

Article supplied by Village Guide

Thanks to our wonderful supporters

Age Concern Auckland delivers crucial services and support to thousands of older people and their whanau every year.”

It costs us \$2.4 million dollars every year to deliver these services to our community. We only receive 55 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 45 per cent.

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:

- Albert-Eden Local Board
- Anstiss-Garland Charitable Trust
- Auckland Council
- Combined Rotary Clubs of the North Shore
- COGS
- Community Awareness and Preparedness Fund
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- The Trusts Community Foundation
- Transdev Auckland
- Your West Support Fund
- Working Together More Fund
- Z Good in the Hood

All our individual donors and amazing volunteers.

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 _____

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Account: 12-3011-0755744-00
Ref 1: Renewal Ref 2: Your surname

☐ **Cheque**
(Made payable to Age Concern Auckland)

☐ **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 or if you are unsure if your membership is current phone 820 0184.



The Acacia Cove Lifestyle



New Zealand owned and operated.

Acacia Cove is a country-style village situated on the beautiful Wattle Downs Peninsula

For those who appreciate the tranquility of an estuary setting Acacia Cove has it all, as well as its own restaurant, heated indoor pool, library, bowling green and gym.

Whether you choose to live in a villa or one of our luxurious apartments, you'll have the security of a 24 hour, full monitored emergency call system built in.

If you're aged 60 or over, value your independence but want greater security, come and have a look at the superb properties we have to offer.

- **Best Ageing Programme at the 2017 Ageing Asia Eldercare Awards**
- **Finalist in the Facility of the Year Independent Seniors Living Category.**

Wattle Farm Rd, Wattle Downs, Auckland

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A right to occupy dwelling at Acacia Cove Village is unsecured.