

WINTER 2022 QUARTERLY NEWSLETTER
www.agewell.org.nz



Age Concern Rodney

Serving the needs of older people



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 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

Age Concern Rodney Board 2021 - 2022

Chairman: Vincent Harris
Secretary: Shirley McGinley
Treasurer/Financial Adviser: Caroline Gilmore
Board: Ann McKenzie, Pam Long, Ian Tucker
 Yvonne Copland, Audrey Cooper, Lynn Williams.

Staff

CEO: Catherine Smith
Office Receptionist: Tania Henderson
**Health Promotion Coordinator/
 Visiting Service Coordinator:** Paddy Sullivan
Shuttle Coordinator: Jill Henderson
Shuttle Drivers: Dave Walker /
 Craig Ocroft / Bobby Johnson / Gary Osborne

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.

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.

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.

Health Promotion

One of Age Concerns core areas of work is Health Promotion.

As defined by the World Health Organisation (WHO)

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease”

Health promotion is about empowering people and communities by providing knowledge, skills and resources for people to manage and improve their health and well-being. We will be running a series of presentations/workshops on the following topics:

- Services for Seniors
- EPOA
- Residential Care Subsidy /Loan Transition to care
- Caring for someone with Chronic illness
- Impact on Carer
- Dementia
- Advanced Care Planning.

Please register your interest in attending any of these sessions. Please put forward any further topics you would like covered and if there is sufficient interest, we will tailor sessions to suit.

Contact office 09 4260916
Email hp@ageconcernrodney.org.nz

WANT MORE TIME/?

If someone goes to bed at 11.00pm and sleeps until 8am....not only are they burning up the power, and paying larger electricity bills but they are losing "days". Compare the time you will saveand the power and the money ...if you become an early to bed and an early to rise person.

Going to bed at 9pm and rising at 6am..... you gain 2 hours a day. At seven days in a week in effect you have gained fourteen hours of extra time. And saved a lot of kw hours and at ... 65cents you can calculate how much cheaper it will be to live.

If you want to get more done and achieve more and "live longer" you might like to consider changing your sleep patterns. Besides ...the body will mend and recharge its batteries while you are early to bed.



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Companionship and Activities for Seniors

Hibiscus Coast Visually Impaired Club (VIP)

3rd Tuesday of the Month 10am
 St Andrews Presbyterian Church 105 Centreway Road Orewa
 Support group for people living with low vision. Light early lunch
 Transport provided if needed. **Contact Shelley Good 09 4240 599 027 496 0352**

Selwyn Centre Group

Offer social activities and varied events programmes
 Hibiscus Coast Fridays 9.30-noon
 St Stephens Anglican Church Hall 3 Stanmore Bay Rd Whangaparoa
Contact Julie Taylor 021 927 8375 09 421 0044

Warkworth

Mondays 9.30-11am
 Warkworth Anglican church hall Percy Street Warkworth
Contact 09 425 8054

CMA

Companionship and activities for Seniors.
 Wednesdays 10am-12.30
 Red Beach Methodist Church Hall 76 Red Beach Rd Red Beach

Stanmore Bay

Community Hall Waiora Rd Stanmore Bay (opposite School)
 Thursdays 10am-12.30
Contact 09489 8954

Platinum Community Care

A helping hand when you need it.
 Country Retreat Day Centre
 504a Peak Rd Kaukapakapa
Contact Monica 021 264 3688 Megan 021 259 0943



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OUR SERVICES

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Are you aware!

Is your vehicle Insurance Policy payment the correct cover type for the value of your vehicle?

In the event of an accident will your cover be adequate.

ELDER ABUSE HITS CLOSE TO HOME

ELDER ABUSE AWARENESS 15 - 22 JUNE



CALL 0800 EA NOT OK
 or Age Concern 0800 65 2 105



More than three quarters of alleged abusers are family members



More than half of the alleged abusers are adult children or grandchildren



Alleged abusers are as likely to be female as male

World Elder Abuse Awareness Day June 15th 2022

'My World . . . Your World . . . Our World . . . Free of Elder Abuse'

Join Age Concern Rodney on the Annual World Elder Abuse Awareness Day.

Show the world you care about ending elder abuse and neglect by wearing something purple on June 15th 2022.

IF YOU DON'T TAKE A STAND, WHO WILL?



If you would like to make a donation directly to Age Concern Rodney please cut out this section and send/or call into: Age Concern Rodney Shop JA2 Westpac Plaza, 5 Tamaraki Ave, Orewa we have eftpos in the office or Internet Banking Bank Details: **12 3046 0343766 00.**

Donation Amount:.....

Dispose of Unwanted Medicines Properly

Return your unwanted medicines to your pharmacy for FREE



Why your medicine cabinet can be a health hazard

Many medicines in our medicine cabinet we need, but what about the yellow pills in a jar that's lost its label, and the eye drops we have had for a long time. And what was that green capsule for?

