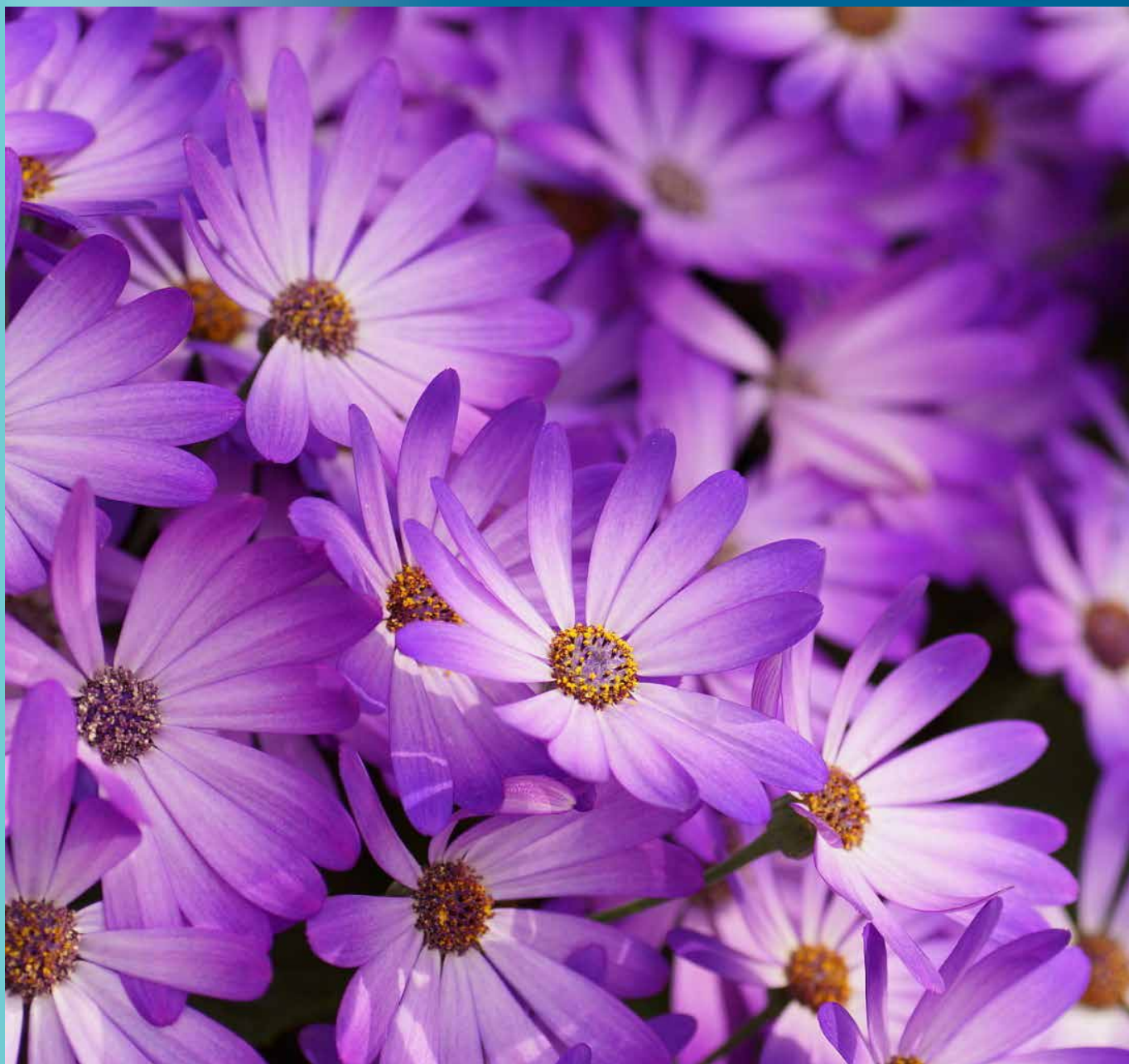


WINTER 2021 QUARTERLY NEWSLETTER
www.agewell.org.nz



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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Address: Shop JA2 Westpac Plaza,
 5 Tamariki Ave, Orewa 0931
Postal Address: PO Box 12, Red Beach 0945

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

OFFICE HOURS

10.00am - 4.00pm Monday to Friday

Age Concern Rodney Board 2020 - 2021

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Visiting Service Coordinator: Paddy Sullivan
Shuttle Coordinator: Jill Henderson
Shuttle Drivers: Mark Datlen
 Dave Walker / Craig Oscroft

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!**



Age Concern Rodney 2021 Annual General Meeting

Date
Friday 30th July 2021

Time
10am

Venue
St John's Catholic Church
Centreway Road, Orewa

Light Luncheon Served

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
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For more information

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REGISTERED
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Incontinence – it’s not about ageing

Incontinence can be an uncomfortable topic to discuss, as many people are too embarrassed to talk about their struggles with even those closest to them. However, it's a lot more common than you might think.

