

**AUTUMN 2022 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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### 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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*Many thanks*

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## From the President

Age Concern Mid North's Board and I would like to wish our members a very "Happy and Healthy New Year".

From comments Juen and I received from members at the Christmas Luncheon at the Kerikeri Cruising Club everyone enjoyed their meal. It was quite different from our usual meal and not what was expected but still delicious and reasonable for two courses.

We do hope you all had a memorable Christmas with family and friends as we were so lucky to have had very warm, fine weather in the Far North compared to other areas of New Zealand.

I have recently had emails from Age Concern New Zealand. This is going to be another extremely busy year at Head Office. Age Concern New Zealand's Chief Executive Officer Stephanie Clare has resigned after six years at the helm which for her and staff has been a very challenging and eventful time. As our leader Stephanie has raised the profile of Age Concern and contributed so much. She was due to visit Kerikeri again last year but this meeting was cancelled due to Covid -19. Thank you Stephanie for all your hard work as so many elderly New Zealanders have benefited from your time at Head Office. Age Concern Mid North wishes you a very happy and healthy future.

Friday the 25th February 2022 is our first "Meet and Greet" for the year now called "Supporting Seniors". Please note "Supporting Seniors" is always held on the last Friday of the month from 10 am to 12 noon. We

## From the Managers Desk

Welcome to 2022

What will year 2022 bring with it? We all have to make sure we keep safe by wearing masks and not forgetting to scan when visiting and shopping at any business.

For us here at Age Concern there have been some changes. In December 2021 Kayla accepted another position, a career move for her, we will miss her as will those members that had fun at Strength and Balance, AVS and other activities that Kayla enjoyed participating in. We wish her the very best.

The Kaikohe Strength and Balance class will be facilitated by Shirley Rawiri and starts on the 18th February at 10am. Shirley is also working in the office on a Monday, until we get a replacement for

usually have morning tea first and then a speaker and another "cuppa" afterwards for those that have the time to stay on and meet the board and get to know their fellow members. Due to this new Covid variant "Omicron" some meetings could be cancelled at short notice. Hopefully not our first one for the year.

A visitor over Christmas from Tauranga bought a container of Tim Tam Truffles with her which are delicious and quick to make. I asked Betty for the recipe so I could include it in our first Newsletter and she said she doesn't usually give away her recipes especially one she always has in her freezer for unexpected guests but as we live so far away I could have it. I hope you enjoy these tasty treats.

Please check your receipts from the supermarkets. I recently bought a Buttercup for supposedly \$3.99 and found I had been charged \$8.99 for a Pumpkin instead. \$5.00 difference. So please be aware and make sure you take your receipts home and don't leave them at checkout when asked do you want it or not.

Juen our Manager has been very busy back at work since the 5th January not only organising and planning for 2022 but having to find funding as well to run Age Concern Mid North. Last year we lost one of our major grants which is making it even harder than usual for Juen. I would also like to thank Shirley Rawiri a board member for once again stepping in to help Juen out in the office at this present time.

Kind Regards *Jan Flowers*

Kayla. Kerikeri Strength and Balance will start again 16th February at 11am, Jean Johnston has agreed to facilitate that class. I will be contacting people to confirm dates.

Young at Heart starts on the 10th of February at 11am. Seat to Heal on the same date starting at 10.30am (half hour session.)

Watch out for our advertisements regarding the Safe with Age driving workshops. Our meet and greet meetings will go ahead, vaccination passes will be scanned.

The Christmas Dinner was a really lovely event, lovely food and the location simply beautiful. I would like to thank Josephine Webb for her help in sharing the workload and making it such a successful day.

*Juen Duxfield*

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## Grandparents raising grandchildren in retirement villages

Article supplied by Retirement Villages Association

Isobel Harris-Clark doesn't remember a time when she didn't live with her grandparents in Summerset by the Ranges, Levin. She was just over two when her grandmother, Gwyneth Harris, collected her from the social worker who'd brought her south on the bus and took her home to her villa, and there Isobel stayed, until she left in 2019 to go to Otago University.



