

AUTUMN 2021 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

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 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 2020 - 2021

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

CEO: Catherine Smith
Office Receptionist: Tania Henderson
Health Promotion Coordinator: Paddy Sullivan
Visiting Service Coordinator: Paddy Sullivan
Shuttle Coordinator: Jill Henderson
Shuttle Drivers: Mark Datlen
 Dave Walker

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/handyman 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.

***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!

Chairman's Report

Greetings everyone and a very Happy New Year to you all.

I hope you have all enjoyed the festive/holiday season and now ready to face what 2021 has in store for us.

After 2 years of disruption in our Office with flooding, electrical fire and Covid 19 we have modernised the Age Concern Rodney office with new carpet, Plants and Art work on the walls. Now with this new modern look all Staff are looking forward to 2021 serving the Older person in Rodney.

Come and have a look at our new modern office.



Finally, I would like to thank our dedicated, hardworking staff and Volunteers for continuing to provide such a high level of service to the Older People in Rodney.

Best wishes to you all,

Vincent Harris | Chairman – Age Concern Rodney

2021 Annual Membership is now due

Thank you to all members who have already paid their membership/donation.

Reputation is everything for 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. Bill has been building his reputation across the Hibiscus Coast over the past 18 months and has become well known for going the extra mile. "Bill runs a good ship" said one client, "I know I can rely on Bill", said another.

Feel confident and independent without any worries. Want to give Bill a try? All new clients receive a 'first time discount'. 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**

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For more information

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021 041 9486**

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www.freedomdrivers.co.nz

Residential Care Subsidy Changes

On 1 July 2020, some key annual changes to the Residential Care Subsidy came into effect.

If you need long-term residential care in a rest home, you may now qualify for the Residential Care Subsidy.

The asset thresholds have increased to:

- \$236,336 for a single person
- \$236,336 for a couple where both partners are in long-term residential care
- \$236,336 for a couple where one person is in long-term residential care, including the value of their house and car
- \$129,423 for a couple where one partner is in long-term residential care, not including the combined value of their house and car (the house is only exempt when it is the main place where your partner who is not in care, or a dependent child, lives).

The income-from-assets exemptions have increased to:

- \$1,027 for a single person
- \$2,054 for a couple who are both in long-term residential care
- \$3,081 for a couple where one partner is in long-term residential care.

Your assets and income will be assessed by Work and Income. All other eligibility is assessed by the Ministry of Health.

To find out if you are eligible, go to the Work and Income website at www.workandincome.govt.nz or call them on 0800 999 727



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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

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.

RYMAN PIONEERS
Peace of mind



RELAX, YOU'RE GOOD

A big reason why people choose a Ryman village over the others, is knowing we have everything from independent and assisted living to a full range of care options, so if you ever need it, it's there for you. It's another example of how we're pioneering a new way of living for a new retirement generation.



Superbly located in Orewa, Evelyn Page Village is named in honour of a pioneering New Zealander who set the standard for others to follow.



Call Steph or Jo for more details.

EVELYN PAGE VILLAGE

30 Ambassador Glade, 09 421 1915

rymanhealthcare.co.nz



GARDENING CAN BE DANGEROUS

Safe handling of potting mix and compost is needed. Legionnaires disease, if caught, can be deadly. It is a type of pneumonia caused by bacteria that commonly live in potting mix, compost and soil. It can be breathed in via dust.

People over age 60 or those who are current or former smokers or those with pre existing conditions, are more at risk from death from this disease. Flu-like symptoms can appear two to ten days after exposure.

Symptoms present may be a cough, shortness of breath, fever, muscle pain, stomach aches, headache, diarrhea or nausea and vomiting. If you experience any of these symptoms it is recommended you contact your medical advisor and tell them of your recent gardening activities. Early treatment is usually effective but serious illness can require hospital care.

Care is needed when using potting mix. It is sensible to wear a well-fitting mask and wear gloves. Open bags carefully with scissors, and reduce dust by damping down the potting mix or compost.

Work in a well-ventilated area outside. And wash your hands before you remove your mask.

The disease can also be caught from infected water droplets from air conditioning systems.

Enjoy your gardening but keep safe!



