

AUTUMN 2025 QUARTERLY NEWSLETTER

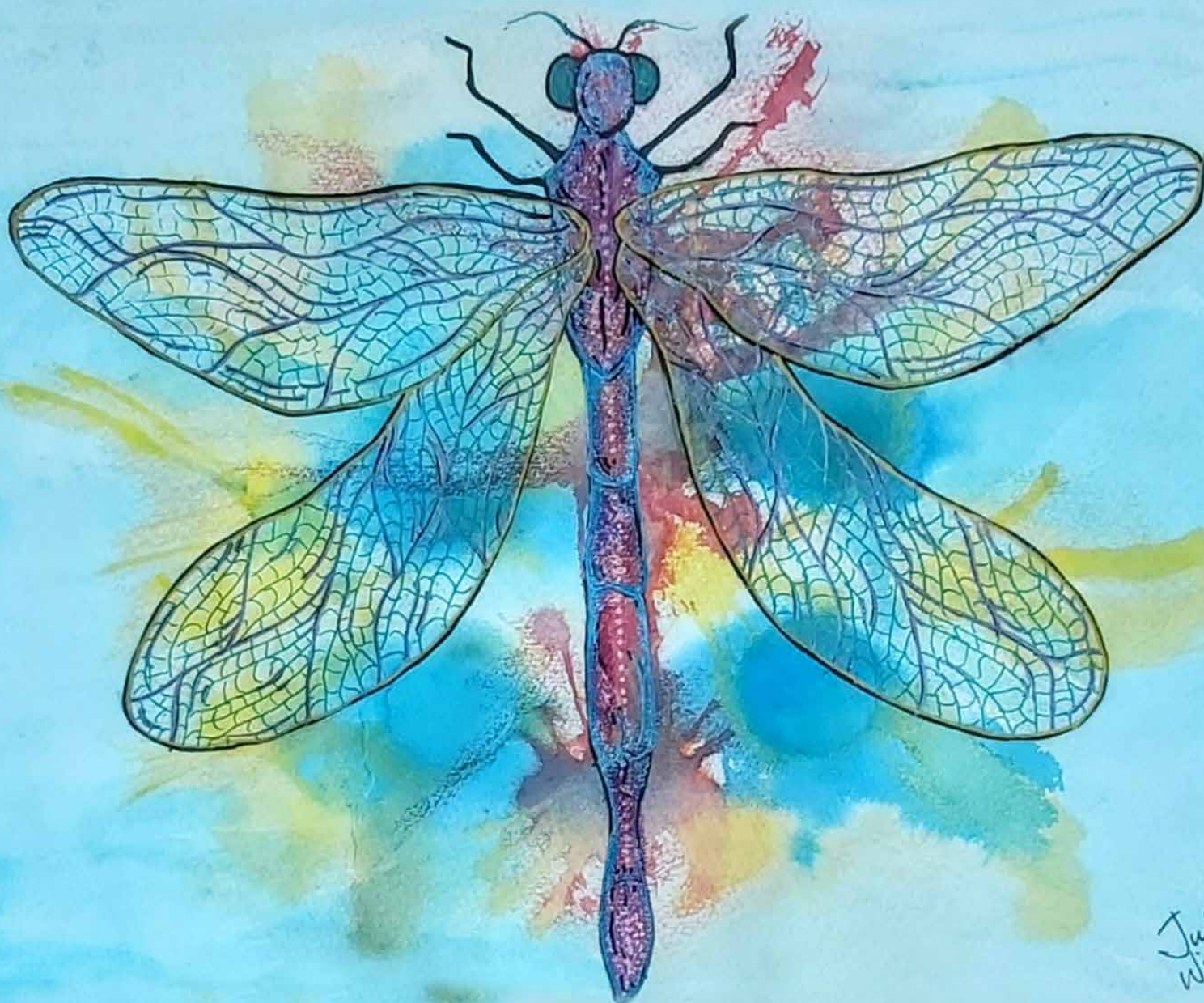
www.ageconcern.org.nz

Age Concern Mid North



**AGE
CONCERN
MID-NORTH**

He Manaakitanga
Kaumātua Aotearoa



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9.00am - 1.00pm Monday to Friday

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

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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Our advertisers support helps to enable the continuation of our newsletter. Please support them where you can and let them know where you found them.