Isobel's babyhood had been challenging, with her parents unable to provide the stability she needed. Gwyneth had raised six children, and nurtured Isobel in the village within the same frameworks – love, routines, expectations and lots of activities. She remembers, "I knew Isobel needed routines to give her security. I got her into preschool three mornings a week to give her friends, and we did lots of activities – we went to plays, the pantomime, the circus, and library programmes. When she was little, I took her to meetings in her pushchair; she had books and snacks, she was always happy." On Sundays Isobel went to church, sitting with Gwyneth in the choirstalls.

Isobel was also part of village life, going to all the events with her grandparents. Gwyneth remembers explaining, "Isobel, there are people here with wobbly legs and walkers, so you have to be careful and quiet." She quickly became the Christmas fairy and the Easter bunny's helper. Isobel's still Santa's helper when she goes home for Christmas. Her great aunt and uncle also lived in the village; Isobel remembers "They were very gregarious, they ran all the events – St Patrick's and St Andrew's Day breakfasts, shared dinners, communal fireworks – and I loved getting involved. If I lost a tooth – especially the time I lost one at a potluck dinner – I got lots of coins from all the Tooth Fairies there."

Sometimes living in the village gave Isobel an advantage over her schoolmates. The mini-golf course was a great drawcard, as were the grounds. "We could practice gymnastics on the lawn – I had a bigger backyard than anyone else! One of the residents told me recently how much she enjoyed watching us practicing from her window – she'd been a gymnast herself." Looking back, Isobel says, "Growing up in a retirement village was my normal, and we made it

work."

By contrast, Milly French is only ten, but she has very similar views about the time she spends in Northbridge Residential Village on Auckland's North Shore. Milly's mother Rachel died when Milly was four; since then she's spent every second weekend and much of her school holidays with her grandmother Carol and step-grandfather Dennis Thornbury. Carol says Milly's made friends with their neighbours, mainly women on their own: "People have been very welcoming, especially on our apartment floor. Our neighbours treat her like a friend, they look forward to seeing her. And there's so much to do – we swim in the pool, use the spa, and go to the beach. Northbridge is informal and unfussy, so it's easy to have her here. It's her second home, and she feels safe."

Milly agrees. "I love seeing all the lovely people here. And it's really fun in the pool. Gramps races me, and I make a little floaty house out of the pool noodles and Gramps pretends to be a leopard seal."

The differences between living in her father's house and her grandparents' apartment are all taken in her stride as well: "It's quite different to come to the apartment, it's bigger than my house and I like the way Granny has a rubbish chute so we don't have to do the bins and mow the lawns. It's really nice and quiet out on the balcony. At Christmas people decorate their doors and railings, and Ross, who delivers the mail, puts tinsel on his mobility scooter basket, it's lots of fun. We give the neighbours on our level Christmas baskets with fudge and biscuits."

As growing up in a retirement village did for Isobel, Carol says going to village functions has given Milly confidence. "It makes her feel grown up, being part of an adult community. I think it's been very good for her."

While these arrangements are relatively uncommon, with goodwill on all sides they can work well for the families concerned and for other residents. They give a taste of multi-generational living in an older community, and having a child around regularly may go some way in filling the gap for residents whose grandchildren don't live nearby. Isobel and Milly are living proof that it can indeed take a village – even a retirement village – to raise a child.

To read more about this remarkable story, visit Retirement Life website - <https://www.retirementlife.co.nz/grandparents-in-retirement-villages>

## Anosognosia (what the heck is it?)

In the following analysis the French Professor Bruno Dubois Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière - Paris Hospitals/addresses the subject in a rather reassuring way:

**"If anyone is aware of his memory problems, he does not have Alzheimer's."**

1. I forget the names of families ..
2. I do not remember where I put some things ..

It often happens in people 60 years and older that they complain that they lack memory. "The information is always in the brain, it is the "processor" that is lacking."

This is "Anosognosia" or temporary forgetfulness. Half of people 60 and older have some symptoms that are due to age rather than disease.

### The most common cases are:

- Forgetting the name of a person,
- Going to a room in the house and not remembering why we were going there, a blank memory for a movie title or actor, an actress,
- A waste of time searching where we left our glasses or keys ...

After 60 years most people have such a difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years ...

