

WINTER 2025 QUARTERLY NEWSLETTER

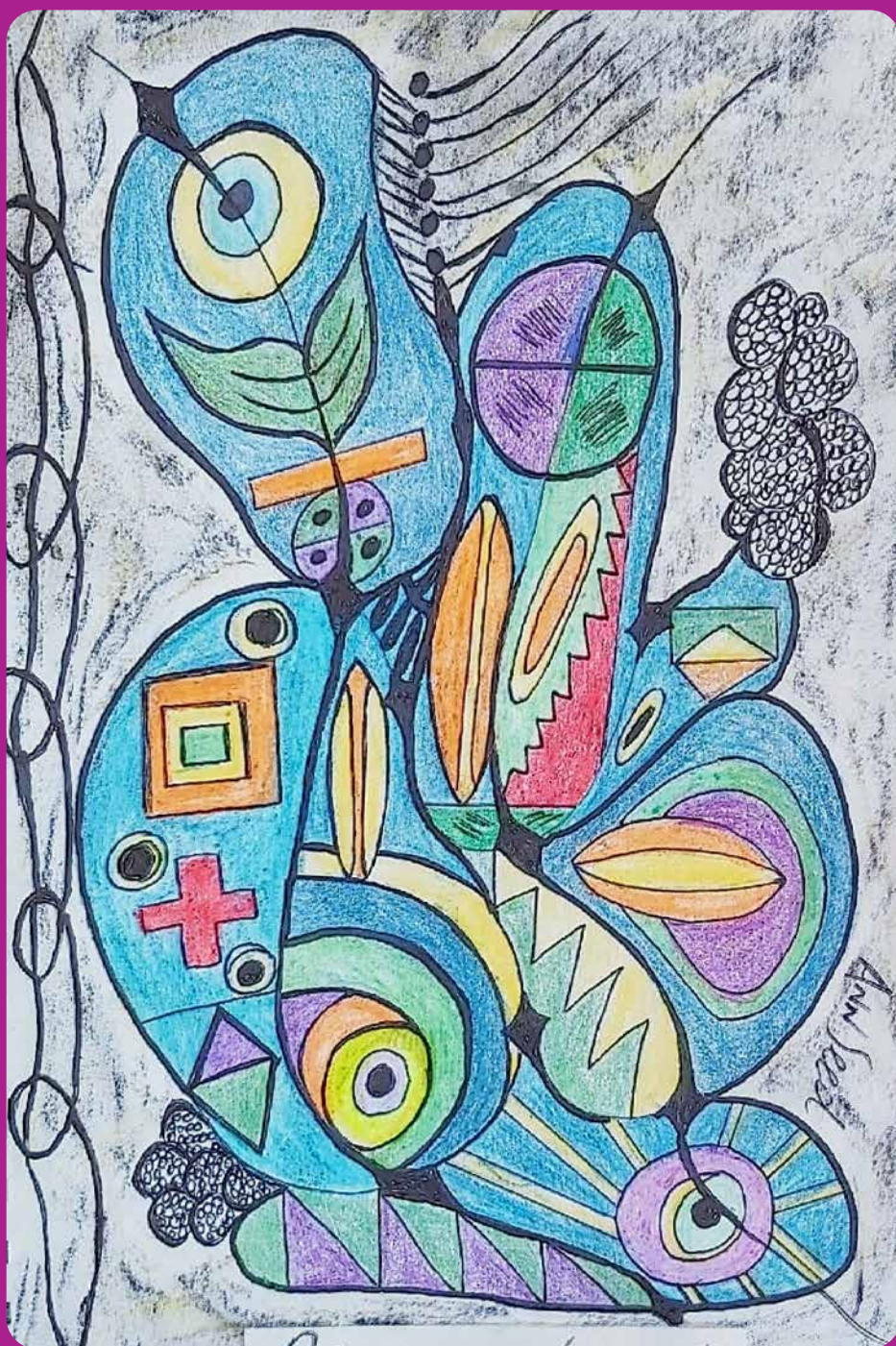
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Age Concern Mid North



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OFFICE HOURS

9.00am - 1.00pm Monday to Friday



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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, its 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



If you have any thing you would like to put in the magazine maybe a joke or a recipe or something that concerns you please get hold of Juen on 407 4458

or email: info@acmn.org.nz

Other peoples opinions do help us so feel free to contact us *Thanks*

Cover photo - Neurographica art

This art offers numerous benefits, including stress reduction, emotional release, and enhanced self-awareness. It also promotes mindfulness, reframing of negative thought patterns, and the integration of mind and body.

By engaging in this art form, individuals can tap into their subconscious, explore their emotions, and even re-wire their brain through the creation of new neural pathways.