Many thanks

The views expressed in this newsletter are not necessarily those of Age Concern Mid North. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.

From the President



Welcome to Age Concern Kerikeri. My journey to finding Age Concern started through my 88 year old mother coming from Houhora to live with me as she had Macular Degeneration and had had a few falls living alone.

We discovered Age Concern's young at heart classes which mum enjoyed attending as well as the meet and greet each month.

When mum passed away at 94 I was asked if I would like to join the committee. I was then retired and knew of the activities provided and the benefits for joining. We have very keen committee members to keep Age Concern working for our members.

Kind Regards *Wanda Connors*



Jan Flowers



Valerie Dickson



Graham Day

COMMITTEE MEMBERS



Kathy Jones



Jo Tapsell



Robyn Galvin



Shirley Rawiri



Staying Safe Driving Workshop

From the Managers Desk

Welcome to 2025. All activities and workshops are currently available to members and potential new members.

Joyful Art (Mindfulness) see picture in newsletter, great to see so many new members and all those returning to enjoy the Creative and joyful two hours weekly.

Strength and Balance Kerikeri and Kaikohe bursting at the seams, this is a great activity for managing improvement in balance and body strength.

NIA- Non-impact aerobics has three sessions a week, Young at Heart on Thursday and Move to Heal on Monday and Thursday.

Digital Learning, be prepared to at least attend 4-6 sessions with your tutor. We would accept more registrations from members.

Our new activity is The Book Club which meets every third Thursday of the month. Our Staying Safe driving Workshops are advertised and members nearing 75 and 80 who have license renewals approaching should think about registering for the workshops.

Meet and Greet on last Friday of month, since the last newsletter we have had our AGM, ANZ Scam educators and Inland Revenue. The Meet and Greet guest speakers offer information about their service and we always hope that the information answers a few questions to help with what we wish to have a better understanding about.

We have a great new committee elected at our AGM, we all have a heap of work to do over the next year. We are required to update our constitution which will involve members being consulted about any changes, so watch this space.

In the Newsletter I have put the faces of our Board Members 2025.

Reminder to all that you should keep up to date with your Flu and Covid vaccinations.

It is a great pleasure to see some many of you coming to Kingston House to attend all the weekly activities, we value our facilitators highly and are very appreciative of the skill and expertise that they offer, we thank you the members for supporting us and in doing so managing your own health and wellbeing plan.

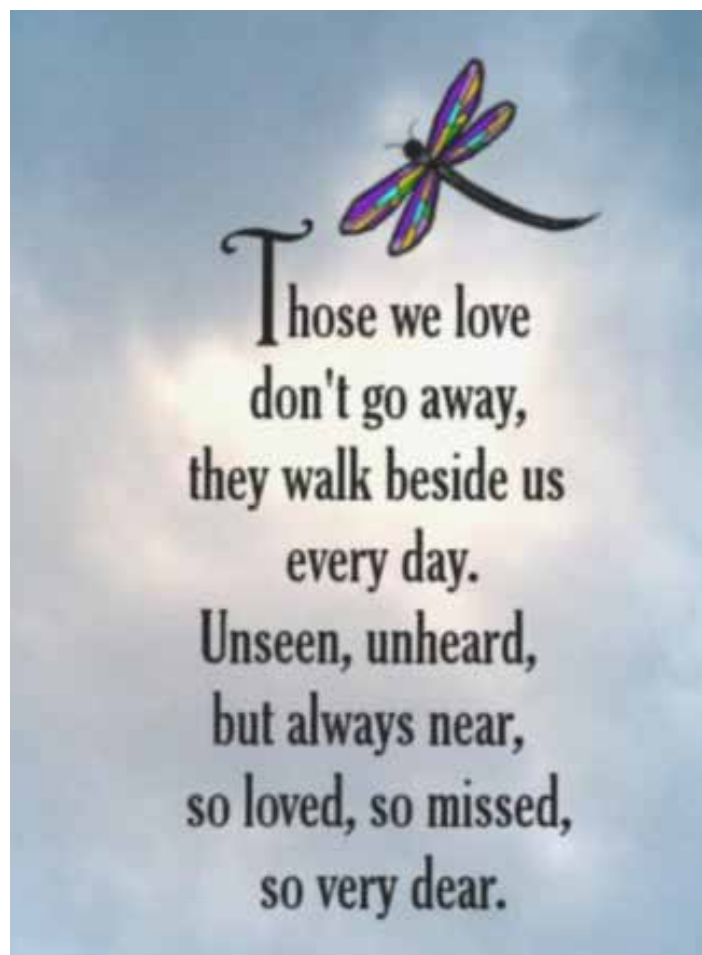
If you are unsure whether your smoke alarm is clean or working, or if you can't replace the batteries without assistance, ring your local fire brigade. They will provide this service for you

