

SUMMER 2021 QUARTERLY NEWSLETTER
www.agewell.org.nz



Age Concern Rodney

Serving the needs of older people



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Contact Information

Phone: (09) 426 0916 **Fax:** (09) 426 0917
Email: info@ageconcernrodney.org.nz
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

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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.

GREAT NEWS

**Just arrived at
Age Concern Rodney a
brand new Eftpos machine.**

You will now be able
to use your card, or cash,
to pay your membership
or make a donation.



RayWhite

Is Back in Orewa

AND WOULD LIKE TO WISH YOU A VERY

Merry Christmas

During this Festive Season we are supporting
Age Concern Rodney and
Hibiscus Coast Grandparents Parenting Grandchildren

We are asking for donations in the way of gifts for
GRANDPARENTS or gourmet food donations,
so we can put some hampers together to donate.
(Please advise male or female for gifts)

STOP IN ANYTIME FOR A CHAT OR COFFEE

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www.rworewa.co.nz





**Age Concern Rodney Board
& Staff wish you all a
very Merry Christmas
and A Happy New Year**

**The Office will Close Wednesday 22nd December 2021
at 12 noon and re-open Monday 10th January 2022, 10am to 4pm.**

**The Hospital Shuttle service will close
Thursday 23rd December 2021, re-open Wednesday 5th January 2022.**



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We wish you a Merry Christmas and a Happy Safe Festive/ Summer season.

One thing these unprecedented times have taught us in the last 18 months is that there's no place like home. We have learnt to appreciate the little things in life like seeing a loved one or getting out in nature and enjoying our beautiful backyard.

For many, the holiday season is a time to enjoy with family and friends, whether it's sharing a meal, relaxing together over a holiday break, or enjoying a slice of Christmas cake with a cuppa. It's a wonderful season and we're so lucky to live in this beautiful country that offers such natural beauty and wonderful outdoor activities.

At Driving Miss Daisy, we love this time of year and want to help you remain as active and independent as possible so that you can enjoy the traditions of the season. We provide a number of different services to assist you – here are a few ideas:

- Help with Christmas gift shopping for loved ones
- Assistance with clothes shopping for special occasions
- Companionship and driving to end of year functions & events
- Accompaniment and driving to church and carol services
- Help with grocery shopping for special Christmas meals and treats
- A Christmas light tour
- Festive outings with a group of friends
- Ask us about special trips down memory lane

Driving Miss Daisy is committed to helping our clients get out and about. We're here to help you feel safe and comfortable. You can feel confident we have every protocol in place to keep your trip safe, clean socially distanced and with vaccinated drivers, so you can live life to the full and make the most of every moment. Remember we have fully equipped Wheelchair Accessible Vehicles, to assist with walkers or wheelchairs.

Call us today to discuss your requirements. If there's something you need help with, we'd be happy to talk through the options.

Dave & Kathryn – Driving Miss Daisy Hibiscus Coast
Rachel – Driving Miss Daisy Warkworth

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Warkworth Ph: (09) 217 2764



Driving Miss Daisy[®]

www.drivingmissdaisy.co.nz

Low Cost Christmas Decoration Ideas

Spread some joy this Christmas with these low-cost decorating ideas. Then email us, at Age Concern Rodney, with a photo of your creativity. Email to: info@ageconcernrodney.org.nz



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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SunSmart - You can be SunSmart and still enjoy the great outdoors. Being SunSmart is about protecting yourself from too much ultraviolet (UV) radiation from the sun.

Slip, Slop, Slap and Wrap
- Four Ways to be Safe in the Sun

Slip

- Slip into the shade of an umbrella or a leafy tree. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.
- Slip on a shirt with long sleeves. Fabrics with a tighter weave and darker colours will give you better protection from the sun.

