

AUTUMN 2023 QUARTERLY NEWSLETTER

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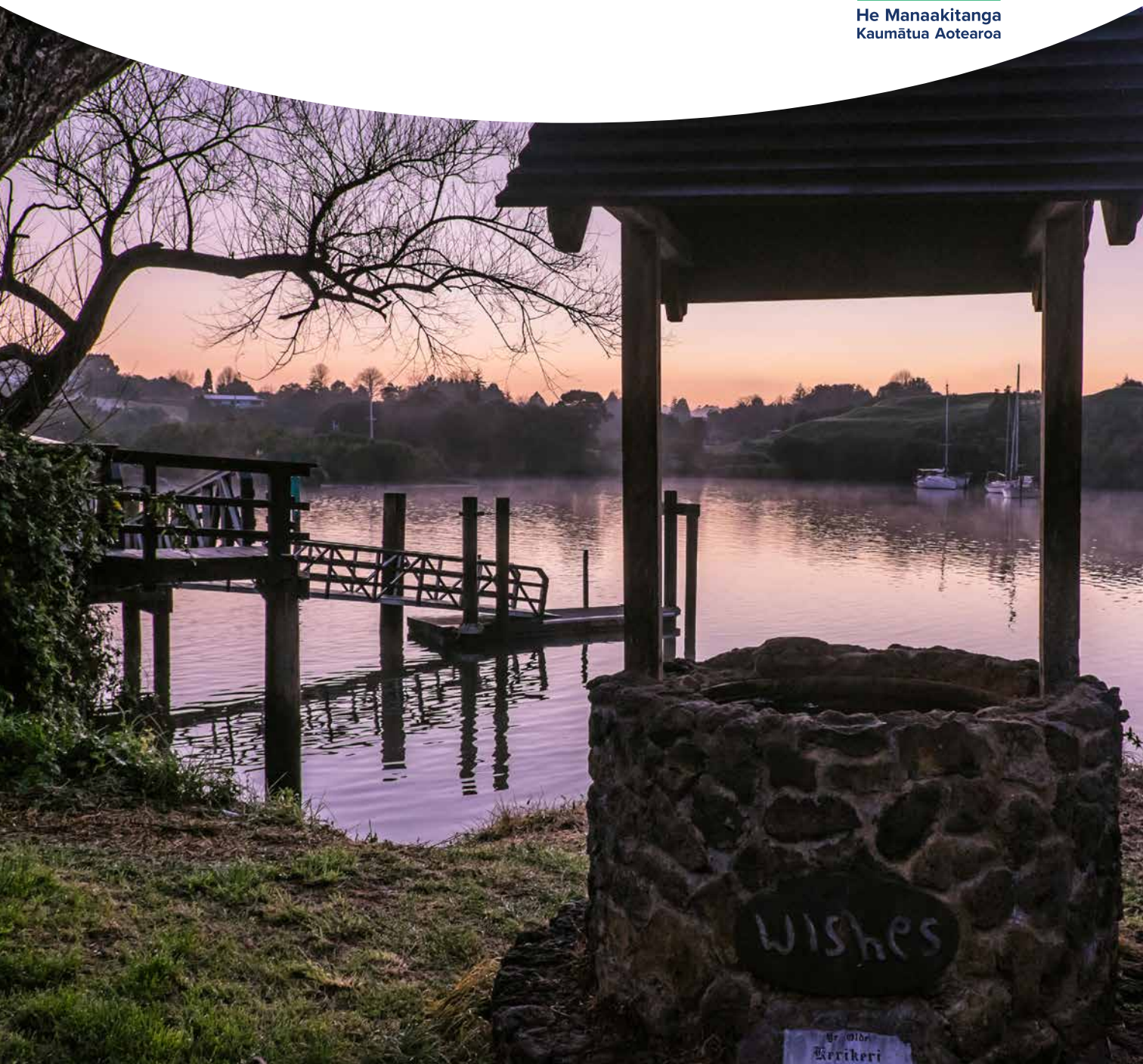
# Age Concern

## Mid North



**AGE**  
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**MID-NORTH**

He Manaakitanga  
Kaumātua Aotearoa



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## Contact Information

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Address: Kingston House, 123 Hone Heke Road, Kerikeri 0230

Postal Address: PO Box 214, Kerikeri 0245

### OFFICE HOURS

9.00am - 1.00pm Monday to Friday

## Do you have time for others?

Regular visits can make a real difference to an older person's health and happiness, and our volunteers tell us that they really enjoy and benefit from, their role. If you would like to spend time with an older person, we want to hear from you.