Old medicines lying around the home 'just in case' are dangerous:

- If taken when they have expired
- If taken but are not prescribed for you
- If in reach of children

The safest and easiest way to dispose of unwanted and out-of-date medicine is to return them to your pharmacy at any time – for free and safe collection and disposal.

Think before you throw

Unwanted medicines that are dumped into the toilet, tipped down the sink or put out with the rubbish can seriously harm the environment.

We need to change our behaviours to solve this problem and give the environment a chance.



Don't flush medicines down the toilet. Sewerage plants can't treat all chemicals in waste water, resulting in contamination of waterways.



Don't pour medicines down the sink. Medicines contain highly soluble chemicals which when entered into water systems can harm aquatic life.



Don't throw medicines into the rubbish/ recycling bin. Medicines disposed of this way end up in exposed landfill sites.

By returning expired and unwanted medicines to your local pharmacy, you can make your home a safer place, help safeguard your community and protect the environment.

This is all you need to do... it really is easy

- Step 1** Sort through your medicines cabinet
- Step 2** Take expired and unwanted medicines to your local pharmacy
- Step 3** Give them to your pharmacist for proper disposal, and...
- Step 4** Tell your friends and relatives about this option

Useful Tips:

- Only ask for the medicines you need when collecting your medicines from the pharmacy
- Tell your Doctor or Pharmacist if you are no longer taking a medicine
- Do not share your medicines with family or friends as this is unsafe and may not work in the same way
- It is not safe to use your medicines to treat other symptoms

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David & Leigh

Robins

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david.robins@harcourts.co.nz

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923 Whangaparaoa Road, Manly



Harcourts Whangaparaoa Licensed Agent REAA 2008



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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EMAIL: chrissycleanncare@xtra.co.nz

www.chrissycleanncare.co.nz



AGE CONCERN RODNEY - WEST AUCKLAND COMMUNITY HOSPITAL SHUTTLE SERVICE



**GREAT NEWS! - WE NOW HAVE EFTPOS MACHINES OPERATING
IN THE RODNEY AND WEST AUCKLAND SHUTTLE VANS.**

What is this service?

- This is an **ON-DEMAND SERVICE** for Outpatient Appointments Only!

Pre-Booking Service:

- It is recommended that booking a seat on the shuttle should be made when you receive your Outpatient appointment letter. It is **COMPULSARY** to pre book a seat a **MINIMUM** of 3 working days before the appointment.

Orange Alert: Masks are still compulsory whilst travelling on the shuttle. Hand sanitiser is available and recommended to be used, please ask your driver.

Shuttle office hours: Mon- Friday 9.30am – 4pm - Phone 09 426 0918 or 0800 809342 (press 5)

NATIONAL TRAVEL ASSISTANCE SCHEME:

For those that are facing Oncology, having to have on going appointments/ treatments, you **may** be eligible to register for the **National Travel Assistance Scheme**:

The National Travel Assistance Scheme provides financial assistance to people who are referred by their specialist to see another specialist, and need to travel long distances, or travel frequently.

What does travel assistance mean for me?

When your publicly funded specialist (not a GP) has referred you onto another publicly funded specialist, you may be eligible to receive travel assistance under this scheme.

If eligible, you will receive assistance towards your travel and possibly your accommodation costs. Your specialist will need to approve accommodation and specialised transport needs, this includes taxi, mobility taxi, or air travel. Travel by private vehicle or public transport is assessed on registration.

Adult Claim:

- Do you travel more than 350 km one way, per visit?
- Do you visit a specialist 22 or more times in two months?
- Do you visit a specialist six or more times in six months, and travel more than 50km on way, per visit?
- Are you a Community Services Card holder and travel more than 80 km one way, per visit?

Please note that:

- If you receive, or are eligible for, travel assistance from another provider such as ACC, Work and Income, Ministry of Transport or Ministry of Education, you may not be eligible for assistance under the National Travel Assistance Scheme.

**MINISTRY OF HEALTH
NATIONAL TRAVEL ASSISTANCE
0800 281 222**

CAM BROOKS

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M | 021 243 8289



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.

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.

Rate my Agent Review: Highly recommended

Throughout the process, Cam reassured us, providing sound advice and support. He always listened to our needs and worked to our timing. His communication, advice on sales, marketing and negotiations were thorough. He worked tirelessly to get the result and was our rock throughout the process; someone you can trust. Highly recommended.

Harcourts Tandem Realty

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cam.brooks@harcourts.co.nz**



**EAT WELL
MOVE DAILY
HYDRATE OFTEN
SLEEP LOTS
LOVE YOURSELF
REPEAT FOR LIFE**



WELCOME

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.

Winter Energy Payment

The Winter Energy Payment is starting again on 1 May. If you get NZ Super or Veteran's Pension, you will be entitled to get the Winter Energy Payment all winter, from 1 May until 1 October. The payment is made automatically, you don't need to apply.

As 1 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 (24 May).

The Winter Energy Payment is to help with the cost of keeping your home warm and dry, and other costs over winter, so you won't need to worry when you turn the heater on.