From the Managers Desk

Autum has its last leaves falling and winter is on its way, so I am hoping that you all have thought about keeping well and warm. Have your flu and covid vaccinations, plan to have your heating appliances checked if they have a bit of age. I was going to start this message with "what about the rain" my thoughts are with any of you who have been confined to staying in because of the weather.

The Board members have been discussing a range of opportunities for Age Concern Mid North to raise funds for existing and new activities. This year we have four Sausage Sizzles at Bunnings, you will get an email of the dates, please come and buy a sausage, better still if you have time be a volunteer for an hour. Please read the message below about the next BBQ. Watch out for emails from us.

The Strength and Balance classes in Kerikeri and Kaikohe have increasing numbers so much so that the Kerikeri facilitator has opened another day and time to reduce numbers on the Tuesday class. Participants can now come on Monday or a Tuesday of each week in Kerikeri and Thursday in Kaikohe. Move to Heal has two half hour sessions Monday and Thursday this is a seated (mostly) programme. Young at Heart is for those that enjoy aerobic movement to music, this is our longest running weekly activity and is great fun. Creative Art new term has started, we feature the work from this activity on our

newsletter covers, this newsletter has a piece from Ann Seed. Please read the story behind the art piece on page 2.

Our subscriptions will be due by the 1 July 2025 for the year ending June 2026 single remains \$25 and Double \$30, subscription form is in the newsletter, and we request that you fill it out if you have changed your address, email account, or phone contact.

Our Meet and Greet for June is an invitation to join Board members and staff at the Plough and Feather, Jean has detailed more of this event in this newsletter, it will be a lovely get together.

Thank you to all the volunteers, members and all who support Age Concern Mid North, helping us to keep being able to offer all our services and activities.

I urge you all to read the back page editorial from Law North on issues relevant to older people, Graham Day (from Law North) has a free clinic at Kingston House first Wednesday of the month, you must phone Age Concern Mid North on 09 407 4474 for an appointment.

Having learning and managing moments with your phone or laptop, Stephen our technical tutor will help you, call Age Concern Mid North 09 407 4474 for an appointment.

Keep warm and healthy and we hope to see you at any of our upcoming events.

BBQ FUND RAISER

On Sunday 18th May we are Fundraising again at Bunnings with a BBQ



We work in two-hour shifts. It is an interesting day starting at eight thirty and finishing around four. We would welcome anyone who is willing to help for two hours. Many hands make the load smaller! It is a good way to raise the profile of Age Concern. Very people oriented and lots of fun.

Thank you to Bunnings for their superb facilities and their willing partnership.

Pop in and have a sausage with us. We would love to see you.

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Age Concern Mid North CALENDAR OF EVENTS

Tech for Seniors: Appointments required phone 09 407 4474.

Strength & Balance: Kerikeri every Monday 10am-11am and 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 Pa).

Move to Heal: Every Monday 11am - 11.30am 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.

Book Club: third Thursday of the month, 1.30pm at Kingston House.

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 10am - 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.

MID WINTER CHRISTMAS TREAT

Join us for a Mid-Winter casual meal at the outdoor Te Amotai Garden Bar at the Plough and Feather Restaurant on Friday 27th June for our Meet and Greet.



Something different. An excuse to go out and enjoy some company!

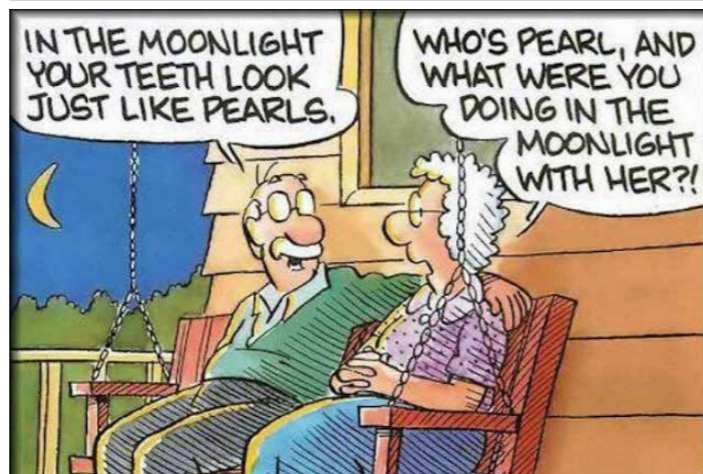
The menu has woodfired pizza (too much for one meal but you can take a doggie bag home) burgers, bar snacks like Korean cauliflower, Korean chicken wings, fish and chips, salads and desserts. Prices are around fourteen to twenty-six dollars.

We will meet here at Kingston and share-ride down the Hill to the Plough and Feather.

