

SUMMER 2022 QUARTERLY NEWSLETTER

www.ageconcern.org.nz

Age Concern Rodney



**AGE
CONCERN
RODNEY**

He Manaakitanga
Kaumātua Aotearoa



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OFFICE HOURS
 10.00am - 4.00pm Monday to Friday

Age Concern Rodney Board 2022 - 2023

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Health Promotion Coordinator/
Visiting Service Coordinator: Paddy Sullivan
Shuttle Coordinator: Jill Henderson
Shuttle Drivers: Dave Walker / Craig Oscroft /
 Bobby Johnson / Gary Osborne / Daniel Hutton

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.

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 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.

Welcome to our new Chairman - Richard

I have just taken over as Chairman of Age Concern
 Rodney so this is my first correspondence to you.

Just by way of introduction, I have been a lawyer on the
 Hibiscus Coast for the last 20 years, and I am presently
 at THE LEGAL TEAM in Silverdale.

I have been the go to lawyer for Catherine at Age
 Concern Rodney for the last 15 years or there about, so
 have been quite involved with Age Concern for some
 time.

When the call went out for a new Chairman for the
 Society I had no hesitation to put my hand up to assist.

I live in Millwater with my spouse Christine Granger

who is also very community minded.

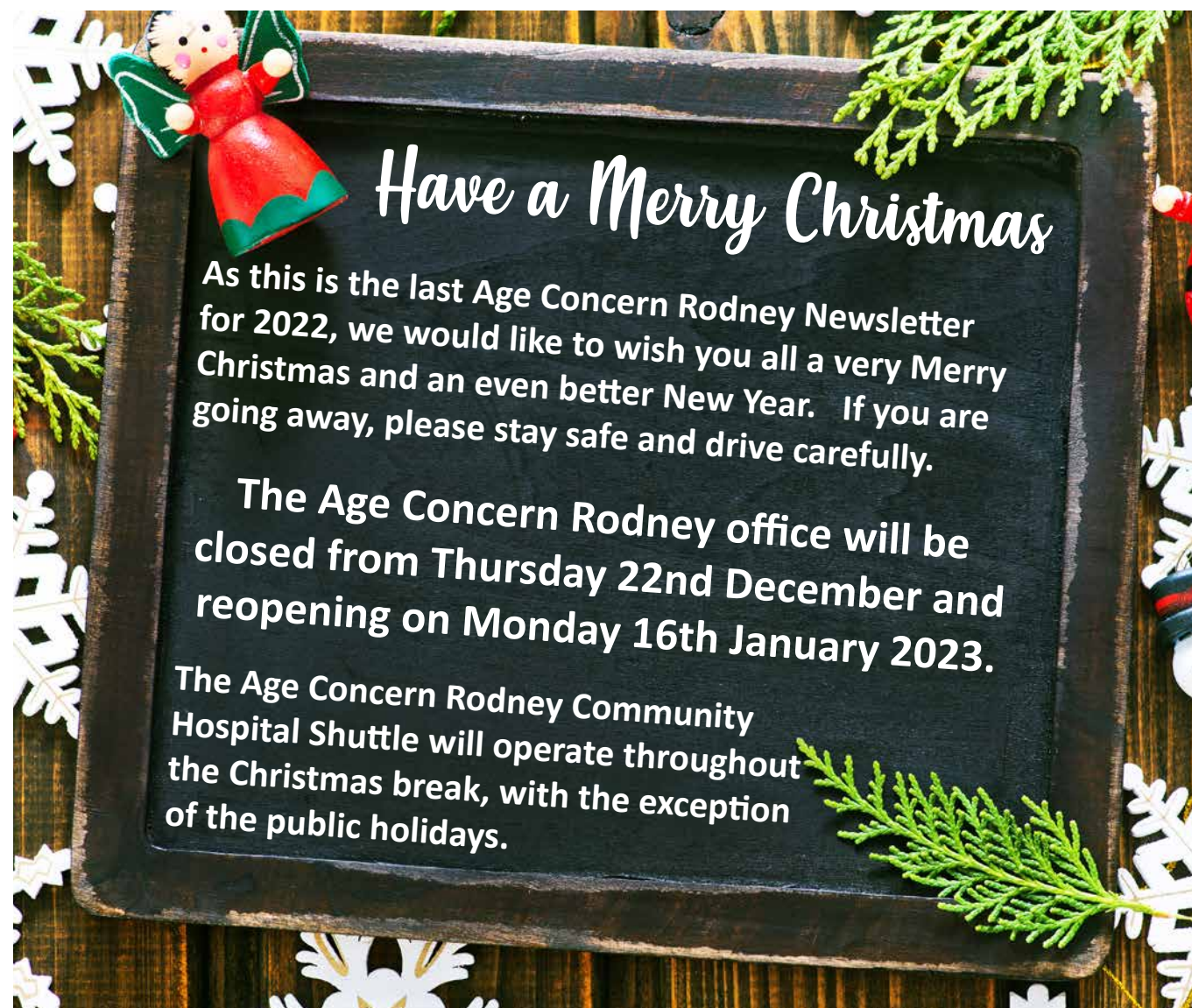
Christine and I have 5 sons and 7 grandchildren (so far)
 who keep us busy.

Christine loves theatre and is a volunteer at
 Centrestage theatre and I am also there on the board
 of Trustees.

If you bump into me please do not hesitate to make
 yourself known.

Christmas is not too far away, so to all our members,
 staff and friends I would like to wish you a fabulous
 upcoming Christmas.

Richard Worker



My MSD/Senior Services 0800 number

We know some clients are experiencing delays being able to call the MSD Seniors line. Did you know you can do a lot online?

MyMSD is a great option for some services such as:

- Checking upcoming payments
- Updating contact information
- Viewing letters
- Applying for NZ Superannuation
- Requesting help with one-off costs

Information about the services MSD offers to Seniors can be found at the Work and Income website.

If you can't find what you need online, you can call MSD. The New Zealand Superannuation team are available Monday-Friday, 7am to 6pm - 0800 552 002.

When you call, ensure to key in your 9-digit client number and answer any security questions that may be asked. This allows faster handling of your call and allows them to offer you a call back when the service is operating. The call back service provides callers with the option to either wait in the queue, or to automatically be called back by a Customer Service Representative (CSR) when their call would have been answered.

For other enquiries, such as Community Services Cards, SuperGold Cards, Veteran's Pension or how to contact MSD if you are deaf, hard of hearing or have a speech impairment, you can find the contact details on the Work and Income website.