Women are twice as likely than men to suffer from urinary incontinence at some stage of their lives. It is estimated that between 30 to 60 per cent of middle-aged and older women are affected.

However, far from being a natural and inevitable part of the ageing process – there are things you can do about it and help is available too.

Changes in lifestyle, such as quitting smoking and eating well, have shown to help alleviate the symptoms of incontinence.

Women can also do pelvic floor muscle training, and this is most effective when guided by a physiotherapist.

You can also get an assessment to see what might be causing it, and what your treatment options are. Your local District Health Board (DHB) will have a team of

trained 'continence advisors' who will be able to help you. You can call the Continence Helpline free on 0800 650 659 or go through your GP to arrange an assessment.

You may also be eligible for free continence products from your local DHB or ACC, or subsidised products. For those with an ongoing need for products, funding might be available through the Disability Allowance.

For more information visit www.continence.org.nz

Source: <https://superseniors.msd.govt.nz/webadmin/html/email/superseniors-1-february.html>



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.



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

How do I know what’s normal?

Have a look at our quick reference charts below

A healthy bladder

- ✓ Doesn't leak, tells you when it's full and gives you time to get to a toilet
- ✓ Can hold up to 400 – 600 ml of urine
- ✓ Empties 4 – 8 times a day
- ✓ May wake you up once a night to go the toilet (or twice if you are older)
- ✓ Completely empties each time

An unhealthy bladder

- ✗ Leaks urine with coughing/sneezing/lifting
- ✗ Empties more than 8 times per day
- ✗ Can only hold 300mls of urine or less
- ✗ Has you up more than twice a night
- ✗ Does not feel completely empty after passing urine
- ✗ Burns or stings when passing urine
- ✗ The urge is so strong you can't get to the toilet in time

If you think you might have an unhealthy bladder, don't panic! Call us on 0800 650 659 for some friendly advice, or go to continence.org.nz for more information. Many issues can be easily resolved, with the right support.

0800 650 659 | continence.org.nz



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Promoting Independent Living

Age Concern Rodney Health Expo for Seniors

Warkworth Town Hall
Friday 18th June 10am -2pm

Orewa Evelyn Page Retirement Village
Friday 16th July 10am-2pm

Featuring exhibitors displaying health
and lifestyle services available
within the Rodney district.

Light refreshments available
All welcome
call in anytime

Age
Concern

Rodney
He Manaakitanga
Kaumātua



Serving the needs of older people



Need a hand? Services we offer:

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

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

Very competitive rates

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

EMAIL: chrissycleanncare@xtra.co.nz

www.chrissycleanncare.co.nz



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.

ODE TO A PILL

Little pill here in my hand
I wonder how you understand,
Just what to do and where to go
To stop my aches that hurt me so.
Within your cover lies relief,
You work alone in unbelief.
You sink to regions here below
When down my throat you quickly go
But what I wonder, little pill,
Is how you know just where I'm ill?
And how it is you really know,
Just where you are supposed to go?
I've got a headache, this is true.
My broken ribs are aching too.
So how can anything so small,
Find my aches at all, at all?
Do you work alone – or hire a crew,
To do the things that you do?
I'm counting on you mighty strong,
To get in there where you belong!
Do not let me down, and please don't shirk,
But do your undercover work.
So, down the throat, be on your way,
And little pill, please hear me out,
I know you know your way about,
But don't get lost is my earnest plea – cos
I cannot take another till after three!!!

Eating in the Fifties

Pasta had not been invented. It was macaroni or spaghetti.
Curry was a surname.
A take-away was a mathematical problem.
All chips were plain.
Oil was for lubricating, fat was for cooking.
Tea was made in a teapot using tea and it was never green.
None of us had ever heard of yoghurt.
Healthy food consisted of anything edible.
Cooking outside was camping.
Seaweed was not a recognised food.
'Kebab' was not even a word, never mind a food.
Surprisingly, muesli was readily available – it was called cattle food.
Pineapple came in chunks in a tin. We had only ever seen a photo of them.
Water came out of a tap. If someone had suggested bottling it and charging more than the cost of petrol for it, they would have become a laughing stock.
Things that we never had on or at our table in the fifties were elbows, hats or cell phones.



We have been made aware of a scam involving people calling and saying they are from Age Concern, advising we are no longer accepting cheques as a form of payment and could we have their credit card details. The credit card is then being used to make unauthorised purchases. This is a scam, and we are not making calls of this nature.

If you receive a call like this, please do not give out your credit card details. If you have any concerns, or questions, you can call our office on 09 426 0916.

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

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.