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 would like to opt back in to get it, please complete the 'Stop or restart Winter Energy Payment', online form, or call the Senior Services contact centre **0800 552 002**.

Travelling overseas

If you're heading away from New Zealand over the winter months you can keep getting your Winter Energy Payment for up to 28 days.

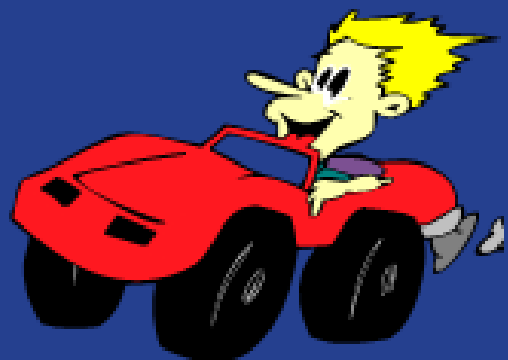
It is very important that you let MSD know if you'll be away for more than 28 days, otherwise they might pay you too much and have to ask for the money back. The easiest way to let MSD know is using the form on their website here or give them a call. Don't forget to get in touch when you return from your travels so your payment can be started again.



Senior Drivers Workshops

This is a Refresher Course for Senior Drivers

NO Exams or Driving Tests



**Enquiries and Bookings for the next Workshop
Age Concern Rodney
Phone 09 426 0916**



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25
ANNIVERSARY

**You are invited to join
the team from
Age Concern Rodney
1997 - 2022 AGM
Friday 5th August 2022 10am - 1pm
Celebration Luncheon**

**St Johns Catholic Church Hall
180-182 Centreway Road, Orewa
RSVP: 4th July 2022
(09) 426 0916**

SPREAD A LITTLE SUNSHINE!

If you have time to spare, please consider volunteering for Age Concern.

We're 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 an enriching experience for all.



**Call for a chat or email for more information
09-4260916,
info@ageconcernrodney.org.nz**

CRUSHED NUTS - An old man shuffled slowly into an ice cream parlour and pulled himself gently, painfully, up onto a stool....After catching his breath, he ordered a banana split. The waitress asked kindly, "Crushed nuts?" "No" he replied "Arthritis".

One Day, a little girl was sitting and watching her mother doing the dishes at the kitchen sink. She was noticing that her mother has several strands of white hair sticking out in contrast on her brunette head. After a while she said, "Why are some of your hairs white, Mum?" Her mother, wanting to get some sympathy replied, "Well, every time that you do something wrong and make me cry or make me unhappy, one of my hairs turns white." The little girl thought about this for a while, and then asked, "So, Mum, how come ALL of grandma's hairs are white?"



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Have you been thinking that you need to exercise more but you don't know where to start?

Deciding to become physically active can be one of the best things you can do for your health. Exercise and physical activity are not only great for your mental and physical health, but they can help keep you independent as you age.

Participating in regular physical activity will help you:

- maintain your muscle mass
- increase your bone density
- improve your balance, posture and flexibility
- have better control of chronic disease symptoms
- decrease pain and depression

All older adults are at increased risk of falls. Try including any of the following in your daily routine to improve your stability:

Toe Taps - To strengthen the lower legs

1. Sitting in a chair and keeping your heels on the floor, lift your toes high enough that you can feel the muscles along your shin working. (This helps keep blood circulating in your legs and also strenghtens the lower leg).
2. Repeat 20 times.



Heel Raises - To strengthen the upper calves

1. Sitting in a chair, keep your toes and the balls of your feet on the floor and lift your heels.
2. Repeat 20 times.



Ankle Rotation - To strengthen the calves

1. Seated in a chair, lift your right foot off the floor and slowly rotate your foot 5 times to the right and then 5 times to the left.
2. Repeat with the left foot.

Stretch it out

Getting into the habit of stretching every day will improve your range of motion and make every activity - including reaching for a dish from a cupboard - more comfortable. Here are two basic stretches to start with:

Neck stretch to relieve tension in the neck and upper back

1. Stand with your feet flat on the floor, shoulder-width apart. Keep your hands relaxed at your sides.
2. Don't tip your head forward or backward as you turn your head slowly to the right. Stop when you feel a slight stretch. Hold for 10 to 30 seconds.
3. Now turn to the left. Hold for 10 to 30 seconds.
4. Repeat 3 to 5 times.



Shoulder and Upper Back Stretch - To stretch the shoulders and back

1. Bend your right arm, raising it so your elbow is chest level and your right fist is near your left shoulder.
2. Place your left hand on your right elbow and gently pull your right arm across your chest.
3. Hold for 20 to 30 seconds.
4. Repeat with the opposite arm.



The Joys of Present Day Banking

This old lady handed her bank card to the teller and said, "I would like to withdraw \$10." The teller told her "For withdrawals less than \$100, please use the ATM." The old lady wanted to know why.... The teller returned her bank card and irritably told her "these are the rules, please leave if there is no further matter. There is a line of customers behind you."