COMMUNITY RESPONSE GROUP WHANGAPARAOA (CRGWGP)

Building a strong emergency resilient community
Our Group works closely with Rodney Neighborhood Support, other local community groups and Auckland. Emergency Management to help our community

- Learn about local hazards
- How to reduce their impact
- Improve our preparedness and
- Know each other better so we can support each other during an emergency.

Our Group has a network of local facilities call Community Emergency Hubs for use when emergencies arise.

Currently these are:

RSA, Whangaparaoa College, St Stephens Anglican Church, Manly Methodist Church, Peter Snell Youth Village.

Whangaparaoa Golf Club and YMCA Shakespeare Lodge Camp. We are flexible and adaptable with opening them as not all hubs suit all emergencies.

The CRGWGP has a local Emergency and Community Resilience Plan which we review and update regularly. The Plan helps us prepare to help each other in times of need. Our work compliments front line Emergency Response Services following an emergency event. Interested in helping build the disaster resilience of our Whangaparaoa community? Then please get in touch: orgwgp@gmail.com.

AGE CONCERN RODNEY & WEST AUCKLAND HOSPITAL SHUTTLE

The Rodney and West Auckland Hospital Shuttle's last day of operating for the year is Thursday 23rd December 2022, will resume operating on Wednesday 4th January 2023 Shuttle bookings will commence from the 4th of January 2023

For bookings or Enquiries phone (09) 426 0918 or 0800 809 342 (press 5) between 9.30 – 4pm Monday – Friday.

From all the Staff at Age Concern Rodney we would like to thank all our clients for supporting the Age Concern Rodney Community Hospital Shuttle Service. It has been a pleasure to assist our clients and illuminate the stresses that arise when trying to find transport.

From all the Board and staff at Age Concern Rodney, we wish you all a Merry Christmas & Happy New Year!



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Many thanks

Census Day is 7 March 2023

The census is a survey of everyone in Aotearoa New Zealand. It counts every person in the country, and the places where they live or stay. The census gives us the most complete picture of life around the country, and in each of our communities.

The next census is on Tuesday 7 March 2023. You can do the census as soon as you get your forms and instructions. Stats NZ will start delivering these in February 2023.

NZ Fraud Squad Scam

Recently we were made aware that a new scam is circulating. The scam involves a call from a person saying they are from the New Zealand Fraud Squad. The scammer will give seemingly legitimate details, (address, phone number) and will work to convince victims that the Police and their bank are corrupt and attempting to take their money. They advise the victim to withdraw their money from the bank and put it into their term deposits, which will then keep it safe. The scammer will even offer to come to the victim's house to collect money if they don't have online banking.

Beware of calls like this – they are a scam. If you are ever concerned that you have been scammed, call the Police and your bank immediately. They have staff that can help.

New branding for Age Concern



Age Concern New Zealand has launched new branding, but our core business of supporting older Kiwis to live their best lives will still be our 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 are getting older, living longer, and we are 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 ¼ 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.”

The new logo depicts a circle of colourful huia feathers which are a sacred treasure for Māori and symbolise leadership and mana.

Huia feathers were given as tokens of friendship and respect and traded for other valued items such as greenstone and sharks' teeth. The tail feathers were particularly revered.

This bold and contemporary design uses the individual Huia feathers to represent the mana of our elders and the leadership role Age Concern takes.

Each feather is a different colour, representing the diversity of the people of Aotearoa. At the same time, the circle of three portrays the concept of community, friendship and respect. The words ‘He Manaakitanga Kaumatua Aotearoa’ are a Māori translation for ‘Age Concern New Zealand’.

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.

Strawberry Santas

Makes: 20 Time to make: 15 minutes

Ingredients:

- 20 medium-large strawberries, hulled for a flat base
- 100g Philadelphia Light cream cheese (Note: other brands of cream cheese can be too runny for this recipe; this is the one we've found works best.)
- 4 - 6 tsp icing sugar, to taste
- 40 mini dark-choc bits or chocolate chips

Method:

Cut the top third off each berry and reserve. Stand berry bases on a serving platter. Mix cream cheese and icing sugar until smooth and creamy. Pipe or spoon 1 tsp cream onto flat berry tops. Place reserved berry tops on top. Use the smallest piping nozzle to pipe mixture onto the tip of each strawberry “hat” (pompom) and onto “chest” (button). Use tweezers to place 2 chocolate pieces onto each cream “face” (eyes). Refrigerate until ready to serve.

JOIN NEIGHBOURHOOD SUPPORT - IT'S FREE

Our members receive regular updates and reports of Property Crime happening in your area.

Why not offer to help set up a Neighbourhood Support Street group. It's easy and takes very little of your time. We provide street signs, and letterbox stickers to our members to highlight that your street has an active NS Street Group. These items are a proven deterrent to Property Crime.

For further information see our facebook page: Neighbourhood Support Rodney or website: www.nsrodney.org.nz

Email: rns.coordinator@gmail.com
Ph: 021 258 3737

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It is now illegal to ignore “do not knock” stickers

Changes to the Fair Trading Act, which came into force recently, mean door-to-door traders who ignore a ‘Do Not Knock’ sticker risk fines of up to \$30,000. In addition to imposing fines, the courts can also order the cancellation or variation of a sales agreement, as well as compensation if an uninvited seller ignores a sticker or a direction not to enter a property. “This is a great win for consumers,” said Joh Duffy, Consumer NZ Chief Executive. “We have been calling for these changes to the Fair Trading Act since 2014, when we first launched our campaign. Since then, we have distributed more than half a million stickers to consumers to keep unwanted seller away,” he said. “Over the years we have heard terrible stories of pushy salespeople hounding householders to buy products they don’t want or need. In some cases, people have even purchased products just to get rid of the seller. “We’ve also heard stories of sellers ignoring the stickers, so it’s great ignoring a ‘Do Not Knock’ sticker or instruction to stay away will now have serious financial implications for the trader on the doorstep.”

