

SPRING 2022 QUARTERLY NEWSLETTER

www.ageconcern.org.nz

Age Concern Rodney



**AGE
CONCERN
RODNEY**

He Manaakitanga
Kaumātua Aotearoa



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Contact Information

Phone: (09) 426 0916 Fax: (09) 426 0917
 Email: info@ageconcernrodney.org.nz
 Address: Shop JA2 Westpac Plaza,
 5 Tamariki Ave, Orewa 0931
 Postal Address: PO Box 12, Red Beach 0945

Hospital Shuttle Phone: (09) 426 0918 or
 0800 809 342 (press 5)

OFFICE HOURS

10.00am - 4.00pm Monday to Friday

Age Concern Rodney Board 2022 - 2023

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Board: Ann McKenzie, Ian Tucker, Yvonne Copland,
 Audrey Cooper, Lynn Williams, Monica Grimshaw.

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 Oscroft /
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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/handymen 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.

Board Members

Graeme Howard past Chairman and Catherine CEO cutting the Anniversary cake

Vince, Chairman and Catherine, CEO, presenting a gift to Guest Speaker Karen CEO ACNZ

A HUGE THANK-YOU TO EVERYONE WHO ATTENDED OUR AGM 25TH ANNIVERSARY ON FRIDAY 5TH AUGUST. THIS WAS A VERY SPECIAL OCCASION FOR AGE CONCERN RODNEY HAVING SERVED THE OLDER PERSONS IN RODNEY FOR 25 YEARS.

Attention Gold Card Holders!

For the remainder of 2022, Ray White Orewa is increasing our 10% Gold Card holder discount to 15%* We know there is a cost of living crisis in New Zealand, and we want to try ease the burden for property owners 65+
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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.



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Age Concern Rodney Shuttle Service is Celebrating the 15th year of service to the Rodney community



Age Concern is celebrating the Hospital Shuttle’s 15th Anniversary. The Shuttle Service has proven to be a valuable service to those that have no other way of getting to the Hospitals/Clinical Centre appointments. It has been a fantastic service; we have had the pleasure of meeting some delightful clients over the 15 years. Our dedicated Shuttle team have been committed to making the Age Concern Rodney Shuttle Service run as professionally as it can be.

Since Covid-19 arrived on our shores in 2019 the last 3 years have been very challenging for us in the way we have been operating, we appreciate your understanding.

From all the Age Concern Rodney staff we would like to thank our clients for travelling on the shuttle throughout the last 15 years.

Age Concern Rodney Visiting Service 2021 to 2022

The visiting service covers Wellsford, Warkworth and the Hibiscus coast. We have 38 wonderful, dedicated volunteers currently visiting 41 clients. The last year has been a challenge due to covid lockdowns plus many villages and residential care facilities were not open to visitors.

Whilst the service is designed for face to face contact our visitors have maintained contact by telephone where able.

We know that loneliness and social isolation negatively affect an older person's health and welfare, and this has been compounded by the pandemic. Whilst we cannot predict what will happen in these uncertain times, we know that this is a valuable service offering companionship to our lonely older adults and we will continue to provide it within the national health guidelines.

Paddy Sullivan | Visiting Service Co-ordinator

Reducing loneliness is good for older People and wider society too

Opinion: Loneliness is a significant social problem that has always been with us but has come under the spotlight because of Coronavirus pandemic restrictions.

As a term it can be misunderstood. It differs from social isolation as it is not only the contact we have with others but the quality of the contact that counts. Researchers define loneliness as a perceived gap between the desired and actual state of social relationships. Loneliness is a normal part of living and affects us all, but for older adults, loneliness is more common. They may have lost a spouse, family, or friends. There may be fewer opportunities for regular social contact at their stage in life



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.



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.
- **Evening Care** - ensure evening meal is eaten, undress, leave bed turned down, check house is locked up and secure.
- **Laundry** - colours sorted, washing done, hung on line, dried, folded and put away.
- **Medication** - support workers are not authorised to give medication but they are able to remind you to take them.
- **Meals** - shopping lists, meal planning, food preparation, cooking, company while eating, washing up and kitchen left tidy.
- **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.
- **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.
- **Spring Clean** - this can be negotiated and arranged at any time.
- **Sleep Over's** - support worker to sleep in the house for a 8, 10 or 12 hour period to ensure your safety.
- **Respite Care** - does your carer need a break, support worker to stay while carer is away.
- **Driving** - to appointments, Doctors, Hospital, Hairdresser, etc.
- **Full Time Care** - 24/7 care can be provided. Special packages can be worked out individually.
- **Morning Care** - help to get out of bed, showering, drying, dressing, grooming, ensure breakfast is eaten and hot drink given.

