

SPRING 2022 QUARTERLY NEWSLETTER

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Age Concern

Mid North



AGE
CONCERN
MID-NORTH

He Manaakitanga
Kaumātua Aotearoa



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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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From the President

Dear Members I do hope you are all coping with the very wet and cold weather at present and keeping well.

My GP suggested we shop as early as possible in the morning as Supermarkets and the majority of shops are cleaned overnight. Advice we have also received is to please keep up the good work of wearing masks especially over the remaining winter months. Statistically those aged over 70 are six times more at risk of hospitalisation with Covid-19 than younger adults.

We had our recent "Meet and Greet" on Friday the 1st of July. As you know our meeting is usually the last Friday of the month but our speaker was unable to come until the 1st July. Our office staff did try to contact as many members as possible to notify you all of the change of date. Our speaker was Mrs Rachel Ives from Law Direct, Kerikeri, and she spoke on Enduring Power of Attorneys. Rachel was an excellent speaker.

Through an enduring power of attorney (EPA) you legally enable someone you trust to make life's important decisions for you when you need it the

most. If you can't make decisions yourself – perhaps because of an accident or a serious illness or because you'll be overseas for a while, your nominated attorneys can look after your financial affairs and personal care.

Without an EPA, your family or friends will have to apply to the Family Court for permission to manage your affairs which can be expensive. This also applies to not having a Will which can make things very complicated.

Our office is extremely busy now all our classes are virtually back to normal. Classes are subsidised or free for members of Age Concern Mid North. Staff and volunteers are all involved in the classes. A big thank you to these ladies.

This is the time of the year where Juen has the challenge of having to find time to apply for funding for many of our activities and wages etc. to keep Age Concern Mid North running smoothly and not easy in these uncertain times.

I look forward to meeting members old and new at our next Meet and Greet on Friday 29th July for morning tea at 10am and then a speaker.

Kind Regards *Jan Flowers*

From the Managers Desk

Today I hope that it will stop raining, what a wet period we have been experiencing. Has not put off the Strength and Balance participants in Kerikeri and Kaikohe, both classes growing in numbers and enjoying the exercise and social activity.

On the 1 July 2022 we held our Meet and Greet to celebrate the Age Concern new Logo, and we handed some bags with a load of information about what we do and who we are. Our speaker was Rachel Ives a lawyer from Law Direct. Rachel was our speaker for the Meet and Greet the topic EPOA, why, when and what about EPOA'S. It was so very informative, timely for many, and question time was great as we learnt from other people's concerns and issues. We have had one person who acted straight away that came to have a chat about other issues related to the application form, most pleasing when we are rewarded by action. We screened the new Logo talked about it and made sure that people would recognize it.

We had our first safe with Age workshop on 26th July, we will be running them around the Mid North and Whangarei area, these dates will be advertised

and registration will be required, we will advertise in local and Advocate. We are fortunate to have Hariata from Head Office presenting the Staying safe and at the same time training Jean who will be our trained facilitator for Age Concern Mid North. Shirley has decided that she wants more personal time and therefore will no longer be doing Staying Safe, she is still in the office on Monday.

Unfortunately by the time you get this newsletter we would have had our Meet and Greet for July, our guest speaker is Dr. Simon Bristow. We look forward to this presentation and remind members, the Meet and Greet is for members and friends. Our Meet and Greet for August 26th will be Bill Edwards from Heritage New Zealand, September 30th our speaker will be Marty Robinson and October 28th will be our AGM.

Jean and Annmay have presented their story of working for Age Concern Mid North, they are both simply lovely to work with and are making a difference.

Subscriptions are due, thank you to those that have paid, great to see so many coming in via internet banking, other options are eftpos and cash at the office.

Juen Duxfield

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Age Concern Launches New Brand

Age Concern has launched a new brand to attract new people through their doors, but its core business of supporting older kiwis to live their best lives will still be their key focus.

Age Concern New Zealand unveiled the new logo on 1 July at Parliament in an event hosted by the Hon. Dr Ayesha Verrall, Minister for Seniors.