The old lady remained silent for a few seconds and handed her card back to the teller and said, "please help me withdraw all the money I have." The teller was astonished when she checked the account balance. She nodded her head, leaned down and respectfully told her "you have \$1,300,000 in your account but the bank doesn't have that much cash currently. Could you make an appointment and come back again tomorrow?"

The old lady then asked how much she could withdraw immediately. The teller told her any amount up to \$3000. "Well please let me have \$3000 now." The teller kindly handed \$3000 very friendly and with a smile to her.

The old lady put \$10 in her purse and asked the teller to deposit \$2,990 back into her account.

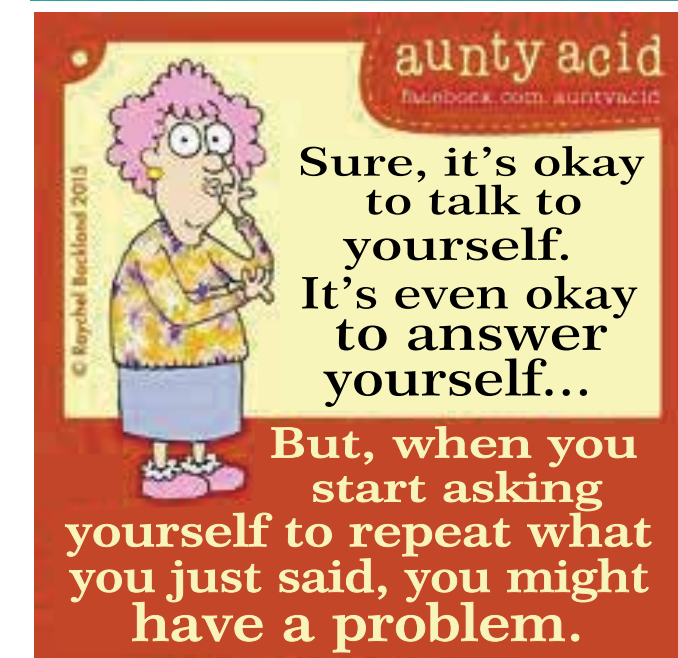
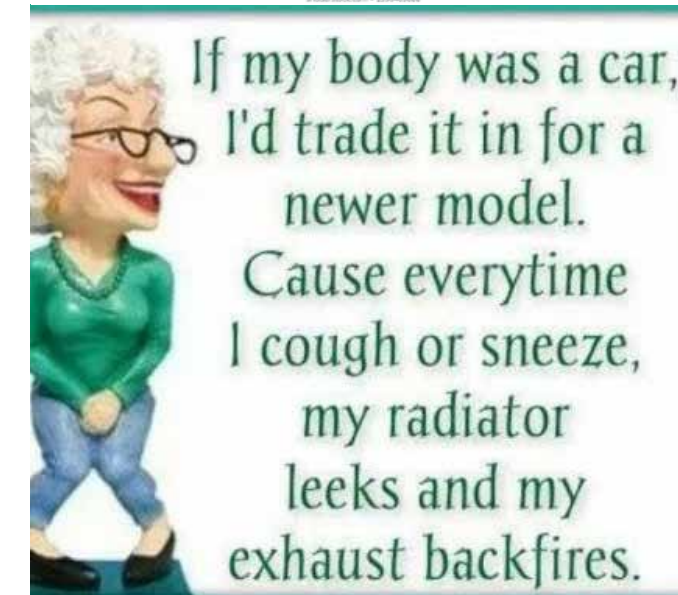
The moral of the story is Don't be difficult with old people, they spent a lifetime learning the skills of how things should be done!



DID YOU KNOW THAT?

A "moment" used to be an actual measure of time and corresponded to roughly 90 seconds. It was used during the Medieval era and was derived from the solar hour (the hour on the sundial's face was, at that time, divided into 40 "moments").

Despite what cartoons have taught us, the coyote can run up to 43 miles per hour (that's nearly 70 km/h) while the roadrunner can only run up to 20 miles per hour (that's just over 32 km/h).