If you are thinking of making a move, contact us for a no-obligation discussion about how we can help you. Remember to ask about our special offer for seniors

Grant Haworth
NORTH SHORE
021 194 4095

Rita Oliver
RODNEY DISTRICT
021 116 6377

Tania Brown
CENTRAL & EASTERN BAYS
021 125 0931

your
ADVENTURE
with  *awaits*

**Salvation Army
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invites all our Hibiscus Coast
community seniors &
retirees on a monthly day
trip...

When:
1st Wed. monthly
10.30am depart 2.30pm return

Meet:
Salvation Army
Greenview Lane Red Beach

Donation:
+ Entrance Fee & Lunch

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are
ESSENTIAL**

Contact:
kayleen@xtra.co.nz
027 647 5000

Please note: You will need to travel unassisted

Walks Museums Galleries Gardens & more ...

GRANDPARENTS’ ANSWERING MACHINE

Good morning....At present we are not at home, but please leave your message after you hear the beep.

Beeeeeepp....

- If you are one of our children, dial 1 and then select the option from 1 to 5 in order of “birth arrival” so we know who it is.
- If you need us to stay with the children, *press 2.*
- If you want to borrow the car, *press 3.*
- If you want us to wash your clothes and do ironing, *press 4.*
- If you want the grandchildren to sleep here tonight, *press 5.*
- If you want us to pick up the kids at school, *press 6.*
- If you want us to prepare a meal for Sunday or to have it delivered to your home, *press 7.*
- If you want to come to eat here, *press 8.*
- If you need money, *press 9.*
- If you are going to invite us to dinner or take us to the theatre, start talking...we are listening!!!!!!!!!!

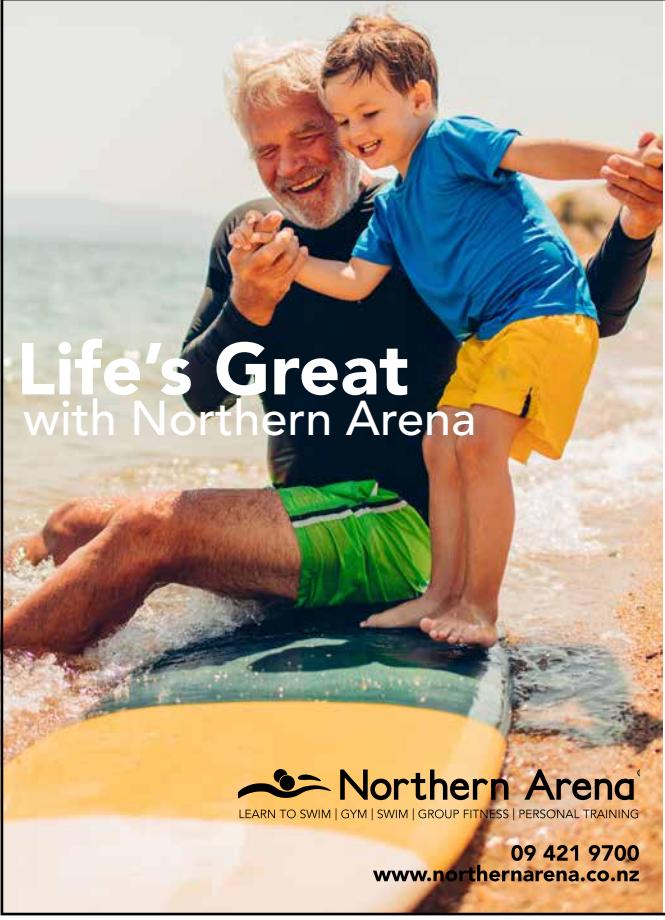
Its time to say goodbye to cheques.

With less than 1% of payments being made by cheque, ASB is phasing out cheques as a payment. We wanted to let you know about some upcoming important dates as we head towards becoming cheque-free in 2021.


- Important Dates:**
- 28 May 2021** - ASB will stop issuing cheque books and bank cheques.
 - 27 August 2021** - ASB cheques will no longer be processed, including payments made by cheques on any ASB credit cards or personal loans.

We will also be removing the word ‘cheque’ from your product and account names. But don’t worry, this won’t affect your day-to-day transactions.

While saying goodbye to cheques might change how you bank, we’re here to help you through.



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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

Community Services Card

The Community Services Card can help you and your family with the costs of health care. Always carry your card to make it easy to get the benefits, like paying less on some health services and prescriptions. Information.

- You don't have to be on a benefit to qualify for the card.
- You can also use the card for your dependent children under 18.

We administer the Community Services Card on behalf of the Ministry of Health.

Open allsections
Who can get it?