We would appreciate if you would let us know you will be coming. It's a rough indication of numbers for the restaurant, by June 20th.

If you haven't been there, the outdoor part has fold down blind walls and heaters so if it's a miserable day you will be warm and dry. You can buy a drink if you wish, or there is water available at the bench tables.

We would love to see you there.



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



Pictured above: participants in the Kaikohe Strength and Balance class

Pictured right: PA and Shirley, Facilitators of the Kaikohe Strength and Balance class



The Healing Rythmn



A recent article on Music & Rhythm gives us the evidence that music and rhythm in particular dates back thousands of years in it's use in therapy.

From overworked corporates to elderly Alzheimer's patients, and those with Parkinson's disease, the practice of listening to music and in particular the group drumming sessions show significant beneficial results.

People who don't normally speak, suddenly sing an almost forgotten song or spontaneously dance. It goes from non participation to sudden interaction with smiles also, and people who were hyperactive or aggressive become calm.

Music and especially rhythm at its most basic level is the action of being involved in a drumming session or to just listen to music in a controlled manner. It is as effective as medication, yoga and other therapy in reducing stress giving relaxation and calm. It is also community building especially when used in group sessions. It is also used in pain therapy relaxation and personal growth.

Music can also trigger memories such as past even forgotten adventures and episodes in life. At this point it can be a transportation to previous times which brings great united joy for families and associates of those who usually are locked out of conversations and participation.

What a great gift music and rhythm is. Surely then we can use this gift in our daily lives to promote healthy living and stimulate our brains cells, keep them active and alive .



What you eat can ease arthritis pain



Longevity is a blessing - unfortunately, our joints seem to complain a lot.

According to the University of Michigan's National Poll on Healthy Aging, about 70 percent of older adults experience joint pain, and around 60 percent have been diagnosed with arthritis.

There are a number of medications that may alleviate joint pain and help you maintain an active lifestyle, but what and how you eat matters too. Two eating patterns - the Mediterranean Diet and the DASH (Dietary approaches to Stop Hypertension) Diet both emphasize whole, unprocessed foods that can reduce inflammation and provide additional health benefits like weight management and decreased risk for many chronic diseases.

According to Mass General Brigham Health, both eating plans encourage a variety of whole foods, including beans and legumes; fruits and vegetables; herbs and spices. Also encouraged:

- * Seafood as the primary animal protein
- * Small portions of poultry, eggs, cheese, and yogurt consumed daily or a few times each week
- * Healthy fats like nuts, seeds, oily fish, and avocados
- * Whole grains

Some foods may worsen inflammation, including: fatty deli or lunch meats; fried foods; ultra-processed foods; meats with high saturated fat content; refined (white or brown) sugar; starchy foods like white bread or white rice.

Mass General Brigham dietitian Nancy Oliveira recommends that you pay attention to how different foods make you feel and learn to identify which ones seem to cause joint pain to worsen. Oliveira also urges small changes over radical ones, such as incorporating one new plant-based food per week. Don't neglect sleep or exercise, either - poor sleep and lack of physical activity can both worsen inflammation.

The Cleveland Clinic and Mayo Clinic websites have more information on the DASH diet and Mediterranean diets

STAYING SAFE May 14

On a rain drenched morning, Rachael and I drove to Whangarei to Totara Garden Village, one of the Bupa Company Villages, to present the Staying Safe programme. This village is built on a slope which creates two levels, with reception on the upper level.

Luckily, they presented us with a small supermarket trolley to transport our materials down to the lower level, so we didn't get too damp unpacking and setting up. Riding the lift and finding our way through the many corridors on our own tested our memory!

The facilities at Totara Gardens are very comfortable and new. Obviously, there are many activities for residents to enjoy. We waited while the chair fitness class finished and watched scarves flying and legs tapping to music before we could get into the tv room.

There were 26 eager participants, one of whom had been a driving instructor in another life. As usual we had an enjoyable time. It is fascinating hearing stories about driving experiences.

Every time we present the Staying Safe course people worry about drivers that tailgate older drivers to try to make them hurry up, cars speeding past and other worrying driving and road behaviour. In general, it seems that more people today are aggressive drivers which elicits strong emotional reactions from the rest of us.

We all know that it is better to pull over to let the agitated driver pass, but the AA article: Autumn 2024; KEEP YOUR COOL reminds us : *that we share the road with a cross section of society: the elderly, young, sick, hard of hearing, mentally unwell, businesspeople, criminals and sometimes police officers in unmarked cars. And people are fallible. We all make mistakes.*

AA reminds us too, when we experience these frustrating incidents, we need to keep emotions in check. Strong emotions, whether happiness, sadness, or anger can impair a driver's decision-making skills and cognition. They suggest the key to professional driving is to take four breaths to ground yourself and think ZEN...