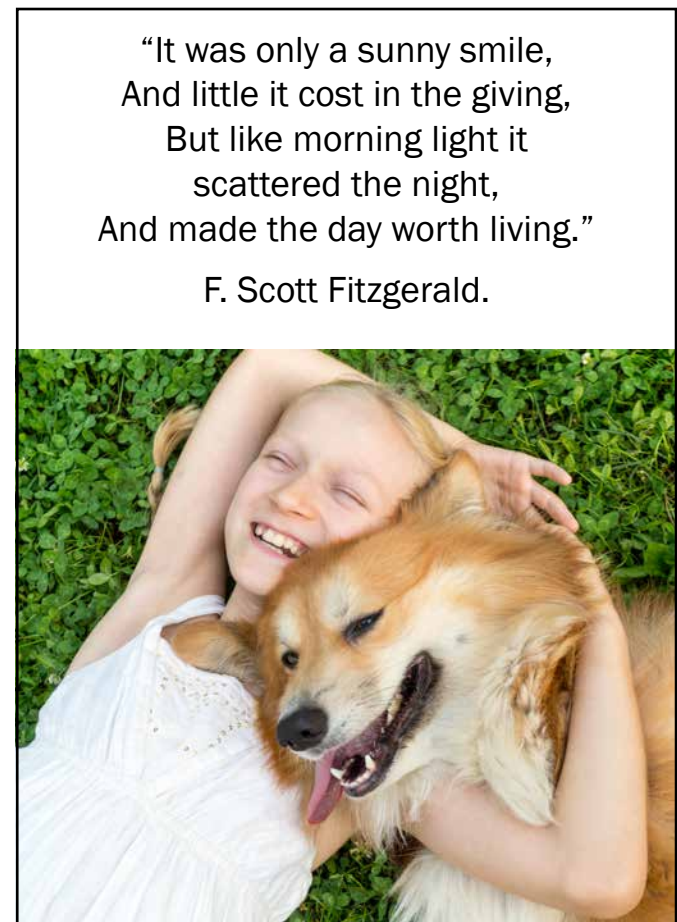
Who remembers the first search engine?

As we settle into another Kiwi winter, frost, rain and very low temperatures, it's important to be prepared and to keep warm, as the cold can be the biggest threat to the elderly, particularly if they're feeling unwell.

Here are 8 tips for keeping warm this winter:

- 1. Reduce your body heat loss**
A lot of our body heat is lost through the head and neck, so even if you're indoors, when you're chilly, try wearing a comfortable hat and scarf. We also lose a lot of warmth through our feet, so thick socks and slippers are key to keeping cosy.
- 2. For instant warmth**
A hot water bottle and an electric blanket are good to quickly relieve you from the cold and to help instantly feel warm. However, they should not be used together as this is a hazard and can be dangerous.
- 3. Thermals**
Wearing several layers rather than one thick layer will keep you warmer because the layers trap the warm air and keep the heat close to the body. If you plan to go outside for long periods of time then it's a good idea to invest in some warm thermals and when it's really cold, get some thermal underwear and bed socks for bed. A thin merino hat can also be ideal for those cold nights.
- 4. Maintenance**
If you have a heating system, then get it serviced before we get into the heart of winter as it's sensible to resolve any issues beforehand and will give you peace of mind knowing you're all set for when that first cold night draws in. If you have a fire, then getting the chimney swept regularly, will make the heat more efficient in your home.
- 5. Keep the draught out**
Even when it's cold outside, you'll want to open your windows during the day, if only for a few minutes, to remove moisture from your home and let in the fresh air. However, as soon as the sun goes down, it's a good idea to keep all windows and doors shut and to use draft excluders to stop cold air flowing through your home. Fitting thermal linings to your curtains will also help keep the heat in.

- 6. Moving with safety**
If there is a slope or steps from your front door to the sidewalk, then you could fit a grab rail to the outdoor area for support in case of icy surfaces. Also throwing some grit onto the ground for those really icy days will also help prevent any falls.
- 7. Cook warm meals**
Porridge for breakfast and soup for dinner will help keep you warm on the inside. Throughout the day, it's also good to drink hot drinks, try hot water with lemon if you're not a fan of tea or coffee.
- 8. Get rid of dampness**
Cooking, showering and drying clothes indoors all creates moisture in your home, causing dampness. A damp, mouldy home can be harder to heat and cause respiratory illnesses. To minimise dampness, dry your clothes outside, use extractor fans when cooking and showering and remove condensation from windows and doors daily.



Did you ever wonder what goes on behind the scenes in a funeral home?

**Is embalming necessary?
How much does a funeral actually cost?**

Funerals are something we all have to face at some stage in our life. It is important to understand what options are out there, dispel any myths and feel at ease with any plans you put in place. There are many different ways to celebrate a life and often families are not aware of all the possibilities.

Did you know that it costs nothing to sit with us and record your wishes, or even talk through all the options. Our team will answer all your questions (even the curly ones) and you can be assured that we will take care of all the details, no matter how small. So pop in for a chat over a tea or coffee, or alternatively we can come to your home if you prefer.

**Phone us today for advice
on how we can help you
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in your life, we will be
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Resources for improved stress management and improved breathing patterns.

In times of stress it is very helpful to attend to bodily tension and to use deep-breathing for relaxation and the release of physical tension.

YouTube:

look at “breathing techniques for stress relief”.

Webmd.com. This is a very good 1 stop location for information on:

- Deep Breathing
- Breath focus
- Method to even out the breath in and out so that they are smooth and gradually extended
- Progressive muscle relaxation method

These techniques can be applied to situations where anxiety is the problem, or where person has difficulty getting off to sleep.

Learn about the function of the vagus nerve and its role in sedating the body’s stress-related activity.

When attempting to deepen ones breathing pattern, initially, it is best to use a breath count of 4. (This is often referred to as The Box Breathing method.).

When that is well established, you might want to practice the 4-7-8 method. This tends to be used to help slow the breath, relax the body and prepare for sleep.