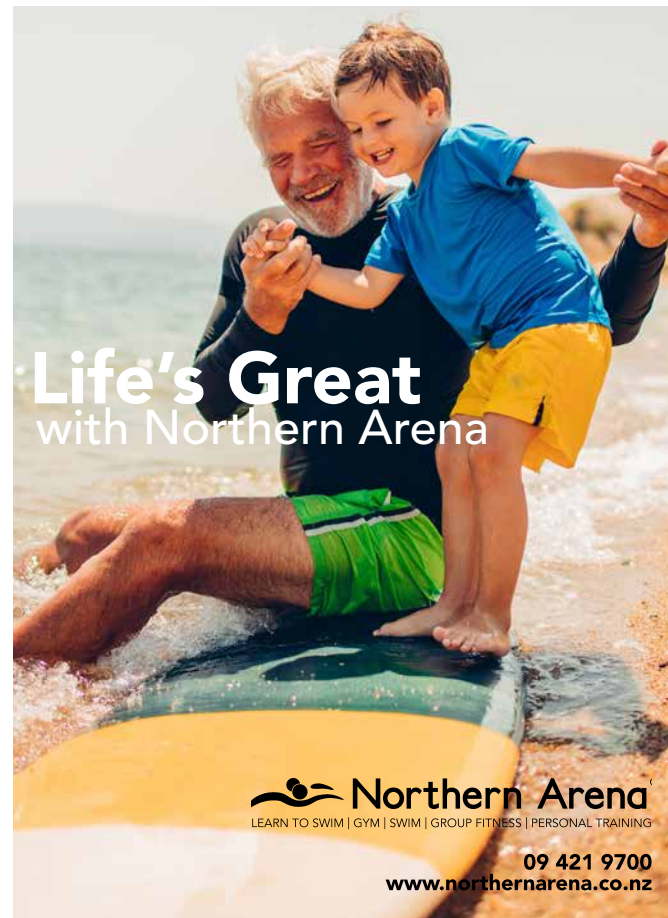
You do not need a sticker to benefit from these new consumer protections. If you tell a seller to stay away from your house, they must do as they are told for two years. If they do not do as they are told, or they ignore your sticker, you can complain to the Commerce Commission.



Six Little Stories with Lots of Meanings

1. Once, all the villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one little boy came with an umbrella. **That is faith.**
2. When you throw babies in the air, they laugh because they know you will catch them. **That is trust.**
3. Every night we go to bed without any assurance of being alive the next morning, but still we set the alarms to wake up. **That is hope.**
4. We plan big things for tomorrow despite zero knowledge of the future. **That is confidence.**
5. We see the world suffering, but still, we get married and have children. **That is love.**
6. On an old man’s shirt was written a sentence “I am not 80 years old; I am sweet sixteen with 64 years of experience.” **That is attitude.**

Have a happy day and live your life like these six stories. Remember – good friends are the rare jewels of life, difficult to find and impossible to replace!!



Cycling for Seniors

As more older kiwis are finding freedom on two wheels, cycling-related injuries for those aged over 65+ have increased according to Accident Compensation Corporation (ACC).

New figures from ACC show injuries among this group have increased by more than 100% in five years – from 2256 in 2016 to 4526 in 2020. Cycling claims overall have risen by 30% in this time, reaching a five-year high in 2020 of more than 36,000.

ACC injury prevention leader James Whitaker said ACC wanted people to continue to ride bikes but wanted them to be safe while doing so.

He said it was important for all road users to look out for each other and give each other space, so everyone felt comfortable. There were several things’ cyclists could do to help themselves keep safe.

“This could mean taking a moment to get the basics right, like checking you’ve got the right safety gear and that it fits you properly, or taking time to practice in a quiet, traffic-free area,” he said.

“If you are getting into e-bike riding for the first time, we would recommend taking a course – e-bikes are very different to traditional bikes.”

Cycling Action Network project manager Patrick Morgan is also a tutor at adult cycling training programme Pedal Ready and said more people were rediscovering the convenience, freedom and joy of riding a bike.

“The current generation of over-65s are much more inclined to get on their bikes,” he said. “Riding a bike has incredible health benefits – it cuts your risk of heart disease and diabetes and improves mental health.

Cycling is the new golf.”

The development of e-bikes, which flattens hills and defeated headwinds, had contributed to increasing cycling numbers, he said.

These are some of the top tips from the Cycling Action Network:

- Make sure your bike is in tip top shape. Get a mechanic or skilled friend to check it over
- Get the skills you need. Join a club, ride with experienced people, or take a class such as Bike Ready
- Choose streets and trails that are right for your skill level
- Nothing in life is without risk. Ride within your abilities.

Read more on the Cycling Action Network by visiting their website.



Property and Belongings

Property crime can have a devastating impact. Here are some simple steps you can take to make your home and property as safe as possible:

Always lock your car, motorbike, bicycle or other vehicles. A car alarm, steering lock, or good quality chains are extra deterrents too. Ideally keep all vehicles in a garage or out of sight.

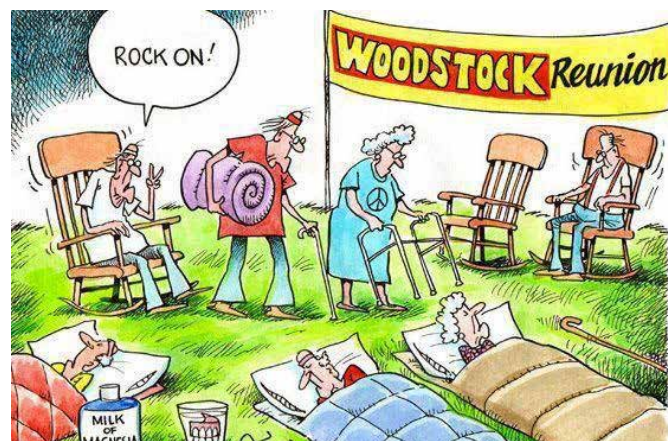
When out and about, keep your belongings secure and close to you. Separate your house and car keys, especially if you have an address on the key ring.

Don't provide places for burglars to hide - keep bushes and trees trimmed.

Don't answer the door for someone you don't know or don't want in your home. Ask for identification if they say they represent a company. If you're outside for an extended time, e.g. in the garden, lock your front door.

Keep valuables out of sight - if it can be seen, it can be a target. Keep receipts, warranties, valuations, and serial numbers in a safe place. Take photos or videos of jewellery, art and other precious items.

Secure your doors, windows, sheds and garages with good quality locks. Install security stays on windows, especially those on ground level.



Little Lemon Cheesecakes

Ingredients

- 250 grams cream cheese softened
- 280g jar lemon curd
- 200g packet Butternut Snap or Round Wine biscuits
- 250 grams fresh strawberries halved

Instructions

1. Line 10 holes of a muffin tray with paper shells. Place a biscuit, flat-side down, into each.
2. In a large bowl, using an electric beater, beat cream cheese and lemon butter until smooth and velvety. Spoon the mixture evenly across the 10 biscuits.
3. Freeze for at least 3 to 4 hours. To serve, remove the paper shell and garnish each with strawberries.



