

AUTUMN 2023 QUARTERLY NEWSLETTER

www.ageconcern.org.nz

Age Concern Rodney



**AGE
CONCERN
RODNEY**

He Manaakitanga
Kaumātua Aotearoa



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 0800 809 342 (press 5)

OFFICE HOURS
 10.00am - 4.00pm Monday to Friday

Age Concern Rodney Board 2022 - 2023

Chairman: Richard Worker
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Treasurer/Financial Adviser: Caroline Gilmore
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Office Receptionist: Tania Henderson
Health Promotion Coordinator/
Visiting Service Coordinator: Paddy Sullivan
Shuttle Coordinator: Jill Henderson
Shuttle Drivers: Dave Walker / Craig Oscroft / Bobby Johnson / Gary Osborne

Our Services

Hospital Shuttle: Throughout Rodney and West Auckland to out-patient appointments at North Shore, Waitakere Hospital, Auckland/Starship Hospital, & Greenlane Clinic Centre.

Elder Abuse & Neglect: For information, support or education.

Hireage: Wheelchairs and Walkers available for short term hire.

Advocacy: Advocacy for our members.

Skills Bank: Database of gardeners/cleaners/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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Message from the Chairman

Happy New Year to you all.

This is my first report as Chairman. I hope you all had a good Xmas and New Year break. I also hope you have all kept safe and have been able to stay connected to your loved ones. If you need support please remember to reach out to our staff at Age Concern Rodney.

At Age Concern Rodney we are always looking at ways to enhance the services and support we provide. I'd also like to remind you that we have free copies of Eldernet's "Where from here He ara whakamua" handbook, available for you at our office. The handbook has essential information for seniors including looking after your mental and physical wellbeing, getting help at home, how to care for carers, setting up Enduring Power of Attorney, accessing financial assistance and staying safe from scams. It also lists all residential homes in the region and specifies the level of care each one provides, and highlights home help providers and day programmes across Rodney. If you are interested in getting a copy, as well as being available from our office, the handbook can also be picked up free from many libraries, RSAs and Citizen Advice Bureaus or you can call Eldernet on 0800 162 706 to request a copy.

As I close, once again, please remember to get in touch if you need our help.

Richard Worker | Chairman, Age Concern Rodney.

Nuisance – call screening offers peace of mind from phone scams

Over the last few years, the number of phone scams victims have grown considerably with some people losing thousands of dollars after falling for the seaming legitimate ruses. Many of us are avid landline users, and many of those who have fallen victim have been seniors.

Get your privacy back and only talk to people you want to.

Spark has a premium cordless phone with nuisance call screening, answer machine, and Bluetooth contact synchronising with your mobile phone.

Call Screen automatically prompts unknown callers to record their name before your phone even rings. This blocks most annoying calls because scammers, unwanted business callers, and auto-dialling machines either can't or won't record their name. This means your phone won't ring.

If the caller records their name, it's announced when you answer, so you can decide to accept or block the call. You can have peace of mind that you're in control.

The Call Screen Twin Cordless Phone is available for \$139.99 at all Spark stores, over online chat, over the phone by calling 123 or online at spark.co.nz/callscreen

You do not have to be a Spark customer to use Call Screen. However, you will need to ensure you have a landline plan with a telephone provider and the caller display network feature.

Remember, if anyone asks for your banking or credit card number, hang up!



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AGE CONCERN RODNEY & WEST AUCKLAND COMMUNITY HOSPITAL SHUTTLE



Happy New Year to you all, we hope you had a lovely time with your family and friends.

Due to the terrible weather conditions in January, roads going North of Orewa had been closed, enabling the shuttles to provide the much needed service. The weather conditions made it difficult for our drivers to make sure all our clients got to and from their appointment safely.

A Reminder: For all shuttle bookings there is a minimum requirement for shuttle bookings, 3 working days' notice. If you receive an appointment in advance, please book your seat on the shuttle as soon as possible. Maximum booking is preferred.

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Need a hand? Services we offer:

- **General Home Help** - dusting, polishing, tidying, bed making, bathroom, stove tops, microwaves, vacuuming, all floors and wet areas mopped, Rubbish taken out.
- **Laundry** - colours sorted, washing done, hung on line, dried, folded and put away.
- **Meals** - shopping lists, meal planning, food preparation, cooking, company while eating, washing up and kitchen left tidy.
- **Shopping** - driven to local shops, accompanied while shopping, bags carried, unpacked and put away. Or if preferred we will shop for you, bring home and put away.
- **Sleep Over's** - support worker to sleep in the house for a 8, 10 or 12 hour period to ensure your safety.
- **Driving** - to appointments, Doctors, Hospital, Hairdresser, etc.
- **Morning Care** - help to get out of bed, showering, drying, dressing, grooming, ensure breakfast is eaten and hot drink given.
- **Evening Care** - ensure evening meal is eaten, undress, leave bed turned down, check house is locked up and secure.
- **Medication** - support workers are not authorised to give medication but they are able to remind you to take them.
- **Companionship** - need someone to pop in and check on you, read the newspaper to you, go for a walk, chat for a while, or even treat you to a day out occasionally.
- **Spring Clean** - this can be negotiated and arranged at any time.
- **Respite Care** - does your carer need a break, support worker to stay while carer is away.
- **Full Time Care** - 24/7 care can be provided. Special packages can be worked out individually.

