

WINTER 2022 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concern Mid North

Serving the needs of older people



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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 held our first Meet and Greet for the year on Friday 28th April 2022 at 10 am at Kingston House. It was lovely to have so many members attend this meeting. Our speaker was Diana Burgess a Kerikeri Naturopath who was so interesting that the meeting continued on an extra half hour. Diana also takes the NIA Class (Non Impact Aerobics) which is very popular with our members and is subsidised by us.

I would like to thank Shirley Rawiri a Board member for working voluntarily in our office as well as taking an Exercise Class in Kaikohe. Jean Johnston a new member on our Board who has also been an AVS visitor for Age Concern Mid North for many years has also been helping Juen and is now going to be working in the office as well as take Exercise Classes. A big thank you to these lovely ladies.

Juen and I participated in Age Concern New Zealand's Annual General Meeting on Wednesday the 6th April 2022 via Zoom in Age Concern Mid North's office. This was a very successful and interesting meeting where all the Age Concerns' throughout New Zealand participated.

A regular monthly meeting with all the Age Concern Managers from throughout New Zealand is also held via Zoom in which Juen also participates. I would especially like to thank Juen for all her hard work for Age Concern Mid North and I would like it noted that she has worked many unpaid hours during these trying times.

From the Managers Desk

Welcome to our winter edition. We hope that you are looking forward to being able to socialise.

We have many activities and events going on through our Health Promotion program. Fortunately we partner with fantastic facilitators' who make it possible for us to offer sustainable weekly strength and balance classes in Kerikeri and Kaikohe. The Young at Heart class in Kerikeri have participants that have been coming to sessions since July 2017 and is on a Thursday at 11am to 12pm. The Seat to Heal class is on every Thursday and is very popular from 10am to 10.30am. The strength and balance class in Kerikeri is facilitated by Jean Johnston, Kerikeri is on a Tuesday (except for the 4th Tuesday of the month and then it is on a Wednesday) at 11am to 12pm and in Kaikohe on a Thursday at the senior citizens hall with Shirley Rawiri.

Age Concern New Zealand Board recently welcomed our new Chief Executive, Karen Billings-Jensen to this role and she began on Thursday 10th March 2022. Karen is an influential leader and has extensive experience in the not-for-profit, voluntary and social services sector says Wayne Bradshaw, ACNZ National President.

I have recently had an email from my bank with the headline: "Don't let fraudsters steal your hard earned money with the advice below".

1. Keep your banking details safe. Banks will never ask for your password, PINS, security codes over the phone or email or request access to your computer or phone. Keep them secret. Don't give them to anyone, even if they say they are from the bank or police.
2. Make your password a phrase: If you find it hard to remember longer passwords try using sentences or phrases (like the lyrics to your favourite song). A string of four or more words is easy to remember and just as strong as a 10 character password that uses a mix of numbers letters and symbols.

Reminder: Please check your receipts. I recently bought several of the same product and I have once again been charged for one more than I actually bought.

Please take care when going out as the Omicron Covid variant is still with us.

Kind Regards *Jan Flowers*

We are right back into Digital Learning for seniors, the sessions are by appointment and are two hours on a Friday 10am to 12pm, these sessions will be facilitated by Annamay until the end of June.

Our meet and greet last Friday of the month will continue to have speakers of interest and of course the great morning tea.

You will find a subscription form enclosed with this newsletter, our subs are due in July for the year 2022-2023. You can pay by internet banking or by eftpos and of course cash.

The office hours are from 9am - 1pm, you will find Shirley in on Monday, Juen in on Tuesday, Wednesday and Thursday, Jean and Annamay in on Wednesday and Friday. We look forward to welcoming you.

Juen Duxfield

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The Retirement Villages Association (RVA) has recently completed a national programme of meetings with retirement village residents to share its *Blueprint for the Future*.

The blueprint, which was launched last year, includes providing residents with a stronger voice, strengthening the complaints process and working with the Te Ara Ahunga Ora – Retirement Commission (formerly the Commission for Financial Capability) to monitor re-licensing times so best practice standards can be developed.



The forums in Tauranga, Wellington, Christchurch and Auckland were chaired by former Seniors Minister and MP the Hon Tracey Martin, who has recently stepped down as an independent member of the RVA's Executive Committee.