You may get the Community Services Card if you:

- are 16 or over
- are not a dependent child
- either:
 - are a New Zealand citizen
 - are a permanent resident, or
 - have, or have applied for, refugee or protection status
- normally live in New Zealand and intend to stay here.

You may also be able to get it if you either:

- are 16 or 17 and studying full-time at a University or polytechnic, or
- get paid from Veteran's Affairs either a:
 - Scheme 1 Weekly Income Compensation, or
 - Scheme 2 Weekly Compensation.

It also depends on how much income you and your partner get.

By income, we mean any money, goods and services you or your partner get from any source, such as:

- wages
- salary
- New Zealand Superannuation
- Student Allowance
- interest or dividends from investments
- income from a business or a family trust
- maintenance payments from child support
- Working for Families Tax Credits from Inland Revenue
- ACC payments
- private pensions



- income from rents
- any regular benefits you get, like free board, meals or transport.

Income limits You may be able to get a card if you're...	And your yearly income (before tax) is less than...
Single - living with others	\$27,909
Single - living alone	\$29,618
Married, civil union or de facto couple - no children	\$44,290
NZ Superannuation single, sharing accommodation	\$29,677
NZ Superannuation single, living alone	\$31,568
NZ Superannuation married, civil union or de facto relationship - no children	\$47,378
Family of 2	\$54,098
Family of 3	\$66,589
Family of 4	\$76,822
Family of 5	\$86,873
Family of 6	\$97,937
For families of more than 6, the limit goes up another \$9,926 for each extra person.	

Get a private pension
If you also get New Zealand Superannuation, only half of your private pension may count as income. If you don't get New Zealand Superannuation, the whole amount of your private pension will be counted as income.

AVOIDING DEHYDRATION

We all know that hydration is important and that becoming dehydrated can lead to health issues. Older people are more prone to dehydration for a number of reasons, and the health impact can be more significant. Professor Carol Wham, health researcher at Massey University has recently published a pilot study that found that only 15% of the older people studied get 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.

Texting FOR Seniors

- | | |
|-----------------|--|
| BFF | - best friend fell |
| BTW | - bring the wheelchair |
| TTYL | - talk to you louder |
| BYOT | - bring your own teeth |
| LMDO | - laughing my dentures out |
| FWIW | - forgot where I was |
| IMHAO | - is my hearing aid on? |
| OMMR | - on my massage recliner |
| ROFLACGU | - rolling on the floor laughing and can't get up |

A FEW INTERESTING THINGS TO THINK ABOUT

1. If poison expires, is it more poisonous, or no longer poisonous?
2. Which letter is silent in the word “scent”, the ‘s’ or the ‘c’?
3. Why is the letter W in English called a double U. Shouldn't it be a double V?
4. Why do cars have to be road worthy, but the roads don't have to be car worthy?
5. Every time you clean something, you just make something else dirty.
6. It is impossible to touch your nose with your elbow.
7. The word “swims” upside down is still “swims”.
8. If you replace W with a T in “what, where, and when” you get the answer to each of them.
9. At a movie theatre, which armrest is yours?
10. Why is there a “D” in fridge but not refrigerator?
11. You tried to touch your nose with your elbow, didn't you?

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Phone: 09 425 7002
Email: admin@mahurangivision.co.nz
Visit: 23 Neville Street, Warkworth

Receive 50% off on a 2nd pair of lenses of equal or lesser value to the first pair ordered (excluding fitting or freight) when two or more pairs of lenses are purchased from CR Surfacing Laboratories for the same patient. To claim the offer, the 2nd pair must be ordered with the 1st pair and be submitted on the promotional A4 form or electronic order form. Promotion runs until 31.07.2021.

The residents of Craigweil House have been keeping busy with in-house events, special visitors and unique outings.

A group travelled to the Air Force's largest operational air base, RNZAF Base Auckland in Whenuapai-Hobsonville. Group Captain Andy Scott and Executive Assistant to the Base Commander Alison Elford warmly welcomed our residents to the historic airfields and spoke of its interesting history. The team had prepared a plane, the C-130 Hercules Loadmaster, to show residents and give them an inside look. Avionic Mechanic Hope Gregory was there to answer questions, and residents took turns sitting in the cockpit. It was a fun outing and for many a chance to reconnect with old interests.



Craigweil House residents Alf, Rose and Elaine sitting in the C-130 Hercules Loadmaster at the RNZAF Base Auckland.



Flight Sergeant Nathan Hodges giving Craigweil House residents a tour of the C-130 Hercules Loadmaster.

Another special event recently was a 'note-worthy' music therapy session in which Craigweil House was a symphony of laughter, music and chatting as Retts van Dam (Mapu-I-Musika Therapy Fale founder) facilitated playing instruments, dancing, listening to music and writing songs. We find music therapy to be a fun opportunity for expression and creativity, and it brings us together as a community.