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Overhaul on the cards for Inheritance Law

New Zealand's inheritance law could be in for a shake-up to bring the distribution of assets on death in line with modern day attitudes and values and have regard for tikanga Māori.

A lot has changed since the mid-1960s when it first came into being and the existing law has failed to keep pace with the diversity of today's family living situations.

The new inheritance (Claims Against Estates) Act would direct how an estate is distributed if a person dies intestate or without a will. It would also uphold a surviving partner's right to a division of relationship property and give family members and partners the right to challenge a will by providing clarification of the legal test for when and how, certain family members can claim against an estate, despite the will or intestacy laws.

The court would be able to recover property that has been passed to a third party when someone dies if the estate no longer has sufficient property to fulfill other successful claims made against it.

The Government will decide what, if any, of these changes will be enacted.

This far out, the area of inheritance law seems uncertain, but what we can be sure of is the Government's focus on this space is certain to bring about change.

Regardless, in our view having a robust will and/or family trust continues to provide comfort and certainty your wishes will be carried out and your assets distributed accordingly. It also minimizes any chance of claims being made against your estate.

Family Violence Regulations coming into effect.

The Residential Tenancies Act 1986 was amended in 2020 to enable tenants to withdraw from a tenancy by giving at least two days' notice to a landlord where a tenant has been a victim of family violence during their tenancy. The written notice of at least two days to end the tenancy must be accompanied by qualifying evidence.

Qualifying evidence of family violence: this can be a statutory declaration from the withdrawing tenant, a copy of the first page of a Protection Order, a copy of a Police Safety Order, a copy of a charging document relating to family violence against the withdrawing tenant, or a written statement (such as a letter or email) or statutory declaration from a person specified as able to provide evidence of family violence (see the website for list and approved notice form).

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




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.

REQUIRED PLEASE BOOKS / WOOL

Drop off at the Age Concern Office or phone (09) 426 0916



Scammers convince 82-year-old to buy nearly \$40k of Neosurf gaming vouchers from service station.



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Advance Care Planning

Advance care planning is the process of thinking about, talking about and planning for future health care and end-of-life care. It is about identifying what matters to you.

Advance care planning is a voluntary process and is an opportunity for you to discuss what is important to you, what concerns you, to better understand your health and explore your treatment and care options.

Your advance care plan can be verbal or written. We encourage you to write down your care preferences and to share this with the important people in your life and your healthcare team so that everyone understands your wishes.

Your advance care plan can outline what matters to you and how the people who care about you can best support you in the future, particularly if you cannot speak for yourself.

An advance care plan can include how you would like to be cared for in later life, things you might like to consider are:

- What matters to you
 - o What makes you happy
 - o How you like to spend your time
 - o What hobbies and interests you have
 - o What routines you like
 - o What is meaningful to you
 - o Your cultural, religious, and spiritual rituals or beliefs
- What worries you when you think of the future
- Why you are making an advance care plan
- How illness may change how you live your life, your independence, and what you may need to plan for
- How you would like to make decisions, who will make decisions on your behalf (Enduring Power of Attorney), and how involved you want your loved ones to be.

An advance care plan can also include how you would like to be treated at the end of your life:

- What things you would like done to make you comfortable when you are dying

- o Pain relief and other medications for breathing and nausea
- o What you consider quality of life
- o Other comforts you may want
- o Where you would like to die
- Whether you want treatment to be focused on keeping you alive as long as possible, keeping you comfortable, and if you have signed a Do Not Resuscitate (DNR) form
- Your wishes for after death
 - o Whether you want to be an organ and tissue donor
 - o Whether you would like to be buried or cremated
 - o Your funeral wishes
 - o Your final resting place
 - o Where to find your will, financial records, and other important documents

You can find more information on advance care planning on the Health Quality & Safety Commission website - www.hqsc.govt.nz/our-work/advance-care-planning/.

They also provide templates and guides for creating your own advance care plan.

The Whenua ki te whenua is a document developed to help support your conversations before completing an advance care plan, you can download it from the www.hqsc.govt.nz website or ask your GP if they have a physical copy.

Please share your completed advance care plan with your GP, nurse or specialist, EPOA or nominated spokesperson and your whanau and loved ones.

Source: www.ageconcern.org.nz

Realized I had to use the bathroom.

Got up and walked across the house, to the pantry.

Couldn't remember why I was in the pantry. Remembered I had to use the bathroom.

Walked across the house to the bathroom.

Sitting on the throne I remembered why I went to the pantry ... Toilet paper.

Health Promotion

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

As defined by the World Health Organisation (WHO)

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

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

- Services for Seniors
- EPOA
- Residential Care Subsidy/Loan Transition to care.
- Caring for someone with Chronic illness
- Impact on Carer.
- Demystifying to Dementia.
- Advanced Care Planning.
- Life without a car.

Contact Office: 09 4260 916

Email: hp@ageconcernrodney.org.nz

Need a photo ID?