Another simple technique to research is The Calm Hand Method.

APPS

- **CALM** -download the free content and use the music and pictures to help you initiate a body-scan for tension and then a slowed-breathing method.
- **MINDBLISS**- free content.
- **Meditopia** is a good App to purchase if you intend to regularly practice relation or mindfulness for health.



Switching Banks is Easy

If you are not happy with your bank it is easy to switch to another bank. Your new bank can make all the arrangements within five working days. You do not even need to talk to your old bank. Your new bank will transfer your money to your new accounts. Importantly, they will also make sure that any recurring payments (e.g., direct debits, automatic payments, and bill payments) are linked to your new accounts, so you won’t miss any payments. You only need to sign one form to authorise everything.

Talk to Age Concern or your bank

If you have any questions about your banking options, your bank will be happy to talk through the options. Alternatively, please contact your local Age Concern who has some practical information about the services your bank provides.

Bank Phone Numbers

ANZ 0800 269 296

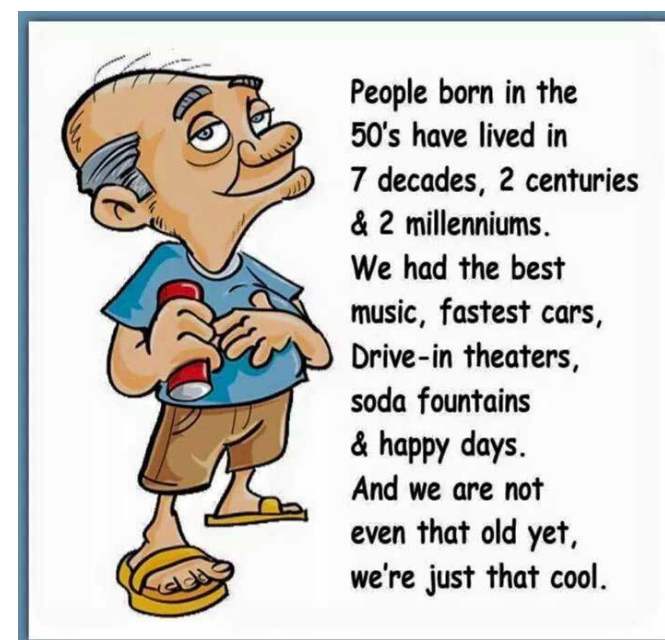
ASB 0800 272 119

BNZ 0800 275 269

Kiwi bank 0800 487 888

TSB 0800 872 226

Westpac 0800 400 600



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.

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/>

Government promises more support for older people who want to work for longer amidst cost-of-living crisis */Newshub*

Today's strategy means there will be up-to-date and accessible training for New Zealand's older workforce, including better education for employers on the benefits of having mature staff and how to support them.

"They have incredible skills and knowledge that actually is a huge loss if it's not valued and included in the workforce." Age Concerns Karen Billings-Jensen's said .

For many seniors it's the social aspect that encourages them to work longer, but for some, the cost of living means they have no choice.

"For some people, it is a financial reason, there is an increasing number of over-65s that still have mortgages." Billings-Jensens said.

Read more

Read the Older Workers Employment Action Plan Listen to our Chief Executive discuss this on The Panel (RNZ) with Wallace Chapman, Michelle A'Court and Mark Sainsbury.

Age Concern chief executive Karen Billings-Jensen spoke to Kim Hill

Annual Increase to NZ Super

New Zealand Superannuation and Veteran's Pension payments are adjusted each year to reflect increases in the cost of living, inflation, and the average wage.

From 1 April fortnightly rates will increase to

- \$817.32 each before tax or \$712.22 each after "M" tax, for married couples who both qualify.
- \$1076.48 before tax or \$925.88 after "M" tax for a single person living alone
- \$990.20 before tax or \$854.66 after "M" for a single person sharing accommodation.

A part of the increased payment will be paid on 12 April 2022 and the first full payment of the new rate will be paid on 26 April 2022.

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 :
Shop JA2 Tamariki Avenue
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

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.

If you are unsure whether your smoke alarm is clean or working, or if you can't replace the batteries without assistance, ring your local fire brigade. They will provide this service for you

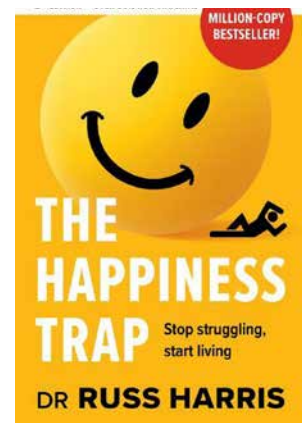


It could save lives!



