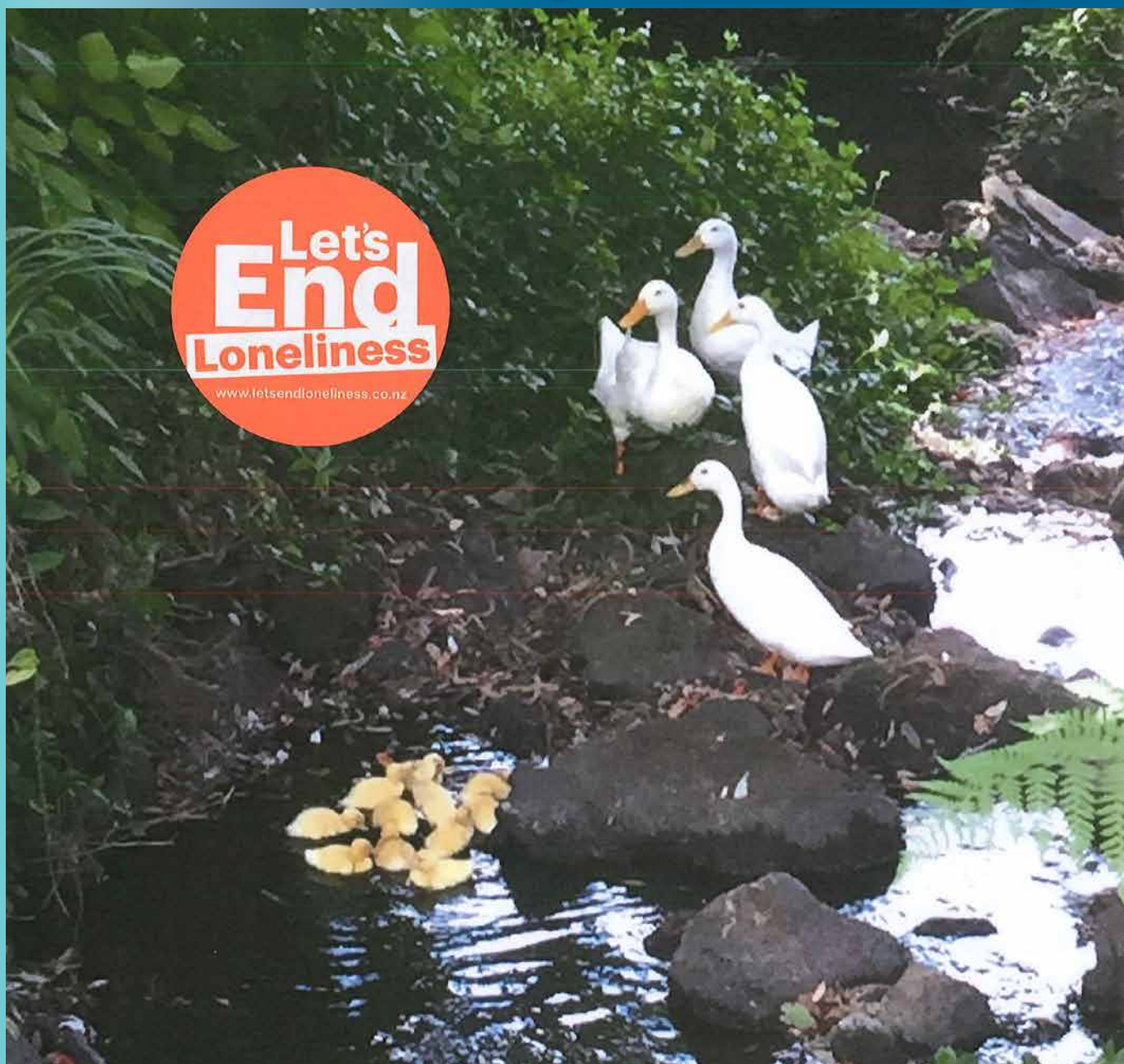


AUTUMN 2021 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concern Mid North

Serving the needs of older people



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

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Contact Information

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Email: info@acmn.org.nz

Address: Kingston House, 123 Hone Heke Road, Kerikeri 0230

Postal Address: PO Box 214, Kerikeri 0245

OFFICE HOURS

9.00am - 1.00pm Monday to Friday

Do you have time for others?