You can add a photo to your SuperGold Card with the help of your local AA. This could be useful if you don't have a current form of photo identification, such as a driver licence or passport.

To arrange for a photo to be added to your SuperGold Card, visit your nearest AA Driver and Vehicle Training Licensing outlet with your card, along with three forms of identification that verify your name and date of birth, plus evidence of your address (e.g., your rates form, power bill, or bank statement).

The AA will send your photo to the SuperGold Card head office who will print the photo on the back of a new SuperGold Card. It will then be posted back to you.

All for FREE. No appointment necessary.

TOMATO & BASIL SOUP (Serves 4)

- 2 x 400g cans crushed tomatoes
- 1 can water
- 1 clove of garlic, crushed
- 1 tablespoon each: brown sugar, sweet chilli sauce
- 1 teaspoon dried basil or 1 tablespoon chopped fresh basil
- 2 tablespoons each: onion soup mix, tomato soup mix (I used Maggi)
- 1/2 cup water



Method:

1. Bring the tomatoes, the can of water, garlic, brown sugar, sweet chilli sauce and basil to the boil.
2. Combine the soup mixes with the half cup of water. Stir into the tomato mixture and simmer for 5 minutes

Very easy, quick and delicious

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Dessert | 15 mins Serves 16

Black Forest Chocolate Truffles

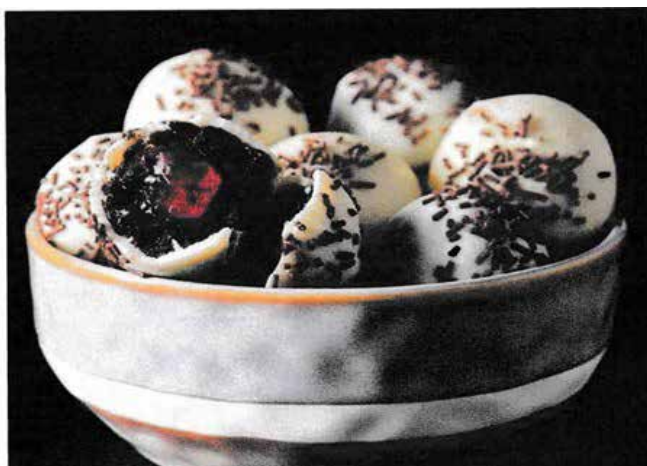
This dessert recipe is super simple and also simply delicious! Using a classic chocolate mudcake as the base, these Black Forest Chocolate Truffles are sure to be a favourite with friends, family and whānau.

Ingredients

Chocolate mud cake (approx. 320g) - 1/2
 Cream cheese, soft - 2 Tbsp
 Glacé cherries - 200g
 White chocolate melts - 200g
 Chocolate sprinkles, to decorate - 2Tbsp

Method

Step 1: Line a baking tray with baking paper.
Step 2: Crumble the cake into a bowl. Add cream cheese and stir well to combine until the mix holds together, adding more if necessary.
Step 3: Roll into walnut-sized balls. Press a cherry



into the centre of each and re-roll to cover. Place onto the prepared tray and freeze for 30 minutes.
Step 4: Melt the chocolate melts in a small bowl. Dip each ball into the chocolate to coat, allowing excess to drip off. Decorate with sprinkles and place back onto the tray to set.

FREE STAYING SAFE REFRESHER COURSE FOR OLDER DRIVERS



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!



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!

Total Mobility Scheme

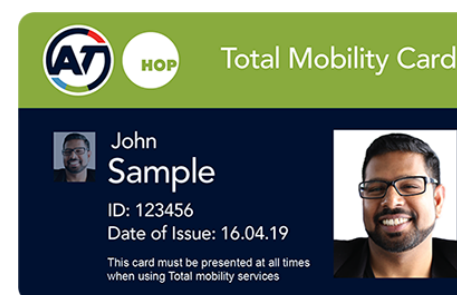
What is the total Mobility Scheme?

The Total Mobility scheme is a national scheme which supports people who cannot use public transport to travel, all or some of the time.

In Auckland, those who are eligible get a subsidized rate (a 50% discount, up to a maximum subsidy of \$40 per trip) on contracted taxis for door to door transport, and an accessible concession loaded on a Total Mobility AT HOP card used to pay for discounted travel on public transport.

For information about travelling outside of Auckland or visitors to Auckland with the scheme, see our guideline for Total Mobility travel (<https://www.at.govt.nz/bus-train-ferry/accessible-travel/total-mobility-scheme/guidelines-for-total-mobility-travel/>).

Who is eligible for the Total Mobility Scheme



If you are an Auckland resident/ratepayer with an impairment that prevents you from undertaking one or more

of these aspects of a journey:

- Getting to a public transport stop.
- Getting onto the bus, train or ferry.
- Riding safely and securely.
- Getting off the bus, train or ferry.
- Getting to your destination.

You may qualify for the Total Mobility scheme.

For a child, eligibility see our guidelines for Total Mobility travel (<https://www.at.govt.nz/bus-train-ferry/accessible-travel/total-mobility-scheme/guidelines-for-total-mobility-travel/>).

Wheelchair Accessible Vehicle Fund Policy (<https://www.at.govt.nz/media/1986571/wheelchair-accessible-vehicle-fund-policy-2021-2022-year.pdf>).