After all, don't expect politeness from other drivers. Celebrate it if you get it but staying CALM helps you stay safe. That's all that counts.

If you are interested in doing the Staying Safe Course then let us know.

Jean and Rachael

I asked my daughter if she had seen my newspaper. She told me that newspapers were old school now and that people use tablets nowadays and handed me her iPad. The fly didn't stand a chance!

The most common shopping problem we help with By Kate Harvey



Consumer NZ helps hundreds of members every year when they get into strife with a store or service provider and commonly ask if they have any rights once a manufacturer's warranty has expired.

"People will often contact us because they have something that's broken, and they're being told by the store they're out of luck because it's out of warranty," Paul says. "We set them right and let them know that New Zealand's Consumer Guarantees Act (CGA) means they don't have to worry about the manufacturer's warranty."

Your rights don't end when the warranty does. The CGA requires products to be of acceptable quality. When they're not, a consumer is entitled to have the product repaired or replaced. If the fault is major, you can request a refund. Paul said people often don't realise that manufacturers don't have to provide a warranty until they contact the Consumer Advice Line.[Members only]

"A warranty can contain whatever the manufacturer wants. They can make a warranty valid for a year or two or three. It can be dependent on having the product serviced regularly. We're constantly asked whether manufacturers are allowed to limit their warranties in a particular way, and of course they can but they can't limit the CGA." Paul reckons stores' staff often don't intentionally give bad advice: most commonly, they just don't know about consumer law. "I think a lot of retail staff are as unaware as their customers of the rights that exist when a warranty expires. "Being able to say, 'Consumer NZ told me. It seems to be pretty effective when you challenge a retailer about your rights."

Paul said that how long a purchase should last, and therefore, how long the retailer should be responsible if something goes wrong, depends on what you can reasonably expect from a particular product or service. "For example, if you buy a fridge, you'd expect it to last longer than the 2 years you might get from the manufacturer's warranty. We think a fridge should last more like 11 years," Paul says. "Cost also comes into it. For example, you'd expect a top-of-the-line Dyson stick vacuum cleaner to last longer than a cheap Kmart one. It can be tricky to understand your rights when every case is a little bit different so if you need some personalised advice our Advice Line is always here if you're a Consumer NZ member."

IS MILK ACTUALLY GOOD FOR YOU?

A new University of Auckland research, explains how a 5000-8000-year-old gene mutation means some of us can happily digest milk while almost 70 percent of the world's adult population struggle with lactose intolerance



If you were born in New Zealand, you probably grew up thinking of milk as a superfood, a view likely promoted by everyone from your mum to the advertising pumped out by New Zealand's dairy food giants.

But if you are a Kiwi of non-Pākehā heritage, you might have noticed something else – drinking milk, particularly a lot of milk, doesn't make you feel great.

The symptoms of lactose intolerance vary between people, but can include gas, bloating, pain, nausea and diarrhoea. And research into the gut shows that's the normal human reaction to a lot of dairy products.

But what about babies? Surely pretty much all of us start life drinking milk – mum's milk or formula? "Babies have no problem digesting lactose because they produce enough of the enzyme lactase to be able to break it down so it can be absorbed and utilised in the body," says Professor Clare Wall.

What traditionally happened with humans (and other mammals) was that as babies started to eat solid food and became less dependent on human milk, the requirement for lactase diminished and so their bodies produced less and less of the enzyme.

"In that case, when you start drinking milk with lactose in it, you can't break down that lactose and absorb it, so it goes into the large bowel undigested. And the lactose starts to ferment and produces a lot of gas," Wall says. For these lactose-intolerant people, that means a distended

tummy, abdominal pain, wind and sometimes diarrhoea and even vomiting.

Thousands of years ago that didn't matter – humans didn't drink milk; they ate meat and plants. But somewhere around 8000 to 5000 years ago some people in northwestern Europe and a few African, Middle Eastern and Southern Asian communities developed a genetic mutation.

Instead of lactase production switching off after babies were weaned, the children developed a 'lactase-persistent gene' which allowed them to continue to produce lactase into adulthood.

And because milk is actually pretty good for you (if it doesn't make you sick), particularly in times of famine, scientists speculate this lactase-persistent gene was useful to the humans that had it. So natural selection meant the genetic mutation became more widespread.

"I have seen some other quite interesting evolutionary aspects, where scientists feel it was advantageous to be able to drink cow's milk, because it also protected people from some diseases," Clare Wall says. "Cows got things like anthrax, or cryptosporidium and some other diseases as well, so drinking cows' milk provided humans with a little bit of immunity against those diseases."