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

Would you like more company?

If you are feeling lonely, or would like more social contact, it's important to do something about it. Our Accredited Visiting Service is a befriending service that provides regular visits to older people in the community. Our visitors are volunteers who would like to spend time with an older person each week to enjoy a conversation and shared interests.

For more information about this service contact (09)4074474



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

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

From the Managers Desk

Welcome to 2021! Here at Age Concern Mid North we want it to be a year filled with friendship and fellowship. We are planning the year's activities. Our Strength and Balance, Young at Heart (NIA) will be underway when you get this newsletter, other activities i.e. Tech for Seniors is on each week Monday and Wednesday 10am-12pm, you must phone and make an appointment. Please consider when registering for Tech for Senior's that you may need to come for more than one visit, we are encouraging participants to put aside a few weekly visits. These are one on one tuition sessions for members who are wanting to get to grips with their iPhone or tablet, there is no charge for the tuition.

Currently we are firming up dates for the Safe with Age Driving Workshops, i.e. 'Staying Safe', two will be held in Whangarei, and one in Paihia, in addition the workshops on Managing without a car will be held in Kerikeri and Kawakawa, the dates and venues will be advertised in the local newspaper and the Northern Advocate. Please register your interest for any of the workshops by phoning 09 4074474.

Just an update on the Taxi subsidy. The providers are Driving Miss Daisy, Health Drive, Dial a Ride and Haruru Cabs.

At the end of last year Kayla spent the last three months on placement to finish the requirements for her Social Work qualification. We had Linsey who was also finishing the same qualification. Kayla is back and Linsey is working in Kawakawa. During her time with us Linsey presented a workshop on Rongoa (Maori Medicine) and Weaving, the workshop was very successful, we wish Linsey well in her career as a Social Worker. Kayla is back into her work here at Age Concern, we congratulate her on completing her studies, well done Kayla.

Our Christmas Dinner was great fun, good food and the beautiful view from the Kerikeri Cruising Club venue. We have highlighted the event with some pics taken on the day, thanks to all who enjoyed the day.

We are working on getting as many members as we can to receive their newsletter via email, if we have not contacted you it means that we did not collect an email address from you when you registered as a member or you do not have an email address. If you do not have an email address or you would rather not have the newsletter via email we will continue to post it to you. Please contact us if you would like your newsletter emailed and we have not contacted you.

Juen Duxfield

From the President

The Committee and I would like to wish all our members A Happy and Healthy 2021.

I do hope everyone had an enjoyable time over Christmas with family or friends. As so many of us have our families scattered around New Zealand and the world it is not easy in these uncertain times to be together.

Age Concern Mid North's Christmas dinner at the Kerikeri Cruising Club, Doves Bay was most enjoyable and it was an excellent meal for \$25.00. From comments given to staff afterwards everyone enjoyed themselves, especially the amazing view over the Kerikeri Inlet and Marina from the dining area certainly made our day so special as many of our members had not had the opportunity to go there previously.

Juen our Manager has organised some excellent speakers for the coming year for our "Meet and Greet". These are held the last Friday of the month at Kingston House from 10am where we have morning tea first and then a speaker finishing around Midday.

Quite a few people like to stay on after the meeting and have another cup of tea and a chat and this gives the staff and committee a chance to get to know our members. Everyone is welcome if you have the time.

I am looking forward to meeting old and new members at our first 2021 "Meet and Greet" which is to be held on Friday the 26th February, 10 am at Kingston House.

Kind regards

Kind Regards *Jan Flowers*

Kia ora, Talofa Lava, Bula Vinaka, Malo e Lelei, Fakalofa lahi atu, Nihao, Namaste, Chao, Kia orana and greetings to you all.

We have a lot of exciting things happening this year at Age Concern Mid North. Our programmes have all started back and we look forward to welcoming new members along to these. We have our weekly strength & balance classes, tech for seniors and monthly meet & greets to name a few. Regarding our visiting service, I am always looking for new volunteers to join our team along with those who may be wanting more company.

I look forward to seeing you all over the next coming months.