I have a little Satnav

I have a little Satnav; it sits there in my car. A Satnav is a driver's friend it tells you where you are. I have a little Satnav; I have had it all my life. It is better than the normal ones, my Satnav is my wife.

It gives me full instructions, especially how to drive "It's thirty miles an hour", it says, "You're doing thirty-five". It tells me when to stop and start, and when to use the brake and tells me that it is never ever safe to overtake.

It tells me when a light is red, and when it goes to green. It seems to know instinctively, just when to intervene. It lists the vehicles just in front, and all those to the rear and taking this into account, it specifies my gear.

I am sure no other driver has so helpful a device, for when we leave and lock the car, it still gives its advice. It fills me up with counselling, each journey's pretty fraught. So why don't I exchange it and get a quieter sort?

Ah well, you see, it cleans the house, makes sure I am properly fed. It washes all my shirts and things and keeps me warm in bed!

Despite all these advantages, and my tendency to scoff, I only wish that now and then I could turn the darn thing off.



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



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.

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EMAIL: chrissycleanncare@xtra.co.nz

www.chrissycleanncare.co.nz



Support Services

Happy New Year 2021

Last year was certainly one not to be forgotten and we will now have to learn to live with a new uncertain normal.

2020 saw us having to suspend most our services due to Covid 19 restrictions on contact with our clients being in the vulnerable adult category.

The Visiting Service

This service is designed to reduce loneliness and social isolation in older adults.

Our visiting service was hugely impacted as visitors were unable to visit with their clients but many were able to maintain telephone contact.

We are pleased to say that we are now operating fully with a great team of volunteers. If you would like a volunteer visitor or any information on this service please use the contact below.

Health Promotions

This service provides information and education on topics of interest to older adults.

This too was severely impacted by the Covid restriction in regards to lock down and restricted numbers permitted in groups. However, we did have a couple of successful presentations in Helensville on Supports for Seniors and are planning to hold presentations in Orewa and Warkworth.

We are also planning a Health Expo in both areas.

Total Mobility Scheme

This scheme is run by Auckland transport. This enables people who cannot safely execute public transport trip to use approved taxis at a reduced rate.

People applying for this need to be assessed by approved assessors working for approved agencies. This service is available for Age Concern Rodney Clients who meet the criteria.

Contact details for all above

Paddy Sullivan

visiting@ageconcernrodney.org.nz

hp@ageconcernrodney.org.nz

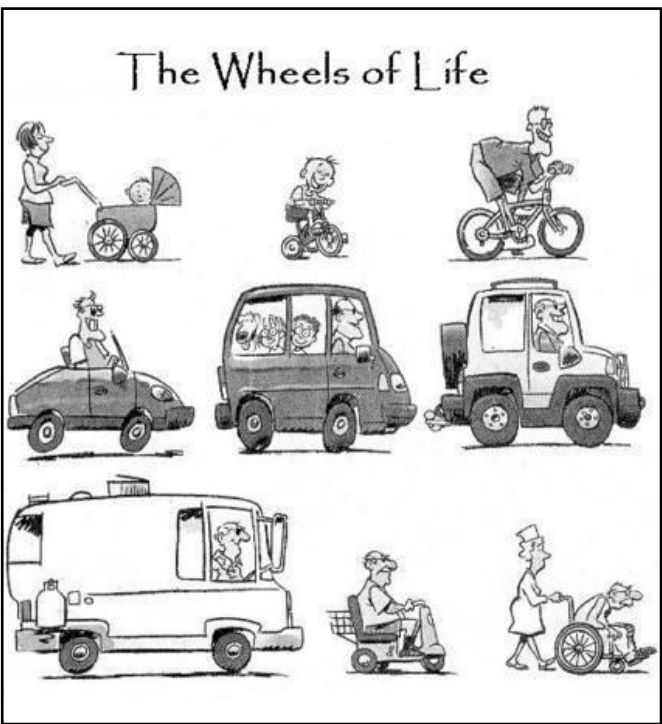
Ph 09 426 0916

Changes to ID for NZ Post Mail Hold and Mail Redirection

Changes NZ Post is making to instore applications for Mail Redirection and Mail Hold services. We 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. We have been advised by both the Ministry of Social Development and the Ministry of Health that these cards do not meet the appropriate legal identification requirements. Therefore we are making changes to our instore application form so that these two cards are no longer accepted.