Age Concern Rodney has a trained assessor for the Total Mobility Scheme.

Please contact 09 - 4260 916, 021 425 820.

Reputation is everything for Freedom Drivers Hibiscus Coast

Bill Richardson is the owner of Freedom Drivers Hibiscus Coast. Bill brings his experience in nursing and volunteering with the Cancer Society as well as his energy and enthusiasm for assisting our clients with their travels and transport. Bill has been building his reputation across the Hibiscus Coast over the past three years and has become well known for going the extra mile. "Bill runs a good ship" said one client, "I know I can rely on Bill", said another.

Feel confident and independent without any worries. Want to give Bill a try? All new clients receive a 'first time discount'. T's & C's apply.

Freedom is a personalised service. Prices are comparable to (and often less) than a standard taxi. We take Total Mobility cards (TM) and are ACC Registered Vendors.

Call Bill now on 09 216 5916 or 021 041 9486

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www.freedomdrivers.co.nz

Renewing your Driving licence after 75 years of age



This is something we all become a little nervous about as we head to 75 for our first real test of how well we are driving on the roads. The volume and speed of the traffic have increased substantially since most of us started driving and it can become a little daunting to be out there on busy roads that are no longer as familiar as they used to be. However, we are made of grit and determination and want to retain our well-deserved independence but there may come a time when driving is not the safe and even comfortable option for some of us any more.

Six weeks out from your 75th birthday you will be sent a renewal form together with a blank medical certificate which you need your doctor to fill in. The majority of people at this age fly through with perhaps the need to have their driving glasses up dated and maybe a caution to drive at the less busy times of the day.

At this time, or when you go back at 80 and every 2 years after that, the tests can become a little harder. You may be advised to go to the AA for a refresher lesson or a driving test. Phone 0800 223 748. You may also be asked to do a memory/cognitive test with a nurse to help the doctor understand your mental

capabilities to be on the road. The majority of these tests are handled with empathy and kindness but there have been reports of more heavy-handed attitudes toward older folk going through this process. Always ask to see another doctor or call us at the office for advice. It is also a very good thing to ask a friend or family member to be with you so there you have support.

Resources

For copies of the New Zealand Transport Agency Medical Certificates for driving assessment, phone 0800 822 422 ext. 8089.

The New Zealand Transport Agency has many downloadable resources on its website for older people including Renewing driver's licences at age 75 and over, supporting older drivers, keeping moving, a guide to the on-road safety test and how to use a mobility scooter or power chair safely. See www.nzta.govt.nz/resources

To find the nearest occupational therapy driving assessment service, contact Enable New Zealand at 0800 171 981 or the New Zealand Association of Occupational Therapists at (04) 4736510. Occupational therapist driving assessment Patients may

be referred to a specially trained occupational therapist for a driving assessment if a GP is unsure if they are medically fit to drive.

The assessment consists of both off-road and on-road testing. As part of the off-road assessment, the occupational therapist will check vision, range of movement, strength, sensation, coordination, judgement, memory, directional orientation, movement and decision-making times, cognition and comprehension and knowledge of road rules and signs.

Occupational therapists trained in driving assessments are skilled in distinguishing between driving behaviours that are existing routine habits, and those that are the result of a medical condition, especially where cognitive impairment is evident and/or there is a physical deficit. If a patient's off-road testing is satisfactory, the occupational therapist will proceed to an on-road test. This may include driving on both urban roads and highways, driving through controlled and uncontrolled intersections, parking and manoeuvring. The occupational therapist will send a report to the GP who requested the assessment, with a recommendation as to whether the patient is medically fit to drive. The GP then makes the final decision as to whether a medical certificate is issued. Most occupational therapists undertaking driving assessments work in private practice. A full off-road and on-road assessment can cost between \$380 and \$550 with the average being around \$400 to \$450. This also includes the presence of a driving instructor, whose role is to risk manage the drive and intervene, if required.

Losing your Licence

By contacting Age Concern, you can be put in touch with Total Mobility Services which offers vouchers and discounts for taxi fares.

If a mobility scooter seems a good idea there are many available second hand, so use Trade Me or a reputable dealer.

Our bus service is growing and the bus drivers are 90% considerate and lower the bus to make it easy to step on and they have strict instructions not to drive off until you are seated.

Not having the independence to zoom around in your car can be traumatic but quite a lot cheaper. It's a time when you may need to reach out a bit more to friends and family.

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

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.

Retirement villages v rest homes

Are you thinking it's time to downsize but feeling confused about what downsizing might look like for you? Or about the difference between a Retirement Village and a Rest Home?

Whatever your next step might be, it's important you know that a Retirement Village and a Rest Home are very different and cater to different needs.

A Retirement Village is designed for seniors who are choosing to downsize and who are still be able to live independently or semi-independently. Many villages offer a range of accommodation as well as shared common areas and a range of activities.

A Rest Home is designed for seniors who are no longer able to care for themselves at home and who have higher medical needs. In New Zealand, you can't choose to go into a Rest Home. You will need to be assessed as requiring care at a level that cannot be provided to you in your home.