One corner of the room as the jam session was in progress. Others were playing tambourines, drums, ukuleles, bells and maracas.

For Anzac Day, in collaboration with the Kaipara Memorial RSA, Craigweil House held a traditional service to remember and pay tribute to the Anzac service men and women of our dear country. We were joined by Steve Wilson (RSA President) and Rex Keane of the Kaipara Memorial RSA who spoke stirringly of the courage, camaraderie and determination of the Australian and New Zealand Army Corps.



Rex Keane of Kaipara Memorial RSA, who led the service, reciting the Ode of the Fallen.

If you would like to enquire about Craigweil House for your loved one, please get in touch. We are a boutique countryside facility with personalised compassionate support and care for rest home, hospital and secure dementia levels of care – 09-420 8277.

Editorial supplied by Henrikwest Care Group



“ Choose one of our great family owned and operated care homes for your loved one ”

The Beachfront
Home & Hospital

Resort style living literally on the beach!

Situated on Auckland's beautiful Stanmore Bay Beach, we are New Zealand's only private care resort. We offer rest home and hospital, long and short term quality care amongst contemporary surroundings.

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enquiries@thebeachfront.co.nz
www.thebeachfront.co.nz

HENRIKWEST CARE GROUP

FIGHT COVID-19 coronavirus

GET YOUR COVID-19 VACCINATION

Getting a COVID-19 vaccination is the best way to protect yourself your family and your community.

We warmly invite you to visit our unique boutique care facility

Craigweil House
Home & Hospital
FEEL AT HOME WITH FAMILY

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

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

143 Parkhurst Road, Parakai
(09) 420 8277 | info@craigweil.co.nz
www.craigweilhouse.co.nz

Age Concern Rodney Hospital Shuttle Travelling in Winter



As winter is fast approaching us, we are more susceptible to getting colds, flu and now Covid-19. If you have booked on the shuttle and on the day of your travel

you feel unwell with a sore throat, coughing, high temperatures, please reschedule your Hospital appointment and shuttle trip.

We need to be very aware of the clients and staff travelling on the shuttle.



NOTE: Masks to be worn whilst travelling on the shuttle. Feel free to ask the driver to use the hand sanitizer that is supplied.

Before you exit the van, please check that you have all your belongings. The drivers are bringing into the office, missing garments, false teeth and glasses. If you have misplaced your items, please call Jill in the office 09 426 0918 to see if it was left in the shuttles. Keep Warm & Well.

MENTAL WELLBEING IN WINTER

A lack of sun and miserable weather keeping us indoors more often can make it difficult to stay in good mental health during the winter months. Consider the following tips to help you stay mentally well:

- Find ways to stay connected with your friends and family.
- Keep active.
- Seek out the things that bring you joy.
- Reach out for help if you need it.

MY STORY, MY SONG

At the Salvation Army, Greenview Lane, Red Beach on the last Wednesday of every month from 10.00 am until around midday, we have morning tea, and a chance to sing some of the older hymns we remember from days gone by.

We call it My Story, My Song because a few folks have an opportunity to share a small part of their life story and memories. All are welcome and there is no charge.

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.

Phone (09) 477 2433



ROD SLESSOR

HAZEL JAMES

RYAN BERRY

windsor
FUNERALS

☎ (09) 477 2433

✉ office@windsorfunerals.co.nz

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The care you deserve at a price you can afford.

Tough decisions are made easy with Windsor Funerals so call us today on (09) 477 2433 for an information pack or a no obligation chat with one of our team.

Cremation packages start at \$2200 gst inclusive

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

ELDER ABUSE HITS CLOSE TO HOME

Call 0800 EA IS NOT OK or Age Concern 0800 65 2 105



ELDER ABUSE AWARENESS 15 - 22 JUNE

WORLD ELDER ABUSE AWARENESS DAY IS JUNE 15TH. World Elder Abuse Awareness Day was launched by the International Network for the Prevention of Elder Abuse and the World Health Organisation at the United Nations in 2006. The purpose is to provide opportunities for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect. Tools and Tips are available from the website.

What is considered as elder abuse?

Elder abuse is an intentional act or failure to act that causes or creates a risk of harm to an older adult. An older adult is someone age 60 or older. Emotional or Psychological Abuse refers to verbal or nonverbal behaviors that inflict anguish, mental pain, fear, or distress on an older adult.