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 when applying instore for the Mail Redirection and Mail Hold service. Please note that NZ Post will accept approved ID's that have expired as a form of ID. NZ Post are currently exploring opportunities to accept other forms of ID that can meet verification requirements.

The changes are due to take effect from Thursday 11 February. Information is being supplied to our retail network to inform customers of these changes.



BARFOOT & THOMPSON
LICENSED REAA 2008

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



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



Sue Allan
WEST AUCKLAND
021 388 021
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

Staying Safe at Home

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

Think ahead

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

Stay safe indoors

- Install a wide-angle door viewer so you can see who is at your door

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

Life Tube

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

Know your neighbours

The most important action you can take to make your place safer is to know your neighbours. Exchange contact details, discuss your crime and safety concerns and decide what you would do in an emergency. If you or your neighbours are away, follow our property protection suggestions:

- Let neighbours know when you are going to be away. Swap holiday addresses and phone numbers
- Let each other know if visitors or tradespeople will be in your house while you are away
- Be a good neighbour. If your neighbours are away, you can help them by making their house look 'lived in'
 - Turn on lights at night
 - Close curtains at night and open them during the day
 - Mow lawns
 - Clear mail, especially junk mail and newspapers
 - Use their clothesline or driveway
 - Keep an eye on their house and walk around it once a day to check it is secure
 - Question strangers, but don't say the neighbours are away. Write down their description, visit the Neighbourhood Support website for a fact sheet
- Write down the registration numbers of unfamiliar vehicles moving slowly or stopping in the street
- Report anything suspicious to your local Police station
- If you think a crime is being committed or

- someone is in serious danger, call Police immediately on 111
- Start a Neighbourhood Support group
- Neighbourhood Support helps neighbours to talk to each other and works closely with Police and other organisations in your community to reduce crime, improve safety and prepare to deal with emergencies and natural disasters

If you have an intruder, prowler or burglar

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

- If you suspect there is a prowler outside:**
- Dial 111 and ask for Police
 - Listen to what Police tell you
 - Turn on all outside lights if you can
 - Turn off all inside lights

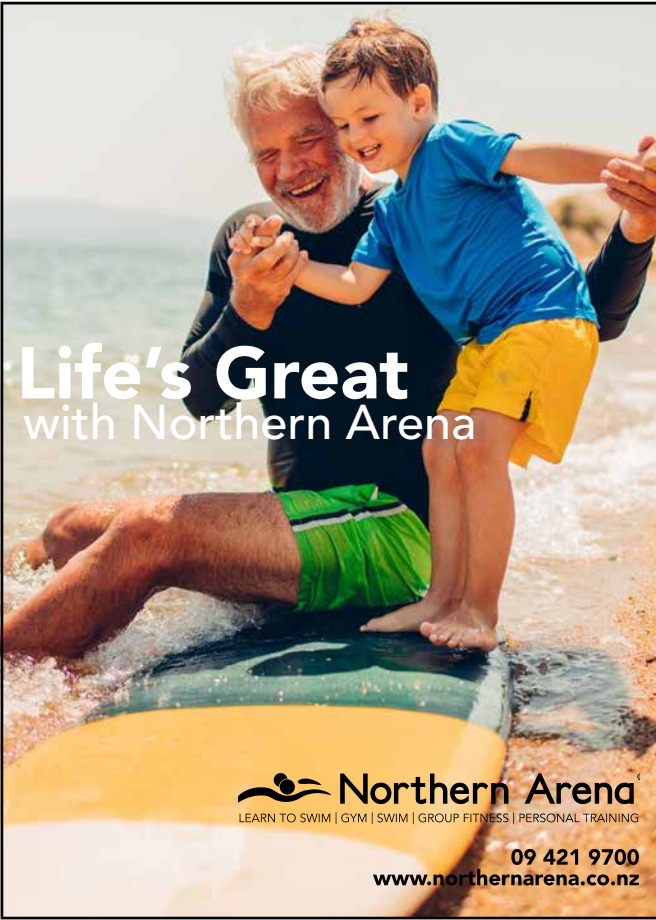
- Make a loud noise to frighten the prowler away and alert your neighbours
- If you arrive home and think there's a burglar inside your house:**
- Dial 111 and ask for the Police
 - Don't go inside

Source: Family Care Magazine Issue 39, 2018

TIPS TO HELP WITH ANXIETY ATTACKS
Look around you.