Slop

- Slop on plenty of broad-spectrum, water-resistant sunscreen of at least SPF 30. Apply 20 minutes before going outside and reapply every two hours and especially after being in water or sweating.
- The average sized adult should apply at least ½ teaspoon to each arm and to the face (including the ears and neck) and at least a teaspoon to each leg, the front of body and back of body.
- Sunscreen should not be used as a way to stay out in the sun longer. Instead, use it as a way to reduce the risk of damage to the skin when exposure to the summer sun is unavoidable.
- Keep sunscreen in handy places where people are most likely to be reminded or need to use sunscreen eg by the door at home, or in your swim bag, sports bag or handbag.

Slap

- Slap on a hat with a wide brim or a cap with flaps. More people get sunburnt on the face and neck than any other part of the body.

Wrap

- Wrap on a pair of sunglasses. Choose close fitting, wrap-around glasses that cover your eye area and protect the sensitive skin around them.

Sun Exposure - It is still important for your general health and wellbeing to continue to get some sun exposure even during the hottest months (September to April). This should be a walk (or some other form of outdoor physical activity) 5-6 days a week, planned for the early morning (before 10.00am) or late afternoon (after 4.00pm). Be SunSmart at any time of the year when you are outside in the mountains or near reflective surfaces such as snow, ice and water.

Christmas Day on your Own?

Here are some things to do if you're facing Christmas Day alone

- Plan a meal just for you. This doesn't have to be a specifically Christmas meal. Choose some of your favourites (or something different). Set a special place just for you, whether it's on a table or a tray in front of the TV. Make a deli platter from morsels of a few different dishes, One of mine would be egg and celery salad. Don't forget a pottle or two of dessert.
- If you are able, volunteer for part of the day. Take a Christmas treat to someone who rarely receives visitors or help at a community lunch.
- Attend a local service. even if you're not a person of faith, attending a church service can be a reminder of what Christmas is about. If you are feeling down, singing and interacting with others may lift your mood.
- Invite someone who is also on their own to share a Christmas meal – or even just a snack or a glass of wine.
- Movie marathon – watch some old favourites on TV, Netflix, DVDs.
- If you are able, connect with others online, enjoy Christmas festivities from around the globe via Facebook or You Tube, play Christmas music.



CAM BROOKS

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What makes the ideal person you can trust with your home?

Aptly nicknamed "Toaster" Cam Brooks is much more than your sales and marketing consultant. He has served you locally as a police officer and in the community patrol. With a passion for service and changed lives, Cam has investigative, enforcement and commercial sales experience spanning 30 years - he is the man you can trust with your home.

Constantly learning, he holds a degree in Marketing Management, loves behavioural psychology and thrives on 'dealing with the difficult'. Cam uses his talents to see your family supported and cared for - connecting you with your new home, investment or in selling your home. He is diligent, detailed and a strategic marketer. As a calm communicator and considered negotiator it starts with listening to you and understanding your story - exploring your needs and options to achieve the right outcome for you.

So, if you just have a question or when the time is right to explore your property options, give Cam a call or send a message. With Cam as your real-estate consultant, you'll enjoy un-rushed support, professionalism and a sales experience that typifies what Harcourts is all about - we are the most trusted real estate team, and we aspire to create clients for life through the finest service.

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Age Concern LIFE TUBES**LIFE TUBE**
could save
your life!**A Life Tube can speak for you when you can't.**

This is a special tube which contains vital personal information for emergency services in case of accident or illness.

Age Concern Life Tubes are small sealable plastic containers with a red label.

Inside, you will find a form you can use to communicate any medical conditions, medications, doctor, next of kin, and contact numbers to be used by emergency services coming to your aid in a medical or civil emergency.

The container is kept inside your refrigerator, with a red sticker to alert emergency personnel. They are trained to look inside your fridge for a Life Tube. A refrigerator has a good chance of surviving earthquakes or floods, it is distinctive and hard to miss, can usually be found in the same place, and almost all homes have one. The humble fridge – your emergency information storage vault!

**New Members**

Welcome to all our new members that have joined over the last couple of months. We hope you enjoy reading our magazine. We love hearing from our members so if you have any feedback regarding our services, please do not hesitate to contact our office on 426 0916.