It could save lives!



Autumn Newsletter Cover Image

Inspiration for this quarter's newsletter cover page is from the poem below.



The fleeting nature of a dragonfly's life reminds us to appreciate the present moment.

This aspect of transformation encourages us to embrace change as a natural part of life, fostering mindfulness and gratitude.

This was the theme of the Mindful Art Journaling workshop and the cover page image is from participant Judy.

15% off
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Socks too tight?

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3 pairs \$36

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Steady As You Go Exercise Classes

Strength and Balance - Age Concern offers Strength and Balance Tuesdays at 11am – 12pm except on the 4th Tuesday of a month when the class moves to Wednesday 11am-12pm 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



“Circle of friends” enjoying Strength and Balance



Age Concern Mid North Book Club

There has been a new initiative lately at Age Concern Mid North- a BOOK CLUB.

Members meet once every 3 weeks on a Thursday afternoon about 1pm at Kingston House, to discuss a book they have or are reading. Sometimes they swap and often others have read the same book. This is run by Robyn Galvin, one of Age Concern Mid North Board members.

The benefits of reading are well documented when it comes to improving cognitive health, including reduced stress, increasing brain power and improving memory. Talking and comparing has many benefits. Membership in a book club goes a step further because it increases socialisation which we now know contributes to better health particularly for seniors. It gives people the opportunity to share ideas and experiences, question and challenge ideas, lets everyone experience feelings and explore their own, plus discovering people just like you!

All kinds of books are worth exploring whether it is fiction, satire, narrative, mystery, suspense, science fiction, historical, fantasy, biography, non-fiction, romance, short stories, self-help books, poetry, travel or graphic novels...the list is endless!

If you would like to try it out, give Robyn a ring 027 249 3503

the Book Club
meets at
Kingston House
every third Thursday
of the month at 1pm
Facilitator is Robyn

Age Concern Mid North CALENDAR OF EVENTS

Tech for Seniors: Appointments required phone 09 407 4474.

Strength & Balance: Kerikeri every Tuesday 11am - 12pm except on the 4th Tuesday of the month it is on Wednesday 11am - 12pm. (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).

Move to Heal: Every Monday 10.30am - 11am and Thursday 11.30am - 12pm (Facilitator Davida - Age Concern members pay \$5.00).

Young at Heart (NIA): every Thursday at 10.15am - 11.15am. Age Concern members pay \$10. (Facilitator Carien).

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

Staying Safe: 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 +: Weekly on Thursdays 10.30am - 12pm.

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.

Mindful Art Journaling



Age Concern Mid North Staff



Juen
Manager



Jean
Community Co-ordinator



Rachael
Community Network Co-ordinator

Age Concern Mid North had the pleasure and skill of Sue Grant instructing the participants how to make a wreath for Christmas.