It was mostly white Northern Europeans who ended up with that cunning milk-friendly gene and so were able to happily consume dairy products.

And these white people were colonisers. They went to the US and Australia and New Zealand and brought their lactase-persistent tummies – and their love of dairy – with them. Farmers built up herds of cows, and milk was promoted as a superfood.

But experts estimate almost 70 percent of the world's population has what's known as lactose malabsorption, a reduced ability to absorb lactose. That includes most New Zealanders of Māori, Pacific, Asian, South American and African heritage.

Listen to the 'Ingenious' podcast to find out more about lactose intolerance.

Ref: Newsroom Nikki Mandow



HANDY TIPS FOR ROUND THE HOME



SHOES

Just put some tea bags in your shoes and leave them overnight. This solution is much cheaper than all those fancy shoe deodorants which tend to run out very quickly. The cheapest tea will work just as well.

SIMPLE MIXTURE

This simple mixture can save you money and provide multiple solutions. Simply mix 1 teaspoon of moisturising gel with 30 grams of toothpaste.

This combination can relieve itching from insect bites, clean and protect glasses from fogging, and make faucets shine like new. Just apply the mixture to the affected area, polish with a cloth, and rinse if needed. Try this easy tip and enjoy its amazing results!

CAN OPENER FOR RIDGID PACKAGING

There is no power greater than that of the rigid plastic container. Rigid plastic cases are the bane of parents and those with arthritis around the world. If you want to avoid getting cut while opening this rigid plastic, you can use the handy can opener. Rigid plastic packages can be opened by simply treating them as a piece of metal with your tin opener. Line up the can opener along the edge, ensure a tight grip, and then proceed to spin the tool to begin cutting. You'll be amazed at how easy it is to open these packages by doing this.



SALT FOR SINKS

Salt serves as an effective anti-clogging solution for your kitchen sink. To enhance its efficacy, blend half a cup of salt with one cup of baking soda. Allow it to sit for 4-6 hours, making it convenient to pour the mixture down the sink before bedtime.

After letting it sit for several hours, or overnight, flush the sink with hot water to remove the mixture. Repeat as necessary.

BANANA SKINS

Bananas are not just a tasty snack; they can also work wonders in your garden. Instead of throwing away banana peels, bury them in your soil. Rich in potassium, calcium, and magnesium, banana peels make excellent natural fertilizer. They also repel pests like aphids and snails, keeping your plants safe.

To use, chop banana peels into small pieces and bury them near your plants. As they decompose, they enrich the soil with essential nutrients, making your plants healthier and greener.

You can also make banana water by soaking peels in water for 24 hours or longer, dilute and use the liquid to water your plants. This simple trick will help your garden thrive!



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Preventing Tooth Decay



Tooth decay is one of the biggest oral health issues we face, especially for people as they get older and less diligent with their teeth-brushing routine. Emeritus Professor Murray Thomson CNZM FRSNZ has provided tips and reminders to keep your mouth healthy.

More and more New Zealanders are holding on to most of their teeth as they reach their 60s and beyond. The bad old days of having teeth removed for complete dentures are well in the past for most of us. However, this means the greater retention of teeth does pose some challenges.

Tooth decay occurs when mouth bacteria produce acids that soften the outer covering (enamel) of the tooth. Progression of decay can lead to pain, infection, and tooth loss. It may also lead to difficulty eating and sleeping.

You can prevent tooth decay by doing three simple things:

First, gently brush your teeth twice daily with a soft toothbrush and fluoride toothpaste. After breakfast and last thing at night are the best times. Once you've finished brushing, spit but don't rinse your mouth with water. This way, the fluoride in the toothpaste will continue to help reverse early decay while you sleep.

Second, clean gently between the teeth at least twice a week (daily if you can manage it). Small, soft interdental brushes are ideal for this. Dental floss or toothpicks are also useful (but less effective).

Third, avoid adding sugar to tea and coffee, and avoid sugary or sticky snacks between meals. Those mid-morning and mid-afternoon sweet treats mean that your teeth

do not get a chance to recover from sugar in your main meals. All the sugar we eat helps to feed the bacteria in the mouth. This produces weak acids that then attack the tooth surface.

If you have been a life-long user of sugar in your hot drinks, you can reduce your intake gradually reducing the amount you add over a number of weeks, or going "cold turkey" and stopping immediately. The latter is quicker but more difficult – but it takes only 3-4 days to get used to the real taste of tea and coffee (I know this because I did it myself over 40 years ago, and I have not had a new cavity in that time).