RVA Executive Director John Collyns said the meetings were extremely positive and excellent progress was being made with the industry collaborative approach aimed at addressing residents' concerns and issues.

"We understand that a review of any legislation as proposed by the Retirement Commission is appropriate at some time but we have always felt that more pressing issues currently exist for government," said Mr Collyns.

"The growth of our sector, the fact more than 100 Kiwis are choosing to move into a retirement village every week and the overwhelming satisfaction levels among residents clearly demonstrates we have struck the right balance between robust regulatory oversight and effective self-governance.

"However, we accept there is always room for improvement and refinement around certain practices as our sector and our offering evolves. The blueprint sets out the tangible and definitive steps we will be taking to achieve that goal."

The Blueprint for Change addresses weekly fees (fixed or a predictable increase, ceasing when a unit is vacated), commits to making sure operators re-licence vacant units as quickly as possible, pledges to ensure the terms around transfers to care are transparent, and addresses and perceived or real "unfair" clauses in Occupation Right Agreements (ORAs).

Mr Collyns and RVA president Graham Wilkinson attended all forums to give presentations and answer questions.

A frequent question was around the role of Statutory Supervisors – who monitor the financial position of a

village and the security of residents' interests. "There appears to be a lack of clear understanding over the legislative role of the Supervisor and the RVA will explore how we can improve awareness and understanding of this," said Mr Collyns.

Other points included the use of 're-licensing gains', transparency around the business income and outgoings and greater ability to negotiate terms of ORAs. Mr Collyns and Mr Wilkinson addressed all points, providing details wherever possible on where residents could access the information they required. "We agree there is a role for continuously educating operators and residents about the re-licensing process and to encourage best practice including dealing with potential drawn-out re-licensing times," said Mr Collyns.

Ms Martin said the RVA has committed to exploring what more could be done to support a more streamlined transfer to care both inside the sector and where they could with the Ministry of Health and Ministry of Social Development. "The retirement villages sector agrees that the move to care should be transparent. The RVA is identifying where improvements can be made, and will work with operators and regulators to ensure the process around the move is as transparent as possible.

"It was also acknowledged by both the RVA and residents at the meeting that there could be some more clarity on wording in the ORAs around "intentions" to provide care facilities."

Ms Martin said that following each forum she enjoyed informal discussions with residents. "There were very few who were not happy with their village and none who wished to leave their village. "At the Auckland forum, a member of the residents spontaneously asked all those residents who felt that their village had kept them safe during Covid to raise their hands. Almost the entire room raised their hands. Residents attending again and again verbalised how happy they were in their villages."

The RVA recently commissioned research into retirement village residents' degree of vulnerability.

"The research covered almost 1,700 residents across 105 member villages. It showed that there was a very small minority of residents who might be considered vulnerable," said Ms Martin. "Nevertheless, the RVA is launching a trial with Fairway Resolution across 11 Auckland villages with a confidential service to allow residents to discuss any problems no matter how small, with a skilled person."

Due to other commitments, Ms Martin is stepping down from her RVA role with former MP and former Senior Citizens Minister Hon Jo Goodhew taking on the position.

editorial supplied by The Retirement Villages Assn.



AVS Co ordinator Jean Johnston

Winter Energy Payments

The winter Energy Payments will start again on the 1st of May.

If you get NZ Super or a Veteran's Pension, you will be entitled to the Winter Energy Payments all winter. That's from 1st of May to 1st of October. The payment is made automatically, no need to apply.

As 1st of May is part way through the pay period, your first payment will be less than the full amount. You'll be paid the full amount in the following payment 24th May. Couples and people with dependent children will get \$31.82 a week. Single people will get \$20.46 a week.

If you want to opt out of getting this payment or you want to get back in, please complete the "Stop or restart Winter Energy Payments" on line form, or call the Senior Services contact centre 0800 552 002.

If you are travelling overseas for more than 28 days you really need to let the MSD know, otherwise they may pay you too much and have to ask for the money back.



Keep warm and safe everyone!



Introducing Annamay Jensen

Annamay is a third year social work student who is studying at North tec in whangarei. She grew up in Waipu and has since moved to Kerikeri, where she loves the great community feel to the town and the

friendly people.

She works part time at the old packhouse markets. She has a passion for travel and adventure, and was lucky enough to have travelled to over 20 countries.