## Would you like more company?

If you are feeling lonely, or would like more social contact, it's important to do something about it. Our Accredited Visiting Service is a befriending service that provides regular visits to older people in the community. Our visitors are volunteers who would like to spend time with an older person each week to enjoy a conversation and shared interests.

For more information about this service contact (09)4074474



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## From the President

I would like to wish our members a very "Happy and Healthy" 2023.

The cyclone was a shock to all of us in the Far North and we were so lucky to have so little damage compared to many towns and cities throughout New Zealand.

I do hope that those members affected by the cyclone have managed to get the right help if needed. Juen and I were both affected by the falling of large trees. We are both still trying to sort out the damage with the help of arborists, roofers etc which is taking some time due to the contractors being so busy.

Our first "Meet and Greet" for this year was held on Friday the 24th of February at 10am at Kingston House. We all enjoyed morning tea accompanied by our speaker Rochelle from St John Kerikeri.

Rochelle spoke on the St John Medical Alarms which one wears 24 hours a day even in the shower or bath. The alarms can be worn either around one's neck or on either wrist. They are excellent if one lives alone or has a health problem. I have friends who have had to use them when unwell and have found the paramedics very caring and they are available to help you any time day or night.

Everyone found Rochelle so interesting that question time ran well over the time Rochelle had allowed to be with us.

I visited a friend a few days after Rochelle spoke to us as she is shifting to be near family and I mentioned who our recent speaker was and she admitted to me that while starting to pack up her kitchen and alone in the house she had fallen backwards onto jam jars on the floor and had hurt her back and had to lie there until her daughter came back from shopping as it hurt her to move. I was told she was very lucky as had nothing broken but was badly bruised and still had trouble walking while I was there. As I was leaving I was told by this dear friend that when she shifts into her new home that the first thing she is going to do is get a St John alarm after this unexpected mishap as she will still be living on her own.

On Thursday the 2nd March we held our first committee meeting for the year and welcomed one of our new committee members Cathy Jones. Cathy is very involved in voluntary work in our community.

Thank you Kathy for joining our committee, we are looking forward to working with you

Our classes and workshops have already started and staff are extremely busy so a big thank you to Juen, Jean and Shirley our office volunteer for many years.

*Just a reminder:* We always have our "Meet and Greet" on the last Friday of the month. Morning tea is at 10am and then we have a speaker and afterwards everyone is welcome to have another cup of tea or coffee before heading home.

Kind Regards *Jan Flowers*

## Accredited Visiting Service



Age Concern have a visiting service for anyone who feels they would like more company through weekly contact with one of our AVS visitors.

Our visitors have been police checked so they are safe and willing volunteers who are interested in elderly people. They come to chat, perhaps for a cup of tea.

They sign that they will respect and commit themselves to a safe code of practice. They come to your house bringing a breath of fresh air, wanting to hear about your life and to share their lives.

We always need people to visit or people to become an accredited visitor.

This service is free as part of the health budget, to ensure older people enjoy the benefits of socialisation in their own homes. Close friendships often ensue; there are benefits both for the visitor and the person being visited.

If you would like a visitor please ring us. We will try to match you with someone who is lives handy and can pop in when it suits the both of you.

OR if you have a spare hour each week, think about becoming a visitor so you can share some of the things you value and enjoy learning about the experiences of another person.

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LAWYERS: Dennis McBrearty, Simon Dominick,  
Richard Ayton, Graham Day, Laurel Simm and Frances Shaw



## From the Managers Desk

What a busy start to 2023, January saw new toilets going into Kingston House, which meant we could not use the facility for most of January.

February we had rain and wind and then Gabrielle, March has brought some sunshine and normality to our every day activities, thank goodness. Gabrielle was a bit rough for many, property getting hammered by the wind with buildings and trees getting damaged and blown over. If you were affected by the Gabrielle's wind and rain our thoughts are with you.

We were a call-in centre for those that were wanting help with filling out their census returns. Happy to report that most managed to fulfill this civic responsibility without our support or help.

Strength and Balance Kerikeri is bursting at the seams, Kaikohe is growing its numbers as well. This exercise programme attracts a range of participants with a wide variety of balance and physical capabilities, wonderful social group. These classes are free to members.

Seat to Heal and NIA are favourites who love music and movement, these classes have a \$5 and \$10 cost.

Next month we are offering a new workshop for 10 weeks, see the article about Art + in the newsletter, classes are free to Age Concern Members.