"We'll give you the help that you need, and the care that you deserve"



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Quick and Easy Meatballs

You'd be hard pressed to find a homemade meatballs recipe that's quicker or easier to make than this one! Pinch the ground meat out of sausages to create meatballs that taste just as good as if you'd made them from scratch



Ingredients

- 200g pasta, use penne or spaghetti
- Splash of olive oil
- 2-4 sausages
- 1 onion, diced
- 400g crushed tomatoes
- Pinch of salt, pepper and sugar
- 1/4 cup Parmesan or normal cheese, grated
- 1/4 cup parsley, chopped

METHOD

Put the pasta on to cook in plenty of salted water. Most dry pasta is ready in 12-15 minutes so you can make your sauce while it cooks!

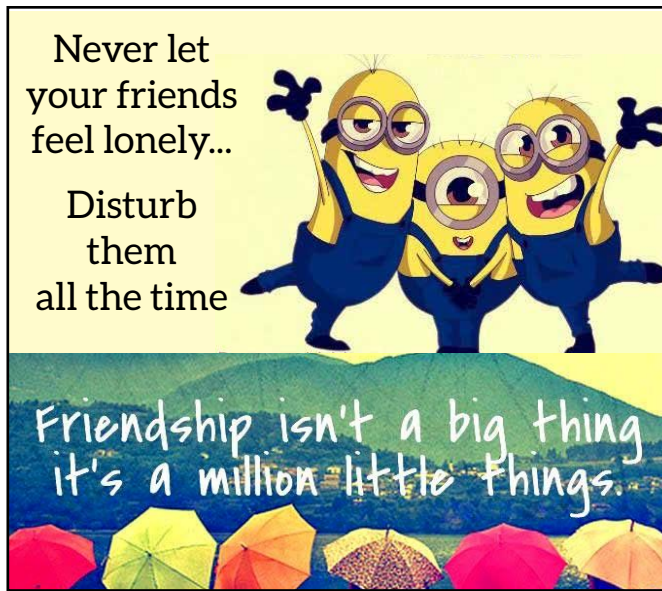
Heat the oil in a pan, then pinch off small meatballs from the sausages, leaving the casing behind. Add the onion and sauté until softened. Pour in the crushed tomatoes, another splash of olive oil, then simmer until thickened – about 8-10 minutes. Taste for seasoning, adding a pinch of salt, pepper and/or sugar as needed.

Drain the pasta, reserving ¼ cup of pasta water. Add the pasta and reserved water to the meatball/tomato sauce, then toss.

Serve straight from the pan, garnished with cheese and parsley.

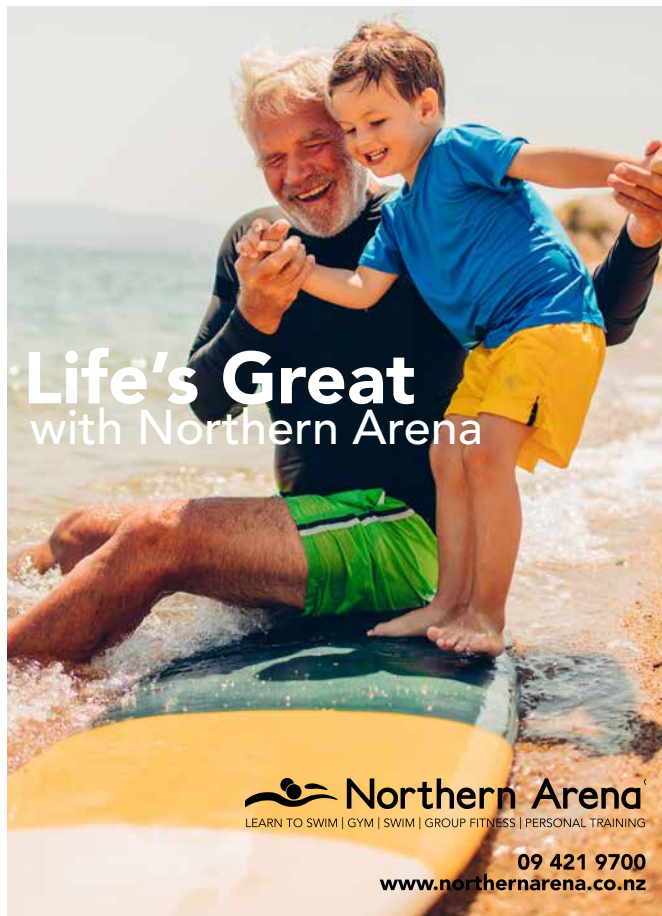
“Just cleared out some space in the freezer”

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



Friendship improves happiness and abates misery by doubling our joy and dividing our grief.