I finally did it!

Bought a new pair of shoes with memory foam insoles.

No more forgetting why I walked into the kitchen.

A daily Inspiration:

If we ever have a golden age, it will be because golden hearts are beating in it.

[From Wings of Silver.]

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?

If you answered yes to any of these things, then you should come along to our FREE driving refresher course for seniors!

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!



Check medications before driving

“Mixed Driving” is combining prescription medications together, or with, alcohol or illegal drugs, and then driving. It can cause a significant increase in crash risk and is often done without realising.

Medications covers a broad range of substances including prescribed medicines, those you might buy over the counter in a pharmacy, and other substances with potential medicinal properties related to traditional healing.

Impaired driving is when your body or emotions have been affected. It is always illegal to drive when impaired, whatever the cause might be (i.e. substances, illness, injury).

All medications have the potential to cause impairment, but some medications are more likely to cause impairment than others. They include:

- strong painkillers
- heart medication
- sleeping tablets
- addiction treatment
- anxiety medication
- anti-psychotic medication
- depression medication
- allergy medication
- epilepsy medication
- nausea medication

The most common form of mixing is when alcohol is mixed with medication. Mixing can increase your risk of a fatal crash from impairment by 23 times. If you are within the legal limits for alcohol consumption, but you are impaired due to other substances, it is illegal to drive.

What you can do:

- Always tell whoever is giving you medications what medications you are already taking so that they can correctly assess the chances of you becoming impaired.
- Always tell whoever is giving you medications if you drink alcohol or take illegal drugs.
- Health care professionals will usually tell you if they think you are likely to be unsafe to drive, but it is also a good idea to get into the habit of asking.

You can find support:

- Talk to a nurse by calling Healthline (available 24 hours), phone 0800 611 116
- Talk to a counsellor by calling the Alcohol and Drug HelpLine (available 24 hours), phone 0800 787 797
- Find out more about being safe on the Drug Foundation website <https://bit.ly/3fb4Mv6>
- Mixed driving brochure is here: <https://bit.ly/3gHlpxU>

Safe medication practices vital to ensure safety and wellbeing of older people



The Aged Care Commissioner Carolyn Cooper is calling for patients, families, whānau, caregivers, communities, healthcare workers, and providers to show their commitment to safe medication practices for older people.

“Older people are significant users of high-risk medications. Many medications have associated risks that need to be managed and mitigated with good medication management policy and staff training,” says Ms Cooper.

The World Health Organization’s call for action to KNOW, CHECK, and ASK to ensure medication safety is simple. Before giving medication, healthcare workers and providers should KNOW the medication, CHECK for the right patient, medicine, route, dose, and time, and ASK the patient if they understand.

Ms Cooper says it is critically important that aged residential care facilities have appropriate systems in place to ensure nursing staff administer all medications correctly, and for medication errors to be identified and followed up quickly.

About the Mobility Parking scheme

CCS Disability Action has been providing the Mobility Parking permit scheme since 1977. The scheme supports people with mobility impairments to travel more freely within their communities and is currently used by over 150,000 Kiwis.

As a mobility parking permit holder, you can park in designated mobility parking spaces. These are wider than standard parking spaces (making it easier to get in and out of a vehicle with a wheelchair or mobility aid) and are located closer to services and facilities.

The permit also allows the permit holder to park in some regular parking spaces for longer than the designated time. This varies depending on where in New Zealand the permit holder lives.

When you park in a metered park, or in a pay and display zone, and display your mobility parking permit, you can pay for one hour and get an additional 30 minutes (minimum) free. This is a concession that acknowledges that people with mobility issues can take longer to get back to their vehicle.

Who can use disabled parking NZ?

If you have a temporary disability such as a broken leg you can apply for a short term mobility permit for 3 to 12 months. A short term permit costs around \$35. You don't have to be a New Zealand resident to be eligible for a Permit.

If you clearly displayed your valid Mobility Parking Permit and you were not in breach of the conditions of your permit (eg, you did not stay in the car the whole time) you can dispute the infringement with the authority which issued you the infringement.

If your permit was displayed clearly at the time, it's a good idea to take a photo (one which includes a date/time stamp). Write them a letter or send an email to the address on your infringement notice well before the due date of your infringement, stating why you should not have to pay the infringement. Include your photo as evidence.



More information about this is on the CCS Disability Action website.

Do something today that might just save your life!

Free bowel screening now available across New Zealand.

Bowel screening is now being offered to men and women aged 60 to 74 years right across Aotearoa. Screening as part of the National Bowel Screening Programme is free for those who are eligible, as are any follow-up tests or treatment.

Approximately 500-700 cancers are picked up each year through the programme, and thousands of polyps which might have become cancer are removed.

The bowel screening test is quick and simple, and done at home. People are sent an invitation letter, a consent form, and a free bowel screening test kit.

The National Bowel Screening Programme uses a faecal immunochemical test (FIT). It can detect tiny traces of blood present in a small sample of person's bowel motion (poo). This may be an early warning sign that something is wrong with their bowel.

A positive test result does not necessarily mean a person has bowel cancer. Small amounts of blood in a bowel motion are most commonly caused by polyps, or other minor conditions such as haemorrhoids (piles), which can easily be treated.

A positive test means further investigation is required. This will usually be a colonoscopy (an internal examination of the large bowel with a small camera on a flexible tube).

Screening is for people who do not have symptoms of bowel cancer. Anyone with symptoms should see their doctor. Common symptoms of bowel cancer may include:

- A change to normal bowel habit that continues for several weeks.
- Blood in the bowel motion.

Although these symptoms are usually caused by other conditions, it's important to get them checked by a doctor.

More about the National Bowel Screening Programme can be found by ringing **0800 924 432**.

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.