We will offer this activity in 2025 later in the year.

You will get an email to respond with your interest.

*A very big
thank you
to Sue*



CHRISTMAS DINNER 2024



Are you drinking enough?



Causes of: Mental CONFUSION IN THE THIRD AGE

By: Arnaldo Liechtenstein, physician

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question: *What are the causes of mental confusion in the elderly?* Some offer: "Tumours in the head". I answer: No! Others suggest: "Early symptoms of Alzheimer's". I answer again: No! With each rejection of their answers, their responses dry up.

And they are even more open-mouthed when I list the three most common causes:

1. Uncontrolled diabetes
2. Urinary infection
3. Dehydration

It may sound like a joke, but it isn't.

People over 60 constantly stop feeling thirsty and consequently stop drinking fluids.

When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

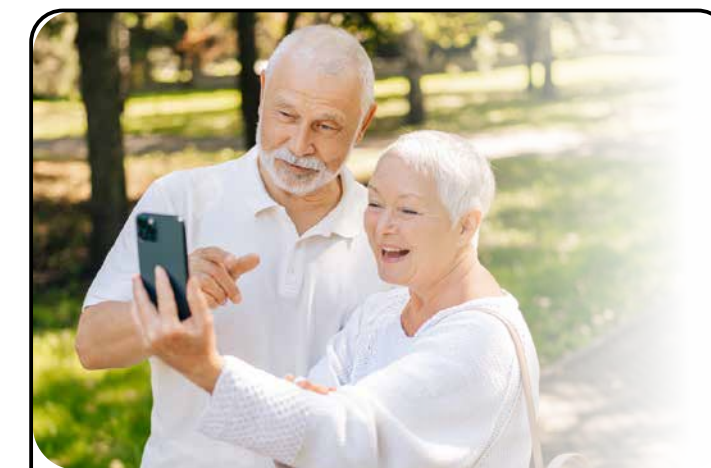
Conclusion:

People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body. Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1. Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple. Orange and tangerine also work. The important thing is that, every two hours, you must drink some liquid. Remember this!
2. Alert for family members: Constantly offer fluids to people over 60. At the same time, observe them. If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Arnaldo Liechtenstein (46), physician, is a general practitioner at Hospital das Clínicas and a collaborating professor in the Department of Clinical Medicine at the Faculty of Medicine of the University of São Paulo (USP).



5 Steps to Wellbeing

1. **Connect.** Talk and listen. Be there. Feel connected.
2. **Take notice.** Remember the simple things that give you joy.
3. **Keep learning.** Embrace new experiences. See opportunities. Surprise yourself.
4. **Give.** Your time. Your words. Your presence.
5. **Be active.** Do what you can. Enjoy what you do. Move your mood.

*Good advice from the
Mental Health Foundation.*

UK introduces eVisa for NZ travellers

New Zealanders wanting to travel to the UK will now need to apply for an electronic travel authorisation (ETA) as the country digitises its border and immigration system.

Everyone wishing to travel to the UK - except British and Irish citizens - will need permission to travel in advance. This can be either through an ETA or an eVisa. The cost is £10 (NZ\$21). The ETA will last two years for multiple entries.

The UK Home Office says ETAs are digitally linked to a traveller's passport, so they ensured more robust security checks were carried out before people began their journey to the UK.

The scheme is for "short" visits of less than six months for tourism and business. There are other categories of ETA, including for short-term study and permitted paid engagements. Full details are on the UK government website <https://tinyurl.com/5n8ayuuu>.

Be sure to apply through official channels, rather than through third-party websites, which may charge extra fees, and are less likely to handle your data securely. You can apply directly online. <https://tinyurl.com/ycysxadh> or via the apps for iPhone and Android

It is expected to take around three days for UK officials to make a decision. (If you need to visit UK urgently; you are allowed to travel. However you must have made the application before you travel.)

NOTE: To travel to the United States you'll need an ESTA — a mandatory, paid-for authorization to travel, with security clearance done in advance. To enter Europe, you'll soon need an ETIAS— the EU travel waiver, which has been much delayed but is currently slated to start some time in 2025.