Good Reads and Giveaways

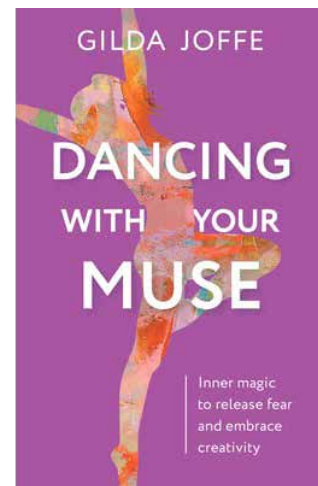
If you are looking for some good reading that increases your well-being, we have two wonderful suggestions from our friends at Exisle Publishing:



The Happiness Trap

Sometimes, no matter how hard we try, happiness remains elusive. We see to find it and hold onto it, but so often this, in itself, leads to worry and discontent. Based on the revolutionary approach of Acceptance and Commitment Therapy (ACT). The Happiness Trap provides a path to escape this vicious cycle.

In 33 bite-sized chapters full of expert wisdom and scientifically proven techniques, Dr Russ Harris reaches us the skills to rise above fear, doubt and insecurity and move forward towards true fulfilment. Be empowered to climb out of the “happiness trap” and focus on creating a rich and meaningful life.



Dancing with Your Muse

Have you ever had a dream, but let it go because you were too afraid of failure to try? Dancing with Your Muse is a heartfelt, motivational guide to understanding this fear, realising that you are not alone in it, and working past it to achieve your goals without inhibition.

Written in a gentle, contemplative tone, this book will encourage you to determine and strive for success on your own terms. Performers, business people, students, and everyday dreamers alike will learn to courageously choose the most direct pathways to creative success and, more importantly, personal fulfilment, holding only a desire to contribute fully to their own life.

ASB Updating branches for safer communities.

The way we live continues to evolve, so we’re making some temporary branch changes to keep you banking safely. Following a phased plan, proactively closing some of our branches during this time based on the impacts of Omicron in the community.

If you need to speak with us face to face, we’ll continue to support customers and maintain some Branch availability, with a focus on keeping a smaller number of branches open across the country during this outbreak.

Learn more about these temporary branch changes and keep up to date with our phased plan at asb.co.nz/branch-updates

Easy self-service options for you.

These quick and easy options are here to help with nearly all your day-to-day personal and business banking needs.

- **Online banking** is a secure way to do almost everything you would at a branch. Register for online banking (FastNet Classic) in minutes on 0800 327 863 or for more complex business needs call 0800 225 527. Once you are set up, you can download our free ASB Mobile or ASB Mobile Business Banking app.
- **Limited or no internet access?** FastPhone could be a good option for you, giving you direct access to your accounts at any time, day or night. Register for FastPhone by calling our Contact Centre on 0800 903 804.
- **Aged 65 or older?** Use our special priority line on 0800272 119 from 8am to 8pm on weekdays or 8.30 to 5pm on weekends and holidays.
- **Our Contact Centre team** is available on 0800 803 904 from 8am to 8pm on weekdays or 8.30am to 9pm on weekends and holidays. If you are a business customer, you can get in touch with our Relationship Manager or give our business team a call on 0800 272 222, Call times may be longer than usual.



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 | Reference: Your name and address

“Working together to promote quality of life for older people”



A sweet grandmother telephoned St. Joseph’s Hospital. She timidly asked, “Is it possible to speak to someone who can tell me how a patient is doing?” The operator said, “I’ll be glad to help, dear. What’s the name and room number of the patient?” The grandmother in her weak, tremulous voice said, Norma Findley, Room 302.” The operator replied, “Let me put you on hold while I check with the nurse’s station for that room.” After a few minutes, the operator returned to the phone and said “I have good news, her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood work just came back normal and her Physician, Dr.Cohen has scheduled her to be discharged tomorrow.” The grandmother said, “Thank you. That’s wonderful. I was so worried. God bless you for the good news.” The operator replied, “You’re more than welcome. Is Norma your daughter?”. The grandmother said, “No, I’m Norma Findlay in Room 302. No one tells me shit.”

Age is just a number

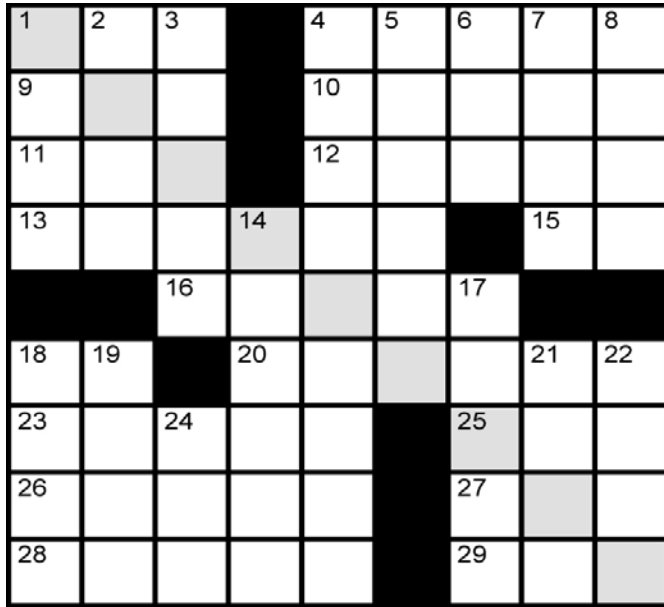
Here is ours if you need us...09 959 0140