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

The youth can walk faster but it is the elder that knows the road

~African proverb~

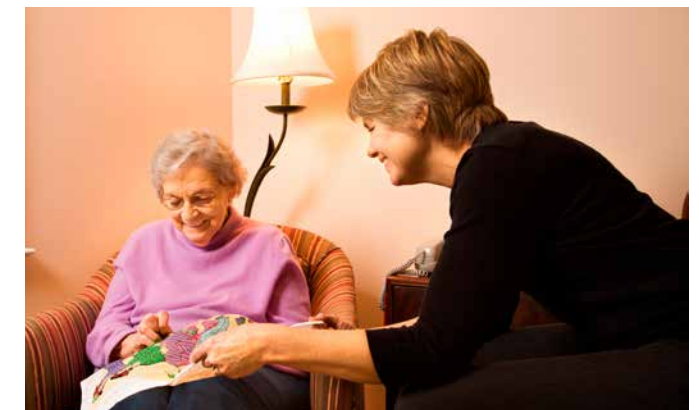
SPREAD A LITTLE SUNSHINE!

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,

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Retirement villages sector launches most significant reform in a decade

New Zealand's retirement village sector has unveiled major changes to the way the industry operates in the most significant voluntary reforms to the industry since legislation was passed in 2003. Among the key changes is a requirement that operators pay interest on outstanding capital sums if a former resident has not been repaid within nine months of leaving a unit. In addition, all operators are being asked to stop charging weekly fees once a unit is terminated and vacated.

Members of the Retirement Villages Association (RVA), which represents operators comprising over 95 per cent of all units including not-for-profits, independents and listed village operators, have approved the changes, which will be trialed for 12 months as part of the organisation's best practice guidelines. The reforms will be voted on at the RVA's AGM next year, and if passed, will become part of the Association's best practice requirements that members' performance will be audited against.

The RVA has also committed to asking members to amend Occupation Rights Agreements (the contract between an operator and resident) to eliminate any perceived unfair clauses. These include clearly setting out responsibilities for repairs and maintenance of operator-owned chattels.

The sector's best practice disclosure guidelines regarding residents' transfer to care will also be recommended to be incorporated into the Retirement Villages' Code of Practice. Furthermore, if a resident is moving from a village without the necessary level of care and needs funds to pay for residential care costs in another facility, village operators will take all reasonable steps to assist them to get a residential care loan from the Ministry of Social Development. If a loan is not possible, the operator will advance sufficient funds to cover the residential care costs with the advance secured against the net proceeds when they are paid out to the former resident.

"Retirement village living is one of the country's most popular housing options with more than 100 New Zealanders moving into a retirement village every week and independent research shows overwhelming satisfaction rates," says Graham Wilkinson, President of the Retirement Villages Association. "However, we have always accepted the need for improvements to the sector's consumer protections regime where they are feasible and make sense.

"Developing and enforcing industry best practice is a more effective and fairer way to resolve these issues rather than legislative upheaval for the sake of it. Our industry's Blueprint is clearly delivering positive outcomes for residents across New Zealand." The sector accepts it is only fair that village operators share some of the pain where a relicensing of a unit takes over nine months, although research shows this was less than 10 per cent of all relicensing in 2021, he says. "That's why we are trialling having members pay interest on any repayment over nine months. This has the benefit of not penalising efficient operators, which a mandatory deadline would do, while encouraging others to up their game."

Stopping weekly fees when residents leave units has

already been adopted by the six largest corporate operators and larger independents and dozens more operators will now follow, says Mr Wilkinson. "The operators that do charge fees after a resident leaves are generally smaller or regional operators that simply cannot afford to cease this practice. Operators who are not responsible for the sale of the residential unit or independent owned villages with fewer than 50 residential units will also be exempt from the changes if the business risks failing."

Other changes include clarification on the maintenance of chattels and upgrades of units to meet the Government's Healthy Homes standards. "All of these changes are a continuation of the steps we have already taken to improve our policies and practices such as appointing former MP Hon Jo Goodhew to the RVA's Executive Committee as an independent member to bring older peoples' views to the table.

"We're prepared to explore other changes, but want to see a more evidenced-based approach before making decisions. "For example, an industry ombudsman may be a good idea, but our initial trialling of a de-facto dispute resolution service suggests the need is extremely low, if at all. "Standardised contracts may be helpful, but what's more important is clarity, communication and the ability for village operators to offer differentiation and innovation, not the lowest common denominator. There's a very real risk that innovation will be stifled if contracts are essentially a template."

The RVA is concerned about the negative unintended consequences of imposing changes to the sector's commercial model, says Mr Wilkinson. "Villages are extremely long-term investments and operators need certainty before they can invest. Developing and fully licensing a village requires substantial capital and takes typically around 5-8 years, and many further years before any cashflow return is received. "If there is any possibility of allowing an adjustment of commercial terms in the future, operators will think twice about future investment."

The sector is also confident residents' needs were generally catered for when they moved into care, he says. "87 per cent of residents moved seamlessly from the village to care. Of the 13 per cent who moved to another facility in 2021, four per cent was because there wasn't the right level of care available in their home village, two per cent needed to make a temporary move because a bed wasn't immediately available, and seven per cent moved away for personal reasons. "This shows that very few residents in villages have trouble moving to care where it is in a village."

"Clearly, it is in the interests of all operators to relicense units as quickly as possible. No operator wants a long drawn out process," says Mr Wilkinson.

Note: the RVA's Executive Director is willing to visit branches to outline the proposals and how they impact on residents and operators. This presentation is available entirely free of charge, but we will need an audience of at least 30 people to justify the costs of travel.
Contact John on 021 952945 to find out more.

Supporting people who go missing



Are you, or someone you know, concerned about getting lost or going missing when out and about in the community?

The good news is you are not alone, and there are lots of things you can do to reduce the risk of going missing, while still maintaining your freedom to live a healthy active life in the community.

The Safer Walking Framework, an initiative delivered by Land Search & Rescue New Zealand, aims to support, educate and reduce the risk of people getting lost or going missing due to cognitive impairment.

The Safer Walking website has a wealth of information, including different tools, ideas and strategies that

can be tried to reduce this risk, from completing a Safer Walking Profile to things you can try in the home environment. The website also includes links to relevant websites and organisations that you may find helpful to contact for support and advice.

Land Search & Rescue has also produced a video series of New Zealanders telling their own stories of going missing. The stories show how having plans and making use of technology, like Global Positioning System (GPS) location devices, can enable people at risk to be out and about, while providing peace of mind for their whānau if they go missing.

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

Health Quality and Safety Commission/Partners in Care have developed 2 new resources below to help plan for your next hospital or health care visit.

These resources are available in many languages and formats for accessibility (like easy read, NZSL videos and audio versions). If you prefer a hard copy, phone our office on 578 2631.