Kayla

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Christmas
Dinner
2020

Age Concern Mid North

CALENDAR OF EVENTS



MONDAY

Lawyers Clinic - 12pm - 1pm
(First Monday of every month)

TUESDAY

Senior Strength & Balance 11am - 12pm

WEDNESDAY

Gardening group - 9.30am - 10.30am

Tech for Seniors - 10am - 12pm

Nia Young at Heart - 11am - 12pm

THURSDAY

Kaikohe Strength & Balance - 10am - 11am

Nia Young at Heart - 11am - 12pm

FRIDAY

Tech for Seniors - 10am - 12pm

Meet & Greet - 10am - 12pm

(Last Friday of every month)

Please note the Lawyers Clinic and Tech for Seniors is by appointment only.

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.

The Benefits of Pets

Want to start 2021 with a cuddly companion? If you are 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% more likely to be lonely if they were living alone. By 2034 it is estimated that people in this age bracket living alone will make up 55% 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.

Do not 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 event you are 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 cannot.



Security For Older People Property and Valuables.

Callers at your Home

- Never open the door automatically after a knock - insist that all callers identify themselves.
- Never allow persons off the street to use your telephone or check your appliances.
- Always keep a safety chain on or have a peep-hole installed to check on who is calling.
- Ask for and verify credentials. Then ring the organisation to check on the individual before allowing entry.
- Never admit that you are alone in your house.
- For women living alone a good idea is to leave an old pair of men's shoes at your front door.

Protect your Money

- Beware of unknown persons offering goods or services at low rates.
- Don't give money to door to door collectors for

charity unless you know the charity and they have verification.

- Never talk to strangers about your financial affairs.
- Only deal with reputable firms for repairs etc.
- Do not rush into any financial proposal or contract without consulting an expert or family member.

Safety of Valuables

- Never keep large amounts of cash in your home.
- Consider keeping valuables such as jewellery you do not wear often, share certificates or other important documentation such as deeds in safe custody at the bank.
- Never show your jewellery to persons who help around the home and always keep them in a safe place out of sight.
- Have a trusted family member take photos of your most prized pieces and have them valued so they can be identified should they go missing.



Flax Weaving from Linsey's workshop

AVAILABLE NOW



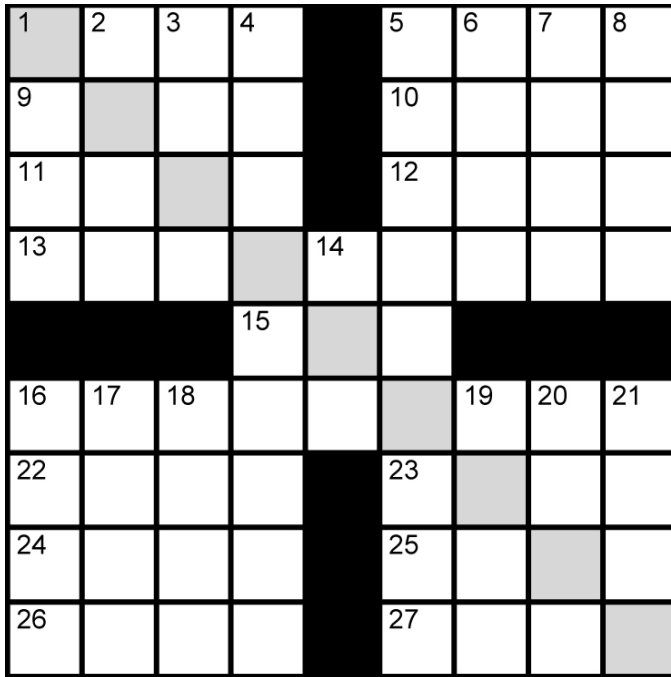
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Across