Gardening tips

An egg in before the tomato plant and aloe vera makes great plant feed.

If you have just boiled some eggs pour the water into the soil of your plants. The goodness goes back into your plants to make them happy and grow strong.

My garden seems to thrive on coffee grounds that I save from my plunger and mix with water.

I crush up shells from boiled eggs and put them around veggie plants and herbs instead of slug repellent. Works very well.

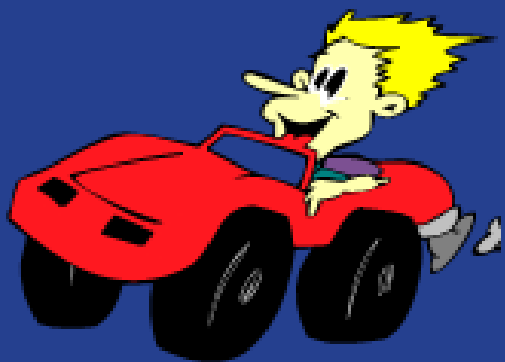
Water tomatoes with the rinse water from your milk bottles.

Put used banana skins under Daphne plants

Boil your veges, drain the water into a jug, let it cool. Water any plants that need reviving with your veggie water

Use a small amount of milk powder and Epsom salts in the hole before you plant your tomatoes. It prevents blossom end rot

My Idea of Christmas, whether old-fashioned or modern, it is very simple loving others. Come to think of it, why do we have to wait for Christmas to do that?

**Senior Drivers Workshops****This is a Refresher Course for Senior Drivers****NO Exams or Driving Tests**

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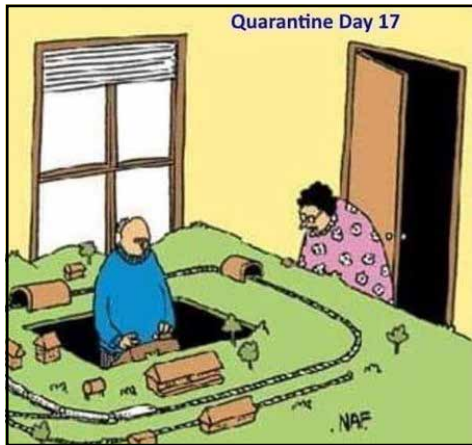


Covid Vaccine Passes

People can go to their pharmacies to get their Vaccine Pass.
The following Pharmacies in the Rodney areas are offering this service.

- **Orewa Life Pharmacy**
09 426 4087
- **Whangaparoa Family Pharmacy-Manly**
09 929 7825
- **Unichem Stanmore Bay**
09 424 2717
- **Life Pharmacy Plaza-Whangaparoa**
09 424 7890
- **Harts Pharmacy Warkworth**
09 425 8344
- **Unichem Warkworth**
09 425 8014
- **Unichem Snells Beach**
09 425 4555
- **Helensville Pharmacy**
09 420 8861

I will honour Christmas in my heart, and try to keep it all the year. I will live in the Past, the Present, and the Future... I will not shut out the lessons that they teach.



“Did you know there’s a miniature woman tied to the train tracks who looks remarkably like me?”

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

HOBBIES AND ALL THAT

For one who only rarely knits. I've done a lot of knitting, slippers, Beanies, even scarves, while watching Television.
And daytime television's not entirely to my taste, I do not have the movie channels-I think they are a waste.
I've read all the books in my bookcase the second time around, Luckily I've forgotten their content so surprises still abound.
I've been restocking the freezer – run out of containers too, I haven't labelled anything so potluck will have to do.
The phone's been working overtime as I arrange my time. I've even updated my very old will so all will now be fine.
I'm quickly running out of tasks, no more for me to say, But the days are getting warmer – Picnics can rule the day.
Yes, fresh air is the answer to help destroy the bug. But remember – keep your distance and do not kiss or hug.
I won't give in to boredom – against this I will strive, So I've written several poems to keep my brain alive.
Yes, my brain's still working, it is alive and kicking, So in the immediate future I'll just go back to knitting.