National President of the Age Concern New Zealand Board, Wayne Bradshaw said the refresh was timely because the charity had changed significantly since it launched over 70 years ago.

"The makeup of our population has changed too—we're getting older, living longer, and we're more diverse than ever before, he said.

"Our organisation is changing what we do and how we look to better reflect our older population in New Zealand. We also have an ageing population with those over 65 making up 1/4 of our population, he said.

"Our new brand reflects the leadership role we have and the respect we hold for our elders. We are shifting the perceptions of ageing, standing up to ageist attitudes and policy, and focusing on programmes and activities that support dignity, wellbeing and social connections".

New Chief Executive Karen Billings-Jensen says, "It is an amazing time to be leading this trusted organisation. I am very excited to highlight the extensive range of work of our local Age Concerns do in 40 communities in Aotearoa.

"Age Concern's identity had been one of service in the past, with a focus on the concern and serving people's needs. That is an important part of our history, and still in our DNA, but the changes we are making are about being a bold, progressive, and vocal on issues affecting older people and their families.

"Leadership, mana and community are the qualities our new brand represents. The bold contemporary design uses individual Huia feathers to suggest the mana of our older adults and the leadership role Age Concern takes. The circle of three feathers portrays the concept of community, friendship, and

respect—all things we value and uphold.

Billings-Jensen urges everyone to take a fresh look at Age Concern and what they are doing in your community. They are the place to go if you need to know anything about getting older and what that looks like in Aotearoa New Zealand.



Meet and Greet EPOA and celebrating our new Logo

What I have learnt from my placement with Age Concern Mid North

I have always wanted to work with the older population, it was one of the driving forces behind my decision to return to studies and complete my degree in Social Work. When I was informed Age Concern agreed to take me on for placement I was delighted, I could get some real first-hand experience as to what my future career would look like.

Working with Age Concern involves such a range of duties, there is always so much to do! But the learning I have gained is so valuable and varied that I have requested to stay on for my next round of placement!

I wanted to share some of the main lessons I have gained

through my time working with older people so far.

Laugh. Laughter is the best medicine; it brings people together and can remove anxious feelings we can all have from time to time. Sometimes the younger generation can take themselves too seriously. My time here has reminded me just how important laughter is during day-to-day interactions, and I should learn to laugh at myself more!

Be kind and stay humble. The elderly will always remind you that you don't know what others are going through. Just observing some older people in our lives can help us empathize with others in various situations. Kindness is

more powerful than indifference, it doesn't cost anything and has a strong, positive impact on so many aspects of life.

Face your fears. I was able to witness true bravery during my Tech for seniors sessions, I was inspired by the willingness to embrace new and modern technology – it can be daunting and overwhelming for people at any age!

I am so very grateful for my time here this far, the challenges, learning, and experience have been inspiring and eye opening.

Willow-Jean Prime MP for Northland

Northland office

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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.*



CHEESE PUFFS Betty's (makes 12)

- 1 Cup Grated Cheese
- 1 Cup Flour
- 2 teaspoons Baking Powder
- 1 small Onion cut finely
- 1 egg in 1 cup fill up with milk
- ½ teaspoon salt
- Greased Patty tins



- METHOD:**
- 1. Heat oven to 200 C
 - 2. Grease Patty tins
 - 3. Mix all ingredients together
 - 4. Bake at 200 C for 15 minutes

MUSHROOM SOUP (Quick) Serves 2-3

- 200 g button mushrooms
- 2 cloves garlic peeled and crushed
- 1 tablespoon butter
- 1 packet mushroom soup mix
- 1 cup water
- 1 cup milk
- 2 tablespoons parsley chopped - optional
- Freshly ground black pepper



- Method:**
- 1. Wipe mushrooms and slice thinly
 - 2. Melt butter in saucepan and saute mushrooms and garlic in butter for 2–3 minutes.
 - 3. Mix soup mix and water together. Pour into saucepan and bring to the boil. Add milk. Bring to the boil again and reduce heat and simmer 3–4 minutes.
 - 4. Serve garnished with parsley if used and black pepper.