In her free time she enjoys getting outdoors and camping or exploring all the beautiful places in Northland. She also enjoys gardening and reading a good book, she's very excited to be able to complete her placement here with us at age concern so if you see her around please say hello.

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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.

MARSHMALLOW ROLL

(Keep in fridge or freezer)

- 1 Packet Malt Biscuits crushed
- 1 Packet Marshmallow (250 grams) cut into 4
- 1 Cup Sultanas 1 cup Crushed Nuts
- 1 cup Coconut 1 tin condensed Milk
- Extra Coconut to roll in

Method: Combine above ingredients well. Form into 3 or 4 rolls and roll in extra Coconut. Keep in fridge and slice when required or slice and keep in freezer until required can eat frozen.

APRICOT ROLL (Keep in fridge or freezer)

- 1 packet Biscuits crushed (Wine or Nice biscuits)
- 1 packet (200 grams) Dried Apricots (cut finely)
- 1 tin Condensed Milk, 1 Cup Coconut, 50 grams of Butter Melted, plus extra Coconut to roll in.

Method: Combine above ingredients well and form into 4 rolls and then roll in extra coconut. Keep in fridge or freezer and slice when required or when set OR slice and keep in freezer (can eat straight out of freezer)

DATE LOAF (Can Freeze)

2 cups Dates / 1 cup Water / 1 tsp Baking Soda.
Boil these 3 ingredients 5 mins then add ingredients below to warm mixture.

1 cup sugar, 1 tablespoon golden syrup, 1 desert spoon butter then beat till thick then cool.
When cool Add: 2 cups flour, 1 tsp Baking Powder

Method: Heat Oven to 180 prior to starting. Put in Loaf tin and bake at 180 degrees for 45 – 60 minutes depending on oven. I double this recipe and keep one in Freezer

PUMPKIN & KUMARA SOUP

(Freezes well)

- ½ to ¾ Buttercup (depending on size)
- Peeled and cut into chunks about 700 gms
- 2 Large Red Kumara peeled and cut into chunks
- 1 Onion sliced
- Salt and Pepper to taste
- 1 Desert spoon sugar (white or brown)
- 1 Teaspoon Curry Powder (optional)
- 2 cloves Garlic crushed (optional)
- Chicken stock to cover or
- Water and 4 – 6 teaspoons Maggi Stock Powder

Method:

Put all ingredients into large pot, bring to a boil, cover and simmer until tender about 15 – 20 minutes, Remove from heat and blend until smooth with a Stick Blender or Kitchen Whizz. If too thick thin down with either Milk or Sour Cream.

LEMON LOAF

- 100 grams butter 1 cup Caster Sugar
- 2 eggs 1 ½ cups Plain Flour
- 1 tsp Baking Powder Salt
- ½ cup Milk 1 dsp grated Lemon Rind
- 1 tbsps Lemon Juice ½ Cup Ground Almonds

Lemon Syrup: 2 Tablespoons Lemon Juice, ½ cup Caster Sugar. Stir juice and sugar over low heat until dissolved

Method: Melt butter and then mix in sugar. Add eggs one at a time. Beat well. Add sifted dry ingredients alternately with milk. Fold in lemon rind and lemon juice and ground almonds. Pour in loaf tin Bake moderate oven 50 – 60 minutes While still hot spoon over lemon syrup whilst in tin.

The Kiwi Access Card is acceptable identification if you don't have a drivers licence or passport

The Kiwi Access Card (previously known as the 18+ Card) is a Government recognised form of photo ID and evidence of age card.



The Kiwi Access Card has been designed to give you the freedom you need to access goods and services throughout New Zealand. It is an easy and convenient way to help you get the most out of life, especially if you do not hold a valid driver licence and/or passport. The card has been specifically designed with New Zealand's over 60s and retired community in mind, to ensure you have a reliable and secure evidence of identity card, that you can apply for at a participating NZ PostShop or AA Centre. Or download an application form from: <https://kiwiaccess.co.nz/seniors-access-card/>

The cost of getting a Kiwi Access Card is \$55 including GST.

What do you need to complete an application?