Real Dreams • Real Homes • Real People

David & Leigh Robins
P 021 751 762
P 0274 399 206
david.robins@harcourts.co.nz
leigh.robins@harcourts.co.nz
923 Whangaparaoa Road, Manly

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WE NEED YOU

Do you have an hour or so a week to spare?
If you have some time to spare, please consider volunteering for Age Concern.

We are always looking for people to:

- Visit an older person
- Assist an older person with grocery shopping

Loneliness and social isolation can affect our physical and mental health. Visiting an older person can be truly enriching experience on both sides.

If you would like to join our Volunteer Team, please call us join 09 426 0916 or email info@ageconcernrodney.org.nz

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Craigweil House would like to thank locals and the community for their sympathy and goodwill over lockdown.

The kind folks at River Valley Baptist Church in Parakai put together a special hamper for all the essential workers of Craigweil House Home and Hospital. The card read, "To the Staff at Craigweil, This gift is to thank you for your hard work during lockdown caring to the residents at Craigweil. May God bless you all."



Northwest Business in collaboration with Mitre 10 Westgate generously donated to Craigweil House three tarps and two bottles of outdoor cleaner.



Facility Manager David Halewood and Facility Coordinator Deb Presland with the Northwest Business and Mitre 10 Westgate donations

Lastly, locals Avon and Martyn Aspden donated forty trays of eggs to the residents at Craigweil. They haven't been able to sell their eggs due to current circumstances. But their hens have been busy!



From all our staff and residents at Craigweil house, thank you all for thinking of our residents and staff – it means a lot. Stay Safe.

Editorial supplied by Henrikwest Care Group



10 TIPS TO STOP ELDER ABUSE

1. Love and cherish your older relatives.
2. Phone, zoom or facetime older people.
3. Visit older people in your neighbourhood.
4. Involve older people in your social activities
5. Encourage older people to make their own decisions.
6. Support older people to use their money for their needs.
7. Honour older people's wisdom.
8. Enable older people to set their own pace.
9. Speak respectfully and listen to older people's stories
10. Seek advice from any Elder Abuse Service or Age Concern if you think an older person is being abused.