Joseph Addison
- 1672-17-19 English Essayist



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

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

ratemyagent Highly recommended ★★★★★

From the day that we first met Cam, we knew he was the right person for selling Mum's home. We cannot speak highly enough of Cam. He is very professional, he has been very kind and caring towards our mum as most of her family live a long way from the Auckland region. He has kept us all in the loop and up to date every step of the way. His attention to detail and negotiation skills are second to none. We would be happy to recommend Cam to anyone who is looking for an agent to help sell their property. Thank you Cam for all the work you undertook to make our mum very happy with the sale of her property.

Cam restored my trust Real Estate Sales People. A massive thanks to Cam Brooks - Harcourts Tandem Realty. You have been incredible to deal with! Thankyou! We couldn't be happier with the outcome after working with Cam Brooks - Harcourts Tandem Realty! Thank you so much Cam! From the beginning of the process he worked with honesty and integrity keeping us informed every step of the way. Negotiating hard on a stormy Friday night was the icing on the cake. If you're thinking of selling, we highly recommend working with Cam.

Harcourts Cooper and Co Real Estate

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109 Centreway Road, Orewa
cam.brooks@harcourts.co.nz



Loneliness in the Time of Covid

The impact of the COVID 19 restrictions on the mental health of caregivers in our communities, many of whom are caring for family members with dementia, is the subject of new research.

Stats NZ's most recent Wellbeing Statistics report shows more people than ever are feeling lonely. That's despite zoom, skype, facetime, and social media. Let's face it, they can never replace a hug.



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.

Total Mobility Scheme



The Total Mobility scheme is a national scheme managed by Auckland Transport for the Auckland region. To be eligible to hold a Total Mobility HOP card you must have an impairment that prevents you from undertaking one or more of the following components of a journey unaccompanied, on a bus train or ferry in a safe dignified manner.

- Getting to where the transport departs
- Riding securely
- Getting to the destination
- Getting on the transport
- Getting off the transport

You need to be assessed by an approved provider and your photograph taken. Once approved you can use the card with approved providers across the Auckland area. The subsidy is half price up to the value of \$40 one way. Currently Auckland transport has increased this subsidy up until the end of January. Age Concern Rodney has an assessor to provide this service for members. There is an assessment fee of \$40 plus Age concern membership. The assessment fee is a one off if the conditions are permanent.

FREE STAYING SAFE REFRESHER COURSE FOR OLDER DRIVERS



Has it been years since you have had a driving refresher course? Have some rules changed that you may not be aware of? Are you now taking new medication that may or may not affect your driving? Do you want to keep your driving skills for as long as possible?

The Staying Safe Course is a theory-based refresher course for seniors facilitated by local Age Concerns. During the course participants will re-familiarise themselves with traffic rules and safe driving practices as well as increase their knowledge about other transport options available to help keep them mobile for as long as possible, whether behind the wheel or when they stop driving.

We want to keep our seniors in New Zealand safe and connected, so if you are interested in doing the driving course, please phone the office and we will book you in, 09 426 0916. Alternatively, if you have already put your name down for the course, Tania will be in contact soon!



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What to do if you think you have been scammed

1. Stop all contact with the scammer

Once you realise you are being scammed, do not continue the conversation. Hang up the phone. Don't reply to emails or letters scammers have sent you. If you have been scammed online, block the scammer from contacting you.

2. Do not make any more payments

Some scammers target people caught in recent scams, e.g by pretending to be an enforcement agency that can return all of your money for a fee. Don't give money to anyone on the promise they will get your lost money back

3. Contact the bank or service you sent money through

If you are the victim of a financial scam, credit card scam or identity theft, contact your bank immediately. The sooner your bank knows about it the greater the likelihood of getting the money back.

What to do later

Assess your security at home and online.

If your personal or financial information has been given out or stolen in a scam, change all of your online passwords on a device not linked to the scam. Use a different password for each account. If your computer or phone has been hacked in a scam, take it to an authorised technician to be cleaned.

CERT NZ are experts in cyber security. See their website for tips on simple ways to improve your cyber safety.

Equip yourself to recognise scams

Anyone can be caught unaware by a scam. Take time to learn about the approaches scammers use and how you can protect yourself.

Talk about what happened

Telling your friends and family about the scam is one of the best ways to take action. It can be hard, but sharing your story is worthwhile because scammers rely on people being secretive. Every person you talk to will be better prepared to avoid scams in the future.

Report a scam

Reporting a scam is important, whether for yourself or on behalf of someone else. Reporting puts you in touch with someone who can give advice specific to your situation. It also helps other people avoid similar scams.

Scams can be reported to Netsafe, Cert NZ, NZ Police, The Department of Internal Affairs and individual telecommunication agencies. Each cover a specific area of content and has a role to play in protecting people from online scams and spam.