Work and Income may pay for immediate and essential dental treatment if you're below a certain asset limit. See <https://www.workandincome.govt.nz/eligibility/health-and-disability/dental-treatment.html> for more information

Use your SuperGold card to get deals at some dental clinics.

Emeritus Professor Murray Thomson CNZM FRSNZ is an experienced researcher in dental epidemiology and health services. He has made important contributions to understanding of oral health in the older population, and his work on oral health through life in the renowned Dunedin Study has enabled new insights into oral health in older age.

Learn more at <https://info.health.nz/keeping-healthy/activity-diet/teeth-gums/tooth-decay>

COMPUTER AND CELL PHONE HINTS : To make an email larger to read or to print it out in a larger size just hold down "Control" and press + and the document will become larger. Control with - (minus) will reduce the size. I have also found on my cellphone that if I press the up arrow twice that the Capitals will continue until I change to the lower case format.

I'M HERE TO HELP.

Grant McCallum MP for Northland

Northland@parliament.govt.nz
09 407 7219



Authorised by G McCallum, Parliament Buildings, Wgtn.



SIT-TO-STAND TEST

Try this to see how healthy your heart is.

Longevity isn't just about how long you live — it's also about staying healthy for as much of that time as possible. The "sit to stand" test can be a good way to figure out how healthy you are, and it can even predict how long you'll live, research shows.

"It's actually a standing to sitting to standing test," says Dr. Natalie Azar. That's a bit of a tongue twister, though, so a lot of people refer to it as the "sit-rise test," or the "sit to stand test." Basically, you begin the test standing, sit down cross-legged on the ground, and then stand up again. **Warning** – do not try this if you have hip or knee problems or replacements. However, it's great fun getting your grandchildren to do this!!



You need to go from standing to sitting and back again without using your hands or any part of your body besides your legs and core to help you up or down.

This simple test is an effective indicator of health because you must have strong cardiovascular health, good balance, agility, flexibility, and core and leg strength to be able to complete it.

A 2012 study found that the sitting to rising test (SRT) was a significant predictor of mortality in participants between ages 51 and 80. "The study found that the lower the score, you were seven times more likely to die in the next six years," says Azar.

SO – to cheer yourself up there is another perfectly safe and easy exercise with the same name. Using a dining or other upright chair, sit with the knees and legs shoulder width apart and feet flat on the ground. Cross your arms over your chest and stand and sit. The object of the exercise is to see how many you can do in 30 seconds.

WOMEN

MEN

Age group (years) Figures represent:
Less than or more than as an average.

60 – 64: < 12 or >17	60 – 64: < 14 or >19
65 – 69: < 11 or >16	65 – 69: < 12 or >18
70 – 74: < 10 or >15	70 – 74: < 12 or >17
75 – 79: < 10 or >15	75 – 79: < 11 or >17
80 – 84: < 9 or >14	80 – 84: < 10 or >15
85 – 89: < 8 or >13	85 – 89: < 8 or >14
90 – 94: < 4 or >11	90 – 94: < 7 or >12



It's just **SO** important to strengthen the leg muscles to reduce the risk of falling if you happen to trip. Strong legs can help save yourself from serious injury. This exercise also helps the heart and mind.

CHAIR YOGA

This is ideal for everyone but particularly for those who have a job sitting down for long periods. It can also be very beneficial for retired people who sit for too long at home and are perhaps unable to go outside for a good walk. Research has shown that chair yoga effectively improves flexibility, strength and balance. It is therefore very good for those with cardiovascular disease and those less able.

EXAMPLE

Turn off the TV and radio – sit down in a comfortable but upright chair - look around you, taking in familiar and forgotten items in the room. Turning your head uses the muscles in the neck and shoulders. Next concentrate on your breathing – in and out – feel your lungs expand and contract. Feel any tension in the shoulders – lift and relax. Next, lift your arms out in front but a little to the side and not too elevated. Extend and stretch, palms up wriggle your fingers, turn palms down, wriggle your fingers. Do as many or as few as you are comfortable with – then just relax. There are more exercises so go to www.kanukayoga.co.nz and watch a 15 min YouTube session. After watching an interview on TV I tried it and found it very beneficial.

HAVE YOU LOST IT?

HERE'S HOW TO FIND IT AGAIN

Whether it's car keys or your wallet, it's far easier to lose something than find it again.

Malaka Gharib lost her passport at a crucial moment.

She was due to travel to Egypt and without a passport, she would not be able to go.

"I felt like I was going to lose my mind."

In the end, she did find it wedged between her bed and the wall. Who knows how it got there, but it did inspire her to take a deep dive into evidence-based techniques for finding lost things.