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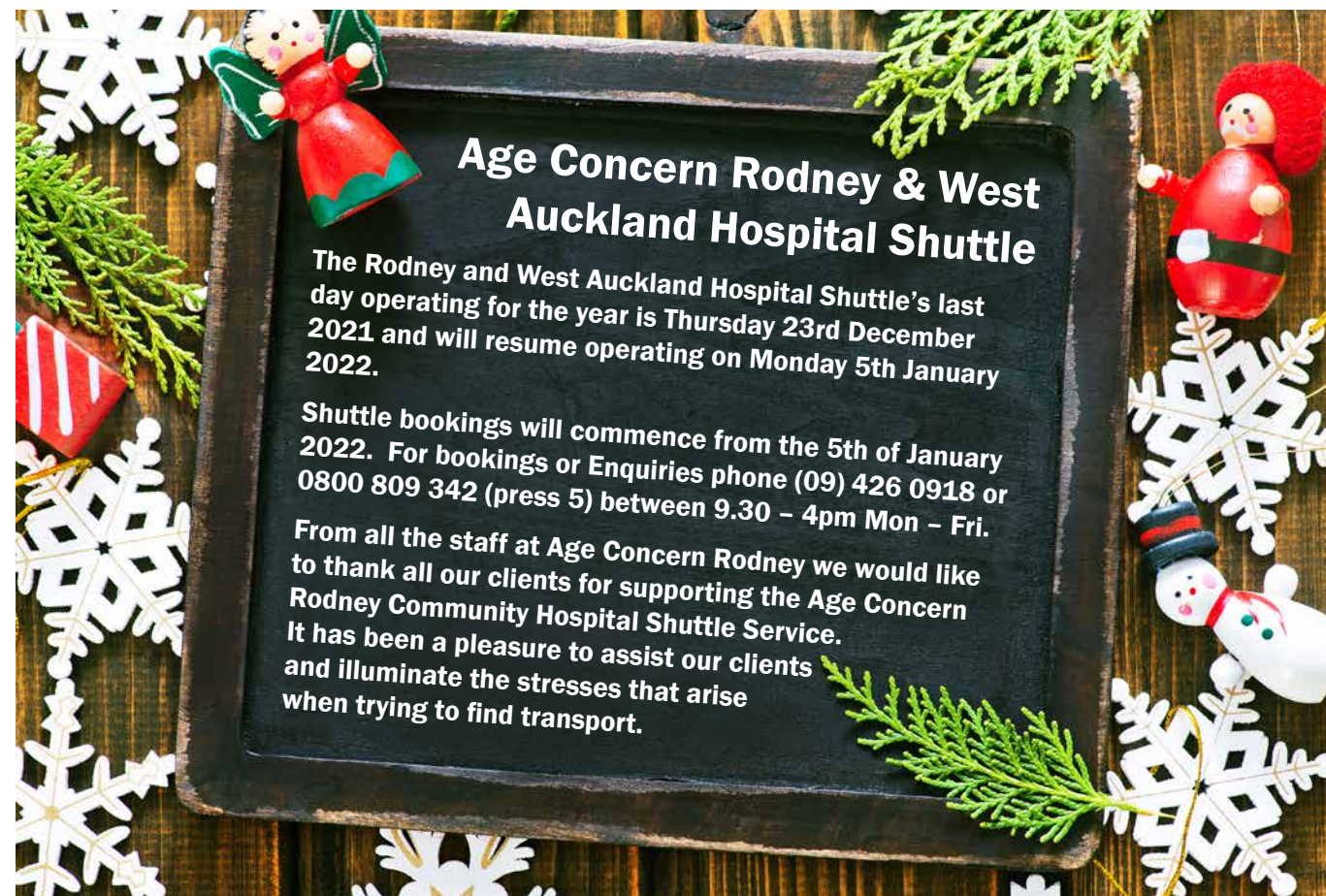
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Situated just off the Twin Coast Discovery Highway, Craigweil House is located next to the Parakai Thermal Springs. We offer a continuum of care as well as respite and day stay options.

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

143 Parkhurst Road, Parakai
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www.craigweilhouse.co.nz



The F.A.S.T. campaign encourages everyone to learn the key signs of stroke and to think F.A.S.T., act fast and look out for each other by calling 111 if they suspect a stroke. Prompt action can save lives - as well as improve recovery.

It is vital to recognise when someone is having a stroke and to start treatment as soon as possible, because the sooner medical treatment begins, the more likely brain damage can be reduced and a better outcome achieved. The quicker a clot can be

dissolved or removed, the less damage is done, and the better the chance of a strong recovery.

A stroke is a brain attack – it's very serious. The symptoms might show on the face, arm or in speech, but it's the brain that's being damaged.

If any of the signs of stroke are recognised, don't wait, call 111 straight away. Don't call your doctor, or drive yourself – get help immediately. Ambulance staff want to hear from you if you recognise the F.A.S.T. signs – call 111 and tell them it's a stroke.

**AT ANY SIGN OF
STROKE
CALL 111**



STROKE
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Support us at:
stroke.org.nz

#ThinkFAST
#ActFast

Celebrating the Christmas season when you are grieving.

This year has been particularly hard for a lot of families, especially those that have had someone die during the lockdown period.

The answer as to what to do over the holiday season is a personal one. The most important thing to remember is that celebrating or not celebrating is your choice. It is perfectly okay not to be ready even if other family members are.

This will be my family's second Christmas without my father. My mum still misses him deeply and we would love for him to still be here with us. What helps us, despite the fact that we are still grieving, is I believe Dad would want us to continue to share our traditions with the next generation, as he always loved Christmas.