Find five things you can see
Four things you can touch
Three things you can hear
Two things you can smell
and **One thing you can taste**

This is called grounding. It can help you feel like you have not lost all control of your surroundings. So follow the exercise, find your surroundings stay calm at all times.



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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

The Hibiscus Coast Visually Impaired People Club (VIP Club) Est 1984

Meets the 3rd Tuesday of each month from 10.30am to 12.15pm.

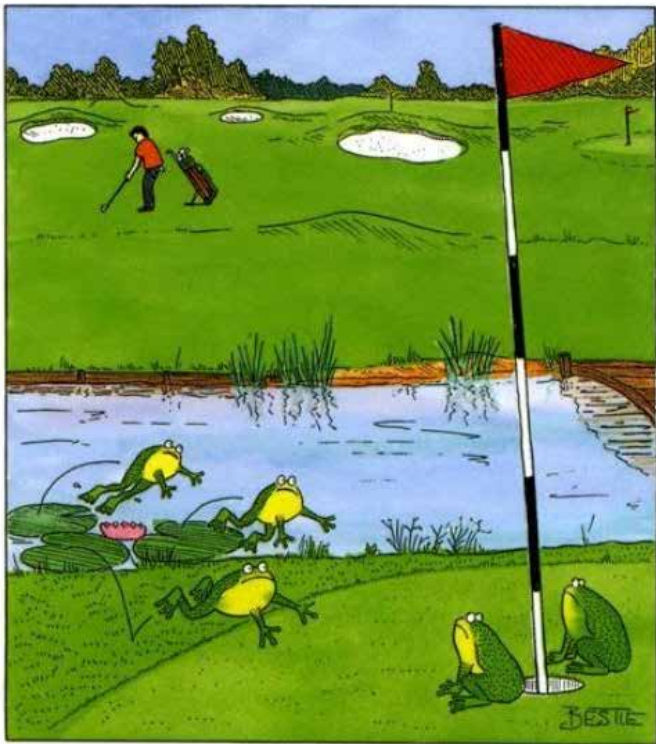
At St Andrews Presbyterian Church Hall.
105 Centreway Rd. Orewa.

Entertainment provided plus a light early lunch.
\$6.00 per person.

Mix with likeminded people who all share the common issues of living with low vision.

A fun, friendly group of locals plus wonderful volunteers who will drive you if needed plus help serve lunch.

If you would like to join our group please contact Shelley Good on 424 0599 or 0274 960 352



THEY INSTINCTIVELY KNEW THE SAFEST PLACE WHEN HE WAS ABOUT TO PLAY HIS SHOT.

Your post-summer wellness plan

It is almost 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 is 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 is still warm and dry, and staying connected to loved ones.

The Mental Health Foundation says, “friends and family are good medicine. You may also find that hobbies or voluntary work contribute to a sense of worth and belonging in the 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 Whanau 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 are grateful for today.
- New Skills** – Check out activities in the area that you know nothing about - you may be surprised at what you learn. Visit the Library, see what's new.
- Active** – Do what you can, enjoy what you do, be active and move your mood. Bring activity into the everyday, don't use the remote.

Reporting suspected side effects



FIVE Questions to ask about your medications when you see your Doctor, Nurse or Pharmacist

- 1. CHANGES?**
Have any medications been added, stopped or changed and why?
- 2. CONTINUE?**
What medications do I need to keep taking and why?
- 3. PROPER USE?**
How do I take my medications and for how long?
- 4. MONITOR?**
How will I know if my medication is working and what side effects do I watch for?
- 5. FOLLOW-UP?**
Do I need any tests and when do I book my next visit?