Many Retirement Villages offer a 'continuum of care', meaning that you can purchase an independent unit now but, if your needs or your health changes, you can transfer to a unit which is either semi-independent or which provides rest home or hospital level care.

As a first step, identifying what your needs are and what's important to you will be crucial. Do you feel that now is the right time to downsize or have your health needs changed to the extent that you require assistance? What do you need versus what would you like? Are you independent or do you need more help? Do you want to be part of a large village, or would you prefer a smaller, more intimate setting?

Having an idea of what is important to you, both now and in the future, will make it easier for you to find an option that best meets your needs, but has as many of the things you would like as well.

It's also important that you understand what the costs will be to you whether you are living in a Retirement Village or a Rest Home. Will you need a Residential Care Subsidy or Loan, or will you need to fund your costs privately?

When you are making a decision about your next step, it's important you get good advice from a team who understand Retirement Villages, Rest Homes and the costs involved so you feel confident in the decisions you are making. Please contact us at Age Concern Rodney 09-426 0916 and we will find the best solution to meet your needs.

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.

Age Concern Rodney has an accredited visiting service whereby trained care volunteers are matched with an older person wanting a visitor.

Please contact
Age Concern Rodney
09-426 0916 or
visiting@ageconcernrodney.org.nz.

Companionship and Activities for Seniors

Hibiscus Coast Visually Impaired Club (VIP)

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

Selwyn Centre Group

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

Warkworth

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

CMA

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

Stanmore Bay

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

Platinum Community Care

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

**Are you
aware!**

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

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

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

Clutter: why it's so bad for us

Clutter is a strange concept, not something we wish for yet too often live with as an ever-present background that we're unable to divest ourselves of. If we do manage to clear out our clutter, too often it returns within a very short time. And here's the thing: clutter is seriously not good for us, impacting on our mental and physical health, and our relationships, in ways you may not realise. That's why we're going to examine this social nuisance and what we can do to control it. In this first of our 'Clutter' series, we'll take a close look at its adverse effects on us.



Clutter-the-stressor

Stress is no fun, and can be linked to a number of health issues including high blood pressure, anxiety, depression, skin problems and arthritis. A regular cause of stress is time pressure that hits hardest when we find ourselves taking more time than is necessary to do simple, everyday tasks. Whether it's hunting for your glasses, car keys or the dog's lead, something that should take seconds can take minutes or hours! It's the same with a computer search. If you didn't file a document or photo when you created or downloaded it, you can end up spending days searching for it and resentful of the time it's taking. Clutter is a major contributor to the lack of easy access to those items regularly needed, and can send the stress hormone cortisol raging through your body.

Home alone – with your clutter!

You know what it's like. You want to invite friends over for coffee, or organise a dinner party. Cooking, if you can find the ingredients in the clutter of your pantry, is the least of the work involved. It's the time it takes to clear the sofa, coffee table, bench, entrance and guest bathroom that's the killer. That's why those with cluttered homes often eschew company – it's just too hard to make space for friends to call. Clutter can even be the reason why family and friends would rather stay away even if you do get around to inviting them over. Your home has ceased to be welcoming. Unfortunately, such contact, especially as we age, is so important for

keeping minds sharp. If you surround yourself with clutter, you're setting up the perfect context for social isolation.

Workplace danger

You'd be up in arms if your place of employment was cluttered to the point you tripped over items or stumbled as you moved around them. Yet your own home is where you 'work' each day. Whether you're using your floors as storage space, or items fall from over-cluttered surfaces, you run the risk of injuring yourself as you carry out daily tasks.

Relationships

Clutter is seriously inconvenient. If it wasn't, more people would be able to park their car in the garage! While you may be able to tolerate clutter, your significant other may not. Clutter impinges on relationships, too, taking the romance out of the bedroom (if you can manage to find the bed!) No relaxing by sharing a long hot shower when clutterers can and do use the space for storage. Forget dining together (where did the table go, honey?) or heading out to enjoy some exercise together (have you seen the bicycle pump/tennis rackets/day packs ...) If you want your relationship to thrive, clutter won't help.

These examples of clutter impacting on health and relationships are only the tip of the iceberg. Maybe it's time to reach out and ask friends and family to help you cope to rejuvenate your health and well-being and make your relationships blossom.

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

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editorial supplied by Windsor Funerals

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

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Census Day is Tuesday, 7 March 2023.

Census is a nationwide survey of everyone and every dwelling (places where people live or stay) in Aotearoa New Zealand. The information is used by community, iwi, councils, businesses and government to make decisions that affect you, your family, and your community. The census is so important that your response is required by law.

For help or to ask for information in different formats please visit the census website www.census.govt.nz or call the census helpline free, on 0800 CENSUS (0800 236 787). You can call us 7 days a week from 8am to 10pm.

If you speak a language that is not English, then you can ask for someone who speaks te reo Māori, Samoan, Tongan, Mandarin, Cantonese, Korean, Hindi, or Punjabi. You can also contact the helpline using the NZ Relay service which is also free. Find out more about the NZ Relay service by visiting www.nzrelay.co.nz.

What formats do you have available?

We have copies of the census questions available in:

- Braille
- Audio
- Large Print
- New Zealand Sign Language (NZSL).