Let's plan for your next health care visit | Me whakamahere i tō toronga haumanu hauora

This resource is to help you plan your next health care visit. Planning and asking questions will help you understand more about your health and treatment for an illness or injury. Your doctor, nurse and others included in your health care want you to ask questions to help you make decisions together.

www.hqsc.govt.nz/resources/resource-library/lets-plan-for-your-next-health-care-visit

Let's plan to leave hospital | Me whakamahere i te wehenga i te hōhipera

Hospital staff want you to leave feeling well informed and with answers to any questions you may have. This sheet will help. Some things may have already been discussed with you and won't be relevant. There are spaces if you or your whānau want to make notes.

www.hqsc.govt.nz/resources/resource-library/lets-plan-to-leave-hospital



FIVE WAYS TO WELLBEING

CONNECT

TALK & LISTEN, BE THERE, FEEL CONNECTED

Give

Your time, your words, your presence

TAKE NOTICE

REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

KEEP LEARNING

EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

BE ACTIVE

DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

© MENTAL HEALTH FOUNDATION OF NZ 2019



WE LOVE OUR JOB

With many years of experience working in funerals, it is safe to say that the Windsor Funerals team love our job.

As a NZ-owned and independent funeral company, we can create a unique farewell experience without the need to meet sales targets or corporate quotas. We cater for all family requirements, faiths, and nationalities and spend the time assisting you to create a service that honours and celebrates life.

These days, families have so many choices and whether you want a small and intimate service or a large-scale or traditional funeral; our highly experienced team will be able to support and guide you through the process of creating the perfect farewell for your family member.

We are small enough to attend to every detail and large enough to deliver the highest level of customer care, giving you and your family the best experience, you could hope for.

We look forward to supporting you and your family when you need assistance with a funeral.

Phone us today for advice on how we can help you

(09) 477 2433



editorial supplied by Windsor Funerals

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The care you deserve at a price you can afford.

Tough decisions are made easy with Windsor Funerals so call us today on (09) 477 2433 for an information pack or a no obligation chat with one of our team.

Cremation packages start at \$2200 gst inclusive

editorial supplied by Windsor Funerals

Nutrition



Nutrition and physical activity continue to be important as we grow older. A healthy combination of good food and exercise can delay or even reverse many of the problems associated with ageing, helping older New Zealanders to continue living independently and enjoy a good quality of life.

To help you feel at your best:

- Eat a variety of foods. Have at least three meals every day. Include plenty of different vegetables and fruits
- Maintain a healthy weight. If your weight is a little low, have a snack between meals
- Have at least 6-8 glasses of fluids each day, such as water, tea, coffee, and low fat, calcium enriched milk, unless recommended otherwise by your Doctor
- Try to be active every day

Important nutrients for older adults

The recommended intake of a number of nutrients is greater for older people than for younger age groups. As older people often think they need less food than younger ones, it is important to focus on the nutrients noted below. It can be difficult to get all the nutrients you need if food intake is small, so having at least three meals and between meal snacks and keeping an eye on any weight changes is important.

Protein

Provides energy and is also essential for the repair and maintenance of body tissues. Aim to have at least 1-2 serves per day of protein-rich foods from the lean meat and alternatives food group. These include lean red meat, fish, chicken, eggs, legumes (peas, beans and lentils), nuts and seeds.

Calcium

An essential nutrient as we grow older. A good intake of calcium can help prevent osteoporosis and fractures. Milk, yoghurt, cheese and other milk products are the

best sources of calcium, aim for 3 serves each day. However, many other foods contain calcium, including calcium-fortified soy milk, tinned fish (with bones), certain nuts including almonds, brazil and hazelnuts, legumes, tofu and wholegrain breads and cereals. Enjoy a milky Milo or coffee, some yoghurt, cheese, milk-based puddings, sauces and soups at least once a day to improve your calcium intake.

Vitamin D

Has an important role in bone health as it helps our bodies to absorb calcium from food. However, it is very difficult to get enough Vitamin D from your diet alone. The best source of Vitamin D is sunlight. Try to get out in the sunlight for at least 30 minutes a day, before 11.00am and after 3.00pm. Foods rich in vitamin D include oily fish, eggs, lean meat and dairy products. If getting enough sun is difficult for you, discuss taking a Vitamin D supplement with your Doctor

Folate

Is thought to help reduce the risk of illnesses such as heart disease and even some cancers. Not having enough folate may eventually lead to a type of anaemia called macrocytic anaemia, which can make you feel weak, tired, irritable and possibly give you palpitations. Include plenty of whole grain breads and cereals, dark coloured vegetables, fruit and legumes in your diet. When you go shopping, look for orange juices and cereals that are now fortified with folate.

Vitamin B12

Is needed for normal blood and brain function. Deficiency can produce a variety of symptoms, including pale skin, low energy, tiredness, shortness of breath and palpitations. The majority of our vitamin B12 comes from animal foods, such as meat, eggs and dairy foods or vitamin B12 fortified foods. Have at least 1 serving of either lean meat, chicken, fish or eggs each day and at least 2 servings of milk or dairy products each day.

If you think you might be going short of any of these nutrients, or want to avoid eating any specific foods, ask your Doctor for advice.

Preventing constipation

Constipation can be caused by certain medications, not being very active, not drinking enough or not eating enough high fibre foods

- Eat plenty of high-fibre foods like fruits and vegetables (preferably with skins on). Kiwifruit and prunes, legumes, wholegrain or wholemeal breads and cereals are good sources of fibre
- Have at least 6-8 glasses of fluids a day, including water, tea, coffee and milk to help the fibre work effectively
- Keeping active every day will help

If constipation persists, talk to your Doctor or Pharmacist.

Ideas for gaining weight and improving appetite

It is important to maintain a good weight as you age. However, eating alone, ill-fitting dentures or poor teeth, illness, difficulty shopping, being on a tight budget and some medications are factors that can leave you without much of an appetite. Talk to your Doctor or a Dietitian if you are concerned you aren't eating or drinking enough, or if you are losing weight.