Report harmful online content

Netsafe
<https://report.netsafe.org.nz/hc/en-au/requests/new>

Report scam websites or security issues with your device

CERT NZ
<https://www.cert.govt.nz/individuals/report-an-issue/>

Report money lost in a scam

New Zealand Police
<https://www.police.govt.nz/105support>

Report investment scams

Financial Markets Authority
<https://www.fma.govt.nz/contact/>

Report spam texts or email

Department of Internal Affairs
<https://www.dia.govt.nz/Spam-How-to-Report-Scams>

Help others

Help a friend or family member to recognise a scam.

Identify a scam. How to tell if you or someone you know is being scammed, what to do...

<https://www.consumerprotection.govt.nz/general-help/scamwatch/types-of-scams/identify-a-scam/>



SCAMS WARNING

There is a male going door-to-door in the Orewa area telling the elderly they need their trees pruned or trimmed. This man is **NOT** genuine, he is a dishonest tradesman.

Two of Age Concern Rodney clients have been scammed by this man. He asked to be paid before starting the job. He drove one elderly lady to the bank to withdraw \$850 to pay for work to be done and said he would be back tomorrow. She felt she could trust him.

This was back in June, and he has not returned to do the job.

This case has been reported to the Police.

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

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.



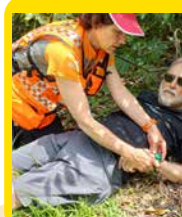
**Call for a chat or email for more information
09-4260916,
info@ageconcernrodney.org.nz**

Causes, care, and concerns – Epilepsy in the older person

Epilepsy is neurological condition (affecting the brain and nervous system). Having epilepsy means that you tend to have seizures that start in the brain. Epilepsy is not a mental health problem and will not cause dementia



Supporting the cognitively impaired who wander.



WHAT WE DO

WanderSearch Auckland provides tracking solutions for people, of all ages and ethnicities, who wander due to a cognitive impairment (ie Dementia, Autism). We use a simple radio frequency New Zealand made tracking system.



A client wears a tracking device which comes in three forms – wrist, necklace or keyring and each device has a unique frequency. When on, the tracking device emits an electronic pulse every three seconds. The range of the pulse can be detected up to 5 km from a high point using line of sight. Our clients are tracked by Police Search and Rescue.



Wearing one of our tracking devices allows people who wander to be easily tracked and quickly found. Having a loved one wear a pendant provides peace of mind to whanau and friends and our goal is to ensure all who need a tracking device has one.



CONTACT

For more information, please contact: 0272305165 or 094804448 or aucklandwandersearch@gmail.com

<https://wandersearch.org.nz/>

**COVID-19
Second booster clarification**

Last night we sent an update about Novavax and AstraZeneca being available as second boosters. We received a query about the age eligibility for this. To clarify, second boosters are recommended for:

- People aged 65 years and over
- Maori and Pacific peoples aged 50 years and over
- Residents of aged care and disability care facilities
- Severely immunocompromised people
- People aged 16 years and over who have a medical condition that increases the risk of severe breakthrough COVID-19 illness and
- People aged 16 years and over who live with disability with significant or complex health needs or multiple comorbidities



They are also available to:

- All people aged 50 years and over
- Health, Aged Care and Disability workers aged 30 years and over.

People in the above categories who have a second booster are most likely to have the Pfizer vaccine, but Novavax and AstraZeneca are now options too. There are additional criteria that must be met if Novavax or AstraZeneca are to be administered.



**Ruby's Choice
An award-winning feature film for all generations**

In these turbulent times of intense challenges in aged and dementia care, a breath of fresh air and hope is coming to New Zealand, with a new film about dementia, Ruby's Choice, which is being released in New Zealand on 4th August 2022.

Starring two-time Golden Globe Winner Jane Seymour OBE, Ruby's Choice is a poignant tale that follows three generations of strong women.

Ruby's Choice will resonate with audiences touched by dementia, while offering hope and inspiration to live life to the fullest.

Ruby's Choice will support dementia care with a portion of its profits.

AS PEOPLE AGE IT DOESN'T MEAN THEY HAVE TO SLOW DOWN, BUT THERE ARE MANY MATTERS THAT THEY MAY NEED TO CONSIDER

WE ARE VERY HAPPY TO LISTEN AND ADVISE

THE LEGAL TEAM

P: 09 959 0140, E: info@thelegalteam.co.nz, 2 Milner Avenue, Silverdale or visit www.thelegalteam.co.nz

Inheritance law

The most controversial recommendations in the inheritance law revamp
Make it your business to know - Delinquent kids beware



Under the recommended changes, Kiwis who have fallen out with a parent and are cut out of their inheritance, will not be able to contest the decision.

“Under the new law, if you’re over 25, you will not be able to contest the will. If Mum or Dad leave it all to the SPCA or your brothers and sisters, well, that’s tough.”