Many people are concerned about these oversights hence the importance of the following statement: "Those who are conscious of being forgetful have no serious problem of memory." "Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening."

Professor Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights:

**"The more we complain about memory loss, the less likely we are to suffer from memory sickness."**

**Now for a little neurological test. Only use your eyes**

### 1. Find the C in the table below!

OO  
OOO  
OO

### 2. If you have already found the C, then find the 6 in the table below.

999  
999  
999

### 3. Now find the N in the table below.

Attention, it's a little more difficult!

MM  
MM  
MM

If you pass these three tests without problem:  
- you can cancel your annual visit to the neurologist.  
- your brain is in perfect shape!  
- you are far from having any relationship with Alzheimer's.

**So, share this with your over-65 friends, if you can remember who they are.**

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# 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)*

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

People born in the 50's have lived in 7 decades, 2 centuries & 2 millenniums. We had the best music, fastest cars, Drive-in theaters, soda fountains & happy days. And we are not even that old yet, we're just that cool.

## TIM TAM TRUFFLES

Makes about 30



Two (2) packets Tim Tam Biscuits (original are best)  
250g Anchor Cream Cheese - (original important) or 250g Philadelphia (original - the packet keeps longer in the fridge)  
1 Tablespoon Icing Sugar  
Coconut - (to roll in)

**METHOD**  
Place Tim Tams in food processor (one packet at a time) and process until like breadcrumbs. Put into a bowl and mix in the icing sugar and then the cream cheese and mix all together.

Take out teaspoon lots and roll into balls, and then roll in coconut.

Place in a container and freeze in freezer until ready to use.

These keep for a long time in the deep freeze - and you can use either a few at a time or as many as you want as the rest keep well.

Can eat straight out of freezer.

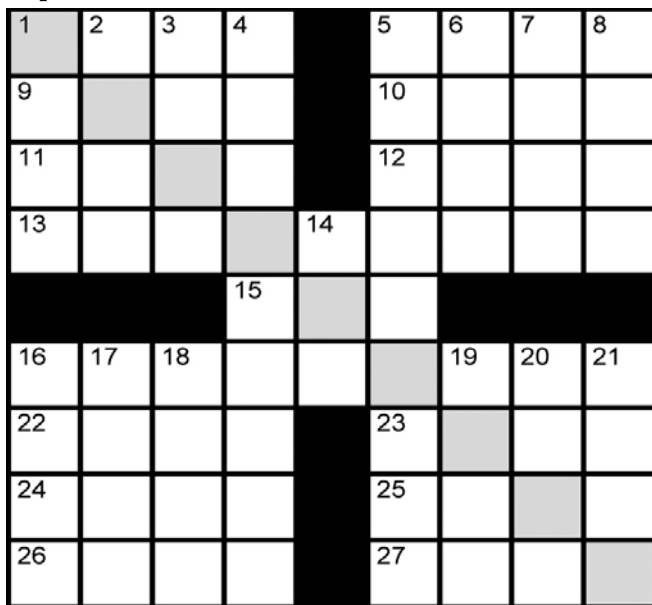
**Deep thought of today:  
When you clean out a vacuum cleaner.  
You become a vacuum cleaner.**

# CHRISTMAS DINNER





## Optical & Otherwise



Across

- 1. Doctrines
- 5. Use a keyboard
- 9. Madison Avenue award

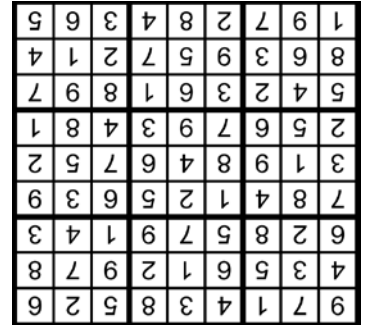
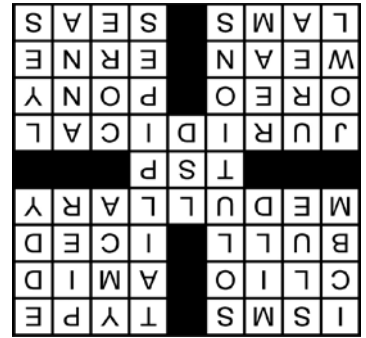
10. In the center of