Key findings include:

- > Around one in ten older people did report some form of abuse (most closely linked to vulnerability and coercion)
- > There were significant differences between women and men. Across each measure, women experienced a greater sense of vulnerability, dependence and dejection. However men experienced higher levels of coercion.
- > Older people who were divorced, separated or widowed people felt considerably more sad and lonely, or were uncomfortable with someone in their family
- > Older Māori experienced a significantly greater level of abuse than non-Māori. Māori report being coerced more than 2.5 times the rate for nonMāori, meaning they are forced to do things they don't want to do and people take things from them without their permission
- > Failure to address current levels of elder abuse is likely to have significant effects in the future. This is because the report shows statistically significant reductions in physical and mental health and wellbeing, as well as increases in loneliness and

- depression associated with elder abuse
- > Projections indicate that the number of older people experiencing elder abuse and neglect will increase significantly in the next 20 years, alongside a doubling of the 65 and over population.
- Unfortunately, Age Concern Elder Abuse statistics show:
- 86% of cases include psychological abuse
 - 50% of cases involve financial abuse
 - 81% of alleged abusers are family members
 - 57% of the alleged abusers are adult children or grandchildren
 - Alleged abusers are almost as likely to be female as male

Older people are valuable members of our society and should be treated with dignity and respect – yet every year, thousands of older New Zealanders are being abused, in many cases by family members. It's our collective responsibility as a community to ensure that older people are included and safe.

During the pandemic, New Zealanders have been asked to support older people in our neighbourhoods and many kind efforts have been made. But for some, elder abuse has worsened with the increasing economic and social pressures that relatives have experienced. For many reasons elder abuse remains hidden and is not reported straight away, nevertheless older people are being hurt emotionally, financially, or physically,

BEQUEST FORM

Please take/send this form to your legal adviser for incorporation into your will.

.....

.....(your full name)

Give to Age Concern, Rodney Incorporated, Shop JA2, Tamariki Avenue, Orewa, for its general purposes the following:

Amount in words:.....

.....

And/or assets, property and shares as listed below:

This is not effective until written in your will, which must also be signed. Please let us know if you make a bequest so we can personally thank you.

Age Concern Rodney Incorporated
CC10731

Physical address :
Shop JA2 Tamariki Avenue
Orewa, Auckland, 0931

Postal address:
PO Box 12, Red Beach, Auckland, 0945

Telephone : 09 426 0916
Fax : 09 426 0917
Email : info@ageconcernrodney.org.nz

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

FEELING FAB

Feeling Fab is a registered Charitable Trust. Our vision is informed by the principle of empowerment – Whakamana – through Mana Atua – commitment to the wellbeing of women in grief through the community gift of time and resources.

Feeling Fab days are all about people who have experienced bereavement or loss having the opportunity to enjoy a day of being pampered. Our organisation is focused on bringing joy and support for those women who have suffered grief and loss. Our programmes are designed to bring a special gift to those who have attended our Pamper Days.

The word Pamper is used to communicate to those in need an opportunity to be cared for, through a day of nurturing that renews the sense of self. Our programme draws on the nurturing principle of Mana Atua – wellbeing.

Our longer term goal is to take our programme to small towns and rural communities throughout New Zealand and have a wider inclusive range of participants. We also want to create pamper days for men as they too need nurturing when in grief. Discussions regarding this are currently underway. This year, 2021, we have rolled out 'mini' Pamper Days held in hair salons, which we hold in between our bigger monthly Pamper Days.

It is our privilege to be able to assist our women participants and make a difference to them at a stressful transitional time in their lives.

The pampering days are based on the belief that if people feel better about themselves on the outside they will feel better on the inside. We provide hairstyling, make-up, manicures and hand massage. It is a wonderful opportunity also to leave that blanket of grief at the door. To meet others who have had a similar experience, make new friends and have a fabulous day. Our team have huge hearts and understand that those grieving need tender loving care in a safe environment.

All Pamper Days are run by volunteers and are reliant on sponsorship for those days. We work alongside Race4Life, Sweet Louise, Hospice, Funeral Directors as well as Suicide Prevention and many other organisations.

We advertise our pamper days on our website, Facebook and Instagram and the above organisations also recommend people for pampering. All donations made to the Feeling Fab Charitable Trust are very much appreciated. We welcome any enquiries about volunteering, attending or sponsorship of our programme.

We welcome your enquiry
– email: feelingfab2010@gmail.com
or contact us through our Facebook page
– @feelingfabfoundation.
We look forward to hearing from you!

Elizabeth York | Founder Feeling Fab Foundation

SLEEP AWARENESS

We all know that sleep is important, but did you know the following facts 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 minutes. 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 are asleep. That is why fire alarms are so important.
- Keep the same sleep schedule every day.
- Stick to bedtime routine. (read, soothing music, warm wash, to wind down.)
- Keep gadgets & screens out of the bedroom. (smart phones, T.Vs, laptops, no Blue lights.)
- Limit or stop consuming caffeine in afternoon & evening.
- Try not to nap during the afternoon or evening. (Ruins cycle.)
- Avoid alcohol for sleep, and liquids filling the bladder in night.
- Exercise, especially late afternoon. Make it brisk with some deep breathing.
- Relaxation. Note what works for you so it can be a regular daily activity.
- Try to keep the bedroom well aired, darker quiet place for rest & sleep.
- Be calm, quietly prepare for bed. Positively take on the routine.