Every Christmas has its own unique challenges. If you find yourself looking at the empty chair at the Christmas table, take a moment to look around the room and be thankful for the chairs that are still filled but *most importantly, be gentle and kind to yourself.*

Some tips for surviving the Christmas and holiday season

- Celebrate existing traditions or possibly create some new ones.
- Decide how to include the memory of the person you love who has died.
- Take care of you and don't take on more than you can handle.
- Let yourself grieve - If you find yourself sadder than usual at this time of year, that's normal, as grief during the holidays triggers emotion. Give yourself space and time to feel your feelings, and lean on those who love you for extra support.

Windsor Funerals wish you a peaceful and safe Christmas.



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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.

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 :
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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

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.



Any colour wool would be appreciated. Please leave wool at Age Concern Rodney office or phone 426 0916 for collection.

HOW TO PROTECT YOURSELF FROM CARD FRAUD

How can customers distinguish between their real bank contacting them and a fraudster claiming to be from their bank?

Key points

- Your bank may phone you if they suspect fraudulent activities in your accounts.
- Your bank may ask you some questions to verify your identity.
- Your bank will never ask for your password, PINs or security codes over the phone or by email.
- Your bank will never ask you to download software to your computer or leave pre-recorded messages on your phone with instructions.
- Fraudsters may call you and pretend to be from your bank. They may ask for information that allows them to log into your back accounts, or they may ask you to download software onto your computer that allows them access to your online banking.
- Avoid clicking on links in emails from untrusted sources as the links may download malicious software to your computer. Some fraudster email addresses may appear similar to those of people and organisations you know.
- If you have doubts about a call from someone saying they're from you bank, ask for their name, hang up, and call your bank back on their 0800 number which you'll find on your card or on the bank's website.

A useful guide on 'how to keep yourself safe from online scams' is at www.nzba.org.nz/consumer-information/fraud-protection/how-to-keep-yourself-safe-from-online-scams/

A printable version of the guide is available at: www.nzba.org.nz/wp-content/uploads/2017/04How-To-Keep-Yourself-Safe-From-On-line-Scams-PDF.pdf

ANZ

Our fraud monitoring teams will contact you if they suspect any fraudulent activity. They will also take measures around temporarily blocking your card or suspending your banking services if they feel that is

required to protect you and the bank alike.

ANZ will never ask for your password, PINs or security codes over the phone or email. We'll also never requests remote access to your computer or phone or leave pre-recorded messages with instructions. For more information see our Banking Safely guide at: www.anz.co.nz/content/dam/anz-conz/documents/guides/banking-safely-guide%20.pdf.

ASB

In the majority of cases, if we believe there has been fraud on the card, we will phone the customer. In some instances where we can't make a call or don't get an answer, we will send an email (this will come from an @asb.co.nz address), and also sometimes a text message or a message through internet banking.

Key things to help customers know it's ASB on the phone:

We will never ask customers to download software to allow remote access to their computer or phone.

We may ask questions to verify that we are talking to the right person, but we will never ask customers to tell their secure banking information (account or credit card details, password, PIN number or net-code details). If a customer is unsure whether he/she is speaking with ASB or not, a customer can ask the caller's name and then hang up and phone back to verify that they work for ASB. It's very important that a customer calls on a number listed on asb.co.nz – not a number given to a customer by the caller.

Keys things to help customers know it's ASB over email, SMS text message or internet banking message.

We will never ask for a customer's secure banking information (account or credit card details, password, PIN number ore net- code details) or ask a customer to log in to their account from a link. A customer should always log in through our website by typing asb.co.nz directly into the browse address bar. If a customer needs to phone us back, he/she can verify ASB one numbers at www.asb.co.nz

Kiwibank

Generally, with unusual card transactions, we will send a text to the customer to alert and ask them to go into a branch or call the 0800 number to discuss further.

When it is urgent that we confirm the suspicious

activity on an account/card with the customer, we will call them to verify the payment.

The key thing to note is your bank will never ask for you card number/details or Internet Banking password, nor get you to make a payment, nor will your bank ask you to download a program. We simply ask whether the payment was made by the customer and what the payment was for if they say it was authorised. If it was unauthorised, we may ask questions such as "have you received any calls/ emails/text messages from out of the blue from Spark/IRD/Netflix etc and have you given information to these people?" and then request you complete a police report and report the scam to CERT and Netsafe.