Legal opinions about this law have been divided.

The Law Commission came up with several recommendations to reflect those conflicting concerns, one of which (Recommendation 25) presented two options for reform. Under one of those options, children over the age of 25 would be ineligible to claim family provision unless they had a disability. The other option would enable all children and grandchildren of the deceased, regardless of their age, to claim.

Stepchildren recognised

Another change recommended is that stepchildren should be given the power to make a claim. “They don’t say how much, so it’s a little open-ended, but they do allow for the possibility,” says Phare. This could open the door to a whole new category of litigation between biological children and stepchildren all looking to assert their rights to inheritance. “One of the reasons to bring these statutes under one law was to make it easy, accessible, and clear. But in areas like this, where biological children become angry and defensive against stepchildren, it does open it up for more court action and hostility within the family unit.” Phare explains that a major motivation behind these changes is that the dynamic of the modern New Zealand family is far removed from what it was seven decades ago. “Back when the inheritance laws

were written, there was Mum, Dad and the two kids. That’s not a reflection of modern-day society, where re-partnering is much more common and there’s often one or more sets of children from previous relationships. That needs to be taken into account.”

Hidden Trusts

Trusts, long used by wealthier individuals to protect their assets, also look set to feel the impact of the recommendations from the Law Commission. “Under the current law, if a property falls outside the estate, nobody can touch it,” says Phare. “The Law Commission wants the court to have greater power to access trusts.” Phare says that if there is clear evidence that someone intended to use a trust to hide their assets to stop someone from inheriting, then there could be grounds for a claim under the new law. “There has to be intent and you (have) to prove that intent to the court, so it is a reasonably complex area,” she says.

Separated but still bound

Raising further concern is the Law Commission’s recommendation when it comes to separated couples. “In the event of separation, if one of the partners dies, the surviving partner can claim up to two years after the date that they separated,” says Phare. “They can make a claim against the estate, and the court can make that longer. If they presented a strong enough case, they could make that up to five years since separation.” Phare says although the law might seem controversial, it does serve a practical purpose. “You can’t get divorced legally until you’ve been separated for two years. And often, property settlement takes longer than two years, so it could be to protect people who are still waiting to get their share of the matrimonial property.”

Gift Tax Exception

For 2022, the annual gift-tax exemption has risen to \$16,000 per donor, per recipient. In 2021, this limit was \$15,000. Using this tax break, a giver can give someone else – such as a relative, friend or stranger – assets up to the limit each year, free of federal gift taxes.

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Orewa Surf Life Saving Club has been an integral part of the Hibiscus Coast community for over 70 years, providing a vital lifesaving Lifeguard service to the community.



Operating from a tent in the 1950s, the club expanded with the local community and is now one of the largest surf life saving clubs in New Zealand, with a membership of over 1200.

The club is proudly family oriented with up to three generations of surf lifesavers giving their time and energy to ensuring the safety of the public.

Club President, John Chapman, says “the intergenerational love of the beach means that surf lifesaving can be enjoyed by all family members regardless of age. Our motto ‘In it for Life’ is reflected in membership ranging from 3 to 80 years plus.

The club has embarked on a project to secure its future, with a planned replacement of its current unsustainable building and is developing a surf lifesaving community hub. The project is beyond the resources of the club itself and we are asking

the public to come to our aid, just as we’ve been coming to theirs for over 70 years.”

Visit www.buyabrick.nz there are opportunities for everyone to be involved to help deliver this vital community asset.

A fifth grader asked her mother the age-old question, 'How did I get here?' Her mother told her, 'God sent you.' 'Did God send you, too?' asked the child. 'Yes, Dear,' the mother replied. 'What about Grandma and Grandpa?' the child persisted 'He sent them also,' the mother said. 'Did he send their parents, too?' asked the child, 'Yes, Dear, He did,' said the mother patiently. 'So you're telling me that there has been NO sex in this family for 200 years? 'No wonder everyone's so grouchy around here!'

Magnifying Glasses Is Bigger Really Better



Low vision is when your eyesight cannot be fully corrected with conventional glasses. Low vision makes it hard to see details and especially hard to read anything.

A magnifier may be the ideal solution for Low Vision. Everyone wants to read more easily, and you might think that a bigger magnifier is better. In fact, bigger magnifiers are usually weaker – the area seen through the lens is larger, but the letters may not be much bigger than normal.

Good magnifiers have:

- Decent magnification – at least 2 or 3 times normal size.
- Very light weight, with a minimal frame to maximise light onto the target, or a stand to hold the magnifier at the correct focussing distance.
- Top quality lenses that don't reduce contrast. Many people with low vision have reduced contrast sensitivity because of their eye condition.
- Minimal distortion or coloured fringes around the edge of the lens.
- A hard surface coating to reduce scratches.
- May have a built-in light to make the text brighter and easier to read – with easily to change batteries suitable for people with low vision.
- Magnifiers should be kept clean just like glasses. Spray the lens with spectacle lens cleaner and dry with a soft lens cloth.