Tips to help Older People fall-and stay Asleep

A third of people over 65 take something to help them sleep, but these medications can pose risks.

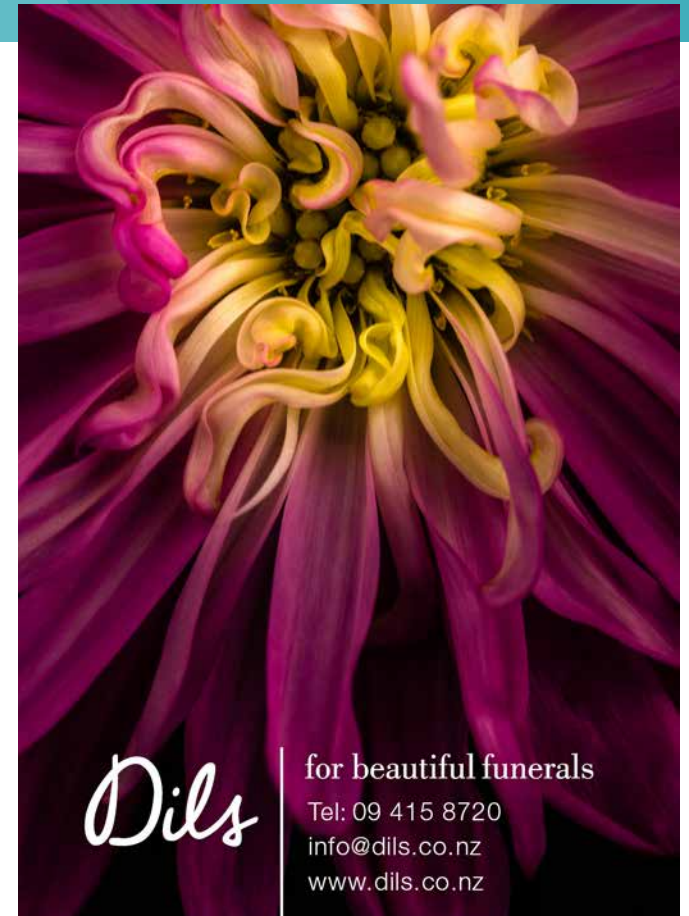
But what can I do? These two startling statistics are a worry. After all sleep is one of our most fundamental needs-right up with water and food. Healthy Aging polls show how serious sleep issues are for seniors. Side effects for drugs include, urinary retention, and constipation because of these antihistamine aids. Medical Guidelines warn these drugs, even prescribed can increase confusion, dizziness, memory loss, lead to falls, car accidents and more.

What we can do?

Before using aids try sleep habit changes to foster sleep.

- Keep the same sleep schedule every day.
- Stick to bedtime routine. (read, soothing music, warm wash, to wind down.)
- Keep gadgets & screens out of the bedroom. (smart phones, T.Vs, laptops, no Blue lights.)
- Limit or stop consuming caffeine in afternoon & evening.
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- Try to keep the bedroom well aired, darker quiet place for rest & sleep.
- Be calm, quietly prepare for bed. Positively take on the routine.

We can change things that are in our control. Do try this out!

Dils for beautiful funerals
Tel: 09 415 8720
info@dils.co.nz
www.dils.co.nz



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Get the right security for your needs
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Helping To Keep Our Community Safer

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www.armstrong.co.nz



SNAP
www.snap.org.nz

crimestoppers
0800 555 111

Emergency Management

For information re: Alerts and Civil Defence information please refer to the Auckland City Council Auckland Emergency Management website: aucklandemergencymanagement.org.nz

Register for alerts to be sent to your cell phone. Read up on being Home Ready and Work Ready in the event of an emergency such as: Severe Weather and Storms, Earthquakes, Floods, Pandemics, Volcanoes, Tsunami or Lifeline Utility failures – The risk of lifeline utility disruptions can be significant.

Lifeline utilities include: Electricity, gas and petrol products, drinking water, wastewater and stormwater, telecommunications including landlines, mobile phones and internet, transport on local roads, state highways airports, ports and railways.

They can cause severe disruption to households and businesses and may result in evacuations, business closures, economic loss and clean-up costs, in addition to potential health hazards and environmental impacts, depending on the nature of disruption. Secondary hazards could include fire.

You can also register for alerts with Red Cross Alerts App:
<https://www.redcross.org.nz/what-we-do/in-new-zealand/disaster-management/hazard-app/>

Severe weather and Storm alerts we suggest you register with the Met Service System.
<https://www.metservice.com/warnings/home>



NEVER LEND BOOKS.
They never get returned.
The only ones I have in my library are ones I have borrowed.

