

SUMMER 2021 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concern Mid North

Serving the needs of older people



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Postal Address: PO Box 214, Kerikeri 0245

OFFICE HOURS

9.00am - 1.00pm Monday to Friday

Do you have time for others?

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

Would you like more company?

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

For more information about this service contact (09)4074474



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Thanks

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From the President

Dear members, I am sure you are feeling the same as myself that it is a great relief to be out of another "Lockdown" and to have a little more freedom. I do hope you have all kept well and coped with appointments and shopping with a mask which is not easy if one wears glasses and even harder for those wearing hearing aids as well. It is so lovely to have warm weather once again and be able to enjoy our gardens which are so colourful at present especially after so much rain.

Juen and Kayla have been working for you all during Lockdown and I would like to thank them for doing this as has not been easy with having their families to consider as well. Age Concern Mid North's activities are nearly back to normal and I am sure you are all enjoying being able to participate once again.

To give you all a laugh one of my neighbours made a supermarket order online and asked for 7 bananas and received 7 kg so as you can probably guess I had a phone call to see if I would like some which I really appreciated as I had forgotten to buy any just on Lockdown. It is not easy to order on line and takes longer than one expects but it is an ideal way because one does not have to go into the supermarket itself in these worrying times. I managed one lot of shopping online and ordered apples and received only one and a friend in Tauranga ordered potatoes and received only one so I have now learnt that I must double

check any order I make from now on. To be able to either have your order delivered to your home or just to be able to pick up your order at a specified time at the supermarket does make life a lot easier for anyone disabled or unwell whatever their age.

A Warning re Phone & Internet Scammers: Please Be Aware more than ever. One of our members recently had a phone call saying it was her local bank and that there were problems with her account. After speaking for a few minutes she realised that it was a "Scammer" so immediately hung up and rang her bank and they sorted everything out for her and said she must also inform the Police who said that scam problems are getting worse and even banks are unable to trace the majority of these people when they cause problems.

Age Concern New Zealand in Wellington have been keeping Juen and I up to date by email which we appreciate during these trying times. Juen our manager participates regularly in "Managers' Meetings" by Zoom with the Age Concerns' throughout New Zealand.

Age Concern Mid North is holding our Annual General Meeting on Friday the 29th October 2021 at 10 am at Kingston House. Morning tea will be served first and then the meeting will follow on from this. I am looking forward to meeting everyone after so many weeks of Lockdown.

Kind Regards *Jan Flowers*

From the Managers Desk

Welcome to going back into level 2!

We are all anxious to get back into our scheduled exercise programs and complete some of the workshops that we had interrupted by a level 3 alert.

All going well we are going to have a very busy next few months.

The first things on the agenda is our AGM we expect to have it on the 29th October 2021, this newsletter may not reach you in time. For those members interested in the Annual Report and unable to attend the AGM, we will have a copy for you to read at the office.

The next event is our end of year Christmas Dinner, we have not finalised a venue or price, but expect the later to be much the same as previous years. We will advertise on our office notice board details of venue and price as soon as possible.

We have included in this newsletter an item about how an older gentleman regrets the loss of his visits to the bank. Many of you may feel the same. Changes can also bring some new challenges, new friends and contacts. Age Concern Mid North offers one on one digital tutorials, so if you are wanting to get "better" with your phone or other

devices make an appointment and come and see us. We will make you welcome, we will give you quality time and friendship, and introduce you to other activities and workshops that we offer.

Age Concern Mid North has seen a substantial drop in membership paid subscriptions, largely we believe due to "no cheques". We have seen a marked increase in internet banking, and those that come into the office to pay cash or use eftpos.

Covid has interrupted the activities that people would regularly come to Kingston House for, this has had a flow on affect. If our data base shows that you haven't yet paid this year's subscription, for July 2021 - June 2022, you will have a red sticker on your newsletter. Please let us know if you think you have paid and we will update our data base. Thank you for your support.

We have put a very brief introduction into this Newsletter alerting members the "End of Life Act 2019" becomes legal in November 2021, to find out how to seek more information regarding this act please contact us.

We hope to see you at the Christmas Dinner.