The magnification is recorded as 2x, 3x etc. As the magnification increases, the letters look bigger, but the area seen through the lens becomes smaller.

A stronger magnifier has to:

- Be moved more to scan a line of print.
- Be held steadier as movements are also magnified.
- Held closer to the print to get the correct focus.

Stand magnifiers

Strong magnifiers often have their own stand, which holds the magnifier steady at the correct distance from the print. They should sit on the page and be used with your reading glasses.

Magnifiers for distance vision

TV magnifying spectacles

- Can be worn for outdoor viewing also.
- Approximately 2x magnification.
- Can use two eyes providing distance between eyes is in average range.
- Not suitable to use over distance glasses.
- Has adjustable focus for each eye separately.

Monocular:

- Small size, used with better eye.
- Come with variable magnification and focus range. Higher magnification gives smaller area seen so need to scan more.
- Requires practice to get skilled at moving head and monocular together.

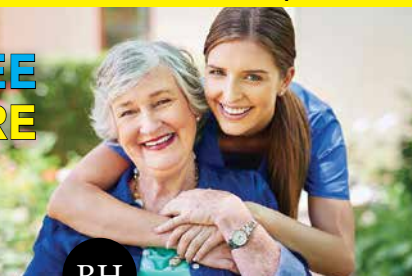
**Worried about changes in your loved one's memory or behaviour?
Struggling to care?**

TIME FOR A BREAK?

Bethany Hill Dementia Care is **certified** by Ministry of Health to provide:

Long Term Care | Day Care | Respite Care

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CALL US NOW TO BOOK



BH

BETHANY HILL
Dementia Care

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Email: admin@bethanyhill.co.nz

www.bethanyhill.co.nz



Christmas is almost here again

Age Concern Rodney

Christmas Concert

All local artists!

2pm

Monday 28th November 2022

Centrestage Theatre, Orewa



Limited number of seats. Tickets on sale October 2022

READER TIPS!

- Sometimes we need to remind ourselves that today is the tomorrow we worried about yesterday, all is well, so why worry! If you are feeling blue and don't know what else to do, think of someone else who might be as lonely as you. Pick up the phone and dial! You'll brighten another person's day, and yours too!
- "No one can make you feel inferior without your consent".
- 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!

A Little Gray Hair Is A Small Price To Pay For All This Accumulated Wisdom.

AIDS WARNING

To all of you approaching 60 or who have REACHED 60 and past, this is especially for you...

SENIOR CITIZENS ARE THE NATION'S LEADING CARRIERS OF AIDS!

Hearing Aids	Band Aids
Roll Aids	Waling Aids
Medical Aids	Government Aids

MOST OF ALL *Financial Aid* to their children!
Not forgetting HIV (Hair is Vanishing)



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



RATES REBATE SCHEME

From 1 July 22-23, the maximum rebate and income abatement threshold of the Scheme will be adjusted by increasing:

- The maximum annual rebate from \$655 to \$700 and,
- The income abatement threshold from \$26,510 to \$28,080.

These changes reflect the 5.9% movement of the Consumer Price Index (CPI) All Groups index for the 2021 calendar year.

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.

SPARK REFUNDS - can you get one?

If you're a former Spark customer and paid for a service called 'wire maintenance' whilst on a fibre or wireless connection, you may be owed a refund. Wire maintenance is an older Spark service designed to cover the cost if something goes wrong with your internal wiring. It was also identified that a small number of wireless broadband customers were charged for wire maintenance because of separate historical system errors. Spark have contacted all customers who are owed a refund; however, some former customers may have changed their contact details since then. Spark are encouraging customers who used to be with Spark and believe they paid for a Wire Maintenance service while on a Fibre or wireless connection to check if they are owed a refund by visiting refund check or by calling 123.

Are retirement villages affordable? Busting the myth!

Written by Janet Brown, Head and Heart Ltd, for the RVA

How affordable really is retirement village living? Sometimes you might hear people saying it's only for the wealthy. But increasingly those who never expected to be able to afford a retirement village unit are moving in to villages, having sold their freehold homes and freed up more capital than they anticipated. One resident at the Masonic Villages Trust's new village in Wainuiomata says "I didn't think I could ever afford it". She also didn't want to move out of Wainuiomata. When her neighbour of seventeen years opted to move into the new village under development locally she was surprised to find that she could indeed afford to buy there, and the two neighbours are now happily relocated in their local retirement village.