Techniques that really work to find your missing stuff

"Science knows. Researchers know. Professionals who search for things for a living - detectives, metal detectorists - they know how to look for things. Where is their advice for the regular people?" Here are Gharib's techniques for finding lost stuff:

Relax

"If you are stressed, your attention narrows. You become like you have tunnel vision when you're stressed and that's not [helpful] when you are trying to look for something."

However, she acknowledges that telling someone to "relax" is a horrible thing to tell someone when they've lost something. "Take a deep breath. Widen your attention span to be able to take information in."

What are the unique qualities of the object?

Reflect on the physical attributes of what you've lost and what the elements are that will make it stand out. Gharib used the example of a recipe she had seen in one of her cookbooks but couldn't remember what cookbook it was in.



Rather than go through each one of the 1000 or so books on a shelf in her kitchen, she needed to figure out what the name of the book was and what it looked like. She Googled the recipe and found the title of the cookbook it was in. The book had a bright orange spine. "Then I only looked for orange spines on my bookshelf and I found it immediately."

This technique could be applied to, say, finding a white sedan in a carpark with lots of other white sedans. "What you do is say to yourself 'Wait, I know that my car has a bumper sticker' and so you're going to focus on the bumper sticker."

Quiz yourself

"You're going to ask yourself questions like a detective would."

People often lose wedding rings, Gharib said. If that's what you are looking for, think of places and moments where you interact with that object. "Was I washing my hands? Was it putting on lotion? Did it slip off? Was I playing golf and it swung off my finger as I was playing? Do I usually fiddle with it when I'm in the car? Look in all those places.

Recreate the movements of the object

When the object last broke contact with your body, could it have rolled somewhere else?

"The behaviour of how the object falls, lands or moves as you act out the scene may provide clues as to where the object might be."

Grid search

This is a systematic search to use when the previous techniques have not yielded any fruit. Divide your search area into a grid and search each square of the grid methodically. "It's very slow. It's very inefficient, but you will hopefully find your object."

note: A friend lost his electronic car key and had to pay \$450 for a new one! I have since looked up the price of replacing a fancy electronic key that does everything – anything from \$450 to \$900.

Ref: RNZ Online

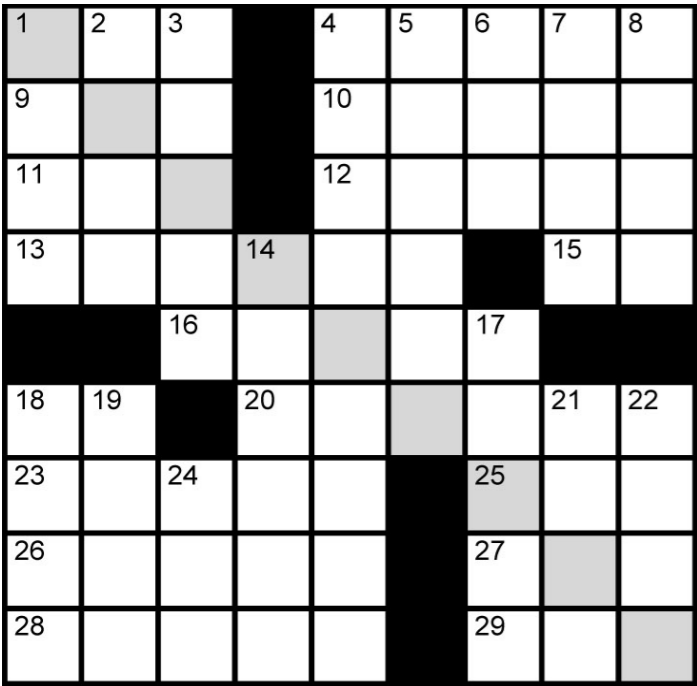
What sorts of situations is PHONE 105 for?

You can use 105 to report non-emergency situations online or via the phone, such as when your car has been stolen, your property has been damaged, or you want to give Police information about crime in your area.

The key message is that if it's happening now or just happened and there's a threat to life or property, call 111. If it's already happened and there's no immediate danger, use 105.



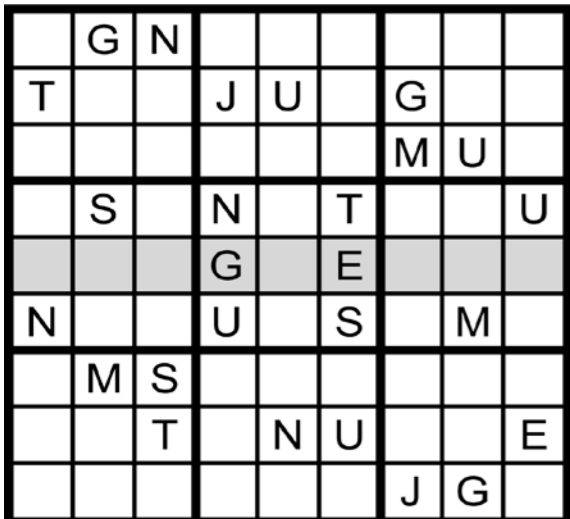
Flying Helicopter Bug



- Across
- 1. Not an orig.
 - 4. Like some renewable energy
 - 9. WWW address
 - 10. Livid
 - 11. Turkish title
 - 12. Mutton or lamb leg
 - 13. Lowers oneself
 - 15. Northeasternmost st.
 - 16. Drivel
 - 18. Radio mode
 - 20. Flowering plant with healing properties