- Small meals and snacks can be more tempting than being faced with a huge plate of food. Try scrambled eggs, creamed corn or baked beans on toast, creamy soups, a bowl of fruit topped with yoghurt or ice-cream. If you don't feel like cooking yourself, try some of the ready meals that are available in the fridge and freezer sections at the supermarket and delicatessens. Many companies in New Zealand also offer meal delivery services
- Include high energy snacks in your diet. Try having

a snack from the milk, yoghurt and cheese food group

- Try adding extra milk powder to milk and milky drinks, such as tea, coffee and hot chocolate, porridge and creamy soups. This will give you extra protein and calcium without adding bulk
- Enjoy a pudding or dessert every day
- Use standard homogenised milk (with the dark blue cap)
- Try having your main meal in the middle of the day as you'll have more energy to prepare and eat your meals. Save the dessert to have with your lighter evening meal

The eating environment

The environment in which we eat affects our appetite. If you are preparing meals for someone who is not eating well, consider the following:

- Add a table cloth or flowers to a table, and make sure suitable cutlery is available for the meal being served
- We eat with our eyes, so always consider adding a garnish to make a meal as appealing as possible. For example, a piece of parsley or slice of tomato can transform the visual appeal of a pale coloured meal, such as fish pie or macaroni cheese
- Seasoning food is important to stimulate the appetite. Use a little iodised salt in cooking and avoid using salt at the table, and you can use herbs whenever possible to add extra flavour and interest. Make pepper, sauces and chutneys available on the dining table
- Eating with others helps to make a meal more enjoyable, so try to eat with those living alone from time to time and encourage them to join lunch clubs.

For more information on nutrition and older adults visit the NZ Nutrition Foundation website

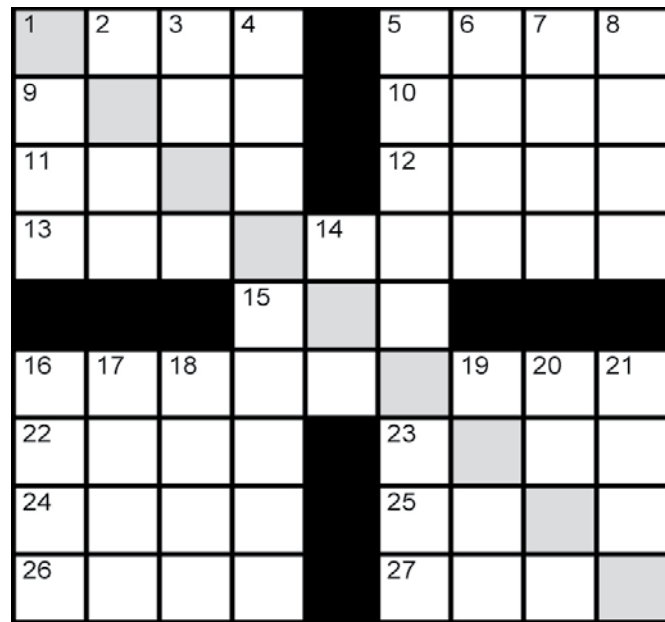
Life Tubes

A Life Tube can speak for you when you can't. This is a special tube which contains vital personal information for emergency services in case of accident or illness. Life Tubes are small sealable plastic containers, with a form inside you can use to communicate any medical conditions, doctor and next of kin contact numbers to be used by emergency services coming to your aid in a medical or civil emergency.

Keep inside your fridge and emergency personnel are trained to look inside! Existing clients please check your records are up to date.

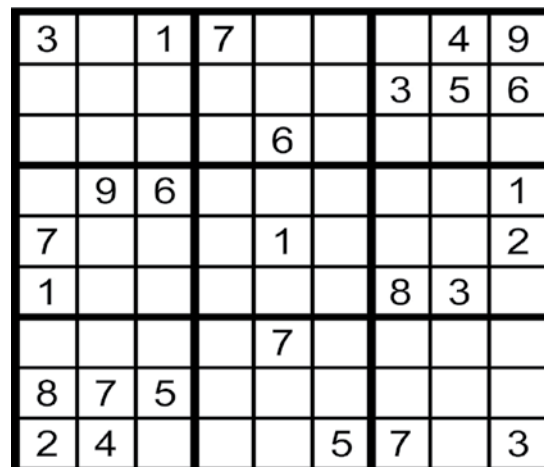


To Build



- Across**
- 1. Bivouac
 - 5. Hat-tipper's word
 - 9. Frost
 - 10. Clearasil target
 - 11. "Green Gables" girl
 - 12. "Darn it all!"
 - 13. Population statistics
- Down**
- 15. Hog's home
 - 16. Look at something again
 - 22. Approximately
 - 23. Twofold
 - 24. All over
 - 25. Killer whale

- Bamboo
- Blue vanda
- Cinnamon
- Cockleshell
- Crested snow
- Easter
- Egret flower
- Foul giant
- Foxtail
- Fried egg
- Ghost
- Grass pink
- Halloween
- Holy ghost
- Marsh
- Masdevallia
- Moth
- Noble rock
- Nun
- Phaius
- Showy tiger
- Slipper
- Spider
- Vanilla



- 26. College bigwig
 - 27. The bulk
- Down**
- 1. Neighbor of Libya
 - 2. Top-rated
 - 3. Educator Horace
 - 4. Push, in a way
 - 5. Fate of one with a cause, perhaps
 - 6. Antioxidant berry
 - 7. Poker pot starter
 - 8. Military meal
 - 14. "___ be my pleasure!"
 - 16. Start of many Hope/Crosby film titles
 - 17. Coastal raptor
 - 18. Floating, perhaps
 - 19. Continental currency
 - 20. Pouches
 - 21. Bed board



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

ORCHIDS



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.*

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

Winter Energy Payment

The Winter Energy Payment has ended for this year. You will have received four days of Winter Energy Payment with your 11 October 2022 payment.

If you have any concerns about how you'll manage without it, there may be other ways Work and Income can help. Use the online eligibility tool to check what you might be able to get or call the Work and Income Seniors team on 0800 552 002. Everyone's situation is different, so they're always happy to talk with you.

If you qualify for the Winter Energy Payment next year, you'll get it automatically from 1 May until 1 October 2023.

“ A smile is a curve that sets everything straight. ”

Phyllis Diller

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



Physical Activity

Staying active is important when you're getting older (including if you have health conditions). Regular physical activity can improve your health and wellbeing, and make it easier to perform daily tasks.

Summer is a good time to start a new activity – most of us feel more motivated in the warmer weather to get up and get moving.

Physical activity is any movement of the body that uses energy. It is important to be as physically active as possible and limit sedentary behaviour.

You should aim for a mixture of aerobic, resistance, flexibility and balance activities.

Joining an exercise group is a wonderful chance to meet new people and create new social connections.