Nick Merritt, Operations Manager for the Masonic Villages Trust, says "Most of our residents have a property to sell, but don't have a lot of money sitting in the bank." She notes that it's important to provide a choice and options, especially in smaller towns where the property boom may have been patchier. The Trust's initial social housing for older people came into being over sixty years ago, supported by Housing Corporation loans, and underpinned by the firm conviction of the religious and welfare sector that there was a need for housing for the elderly. Those first units were one bedroom and relatively modest, but now older people expect more, which is one factor driving the development of retirement villages by charitable trusts.

About 25% of the Trust's holdings are affordable rentals, scattered across a number of villages. The Trust's recent policy of acquisition of existing villages has helped ensure that they can offer a variety of options, both geographically, and in the style and price of units. Warick Dunn, Chief Executive of The Masonic Villages Trust, notes that, for the older demographic, mobility and access is important: "People are now coming into our villages older, so design is crucial, as are aspects like double-glazing. Our facilities are now warmer and healthier than the housing our residents have come from because of improved design. These factors also increase affordability, costing residents less to heat their homes and reducing their regular outgoings.

Arvida, a large scale Retirement community operator with national coverage, is also strongly focused on providing affordable options. General Manager Sales, Tristan Saunders, says that from Arvida's perspective there are two key elements to affordability: offering a wide variety of unit types, and ensuring pricing is linked to the local residential market. Arvida offers options starting from single bedroom studios, one, two and three bedroom apartments and townhouses, all the way up to standalone two and three bedroom villas. He notes that "no one size fits all.

Affordability according to location and linked to the local residential market works because prices are set relative to the local market, and positioned to allow potential residents to realise and retain money from the sale of their original property.

This is ensured through Arvida's annual central review of prices against local markets and advice from professional valuers, and allowing scope for buyer choice. Tristan notes that, to make sure this works, "We will always lag behind the market movement, giving customers a buffer when they sell in the local market."

Generally across New Zealand, retirement village units cost around 70% of the market price of the average freehold home in their surrounding community. This indicates how when older people sell their freehold home to move to retirement village they can free up extra capital in the process, which can then be used to fund retirement living and give them choices.

Affordability, and a range of offerings, is also key to ensuring that Arvida villages reflect a cross-section of their surrounding community. Tristan explains that the Arvida design team works out what unit types will work best in a local context. He says the aim is to have as much range as possible on offer in the early stages of development, and to keep prices as affordable for entry as possible, with products and price points to appeal to a large cross section of the local community considering a retirement community.

The CEO of Howick Baptist Healthcare, Bonnie Robinson, says they focus on affordable housing options for older people because "we're here to meet the needs of vulnerable older people, and to do that you have to determine who's vulnerable and why." From Bonnie's perspective, among the most vulnerable are those who reach retirement without owning a mortgage free home. HBH has a rental village as well as its main licence-to-occupy retirement village, and is currently exploring how to provide more rental options - "we see that need just climbing, we're currently getting at least two to three enquiries about rentals a week."

These are usually from people who have been in a stable rental situation that changes, for example, they may have rented a granny flat long-term, but then the house is sold to a developer who wants them out. Bonnie notes that it's hard to assess the positive impact for residents who secure a unit in HBH's rental village: "Residents don't want to talk about money, but once they settle in you can see their health and wellbeing improving as the stress and worry disappear."

Bonnie predicts, as does Warick, that there will be an ongoing increase in the number of retirees who have no savings or resources other than national superannuation at retirement. Bonnie also expects the number who have very little margin, perhaps because of divorce, or unemployment late in life, will also increase.

The last word on affordability of retirement village living and its positive impacts goes to Ken, who moved into HBH's retirement village earlier this year after his wife died. He tells me, "I looked at all the local villages, and this felt like the best value. I saw the advert, and I had that amount of money. Compared to paying rates and maintaining a house, here it's all incorporated and cheaper. I definitely have lower outgoings here. I enjoy the company. Here, you can get a meal if you want or need one, even though you're independent. And the price I paid meant I had extra money for other activities like travel."

Editorial supplied by Retirement Villages Association



Age Concern Rodney

P.O.Box 12 Red Beach 0945

Ph: 09 426 0916

2022 Membership

January–December

ANNUAL MEMBERSHIP

Name	Individual Membership	\$25	\$
Mr./Mrs./Ms/Miss/Dr/Rev/Organization	Married / Couple	\$35	\$
Address:	Group / Organization	\$35	\$
Phone/Mobile:	Donation		\$
Email:	TOTAL ENCLOSED		\$
DOB:			

Direct Debit–Bank Details: 12 3046 0343766 00 | Reference: Your name and address

"Working together to promote quality of life for older people"

Inspired Lessons
www.evamedilek.com

ARE YOU FEELING LONELY OR ISOLATED?

