

**SPRING 2021 QUARTERLY NEWSLETTER**  
[www.ageconcern.org.nz](http://www.ageconcern.org.nz)



# Age Concern Mid North

*Serving the needs of older people*



For advertising phone Dave 027 652 5220 or email [dave@kiwipublications.nz](mailto:dave@kiwipublications.nz)

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## Contact Information

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### OFFICE HOURS

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## Do you have time for others?

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

## Would you like more company?

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

For more information about this service  
contact (09)4074474



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

*Thanks*

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

## From the President

I do hope that you have taken advantage of the free driving workshops SAFE WITH AGE – for SENIOR DRIVERS being held by Age Concern Mid North.

Kayla and Shirley have been trained to take this workshop for Senior Drivers initiated by Age Concern New Zealand Head Office and the New Zealand Transport Association. Ten workshops have been held so far and have been most successful. These workshops have been held as far away as Whangarei and Dargaville. If you are interested please phone our office on 09-4074474 to register for the next course.

**BANK SECURITY:** My bank has written at the top of the page where you "Log In" to be aware of Scammers.

Don't let anyone call you out of the blue and try to convince you to install software in order to access your computer or mobile device and never disclose your banking Password or PINS, Security Codes and personal information. I am mentioning this because a member of my family suddenly found their bank account was overdrawn by a large amount. They contacted their bank and it had been hacked by overseas people. The account had not been used for any overseas transactions so one must be aware it can happen to any one of us. Please check your bank account regularly.

**Recycling Hint:** For those who bake and use Golden Syrup please reuse these tins. I use them for home made shortbread and biscuits to take to friends or when sending to family and friends at Christmas time as they keep everything lovely and crisp. You can leave the tins behind and don't need to worry about losing containers. During World War 2 tins were used to send shortbread to our soldiers in far off lands as they kept them crisp and edible for many weeks.



Kind Regards *Jan Flowers*

## From the Managers Desk

I hope that you all have managed to keep warm and free of the winter ills. You should all have had an opportunity to have had your Covid-19 vaccination, the 0800 number now gives a very good service

and will guide you through the process to make an appointment.

We are now in our new financial year and have some great programs planned for the next year.

We plan to have "Safe with Age" senior driver workshops, the location and date of the workshops will be advertised in the local paper. You will need to register for the workshops, maximum number in each workshop will be capped at 15 participants.

By the time you get this newsletter our Workshop on Wellbeing will be in its second week, this workshop required participants to register for a two hour session for six weeks. We are excited about this workshop and look forward to seeing the evaluations.

We are offering a Strength and Balance Class in Moerewa, interested participants please contact us on 407 4474. There is a strength and Balance class in Kaikohe on a Thursday and in Kerikeri on a Tuesday. Young at Heart (NIA) and a Seat to Heal class is on a Thursday, Seat to Heal will have a \$5 fee if you are a member of Age Concern.

Our digital learning (tech for seniors) has a steady flow of requests from people wanting to learn. To meet this demand a volunteer tutor will assist on a Friday. It is great to see so many wanting to be able to manage their lives through technology. Remember tech training is by appointment, so give us a call on 407 4474 to make an arrangement.

At our last Meet and Greet (Senior Active) we experienced the benefits of breathing techniques for health and wellbeing. This was a new health initiative for some. For one of our members who went home and decided to practice what she had learnt, discovered her breathing exercise identified she had a problem that she is now seeking medical assistance with. The Meet and Greet is for our members to bring along a friend and meet new people, we seek guest speakers that introduce, educate and share how we can help ourselves manage our own health and wellbeing.

We can now take card payments (eftpos) subscriptions for the 2021/2022 are now due. Thank you to those that have paid and a special thank you to those that have made a donation.

*Sue Duxfield*

**LAW NORTH**  
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Richard Ayton, Graham Day, Laurel Simm and Huia Azimi



# Sepsis, what you need to know

Knowledge is power and knowing the red flags and signs of sepsis can save your life, and the life of your loved ones.

**So - what is sepsis?** Sepsis (also known as “septicaemia” or “blood poisoning”) is a life-threatening complication of infection where the body’s immune response starts to damage its tissues and organs. It can affect every part of the body from head to toe.

**How serious is sepsis?** Some with sepsis make a full recovery, especially if they are treated early. Others are left with lifelong disabilities, particularly where sepsis is not recognised or treated quickly. Overall, at least 10% of older people with sepsis die in hospital, and 60% of adults who survive an admission have a new physical or cognitive disability (a ‘cognitive’ disability is one caused by disturbance of normal brain function).