KIWISAVER FUND for children:

Many of you will have young grandchildren and even great grandchildren. Economists are advising parents to set up a fund while they are very young so as to start saving but also to embed in them the value of putting some money aside each week to watch it grow. If a 5 year old saved \$5 a week they would have \$5000 by the time they were 16 years old. That's a great start for when they have part time work and beyond.

Money saving tips Feeling tight around your wallet and purse? Consumer NZ has a lot of useful tips about how to save money, whether it's through shopping, paying power bills, insurances or using the internet. You can find them at <https://tinyurl.com/3ufsfnpm>

Understanding eligibility for Shingrix

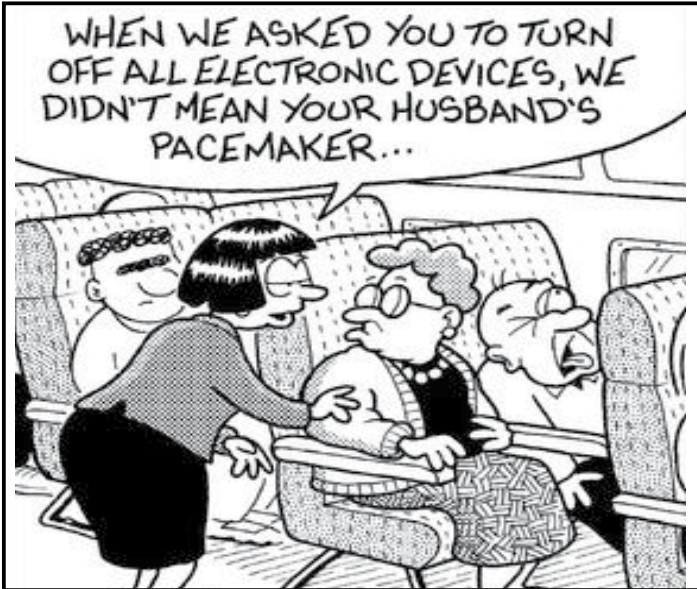


Shingles can be a serious and painful condition, so it is important that you know how and when you are eligible for your free vaccinations. The shingles vaccination is free for 12 months following your 65th birthday. To be effective, you will need two doses received between two to six months apart. Your second dose will be free, even if you've turned 66.

If you're eligible for a free vaccination, you may get it from your nurse, doctor, or healthcare provider. It is also available at some pharmacies. If you are not 65 years old but still wish to be vaccinated, you will need to pay. The price will vary depending on the provider, but you can expect it to cost between \$600 to \$800 for both doses.

What is shingles: Everyone who has had chickenpox is at risk of developing shingles later in life. One in every three people will get shingles during their lifetime. Shingles is a painful rash that develops on one side of the face, body or head. Before the rash develops, people often have pain, itching, or tingling in the area where the rash will develop. The most serious complications are nerve pain that can last for months or years, and eye problems that can result in loss of vision.

The best protection you can have against shingles is to make sure you get vaccinated.



I'M HERE TO HELP.

Grant McCallum MP for Northland

Northland@parliament.govt.nz 09 407 7219



Authorised by G McCallum, Parliament Buildings, Wgtn.



ARE YOU REALLY WHO YOU SAY YOU ARE?

In today’s digital age, photographic evidence has become the standard form of identity for many of our transactions, e.g. banking or travel. The lack of photographic identity evidence can have far reaching consequences, affecting not only an individual’s daily life but also their sense of self and belonging.

For some there’s, a feeling of being invisible, in a world where visual recognition is paramount.

THERE IS A SOLUTION.

- A ‘Kiwi Access’ card. A secure government issued photo identification card, available to anyone over the age of 18, living in New Zealand. Application forms are available at participating New Zealand Post shops and AA centres, or apply on line.
- You will need two identical colour passport sized photographs of yourself taken with in the last twelve months.
 - Proof of a valid, New Zealand address e.g. a statement, letter, or bill from a business organisation.