Subscriptions are renewed in June 2023.

*Juen Duxfield*

### SHIRLEY SAYS GOODBYE

We are sorry that Shirley will not be the smiling face in our office anymore, BUT so pleased and happy that Shirley is going to pursue her love of travel, her garden and whanau.

Shirley joined the Committee in 2014, she followed this with volunteering as office assistant for nine years. Shirley will be hard to replace, always pleasant and cheerful with any circumstance. Her contribution to the committee and Age Concern was positive and well considered. Her contribution in facilitating the Safe with Age driving workshops set a high standard, and everything she was tasked with in the office filled an important gap. Wonderful volunteer, thank you Shirley.

*Shirley my friend I will miss you.*



## Are you wanting to have some fun, socialise and do some creative activities?

### Come along to Art Plus

- Paint
- Mixed media
- Create
- Meditate
- Draw
- Journal
- Connect

**When?** Thursday 10.30am-12pm  
**Where?** Kingston House  
**Starting date?** 27th April 2023  
**Cost?** Free for Age Concern members

Number of sessions: 10 | No experience required.



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.



## Steady As You Go Exercise Classes

**Strength and Balance** - You have probably read that Age Concern offers Strength and Balance Tuesdays at 11am – 12pm except on the 4th Tuesday of a month when the class moves to Wednesday 11:30am-12:30pm because of hall bookings.

**What is Strength and Balance?** It is an exercise class especially developed by Otago Physical education School to help older people maintain their balance. It is on disc and we start seated with warm up activities, gradually standing behind our chairs, exercising our feet, legs, arms, and other body parts while the instructor explains how this will develop our strength and our balance. No cameras are allowed while we walk tiptoed, step over imaginary logs or walk backwards using our peripheral vision... though laughter and smiling is advised!

Participants listen to their bodies and are encouraged to try within safely limits, each exercise. We have a bit of fun, a few giggles and once a month after a class we have a cuppa and socialise.

This class is free to members. There is no demand to come every time, but of course everyone will benefit from the amount of effort and time that is put in. We welcome new members at any time. Do come and enjoy the fun!

*Jean Johnston*



## Willow-Jean Prime MP for Northland

### Northland office

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## Age Concern Mid North CALENDAR OF EVENTS

**Tech for Seniors:** at Kingston House by appointment (Saturday mornings). This is an opportunity for those who need help with their phone/laptop/tablet.

**Strength & Balance:** Kerikeri every Tuesday 11am - 12pm except on the 4th Tuesday of the month it is on Wednesday 11.30am - 12.30pm. (This is a free class - Facilitator Jean).

**Strength & Balance:** Kaikohe on a Thursday at Senior Citizens Hall. 10am - 11am. (This is an all welcome free class - Facilitator Cathy).

**Seat to Heal:** Every Monday 11am - 11.30am and Thrsday 10.30am - 11am (Facilitator Davida - Age Concern members pay \$5.00).

**Young at Heart (NIA):** every Thursday at 11am - 12pm. Age Concern members pay \$10. (Facilitator Carien).

**Meet & Greet:** last Friday of the month. 10am - 12pm.

**Safe with Age:** driving workshops for seniors. If you are interested in attending a workshop please contact us on 09 407 4474 - workshops will be at several locations; dates not finalised at this stage; we will take registrations and let you know your closest workshop. These workshops are free.

**Lawyer:** first Wednesday of the month by appointment. (Graham Day).

**Art +:** April 27th to June 29th 2023.

**AVS:** Jean the AVS facilitator is looking for volunteer visitors, please contact Jen 09 407 4474 .

If you know of anyone that would like to have a visitor, you can self refer we would love that; contact Jean.

## CHOCOLATE BLUEBERRY MUFFINS (Makes 12)

### Ingredients:

100g butter melted  
1 cup milk  
3 eggs  
2 cups self-raising flour  
1/2 cup sugar  
3 teaspoons baking powder  
1 cup blueberries (either fresh or frozen)  
1 cup chocolate chips



**Method:** Preheat oven to 180°C and grease muffin tin. In a bowl mix together melted butter and milk. Add eggs and mix. In a separate bowl (large) sift the flour and baking powder and then add the sugar and chocolate. Add the wet mixture slowly and stir gently to combine. Lastly add the blueberries. Spoon into 12 greased muffin tins and bake 25 – 35 minutes. Once baked leave to stand out of the oven for 10 minutes covered with a clean tea towel then turn out of tin to cool on a wire rack. These muffins can be eaten as is or cut in half and buttered.