Nga mihi

Juen Duxfield

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Growing diversity in retirement villages

Traditionally, retirement village residents have tended to be mostly pakeha and come from a fairly standard background. We're often asked what we're doing to encourage older people from other ethnic backgrounds to move in, and for a long time, the answer was "not very much". However, more recently that's started to change, so we asked our writer Janet Brown to investigate.

By Janet Brown, Head and Heart Ltd

I'm talking with a group of Chinese residents at Summerset at Heritage Park when it becomes clear that it all started with Heidi's housewarming party. Heidi Ng and her husband moved to effects of his Parkinson's Disease. Heidi invited about forty of their friends to come and celebrate their new home, and that party sparked a chain reaction that's still continuing.

Village managers often say that it's quite common for each new resident to trigger one or two inquiries from their friends and family. In this case, Heidi and her husband are Chinese, as are many of their friends. And that party has led, in just over a year, to fifteen apartments (and counting!) in Heritage Park's new Heritage Apartment Building being occupied by other Chinese residents. Heritage Park Village Manager Leticia Chuck believes this trend is likely to continue, "The village is really a reflection of the wider Auckland community."

Heidi picks up the story and explains how it started. "We looked at several villages, then the first time I walked in here I felt the warmth, the welcome. But when I told people we were moving to a retirement village, they often said "Poor you!", so I had a party to show them how lovely it was." She doesn't mind not getting capital gains because of the support and activities retirement village living offers. That view has been strengthened by the marked improvement in her husband's wellbeing and enjoyment of life since they moved in. Everyone in the group nods and agrees.

About the same time, Graham and Janet moved in. Graham is New Zealand born, an accountant who's still working, and doesn't speak either Cantonese or Mandarin, and Janet came to New Zealand from Hong Kong aged



nine. She speaks Cantonese, and before they moved in mostly did so with her mother in her nineties; now she has a group of neighbours to talk with in Cantonese. Janet had looked at a number of retirement villages and brought Graham to look at Heritage Park; he knew the area and liked the lake views, so they put a deposit down on their three-bedroom apartment.

Raymond Sun was the first party-goer to act: "After the party I picked up some fliers on the way out, and started looking at villages." He settled quickly on Heritage Park, and next thing his friend Sylvia was keen as well. Others were interested too: Kitty, Jenny and May from Raymond's tai chi class, and Heidi's friends from Eastern Howick Baptist Church. All have now moved in, as well as others. They all appreciate the amenities, each enjoying different aspects. Raymond enjoys getting to know non-Chinese residents at happy hour, and encourages others to come: "Everyone should go to happy hour, it helps you know what's going on and it's great for getting to know people." Chinese New Year became a village-wide celebration, enthusiastically supported by residents, who watched Raymond demonstrate the art of the traditional tea ceremony, while Heidi introduced them to Chinese calligraphy.

Living on two floors of the same apartment block, it's easy to pop in to catch up – Heidi laughs about how they walk barefoot from apartment to apartment: "We don't even need to put our shoes on to go and see each other!" Raymond adds, "Every day, people are ringing my doorbell. In Howick, that didn't happen."

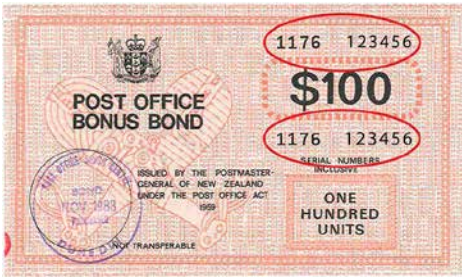
But the group is at pains to tell me that the disadvantages of a village are heavily outweighed by what they've gained. Graham's final comment, as he leaves to go to work, is "Everyone is very friendly here." Heidi sums it up: "I know, if anything goes wrong, I'm already in a safe place with my friends around me."

But for now, they're all enjoying life in their new apartments and community. Heidi has the last word on this too: "Every day it's like having a holiday together on a cruise!"

editorial supplied by Retirement Villages Assn.