The card costs \$60 and has the potential to make a wide range of transactions, a lot easier.

For further information Phone 0800-357-583, or on line, kiwiaccessinfo@eslltd.zendesk.com



Meet and Greet guest speakers
ANZ Scam Educators

Whooping cough epidemic declared

Health agencies have confirmed that New Zealand is now in the early stages of a whooping cough epidemic, with a nationally coordinated response now in place.



Director of Public Health, Dr Nicholas Jones, says New Zealand should be ready to see high levels of cases over the next 12 months or more and, as in previous epidemics, Māori and Pacific children will be most affected.

Dr Susan Jack, National Clinical Director, Protection, at Health New Zealand | Te Whatu Ora, says whooping cough is a highly contagious illness that can be particularly dangerous for newborn babies, and older adults.

For adults, New Zealand has a combined pertussis and tetanus vaccine. Adults are eligible for one free booster from age 45 (if they have not had four previous tetanus doses) and can get one free from age 65.

For more information, call the Vaccination Healthline free on 0800 28 29 26 (8.30am-5.00pm Monday to Friday) or visit the website <https://tinyurl.com/4245b2ts>

Men urged to check their pecs

Oncologists reckon the average woman's risk of developing breast cancer is about one in seven. But what’s less commonly known is about one in 600 men will develop breast cancer. Unlike women, regular breast screening is not recommended but men should still check their bodies, particularly as they get older. If you've got a lump, skin or nipple changes always let your doctor know. With the treatments available today most men diagnosed are going to be cured.

The Breast Cancer Foundation of New Zealand has resources tailored to men at <https://tinyurl.com/3ecu93n7>

Quick Roast Chicken and Vegetables

This recipe is a great idea for two people who love roast chicken but who just don’t have the need or inclination to roast a whole bird. Put the seasoned chicken, then the vegetables in a very hot oven then sit down and relax while the whole of the dinner cooks! For 2 Servings.



- Fresh rosemary sprigs, if available
2 Tbsp olive oil 2 cloves garlic, chopped
2 tsp lemon juice 1 tsp ground cumin, optional
½ tsp crumbled oregano, optional
2 chicken legs
3-4 cups prepared seasonal vegetables (suitable vegetables include: kumara, pumpkin, potatoes and parsnip, peeled and cut into 1cm slices, red or brown onions, red, green or yellow peppers, green and yellow zucchini, halved lengthways, whole mushrooms)
1. Heat the oven to 230°C, or 220°C for fan-bake.
 2. Line a roasting pan with liner, baking paper or lightly buttered or oiled foil. If you have them, spread fresh rosemary sprigs in the pan.
 3. Mix the oil, garlic and lemon juice in a large plastic bag. If you have them on hand, add the cumin and oregano too.
 4. Add the chicken pieces to the bag, turn to coat them lightly, then arrange in the pan, and put in the oven to start cooking.
 5. Prepare the vegetables without delay, starting with those needing longest cooking (root vegetables). As each is ready, coat with mixture in bag and place them in pan in oven. (Peel and quarter the onion, leaving the root end intact to hold onion together. Quarter peppers and remove the seeds and pith). Add zucchini and mushrooms last, allowing 15-20 minutes cooking time for these.
 6. When chicken has cooked for about 30 minutes, test by piercing with a skewer in the thickest part. It is ready when the juices run clear, not pink. Vegetables should be tender and browned in some places (remove them from the pan if cooked before chicken).
 7. Remove from the oven, season with salt and pepper then arrange on plates and serve.

Note: The cumin and oregano aren’t essential but do add extra flavour if you have them. It’s worth using these quantities even if cooking for one. Leftovers may be covered and refrigerated for a day or so, then reheated when required, or the extra chicken may be used in sandwiches, salads etc later.

Pikelets

What’s better than a fresh pikelet with jam and cream?
Sandwich these together with jam or honey for lunch.