Remember

- Speak to your doctor before starting or increasing physical activity
- Start off slowly and build up to the recommended daily physical activity levels

Recommendations for older adults

1. Spend more time being physically active and less time sitting down

Do lots of daily physical activities such as:

- walking to the shops
- vacuuming
- gardening
- washing the car

Any level of physical activity is better than doing nothing!

2. Aim for at least 30 minutes of aerobic physical activity on 5 days each week. Aerobic activity makes your breathing and heart rate increase.

Some examples of aerobic activities to increase your heart rate and breathing include:

- brisk walking
- ballroom dancing
- cycling
- kapa haka
- lane swimming
- playing with grandchildren
- kilikiti.

Do 60 minutes aerobic activity on 5 days each week for additional health benefits and to lose weight.

3. Aim for 3 sessions of flexibility and balance activities, and 2 sessions of resistance activities each week (in addition to the aerobic physical activity). Doing exercises that strengthen your leg and core muscles and improve balance will reduce your risk of falling. Evidence shows that exercise classes designed to improve strength and balance reduce the risk of falling by up to 30%.

Some examples of resistance, flexibility and balance activities include:

resistance (for muscle and bone strength):

- o carrying shopping
- o standing up and sitting down repeatedly
- o weight training

flexibility (for easy movement):

- o stretching
- o gardening
- o yoga
- o pilates
- o balance (to prevent falls):
- o bowls
- o modified tai chi
- o standing on one leg
- o yoga.

Community Strength and Balance Programmes aim to identify and approve community based exercise classes that reduce the risk of falls and increase balance and strength for older adults. Classes range from gentle chair based exercise, tai chi, yoga, dance, boxing, energetic aerobic and traditional weight bearing classes.

For more information on Community Strength and Balance exercises you can visit www.livestronger.org.nz



Source: www.health.govt.nz; www.livestronger.org.nz

The good old days

It is for all people born before 1945.

"We are the survivors! Consider the changes we have witnessed!

We were born before penicillin, before polio shots, frozen food, plastic, contact lenses and Frisbees.

We were born before credit cards, laser beams and ballpoint pens. Before tights, dishwashers, clothes dryers...and before man walked on the moon.

We got married first, and then lived together. How quaint can you be? In our time, closets were for clothes, not for 'coming out of.'

Designer jeans were scheming girls called Jean, and having a meaningful relationship meant getting along with our cousins.

We thought fast food was what you ate during Lent. We were before house husbands, gay rights and computer dating.

We were before day care centres and group therapy. We never heard of FM radio, tape decks, electronic typewriters, artificial hearts, word processors, yoghurt and guys wearing earrings.

For us, time-sharing meant togetherness, a chip meant a piece of wood, hardware meant hardware and software wasn't even a word!

Back then, 'Made in Japan' meant junk, and pizzas and instant coffee were unheard of.

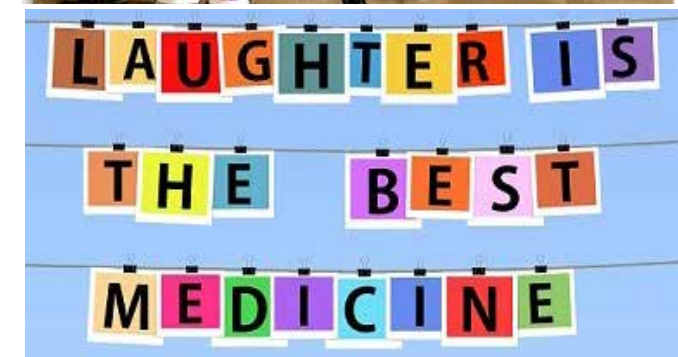
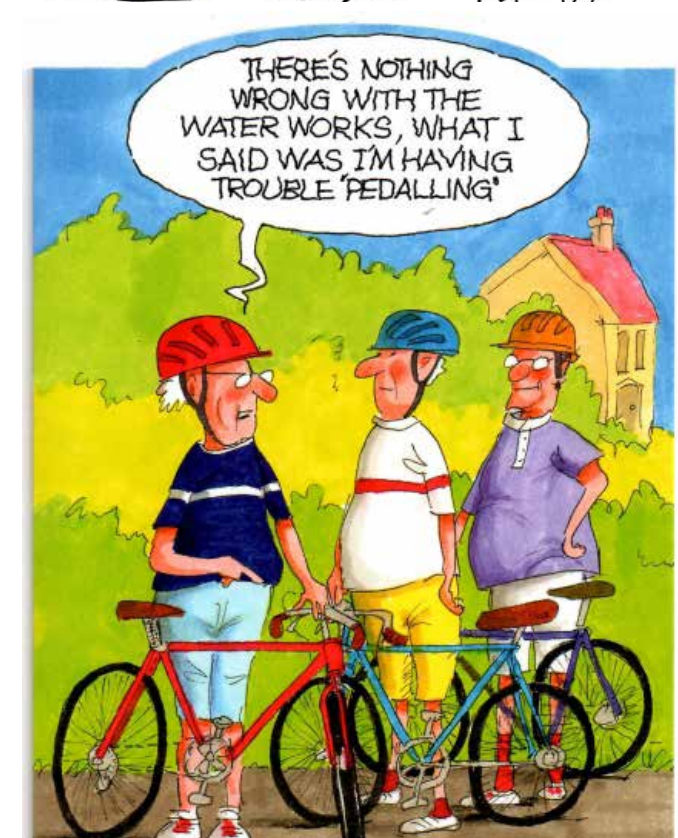
In our day, grass was mowed, Coke was a cold drink and pot was something you cooked in. Rock music was a grandma's lullaby and Aids were helpers.

And we were the last generation that was so dumb to think you needed a husband to have a baby.

No wonder we are so confused and there is such a generation gap today.

But we survived"

"from the Northern Outlook"





Age Concern Rodney
P.O.Box 12 Red Beach 0945 | Ph: 09 426 0916



2023 Membership January–December
ANNUAL MEMBERSHIP

Individual Membership	\$30	\$	Married / Couple	\$35	\$
Group / Organization	\$40	\$	Donation		\$
TOTAL ENCLOSED \$					

Name:

Mr./Mrs./Ms/Miss/Dr/Rev/Organization

Address:

Phone/Mobile:

Email: DOB:

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

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



Thank you for being a member of Age Concern Rodney.
We have found it necessary to increase our membership fee from \$25 to \$30. This will allow us to continue our full range of services.

Urgently Needed

**Gardners, Cleaners and Home Help
to join our Skills Bank. If interested Please
Phone Age Concern Rodney 09 426 0916**