**So why is it so important for the older generation to be aware of?** As we get older our immune system is not firing on all cylinders like it did when we were young and sprightly. Some people have medical problems or injuries which make infection more likely. When an infection does happen (such as a urinary tract infection, a skin infection like ‘cellulitis’, pneumonia, or an infection after a procedure or surgery) older people are less able to get it under control before sepsis takes over. The sooner we get medical treatment the better the outcome.

**So - what are the signs of sepsis?** Sepsis is not a simple cough, cold or fever. In fact, quite a lot of

people with sepsis don’t have a high temperature when they get to hospital, and some even have low body temperatures. People will often have a sense that they are unwell with an infection before developing the following as the poisoning takes hold:

Seek medical help urgently if you or your loved one develops any or one of the following:  
Slurred speech or confusion, or difficult to wake  
Extreme shivering or muscle pain  
Passing no urine (pee/mimi) for a day  
Severe breathlessness or breathing very fast  
It “feels like you are going to die”  
Skin mottled, bluish, or pale or feels abnormally cold to touch

Unfortunately, sepsis still causes deaths in New Zealand - more than breast, bowel and prostate cancer combined. The Sepsis Trust NZ is a team of passionate doctors, nurses, survivors and supporters who all work towards the common goal of eliminating unnecessary harm due to sepsis in this country. The Trust aims to increase awareness of sepsis, improve care for people with sepsis, and support the survivors of sepsis and their families/whaanau. Through our fundraising efforts we’ve been able to appoint a sepsis support nurse, who can offer a friendly ear and practical advice to anyone who wants more information, or who might be struggling with sepsis and its aftermath.

Visit the Sepsis Trust NZ website at [sepsis.org.nz](http://sepsis.org.nz) for more information. We appreciate donations or regular giving - use the website or get in touch at [info@sepsis.org.nz](mailto:info@sepsis.org.nz) to support our mission.

21°C The Healthy Temperature  
Keeping rooms you live in heated to 21°C helps prevent cold related illness

Below 16°C  
there is an increased risk of respiratory illness

Below 12°C  
there is an increased risk of having a stroke or heart attack

Below 9°C  
there is an increased risk of hypothermia

21°C

# TOMATO & BASIL SOUP

(Serves 4)

- 2 x 400g cans crushed tomatoes
- 1 can water
- 1 clove of garlic, crushed
- 1 tablespoon each: brown sugar, sweet chilli sauce
- 1 teaspoon dried basil or 1 tablespoon chopped fresh basil
- 2 tablespoons each: onion soup mix, tomato soup mix (I used Maggi)
- 1/2 cup water



## Method:

1. Bring the tomatoes, the can of water, garlic, brown sugar, sweet chilli sauce and basil to the boil.
2. Combine the soup mixes with the half cup of water. Stir into the tomato mixture and simmer for 5 minutes

Very easy, quick and delicious

# Walking Stick

Oh, loathsome stick, beloved too, since I have taken up with the likes of you.

Words nearly failed me, when it was suggested we form a partnership of two.

I felt our combined association would announce to the world I was past my best, worn out through and through.

However, I know I still have many healthy, slightly, painful years left in me yet.

So I’ve swallowed my pride and handed over part of my weight to you.

Together, we’re out and about, we’ve increased my speed and most certainly improved my day.

It is safer I feel, and do you know I don’t think now, I could manage any other way.

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**Your direct line to ASB.**  
If you’re 65 and over, call our priority line.  
**0800 272 119**





# Age Concern Mid North CALENDAR OF EVENTS



- MONDAY**  
**Lawyers Clinic** - 12pm - 1pm  
*(First Monday of every month)*
  - TUESDAY**  
**Senior Strength & Balance** 11am - 12pm
  - WEDNESDAY**  
**Gardening group** - 9.30am - 10.30am  
**Tech for Seniors** - 10am - 12pm  
**Nia Young at Heart** - 11am - 12pm
  - THURSDAY**  
**Kaikohe Strength & Balance** - 10am - 11am  
**Nia Young at Heart** - 11am - 12pm
  - FRIDAY**  
**Tech for Seniors** - 10am - 12pm  
**Meet & Greet** - 10am - 12pm  
*(Last Friday of every month)*
- Please note the Lawyers Clinic and Tech for Seniors is by appointment only.*

## Community Relationship Coordinator

Kia ora, I hope you are all keeping well during the cold winter months. It has been a busy time here at Age Concern Mid North and I have enjoyed meeting new and existing members.