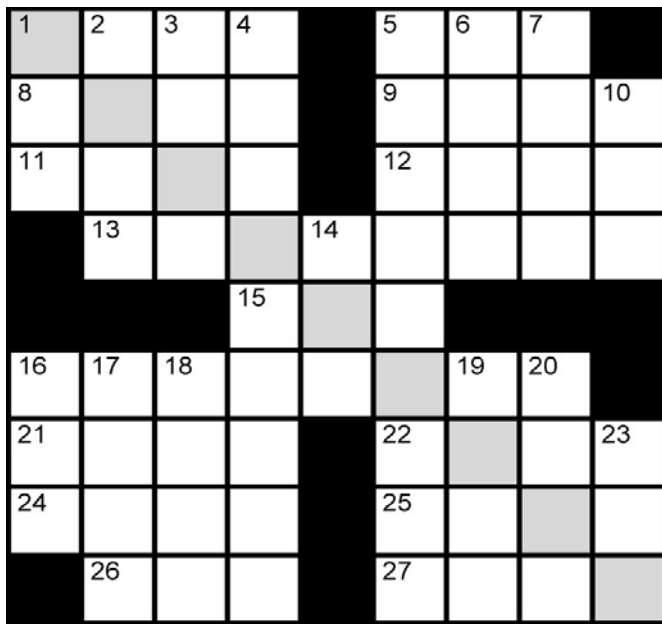
Come along to our Wednesday "cuppa" group at 1pm in the Orewa Baptist Church Café for a time of friendship and fellowship with others. Men and women are included, and you can meet and chat, bring your knitting if you like or play scrabble or rummikub and go home at 3pm feeling encouraged.



All welcome

Come and enjoy a cuppa together at no cost whatsoever. Contact Josie Crawford on Ph: 426 8850 for more information

Lovers, Painters & Writers



Across

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

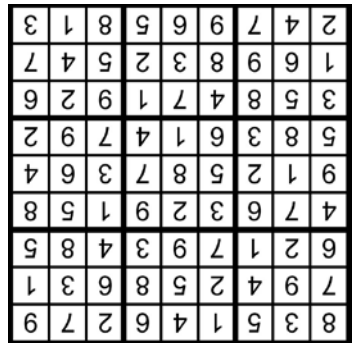
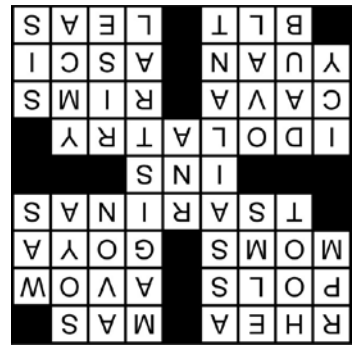
Down

- 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

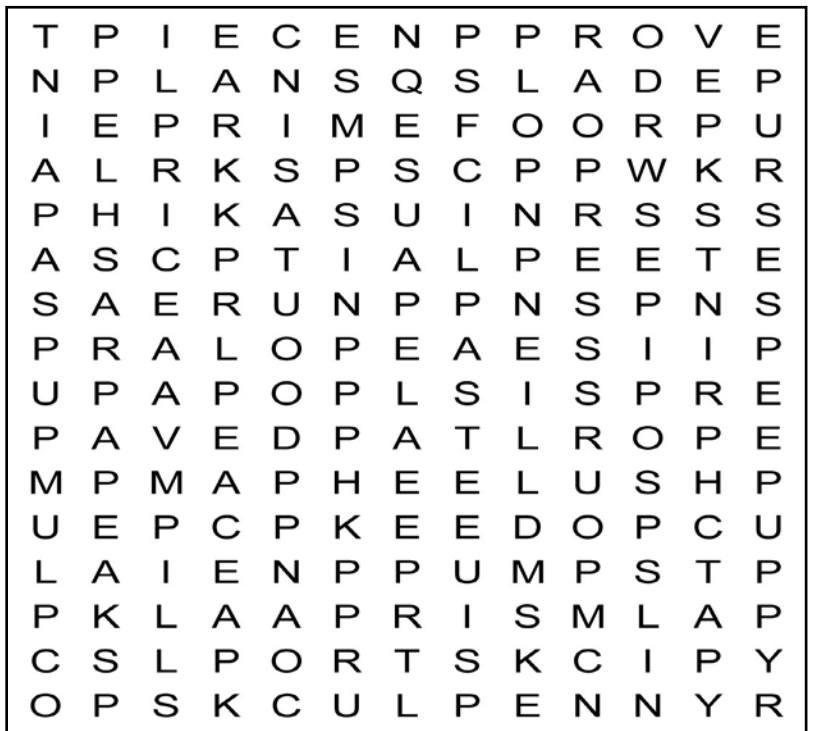
Down

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