Keep your medication record up to date – remember to include:

- Drug allergies
- Vitamins and minerals
- Herbal/natural products
- All medications including non-prescription products

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



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“Be Prepared”

Not only the boy scout motto, but the good advice given by well-meaning professionals aimed at mitigating the shock of attempting to adjust to one of the greatest transitions of adult life – that of losing your Driver’s license. How do I shop, visit not so close by friends and family, maintain my independence, visit old haunts or new ones? How do I take others with no transport for outings or emergencies?

I have never been a “stay at home” person, my professional and personal life has always relied on a car as transport.

Of course, there are obvious reasons for revoking a Driver’s License, and these should be accepted gracefully, especially if you are “old”. But the habits of so many years are all the harder to break.

So, think of the benefits? No more car bills and petrol cost – use the money for assisted journeys instead, e.g., Taxis or paying a mobile friend/helper to take me shopping/to doctors. The Gold card opens other options too. Where are the nearest bus stops – can I walk there? The trips on bus/ferry/trains are free and hassle free nowadays.

My turn to accept help from friends and neighbours – hard to do at first. Explore community-based organisations/volunteers transport possibilities – there are compassionate and understanding folk out there! Time to really focus on enjoying car trips as they become fewer – a bit of mindfulness.

My house reveals much that has been hidden, ignored, or simply neglected in my busy “out and

about” life, that can now be the focus of attention – books, CD/DVDs even L.P.s!

Take up a hobby/passion – painting, poetry, gardening, a new language. Join a group and arrange transport – maybe with a mobile member of that group. Walk a bit more – while you still can. Spend SOME time on-line, especially with relatives/friends in faraway places and google away some time to learn something new – even look at on-line education options? Write some real letters. Visit the local Library – take out books, DVD’s, e-books. Use up some of that free data at a local café. Invite more people to my home.

Remember generations of people have lived full and



satisfying lives without cars – but “you never miss what you never had”. So, when I turn 92, and my eyesight finally falls short of being what is required, I will grieve for the loss of my bright yellow Yaris and all the joy and freedom it has given to me (and my panel beater, the last year or two!

As for a loved one, you can never really “prepare” for the loss of your driving and the independence you lose with it. You can only hope to accept the change and adjust over time to soften the blow.

Written by Joyce Williams



The sun was shining and the cicadas humming when Craigweil House Home and Hospital residents went strawberry picking before the last summery harvest.

Deb and Flora, Facility Co-ordinator and Diversional Therapist respectively, went with residents on the van trip from the Parakai-based boutique care facility to Danube Orchards in Whenuapai.

Because this strawberry patch grows hydroponically on trestles, residents were able to pick fresh strawberries without bending or getting down on the ground.

It is a fantastic setup allowing residents with mobility issues to safely enjoy an activity they otherwise would not be able to do.

Ice-cream containers rested on top of residents’ walkers and so many strawberries were collected in them that there was enough of the superfood to share around with others back at Craigweil House.



The last sunny month has also seen electrician Terry Ruff, pictured left, join Craigweil House as a maintenance specialist and he says he has always liked working with his hands.

Originally from England, his family loved travelling to New Zealand over the past 15 years. His now adult children settled here first, then he and his partner joined them.

In his first few weeks Terry has already carried out lots of repair work and is particularly focusing on the gardens. *Welcome on board, Terry!*

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www.thebeachfront.co.nz



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Shuttle



I hope you all had an enjoyable time with family and friends throughout the Christmas break. Let us hope that 2021 will be a more positive year for us all.

Age Concern Rodney are now the proud owners of a brand-new 2020 Toyota Hi-Ace 10-seater diesel van.

Being aware of the high milage these vans clock up, a decision was made that it was time to purchase a new vehicle.

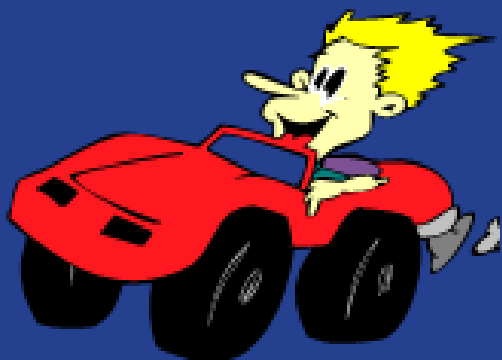
A lot of thought went into making this van more client friendlier. Excellent handrails and a lower step were installed to make it much easier for our clients to enter and exit the van. The van has a high roof, great space in the very rear to accommodate walkers.