An Easy Read guide to the census is available in an A4 booklet, in English or Māori. A copy of the Easy Read booklet can be sent to you, or you can download this from the census website www.census.govt.nz.

Audio files can be listened to on the census website in MP3 file or sent to you on a CD or USB stick.

When should I complete my census forms?

You can complete your census forms as soon as you get them. Please fill them out either on or before Census Day, Tuesday 7 March 2023.

You can still fill out your census forms after Census Day. Whenever you fill out your census forms, you do this for where you are staying on the night of Tuesday, 7 March 2023.

How can I complete the census?

You can complete your census forms online or on paper. Please write your answers in either English or te reo Māori. You can ask for support to fill in your census forms.

To complete the census online you will need a private access code that is located on a letter that your household will receive in the mail or from a census collector delivering census packs in your area in February

If you would prefer to receive an access code by text (SMS), please call 0800 CENSUS (0800 236 787) to ask for a new one to be texted to you, or complete an online form at www.census.govt.nz.

Not everyone will receive paper forms in the mail but you can order them if you prefer to complete the census on paper. We have Large Print forms available in English, and standard print forms in English, as well as bilingual forms that have Māori and English side by side. Please order paper forms by phoning the helpline 0800 CENSUS (0800 236 787) or complete an online order form at www.census.govt.nz.

Your privacy

Your information is protected by the Data and Statistics Act 2022 and the Privacy Act 2020. Stats NZ keeps your

information safe and secure. We do not share your personal information with other agencies, and you cannot be identified in any of the data that is published after the census.

New Zealand Disability Survey

After the census, a sample of disabled and non-disabled people will be chosen to take part in the 2023 New Zealand Disability Survey (the last Disability Survey was held in 2013). You will be contacted by Stats NZ in August 2023 if you have been chosen to take part.

Getting help to complete census

Locations in your local area may be able to provide support to you and provide internet access so that you can complete the census online.

Visit your local Citizens Advice Bureau, Library, Age Concern or Senior Net office, Deaf Aotearoa office or Disability Information Centre for help to complete your census online. (Note: These locations will not have paper forms available)

In addition, there will be specific events that are run by census staff along with a community host, such as a marae or community centre. (Note: These events will have paper forms available.)

Thank you

Thank you for taking part in the census and making sure that everyone counts.

FREE HOME SAFETY CHECKS

This is a free service provided by our local Rodney Fire Stations Staff.

They will check the placement and condition of any existing smoke alarms, change batteries and offer any other Home Fire Safety advice relevant to your home They can fit a 10yr smoke alarm if you do not already have one.

Please contact your local Fire Station or Age Concern Rodney Office on 09-426-0916



History of Aprons - poem by Tina Trivett

I don't think most kids today know what an apron is. The principle use of Mom's or Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses and aprons used less material. But along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids.

And when the weather was cold, she wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, she walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.

Mom's and Grandma's used to set hot baked apple pies on the windowsill to cool. Her granddaughters set theirs on the windowsill to thaw.

They would go crazy now trying to figure out how many germs were on that apron.

I don't think I ever caught anything from an apron – but love.



The importance of getting legal advice before moving into a retirement village

[Editorial supplied by Retirement Villages Association]



Anyone planning to enter into an occupation rights agreement (ORA) for a retirement village must receive independent legal advice before signing - and Christchurch-based legal specialist Kate Warren recommends doing so early in the process.

"It's something you are required to do under the Retirement Villages Act so you might as well make the most of that and get good advice early on," says Kate, a senior associate, property and personal law, with legal firm Tavendale and Partners.

"I cannot emphasise strongly enough the importance of fully understanding the terms of an ORA.

"Thinking about selling your family home and moving may be stressful and receiving legal advice can help people to feel more in control and confident in their decision. I love doing ORAs, getting to work with members of our elderly community and ensuring they have the information they need to make the best decisions for their future."

Kate says the terms in an ORA can vary quite significantly between villages, so it is critical to go through all the terms and conditions and consider what each will mean.

"The village sends the ORA to us and we go through it and send the client a summary of the key points. They can then reflect on that and people will often write notes all over it. Then they come in and we go through all the key terms with them and discuss any questions or concerns they have.

"People generally go away to reflect on that and if they decide to go ahead, they come back and we witness them signing the ORA. They then have a cooling off period of 15 days to cancel without any repercussions.

"Some villages also give a 90 day period from moving in, to exit if you decide it is not for you, but that is village-dependant. It is so important to understand the terms of the individual ORA because if you don't and want to exit after the cooling-off period that can have significant financial implications."

Kate says the first questions people ask are often about the financial aspects of the ORA.

"People are understandably very cost conscious. They have worked very hard for what they have. We go through all the costs of the individual ORA with them, the initial entry

payment, the weekly costs, the deferred management fees and transfer and marketing costs.

Kate says the deferred management fees vary between villages but it's usually 20 to 30 per cent of the occupancy advance/entry payment that you pay when you move into your unit.

"Some villages have fixed fees but others don't so people need to be aware about what the policy is in the village they are considering and may need to factor potential for change into their budgeting.