1. Snail mail org.
5. Union foe
9. Skirt feature

10. Continental currency

11. Car
12. Like Death Valley
13. In frightened manner

15. Place for a stud

16. Type of optical telescope

22. Mélange

23. Vagabond

24. Norway's capital

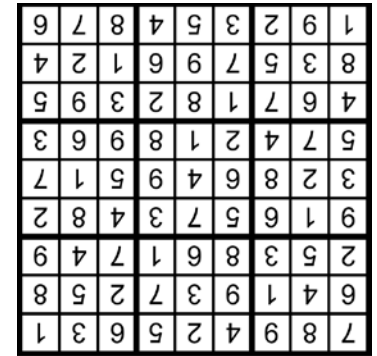
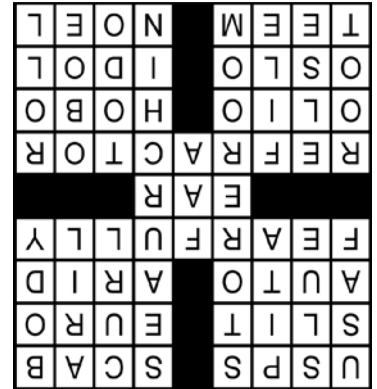
25. Matinee hero

26. Be rife (with)

27. Coward of note

Down

1. Thunderbirds' org.
2. Pivot
3. Hummus holder
4. Place for supplies
5. Sand-dollar relative
6. Ringlet
7. Seed covering
8. Torso
14. J.F.K. regulators
16. Tooth part
17. Choice word
18. Manicurist's tool
19. ___ list



20. Wind instrument

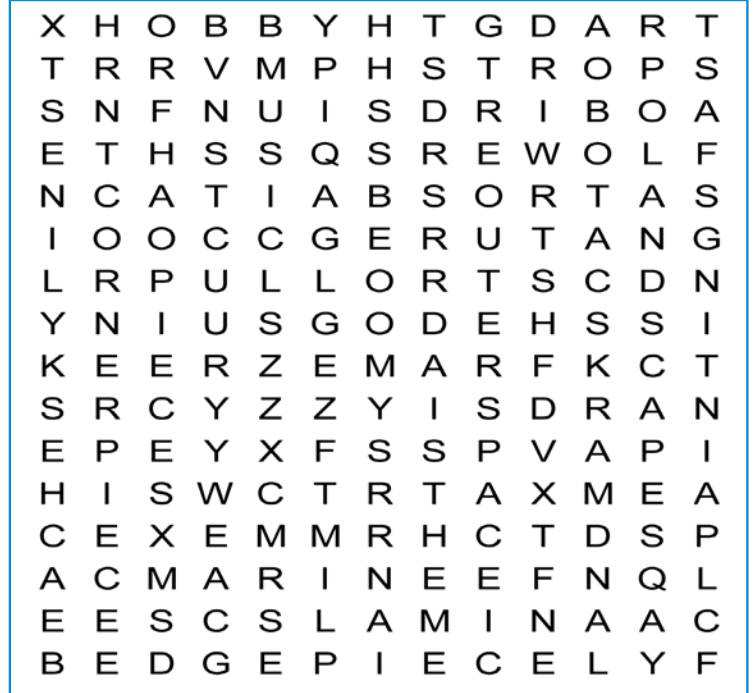
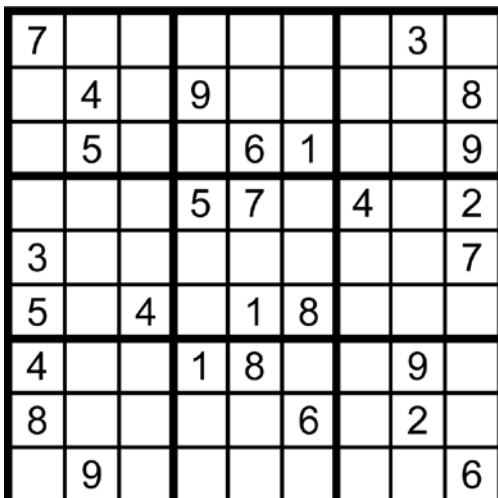
21. Throw, as dice

Jigsaw Search

ANIMALS
ART
BEACHES
BIRDS
CATS
CHRISTMAS
CORNER PIECE
DOGS
EDGE PIECE
FANTASY

FLOWERS
FOOD
FRAME
GLUE
HISTORY
HOBBY
LANDMARKS
LANDSCAPES
MARINE
MUSIC

NATURE
OUTER SPACE
PAINTINGS
PIECES
ROLL UP
SKYLINES
SORT
SPORTS
THEME



How to solve sudoku puzzles. No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. (The difficulty on this puzzle is easy.)