- 11. Kind of market
- 12. Like some drinks
- 13. Relating to bone marrow

- 15. Kitchen meas.
- 16. Of or relating to the law
- 22. Snack often twisted apart
- 23. Small horse
- 24. Withdraw gradually
- 25. Sea eagle
- 26. Flees
- 27. Neptune's realm

Down

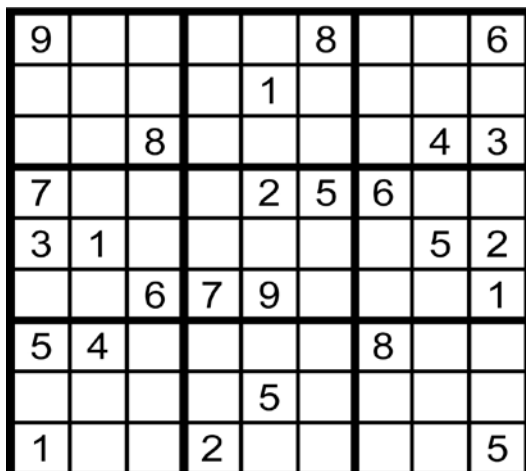
- 1. Missile
- 2. Swing around
- 3. Gentle
- 4. Answers
- 5. Vents on cars
- 6. Village People hit
- 7. Dock
- 8. Small whirlpool
- 14. Hallucinogen
- 16. Bloodhound feature
- 17. Fertilizer chemical
- 18. Paper purchase



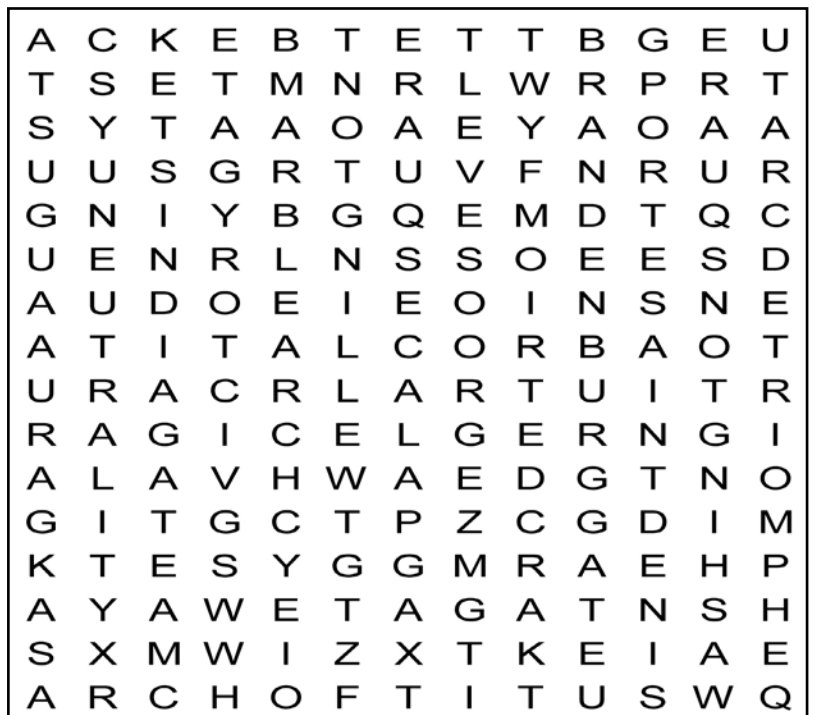
- 19. Reactor part
- 20. Writer Quindlen
- 21. Cleaning cabinet supplies

- ARC DE TRIOMF
- ARC DE TRIOMPHE
- ARCH OF TITUS
- BRANDENBURG GATE
- GALERIUS
- GATEWAY
- INDIA GATE
- MARBLE ARCH
- NEUTRALITY
- PALACE SQUARE

- PORTE SAINT DENIS
- ROOSEVELT
- RUA AUGUSTA
- VICTORY GATE
- WASHINGTON SQUARE
- WELLINGTON



## FAMOUS ARCHES



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.*