“Just cleared out some space in the freezer”

Sounds so much more productive than “I just polished off another tub of ice cream”

Kaikohe and Kerikeri Strength and Balance

The group at Kaikohe are a welcoming bunch, we have a close-knit team of regulars who attend every week come rain or shine (and boy, we certainly have been having some rain lately!) and are always looking for more members to come along.

One thing I enjoy about the exercise class is the way you can make it as challenging, or as gentle, as needed to fit in with your own personal fitness and goals. However, I have come to understand that the social aspect is just as valuable for me, every month we enjoy a shared morning tea and I always look forward to chatting with everyone.



Working for Age Concern Mid North

I have been working two mornings a week here at Age Concern in Kingston House for four months now. What has it been like? What did I expect? Each time I come into the office Juen instantly talks to me ... it seemed a quiet peaceful place with problems blithely being solved virtually on the spot. Surely an ideal place to work!

Well, it is, but quiet is not quite the descriptor I would ever use!

Unlock the door at nine o'clock. Hurry, hurry, or you will miss the demanding and insistent phone call! Which phone? Of course, it's in the locked office, quick find that key, unlock. NO! Missed the call!

- Answer the messages on the phone:
- Booking for Wednesday 24...
 - Query about my rights with...
 - Can you help with....
 - Is it right that...

Turn on the computer and wait, wait for its old bones to grind into action. Check out the booking. Oh, oh, that date clashes, must call back.

More calls later and at last I can get onto my own work preparing this report for Wellington due today. The door opens and in comes one of the exercise groups which is about to start in 10 minutes. They exchange a greeting, grab their list and crank up

the music. People flow through the building, some popping in, others loudly talking and laughing with friends. The walls swell with sound, catchy but deafening. Now where was I? I reread the report, add a phrase.

Door again!

“Could we measure the tables please for the wedding on 30th” “Yes certainly, but there is an exercise class now”, so we go round the back to the meeting room where there is a similar table – they are all a standard size...

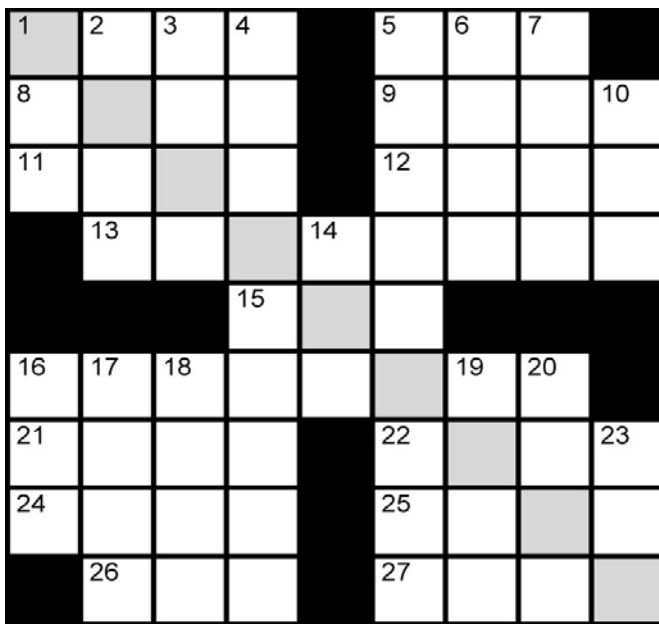
Back to the phone ringing, and a member making an enquiry.

Annamay is talking tech with someone; they are asking questions. Noisy, so I slide into the little office next door and close myself in. Phew! Now go for it!

Don't believe that this is a quiet place! It is a busy, bustling lively office. Things get solved. Sometimes it's madcap scramble. Juen with her vast knowledge and experience is the bolt that holds this place together. The members who come in, happy/unhappy, bring bits of their lives with them and enrich our moments.

YES, it is an ideal, stimulating place to work.