- Two (2) identical recent passport sized colour photos of yourself.
- Proof of the address you want your card delivered to.
- Photo ID to prove who you are, this can be your:
 - Passport (can be expired)
 - New Zealand Driver Licence
 - Firearms Licence
 - Certificate of Identity (issued under the Passports Act 1992)
 - Refugee Travel Document (issued by or for the New Zealand Government)

All forms of ID need to be current or expired within the last two years prior to applying. If you do not have one of these, you can still apply – you need someone who can prove you are over 18 and some other form of identification, like your original birth certificate. Check step 6 of the application form for a list of what other form of identification is acceptable. <https://kiwiaccess.co.nz/download-application-kiwi-access-card/>

What's Your 111 Power Cut plan?

We all know how to call 111 in an emergency. But it's important to remember that Fibre and Wireless landline connections will stop working if the power goes out.

This also means some cordless phones and other devices (like medical alarms) may not be able to connect – even if they have a battery.

So it's important to have a **111 Power Cut Plan**, just in case.



If you have a mobile phone - keep it charged. If you have a mobile that works at your place, you should be just fine. Remember to keep it charged and make sure everyone at your place has access to it and knows how to use it if there's a power cut.



Get a power-bank for back-up

Available from any electrical store or The Warehouse, a power-bank is a portable charger designed to recharge your electronic devices when you're on the move or without power. Power Banks can be used to charge cell phones when the cell phone battery has run out. Great for extended use or for long power cuts.



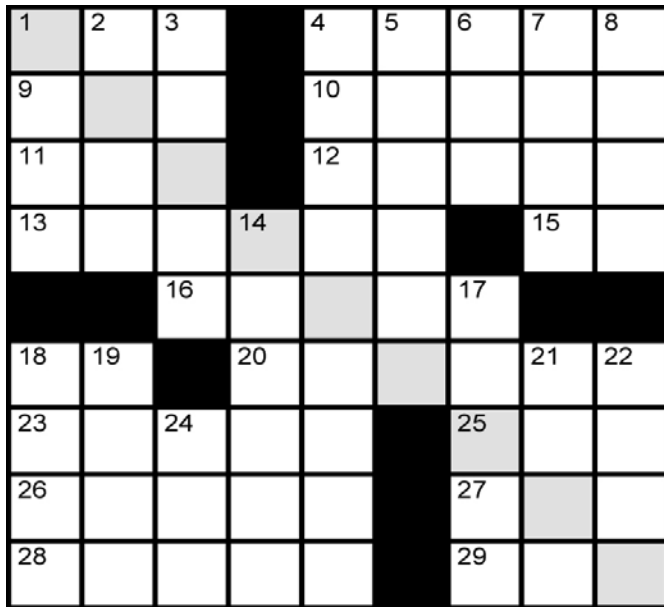
Are you a Vulnerable Consumer and rely on power? If you, or someone at your place relies on their landline for health, disability or safety reasons, you can apply to join a Vulnerable Consumer Register. You'll need to give your telephone company some supporting information about your circumstances, but if you qualify, they will make sure you have a way to call 111 in the event of a power cut, at no cost to you.

For more information visit: SPARK: <https://www.spark.co.nz/help/vulnerable-consumers/>

VODAFONE: http://help.vodafone.co.nz/app/answers/detail/a_id/10910/~/apply-for-vulnerable-customer-or-medical-dependency-registration