- 25 g butter, melted
- 1 Tbsp golden syrup
- ½ cup milk
- 1 large egg
- 1 cup self-raising flour

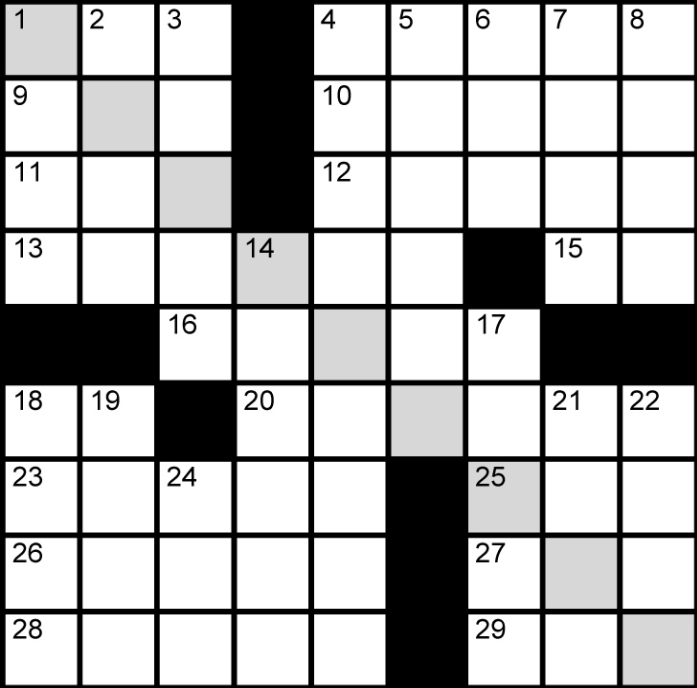
1. Heat a frypan. (Use a high heat setting if frypan is electric).
2. Put the melted butter in a fairly large bowl, add the golden syrup and stir to mix everything together. Beat in the sugar, milk and egg. Add the flour then mix with a beater just until smooth.
3. Cook in spoonfuls in an oiled, heated frypan. When first bubbles burst on each pikelet, flip over. Second side is cooked when centre springs back when pressed.
4. Place the cooked pikelets on a clean dry teatowel, and cover to keep warm while you cook the remaining mixture.
5. For a treat, spread some raspberry jam on each pikelet then put a spoonful of whipped cream onto the jam. Delicious!

Note: This will make more than a single serving, but pikelets keep quite well. Store leftover or extra pikelets in a sealed, plastic bag, in a cool place.

Warm the cold pikelets in the plastic bag in a microwave oven for a few seconds before serving.



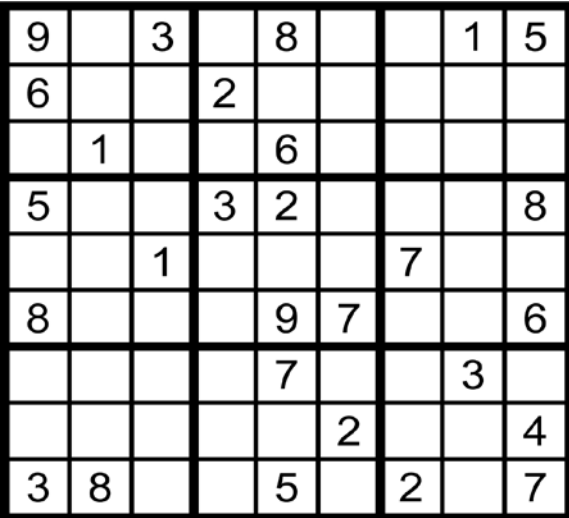
Point for dramatic shot



- Across
1. "48___"
4. Peer
9. "Nice!"
10. 100%
11. Down with the flu
12. Skinny's opposite
13. Joint
15. Atop
16. Ancient Britons
18. Symbol for arsenic
20. Discordant