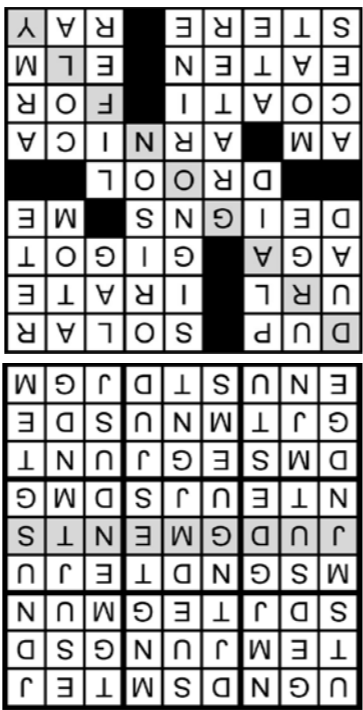
- AIR FRYER
BLENDER
CAN OPENER
COFFEE MAKER
CUTTING BOARD
EGG COOKER
GRIDDLE
HAND MIXER
INSTANT POT
- JUICER
KETTLE
MICROWAVE
NINJA
PASTA MAKER
POPCORN MAKER
RICE COOKER
SCALE
SCISSORS
SLOW COOKER
TOASTER

WORDOKU



- 23. Cousin of a raccoon
- 25. In support of
- 26. Moth-___
- 27. Freddy Krueger's street
- 28. Cubic meter
- 29. Beam

- Down
- 1. Couple
 - 2. Exhort
 - 3. Kilt pattern
 - 4. Italian unmarried woman
 - 5. Prayer
 - 6. Hang back
 - 7. Proton's place
 - 8. Neural network
 - 14. Kitchen gadget
 - 17. Inmate who's never getting out
 - 18. Air force heroes
 - 19. Castle defense
 - 21. RC, e.g.
 - 22. ___ brat
 - 24. Lunched



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

Kitchen Gadgets



How to solve wordoku puzzles: You only need logic and patience to solve a wordoku. Simply make sure that each 3x3 square region has only one letter from the word JUDGMENT. Similarly, each letter can only appear once in a column or row in the larger grid. The difficulty on this puzzle is medium.

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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UNDERSTANDING CAPACITY ASSESSMENTS

Shocked, annoyed, embarrassed. If you've ever been asked by your lawyer to have a Capacity Assessment you might have felt some of these emotions, but we want to assure you that you don't need to feel that way. The issue of capacity is often highlighted at times of Will-making or granting Enduring Powers of Attorney, but it is relevant for any legal decisions you make. It is becoming common practice for lawyers to request Capacity Assessments to reduce the risk of challenges to your decisions in the future.

WHAT IS A CAPACITY ASSESSMENT?

A capacity assessment determines if a person is capable of making decisions. A person generally has capacity if they can understand their situation and decision being made; they can reason before coming to a decision; they can appreciate the significance of a decision; and they can communicate their decision in a written or verbal way. The Capacity Assessment is completed by a medical professional and involves testing around the individual's understanding, retention and communication.

WHY DO I NEED ONE?

We sometimes see situations where family members or other parties dispute either the actions of a person's Attorney, or the Will of the person themselves. This most often happens when a family member is not receiving what they think they should. These claims are commonly made on the basis that the person had already "lost it", or "didn't know what they were doing and were pressured into it by so and so". The easiest way to respond to this type of claim is for the lawyer involved to hold a Capacity Certificate from the time the decision was made. This is objective evidence of the state of mind of the person at the time they put their wishes on paper.

SHOULD I BE OFFENDED?

Definitely not, don't take it personally! Think of it as strengthening the basis of your decision-making in the face of any future challenges. Such challenges can run into the tens and even hundreds of thousands of dollars to fight so we want to help you avoid that.



If it's time to update your Will come and see our team at Law North and don't worry if they ask about your capacity, it's all part of the process now!

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

**ESTATES • WILLS • TRUSTS • RETIREMENT LAW
PROPERTY LAW**