1. **Ask** – “Don’t be shy for top-ups from WINZ if you need them”.
2. **Talk** – “Find someone you can trust”.
3. **Get Help** – “Before it starts to get difficult”.
4. **Save** – “Keep money aside for a rainy day if possible”.
5. **Be realistic** – “Don’t feel obliged to spend on your family if you can’t”.

## FREE STAYING SAFE REFRESHER COURSE FOR OLDER DRIVERS



Have you been driving for over 30 years without revisiting the traffic code and rules? Then you are like many of us, and as the years roll on maybe your confidence is dropping. There seem to be faster cars, more aggressive drivers and a constant rush to get where you are going. Most older drivers are very safe and responsible. They’ve been driving for many years without problems, and they rarely take risks on the roads. They drive fewer kilometres per year than other drivers, and they have fewer crashes!

BUT as people age there are changes to their health that may affect their ability to drive safely. And statistics tell us that if older drivers are involved in a crash, they, and their passengers are likely to be seriously hurt or killed because their bodies are more easily injured. YOU need to ensure you stay on top of rules, so you always feel confident about handling this increasing traffic.

Age Concern, together with Waka Kotahi, have developed a FREE classroom-based course to help



senior drivers refresh their knowledge of traffic rules and safe driving practices. The aim is to increase knowledge about driving and ageing, to understand driving behaviour, and to encourage a level of confidence which leads to individuals feeling comfortable and safe on the roads.

There are 4 themes through the course:

1. **Keeping safe:** assessing your own driving, statistics about senior drivers, how aging affects your driving
2. **Being Safe:** driving skills, decision making and route planning
3. **Safe Journeys:** intersections, traffic lights, roundabouts. The rules.
4. **Keeping Moving Safely:** renewing driving licences at 75 and 80, costs to operating a vehicle, alternatives to driving.

Anyone over 65 is welcome to familiarize themselves and build confidence through this course. Find out when and where the next course is, by ringing Age Concern Mid North 09 407 4474 to book your place.

### Courses coming up:

Contact Jean at Mid North Age Concern.

- Kerikeri, Wednesday April 19 2023  
Kingston House



## Safe Driving Courses

Already this year we have taken two Safe Driving Courses in Whangarei and have organised another two. Every time participants say how much they have enjoyed the opportunity to revise driving rules and come away more confident in their own driving. If you want to refresh your knowledge of the rules and would like to join us, the next Kerikeri Course is Wednesday, April 19th 2023 at Kingston House. Just ring us, 09 407 4474 for a place.

Each time I take the course I also learn little “tricks” that make driving a little easier. Do you open the driver’s door to exit your car with your left hand for instance? This turns you toward the rear of the car and of course you can easily see what is coming up alongside you (those cyclists and motor bikes that whizz past you).

Come along and find out how well you are doing. It is a great confidence builder! We don’t get in a car. We share experiences and Colin Mills explains rules on video. There are a few laughs and a quiet feeling of achievement afterwards.

*Jean Johnston*

# LAW NORTH LAWYERS

[www.lawnorth.co.nz](http://www.lawnorth.co.nz)

## Law North welcomes lawyer Frances Shaw to the Team

Our newest lawyer hails from Wellington but has put roots down in Kerikeri since arriving here in 2009. Frances studied law at Victoria University, Wellington, in the early 1990s as well as a bachelor of science. She recalls it was an interesting juggle, ducking out of a three hour lab dissecting a fish to attend a lecture on constitutional law conducted by former Prime Minister Sir Geoffrey Palmer, and then back to the fish!

She has practised law in Wellington and then London for ten years specialising in commercial property law. Frances returned to New Zealand to settle in the beautiful (normally sunny) Bay of Islands and makes the most of the opportunities for boating and camping. She is a keen cellist, playing in the Northland Sinfonia and a local chamber group. While bringing up two boys with her husband, she managed the independent living part of Kerikeri Retirement Village for ten years. It was a rewarding experience being part of a charitable independent organisation and also a vibrant senior's community, which is an integral part of Kerikeri township.

The Law drew Frances back to private practise and she is enjoying attending to the varied legal needs of clients and discussing legal issues with our experienced team. Her areas of practise at Law North include occupation right agreements, wills, EPOAs, estates, trusts, leases, property and company law. Frances will this year be holding legal clinics at local retirement villages, providing free initial advice to seniors. Otherwise give her a call at the office and she will be happy to help.



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