- QUACKED
- QUAKERS
- QUALIFY
- QUARREL
- QUARTER
- QUARTET
- QUASHED
- QUEENLY
- QUEERER
- QUELLED
- QUERIED
- QUESTED
- QUIBBLE
- QUICHES
- QUIETED
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- QUIXOTE
- QUIZZED
- QUORUMS
- QUOTING

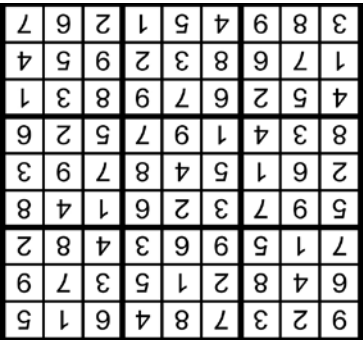
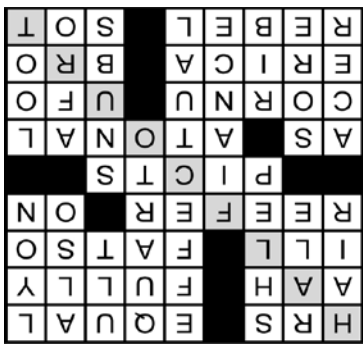
SUDOKU



23. Object shaped like a horn
25. ET's ride
26. "All My Children" vixen
27. Buddy
28. Nonconformist
29. Boozer

Down

1. "Aquarius" musical
2. Rough breathing sound
3. Lug
4. Useful
5. Book size, in printing
6. Last: Abbr.
7. Additionally
8. Capital of Rhône
14. Spouse-to-be
17. Ignores in a snooty way
18. Maple genus
19. In pain
21. 60's hairdo
22. Plunder
24. Barbecue offering



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

All powerful Q



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.

Accredited Visiting Service (AVS)



Do you enjoy people?
Do you have an hour a week
free when you could pop in and
brighten someone's day?

Our Accredited Visitor Service always needs volunteers who like meeting people and who are positive in their outlook. Your job would be to visit someone who has limited contact with others due to a multitude of reasons, for an hour each week, bringing them news of the outside world.

Or maybe you know someone who
needs a friend for a chat?

Often losing a license or having a fall ties people to their homes. The death of a spouse leaves a gap in their life, the beginnings of dementia isolates. An AVS visitor can make a lot of difference to someone like this.

If you do know someone, get in
touch. If you can help, see us.

We offer a little training for visitors and suggest some guidelines. We will match anyone who is isolated with a friendly face. It is amazing how moods can lift through talking to a friend, especially when they are not family. Companionship eases life's worries.

And there are also advantages for the visitor. They learn a little about another's history and life. Life long friendships develop. You will be amazed at how invested you become in your "client"

Give it a try!

MEMBERSHIP FORM



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OCCUPATION RIGHT AGREEMENTS UNPACKED



If you have been considering a move into a retirement village or aged care facility you may have come across the term Occupation Right Agreement (ORA). An ORA typically gives a resident the right to occupy a unit within a retirement village for a specified period, often for the remainder of their life, but does not grant ownership of the property itself.

An ORA is a complex document that requires careful scrutiny, with the aim that they protect a resident's right to live in their chosen unit, with the understanding that the village operator is responsible for maintaining facilities. A key component of the Agreement will be understanding the financial obligations you will be signing up to. Often this involves an initial lump sum payment of some significance and then ongoing fees for services like healthcare, meals and maintenance. It is also important to

understand what will occur when your occupation of the unit finishes – typically a refund of a portion of the original payment, but that amount can be substantially reduced by various fees and charges.

The other key sections of the Agreement include the process for terminating an Agreement (the resident can't sell or transfer the right to occupy), the rights and obligations of both the resident and the retirement village operator and the village's Code of Residents Rights and Village Rules.

In recent years the New Zealand Government has created legislation to ensure ORAs are fair and transparent, however it is still very important to seek advice before signing to ensure your interpretation of key clauses is correct.

09 407 7099 | info@lawnorth.co.nz
93 Kerikeri Road, Kerikeri (above Pagani)

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