Bonus Bonds

Bonus Bonds scheme is being wound up - here's what you need to know



You may be aware that the Bonus Bonds scheme is being wound up and the proceeds returned to the holders of Bonus Bonds (Bondholders). If you have Bonus Bonds, here's important information about the wind-up process and how you'll receive your payment.

What do you need to do?

We will deposit your payment into any New Zealand bank account you choose. Simply get in touch by calling the Bonus Bonds Wind-up Contact Centre, on 0800 266 374 between 8am and 6pm, Monday to Friday. Please note, you don't need to come into an ANZ branch – when you call we'll let you know how to provide us with the details of your bank account. In many cases you will be able to provide your bank account details to us straight away over the phone. If you have the details of your Bondholding (for example, your Bondholder number or a serial number from a Bonus Bonds certificate), it would be helpful to have these at hand when you call.

How much will you get and when will you get it?

We expect to make a payment of \$1.10 for each Bonus Bond you hold, between October and December this year. If there are any remaining funds when the Bonus Bonds scheme wind-up is finalised, you may receive another small payment then.

For more information, check the Frequently Asked Questions on the Bonus Bonds website at bonusbonds.co.nz/faqs, or give us a call on the numbers above.

ANZ Investment Services (New Zealand) Limited is the manager of the Bonus Bonds scheme.



BANANA BREAD (Kay's)

Pre-heat oven to 180`C and grease and line loaf tin

In bowl

- 3 Large Bananas mashed (*potato masher or fork*)
- 1 Egg
- 2 tablespoons Olive Oil
- 1/3 cup Milk
- 1/2 cup Brown Sugar
- 1/2 teaspoon Baking Powder
- 1 teaspoon Baking Soda
- 1 1/2 cups Wholemeal Flour



Method:

Mash bananas, stir in gently egg, milk, brown sugar, baking powder, baking soda and lastly fold in wholemeal flour. Put into loaf tin and bake 45 minutes. Cool.

I cooked 1 hour testing after 45 minutes (it depends on oven)

Cut into thick slices and butter. Freezes well when cut into thick slices. Kay froze 2 slices in each package.

Banana & Chocolate Muffins

- 3 large ripe bananas
- ¾ cup soft brown sugar
- 1 egg
- 1/3 cup (75g) melted butter
- 1 tsp baking powder
- 1 tsp baking soda
- ¼ tsp salt
- 1 ½ cups plain flour
- ¾ cup chocolate chips



Mash bananas well. Add the brown sugar, then the egg and beat together. Stir in the melted butter, then fold in the sifted dry ingredients and chocolate. Mix until the dry ingredients are just dampened. Spoon the mixture into a greased or non-stick muffin pan. Half fill, then place into a preheated moderate oven (180°C) for approximately 20 minutes, until golden brown.

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
Digital Learning for Seniors - 12pm - 2pm

THURSDAY
Kaikohe Strength & Balance - 10am - 11am
Nia Young at Heart - 11am - 12pm

FRIDAY
Digital Learning for Seniors - 10am - 12pm
Meet & Greet - 10am - 12pm
(Last Friday of every month)

Christmas Luncheon: 26th November 2021
(Venue to be confirmed)

Please note: Lawyers Clinic and Digital Learning is by appointment only.

About End of Life Choice Act 2019

The End of Life Choice Act 2019 (the Act) gives people who experience unbearable suffering from a terminal illness the option of legally asking for medical assistance to end their lives.

The Act outlines the legal framework for assisted dying, and includes controls, eligibility criteria and safeguards. A person who seeks assisted dying must be making an informed decision of their own accord.

The Act will come in to force 12 months after the public referendum held at the 2020 General Election. Assisted dying remains illegal until 7 November 2021.

For more information about this Act feel free to contact us.

I spent an hour in the bank with my dad, as he had to transfer some money. I couldn't resist myself and asked...

"Dad, why don't we activate your internet banking?"

"Why would I do that?"

He asked...

"Well, then you won't have to spend an hour here for things like making a transfer. You can even do your shopping online. Everything will be so easy!"

I was so excited about initiating him into the world of Net banking.

He asked "If I do that, I won't have to step out of the house?"

"Yes, yes"! I said. I told him how even groceries can be delivered at your door now and how amazon delivers everything!