WANTED – PART TIME SHUTTLE DRIVER
P. Endorsement and First Aid is a requirement.
Phone (09) 426 0918 or 027 3388216

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**

Very few people want to talk about dying, but it really should be something we all talk about. People are happy to talk about politics, weather, traffic or work but yet when it comes to the single most guaranteed thing in life they try to avoid the subject, as though talking about death could make it happen tomorrow.

If we were more open to having conversations about dying we would avoid some of the more negative aspects that can happen around death and funerals.

With a vast majority of families almost no pre-planning goes into a funeral. While you may sit back and say “I won’t be there so it won’t worry me” what you are actually doing is leaving all the decisions to your family members which can cause a lot of stress.

So how about starting those conversations, think about music, food, or even the location for your final farewell. You may want everyone to wear yellow, or you may simply want everyone down the pub sharing memories. Whatever your wishes are, make sure you write it down.

When you pre-plan what you would like for your

funeral, it allows your family to celebrate your life in a positive way that doesn’t leave them in debt or worrying if they did it right or not!

**Windsor Funerals are
happy to assist you begin
that conversation, so why
not pop in and have a cup
of tea with us.**

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for an information pack
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Trust Law Changes

The Trusts Act 2019 came into effect on January 30, 2021 and replaces the Trustee Act 1965 and the Perpetuities Act 1964.

The new Act is designed to provide better guidance for trustees and beneficiaries and makes it easier to resolve disputes.

A lot of people who have trusts are now considering whether the trusts suit the purposes they were set up for and we are hearing that a lot of trusts are being closed down.

Important points to note are:

- Under the Act, the trustees must have regard to the context and objectives of the trust. That means that all trusts deeds need to be varied to detail the objectives of the trust, as objectives have not previously been clearly stated in the trust deed. In most cases the family trust objectives will be to provide a home for and to look after the settlors while they are alive, and to look after the loved ones after they die. When the trust deeds are properly prepared in a manner which details the settlor's objectives and prioritises the needs of beneficiaries, the potential for disputes is minimised.
- Those setting up trusts must now ensure they are tailor-made for the people wishing to have a trust and fit for purpose.
- The trust must be administered in a way that is consistent with the terms and objectives of the trust.
- The mandatory duties and default duties of trustees, based on established legal principles include: knowing the terms of the trust and acting in accordance with them; acting honestly and in good faith, and for the benefit of the beneficiaries.
- Default duties need to be reviewed by a trust lawyer – some of the duties in trust, as it stands now, can be modified and some cannot. Changes must be made only by trust experts.

If you have not discussed your trust with your lawyer, you should contact them as soon as possible.

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.



WANTED

2 Bedroom Unit + Parking for ACTIVE
81-year-old Lady Preferably Orewa or
surrounding area

Ph Age Concern Rodney 09 426 0916

Sleep Awareness

Sleep Health Awareness week happens in March! We all know that sleep is important, but did you know the following fact about sleep? There is no denying that sleep is an important part of our health and wellbeing.

- Sleeping on your back is the healthiest position to be in. It allows your neck and spine to rest in a neutral position and even reduces wrinkles!
- Falling asleep should take you 10-20 mins. Falling asleep any sooner might be a sign that you are over-tired or not getting enough sleep.
- Humans are biphasic (physically designed for two sleeps a day). The after-lunch slump is therefore not a myth! A 20–30-minute nap after lunch is just you responding to your natural sleep rhythms.
- It is a myth that as we age, we need less sleep. 7-9 hours sleep is optimal for adult humans, regardless of age. Experts advise us to keep regular sleep habits – go to bed and wake up at the same time each day. Also try to get outside for a walk early in the day – sunlight and exercise stimulate us into “awake mode”.
- We lose our sense of smell when we're asleep. That is why fire alarms are so important!

More banks announce the removal of cheques

Both the BNZ and ANZ banks have joined Kiwi bank in phasing out the issue and acceptance of cheques.

BNZ has stopped issuing cheque books and will stop accepting cheques by July 2021. Go to www.bnz.co.nz/personal-banking/everyday-banking/cheques.