Lovers, Painters & Writers



Across

1. Actress Perlman
5. More, in Madrid
8. D.C. bigwigs
9. Acknowledge
11. Some PTA members

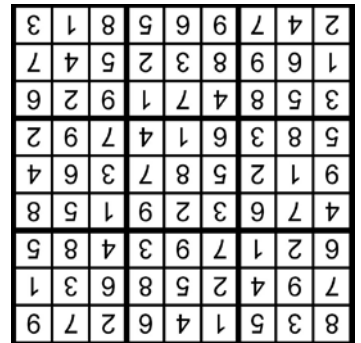
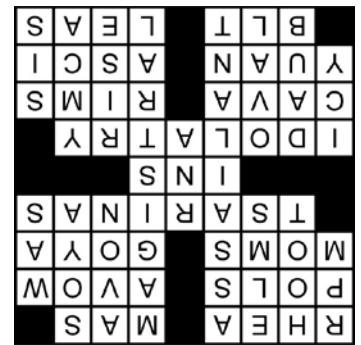
Down

12. "Naked Maja" painter
13. Winter Palace residents
15. Officeholders
16. Hero worship

21. Spanish sparkling wine
22. Hoop edges
24. Chinese dollar
25. Fungal spore sacs
26. Deli sandwich
27. Grazing sites

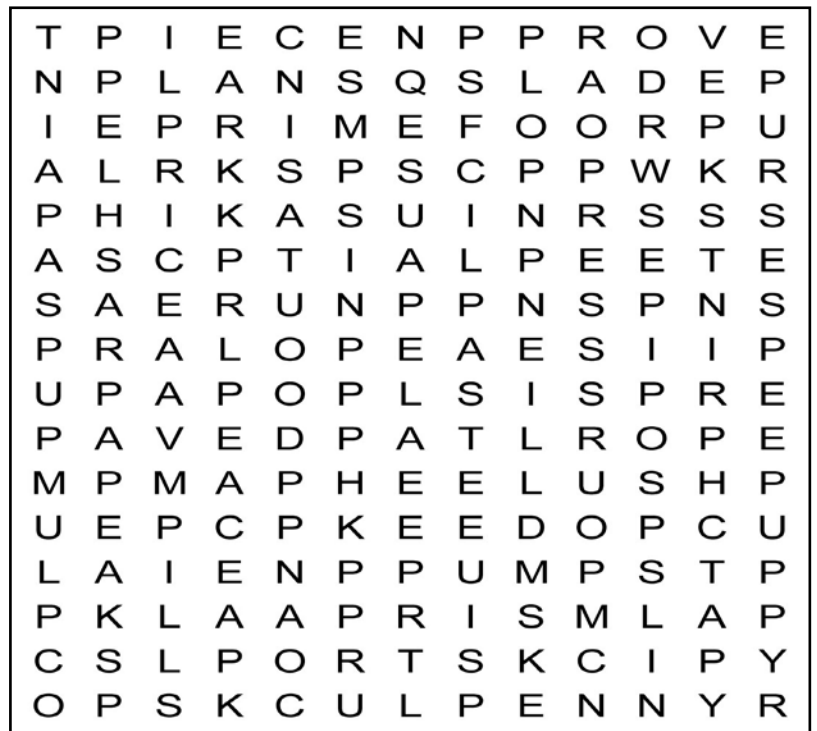
Down

1. Dashboard abbr.
2. Owl's call
3. "Desire Under the ____"
4. Attacker
5. Authoritative
6. Shakespeare, the Bard of ____
7. Bean used to make miso
10. Used to be
14. Genetic material
16. Slick
17. Slap on
18. Track shape
19. Get up
20. Village People hit
23. Bro's sibling



The crossword headline is a clue to the answer in the shaded diagonal

PLENTY OF Ps



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.*

- | | | |
|-------|-------|-------|
| PEARL | PLAIT | PRICE |
| PEARS | PLANE | PRIME |
| PEDAL | PLANK | PRINT |
| PEELS | PLANS | PRISM |
| PEEPS | PLOWS | PROOF |
| PENCE | PLUCK | PROUD |
| PENNY | PLUMP | PROVE |
| PHASE | POLAR | PULSE |
| PIANO | POLES | PUMPS |
| PICKS | PORCH | PUPIL |
| PIECE | PORTS | PUPPY |
| PILLS | POURS | PURSE |
| PIPES | PRESS | |