His answer left me tongue-tied.

He said "Since I entered this bank today, I have met four of my friends, I have chatted awhile with the staff who know me very well by now. You know, I am alone...this is the company that I need.

I like to get ready and come to the bank. I have enough time, it is the physical touch that I crave. Two years back, I got sick. The store owner from whom I buy fruits, came to see me and sat by my bedside and cried.

When your Mom fell down a few days back while on her morning walk, our local grocer saw her and immediately got his car to rush her home as he knows where I live.

Would I have that 'human' touch if everything became online?

Why would I want everything delivered to me and force me to interact with just my computer? I like to know the person that I'm dealing with and not just the 'seller'. It creates bonds of Relationships.

Does Amazon deliver all this as well?"

Technology isn't life.

Spend time with people. Not with devices.

Writer: Unknown

Community Relationship Coordinator

Kia ora koutou, it has been another challenging year due to Covid-19. I hope you have all kept yourselves safe and well. I am excited for our Christmas Luncheon coming up on Friday 26th November and hope to see many of you there.

Our Strength & Balance classes continue, and it is always great to welcome new people to the groups. Our classes are low impact and can be adapted to all abilities. For more information feel free to contact our office.

We are moving into a digital world and understand that for some, technology can be tricky. If you need support with your digital device such as phone, tablet or laptop please arrange an appointment with me.

Nga mihi, *Kayla.*



Wellbeing Workshop with Maria



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COVID-19 MYTHBUSTING

Vaccine-related hospitalisations are being hushed up.

Vaccines affect womens' menstrual cycles and fertility.

Vaccines can harm children.

Vaccines cause magnetism.

Natural remedies and immunity are more effective against Covid.

Covid-19 vaccines can alter your DNA, It is unknown if the vaccine causes cancer.

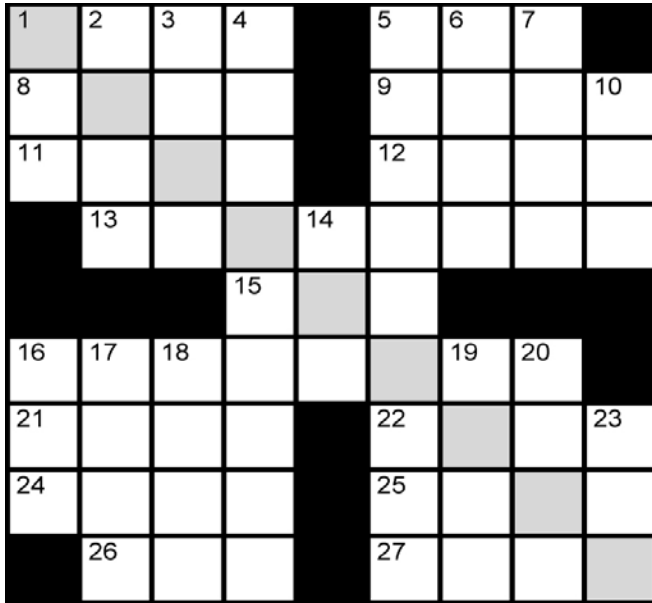
Vaccines are experimental and can't be trusted.

Vaccine companies are exempt from all liability.

The only reason given to take the vaccine is it might reduce symptoms.

THE SIMPLE TWO LETTER ANSWER TO ALL OF THE ABOVE IS NO

Settlers



Across

1. Van. alternative
5. Mountain pass
8. Santa ____, Calif.
9. Maui dance

11. Turnpike fee

12. At the peak of
13. Annotation
15. Genetic material
16. Groups of minutemen

21. "Dream on!"

22. Atlas section

24. Short skirt

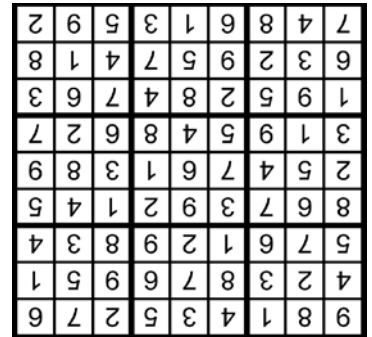
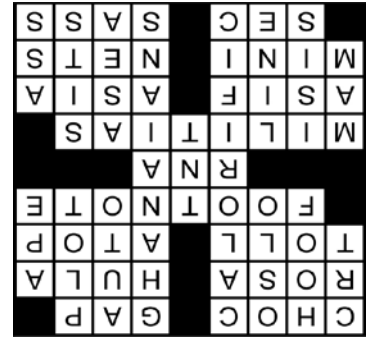
25. Fishing gear

26. "Hold on a ____!"