The ANZ will stop issuing cheque books after 30 November 2020 stop accepting cheques after 31 May 2021.

Go to www.anz.co.nz/comms/cheque-removal.

If you use cheques to receive or make payments, you may need to find an alternative option.

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:

Long Term Care | Day Care | Respite Care



BETHANY HILL
Dementia Care

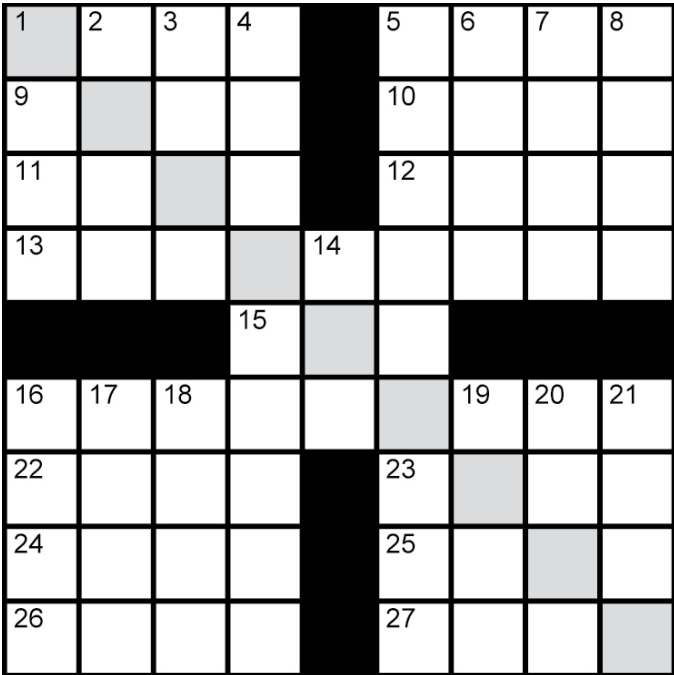
582 Leigh Road, Warkworth

Ph: (09) 422 6006

Email: admin@bethanyhill.co.nz

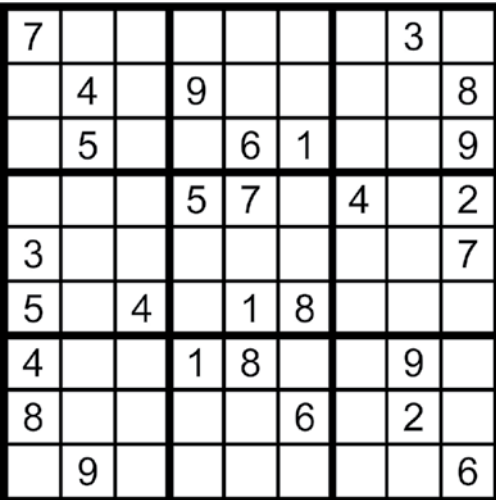
www.bethanyhill.co.nz

Maximum hip



- Across
- 1. Snail mail org.
 - 5. Union foe
 - 9. Skirt feature
 - 10. Continental currency
 - 11. Car
 - 12. Like Death Valley
 - 13. In frightened manner

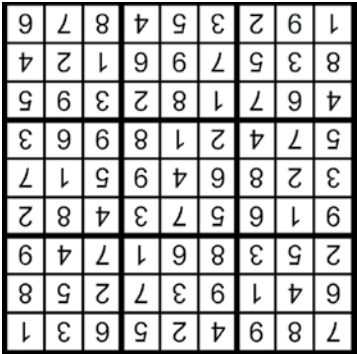
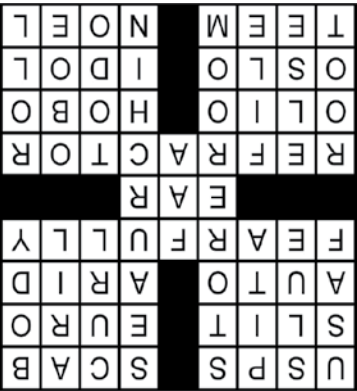
- | | | |
|--------------|------------|-------------|
| ANIMALS | FLOWERS | NATURE |
| ART | FOOD | OUTER SPACE |
| BEACHES | FRAME | PAINTINGS |
| BIRDS | GLUE | PIECES |
| CATS | HISTORY | ROLL UP |
| CHRISTMAS | HOBBY | SKYLINES |
| CORNER PIECE | LANDMARKS | SORT |
| DOGS | LANDSCAPES | SPORTS |
| EDGE PIECE | MARINE | THEME |
| FANTASY | MUSIC | |



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.)