If you are ever in doubt about whether your bank is calling you, hang up and immediately call bank's 0800 number from the back of your card, or the number listed on the public website.

Westpac

BETWEEN 8.00am and 9.30pm our Financial Crime Team will contact affected customers via phone to verify transactions.

Once we have the customer on the phone, we inform them that we are calling from Westpac to confirm some unusual transactions. Normally the customer will let us continue the conversation, however, those who have previously been affected by a scam or are cautious may ask to call us back, which we encourage. If we continue with the conversation, we verify the transaction in question and the reason for the alert.

No personal details are requested over the phone, other than the transactions in question which we offer up first. If we can't get hold of the customer, we leave a voicemail followed by a text message and email, or if it is between 9.30pm and 8am we send a text and email.

The scammers have mirrored our approach and we often hear stories of the 'banks fraud team calling a customer to check on a transaction' or to tell them 'they can see money coming out of the account'. We absolutely encourage our customers to hang up and call us back on the number on the back of their bank card or our publicly listed number if something doesn't feel right.

How to make an instant noodle omelette

An instant noodle omelette is a quick snack meal with the redeeming health feature of protein- and nutrient-rich egg. It's so easy, very little dishes and perfect for 1-2 people.

Ingredients:

- 185g packet of noodles, with flavour sachet
 - 1 cup water
 - 1 cup chopped tomato and celery
 - 2 teaspoons fresh parsley, chopped finely
 - 2 eggs, lightly beaten
 - 2 tablespoons grated cheese
 - 1 tablespoon butter or oil
1. Cook the noodles according to the packet instructions.
 2. Remove from the heat once cooked. Drain well and set aside
 3. Crack the eggs into the bowl. Add the parsley, chopped tomato and celery pieces and mix well. Then add the noodles and mix through
 4. Pour the butter or oil into the frying pan. Heat gently.
 5. Add the omelette mixture. Cook for 5 minutes without stirring.
 6. Sprinkle the cheese over the omelette
 7. Serve hot. Slide the omelette onto a serving plate. Serve with a side salad.



WATER IS VITAL FOR THE BODY'S HEALTH

Information supplied by Lille Healthcare NZ

Every bodily function requires water. Breathing, digestion and absorption of nutrients, waste removal, and temperature control are just a few examples of how the body uses water.

Water makes up around 65% of the body but it has no storage facilities, therefore fresh supplies of water are required each day. Drinking adequate amounts of fluid every day is essential to maintaining health and wellbeing.

The most common signs of dehydration are strong dark smelling urine, decreased output of urine, having a dry mouth, lips or tongue, confusion and irritability/dizziness, hollow sunken eyes, constipation, no pool of saliva under the tongue, poor skin elasticity or dry skin and tiredness and headaches.

To maintain health everyone needs to drink well for adequate hydration. This will help in reducing constipation, urinary tract infections, bladder control and, assist with maintaining blood pressure and cognitive function. Ensuring adequate hydration also helps keep the skin and tissues more resilient to the effects of pressure and assists with faster healing.

On average a person loses around 2.5 litres of fluid each day. An inactive older person's fluid loss may be closer to 2 litres per day. Fluid is lost in the following ways:

- Breathing 500mls
- Sweating 500mls
- Urine output 1.5-2 Litres
- Bowel motion 150mls



Exercising and hot weather further increase the amount of fluids lost, through increased breathing rate and sweat production. But it is also important to maintain fluid intake in the colder months.

The recommended daily minimum total fluid intake for an older person is around 1500mls.

What does Water do for You?

Forms saliva (digestion)


Keeps mucosal membranes moist

Allows body's cells to grow, reproduce and survive

Flushes body waste, mainly in urine

Lubricates joints

Water is the major component of most body parts



Needed by the brain to manufacture hormones and neurotransmitters

Regulates body temperature (sweating and respiration)

Acts as a shock absorber for brain and spinal cord

Converts food to components needed for survival - digestion

Helps deliver oxygen all over the body

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.