COVID PHONE SCAM

We have heard that there are a couple of scams asking for payment for COVID vaccines about please be careful if you get a phone call from anyone you do not personally know.

Never in any circumstances give any financial details such as credit card numbers, bank account numbers or PIN numbers over the phone. Even if the caller sounds very official. There is NO charge for the COVID vaccine and Banks do not telephone customers asking for these details – your bank already knows this stuff.

Scam: Phone call about the vaccine being for sale

First appeared: 20 February 2021

Details: The scammer calls to advise the vaccine is available for \$49.99. You are given the choice to press 1 to continue or 2 to cancel.

This is a way to automate getting people on the line for a scammer to then get their credit card details, gain access to their computer or exploit them some other way.

So our advice is **HANG UP!**
Do not press 1 or 2, simply hang up.

More info on CERT NZ site:
<https://www.cert.govt.nz/individuals/common-threats/covid-19-vaccine-scams/covid-19-vaccine-related-scam-examples/>

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.



Do you know the origins of these old-fashioned sayings?

Here in New Zealand, we are a melting pot of slang. From our colonial roots to the blending of our many different cultures, we have many wonderful old-fashioned sayings. Here are a few of our favourites and their origins to share with you.

- Pleased as Punch – from the 17th century puppet show Punch and Judy, where Punch was always happy with himself after he had killed someone.
- No spring chicken – from the time New England farmers sold their newborn chickens in the spring.
- Bite the bullet – when there was no time to perform anaesthesia, surgeons told their patients to bite the bullet to distract themselves from the pain.
- Blood is thicker than water – when warriors shed blood together in battle, they were said to build stronger bonds than biological family members.
- Break the ice – still happening today, ships would break the ice to get to a port in order to unload their cargo. People break the ice with each other when meeting, to help relax everyone.
- Sleep tight – originates from the time when mattresses had to be tied onto bed frames with ropes to make the bed firmer.
- Butter someone up – an Indian custom when clarified butter was thrown at statues of gods to show good favour.
- Go the whole 9 yards – dates back to World War 2 when fighter pilots were given a 9-yard chain of ammunition to fire at the enemy. If he did, he went the whole 9 yards.
- Cat got your tongue – when the whip used the cat-o'-nine-tails was used by the English Navy for flogging, which left the victim speechless due to the pain.
- Let your hair down – from the time Parisian nobles could only let their hair down and relax at home, otherwise they'd face public condemnation.
- Kick the bucket – back in the days when slaughter houses put a bucket underneath a cow when they were about to kill it.
- More than you can shake a stick at – dates back to the time when shepherds controlled their sheep by shaking their staffs in the direction the flock should move.
- Rule of thumb – when a 17th century judge ruled that a husband could beat his wife with a stick if it was no wider than his thumb.
- Saved by the bell – to prevent people being buried alive, bodies in coffins had ropes attached to a bell they could ring if they weren't dead.
- Waking up on the wrong side of bed – the left side of the body or doing anything with your left side was seen to be sinister. Innkeepers pushed the bed against a wall, so guests had to get out on the right side of bed.

WANTED

Skilled and semi-skilled people required for our Skills Bank.
Builders/Handy man, Plumbers, Electricians, Housework, TV and Aerial Specialists, Gardners
If interested please phone
09 426 0916.

AGE CONCERN FREEPHONE

0800 65 2 105

URGENT VOLUNTEERS REQUIRED

We require people to join our team of volunteers for our Accredited Visiting Service. 1 hour per week
Having a visitor can make a real difference to the health and happiness of an older person
If interested please phone
09 426 0916.



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



St Lazarus Trust



Age Concern Rodney

P.O.Box 12 Red Beach 0945

Ph: 09 426 0916

2021 Membership

January–December

ANNUAL MEMBERSHIP

Name
Mr./Mrs./Ms/Miss/Dr/Rev/Organization

Address:

Phone/Mobile:

Email:

DOB:

Individual Membership \$25 \$

Married / Couple \$35 \$

Group / Organization \$35 \$

Donation \$

TOTAL ENCLOSED \$

Direct Debit—Bank Details: 12 3046 0343766 00 | Your Name & Address Ref: ACR Fees19

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

Winter Energy Payment starts in May

The Winter Energy Payment is an extra payment to help with the cost of heating your home over the winter months. The Winter Energy Payment is paid from 1 May to 1 October.

Winter Energy Payment rates for 2021

- Single people with no dependent children \$20.46 a week.
- Couples, and people with dependent children, \$31.82 a week

You do not need to apply – if you are eligible, you will get the Winter Energy Payment automatically along with your other regular payments from Work and Income.