"You also need to be mindful of the continuum of care. For instance if a couple move into a village but one later needs more care. If that isn't available at that village, they might have to move to a facility in a different village that may not be easy for their partner to visit, especially if they don't drive. If you then have to move to be near your partner, that can have a financial effect through paying the deferred management fees.

"We make sure people are very well-informed. For instance, what level of care is provided in the village, is there a rest home, hospital or psycho geriatric care, and if they need to transfer to a care facility, will they have priority access to an available bed?

"For some people, knowing they can have visitors to stay or if they can take their pets with them to the village is important.

We also ensure people know they can't make alterations or additions to their village home and cannot rent it out to anyone else, the ORA is personal to the resident."

Undertaking a lot of ORA work means Kate frequently works with elderly people who are facing major life changes.

"We see a whole range of people and situations. Some people have lost a partner, some have been quite isolated. Some are excited about the social aspects of moving into a community but some people may be reluctant.

"It is beneficial for people to have the support of family and often people will factor proximity to their children into a decision - but it is important for us to make sure it is what that person wants and needs and to ensure the village they choose offers the level of care they will need going forward.

"Often people first come to us because they are considering selling the family home and then come to us for the ORA. It works very well to be handling both because, for instance, if the family home is in a trust most villages do not allow for the purchase of the occupation right through a family trust. So, we can work through what needs to be done around that and also align the settlement dates.

"Moving home is never easy but getting sound advice from a lawyer does help reduce the stress and provides people with trust that they will be looked after properly."

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

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.

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.

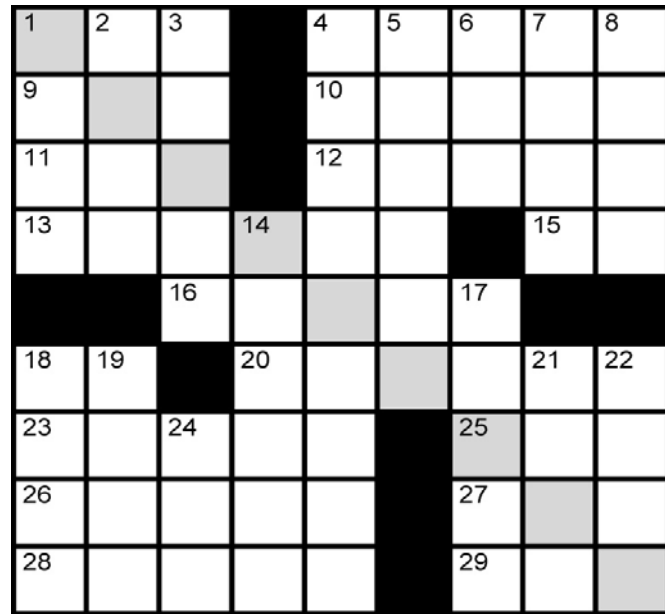


All welcome

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



Spaghetti Addition

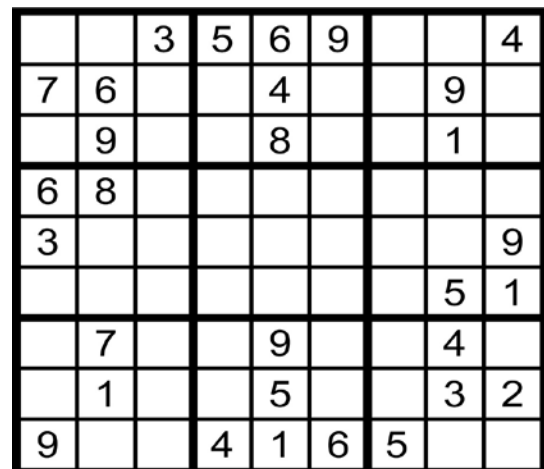


- 20. Property
- 23. Nosy one
- 25. Fish story
- 26. More aloof
- 27. In the style of
- 28. Tot watcher
- 29. "Indeed"

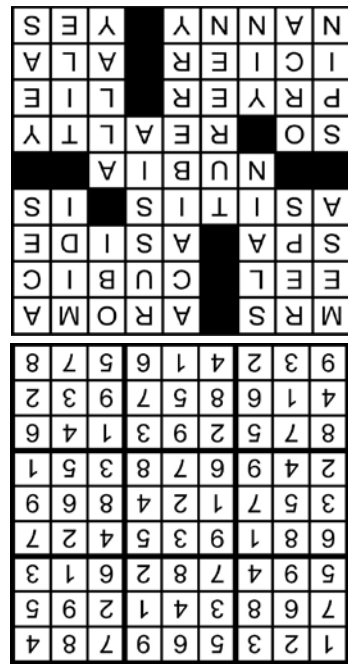
- Down
- 1. ___ Verde National Park
 - 2. Gym set
 - 3. Assassinated
 - 4. Trendy "superfood"
 - 5. "From ___ with Love"
 - 6. Sapporo sash
 - 7. Calf-length skirt
 - 8. Top guns
 - 14. Soup holder
 - 17. Put to rest, as fears
 - 18. Whirl
 - 19. Boat in "Jaws"
 - 21. Game piece
 - 22. Nay opposers
 - 24. Yang's counterpart