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.



Age Concern Rodney

P.O.Box 12 Red Beach 0945
Ph: 09 426 0916

2022 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”

What sorts of situations is PHONE 105 for?

You can use 105 to report non-emergency situations online or via the phone, such as when your car has been stolen, your property has been damaged, or you want to give Police information about crime in your area.

The key message is that if it's happening now or just happened and there's a threat to life or property, call 111. If it's already happened and there's no immediate danger, use 105.



NON-EMERGENCY
Ohotata Kore



105



Age is just a number

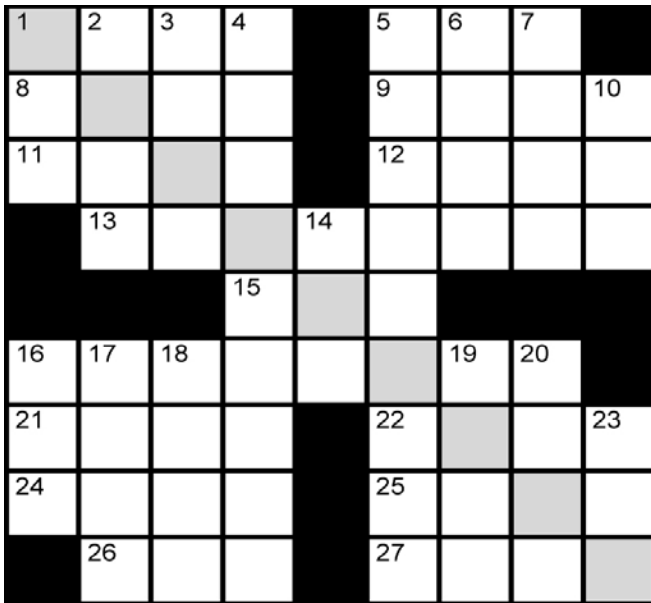
Here is ours if you need us...09 959 0140

THE LEGAL TEAM

2 Milner Avenue, Silverdale. email: info@thelegalteam.co.nz or visit www.thelegalteam.co.nz



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

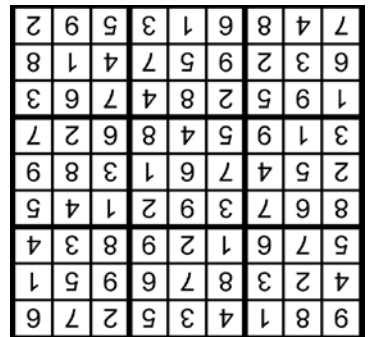
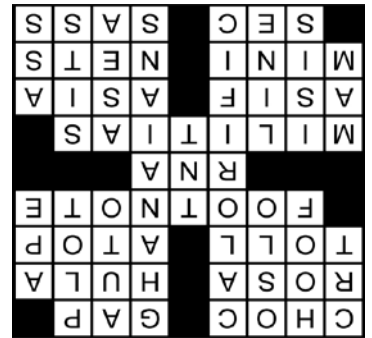
25. Fishing gear

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

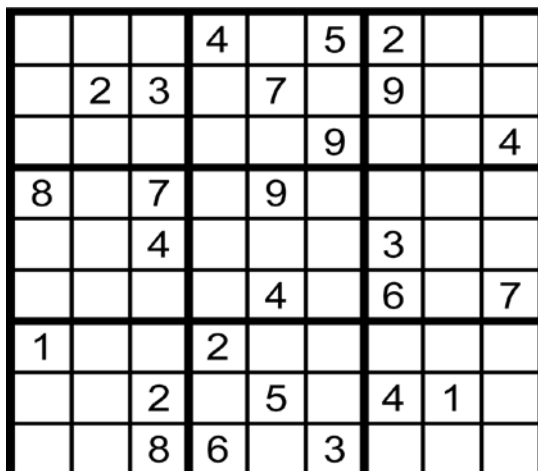
ROOK

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.*