THE LEGAL TEAM

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



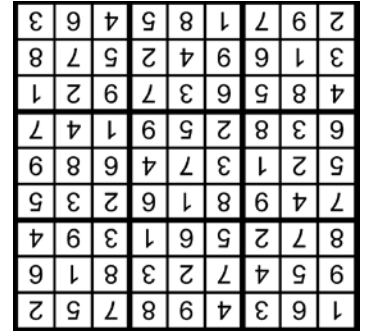
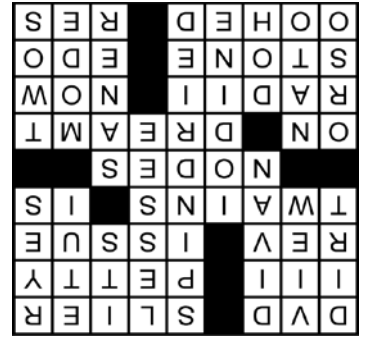
Investors Delight



- 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

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

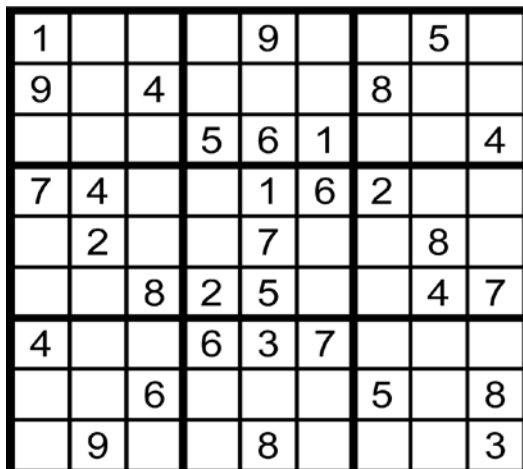
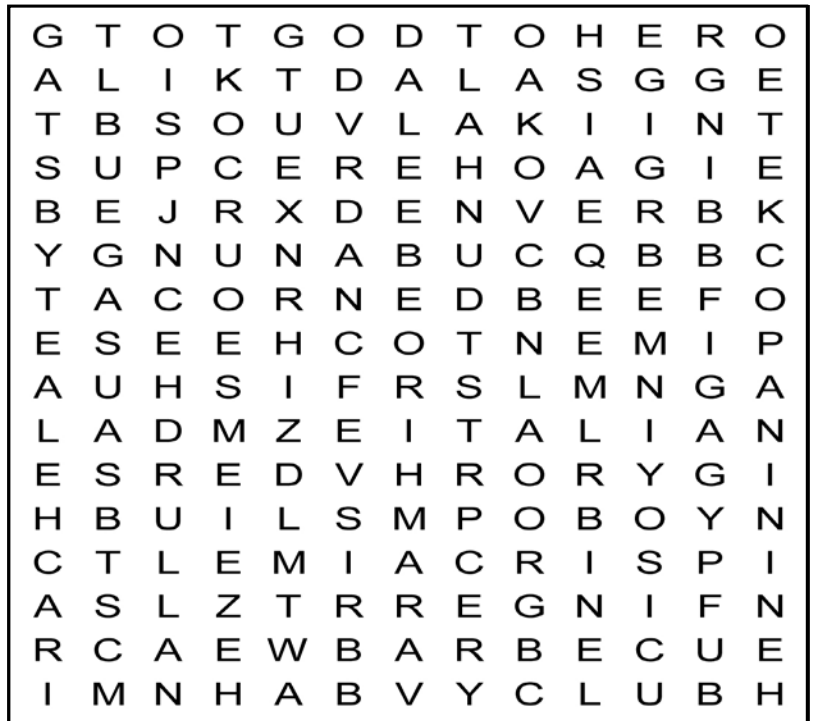
- Down
- 1. Gossip
 - 2. Penthouse feature
 - 3. Couch
 - 4. Like clothes in a washer
 - 5. Rent payer
 - 6. "____ alive!"
 - 7. Needle case
 - 8. Bakery selections
 - 14. First-aid item
 - 17. More rational
 - 18. Approximately
 - 19. Alliance acronym
 - 21. Fashion
 - 22. Deuces
 - 24. Play-____



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

- | | | |
|-------------|---------|----------|
| BAHN MI | FISH | PO BOY |
| BARBECUE | GATSBY | POCKET |
| BLT | GYRO | RACHEL |
| CLUB | HERO | REUBEN |
| CORNED BEEF | HOAGIE | SAUSAGE |
| CRISP | HOT DOG | SLIDER |
| CUBAN | ITALIAN | SOUVLAKI |
| DELI | MARMITE | SUB |
| DENVER | MELT | TAVERN |
| EGG SALAD | PANINI | TEA |
| ELVIS | PIMENTO | WRAP |
| FINGER | CHEESE | |

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.*