2 DEGREES: <https://www.2degrees.nz/help/broadband-help/troubleshooting/111-vulnerable-consumers>

Investors Delight



Across

- 1. Netflix rental
- 4. More artful
- 9. "Rocky ____"
- 10. Minor

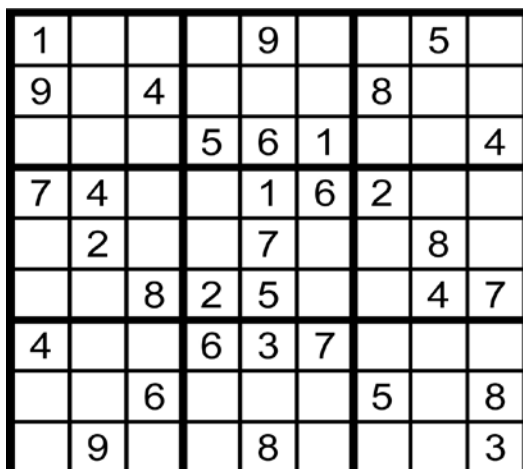
11. Gun, as an engine

- 12. It's debatable
- 13. Mark and Shania
- 15. Exists
- 16. Bumps

- BAHN MI
- BARBECUE
- BLT
- CLUB
- CORNED BEEF
- CRISP
- CUBAN
- DELI
- DENVER
- EGG SALAD
- ELVIS
- FINGER

- FISH
- GATSBY
- GYRO
- HERO
- HOAGIE
- HOT DOG
- ITALIAN
- MARMITE
- MELT
- PANINI
- PIMENTO
- CHEESE

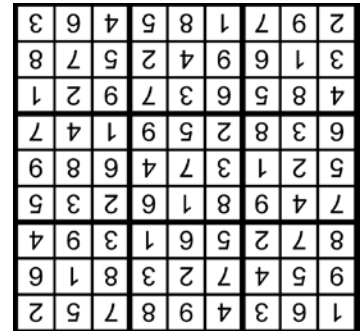
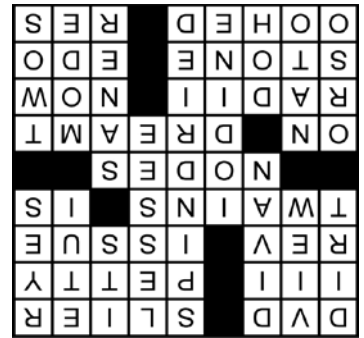
- PO BOY
- POCKET
- RACHEL
- REUBEN
- SAUSAGE
- SLIDER
- SOUVLAKI
- SUB
- TAVERN
- TEA
- WRAP



- 18. Atop
- 20. Imagined
- 23. Arm bones
- 25. "____ what?"
- 26. Backgammon piece
- 27. Old name for Tokyo
- 28. ____ and aahed
- 29. ____ publica

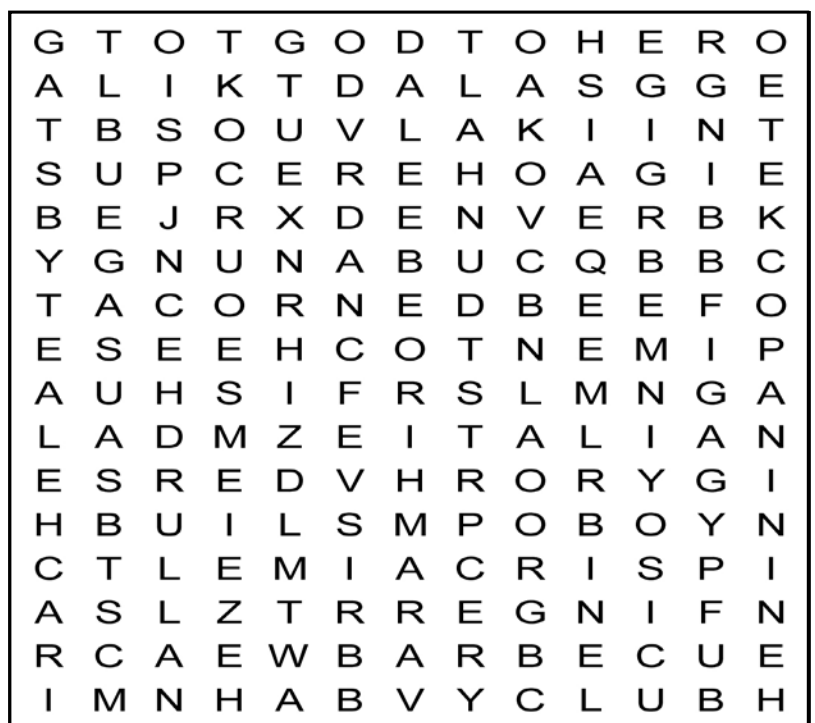
Down

- 1. Gossip
- 2. Penthouse feature
- 3. Couch
- 4. Like clothes in a washer
- 5. Rent payer
- 6. "____ alive!"
- 7. Needle case
- 8. Bakery selections
- 14. First-aid item
- 17. More rational
- 18. Approximately
- 19. Alliance acronym
- 21. Fashion
- 22. Deuces
- 24. Play-____



The title is a clue to the word in the shaded diagonal.

SANDWICHES



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.*