Our strength and balance classes are very popular. It is great to see so many of our members utilising our services. For those who live in the Kawakawa/ Moerewa area, we are in the process of starting a strength and balance class near you. Contact us for more details. Our visiting service continues to offer support for those in need of more company. We have lovely volunteer visitors waiting to be matched. If you, or someone you know would benefit from a weekly visit do let us know.

Nga mihi, *Kayla.*



Meet & greet – Breathwork with Haley



Nia Young at Heart



Kerikeri Strength & Balance



C	A	R	P	A	L	S	U	E	L	L	A	M
V	O	M	E	R	X	Y	C	C	O	C	S	A
B	S	E	G	N	A	L	A	H	P	L	H	N
O	Z	M	U	I	R	B	U	N	A	M	Y	D
F	I	H	F	S	U	M	A	S	P	A	O	I
S	I	U	E	N	E	S	R	U	T	X	I	B
T	T	B	M	R	A	A	B	I	A	I	D	L
A	V	E	U	L	T	I	B	D	L	L	V	E
P	E	S	R	L	S	I	S	A	U	L	E	C
E	L	C	A	N	A	D	U	R	S	A	R	R
S	C	A	L	C	U	O	C	H	S	E	T	A
I	I	P	L	X	R	M	N	B	H	T	E	N
L	V	U	E	Q	N	U	I	G	D	U	B	I
I	A	L	T	B	S	R	M	F	L	Z	R	U
U	L	A	A	P	L	V	F	N	I	X	A	M
M	C	X	P	P	A	L	A	T	I	N	E	U

## BONES

- Carpals

Clavicle

Coccyx

Cranium

Femur

Fibula

Humerus

Hyoid

Ilium

Incus

Malleus

Mandible

Manubrium

Maxillae

Nasal

Palatine

Patella
- Phalanges

Pubis

Radius

Ribs

Sacrum

Scapula

Stapes

Sternum

Talus

Tarsals

Tibia

Ulna

Vertebrae

Vomer

## LILLE Healthcare

# HOW TO CHOOSE CONTINENCE PRODUCTS

Problems with bladder control can increase as you get older, this is known as 'incontinence'. Many people may feel embarrassed and find it difficult to address the problem which can diminish the quality of life for those affected.

There is a range of easy-to-use products that can help, but it's important to choose the right one!

**Correct style** - The product needs to suit the user's lifestyle. There are pads that can be placed into underwear or pull ups that are an all-in-one style to be worn instead of regular underwear.

**Correct absorbency** - Pads and pull ups have different absorbency levels from light to heavy. It's important to have the right one to avoid overly moist skin and the associated skin irritation and infections. If you are wearing the pad and still have spillage then we will recommend a higher absorbency. If you are feeling reasonably dry, then it's the right one for you. Of course, the absorbency level you need can change over time.

**Correct size** - The continence product you choose must fit properly to avoid leaking and inconvenience. There are sizes to fit all body shapes. It's hard to

know which product will best suit your needs, which is why Lille Healthcare offers free samples for you to try before you buy.

Lille Healthcare has a wide range of products that can help you manage incontinence. If you require further advice, contact a continence specialist, nurse or doctor, or visit our online store for more information.

**Properly managed incontinence improves independence and confidence, making everyday life more enjoyable.**

*editorial supplied by Lille Healthcare NZ*

## SCOTTS FUNERAL SERVICES

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Phone (09) 407 6367

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Scotts Funeral Services provide the funeral service with your personal touches in mind. Our aim is to provide support and guidance for families and friends of loved ones.

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DEDICATED TO CONTINENCE CARE

**Lille Healthcare New Zealand** offers a comprehensive range of disposable products suitable to manage all types and levels of incontinence. Our technologically advanced products are 100% breathable and hypoallergenic, ensuring optimum comfort, security and discretion.



*Our Lille Healthcare range includes pads, pants, adult diapers and underpads.*

## ORDER ONLINE for DELIVERY DIRECT TO YOUR DOOR

Our easy-to-use Lille Healthcare Online Shop provides the ability to buy continence products discretely in the privacy of your own home and have your package delivered direct to your doorstep.

Order now at [www.lillehealthcare.co.nz](http://www.lillehealthcare.co.nz)