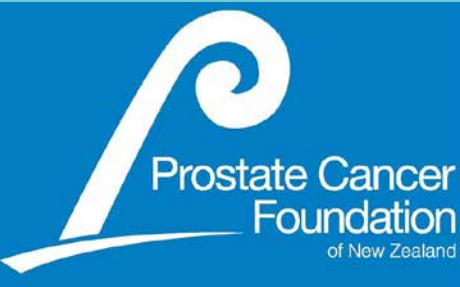
- 15. Place for a stud
- 16. Type of optical telescope
- 22. Mélange
- 23. Vagabond
- 24. Norway's capital
- 25. Matinee hero
- 26. Be rife (with)
- 27. Coward of note

- 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



Prostate cancer tends to progress slowly and less aggressively than many

other types of cancer. If you detect prostate cancer in the early stages, there's a very high chance of survival.

Prostate cancer can be classified into four different stages, depending on how advanced it is.

In the first stage, the tumor is only affecting your prostate and hasn't spread to other tissues. At stage 4, the tumor has spread to tissue beyond the prostate and possibly to distant parts of your body.

Knowing the risk factors for prostate cancer can help you determine if and when you want to begin prostate cancer screening. The main risk factors include:

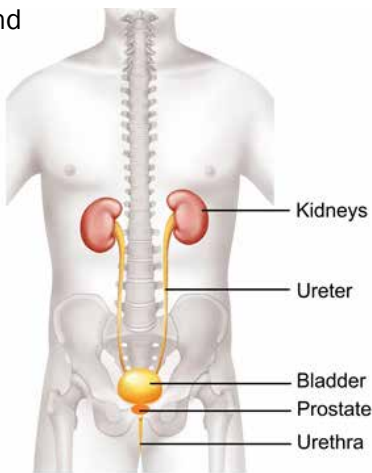
Age. As you get older, your risk of prostate cancer increases. After age 50, your chance of having prostate cancer is increased.

Race. For reasons that aren't well-understood, black men have a higher risk of developing and dying of prostate cancer.

Family history. If a close family member — your father, uncle or brother — was diagnosed with prostate cancer before age 65, your risk of the disease is greater than average.

Inherited gene mutations. Gene mutations associated with prostate cancer risk include BRCA1 and BRCA2. These genes are most closely associated with breast cancer, but they increase the risk of other types of cancer, too. Your doctor might recommend considering genetic testing if you have a strong family history of cancer or if a blood relative has been diagnosed with a gene mutation.

Diet. A diet that's high in animal fats and low in vegetables may increase your risk of prostate cancer.



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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.

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.

(Sing It!) - If you sing it, it's especially hysterical!

Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favourite things.

Cadillacs and cataracts, hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favourite things.

When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favourite things,
And then I don't feel so bad.

Hot Tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favourite things.

Back pain, confused brains and no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favourite things.

When the joints ache, When the hips break,
When the eys grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

WANTED

Skilled and semi-skilled people required for our Skills Bank.
Builders/Handy man, Plumbers, Electricians, Housework, TV and Arial 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.



Happy 90th Birthday Vince

On Wednesday 10th February, the chairman of Age Concern Rodney, Vince Harris celebrated his ninetieth birthday by bungy jumping off the Auckland Sky Tower. This was to raise funds for the Starship Foundation, which is the fundraising arm of our NZ Children's Hospital.

This has been his favourite Charity for many years. He purchased some of the equipment for Starships original set up, when he was Overseas Purchasing Officer for the Auckland Hospital Board.

**If you care to visit the
Starship Foundation
Website <https://www.starship.org.nz/foundation>
a donation in Vince's name
would be very gratefully
received.**

*Well done Vince,
you are a legend.*



**Remember to
be SunSmart**



Slip, slop, slap and wrap!