- Across
- 1. "___ Doubtfire"
 - 4. Oven emanation
 - 9. Sushi offering
 - 10. Having three dimensions
 - 11. Massage locale
 - 12. Parenthetical comment
 - 13. Unchanged
 - 15. Exists
 - 16. Nile Valley region
 - 18. Therefore

- | | | |
|-----------|------------|--------------|
| BEAUTIFUL | NINE LIVES | THE CAST |
| BETRAYAL | PEGASUS | THE DUCHESS |
| BIG GIRL | PURE JOY | THE MISTRESS |
| BLUE | ROYAL | THE NUMBERS |
| COUNTRY | SPY | GAME |
| FAIRYTALE | SUSPECTS | WINNERS |
| INVISIBLE | THE AFFAIR | |
| LEGACY | THE AWARD | |
| MAGIC | THE BUTLER | |

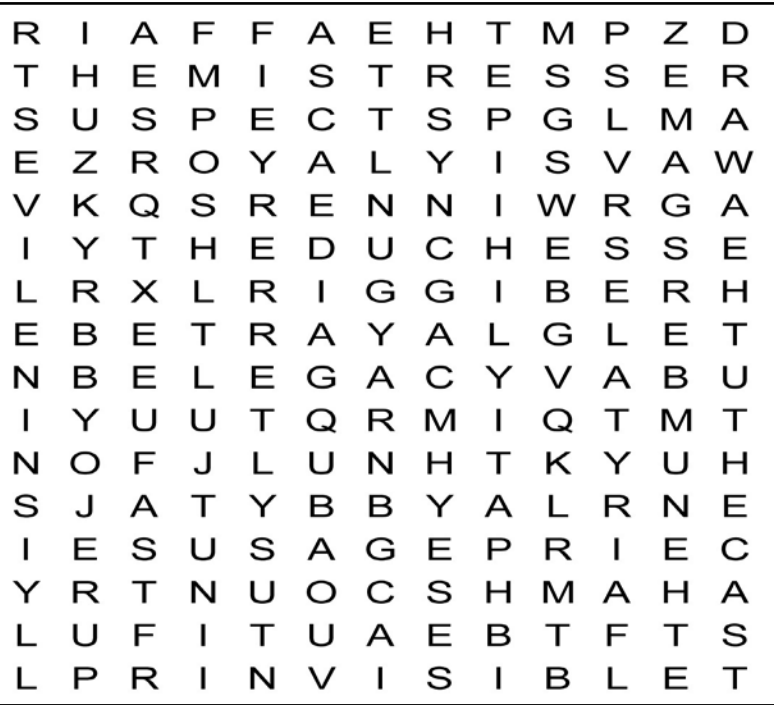


How to solve sudoku puzzles. No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*



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

DANIELLE STEEL



Fly identification methods

A woman walked into the kitchen to find her husband stalking around with a fly swatter. "What are you doing?" She asked. "Hunting flies." "Oh. Killing any?" she asked. "Yep, three males, two females," he replied. Intrigued, she asked, "How can you tell them apart?" He responded, "Three were on a beer can, two were on the phone."

A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story. "What's it about?" he asked. "I don't know," she replied. "I can't read."

Let us pray

Everyone was seated around the table as the food was being served. When little Logan received his plate, he started eating right away. "Logan, wait until we say our prayer," his mother reminded him. "I don't have to," the little boy replied. "Of course you do," his mother insisted, "We say a prayer before eating at our house." "That's at our house," Logan explained, "but this is Grandma's and she knows how to cook!"

ONLY A GRANDMOTHER WOULD KNOW ...

A Cup of Tea made with cold water. One day my Grandma was out, and my Grandpa was in charge of me.

I was maybe 2 1/2 years old. Someone had given me a little 'tea set' as a gift, and it was one of my favourite toys. Grandpa was in the living room engrossed in the evening news when I brought him a little cup of 'tea', which was just water. After several cups of tea and lots of praise for such yummy tea, my Grandma came home.

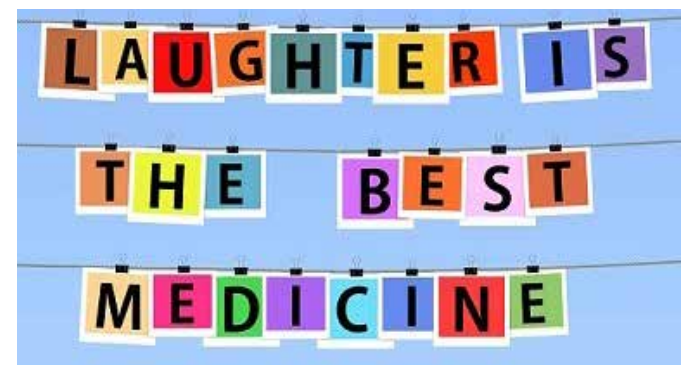
My Grandpa made her wait in the living room to watch me bring him a cup of tea, because it was 'just the cutest thing!' Grandma waited, and sure enough, here I came down the

hall with a cup of tea for Grandpa, and she watched him drink it up. Then she said, (as only a grandma would know),



"Did it ever occur to you that the only place she can reach to get water is the toilet?"

After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"





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