27. Back talk

Down

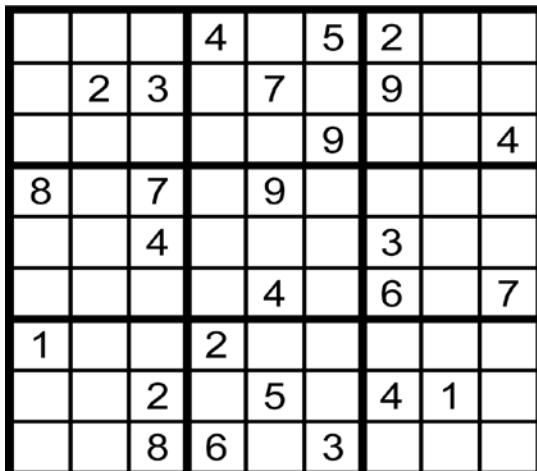
1. Computer monitor, for short
2. Horseshoe site
3. Nobel Peace Prize city
4. Relating to heat
5. Inhabitants of the Gold Coast
6. Vehicle
7. Scheme
10. "Tarzan" extra
14. Atlanta-based station
16. Mayan Indian
17. Egyptian fertility goddess
18. Queue
19. Fishing, perhaps



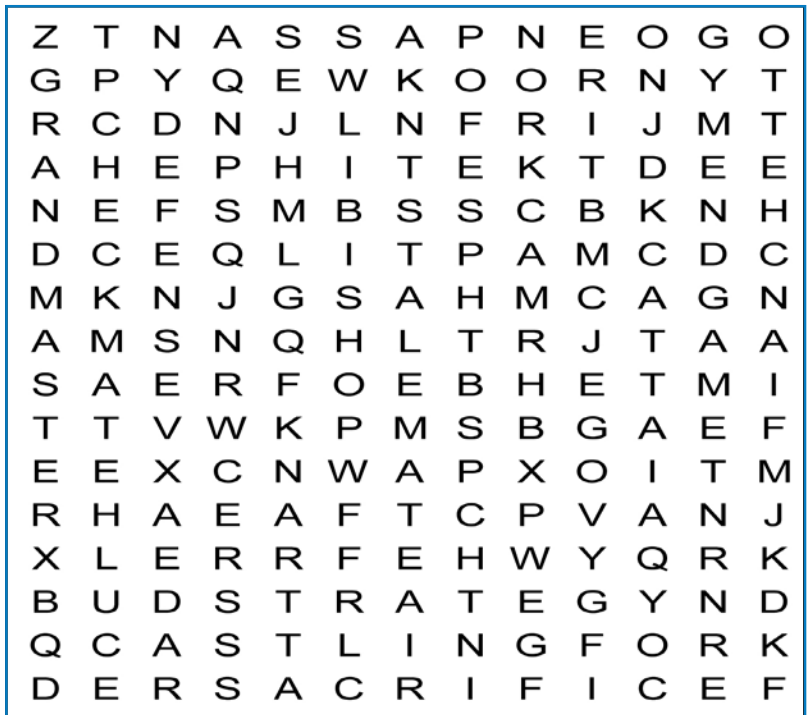
20. Takes a seat
23. Blockhead

ATTACK
BISHOP
BLACK
BOARD
CASTLE
CASTLING
CHECKMATE
DEFENSE
DRAW
EN PASSANT
ENDGAME
FIANCHETTO
FORK

GRANDMASTER
KING
KNIGHT
PAWN
QUEEN
RED
RESIGN
ROOK
SACRIFICE
STALEMATE
STRATEGY
THREAT



GAME OF CHESS



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.*